

The role of climatic parameters on the health and mental health of individuals

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Abstract

Background and Purpose: Climate is one of the most effective structural elements of the planet earth. Undoubtedly, nature, human and all the aspects of life are widely influenced by climatic conditions. Climate, as an old discipline, is related to other disciplines and affects agriculture, forestry, hydrology, biology, transportation, urbanization, health, psychology, medical geography, diseases and many other disciplines related to the environment and daily lives of human beings. This important knowledge can control many human needs such as food, energy, health, physical and especially mental health. The special attention to climate has been considered by sages such as Hippocrates from ancient times. In his famous thesis, Hippocrates draws the attention of physicians to the role of climatic conditions of each region in the diseases, besides other individuals, social and cultural factors.

Methods and Materials: The study was conducted using the library study method. Based on the title and keywords below, 16 sources of traditional medicine books and eligible articles on each one of the climatic components, such as air pressure, temperature, solar radiation, moisture, wind, and rain on health, and mental and psychological illnesses were studied.

Conclusion: It can be said that climate which consists of different elements such as wind, rain, snow, etc., can play an important role in spirits and moods of human beings. Since these natural phenomena have different effects on our lives, identifying them would help us to provide better mental conditions in our lives.

Keywords: Climatic Variables, Spirits and Moods, Medical Geography.

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