

Hypoactive sexual desire disorder in women from the perspective of Persian medicine

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Abstract:

Background and Purpose: Sexual function is one of the important components of quality of life, and its disorder can cause damage to interpersonal communication, emotional health and self-esteem. Significant prevalence of sexual dysfunction and its complications make it necessary to take advantage of the views of other medical schools. Persian medicine, as a holistic medicine, has its own views on the diagnosis and treatment of sexual dysfunction. The present study addresses the causes of decreased women's libido and their treatment in Persian medicine.

Methods and Materials: In this narrative review, valid texts of Persian medicine, focusing on the *Canon of Medicine*, about decreased libido were reviewed and compared the views of conventional medicine in this field.

Results: Persian medicine considers the health of the main organs (heart, brain, liver, and gonads) as a primary and important reason a healthy sexual function. Their reinforcement is also a priority in the treatment.

The etiology of female sexual dysfunction is complicated and multifactorial; it is the result of the interaction of the physiological (biological), psychological and sociological factors. As a primary cause, psychological factors are more important than the other factors. Persian medicine attributes psychological problems to the weakness of the mental and cardiac stamina. It seems that this point may confirm the view of Persian medicine in prioritizing the main organs in diagnosis and treatment of sexual dysfunction.

Conclusion: This study aims to open new windows in dealing with sexual dysfunction by presenting the diagnostic and therapeutic views of Persian medicine in this disorder and pave the way for clinical research in this area in order to provide practical solutions.

Keywords: Desire; Women; Persian Medicine; Iranian Traditional Medicine; Sexual Dysfunction

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