

Causes of polydipsia in Muslim kings and rulers

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Abstract:

Background and Purpose: The causes of many diseases may lie in interaction with nature, lifestyle, and eating habits. Thus, by identifying diseases in kings and rulers, one can become largely acquainted with their lifestyle. Polydipsia is largely related to lifestyle and particularly improper eating habits. The present study raises the question of what factors caused the kings and rulers to suffer from Polydipsia, in addition to overeating and improper eating habits. Therefore, more data were collected to answer this question based on historical citations.

Materials and Methods: The present interdisciplinary (medical/historical) study is library research that employed a descriptive-analytical method. Further samples were collected using Noor software, a valid Comprehensive Library of Traditional Medicine, and also the Library of Islamic Iran and Nour al-Sirah. These three databases made it possible to search several thousand titles of medical and historical books and treatises.

Results: In addition to overeating, factors such as excessive use of alcohol and drugs, and sometimes the excruciating suffering from wars were found in historical accounts that caused many kings, rulers, and warlords to suffer from Polydipsia.

Conclusion: Although kings and rulers often suffered from Polydipsia because of overeating, excessive use of alcohol and drugs, and even the excruciating suffering from wars, this disease was not merely limited to the upper classes and the mentioned factors; ordinary people and even physicians and scientists suffered from Polydipsia due to congenital causes.

Keywords: Polydipsia, Lifestyle, Eating behavior

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