



Shera (Urticaria) and Masherah (Angioedema) in Traditional Iranian Medicine

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Abstract:

Background and Purpose: Urticaria and Angioedema are two common diseases that most people have during their lives and they have a high risk of relapse. In this research, we have tried to discuss Urticaria and Angioedema from the perspective of Traditional Iranian Medicine and modern medicine and report recommended treatments in Persian medicine texts. Because of importance of Traditional Iranian Medicine, suggestions for these diseases, this research has been done.

Methods and Materials: The research has been done by reading related articles and reliable databanks such as Web of science, Google scholar and with key words of Urticaria, Angioedema. Over than 50 articles in modern medicine and 10 text books in Traditional Iranian Medicine have been investigated in the definitions, symptoms and treatments.

Results: The definition of Urticaria and Angioedema in Modern Medicine is more consistent with Shera and Masherah disorders in Traditional Iranian Medicine. 40 medicinal plants for monotherapy and 12 combination drug products for the treatment of these two diseases in Traditional Iranian Medicine are suggested..

Conclusion: As in Traditional Iranian Medicine, a lots of single and compound herbal drugs have been suggested to treat Urticaria and Angioedema, their effects can be tested by the clinical trials.

Keywords: Urticaria, Angioedema, Shera, Masherah, Traditional Iranian Medicine.

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