

*The MEDICINAL
PLANTS of AVICENNA'S
CANON of MEDICINE*

An Approach to Temperaments

Mohammadreza Shams-Ardekani

Abdolali Mohagheghzadeh

Shirin Ardeshir-Rouhani-Fard

Hamed Abedtash

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گردآوری و تحقیق:

Mohammadreza Shams-Ardekani
Abdolali Mohagheghzadeh
Shirin Ardeshir-Rouhani-Fard
Hamed Abedtash

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Dedicated to
the distinguished scientist

Professor Mohammad Izaddoost

Pharmacognosist at
Tehran University of Medical Sciences

who devoted over forty years of his life to research and
university teaching.

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In the Name of God, The Compassionate, The Merciful

FOREWORD

Traditional Iranian Medicine (TIM) is a science incorporated with art and insight, and is a collection compiled by Iranian sages that has been experienced during years of human life. This science developed by its great scholars in the golden period of Islamic and Iranian culture efflorescence and has the capability of solving many problems in the field of medicine including prevention, diagnosis, and treatment.

TIM has the background of thousand years and does not construct its view to human body, but considers other aspects of human being. According to TIM's principles, supporting health precedes treatment, and heeding the healthy nutrition, sufficient activity, healthy weather, and balancing spiritual moods are emblems in TIM.

Today, international medical societies have discovered the importance of natural remedies and traditional medicine. Therefore, many schools and colleges around the world are involved in investigation of

traditional medicine theories and application of scientifically approved traditional remedies. Development of traditional medicines such as Chinese medicine and Ayurvedic medicine especially in recent decades can represent this global movement, which has resulted in increased attention to conducting more research on principles of traditional medicine in Iran.

The present book, "The medicinal plants of Avicenna's Canon of Medicine, an approach to temperaments", tries to elucidate what is behind the word 'temperaments' when is used in traditional medicine, by categorizing clinical characteristics of medical plants and referring to one of the most great TIM treasures, The Canon of Medicine written by Avicenna. The authors also point that the temperaments may result from presence of certain chemical constituents in medicinal plants. This book is the first work on this concept and can be the initial step for further

and profounder investigations on principles of TIM. Undoubtedly, continuing this move in coming years will help us to define basics of TIM clearly and comprehensively in the words of modern medical sciences. We shall wait for that day to come in the near future.

At the end, I see the necessity to thank the authors who compiled such

a precious work, and I believe that it will give more ideas to investigators to explore TIM.

Abolghasem Soltani, PharmD, PhD

*Department of Pharmacognosy, School
of Pharmacy, Tehran University of
Medical Sciences*

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