

The role of fear and anxiety in epidemics and Persian medicine recommendations

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Abstract:

Background and Purpose: Due to the pandemic of Covid-19 in 2020, it may seem that epidemics are one of the problems of human societies nowadays. But human beings have been facing epidemics for centuries. Persian Medicine (PM) is a medical school that has treatment strategies in facing these diseases. This study investigated the effect of mental states (*Araz-Nafsani*) on affliction and prevention of pandemic diseases according to PM.

Materials and Methods: The present research is a review study that collected information from reliable PM sources such as *Zakhireye Khwarazmshahi*, *Nasihatnāme*, *Qanun al-Ilaj* and *Dastūr al-Atibbā' fi Dafe al-Taawoun wa al-Waba*. Subsequently, valid national and international databases were searched, and the data was categorized and presented.

Results: Mental states (*Araz-Nafsani*) predispose individuals to pandemics. The effect of mental states on infectious diseases can be considered from two perspectives. The first is the effect of mental states on the body. Mental imaginations can influence interactions in the body, and thus, Persian scholars have recommended measures to modify mental states. These measures include two methods that correspond to the effects of mental states in a pandemic: the first method is to pay attention to the effect of each mental state on the body and to treat it against its causation, while the second is the attitude of individuals towards this unfortunate incident.

Conclusion: PM has considered special measures for mental health in epidemics, which shows the depth of awareness of Persian scientists in issues related to mental health of both sick and healthy people.

Keywords: Epidemic Diseases, Fear, Anxiety, Persian Medicine

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