

## Clarifying the Concept of Evidence-Based Practice in Iranian Traditional Medicine from Experts' Viewpoint

H. Mohammadi Konari <sup>MD</sup>, K. Soltani Arabshahi <sup>PhD</sup>,  
Sh. Bigdeli <sup>PhD</sup>, M.R. Shams Ardekani <sup>PhD</sup>

### Abstract:

**Introduction:** Evidence-based medicine has achieved increasing importance in scientific societies. In this regard, Iranian traditional medicine, which has recently attracted the Iranian academic society, should employ valid scientific evidence to confirm its efficacy and effectiveness. Therefore, the current study clarifies the concept of knowledge-based practice in Iranian traditional medicine from the experts' viewpoint.

**Methods:** This qualitative study was conducted by individual face-to-face deep interviews to obtain the opinions of experts of Iranian traditional medicine about the concept of evidence-based practice. Sampling was goal-oriented, and information gathering was performed by semi-organized interviews with some open questions asked by the researcher.

**Results:** In the study, the four main themes of 1- necessity of carrying out research in this field and documentation of Iranian traditional medicine; 2- the concept of evidence-based practice in Iranian traditional medicine; 3- limitations of evidence-based practice in Iranian traditional medicine; and 4- the differences between carrying out research in modern and Iranian traditional medicine were addressed.

**Conclusion:** According to the research findings, evidence-based practice and using valid references is necessary in Iranian traditional medicine to confirm its efficacy and effectiveness.

**Keywords:** Evidence-based medicine; Iranian traditional medicine; Experts.

**Corresponding Author:** O. Sadeghpour

**Email:** irsadaru@gmail.com