

The effect of life style on healthy skin from the viewpoint of Traditional Persian Medicine (TPM) comparing to modern medicine

L. Shirbeigi*, M. Ranjbar

Abstract:

Background and Purpose: Skin is the largest organ and as a mechanical and immunological barrier protects body against internal and external stressors. Although most of the dermatological problems are not life threatening but expensive treatments and consequences on people's quality of life necessitate their prevention. Traditional Persian Medicine (TPM) has preventive approach toward all diseases as well as noting their treatment. The aim of this study was to determine the effect of life style intervention on healthy skin.

Methods and Materials: This review article was performed to discuss the effect of six essentials of life style intervention on the skin. Therefor Persian medicine manuscripts like Canon, Kamel-o-sanaewere investigated and analyzed and compared to the extracted data from PUBMED database.

Results: The priority of TPM is to prevent illnesses rather than the treatment which is based on the management of people's life style including: Air and Water, Food and Drinks, Bodily movement, Sleep and wakefulness, Evacuation and retention and emotion, although when it comes to the treatment of disease these six essentials are considered as the first step before starting herbal therapy and manipulation. Among those the effects of air pollution and insomnia on the skin aging in allopathic researches have been considered as well. Also in modern medicine sweating noted as a way of the prevention of acne likewise TPM considered sweating as a way of evacuation and thereupon supporting the healthy skin.

Conclusion: According to the researches in TPM documents the six essentials of life style can play a fundamental role in keeping the healthy skin which has been discussed in allopathy as well.

Keywords: Six essentials, Acne, Aging Skin, Traditional medicine, Life style.

Corresponding Author: shirbeigi@sina.tums.ac.ir
