



## Measures for Maintaining Adults' Health in Traditional Persian Medicine

M. M. Parvizia, S. M. Emami Alorizi\*

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### Abstract:

**Background and Purpose:** The elderly period is one of the most important and probably the longest period of life in human. Identifying the effective factors in maintaining and promoting health in the elderly can prevent their affliction with chronic diseases. The present study aimed to present the measures for maintaining middle-aged and old individuals' health in Iranian traditional medicine for increasing quality of life in this humans.

**Methods and Materials:** This is a review article using nineteen Iranian traditional medicine textbooks and Noor software by keywords of "Pyran", "Sheykhouliaat" "Mashayekh", "Salmandan", "Kohoulat", and "Miyansalan" to which aims at investigating the viewpoints of Iranian and Islamic scholars concerning the maintenance of the elderly individuals' health.

**Results:** The age ranges have been expressed variously in the traditional medicine. However, in most cases, 45-60 and above 60 years of age are considered as middle age and old age, respectively. Middle-aged individuals' temperament is cold and dry, while that of the elderly is different. These individuals should mostly make use of hot and wet foods and drinks and avoid cupping and bloodletting. Also, they are recommended not to isolate themselves in places such as theatres, sleep hungry at night, and have many sexual relationships. These individuals' exercising habits, physical conditions, and disorders should always be taken into account.

**Conclusion:** Due to the occurrence of mood changes in old ages, specific measures should be taken to maintain the old individuals' health, prevent their diseases, and increase their longevity. Traditional medicine recommendations, which based on the temperament of humans age, can be very efficient in reaching this goal.

**Keywords:** Traditional Persian Medicine, elderly, Hygiene.

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Corresponding Author: [morteza.emami@ymail.com](mailto:morteza.emami@ymail.com)