

## Principles of health protection and management of elderly in Iranian traditional medicine

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**Introduction:** Aging is one of the important phenomenons in the field of world health and it is estimated that the world population over 70 years will double in the next 20 years. The main goal of the health programs for the elderly population are reducing the impact of chronic disease, maintaining the ability to live independently and improve their quality of life. In Iranian traditional medicine, the elderly age is after 70 years and useful suggestions are recommended to improve the quality of life in this period. In this study, some important recommendations of Iranian traditional medicine for preservation and improvement of elderly health will be discussed.

**Methods:** In this study, special recommendations for elderly will be searched in some of the famous Iranian traditional texts by keywords such as Geriatrics, elderly, recommendation and health protection.

**Results:** According to Iranian traditional medicine, the temperament(Mizaj) of geriatric age may be cold and dry or cold and wet, so according to apparent signs, suitable management should be used in this people. The most important nutritional recommendations in elderly are eating foods in several meals in a day and little amount in each meal, consuming high quality nutrient foods with low quantity and also avoid foods producing phlegm or melancholy humors. Employing warm and moisturizing ingredients, giving more importance to sleep, more needs to foods and bathing than younger ages, keep gastrointestinal smooth, moderate exercise such as walking and horse riding and also massage with oils are among the main recommendations for health protection in elderly people.

**Conclusion:** According to traditional medical texts, recommendations for elderly people is based on health protection, improving of quality life and prevention of some chronic disease in them and these items are the same as health principles in modern health systems.

Keywords: Geriatric,. Elderly,. Traditional medicine,. Health protection,. Management.