

To explain the strategic theory: Protect the health with homologous and Treatment with contrasting in Traditional Persian Medicine

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Abstract:

Background and Purpose: There are detailed scientific rules in Persian Medicine on the health of people in different conditions. One of the important principles is the strategic rule of protecting the health with homologous and treatment with contrasting whereby there are different opinions among sages. Also, different interpretations are represented in this field at present. We intend to present different opinions of physicians about this strategic rule, and then, to describe them. Finally, the most correct theories will be explained about the principles of Traditional Medicine.

Methods and Materials: The valid sources of Traditional Persian Medicine such as *Qanoon*, *Kholaseh al-Hekmah*, *Mofarrah al-Qolob*, etc have been studied. Then issues related to health in different conditions such as different temperament were investigated. Also, related literatures were investigated by *Noor* software and keywords such as keep healthy, like, similar, opposite was searched. Finally, the findings were analyzed, and also, the similarities and differences were discussed.

Results: There are two viewpoints in keeping health as alike especially in the field of nutrition. The first viewpoint is to keep health as alike is achieved when the food before entering the body has the same temperament as body in a healthy situation. Another viewpoint suggests that keeping health as alike is achieved after the entry of food into the body. So, it is influenced by some factors such as the liver and digestive system. Finally, the resulting humor must be like body's temperament.

Conclusion: According to the principles of Traditional Medicine, the findings indicated that in perfect health status, to keep health is attained by using alike and as deviation of personal nature balance happens, to keep health means to use the opposite.

Keywords: Protect the health, Treatment, Nutrition.

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