



Potential of traditional Persian medicine in symptom management of COVID-19

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Abstract:

So far, more than 23 million known cases of COVID-19 have been diagnosed, of which more than 800,000 have died. Although many studies are underway worldwide, no approved treatment for this disease has been introduced yet. As the World Health Organization has emphasized, traditional medicine systems can be a rich source of research ideas on various diseases. Traditional Persian medicine (TPM) is one of these schools which has a history of more than 4000 years and nowadays it is being revived in academic platform in Iran. The diagnostic framework of TPM is based on humoral theory and treatment plans are based on lifestyle modification, nutrition, herbal medicine and manual procedures. COVID-19 is a disease that can occur with different faces and improving respiratory and non-respiratory symptoms along with shortening the duration of the disease is one of the most important factors in the management of this disease. In this study, we will introduce the medicinal plants recommended by TPM which have potential therapeutic role in the treatment of common symptoms of COVID-19 and also review modern medicine evidence in this field in order to have an integrative approach to the management of COVID-19 symptoms.

Biography

Alireza Derakhshan is a physician and researcher in medical sciences. He received his MD degree at Mashhad



University of medical sciences and then his PhD from Shahid Beheshti University of Medical Sciences. He is currently an assistant professor at Mashhad University of Medical Sciences. His favorite field of research is allergies and atopic diseases.

Publication of speakers:

1. Measurement of Hepatocyte Growth Factor, Interleukin 6 and Tumor necrosis factor α in Acute Myocardial Infarction by Asadallah Keshmiri, Alireza Derakhshan, Afsoon Fazlinezhad, Reza Farid-Hosseini
2. Association of the Myocilin Gene Polymorphism With Primary Open Angle Glaucoma, Apr 2019, Akbar Derakhshan, Jalil Tavakkol Afshari, Javad Sadeghi Allah Aadi, Saeed Shokoohi Rad
3. Digestion process and causes of indigestion based on Avicenna's view and modern medicine, Mar 2019, Alireza Derakhshan, Mahdi Yousefi, Sohrab Dehghan, Mahmood Khodadoost

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