

The Use of Persian Herbal Medicines for Aging Care

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Abstract

Persian medicine is one of the oldest and most comprehensive traditional systems of medicine with a long historical background (at least 7000 years). This traditional system of medicine follows holistic paradigm and is based on four elements: earth, fire, air, and water with dry and cold, hot and wet, hot and dry, and cold and wet qualities, respectively. It is believed to special *mizaj* (temperament) for any person and any health care or treatment is personalized. Persian medicine scholars paid attention to the geriatric and aging problems and tried to manage their conditions with lifestyle modification as well as nutritional regimens and medicinal herbs. The term of geriatric management is under the title of *Tadbeer-e-mashayekh* in Persian medicine. *Tadbeer* means strategy and *mashayekh* means older adults. It seems that they focused on the common problems of older adults and prescribed medicinal plants as antiaging, health improver, appetizer, general tonic, memory enhancer, laxative, and sleep improver. There are many anti aging herbs in Persian medicine including *Abrus precatorius* L., *Allium sativum* L., *Bryonia dioica* Jacq. and *Cocos nucifera* L. as some examples. Current investigations support their use and ancient claims about many of them. Therefore, with integrative approach to use traditional systems of medicine, Persian medicine can be considered to find new approaches for aging care in current medicine.

Keywords: Aging, Persian Medicine, Traditional Medicine, Medicinal Herbs