



## Hakim Shah-Mohammad Ibn Haji Qazvini (15<sup>th</sup> century A.D) and his work on lifestyle management during epidemics

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### Abstract:

Epidemic and contagious diseases have been common in human societies for a long time and have persistently caused problems. Ancient Iranians were familiar with contagious diseases and prevented their spread with preventive measures. The preventive approach after Islam in Persian medicine has been emphasized by Iranian Muslim scholars and they have written many treatises on this topic. *Nasihah-Nama Suleimani* by Hakim Shah-Mohammad Ibn Haji Qazvini (15<sup>th</sup> century A.D) is a short, but valuable work written to maintain health during epidemics. The current research is a review study with a library method, which introduces the book *Nasihah-Nama Suleimani* and its author, Hakim Shah-Mohammad Ibn Haji Qazvini, and explains the preventive measures mentioned in the work. Hakim Shah-Mohammad Ibn Haji Qazvini was one of the Sunni Iranian scholars who lived in Iran in the Safavid era, and then migrated to Istanbul at the invitation of Ottoman Sultan Bayezid II. In the 15<sup>th</sup> century, the Ottoman Empire faced epidemics such as plague and other infections. The author wrote the valuable work "*Nasihah-Nama Suleimani*" on lifestyle management (*Hifz al-Sihha*) in Persian language in 1522 during epidemics, and dedicated it to Ottoman Sultan Suleiman the Magnificent (1520-1566 AD). The author describes preventive measures during epidemics based on the six essential principles of lifestyle in Persian Medicine. Today, with the emergence of the COVID-19 epidemic and the role of compliance with health guidelines, the importance of health and prevention has become more and more clear to everyone, while Persian medical scholars had good knowledge and awareness of the field of health and public health since the most ancient times and considered prevention before treatment and paid attention to health protection measures.

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