

Fostering International Collaboration in Persian Medicine Research

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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.

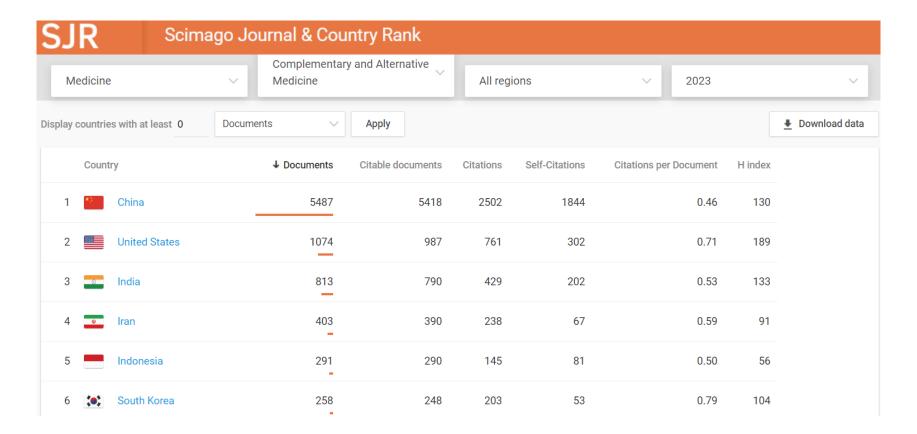
This skepticism hinders funding opportunities and collaboration with mainstream researchers.

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



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





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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