



## A new look to chapter of "Vabaie Weather" in Iranian Traditional Medicine

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### Abstract:

The effectiveness of climate in human health has been presented in Iranian Traditional Medicine (ITM) as the most important branch of the traditional concept of six pillars of health. This branch is consisted of some subdivision; one of them is Vabaie weather. Vabaie weather is defined as occurrence of deterioration in air. The main sign of this condition is dusty and smoky weather that annoying respiration. Changes in seasons' features e.g. warm winter or rainy summer, increasing in number of flies and hurtful animals, and decreasing in agricultural productions have been mentioned as other signs. One of the main causes of Vabaie weather is related to geographical factors. Cities with northern mountains, cities near sulfur mines, marsh, or landfill are exposed to this condition. Vabaie diseases are mentioned as consequences of Vabaie weather. ITM has some preventive and therapeutic recommendations for this condition. In this study, we tried to clarify the concept of Vabaie weather. Our results showed that there are common parameters connected Vabaie weather with air pollution and break out of infectious diseases. Therefore, there is a chance to utilize ITM recommendations in air pollution and infection diseases. There are some evidences confirming the effectiveness of ITM suggestions. For instance, new findings has shown that Mofarrahat (lexically means mood elevators) have cardioprotective activities attenuating oxidative stress of air pollution. There are also some anti-Vabaie medicines with immune enhancement activity protecting body against infections. Antibacterial herbs have been also included in these recommendations. In this article, we presented these kinds of medicines in detail. These medicines could be candidates for more investigations.

**Keywords:** Vabaie weather, air pollution, infectious disease, Mofarrahat, Antioxidant, cardioprotective

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