



A Review on excitements in Iranian Traditional medicine

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Abstract:

Health and prevention of diseases are gaining more and more significance, recently. In addition to physical and social aspects, psychological aspects are considered as the most important part of the health as well. According to World Health Organization (WHO), health is a state of complete physical, social and psychological well-being. In other words, modern medicine believes that psychology has irrefutable effect on health, and without mental well-being, complete health could not be accessible. Among mental states, excitement is one of the most important issues. Anger, fear, sadness and joy are the main subjects of excitement. In order to improve the quality of life, major contribution is allocated to research on psychological aspects of human being life at the universities and research centers.

Like modern medicine, Iranian Traditional Medicine (ITM) has special attention to physical and mental conditions of human being. ITM believes in six health providing essential principles (SETEH ZAROREYEH) including climate, eating and drinking, sleeping and waking, motion and rest, retention and vomiting, and excitement. Excitement has a very important role among these principles either in prevention or treatment of diseases. This study resulted in providing definition and characteristics of excitement in general and anger, fear, sadness and joy in particular based on ITM manuscripts. Moreover, the importance of excitement and its effect on having better life as well as curing related diseases are discussed too.

Keywords: Psychology, Excitements, Iranian Traditional Medicine (ITM)

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