

Evaluation of food management from the viewpoint of Abozeid balkhie
in "Sustenance for body and soul" (Masaleh al-Abdan val-Anfos)

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Objective: considering generation gap and lack of education from mothers to daughters, enrichment of academic sources in basic of nourishment seems to be important. For improvement of this basic this manuscript presents Persian translation of fifth chapter of Abozeid's book entitled: Masaleh al-Abdan va al Anfos. It was the first Arabic book written in hygiene basic in golden Islamic era.

Method: this chapter belongs to management of food and nourishment. Translation was done by using Arabic-Persian dictionaries considering other books which were written after Abozeid balkhie (۸۴۹-۹۲۴ CE) like Avicenna's Canon of Medicine as scientific sources.

Results: this chapter is written in ۱۲ titles and contains four main parts: choosing Food, right ways of cooking, times of eating and rules of serving food.

Conclusion: some of writer's Ideas opposite with ideas of his futures scientists but the cautions and advices of this chapter seems to be practical and useful for today's immobility and weak digestion.

Keyword= preventive medicine, Islamic medicine, Persian medicine, Nourishment.

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