Air Pollution: Avicenna’s Concept

Mahmoud Babaeian, Mohsen Naseri, Mohammad Kamalinejad, Farzaneh Ghaffari, Mohammad Mazaheri

Department of Iranian Traditional Medicine, Faculty of Medicine, Shahed University, Tehran, Iran, 1Department of Pharmacognosy, School of Pharmacy, Shahid Beheshti University of Medical Sciences, Tehran, Iran, 2Department of History of Medicine, School of Traditional Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran, 3Department of Traditional Medicine, School of Medicine, Isfahan University of Medical Sciences, Isfahan, Iran

due to digestion disorders. Avicenna believes that cardiovascular problems are the most common ones caused by air pollution, a fact observed in modern epidemiologic studies.

Avicenna suggests a number of preventive and curative measures to keep safe from the harms of polluted air. He recommends moving to mild weather areas and green plains, remaining indoors and shutting windows when the air is highly polluted, having fragrant stuff around, consuming antidotal foods, and foods which enhance cardiovascular and mental functions, avoiding hot, salty foods, and avoiding strong emotions such as anger.

It appears that studying Iranian Traditional Medicine reference books related to lifestyle, especially investigations on properties of food stuff, can help reduce the harmful effects of air pollution on our health.

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REFERENCES


