

The Role of the Quantity of Food in the Treatment of Various Diseases

R. Mirheidary*, M. Nasery, M. A. Ansarypoor

Abstract:

Background and Purpose: Treatment of patients is one of the most important parts of the health system of any country that has an enormous cost. In modern medicine, there is not enough attention to nutrition while in traditional medicine, treatment's topic is hygiene and nutrition

Methods and Materials: This lecture is a Library's study for finding of the principles of treatment that based on nutrition, particularly Iranian Traditional Medicine Books like Al-Qanun fi tibb, Manafe Alaghzyeh va Dafe Mazarreha, Mofarrah Algholub, Almorshed, Tohfeh Hakim moemen. After Search in this texts, we selected subjects are connected with Food, treatment, Quantity of Food and a Brief about Quality of Food and Reconciled with parts of modern medicine.

Results: In traditional medicine, one of the three major treatment's strategy is Hygiene and Nutrition and About Nutrition, There Are Important Rules that Play basic Role in Treatment Including the Effect of food quantity, the quality of the food and the effect of the two together in foods and Speed digestion of food and the strength and speed of penetration and Products of Metabolism of Food.

Conclusion: the rules for selecting of food and its effects in the treatment Are listed in traditional medicine Texts That About the quantity of food law, principles regimen (prohibition-Fasting), dietary restriction (reduction), modification of food and add the Food is worth investigating. In the hope that this article, which measures the relationship between traditional Medicine and new researches, can Provide better and less expensive ways to treat patients and open wider horizons

Keywords: Food, Treatment, Quantity of food, Fasting, Food Restriction, Vegetarian diet

Corresponding Author: Reza56salam@yahoo.com
