



Definitions and Classifications of Melancholia in Traditional Persian Medicine

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Abstract:

Background and Purpose: Melancholia is one of the diseases that have been elaborated in Traditional Persian Medicine (TPM); however, there is no consensus between PM physicians in Ancient Persia about melancholia's definition, causes, symptoms and treatment. Therefore, this manuscript presents the historical trend of the definition of melancholia and its classification in the Persian medicine.

Methods and Materials: The most reliable references in Persian medicine were searched to collect data using the keyword such as Melancholia (Mālīkhūlīyā) and Vasvase Mālīkhūlīyāiee (melancholic obsession). Next, the relevant data regarding the definition of melancholia were reviewed. Subsequently, the similarities and differences in the definition were extracted. Finally, we suggested a new classification for the definitions of melancholia following a detailed analytical study.

Conclusion: We can categorize the definitions of melancholia in Persian medicine based on quality, nature and symptoms. More depth and accurate research about melancholia will help us to solve some problems in psychiatric.

Keywords: Melancholia, Traditional Persian medicine, definition, treatment.

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