



A comprehensive review of irritable bowel syndrome in traditional Iranian and Chinese medicine.

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Abstract:

Background and Purpose: In researches done in Iran on IDS, it was recognized as one of the most widespread and costliest digestive diseases has remarkably influenced the quality of life on different people. In modern medicine its exact cause is not known but distinct criteria for recognition and treatment are presented. Prevalent treatments are palliative and several instances show a rise in tendency towards complementary and alternative medicine. In Iranian traditional medicine, numerous diseases with certain etiologies and in Chinese medicine numerous diagnostic patterns corresponding to this syndrome exist and treatment plans are presented adequately. The objective of this article is to study medical texts again and to check the possibility of adaptation and finding the etiological equivalents, therapy symptoms and its corresponding measures in modern medicine and presenting a consolidated approach and executing joint research in order to clarify a part of the mechanism which causes the disease and its effective cure.

Material and Methods: This article is a review study in which information collection took place through searching the internet, articles and related books without any time limits and by using keywords. Then it compares, analyzes and adapts the contents of the article and finally it gathers the information and makes a conclusion.

Conclusions: The scientific capability of the Chinese and Iranian with all their cultural and scientific aspects in common, along with the medical and diagnostic capacities of the modern medicine in IDS can design a new pattern for diagnosis and cure. The consolidated approach and joint research is suggested for clarifying some hidden aspects of this syndrome and its cure.

Keywords: irritable bowel syndrome, Iranian traditional medicine, Chinese traditional medicine, Syndrome differentiation, distemperament.

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