

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

به نام خدای بخشاینده مهربان

*In the name of Allah, the Beneficent, the Merciful.*

# **Fostering International Collaboration in Persian Medicine Research**

**Babak Daneshfrad**

Persian medicine, a traditional medical system with roots stretching back several millennia, offers a comprehensive approach to health and well-being.

Despite its rich heritage, Persian medicine remains largely underutilized in contemporary healthcare due to challenges in integrating its practices with modern medicine.

# 1. Lack of Self-Confidence



Unfortunately, the true history of medicine has been *destroyed*.

Cyril Elgood:

**“The belief of Iranian people in their traditional medicine and Hakims is as much as their religion.”**

[A Medical History of Persia and the Eastern Caliphate](#)

Iranians transferred their medical knowledge to the Greeks 700 years BC and received it back through the treatises of Hippocrates two centuries later.

Hippocrates himself has confessed that he had learned the fundamentals of medicine from the family of “*Saena Poure Ahumstute*” in the medical school of **Ecbatana** (Hamedan).

*Nowadays, there is no humoral medicine in Greece!*

- ✓ The history of medicine in Iran dates back to the era of the Iranian Prophet, Zarathushtra, **7000 BC** (Hermodoros, Polinyus, Baron Bunsen, etc).
- ✓ Some of the basic principles of medicine and hygiene had been mentioned in *Avesta*.



# The world oldest university at the UNESCO, Paris, 2017



Shahabad village, 14 km Southeast of Dezful city, Khuzestan province



## **2. Lack of Standardized Research**

Clinical trial design, a cornerstone of modern medical research, can be difficult to adapt to Persian medicine interventions.

Traditional therapies often focus on holistic well-being rather than isolating the effects of specific components, presenting challenges in establishing standardized protocols.

### **3. Cultural Barriers**

The Western scientific community sometimes holds reservations towards traditional medical systems, viewing them as lacking in empirical rigor.







This skepticism hinders funding opportunities and collaboration with mainstream researchers.

## **4. Limited Research Infrastructure**

Research infrastructure dedicated to Persian medicine is often inadequate.

This includes a shortage of well-trained researchers, standardized databases of historical texts, and insufficient funding for clinical trials.

# 4'th rank in the field of CAM during 2020 - 2023

| SJR   |  | Scimago Journal & Country Rank |               |                |                        |         |  |
|---|--|--------------------------------|---------------|----------------|------------------------|---------|--|
| Medicine  | Complementary and Alternative Medicine | All regions                    | 2023          |                |                        |         |  |
| Display countries with at least 0   | Documents                              | Apply                          | Download data |                |                        |         |  |
| Country   | ↓ Documents                            | Citable documents              | Citations     | Self-Citations | Citations per Document | H index |  |
| 1  China         | 5487                                   | 5418                           | 2502          | 1844           | 0.46                   | 130     |  |
| 2  United States | 1074                                   | 987                            | 761           | 302            | 0.71                   | 189     |  |
| 3  India         | 813                                    | 790                            | 429           | 202            | 0.53                   | 133     |  |
| 4  Iran          | 403                                    | 390                            | 238           | 67             | 0.59                   | 91      |  |
| 5  Indonesia     | 291                                    | 290                            | 145           | 81             | 0.50                   | 56      |  |
| 6  South Korea  | 258                                    | 248                            | 203           | 53             | 0.79                   | 104     |  |

# **WHO Global Traditional Medicine Centre, Jamnagar, Gujarat, India (US\$ 250 million)**



[Search / List](#)

Results 1 - 26 of 26

[Display paging](#) [Display report](#)

| Reference | Institution name   | City          | Country             | Region | Title  | WHO responsible officer | Status  |                         |
|-----------|--|---------------|---------------------|--------|--|-------------------------|---------|-------------------------|
| CHN-30    | Fudan University   | Shanghai      | CHINA               | WPRO   | WHO Collaborating Centre for Integrative Medicine                                | BANA Aditi              | Active  | <a href="#">Details</a> |
| CHN-32    | China Academy of Chinese Medical Sciences                | Beijing       | CHINA               | WPRO   | WHO Collaborating Centre for Traditional Medicine                                | BANA Aditi              | Active  | <a href="#">Details</a> |
| CHN-33    | Shanghai University of Traditional Chinese Medicine      | Shanghai      | CHINA               | WPRO   | WHO Collaborating Centre for Traditional Medicine                                | HAN Eunkyung            | Active  | <a href="#">Details</a> |
| CHN-34    | China Academy of Chinese Medical Sciences                | Beijing       | CHINA               | WPRO   | WHO Collaborating Centre for Herbal Medicines                                    | BANA Aditi              | Active  | <a href="#">Details</a> |
| CHN-35    | China Academy of Chinese Medical Sciences                | Beijing       | CHINA               | WPRO   | WHO Collaborating Centre for Traditional, Complementary and Integrative Medicine | BANA Aditi              | Active  | <a href="#">Details</a> |
| CHN-36    | Nanjing University of Chinese Medicine                   | Nanjing       | CHINA               | WPRO   | WHO Collaborating Centre for Traditional Medicine                                | HILL Geraldine          | Active  | <a href="#">Details</a> |
| JPN-46    | Kitasato University                                      | Tokyo         | JAPAN               | WPRO   | WHO Collaborating Centre for Traditional Medicine                                | HAN Eunkyung            | Pending | <a href="#">Details</a> |
| CHN-44    | Chinese Academy of Medical Sciences (CAMS)               | Beijing       | CHINA               | WPRO   | WHO Collaborating Centre for Herbal Medicines                                    | BANA Aditi              | Active  | <a href="#">Details</a> |
| VTN-4     | National Hospital of Traditional Medicine                | Hanoi         | VIET NAM            | WPRO   | WHO Collaborating Centre for Traditional Medicine                                | HAN Eunkyung            | Pending | <a href="#">Details</a> |
| KOR-17    | Kyung Hee University                                     | Seoul         | REPUBLIC OF KOREA   | WPRO   | WHO Collaborating Centre for Traditional Medicine                                | HAN Eunkyung            | Pending | <a href="#">Details</a> |
| JPN-54    | University of Toyama                                     | Toyama        | JAPAN               | WPRO   | WHO Collaborating Centre for Traditional Medicine                                | HAN Eunkyung            | Active  | <a href="#">Details</a> |
| ITA-73    | State University of Milan                                | Milan         | ITALY               | EURO   | WHO Collaborating Centre for Integrative Medicine                                | BANA Aditi              | Active  | <a href="#">Details</a> |
| NOR-20    | UIT The Arctic University of Norway                      | Tromso        | NORWAY              | EURO   | WHO Collaborating Centre for Traditional Medicine                                | BANA Aditi              | Active  | <a href="#">Details</a> |
| KOR-89    | Korea Institute of Oriental Medicine                     | Daejeon       | REPUBLIC OF KOREA   | WPRO   | WHO Collaborating Centre for Traditional Medicine                                | KIM Jae Kyoung          | Active  | <a href="#">Details</a> |
| IND-117   | Gujarat Ayurved University                               | Jamnagar      | INDIA               | SEARO  | WHO Collaborating Centre for Ayurveda, Traditional Medicine                      | GODATWAR Pawan Kumar    | Active  | <a href="#">Details</a> |
| IND-118   | Morarji Desai National Institute of Yoga                 | New Delhi     | INDIA               | SEARO  | WHO Collaborating Centre in Traditional Medicine                                 | GODATWAR Pawan Kumar    | Active  | <a href="#">Details</a> |
| CHN-115   | Department of Health, Hong Kong SAR                      | Hong Kong SAR | CHINA               | WPRO   | WHO Collaborating Centre for Traditional Medicine                                | BANA Aditi              | Active  | <a href="#">Details</a> |
| USA-407   | University of Illinois at Chicago                        | Chicago       | USA                 | AMRO   | WHO Collaborating Centre for Herbal Medicines                                    | BANA Aditi              | Active  | <a href="#">Details</a> |
| CHN-131   | Health Bureau, Macao SAR Government                      | Macao         | CHINA               | WPRO   | WHO Collaborating Centre for Traditional Medicine                                | BANA Aditi              | Active  | <a href="#">Details</a> |
| CHN-139   | National Institutes for Food and Drug Control (NIFDC)    | Beijing       | CHINA               | WPRO   | WHO Collaborating Centre for Herbal Medicines                                    | BANA Aditi              | Active  | <a href="#">Details</a> |
| THA-83    | Mahidol University                                       | Bangkok       | THAILAND            | SEARO  | WHO Collaborating Centre for Traditional Medicine                                | BANA Aditi              | Active  | <a href="#">Details</a> |
| UNK-295   | University College London Hospitals NHS Foundation Trust | London        | UK                  | EURO   | WHO Collaborating Centre for Integrative Medicine                                | BANA Aditi              | Active  | <a href="#">Details</a> |
| PER-10    | Seguro Social de Salud del Peru (EsSalud)                | Lima          | PERU                | AMRO   | WHO Collaborating Centre on Traditional and Complementary Medicine               | GONSETH-GARCIA Jonas    | Active  | <a href="#">Details</a> |
| MAA-19    | Ministry of Health Malaysia                              | Kuala Lumpur  | MALAYSIA            | WPRO   | WHO Collaborating Centre for Traditional, Complementary and Integrative Medicine | BANA Aditi              | Active  | <a href="#">Details</a> |
| KRD-6     | Academy of Koryo Traditional Medicine Science            | Pyongyang     | DEM.P.REP. OF KOREA | SEARO  | WHO Collaborating Centre for Traditional Medicine                                | GODATWAR Pawan Kumar    | Active  | <a href="#">Details</a> |
| KOR-111   | National Institute for Korean Medicine Development       | Gyeongsan-si  | REPUBLIC OF KOREA   | WPRO   | WHO Collaborating Centre for Traditional, Complementary and Integrative Medicine | BANA Aditi              | Active  | <a href="#">Details</a> |

## **5. Fragmentation in Practice**

The practice of Persian medicine varies significantly across regions, leading to inconsistencies in treatment protocols and hindering the standardization necessary for robust research.

# **Solutions**

- 1. Believe in Persian Medicine**
- 2. Developing Robust Methodologies**
- 3. Building Bridges of Understanding**
- 4. Strengthening Research Infrastructure**
- 5. Harmonizing Practice**