



Anal pain in Persian Medicine based on the book *Exir-e Azam* and a brief comparison with findings of Modern Medicine

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Abstract:

Anal pain is as a common clinical complaint, which occurs due to various causes. In Persian Medicine (PM), anal disorders have been explained in detail. The aim of this study is to investigate the viewpoint of PM regarding anal pain in order to achieve new, less complicated and effective treatments for this condition. Accordingly, one of the most important sources of treatments in PM, the book *Exir-e Azam*, was reviewed. Electronic databases such as Google Scholar, PubMed and SID were also searched. According to PM, anal pain is sometimes caused by factors in the anus and preanal region, such as hemorrhoid and fissure. Sometimes, it occurs due to causes outside the anus such as "*Rih al-Bavasir*"- a referred pain from the kidneys, and also intestinal ulcers. Moreover, causes of anal pain can be divided into two categories: physical factors such as fissures, and chemical agents such as passing feces containing burning substances through the anus. As a conclusion, categorizing types and causes of anal pain and based on the similarities with findings of Modern Medicine, along with easy, less complicated and diverse medicinal treatments that are found in PM sources such as *Exir-e Azam*, promise finding potential new treatments.

Keywords: Persian Medicine, Anus Diseases , Pruritus Ani, Hemorrhoids, Anal Fissure

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