



## Status of Traditional Medicine in a Healthy Life Style: Review Study

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### Abstract:

**Background and Purpose:** Different individual, social and economic factors affect an individual's life quality and its dimensions. Nutrition is one of the most important individual factors. In addition, with regard to the industrial development and consumption of junk food modern societies especially developing countries are facing with the incidence of non-communicable diseases. Therefore, this case study aimed to review the status of traditional medicine in a healthy lifestyle.

**Methods and Materials:** In this narrative review study, using key words of traditional medicine, lifestyle, nutrition, healthy, and IRAN and using related studies during 2003-20015 which were conducted from information banks (PubMed, ISI Web of science, SID, Mag Iran and Iran doc), available libraries and reference books. Finally, after applying the inclusion criteria 15 qualified papers were selected.

**Results:** According to surveys about the traditional medicine attitude regarding the nutrition discussion, it can be concluded that nowadays diseases such as obesity, heart attacks, diabetes and diseases like these arise due to the misuse also consumption of fatty and unhealthy foods particularly by teenagers. Thus, prevention is one of the important recommendations of the traditional medicine in this regard by which the incidence and development of non-communicable diseases will be prevented.

**Conclusion:** Due to the global nutritional status and increasing status of diseases associated with unhealthy nutrition that put people lives at risk, it is better to apply the outstanding and important points of traditional medicine in order to have a healthy life style.

**Keywords:** Traditional Medicine- Life Style- Nutrition- Healthy

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