

A review on cough medicine in alshamel book

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Abstract:

Background and Purpose: Cough is a protective reflex, which is when the airways are irritated or blocked. Ibn al-Nafis in the third part of the Al-shamel book defined herbs which includes 82 chapters. The objective of this study is review all of medicines for treatment of cough in Alshaml book as one of the most comprehensive books on traditional medicine about herbs.

Materials and Methods: This study is an explanation review of cough and our method was searching of keyword cough “Soal” in all of parts of this book. After reviewing in al-shamel book we found 98 simple or pure drugs contain: herbal, minerals and animal drugs, based on different types of cough in Iranian traditional medicine. Due to application rate, easy usage, low side effects and easy access we have removed animal and mineral drugs and herbals were selected for further study.

Results: every herbs, that has thinness property, wateriness and penetration, penetrates the pores of the membrane between the esophagus, trachea and bronchi, readily. And influence severely on chest organs. Classification method is mentioned based on a variety of different types of cough therapy. So, herbals that can be used to treat cough with different functions, are divided into eight categories: phlegmatic cough, cough with catarrh, violence cough, hot cough, dry cough, hot and dry cough, cool cough and miscellaneous.

Conclusion: Undoubtedly, the essence of the herbs and actions attributed to specific form of them, in this book is more complete than the other traditional books. With reviewing of presented herbals in this book, and its therapeutic effects on various ailments such as cough, may be received a new therapeutic mechanism. Based on this protocol can be offered appropriate treatment depending on the types of cough.

Keywords: Cough, traditional Iranian medicine, as samil fi as-sinaa at-tibbiyya, cough drug

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