



## The role of air in maintaining health; Perspectives of Persian Medicine

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### Abstract:

The first principle among the six principles of maintaining health from the perspective of Persian Medicine is air. Air plays an important role in respiration of living organisms. Any changes in air quality can affect the functioning of vital body systems. This study investigates the effect of air on the body from the perspective of Persian Medicine and suggests ways to prevent the negative effects of air pollution on human health from the perspective of both traditional and modern medical systems. In this library study, we reviewed important sources of Persian Medicine, especially *Al-Qanun fi al-Tibb*, as well as qualified books and sources on health maintenance on the topic of air. Subsequently, corresponding evidence was studied in electronic databases such as PubMed, Google Scholar and SID. Choosing a suitable place of residence, avoiding inhalation of dusty air, type of clothing, skin breathing conditions and creating a suitable ventilation system are among the recommendations of Persian Medicine for physical and mental health. Paying attention to the direction of sunlight, direction of winds, being exposed to the air of diverse agricultural fields, and finally the proximity and distance of the place of residence from mountains, seas and mines are among considerations of Persian Medicine. Examining the opinions of Persian Medicine and comparing it with the evidence in Modern Medicine revealed that many of the preventive recommendations of Persian Medicine regarding the strategies to avoid the negative effects of exposure to unhealthy air are in line with modern documentations of conventional Medicine. Thus, evaluation of the proposed strategies of Persian Medicine in prevention and treatment, especially that of respiratory diseases, is recommended.

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