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being realized. And play is also a communal activity. After long day's hard work, family and neighbors get together sharing food, and drink drowning the pains of the body, thus lifting the spirit. Wining invites singing and dancing into the land of fantasy where the make-believe is brought to the status of reality. The capacity to imagine and to create alternative realities in the act of play is that through which we learn the true meaning of freedom of self-actualization.

It is a complex of these meanings which we have acquired through social relationships that constitutes the basic structure of inter-subjective communication between the doctor and the patient. For the dying patient, all those ideas about human potentialities and freedom of self-realization would certainly appear insignificant. Nevertheless, self-realization, the dignity of the self does not end in dying. The relationship between doctor and patient can enable a patient to bear the indignities the body suffers in dying because the dignity of the self, the life lived within the dying body are recognized and respected by the doctor. Thus the doctor always seeks to establish intersubjectivity with the patient that allows the patient freedom for self-realization and dignified interaction in the modes of co-existence.

History of ancient medicine in Iran

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1. Pre-Islamic ancient medicine

The Persian Empire from 8th century B.C to 7th century A.D extended from parts of Middle East to south Asia. In this period Vendidad (the surviving text of the Zend-Avesta) was one of the references of medicine in ancient Persia. From the text of Gathas we learn that: *"clean environment and health are the best for living world"* (Y48.5) and *"Purity for man from birth is best"* [10]. In Vendidad fargard 20, all the herbal plants that remove sickness have been praised. Various parts of the plants were used: root, stem, scale, leaves, fruit and seeds.

In vendidad we can find a total of 282 laws known as the code of Hammurabi that made by the Babylonian king, Hammurabi (1728-1686 B.C). By law, physicians lost their lives when the result of treatment has not been satisfactory [2, 3], or "If a physician performed a major operation on a patient with bronze lancet and caused the patient's death, or he opened up the eye-socket of a patient

and has destroyed the patient's eye, they shall cut off his hand" (Law no: 218 states [11]). They used some plants as PAITI (Anti toxin), like Sweet marjoram, Chicory, Star flower and Fenugreek. Nowadays Iranians use these plants as relaxants, anti-headache medicines, and for some skin diseases. A mixture of Garlic and Rye (Seer and Sedab) were used to lower cholesterol, reduce blood pressure and combat heart disease. Aloe wood was used in case of cardiac disease and irregular heartbeat. Bangha was used because of hallucinating effects.

To prevent the epidemics of infectious diseases Vendidad suggested drinking and using Bull's urine. Bull's urine has high acidity effect. So mothers who delivered a dead fetus, must spent some days out of sight of the community and family, drink 3, 6, or 9 bowls of bull's urine and wash their body with it. After that they could come back to family and community. There were some rules for women who were in their menstruation period too. Also using camel's urine was reported between Islamic people.

There was some Archaeological studies in Shahr-e-Sukhteh (Burnt City, Figure 1) in south eastern of Iran that showed evidence of surgery dates to 3rd century B.C when a 13 year old girl was suffering from hydrocephaly and she had undergone surgical therapy. Studies showed she lived at least 6 months after surgery [4].

Study of medicine in Persia has a long history. The building of the first academy named the Academy of Jundishapur was started by the Sasanian Emperors in 271 A.D. It was an academic center for scientists among different lands. The academy of Jundishapur developed as a first educational hospital in the Persian Empire, too [6, 7] (Figure 2).



Figure 1: Remaining part of Shahr-e Sukhteh (Source: [14])



Figure 2: Remaining part of Jundishapur Academy (Source: [13])

At the time of the Arab invasion (630 A.D.), Persian and Iranian science was interrupted. Arabs destroyed educational buildings like universities and libraries, burned books and killed educated people. Scientists tried to keep the science of Persian and resurface them. So in order to save books they tried to translate them and write in the Arabic language.

2. After Islamic ancient medicine

Iranian physicians and scientists Avicenna, Rhazes and mathematicians such as Kharazmi and Omar Khayyám collected and systematically expanded the Greek, Indian, and Persian ancient medical heritage and made further discoveries. Some of them such as Avicenna and Rhazes were not only responsible for accumulating all the existing information on medicine of the time, but adding to this knowledge by their own astute observations, experimentation and skills. "The Canon" of Avicenna and "Continens" of Rhazes were among the central texts as standard medical texts in Western medical education from 13th to 18th centuries [5,8].

Rhazes developed several chemical instruments that remain in use to this day. He is known to have perfected methods of distillation and extraction, which have led to his discovery of sulfuric acid and Alcohol.

"The Canon" of Avicenna advises pregnant women: Be careful of constipation, so use *Cotoneaster* as an anti constipation remedy. Do exercise and walking continuously, do not jump nor do severe exercise, do not be angry or sad. Eat fresh bread and soup without spicy taste, using clothes made from wool. He advises

mothers to do breast feeding for babies, using musical sounds as a relaxation item for sleeping baby and Starting meal little by little with light soup and light meat. He noticed that sucking in babies is useful against some diseases.

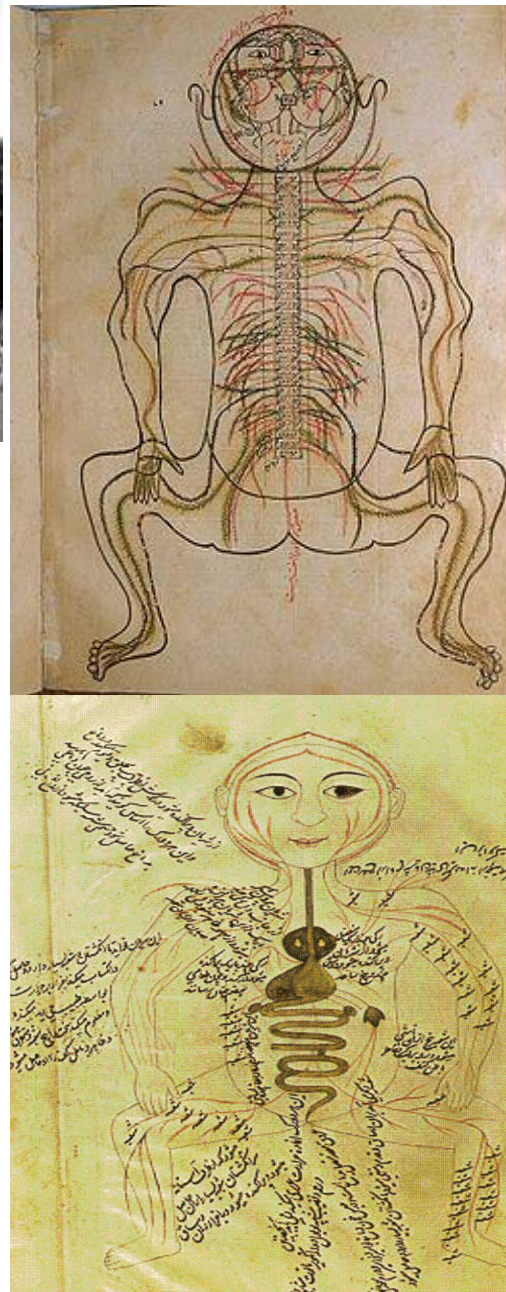


Figure 3: Diagrams of the body's structural, nervous and circulatory systems (Source: [12]).

In order to refresh skin, he advises: Drink milk as breakfast, eat dried figs, dates, onions, garlic, cabbage, and radish and use saffron in meal.

Avicenna by combination of his own experience with Islamic medicine and medical system of the Greek physician Galen, and Aristotelian metaphysics and ancient Persian, Mesopotamian and Indian medicine, developed a medical system [5]. He was a pioneer in neuropsychiatry. In *The Canon of Medicine* (c. 1025), he first described numerous neuropsychiatric conditions, including

hallucination, insomnia mania, nightmare, melancholy, dementia, epilepsy, paralysis, stroke, vertigo and tremor.

In the 14th century, the Persian language medical work *Tashrih al-badan* (*Anatomy of the body*), by Mansur ibn Ilyas (c. 1390), contained comprehensive diagrams of the body's structural, nervous and circulatory systems [9] (Figure 3).

In the 10th century Ferdowsi a great Persian writer describes a Cesarean section in *Shahnameh* that the passage illustrates working knowledge of anesthesia and surgery in ancient Persia:

"An expert Mobed arrived, By the wine made the moon-faced (beautiful Rudabeh) drunken (anesthetized), Without pain her side was cut open, He brought the boy's head in view (delivered the head), It was done so harmlessly, That no one had seen such a marvel".

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What is medical for 'resourceful patients'⁴ and doctors in the 21st century?

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Introduction

Scientific methodology has become the major medical paradigm in the 20th century, and it caused major changes in the use of research evidence in medical care compared to 19th century medicine, which was based on experimental knowledge. In the 19th century, research evidence was very simple, and doctors' clinical practice was driven referring to just a few cases they knew. Particularly in the late 20th century, the situation was dramatically changed by statistics. Clinical research methodology was developed to conduct trials on populations, which share common healthy nature, and doctors adapted research evidence, which was obtained from such population based studies, to 'tailor' medical care for individual patients; this is called as the evidence-based medicine, EBM.

In the late 1960s, Feinstein in Yale University propounded the clinical decision making methodology for diagnosis and therapeutic option based on probability theory, rather than previous determinism. It developed into clinical epidemiology in the late 1970s by Fletcher in Harvard University and Sackett in McMaster University. Later, in the late 1990s, synergistic results of several events, such as the growth of Internet, PubMed, a free public database by US National Library of Medicine, Cochrane Library, a worldwide activity to share information of scientific papers with systematic evaluation, encouraged the development and expansion of EBM worldwide.

This movement had a significant impact on medical community, and showed further development in the society. In this paper, the medical care for patients and doctors in the 21st century with the new paradigm, which was emerged by EBM caused movement, will be discussed.

⁴ The word 'resourceful patients' was taken from J. A. Muir Gray's book (2002), *"The resourceful patient"*, which shows the general ideas and actual movements mainly in the UK and the US, regarding medical care in the EBM age. A Japanese language edition was published by Saio et al. in 2004, titled *"The patient knows everything"*. The discussion in this paper stems from the information and suggestions of these books.