



## An overview of wounds classification and comparative study of lifestyle effects on their healing from the perspective of Persian Medicine

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### Abstract:

Wounds are common injuries, that promotion of healing, infection control, and reducing the complications of which are an issue in medicine. The present study was conducted to evaluate the types of wounds and factors affecting their healing from the perspective of Persian medicine compared to conventional medicine, in order to find potential new solutions to control wounds and their complications. This review study was conducted to investigate definition of wounds and their classification based on five original Persian medicine books, including *Kāmil al-Sinā'a al-Tibbīya* by Haly Abbas, *Al-Qanun fi al-Tibb* by Avicenna, *Zakhireye Khwarazmshahi* by Sayyid Isma'il Jurjani, *Tibb-i Akbari* by Muhammad Akbar Arzani, and *Exir-e Azam* by Muhammad Azam Khan Chishti. PubMed/MEDLINE, Scopus, and Google Scholar databases were searched for relevant evidence in contemporary medicine and comparison between results was made. According to these results, wounds are divided into seven categories in Persian medicine based on the amount of damage caused to the skin and the process of repairing and treating them is different based on various factors like age, sex, weight and lifestyle. Wounds are categorized based on length, depth, volume and cleanliness in Modern Medicine. According to results of this study results, lifestyle and six essential principles of health from the perspective of Persian medicine can be effective in the wound healing process. The first step in wound management, is diagnosing the category. The healing process can be accelerated with methods of Persian medicine (six principles of health and treatment methods) as a complementary method to Modern Medicine and complications can thereby be reduced.

**Keywords:** Wound, Wound healing, Persian Medicine, Avicenna

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