



طبی ایرانی 2nd دوین گنجه علمی National Congress of PERSIAN MEDICINE

۲۱ لغایت ۲۳ آبان ماه ۱۴۰۴
Tehran, Razi Conference Hall
مركز همایش های بین المللی رازی

کتاب
خلاصه مقالات

پیام مدیر کل دفتر طب ایرانی و مکمل وزارت بهداشت

بسمه تعالی

در آستانه برگزاری دومین کنگره ملی طب ایرانی، این فرصت (توفیق) را مغتنم می‌شمارم تا به نمایندگی از جامعه طب ایرانی کشور، قدردان تلاش‌های ارزشمند تمامی دست‌اندرکاران این رویداد علمی باشکوه باشم.

کنگره حاضر، نه تنها تجلی‌بخش عزم راسخ جامعه پزشکی کشور برای احیای میراث گران‌بهای طب ایرانی است، بلکه نمادی از بلوغ علمی این مکتب درمانی کهن در عرصه‌های پژوهشی، آموزشی و بالینی محسوب می‌شود.

ما در دفتر طب ایرانی و مکمل وزارت بهداشت، باور داریم که طب ایرانی با تکیه بر اصالت، ایمنی و اثربخشی، می‌تواند نقش بی‌بدیلی در ارتقای نظام سلامت کشور و کاهش بار بیماری‌ها ایفا نماید.

این کنگره فرصتی استثنایی برای تبیین هرچه بیشتر این نقش و ترسیم افق‌های پیش‌روی طب ایرانی در سطوح ملی و بین‌المللی است.

امیدوارم این گردهمایی، زمینه‌ساز خلق اندیشه‌های نو، توسعه پژوهش‌های بالینی مبتنی بر شواهد و تعالی بیشتر خدمات طب ایرانی در نظام سلامت کشور باشد.

یقین دارم که برون‌دادهای این کنگره، راهنمای عمل سیاست‌گذاران، درمانگران و پژوهشگران این عرصه خواهد بود.

از تمامی اساتید، پژوهشگران و دانشوران حاضر در این کنگره دعوت می‌کنم تا با همفکری و تبادل نظر، گامی بلند در جهت تحقق چشم‌انداز "سلامت برای همه با تلفیق طب ایرانی در نظام سلامت" برداریم.

با آرزوی توفیق روزافزون برای تمامی دست‌اندرکاران این رویداد علمی

دکتر نفیسه حسینی یکتا
مدیر کل دفتر طب ایرانی و مکمل
وزارت بهداشت، درمان و آموزش پزشکی

پیام رئیس کنگره و رئیس انجمن علمی طب سنتی ایران

بسمه تعالی

خداوند متعال را شاکرم که پس از گذشت نزدیک به دو دهه از تأسیس انجمن علمی طب سنتی، توفیق برگزاری موفق اولین کنگره طب ایرانی را در خرداد سال ۱۴۰۳ اعطا فرمود تا در پرتو آن جمعی از دانشجویان، اعضای هیأت علمی، مدیران، فعالان بخش های صنعتی و تجاری، شرکت های دانش بنیان و علاقمندان حوزه طب ایرانی، از سراسر ایران عزیز گرد هم آمده و طی ۳ روز با گفتمانی علمی، به ارائه یافته ها، دستاورد ها، نگرش ها و برون داد های پژوهشی خود بپردازند. اینک با تجارب اندوخته از اولین کنگره، بر آنیم تا دومین کنگره طب ایرانی را با شکوه علمی مضاعف، در آبان ماه سال ۱۴۰۴ به مرحله اجرا در آوریم.

ضمن قدرشناسی و سپاس از همکاری و همراهی صمیمانه تمامی دست اندرکاران علمی و اجرایی اولین کنگره به ویژه دفتر طب ایرانی و مکمل وزارت بهداشت، سازمان نظام پزشکی کشور، فرهنگستان علوم پزشکی و ستاد گیاهان دارویی معاونت علمی فناوری ریاست جمهوری و دانشگاه های علوم پزشکی سراسر کشور امیدواریم در دومین کنگره نیز از مساعدت و معاضدت این عزیزان بهره مند شده و گامی کوچک در اعتلای فرهنگ سترگ و گرانسنگ حوزه تمدن ایران زمین برداشته و بستر بهره گیری هرچه بیشتر مردم عزیز ایران زمین و معرفی دقیق تر این گنجینه علمی و تاریخی به سایر ملل فراهم گردد. در مطلع دومین کنگره، تمامی علاقمندان، دلسوزان، دانشگاهیان، شرکت های دانش بنیان، فعالان بخش های خدماتی، تجاری و صنعتی، پژوهشگران، نهادها و سازمان های مرتبط و علاقمند به اعتلای طب ایرانی را برای مشارکت و همراهی در این رویداد مهم دعوت مینمایم.

والله هو المستعان

دکتر روشنگر مکبری نژاد

رئیس دومین کنگره طب ایرانی و رئیس انجمن علمی طب سنتی ایران

پیام دبیر علمی کنگره

بسمه تعالی

دومین کنگره و دومین تجربه ملی از گردهمایی بزرگ متخصصان طب ایرانی و داروسازی سنتی و اهالی تاریخ پزشکی در کنار متخصصان علوم پزشکی، اتفاقی سترگ و علمی است که فرصت برای گفتگوی عالمانه و تبادل دانش و هم افزایی پژوهشی را فراهم می کند.

با بهره گیری از تجربه اولین کنگره و توجه به نیازهای کشور و دعوت از متخصصان علوم پزشکی بار دیگر برای ارتقای سلامت و توسعه دانش مبتنی بر سلامت و ترویج آموزه های علمی و فرهنگی طب ایرانی برای اصلاح سبک زندگی مردم و پیشگیری از بیماری تلاش خواهیم کرد.

در این نوبت تلاش خواهیم کرد آخرین دستاوردهای علمی طب ایرانی و تولید دانش مبتنی بر شواهد در این حوزه را هم با هدف هم آموزی برای همکاران عزیزمان و هم در تعامل با سایر گرایش های پزشکی به اشتراک بگذاریم به امید بهروزی برای بیماران و ارتقای سطح سلامت جامعه عزیز ایران بزرگ

دکتر حسین رضایی زاده
دبیر علمی دومین کنگره طب ایرانی

پیام دبیر اجرایی کنگره

بسمه تعالی

طب ایرانی با سال ها قدمت در تاریخ کهن ایران از سال ۱۳۸۶ قدم های خود را محکم و با اتکا بر دانش درخشان حکمای خود شروع کرده است و امروز در استانه ۱۸ سالگی با کوله باری از تجربه و دانش افزوده دانشمندان ، اساتید و دانشجویان خود در حالی دومین کنگره طب ایرانی را برگزار میکند که اولین کنگره با بازتاب های بسیار خوب در جامعه علمی کشور در سال ۱۴۰۳ برگزار شده است.

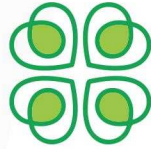
برای همه دست اندر کاران اجرایی این رویداد مهم، برگزاری این اتفاق قدم بسیار بزرگ و مهمی بوده است که تلاش جمعی فراوانی را در پی داشته است.

با ارزی روزهای پرنور و درخشان برای جامعه طب ایرانی در سراسر کشور ، امیدواریم که این رویداد فضای مناسب علمی و کاربردی تمامی اندیشمندان و علاقمندان به این فرهنگ طبی را فراهم آورد.

دکتر آزاده زارعی
دبیر اجرایی دومین کنگره طب ایرانی

بهمراه براسداری

نن فانگر
SHEFANEGAR



شربت بلاکیور

- تصفیه خون
- افزایش سلامت کبد
- کاهش غلظت خون
- خونسازی بهتر

۲۵۰
میلی لیتر



Blocure



کپسول سورنجان

- تسکین درد مفاصل
- تسکین درد سیاتیک
- تسکین درد نقرس

۳۰
کپسول

www.shefanegar.com

☎ 025_32179 | +989102023274

پیوگست Pepogast

کمک به تسکین علائم سندروم

روده تحریک پذیر (IBS)

دردهای شکمی، تورم یا نفخ شکم

۳۰
سافت ژل



 goldaruco.com

 goldaruco

Goldaru[®]
ALONGSIDE LIFE

فیبروگل Fibroglol

فاقد شکر

برطرف کننده یبوست و

تنظیم اجابت مزاج

با طعم **توت فرنگی**، **پرتقال**، **موز**

۷
ساشه



ترکیبی از علم، طبیعت و سلامتی

لاسرین:

آرامش
و کاهش استرس

میگراس:

تسکین میگرن

لادریم:

خواب راحت

لیو-ا-هلت:

سلامت کبد



📍 takinpharmed ✉ info@takinpharmed.com

☎ ۰۲۱۸۸۷۵۷۳۱۶ 🌐 takinpharmed.com

 **TAKIN PARS**
Pharmed



TITU University

دانشگاه بین‌المللی (Technofest Institute of Technology TITU)

یک مؤسسه آموزش عالی بین‌المللی ثبت‌شده در کشور بلژیک و دارای شعبه رسمی در ترکیه است که دیپارتمان ناتروپاتی این دانشگاه با رویکرد نوآورانه در حوزه‌های طب ناتروپاتی و علوم تلفیقی سلامت فعالیت می‌کند. دانشجویان و اساتید ایرانی این دانشگاه با حضور در جشنواره‌ها و رویدادهای علمی بین‌المللی در ترکیه، اروپا و خاورمیانه، موفق به کسب افتخارات ارزشمندی در حوزه سلامت طبیعی و پژوهش‌های نوین در این طب شده‌اند. این تصاویر، گوشه‌ای از تلاش‌ها، خلاقیت و افتخارآفرینی آنان در عرصه جهانی است. این مؤسسه عضو رسمی سازمان IASP - سازمان پارک‌ها و مراکز فناوری جهان و عضو IASP - شبکه پارک‌های فناوری کشورهای اسلامی است.



دکتر مهرداد جایی‌باشی (رئیس دانشگاه تیتو، شعبه ترکیه) نشان افتخار پزشکی از طرف رئیس آکادمی علوم اروپا خاورمیانه و بلژیک



دکتر مهرداد جایی‌باشی (رئیس دانشگاه تیتو، شعبه ترکیه) نشان افتخار پزشکی از طرف رئیس آکادمی علوم اروپا خاورمیانه و بلژیک



دکتر مهرداد جایی‌باشی (رئیس دانشگاه تیتو، شعبه ترکیه)



خانم سعیدرضا جایی‌باشی (رئیس دانشگاه تیتو، شعبه ترکیه)



خانم زهرا تیرانداز (رئیس دانشگاه تیتو، شعبه ترکیه)



دکتر مهرداد جایی‌باشی (رئیس دانشگاه تیتو، شعبه ترکیه)



دکتر مهرداد جایی‌باشی (رئیس دانشگاه تیتو، شعبه ترکیه)



خانم زهرا تیرانداز (رئیس دانشگاه تیتو، شعبه ترکیه)



خانم مریم سلطانی (رئیس دانشگاه تیتو، شعبه ترکیه)



خانم راضیه قاسم‌نژاد (رئیس دانشگاه تیتو، شعبه ترکیه)



دکتر مهرداد جایی‌باشی (رئیس دانشگاه تیتو، شعبه ترکیه)



خانم دکتر ندا کوثر (رئیس دانشگاه تیتو، شعبه ترکیه)



آقای علی زهتاب صالحی (رئیس دانشگاه تیتو، شعبه ترکیه)



خانم سیدیه بهمانی کعبی (رئیس دانشگاه تیتو، شعبه ترکیه)



خانم سیمه نثر اسفندی (رئیس دانشگاه تیتو، شعبه ترکیه)



TURKIYE - IRAN TICARET Z



Khorraman Pharmaceutical Co

RECTOL

Anti-Hemorrhoid & Fissure Ointment

- Reduces Pain & Bleeding
- Reduces Swelling & Inflammation
- Softens Stool & Eases Bowel Movements
- Safe: No Corticosteroids or Heavy Metals



Abstract ID: ۶۹

Presentation Type: Oral

The Association Between Reticulotype Profiles and Response to Iranian Traditional Medicine in Patients With Irritable Bowel Syndrome: A Cross-Sectional Study

Sana Mahdian Riz^۱ *

^۱. Students Research Committee, Neyshabur University of Medical Sciences, Neyshabur, Iran

Background and Aim : Personalized medicine aims to tailor healthcare based on individual biological, genetic, and phenotypic characteristics. Reticulotypes—a recent concept integrating metabolic, immunological, and genetic profiles—offer promising categorization in precision medicine. Simultaneously, Iranian Traditional Medicine (ITM) emphasizes individual temperament (Mizaj) for diagnosis and treatment. Irritable Bowel Syndrome (IBS), a common functional gastrointestinal disorder, lacks a universally effective treatment. This study investigates the association between reticulotype profiles, Mizaj types, and response to ITM-based interventions among IBS patients, aiming to bridge traditional and precision approaches.

Methods : This cross-sectional study was conducted on ۱۲۰ IBS-diagnosed patients aged ۱۸–۵۰ years, recruited from a gastroenterology clinic and ITM center in Tehran in ۲۰۲۵. Participants were evaluated using the Rome IV criteria. Mizaj was assessed using the Mojahedi Mizaj Questionnaire. Reticulotype classification was performed based on immuno-metabolic profiling (including CRP, IL-۶, cortisol, fasting insulin, and lipid panel), categorizing participants into four types: Inflammatory, Metabolic, Mixed, and Neutral. Response to a standardized ITM intervention—comprising diet modification, Zataria multiflora extract, and abdominal warm compress—was evaluated over ۴ weeks. Symptom relief was quantified using the IBS-Symptom Severity Score (IBS-SSS). Data were analyzed using SPSS ۲۶; ANOVA and chi-square tests assessed statistical significance.

Results : Of the ۱۲۰ participants, ۳۲ (۲۶,۷٪) were classified as Inflammatory, ۲۸ (۲۳,۳٪) Metabolic, ۳۸ (۳۱,۷٪) Mixed, and ۲۲ (۱۸,۳٪) Neutral reticulotypes. The predominant Mizaj types were Safravi (Choleric) in ۳۵,۸٪ and Balghami (Phlegmatic) in ۳۰,۰٪. A significant association was found between Inflammatory reticulotypes and Safravi Mizaj ($p=۰,۰۱۲$). Mean IBS-SSS reduction scores differed significantly among reticulotypes: Inflammatory ($-۷۸,۵ \pm ۲۴,۳$), Metabolic ($-۶۱,۲ \pm ۱۹,۸$), Mixed ($-۶۹,۷ \pm ۲۰,۱$), Neutral ($-۵۵,۳ \pm ۲۲,۵$) ($p=۰,۰۰۴$). The highest response to ITM was observed in the Inflammatory-Safravi group ($-۸۶,۴ \pm ۱۸,۹$), suggesting enhanced therapeutic alignment.

Conclusion : This study provides initial evidence linking modern immuno-metabolic classification (reticulotype) with traditional Mizaj typing in predicting response to ITM interventions in IBS. The strong correlation between the Inflammatory reticulotype and Safravi Mizaj suggests a biological basis for temperament theory. Additionally, patients with this profile responded best to traditional treatments, supporting the hypothesis that certain reticulotypes may align with specific ITM-based protocols. These findings highlight the potential of integrative personalized approaches combining reticulotyping and temperament-based strategies in the management of functional disorders like IBS. Future longitudinal studies are needed to explore causality and treatment optimization.

Abstract ID: ۴۴۳

Presentation Type: Oral

Investigating the temperament (mizaj) of Hamadan citizens from the point of view of Persian medicine in ۲۰۲۴

Azam Meyari^{۱*}, Medisa Maghsoud^۲, Younes Mohammadi^۳

- ^۱. Department of Persian Medicine, School of Medicine, Hamadan University of medical sciences, Hamadan, Iran.
- ^۲. School of Medicine, Hamadan University of Medical Sciences, Hamadan, Iran
- ^۳. ^۲. Department of Epidemiology, School of Public Health, Hamadan University of Medical Sciences, Hamadan, Iran. Social Determinants of Health Research Center, Hamadan University of Medical Sciences, Hamadan, Iran.

Background and Aim : In Persian medicine, temperament (Mizaj) is a fundamental and distinctive characteristic of individuals, forming the basis for diagnosis, treatment, and preventive prescriptions. Since the general temperament pattern of healthy individuals in the community can be a guide for changes and deviations in temperament in various diseases in the same climate, in this study, the general temperament of citizens in Hamadan was examined from the perspective of Persian medicine in the year ۲۰۲۴.

Methods : In this cross-sectional descriptive study, ۴۰۰ healthy individuals from the general population of Hamadan city, aged ۲۰ to ۶۰, were studied in ۲۰۲۴. Random sampling was conducted from three areas with different socioeconomic statuses (high, medium, low) whom referring to health centers. To assess general temperament, the Salmannejad Temperament Questionnaire was used, consisting of ۲۰ questions (۱۵ questions for determining warmth/coldness and ۵ questions for assessing wetness/dryness). The data were analyzed using SPSS۲۰ software, and the significance level of the tests was considered less than ۰,۰۵.

Results : The mean age of participants was 33.91 ± 9.45 years, with ۱۹۶ (۴۹%) men and ۲۰۴ (۵۱%) women. In the study of hot/cold temperament: the frequency of cold temperament was ۲۹۹ people (۷۴,۸%), moderate ۲۹ people (۷,۲%), and hot temperament ۷۲ people (۱۸%), and in terms of wet/dry temperament: wet temperament ۱۶۸ people (۶۴,۶%), moderate ۱۶۳ people (۴۰,۸%), and dry temperament ۵۱ people (۱۲,۸%). A significant difference was observed between men and women in terms of temperament (P value < ۰,۰۰۱). Cold temperament was more prevalent in women than men (۸۵,۷۸% vs. ۶۳,۲۶%), while warm-moderate temperament was more common in men than women (۳۶,۷۳% vs. ۱۴,۲۲%), similarly, wet temperament was more frequent in women (۵۱,۴۷% vs. ۴۱,۳۲%), whereas dry temperament was more prevalent in men (۱۹,۳۹% vs. ۶,۳۷%). However, no significant statistical difference was observed in the mean age of Hamadan citizens regarding general temperament frequency. There was a significant correlation between age and temperament at $\alpha < ۰,۰۵$ level (p value = ۰,۰۴۵ and $r = -۰,۱$). In such a way that the older the age, the lower the hot level of the people. However, there was no significant correlation between age and temperament in terms of humidity level (P value = ۰,۰۸۴).



Conclusion : This study revealed notable patterns in temperament distribution among Hamadan citizens. The dominant temperaments were cold and wet, with cold-wet being the most common combined type. Cold temperament was more prevalent in women, whereas warm was more common in men relative to women. Similarly, wet temperament predominated in women, while dry temperament was more frequent in men. However, no significant association was found between age and temperament distribution. The high prevalence of cold/wet temperament may reflect environmental influences and life styles in this region. This pattern can be evidence for temperament changes in various diseases in this city.

Abstract ID: ۱۶۱

Presentation Type: Oral

Humoral Patterns in Chronic Urticaria: A Cross-Sectional Study Based on Persian Medicine

Maryam Taghavi Shirazi^۱ *

^۱. School of Persian Medicine, Iran University of Medical Sciences, Tehran, Iran

Background and Aim : Chronic urticaria (CU) is a common inflammatory skin disorder that significantly affects patients' quality of life. In Persian Medicine (PM), the humoral-based concepts of Shara and Mashara closely resemble the modern clinical presentations of urticaria and angioedema. From this perspective, humoral imbalance—particularly the predominance or qualitative deviation of one or more of the four humors (Dam [blood], Safra [yellow bile], Balgham [phlegm], and Sauda [black bile])—is considered a key underlying factor in skin eruptions. This study aimed to investigate the prevalence of humoral types in patients with CU.

Methods : This cross-sectional study was conducted on ۹۲ patients aged ۱۲ to ۶۵ years with a confirmed diagnosis of CU, who attended clinics affiliated with Iran University of Medical Sciences between May ۲۰۲۰ and March ۲۰۲۱. A checklist based on the main PM texts was used to identify signs of humoral dominance through clinical interview and observation. Descriptive data, including age and BMI, were recorded and analyzed accordingly.

Results : The mean age of participants was 37.60 ± 10.59 years. The overall mean BMI was 25.41 ± 3.41 kg/m², with a range of ۱۸.۹۰ to ۳۴.۹۰. Based on clinical signs, Safra (yellow bile) was the most prevalent humor, observed in ۸۸.۰۴% of patients (n = ۸۱), followed by Balgham (phlegm) in ۵۶.۵۲% (n = ۵۲), Sauda (black bile) in ۳۳.۶۹% (n = ۳۱), and Dam (blood) in ۸.۶۹% (n = ۸).

Conclusion : According to Persian medical scholars, Shara is mainly attributed to Dam-e-Marrari (bilious blood) and Balgham-e-Maleh (saline phlegm). In contrast, Safra and Sauda, when present alone, are considered less frequent contributors due to their dryness, subtlety, and lower tendency to produce visible swellings. However, our findings revealed a high prevalence of Safra and Sauda among patients with CU. Signs of Safra dominance—such as thirst, dryness, and body heat—were common in acute flares. Balgham was associated with poor digestion, lethargy, and mental fog, while Sauda-related features—such as obsessive thoughts, anxiety, heartburn, and disturbed sleep—were also reported. The notable presence of Sauda in this study may reflect that modern factors, such as stress, frustration, and urban lifestyle, contribute to its increased prevalence. This contrast may reflect the mental tranquility and healthier lifestyle of past generations, which likely limited the role of Sauda in inflammatory conditions. A sedentary lifestyle, along with constipation, gastrointestinal issues such as reflux and bloating, and excess body weight, increases the likelihood of the coexistence of Balgham and Safra as a composite humor in patients with urticaria. Conclusion: Safra and Balgham were the most prevalent humors among CSU patients, with a significant role also observed for Sauda. These findings align with the Persian Medicine view that chronic inflammatory skin conditions often involve complex, multi-humoral imbalances, emphasizing the need for personalized therapeutic strategies.



Abstract ID: ۵۹۷

Presentation Type: Oral

Pediatrics in Persian Medicine manuscripts

Farzaneh Ghaffari^۱ *

^۱. School of Traditional Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran

Background and Aim : The written heritage of Persian medicine (PM) and Islamic civilization, which includes thousands of manuscripts, has often devoted one or more chapters of its book to pediatrics; and also dozens of specialized books and treatises has written about children management to prevent diseases and to treat children disease . Pediatrics is one of the most important branches of PM and great scientists and sages such as Rhazes, Avicenna and Jorjani have dedicated chapters of their medical books to this filed of medicine and also, have written independent writings on pediatrics.

Methods : The purpose of this study is investigation of the approach of PM to pediatrics. Methods: The study method in this research is literature review and reviewing manuscripts and printed copies of PM.

Results : A treatise on pediatric diseases and more attention to them «of Rhazes is one of the most important sources of written heritage on children's diseases. The approach of PM to pediatrics is based on two main axes: ۱. General measures in the prevention and care of children's health ۲. Principles of treatment and measures of children diseases in below sections: ۱. Digestive diseases; ۲. Respiratory diseases; ۳. Diseases of the nervous system; ۴. Urinary tract diseases; ۵. Infectious and contagious diseases; ۶. Skin diseases; ۷. Diseases of the mouth, ears, nose and larynx; ۸. Eye diseases; ۹. Hereditary diseases and so on.

Conclusion : Today, familiarity with PM manuscripts and knowledge of this medical instructions, especially in the field of prevention and treatment can open a new window in the modern medical sciences. Key words : Pediatrics, Persian Medicine Manuscripts



Abstract ID: ۲۶۳

Presentation Type: Oral

Vocal Ornamentation and Therapeutic Sound in Persian Medicine: A Historical Medical Report

Mona Haqiqi^۱ , Mohammad Sadr^۱ , Majid Dadmehr^۱ *

^۱. *Department of Traditional Medicine, School of Persian Medicine, Iran University of Medical Sciences, Tehran, Iran*

Background and Aim : According to traditional Persian medicine (TPM), non-pharmacological treatments have also been recommended for diseases, including the use of music interventions. In this study, we present a historical report on the use of music in sexual dysfunction.

Methods : We surveyed one of the reference textbooks of TPM, the *Khulāṣat- al-Ḥikmah*. The author of this work was Seyyed Muḥammad Ḥoseyn ‘Aqīlī Khorāsānī Shīrāzī, a prominent Persian physician of the late ۱۲th century AH. His book is an encyclopedia of medicine written in the Persian language.

Results : In the chapter on regimen for travelers (*Tadbīr-e-Musāfir*), he provided advice on maintaining or restoring health while traveling. In this chapter, he explained some diseases that travelers may contract and offered guidelines for treating them without consulting a physician. One of these was decreased libido or low sex drive (*Za‘f-e-Bāh*). He described the clinical manifestations, underlying mechanisms, and treatment strategies of this condition. In addressing anaphrodisia, ‘Aqīlī recommended detailed guidance on increasing sexual desire by strengthening the heart and brain. He advised the use of stimulant medicines and aromatic substances, residence in regions with favorable and pleasant climates, and listening to soothing vocal music performed by singers with pleasant voices and emotional resonance. In this section, ‘Aqīlī employs the phrase “*Alḥān-e-Mughannīyyeh*”. In classical Iranian music, the term “*Mughannī*” referred to a skilled singer or minstrel proficient in vocal techniques. The term “*Ghune*”, as defined by Fārābī, a ۱۰th-century CE philosopher and music theorist, in his *Great Book of Music* (*Mūsīqī- al-Kabīr*), denotes a specific vocal ornamentation in which the singer emits part of the airflow through the nose and part through the mouth, producing a resonant and aesthetically pleasing sound. Thus, *Mughannī* in its precise historical usage refers to a vocalist adept in complex vocal modulations and breath control techniques involving multiple respiratory pathways.

Conclusion : Taken together, these insights reveal a sophisticated understanding of the therapeutic potential of sound in Persian medicine. ‘Aqīlī’s emphasis on vocal timbre, emotional resonance, and the refined techniques of *Mughannī* singers exemplifies a holistic medical paradigm in which sensory aesthetics are systematically interwoven with physiological and psychological processes. This integrative approach highlights the role of auditory stimuli as dynamic modulators in restoring somatic balance and emotional vitality, underscoring the early medical insight into incorporating non-pharmacological modalities alongside pharmacological interventions, a dual strategy that reflects a nuanced understanding of holistic care in historical clinical practice.



Abstract ID: ۵۴۶

Presentation Type: Oral

The impact and influence of physicians on medical education throughout the Islamic era.

Mahboobeh Ranjbar^۱, Mohammad Sadr^{۱*}, Mohammadhossein Asadi^۲

۱. *Institute for Studies in Medical History, Persian and Complementary Medicine, Iran University of Medical Sciences, Tehran, Iran*
۲. *Institute for Studies in Medical History, Persian and Complementary Medicine, Iran University of Medical Sciences, Tehran, Iran*

Background and Aim : Many researchers recognize the substantial impact of Islamic civilization on the field of medicine during the Middle Ages, acknowledging its pivotal role in advancing and disseminating scientific knowledge. Despite significant transformations in Europe during the sixteenth and seventeenth centuries, it is essential to note that the educational system developed by Muslim physicians significantly contributed to this evolution. Under the Abbasid rule, key texts were translated into Arabic, primarily from Greek sources. The groundbreaking contributions of Muslim scholars like Razes, Hally Abbas, and Avicenna, combined with the creation of government-backed and private institutions for education and knowledge transmission, led to the progression of Islamic sciences and elevated medicine's status. Medical education during the Islamic period employed three distinct approaches in various educational settings. Factors such as curriculum development, establishment of schools, physicians' roles, and adaptations to the educational system all played crucial parts in shaping this historical context. This article aims to delve deeper into these subjects.

Methods : A comprehensive review of relevant texts was carried out by searching credible websites, including World Cat, Google Scholar, Google Books, and specialized databases in medical history, such as J Store and Libgen.ir. After eliminating duplicate and unrelated content, pertinent information was identified and collected for further analysis

Results : The advancement of medical sciences was due to three events: the translation of important works into Arabic, especially Greek medical texts; the scientific contributions of writers such as Yuhanna ibn Masawaih, Razes, Hally Abbas, and Avicenna; and the establishment of governmental or private institutions for the transmission of scientific ideas as well as the training of skilled physicians. Medical education during the Islamic period was conducted in three ways and at three types of schools: Schools associated with hospitals, where alongside theoretical medical education, students would visit patients and learn medical teachings alongside the sick. Private medical schools, which were essentially places where renowned doctors taught and attracted students from all over for their education. The private medical education method, in which the student learned under the supervision of a master and upon completing the course, was awarded a certificate confirming the completion of medical studies.



کتاب خلاصه مقالات سخنرانی و پوستر
دومین کنگره ملی طب ایرانی



تهران، مرکز همایش های بین المللی رازی

۲۱ لغایت ۲۳ آبان ماه ۱۴۰۴

Conclusion : The foundation of education and scientific principles for physicians and scholars during the Islamic period comprised the following key elements: essential basic knowledge for medical students prior to clinical practice, encompassing theoretical courses, natural sciences, mathematics, logic, and more. Islamic scholars held varying views on the sequence and emphasis placed on each discipline. While a primary educational approach was predominantly followed, some periods witnessed the emergence of alternative teaching methods.



Abstract ID: ۱۴۹

Presentation Type: Oral

He Role of Belief in the Supernatural and God-Centeredness in Enhancing Spiritual Health: A Comparative Analysis of the Views of Avicenna and Al-Razi

Sepideh Seyedinoughabi^{۱*}, Hassan Gholampour Dehsorkhi^{۱*}

^۱. Assistant Professor, Mashhad University of Medical Sciences, Head of the Department of History of Islamic Philosophy of Science, Scientific and Research Institute of Maktab Narjes

Background and Aim : Spiritual health, as one of the fundamental dimensions of human health, plays a decisive role in ensuring mental well-being and quality of life. In contemporary studies, the position of spirituality and transcendent beliefs in enhancing human health reflects the impact of religious beliefs and God-centeredness on individuals' spiritual and psychological well-being. Notable figures in the field of medicine, such as Avicenna and Al-Razi, while holding philosophical perspectives, also pay special attention to the nature of spiritual health as an integral aspect of humanity, which is manifested in their works on spiritual health. Modern theoretical models, such as Fisher's (۱۹۹۸) theory of spiritual health, suggest that human interaction in various personal and social realms is a factor in the growth of spiritual health." Jaskino and Nita define spiritual health as a high level of faith, hope, and commitment that systematically stems from faith, enabling individuals to realize the concept of life and guide themselves through a strong connection to spiritual values, aligning with themselves, others, and higher authorities

Methods : An article titled "Examining Spiritual Health from Avicenna's Perspective and the Need for Attention in Modern Medicine" states that, according to Avicenna, the human soul is the link between the spirit and the body, and spirituality is a treasure that God has bestowed upon humanity through theoretical and practical reason. In another article entitled "Spiritual Health and Perspectives," Avicenna's understanding of health refers to "the balance of the functions of organs," which implies that he believes in the roles and functions of body organs to go beyond mere material existence. An article titled "Spiritual Health of the Soul from Al-Razi's Perspective" states that Al-Razi, in his book "Al-Tibb al-Ruhani" (Spiritual Medicine), describes the governance of reason over other faculties, the struggle against desires, and the soul's care to avoid moral vices such as envy, greed, vanity, hypocrisy, and arrogance as signs of a healthy soul.

Results : Based on the three axes of cognitive, emotional, and practical aspects of spiritual health, which were identified from the selective definition of spiritual health based on Jaskino and Nita's framework, it was determined that the views of Avicenna and Al-Razi encompass dimensions of spiritual health within the realm of God-centeredness and belief in the supernatural.

Conclusion : The objective of this study is to perform a comparative analysis of the components of spiritual health in Avicenna's and Al-Razi's medical opinions, The goal is to explore and clarify new concepts in the field of health found in ancient texts, enabling researchers in this area to access various influential factors affecting spiritual health in a systematic and practical framework



Abstract ID: ۳۳۴

Presentation Type: Oral

Pilgrims, Diplomats, and Disease: Epidemic and Quarantines Encounters in Qajar-Era Iranian Travel Writing

SeyyedHadi Tabatabaei^۱ *

^۱. *Department of History of Medicine, School of Persian Medicine, Iran University of Medical Sciences, Tehran, Iran*

Background and Aim : In the ۱۹th and early ۲۰th centuries, the travels of Iranian pilgrims and diplomats across the Middle East coincided with recurring cholera pandemics and the gradual emergence of modern public health systems. Under the Qajar dynasty (۱۷۸۹–۱۹۲۵), thousands of Iranians undertook religious pilgrimages to Ottoman Iraq and the Hijaz, while diplomatic missions traveled to Constantinople, Cairo, and beyond. These routes were frequently disrupted by outbreaks of cholera and the enforcement of quarantine (karantin) measures by Ottoman, British, and other imperial authorities. Persian travelogues (safarnameh-ha) from this period offer a rare and underutilized corpus of first-hand observations on epidemic disease, sanitary regulation, and the complex interplay of political, and medical authority. This study examines how Qajar-era travel writers—both pilgrims and diplomats—narrated their encounters with epidemics and public health.

Methods : This research is based on a close reading and comparative analysis of selected Persian-language travelogues written by Qajar-era Iranian pilgrims and state officials. Primary sources include the travel narratives of travelers whose works document journeys from Iran to the Hijaz, Ottoman Iraq, and parts of the eastern Mediterranean. The texts were analyzed for explicit references to cholera outbreaks, quarantine enforcement, medical encounters, and traditional interpretations of illness and epidemics.

Results : The travelogues reveal recurring themes: the fear by cholera; the institutionalization of quarantine practices at ports, border crossings, and way stations; and a deep ambivalence toward foreign-imposed sanitary measures. While in the beginning of the travels both Pilgrims and diplomats often said that they are in risks because of cholera but during the travel, described quarantine as a form of suffering, while diplomats noted the administrative and political implications of sanitary controls. sometimes Illness was interpreted as divine punishment or a test of faith, though some travelers also referenced environmental explanations. Observations of Ottoman and European medical facilities occasionally reflected admiration, but sometimes quarantine lead travelers to resisted specially when public health measures delayed travel program or diplomatic progress.

Conclusion : These narratives expose the entangled relationships between medical policy, religious belief, and imperial politics. For Qajar travelers, epidemic disease was not merely a biological phenomenon but a morally and politically charged event. Iranian responses to modern sanitary regimes varied and were in relation with selective engagement with Western medicine, modernization and state power. while these texts not only give us excellent details about peak dates and places of epidemics in that era but also offer invaluable insights into historical perceptions of disease, medical authority, and public health in the Islamic world.

Abstract ID: ۴۴۷

Presentation Type: Oral

Comparative Analysis of Dalk Khashen in Persian Medicine and Gua Sha in Traditional Chinese Medicine: Mechanisms and Scientific Evidence

Behnam Danesh^۱ *

^۱. Traditional Medicine and History of Medical Sciences Research Center, Health Research Institute, Babol University of Medical Sciences, Babol, Iran.

Background and Aim : Dalk in Persian means “rubbing.” In Persian medicine, Dalk is one of the therapeutic manual interventions (A‘mal-e-Yadavi) that is categorized according to its application and method of performance. Dalk-e-Khashen (coarse massage) is one type, performed using rough cloths or scrubbing bags. Its effects are described in Persian medical texts as producing local warmth, increasing blood flow, and facilitating waste elimination. Guasha in Chinese language means scraping the skin until erythema appears, performed with a smooth-edged tool. Reported effects of Guasha include improving local blood circulation, enhancing the flow of energy (Qi), detoxification, and relaxation. Although these interventions belong to two distinct medical traditions, Iranian and Chinese, both show remarkable mechanical and therapeutic similarities. This study was conducted with the aim of comparing Dalk-e-Khashen and Guasha in terms of physiological mechanisms, clinical evidence, and potential therapeutic applications.

Methods : A comparative analytical review was performed. Three authoritative Persian medical texts (Canon of Medicine, Zakhireh Kharazmshahi, and Kholasat al-Hikmah) describing the indications and mechanisms of Dalk-e-Khashen were analyzed. For Guasha, a search of PubMed and Scopus was conducted up to June ۲۰۲۰, focusing on randomized controlled trials, systematic reviews, and physiological studies. Keywords included “Guasha,” “scraping therapy,” “microcirculation,” “pain management,” and “inflammation.” Inclusion criteria were studies involving human participants, with objective outcome measures or mechanistic analyses.

Results : Both methods, through mechanical stimulation, may lead to: increased local blood flow and tissue temperature, modulation of inflammatory mediators, enhanced metabolic clearance, and detoxification. Randomized controlled trials and systematic reviews on Guasha have demonstrated beneficial effects in reducing chronic musculoskeletal pain (such as low back pain, neck pain, and shoulder pain) and alleviating fatigue. Reported adverse events are generally mild and transient, mostly limited to subcutaneous bruising. In contrast, while classical Persian texts attribute similar physiological and therapeutic benefits to Dalk-e-Khashen, strong clinical or experimental studies are still lacking. Comparative Mechanism Table (Conceptual) Traditional Iranian Medicine (TIM) Modern Physiological Interpretation Pain relief (taskeen al-waja‘) Endorphin release, analgesia Elimination of morbid matter (da‘f-e fuḍūlāt) Autonomic modulation, enhanced microcirculation and lymphatic clearance Strengthening innate heat (hararat ghrizi) Metabolic enhancement Balancing humors (ta‘dil akhlāt) Homeostasis of nervous & endocrine systems



کتاب خلاصه مقالات سخنرانی و پوستر
دومین کنگره ملی طب ایرانی

تهران، مرکز همایش های بین المللی رازی

۲۱ لغایت ۲۳ آبان ماه ۱۴۰۴



Conclusion : Dalk-e-Khashen and Guasha show substantial mechanical and therapeutic parallels. However, while Guasha is increasingly supported by randomized clinical evidence, Dalk-e-Khashen remains neglected. Well-designed controlled clinical trials are essential to scientifically validate Dalk-e-Khashen, thereby enabling its integration into healthcare frameworks of complementary and modern medicine.



Abstract ID: ۴۳۹

Presentation Type: Oral

Functional Relationship between the Body Surface and Deep Organs in Traditional Persian Medicine

Amir mohammad Jaladat^۱ *, Fatemeh Atarzadeh^۱ , Mehdi Yousefi^۲

^۱. Department of Persian Medicine, Shiraz University of Medical Sciences

^۲. Department of Persian Medicine, Mashhad University of Medical Sciences

Background and Aim : Manual therapeutic techniques of Traditional Persian Medicine (TPM), including Hejamat (cupping) and Fasd (Bloodletting), can be considered as prominent clinical manifestations of this This branch of medical science, but there are still many uncertainties regarding their mechanism of effectiveness. It seems that despite the recognition of the general anti-inflammatory and soothing effects of these methods, the relationship between these superficial techniques and the function of the deep organs of the body is still unknown, which is addressed in this study.

Methods : In this study, using academic reference sources of TPM, especially the book "The Canon of Medicine" by Avicenna, the relationship between manual superficial techniques, including cupping, Bloodletting, ghamz (acupressure) and kaiy (heating), and the function of internal organs, is extracted. Then, by examining the mechanisms proposed for similar surface techniques in current scientific sources, including Google Scholar and PubMed databases, relevant scientific findings are collected and discussed.

Results : The data show that in many cases for example the recommendation of cupping of legs for headaches and delayed menstruation, or bloodletting of basilic vein for knee pain or kaiy in the middle of the head for nazle (Waste products flowing from top to bottom of the body), or ghamz of forearm for nausea, correction of deep organ function by superficial body stimulation has been considered.

Conclusion : As is clear, in many cases the purpose of superficial manual techniques in TPM has been to stimulate surface points of the body in order to affect internal organs. From this perspective, a deep similarity can be seen traditional Iranian and Chinese medicine, such that it seems that in many cases the therapeutic goal was the same and only the therapeutic tools were different.

Abstract ID: ۴۱۰

Presentation Type: Oral

Effectiveness of Wet Cupping on Patients with Facial Acne Vulgaris: A ۱۲-Week, Randomized, Single-Blind, Intervention-Sham-Controlled Trial

haleh tajadini^{۱*}, Fatemeh Tabatabaei^۲, mehdi pasalar^۳, Mohadese Kamal^۴, Thomas Rampp^۵

۱. Department of Persian Medicine, School of Traditional Medicine, Kerman University of Medical Sciences, Kerman, Iran
۲. Department of Traditional Medicine, Faculty of Persian Medicine, Kerman University of Medical Sciences, Kerman, Iran
۳. Research Center for Traditional Medicine and History of Medicine, Shiraz University of Medical Sciences, Shiraz, Iran
۴. Department of Traditional Medicine, Faculty of Persian Medicine, Kerman University of Medical Sciences, Kerman, Iran
۵. Department of Internal and Integrative Medicine, Evang. Kliniken Essen-Mitte, Faculty of Medicine, University of Duisburg-Essen, Essen, Germany

Background and Aim : Acne vulgaris is a widespread skin disorder. The aim of this study was to assess the effectiveness of wet cupping in the treatment of moderate to severe facial acne vulgaris

Methods : Between August ۲۰۱۸ and January ۲۰۲۰, eligible patients with moderate to severe facial acne were recruited in this single-blind, intervention-sham-controlled clinical trial in Iran. The intervention group received wet cupping twice and likewise the control group received sham cupping. Also, both groups received ۵۰۰ mg azithromycin ۳ times/week for ۱۲ weeks. Acne grades were assessed ۶ weeks and ۱۲ weeks after beginning of the treatment by the dermatologist uninformed of group allocation and participant self-assessment. Quality of life was assessed with valid questionnaire before and after the treatment

Results : Totally, ۱۰۳ patients completed the trial. The patients in the intervention group had better improvement and grade of acne compared to the control group at the end of the trial. Patients showed a shorter time to removing facial lesions in the intervention group in contrast with the control group ($p < ۰,۰۰۱$). Quality of life significantly increased in the intervention group compared with the control group ($p = ۰,۰۰۴$).

Conclusion : Wet cupping plus antibiotic therapy seems to be more effective than antibiotic therapy per se in patients with facial acne vulgaris.

Abstract ID: ۳۷۲

Presentation Type: Oral

Effect of K-K^۹ point acupressure and quince and ginger syrup on nausea and vomiting of pregnancy: A clinical trial

Fateme Afshari^{۱*}, Atefeh Abdolhoseini^۲, Fatemeh Kameli^۳, Maryam Moradi^۴, Fatemeh Haghparast^۵, Danial Sharifinia^۲, Azamsadat Mahmoudian^۵, Mobina Abedinpoor^۲, Parisa Koshki^۲

۱. Instructor, Department of Medical Surgical Nursing, Nursing Research Center, Gonabad University of Medical Sciences, Gonabad, Iran.
۲. Nursing Student, Nursing Research Center, School of Nursing, Gonabad University of Medical Sciences, Gonabad, Iran.
۳. Instructor, Department of Community Health Nursing, Nursing Research Center, School of Nursing, Gonabad University of Medical Sciences, Gonabad, Iran.
۴. M.Sc. of Nursing, Nursing Research Center, School of Nursing, Gonabad University of Medical Sciences, Gonabad, Iran
۵. Assistant Professor, Department of Obstetrics and Gynecology, Faculty of Medicine, Gonabad University of Medical Sciences, Gonabad, Iran.

Background and Aim : Nausea and vomiting are among the common problems during pregnancy. Given the significant impact of pregnancy-related nausea and vomiting on personal and social lives of pregnant women, the present study was conducted with aim to evaluate and compare the effects of quince and ginger herbal syrup and acupressure at the K-K^۹ point on nausea and vomiting of pregnancy.

Methods : This single-blind randomized clinical trial study was conducted in ۲۰۲۲ on ۴۴ pregnant women in Gonabad. Participants were randomly assigned into two groups of quince and ginger syrup and acupressure massage at the K-K^۹ point. In groups, the ۲۴-hour Pregnancy Unique Quantification of Emesis and Nausea (PUQE-۲۴) questionnaire was completed for three consecutive days before the intervention. Then, the intervention was carried out for four days. After the end of the intervention, the severity of nausea and vomiting was reassessed in both groups. Data were analyzed using SPSS software (version ۲۲) and Chi-square, One-way ANOVA, and Kruskal-Wallis tests. $P < 0.05$ was considered statistically significant.

Results : The mean score of nausea and vomiting was not significantly different between the two groups before the intervention ($p=0.7$), but the mean score of nausea and vomiting after the intervention was significantly lower in the quince and ginger group than the K-K^۹ group ($p=0.03$).

Conclusion : In this study, quince and ginger syrup and K-K^۹ acupressure were effective in reducing nausea and vomiting of pregnancy, but quince and ginger syrup had a greater effect on reducing nausea and vomiting of pregnancy, so both methods are recommended to reduce nausea and vomiting of pregnancy.

Abstract ID: ۱۹۴

Presentation Type: Oral

The prevalence of using herbal or traditional medicines to treatment of respiratory infections in children among women referring to the pediatric clinic in Zahedan, southeast of Iran

Hossein Ansari^{۱*}, Abbas Arabi^۲, Mahnaz Alizadeh Ghahramani^۳

۱. Health promotion research center, Zahedan university of Medical sciences, Zahedan, Iran
۲. Medical School, Islamic Azad University of Zahedan, Zahedan, Iran
۳. pediatric clinic ,Social security Hospital, Zahedan, Iran

Background and Aim : Considering the importance of respiratory infections and timely action in children under five years of age, it is important to study the performance of mothers in this field. The aim of this study was to study the use of herbal or traditional medicines for the treatment of respiratory infections in children under five years of age in mothers referring to the pediatric clinic of Zahedan Social Security Hospital.

Methods : In this cross-sectional study, ۱۸۶ mothers of mothers referring to the pediatric clinic of Zahedan Social Security Hospital were studied in ۲۰۲۰. Data collection was done using interviews and questionnaires. Sampling was done by convenient and accessible method. Data analysis was performed in SPSS. ۱۸ software using the chi-square test

Results : The mean age of mothers was ۲۵.۵ ± ۴.۵ years with an age range of ۱۷ to ۳۹ years. In this study, the rate of use of herbal or home remedies for the treatment of respiratory infections in children under ۵ years of age was estimated at ۱۶.۱٪ (۳۰ people). Also, ۳۴ people (۱۸.۲٪) of the mothers mentioned that they prescribe medicine without consulting a doctor. The rate of use of herbal and traditional medicines showed a significant relationship with the level of education of mothers ($P=۰.۰۲۳$) and history of respiratory infections in children ($P=۰.۰۴۴$) as well as the number of children ($P=۰.۰۱۸$).

Conclusion : This study showed that the rate of use of herbal and traditional medicines for the treatment of respiratory infections in mothers in Zahedan is not very high. However, considering the importance of treating respiratory infections and paying attention to symptoms, it is necessary to use traditional and herbal remedies under the supervision of traditional medicine doctors. It is also recommended that all mothers referring to centers undergo the necessary training to prevent arbitrary treatment.

Abstract ID: ۱۰۸

Presentation Type: Oral

Introduction to the World's Top ۱۰ Honeys for Wound and Burn Healing

Shahram Dadgostar^۱ *

^۱. Assistant professor, Honey bee and herbal medicine research Institute, University of Isfahan, Khansar, Isfahan, Iran.

Background and Aim : Honey has long been used as a natural remedy for wounds and burns due to its antibacterial, anti-inflammatory, and tissue-regenerating properties. Research shows that certain types of honey, because of their unique active compounds, have remarkable therapeutic effects on wound healing. Manuka honey, originating from New Zealand and Australia, contains methylglyoxal (MGO) and has the strongest antibacterial effects, making it highly effective for diabetic wounds and severe burns. Tualang honey from Malaysia, with its potent antioxidants, reduces inflammation and is used for superficial burns. Sidr (or Konar honey), found in Iran and Yemen, naturally produces hydrogen peroxide, helping treat infected and fungal wounds. Eucalyptus honey, rich in cineole, has strong anti-inflammatory properties, while European buckwheat honey contains rutin, which accelerates tissue repair. Mediterranean thyme honey, with its thymol content, fights antibiotic-resistant bacteria, and Russian coriander honey, containing linalool, prevents scarring. Acacia honey has a mild pH, making it suitable for sensitive wounds, and Iranian orange blossom honey, rich in vitamin C, aids in healing minor burns.

Methods : Source Selection: Scientific databases (PubMed, ScienceDirect) and reputable apiculture studies were prioritized for evidence-based data on honey's therapeutic properties. Keyword Search: Terms like "honey wound healing," "medical-grade honey," and "antimicrobial honey" were used to identify relevant studies. Compound Analysis: Active ingredients (e.g., MGO, hydrogen peroxide) were cross-referenced with clinical trials to verify efficacy. Geographical & Botanical Verification: Honey types were validated by origin and plant source (e.g., *Leptospermum scoparium* for Manuka). Exclusion Criteria: Non-medical honeys, commercial blends, or studies without peer review were excluded.

Results : Research identifies Manuka honey from New Zealand/Australia as the most potent option due to its high methylglyoxal (MGO) content, earning FDA approval for severe wound care. Close contenders include Malaysia's antioxidant-rich Tualang honey for burn inflammation and Yemeni/Iranian Sidr honey which generates natural hydrogen peroxide to combat infections. Global varieties each offer specialized benefits: Eucalyptus honey provides cineole for anti-inflammatory action on chemical burns, while European buckwheat honey accelerates tissue repair through rutin. Mediterranean thyme honey demonstrates particular efficacy against antibiotic-resistant bacteria, and Russian coriander honey helps prevent scarring. For sensitive applications, mild Acacia honey and vitamin C-packed orange blossom honey (from Iran/Spain) prove valuable, with Tasmanian Leatherwood honey's unique enzymes aiding chronic wound cases. Critical factors for therapeutic use include medical-grade purity ($\geq 80\%$ concentration), sterility, and absence of additives, though professional medical consultation remains essential for serious injuries. These natural alternatives leverage distinct biochemical properties - from hydrogen peroxide production to collagen stimulation - offering complementary approaches to conventional wound management.



کتاب خلاصه مقالات سخنرانی و پوستر
دومین کنگره ملی طب ایرانی



تهران، مرکز همایش های بین المللی رازی

۲۱ لغایت ۲۳ آبان ماه ۱۴۰۴

Conclusion : For therapeutic use, medical-grade honey with a concentration above ۸۰٪ is recommended. These honeys work through mechanisms like osmotic action, hydrogen peroxide production, and tissue regeneration. Freshness and purity (free from bee debris, wax, or pollen) are also crucial for effective wound and burn treatment.

Abstract ID: ۴۴۶

Presentation Type: Oral

Textual Documentation of Local Heating in Disease Treatment in Traditional Persian Medicine Sources and a Brief Introduction of Instruments Used in Local Heating

Amir Adibifard^۱ *

^۱. *PhD in traditional Persian medicine, member of complementary medicine committee, traditional Persian medicine scientific association, Tehran, Iran*

Background and Aim : Local heating has been a long-established therapeutic method in traditional Persian medicine, applied to improve blood circulation, reduce muscle spasms, and alleviate swelling. Traditional scholars adapted these techniques and substances according to the patient's temperament and the coldness of specific organs or the entire body. Modern conventional medicine and Chinese medicine use similar methods, highlighting the relevance and continuity of local heat therapy across different medical systems.

Methods : Classical traditional persian medicine sources, including the Canon of Avicenna, Zakhireh Khwarazmshahi, Al-Hawi, and Kamel al-Sanaat, were systematically reviewed to identify methods, instruments, and therapeutic indications for local heating. Comparative analysis was then conducted with modern medical techniques such as IR therapy, TDP, moxibustion, high-power laser, heating pads, ultrasound, paraffin therapy, diathermy, RF, and hot packs. The extracted methods were categorized by heat transfer mechanism, penetration depth, clinical effects, and disease applications, and traditional and modern techniques were compared regarding their effects on blood circulation, muscle spasm, and organ function.

Results : traditional Persian medicine employed diverse local heating techniques, including kommad or takmeed, hot stones, warm oil massage, herbal baths and fumigation, warm poultices and suppositories, melted wax, and kai (direct heat application). These methods were primarily used to enhance blood flow, relieve muscle spasms, and reduce swelling. Modern medical instruments with similar mechanisms, such as IR, TDP, moxibustion, heating pads, high-power laser, ultrasound, paraffin therapy, diathermy, RF, and hot packs, are currently in use. In Chinese medicine, moxibustion and local heat applied to acupuncture points serve comparable purposes. Although the depth of heat penetration and energy types differ, the overall physiological effects—improved circulation, decreased spasm, and pain relief—are largely consistent across all systems.

Conclusion : Persian traditional medicine scholars tailored the use of tools and natural substances based on individual temperament and the coldness of organs or the body to achieve desired therapeutic effects. Many superficial techniques, such as kommad and kai, function similarly to moxibustion in Chinese medicine and heating pads in modern practice, illustrating a functional link between superficial body layers and internal organ performance. These findings indicate that traditional persian medicine methods can inspire the development of modern integrative therapies. Local heating remains a validated and well-documented practice, continuing today with modern instruments. While the tools and techniques differ, the goals remain consistent: enhancing circulation, relieving muscle spasms, and alleviating pain. Therefore, documenting and comparing these methods can aid in selecting effective treatments, designing integrative approaches, and improving clinical outcomes.



Abstract ID: ۴۱۶

Presentation Type: Oral

Textual Evidences of Complementary Medicine Practices in Persian Medical Literature

Mahdi Yousefi^۱ *

^۱. Department of Persian Medicine school of Persian and Complementary Medicine, Mashhad University of Medical Sciences, Mashhad, Iran

Background and Aim : Persian medicine incorporates a range of treatment approaches rooted in a distinct system of thought and paradigm, some of which are now classified as complementary medicine. Remarkably, Persian physicians often recognized functional and physiological relationships between various organs, even in the absence of clear anatomical links.

Methods : An exploration of Persian medical texts was conducted to identify treatment methods employed by Persian physicians. These methods were then compared with contemporary complementary medicine practices.

Results : Persian medicine demonstrates early use of techniques resembling modern complementary methods. For example, treatments involving magnetic fields, electrical currents, and superficial body stimulation to influence deeper organs reflect strategies that have evolved into modern complementary therapies. In his book *The Azam Exir*, Hakim Azam Khan recommended using a magnet stone to aid bone healing and callus formation, a practice traditionally referred to as "Bone Doshboz." This highlights the therapeutic potential of magnetic fields. Similarly, Avicenna described using electrical discharge from a type of fish, known as "Ra'ade Fish," to treat headaches and epilepsy. These early practices resonate with modern techniques like repetitive transcranial magnetic stimulation (RTMS) and transcranial direct current stimulation (TDCS), which apply magnetic and electrical forces in disease management today. Furthermore, Persian medicine attributed the absorption of essential substances and removal of waste materials from tissues to magnetic forces. Certain cupping techniques, both wet and dry, also reflect an understanding of functional organ connections rather than relying on anatomical or histological correlations. Persian physicians showed remarkable insight into these relationships, employing local stimulation methods such as cupping, skin scratching, soft tissue manipulation, or blood vessel puncturing to target internal organs. Examples include applying local pressure between the ring and index fingers to relieve headaches, targeting the saphenous vein for itching, stimulating the anterior fontanel or sides of the navel for psychosomatic issues, treating tinnitus through the renal lodge area, and addressing joint pain by focusing on the outside of the second finger. Many of these techniques have since evolved into specialized modalities like Sujok therapy, reflexology, acupuncture, Guasha therapy, and Shiatsu—distinct practices now recognized within complementary medicine. Advanced qualitative, quantitative, and instrumental refinements have further validated these approaches as unique and effective therapeutic modalities

Conclusion : A thorough investigation of Persian medical literature reveals significant overlaps between traditional Persian medicine practices and modern complementary medicine techniques. These insights provide opportunities to integrate advanced tools within the Persian medicine paradigm while maintaining continuity with its foundational principles.

Abstract ID: ۱۲۵

Presentation Type: Oral

Machine learning-based model for identifying temperament patterns in traditional Iranian medicine

ELNAZ ABEDINI^۱ *

^۱. Department of Biomedical Engineering, Karabuk University, Karabuk, Turkey

Background and Aim : Iranian Traditional Medicine (ITM) emphasizes the concept of temperament as the basis for diagnosing and treating diseases. Temperament, which is divided into four categories: warm and wet, warm and dry, cold and wet, and cold and dry, describes the physiological and psychological characteristics of an individual. Accurately diagnosing temperament is challenging due to its clinical complexities and dependence on subjective assessments by physicians. Machine learning (ML), with its ability to analyze complex data, can be an effective tool for identifying temperament patterns. The aim of this study is to develop and evaluate a machine learning model for automatic temperament diagnosis based on clinical data and standard questionnaires in Iranian Traditional Medicine.

Methods : In this study, data from ۱۲۰۰ healthy and sick individuals (age ۱۸-۶۵ years) were collected from traditional medicine centers in Iran. The data included a standard temperament questionnaire (including ۳۰ questions on physical, digestive, sleep, and psychological characteristics), clinical examinations (pulse, skin color, body temperature), and biometric indicators (such as BMI and heart rate). The data were divided into three sets: training (۷۰٪), validation (۱۵٪), and testing (۱۵٪). Machine learning models including Random Forest, Support Vector Machine (SVM), and Artificial Neural Network (ANN) were designed and evaluated for temperament classification. Data preprocessing included normalization and feature selection using Principal Component Analysis (PCA). Evaluation criteria included accuracy, sensitivity, specificity, and area under the ROC curve (AUC). Statistical analysis was performed using t-test and ANOVA.

Results : The random forest model showed the best performance with an accuracy of ۹۲,۳٪ (AUC: ۰,۹۴) compared to SVM (accuracy: ۸۸,۷٪) and ANN (accuracy: ۹۰,۱٪). The key features identified by the model included body temperature, sleep quality, digestion speed, and energy level, which were consistent with the principles of traditional Iranian medicine. The model was able to distinguish warm and moist temperaments (۷۸٪ sensitivity) and cold and dry temperaments (۸۲٪ sensitivity) with higher accuracy than the other temperaments. The classification error was higher in the cold and moist group (۶۸٪ sensitivity), which is probably due to the overlap of features with cold and dry temperaments. In the test set, the random forest model was consistent with the diagnosis of traditional physicians in ۹۴٪ of cases ($p < ۰,۰۱$). The processing time of the model was less than ۰,۵ seconds for each sample, indicating its high efficiency.



Conclusion : The random forest-based machine learning model with high accuracy and reasonable speed offers a promising tool for automatic temperament diagnosis in Iranian traditional medicine. This model can be used as an auxiliary tool for physicians to increase the accuracy of diagnosis and reduce the assessment time. The key features identified by the model were in line with the theoretical principles of Iranian traditional medicine, which strengthens its scientific validity. Limitations of the study include the need for more diverse data from different populations and investigating the influence of environmental factors on temperament. Future research should focus on improving the accuracy in temperaments with high overlap and clinical evaluation of the model in real-world settings. This approach can build a bridge between traditional and modern medicine.

Abstract ID: ۴۷۴

Presentation Type: Oral

The Diagnostic Power of General Temperament Questionnaire Compared to Uterine Temperament Questionnaire in Determining Uterine Temperament of Infertile Women: A Cross-Sectional Analytical Study

Fazeleh Fazlollahpourrokni^۱, Seyede-Sedigheh Yousefi^{۲*}, Marzieh Zamaniyan^۳, Masoumeh Bagheri-Nesami^۴, Abolfazl Hosseinnataj^۵

۱. Student Research Committee, Mazandaran University of Medical Sciences, Sari, Mazandaran, Iran
۲. School of Persian Medicine, Traditional and Complementary Medicine Research Center, Addiction Institute, Mazandaran University of Medical Sciences, Sari, Mazandaran, Iran
۳. Sexual and Reproductive Health Research Center, Mazandaran University of Medical Sciences, Sari, Mazandaran, Iran
۴. Traditional and Complementary Medicine Research Center, Addiction Institute, Mazandaran University of Medical Sciences, Sari, Mazandaran, Iran
۵. Department of Biostatistics and Epidemiology, Faculty of Health, Mazandaran University of Medical Sciences, Sari, Mazandaran, Iran

Background and Aim : Uterine dystemperament is a central diagnostic concept in Persian Medicine (PM) for female infertility. While both the General Temperament Questionnaire (GTQ) and the Uterine Temperament Questionnaire (UTQ) are used, their diagnostic accuracy for uterine temperament has not been compared. This study aimed to evaluate the diagnostic accuracy of the GTQ versus the UTQ for determining uterine temperament in infertile women.

Methods : This cross-sectional analytical study included ۶۲ infertile women who completed both the GTQ and UTQ. Diagnostic performance was assessed using sensitivity, specificity, and Cohen's kappa coefficient (κ). Associations with clinical variables were also analyzed.

Results : The UTQ identified cold-wet (۵۰,۰٪) as the predominant uterine temperament, followed by cold-dry (۴۰,۳۲٪). A strong agreement was found between the UTQ and GTQ ($\kappa = ۰,۷۲$, $p < ۰,۰۰۱$). Both questionnaires showed significant associations with infertility etiology ($p = ۰,۰۰۱$), linking cold-wet temperament to polycystic ovary syndrome (PCOS) and cold-dry temperament to primary ovarian insufficiency (POI). Body mass index (BMI) was significantly higher in wet temperament categories (UTQ: $p = ۰,۰۱۶$; GTQ: $p = ۰,۰۰۴$).

Conclusion : Although general and uterine temperament assessments show substantial agreement, the UTQ demonstrates stronger alignment with clinical biomarkers and provides more precise organ-specific diagnosis. The use of the UTQ is recommended for targeted diagnosis of uterine dystemperament in infertile women to facilitate personalized treatment strategies and potentially prevent ineffective treatments in PM.



Abstract ID: ۵۱۰

Presentation Type: Oral

Integrating Iranian Traditional Medicine with Medical Tourism: A Comprehensive Analysis of Challenges, Opportunities, and Global Perspectives

Mohammad Pourdarmani^۱ *

۱. دانشجوی ناتروپاتی دانشگاه TITU بلژیک شعبه ترکیه

Background and Aim : Health tourism, as a global super-industry, is transitioning from a treatment-oriented paradigm toward holistic and wellness-focused approaches. In this context, Iran, with its ancient and comprehensive medical system—Traditional Iranian Medicine (TIM)—possesses a unique strategic competitive advantage to play a central role in this market. TIM, emphasizing preventive principles ("Hifz al-Sihha"), temperament-based philosophy, and the use of natural resources, provides a precise response to the growing global demand for authentic, health-oriented experiences.

Methods : This review adopts an analytical-descriptive approach and systematically examines scientific literature, reports from international organizations, and strategic documents to investigate the opportunities and structural challenges in integrating TIM into the health tourism ecosystem.

Results : The findings are categorized at both macro and micro levels: Opportunities: product differentiation based on culture, full alignment with the global wellness economy, unparalleled biodiversity and climatic variety for nature-based therapies, and regional market potential including diaspora communities. Challenges: critical weaknesses in standard infrastructure, ineffective marketing and branding strategies, complex political-regulatory barriers and lack of intersectoral coordination, economic sanctions and financial exchange obstacles, and the gap between traditional knowledge and evidence-based scientific requirements.

Conclusion : The review argues that realizing this significant potential requires developing a national integrated roadmap, investing in wellness tourism clusters, implementing an aggressive global branding campaign, and strengthening health diplomacy. This transition necessitates a paradigm shift from fragmented approaches to a coordinated national strategy, ensuring that the valuable heritage of TIM is not only preserved but also thrives as a successful model in the global wellness economy.

Abstract ID: ۳۷۱

Presentation Type: Oral

Examining the Awareness and Attitude of Pharmacists in Tehran City Towards Herbal Medicines Used in Respiratory Infections in ۲۰۲۳-۲۰۲۴

Elham Parsa^۱*, sasan Keyghobadi^۲, Yazdanali faghani^۳, mohamad zare^۴

۱. Department of Traditional, Pharmacy and Persian Medicine, TeMS.C., Islamic Azad university, Tehran, Iran
۲. Faculty of Pharmacy and Pharmaceutical sciences, Tehran Medical Sciences, Islamic Azad University, Tehran, Iran
۳. Department of infectious dis., TeMS.C., Islamic Azad university, Tehran, Iran
۴. TeMS.C., Islamic Azad university, Tehran, Iran

Background and Aim : Given the importance of medicinal plants, it is necessary to increase public awareness of the benefits of these plants compared to chemical drugs. Therefore, examining and understanding the knowledge and attitudes of the public and the medical community towards these drugs can play a significant role in scientific and executive planning. Pharmacists must also have complete and up-to-date information about the effects, side effects, and interactions of medications so that they can provide accurate and safe advice to patients. A pharmacy is a place where patients visit mainly at first and generally require the active presence of pharmacists for counseling and treatment. Respiratory infections are of great importance due to their spread and can play a very important role in the mortality of children and adults. In this study we tried to monitor pharmacists' awareness and attitudes about herbal medicines in the pharmacy used for respiratory infections.

Methods : This study is a sequential mixed exploratory study that was conducted in two phases, qualitative and quantitative. To understand the concept, a qualitative method and a hybrid concept analysis method were used. to investigate and identify the important herbal remedies available in pharmacies in the treatment of respiratory diseases, English and Persian indexes were reviewed. The main texts of the authoritative books on medicinal plants, were reviewed. Interviews were conducted with ۱۰ pharmaceutical experts (work experience between ۱۰ and ۲۰ years). Then, the information was classified according to the materials obtained from books and interviews with experts, and ۱۰ items were designed from each section and category. The initial questionnaire included ۹۰ questions on knowledge and ۵۳ questions on attitudes towards pharmaceutical assessment. Face validity was qualitatively conducted by ۱۰ pharmacists. To examine CVR, considering the number of ۱۰ participating pharmacists, items with CVR less than ۰.۴۹ were excluded. To examine CVI, the Waltz & Bausell method was used. The minimum acceptable value for the CVI index is ۰.۷۹, and if the CVI index of an item is less than ۰.۷۹, that item should be excluded. In the construct validity section, Bartlett's Royet test and KMO test were performed on the data to examine the suitability and adequacy of the sample. For reliability, ۳۰ pharmacists filled out the questionnaire at ۲-week intervals and the results were analyzed. The reliability level in the study was calculated through Cronbach's alpha coefficient.

Results : ۳۷ items, including ۲۰ questions in the knowledge section and ۱۷ questions in the attitude section, were identified as the main research questionnaire and were filled out by ۳۸۵ (۱۲۰ men ۲۶۵ women) pharmacists. After processing the data using statistical tools and software, the research results showed: ۱. Pharmacists' awareness of the use of herbal medicines in respiratory infectious



diseases is at a desirable level. ۲. Pharmacists' attitude towards the use of herbal medicines in respiratory infectious diseases is at a favorable level.

Conclusion : Although pharmacists in our study had acceptable knowledge and attitudes toward herbal medicines, They need more training in therapeutic cases, Drug Interactions, Dosage, active components and precautions of herbal medicines.



Abstract ID: ۸۵

Presentation Type: Oral

Investigating the level of Health literacy and Awareness of Health Ambassadors of Sabzevar University of Medical Sciences about the Teachings of Traditional Persian Medicine - ۲۰۲۳

Seyed Majid Ghazanfari^{۱*}, Roghayeh Javan^۱, Elham Behnam Talab^۲, Seyed Mohammad Vahid Ghazanfari^۳, Azam Sadat Hosseini Hoshyar^۴

۱. Assistant Professor, Non-Communicable Diseases Research Center, Sabzevar University of Medical Sciences, Sabzevar, Iran.
۲. Master of Health Education, Deputy of Health, Sabzevar University of Medical Sciences, Sabzevar, Iran.
۳. Student Research Committee, Faculty of Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran.
۴. Obstetrician and Gynecologist, Mobini Hospital, Sabzevar University of Medical Sciences, Sabzevar, Iran.

Background and Aim : An unhealthy lifestyle has been one of the most important causes of the increase in diseases, especially chronic diseases, in recent years. Traditional Persian medicine can play an important role in improving the community's health by providing appropriate solutions for maintaining health. This study aims to investigate the level of awareness of health ambassadors about the teachings of traditional medicine and its relationship with health literacy at Sabzevar University of Medical Sciences.

Methods : This descriptive-analytical cross-sectional study was conducted in ۲۰۲۳ with ۱۹۲۴ participants of the health ambassadors aged ۱۵-۶۵ with electronic health records in the comprehensive health centers of Sabzevar University of Medical Sciences, using the convenience sampling method. The instrument of the present study was a researcher-made questionnaire for traditional medicine teachings and the Iranian Health Literacy Questionnaire (HELIA) for health literacy assessment. The collected data were analyzed using SPSS ۲۲ software, correlation tests, t-test, and ANOVA.

Results : This study was conducted with ۱۹۲۴ participants of the health ambassadors. The average age of the participants was 35.3 ± 10.6 years. According to the results of this study, the average health literacy score of health volunteers was 73.7 ± 18.7 , the average health literacy of men was 71.5 ± 13.6 , and women was 74.9 ± 14.2 (out of ۱۰۰ points). The findings showed that the audience used the Internet (۵۲٫۹٪) and doctors and health care workers (۵۲٫۳٪) the most to obtain general health information, respectively. ۶۲٫۴٪ of the research units used the EITA messenger, and ۲۳٫۸٪ used Telegram. Regarding the way of getting acquainted with traditional medicine, ۳۱٫۷٪ stated the recommendation of others and ۲۶٫۹٪ stated their previous knowledge. The reason for using traditional medicine services was mentioned in ۴۶٫۵٪ due to low side effects and ۳۶٫۱٪ based on the experiences of others. In response to the question of the source of receiving traditional medicine services, ۴۷٫۱٪ mentioned a specialist doctor, ۲۹٫۴٪ the experiences of others, ۲۷٫۶٪ a local therapist, and ۲۰٫۹٪ the cyberspace.



کتاب خلاصه مقالات سخنرانی و پوستر
دومین کنگره ملی طب ایرانی



تهران، مرکز همایش های بین المللی رازی

۲۱ لغایت ۲۳ آبان ماه ۱۴۰۴

Conclusion : Since the program of integrating the teachings of Persian Medicine can be very effective due to the cultural fusion of the society with traditional medicine and the desire to use healthy and natural products, therefore, training health personnel and using the potential capacity of health volunteers can be considered by health planners and managers as one of the foundations of primary health services in effective health interventions. Also, to ensure access to health care for all people, it is recommended to design programs appropriate to demographic and cultural variables for a healthy lifestyle based on the teachings of Persian traditional medicine.

Abstract ID: ۹۷

Presentation Type: Oral

Ear and hearing health from perspective of Avicenna

NASIM MADADI^۱ *

^۱. *Shahrekord University of Medical Sciences, Chaharmahal and Bakhtiari Province.*

Background and Aim : Age-related hearing loss is a serious global public health problem that leads to disability and social isolation. Providing preventive strategies to avoid hearing loss is essential in this field. Utilize the opportunities of complementary medicine—which has been prioritized by the World Health Organization- can provide notable contributions in this regard. Persian medicine (PM), with Long-term history and extensive written resources emphasizes the prevention of disease through lifestyle. The health of the five sensory organs, especially hearing, has always been given importance by PM scholars. Avicenna, in his book "The Canon of Medicine" has extensively described the structure of the ear, its various diseases, principles of hygiene, and treatment strategies. This study aims to described Avicenna's recommendations for ear and hearing health alongside relevant scientific evidence.

Methods : In this descriptive-analytical study, the chapter of the ear health and disease in "The Canon of Medicine" was reviewed and ear health recommendations were extracted. Moreover, valid scientific databases such as Scopus, PubMed, and Web of Science were searched with the keywords "ear", "Health", "Hearing," and "Hearing Loss" and relative evidences were extracted and compared.

Results : In the view point of Avicenna there are many recommendations that must be considered for ear and hearing health. The most important of these recommendations are avoiding exposure to extreme heat and cold, preventing foreign bodies and insects from entering the ear, cleaning the purulent secretions, as well as weekly dripping bitter almond oil in the ear. He also emphasized avoiding overeating (Tokhame), Stomach fullness (Emtila'), specially sleeping on a full stomach, which is extremely harmful to ear and hearing health in long-term.

Conclusion : In recent years, scientific studies have focused on the role of lifestyle in hearing health, especially in the elderly. A cross-sectional study by Gonçalves (۲۰۲۵) showed that consuming foods rich in anti-inflammatory and antioxidant compounds can prevent age-related hearing loss. Based on the findings of a review study conducted by Majeed et al. (۲۰۲۳), unhealthy lifestyle and environmental factors (exposure to loud noise, high body mass index, alcohol and smoking use, pollution, and sleep disturbance) endanger hearing health. A systematic review by Hall III et al. (۲۰۲۱) discusses the impact of healthy diets compared to unhealthy ones, including the consumption of processed foods, saturated fats, and refined sugars, along with smoking and exposure to loud noise, as hearing health factors. These studies confirmed Avicenna's recommendation in this field but some of his suggestions, like the usage bitter almond oil and particularly not overeating and sleeping after meals, have not been investigated in the context of ear health. Considering the prevalence of these detrimental habits is significant, we propose that these domains are outlined as research priorities in the context of ear and hearing health in the future researches.



Abstract ID: ۴۶۰

Presentation Type: Oral

The Role of Persian Medicine Lifestyle Principles in Clinical Trial Outcomes

Fatemeh Nojavan^۱ *

^۱. Qom university of medical science

Background and Aim : Persian Medicine (PM), with a history of several millennia, emphasizes six essential lifestyle principles: air, food and drink, sleep and wakefulness, movement and rest, retention and excretion, and mental states. These principles play a key role not only in disease prevention but also in supporting treatment. In recent years, growing attention has been paid to evaluating these interventions through clinical trials. This study aimed to review and analyze clinical trials that investigated the effects of lifestyle interventions based on PM on health outcomes.

Methods : This narrative review was conducted by searching PubMed, Scopus, SID, IranMedex, and Magiran databases using keywords such as "Persian Medicine," "lifestyle," "clinical trial," "diet," "sleep," "physical activity," and "mental health" up to the year ۲۰۲۰. Inclusion criteria were clinical trials focusing on lifestyle interventions derived from validated PM sources. Review articles, animal studies, and case reports were excluded

Results : A wide range of lifestyle interventions has been tested in various clinical trials. Dietary modifications based on PM principles, including specific nutritional patterns and restrictions, demonstrated beneficial effects in managing gastrointestinal and metabolic disorders (۲). Sleep-related recommendations improved sleep quality and reduced anxiety (۳). Individualized physical activity and balance of movement and rest were effective in reducing fatigue and enhancing vitality (۵). Interventions targeting emotional and mental states contributed to alleviating symptoms of depression and anxiety (۱). Furthermore, clinical trials on reproductive health demonstrated beneficial effects of PM-based dietary modifications (۴). However, limitations such as heterogeneity in study design, small sample sizes, and variations in outcome measures were notable across studies

Conclusion : The findings suggest that lifestyle interventions rooted in PM can positively influence quality of life, general health promotion, and management of certain diseases. Nevertheless, larger and more rigorously designed trials with longer follow-up are necessary to confirm these effects and clarify mechanisms of action. Strengthening interdisciplinary research may facilitate the integration of PM lifestyle principles into modern healthcare systems.

Abstract ID: ۴۶۹

Presentation Type: Oral

Assessment of Cancer Patients' Self-Awareness Regarding Lifestyle and Proper Nutrition During Chemotherapy Using a Medical Informatics and Decision Support System Approach

Sougand Setareh^۱ , Ghazaleh Heidarirad^۲ *

۱. *Traditional medicine and materia medica research center(TMRC) of Shahid beheshti University of Medical Sciences,Tehran, Iran*
۲. *Department of Traditional Medicine, School of Traditional Medicine Shahid Beheshti University, Tehran, Iran*

Background and Aim : Proper nutrition during chemotherapy for cancer patients plays a vital role in improving quality of life and reducing treatment side effects. Increasing patients' awareness of lifestyle and nutritional recommendations can have a significant impact on the better management of the treatment period. This study aims to examine the role of medical informatics and decision-support and recommender systems in enhancing the nutritional awareness of cancer patients undergoing chemotherapy.

Methods : In this research, a questionnaire consisting of ۲۳ questions about patients' awareness regarding various nutritional topics and suitable lifestyles during chemotherapy was designed and utilized. The collected data were quantitatively gathered and analyzed using medical informatics systems. With the help of intelligent algorithms, patients' nutritional knowledge gaps and weaknesses were identified, and personalized nutritional feedback was provided through recommender systems.

Results : Data analysis showed that patients had moderate to low knowledge in areas such as the appropriate types and amounts of meat, sugar, salt, fruits, and vegetable consumption. Additionally, a lack of awareness was observed regarding proper cooking methods, supplement use, sleep duration, and physical activity. Decision-support systems were able to accurately detect these deficits and offer recommendations aligned with the patient's clinical and cultural conditions.

Conclusion : The use of medical informatics technologies and recommender systems, alongside self-assessment questionnaires, can help increase nutritional awareness among cancer patients and improve nutrition management during chemotherapy. This approach not only enhances care quality but also reduces treatment side effects and improves clinical outcomes. Integrating traditional Iranian medicine knowledge with modern information technologies provides a valuable opportunity to develop precise, personalized, and culturally acceptable nutrition programs based on patients' beliefs and culture.

Abstract ID: ۵۰۳

Presentation Type: Poster

Epigenetic biomarkers in aging and longevity: Current and future application

Amirhossein AbdiKarimiPour^۱ *

^۱. Department of Infectious and Tropical Diseases, School of Medicine, Tehran University of Medical Sciences, Tehran, Iran

Background and Aim : Aging is a complex, multifaceted biological process associated with a decline in cellular and systemic functions. Epigenetic alterations, such as DNA methylation, histone modifications, and chromatin remodeling, have emerged as critical mechanisms influencing aging and longevity. This study reviews the current advancements in epigenetic biomarkers related to aging, highlighting their potential in understanding the biological underpinnings of aging and their application in diagnostics and therapeutics.

Methods : A comprehensive search was conducted across various databases, including PubMed and ScienceDirect, to identify recent studies on epigenetic biomarkers in aging. Key terms such as "epigenetic biomarkers," "DNA methylation," "aging," "longevity," and "histone modification" were used. Studies were selected based on their relevance to the molecular mechanisms of aging, including those that explored DNA methylation clocks, histone modifications, and chromatin remodeling.

Results : The findings indicate that epigenetic modifications, particularly DNA methylation, play a central role in regulating the aging process. DNA methylation patterns, such as those used in Horvath's and Hannum's epigenetic clocks, have demonstrated strong correlations with chronological and biological age. Histone modifications, including acetylation and methylation, also contribute to aging by influencing gene expression, DNA repair, and chromatin structure. Moreover, chromatin remodeling and the action of non-coding RNAs are involved in cellular senescence and aging-related diseases. These biomarkers hold potential for clinical applications in diagnosing age-related conditions and predicting healthspan.

Conclusion : Epigenetic biomarkers are invaluable tools in aging research, offering insights into the molecular changes that drive aging and age-related diseases. The integration of DNA methylation patterns, histone modifications, and non-coding RNAs could lead to more accurate biological age assessments and help identify individuals at risk of age-associated diseases. However, challenges in standardizing epigenetic analysis methods and validating biomarkers in clinical settings remain. Further research is needed to refine these biomarkers and develop therapeutic strategies aimed at reversing or mitigating the effects of aging. The potential for epigenetic interventions to enhance longevity and healthspan represents a promising frontier in the field of precision medicine.



Abstract ID: ۲۵۴

Presentation Type: Poster

Investigating research method in Persian medicine: Insights from a qualitative study

Saba Barkhori Mehni^۱ *, Aliakbar Haghdoost^۲ , Mojtaba Noroozi^۳

۱. PhD of Persian Medicine, Shiraz University of Medical Sciences, Shiraz, Iran

۲. Professor of Epidemiology, Kerman University of Medical Sciences: Kerman, Iran, IR

۳. PhD of Epidemiology, Kerman University of Medical Sciences: Kerman, Iran, IR

Background and Aim : Research is one of the most important cornerstones of success and always held a specific place in Persian medicine (PM). This study aims to investigate the basics of PM research method.

Methods : . In a qualitative study conducted between July and September ۲۰۲۴, we interviewed ۱۹ experts in PM nationwide. During semi-structured interviews, they shared their perspectives on evidence-based medicine (EBM), research protocol standards, ethical codes, and using observational studies in PM.

Results : All participants agreed unanimously on four features of the research methodology: the potential for PM to evolve into EBM, the application of observational studies, adherence to strict product standards, and the similarity of research ethics in PM and contemporary medicine (CM). Over ۸۹% agreed on the efficacy of blinding, the usefulness of current outcome assessment instruments, and the significance of assessing the patient-therapist relationship in clinical trial studies. Respondents (۸۴%) believed the present randomization method was ineffective. Furthermore, ۶۴% acknowledged the animal model's limitations. PM experts believed that the fundamental principles of medical practice should be implemented based on EBM. It is also vital to highlight that the philosophy of PM and CM differ, and this issue should serve as the foundation for creating PM's research methodology.

Conclusion : Furthermore, the research methodology criteria for PM should be derived from the principles used in conventional medical sciences.

Abstract ID: ۹۳

Presentation Type: Poster

Effective Mechanisms of Acupuncture in Promoting Community Health with Emphasis on Precision Medicine

Zeinab Doroudian^۱ , Samaneh Doroudian^۲ , Sedighe Talebi^۳ *

۱. MSc Student in Medical-Surgical Nursing, Faculty of Midwifery and Nursing, Shahed University, Tehran, Iran
۲. MSc Student in Community Health Nursing, Faculty of Midwifery and Nursing, Islamic Azad University, Tehran, Iran
۳. Assistant Professor, Department of Traditional Persian Medicine, School of Persian Medicine, Shahed University, Tehran, Iran (Corresponding Author: s.talebi@shahed.ac.ir)

Background and Aim : Acupuncture, a key branch of Traditional Chinese Medicine (TCM), has been practiced in China for over ۲,۵۰۰ years. It is used to treat various diseases, including endocrine, metabolic, psychological, neurological, circulatory, skin, musculoskeletal, and connective tissue disorders. Recent systematic reviews confirm that acupuncture is a safe, low-cost therapy with minimal side effects. However, as current evidence is not fully convincing for all specialists, this study investigates the effective mechanisms of acupuncture in promoting community health, with an emphasis on personalized medicine.

Methods : This review was conducted by searching Google Scholar and PubMed databases from ۲۰۲۱ onward, using keywords such as acupuncture, personalized medicine, lifestyle, precision medicine, and epigenetics.

Results : Acupuncture contributes to disease prevention and community health promotion through six main mechanisms: ۱) Anti-inflammatory Mechanism: Acupuncture reduces inflammatory M^۱ macrophages and increases anti-inflammatory M^۲ macrophages, lowering adipose tissue inflammation and improving insulin sensitivity. It raises serum levels of anti-inflammatory cytokines (IL-۴, IL-۱۰) and reduces inflammatory cytokines (IL-۶, TNF-α), helping treat obesity. It also improves neurological function in acute ischemic stroke patients and lowers C-reactive protein (CRP) and plasminogen activator inhibitor-۱ levels, reducing hypertension risk in chronic spontaneous urticaria. ۲) Neuroinflammation and Neural Stimulation: Electroacupuncture improves postoperative cognitive dysfunction, common in elderly patients after anesthesia or surgery. It also alleviates xerostomia (dry mouth) and swallowing disorders caused by head and neck cancers. ۳) Reducing Nerve Conduction Velocity: Acupuncture helps prevent chemotherapy-induced peripheral neuropathy. ۴) Influencing Energy Metabolism: Acupuncture affects energy metabolism pathways and key molecules like FAD and L-noradrenaline, improving migraines and related symptoms. ۵) Genetic and Epigenetic Modifications: Acupuncture enhances learning and memory in mouse models of post-traumatic stress disorder by regulating the microglial phosphatidylinositol ۳-kinase pathway. It exerts antinociceptive effects in neuropathic pain and improves ischemic stroke damage by regulating histone acetylation of Bcl-۲ and caspase-۳ genes. ۶) Autophagy Mechanism: Electroacupuncture regulates the tuberous sclerosis complex and hypothalamic autophagy in diet-induced obese mice, leading to weight loss. Therefore, it can be said that acupuncture follows different pathways and therapeutic mechanisms in treating similar diseases in different individuals.



کتاب خلاصه مقالات سخنرانی و پوستر
دومین کنگره ملی طب ایرانی

تهران، مرکز همایش های بین المللی رازی

۲۱ لغایت ۲۳ آبان ماه ۱۴۰۴



Conclusion : Based on this comprehensive approach, acupuncture emphasizes the importance of patient-centered treatments, personalized and precision medicine, and highlights its use in optimizing clinical outcomes.

Abstract ID: ۴۸

Presentation Type: Poster

Feasibility of Integrating Genomic Data and Persian Medicine Temperament Assessment for Designing Personalized Therapeutic Protocols with a Focus on Type ۲ Diabetes

Mahdi Eslami^۱ *

^۱. Department of Persian Medicine, School of Medicine, Birjand University of Medical Sciences, Birjand, Iran

Background and Aim : Type ۲ diabetes mellitus (T^۲DM) is a complex metabolic disorder strongly associated with genetic variants in the TCF^۷L^۲ gene, one of the most significant genetic risk factors identified to date. TCF^۷L^۲ encodes a transcription factor, playing a pivotal role in glucose metabolism and pancreatic β -cell function, including insulin secretion regulation. Concurrently, Persian medicine (PM) employs the concept of temperament-characterized by qualities such as hot, cold, wet, and dry-as a foundational framework for diagnosis and treatment, emphasizing individual physiological and phenotypic differences. This study explores the potential integration of genomic data, particularly TCF^۷L^۲ genotypes, with PM temperament assessment to develop personalized therapeutic protocols for T^۲DM patients.

Methods : A systematic literature search was conducted across both Persian and international scientific databases, including PubMed, Scopus, and SID, using keywords such as “TCF^۷L^۲,” “type ۲ diabetes,” “temperament,” “Persian medicine,” and “personalized medicine.” Papers published between ۲۰۱۵ and ۲۰۲۵ focusing on the role of TCF^۷L^۲ in diabetes and possible correlations with traditional temperament classifications were selected for review.

Results : Genetic studies consistently demonstrate that single nucleotide polymorphisms in TCF^۷L^۲, significantly increase susceptibility to T^۲DM by impairing insulin secretion and glucose metabolism. In PM, cold and hot dys temperament -particularly those involving the passive quality of dryness- are associated with pancreatic dysfunction and insulin resistance. Although direct empirical evidence correlating TCF^۷L^۲ genotypes with specific PM temperaments in diabetic patients is currently lacking, conceptual overlaps suggest that integrating genomic and temperament data could enhance the precision of therapeutic predictions and interventions. Such integration may improve individualized responses to both pharmacologic and herbal treatments.

Conclusion : Combining modern genetic insights with the temperament framework of Persian medicine offers a novel avenue for advancing personalized medicine, wherein genetic, physiological, and temperament-related factors are concurrently considered. Despite challenges such as the absence of direct empirical data and the need for standardized temperament assessment methods, this integrative approach holds promise for optimizing treatment efficacy and developing more precise therapeutic protocols. Future research should focus on clinical and molecular studies to empirically validate this integration and establish practical models for its application in diabetes care.



Abstract ID: ۴۹

Presentation Type: Poster

Traditional Persian Medicine and Precision Medicine: Differences and Similarities

Mahdi Eslami^۱ *

^۱. Department of Persian Medicine, School of Medicine, Birjand University of Medical Sciences, Birjand, Iran

Background and Aim : Traditional Persian Medicine (TPM) is based on the theory of the four humors, individual temperaments (mizaj), and the dynamic interaction between human beings and their environment. Precision Medicine (PM) is a modern medical paradigm driven by advanced technologies such as genomics, proteomics, and bioinformatics. It analyzes genetic, biological, and environmental data to design targeted and individualized therapies. Its primary goal is to enhance therapeutic efficacy and minimize adverse effects by achieving a deeper understanding of the patient's unique biological profile.

Methods : A systematic search was conducted across academic databases including ISI, PubMed, Scopus, Google Scholar, and SID. Keywords used in the search included " Traditional Persian Medicine", "Precision Medicine", "Temperament", "Mizaj", "Personalized Medicine", and "Integrative Medicine", covering the period from ۲۰۱۰ to ۲۰۲۴. Relevant papers in both Persian and English were screened and subjected to content analysis.

Results : The following similarities were found between these two medicines: Both TPM and PM operate on the principle of individualized care. In TPM, the concept of temperament is the primary determinant of a person's health status and susceptibility to disease. In PM, personalization is achieved through the integration of genetic, biological, and environmental information to tailor treatment strategies. TPM prioritizes disease prevention by maintaining temperamental balance and promoting a healthy lifestyle. Similarly, PM aims to predict and prevent disease onset through the analysis of genomic and biomarker data, enabling early risk assessment and intervention. In TPM, environmental factors such as seasons, climate, and diet play a crucial role in shaping a person's temperament and health. PM also considers environmental and lifestyle influences, alongside genetic information, to assess disease risk and guide personalized therapies. The following differences were found between these two medicines: TPM is grounded in the humoral theory, which emphasizes the balance among four bodily humors—blood (dam), phlegm (balgham), yellow bile (safra), and black bile (soda)—as well as hot/cold and wet/dry temperaments. In contrast, PM is based on contemporary scientific disciplines such as genetics, bioinformatics, and data analytics. Diagnosis in TPM relies on clinical observation, physical examination, and traditional questionnaires to assess temperament. In PM, diagnosis is supported by advanced techniques such as genome sequencing, molecular biomarkers, and high-resolution imaging. TPM, being low-tech and reliant on traditional knowledge, is generally more accessible and affordable across various populations. PM, on the other hand, depends on sophisticated technologies that can be expensive and less accessible. TPM emphasizes the preservation of health through balance and preventive care and in the next stage treatment. PM, however, is primarily focused on the accurate diagnosis and targeted treatment of diseases using molecular and genetic data.



Conclusion : Although Traditional Persian Medicine and Precision Medicine differ significantly in terms of methodology, they share fundamental principles such as individual-centered care and the goal of personalized treatment. Integrating these two approaches may contribute to the development of localized, efficient, and culturally acceptable therapeutic models across diverse populations. It is recommended that further interdisciplinary research be conducted to evaluate potential correlations between temperament types and biological markers, enabling the incorporation of traditional knowledge within the framework of modern precision medicine.

Abstract ID: ۴۶۸

Presentation Type: Poster

Effects of *Carthamus tinctorius* L. (Safflower) on Female Infertility

Fateme Fakhari^۱ *, Marzieh Qaraaty^۱ , Mojgan Tansaz^۲

۱. Traditional Medicine and Materia Medica Research Center and Department of Traditional Medicine, School of Traditional Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran.
۲. Traditional Medicine and Materia Medica Research Center and Department of Traditional Medicine, School of Traditional Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran

Background and Aim : Infertility is recognized as a major global health challenge, affecting approximately ۱۵% of married couples worldwide and ۲۰–۲۵% of married couples in Iran. This critical condition may arise from multiple factors, including lifestyle, hormonal imbalances, diminished ovarian reserve, abdominal obesity, and metabolic syndrome. Considering its clinical significance, evaluating safe and effective therapeutic interventions, including traditional herbal medicines, is essential. The present study aims to investigate the effects of *Carthamus tinctorius* (Safflower) on female infertility.

Methods : A narrative-analytical review was conducted through systematic searches of PubMed and Google Scholar using the keywords *Carthamus tinctorius*, infertility, metabolic syndrome, abdominal obesity, and Safflower. Eligible human and animal studies, as well as comprehensive review articles, were included and analyzed. Additionally, authoritative Persian medicine texts, including *Tuhfat al-Mu'minin*, *Makhzan al-Adwiyah*, and *Canon of Medicine*, were reviewed using the terms “Kafsha,” “Ahriz,” “Kajireh,” and “Quwwat al-Bah” (aphrodisiac property).

Results : *Carthamus tinctorius* (commonly known as Kafsha or Ahriz, and internationally as Safflower) contains both extract- and oil-based preparations with widespread applications in pharmaceutical formulations. Its bioactive constituents include Carthamin, Safflower Yellow, Hydroxysafflor Yellow A (HSYA), Carthamidin, Isocarthamidin, Safflor, Safflamin C, and Luteolin, which exhibit potent antioxidant, anti-inflammatory, and metabolic activities. Preclinical studies have demonstrated that HSYA and related compounds may improve ovarian function by reducing the number and size of cystic follicles and lowering serum testosterone, while increasing estradiol, progesterone, luteinizing hormone (LH), and anti-Müllerian hormone (AMH), thereby exerting therapeutic potential in polycystic ovary syndrome (PCOS). Clinical evidence indicates that daily administration of a defined dose of safflower oil in patients with metabolic syndrome, even in the absence of lifestyle modification, can reduce abdominal adiposity, enhance insulin sensitivity, decrease systemic inflammation, and improve blood pressure. Moreover, HSYA has been shown to activate the Nrf۲/HO-۱ signaling pathway and inhibit NF-κB, contributing to the reduction of oxidative stress and inflammatory responses in ovarian tissue.

Conclusion : The findings suggest that *Carthamus tinctorius*, through its combined metabolic, antioxidant, and anti-inflammatory effects, and supported by a long-standing history in Persian traditional medicine, may enhance ovarian function and serve as a complementary approach in the management of female infertility. Its bioactive constituents appear to support the maintenance or improvement of AMH levels and ovarian reserve. Furthermore, safflower, by mitigating abdominal obesity, improving insulin resistance, and addressing metabolic syndrome and PCOS—critical



factors in fertility optimization—represents a promising candidate for integrative therapeutic strategies. Notably, some preclinical studies indicate that high doses of safflower extract may reduce follicular counts and exert adverse embryonic effects; therefore, establishing a safe dosage and restricting its use during pregnancy are imperative. Future clinical studies are warranted to confirm optimal dosing and long-term efficacy. Keywords Carthamus tinctorius, infertility, metabolic syndrome, abdominal obesity, Persian medicine

Abstract ID: ۲۰۲

Presentation Type: Poster

The Ten Key Determinants of Drug Selection in Persian Medicine: A Holistic Framework

Mahdie Hajimonfarednejad^۱*, AmirMohammad Jaladat^۱

^۱. *۲. Research Center for Traditional Medicine and History of Medicine, Department of Persian Medicine, School of Medicine, Shiraz University of Medical Sciences, Shiraz*

Background and Aim : Persian Medicine (PM) is a holistic system with well-established principles for drug selection and administration during treatment, distinct from modern medicine, which lacks universal guidelines in this regard. While contemporary therapeutics often focuses on isolated pharmacological effects, PM emphasizes a multifaceted approach, considering factors such as temperament, patient individuality, and environmental context. This abstract highlights the ten key factors governing drug selection in PM, underscoring its systematic and patient-centered framework. In contrast to the reductionist model of modern medicine, PM integrates immutable rules derived from centuries of clinical experience. These principles ensure tailored treatments by accounting for dynamic interactions between drugs, the human body, and disease stages. By elucidating these ten determinants—ranging from substance properties to temporal and spatial variables—this study aims to demonstrate TPM's nuanced methodology, offering insights for integrative medical practice.

Methods : This study employed a systematic review of classical Persian medicine texts, including The Canon of Medicine (Avicenna), Aksir-e A'zam (Azam Khan), and Kholasat al-Hikma (Aqili Khorasani), using key terms such as "treatment", "drug", and "therapeutic principles". The extracted data were analyzed to identify recurring patterns and codified rules governing drug selection in PM, with emphasis on the ten key factors highlighted in this research.

Results : In Persian Medicine, treatment follows a stepwise approach through three main phases: ۱. Lifestyle and dietary modifications ۲. Herbal/natural drug administration ۳. Manual interventions like Phlebotomy, wet cupping, dry cupping. For the drug administration phase, proper medication selection requires consideration of ten key factors, categorized into: ۱. Patient-related factors: - Disease character (cold/warm/dry/moist imbalance- disease severity) - Etiology (physical or psychosomatic- involved organ) - Patient's physical strength - Baseline and current temperament - Age - Personal habits ۲. Environmental factors: - Geographic location - Seasonal variations - Weather conditions - Occupation This systematic approach enables personalized treatment by analyzing dynamic interactions between intrinsic patient characteristics and environmental conditions.

Conclusion : This study highlights the sophisticated, systematic approach of PM in drug selection, emphasizing its patient-centered and holistic philosophy. By categorizing the ten key factors into patient-specific and environmental determinants, we demonstrate how PM integrates individual variability with contextual influences to optimize therapeutic outcomes. These time-tested principles not only reflect the depth of PM wisdom but also offer valuable insights for contemporary integrative medicine, suggesting potential applications in personalized healthcare paradigms. Further research is warranted to validate these principles through modern clinical methodologies.



Abstract ID: ۳۱۶

Presentation Type: Poster

Revival and Re-creation of a Forgotten Method of Nasal Drug Delivery in Persian Medicine (Neti Pot)

Seyed Mohammad Hashemimehr^۱ *, Mohammad Hossein Manian^۲

۱. Research Center for Traditional Medicine and History of Medical Sciences, Mazandaran University of Medical Sciences, Sari, Iran
۲. Research Center for Traditional Medicine and History of Medical Sciences, Babol University of Medical Sciences, Babol, Iran

Background and Aim : A study of the methods of treating diseases in Persian Medicine sources shows that one of the methods of prescribing and consuming medications from the perspective of physicians was Nasal Drug Delivery (NDD), to produce local therapeutic effects in the head organ or its systemic function in the body. Ancient Iranian physicians were aware of this method, and by examining the remaining traces, it is possible to understand the various forms of drug consumption through the nose, including powder, solution, and vapors. The purpose of this study is to introduce a forgotten tool for nasal drug delivery in Persian Medicine called the Neti Pot.

Methods : This study was conducted using a descriptive and experimental method, citing ancient Persian Medicine texts and new articles in reputable databases.

Results : The term Neti has its roots in Sanskrit and means "nose cleansing". The process of washing the nasal passages, also known as sinus washing, with a saline solution to remove mucus, allergens, and other waste materials. This method uses a small teapot-shaped device to expel dust and moisten the nasal passages, which helps to thin the nasal mucus to relieve congestion, dryness, and allergens that may cause inflammation.

Conclusion : Neti Pot has the benefits of relieving nasal congestion, reducing allergy symptoms, relieving symptoms caused by sinusitis, moisturizing dry nasal passages, improving breathing, and reducing inflammation. It can also be used to deliver a variety of therapeutic oils and soluble herbal medicines through the nose to treat diseases. Another use of Neti Pot can be after nasal surgeries for easy washing to remove excess mucus and heal wounds inside the nose. The introduction and use of the Neti Pot is recommended by Persian Medicine specialists to facilitate the treatment process of some physical and mental diseases. Keywords: Medical history, Nasal Drug Delivery, Persian Medicine, Neti Pot



Abstract ID: ۴۰۷

Presentation Type: Poster

Integrating Person-Centered Medicine with Traditional Iranian Medicine: A Holistic Approach to Healthcare

Samad Hassani^۱ *, bahman bayramlou^۲

- ^۱. Department of Medical Imaging, School of Advanced Medical Technologies, Iran University of Medical Sciences, Tehran, Iran
- ^۲. School of Paramedical Sciences, Ardabil University of Medical Sciences, Ardabil, Iran

Background and Aim : Person-centered medicine (PCM) emphasizes individualized care, considering patients' unique biological, psychological, and social dimensions. Traditional Iranian Medicine (TIM), with its roots in humoral theory and holistic healing, shares core principles with PCM, particularly in personalized diagnosis and treatment. This review explores synergies between PCM and TIM, highlighting their potential integration in modern healthcare.

Methods : A systematic literature search (۲۰۱۰–۲۰۲۰) was conducted using PubMed, Scopus, Web of Science, Google Scholar, and Iranian databases (SID, Magiran). Keywords included "person-centered medicine," "Iranian traditional medicine," "Persian medicine," "holistic health," and "integrative medicine." Inclusion criteria encompassed peer-reviewed articles, reviews, and clinical studies on PCM-ITM integration; non-English/Persian studies and unrelated articles were excluded.

Results : Key themes emerged: (۱) shared philosophical foundations in holistic and individualized care; (۲) ITM's diagnostic tools (e.g., pulse, urine, and tongue analysis) complement PCM's patient-centered assessments; (۳) ITM therapies (e.g., herbal medicine, dietary regimens, and mind-body practices) align with PCM's focus on patient preferences and prevention; and (۴) challenges include scientific validation of ITM and regulatory barriers.

Conclusion : The synergy between PCM and ITM offers a promising framework for personalized, culturally sensitive healthcare. Future efforts should prioritize interdisciplinary research, standardized integration protocols, and policy frameworks to bridge traditional and modern medicine.



Abstract ID: ۴۲۱

Presentation Type: Poster

Management of vertigo by resolving abdominal bloating

Mokhtar Hedayati^۱ *, Assie Jokar^۲ , Masoumeh Bagheri- Nesami^۳

۱. Persian Medicine student, Student Research Committee, Mazandaran University of Medical Sciences, Sari, Iran
۲. Associated Professor, Persian Medicine Faculty, Mazandaran University of Medical Sciences, Sari, Iran
۳. Professor, M.Sc., Ph.D. in Nursing. M.Sc. in Medical Education. School of Nursing & Midwifery, Mazandaran University of Medical Sciences, Sari, Iran.

Background and Aim : Vertigo, caused by a disorder in the vestibular system, is defined as a spinning sensation often associated with imbalance and nausea. This disorder affects all age groups and is the third most common reason for individuals older than ۶۰ years to see a doctor. According to principles of Traditional Persian Medicine (TPM), abdominal bloating or the presence of gas in the stomach is a common trigger for dizziness accompanied by nausea. Thus, in these cases, treatment should target the patient's abdominal bloating.

Methods : This is a report of a case of recurrent vertigo seen by a Traditional Persian Medicine specialist. The case was a woman (۵۳ years old). She is a known case of vertigo. She presented a new acute attack that was resistant to usual treatment. To manage the new attack her bloating was addressed based on TPM treatment of davvar. In this case peppermint distilled essence was prescribed. She experienced a reduction in abdominal bloating, concurrent with gradual improvement in her vertigo and nausea after taking the first prescribed amount of peppermint distilled essence.

Conclusion : This case suggests a potential association between abdominal bloating and some kinds of dizziness accompanied by nausea and highlights the possibility of potential benefit of using peppermint distilled essence in management of abdominal bloating as an approach to managing vertigo attacks.



Abstract ID: ۲۹۵

Presentation Type: Poster

Persian Medicine Interventions in a Lung Transplant Candida Patient; Case Report

Seyed Kamal Hosseinian Nadoshan^۱*, Azar Bangeli^۲

- ^۱. Assistant Professor of Traditional Medicine Department of Community Medicine, School of Medicine Hormozgan University of Medical Sciences, Bandar Abbas, Iran
- ^۲. M.A. in Social Determinants of Health Research Center, Hormozgan University of Medical Sciences, Bandar Abbas, Iran

Background and Aim : Lung transplantation is one of the most important treatment options for patients with advanced lung diseases, which is accompanied by a lot of stress for the patient and his companions. So much so that the patient's entire effort is to avoid entering this stressful treatment process. What you have before you are a report of the measures and results of these measures in a ۷۱-year-old lung transplant candidate in southern Iran.

Methods : In a random visit to the Persian medicine specialist's office, an elderly man who had been referred to the reference hospital by a pulmonary specialist for a lung transplant was treated using herbal medicines and performing the healing practices recommended in Persian medicine sources. Comparison of clinical results and patient statements showed a significant change in the patient's pulmonary function and improvement in the patient's clinical condition, such that the patient's need for oxygen throughout the day was reduced to the minimum possible with an average consumption of ۲-۳ hours.

Conclusion : It seems that providing Persian medicine consultation to lung transplant candidates significantly improves the chances of improving the patient's lung function.

Abstract ID: ۴۹۴

Presentation Type: Poster

The role of temperament (mizaj) in marriage

Reza Ilkhani^{۱*}, zohreh ghazimorad^۲

۱. Traditional Medicine and Materia Medica Research Center and Department of Traditional Medicine, School of Traditional Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran.
۲. Rafia Al-Mustafa Seminary Institute of Higher Education

Background and Aim : marriage is one of the most important topics in life. A successful marriage is an important factor for mental health. A successful marriage is an important factor for progress in other aspects of life. The purpose of this study is to investigate the importance of paying attention to temperament in choosing a spouse and determining its priority level.

Methods : This research is a qualitative study. In this study, the main sources of traditional medicine, such as the book al-Qanun fit-Tibb, are used. In these sources, human characteristics related to temperament (mizaj) were investigated.

Results : in this study, human temperament (mizaj) characteristics were categorized into ۳ parts. Physical, psychomotor and sexual. The compatibility of male and female temperaments in each of these three features has positive and negative points. In sexual matters, there are two items: desire and potency. Temperament sexual characteristics are influenced by various factors such as nutrition.

Conclusion : Marital life also has different non-sexual dimensions. The sexual characteristics of men and women are just one aspect of married life. Matching the temperament of men and women leads to favorable sexual relations between them. But in other matters of life, they will probably face challenges. In choosing a spouse, paying attention to temperament is not a priority.

Abstract ID: ۱۸۲

Presentation Type: Poster

Validating an Ancient Concept: The Genetic and Epigenetic Basis of Hair as a Temperament Indicator in Persian Medicine.

Parisa Jafari^۱, Akbar Mohammadzadeh^۲ *

۱. Department of Persian Medicine, School of Medicine, Zanjan University of Medical Sciences, Zanjan, Iran
۲. Department of Medical Genetics and Molecular Medicine, School of Medicine, Zanjan University of Medical Sciences, Zanjan, Iran.

Background and Aim : Persian Medicine (PM), as one of the pioneers of personalized medicine, is founded on the concept of "Mizaj" (Temperament) as the central axis of diagnosis and treatment. In this medical school, ten key indices are used to determine temperament, among which hair phenotypic characteristics (color, density, texture) are among the most important. Given that variation in hair characteristics has complex genetic and epigenetic roots, this analytical review study was conducted with the aim of providing a scientific framework to justify the relationship between this temperament diagnostic index and biological foundations.

Methods : Authoritative Persian Medicine sources, particularly Avicenna's "The Canon of Medicine," were examined for theoretical foundations of hair's temperamental implications. Scientific databases (PubMed, Scopus, Web of Science) were systematically searched using keywords including "Hair Genetics," "Mizaj," "Temperament," "Hair Color," "Hair Density," "Trichohyalin," "EDAR," "MC^۱R," and "Epigenetics."

Results : The findings demonstrate a significant correlation between hair temperament indices in Persian Medicine and known molecular pathways. Hair Color: In Persian Medicine, dark color (black) is an indicator of warm temperament, while light color (blonde) indicates cold temperament. Genetically, this depends on eumelanin (dark) and pheomelanin (light) pigment ratios, controlled by genes including MC^۱R, TYR, and SLC^{۲۴A۵}. Hair Density and Thickness: Hair abundance, associated with warm temperament in Persian Medicine, correlates with signaling pathways affecting follicle growth such as Wnt/ β -catenin and genes like EDAR and WNT^{۱۰A}. The V^{۲۷۰}A polymorphism in the EDAR gene, associated with increased hair thickness, is a prominent example in this field. Hair Texture: Curly hair, as an indicator of dry temperament, has been identified as related to genetic variants such as TCHH, which play a role in the protein structure of the inner root sheath of hair.

Conclusion : This study proposes the following hypothesis: innate temperament (constitutional) is related to an individual's genetic profile and determines the basic characteristics of hair. On the other hand, acquired temperament, which changes under the influence of factors such as lifestyle, nutrition, stress, and climate, can alter the expression of hair-related genes through epigenetic mechanisms (such as DNA methylation and histone modifications). These epigenetic changes, which occur throughout life, can explain phenotypic changes in hair (such as premature graying or texture changes); a phenomenon recognized in Persian Medicine as a sign of "temperament change" and the beginning of disease processes. For example, oxidative stress caused by UV radiation and



کتاب خلاصه مقالات سخنرانی و پوستر
دومین کنگره ملی طب ایرانی

تهران، مرکز همایش های بین المللی رازی

۲۱ لغایت ۲۳ آبان ماه ۱۴۰۴



pollution damages melanocytes, leading to premature hair graying, or hormonal fluctuations create changes in hair texture by altering the expression of genes responsible for follicle shape or keratin production. Therefore, hair characteristics can serve as an accessible biomarker, reflecting the complex genetic and epigenetic interactions of an individual within the framework of the temperament concept. It is suggested that future studies with appropriate design should statistically evaluate this correlation in human populations so that this ancient knowledge can be translated and validated in the language of modern science.

Abstract ID: ۵۵۲

Presentation Type: Poster

From Weakness of Faculties to Chronic Fatigue: A Comparative Conceptual, Diagnostic, and Therapeutic Perspective in Persian Medicine and Modern Medicine

Zeynab Javadi Sebdani^۱ , Mohammad Ansaripour^۱ *

^۱. Department of Community Medicine, School of Medicine, Isfahan University of Medical Sciences, Isfahan, Iran

Background and Aim : Fatigue and weakness are common clinical complaints. In modern medicine, they are framed as fatigue, muscle weakness, and myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS), each with specific definitions and tools, while symptoms are divided across specialties. In contrast, Persian Medicine introduces the unified concept of Weakness of Faculties (Za'f al-Quwā), which historically assessed bodily functions under three domains—Natural, Vital, and Psychic faculties—and offered diagnostic and therapeutic guidance for each. This study aims to clarify “Weakness of Faculties” in classical sources and compare it with modern concepts, focusing on diagnostic and therapeutic implications.

Methods : Primary texts of Persian Medicine (al-Qānūn fi al-Tibb, Zakhīra-ye Khvārazmshāhī, Kāmil al-Šinā'a al-Ṭibbiyya, al-Hāwī) and modern guidelines on fatigue and ME/CFS were reviewed. Data were thematically analyzed under two categories: definitions/symptoms and diagnostic–therapeutic approaches.

Results : In Persian Medicine, “Weakness of Faculties” denotes the inability of a faculty to perform its function. Symptoms include lassitude, early fatigability, sleep disturbance, anorexia, indigestion, reduced concentration and memory, persistent melancholy, pallor. These are grouped under: Natural Faculty (digestive weakness, anorexia, early satiety), Vital Faculty (dyspnea, low exercise tolerance, impaired movement), and Psychic Faculty (impaired concentration and memory). In modern medicine, fatigue is the subjective sense of low energy, muscle weakness is objectively reduced strength, and ME/CFS is defined by persistent fatigue, post-exertional malaise, unrefreshing sleep, and cognitive dysfunction. Diagnostic approach: In modern medicine, after excluding secondary causes, ME/CFS remains a clinical diagnosis; patients often move among internal medicine, neurology, rheumatology, psychiatry, and dermatology without integration. In Persian Medicine, these dispersed complaints are unified under “Weakness of Faculties,” enabling interpretation through a coherent tripartite framework, which facilitates earlier and more comprehensive diagnosis. Therapy: No definitive cure exists for ME/CFS, and treatments are largely supportive. In Persian Medicine, therapy is staged and multidimensional: beginning with lifestyle modification (regulation of sleep, moderate exercise, environment, and mental tranquility), then strengthening nutrition (simple nourishing foods such as broths, extracts, and milk), and finally herbal or compound tonics tailored to the affected faculty. This integrative body–mind–environment approach is a distinctive clinical advantage.



Conclusion : “Weakness of Faculties” overlaps conceptually with fatigue and ME/CFS but offers a broader, unified framework. It integrates diverse symptoms, from cognitive and digestive issues to outward changes, and provides structured, actionable therapies. Unlike fragmented diagnosis and limited therapy in modern medicine, Persian Medicine outlines systematic strategies for strengthening faculties. This comparative view may inspire complementary interventions for chronic fatigue patients, where modern medicine often relies on supportive care.



Abstract ID: ۱۲۲

Presentation Type: Poster

Management of Coeliac disease using Persian medicine: A case report

Fariba Khodaeifar^۱ *, Sutude Fazilat^۱ , Masoumeh Saidi^۱

^۱. Department of Persian Medicine, Faculty of Traditional Medicine, Tabriz University of Medical Sciences, Tabriz, Iran

Background and Aim : Coeliac disease is a kind of systemic immune-mediated disorder that manifests with enteropathy and has a spectrum of clinical symptoms such as extra-intestinal manifestations. The diagnosis of this disease is based on serological findings and biopsy results. Despite the response to the gluten-free diet, the use of this diet is associated with challenges, including high cost, reduced quality of life, and persistent symptoms. There is a need to use non-dietary and alternative methods in the treatment of this disease. This case report presents the treatment of coeliac disease using Persian medicine.

Methods : The patient was a ۲۰-year-old male with a history of failure to thrive in childhood. He was diagnosed with coeliac disease and was being treated with a gluten-free diet. He referred to Tabriz Health Center due to gastrointestinal symptoms and weight loss. The patient received personalized Persian medicine recommendations (based on temperament (Mizaj) and in addition, he underwent drug treatment and leech therapy. The duration of treatment was three months from July to October ۲۰۲۴. During this treatment period, the patient gained three kilograms and his symptoms improved. The patient and his parents were satisfied with the short-term treatment results.

Conclusion : It seems that the use of traditional and complementary medicine can be beneficial in the treatment of coeliac disease. Treatment based on each patient's unique characteristics helps improve symptoms and manage the disease. Clinical studies are recommended to investigate the role of Persian medicine in the treatment of Coeliac disease. Keywords: Coeliac disease; Persian medicine; personalized medicine; case report. Approval ID of Ethics Committee of Tabriz University of Medical Sciences: IR.TBZMED.REC.۱۴۰۴, ۱۸۹

Abstract ID: ۴۹۰

Presentation Type: Poster

Psychic Symptoms in Traditional Persian Medicine: From Manifestation to the Roots of Disease

Mohsen Manouchehri^۱ *

^۱. Roshanak Mokaberinejad

Background and Aim : Abstract In Traditional Persian Medicine (TPM), psychic symptoms—such as anger, fear, sorrow, and joy—refer to transient emotional and mental states that influence physical health but are considered superficial phenomena (accidents) rather than the primary cause of disease. Each symptom is the outward reflection of deeper causes rooted in temperament disturbance, imbalance of the faculties, lifestyle patterns, or belief systems. This paper explores the theoretical foundations of psychic symptoms in TPM, their role in the onset and exacerbation of illness, and the transition from focusing merely on the appearance (e.g., anger or fear) to identifying the underlying cause. Comparative insights from modern psychosomatic medicine and neuroscience are provided to bridge traditional and contemporary frameworks. Introduction Renowned scholars such as Avicenna divided the causes of disease into two broad categories: material causes (e.g., qualities of humors) and efficient or predisposing causes (e.g., psychological and spiritual influences). In TPM, psychic symptoms are viewed as mirrors of internal disharmony rather than root causes in themselves. For instance, chronic sorrow is not inherently pathogenic; rather, it reflects underlying mental patterns, temperament imbalances, or life experiences that activate physiological disturbances. This approach shifts focus from symptom suppression to root-cause resolution.

Methods : Review of classical TPM sources including Canon of Medicine, Jame' al-Hikma, and Zakhireh Kharazmshahi. Categorization of psychic symptoms according to traditional typologies: qualitative, quantitative, and emotional. Comparative analysis with psychosomatic concepts in modern medicine. Case studies demonstrating treatment success by prioritizing cause identification over symptom management.

Results : Psychic symptoms serve as warning signals: similar to dashboard lights in a vehicle indicating malfunction beneath the surface. Bidirectional mind–body relationship: prolonged fear can lead to digestive weakness and dyspnea, while chronic illness can precipitate psychic symptoms. Brain–heart–temperament axis: TPM describes the interaction between cognitive faculty (mind), motor faculty (nerves, muscles), and nutritive faculty (digestion), comparable to the modern neuroendocrine–immune axis.

Conclusion : In TPM, psychic symptoms are both mirrors of the inner state and alarms for temperamental imbalance. Focusing solely on controlling anger or reducing fear without addressing the mental, temperamental, or lifestyle roots is akin to painting over a cracked wall without repairing the foundation. A healing approach in this context should: Recognize symptoms as signs, not causes; Identify the hidden origin (temperament, thought patterns, lifestyle, life events); Apply treatment from depth to surface, letting the symptom fade naturally; Integrate centuries-old TPM insights with modern neuroscience and psychosomatic research. Understanding psychic symptoms teaches practitioners to move their attention from “what happened” to “why it happened,” which is precisely where the art and science of medicine converge.



Abstract ID: ۴۸۵

Presentation Type: Poster

Personalised Medicine in Iranian Wisdom-Based Tradition and Quantum-Energy Sciences: Linking Unique Temperament to Personalised Vibrational Signatures

Mohsen Manouchehri^۱ *

^۱. Roshanak Mokaberinejad

Background and Aim : Abstract: Personalised Medicine is transforming global healthcare by tailoring approaches to each individual's unique biological and energetic profile. In Iranian Traditional Medicine (ITM), this individuality is captured by the theory of mizaj (temperament), which determines disease risk, treatment response, and prevention. Quantum-Energy Medicine similarly recognises a unique vibrational signature for each person, reflecting their specific energetic and informational patterns. This paper explores how integrating ITM's constitutional diagnostics with quantum-based vibrational signature mapping creates a truly personalised, evidence-informed model, rooted in ancient wisdom and modern science. **Subject Introduction:** ITM has long recognised that each person's health is unique, shaped by their temperament (mizaj) and environmental, psychological, and lifestyle factors. Quantum Medicine confirms this principle by showing that every individual's vibrational and electromagnetic patterns are distinct and measurable. The convergence of ITM and quantum approaches lays the foundation for advanced personalised medicine.

Methods : A targeted search (March–August ۲۰۲۵) in PubMed, Scopus, Web of Science, SID, and IranMedex used keywords such as "Personalised Medicine", "Quantum Medicine", "Vibrational Signature", "Iranian Traditional Medicine", and "Mizaj". Peer-reviewed and classical sources focusing on individual-based health, mizaj classification, and energy measurement were evaluated.

Results : Analysis shows ITM's mizaj is a detailed model for personal health profiling, parallel to the vibrational signature concept in quantum medicine. When combined, these frameworks enable:
۱. Unique patient profiling using both temperament and measurable vibrational signatures.
۲. Greater diagnostic accuracy by validating constitutional analysis with modern energy technologies.
۳. Personalised treatments selected and tuned to the individual's unique constitution and resonance.

Conclusion : Uniting ITM's wisdom-based personalisation with quantum vibrational assessment provides a forward-thinking, culturally rooted healthcare model. This approach leverages centuries-old insights and today's technologies to offer precise, effective, and truly personalised care.

Abstract ID: ۳۹

Presentation Type: Poster

Study of most common causes of referrals to two Persian Medicine Clinics in Tehran

Hoorieh Mohammadikenari^۱*, maryam moghimi^۲, Gholamreza Kordafshari^۳, Samira Kadkhodaei^۳, Maryam Afshari^۲

۱. Institute for Studies in Medical History, Persian and Complementary Medicine, Iran University of Medical Sciences, Tehran, Iran
۲. Masiha Teb Shomal Knowledge-based corporation, Sari, Iran.
۳. School of Persian Medicine, Tehran University of Medical Sciences, Tehran, Iran

Background and Aim : Today, complementary and alternative medicine (CAM) are used to treat and prevent disease in healthy people or to enhance the quality of life, which is evidence of a promising future in this area. Persian medicine is one of the precious embranchments of complementary medicine which would be considered as a good potential source to find new approaches for prevention and treatment of diseases. The aim of this study is the most common causes of patients referring to two Persian medicine clinics in Tehran, quality of adherence to prescribed measures and instructions and probable side effects of treatments.

Methods : ۵۳۱ cases were selected among patients who were treated by Persian medicine in the two clinics in Tehran city. After extracting the data, a semi structured questionnaire was completed by phone calls with participants. Data were then analyzed using software (Microsoft Excel).

Results : In general, ۶۰۰ cases of ۸۵۲۴ patients visited at Vali-e-Asr and Behesht Clinics were randomly selected and called. ۵۳۱ of them answered the phone. In spite of repeated attempts to call with ۶۹ patients, it was not possible. The phone number was incorrect in ۲۲ cases. ۲۶ patients had changed their phone number and ۲۱ patients did not answer. The mean age of patients was ۳۹,۳۷ (min ۹ months, max ۸۸ years) and ۱۰۲ (۱۹,۲٪) were male and ۴۲۹ (۸۰,۸٪) were female. ۱۲۰ participants were single, ۴۰۳ were married and ۴ were divorced, while ۴ did not answer the question about being single or married. Of the ۵۳۱ cases reviewed, ۲۷۲ (۵۱,۲٪) were new patients who had only one visit, ۱۲۳ (۲۳,۱٪) were visited twice, and ۷۵ (۱۴,۱٪) had three visits. Also, ۶۱ (۱۱,۴٪) participants were visited more than ۳ times. In the survey of a total of ۵۳۱ cases, the main complaint leading to refer to Persian medicine clinics was gynecologic diseases (۱۴۶ cases), general diseases (۸۹ cases) and musculoskeletal disorders (۷۶ cases) respectively. In reviewing the possible complications caused by measures and medications, one stated that he/she has become weak by observing the measures, but others reported no complication. ۳۵ participants believed that they had drug complications including abdominal pain, nausea and allergies. ۵ cases also believed that they were affected by the complications of cupping therapy or other manual treatments and ۴۹۰ reported no complications.

Conclusion : Since follow-up is one of the essentials of treatment in Persian medicine, informing patients about the necessity of referral to the physician for a fallow-up are among the most important duties of physicians and personnel in Persian medicine clinics.

Abstract ID: ۵۵۹

Presentation Type: Poster

The Role of Personalized Treatment in Prescription Writing in Persian Medicine

Hamideh Naghibi^۱*, Mohammad Reza Ghanbarzadeh^۲

- ^۱. PhD. of Persian Medicine, Mashhad University of Medical Sciences, Mashhad, Iran.
- ^۲. Candidate of Persian Medicine, Department of Persian Medicine, School of Medicine, Sabzevar University of Medical Sciences, Sabzevar, Iran.

Background and Aim : Personalized medicine has become a leading paradigm in modern healthcare, aiming to optimize therapeutic outcomes through individualized approaches. Persian medicine has historically emphasized personalization, particularly in prescription writing. Central to this process is not merely the general temperament (mizaj) of the patient, but the accurate diagnosis of su'-mizaj (dys-temperament) and other causative factors of disease. Revisiting this principle is essential to enhance both the safety and credibility of Persian Medicine in contemporary practice.

Methods : To introduce the effect of personalization in medical prescriptions, we reviewed Persian medicine sources and current clinical practices, and searched databases Google Scholar, Scopus, SID, and Magiran.

Results : Personalized prescribing in Persian medicine integrates multiple variables, including su'-mizaj diagnosis, age, gender, psychological status, disease severity, and seasonal and environmental conditions. Despite this strength, several challenges limit its implementation today: (۱) reliance on industrial herbal products that restrict dosage and formulation adjustments, (۲) lack of standardized diagnostic tools for su'-mizaj and etiological assessment, and (۳) absence of a unified prescription format. The inconsistency in physicians using Persian or trade names leads to confusion among practitioners, pharmacists, and patients.

Conclusion : Personalized prescription in Persian medicine represents a unique and valuable model of patient-centered care. To fully realize its potential, three steps are crucial: developing validated diagnostic tools for su'-mizaj, preparing clinical guidelines for individualized prescribing, and most importantly, establishing a unified prescription format, preferably in English, to facilitate integration with modern medicine and improve international recognition of Persian medicine.

Abstract ID: ۲۱۱

Presentation Type: Poster

Comparability of Traditional Persian medicine with the new concepts of personal and precision medicine: A qualitative study

Mojtaba Norouzi^۱, Ali Akbar Haghdooost^{۲*}, Maryam Kkarimifshar^۳, Mohammad Setayesh^۳

۱. Department of Biostatistics and Epidemiology, Faculty of Public Health, Kerman University of Medical Science, Kerman, Iran
۲. Professor of Epidemiology, HIV/STI Surveillance Research Center, and WHO Collaborating Center for HIV Surveillance, Institute for Futures Studies in Health, Kerman University of Medical Sciences, Kerman, Iran
۳. Department of Persian Medicine, Faculty of Traditional Medicine, Kerman University of Medical Sciences, Kerman, Iran

Background and Aim : Traditional Persian Medicine (TPM) has a thousand-year history and a holistic approach that respects personal characteristics in its diagnosis and management. The objective of this study was to explore the concepts of personal and precision medicine in traditional Persian and modern medicine.

Methods : A qualitative study design with a content analysis approach was conducted. Purposive and snowball sampling approaches were used to select participants. Then, we approached experts in various fields, including TPM, genetics, epidemiology, physiology, pharmacy, and general medicine. In the beginning, we summarized the concept of personalized medicine (PM) and asked them how many similarities and differences they might find between TPM and PM. A semi-structured questionnaire with six parts was used to collect data. The duration of each interview varied from ۳۰ to ۶۰ minutes. The interviews and experts' viewpoints were recorded via an online platform and transcribed verbatim. The data analysis process involved several sequential steps: initial familiarization, coding, theme generation, theme review, theme definition and naming, and final writing. After coding all texts and extracting issues, categories, and conceptual frameworks were created by interpreting the content. To analyze the data, the content analysis approach assisted by MAXQDA ۲۰۱۸ software was used.

Results : More than ۷۰٪ of participants showed a favorable attitude in all evaluated parts. Approximately ۸۰٪ of participants agreed that there are parallels between TPM and precision medicine; for example, in TPM and precision medicine, patients are treated with respect to their characteristics. More than ۸۰٪ of participants thought temperamentology may help with patient diagnosis and treatment. They also suggested that TPM concepts could be used to improve and accelerate the implementation of precision medicine. The majority of participants acknowledged the use of phenotypes to reduce the reliance on genetics in precision medicine. However, several participants expressed skepticism. According to the participants, these concepts will not be beneficial unless TPM aligns with modern medicine. In addition, there must be scientific evidence confirming the association between different genes and temperaments.



کتاب خلاصه مقالات سخنرانی و پوستر
دومین کنگره ملی طب ایرانی

تهران، مرکز همایش های بین المللی رازی

۲۱ لغایت ۲۳ آبان ماه ۱۴۰۴



Conclusion : The advent of precision medicine does not mean disregarding TPM; rather, the concepts of TPM can be used in precision medicine. For example, phenotype can assist in reducing the reliance on genetics in precision medicine. Because phenotype, as an important concept in TPM, is the external manifestation of the genotype. In addition, like precision medicine, TPM can help to provide personalized medical treatment based on people's temperament.



Abstract ID: ۳۳۵

Presentation Type: Poster

Investigation of Relationship Between Mizaj (Temperament) and Disease Severety in Patients with Vitiligo

Mohammad Mahdi Parvizi^۱ *, Zahra Salehi^۲ , Mostafa Eefanizadeh^۳ , Negin Fazelzaheh Haghighi^۱

۱. Molecular Dermatology Research Center, Shiraz University of Medical Sciences, Shiraz, Iran
۲. Allergy Research Center, Shiraz University of Medical Sciences, Shiraz, Iran.
۳. Student Research Committee, School of Medicine, Shiraz University of Medical Sciences, Shiraz, Iran.

Background and Aim : Vitiligo is an acquired autoimmune skin disorder marked by depigmented macules resulting from melanocyte loss. The concept of Mizaj (temperament), defined by the qualities of warmness-coldness and wetness-dryness, plays a fundamental role in understanding individual susceptibility to disease. This study aimed to investigate the predominant Mizaj profiles among patients with vitiligo and explore their potential association with disease severity.

Methods : We conducted a single-center, cross-sectional study at the Molecular Dermatology Research Center, Shiraz, Iran, in ۲۰۲۴. A total of ۱۰۰ vitiligo patients were enrolled. The general Mizaj was evaluated using the validated Mojahedi Mizaj Questionnaire (MMQ). Disease severity was evaluated using the Vitiligo Area Scoring Index (VASI). Statistical analyses was performed using Stata version ۱۴.۲. A p-value equal to or under ۰.۰۵ was considered statistically significant.

Results : Participants included ۵۰ men and ۵۰ women, with mean ages of 42.86 ± 12.92 and 44.42 ± 14.21 , respectively. No statistically significant gender-based difference was observed in disease duration ($p = 0.478$). Warm Mizaj was the least represented, present in ۱۶% of patients. Most participants exhibited a moderate Mizaj in both warmness-coldness (۵۷%, $p = 0.378$) and wetness-dryness (۳۹%, $p = 0.817$) dimensions. No significant correlations were found between Mizaj categories and VASI scores for warmness-coldness ($p = 0.643$) or wetness-dryness ($p = 0.862$).

Conclusion : Our findings indicate no significant association between Mizaj and vitiligo severity. Most patients demonstrated a moderate Mizaj. Further studies are recommended to more deeply explore potential links between Mizaj and autoimmune skin disorders such as vitiligo.



Abstract ID: ۴۳۷
Presentation Type: Poster

Heredity in Persian Medicine: Historical Perspectives and Connections to Modern Genetics

Mrziyeh Riahinezhad^۱ *

^۱. PhD Student in History, University of Isfahan

Background and Aim : Heredity is one of the foundational concepts in medicine and biology, attracting scholarly attention for centuries. In Persian medicine, prominent physicians such as Avicenna (Ibn Sina) and Al-Razi discussed the influence of parental traits on the health, temperament, and predispositions of offspring. Avicenna, in *The Canon of Medicine*, introduced the concept of inherited temperament, proposing that the combination of maternal and paternal temperaments determines the child's physical and psychological constitution. Al-Razi, in *Al-Hawi*, also referred to the transmission of certain diseases and predispositions from parents to children. Although these perspectives are qualitative and theoretical, and Persian physicians did not explicitly refer to genes, DNA, or molecular mechanisms, they can be regarded as historical precursors to modern concepts of heredity. Contemporary genetics, by contrast, explains heredity quantitatively and molecularly through DNA, genes, and chromosomes. This study aims to conduct a comparative analysis of these two perspectives and explore the integration of traditional concepts with precision medicine.

Methods : A historical-comparative analysis was conducted. Primary sources included key texts of Persian medicine, such as *The Canon of Medicine* by Avicenna, *Al-Hawi* by Al-Razi, *Zakhireh Kharazmshahi* by Jorjani, and *Kamil al-Sina'ah al-Tibbiya* by Ahwazi. Secondary sources comprised historical and scientific literature on genetics, from Mendel's experiments to the Human Genome Project and epigenetic studies. Qualitative content analysis and conceptual comparison were used to extract and categorize similarities and differences in the concept of heredity between Persian medicine and modern genetics.

Results : Analysis showed that physicians of Persian medicine described heredity qualitatively through the combination of parental temperaments and humors. Modern genetics, in contrast, explains the hereditary process using molecular units such as DNA, genes, and chromosomes. Despite these fundamental differences, both frameworks emphasize individual variation, susceptibility to disease, and the significance of intrinsic characteristics in health and prevention. Textual examples from Avicenna and Al-Razi indicate that the concept of inherited temperament in Persian medicine functionally parallels core principles of genetics, although in a qualitative and theoretical manner.

Conclusion : The findings suggest that hereditary theories in Persian medicine can be regarded as historical antecedents to modern genetics and precision medicine. The transition from qualitative explanations of temperaments to molecular analyses of genes reflects the evolution of methodological approaches in medical science from traditional to modern eras. This comparative study highlights that examining historical medical concepts, particularly in Persian medicine, can inspire the development of contemporary individualized healthcare strategies. Integrating



کتاب خلاصه مقالات سخنرانی و پوستر
دومین کنگره ملی طب ایرانی

تهران، مرکز همایش های بین المللی رازی

۲۱ لغایت ۲۳ آبان ماه ۱۴۰۴



traditional insights with modern genetic knowledge may provide practical applications in preventive and precision medicine, especially concerning hereditary and temperament-related conditions. Ultimately, this study demonstrates that historical perspectives in medicine provide a foundation for innovation and interdisciplinary dialogue between traditional and modern biomedical sciences. Keywords: Persian medicine, heredity, inherited temperament, modern genetics



Abstract ID: ۴۶۳

Presentation Type: Poster

Association of Temperaments in Iranian Traditional Medicine with Metabolic Syndrome: A Systematic Review

Hadi Sabatsani^۱ *

^۱. Department of Radiology, Zanjan University of Medical Sciences, Zanjan, Iran

Background and Aim : Metabolic syndrome is a cluster of metabolic disorders that increases the risk of cardiovascular diseases and type ۲ diabetes. In Iranian traditional medicine, temperament (Mizaj) is considered an indicator of body balance and disease susceptibility. Temperament reflects the combination of the body's thermal and moisture characteristics, with imbalance predisposing individuals to various diseases.

Methods : This narrative review was conducted by searching PubMed, Scopus, and Google Scholar from ۲۰۰۰ to ۲۰۲۰. Keywords included “temperament,” “Iranian traditional medicine,” “metabolic syndrome,” “obesity,” “diabetes,” and “dyslipidemia.” Relevant studies were analyzed and data extracted.

Results : Warm and moist temperament is associated with faster metabolism, higher energy, and a tendency for abdominal fat accumulation, increasing the risk of central obesity, weight gain, and dyslipidemia. Cold and dry temperament is characterized by slower metabolism, lower energy, and imbalances in blood glucose and lipid profiles, increasing susceptibility to metabolic syndrome. Diet and lifestyle can modulate these associations; for example, consuming foods compatible with one's temperament (warm and moist or cold and dry) may help reduce metabolic syndrome risk.

Conclusion : Temperament in Iranian traditional medicine can serve as a predictive indicator for metabolic syndrome risk and provide valuable guidance for designing personalized prevention strategies.

Abstract ID: ۱۹۸

Presentation Type: Poster

Traditional and Modern Perspectives on Systemic Interactions in Neuropathy

Mehri Sadeghi Khansari^۱ *, Ghazaleh Heydarirad^۲ , Hanieh Babaei^۳

۱. Mehri Sadeghi Khansari, School of Traditional and Complementary Medicine, Mazandaran University of Medical Sciences, Sari, Iran Email :dr.msadeghi4431@gmail.com
۲. Ghazaleh Heydarirad, Traditional Medicine and Materia Medica Research Center and Department of Traditional Medicine, School of Traditional Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran. Email; dr.ghazalrad@gmail.com
۳. Hanieh Babaei, Traditional Medicine and Materia Medica Research Center and Department of Traditional Medicine, School of Traditional Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran. Email; haniehbabaei92@gmail.com

Background and Aim : Neuropathy is a common neurological disorder marked by dysfunction of the peripheral nerves, leading to symptoms such as pain, numbness, and weakness. Although conventional medicine addresses metabolic, infectious, autoimmune, and toxic etiologies through pharmacological and supportive interventions, many patients continue to experience inadequate management. Persian Medicine (PM), grounded in humoral theory, provides a traditional and holistic framework that may offer new perspectives on the causes and treatment of neuropathy.

Methods : A comprehensive literature review was performed, analyzing foundational PM texts for references to neuropathy and its management. These traditional concepts were then compared with recent biomedical research on the pathophysiology of neuropathy, especially in relation to the gut-liver-brain axis.

Results : In PM, neuropathy is attributed to an imbalance among the four humors and dysfunction within the GI-liver-heart-brain-axis ideas that resonate with modern views on metabolic and neurovascular contributors to neuropathy. Recent biomedical studies also highlight the pivotal role of the gut-liver-brain axis in the pathogenesis of neuropathic disorders, implicating metabolic, immunological, and microbial factors. Furthermore, PM's focus on dietary, lifestyle, and herbal interventions aligns with growing evidence supporting integrative and multidimensional strategies for neuropathy management.

Conclusion : Persian Medicine's conceptualization of neuropathy, particularly concerning systemic interactions and the gut-liver-brain axis, demonstrates a notable alignment with contemporary biomedical perspectives on metabolic and lifestyle contributions. This convergence suggests that integrating traditional and modern strategies holds significant promise for enhancing neuropathy management.

Abstract ID: ۲۲۷

Presentation Type: Poster

A Comparative Study of Depression Symptoms and Brain-Related Hot Temperamental Disorders Based on the Views of Hakim Seyyed Esmaeil Jorjani

Sedighe Talebi^۱ *, Maryam neishabouri^۲

۱. Assistant Professor, Department of Traditional Persian Medicine, School of Persian Medicine, Shahed University, Tehran, Iran
۲. MSc Student in History of Medical Sciences, Department of Traditional Persian Medicine, School of Persian Medicine, Shahed University, Tehran, Iran

Background and Aim : Depressive disorder is one of the most common psychological conditions, affecting individuals across cognitive, behavioral, emotional, and biological dimensions. Although several studies have investigated this disorder using Persian Medicine sources, many aspects remain unexplored. In Traditional Persian Medicine (TPM) texts, depression is not identified as a specific disease. However, its symptoms are described within various disease concepts, and treatment approaches are presented. Accordingly, this study aims to revisit the perspectives of Persian Medicine scholars and to compare the symptoms of depression based on psychiatric diagnostic criteria with corresponding descriptions in the texts of Hakim Jorjani.

Methods : This study employed a library-based approach and qualitative analysis. Relevant data were extracted from three major works of Hakim Jorjani (Zakhireh Kharazmshahi, Al-Aghraz al-Tibbiyyah, and Khofi' al-Alai'i) to compare the symptoms of depressive disorder in modern medicine with similar descriptions in his writings. The modern diagnostic criteria include: depressed mood (e.g., sadness, hopelessness, emptiness, tearfulness), diminished interest or pleasure, restlessness or psychomotor retardation, recurrent thoughts of death, appetite and sleep disturbances, fatigue or energy loss, reduced concentration, and inappropriate guilt. Concepts corresponding to these symptoms were sought in Jorjani's works. The collected data were imported into MAXQDA ۲۰ software and subjected to qualitative analysis to obtain the study results.

Results : Reviewing Jorjani's writings revealed that keywords such as sadness, sorrow, heart discomfort, insomnia, fear, obsession, suffocation, distress, fatigue, lethargy, forgetfulness, convulsions, and pessimism were associated with depressive symptoms. The causes of these symptoms were also examined. Jorjani described similar symptoms under various disorders, especially those caused by cold and hot temperamental imbalances (su' mizaj) in different organs. Notably, in addition to cold imbalances, hot and dry imbalances of the brain showed a high degree of overlap with modern depression. Sadness appeared consistently in all TPM conditions resembling depression, regardless of their cold or hot nature. However, when depressive symptoms were linked to hot temperaments, they were more often accompanied by restlessness and anxiety than in cold-type depressions. The associated symptoms also varied by temperament type: cold imbalances emphasized decreased movement and lethargy, while hot and dry imbalances highlighted restlessness and agitation.



کتاب خلاصه مقالات سخنرانی و پوستر
دومین کنگره ملی طب ایرانی



تهران، مرکز همایش های بین المللی رازی

۲۱ لغایت ۲۳ آبان ماه ۱۴۰۴

Conclusion : Although many TPM sources attribute depressive symptoms primarily to cold or melancholic temperaments, hot and dry imbalances—especially in the brain and liver—can also be significant causes. This highlights the importance of physician awareness in approaching patients with depressive symptoms and reinforces the value of personalized medicine. Clinical reasoning based on individual temperament and symptom type can lead to more accurate and tailored treatment strategies in Persian Medicine.

Abstract ID: ۴۹۹

Presentation Type: Poster

Comparing the Spleen in Persian and Modern Medicine: An Attempt to Find a Missing Organ

Mohammad Yousofpour^۱ , Samira Mirzaeizade^۲ , Mahdis Tanzifi^۱ , Tahereh Amirian^۱ ,
Amirsaeed Hosseini^{۳*}

۱. Faculty of Persian Medicine, Mazandaran University of Medical Sciences, Sari, Iran
۲. Student Research Committee, Mazandaran University of Medical Sciences, Sari, Iran
۳. Traditional and Complementary Medicine Research Center, Addiction Institute, Mazandaran University of Medical Sciences, Sari, Iran

Background and Aim : Persian medical sources have given a vital role to an organ called the spleen, so that Rhazes considers the health of the spleen to be one of the main foundations of the body's health; while the spleen does not have such a role in classical medicine, and sometimes splenectomy surgery is even performed as a preventive measure in certain circumstances. On the other hand, the anatomical and physiological characteristics of this organ do not match much in the sources of Persian medicine and modern medicine. This study seeks to answer the question of whether the spleen in Persian medicine does not completely match the spleen in modern medicine, then which other organ or organs can it be matched with?

Methods : This study is a qualitative research study. First, data related to the spleen were extracted from reputable books of Persian medicine, including Qanun, Zhahir al-Khwarizmsahi, Kamel al-Sina'ah and al-Mansouri, as well as from reference books on anatomy, then the scientific databases Science Direct, PubMed, and Scopus were searched with the keywords such as spleen, Persian medicine, Iranian medicine. The findings were compared and analyzed from an anatomical and physiological perspective.

Results : In all the reviewed Persian medicine books, the anatomical shape of the spleen is described as long and tongue-shaped. This organ is extended from the left side and from behind the stomach to in front of the liver, so that most of it is located under the stomach. It has two communicating ducts, the first of which draws soda towards itself from the navel of the liver. This duct is located under the duct between the gallbladder and the liver, and its tissue structure is the same as that duct. The second duct, which originates from within the spleen tissue, delivers the soda concentrated in the spleen to the mouth of the stomach. The physiological function of this organ in Persian medicine includes absorbing soda from the liver, storing it, changing its taste, and then delivering part of it to the stomach and other organs through two direct and venous ducts. In modern medicine, the spleen is considered a blood filter, a reservoir of blood cells, and an important organ in the body's immune system that helps control infections and recycle substances needed by the body, such as iron.

Conclusion : The shape and position of the spleen in Persian medicine and its anatomical characteristics, namely the direct physical connection between this organ and the liver and stomach through two ducts, indicate the difference in the identity of this organ between modern medicine and Persian medicine. These descriptions, along with the digestive role of the spleen in Persian medicine, are more applicable to the pancreas in modern medicine than to any other organ. Of course, it seems that the descriptions of the spleen in Persian medicine are something beyond the pancreas from the perspective of modern medicine.

Abstract ID: ۳۱۵

Presentation Type: Poster

Materia Medica for Skin Scar Removal in the Traditional Persian Medicine Book: “Exir-e-A’zam”

Marzieh Ahmaditahsih^۱ *, Maedeh Rizqi^۱ , Zahra Memariani^۱

^۱. Babol University Of Medical Sciences

Background and Aim : Skin scars, as one of the common complications of skin injuries, have always been significant from both aesthetic and psychological perspectives. Numerous methods exist for scar reduction or removal. Traditional Persian Medicine, by utilizing medicinal plants and natural substances, has also offered its unique approaches in this field. This research aims to introduce the Traditional approaches to skin scar treatment and revive ancient knowledge by examining the Materia Medica (single drugs) mentioned for skin scar removal in the medical book “Exir-e-A’zam” by Hakim A’zam Khan. This book is one of the most comprehensive late sources of Traditional Persian Medicine. In this study, various single drugs mentioned in this book for the treatment or improvement of scars, pimples, and other skin lesions are reviewed.

Methods : This study is a descriptive-analytical review conducted through library research. Initially, a verified edition of “Exir-e-A’zam” was selected as the primary source. Then, all sections related to skin diseases and lesions were carefully examined to clarify the concept of “scar.” Keywords such as “athar” (effect/trace), “athar-e-abaleh” (smallpox marks), “athar-e-jeld” (skin marks), “abaleh-e-Balkhi” (leishmaniasis), “lahm-e-za’ed” (excess flesh/granulation tissue), “jodari” (pustule/smallpox), “bothur” (eruptions/rashes), “jooshgah” (wound scar/acne mark), “rish” (wound/ulcer), “qorha” (ulcer), etc., were used to search for single drugs. Single drugs directly or indirectly mentioned for the removal or improvement of skin scars were extracted, and relevant information was recorded. These single drugs were categorized based on their origin (herbal, animal, mineral) and method of application. The name of the single drug, its therapeutic properties mentioned in the book, and instructions for its use were compiled. Data collection and analysis were performed to provide a comprehensive view of “Exir-e-A’zam”’s approach to skin scar treatment.

Results : In this study, a total of ۹۰ Materia Medica related to the improvement of skin scars including a wide range of substances of herbal, animal, and mineral origin, were identified. The most frequently used dosage forms for skin scar removal were predominantly in the form of “tila” (topical application/liniment) and “zemad” (poultice/plaster). The most frequently extracted single drugs include: Common reed root, bitter almond kernel, white rice, chickpea flour, melon seeds, Litharge (PbO), Irida, Qust (Costus), fava bean flour, egg white, starch, rose oil, turnip seeds, Aristolochia longa, Termes (Lupinus albus), and Styra benzoin.

Conclusion : Collecting the recommendations and experiences of Iranian traditional physicians regarding the mentioned single drugs can provide a valuable platform for the findings of this research, beyond its historical significance, from the perspective of identifying more effective and less complicated medical treatments for skin scars in future studies. These results, while confirming indigenous knowledge in scar treatment, highlight the potential of these single drugs for modern pharmacological research and can serve as a basis for developing more effective and natural treatments for skin scars. Keywords: Skin, Skin Marks, Medicinal Plants, Traditional Iranian Medicine, Skin Scar

Abstract ID: ۴۹۷

Presentation Type: Poster

The Position of "Zakhīrah-'i Khārazmshāhī" in the Science of Urine Examination: A Comparative Study with "al-Qānūn" and the Plagiarism Question

Zahra Alamdar^۱, Mohammad Sadr^{۲*}

۱. ۱. Institute for Studies in Medical History, Persian and Complementary Medicine, Iran University of Medical Sciences, Tehran, Iran 2. Department of History of Medicine, School of Persian Medicine, Iran University of Medical Sciences, Tehran, Iran 3. Student Research Committee Iran University of Medical Sciences
۲. ۱. Institute for Studies in Medical History, Persian and Complementary Medicine, Iran University of Medical Sciences, Tehran, Iran 2. Department of History of Medicine, School of Persian Medicine, Iran University of Medical Sciences, Tehran, Iran

Background and Aim : Urine examination (uroscopy) has been recognized since ancient times as one of the pillars of medical diagnosis in various civilizations. In the Islamic period, it served as a vital tool for assessing temperament, internal organ health, digestion quality, and bodily waste, detailed in prominent works like Ibn Sīnā's "al-Qānūn" and Jurjānī's "Zakhīrah-'i Khārazmshāhī". However, some believe that Jurjānī merely copied from "al-Qānūn". In this research conducts a comparative analysis of these texts to address the question: Is "Zakhīrah" a simple compilation, or did it innovate and advance the science of urine examination?

Methods : This research, through a comparative examination of the two texts, first analyzes their structural and content similarities and then their differences.

Results : Both texts share fundamental principles of uroscopy, including sampling protocols, the seven key indicators of urine, urine physiology, and the implications of its color, consistency, quantity, odor, foam, and sediment. They also cover urine in specific demographics (children, men, women), its differentiation from other fluids, and even include a direct quote from Rufus on black urine, with Jurjani explicitly citing Ibn Sina in one instance. But alongside this extensive similarity in the text, which is because both works originate from a common medical tradition (Greco-Islamic), seeing the differences between these two texts can be more enlightening for concluding on this matter. Comparison of these two texts shows that Jurjānī in "Zakhīrah-'i Khārazmshāhī" has gone beyond "al-Qānūn" in several ways. First, in systematic and detailed structure, in that "al-Qānūn" addresses urine in ۱۳ chapters, while "Zakhīrah" is organized in ۲۹ sections and examines each topic in greater detail. For example, Jurjānī describes ۱۲ types of compound urine colors, while "al-Qānūn" is content with a few general examples. Reference to multiple sources and critical analysis: we observe that in the text of al-Qānūn, only reference to Rufus is mentioned, while Jurjānī in this section simultaneously quotes from Rāzī, Galen, Ibn Sīnā, and Rufus, and sometimes mentions their scientific disputes, where one physician has refuted another's opinion with empirical observations. Adding empirical and clinical findings of other physicians: "Zakhīrah" includes Rāzī's personal observations, such as the relationship between urine color and disease prognosis in two cases, which included observing two groups of patients with black or yellow urine. Adding a summary chapter: he adds a chapter titled "The Fruit of Previous Sections" which shows his practical and educational approach to facilitate learning.



Conclusion : Although Jurjānī utilized "al-Qānūn" and other prior texts, his work cannot be dismissed as mere plagiarism. "Zakhīrah-'i Khārazmshāhī" distinguishes itself through its more comprehensive compilation, inclusion of new details, presentation of predecessors' diverse opinions, and its use of Persian, which made this knowledge more accessible. Jurjānī acted as a creative author, enriching the medical heritage by collecting, critiquing, and expanding upon existing knowledge. Therefore, the allegation of copying from "al-Qānūn" is unfounded, and "Zakhīrah" holds a distinguished place as an independent and advanced work in the history of medicine.



Abstract ID: ۴۱۷

Presentation Type: Poster

Women's Health Through Time: A Re-examination of Ibn Sina's View in The Canon of Medicine and Its Comparison with Medical Texts of the Qajar Period

Azam Ansarifard^۱ , Mohammad Reza Rajabnejad^۱ , Mohammad Sadr^۱ *

^۱. Department of History of Medicine, Iran University of Medical Sciences, Tehran, Iran.

Background and Aim : Women's health is a significant topic within the fields of medical history and women's studies. This research aims to examine women's health from the perspective of Ibn Sina and compare it with medical texts from the Qajar period

Methods : This is a library-based, review-type study that uses Ibn Sina's The Canon of Medicine as well as Qajar-era medical texts such as Amraz-e Nesvan (Women's Diseases) and Tadabir-ol-Havamel (Management of Pregnant Women).

Results : The results of this study show that Ibn Sina comprehensively addressed the topic of women's health in The Canon of Medicine, discussing various aspects including hygiene during pregnancy, childbirth, and postpartum care, menstrual hygiene, genital health, nutrition, exercise, and lifestyle. Similarly, Qajar-era medical texts also explored women's health during different life stages, including pre-pregnancy, pregnancy, childbirth, lactation, and menopause. These texts covered topics such as anatomy, physiology, pharmacology, diseases of the genital organs, new methods for diagnosing and treating contagious diseases, and marriage. A comparison of Ibn Sina's perspective with the Qajar medical texts reveals that there are many similarities in their views on women's health. For instance, both sources emphasize the importance of hygiene during pregnancy, childbirth, and postpartum. However, some differences were also observed, which reflect the developments in medical knowledge during this period and its influence from new Western medicine.

Conclusion : This study shows that Ibn Sina's views on women's health served as the foundation for Qajar-era medical texts, which, in turn, were updated and supplemented based on the medical advancements of that period.



Abstract ID: ۴۲۵

Presentation Type: Poster

A Historical Examination of Midwifery Education in the Qajar Era: Analyzing Ta'lim al-Qawābil as a Pioneering Document in Reproductive Health

Azam Ansarifard^۱ *, Mohammad Reza Rajabnejad^۱ , Mohammad Sadr^۱

^۱. Department of Medical History, Iran University of Medical Sciences, Tehran, Iran

Background and Aim : During the Qajar era, the state of women's health and midwifery faced numerous challenges due to the lack of scientific training and the prevalence of traditional and unhygienic practices. This situation led to high rates of maternal and infant mortality. This research aims to examine and document the high-risk conditions of childbirth during that period by introducing, rewriting, and correcting the book Ta'lim al-Qawābil (The Education of Midwives), which is considered the first instructional book on midwifery for traditional midwives. The ultimate goal of this study is to shed light on the history of scientific midwifery education in Iran and to explain the significance of this work as a pioneering document in the advancement of reproductive health.

Methods : This study was conducted using a historical approach and a library-based research method. The manuscript of the book Ta'lim al-Qawābil, housed in the Manuscript Treasury of the National Archives and Library of the Islamic Republic of Iran, was used as the primary source for review and investigation

Results : The book Ta'lim al-Qawābil is more than a simple instructional text; it is a valuable historical document that depicts the dire state of health for women and infants during the Qajar period. Authored by Dr. Haroutioun Triaykian and translated into Persian by his student, Dr. Zabardast Khan, the book represented a groundbreaking effort to combat the high rates of maternal and infant mortality. In a society where the superstitious beliefs and unhygienic, traditional methods of local midwives endangered many lives, this book sought to elevate their knowledge and skills by providing scientific information. Its content is divided into three distinct but related sections: Pregnancy, Midwifery, and The Postpartum Period. This structure represents a comprehensive approach to reproductive health, beginning with prenatal care and continuing through the postpartum stage, which was a revolutionary concept at the time. The three sections of the book clearly demonstrate the society's dire need for medical training. In the Pregnancy section, the book teaches midwives how to recognize the normal and abnormal signs of pregnancy and to avoid incorrect, unscientific practices. The Midwifery section focuses on the importance of hygiene during childbirth and the proper management of the birthing process to reduce infections and complications, thereby preserving the lives of both the mother and the newborn. Finally, the Postpartum Period section addresses postpartum care and emphasizes the critical role of hygiene in preventing the deadly infections that were the main cause of maternal mortality during that era.

Conclusion : The book Ta'lim al-Qawābil is a valuable historical document that marks the beginning of organized efforts to modernize and professionalize the practice of midwifery in Qajar-era Iran. The republication of this work can contribute to a deeper understanding of the developments in Iranian health and medicine, particularly in the fields of women's and children's health, and serves as an important resource for future research on the history of Iranian medicine.



Abstract ID: ۱۲۸

Presentation Type: Poster

Dr. Schneider and the Management of the ۱۹۰۶ Sīstān Plague: A Study of Quarantine Policies Based on Documents from the Center for Diplomatic History of the Ministry of Foreign Affairs

Samaneh Arabian^۱ , Mohammad Hossein Ayati^۲ *

۱. *Ph.D. Candidate of History of Medicine, Department of History of Medicine, School of Persian Medicine, Tehran University of Medical Sciences, Tehran, Iran.*
۲. *Professor of Traditional Medicine, Department of History of Medicine, School of Persian Medicine, Tehran University of Medical Sciences, Tehran, Iran.*

Background and Aim : The ۱۹۰۶ bubonic plague outbreak in Sīstān was one of the most significant public health crises of the late Qājār period. Spreading across the border regions of eastern Iran and claiming over ۱۴۰۰ lives, it posed a serious challenge to the country's nascent healthcare system. This study explores the managerial, social, and political dimensions of the epidemic and evaluates the role of the Sanitary Council (Majles-e Hefz al-Şehḥa), with particular attention to the contribution of its president, Dr. Jean-Étienne-Justin Schneider, to crisis management.

Methods : This research employs a historical-analytical approach, drawing on sources from the Center for Documents and Diplomatic History of the Ministry of Foreign Affairs, including telegraphs, correspondence, and official reports, as well as contemporary scholarly sources.

Results : The findings indicated that Dr. Schneider's efforts to formulate quarantine policies, organize a regional health network, and coordinate with governmental institutions marked a significant step toward the development of a centralized, state-run health system in Iran. However, implementation faced numerous obstacles, including institutional fragmentation, local resistance, and inadequate regulatory enforcement. Documentary analysis revealed that a lack of structural coherence significantly limited the effectiveness of quarantine measures at the administrative, social, and international levels.

Conclusion : Despite shortcomings in the management of the epidemic, the ۱۹۰۶ Sīstān Plague represented a pivotal moment in the institutionalization of modern medicine in Iran. The crisis catalyzed the emergence of centralized health structures, expanded governmental involvement in public health, and provoked notable social responses to state-imposed health measures, developments that shaped the trajectory of Iranian public-health policy in the years that followed.

Abstract ID: ۴۶۴

Presentation Type: Poster

Intersection of Science and Spirituality: Magic in Medical Practices during Early Islam

Asefi Zahra^۱ *

Background and Aim : In early Islamic Iran, the interaction between magic and medicine was not merely a cultural belief or public superstition; it constituted a practical component of medical treatment and was actively applied. Contrary to the common perception of magic as purely superstitious or cultural, historical evidence indicates that practices such as prayers, talismans, and the use of sacred herbs persisted after the advent of Islam and continue to be utilized in certain regions and communities even today. Prominent physicians of the period, including Ibn Sina, Abu Bakr Muhammad ibn Zakariya al-Razi, and others, in addition to their medical knowledge and scientific recommendations, occasionally referred to methods rooted in magical beliefs and spiritual traditions. For instance, Ibn Sina in his Canon of Medicine mentioned certain treatments whose scientific rationale was unknown to him, merely reflecting common societal beliefs. This suggests that medicine during that era was closely intertwined with cultural and spiritual beliefs, with clinical experience forming only part of the therapeutic process. Analysis of primary sources from this period reveals several key functions of magic, talismans, and incantations. First, these practices provided psychological comfort and reduced stress for patients, constituting an integral part of the healing process. Second, they enhanced the social and spiritual legitimacy of medical treatments, as people relied more on religious and spiritual beliefs than solely on physicians' knowledge. Third, some magical treatments could exert direct or indirect physiological effects, later forming a foundation for clinical experience and scientific investigation. Therefore, magic in early Islamic medicine should not be considered merely a cultural or spiritual belief; it was a scientific and influential element in the development of early medical traditions. The integration of scientific knowledge, clinical experience, and spiritual beliefs offered a comprehensive framework for early human understanding of disease and treatment and played a significant role in the evolution of medical history. These studies indicate that magic was not only part of the culture but also served as a foundation for the fusion of science and spirituality in early medicine.

Methods : This study examined primary historical sources from early Islamic Iran to analyze the role of magic, talismans, and spiritual beliefs in medical practices. A textual and comparative approach was used to assess the functions and significance of these practices within early medical traditions.

Results : The analysis demonstrates that magic in early Islamic medicine was not merely a cultural or superstitious belief but served as a practical element of healing. These practices provided psychological comfort, reduced stress, and enhanced the social and spiritual legitimacy of treatments. Furthermore, the integration of empirical knowledge, clinical experience, and spiritual beliefs offered a comprehensive framework for understanding disease and treatment.

Conclusion : Magic in early Islamic medicine was not merely a cultural or superstitious practice; it played a practical and influential role in healing. The integration of empirical knowledge, clinical experience, and spiritual beliefs provided a comprehensive framework for understanding disease and treatment. This fusion of science and spirituality contributed significantly to the development of early medical traditions in the Islamic world



Abstract ID: ۵۱۴

Presentation Type: Poster

The characterization of seasonal temperaments and their significance in preventive care and therapeutic approaches, from the perspectives of Avicenna to Ibn al-Nafis.

Mohammadhossein Assadi^۱ , Mahboobeh Ranjbar^۱ , Hamed Arezaei^۱ *

^۱. *Institute for Studies in Medical History, Persian and Complementary Medicine, Iran University of Medical Sciences, Tehran, Iran*

Background and Aim : The disagreement among physicians during the Islamic period regarding the definition of seasonal temperament, which led to various approaches in disease prevention and treatment methods, has not been thoroughly investigated

Methods : In this review study, the works of renowned physicians from the ۴th to ۷th centuries AH were examined, with a focus on Avicenna and Ibn al-Nafis. Relevant materials were gathered and analyzed by consulting digital information databases and utilizing appropriate keywords.

Results : Islamic period physicians considered the reasons for climate differences in the seasons and provided astronomical explanations, informed by the temperamental differences of the four seasons. They attributed the increase and decrease of certain diseases, such as stroke (ischemic and hemorrhagic), skin diseases, seasonal allergies, epidemic diseases, and even mental illnesses to these differences. Among them, Avicenna and Ibn al-Nafis had differing opinions on some criteria for defining the temperaments of the seasons. Ibn al-Nafis, for instance, took into account factors like wind direction, the presence or absence of mountains in the region, and the proximity or distance of a land to the sea when determining the temperament of different days, months, and seasons in a specific territory. Changes in these criteria led to different results in defining the temperament of the seasons and influenced clinical recommendations. An examination of the works of certain physicians between the ۴th and ۷th centuries AH suggests that Ibn al-Nafis's innovative findings were the result of a historical and gradual evolution that can be traced in the works of physicians like Seyyed Ismaeil Jorjani, the commentators of Al-Qanun, and other physicians following Avicenna.

Conclusion : Critiques of Avicenna's perspectives by subsequent commentators and physicians occasionally resulted in the emergence of innovative ideas regarding the determination of seasonal temperaments. These fresh insights contributed to modifications in preventive and therapeutic approaches over time.

Abstract ID: ۵۴۵

Presentation Type: Poster

The Art of the Remedy: Principles of Rational Prescription in Islam's Golden Age

Saeed Changizi-Ashtiyani^۱ *, Azam Khosravi^۲

۱. Department of Physiology, School of Medicine, Iran University of Medical Sciences, Tehran, Iran.

۲. Traditional and Complementary Medicine Research Center, Arak University of Medical Sciences, Arak, Iran.

Background and Aim : The quest to prescribe medicine wisely is as old as medicine itself. Today, the World Health Organization defines rational drug use by its precision: the right drug, in the right dose, for the right duration, and at the right cost. Centuries before this modern framework, the great physicians of the Islamic Golden Age visionaries like Rhazes, Avicenna, and Jorjani were already articulating a sophisticated and ethical philosophy of healing. Their medical canon established profound principles for administering remedies, many of which resonate deeply with the pillars of contemporary pharmacology. This study seeks to illuminate these timeless principles and explore their fascinating parallels with modern medical standards

Methods : To uncover this historical wisdom, we conducted a historical-analytical review. Our research journey moved between the pages of foundational texts from the Islamic-Iranian medical tradition such as al-Hawi, al-Qanun fi al-tibb, and Zakhireye Khwarazmshahi and the digital archives of modern international databases like PubMed, Scopus, and ScienceDirect. Through systematic screening and structured analysis, we extracted and interpreted the core principles governing the rational prescription and use of drugs as laid down by these master physicians.

Results : The medical sages of this era viewed drug therapy not as a first resort, but as a carefully graduated art. Treatment began with dietary management, progressing to pharmacotherapy only when necessary. There was a clear preference for simple, single-ingredient drugs (mufrada), reserving complex compounds for specific circumstances. Within this thoughtful framework, we identified fifteen cornerstone principles for rational prescribing. These included a holistic assessment of the patient's unique temperament (mizāj), the drug's inherent properties, the disease's nature, and factors like the patient's age, sex, and even their environment. They paid meticulous attention to the route of administration, the timing of intake, dose adjustment based on individual tolerance, and warned against the overuse of even beneficial drugs. The use of compound medicines was not arbitrary but was justified by precise reasoning: to amplify therapeutic effect, to mitigate adverse reactions, to target a specific organ, or to improve a remedy's taste and tolerability. A striking example is Avicenna's methodical approach to treating parasitic diseases, where he wove together considerations of the parasite type, the patient's constitution, and drug properties into a coherent and effective strategy.

Conclusion : The principles of drug prescription that flourished during Islam's Golden Age reveal a remarkably systematic, clinically astute, and deeply ethical approach to healing. A significant portion of this ancient wisdom prefigures modern concepts like pharmacogenetics, evidence-based medicine, and patient-centered care. Revisiting these perspectives—and validating them through contemporary clinical research offers a valuable opportunity. It may guide us toward developing more humane, cost-effective, and efficient models of care, elegantly bridging a rich historical legacy with the future of medicine.

Abstract ID: ۳۶۴

Presentation Type: Poster

Abu al-Hasan al-Tabari: A Polymathic and Innovative Persian Physician of the Fourth Century AH

Fateme Fakhari^۱ *, Marzieh Qaraaty^۱ , Roshanak Mokaberinejad^۲

۱. *Traditional Medicine and Materia Medica Research Center and Department of Traditional Medicine, School of Traditional Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran.*
۲. *Traditional Medicine and Materia Medica Research Center and Department of Traditional Medicine, School of Traditional Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran*

Background and Aim : Introducing distinguished physicians of ancient Persia and examining their methods and innovations can reveal important truths about the history of science and help prevent its distortion. Analyzing their intellectual orientations and medical ethos, given their remarkable comprehensiveness, may inspire modern medical education, enrich the meaning of medical knowledge, and emphasize vital issues such as the physician–patient relationship and the restoration of patients’ trust in their healers. The purpose of this study is to investigate the life and scientific contributions of Abu al-Hasan al-Tabari, one of the eminent physicians of ancient Persia.

Methods : This descriptive review study was conducted using electronic databases including PubMed, Google Scholar, and SID, as well as books such as al-Mu‘ālaḡāt al-Buqrāḡiya, A‘yān al-Shī‘a, and The History of Medicine in Iran.

Results : Abu al-Hasan Ahmad ibn Muhammad al-Tabari al-Turunjī, a renowned Persian physician and philosopher of the fourth century AH (tenth century CE), was born in Turunj, the oldest city of Tabaristan. He was a student of Abu Mahir al-Shirazi and, in his youth, practiced medicine alongside his teacher in the Abbasid court. In A‘yān al-Shī‘a, it is stated: “Abu al-Hasan al-Tabari al-Tabib, the Hippocrates of his time and the Galen of his age, was a renowned philosopher, a skilled physician, a pupil of Abu Mahir Musa ibn Sayyar, and the court physician to Rukn al-Dawla Daylami and his brother Mu‘izz al-Dawla.” Ibn Abi Usaybi‘a regarded him as learned and virtuous in medicine; al-Biruni mentioned him repeatedly in al-Ṣaydana; and Jurjani referred with respect to his research and achievements. Hirschberg, the German ophthalmologist and historian, described him as a great practitioner with original ideas, noting that the value of his knowledge—especially his innovations in ophthalmology—remains largely unrecognized. Friedman likewise credited him as the true discoverer of the causative agent of scabies. Among his works are al-Mu‘ālaḡāt al-Buqrāḡiya, his most famous treatise, which includes a separate chapter on medical ethics and the physician–patient relationship; Risāla fī Dhikr al-Qārūra, one of the rare urological texts of that era; ‘Ilāḡ al-Atfāl, attesting to his novel and specialized approach to pediatrics; and Maḡāla fī Ṭibb al-‘Ayn, which contains important innovations in ophthalmology.

Conclusion : The findings of this study indicate that Abu al-Hasan al-Tabari, the Persian physician and sage, made significant innovations in ophthalmology and pediatrics. He also placed great importance on professional ethics and the rights of patients, addressing these matters explicitly and in detail in his works. Attention to his medical ethos and practice may serve as a source of inspiration for young physicians as well as for policymakers in medical education. Keywords Physicians of Tabaristan; Abu al-Hasan al-Tabari; Persian medicine; Fourth-century physicians; History of medicine

Abstract ID: ۵۴۲

Presentation Type: Poster

Circulation or Tidal Motion? A Methodological Re-evaluation of Youssef Ziedan's Claim for Ibn al-Nafis's Discovery of the Systemic Circulation

Hamed Arezaei^{۱*}, Nafise Shaabani^۲, Baran Gholinejhad^۱

- ^۱. Department of the History of Medicine, Iran University of Medical Sciences(IUMS), Tehran, Iran
- ^۲. Department of the History of Medicine, Tehran University of Medical Sciences(TUMS), Tehran, Iran

Background and Aim : The history of medicine is replete with vigorous debates concerning priority in scientific discovery. The canonical account attributes the discovery of the systemic blood circulation to William Harvey, whose seminal ۱۶۲۸ treatise, *De Motu Cordis*, presented a paradigm-shifting model of a closed, unidirectional circulatory system powered by the heart. While this narrative remains largely intact for the systemic (or greater) circulation, the ۲۰th century witnessed a significant historiographical revision regarding the pulmonary (or lesser) circulation. Foundational research by scholars such as Muḥyī al-Dīn al-Taṭāwī, followed by the influential works of Max Meyerhof, Paul Ghalioungui, Albert Zaki Iskandar, and Nahyan Fancy, firmly established that the ۱۲th-century physician 'Alā' al-Dīn Ibn al-Nafīs (d. ۶۸۷/۱۲۸۸) had accurately described the pulmonary transit of blood centuries before his European successors. This revised consensus has recently been challenged by the prominent Egyptian scholar and Ibn al-Nafīs specialist, Dr. Youssef Ziedan. In several of his works, Ziedan advances the bold thesis that Ibn al-Nafīs's conceptual breakthrough was not limited to the pulmonary circuit alone, but in fact encompassed the entire systemic circulation. To substantiate this claim, Ziedan adduces textual evidence drawn primarily from Ibn al-Nafīs's lesser-known *Risālat al-A'dā'* (Treatise on the Organs), read in conjunction with physiological passages from his *al-Risālah al-Kāmilīyyah*. Ziedan posits that these texts, when synthesized, provide conclusive proof of a fully realized theory of systemic circulation.

Methods : This paper critically re-examines Ziedan's thesis, arguing that his interpretation suffers from a crucial methodological oversight

Results : the decontextualization of Ibn al-Nafīs's writings from their contemporary physiological framework. We contend that a historically sound reading of the adduced passages is impossible without accounting for the prevailing doctrine of the systolic-diastolic motion (*al-ḥaraka al-inqibādiyya wa-l-inbisāṭiyya*) of the arteries. This established theory, to which Ibn al-Nafīs and his peers subscribed, posited a tidal, ebb-and-flow movement of blood within the arterial system, fundamentally distinct from the concept of a unidirectional circuit.

Conclusion : Through a meticulous close reading of the very passages cited by Ziedan, this study demonstrates that all of Ibn al-Nafīs's statements can be coherently and, indeed, more parsimoniously explained within the tidal motion paradigm. His descriptions of the spirit (*rūḥ*) penetrating the arteries and returning to the heart are fully compatible with this established model and do not necessitate the postulation of a closed circulatory loop. Consequently, attributing a complete theory of systemic circulation to Ibn al-Nafīs appears to be an anachronistic projection. This analysis not only challenges a specific historical claim but also underscores the imperative of rigorous contextualization in the history of science, cautioning against interpretations that isolate texts from the intellectual ecosystem in which they were conceived.



Abstract ID: ۴۹۲

Presentation Type: Poster

Integrating Tradition and Modernity: The Historical Role of Nemazi Medical Center in Transforming Healthcare in Southern Iran

Mahdie Hajimonfarednejad^۱ *, Mohammad Ebrahim Zohalinezhad^۱

^۱. *Research Center for Traditional Medicine and History of Medicine, Department of Persian Medicine, School of Medicine, Shiraz University of Medical Sciences, Shiraz*

Background and Aim : The early ۲۰th century in Iran was marked by significant public health challenges, with maternal and child mortality representing a critical indicator of the nation's underdeveloped healthcare infrastructure. The establishment of the Nemazi Medical Center (Behbodestan-e Nemazi) in Shiraz in ۱۹۲۵ constituted a watershed moment in Iranian medical history. As the first modern therapeutic complex in southern Iran, it pioneered a unique model of care by integrating advanced Western medical practices with established traditional Persian principles. This pioneering institution was not merely a hospital but a catalyst for public health modernization, playing a transformative and pivotal role in directly combating high mortality rates among mothers and children. This study examines the historical significance of the Nemazi Hospital and its foundational contributions to the development of Iran's modern healthcare system.

Methods : This historical-descriptive research was conducted using archival documents and historical scientific publications. Data on public health status before and after the hospital's establishment were collected and qualitatively analyzed.

Results : Established in ۱۹۲۵ through the endowment of Haj Mohammad Hossein Nemazi, Nemazi Hospital revolutionized healthcare in southern Iran by introducing modern medical practices, training healthcare professionals, and providing specialized care for women and children. Statistical evidence demonstrates its transformative impact: maternal mortality decreased by ۴۰٪ within five years of operation (۱۹۲۵–۱۹۳۰), while infant mortality declined from ۱۸۰ to ۹۵ per ۱,۰۰۰ live births between ۱۹۲۴ and ۱۹۳۵. These improvements were driven by innovations such as antiseptic delivery protocols, midwife training programs, and the establishment of specialized obstetrics and pediatrics departments. By offering free services to the underserved and promoting public hygiene, the institution not only reduced mortality rates but also elevated community health standards. In addition to inpatient care, the hospital provided a comprehensive forty-day postpartum support program for mothers and newborns, delivering essential hygienic services and medical follow-ups to ensure continuity of care after childbirth.

Conclusion : The Nemazi Medical Center's integration of hygienic practices, surgical obstetrics, and specialized pediatric care established a new benchmark for Iran's healthcare system. More than just a medical facility, it functioned as a pioneering socio-health institution that blended modern medicine with traditional values, demonstrating the viability and effectiveness of hybrid medical models in Global South contexts. Its success, rooted in humanitarian and Islamic principles of endowment and public service, underscored the transformative impact of targeting healthcare investments toward vulnerable groups—particularly mothers and children—as a rapid and effective strategy for reducing mortality and improving human development indices. The hospital's model not only influenced ۱۹۳۰'s public health policies in Iran but also provided an enduring example of how infrastructure, innovation, and equity can converge to shape population health outcomes.



Abstract ID: ۳۱۷

Presentation Type: Poster

The Historical and Systematic Evolution of Persian Medicine and Medical Sciences from Ancient Times to the End of the Qajar Era

Seyed Mohammad Hashemimehr^۱ *, Aliyeh Jahaniyan^۲

۱. *Research Center for Traditional Medicine and History of Medical Sciences, Mazandaran University of Medical Sciences, Sari, Iran*
۲. *MSc in History and Civilization of Islamic Nations, School of Theology, Islamic Azad University of Mashhad, Mashhad, Iran*

Background and Aim : The history of Iranian Medical Sciences is a multi-layered and dynamic narrative that has been accompanied by scientific, civilizational, and religious ups and downs from ancient times to the Qajar era. In this path, the role of scientific centers, the emergence of famous physicians, and the influence of government structures have had significant effects on the development of medical education.

Methods : The present study aims to study the historical and Systematic Evolution of Persian Medicine and Medical Sciences from Ancient Times to the End of the Qajar Era, using a descriptive-historical method and interdisciplinary studies in the fields of medical history and civilization studies.

Results : An analysis of the developments in medical sciences in Iran shows that this science has not only been influenced by interaction with civilizations such as Greece, India, Egypt, China, and later Islam, but has also preserved and recreated its indigenous roots. In ancient times, medicine, based on Avestan texts, centered on sacred beliefs and moral teachings, defined health in terms of preventing physical and mental diseases. In the Sassanid era, with the establishment of Jundishapur Hospital, medicine was elevated from the level of empirical knowledge to the levels of structured education, scientific classification of diseases, and interaction with other schools of medicine. This model was consolidated in Islamic civilization with the emergence of scientists such as Rhazes, Haly Abbas, and Avicenna, and flourished in the form of a universal medical system that was based on empirical, philosophical, and pharmacological foundations.

Conclusion : In the post-Khawrazmshahian and Safavid eras, Iranian Medical Sciences entered a stage of institutional organization that was accompanied by the establishment of Dar al-Shifas, the systematization of medical education, the expansion of Persian-language writings, and interaction with Western sciences. In general, Iranian Medical Sciences can be studied not only as a therapeutic knowledge but also as a cognitive, identity, and civilizational structure that has played an active role in different ears in the formation and advancement of world medicine in different periods.
Keywords: Medical education, History of Medicine, Jundishapur, Persian Medicine, Medical schools

Abstract ID: ۳۲۰

Presentation Type: Poster

Ibn Hindu, the Physician-Philosopher: Revisiting a Forgotten Educational Model

Forouheh Jafari^۱*, Majid Asghari^۲

^۱. Student Research Committee, Mazandaran University of Medical Sciences, Sari, Iran

^۲. School of traditional Persian medicine, Qom university of medical science, Qom, Iran

Background and Aim : Hakim Abu al-Faraj Ali ibn Husayn ibn Hindu, a prominent Iranian philosopher and physician in the fourth and fifth centuries , is considered an influential figure in the history of medicine and Islamic philosophy. His birthplace is mentioned as Handijan in Qom, although some sources have given his birthplace as Ray, Jurjan, or Tabaristan. Lbn Hind benefited from the presence of professors such as Abu al-Hasan Ameri in philosophy or Abu al-Khair ibn Khamer in medicine. Ibn Hind is mainly known for his book "Miftah al-Tibb wa Minhaj al-Talab" (The Key to Medicine and the Guide for Minhaj al-Talab" (The Key to Medicine and the Guide for Students), in which he combined medicine with philosophy and logic. The aim of this study is to examine the role of Ibn Hind in combining medicine with philosophy and logic, to introduce his innovative methods in medical education, and to analyze his important work "Miftah al-Tibb wa Minhaj al-Talab" as one of the first systematic texts in medical education.

Methods : This research is a library study that examines historical sources and the writings of Ibn Hind, especially Miftah al-Tibb, to extract his views on medical education and to examine his life, works, and the role of logic and philosophy in medicine.

Results : Miftah al-Tibb and Minhaj al-Talab, as Ibn Hind's masterpiece, combines medicine with philosophy and logic and emphasizes the need to learn some pre- medical sciences. This book, written at the request of his students, has ۱۰ chapters and covers topics such as encouraging the study of medicine, defining the science of medicine methods of acquiring medical knowledge, and the sciences required by a physician. In Miftah al-Tibb, Ibn Hindu introduces four main methods for discovering medical knowledge: ۱) Accidental: such as discovering the antitoxic properties of plants by chance ۲) Purposeful experimentation: testing drugs on patients with different temperaments ۳) Dreams: prescribing drugs based on patients' dreams ۴) Animal observation: modeling the therapeutic behavior of animals He also refers to the role of music in treating mental illnesses such as melancholy and believes that the physician must be familiar with the principles of music in order to be able to use it in treatment. Other important works of Ibn al-Hindu include "Al-Kalim al-Ruhaniyyah min al-Hikmah al-Yunaniyyah (Collection of the Sayings of Greek Sages), and "Al-Mushqah fi al-Madkhal il- Falsafa" (Introduction to Philosophy). He also left behind a collection of poems that show his proficiency in literature. In his teaching method, Ibn al-Hindu believed that medical students should learn logic, ethics, geometry, and astronomy before starting medicine. He suggested a list of Galen's books, such as Kitab al-Firaq (on the schools of medicine) and Kitab al-Nabz as teaching resources

Conclusion : By combining medicine, philosophy, and logic, Ibn Hindoo considered medicine not only a science but also an art that required the integration of various knowledge. His legacy, especially experimental methods in medicine and the emphasis on interdisciplinary education, can be an inspiration for today's educational systems. Keywords: Ibn Hind, Miftah al-Tibb, History of Medicine, Logic, Philosophy, Medical Education, Traditional Iranian Medicine

Abstract ID: ۵۴

Presentation Type: Poster

The Role of Armenian Physicians in the Development of Medical Knowledge in Iran from the Qajar Era to the End of the Pahlavi Period

Reza Karami^۱ , Abbas Eghbal Mehran^۲ *

۱. ^۱. PhD candidate in History of Islamic Iran, History Department, Faculty of Literature Humanities, Kharazmi University of Tehran, Tehran, Iran. 2. Research Expert, Hamadan Province Medical History Museum, Hamadan University of Medical Sciences, Hamadan, Iran
۲. PhD in History of Islamic Iran, Department of History, Shahid Chamran University of Ahvaz, Ahvaz, Iran.

Background and Aim : The Armenians, as an ethnic group with a long-standing history in Iran, have played a significant role in the country's modernization process. During the ۱۹th and ۲۰th centuries, Iranian Armenians were able to blend European knowledge and models with local traditions, serving as intermediaries between traditional Iranian medicine and modern medical practices. This community not only played an active part in the Constitutional Revolution and political development, but also made notable contributions to the field of medicine. Their entry into the medical arena and the positions they held within it are of particular importance. Armenians helped establish modern medical schools and hospitals, contributed to the translation of scientific texts, authored key reference books, and trained a new generation of Iranian physicians. This study explores the contributions and impact of Armenian physicians on the development of medicine in Iran from the Qajar era through the end of the Pahlavi period.

Methods : Using a historical approach, this study examines Iranian Armenian physicians' contributions to medicine through analysis of credible texts and memoirs.

Results : In the history of Iranian medicine, numerous influential Armenian physicians have been identified. During the Qajar period, Dr. Garnik Khan Dalkjian, a pharmacy graduate from Istanbul, taught pharmacology at the Dar al-Fonun School in Tehran. His presence reflects the Armenians' involvement in shaping modern medicine in Iran. In the following decades, Armenians remained active in the establishment of modern medical institutions. For example, Dr. Edward Vartani, a skilled Armenian surgeon, was appointed assistant professor at Tehran University of Medical Sciences in ۱۹۶۷. He served as head of the surgery department at Amir Alam Teaching Hospital until ۱۹۹۸ and was one of the founders of the 'Tehran Armenian Medical Association.' Medical education also benefited from Armenian contributions. Kaichuk Vartanian, the first female pharmacist in Iran, graduated from the Faculty of Pharmacy at the University of Tabriz in ۱۹۵۴ (۱۳۳۳ SH) and managed the pharmacies of Tabriz University-affiliated hospitals for thirty years. Hasmik Khachatourian, a specialist in infectious diseases, taught for about nine years at the university hospital in Tabriz after graduating from the same university. Beginning in ۱۹۶۳ (۱۳۴۲ SH), she served as the head of school health services in Tehran for three decades. Professor Haratoun Davoudian, recognized as the 'father of modern psychiatry in Iran,' studied medicine in Tehran and completed his psychiatric training abroad. In the ۱۹۶۰s, he became an assistant professor and later a full professor of psychiatry at the University of Tehran's medical school, where he significantly expanded the university's psychiatry department.



کتاب خلاصه مقالات سخنرانی و پوستر
دومین کنگره ملی طب ایرانی



تهران، مرکز همایش های بین المللی رازی

۲۱ لغایت ۲۳ آبان ماه ۱۴۰۴

Conclusion : Analysis shows that Armenian physicians in Iran played a role beyond clinical practice—they promoted social mobility, modernization, and medical institution-building. In the Qajar era, they pioneered knowledge transfer and laid foundational infrastructure; during the Pahlavi period, they helped formalize modern medical systems in collaboration with the state. Their cultural and educational contributions, especially in translation and teaching, fostered a new generation of innovative and service-oriented doctors. Recognizing their role offers valuable insight into Iran’s medical history and supports future interdisciplinary research.



Abstract ID: ۲۹۰

Presentation Type: Poster

The Ebb and Flow of Ancient Wisdom in Confrontation with Modern Medicine

Maryam Karimkhanizand^۱ *, fatemeh nojavan^۲

۱. PhD student of persian medicine, Student Research Committee, Faculty of persian Medicine, Qom University of Medical Sciences, Qom, Iran
۲. Associate Professor, Specialist in Iranian Medicine, Faculty of Iranian Medicine, Qom University of Medical Sciences, Qom, Iran

Background and Aim : Persian medicine, deeply rooted in the medical heritage, was the dominant healthcare system in Iran for centuries. With the advent of modern medicine during the Qajar period, this ancient system gradually lost its prominence. This research historically examines the interaction, resistance, and transformation of persian medicine in its confrontation with new medicine.

Methods : This study has been conducted with a historical-analytical approach, and its data has been extracted by reviewing foreign travelogues, traditional medicine texts, and academic sources.

Results : The history of persian medicine is a narrative of flourishing, resistance, and transformation. This therapeutic system, which for centuries was based on the teachings of Avicenna, Rhazes, and Galen, reached its zenith during the Safavid and early Qajar periods. Traditional hospitals, such as Azodi Hospital in Rey, and schools of prominent physicians like Mirza Ahmad Tonekaboni, were active. With the beginning of the ۱۹th century and the expansion of Iran's relations with the West, the first signs of the confrontation between traditional medicine and modern medicine emerged. The establishment of Dar-ol-Fonun in ۱۲۳۰ SH (۱۸۵۱ CE) and the employment of European teachers like Dr. Polak marked a turning point in this evolution. At this time, foreign physicians such as Dr. Tholozan, with the support of the court, promoted new methods. During the first Pahlavi era, the decline of traditional medicine reached its peak. The establishment of the Faculty of Medicine in Tehran in ۱۳۱۳ SH (۱۹۳۴ CE) and the elimination of formal traditional medicine education delivered the final blow to this ancient system. Amidst this, some physicians, such as Seyyed Ahmad Ali Khosravi Hamedani, attempted to preserve it by integrating traditional and modern medicine. He, who from childhood had witnessed and experienced traditional medicine through his father, grandfather, and uncle, had the necessary motivation to learn and pursue this work. This spiritual scholar and renowned physician, upon the establishment of the Faculty of Medicine in Tehran, enrolled there and, after completing his studies and passing the relevant examinations, obtained an official medical license, receiving medical registration number ۷. Among the characteristics of this esteemed physician was his attention to religious matters such as prayer, fasting, etc., and his exquisite calligraphy works in Thuluth, Naskh, and Nasta'liq scripts. The author of the book "Rahnamaye Darouhaye Tandorosti" (Guide to Health Medicines) was proficient in both traditional and conventional medicine and is considered one of the last remaining practitioners of traditional medicine. The renewed beginning and revival of traditional medicine, with the aim of fully utilizing traditional values and methods in the healthcare system, commenced in the ۱۳۷۰s SH (۱۹۹۰s CE) with the establishment of faculties of traditional medicine and an increasing public interest in complementary medicine.



کتاب خلاصه مقالات سخنرانی و پوستر
دومین کنگره ملی طب ایرانی

تهران، مرکز همایش های بین المللی رازی

۲۱ لغایت ۲۳ آبان ماه ۱۴۰۴



Conclusion : The history of persian medicine illustrates an ebb and flow from authority to marginalization, and subsequently, a relative revival. Although official policies during the Qajar and Pahlavi eras sidelined it, today it garners attention as a complement to modern medicine. These transformations reflect the complex interplay between tradition and modernity in the history of persian medicine.

Abstract ID: ۳۴۰

Presentation Type: Poster

The effect of Talbina soup for the treatment of depression on the Prophet Medicine (Tibb Al-Nabawi)

Somaiyeh Marghoub khajeh^۱ *

^۱. Reza Mohammadinasab

Background and Aim : Depression is a common disease that is associated with disturbances in activities such as sleep, eating and thinking, and causes sadness and decreased motivation in the long term. In addition to the physical dimension, a suitable diet is important for the recovery and health of the body, in terms of mental and psychological aspects, and is considered one of the important things for prevention and treatment. In traditional Iranian medicine, besides recommending the quantity and quality of food, it is recommended to control anger, avoid anger and sadness, and increase joy and happiness to strengthen the heart and relieve sadness. Nutrition, as one of the six principles of maintaining health (essential) has played an important role in health and has been given special attention in traditional medicine. Paying attention to maintaining health is one of the main goals of traditional medicine, and in case of illness, they treat it first with simple foods. Choosing the right food and its quality can play an important role in the prevention and treatment of diseases. Among the sources of traditional medicine that deal with nutrition and methods of treatment with food, we can mention the books titled "Tib al-Nabi" which contain the hadiths of the Prophet and imams.

Methods : The present research has been done with a descriptive analytical approach and based on the collection of research files from library studies.

Results : "Tib al-Nabi", which is based on the teachings and traditions of the Prophet (PBUH), deals with nutrition with an emphasis on cleanliness and moderation. "Tib al-Nabi" emphasizes physical health on the one hand and mental and psychological health on the other hand, and paying attention to food as a healing factor is one of the things mentioned in these sources. In the parts of the sources of traditional medicine that refer to the types of foods that are suitable for the prevention and treatment of diseases, various types of soups and soups are mentioned as the foods that are suitable for the prevention and treatment. Soups or soups play an important role as traditional foods in different cultures. The combination of vegetables, legumes, grains leads to the preparation of food rich in fiber, vitamins and minerals, which has a significant effect on maintaining health and treating diseases. As one of the types of soups and simple foods that have roots in traditional Islamic medicine, Talbneh soup is considered in medical hadiths and its use is recommended especially for treating grief and heart disease.

Conclusion : Talbneh is a combination of barley or wheat flour with milk and in some cases honey. Due to the fact that barley contains soluble fiber, it is effective in reducing blood cholesterol and preventing cardiovascular diseases. Consumption of milk is also recommended in Iranian traditional medicine to strengthen the heart and relieve sadness. Therefore, Talbneh, which is a combination of milk and barley or wheat, is very effective for relieving sadness and heart disease, according to authentic hadiths in sources such as "Al-Kafi" and "Sahih Muslim" from the Prophet (PBUH) and Imam Sadiq (PBUH).

Abstract ID: ۵۷۶

Presentation Type: Poster

Avicenna's Perspective on the Origin of Pediculosis: A Comparative Approach with Modern Parasitology

Hossein Masoudi^۱ *

^۱. PhD Candidate in Traditional Pharmacy, Faculty of Pharmacy, Mazandaran University of Medical Sciences, Sari, Iran.

Background and Aim : Background: Pediculosis (lice infestation) is a parasitic disorder that has been known since antiquity. In his seminal work *The Canon of Medicine*, Avicenna (Ibn Sina, ۹۸۰–۱۰۳۷ AD) described the mechanisms of lice formation in relation to humoral imbalance and skin physiology. His explanation differs both from the Aristotelian theory of spontaneous generation and from the modern parasitological understanding of lice biology.

Methods : A comparative review of Avicenna's original text on lice (*Fi al-Qummal wa al-Siban*) was conducted, with translations into Persian and English. These concepts were analyzed against current parasitological literature on *Pediculus humanus capitis* and *Pthirus pubis*. Key elements included: ۱. Avicenna's concept of moist and warm humors accumulating in the skin, becoming suitable substrates for life when "life is effused by the Divine Giver." ۲. The role of diet (e.g., figs), physical activity, sexual intercourse, and poor hygiene in predisposing to lice formation. ۳. Modern parasitology, which demonstrates that lice are obligate ectoparasites transmitted exclusively through direct contact or fomites, with no spontaneous origin.

Results : Results: - Avicenna rejected the simplistic idea of spontaneous generation, proposing instead that lice appear when the body's internal humoral conditions prepare a "receptive matter," which is then animated by divine effusion of life. - He identified risk factors still relevant today: poor hygiene, accumulation of sweat and waste products, and lack of washing or clothing change. - Unlike modern science, Avicenna did not recognize the external parasitic cycle (host-to-host transmission), but his emphasis on hygiene aligns with current preventive strategies. - His proposed treatments combined systemic purification (e.g., phlebotomy, regulation of diet) with topical agents such as vinegar, sumac, pomegranate peel, and in severe cases, toxic herbs or minerals like arsenic and hellebore.

Conclusion : Conclusion: Avicenna's perspective on pediculosis reflects a nuanced approach integrating humoral pathology and divine vitalism. While differing from modern parasitology, his insistence on hygiene and systemic regulation remains scientifically relevant. Future studies may include retrospective cross-sectional designs examining correlations between temperament (*mizaj*), hygiene practices, and susceptibility to lice infestation, thereby bridging traditional theory and contemporary parasitology.



Abstract ID: ۵۰۸

Presentation Type: Poster

Imperial Standardization of Hydrotherapy: Integration of Water Purity Protocols in Ancient Persian Medicine and Thermal Treatments

Maryam Mohseni Seifabadi^۱ *

^۱. Ph.D. Student of History of Medicine, Department of History of Medicine, School of Persian Medicine, Tehran University of Medical Sciences, Tehran. Iran.

Background and Aim : The historiography of Persian medicine in the Achaemenid Period has often been viewed through a diffusionist lens, emphasizing Egyptian and Mesopotamian influences while overlooking Iran's central role in establishing a standardized public health system. This study aims to reinterpret this historiography by focusing on Persian Medicine and explaining the process of institutionalizing indigenous knowledge of water purity and thermal therapy on an imperial scale — revealing how Zoroastrian cosmology, particularly Vendīdād's āb-zōhr purity codes, became the epistemological foundation for empire-wide sanitary engineering.

Methods : This research employed a library-documentary research method, conducting a systematic analysis of secondary data. Data was integrated from primary sources (including ancient texts like the Avesta, Vendīdād and Achaemenid inscriptions) and secondary sources (comprising authoritative archaeological reports from sites such as Persepolis and Sardis, and modern scientific analyses like residue studies). The analysis was qualitative, based on logical inference from existing historical and archaeological evidence. This study aims to reinterpret this historiography by focusing on Iranian Traditional Medicine and explaining the process of institutionalizing indigenous knowledge of water purity and thermal therapy on an imperial scale — revealing how Zoroastrian cosmology, particularly Vendīdād's āb-zōhr purity codes, became the epistemological foundation for empire-wide sanitary engineering.

Results : The findings revealed that the religious directives for water purity (āb-zōhr) from Vendīdād Fargard ۵ were implemented uniformly across all ۲۰ satrapies through administrative decrees (documented in the Persepolis Fortification Tablets). Archaeological evidence confirms identical water infrastructure, including three-stage filtration systems (sand, gravel, ceramic) and lime-sealed pipes installed at elevated or buried depths to prevent pollution across the empire. Furthermore, chemical residue analyses from bath complexes confirmed the therapeutic use of Vendīdād-prescribed botanicals (e.g., myrrh, wild rue) for conditions like rheumatism in pools maintained at the precise standard temperature of ۳۸°C, as mandated in Fargard ۷. the Royal Road functioned as a vector for disseminating Iranian medical orthodoxy, transforming local springs into standardized hammāms with Iranian korsī platforms and sardāb hypocausts. Lydian carvings were aesthetic veneers over Persian-engineered cores. This standardization was a symbol of the advanced knowledge of Hifz al-Sehha (preservation of health) in Persian Medicine in the Achaemenid Period.

Conclusion : This study clearly demonstrates that Achaemenid medicine was founded on an active process of "imperial standardization," where Persian Medicine served as the epistemological core,



کتاب خلاصه مقالات سخنرانی و پوستر
دومین کنگره ملی طب ایرانی



تهران، مرکز همایش های بین المللی رازی

۲۱ لغایت ۲۳ آبان ماه ۱۴۰۴

designing medico-religious protocols and enforcing them throughout the realm via powerful administrative mechanisms, and peripheries like Anatolia serving only as adaptive executors of Iranian sanitary science. This system — the ancient world's first evidence-based public health network — directly influenced Hippocratic hydrotherapy and Roman thermae, establishing Iranian Persian Medicine as the progenitor of transregional therapeutic infrastructure.

Abstract ID: ۵۶۸

Presentation Type: Poster

Soul Perfection and Bodily Health in Persian medicine

Siamak Mokhtari^۱*, Maliheh Motavasselian^۲

- ^۱. Assistant Professor Medicine, Spiritual Health Research Center, Life Style Institute, Baqiyatallah University of Medical Sciences, Tehran, Iran
- ^۲. Department of Persian Medicine, School of Persian and Complementary Medicine, Mashhad University of Medical Sciences, Mashhad, Iran

Background and Aim : Persian Medicine (PM) is a holistic system that emphasizes the interconnection of the body and the soul in maintaining human health. Within this framework, the human soul is considered to possess different levels, and its movement toward perfection (istakmal) and elevation (isti'la) is regarded as a fundamental factor in preserving bodily health and preventing disease. This study aims to explore the role of soul perfection and elevation in relation to physical health, based on classical PM sources.

Methods : This review study was conducted by examining major PM manuscripts, including Al-Qanun fi al-Tibb, Kamel al-Sina'ah al-Tibbiyyah, and Zakhireh Kharazmshahi. Relevant passages regarding the interaction between the soul and the body were extracted and analyzed using a descriptive-analytical approach, focusing on the relationship between the spiritual development of the soul and physical well-being.

Results : Classical PM texts describe the soul as having three principal levels: vegetative, animal, and rational. The perfection and elevation of the rational soul directly influences the balance of humors (akhlaat) and the maintenance of temperaments (mizaj). The following aspects were identified: ۱. Perfection of the rational faculty enables the dominance of reason over anger and desire, reducing psychological stress and promoting inner calm, which stabilizes bodily heat and moisture. ۲. Elevation of the soul through ethical virtues such as patience, contentment, and hope contributes to the regulation of cardiac and cerebral functions, preventing melancholic and depressive disorders. ۳. Balance of vegetative and animal faculties, achieved through moral and spiritual growth, supports digestion, regular sleep, and stronger immunity. ۴. PM highlights that the higher the soul ascends toward perfection, the more harmonious the bodily functions become, lowering susceptibility to illness.

Conclusion : According to Persian Medicine, the perfection and elevation of the soul not only enhance human spirituality but also exert direct effects on physical health. This holistic vision demonstrates that nurturing the soul and cultivating moral and spiritual virtues contribute to maintaining bodily balance, disease prevention, and overall well-being. The findings highlight the importance of integrating spiritual training into healthcare strategies, reflecting the comprehensive anthropological perspective of PM.

Abstract ID: ۴۲۷

Presentation Type: Poster

The Confrontation of Traditional and Modern Medicine in the Qajar Era: From Challenge to Convergence

Jamal Rezaei orimi^۱ *, Ali Rezaei Orimi^۲ , Fereshteh Kaveh^۱

- ^۱. Research Center for Traditional Medicine and History of Medical Sciences, Mazandaran University of medical sciences, Sari, Iran.
- ^۲. Research and Planning Organization, Research Institute for Education Studies, Tehran, Iran.

Background and Aim : The Qajar era in Iran was marked by significant public health challenges, including poverty, infectious diseases, and high mortality rates. At the time, the society held a primitive, pre-modern understanding of the body and the biological origins of disease. The arrival of modern Western ideas initiated a direct confrontation between traditional medicine and modern Western medicine. This research aims to examine this inevitable conflict by analyzing the process of change in medical knowledge and the challenges it faced during this period.

Methods : This study employs a descriptive-analytical approach using a library and archival research method. Data were collected from primary historical sources, including travelogues, the memoirs of European travelers, and official Qajar-era documents. These sources were then analyzed to explain the reasons for and consequences of the clash between traditional and modern medical systems.

Results : Historical sources reveal that the gradual acceptance of modern medicine during the Qajar era was primarily a result of traditional medicine's inability to combat deadly epidemics. Public health crises caused by the frequent outbreaks of diseases like cholera and plague, which claimed thousands of lives due to poverty and inadequate sanitation, pushed society to seek more effective solutions. The successes of modern physicians in controlling these epidemics gradually earned public trust and increased the inclination toward modern medical science. However, this transition was not a smooth process; it was accompanied by numerous social challenges and resistances. The arrival of European doctors, the establishment of new medical institutions, and even the passing of public health laws were all met with intellectual and practical conflict between traditional practitioners and modern physicians. These disagreements extended beyond different treatment methods to a fundamental divergence in the understanding of disease and the human body. Despite these challenges, the successful performance of modern medicine in reducing mortality rates ultimately overcame the resistance, gradually establishing it as the official and dominant medical system in Iran.

Conclusion : The confrontation between traditional and modern medicine in the Qajar era represents a complex interaction with factors that both hindered and facilitated the modernization of medicine. This research confirms that the therapeutic successes of modern medicine in tackling epidemics gradually overcame social resistance, paving the way for its acceptance and establishment as the dominant medical system in Iran.



Abstract ID: ۴۲۸

Presentation Type: Poster

Al-Filāḥah by Ibn al-‘Awwām: A Comprehensive Look at Agricultural and Veterinary Science in Islamic Civilization

Jamal Rezaei orimi^۱ *, Ali Rezaei Orimi^۲ , Fereshteh Kaveh^۱

۱. *Research Center for Traditional Medicine and History of Medical Sciences, Mazandaran University of medical sciences, Sari, Iran.*
۲. *Research and Planning Organization, Research Institute for Education Studies, Tehran, Iran.*

Background and Aim : The book Al-Filāḥah by Abū Zakariyā Yaḥyā ibn Muḥammad ibn Aḥmad ibn al-‘Awwām is considered one of the most important sources on agriculture and veterinary medicine in the Islamic world. The objective of this study is to examine Al-Filāḥah, with a specific focus on its agricultural and veterinary sections, and to explain the significance of this work in the history of medicine.

Methods : This research employs a descriptive-analytical approach, with a detailed study of the book Al-Filāḥah conducted through the review of historical and scientific texts. The sources used include manuscripts of the book, its various translations into European languages, and previous scholarly studies on the subject.

Results : Al-Filāḥah is divided into two main sections. The first section is dedicated to various types of soil, irrigation methods, fertilizers, techniques for planting trees, and methods for preserving and conserving fruits. The second section covers topics such as the cultivation and selection of seeds for various medicinal and industrial plants, as well as the design and construction of agricultural structures. In the veterinary section, Ibn al-‘Awwām addresses the breeding, health, and diseases of various domesticated animals, including horses, donkeys, camels, cows, sheep, goats, and poultry. In this part, he describes different animal breeds, their breeding methods, nutrition, disease treatments, and the preparation of veterinary medicines. The research findings indicate that Ibn al-‘Awwām, relying on his own knowledge and experiences as well as Greek, Latin, Iranian, and Indian sources, was able to compile a comprehensive and practical work on veterinary medicine. The book was translated into Spanish and French in the ۱۹th century and had a significant impact on the development of agricultural sciences in the West.

Conclusion : Al-Filāḥah by Ibn al-‘Awwām, as an encyclopedia of agriculture and veterinary science, demonstrates the high level of knowledge and technology in al-Andalus. This work, in addition to its historical and scientific importance, can serve as a rich and reliable source for researchers and those interested in the history of medicine, agriculture, and veterinary medicine.



Abstract ID: ۳۸۹

Presentation Type: Poster

The Institutional and Economic Networks of Persian Medicine in the Qajar Era: From Dar al-Shifa to the Attar Market

Mrziyeh Riahinezhad^۱ *

^۱. PhD Student in History, University of Isfahan

Background and Aim : Persian medicine during the Qajar era extended beyond a mere theoretical system grounded in humoral principles; it constituted a complex institutional, social, and economic network deeply embedded in multiple layers of society. Medical institutions and professional guilds—including Dar al-Shifa hospitals, attar markets, dalaks, bone-setters, and cupping practitioners—were central not only to public health but also to sustaining medical culture and shaping the urban economy. Despite their significance, previous studies have primarily focused on medical theories or court physicians, leaving the institutional and economic dimensions underexplored. This study addresses this gap by analyzing Persian medicine as a dynamic system interacting with urban markets, governance, and everyday social life, highlighting its multifaceted societal role.

Methods : This research employed a library-based historical methodology. Primary sources included European travel accounts, Qajar-era newspapers, and printed medical treatises. Data were collected and subjected to qualitative analysis to elucidate the roles, functions, and interconnections of medical institutions and professional guilds. This approach allowed for a comprehensive understanding of how these networks operated during routine urban life and responded to health crises, revealing their social, economic, and cultural significance.

Results : Findings indicate that Dar al-Shifa hospitals functioned beyond therapeutic roles, serving as instruments of political legitimacy and public philanthropy while organizing key aspects of urban health governance. The attar market operated as the economic core of medicine, distributing medicinal herbs, minerals, and imported substances, and fostering intricate economic and cultural ties both domestically and internationally. Smaller professional groups, such as dalaks, bone-setters, and cupping practitioners, though socially lower in hierarchy, often formed the first line of response during health crises like cholera and plague outbreaks. European travel accounts, while occasionally critical of traditional practices, consistently emphasize the necessity and deep social embeddedness of these guilds within Qajar urban life.

Conclusion : Persian medicine in the Qajar era should be understood not merely as a scientific tradition but as a dynamic guild-based system shaping health, economy, and culture simultaneously. Ignoring its institutional and economic dimensions results in an incomplete understanding of its historical role. Examining these networks offers new insights into the interplay between tradition and modernity and illustrates how social structures influenced the persistence and transformation of medical practices. Ultimately, Persian medicine functioned as a multifaceted social mechanism intertwining healthcare, economic exchange, and cultural practices, and was essential to public welfare and urban governance in ۱۹th-century Iran. This study provides a foundation for future research exploring the intersection of medical knowledge, social organization, and economic systems in historical contexts. Keywords: Persian medicine; Qajar era; Dar al-Shifa; Attar market; medical guilds; pharmaceutical economy

Abstract ID: ۳۳۷

Presentation Type: Poster

The Impact of Persian and Greco-Arabic Medicine on the Development of Ophthalmology

A Kashif Anwar^۱ *, Mahnaz Sadat Mortazavi^۲

۱. Associate Professor and HoD, Department of Anatomy, Government Unani Medical College, Bhopal, INDIA.
۲. Ph.D. Candidate of History of Medicine. Department of History of Medicine, School of Persian Medicine, Tehran University of Medical Sciences, Tehran, Iran.

Background and Aim : Traditional medicine, derived from Greco-Arabic traditions and Persian medicine, includes a well-developed discipline of ophthalmology (known as Ilm al-Ayn). Eminent Persian and Unani physicians such as Ibn Sina, Ali Ibn Isa al-Kahhal, and Zahrawi contributed detailed anatomical, pathological, and therapeutic insights into eye health. Classical texts in this field describe a wide range of ocular diseases and treatments, many of which predate and parallel modern ophthalmological practices.

Methods : This study is based on a qualitative analysis of classical texts, including: • Al-Qanun fi al-Tibb (Ibn Sina) • Tadhkirah al-Kahhalin (Ali Ibn Isa al-Kahhal) • Zakhira Khwarazm Shahi (Jurjani) • Kitab al-Tasrif (Zahrawi) Historical descriptions of disease, therapeutic approaches, and compound formulations were reviewed thematically and compared with contemporary understandings of ocular pathology.

Results : The reviewed texts documented over ۱۳۰ ocular diseases, including Ramad (conjunctivitis), Nuzul al-Maa (cataract), Zafra (pterygium), and Waja' al-Ayn (eye pain). Treatments included: • Ilaj bil Ghiza (Dietotherapy)—Avoiding certain foods, using nutrient-rich diets • Ilaj bil Dawa (Pharmacotherapy)—Collyria (e.g., Surma with Ismid), decoctions, eye drops using herbs like saffron, rose, honey • Ilaj bil Tadbeer (Regimental Therapy)—Steam, leeching, massage • Ilaj bil Yad (Surgery)—Techniques such as couching for cataracts and removal of pterygium The integration of systemic and local therapies highlights a sophisticated understanding of the eye within the framework of humoral theory.

Conclusion : Ophthalmology offers a comprehensive, patient-centered, and integrative approach to eye care. While rooted in humoral theory, many of its principles—such as hygiene, lifestyle modification, local therapies, and surgical intervention—align with modern practices. The rich tradition of eye care deserves further exploration for evidence-based integration into contemporary ophthalmology, especially in the context of holistic and complementary medicine.

Abstract ID: ۴۳۲

Presentation Type: Poster

Al-Zahrawi's Surgical Management of Gynecomastia in Al-Tasrif: A Comparative Analysis with Modern Surgery

Fatemeh Sajedi^۱ , Ghasem Amini^۲ , Ghooshkhanehei Haleh^۱ *

۱. PhD candidate in traditional Persian medicine, Student Research Committee, Department of Persian Medicine, School of Persian and Complementary Medicine, Mashhad University of Medical Sciences, Mashhad, Iran
۲. MD, Department of Thoracic Surgery, Faculty of Medicine, Mashhad University of Medical Sciences, Mashhad, Iran.

Background and Aim : The Islamic Golden Age (۸th–۱۳th centuries) saw remarkable surgical advancements blending theory and practice. Abu al-Qasim al-Zahrawi (Albucasis, ۹۳۶–۱۰۱۳ CE) was its leading surgeon, devoting Al-Tasrif's final volume to detailed procedures and instruments. Translated into Latin in the ۱۲th century, it shaped European surgery and influenced Eastern regions, including Iran and the Ottoman lands, where it interacted with Persian scholars like Avicenna. Al-Zahrawi's precise description of gynecomastia surgery exemplifies Islamic surgery's maturity. Cross-regional transmission continued through Haly Abbas's al-Maliki and Sabuncuoğlu's illustrated Cerrahiyyetü'l-Haniyye, highlighting the interconnected Andalusian, Iranian, and Anatolian traditions.

Methods : A historical–comparative method was used. Chapter ۴۷ of Al-Tasrif was analyzed via the Arabic text and Spink & Lewis's ۱۹۷۳ English translation. Passages on gynecomastia were extracted and grouped into four themes: (۱) etiology and indications, (۲) operative techniques, (۳) postoperative care, and (۴) cosmetic/functional outcomes. These were cross-checked against a ۲۰۱۲ analytic review for accuracy. Modern data came from standard surgical references (Schwartz's Principles of Surgery, Sabiston's Textbook), recent reviews, and guidelines. Techniques such as peri-areolar excision, liposuction-assisted removal, and skin reduction were extracted. Historical and contemporary findings were compared across domains to identify continuities and differences in management principles.

Results : Al-Zahrawi's Al-Tasrif, particularly Chapter ۴۷, provides one of the earliest systematic descriptions of gynecomastia management. He attributed the condition to abnormal accumulation of fat and glandular tissue. Initial management consisted of dietary regulation and topical agents, while persistent cases required surgical intervention. Surgical techniques included a crescent-shaped incision around the areola for excision of glandular tissue and, in severe cases, a double-incision method to remove redundant skin while preserving the nipple–areola complex. Meticulous hemostasis and postoperative compression dressing were emphasized to minimize complications and recurrence. In contemporary practice, gynecomastia management follows a similar staged approach. Mild cases may respond to medical therapy, whereas persistent or severe cases require surgery. Techniques include subcutaneous mastectomy via peri-areolar incisions, liposuction-assisted removal of adipose tissue, and, for advanced grades, combined glandular excision with skin reduction or mastopexy. Modern surgeons prioritize preservation of nipple sensation, hemostasis, and cosmetic outcomes. The transmission of Al-Tasrif reinforced these principles across the Eastern Islamic world. In Iran, Haly Abbas's al-Maliki incorporated Andalusian surgical practices, while in the Ottoman Empire, Şerafeddin Sabuncuoğlu's Cerrahiyyetü'l-Haniyye illustrated and adapted these techniques, demonstrating cross-regional entanglement.



Conclusion : The analysis reveals Al-Zahrawi's remarkable foresight in gynecomastia surgery. Despite modern advances in anesthesia, instruments, and minimally invasive methods, ۱۰th-century principles—tissue excision, strategic incisions, and cosmetic preservation—remain foundational. His methods spread beyond al-Andalus, entering Persian medicine via Haly Abbas's al-Maliki and later adapted by Sabuncuoğlu in the Ottoman Cerrahiyyetü'l-Haniyye. This cross-regional transmission shows how Andalusian surgical practices merged with Persian theory and Ottoman innovation. Modern techniques refine hemostasis, classification, and liposuction, yet Al-Zahrawi's core concepts endure. Recognizing this shared heritage underscores the lasting impact of Islamic medical traditions on today's surgical education and practice in Iran, Türkiye, and beyond. Al-Zahrawi's gynecomastia techniques mirror modern surgery, showing enduring continuity from the ۱۰th century. Their transmission via al-Maliki and Cerrahiyyetü'l-Haniyye illustrates Islamic medicine's cross-regional heritage, whose study enriches historical insight and reinforces foundational principles guiding contemporary surgical practice.

Abstract ID: ۵۵۵

Presentation Type: Poster

Rhazes' Therapeutic Legacy in Dermatological Diseases: Integration of Clinical Experience and the Use of Medicinal Plants

Naime Sadat Salehi^۱ *, Narges Tajik^۲ , Maryam Sadat Bodala^۳

- ^۱. M.Sc. Student of History of Medical Sciences, Department of History of Medical Sciences, Faculty of Health and Religion, Qom University of Medical Sciences, Qom, Iran
- ^۲. Department of History of Medicine School of Persian Medicine, Tehran University of Medical Science, Tehran, Iran
- ^۳. M.Sc. Student of History of Medical Sciences, Department of History of Medical Sciences, Faculty of Health and Religion, Qom University of Medical Sciences, Qom, Iran

Background and Aim : Abu Bakr Muhammad ibn Zakariya al-Razi (۲۵۱-۳۱۳ AH / ۸۶۵-۹۲۵ AD), among the most distinguished physicians of the Islamic Golden Age, devoted considerable attention to dermatological conditions in his monumental encyclopedia al-Hawi fi al-Tibb. His discussions reveal a distinctive perspective grounded in the theory of the four humors. The present study seeks to elucidate Rhazes' conceptual frameworks, pharmacological prescriptions, and therapeutic modalities for skin diseases, while assessing their scientific credibility in light of contemporary biomedical research.

Methods : This investigation entailed a close examination of Rhazes' primary texts, particularly al-Hawi, with the extraction of material pertinent to dermatological disorders, including herbal, mineral, and animal-derived medicaments, as well as therapeutic practices. These historical accounts were systematically compared with current scientific findings regarding anti-inflammatory, antioxidant, and skin-regenerative effects.

Results : The analysis suggests that Rhazes viewed dermatological disorders as consequences of humoral imbalance, with alterations in cutaneous color or texture indicating disturbances in the humors of black bile, yellow bile, phlegm, and blood. He prescribed an extensive pharmacopeia comprising botanical remedies such as lentil (*Lens culinaris*), broad bean (*Vicia faba*), fenugreek (*Trigonella foenum-graecum*), garden cress (*Lepidium sativum*), saffron (*Crocus sativus*), beet (*Beta vulgaris*), and aloe (*Aloe vera*); mineral substances including natron and borax; and animal-based preparations such as donkey fat (*shahm al-himar*). These agents were employed in the management of freckles, cutaneous blemishes, vitiligo, scars, and burns. His therapeutic methods encompassed poultices, topical applications, washes, and oral formulations intended to restore humoral balance. Notably, modern pharmacological research corroborates the efficacy of several of these treatments, demonstrating, for instance, the burn-healing properties of Aloe vera and the skin-protective and lightening effects of saffron.

Conclusion : The findings underscore that Rhazes' therapeutic legacy is not only of profound historical significance but also retains scientific relevance in modern dermatology. His synthesis of clinical experience, empirical observation, and inherited medical tradition reflects a holistic concern for both curative and aesthetic-psychological dimensions of health. Reappraisal of this heritage may inform the advancement of complementary approaches in Persian medicine and the evidence-based integration of medicinal plants into contemporary practice. Keywords: Rhazes, dermatology, humoral theory, medicinal plants.



Abstract ID: ۲۴۶

Presentation Type: Poster

Social Roles and Contributions of Persian Physicians during the Medieval Islamic Era

Masoud Salmani Bidgoli^۱ *

^۱. Department of History of Medicine, Faculty of Persian Medicine, Tehran University of Medical Sciences

Background and Aim : Persian physicians during the medieval Islamic era played vital social roles that extended far beyond individual patient care. Their contributions encompassed ethical leadership, education, and public health, positioning them as pivotal agents in advancing societal welfare. This study aims to elucidate the multifaceted social functions of Persian physicians during this period, highlighting their impact on healthcare delivery and community development.

Methods : This article employs a qualitative and historiographical methodology and draws upon a synthesis of classical medical texts, biographical accounts, and scholarly analyses concerning Persian physicians within the medieval Islamic world. Contemporary academic research on the social context of medical practice during the Islamic Golden Age further informs this investigation.

Results : Persian physicians during the medieval period were deeply committed to providing equitable medical care across all social and religious groups, reflecting a strong ethos of compassion and justice. Their impartial treatment of both Muslims and non-Muslims alike underscored their role as trusted and respected figures in society. Beyond individual patient care, they served as ethical role models, upholding high standards of professional conduct that inspired confidence and moral integrity within their communities. As educators, they trained successive generations of medical practitioners through hospitals and scholarly institutions. In public health, these physicians were proactive leaders, developing and enforcing disease prevention strategies such as quarantine measures during outbreaks—efforts crucial to controlling epidemics. They also played an important role in disseminating health knowledge through public education, promoting hygiene, and preventive care. Supported by charitable endowments, hospitals (bimaristans) served as centers for healing, education, and medical advancement. Their holistic approach combining empirical observation with philosophical reflection significantly enriched medical science and societal intellectual progress.

Conclusion : The social role of Persian physicians was deeply rooted in ethical principles emphasizing the sacred duty to preserve life and alleviate suffering. By promoting equitable care and upholding rigorous professional standards, they fostered strong trust between the medical profession and society. Their leadership extended beyond individual treatment to encompass wide-ranging public health initiatives and comprehensive medical education. These efforts contributed to sustained health improvements and intellectual development throughout the Islamic Golden Age. This multifaceted engagement illustrates how physicians served not only as healthcare providers but as influential social agents dedicated to societal welfare. Persian physicians in medieval Islam fulfilled comprehensive social roles that integrated clinical expertise, ethical conduct, education, and public health leadership. Their impartial service and deep commitment to the common good established a lasting legacy of medical professionalism and community engagement, significantly shaping the health and intellectual landscape of their era. Recognizing these roles enriches our understanding of medicine's historical foundation as a socially embedded practice that transcended individual care to promote collective well-being.

Abstract ID: ۸۱

Presentation Type: Poster

Correspondence Between Cutaneous Leishmaniasis and Descriptions in Traditional Persian Medicine Texts: A Narrative Review

Mehdi Shafiei bafti^۱ *, Maryam Taghavi Shirazi^۱

^۱. Department of Traditional Medicine, School of Persian Medicine, Iran University of Medical Sciences, Tehran, Iran

Background and Aim : This narrative review examines the correlation between diseases described in classical Persian medical texts and cutaneous leishmaniasis (CL), using historical, clinical, and geographical evidence. Through a critical analysis of existing literature, the study aims to provide a more precise interpretation of CL within the framework of Persian medicine

Methods : A narrative review was conducted by consulting classical Persian medical manuscripts, including Hedayat al-Muta'allemin fi al-Tibb, Al-Qanun fi al-Tibb (Avicenna's Canon of Medicine), Al-Hawi fi al-Tibb (Rhazes' Liber Continens), Al-Mansuri fi al-Tibb, Tibb-e Akbari, Zakhireye Khwarazmshahi, Bahr al-Jawahir, Kholasat al-Tajarib, and Aksir-e A'zam. Additionally, electronic databases (PubMed, Scopus, Web of Science, Magiran, SID) and Noor Medical Software were searched using relevant English and Persian keywords to identify related studies.

Results : Sadr identified terms such as Zakhm-e Balkhi, Balkhiya, Zakhm-e Marzi, Kapeh-e Armani, Khairuniya, Dokmeh-e Sharqi, Sanakher, and Sanaker as equivalent to CL. Muzaffari linked Habbeh Baghdad, Habbeh Halab, Damal al-Nil, Damal al-Sharq, and Balkhiya to CL. Khoshzaban specifically equated Balkhiya with CL. Conversely, Haghighi challenged these associations, proposing Zat al-Asl and Qurooh-e Gharibeh as alternative equivalents. Historical Iranian medical texts (Hedayat al-Muta'allemin, Al-Hawi, Al-Qanun, Zakhireye Khwarazmshahi, among others) consistently linked Zakhm-e Balkhi and Balkhiya to the region of Balkh (Herat, Afghanistan) and attributed their etiology to mosquito bites. Jorjani, in Zakhireye Khwarazmshahi, listed Sanakher, al-Sanah Gazidegi (sandfly bite), and Pesha Gazidegi (insect bite) alongside Zakhm-e Balkhi (۸). Rhazes, in Al-Mansuri, described ulcerative lesions occurring in warm, mid-latitude regions (۲۰-۴۰°N), naming them according to endemic areas such as Habbeh Baghdad, Habbeh Halab, Damal al-Nil, and Damal al-Sharq, with mosquito bites implicated as the cause. Baha al-Dawlah Razi, in Kholasat al-Tajarib, equated Zakhm-e Balkhi with Qarz Baghdad, reaffirming mosquito bite etiology. Dr. Polak in his travelogue referenced Salak (CL), documenting its distribution from Sudan to Aleppo (Syria), Diyarbakır (Turkey), Mosul, Baghdad, Sindh, Iran, and Egypt, noting local names such as "Tatari" (Turkish) and "Kapeh Armani" (Armenian).

Conclusion : The geographical and pathological congruence among terms such as Zakhm-e Balkhiya, Habbeh Baghdad, Damal al-Nil, Damal al-Sharq, and CL, alongside their consistent attribution to insect vectors in classical texts, suggests that Zakhm-e Balkhiya represents the most accurate historical correlate of cutaneous leishmaniasis.

Abstract ID: ۳۲۶

Presentation Type: Poster

The Evolution of the Concept of Internal Cognitive Faculties: From Aristotle to Avicenna

Mahdieh Shahidi Nasab^۱ *

^۱. Department of History of Medicine, School of Persian Medicine, Iran University of Medical Sciences, Tehran, Iran

Background and Aim : The study of the internal cognitive faculties in pre-Islamic and Islamic medical and philosophical texts reveals a dynamic process of transformation throughout history. The earliest endeavors to explain the faculties and their functions can be traced back to Aristotle, who established the foundational concepts through his discussions on the soul, intellect, sensory perception, and phantasia (imagination). Aristotle considered phantasia to be a movement derived from sensory perception and regarded the intellect as the highest faculty. Although he did not decisively distinguish between the “common sense” and imagination, his works laid the groundwork for later developments—a perspective subsequently expanded and redefined in the medical and philosophical traditions.

Methods : The present study is a descriptive-analytical investigation. To gather information, in addition to primary sources, use was made of scientific and reliable databases, including Noor Mags, JSTOR, PubMed, and Google Scholar.

Results : In the Islamic period, scholars such as Ali ibn Rabban al-Tabari, Ali ibn al-'Abbas al-Majusi, al-Zahrawi, and Abu Sahl al-Masihi—predating Avicenna—provided further elaboration on the structure of the brain (dimaagh) and its associated faculties. In his major medical treatise, Firdaws al-Hikmah, al-Tabari divided the psychic faculties into three categories: rational, sensory, and motive, considering the rational faculty to comprise three aspects: "fatnasya" (intuition), thought, and memory. Al-Majusi, in turn, classified psychic faculties as either general or specific, regarding the specific faculties as consisting of imagination, thought, and recollection. Al-Zahrawi divided the psyche into managing, motive, and sensory faculties, proposing a complex structure governing the transition and transformation of the pneuma within the cerebral ventricles. Abu Sahl al-Masihi introduced the "politic faculty" as the leading faculty, recognizing the roles of the senses, imagination, discrimination, and memory in the governance of the body and, more independently than others, described the organization of the brain ventricles and their relation to the internal faculties. A fundamental transformation in the taxonomy of internal cognitive faculties was realized with Avicenna. He proposed a precise categorization, presenting five principal faculties: common sense, imagination, estimation, cogitative (thought), and memory, and located the rational (intellective) soul outside the physical body. Avicenna gave particular attention to the function of the cerebral ventricles and their role in the flow of pneuma and the development of the psychic faculties. He also reflected scholarly debates surrounding the distinction or unity of certain faculties, such as memory and recollection.

Conclusion : In summary, pre-Avicennian scholars generally limited the internal cognitive faculties to imagination, thought, and recollection, a framework that dominated medical and philosophical discourse prior to Avicenna. Additionally, Abu Sahl al-Masihi, in contrast to his contemporaries, provided a notably different interpretation of the internal faculties. The trajectory



کتاب خلاصه مقالات سخنرانی و پوستر
دومین کنگره ملی طب ایرانی



تهران، مرکز همایش های بین المللی رازی

۲۱ لغایت ۲۳ آبان ماه ۱۴۰۴

of this conceptual evolution demonstrates that by integrating philosophical insights and empirical observations, Islamic physicians and philosophers gradually achieved a more nuanced and coherent understanding of the internal cognitive faculties, culminating in Avicenna's innovative systematization, which profoundly influenced the thinking of later scholars both in the Eastern and Western parts of the Islamic world, and whose impact persisted for centuries.

Abstract ID: ۲۸۷

Presentation Type: Poster

Structural and conceptual analysis of the introductions to three Persian therapeutic works from the ۱۰th to ۱۲th centuries AH

Fatemeh Shokrian zeiny^۱ *, Amirsaeed Hosseini^۲

۱. *Ph.D. Candidate of History of Medicine. Department of History of Medicine, School of Persian Medicine, Tehran University of Medical Sciences, Tehran, Iran.*
۲. *Assistant Professor, Traditional and Complementary Medicine Research Center, Addiction Institute, Mazandaran University of Medical Sciences, Sari, Iran*

Background and Aim : In the ۱۰th to ۱۲th centuries AH, numerous medical works were written in Persian, each representing the views, experiences, and knowledge of its time. The introduction of these works reflects the intellectual world of the authors and expresses the reasons for writing, purpose, and scientific background of the work. This research deals with a comparative and analytical study of the introductions to three important Persian medical works, including the "Khulasat al-Tajarib", "teb akbary", and "moalejat aghili".

Methods : This research is analytical-historical and based on library sources. The common theme and language, as well as the acceptability and scope of influence, were the basis for selecting these works. The analysis was conducted in a content-conceptual manner, focusing on the authors' goals and the structure of the introductions.

Results : The findings show that all introductions begin with praise and thanksgiving to God, followed by prayers. All three authors present themselves as servants of knowledge and of God. This shared approach highlights the deep interconnection between religion, ethics, and medicine. "Khulasat al-Tajarib", a work by Baha' al-Dawlah R?z? (۹th-۱۰th century AH), was written with a strong emphasis on clinical experience and direct observation. The author states that his goal is to disseminate knowledge for More benefits, supporting this aim by citing verses from the Quran and Hadith. In addition to introducing himself and explaining his motivations, he also outlines the structure of the book by listing the titles of its chapters. In the introduction to "Tibb Akbari", written by Muhammad Arzani (۱۱th-۱۲th century AH), the author explains that the work is a revised Persian translation of the Arabic book "Sharh al-Sab' ab va-Alaamat" by Nafis ibn 'Awaz Kermani (۹th century AH), intended for public benefit. Arzani refers to previous books that he used to improve his writing regards reason as a tool for acquiring knowledge. He emphasizes the importance of understanding human anatomy as essential for effective treatment. In closing, he discusses the writing process, mentions the title and his name, and outlines the structure of the book. The book "Mo'alejat-e Aghili", written by Hossein Aghili Khorasani (۱۲th century AH), begins with a philosophical reflection on the creation of mankind and emphasizes the recognition of the causes of disease and adherence to the "Health preservation" as the foundation of treatment. At the end of the introduction, the author introduces himself, refers to earlier works, and outlines the structure of the book.

Conclusion : An analysis of the introductions to "Khulasat al-Tajarib", "Mo'alejat-e Aghili", and "Tibb Akbari" shows that medical prefaces of that period often followed a shared pattern: a religious opening, an introduction of the author and his motives, and a description of the book's structure. author Introducing and explaining his motivations appear as consistent features of this pattern. The main differences lie in writing style and level of detail, which reflect the personal characteristics of each author. Despite limited resources.

Abstract ID: ۸۹

Presentation Type: Poster

History of medicine in Qazvin

Marzieh beygom Siahpoosh^۱ *

^۱. Persian medicine association, Qazvin province branch

Background and Aim : Today, knowing the history of medicine is not only a study of medical approaches and the evolution of a society's health system, but also reflects social relations in that society at a deep level. Qazvin has always had special conditions due to strategic and geographical reasons. In this study, the medical history of Qazvin has been examined.

Methods : library research

Results : The history of medicine in Qazvin can be examined from three aspects: A. Health status and medical facilities: There is scattered information about the health status and medical facilities of Qazvin during the Safavid period and the Naseri era. a. Medical conditions in Qazvin during the Safavid era: Qazvin being the capital had made the health and medical conditions in this city suitable. Having a hospital (Dar al-Shifa) was one of the characteristics of Qazvin during the Safavid era. There were also special medical facilities for workers in production workshops (Occupational Medicine) in Qazvin. b. Medical conditions in Qazvin during the Naseri era: Health services in Qazvin during the Naseri era can be divided into ۵ categories: ۱. Construction of a laundry: Saad al-Saltaneh, the ruler of Qazvin, built a laundry with the aim of protecting women in ۱۳۰۶AH. ۲. Improving the condition of refrigerators: There were ۱۲ refrigerators in Qazvin that were walled off to prevent dirty water from entering the refrigerator. ۳. Improving the condition of baths ۴. Development of medical services: Despite the people of Qazvin did not have a desire for European (Christian) doctors, simultaneously with urban development services, with the increase in the number of hospitals, the people's desire for modern medicine increased. ۵. Prevention of the spread of diseases: Smallpox vaccination and quarantine under the supervision of Hafez al-Saha were important ways to prevent the spread of diseases in Qazvin. Articles on the ways of disease transmission and prevention were distributed to clergy and prominent people of the city to raise public awareness, which result in significant reduction in mortality in the next pandemic B- Famous Physicians of Qazvin Among famous physicians of Qazvin during the Safavid era, was Emad-al-dole, author of both Atashak (the first article about Syphilis in Persian) and Shahieh (about pharmacy) articles. During the Naseri period, Mirza Abu Turab Qazvini (the Galen of the time) and Ehtesham al-Ateba (Hafiz al-Saha) were present. Mirza Musa Khan Hakim Bashi established the first pharmacy shop in Qazvin. C- Native medicinal plants in Qazvin Medicinal plants have played an important role in preserving the biodiversity of Qazvin. The number of medicinal plant species in Qazvin is ۳۶ species (especially mint and chicory families), in Alamut ۲۰ species and in Takestan ۱۶ species have been reported. In the Avan region, ۶۰ plants have been identified, ۸۰٪ of which are medicinal, ۷۳٪ edible and a percentage have instrumental uses.

Conclusion : Briefly, according to the papers, the health and medical facilities of Qazvin were at a desirable level. Also, skilled and famous physicians and diverse medicinal plants might be two important exclusivities in the medical history of Qazvin.



Abstract ID: ۲۵۶

Presentation Type: Poster

Mineral Substances in Treating Eye Diseases: A Review Based on Avicenna's Canon of Medicine

Zahra Talebnezhad^{۱*}, Baran Gholinejhad^۲

- ^۱. Department of Traditional Medicine, School of Persian Medicine, Shahed University, Tehran, Iran.
- ^۲. PhD student, faculty of Traditional Medicine, Department of History of Medical Sciences, Iran University of Medical Sciences, Tehran, Iran.

Background and Aim : The Canon of Medicine, authored by the great Iranian scholar Avicenna, is one of the most significant works in the history of Iranian and Islamic medicine. A considerable portion of this source is dedicated to ophthalmology, eye diseases, and their treatments. Alongside herbal and animal-derived remedies, Avicenna also employed mineral substances for treating ocular conditions. This review aims to examine the mineral-based medicines mentioned in the ophthalmology section of the Canon and to explore Avicenna's perspective on their therapeutic use.

Methods : This descriptive review was conducted based on the printed edition of the second book of the Canon of Medicine (Third Treatise, Chapter on Eye Diseases). Relevant data were extracted through content analysis, categorized, and systematically examined.

Results : A total of ۴۲ mineral compounds were identified in the second volume of the Canon. These substances primarily include sulfur, orpiment, lead, copper, mercury, and white vitriol. They were mainly used to treat disorders of the eyeball, various types of conjunctivitis, and visual impairments. These minerals were often administered topically, in the form of poultices or collyriums, and were typically combined with herbal or animal-based substances such as saffron, honey, mallow leaves, or egg yolk. Avicenna mentioned these mineral remedies in the treatment of over ۴۰ eye conditions, underscoring their significance in the pharmacological practices of traditional Iranian medicine.

Conclusion : Avicenna's use of mineral substances in the ophthalmology section of the Canon reflects a precise, balanced, and experience-based approach to pharmacotherapy. His detailed recommendations on dosage and administration methods highlight his scientific outlook on medicinal usage. Given the historical importance and therapeutic potential of mineral substances in Iranian medicine, further research could pave the way for comparative studies between traditional and modern pharmaceutical approaches to eye care. Keywords: Canon of Medicine, Avicenna, persian medicine, ophthalmology, mineral substances

Abstract ID: ۲۱۵

Presentation Type: Poster

Phlebotomy and health promotions: a comparative mini-review from the viewpoint of traditional Persian Medicine to Western medicine

Mohammad Sadegh Adel-Mehraban^۱ *, Mohammad Taghi Rezaipour^۱ , Mehrdad Karimi^۲

۱. *Department of Traditional Medicine, School of Persian medicine, Tehran University of Medical Sciences, Tehran, Iran; Traditional Persian Medicine and Complementary Medicine (PerCoMed) Student Association, Students' Scientific Research Center, Tehran University of Medical Sciences, Tehran, Iran*
۲. *Department of Traditional Medicine, School of Persian medicine, Tehran University of Medical Sciences, Tehran, Iran*

Background and Aim : Bloodletting has been one of the most challenging methods in Western Medicine; However, recent studies showed significant effects of this method. According to the emphasis of Traditional Persian Medicine on the safety and efficacy of bloodletting, this study aimed to investigate the differences and similarities of phlebotomy between the viewpoint of Persian Medicine and Western medicine.

Methods : Relevant studies were obtained from databases, including PubMed, Scopus, EMBASE, Web of Science, and Google Scholar using the keywords 'venesection', 'bloodletting', 'phlebotomy', and 'bleeding therapy'. Systematic reviews, narrative reviews, and clinical trials were investigated. Inclusion criteria consisted of studies reporting clinical effects of phlebotomy in human disease with no restriction on publication date. Papers on 'self-phlebotomy', 'cupping', 'pricking', or 'leech therapy' were excluded. Additionally, the Phlebotomy (fasd) chapter from key PM textbooks such as Canon of Medicine, Zakhireh Kharazmshahi, and Kholasa-al-Hikma was thoroughly evaluated.

Results : The literature review showed that the therapeutic indications of phlebotomy are somehow similar in both views, e.g. chronic urticaria similar to "shara" in PM, fatty liver and adjuvant in hepatitis C similar to liver disease in PM, dyslipidemia and hypertriglyceridemia, insulin poor tolerance, porphyria, and iron overload similar to "redaat khelt" in PM, hypertension similar to "emtela" in PM, acne similar to skin eruptions in PM, decreasing blood loss and the necessity for a blood transfusion during liver resection similar to "Enheraf-e-tabiat" in PM, carpal tunnel syndrome and acute gouty arthritis similar to joint pain in PM, acute ischemic stroke (rapid hemodilution therapy) similar to the concept of reducing blood accumulation in the injured organ, and chronic low back pain which has same indication in PM. On the other hand, the phlebotomy performance method, cautions, contraindications, and rules of vein selection are some of the Persian Medicine's particular ideas.

Conclusion : Although some phlebotomy indications from Avicenna's perspective are similar to Western Medicine (such as chronic urticaria, fatty liver, hypertension, etc.), his holistic view of using bloodletting in a specific treatment package, besides lifestyle modification and herbal medication, can be evaluated in future studies. We can develop phlebotomy practical instructions by considering technical errors, cautions and contraindications, pre- and post-phlebotomy diets, and patient preparation conditions with Avicenna's recommendations. Despite recent studies showing that phlebotomy is effective for chronic urticaria, fatty liver, hepatitis C, dyslipidemia, insulin resistance, porphyria, iron overload, hypertension, acne, and carpal tunnel syndrome, other indications according to PM need further investigations.

Abstract ID: ۵۳۶

Presentation Type: Poster

A needs assessment for the design and establishment of a center for clinical skills in traditional and complementary medicine

Majid Dadmehr^۱ *, Amirhossein Jamshidi^۲ , Hoorieh Mohammadi Kenari^۱

۱. Department of Traditional Medicine, School of Persian Medicine, Iran University of Medical Sciences, Tehran, Iran
۲. Department of Traditional Pharmacy, School of Persian Medicine, Iran University of Medical Sciences, Tehran, Iran

Background and Aim : Traditional and complementary medicine (T&CM) schools in Iran are responsible for teaching many practical and communication skills to students in addition to teaching knowledge in theoretical areas. Currently, given the limitations of clinical skills training in T&CM clinics, as well as attention to patients' rights, it is very important to consider and emphasize acquiring the necessary qualifications in clinical skills training and creating a practical attitude in students through simulating medical conditions for educational purposes. The aim of this study was to provide a logical presentation for Iranian medical education policymakers to establish a skills center for training practical skills in the field of T&CM.

Methods : We examined Iran's experience through interviews with traditional medicine department managers and review of faculty websites in teaching practical skills in T&CM to students and, by highlighting its strengths, explained why it is essential to establish a clinical skills center in T&CM educational programs in Iran.

Results : There is no separate clinical skills training center for T&CM in Iran. A clinical skills learning center allows T&CM students to use a variety of teaching aids and medical models to improve clinical and communication skills in a controlled environment. A review of the literature on clinical skills learning centers showed that this center can establish a connection between theoretical content and practical skills, reduce students' worry during initial patient encounters, and teach them communication and practical skills to better deal with patients. Achieving these goals requires planning, organization, and appropriate educational environments and facilities. In this context, the design of skill-based devices can be considered, including: designing sensitive models for massage and manual intervention (Dalk, Ghamz, and massage) with a virtual reality camera, designing a pulse measuring device (pulse trainer) to teach learners about different types of pulses, designing different medical moulage for wet and dry cupping therapy and various types of phlebotomy.

Conclusion : It is essential to have a separate T&CM clinical skills training center in each faculty to achieve clinical competence. The main challenges of the center for clinical skills in T&CM include the lack of an organizational chart, insufficient budget to design and provide facilities and equipment according to educational needs, and the lack of standard training space for clinical skills. Most of the mentioned limitations can be resolved by allocating sufficient budget to provide educational facilities and building a culture of interdisciplinary cooperation with the support of policymakers in the field of T&CM

Abstract ID: ۲۱۴

Presentation Type: Poster

Usage of wet cupping and its determinant factors in Kerman, Iran

Fatemeh Ghaedi-Heidari^۱ , Mahlagha Dehghan^۲ , Mozghan Soheili^۳ *

- ^۱. Department of psychiatric nursing ,PhD in nursing , Research Centers of the School of Nursing and Midwifery, Faculty of Nursing and Midwifery, Isfahan University of Medical Sciences, Isfahan, Iran.
- ^۲. Nursing Research Center, Assistant Professor, Kerman University of Medical Sciences, Kerman, Iran
- ^۳. Department of Adult Health Nursing, Ph.D. in nursing, School of Nursing and Midwifery, Isfahan University of Medical Sciences, Isfahan, Iran.

Background and Aim : Cupping is one of many methods of complementary medicine in Iranian culture. It is important to identify the status of cupping among people, their satisfaction and reasons of usage. Thus, this study conducted to determine the usage of cupping in Kerman and individuals' satisfaction with this method from different aspects.

Methods : This cross-sectional descriptive study performed on ۲۶۶ people, referred to Besat Clinic in Kerman, Iran, chosen through a convenient sampling method. Data were collected using a researcher-made questionnaire and analyzed using SPSS version ۱۸ and descriptive and inferential statistics.

Results : ۲۷,۱% of the subjects used cupping at least once and the usage frequency was three times in the last year. The most common causes of wet cupping were migraine (۲۵%) and depression (۹,۱۳%). The majority of respondents (۸۱,۹%) were satisfied with permanent access to this method, and ۸۰,۵% were satisfied with its simplicity and safety without interfering daily activities. More than ۹۰% observed relieved symptoms after cupping which was not related to any other therapies and had a better feeling.

Conclusion : It is necessary to use this method and evaluate its efficacy due to the high level of satisfaction of users and the feature of being easily accessible. Therefore, health care providers and especially nurses should consider the application of this therapeutic approach on patients with various diseases.

Abstract ID: ۵۲۷

Presentation Type: Poster

Therapeutic Effects of Abdominal Massage in Chronic and Functional Constipation: A Narrative Review of Clinical Evidence

Mehrzad Jamshidi^۱ , Seyed Ali Yahyaei Shali^۱ , Mehdi Kashef Asl^۱ , Ali Barzegar^{۱*}

- ^۱. Department of Nutrition, Faculty of Nutrition and Food Sciences, Tabriz University of Medical Sciences, Tabriz, Iran.
- ^۲. Associate Professor, Department of Community Nutrition, Faculty of Nutrition and Food Sciences, Tabriz University of Medical Sciences, Tabriz, Iran.

Background and Aim : Chronic constipation is a common gastrointestinal disorder that significantly impairs quality of life, particularly in older adults. While pharmacologic treatments are widely used, they may be limited by adverse effects and reduced long-term efficacy. This has increased interest in non-pharmacological interventions such as abdominal massage, which may promote colonic motility and stimulate parasympathetic activity. Despite promising results in individual studies, the overall effectiveness of this approach remains unclear. This narrative review aims to evaluate current clinical evidence on the therapeutic value of abdominal massage in managing chronic and functional constipation.

Methods : A narrative review was conducted through a systematic search of PubMed, Scopus, and Web of Science up to ۲۰۲۵. Studies included randomized controlled trials (RCTs), systematic reviews, and meta-analyses investigating abdominal massage in adult patients with chronic or functional constipation. Seven studies—comprising five RCTs and two systematic reviews—met the inclusion criteria. Main outcome measures were defecation frequency, stool consistency, defecation difficulty, and constipation-related quality of life.

Results : Findings from seven studies suggest that abdominal massage improves constipation symptoms. A meta-analysis of ۱۳ RCTs ($n=۸۳۰$) reported significant improvements in defecation frequency ($SMD=۱.۰۵$), stool consistency ($SMD=۰.۹۵$), defecation difficulty ($SMD=-۱.۵۱$), and quality of life ($MD=-۱۳.۲۴$). Other RCTs reported benefits in special populations, including patients with neurological conditions. An Iranian trial showed significant improvement using olive oil massage, while a Turkish study found abdominal massage superior to kinesio taping. Treatment duration ranged from ۱۰–۲۰ minutes daily over ۱–۴ weeks.

Conclusion : Current evidence supports abdominal massage as a safe, low-cost, and effective non-pharmacological intervention for chronic and functional constipation. It enhances bowel function, especially in elderly or medically complex patients, and may be particularly effective when combined with traditional oils. Despite some variability in massage protocols, findings consistently suggest therapeutic value, warranting its integration into clinical care strategies.

Abstract ID: ۱۹۱

Presentation Type: Poster

Investigation of the Synergistic Effects of Leech Therapy and Acupuncture on the Comprehensive Improvement of Clinical Symptoms and Quality of Life in Patients with Multiple Sclerosis: A Retrospective Observational Study

Qadir Mohammadi^۱ *, Leila Ahmadzadeh-Gavahan^۱

^۱. Dr. Qadir Mohammadi's Health Center

Background and Aim : Multiple Sclerosis (MS) is a chronic immune-mediated neurodegenerative disease characterized by demyelination, neuroinflammation, and neuronal damage, leading to symptoms like fatigue, spasticity, pain, visual and cognitive impairment. While disease-modifying therapies (DMTs) including interferons, monoclonal antibodies, and oral agents reduce relapse rates, they often cause side effects like flu-like symptoms, depression, hepatotoxicity, macular edema, and increased infection risk (Goodin et al., ۲۰۱۲; Montalban et al., ۲۰۱۸). Moreover, many DMTs inadequately address chronic non-relapsing symptoms such as fatigue and mood disorders, leading to interest in complementary treatments like acupuncture and leech therapy. Acupuncture, based on Traditional Chinese Medicine, modulates neuroimmune and neurovascular pathways through meridian point stimulation. Clinical evidence supports its effectiveness in alleviating fatigue, spasticity, pain, gait disturbances, and mood symptoms in MS (Khodaie et al., ۲۰۲۲; Criado et al., ۲۰۱۷). Scalp acupuncture, in particular, has been linked to improved cortical regulation and motor function (Hao et al., ۲۰۱۳). Leech therapy (hirudotherapy) utilizes bioactive compounds such as hirudin, eglins, bdellins, and hyaluronidase, which offer anticoagulant, anti-inflammatory, and circulation-enhancing effects. These may complement acupuncture by improving tissue perfusion and neurovascular health, potentially preventing microvascular plaque accumulation in the brain and spinal cord (Sig et al., ۲۰۱۷; Rigbi et al., ۱۹۹۶). This study aimed to explore the synergistic effects of acupuncture and leech therapy on MS symptom burden and quality of life.

Methods : This retrospective observational study conducted at Dr. Qadir Mohammadi's Health Center evaluated ۷۰ MS patients who had undergone at least four sessions of leech therapy and twelve sessions of acupuncture between ۲۰۲۲ and ۲۰۲۵. Clinical notes were reviewed for subjective and objective improvements across multiple symptom domains, including motor and sensory function, vision, fatigue, spasticity, pain, sleep and mood, cognition, speech, bladder function, postural balance, and medication dependence.

Results : Among the ۷۰ patients evaluated, clinical documentation indicated sensory disturbances decreased in ۵۴,۳% of patients. Improvements in sleep quality and mood were noted in ۴۵,۷%, with ۴۱,۴% experiencing increased energy and reduced fatigue. Motor and visual functions improved in ۳۱,۴% and ۳۷,۱% of patients, respectively. Additionally, ۳۰,۰% reduced reliance on symptomatic medications, and ۲۸,۶% showed better postural balance. Muscle spasticity improved in ۳۸,۶%, urinary symptoms in ۴۱,۴%, neuropathic pain in ۱۰%, cognitive function in ۱۲,۹%, and speech clarity in ۱۵,۷%. Eleven percent experienced no improvement, while ۷,۱% reported mild symptom worsening, such as transient fatigue or dizziness. No adverse events were reported.



Conclusion : This retrospective analysis suggests that combining acupuncture and leech therapy may provide complementary benefits in managing multiple sclerosis (MS) symptoms. Acupuncture likely improves fatigue, spasticity, and mood disturbances by modulating neuroimmune pathways and enhancing neuroplasticity (Khodaie et al., ۲۰۲۲). Leech therapy may enhance these effects through improved microvascular perfusion and anti-inflammatory actions, benefiting sensory perception, fatigue, and sleep quality (Sig et al., ۲۰۱۷). Despite promising findings, limitations including retrospective design, lack of control group, and subjective outcome measures limit definitive conclusions. However, consistent symptom improvements and good safety profile support further research. Future controlled trials using validated tools such as EDSS, FSS, and MSQoL-۵۴ are recommended to confirm these benefits and clarify neuroimmunological and microvascular mechanisms.

Abstract ID: ۴۰

Presentation Type: Poster

Exploring the lived experiences of wet cupping (Hijamat) among patients referred to Persian medicine clinics

Hoorieh Mohammadikenari^۱ *, Maryam Moghimi^۲ , Gholamreza Kordafshari^۲

- ^۱. Institute for Studies in Medical History, Persian and Complementary Medicine, Iran University of Medical Sciences, Tehran, Iran
- ^۲. Masiha Teb Shomal Knowledge-based cooperation, Sari, Iran

Background and Aim : Cupping (wet or dry) is a traditional treatment method that has been used among the world medical cultures including Persian medicine. Recently, the use of wet cupping in Iran, like many other countries in the world is more popular. And health policy makers dominantly affect the correct and scientific application of this therapeutic method. On the other hand, there is lack of sufficient practical and valid research on wet cupping in Iran. However, due to the lack of comprehensive scientific studies on the effects of wet cupping there are still controversies about its effectiveness among Persian medicine experts. In regard to the importance of wet cupping and its therapeutic results, the present study is an attempt to explore point of views and lived experiences of wet-cupped people in Iran. This study dealt with people's personal experiences about wet cupping, their feelings after wet-cupping, the difference between wet cupping and other types of bloodletting, and its side effects. Objective: This study dealt with people's personal experiences about wet cupping, their feelings after wet-cupping, the difference between wet cupping and other types of bloodletting, and its side effects.

Methods : This study is an attempt to record the views and lived experiences of people who received this treatment in Iran. The study key informants are participants with at least one history of wet cupping for a month ago, and those who had different wet-cupping experiences. Data was collected via semi-structured in-depth interviews and data gathering continued till data saturation.

Results : Twenty-four people participated in this study, ۱۹ of whom, in addition to the experience of wet cupping, had a history of phlebotomy (Fasd) or blood donation, or both. Seven people had the experience of wet cupping and phlebotomy but did not donated blood. Four participants had only been wet cupped, and one person had experienced wet cupping and blood donation without phlebotomy. The mean age of participants was ۴۴,۸۶ years, of which ۴۰,۷۵% were female and ۵۹,۲۵% were male. The lived experiences of the study participants indicate their satisfaction of wet cupping therapeutic results, durability of its effects and its low complications. More, from their point of views, wet cupping is superior to blood transfusion in terms of its favorable advantages. The results of this study were classified into seven main categories: ۱) Motivation of participants to do wet cupping ۲) Diseases treated by wet cupping ۳) Participants' feelings after wet cupping ۴) Durability of wet cupping effects ۵) Complications of wet cupping ۶) Measures taken by the patient to eliminate the complications of wet cupping ۷) Comparing wet cupping with phlebotomy and blood donation

Conclusion : According to the study findings, wet cupping is a preferred method of treatment among the study participants. However, conducting more studies in the field of wet cupping and on its effects on health and disease are highly recommended to encourage its correct application and to clear the misconceptions in regard to this method.

Abstract ID: ۳۶۹

Presentation Type: Poster

Investigating the effect of topical use of flax seed oil in patients with fibrocystic breast disease

Elham Parsa^{۱*}, mahmoud moujerloo^۲

- ^۱. Department of Traditional, Pharmacy and Persian Medicine, TeMS.C., Islamic Azad university, Tehran, Iran
- ^۲. Faculty of Pharmacy and Pharmaceutical sciences, Tehran Medical Sciences, Islamic Azad University, Tehran, Iran

Background and Aim : Fibrocystic breast disease is the most common benign breast disease. It is common among women aged ۳۰-۵۰. its exact cause is not known, but hormonal imbalances such as increased estrogen; decreased progesterone; increased prolactin; lack of unsaturated fatty acids can cause it. In domestic and international studies, evening primrose; vitamin E; tamoxifen have been used for treatment, Due to the high prevalence of this disease and the reported complications, especially from the use of chemical drugs, new and effective treatments for this disease are welcomed. One of the treatment and research strategies for almost all diseases is the study of traditional and herbal medicine products. Considering the history of these treatments in our country, this study examined the use of a type of oil (flaxseed oil) in fibrocystic breast disease.

Methods : During the study, patients in two groups of ۳۶ people (total ۷۲ people) with fibrocystic breast disease; according to the random sequence; were examined within three and six months. All patients received vitamin E ۴۰۰ IU per day, one group of ۳۶ people received flaxseed oil (group A) topically twice a day and the other group of ۳۶ people received paraffin oil (group B) topically twice a day. Patients were checked for three items: pain intensity (by patient), nodularity (by surgeon), and cyst number (by ultrasound) three months and six months later.

Results : ? In the flaxseed oil group, the number of cysts observed decreased from more than ۵ cysts to less than ۳ cysts in the six months after the first visit, while in group B or paraffin, the number of cysts did not change much. ? In the flaxseed oil group, the pain intensity decreased from severe to mild in the six months after the first visit. In group B, the pain intensity decreased from severe to moderate. ? In the flaxseed oil group, the number of lesions (nodularity) decreased from unchanged to ۱۰۰ percent in the six months after the visit.

Conclusion : The current study showed that topical application of flaxseed oil in patients with fibrocystic breast disease significantly reduced pain intensity, number of cysts, and severity of lesions in the patients studied. Therefore, it can be said that topical application of flaxseed oil is effective in fibrocystic breast disease. According to the findings of the current study, topical application of flaxseed oil is recommended as one of the treatment methods in women with fibrocystic breast disease.

Abstract ID: ۳۴۵

Presentation Type: Poster

Investigating the Effect of Traditional Persian Manual Technique on Pain and Disability in Patients with Chronic Low Back Pain: a randomized controlled clinical trial

MohammaTaghi Rezaipour^۱, Fatemeh Nejatbakhsh^۲, Younes Roohani^۳, Mohammad Sadeq Adel-Mehraban^۱, Alireza Abbassian^۴ *

۱. Department of Traditional Medicine, School of Persian medicine, Tehran University of Medical Sciences (TUMS), Tehran, Iran; Traditional Persian Medicine and Complementary Medicine (PerCoMed) Student Association, Students' Scientific Research Center, Tehran University of Medical Sciences, Tehran, Iran
۲. Department of Traditional Medicine, School of Persian medicine, Tehran University of Medical Sciences (TUMS), Tehran, Iran; Food Microbiology Research Center, Tehran University of Medical Sciences (TUMS), Tehran, Iran
۳. Mostafa Khomeini Hospital, School of Medicine, Shahed University, Tehran, Iran
۴. Department of Traditional Medicine, School of Persian medicine, Tehran University of Medical Sciences (TUMS), Tehran, Iran

Background and Aim : Chronic low back pain (CLBP) is a significant health issue that negatively affects quality of life. Given the high recurrence rate of CLBP and patients' reluctance to undergo invasive treatments, Persian Medicine offers a manual technique for pain management. This study aimed to evaluate the efficacy of a Persian Medicine-based manual therapy to treat patients with CLBP.

Methods : This randomized controlled trial was performed among ۱۰۸ patients with CLBP referred to Tehran University of Medical Sciences outpatient clinic from July to December ۲۰۲۴. Participants were randomly assigned to two groups (using block randomization), receiving either Persian Medicine manual therapy (PMT) or a placebo technique (PCT), which simulated the original technique. Each patient received the intervention once, and pain severity and disability were assessed using the Visual Analog Scale (VAS) and the Roland-Morris Disability Questionnaire (RMDQ) at five different time points. Data was analyzed by SPSS v۱۶ software using repeated measures analysis of variances.

Results : Half of the patients were male and mean age was ۴۶,۹۳ years. PMT significantly reduced pain severity (MD: -۳,۱, ۹۵%CI: -۳,۹۲ to -۲,۲۷) ($P < ۰,۰۰۱$) and improved RMDQ scores ($P < ۰,۰۰۱$) (MD: -۴,۷۲, ۹۵%CI: -۶,۵۲ to -۲,۹۱) with lower recurrence rate, compared to the PCT group (MD: -۰,۳, ۹۵%CI: -۰,۹۲ to +۰,۳۲, and MD: -۰,۹, ۹۵%CI: -۳,۰۲ to +۱,۲۲, respectively). No adverse effects were reported.

Conclusion : The Persian Medicine manual technique may be considered a complementary treatment for patients with CLBP, providing effective pain relief and improvement in disability.

Abstract ID: ۳۷۷

Presentation Type: Poster

Impact of Acupressure on Pain Relief and Physiological Responses in Patients Undergoing Extracorporeal Shock Wave Lithotripsy: A Randomized Double-Blind Clinical Trial

Ali Safdari^۱, Salman Khazaei^۲, Mahdi Biglarkhani^۳, Seyed Habibollah Mousavibahar^۴, Seyed Reza Borzou^۵ *

۱. Student Research Committee, Semnan University of Medical Sciences, Semnan, Iran
۲. Department of Epidemiology, Research Center for Health Sciences, Hamadan University of Medical Sciences, Hamadan, Iran
۳. Persian Medicine Department, Medical School, Hamadan University of Medical Sciences, Hamadan, Iran
۴. Urology & Nephrology Research Center, Hamadan University of Medical Science, Hamadan, Iran
۵. Department of Medical Surgical Nursing, School of Nursing and Midwifery, Chronic Diseases (Home Care) Research Center, Hamadan University of Medical Sciences, Hamadan, Iran

Background and Aim : Extracorporeal shock wave lithotripsy (ESWL) is a widely used treatment for kidney stones, but pain management during the procedure remains a significant challenge. This study aimed to assess the effect of acupressure at the Qiu point on pain intensity and physiological indices in patients undergoing ESWL for kidney stone treatment.

Methods : This randomized, double-blind, sham-controlled clinical trial was conducted at Shahid Beheshti Educational-Medical Center in Hamadan, Iran, from May to August ۲۰۲۳. A total of ۷۴ patients aged ۱۸-۶۵, diagnosed with kidney stones smaller than ۲ cm and undergoing their first ESWL session, were enrolled. Participants were randomly assigned to either the acupressure (intervention) group or a sham group, with ۳۷ patients in each. The intervention consisted of ۳ minutes of acupressure applied to the Qiu point, ۱۰ minutes before ESWL and again immediately prior to treatment. In the sham group, participants received a superficial touch at a neutral point. Pain intensity was measured using the Visual Analog Scale (VAS) at baseline and at multiple time points post-intervention (۱, ۱۰, ۲۰, ۳۰, ۴۰, and ۵۰ minutes). Physiological parameters, including heart rate and blood pressure, were recorded at the same intervals. The primary outcomes were pain intensity and physiological responses, while secondary outcomes included lithotripsy success and patient satisfaction with the acupressure intervention.

Results : A total of ۷۰ patients completed the study, with no significant demographic differences between the intervention and sham groups. Analysis revealed significant reductions in pain intensity in the acupressure group at ۲۰, ۳۰, and ۴۰ minutes after the intervention ($P < ۰,۰۵$). Additionally, heart rate differences between groups were significant at ۳۰ and ۴۰ minutes ($P < ۰,۰۵$). Systolic blood pressure showed significant differences at ۳۰ minutes post-treatment ($P = ۰,۰۳۵$), while no significant differences were observed in diastolic blood pressure ($P > ۰,۰۵$). A follow-up evaluation ۳ weeks post-treatment indicated no significant difference in the success rate of stone fragmentation between the two groups. However, over ۵۴% of patients in the acupressure group reported being satisfied or very satisfied with the intervention, suggesting it was well-received.



Conclusion : Acupressure at the Qiu point provides significant pain relief and a reduction in heart rate in patients undergoing ESWL. While acupressure also showed some effect on systolic blood pressure, further studies are needed to confirm its impact on physiological indices. Overall, acupressure appears to be an effective, non-invasive option for enhancing patient comfort during ESWL procedures.

Abstract ID: ۴۰۸

Presentation Type: Poster

The Effectiveness of Leech Therapy in the Severity of Diabetic Neuropathy: A Randomized Controlled Trial

haleh tajadini^{۱*}, Farshad Alemi^۲, Maryam Azimi^۳, Reihaneh Moeini^۴, Hoda Shirafkan^۵, Mohammadali Bayani^۶, Morteza Mojahedi^۴

۱. Neuroscience Research Center, Institute of Neuropharmacology, Department of Traditional Medicine, Faculty of Persian Medicine, Kerman University of Medical Sciences, Kerman, Iran
۲. Department of Traditional Medicine, Faculty of Persian Medicine, Kerman University of Medical Sciences, Kerman, Iran
۳. Gastroenterology and Hepatology Research Center, Kerman University of Medical Sciences, Kerman, Iran
۴. Traditional Medicine and History of Medical Sciences Research Center, Health Research Institute, Babol University of Medical Sciences, Babol, Iran
۵. Social Determinants of Health center, Babol University of Medical Sciences, babol, Iran
۶. Social Determinants of Health center, Babol University of Medical Sciences, Babol, Iran

Background and Aim : Diabetic peripheral neuropathy is one of the most common causes of disability in diabetic patients. Applying a method to achieve the highest therapeutic effect in patients is desirable. Therefore, this study aimed to evaluate the impact of leech therapy on diabetic neuropathy of lower limbs in comparison to gabapentin as a standard method.

Methods : This randomized controlled parallel-group clinical trial was conducted among ۴۰ patients with type II diabetes who were diagnosed with lower limb diabetic neuropathy and referred to specialized outpatient clinics in Babol, Mazandaran province, Iran from ۲۳ September ۲۰۲۰ to ۱۷ March ۲۰۲۱. The patients were randomly divided into two groups. One group was treated with leech therapy and the other group was treated with gabapentin as the standard method. The severity of neuropathy was assessed every ۱۵ days until the ۴۵th day. The Visual Analog Scale (VAS), Neuropathy Symptom Score (NSS), Neuropathy Disability Score (NDS), and Nerve Conduction Velocity (NCV), and Electromyography (EMG) were used for assessing the study outcomes. The repeated measure and Friedman tests were used by SPSS.V.۲۳.

Results : The results of our study indicated that pain (P value: ۰,۰۳), numbness (P value<۰,۰۰۰۱), and paraneesthesia (P value: ۰,۰۱) significantly reduced in patients undergoing leech therapy versus patients taking gabapentin on the ۴۵th day. The total NSS (P value<۰,۰۰۰۱) and total NDS (P value<۰,۰۰۰۱) improved significantly for patients with leech therapy over ۴۵ days compared to the patients with gabapentin.

Conclusion : The results of our study showed that using leech therapy for patients with diabetic neuropathy was more effective in improving clinical symptoms and the functions of lower limb muscles and nerves in comparison to gabapentin. The severity and symptoms of neuropathy greatly improved for the patients treated with leech therapy versus patients taking gabapentin.



Abstract ID: ۳۱۰

Presentation Type: Poster

Neurological Effect of "Narges" (*Narcissus tazetta* L.)

Parivash Gholami^۱, Ghazaleh Heidarirad^۱, Roshanak Mokaberinejad^۱, Mahmood Khodadoost^{۱*}

^۱. *Traditional Medicine and Materia Medica Research Center and Department of Traditional Medicine, School of Traditional Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran*

Background and Aim : *Narcissus tazetta* L. (Amaryllidaceae), native to Iran, and cognitive enhancement is one of the important topics about this plant. This study synthesizes traditional knowledge and modern research on the neurological applications of this concept.

Methods : We reviewed classical Persian medical texts, including Avicenna's "Canon of Medicine", Rhazes' "Al-Hawi", and Aghili Khorasani's "Makhzan-al-Advieh" with Narjes and Narges keywords alongside contemporary literature from PubMed, Scopus, Google Scholar, and ScienceDirect using the keywords: *Narcissus tazetta*, brain, and Alzheimer's.

Results : In Traditional Persian Medicine (TPM), *N. tazetta* has a hot and dry temperament (mezaj). Its neurological prescriptions primarily involve inhaled or topical oil applications, used to address phlegmatic/melancholic headaches, neuropathic pain, and phlegm-induced paralysis by thinning viscous humors and dissolution of tissue obstruction. Modern studies highlight galantamine, a key alkaloid in narcissus bulbs, as the primary neuroprotective agent. Some of the known biopharmaceutical effects of galantamine are as follows: • Reversible inhibition of acetylcholinesterase (AChE) and butyrylcholinesterase (BuChE), countering cholinergic deficits in Alzheimer's disease • Crossing the blood-brain barrier • Allosteric modulation of nicotinic receptors, enhancing cholinergic neurotransmission These properties underpin galantamine's FDA approval (as Reminyl®) for palliative management of mild-to-moderate Alzheimer's symptoms.

Conclusion : Traditional uses of *N. tazetta* in the elimination of waste products align with modern evidence of its antioxidant and anti-inflammatory effects. While preparation and drug delivery methods differ between TPM and modern pharmacology, historical insights remain valuable for guiding future research on plant-derived neurotherapeutics.

Abstract ID: ۵۴۳

Presentation Type: Poster

Identification of Cuscuta species based on Traditional Medicine data via Ethnobotanical and Phytochemical methods on Popular Market and Natural specemenes.

Leila Abdi^{۱*}, Maryam Shekarchi^{۱,۲}

^۱. ^۱Food and Drug Control Laboratories and Food and Drug Laboratory Research Center, MOH and ME, Tehran, Iran.

Background and Aim : Aftimoon and Koshuth are introduced as medicinal herbs with highly valuable properties in most of traditional Iranian manuscripts. The materials supplied to Iran's medicinal herbs as Aftimoon is totally different than what has been introduced and discussed in the references and many fakes were found in the crude drug samples, which seriously influenced the drug's quality; therefore this research is dedicated to the identification of Aftimoon.

Methods : A review of Iranian traditional medicine reference regarding this species. The antioxidant activity of total extract was determined by DPPH method. By using The HPLC experiment method, the amount of each of the flavonoids were determined.

Results : At the concentration of ۵۰۰ µg/mL for C. chinensis, and ۱۵۰ µg/mL for C. epithymum showed antioxidant activity comparable with that of BHA (۲۲۰ µg/mL, $p < ۰,۰۵$). The IC_{۵۰} of extract were ۱۵۳,۷ µg/mL and ۴۲,۳ µg/mL respectively. Total phenolic compounds was ۳۷,۲۷ mg for C. chinensis and ۷۸/۷۵mg for C. epithymum of GAE/g of dried plants respectively. By using The HPLC experiment method, the amount of each of the flavonoids were: Rutin ۸,۵۳ mg, Hyperoside ۱,۱ mg, Isorhamnetin ۶,۴۹ mg and ۹۰ mcg Kaempferol, respectively, which were evaluated in one gram of whole plant of C. chinensis and Rutin ۵۵/۱ mg, Hyperoside ۴/۸۲ mg and Quercetin ۰/۸ mg, respectively, which were evaluated in one gram of whole plant of C. epithymum.

Conclusion : The considerable difference in the quantity of Aftimoon Flavonoids grown on Avishan compared to the other hosts_۱۴ times more as mentioned in table ۲۸-۳_ and the difference in the quantity of Koshuth Flavonoids grown on different hosts which has a meaningful difference, disclose the importance of the type of the host plants. Keywords: C. epithymum, C. chinensis, Aftimoon, Koshuth, Iranian Traditional Medicine, flavonoids, HPLC.



Abstract ID: ۶۰۳

Presentation Type: Poster

The Sleep-Promoting Effects of *Lactuca sativa* L.: A Comprehensive Review

Media Abedian^۱ *

^۱. *L. sativa*; *Insomnia*; *Persian medicine*; *Sleep disturbance*

Background and Aim : Lettuce and its seeds, known as *Lactuca sativa* L., contain bioactive compounds including Lactucopicrin and lactocin that play a role in the regulation of the sleep-wake cycle. Also, traditional Persian medicine textbooks recommend *L. sativa* for managing insomnia and other sleep disorders. Hence, according to the lack of certain evidence on the efficacy of *L. sativa* on sleep disturbances, this study was designed to conduct a brief review of current evidence.

Methods : In the present comprehensive review, we searched PubMed, Web of Science, Cochrane Library databases, and Scopus using relevant keywords and synonyms for '*L. sativa*' and 'sleep disturbance' up to ۵ October ۲۰۲۵. Pharmacologic, toxicologic, preclinical, and clinical studies were investigated.

Results : A total of fifty articles on lettuce seeds were reviewed to identify common research trends and findings. Lettuce seed has a high polyphenol content, including caffeic acid, chlorogenic acid, and chicory acid. Lettuce is a valuable source of sleep-promoting substances and contains antioxidant phenols that protect against oxidative stress caused by sleep disruption. Lettuce seed extract has a pronounced sedative effect and has potentiated the hypnotic effect of barbiturates in animal models. On the other hand, in addition to reducing patients' stress and anxiety and improving their sleep quality, oral lettuce syrup is used as an adjunct treatment to reduce pain after surgery. Lettuce can improve average sleep quality scores, sleep duration, sleep efficiency, and sleep disturbance observed in patients with breast cancer who are under chemotherapy. Various studies have not shown any specific side effects for lettuce, to the extent that lettuce seeds reduce insomnia during pregnancy and can be recommended as a safe natural treatment for treating pregnancy-related insomnia.

Conclusion : recent studies support *L. sativa* as a promising herbal treatment with sedative, anxiolytic, and sleep-enhancing features. While being generally safe, most of the available data are derived from animal studies or small-scale clinical trials. Hence, well-designed randomized controlled clinical trials with *L. sativa* standard formulations are required to confirm its efficacy, determine optimal dosing, and evaluate long-term safety across different patient groups. Regarding its traditional use, favorable safety, and evidence on its efficacy, *L. sativa* can be considered a valuable complementary remedy for the management of sleep disturbances

Abstract ID: ۱۲۴

Presentation Type: Poster

Evaluation of traditional Iranian herbal compounds in the development of antibacterial biomaterials for medical implants

ELNAZ ABEDINI^۱ *

^۱. Department of Biomedical Engineering, Karabuk University, Karabuk, Turkey

Background and Aim : Medical implants are one of the main challenges in orthopedic and dental surgeries due to the risk of biofilm-related infections. Resistant bacteria such as *Staphylococcus aureus* and *Pseudomonas aeruginosa* can cause serious complications. Traditional Iranian herbal compounds, due to their antimicrobial, antioxidant, and biocompatibility properties, are a promising option for the development of antibacterial biomaterials. These compounds can provide a natural and low-cost alternative to synthetic antibiotics. The aim of this study is to design and evaluate biomaterials coated with traditional Iranian herbal extracts to reduce infections associated with medical implants.

Methods : In this study, biomaterials based on biocompatible polymers (polylactic acid and chitosan) were selected as substrates. Herbal extracts of saffron (containing crocin), black cumin (containing thymoquinone), and Shirazi thyme were selected due to their antibacterial and antioxidant properties and were prepared by solvent extraction method. The biomaterials were loaded with herbal extracts by dip coating method. The physicochemical properties of the biomaterials, including surface morphology, controlled release of the extract, and biocompatibility, were investigated using scanning electron microscopy (SEM), UV-Vis spectrophotometry, and MTT assay. The antibacterial activity of the biomaterials against *Staphylococcus aureus*, *Pseudomonas aeruginosa*, and *Escherichia coli* was evaluated by disk diffusion and minimum inhibitory concentration (MIC) methods. In an animal model (rat), the biomaterials were implanted at the site of a titanium implant, and the rate of biofilm formation and local inflammation were examined. Data were analyzed using ANOVA statistical analysis.

Results : Biomaterials coated with plant extracts showed a uniform and porous surface (porosity ۶۵-۸۰٪), which was suitable for controlled extract release. The release of saffron and thyme extracts was stable for up to ۱۴ days. MTT assay confirmed the high biocompatibility of the biomaterials with cell survival of more than ۹۰٪. The antibacterial activity of the biomaterials was particularly strong against *Staphylococcus aureus* (MIC: ۰,۵-۱ mg/mL) and *Pseudomonas aeruginosa* (MIC: ۰,۸-۱,۵ mg/mL). In an animal model, biomaterials coated with saffron and thyme combination reduced biofilm formation by ۷۰٪ ($p < ۰,۰۱$) compared to the control group. A significant decrease in inflammatory markers (IL- β and TNF- α) and an increase in implant integration with the surrounding tissue were also observed. No systemic or local toxicity was reported.

Conclusion : Biomaterials coated with traditional Iranian herbal extracts, especially saffron and thyme, showed high potential for application in medical implants due to their strong antibacterial properties, biocompatibility, and ability to reduce biofilm formation. Controlled release of the extracts created a stable antimicrobial environment that effectively reduced the risk of infection. This approach, by utilizing Iranian natural resources, can be a safe and cost-effective alternative to chemical coatings. Future research should focus on formulation optimization, clinical studies, and long-term performance evaluation of biomaterials to facilitate their application in clinical practice.

Abstract ID: ۱۵۶

Presentation Type: Poster

Effects of Sumac on Blood Glucose Parameters, Action Mechanisms, and Clinical Implications: A Scoping Review

Zahra Aghabeiglouei^۱ *

^۱. Department of Traditional Medicine, School of Persian Medicine, Shahed University, Tehran, Iran.

Background and Aim : Type ۲ diabetes mellitus (T₂DM) poses a substantial global health burden, necessitating cost-effective therapeutic interventions. *Rhus coriaria* (sumac), a polyphenol-rich botanical with potent antioxidant properties, demonstrates potential hypoglycemic effects. This scoping review synthesizes extant evidence to map sumac's role in glycemic regulation and its underlying pharmacological mechanisms.

Methods : A comprehensive evidence mapping was conducted across seven biomedical databases (PubMed, Scopus, Cochrane Library, Web of Science, SID, Magiran, ScienceDirect) from ۲۰۰۰-۲۰۲۴. Search concepts combined: (۱) *Rhus coriaria* nomenclature (Sumac, سماق), (۲) glycemic parameters (blood glucose, HbA_{1c}, insulin resistance, type ۲ diabetes), and (۳) evidence types (clinical trial, animal study, review). Persian and English publications were screened at title/abstract level using predefined inclusion criteria. Google Scholar supplemented grey literature retrieval.

Results : Clinical evidence from ۸ randomized trials (n=۴۳۸ patients) demonstrated that daily supplementation with ۳g *Rhus coriaria* powder significantly reduced fasting blood glucose (FBG) by ۱۳.۲% (۹۵% CI: ۱۵.۱, ۱۱.۳; p<۰.۰۰۱) and HbA_{1c} by ۰.۹۱% (۹۵% CI: ۱.۲, ۰.۶) in type ۲ diabetes (T₂D) patients over ۳ months. These effects paralleled improved insulin sensitivity (HOMA-IR ۲۵.۷%) and lipid metabolism, with notable reductions in LDL-cholesterol (۱۵.۲%) and apoB (۲۱.۴%). The antioxidant potency of sumac polyphenols (gallic acid, anthocyanins) elevated total antioxidant capacity (TAC) by ۳۵%, correlating inversely with FBG levels (r=۰.۶۸, p=۰.۰۱). Mechanistic studies revealed sumac's multimodal action: (۱) potent inhibition of carbohydrate-hydrolyzing enzymes (?-glucosidase IC₅₀=۲۸.۴ ?g/mL; ?-amylase IC₅₀=۴۲.۱ ?g/mL), (۲) upregulation of skeletal muscle GLUT₄ translocation (+۴۰% vs. controls), and (۳) suppression of hepatic gluconeogenesis genes (PEPCK ۳۲%, G₆Pase ۲۸%). In high-fat diet rodent models, sumac prevented pancreatic ?-cell apoptosis (?caspase-۳ activity) and reduced hepatic steatosis (?ALT ۴۴%, p<۰.۰۵). No serious adverse events were reported in human trials, though mild hypoglycemia occurred in ۶.۳% of patients using concomitant glucose-lowering drugs. Chronic toxicity studies established a safety threshold of ۲۵۰۰ mg/kg/day in rodents, with hepatoprotective effects observed at therapeutic doses. Critical evidence gaps include limited long-term human data (>۶ months), heterogeneity in sumac formulations (extract vs. whole plant), and undefined pharmacokinetic interactions with CYP_{3A4}/P₄₅₀ substrates.

Conclusion : *Rhus coriaria* exhibits clinically meaningful hypoglycemic effects mediated through enzymatic carbohydrate inhibition, enhanced insulin sensitivity, and antioxidant activity. While demonstrating adjunct therapeutic potential for type ۲ diabetes, vigilance for herb-drug interactions and limitations—including short-term studies and unstandardized formulations—remains critical. Future research must prioritize long-term validation, bioactive standardization, and interaction assessments to translate promise into clinical practice.

Abstract ID: ۱۵۷

Presentation Type: Poster

Scoping Review: Impact of *Rhus coriaria* on Lipid Metabolism – Evidence Mapping and Clinical Implications

Zahra Aghabeiglooee^۱ *

^۱. Department of Traditional Medicine, School of Persian Medicine, Shahed University, Tehran, Iran.

Background and Aim : Dyslipidemia contributes significantly to global cardiovascular disease burden. *Rhus coriaria* (sumac), a Mediterranean plant rich in polyphenolic compounds, has traditional applications in lipid management. This scoping review maps existing evidence on sumac's effects on serum lipid parameters and identifies research gaps for clinical translation.

Methods : Following Arksey & O'Malley's scoping review framework, we systematically searched PubMed, Scopus, Web of Science, and regional databases (SID, Magiran) from inception through March ۲۰۲۴. Search concepts combined: sumac nomenclature (*Rhus coriaria*, سماق), lipid parameters (LDL-C, HDL-C, triglycerides, apolipoproteins), and study designs (clinical trials, animal studies, mechanistic investigations). Grey literature was supplemented via Google Scholar. Title/abstract screening and full-text review identified relevant evidence.

Results : Evidence Mapping Clinical Outcomes Human studies demonstrate consistent improvements in atherogenic lipid profiles following sumac supplementation. Daily administration of ۱-۳ grams sumac powder for ۸-۱۶ weeks reduces LDL cholesterol and triglycerides while elevating HDL cholesterol. These effects appear more pronounced in populations with metabolic comorbidities including type ۲ diabetes and non-alcoholic fatty liver disease. Mechanistic Pathways Preclinical evidence suggests multiple biological pathways: inhibition of pancreatic lipase activity, upregulation of hepatic LDL receptor expression, enhanced cholesterol conversion to bile acids via CYP۷A۱ activation, and attenuation of oxidative stress through increased serum antioxidant capacity. The tannin fraction appears particularly bioactive in lipid modulation. Safety Considerations Clinical trials report favorable safety profiles with mild, transient adverse effects limited primarily to gastrointestinal discomfort. Potential herb-drug interactions with lipid-lowering agents (statins, fibrates) remain inadequately characterized in current literature. Research Gaps Significant evidence limitations emerged: heterogeneous formulations (whole powder vs. standardized extracts), minimal long-term intervention data beyond ۲۴ weeks, inconsistent reporting of apolipoprotein changes, and insufficient exploration of genetic polymorphisms affecting lipid responses. Populations with severe dyslipidemia or familial hypercholesterolemia remain underrepresented.

Conclusion : Sumac demonstrates promising lipid-modifying effects mediated through multiple complementary biological pathways. The current evidence base supports further investigation with standardized preparations in well-defined clinical populations. Priority research directions include pharmacokinetic interaction studies, dose-response characterization of bioactive fractions, and longitudinal cardiovascular outcome trials.

Abstract ID: ۳۰۸

Presentation Type: Poster

The Effect of Fennel (*Foeniculum vulgare*) on Increasing Breast Milk Production: A Narrative Review Article

Mahsa Ahmadi^{۱*}, Nazanin Hesari^۲, Mobina Hossein Fakhrabadi^۲

۱. Student Research Committee, Department of midwifery, Faculty of Nursing and Midwifery, North Khorasan University of Medical Sciences, Bojnurd, Iran
۲. Instructor, Department of Midwifery, Faculty of Nursing and Midwifery, North Khorasan University of Medical Sciences, Bojnurd, Iran

Background and Aim : Fennel (*Foeniculum vulgare*) is a widely used medicinal plant in traditional and modern medicine. Numerous experimental and clinical studies have confirmed fennel's positive role in improving lactation and increasing breast milk volume. This plant, due to its phytosterogenic compounds, particularly anethole, can stimulate prolactin secretion (the main hormone responsible for milk production) and enhance the growth and function of mammary gland cells.

Methods : In this narrative review, scientific literature related to the effects of fennel (*Foeniculum vulgare*) on lactation and breast milk production was collected and analyzed. Searches were conducted in reputable scientific databases including PubMed, Google Scholar, Web of science, Proquest, Cochrane library and Scopus using the keywords: "Fennel," "Foeniculum vulgare," "breast milk production," "lactation," "galactagogue," and "breastfeeding." Selected studies published between ۲۰۱۴ and ۲۰۲۴ were included to cover the latest findings. The review encompassed original clinical trials, experimental studies, review articles, and related reports in both Persian and English. Duplicate papers, inaccessible articles, or those with low scientific quality (in terms of study design and data analysis) were excluded.

Results : Studies conducted on both humans and animals demonstrated that consumption of fennel teas or extracts improved parameters associated with milk production and quality, as well as neonatal growth. For instance, increased infant weight, higher frequency of breastfeeding, and greater number of wet diapers were reported, indicating improved milk sufficiency. The beneficial effects of fennel are mainly attributed to its phytosterogenic compounds such as anethole, which promote prolactin secretion and positively influence mammary gland cells.

Conclusion : Although fennel is generally reported as safe and low-risk, careful dose regulation is recommended, and consultation with a healthcare provider is advised in cases of allergies or use of specific medications. Moreover, fennel consumption during pregnancy should be cautious due to potential risks such as miscarriage. Based on the current evidence, fennel is an effective and accessible herbal option to support increased breast milk production; however, larger and well-controlled clinical trials are still needed to determine the optimal dosage and assess long-term safety.



Abstract ID: ۲۳۸

Presentation Type: Poster

Compare the Effect of "Ginger-Lavender", "Ginger", and "Mefenamic Acid" Capsules on the Severity of Primary Dysmenorrhea

Shadi Ahmadi^۱ *

^۱. MSc of Midwifery, Student Research Committee, Shahid Beheshti University of Medical Sciences, Tehran, Iran

Background and Aim : Background & aim: Primary dysmenorrhea is one of the most common complaints in women. This study was conducted to compare the effects of Ginger-Lavender, Ginger, and Mefenamic Acid capsules on the severity of primary dysmenorrhea.

Methods : Methods: This randomized, triple-blind clinical trial was performed in ۲۰۲۰ on ۹۰ female students with primary dysmenorrhea who lived in Shahid Beheshti dormitories. During the first three days of menstruation, the female students received ۳۰۰ mg of Ginger-lavender (۲۵۰ mg of Ginger and ۵۰ mg of lavender extract), "Ginger" (۲۵۰ mg), and "Mefenamic acid" (۲۵۰ mg) capsules in two consecutive cycles. In the intervention group, Ginger-Lavender capsules and in the control group, Mefenamic Acid capsules were prescribed four times daily for ۳ days from the onset of menstruation bleeding. Pain intensity was measured during ۲ months. A menstrual status questionnaire, a verbal multidimensional scoring system, and a visual analog scale (VAS) were used to collect data to determine the severity of the pain swas done with SPSS software version ۲۴

Results : Results: Ginger and Lavender , Ginger and mefenamic acid significantly reduced the severity and duration primary dysmenorrhea(P ۰,۰۵). This decrease was greater in the Ginger-lavender group than in the other two groups. Also, the Tukey test showed that the mean score of pain in the Ginger-Lavender group was ۱,۰۴ and ۱,۵۳ units lower than the Ginger and Mefenamic acid" groups, respectively. The mean pain score in the Ginger group was ۰,۴۹ units lower than that the mefenamic acid group.

Conclusion : Conclusion: Ginger-Lavender significantly reduced the severity and duration of menstrual

Abstract ID: ۱۵

Presentation Type: Poster

The effect of Carob (*Ceratonia siliqua* L) Capsule and Acupuncture on sperm motility, in idiopathic male infertility: A Randomized Controlled Trial

Mohammad Ahmadian^{۱*}, Roshanak Salari^۲, Fahimeh Soltanahmadi^۳, HamidReza Bahrami-Taghanaki^۴

- ^۱. Department of Persian Medicine, School of Persian and Complementary Medicine, Mashhad University of Medical Sciences, Mashhad, Iran
- ^۲. Department of Pharmaceutical Sciences in Persian Medicine, School of Persian and Complementary Medicine, Mashhad University of Medical Sciences, Mashhad, Iran
- ^۳. Mashhad Health Center No. 3. Youth Group of Family and School Health Society, Mashhad University of Medical Sciences, Mashhad, Iran
- ^۴. Department of Chinese Medicine, School of Persian and Complementary Medicine, Mashhad University of Medical Sciences, Mashhad, Iran

Background and Aim : Infertility is one of the growing health problems in most countries. However, current methods of treatment have a high cost and low success rate. Aims of study: The aim of this study was to evaluate the effects of herbal remedy based on *Ceratonia siliqua* and Acupuncture on sperm motility in men with idiopathic infertility

Methods : ۶۶ men with idiopathic infertility and asthenospermia were randomly divided into three groups. The Herbal group received three ۸۰۰ mg *Ceratonia siliqua* capsules daily. The Acupuncture group was treated with Acupuncture. The Control group received ۸۰۰ mg of Pentoxifylline tablets daily. The duration of treatment in all three groups was ۱۲ weeks and all subjects were examined before entering the study and at the end of the intervention in terms of sperm components, serum levels of sex hormones and the amount of inflammatory factors

Results : Comparison of study results showed, progressive sperm motility (A+B) increased significantly in both Herbal and Acupuncture groups, in contrast to the control group ($P = ۰,۰۱$). Also, the follow-up of patients participating in the study within one year after the end of the intervention showed the fertility of the spouses of ۱۰ patients (۲ in the pentoxifylline group, ۳ in the carob capsule group and ۵ in the acupuncture group), which in comparison There was no significant difference between groups ($P = ۰,۶۸$).

Conclusion : Due to the high acceptance of people towards medicinal plants and acupuncture, the use of *Ceratonia siliqua* capsules and acupuncture can be a low-cost and suitable alternative for the treatment of idiopathic male infertility in patients with reduced sperm motility. However, further studies in the future with longer follow-up can be useful to clarify the ambiguities of effectiveness based on the type of disorder and the exact mechanism of these two treatments

Abstract ID: ۲۴۳

Presentation Type: Poster

Investigating the use of licorice in various disorders

Atefeh Ahmadinia^۱ *

^۱. Master's degree student in critical care nursing, Student Research Committee, Semnan University of Medical Sciences, Semnan, Iran.

Background and Aim : One of the branches of complementary medicine is herbal medicine, which, with the increasing use of medicinal plants and their products, has accentuated the role of these plants in the global economic cycle. Medicinal plants are valuable resources that have attracted the attention of many countries and, in terms of their use in the treatment and prevention of diseases, are of particular importance in ensuring the health and well-being of society. Iran is considered one of the richest sources of medicinal plants in the world, and one of its most important indigenous medicinal plants is Shirinbayan, which is exported annually. This plant is important in the world due to its important medicinal and nutritional compounds and has attracted the attention of the pharmaceutical and food industries. The present study aimed to investigate the use of licorice in various disorders.

Methods : In this review study, a search was conducted in Irandoc, SID, PubMed, and Google Scholar databases. Articles published between ۲۰۰۱ and ۲۰۲۰ were used, and ۳۰ articles in this field were extracted.

Results : Some of the active ingredients extracted from licorice include: glycyrrhizin, glycyrrhizic acid, liquitin, liquitriginin, and glabridin. Glycyrrhizin is responsible for its anti-inflammatory and anti-allergic effects. Following the activation of the immune system, glycyrrhizic acid inhibits cyclooxygenase activity, prostaglandin formation, platelet aggregation, and delays the inflammatory process. With its ability to inhibit *Helicobacter pylori*, it is effective in treating gastric mucosal problems and reducing stomach acid. Liquitin and liquitriginin have antitussive effects. Glabridin also has antioxidant and wound healing effects. This plant is used in the treatment of upper respiratory tract infections, bronchitis, peptic and duodenal ulcers, chronic gastritis, rheumatism, and adrenal insufficiency. Anticancer effects on melanoma cells and stomach cancer cells, antiviral effects against influenza, hepatitis B, and herpes viruses have been proven. The extract of this plant is effective in improving atopic dermatitis and reducing inflammation and lesions caused by ultraviolet radiation, and in treating skin lesions such as eczema and itching. Licorice significantly reduces blood cholesterol and triglyceride levels, thus preventing the development of atherosclerosis. The use of this plant and its products is contraindicated for women during pregnancy or lactation. Excessive consumption of this plant or its other products can stimulate the adrenal glands and cause excessive secretion of the hormone aldosterone, so caution should be exercised when consuming the plant, and people taking blood pressure medication should not use licorice at the same time.

Conclusion : There is a significant relationship between herbal medicine and licorice with various disorders, which, if used correctly and according to the protocol, has positive results in patients. Herbal therapy with licorice has anti-inflammatory, anti-allergic, antimicrobial, antioxidant, antidiabetic, anti-asthma, and anticancer activities, and is also associated with beneficial effects on the immune system and digestive system, cardioprotective effects, antitussive and cough-relieving effects, and analgesic and pain-reducing properties. Therefore, a meta-analysis study in this field and the creation of a protocol for the method of use and criteria for patients' entry into this treatment method seem necessary.



Abstract ID: ^

Presentation Type: Poster

Modulation of metabolic and hemodynamic pathways by green synthesis of zinc nanoparticles from ginger contributes to the treatment of diabetic nephropathy in animal model.

Abolfazl Akbari¹ *

¹. University of Mazandaran

Background and Aim : Background: Although zinc and ginger effects on diabetic nephropathy (DN) are somewhat known, their effects in the form of nanoparticles and green synthesis of zinc nanoparticles from ginger (GSZNPG) on metabolic and hemodynamic pathways in subjects with DN are not clear. Objective: The aim of this study was to the effect of the nanoparticles of zinc, ginger, and GSZNPG on DN by evaluating the metabolic and hemodynamic pathways in the kidney tissue of male rats.

Methods : Methods: Adult male Wistar rats were assigned into controlled and treated groups. Treatment with ginger, zinc, nanoparticles, and GSZNPG was done in the diabetic rats. The activity of angiotensin II/aldosterone/renin/ Nrc^2 /SGLT² as the hemodynamic pathway, and the RAGE/PKC/NF- κ B/Nrf² as metabolic pathway were measured along with renal oxidative markers and TNF- α , and the serum levels of insulin, glucose, creatinine, and urea.

Results : Results: HFD-induced T²DM could increase the activity of the hemodynamic pathway and metabolic pathway in the diabetic group compared to the control group ($P < 0.05$). The serum levels of creatinine and urea significantly increased in the diabetic group ($P < 0.05$). However, treatment with different doses of ginger, zinc, their nanoparticles, and GSZNPG could inhibit these pathways and reduce the serum creatinine and urea levels in diabetic rats compared to the diabetic group without intervention ($P < 0.05$). Moreover, inflammation, apoptosis, and oxidative damage could be inhibited compared to the untreated diabetic group ($P < 0.05$).

Conclusion : Conclusion: It can be concluded that the nanoparticles of ginger and zinc, and GSZNPG as a novel agent to deliver zinc-ginger could improve kidney function in diabetic patients and have a potential anti-diabetic activity. They can be used as an adjunct combination along with antihypertensive drugs and in the manufacture of supplements or anti-diabetic drugs.

Abstract ID: ۵۳۰

Presentation Type: Poster

Review of Clinical Trials on Persian Medicine Interventions for Dermatitis Treatment

Reihane Alipour^۱ *

^۱. Traditional Medicine and Materia Medica Research Center and Department of Traditional Medicine, School of Traditional Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran.

Background and Aim : Dermatitis is a prevalent inflammatory skin disease characterized by itching, erythema, and disrupted skin barrier function. Conventional treatments sometimes cause side effects or incomplete resolution, increasing interest in complementary approaches. Persian traditional medicine offers promising pharmaceutical interventions for safer or adjunctive dermatitis management.

Methods : A comprehensive literature search was performed across databases including PubMed, Scopus, Science Direct, EMBASE, Web of Science, SID, IranMedex, and Irandoc from January ۱۹۸۰ to December ۲۰۲۴. Keywords included “Iranian traditional medicine,” “Persian Medicine,” “dermatitis,” “atopic dermatitis,” “contact dermatitis,” “clinical trial,” “herb,” “plant,” and “drug”, etc. Inclusion criteria focused on randomized, double-blind, placebo-controlled clinical trials evaluating the efficacy of Persian medicinal interventions in dermatitis patients, leading to selection of five trials.

Results : The five included studies addressed adult and pediatric patients with atopic or contact dermatitis. Interventions involved topical *Malva sylvestris* cream, *Ficus carica* extract, *Lawsonia inermis* (henna) formulation, and oral whey protein alone or combined with dodder seed extract. All showed statistically significant improvements in dermatitis severity scores and patient quality of life compared to placebo controls. Whey protein with dodder extract reduced moderate-to-severe adult atopic dermatitis symptoms. *Malva sylvestris* and fig extracts improved skin hydration and inflammation in pediatric atopic dermatitis. Henna topical treatment alleviated contact dermatitis among prosthesis users. Oral whey protein supplementation enhanced clinical outcomes in contact dermatitis cases. No serious adverse events were reported.

Conclusion : These randomized trials support the safety and efficacy of Persian medicinal plants and whey protein supplementation as complementary treatments for dermatitis, consistent with Persian medicine’s anti-inflammatory and skin barrier enhancement principles. Further larger, multi-center studies are encouraged to optimize protocols and integrate Persian traditional medicine within dermatological care frameworks. These complementary approaches offer promise for improving disease management and quality of life for dermatitis patients.

Abstract ID: ۵۷

Presentation Type: Poster

Development, Standardization and Evaluation of Cuscoheal Pill, a Persian Pharmacy Formulation.

Fateme Alizade^۱*, Mohammad Azadbakht^۲, Hossein Asgari Rad^۳, Seyede Sedighe Yousefi^۴, Reza Negarandeh^۵, Negar Abbasi Sarmadi^۶

۱. PhD student of traditional Pharmacy, Department of Traditional Pharmacy and Pharmacognosy, faculty of pharmacy, Mazandaran University of Medical Science, Sari, Iran.
۲. Department of Pharmacognosy and Traditional pharmacy, Faculty of Pharmacy, Mazandaran University of Medical Science, Sari, Iran
۳. Department of Pharmaceutics, Faculty of Pharmacy, Mazandaran University of Medical Science, Sari, Iran
۴. Department of Persian Medicine, Faculty of Persian Medicine, Mazandaran University of Medical Sciences, Sari, Iran.
۵. Cellular and Molecular Biology Research Center, Health Research Institute, Babol University of Medical Sciences, Babol, I.R. Iran
۶. Ph D Student of Persian medicine, Department of Persian Medicine, Mazandaran University of Medical Sciences, Sari, Iran.

Background and Aim : In Persian traditional pharmacy, multi-component herbal formulations, known as Qarabadin, play a significant role in the treatment process. However, the main textbooks do not fully specify the methods for preparing these compounds, or the described methods are impractical. Additionally, these formulations often lack adequate stability and compliance. Therefore, reinovating these traditional remedies using modern techniques holds substantial importance. In the Persian system of medicine, the use of purgatives is considered a primary approach for treating diseases caused by the accumulation of humors. For conditions related to Soda, such as melancholy, schizophrenia, headaches, and Sodavi swellings like endometriosis, one of the recommended purgatives involves compounds containing Aftimoon (*Cuscuta* species). This study aims to develop and standardize a polyherbal formulation that maximizes efficacy, possesses optimal pharmacological properties, and ensures high patient compliance

Methods : Based on various formulations documented in Persian medicinal texts such as Qarabadin-e-Kabir, the most frequently cited plants were selected for the formulation of a Cuscoheal pill. Subsequently, hydroalcoholic extracts of three main herbs—Aftimoon, lavender, and Basfaij—were prepared. These extracts were standardized according to pharmacopeia quality control methods. Suitable and compatible excipients were then chosen for granulation and tablet compression, following pre-formulation procedures. Some parameters such as granule flowability, tapped and bulk density, tablet appearance, thickness, weight uniformity, loss on drying (LOD) hardness, friability, and disintegration time were evaluated. Also, microbial control and stability assessment of the formulation were conducted by measuring the main components in accordance with the pharmacopoeial standards.

Results : Pre-formulation parameters indicated acceptable ranges. The flowability of the granule was excellent based on USP standards (Hausner ratio = ۱,۰۷). The granule demonstrated good compressibility, and the tablets exhibited a uniform and acceptable appearance. The average weight of the tablets was ۰,۵۲۰ grams. In quality control tests, friability was below ۱% (۰,۴۲۸%), the hardness was adequate ($m \approx 0.4, 7$), and the disintegration time averaged ۱۴ minutes and ۸ seconds.



Microbial contamination tests confirmed that the product passed microbial control standards, showing no significant microbial growth. Accelerated stability assessments, indicating satisfactory stability over the testing period. All tests were performed and analyzed based on USP^{۴۳}.

Conclusion : The findings indicate that the selected formulation and wet granulation method are suitable for this tablet. The Cuscoheal pill, prepared using modern techniques, is acceptable and effective in terms of physicochemical properties, quality control, and stability. Microbial testing and stability assessments confirmed that these herbal tablets are safe, stable, and possess appropriate physical characteristics. Moreover, their appearance and functional features, such as hardness and disintegration time, support higher patient acceptance and ease of use, demonstrating their feasibility for use in clinical studies aimed at evaluating efficacy.

Abstract ID: ۲۵۷

Presentation Type: Poster

A Comparative Review of the Medicinal Properties and Therapeutic Applications of Almond (*Prunus dulcis*) in Iranian Traditional Medicine and Modern Medicine

Mohammadreza Amiri^۱ *, Dr. Kazem Mahdigholi^۲

۱. PhD student, Department of Plant Sciences, Faculty of Biology, Science Campus, University of Tehran, Tehran, Iran
۲. Assistant Professor, Department of Plant Sciences, Faculty of Biology, Science Campus, University of Tehran, Tehran, Iran

Background and Aim : Almond (*Prunus dulcis*) is a member of the family Rosaceae, subfamily Prunoideae and can be classified into two broad groups, *Prunus dulcis* (also called sweet almond) and *Prunus dulcis* var. *amara* (also called bitter almond). The main distinction between those two types is an existence of amygdalin which is a cyanogenic chemical compound. Almond trees are small, low evergreen plants with a height of ۴-۱۰ m and the thickness of the trunk of ۳۰ cm. The young shoots are green and, when exposed to the sun, they become purple. Leaves are ۷ to ۱۲ cm long and the flower is pinkish-white and has ۵ segments. These trees reach maturity after ۵ to ۶ years. Almonds are also found naturally in dry mountainous and desert areas in Central Asia and the Middle East, in particular Iran.

Methods : This review study is based on the analysis of classical Iranian traditional medicine sources, including Makhzan-al-Adviah (Aghili Khorasani), Matching the old descriptions of medicinal plant with the scientific ones (Volumes ۱ and ۲ by Ghahreman & Okhovvat), and The Canon of Medicine (Avicenna), as well as a review of scientific articles indexed in databases such as Google Scholar, Scopus, and PubMed, using keywords related to almonds.

Results : Almonds have long been regarded as an important source of nutrition and medicine. In traditional medicine, almonds have been used to boost brain health, enhance memory, reduce inflammation, treat hepatic and splenic obstruction, respiratory illnesses, and gastrointestinal ulcer, relieve pain, treat constipation, get stomach strong, suppress appetite and bolster the immune system. Moreover, almond consumption has been linked to lowered postprandial glycemic response, reduced insulin resistance, and diminished oxidative stress in patients. Methanolic extracts of almonds also exhibit notable antifungal and antibacterial activities.

Conclusion : All in all, almond is regarded as a valuable plant due to its remarkable diversity in nutritional and medicinal compounds, holding a distinguished position in both traditional medicine and modern medical science. A review of reputable traditional medicine sources alongside contemporary scientific studies indicates that almond can serve as a bridging agent between indigenous knowledge and modern medical science. This convergence of traditional and scientific understanding highlights the significance and potential of almond in the fields of prevention, promotion of public health, and even the treatment of certain chronic disorders. Therefore, it appears that further attention to the medicinal aspects of this plant in future research could open new horizons in the realm of herbal and modern medical therapies.

Abstract ID: ۵۹۳

Presentation Type: Poster

Therapeutic Applications of Animal Venoms: Advances, Challenges, and Future Prospects in Medicine

Amir Amirkhani^۱ *

^۱. Department of Pharmacology and Toxicology, Faculty of Pharmacy, Kerman University of Medical Sciences, Kerman, Iran

Background and Aim : Animal venoms, produced by species such as snakes, spiders, scorpions, cone snails, and marine organisms, are intricate mixtures of bioactive molecules, including peptides, proteins, enzymes, and small molecules. Evolved for predation and defense, these compounds target specific physiological pathways, such as ion channels, receptors, and coagulation factors, with high potency and specificity. Historically used in traditional medicine, venoms have transitioned into modern drug discovery, yielding therapeutics like captopril for hypertension and ziconotide for chronic pain. This review evaluates the therapeutic potential of venom-derived compounds, focusing on recent advances, challenges in clinical translation, and future prospects for treating cardiovascular diseases, neurological disorders, cancer, and infections.

Methods : A systematic literature review was conducted using databases such as PubMed, Scopus, and Web of Science, covering studies from ۲۰۰۳ to ۲۰۲۵. Search terms included "animal venoms," "venom-derived therapeutics," "venomics," "peptides," and specific applications like "cardiovascular," "neurological," "cancer," and "antimicrobial." Peer-reviewed articles in toxicology, pharmacology, and clinical research were prioritized. Key examples, including captopril, ziconotide, chlorotoxin, and exenatide, were analyzed, alongside advancements in venomics, synthetic biology, and nanotechnology. Studies were selected based on relevance to therapeutic applications, molecular mechanisms, and clinical translation challenges.

Results : Venom-derived therapeutics have achieved significant milestones. Snake venom peptides from *Bothrops jararaca* led to captopril, an angiotensin-converting enzyme inhibitor revolutionizing hypertension treatment, while natriuretic peptides show potential for heart failure. Ziconotide, derived from *Conus magus* venom, targets N-type calcium channels, providing non-opioid analgesia for chronic pain. In oncology, chlorotoxin from *Leiurus quinquestriatus* venom selectively binds glioma cells, aiding diagnostics and targeted therapies, whereas melittin from bee venom exhibits cytotoxicity but is limited by hemolysis. Scorpion and snake venom peptides demonstrate antimicrobial properties, offering alternatives to antibiotics amid rising resistance. Exenatide, from *Gila monster* venom, is effective in diabetes management, and venom peptides show promise in tissue regeneration. Innovations in venomics, recombinant production, and nanoparticle-based delivery enhance scalability and bioavailability. However, challenges like inherent toxicity, complex regulatory requirements, and limited clinical translation persist, with only a few of thousands of identified compounds reaching clinical use.

Conclusion : Animal venoms are a treasure trove of bioactive molecules with transformative therapeutic potential due to their specificity and potency. Despite successes, toxicity, delivery challenges, and production costs hinder progress. Advances in synthetic biology, nanotechnology,



کتاب خلاصه مقالات سخنرانی و پوستر
دومین کنگره ملی طب ایرانی

تهران، مرکز همایش های بین المللی رازی

۲۱ لغایت ۲۳ آبان ماه ۱۴۰۴



and computational drug design are addressing these barriers, while precision medicine and combination therapies offer future promise. Global research collaboration is essential to accelerate clinical translation. By overcoming these challenges, venom-derived therapeutics can revolutionize treatments for cardiovascular, neurological, oncological, and infectious diseases, addressing critical unmet medical needs.

Abstract ID: ۶۰۰

Presentation Type: Poster

The Role of Herbal Medicines in Managing Type ۲ Diabetes: A Review of Efficacy, Mechanisms of Action, and Toxicological Aspects

Amir Amirkhani^۱ *

^۱. Department of Pharmacology and Toxicology, Faculty of Pharmacy, Kerman University of Medical Sciences, Kerman, Iran

Background and Aim : Type ۲ diabetes mellitus (T₂DM) is a prevalent metabolic disorder characterized by insulin resistance and hyperglycemia, affecting over ۵۰۰ million people globally as of ۲۰۲۵. Conventional treatments often lead to side effects, prompting interest in herbal medicines as adjunctive therapies. These plant-derived remedies, rooted in traditional systems like Ayurveda and Traditional Chinese Medicine (TCM), may offer glycemic control with potentially fewer adverse effects. This review evaluates their efficacy, mechanisms, and safety.

Methods : Literature was sourced from databases including PubMed, PMC, Frontiers, ScienceDirect, and others up to October ۲۰۲۵. Keywords included "herbal medicines," "type ۲ diabetes," "efficacy," "mechanisms," "meta-analysis," "systematic review," and "toxicology." Inclusion criteria encompassed systematic reviews, meta-analyses, RCTs, and toxicological studies on humans and animals. Exclusion criteria omitted non-English articles, non-peer-reviewed sources, and studies lacking quantitative data. Over ۳۰ sources were screened, with ۱۵ selected for in-depth analysis.

Results : Efficacy: Meta-analyses show Aloe vera reduces HbA_{1c} by -۰,۹۹% (۹۵% CI -۱,۷۵ to -۰,۲۳), fenugreek by -۰,۸۵% (۹۵% CI -۱,۴۹ to -۰,۲۲), and psyllium by -۰,۹۷% (۹۵% CI -۱,۹۴ to -۰,۰۱). Cinnamon, ginseng, and bitter melon also lower fasting plasma glucose (FPG), with ۷۶% of trials reporting positive effects. Mechanisms: Herbs activate AMPK, enhance GLUT-۴ translocation, inhibit α -glucosidase, and reduce inflammation via NF- κ B and PPAR pathways. Toxicology: Mild gastrointestinal issues are common; serious risks include heavy metal contamination (lead, mercury) in Ayurvedic preparations, hepatotoxicity from kava or cinnamon, and interactions potentiating hypoglycemia.

Conclusion : Herbal medicines demonstrate promising efficacy comparable to conventional drugs but with variable evidence quality due to study heterogeneity. Mechanisms provide multifaceted benefits, yet toxicological risks like adulteration and interactions necessitate caution. Rigorous RCTs and standardization are essential for safe integration into T₂DM management. Herbal therapies could serve as cost-effective adjuncts, but patients should consult professionals to mitigate risks.

Abstract ID: ۶۰۲

Presentation Type: Poster

Dual Effects of Caffeine on Depression: Short-Term Benefits vs. Long-Term Risks

Amir Amirkhani^{۱*}, Sara Sadeghi^۲

- ^۱. Department of Pharmacology and Toxicology, Faculty of Pharmacy, Kerman University of Medical Sciences, Kerman, Iran
- ^۲. Department of Clinical Psychology, Islamic Azad University, Electronic Branch, Tehran, Iran

Background and Aim : Depression affects over ۲۸۰ million people globally, making it a significant public health concern. Caffeine, a widely consumed stimulant found in coffee, tea, and energy drinks, exhibits dual effects on depression: short-term mood enhancement and potential long-term risks like anxiety and sleep disruption. This review aims to synthesize evidence on these effects to guide safe consumption in individuals with or at risk of depression.

Methods : A systematic literature search was conducted using PubMed, Scopus, and Web of Science databases, covering studies from ۲۰۱۰ to ۲۰۲۵. Keywords included "caffeine," "depression," "coffee," "tea," "mental health," "adenosine receptors," and "anxiety." Inclusion criteria comprised peer-reviewed meta-analyses, systematic reviews, and epidemiological studies in English, focusing on caffeine's effects on depression. Exclusion criteria included non-human studies and those lacking clear caffeine dose data. A total of ۲۹ studies, including ۱۲ meta-analyses and ۱۷ observational studies, were selected for analysis.

Results : Caffeine acts as an adenosine receptor antagonist, increasing dopamine, serotonin, and norepinephrine release, which can alleviate short-term depressive symptoms like fatigue [۱]. A ۲۰۱۶ meta-analysis (۳۴۶,۹۱۳ participants) found a ۲۴٪ reduced depression risk with coffee consumption (RR = ۰.۷۶, ۹۵٪ CI: ۰.۶۴–۰.۹۱), with optimal effects at ۴۰۰ mL/day [۲]. Short-term intake (۴۰–۳۰۰ mg) improves mood and cognitive function, particularly in healthy or mildly depressed individuals [۳]. However, chronic high intake (>۴۰۰ mg/day) increases anxiety, disrupts sleep, and may exacerbate depression [۴]. A ۲۰۲۳ meta-analysis reported inconsistent effects for tea and dose-dependent risks [۵]. The ۲۰۲۲ NHANES study showed protective effects up to ۹۰ mg/day, with diminishing benefits beyond this threshold [۶]. Genetic factors, such as ADORA۲A polymorphisms, modulate anxiety risk [۱].

Conclusion : Moderate caffeine intake (۷۵–۴۰۰ mg/day) offers short-term benefits by enhancing mood and energy, particularly through coffee's additional bioactive compounds like chlorogenic acid [۳]. However, long-term high consumption poses risks, including dependence, sleep disruption, and worsened depressive symptoms, especially in vulnerable populations [۴]. Genetic variability and lifestyle factors like smoking influence outcomes [۶]. While caffeine is not a substitute for standard treatments, it can complement a healthy lifestyle when consumed moderately. Future longitudinal studies should explore optimal dosing and genetic influences to refine recommendations. Clinicians should advise personalized caffeine use, particularly for those with existing depression.

Abstract ID: ۲۸۱

Presentation Type: Poster

Pain-relief efficacy of Qust (*Saussurea costus*) topical ointment in rats: a tradition-based product of Persian medicine

Hanane Ansarifard^۱, Shadi Sarahroodi^۲, Shirin Fahimi^{۱*}, Maryam Jahandideh^۱

- ^۱. Department of Traditional Pharmacy & Persian Medicine, TeMS.C., Islamic Azad University, Tehran, Iran.
- ^۲. Department of Pharmacology & Toxicology, TeMS.C., Islamic Azad University, Tehran, Iran.

Background and Aim : Acute pain serves as a protective response to injury, while inflammation reflects tissue damage. Nonsteroidal anti-inflammatory drugs (NSAIDs) are widely used for pain relief but often cause side effects, prompting interest in safer alternatives. Herbal medicines, known for their traditional use and minimal adverse effects, are promising candidates. *Saussurea costus*, a perennial herb native to the Himalayas, has a long history of use in traditional Persian medicine specially in the form of topical oil (Dohn al-Qust). This study evaluates the analgesic potential of an ointment containing Qust (*Saussurea costus*) oil in managing inflammatory pain using a rat model.

Methods : The analgesic effects of Qust oil-based ointment (containing ۲۵%, ۵۰%, and ۷۵% of the oil) were assessed via the formalin test in rats. Thirty rats were assigned to five groups (n=۶): three received the oil-based ointment topically at different concentrations; the remaining two received diclofenac ointment and base ointment, respectively. Pain was induced by formalin injection into the right hind paw, and flinch responses were recorded for one hour. Data were analyzed using Prism software.

Results : All concentrations of the Qust oil-based ointment significantly reduced pain in both early and late phases of the formalin test compared to the base group ($p < ۰.۰۱$). The effect was dose-dependent, with the ۷۵% formulation producing the most significant reduction in flinching ($p < ۰.۰۰۱$). The ۲۵% and ۵۰% concentrations also showed notable analgesic activity.

Conclusion : This study demonstrates the significant, dose-dependent analgesic effect of Qust (*Saussurea costus*) oil-based ointment in a rat model of inflammatory pain. The statistical significance of the findings supports the therapeutic potential of this herbal oil preparation. *Saussurea costus* ointment may serve as a natural alternative for pain management. Further research is warranted to investigate its mechanism of action, optimize its formulation, and confirm its clinical safety and efficacy.



Abstract ID: ۹۸

Presentation Type: Poster

Continuous and Regular Review of Glucose Levels in Adult Patients with Type Diabetes^۲

Mohamad Arghavani^۱ *

^۱. Tehran Medical Sciences

Background and Aim : Improving blood sugar control helps manage and control type^۲ diabetes monitoring and controlling blood sugar improve the quality of life for people with type^۲ diabetes and glucose levels are checked and monitored daily [۱]. Continuous glucose monitoring (CGM) allows for the tracking of glucose levels without the need for finger prick testing. This technology provides real-time glucose readings, which can help people with type ^۲ diabetes manage their blood sugar levels more effectively. By seeing how their blood sugar responds to food, exercise, and medication, people with type ^۲ diabetes can make informed decisions about their diabetes management plan. CGM can also help to reduce the risk of hypoglycemia (low blood sugar) by alerting users when their blood sugar is dropping too low

Methods : - Data sources and research: Our data was obtained using studies conducted in MBASE, MEDLINE, and clinical trials. We found that according to a ۲۰۲۲ article, blood sugar levels in people with type ^۲ diabetes have increased significantly, and we reduced glucose levels using blood sugar control strategies.[۴] ^۲-Genetic data and analysis: Using the p-value, the increase in blood sugar is less than ۰.۰۵, and there is a significant difference between blood glucose and hypoglycemia. The chi-square value is around ۵۰.۷۵%, and by analyzing the final data, the mean; the median of blood glucose and the effect of the blood sugar lowering sensor on the mean and median hemoglobin levels in adult patients with type ^۲ diabetes and the complex relationship with insulin are shown

Results : We reviewed the initial research findings on patients with type ^۲ diabetes, examining ۸,۰۰۰ articles. We studied ۱۲ clinical trials involving ۱,۲۴۸ participants between ۲۰۰۸ and ۲۰۲۲. Based on monthly data, costs, individuals, final totals, and a ۹۵% confidence level, we conclude that the mean and standard deviation in the blood glucose measurement sensor and the optimal amount of glucose are increasing. We identified four types of confounding bias that we investigated using clinical trials. These did not have any direct adverse effects, but if indirect adverse effects on glucose are observed, the reasons for their presence in individuals should be investigated

Conclusion : In a comparison between the blood glucose sensor and the optimal glucose control level, we found that the optimal glucose level in patients with type ^۲ diabetes, which causes heart disease, is decreasing, and the complications of hypoglycemia and the occurrence of heart disease in these patients are decreasing and becoming rare, which indicates the effect of blood glucose sensors, which has a positive effect on the blood glucose level of adults with type ^۲ diabetes

Abstract ID: ۹۰

Presentation Type: Poster

The Effect of Extract of an unknown plant of the Labiatae Family on the Antibacterial Activity and Wound Healing of Rats

Monireh Azizi^۱*, Kamyar Sayehmiri^۲, Kourosch Sayehmiri^۳, Elaheh Karimi^۴, Sajad Hatami^۵, Naser Absi^۶, Nahid Mahdian^۱, Somayeh Heidarizadi^۷

۱. Anatomy department, faculty of medicine, Ilam university of medical sciences, Ilam, Iran
۲. Dentistry faculty, students research committee, Ilam University of Medical Sciences, Ilam, Iran.
۳. Psychococial injuries Research Center, Ilam University of Medical Sciences, Ilam, Iran
۴. Biotechnology and Medicinal Plants Research Center, Ilam University of Medical Sciences, Ilam, Iran
۵. Surgery department, faculty of medicine, Ilam University of Medical Sciences, Ilam, Iran
۶. Microbiology department, faculty of medicine, Ilam University of Medical Sciences, Ilam, Iran
۷. Anatomy department, faculty of medicine, Ilam University of Medical Sciences, Ilam, Iran

Background and Aim : Wound healing in a shorter time and with fewer side effects is one of the goals of medical science. So far, extensive efforts have been made to find a suitable drug to accelerate wound healing. Currently, in the tribal areas of Ilam and Kermanshah provinces, a decoction of unknown plant from Labiatae family (without herbarium code) is traditionally used to treat superficial and deep wounds. The using it following wound formation prevents infection and led to the complete healing of wounds. Since the effect of this plant on wound healing has not been scientifically investigated so far, this study used the extract of this plant in three concentrations of ۳۰٪, ۶۰٪, and ۹۰٪ to determine its antibacterial effect and wound healing in male Wistar rats.

Methods : Extraction was performed from the dried stem of the plant using a Soxhlet apparatus. For the animal study, ۴۵ male Wistar rat with an approximate weight of ۱۸۰-۲۱۰ g were used in ۵ groups: control or Eucerin, Adib Derm ointment group, and three treatment groups including Eucerin containing ۳۰٪, ۶۰٪, and ۹۰٪ of plant extract. After the wound creation, the ointment of the respective group was applied to the wound area of animals twice a day until complete healing. On the first, fourth, seventh, tenth, fourteenth days, the picture of the wound site was taken and the wound area was calculated using imaging software. At the end of the study, the skin of the wound area was removed and tissue preparation was performed for histological assessment. Also, the antibacterial properties of different concentrations of extract were investigated on *Staphylococcus aureus*, *Pseudomonas aeruginosa*, and *Acinetobacter baumannii* bacterial strains.

Results : At the first day of the study, there was no significant difference in wound area between the groups. On the fourth day, the highest percentage of improvement was in the group receiving ۹۰٪ extract concentration (۴۷,۳٪), and the lowest percentage was in the control (Eucerin) group (۲۹,۲٪). On the tenth day, the ۹۰٪ concentration of extract had the highest healing effect (۹۹,۱٪) and the Adib Derm ointment group was ۹۳٪. Histological results also confirmed the greater effectiveness of the ۹۰٪ concentration of extract in wound healing compared to other groups. In examining the antibacterial properties of different concentrations of the extract, analysis revealed a lack of discernible antibacterial activity of the plant extract at the specified concentrations.

Conclusion : Despite the lack of antibacterial properties, the extract of this unknown plant was more effective than Adib Derm ointment in accelerating wound healing. Therefore, due to its efficiency and easy access, it can be introduced as a very effective medicine in wound healing.

Abstract ID: ۵۰

Presentation Type: Poster

Evaluation of the safety and efficacy of wormwood vaginal gel in improving sexual function and sexual satisfaction in women of reproductive age: A randomized, triple-blinds, placebo-controlled clinical trial

Raheleh Babazadeh^۱ *, Hajatpoor Niloufar^۲ , Salari Roshanak^۳ , Jamali Jamshid^۴

- ^۱. Department of Midwifery, School of Nursing and Midwifery, Mashhad University of Medical Sciences, Mashhad, Iran
- ^۲. Nursing and Midwifery Care Research Center, Mashhad University of Medical Sciences, Mashhad, Iran
- ^۳. Department of Pharmaceutical Sciences in Persian Medicine, School of Persian and Complementary Medicine, Mashhad University of Medical Sciences, Mashhad, Iran
- ^۴. Department of Biostatistics, School of Health, Social Determinants of Health Research Center, Mashhad University of Medical Sciences, Mashhad, Iran

Background and Aim : All aspects of sexual function are related to sexual satisfaction, and not paying attention to sexual problems leads to sexual dissatisfaction. According to studies, sexual satisfaction is a key factor in a couple's quality of life. The aim of this study was to evaluate the safety and efficacy of wormwood vaginal gel in improving sexual function and sexual satisfaction in women of reproductive age.

Methods : This study was a randomized, triple-blinds, parallel-groups clinical trial performed on ۷۶ women of reproductive age (۱۸-۴۵ years) referred to the gynecological clinic of Ghaem Hospital in Mashhad who had sexual dysfunction and low sexual satisfaction. ۷۶ women were assigned to the wormwood gel (n = ۳۸) and placebo (n = ۳۸) groups using random permuted blocks of sizes ۴ or ۶ and an allocation ratio of ۱:۱. Wormwood gel or placebo was used for ۴ weeks and ۳ times a week for ۴ weeks from ۲۲ May to ۲۳ October ۲۰۲۱. The main data collection tools were the Female Sexual Function Index (FSFI) and Larson Sexual Satisfaction Questionnaire (LSSQ) to access changes in sexual function and sexual satisfaction at baseline and after ۴ weeks.

Results : The Mean and Standard Deviation of the age of the studied women was 36.8 ± 5.9 years in the intervention group and 37.1 ± 7.3 years in the placebo group. Before the intervention, the Mean and Standard Deviation of the total score of sexual function and sexual satisfaction in the studied women were 17.70 ± 3.66 and 72.20 ± 6.56 in the intervention group and in the placebo group were 18.23 ± 3.84 and 73.26 ± 5.86 , respectively. At the end of the intervention, the Mean and Standard Deviation of the total score of female sexual function and sexual satisfaction in the intervention group were 32.11 ± 2.03 and 96.91 ± 7.93 and in the placebo group were 21.07 ± 3.22 and 75.91 ± 8.87 , respectively. sexual function and satisfaction improved significantly in the wormwood gel compared to the control group ($p < 0.0001$).

Conclusion : Based on the findings of this trial, it seems that the wormwood vaginal gel can be used as a topical supplement to improve sexual function and sexual satisfaction in women of reproductive age who have sexual dysfunction and low sexual satisfaction.

Abstract ID: ۲۶۵

Presentation Type: Poster

Wart Treatment with Traditional Persian Plants: Bridging Historical Use and Modern Clinical Evidence

Fatemeh Badeli^۱, Shirin Fahimi^{۱*}, Shamim Sahranavard^۲

- ^۱. Department of Traditional Pharmacy & Persian Medicine, TeMS.C., Islamic Azad University, Tehran, Iran.
- ^۲. Traditional Medicine and Materia Medica Research Center and Department of Traditional Pharmacy, School of Traditional Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran.

Background and Aim : Cutaneous warts (verrucae), mostly caused by human papillomavirus (HPV), are common skin lesions, particularly affecting children and adolescents. Beyond cosmetic concerns, warts may cause discomfort, secondary infections, and psychological effects. Conventional treatments like cryotherapy and surgical removal can be effective but have drawbacks such as recurrence, inflammation, and cost-leading patients to seek alternatives. In recent years, the use of medicinal plants in wart treatment has gained increasing interest due to their antiviral, anti-inflammatory, and skin-regenerative properties. Various plants have been traditionally recommended in Persian medicine for this purpose, though their scientific validation remains limited. This study aims to extract and identify medicinal plants cited in authoritative traditional Persian medicine sources for topical treatment of cutaneous warts.

Methods : Medicinal plants traditionally used for wart treatment were extracted from four classical Persian medicine books (The Canon of medicine, Tuhfat al-Mu'minin, Al-Shamil fi al-Sina'at al-Tibbiyah, and Makhzan al-Adwiyah). Additionally, efforts were made to determine the most appropriate scientific names for each of the plants using reliable herbal glossaries. Following the prioritization of plants based on their frequency in traditional medicine sources, relevant clinical trials were identified through PubMed, Scopus, and Google Scholar databases, including studies published up to ۲۰۲۴.

Results : Through this study, ۴۸ plants with recognized scientific names were extracted from traditional Persian medicine sources for the treatment of skin warts, of which ۱۴ herbal medicines had the highest frequency of mention. Out of ۴۸ plant species prescribed for warts, *Allium porrum* L., *Euphorbia hirta* L., *Ficus carica* L., *Nigella sativa* L., *Podophyllum peltatum* L. and *Salix alba* L. had published clinical trials in modern databases.

Conclusion : Although a considerable number of medicinal plants have been cited in authoritative traditional Persian medicine sources for wart treatment, current clinical evidence supporting their efficacy is scarce and fragmented. To date, only a limited number of these species have undergone scientific evaluation, highlighting a significant research gap between traditional knowledge and modern clinical data. This review highlights the significant potential for developing herbal medicines based on traditional knowledge. Conducting more extensive clinical studies with rigorous design and a focus on species with preliminary evidence could help guide future research in a more targeted direction.

Abstract ID: ۳۸

Presentation Type: Poster

Aloe Vera inhibits P⁵³ protein expression and increases proliferation of HT²⁹ colon cancer cells

Kosar Baghernezhad^۱ , Seyed Ardalan Alhoseini^۱ , Hajar Shafaei^۱ *

^۱. *Tissue engineering department , Tabriz university of medical sciences*

Background and Aim : Backgrounds: Aloe Vera is one of the most widely used herbs for the treatment of diseases such as wounds and cancer. Although the beneficial effects of Aloe vera on wound healing have been proven, little is known about its effect on inhibiting colon tumors. Hence, we aimed to investigate the effect of aloe Vera gel on proliferation and survival of HT²⁹ colorectal cancer cell line.

Methods : Methods: The HT²⁹ cells were obtained from the Pasteur Institute. Cells were cultured in low glucose DMEM with ۱۰٪ serum and ۱٪ penicillin-streptomycin. Fresh and mature leaves of Aloe vera were used for gel preparation. Cell proliferation and morphology were studied by inverted microscope. MTT assay was used for cell viability and the expression of p⁵³ and Bcl^۲ was detected by the immunocytochemical (ICC) method.

Results : Results: The MTT assay showed that HT²⁹ cells were viable in ۵, ۱۰, ۱۵ and ۲۰ percent of Aloe vera gel. However HT²⁹ cells were significantly proliferated in the ۱۰٪ Aloe vera group than the control group. In the ۱۰٪ concentration of Aloe vera group, mitotic cells were obvious in the center of colonies. The expression of P⁵³ protein was decreased but the Bcl^۲ protein expression remained unchanged in ۱۰٪ aloe Vera versus the control group.

Conclusion : Conclusions: The results indicated that ۱۰٪ of Aloe Vera induces proliferation of HT²⁹ cells by decreasing P⁵³ expression. Our results indicate application of Aloe vera as an anticancer needs more evaluations. Keywords: Aloe Vera, Bcl^۲, Colorectal, Cancer, HT-۲۹, P⁵³

Abstract ID: ۲۷۵

Presentation Type: Poster

Hepatoprotective and Antioxidant Potential of Capparis spinosa L. Extract Against CCl₄- Induced Liver Injury in Wistar Rats

Sarah Bagherpasand^{۱*}, Fatemeh Fadaei M.D, Ph.D^۲

- ^۱. Pharmacy student Tehran Medical Sciences, Islamic Azad University, Tehran, Iran.
- ^۲. Assistant Professor of Traditional Medicine, School of Persian Medicine, Faculty of Pharmacy and Pharmaceutical Sciences, Tehran Medical Sciences, Islamic Azad University, Tehran, Iran.

Background and Aim : Hepatoprotective and Antioxidant Potential of Capparis spinosa L. Extract Against CCl₄- Induced Liver Injury in Wistar Rats: A Preclinical Experimental Proposal

Methods : Abstract Liver conditions due to oxidative stress or exposure to environmental or chemical toxins, remain a worldwide health problem. Carbon tetrachloride (CCl₄) is a common method of inducing experimental hepatotoxicity, mimicking characteristics of an acute liver injury or injury due to oxidative damage.

Results : Currently available hepatoprotective medications have limitations, so plants with antioxidant and protective properties are of growing interest. Capparis spinosa L. is a traditional herbal remedy which has demonstrated bioactive compounds (flavonoids, alkaloids, and polyphenols) and have shown a promise to decrease organ toxicity.

Conclusion : This investigation suggests that hydroalcoholic extract of Capparis spinosa protects the liver, dose dependently, in male Wistar rats intoxicated with CCl₄ by reducing liver enzymes (ALT, AST, ALP) elevation; reduced lipid peroxidation (MDA); and increasing endogenous antioxidants (GSH, SOD, CAT). The experiment is to be conducted in vivo in six groups, in pre-treatment and post-treatment regimes of C. spinosa extract (two doses - ۱۰۰ and ۲۰۰ mg/kg), respectively positive and negative controls. Biochemical assay and liver histopathology will be performed to confirm protective effect. If successful, this research may help to develop plant-based complementary therapies for hepatic injury and provide justification for a subsequent translational study. **Keywords:** Capparis spinosa L., hepatotoxicity, CCl₄, antioxidant, liver enzymes, histopathology, oxidative stress, persian medicine

Abstract ID: ۲۷۱

Presentation Type: Poster

Effective herbs in the treatment of hair loss in Persian medicine

Zahra Bahaeddin^{۱*}, Fatemeh Emadi^۲, Fatemeh Alijaniha^۲, Zahra Aghabeiglooie^۳

۱. Traditional Medicine Clinical Trial Research Center, Shahed University, Tehran, Iran
۲. Traditional Medicine Clinical Trial Research Center, Shahed University, Tehran, Iran
۳. Department of Traditional Medicine, Faculty of Persian Medicine, Shahed University, Tehran, Iran

Background and Aim : Hair loss is a prevalent problem. Studies have shown that using herbs can be a good option for treating hair loss. There is a way to search for effective herbal remedies that, in addition to being scientifically valid, is a quick path in the process of discovering, designing, and obtaining natural remedies. This method is based on the knowledge of traditional medicine. Persian medicine contains vast knowledge in diagnosing, preventing and treating diseases, including valuable information from the experiences of scientists. This study introduces herbs mentioned in traditional Persian medicine used for treating hair loss.

Methods : The present study is a review based on the study of traditional Persian medicine books. Hereon, herbs for hair loss treatment mentioned in the second volume of Al Qanun-fi al-Tibb have been listed, and then four reference books of traditional medicine (al-Abnieh an Haghayegh al-advieh, Tazkare Ulul Al-bab, Tohfah al-Momenin, and Makhzan al- Advieh) are reviewed. The research steps include finding keywords, searching in the resources, finding synonyms, summarizing, scoring and prioritizing.

Results : In the current study, sixteen medicinal herbs were found to be a hair loss cure. Based on the scores, *Myrtus communis* L., both *Adiantum capillus-veneris* L. and *Ziziphus spina-christi* L. and *Trigonella foenum-graecum* L. earned the highest scores, respectively.

Conclusion : The list of herbs collected in this study can be considered as a basis for further studies to design and make new effective herbal drugs for treating hair loss.

Abstract ID: ۳۰۳

Presentation Type: Poster

Effectiveness of Sinamaz Nasal Drop in Preventing Upper Respiratory Infections Among Arbaeen Pilgrims: A Triple-Blind Randomized Controlled Trial

Zahra Bahaeddin^{۱*}, Mohsen Naseri^۲, Fatemeh Emadi^۲, Fatemeh Alijaniha^۲, Zahra Aghabeigloo^۳, Azadeh Ghasempour^۳

۱. Traditional Medicine Clinical Trial Research Center, Shahed University, Tehran, Iran
۲. Traditional Medicine Clinical Trial Research Center, Shahed University, Tehran, Iran
۳. Department of Community & Family Medicine, School of Medicine, Iran University of Medical Sciences, Tehran, Iran

Background and Aim : One of the largest religious gatherings in the world, the Arbaeen pilgrimage, draws millions of visitors to Karbala, Iraq, every year. Infectious diseases, especially upper respiratory infections (URIs), can spread easily during this event due to the large crowds and limited healthcare infrastructure. In light of the growing interest in herbal interventions, this study evaluated the effectiveness of Sinamaz, a topical herbal nasal drop containing *Nigella sativa* (black seed) and olive oil, in preventing urinary tract infections (URIs) among pilgrims from Iran.

Methods : This study was conducted in collaboration with the Clinical Trials Research Center of Shahed University and the Kazemi Ashtiani Jihadi Group. For seven days during the pilgrimage, eligible Iranian pilgrims were randomized to receive either Sinamaz or a placebo nasal drop in a triple-blind randomized controlled trial. The incidence of URI-related clinical symptoms, as determined by standardized questionnaires on Days ۱ and ۷, was the main outcome. To account for baseline differences, logistic regression was used to analyze the data.

Results : The study was finished by ۱۸۸ participants. The incidence of several URI-related symptoms, such as fever and cough, was significantly lower in the Sinamaz group than in the placebo group ($OR < ۱$ and $p < ۰.۰۵$ for all). There were no significant negative effects noted.

Conclusion : The study was finished by ۱۸۸ participants. The incidence of several URI-related symptoms, such as fever and cough, was significantly lower in the Sinamaz group than in the placebo group ($OR < ۱$ and $p < ۰.۰۵$ for all). There were no significant negative effects noted. In densely populated settings, like the Arbaeen pilgrimage, Sinamaz nasal drops are acknowledged as a safe and efficient intervention for reducing the frequency and severity of upper respiratory infection (URI) symptoms. Trial Registration Number: IRCT۲۰۲۱۰۵۱۵۰۵۱۳۰۵N۲ Declaration of generative AI: The authors declare that artificial intelligence tools were used to assist in text refinement during the preparation of this abstract. After using this tool/service, the authors reviewed and edited the content as needed.

Abstract ID: ۲۶۶

Presentation Type: Poster

Traditional Hepatoprotective Plants and Their Nrf γ -Mediated Mechanisms: A Review Bridging Avicenna's Insights with Modern Evidence

Bahareh Bahmanimahmoud^۱ *

^۱. Student Research Committee, Mashhad University of Medical Sciences, Mashhad, Iran.

Background and Aim : Liver diseases—ranging from metabolic dysfunctions to toxin-induced injuries—often involve oxidative stress and inflammatory damage. Nrf γ is a key transcription factor modulating cellular defense. Historical manuscripts such as The Canon of Medicine by Avicenna list numerous plants traditionally used to treat hepatic ailments. Investigating these herbs in the context of modern science may yield promising therapeutic agents.

Methods : This review followed a multi-step approach: ۱. Classical Source Selection: Initially, medicinal plants traditionally used for liver disorders were identified from Book III, Chapter on Liver Diseases in The Canon of Medicine by Avicenna (Ibn Sina). ۲. Botanical Identification: The corresponding scientific names of these plants were verified using the Encyclopedia of Traditional Medicine and Medicinal Plants compiled by Dr. Abolghasem Soltani, to ensure taxonomic accuracy. ۳. Literature Search: Following identification, systematic searches were conducted in databases such as PubMed, ScienceDirect, and PMC, using a combination of keywords including: “Nrf γ ”, “liver”, “oxidative stress”, and the scientific names of each plant. Only peer-reviewed publications up to July ۲۰۲۵ that provided mechanistic or pharmacological insights into antioxidant and hepatoprotective activity were included. ۴. Data Extraction and Analysis: Articles were evaluated for relevance to the Nrf γ signaling pathway and liver protection. Studies with clear molecular evidence of Nrf γ modulation were emphasized, while those with indirect antioxidant outcomes were also reviewed for supportive findings.

Results : Several medicinal plants demonstrated hepatoprotective effects mediated by the Nrf γ pathway. Cichorium intybus inhibited NF- κ B and enhanced Nrf γ signaling, while Cinnamomum verum (via cinnamaldehyde) reduced hepatic steatosis through electrophilic activation of Nrf γ . Crocus sativus activated the Nrf γ /HO-۱/Keap^۱ cascade, contributing to multi-organ protection, including the liver. Boswellia serrata modulated Nrf γ /HO-۱ to counteract oxidative liver injury. Trigonella foenum-graecum supported liver and kidney protection through hypoglycemic and antioxidant effects linked to Nrf γ activation. Other plants such as Punica granatum, Pistacia atlantica, Marrubium vulgare, and Matricaria chamomilla showed hepatoprotective properties, though their direct involvement with Nrf γ remains to be confirmed.

Conclusion : This review highlights the hepatoprotective effects of several medicinal plants traditionally used in liver disorders, many of which act through the Nrf γ signaling pathway. Nrf γ is a key regulator of antioxidant responses, and its activation has been linked to protection against hepatic oxidative damage. Plants such as Cichorium intybus and Cinnamomum verum showed strong Nrf γ activation and antioxidant effects, suggesting potential in reducing inflammation and oxidative stress in liver tissues. Crocus sativus and Boswellia serrata also demonstrated promising results through upregulation of Nrf γ and HO-۱, contributing to multi-organ protection and liver resilience, particularly against drug-induced damage. Trigonella foenum-graecum exhibited dual



کتاب خلاصه مقالات سخنرانی و پوستر
دومین کنگره ملی طب ایرانی



تهران، مرکز همایش های بین المللی رازی

۲۱ لغایت ۲۳ آبان ماه ۱۴۰۴

benefits by modulating blood glucose and enhancing Nrf²-related antioxidant defenses. Although hepatoprotective properties were also observed in *Punica granatum*, *Pistacia atlantica*, *Marrubium vulgare*, and *Matricaria chamomilla*, further research is needed to confirm their direct link to Nrf² activation. These results support the relevance of Avicenna's traditional plant list in the context of modern molecular research and suggest that Nrf² may serve as a shared target for many classical remedies.

Abstract ID: ۴۵۲

Presentation Type: Poster

The Effectiveness of Olive Oil Combined with Black Seed and Olive Oil Alone on Pain Intensity and Episiotomy Wound Healing in Primiparous Women

Fereshteh Behmanesh^{۱*}, Romina Fili^۲, Zahra Memariani^۳

۱. Infertility and Reproductive Health Research Center, Health Research Institute, Babol University of Medical Sciences, Babol, I.R. Iran
۲. Student Research Committee, Babol University of Medical Sciences, Babol, I.R. Iran
۳. Traditional Medicine and History of Medical Sciences Research Center, Health Research Institute, Babol University of Medical Sciences, Babol, I.R. Iran

Background and Aim : Episiotomy wounds are prone to infection due to their anatomical proximity to the anus and the mother's inability to observe the site directly. Considering the high costs and adverse effects of chemical medications, the World Health Organization recommends the use of herbal remedies. This study aimed to evaluate the effectiveness of olive oil combined with black seed, as well as olive oil alone, on pain intensity and episiotomy wound healing in primiparous women.

Methods : A randomized controlled clinical trial was conducted at Shahid Yahyanejad Hospital, Babol, Iran, among primiparous women admitted to the postpartum ward. Seventy-eight participants were enrolled and randomly allocated to two intervention groups (olive oil alone, olive oil with black seed) and one control group. Participants in the intervention groups were instructed to apply ten drops of the designated oil on the episiotomy wound three times daily for ten consecutive days postpartum. The control group received routine postpartum care. Pain intensity was assessed with the Visual Analogue Scale (VAS), and wound healing was measured using the REEDA scale (Redness, Edema, Ecchymosis, Discharge, Approximation) at ۲۴ hours and on day ۱۰ postpartum. Primary outcomes included wound healing and pain intensity, while secondary outcomes were itching, burning, analgesic use, and the need for re-suturing. Data were analyzed with Chi-square and one-way ANOVA tests after confirming normality using Levene's test.

Results : Of the ۷۸ participants, ۲۳ were assigned to the olive oil and black seed group, ۲۲ to the olive oil group, and ۳۳ to the control group. At baseline, the groups were statistically homogenous regarding pain intensity and wound healing. Post-intervention analysis revealed significant differences among groups in mean pain and wound healing scores ($P < ۰,۰۰۵$). Pairwise comparisons (Scheffé test) showed significantly lower mean pain intensity in the olive oil and black seed group ($۱,۵۵ \pm ۱,۱۹$) compared with the control group ($۳,۷۸ \pm ۲,۸۹$), and in the olive oil group ($۱,۲۵ \pm ۱,۵۲$) compared with the control group. Similarly, wound healing scores were significantly better in the olive oil and black seed group ($۰,۳۸ \pm ۰,۶۰$) and in the olive oil group ($۰,۸۱ \pm ۰,۹۱$) compared with controls ($۲,۱۵ \pm ۲,۲۶$). Analysis of secondary outcomes revealed no group differences in itching or burning during days ۱-۲ and ۹-۱۰ postpartum. However, from days ۳-۷, the control group experienced significantly greater itching and burning compared with intervention groups ($P < ۰,۰۰۵$). No significant differences were found regarding analgesic use or the need for re-suturing.



Conclusion : Both olive oil alone and olive oil combined with black seed were more effective than routine postpartum care in reducing pain intensity and enhancing episiotomy wound healing in primiparous women. Additionally, these interventions alleviated itching and burning at the wound site between the third and seventh days postpartum. These findings suggest that herbal remedies may represent safe, cost-effective alternatives to conventional treatments for postpartum perineal care.

Abstract ID: ۶۵

Presentation Type: Poster

Evaluation of the Effects of Hydroalcoholic Extract of *Oenothera biennis* on Breast Cancer Cells (MCF-۷) Cultured in Fibrin-based Hydrogel Scaffolds

Ali Honarvar^{۱*}, Mehrzad Jafari Barmak^۱, Elaheh Gorji pour^۲, Zahra Bostani^۲

۱. Cellular and Molecular Research Center, Yasuj University of Medical Sciences, Yasuj, Iran.
۲. Student Research Committee, Yasuj University of Medical Sciences, Yasuj, Iran.

Background and Aim : The present study aimed to investigate the antiproliferative effects of the hydroalcoholic extract of evening primrose (*Oenothera biennis*) and ۵-fluorouracil (۵-FU) on the MCF-۷ breast cancer cell line cultured within a fibrin hydrogel scaffold.

Methods : In this experimental laboratory study, the hydroalcoholic extract of evening primrose was first prepared. Purchased breast cancer cells (MCF-۷) were cultured in DMEM medium supplemented with ۱۰٪ fetal bovine serum and antibiotics, incubated at ۳۷°C with ۵٪ CO₂ until reaching over ۸۰٪ confluency. After cell counting, ۱۰⁴ cells per well were seeded in ۲۴-well plates in triplicate according to experimental groups. Then, ۱۰۰ μL of hydroalcoholic evening primrose extract (۲۵۰ μg/mL) and ۱۰۰ μL of ۵-FU (۲۵۰ μg/mL) were added to the respective groups. A p-value less than ۰,۰۵ was considered statistically significant.

Results : Water absorption of the fibrin scaffold alone was significantly higher compared to scaffolds combined with hydroalcoholic evening primrose extract or ۵-FU ($p < ۰,۰۰۰۱$). Cell viability results demonstrated a significant decrease in the fibrin + ۵-FU group compared to fibrin + evening primrose extract and fibrin-only groups ($p < ۰,۰۰۰۱$). Additionally, the ۵-FU alone group showed significantly lower viability compared to the evening primrose extract alone group ($p < ۰,۰۰۰۱$). Flow cytometry analysis revealed that both early and late apoptosis rates were higher in the fibrin + ۵-FU group compared to fibrin + evening primrose extract.

Conclusion : These findings suggest that the fibrin hydrogel scaffold, due to its three-dimensional tissue-like structure and hydrophilic properties as a natural polymer, provides a suitable environment for cell growth. Furthermore, the hydroalcoholic extract of evening primrose, combined with ۵-FU, may serve as a potential therapeutic candidate for breast cancer owing to its antioxidant effects.

Abstract ID: ۳۷۰

Presentation Type: Poster

Comparing the Efficacy of Phytotherapy and mesh Grafting in the Healing of Infected Wound (Systematic Review)

Fatemeh Delir^۱ *, Shakiba Rahmani^۱ , Mozhgan Mehri Ardestani^۲

- ^۱. Student research committee, Paramedical Faculty, Aja university of Medical Sciences, Tehran, Iran
- ^۲. Department of Persian medicine, Faculty of Medicine, AJA University of Medical Sciences , Tehran , Iran

Background and Aim : Deep and extensive infected wounds, particularly those with significant tissue loss, require aggressive and multifaceted treatment approaches. Skin grafting remains the gold standard surgical procedure for covering large tissue defects. However, it faces challenges such as graft infection, rejection, and limited donor site availability. Conversely, phytotherapy (herbal medicine), aimed at controlling infection and preparing the wound bed for repair, is being investigated as an adjunctive or alternative treatment. This study compares these two treatment sample and their mechanisms of action.

Methods : A systematic search was conducted across multiple scientific databases, including PubMed, Scopus, SID and Google Scholar between ۲۰۰۱ and ۲۰۲۰. The keywords employed in the search included “infected wound skin,” “Herbal medicine,” “phytotherapy,” “grafting,” and “mesh graft ”.^{۱۳} Relevant articles, reviews, and clinical studies were selected for analysis. Unrelated, conference abstracts, and animal model studies were excluded from the analysis and ۳۰ articles were analyzed.

Results : The findings revealed that skin grafting provides a structural and mechanical solution for the rapid replacement of lost tissue. Its physical coverage protects the wound from dehydration and secondary contamination. However, the success of this method is critically dependent on pre operative infection control and the quality of the wound bed. In contrast, phytotherapy, using extracts such as Manuka honey, Aloe vera, curcumin, and neem , offers a biological and physiological approach. These compounds exhibit potent and broad-spectrum antimicrobial activity , powerful antioxidant activity, and immunomodulatory capabilities. Concurrently, many of these plants directly stimulate fibroblast proliferation, collagen synthesis, and angiogenesis, thereby preparing the wound bed for graft acceptance or, in cases where grafting is not feasible, facilitating repair through guided epithelialization.

Conclusion : In summary, skin grafting and phytotherapy are complementary rather than mutually exclusive strategies. Therefore, an integrated protocol utilizing preparatory phytotherapy to optimize the wound bed, followed by skin grafting, and continued post-operatively to protect the graft and accelerate integration, may represent the most effective paradigm for managing complex infected wounds. Further clinical studies to standardize this combined protocol are strongly recommended.

Abstract ID: ۱۲۱

Presentation Type: Poster

The Use of Persian Medicine and medicinal plants in the Prevention and Treatment of Diabetes: A Review Study

Nastaran Dezhgam^۱ *

^۱. Department of Operating Room and Anesthesiology, School of Nursing and Midwifery, Zanjan University of Medical Sciences, Zanjan, Iran.

Background and Aim : Diabetes, as a chronic metabolic disease and a relatively common global problem, with life-threatening complications and high mortality and disability rates, which imposes a huge economic burden on the health system of any country. The aim of this review study is to investigate the use of Persian medicine and medicinal plants in the prevention and treatment of diabetes.

Methods : This review was conducted in ۲۰۲۰. PubMed, Google Scholar, and Scopus databases were searched using the keywords of Persian medicine, medicinal plants, prevention, treatment, diabetes. Articles that were published between ۲۰۱۰ and ۲۰۲۰ were extracted. A total of ۲۷ articles were collected and by removing irrelevant articles, finally ۲۱ articles were examined.

Results : According to Persian medicine sources, the use of medicinal plants is significant, especially when conventional treatments are unable to control diabetes and the patient requires insulin therapy. In Persian medicine, a large number of medicinal plants have been used for the prevention and treatment of diabetes and blood sugar control, including milk thistle, barley products such as medicinal barley water, alkaline water, saffron petal extract, Citrullus colocynthis, the AKROPOL combination (including chicory, turmeric, nettle, fenugreek, and blackberry), basil and its biologically active compounds, walnut leaves, hydroalcoholic extract of safflower flowers, aqueous extract of Khalik Oti plant, water extract of leek, and jujube. Also, plants such as Golnar, Damask rose, psyllium, licorice, purslane, coriander, lettuce, sour fruit (Oxalis), and substances like gum arabic have been more commonly used among these plants. On the other hand, myrrh, frankincense, plantain, yellow myrtle, and Kakonj are the five most effective substances for diabetic foot ulcers. Pumpkin powder plant, due to its ability to inhibit liver damage caused by diabetes, can be used as an anti-diabetic agent.

Conclusion : Considering the numerous side effects of blood sugar-lowering drugs, and considering that Persian medicine has a holistic approach based on the temperaments towards the patient, the use of medicinal plants as a new and non-invasive treatment method with the greatest therapeutic effect for the prevention and treatment of diabetes has spread worldwide. Therefore, the use of Persian medicine can reduce healthcare system costs and the resulting economic burden on the country's budget as well as household expenses, and play a constructive role in the scientific and executive planning of health and treatment officials.

Abstract ID: ۲۱۷

Presentation Type: Poster

Myrtus communis L.: From Ancient Persian Medicine to Modern Pharmacological Validation

Fatemeh Ebrahimi^۱ *

^۱. Department of Traditional Pharmacy, Faculty of Persian Medicine, Tabriz University of Medical Sciences, Tabriz, Iran

Background and Aim : *Myrtus communis* L. (common myrtle), an evergreen shrub native to the Mediterranean region, extends its natural distribution into Iran, where it is found primarily in the humid forests of Gilan and Mazandaran provinces and the southwestern regions, e.g., Khuzestan province. In traditional Persian medicine (TPM) texts, myrtle is known as “Aas,” and the various parts of the plant (leaves, berries, and flowers) are utilized based on its "cold and dry" temperament. Important traditional applications of “Aas” include treating gastrointestinal disorders (diarrhea, dysentery, hemorrhoids, peptic ulcers), respiratory conditions (cough, bronchitis), skin infections, wounds, bleeding, oral inflammations, headaches, urinary tract disorders, and as a general tonic. Modern scientific research increasingly seeks to validate these ethnomedicinal applications and explore their therapeutic potential through phytochemical and pharmacological investigation.

Methods : The main TPM literature, including *Makhzan-al-Advia* by Aghili, *Qanun-of-medicine* by Ibn-Sina, *Alshamel-fi-sanaat-al-tebbiyah* by Ibn-Nafis, and *Zakhireye Khwarazmshahi* by Jurjani, was searched for the related information about the *Myrtus communis* descriptions, temperature, and medicinal uses. Also, the scientific databases of PubMed, Scopus, and Google Scholar were investigated to find the evidence of pharmacologic activities of the plant.

Results : According to the phytochemical analyses of essential oils from leaves, flowers, and berries, monoterpenes such as α -pinene, γ -cineole, linalool, limonene, α -terpineol, and geraniol; esters such as linalyl acetate, dihydroeugenyl-butanoate, neryl acetate, and geranyl acetate; phenylpropanoids including eugenol and methyl eugenol; and some sesquiterpenes are the main active compounds. Also, flavonoids, including myricetin and quercetin derivatives, phenolic acids such as caffeic acid, gallic acid, ellagic acid, and hydrolyzable tannins are found in the extracts of the medicinal parts of the plant. Moreover, myrtucommulone A and B, acylphloroglucinol derivatives, are the specific chemical markers in the leaves of the plant. Recent pharmacological studies show that *Myrtus communis* extracts and essential oils have strong broad-spectrum antimicrobial activity against bacteria, fungi, viruses, and parasites, as well as strong antioxidant activity through free radical scavenging and metal chelation. They have strong anti-inflammatory and pain-relieving effects by blocking pro-inflammatory mediators (TNF- α , IL- β , COX- β , iNOS) and the NF- κ B pathway. They also have anti-diabetic properties by inhibiting carbohydrate-digesting enzymes (α -amylase, α -glucosidase), boosting glucose uptake, and improving insulin sensitivity. Additionally, they protect the stomach lining from ulcers through antioxidant and anti-inflammatory actions. They promote faster wound healing by their antimicrobial, anti-inflammatory, antioxidant, and tissue-repair effects. Recent studies also suggest they may protect nerve cells and kill cancer cells. These diverse bioactivities may explain the various traditional uses of the plant, which are described in texts based on its dual hot and cold nature, predominantly characterized by a cold and dry component (*morakkab-ol-gova*). Pharmacological effects such as tonic, wound healing, hemostatic, hair fall control, and anti-diarrhea are attributed to the plant's



cold and dry properties, while other, more controversial effects might be explained by the presence of a hot component.

Conclusion : Scientific studies confirm *Myrtus communis*' ethnomedicinal applications, demonstrating significant antimicrobial, antioxidant, anti-inflammatory, antidiabetic, and wound-healing activities mediated by bioactive phytoconstituents. While preclinical data are promising, clinical validation is required to establish therapeutic standardization and facilitate drug development.

Abstract ID: ۷۱

Presentation Type: Poster

Medicinal Properties of Sesame (*Sesamum indicum* L.) in Traditional and Modern Medicine

Fatemeh Eghbalian^۱ *, ali ghobadi^۲ , Yousefsani Bahare Sadat^۲ , Mohammadi Kenari Hoorieh^۱ , Mahroozade somaye^۱

- ^۱. Department of Traditional Medicine, School of Persian Medicine, Iran University of Medical Sciences, Tehran, Iran
- ^۲. Institute for Studies in Medical History, Persian and Complementary Medicine, Iran University of Medical Sciences, Tehran, Iran

Background and Aim : Sesame (*Sesamum indicum* L.), a member of the Pedaliaceae family, is an ancient medicinal plant cultivated for over ۳,۰۰۰–۴,۰۰۰ years. Known as the "Queen of Oilseeds," it is valued for its high oxidative stability and rich bioactive compounds, including lignans (sesamin, sesamolin), tocopherols, and polyunsaturated fatty acids. Native to Iran, Africa, India, and Saudi Arabia, sesame has been widely used in Traditional Persian Medicine (TPM) with a hot and moist temperament, making it beneficial for various ailments.

Methods : In this review study, the properties of sesame were examined from the perspective of Iranian and conventional medicine by examining original traditional medicine books and searching reputable scientific databases.

Results : Sesame (*Sesamum indicum* L.) exhibits a wide range of pharmacological properties attributed to its unique phytochemical composition, particularly its rich content of lignans and beneficial fatty acids. The plant demonstrates potent antioxidant activity through its ability to scavenge free radicals and enhance endogenous antioxidant defenses, including glutathione and antioxidant enzymes like superoxide dismutase and catalase. This antioxidant capacity underlies many of sesame's therapeutic effects, including its notable anti-inflammatory action where it inhibits key inflammatory pathways such as NF- κ B and COX- 2 while reducing pro-inflammatory cytokines like TNF- α , IL- 1 , and IL- 1β , making it potentially beneficial for inflammatory conditions such as arthritis and asthma. The plant shows promising anticancer potential through multiple mechanisms, including induction of apoptosis via caspase activation and inhibition of angiogenesis by suppressing VEGF. Its cardioprotective effects are manifested through improved lipid profiles, reduced atherosclerotic plaque formation, and blood pressure regulation via endothelial protection. Sesame also displays neuroprotective properties with the ability to cross the blood-brain barrier, offering potential benefits for neurodegenerative diseases and cognitive function. The hepatoprotective activity of sesame is evidenced by its ability to reduce liver enzyme levels and protect against fatty liver disease while enhancing detoxification pathways. In metabolic health, sesame demonstrates antidiabetic effects by improving insulin sensitivity, reducing fasting blood glucose, and protecting against diabetic complications. The plant's antimicrobial action, particularly against Gram-positive bacteria and fungi, suggests potential applications as a natural antiseptic. Sesame significantly enhances wound healing processes by stimulating collagen synthesis and accelerating epithelialization, particularly beneficial for burn wounds. For reproductive health, it shows benefits in improving male fertility parameters and regulating female hormonal balance, with potential applications for alleviating menopausal symptoms. These diverse pharmacological effects, while promising, require further clinical studies to establish optimal



therapeutic dosages and formulations for specific health conditions. The therapeutic potential appears dose-dependent and may vary based on preparation methods, highlighting the need for standardized extracts in future research.

Conclusion : Sesame is a versatile medicinal plant with proven anti-inflammatory, antioxidant, and cardioprotective effects. While many traditional uses (e.g., wound healing, diabetes) are supported by modern research, others (e.g., kidney stones, scorpion bites) require further study. More clinical trials are needed to validate its therapeutic potential fully.

Abstract ID: ۲۰۰

Presentation Type: Poster

Herbal recommendations for monkeypox symptoms management based on Persian medicine- a narrative review

Fatemeh Eghbalian^۱ , Ali Ghobadi^۲ , Hoorieh Mohammadi Kenari^۱ , Bahare Sadat Yousefsani^{۱*}

- ^۱. Department of Traditional Medicine, School of Persian Medicine, Iran University of Medical Sciences, Tehran, Iran
- ^۲. Department of Traditional Pharmacy, School of Persian Medicine, Iran University of Medical Sciences, Tehran, Iran

Background and Aim : Background: Monkeypox is an infectious disease caused by the monkeypox virus, a member of the Orthopoxvirus genus, which also encompasses the variola virus, the causative agent of smallpox, in addition to other significant human and animal pathogens such as vaccinia and cowpox viruses. Persian Medicine (PM), A holistic, integrative medicine, has recommended foods and medicinal plants to treat monkeypox symptoms. Objective: In this study, we introduce plants with bioactive compounds like iridoids, flavonoids, and tannins that show wound-healing antipyretic, antiviral, anti-inflammatory, and antioxidant effects

Methods : This review study reviewed primary Persian medical texts to identify plants traditionally used for treating viral infections and skin conditions similar to monkeypox symptoms. Then, based on the study's purpose, functional food plants were selected from the overall search list. The preventive and therapeutic effects of PM and herbal remedies on pox-like diseases and their mechanisms and pharmacological properties were investigated using data sources

Results : This study assessed plants' antiviral, antioxidant, and immune-enhancing properties mentioned in Persian medical literature. Findings indicate that bitter orange, sour lemon, jujube, sumac, and barberry exhibit antipyretic, anti-inflammatory, antioxidant, and antiviral effects.

Conclusion : These identified plants may be promising candidates for further animal studies and clinical trials investigation. Nonetheless, additional studies are required to validate their specific therapeutic effects. Keywords: Functional food, Monkeypox, management, Traditional Persian Medicine

Abstract ID: ۴۲۳

Presentation Type: Poster

Explanation of the concept and use of Tiryaq from the perspective of Iranian medicine

Fatemeh Eghbalian^۱ *, Majid dadmehr^۱ , Yousefsani Bahare Sadat^۲ , Haniye Mirhosseini^۳ , Farhad Seif^۴

۱. Department of Traditional Medicine, School of Persian Medicine, Iran University of Medical Sciences, Tehran, Iran
۲. Department of Traditional Pharmacy, School of Persian Medicine, Iran University of Medical Sciences, Tehran, Iran
۳. Institute for Studies in Medical History, Persian and Complementary Medicine, Iran University of Medical Sciences, Tehran, Iran,
۴. Department of Photodynamic, Medical Laser Research Center, Yara Institute, Academic Center for Education, Culture, and Research (ACECR), Tehran, Iran

Background and Aim : There are some basic concepts and topics in Iranian medicine, the explanation of which plays an important role in the application of methods for maintaining health and treating diseases, and sometimes even the sages have differences of opinion about these concepts. One of the concepts in Iranian medicine is antidote, which has several sayings in its explanation and development. From the perspective of this medical school, antidote or antidote refers to any substance that can repel the harmful effects of toxins from the body with its antidote effects and preserving the body's strength, spirits, and instinctive heat. Given that no comprehensive study has been conducted on the subject of antidote so far, we decided to explain the concept and application of antidote based on the perspective of Iranian medicine, so that we can provide a solution in this field, and also, by scientifically examining the opinions of the sages, we can achieve a new model of these concepts, appropriate to the present time.

Methods : This study was conducted using the qualitative content analysis method with a conventional approach. Purposive sampling was conducted from ۱۷ authoritative books of Iranian medicine, as well as semi-structured informed interviews with ۵ Iranian medicine specialists with clinical experience; after reviewing these samples, data saturation was felt. Simultaneously with sampling, source texts and interviews were coded and manually categorized and analyzed. Methods to increase the validity and reliability of this study included integration and angle-finding, long-term involvement of the researcher and continuous observation of data, observer review, participant review, and providing quotations from the samples.

Results : The total codes extracted in this study were classified into ۵۲ subcategories, ۵ main categories, and ۹ themes. The main categories included the definition of opiate, types of opiate, mechanism of action of opiate, use of opiate, and possible side effects. Subcategories also included lexical definition, substantive definition, opiate terms, opiate compounds, effect on poison, effect on the body, health maintenance, treatment of diseases, complications.

Conclusion : Considering the large number and diverse effects of opiate drugs, especially dietary drugs, as well as their low side effects, and considering the spread of the effect of toxins on human health in recent centuries, the opiate drugs proposed by traditional Iranian medicine can play an important role in the prevention and treatment of diseases caused by poisons.

Abstract ID: ۱۳۹

Presentation Type: Poster

Comparative antimicrobial assay of Punica granatum extract and chlorhexidine for preventing dental plaque

Fatemeh Emadi^۱*, Elnaz Tavazo Zadeh^۲, Parissa Aref^۳, Nahid Askarizadeh^۳, Seyed Abbas Hasheminejad^۱

۱. Department of Traditional Medicine, School of Persian Medicine, Shahed University, Tehran, Iran
۲. Faculty of Dentistry, Tehran Medical Sciences, Islamic Azad University, Tehran, Iran
۳. Department of Pediatric Dentistry, Faculty of Dentistry, Tehran Medical Sciences, Islamic Azad University, Tehran, Iran

Background and Aim : Avoiding microbial plaque which lead to dental caries, researchers seeking effective antimicrobial natural products. Punica granatum (pomegranate) specially its peel is recommended notably in Persian medicine literatures. As well, previous studies also confirm its efficacy on periodontal diseases [۱]. The aim of this study is to investigate the antimicrobial effects of P. granatum extract on Streptococcus sobrinus, Streptococcus sanguinis and Candida albicans which are the most responsible microbes involving in dental plaque formation, versus chlorhexidine (CHX) as positive control.

Methods : The hydroalcoholic pomegranate extract (HPE) achieved using maceration method by adding water-ethanol (۵۰:۵۰) to crushed whole pomegranate and the concentrated extract was used to make different concentrations. The microdilution and macrodilution broth tests were used to assay the minimum inhibitory concentration (MIC) and minimum bactericidal concentration (MBC) and the disc diffusion test was carried out [۲] to determine the microorganism's growth inhibition zones of HPE and CHX ۰.۱۲%. The MBC was measured using the blood agar or Mueller Hinton agar culture medium. The Sabouraud dextrose agar culture medium was used for C. albicans. Each test was repeated in triplicate, and data were analyzed by independent samples t-test and Mann-Whitney U test.

Results : None of the tested microorganisms showed any resistance to the extract. CHX had the highest antimicrobial effect against all tested microorganisms. The hydroalcoholic extract of P. granatum showed optimal MIC against all three microorganisms but was significantly weaker than CHX ($P < ۰.۰۵$). The MIC of HPE was ۲.۵, ۲.۵ and ۵ mg/ml and MBC of HPE was ۵, ۵ and ۱۰ mg/ml for S. sobrinus and S. sanguinis and C. albicans respectively.

Conclusion : Polyphenolic compounds which are the most antimicrobial activity in P. granatum specially in its peel, decrease the bacterial load by reducing the environmental pH and Evidence shows that punicalagin is the most effective antibacterial compound in a pomegranate; however, the pomegranate fruit's synergistic effects are mainly responsible for its cariostatic properties. According to this study Pomegranate hydroalcoholic extract may considered as favorable bacteriostatic and bactericidal agent for preventing microbial plaque and dental caries but the peel probably could represent greater antimicrobial which is worth designing and comparing in future studies.

Abstract ID: ۳۱

Presentation Type: Poster

Distant Healing Intentions as a Complementary Therapy (Narrative review)

Faranak Emami^۱ *

^۱. *Hearing Disorder Research Center, Hamadan University of Medical Sciences, Hamadan, Iran*

Background and Aim : The terms used to describe the DHI include Intercessory prayer, Spiritual healing, Intentionality, Energy healing, Nonlocal healing, Non-contact therapeutic touch, Reiki and Spooky action at a distance. Spiritual healers believe that it is the workings of the divine mind or God that are felt at the level of human existence. Reiki is an energy healing technique in which a Reiki master who has received formal training in this healing method uses hand movements to direct the flow of healthy energy, or what is known in Reiki as healing force energy, to reduce pain-stress and recovery uses. Spooky action at a distance, coined by Albert Einstein to describe the strange effects of quantum mechanics, where two particles may interact instantaneously over a distance. Particles can become entangled when they interact with each other or are emitted from a common source. However, the effect of distant healing intentions (DHI) and its role in the treatment of diseases has been proven. Primary study objective: The purpose of this article was to determine the effect of True-Love on DHI.

Methods : Based on the inclusion criteria, the full text of ۳۰ articles published between ۲۰۰۰ and ۲۰۲۳ from Scopus, Medline [PubMed] and Web of Sciences websites were the source of this research.

Results : The positive effect of DHI has been observed in the treatment of diseases such as permanent hearing loss, breast cancer, blindness, all types of stress, anxiety and incurable diseases. It is effective in improving physical and mental health. During DHI, brain regions of the anterior medial cingulate, precuneus, frontal cortex, and autonomic nervous system are stimulated. Motivation, practice and concentration can enhance the effectiveness of prayer by increasing the energy of the therapist's thoughts. The positive effect of DHI on water molecules has also been reported.

Conclusion : The effects of DHI of a human transmitter on the autonomic nervous system of a human receiver have been confirmed. The motivation and training can improve the energy of human thoughts. The DHI can activate some brain regions of the receivers. Also, during the DHI treatment sessions, the more the therapist's training and concentration, the higher the level of stimulation of the prayer receiving nervous system. Therefore, a question arises, what factor will motivate the autonomic nervous system of DHI for others? True-Love without expectation and consideration of financial benefits, job opportunities. True-love is a subtle experience that explores the foundations of the psyche, and many sources of the emotional experience of that remain unconscious. The nature of true-love is dual and contradictory, regressive and progressive, constructive and destructive, connecting and separating, directed towards the object and the self. The ability to idealize is a prerequisite for falling in true-love, and human history, along with its events, is a valid document for true-love and the sacrifices that force it. There are documented evidences show that the loss of true-love can cause post-traumatic stress disorders or physical-psychological problems. When losing the true-love of life can be pathogenic, gaining and extending it can be healing.

Abstract ID: ۲۳۴

Presentation Type: Poster

Novel Trends in Herbal Cosmeceuticals and Iran's Emerging Opportunities

Niusha Esmaealzadeh^۱ *

^۱. Department of Traditional Pharmacy, School of Persian Medicine, Tehran University of Medical Sciences, Tehran, Iran.

Background and Aim : The global cosmeceutical market is increasingly embracing herbal ingredients due to their nature-based instinct, efficacy, and sustainability. Recent advancements in biotechnology, nanotechnology, and green chemistry have revolutionized the development of herbal cosmeceuticals, enhancing their bioavailability and functionality. This abstract explores current innovations in the field and evaluates Iran's potential to emerge as a key player, given its rich biodiversity and traditional knowledge base.

Methods : A comprehensive literature review was conducted using scientific databases, MEDLINE, Scopus, and Web of Science, with keywords including "herbal cosmeceuticals," and ("fermentation" or "nanotechnology" or "peptide" Studies published between ۲۰۱۵ and ۲۰۲۵ were prioritized to capture recent advancements. Industry reports and patent databases were also analyzed to identify commercial trends.

Results : The herbal cosmeceutical industry is undergoing transformative advancements through innovations like fermentation technology, which enhances bioactivity in herbs like green tea, nanocarrier systems such as nanoemulsions and liposomes that improve delivery of compounds like curcumin, peptide and herbal mixture cosmetic products, sustainable extraction methods including supercritical CO₂ and ultrasound-assisted techniques that preserve phytochemicals; and microbiome-friendly formulations combining pre/probiotics with botanicals like chamomile. For Iran, these trends present significant opportunities due to its rich biodiversity of over ۸,۰۰۰ plant species, extensive traditional knowledge documented in Persian medicine texts, e.g., pomegranate, licorice applications, potential for upcycling agricultural byproducts, e.g., grape seeds, rose waste, and strategic positioning in the halal cosmetics market. By integrating modern technologies with its unique herbal resources and traditional expertise, Iran can establish itself as a competitive player in the region in the global herbal cosmeceutical sector while promoting sustainable and culturally relevant skincare solutions.

Conclusion : The herbal cosmeceutical sector is being reshaped by scientific innovations that align with global demands for sustainable, personalized skincare. Iran possesses unique assets, from its medicinal flora to traditional expertise, that can be leveraged through strategic investments in fermentation, nanotechnology, and circular economy approaches. By bridging ancient wisdom with modern technology, Iran can establish itself as a competitive force in this growing industry, provided it strengthens research-industry collaborations and adopts standardized quality control measures. Future studies should focus on clinical validation of Persian herbal formulations and scalable production methods.

Abstract ID: ۳۵۱

Presentation Type: Poster

A review of the uses of lavender in complementary and modern medicine

Hamideh Esteghlal^۱ *, Ali Yousefi^۲ , Maryam Hosseinpour Shirkouhi^۳ , Sakine Nowrozi^۴ , Zahra Ismaili^۵

۱. Larestan Faculty of Medical Sciences (Master's Degree in Community-Based Education in the Health System)
۲. Department of History of Medicine, Faculty of Iranian Medicine, Tehran University of Medical Sciences, Tehran, Iran
۳. Department of Psychology, Islamic Azad University, South Tehran Branch
۴. PhD student in Modern Physiology, Department of Horticultural Engineering, Abu Raihan Faculty, University of Tehran
۵. Department of Biochemistry, Faculty of Basic Sciences, Payam Noor University, Tehran, Iran

Background and Aim : Lavender, with the scientific name *Lavandula officinalis* L., is one of the oldest medicinal plants that is widely used in traditional medicine and the production of pharmaceutical products. This plant is widely used in traditional Iranian medicine to treat many diseases, including neurological, digestive, and respiratory diseases, and is known as "brain broom." The aim of the present study is to review the uses and contraindications of lavender in traditional medicine sources and current studies.

Methods : This study is a library review that was conducted using important books of traditional medicine such as *Makhzan-al-Adwiyah*, *Qanun Ibn Sina*, *Zakhar-e-Khwarazmshahi*, and *Eksir-e-Azam*; and a search of ۳۸ articles extracted from available databases such as SID, Scopus, PubMed, Google Scholar, and Sciencedirect.

Results : Lavender is widely used in traditional medicine to treat many diseases, including central and peripheral nervous system diseases, migraines, respiratory and heart diseases. This plant affects most organs and cells of the body. The use of this plant is harmful to people with hot and dry temperaments and is contraindicated during pregnancy.

Conclusion : Studies conducted in traditional and popular medicine sources show that the lavender plant has very significant and proven therapeutic effects, including cleansing the brain of phlegm, strengthening the brain and nerves, anti-pain, anti-cancer, and anti-fungal. If used in appropriate pharmaceutical formulations, it can be used in various therapeutic fields, including nervous, cardiac, respiratory problems, and many others.



Abstract ID: ۲۳۵

Presentation Type: Poster

Placebo-controlled effect of topical Qust (Costus) oil on postmenopausal women's sexual desire disorder: A double-blind, randomized, clinical trial

Akram Fallah^۱

۱. Traditional Medicine Fellow, Faculty of Traditional Medicine, Iran University of Medical Sciences, Tehran, Iran; Email: akram.fallah@gmail.com; Tel.: +98-912-3227840; ORCID: 0009-
۲. Dr. Elham Akhtari
۳. Dr. Fattaneh Hashem Dabbaghian & Dr. Amirhossein Jamshidi

Background and Aim : Decreased libido and anorgasmia are common problems for women after menopause that reduce the quality of life of couples. This study examined the effect of topical Qust (Costus) oil on sexual desire disorder in postmenopausal women.

Methods : In this double-blind, randomized, clinical trial, ۱۱۰ postmenopausal women with decreased sexual desire visiting a Traditional Medicine Center and Hazrat Rasool Akram Hospital (affiliated to Iran University of Medical Sciences) were selected by convenience consecutive sampling and randomly assigned to experimental and control groups. The experimental group received qust oil, while the control group was given a placebo (liquid paraffin); they were instructed to massage the product topically on their pubic area and perineum daily. The sexual function of both groups was assessed and compared before the intervention and four weeks after the intervention using the Female Sexual Function Index (FSFI).

Results : The mean and standard deviation (SD) of the improvement of sexual function post-intervention were $37.66 \pm 32.52\%$ and $11.96 \pm 11.18\%$ in the experimental and control groups, respectively ($p < 0.001$). In terms of the improvement of components of sexual function, a significant difference was observed between the two groups in the sub-scales of sexual desire [$57.05 \pm 42.99\%$ vs. $21.25 \pm 27.85\%$, $p < 0.001$], arousal, orgasm, and satisfaction ($p < 0.001$ for all); however, no significant difference was observed in terms of lubrication ($p = 0.25$) and pain during intercourse ($p = 0.776$).

Conclusion : In the present study, the topical use of qust oil by postmenopausal women with sexual dysfunction for four weeks significantly increased sexual desire, arousal, orgasm, satisfaction, and overall sexual functioning; however, no significant difference was observed in lubrication and pain during intercourse. The researchers' search of electronic databases yielded no relevant or similar papers that had used qust oil topically to treat women's sexual dysfunction.

Abstract ID: ۷۷

Presentation Type: Poster

Ameliorative Effect of *Polypodium vulgare* L. Rhizome on Anxiety and Depressive-Like Behaviors in Restraint-Subjected Mice: Involvement of Inflammatory, Oxidative and Apoptotic Pathways

Setare Fallah^{۱*}, Mohammad Hasan Najafi^۲, Ali Mohammad Ranjbar^۳, Seyed Kazem Kazemeini^۴, Zohre Mousavi^۵, Samane Jahanabadi^۵

۱. Department of Persian Medicine, School of Medicine, Hamadan University of Medical Sciences, Hamadan, Iran
۲. Department of Persian Medicine, School of Persian Medicine, Shahid Sadoughi University of Medical Sciences, Yazd, Iran
۳. Department of Pharmacognosy, Faculty of Pharmacy, Shahid Sadoughi University of Medical Sciences, Yazd, Iran. Traditional Pharmacy and Pharmaceutical Sciences Research Center, Faculty of Pharmacy, Shahid Sadoughi University of Medical Sciences, Yazd, Iran
۴. Shahid Sadoughi University of Medical Sciences, Yazd, Iran
۵. Department of Pharmacology and Toxicology, Faculty of Pharmacy, Shahid Sadoughi University of Medical Sciences, Yazd, Iran. Pharmaceutical Science Research Center, Shahid Sadoughi University of Medical Sciences, Yazd, Iran

Background and Aim : Depression is a potentially life-threatening mental condition and will rank as the second global burden of disease by ۲۰۳۰. Developing drugs with higher efficacy and fewer side effects for psychological disorders has always been of interest. The rhizome of *Polypodium vulgare* L. (common polypody) has been used as a mood stabilizer in Persian Medicine (PM). The present study evaluates the anxiolytic and antidepressant effects of the hydroethanolic extract of common polypody rhizome (PEE) and the possible underlying mechanisms in mice subjected to chronic restraint stress (CRS).

Methods : Hydroethanolic extraction (Ethanol: Distilled Water; ۷۰:۳۰), phenolic and flavonoid contents as well as physicochemical analyses were assessed (Voucher No.: SSU۰۰۶۳). Sixty NMRI male mice were randomly divided into eight groups. One group was considered as the non-stressed control group. Six groups were exposed to CRS and received either a vehicle (Tween ۸۰ - ۱٪), fluoxetine, or PEE (at doses of ۲۵۰, ۵۰۰, ۱۰۰۰, and ۱۵۰۰ mg.kg^{-۱}) by gavage. One group underwent CRS without any treatment. The forced swim test (FST), tail suspension test (TST), open-field test (OFT), and elevated-plus maze (EPM) were conducted to evaluate depressive-like and anxiety-like behavior. Inflammatory, and apoptotic markers, as well as brain-derived neurotrophic factor (BDNF), were measured in the prefrontal cortex (PFC) and hippocampus (HIP) using ELISA and Western Blotting methods. Oxidative parameters were analyzed in above tissues according to the following manufacturer's protocol. Corticosterone levels were also assessed in serum samples. One-way or two-way analysis of variance (ANOVA) followed by a post-hoc Tukey test was conducted. Graph Pad Prism (version ۵.۰۰) was used for statistical evaluation. (Ethical Approval No. IR.SSU.REC.۱۴۰۰.۰۹۲)

Results : The total phenolic and flavonoid contents were ۹۳ mg GAE.g^{-۱} and ۱۷۳ mg QE.g^{-۱} of plant weight, respectively (Yielded Extraction: ۲۷.۵۵٪). Moreover, the total and acid-insoluble ash were ۳.۹۱٪ and ۰.۰۱ mg.g^{-۱} of plant weight, respectively. The moisture value was ۱.۰۳٪ as the index of material weight loss. Polypody rhizome increased the time spent in the central zone of the OFT, as well as the time spent and the number of entries into the open arms of the EPM, while it



decreased the immobility time in the FST and TST. Administration of PEE caused a significant decline in serum levels of corticosterone, as well as tissue levels of malondialdehyde (MDA) as a biomarker of lipid peroxidation and pro-inflammatory cytokines including tumor necrosis factor- α (TNF α) and interleukin- 1β (IL- 1β). Additionally, it increased superoxide dismutase (SOD) activity as an antioxidant enzymatic scavenger in the PFC and HIP. Polypody rhizome also restored total antioxidant capacity (TAC), glutathione peroxidase (GPx) activity, and BDNF expression in the HIP. Moreover, the anti-apoptotic factor Bcl- 2 was promoted in the PFC, and Bax and caspase- 3 expressions as pro-apoptotic factors were downregulated in both regions with PEE administration.

Conclusion : Polypody rhizome exerted anxiolytic and antidepressant effects in behavioral tests and reversed CRS-induced oxidative, inflammatory, and apoptotic alterations which may be associated with its phenolic and the considerable amount of flavonoid contents.

Abstract ID: ۱۶

Presentation Type: Poster

The effect of *Nigella sativa* extract on *Leishmania major*: An in vitro study

Ali Fattahi Bafghi^۱ *

^۱. ^۱Department of Medical Parasitology and Mycology, Infectious Diseases Research Center, School of Medicine, Shahid Sadoughi University of Medical Sciences, Yazd, Iran

Background and Aim : Leishmaniasis is wide range, worldwide, without drug, vaccine, septicide and has not sterile immunity and efforts in this field have not been successful. The disease affects the poorest people on the planet, and is associated with malnutrition, population displacement, poor housing, a weak immune system and lack of resources. Leishmaniasis is linked to environmental changes such as deforestation, building of dams, irrigation schemes and urbanization. Herbaceous plants tomentose perennial official Siah Daneh and scientific name *Nigella sativa*. *Nigella sativa* L. is an annual dicotyledonous of Ranunculaceae family known commonly as “Siah Daneh” (Persian) and “Black Cumin” (English). Many therapeutic effects of *Nigella sativa*, such as: antibacterial, Antifungal, anti- helminthes, antiprotozoal, anti- inflammatory, antioxidant is reported. The present study was carried out to the effect of *Nigella sativa* extract on *Leishmania major*: An in vitro study.

Methods : Amastigote was isolated from mice spleens and then transformed to promastigotes in Novy-Nicolle-Mac Neal (NNN medium supplemented with penicillin (۱۰۰ U/ml), streptomycin (۱۰۰ µg/ml) and ۲۰٪ heat-inactivated fetal calf serum (FCS) at ۲۵°C. A fixed initial density of the parasites was transferred to screw-capped vials containing ۵ ml of RPMI۱۶۴۰ media to which different concentrations of ۰.۸, ۴, ۲۰ and ۱۰۰ µg NSE were added and each concentration was done in triplicates. Each run also included control. The mortality of parasitoids was measured by the enzyme-linked assay (ELISA) methods. After ۷۲ hour, the percent inhibition was supper in all doses in stationary and logarithmic phases. As shown, after ۴۸hour, viability of parasites in PMs significantly decreased in NSE ۰.۸, ۴, ۲۰ and ۱۰۰ µg treatment compare to control group.

Results : The percentage inhibition of NSE and stationary and logarithmic phases of *Leishmania major* [MRHO/IR/۷۵/ER] showed that the % inhibition is density in time (hour). After ۷۲ hours, the %inhibition was excellent in all doses in stationary and logarithmic phase. As shown, after ۴۸h, viability of parasites in PMs significantly decreased in NSE ۰.۸, ۴, ۲۰ and ۱۰۰ µg treatment compare to control group ($P=۰.۰۰۱$).

Conclusion : Our result indicated that NSE could increase mortality of *L. major* and this effect was dependent to time. The time dependent effect of these plant products may be due to the uptake of the active moiety which progressively increases the amount of active component in *Leishmania* body with increase in exposure period or it may be possible that the active component (s) could change into more toxic forms in the *Leishmania* body by the action of different enzymes. Cytotoxicity activity of NSE was researched in several different studies. Recently, antiviral activity of asafetida was assessed against some human rhinovirus serotypes. The results show that NSE could prevent from growth and viability of parasites and this can be useful for treatment of Leishmaniasis.



Abstract ID: ۵۶

Presentation Type: Poster

The effect of medicinal plants on male infertility: A review of clinical trial studies in Iran

Parya Foroughi^۱ *, Salarfard Mahla^۱ , Amiri Bahiye^۱

^۱. PhD Student in Reproductive Health, Student Research Committee, Faculty of Nursing and Midwifery, Mashhad University of Medical Sciences, Mashhad, Iran.

Background and Aim : ۳۰-۵۰٪ of infertility cases are related to male infertility. Male fertility is greatly influenced by the quantity, quality, motility, and shape of sperm. Disorders in any of these areas can lead to infertility in men. There are numerous medicinal plants around the world known for their male fertility properties. The use of these plants in addressing male infertility is crucial, which is why the present study was conducted to investigate the effects of medicinal plants on male infertility.

Methods : This review examines studies conducted between ۲۰۱۶ and ۲۰۲۵. A search was conducted using keywords such as infertility, male infertility, herbal medicine and complementary medicine in reputable scientific databases including Pub Med, ProQuest, Springer, Scopus, ISI, SID, and Magiran. Out of the ۹۸ articles initially found, ۴۲ articles were reviewed after removing abstracts, quantitative articles, books, and review articles.

Results : The results of the studies showed that parsley leaves, garlic, saffron, horseradish, and carrot seeds increase fertility in infertile men by enhancing sperm motility and count, boosting direct and indirect testosterone secretion, preventing sperm damage from free radicals, and prolonging spermatozoa lifespan.

Conclusion : The use of medicinal plants with male fertility enhancing properties can be used as a substitute or supplement to chemical drugs that affect male fertility.

Abstract ID: ۵۰۹

Presentation Type: Poster

A systematic review of medicinal plants used in the treatment of postpartum pain

Mina Ghalenovi^{۱*}, Zeinab alavizadeh^۱, Maryam sadat katebi^۲

- ^۱. Midwifery MSc, Instructor, Department of Midwifery, Sabzevar School of Nursing and Midwifery, Sabzevar University of Medical Sciences, Sabzevar
- ^۲. Midwifery MSc, Instructor, Department of Midwifery, Qaein School of Nursing and Midwifery, Birjand University of Medical Sciences, Birjand

Background and Aim : Postpartum pain or uterine contractions are one of the common problems in the postpartum period that significantly affects the quality of life of mothers. Given the side effects of chemical drugs, as well as mothers' anxiety and concern about the pharmacological effects of drugs for themselves and their babies, today, mothers' tendency to use herbal medicines to relieve postpartum pain has increased. In recent years, with the need for evidence-based clinical practice becoming clear, there is a need for quality and appropriate information, so the present review study was conducted with the aim of examining clinical trial studies conducted on medicinal plants used in the treatment of postpartum pain.

Methods : In this study, a systematic review of information related to the effect of medicinal plants on postpartum pain was conducted from the databases Scopus, MedLib, Science Direct, Magiran, Google scholar, Iran Medex, SID, PubMed, Cochranelibra, science of Web with the English keywords, Herbal medicine, Pain, Postpartum program, Postpartum care, Postnatal care plants Medicinal and Clinical trial and without time limit. Based on the Jaded scale, articles that received a score of ۳ or more were included in the study. Data analysis was qualitative

Results : In this study, ۱۶ clinical trials including medicinal herbs (lavender, black cumin, cumin, ginger, anise, celery, saffron, dill, wheat germ, purslane, Shirazi thyme, Salvia hydrangea, valerian, fennel, and chamomile) were examined. All herbs had a favorable effect on relieving postpartum pain. Most of these herbs had no or minimal side effects. Because the methodology of the studies was heterogeneous in terms of quality, it was not possible to conduct a meta-analysis.

Conclusion : Various studies have shown that medicinal herbs can be effective in reducing postpartum pain and in some cases are even more effective than chemical drugs such as mefenamic acid and ibuprofen and are associated with fewer side effects. These plants relieve pain and reduce anxiety through mechanisms such as cyclooxygenase inhibition, reduction of prostaglandin production, antispasmodic effects, sedative effects, and cortisol regulation. In general, all medicinal plants used (lavender, black cumin, cumin, ginger, anise, celery, saffron, dill, wheat germ, purslane, Shirazi thyme, Salvia hydrangea, valerian, fennel, and chamomile) reduced postpartum pain, but the number of these studies for each plant is small, so there is not enough clinical evidence for practical use for each plant and more studies are needed in this field.



Abstract ID: ۵۸۳

Presentation Type: Poster

Potential Role of Viola Odorata (Sweet Violet) in Cancer Care

Mohammadreza Ghanbarzadeh^۱ *, Hamideh Naghibi^۲

- ^۱. PhD. Candidate of Persian Medicine, Department of Persian Medicine, School of Medicine, Sabzevar University of Medical Sciences, Sabzevar, Iran.
- ^۲. PhD. of Persian Medicine, Mashhad University of Medical Sciences, Mashhad, Iran.

Background and Aim : Viola odorata (sweet violet) has been used for centuries in traditional Persian and European medicine to manage respiratory, inflammatory, and neurological conditions. Its phytochemical composition includes flavonoids, anthocyanins, alkaloids, and saponins, compounds known for their antioxidant and anti-inflammatory activities. These properties have drawn attention to the potential application of V. odorata in oncology, both as a preventive agent against carcinogenesis and as an adjuvant therapy to improve patient well-being.

Methods : By searching in some databases, including PubMed, Google Scholar, Web of Science, and Magiran, a narrative review of published studies was conducted, focusing on the pharmacological properties of V. odorata relevant to cancer. Evidence was gathered from both in vitro and in vivo experimental models, as well as initial clinical observations. Particular emphasis was placed on antioxidant, anti-inflammatory, immunomodulatory, and cytotoxic mechanisms.

Results : Preclinical investigations provide several lines of evidence supporting the anticancer potential of V. odorata. In vitro studies have shown that ethanolic and aqueous extracts can suppress proliferation and induce apoptosis in various cancer cell lines, including breast and liver cancers. Animal models corroborate these findings, demonstrating reduced tumor growth following administration of violet extracts. Mechanistically, the plant appears to mitigate oxidative stress, prevent DNA damage, downregulate inflammatory pathways, and enhance apoptotic signaling in malignant cells. Limited pilot studies in clinical data suggest that violet-based formulations may offer benefits in managing respiratory issues and decreasing inflammatory discomfort in patients undergoing chemotherapy. No large-scale randomized controlled trials have specifically assessed the efficacy of V. odorata in cancer prevention or treatment, and its role in oncology remains exploratory.

Conclusion : The available evidence indicates that Viola odorata possesses promising antioxidant, anti-inflammatory, and pro-apoptotic activities that could contribute to cancer care. Preclinical models consistently demonstrate antitumor effects, while preliminary human studies point toward improvements in quality of life. Nonetheless, the absence of robust clinical trials prevents definitive recommendations for its use in oncology. Future research should prioritize well-designed randomized studies to evaluate both the efficacy and safety of V. odorata as an adjunctive therapy in cancer patients.

Abstract ID: ۵۸۱

Presentation Type: Poster

A Review of the Effect of Herbal and Complementary Medicine in Managing Chemotherapy-Induced Hand-Foot Syndrome

Mohammadreza Ghanbarzadeh^{۱*}, Hamideh Naghibi^۲

- ^۱. PhD. Candidate of Persian Medicine, Department of Persian Medicine, School of Medicine, Sabzevar University of Medical Sciences, Sabzevar, Iran.
- ^۲. PhD. of Persian Medicine, Mashhad University of Medical Sciences, Mashhad, Iran.

Background and Aim : Hand-Foot Syndrome (HFS) is a common side effect of chemotherapy drugs like capecitabine and liposomal doxorubicin. It manifests as redness, swelling, itchiness, and pain, affecting quality of life and treatment adherence. Traditional treatments include reducing chemotherapy dosage and using topical emollients or corticosteroids, but these are effective in only ۳۰-۵۰% of cases, with frequent recurrences. As a result, integrative medicine approaches, including herbal and complementary therapies, are being explored.

Methods : A literature review was performed using PubMed, Scopus, and SID databases up to ۲۰۲۵. Clinical trials, randomized controlled studies, and systematic reviews assessing herbal, nutritional, and complementary interventions for chemotherapy-induced HFS were included in this analysis.

Results : Based on the results of some research, Topical herbal preparations with anti-inflammatory and antioxidant properties (e.g., aloe vera, chamomile, and Viola odorata) applied ۲-۳ times daily for ۲-۴ weeks have demonstrated a reduction in erythema and inflammation. Viola odorata (sweet violet), used as an oil or ointment applied twice daily to affected areas for at least ۱۴ days, has shown beneficial effects in alleviating inflammation, pruritus, and xerosis. Nutritional supplements such as vitamin B₆ (۵۰-۱۵۰ mg/day) and omega-۳ fatty acids (۱-۳ g/day) during chemotherapy have been associated with symptomatic improvement. Complementary practices, including gentle massage with herbal oils or cold compresses, applied daily or at symptom onset, are supportive measures with positive outcomes.

Conclusion : Integrative medicine offers valuable supportive options for managing chemotherapy-induced hand-foot syndrome (HFS). Viola odorata is particularly noteworthy because of its anti-inflammatory and antipruritic (itch-relieving) properties when used both topically and orally. However, larger controlled trials are needed to standardize the dosage, duration, and methods of administration.

Abstract ID: ۴۶

Presentation Type: Poster

Recommended Natural Single Remedies for Strengthening Gums from the Persian Medicine's Perspective

Fatemeh Sadat Ghazanfari^۱, Seyed Majid Ghazanfari^{۲*}, Azam Sadat Hosseini Hoshyar^۳, Seyed Mohammad Vahid Ghazanfari^۴

۱. Dental student, School of Dentistry, Mashhad University of Medical Sciences, Mashhad, Iran
۲. Assistant Professor, Non-Communicable Diseases Research Center, Sabzevar University of Medical Sciences, Sabzevar, Iran
۳. Obstetrician and Gynecologist, Department of Gynecology, School of Medicine, Sabzevar University of Medical Sciences, Sabzevar, Iran
۴. Medical student, Student Research Committee, Shahid Beheshti University of Medical Sciences, Tehran, Iran

Background and Aim : Periodontal disease is an inflammatory disease that destroys tooth-supporting tissues and is associated with various systemic diseases and conditions, including pregnancy. Multiple types of periodontal disease, such as gingivitis, tumors, and gestational stomatitis, may occur during pregnancy. Recently, many studies have confirmed that this disease causes adverse pregnancy outcomes such as preterm delivery, miscarriage, premature birth, low birth weight, and preeclampsia. Most trials show that nonsurgical periodontal treatment during the second trimester of pregnancy does not improve pregnancy outcomes. This suggests that treatment during the ۴th-۶th month of pregnancy is too late to prevent placental colonization by periodontal pathogens. Therefore, interventions during the preconception period may be more meaningful. Daily brushing and flossing, healthy eating, not smoking, and dietary modification have been suggested to prevent this disease. In one study, the high prevalence of dental caries and periodontal disease among pregnant mothers was reported to be due to a lack of knowledge and perceived need for dental care. Therefore, it is essential to improve the awareness and oral hygiene of pregnant mothers. Although the level of global medical technology has gradually improved in recent years, the incidence of adverse pregnancy outcomes has not yet decreased. Therefore, finding complementary treatments to solve this problem greatly interests the medical community. This study aimed to identify types of single remedies and simple and effective treatment recommendations for strengthening the gums from the perspective of Persian medicine.

Methods : This research is a library review study. First, the keywords such as gum disease (in the Khulasat Al-Hikmah book) and strengthening the gums (in the Tuhfat Al-Momenin and Makhzan Al-Aduyeh books), the most reliable sources of Persian medicine, were searched using the Jame Teb software (version ۱,۰ of the Noor Islamic Sciences Computer Research Center). After collecting, recording, and coding the materials, types of effective single remedies for strengthening the gums from the perspective of Persian medicine were identified.

Results : Based on the results, various diseases such as gingivitis, gingival ulcers and abscesses, gingivitis, and loss and relaxation of the pulp of the tooth have been discussed and provided by Persian medicine scholars. One of the treatment methods is the use of various single remedies, which are divided into herbal, animal, and organic (mineral) substances based on their origin. In this study, ۵۵ remedies were found in these two books. ۴۵ remedies have an herbal origin, ۶



کتاب خلاصه مقالات سخنرانی و پوستر
دومین کنگره ملی طب ایرانی



تهران، مرکز همایش های بین المللی رازی

۲۱ لغایت ۲۳ آبان ماه ۱۴۰۴

remedies have a mineral origin, and ۱ remedy has an animal origin. The names of the remedies, along with their usage, are listed in the attached tables.

Conclusion : Given the inadequate and inappropriate response of the commonly available treatments for gum diseases, especially during pregnancy, it seems that utilizing the opinions and experiences of Persian medicine scholars can be very helpful in finding complementary treatments.

Abstract ID: ۹۵

Presentation Type: Poster

Recommended Natural Single Remedies for Strengthening Gums from the Persian Medicine's Perspective

Fatemeh Sadat Ghazanfari^۱, Seyed Majid Ghazanfari^{۲*}, Azam Sadat Hosseini Hoshyar^۳, Seyed Mohammad Vahid Ghazanfari^۴

۱. Dental student, School of Dentistry, Mashhad University of Medical Sciences, Mashhad, Iran
۲. Non-Communicable Diseases Research Center, Sabzevar University of Medical Sciences, Sabzevar, Iran.
۳. Obstetrician and Gynecologist, Department of Gynecology, School of Medicine, Sabzevar University of Medical Sciences, Sabzevar, Iran
۴. Medical student, Student Research Committee, Shahid Beheshti University of Medical Sciences, Tehran, Iran

Background and Aim : Periodontal disease is an inflammatory disease that destroys tooth-supporting tissues and is associated with various systemic diseases and conditions, including pregnancy. Multiple types of periodontal disease, such as gingivitis, tumors, and gestational stomatitis, may occur during pregnancy. Recently, many studies have confirmed that this disease causes adverse pregnancy outcomes such as preterm delivery, miscarriage, premature birth, low birth weight, and preeclampsia. Most trials show that nonsurgical periodontal treatment during the second trimester of pregnancy does not improve pregnancy outcomes. This suggests that treatment during the ۴th-۶th month of pregnancy is too late to prevent placental colonization by periodontal pathogens. Therefore, interventions during the preconception period may be more meaningful. Daily brushing and flossing, healthy eating, not smoking, and dietary modification have been suggested to prevent this disease. In one study, the high prevalence of dental caries and periodontal disease among pregnant mothers was reported to be due to a lack of knowledge and perceived need for dental care. Therefore, it is essential to improve the awareness and oral hygiene of pregnant mothers. Although the level of global medical technology has gradually improved in recent years, the incidence of adverse pregnancy outcomes has not yet decreased. Therefore, finding complementary treatments to solve this problem greatly interests the medical community. This study aimed to identify types of single remedies and simple and effective treatment recommendations for strengthening the gums from the perspective of Persian medicine.

Methods : This research is a library review study. First, the keywords such as gum disease (in the Khulasat Al-Hikmah book) and strengthening the gums (in the Tuhfat Al-Momenin and Makhzan Al-Aduyeh books), the most reliable sources of persian medicine, were searched using the Jame Teb software (version ۱,۵ of the Noor Islamic Sciences Computer Research Center). After collecting, recording, and coding the materials, types of effective single remedies for strengthening the gums from the perspective of Persian medicine were identified.

Results : Based on the results, various diseases such as gingivitis, gingival ulcers and abscesses, gingivitis, and loss and relaxation of the pulp of the tooth have been discussed and provided by Persian medicine scholars. One of the treatment methods is the use of various single remedies, which are divided into herbal, animal, and organic (mineral) substances based on their origin. In this study, ۵۵ remedies were found in these two books. ۴۵ remedies have an herbal origin, ۶



کتاب خلاصه مقالات سخنرانی و پوستر
دومین کنگره ملی طب ایرانی



تهران، مرکز همایش های بین المللی رازی

۲۱ لغایت ۲۳ آبان ماه ۱۴۰۴

remedies have a mineral origin, and ۱ remedy has an animal origin. The names of the remedies, along with their usage, are listed in the attached tables.

Conclusion : Given the inadequate and inappropriate response of the commonly available treatments for gum diseases, especially during pregnancy, it seems that utilizing the opinions and experiences of Persian medicine scholars can be very helpful in finding complementary treatments.

Abstract ID: ۵۲۲
Presentation Type: Poster

راهکار های طب ایرانی برای آغاز درد زایمان و تسریع فرآیند تولد: یک مطالعه ی مروری

Zeinab Haghparast^۱ *

^۱. Department of Midwifery, Nursing and Midwifery Faculty, Kashan University of Medical Sciences, Kashan, Iran

مقدمه و هدف : طب سنتی ایرانی با سابقه تاریخی هزاران ساله، رویکردی جامع در خصوص مدیریت زایمان ارائه می دهد که بر اساس مفاهیم مزاج و تعادل اخلاط استوار است. در این سیستم پزشکی از داروهای گیاهی متعددی برای تسهیل زایمان استفاده می شود و این مطالعه با هدف بررسی شواهد علمی مربوط به اثر بخشی و ایمنی داروهای طب سنتی ایرانی برای تسهیل زایمان انجام شده است.

روش ها : این مطالعه مروری با جستجو در پایگاه های داده Scopus, PubMed, Google Scholar, SID و MagIran از سال ۲۰۱۰ تا ۲۰۲۵ انجام شد. معیار ورود شامل کلیه ی مطالعات در خصوص کاربرد طب ایرانی در زایمان، به شرط در دسترس بودن کل مقاله، زبان فارسی یا انگلیسی بود. و معیار های خروج شامل مطالعات حیوانی، مطالعات in vitro، گزارش های موردی، مطالعات با داده های ناکافی، مطالعات تکراری، مقالات کنفرانسی بود.

نتایج : زعفران با کاهش طول مراحل زایمان و بهبود نمره بیشاپ گزارش شده است. مصرف روغن کرچک با افزایش احتمال شروع زایمان و افزایش میزان زایمان واژینال همراه بوده است. یک کارآزمایی بالینی نشان داد کاربرد واژینال روغن گل مغربی بهتر از خوراکی یا القای اکسی توسین تنها، باعث افزایش نمره بیشاپ و کوتاه تر شدن مراحل زایمان شد. کارآزمایی کوچک روی دم کرده تخم شوید گزارش داد که این فرآورده در مقایسه با پروتکل القای با اکسی توسین باعث بهبود بیشاپ و کوتاهی فازهای فعال زایمان شد. مطالعات بالینی در بسیاری موارد مکانیسم عمل داروهای گیاهی را به صورت دقیق مشخص نکرده اند؛ بررسی های مروری طب سنتی همچنین فهرستی از گیاهان با اثرات قاعده آور یا محرک رحم ذکر کرده اند اما شواهد مکانیکی-فیزیولوژیک مدرن برای اغلب موارد ناقص است. اطلاعات ایمنی نیز در اکثر مطالعات بالینی ارائه شده ناقص یا محدود است؛ با این حال در اکثر مطالعات انجام شده عوارض جانبی چشمگیری مشاهده نشده است.

نتیجه گیری : یافته ها نشان می دهند برخی داروهای طب سنتی ایرانی پتانسیل تسهیل زایمان طبیعی را دارند. اگرچه این گیاهان در طب سنتی ایرانی مورد استفاده گسترده قرار دارند، اما ادغام آنها با پزشکی مدرن نیازمند تحقیقات بیشتر در زمینه استانداردسازی دوز، مطالعات مکانیسم اثر و بررسی تداخلات دارویی است. رعایت احتیاط در زنان با بارداری پرخطر و پایش دقیق عوارض جانبی ضروری است. به طور کلی، برای توصیه بالینی یا گنجاندن در پروتکل های القای زایمان، به داده های بزرگتر، ثبت سیستماتیک عوارض، و گزارش پیگیری نوزادی نیاز است؛ شواهد فعلی بعضی اثرات مفید را نشان می دهد اما اطلاعات فراگیر و طولانی مدت در خصوص عوارض و امنیت مصرف کافی نیست. به محققین دانش مامایی، زنان و زایمان و همچنین طب سنتی پیشنهاد می گردد مطالعات تصادفی سازی شده بالینی در خصوص کاربرد روش ها و داروهای طب ایرانی در آغاز زایمان طراحی و اجرا نمایند.



From Farm to Pharmacy: Mandāb (*Eruca Sativa*), a Treasure of Healing Properties in Persian Medicine

Mohammad Hashemimehr^۱ *, Mohammad Hossein Manian^۲

۱. Research Center for Traditional Medicine and History of Medical Sciences, Mazandaran University of Medical Sciences, Sari, Iran
۲. Research Center for Traditional Medicine and History of Medical Sciences, Babol University of Medical Sciences, Babol, Iran

Background and Aim : Mandāb, also known as Shabanak, Argula, Rocula, and Jerjir, is an annual plant from the Cruciferae family.

Methods : This descriptive-analytical study aims to introduce Mandāb as a treasure of therapeutic properties.

Results : One of the medicinal and edible plants that has been neglected in Persian Medicine is *Eruca Sativa*, with the Persian name Mandāb. This plant is native to the Mediterranean regions from Morocco and Portugal to Lebanon, Turkey, and Iran. The flowers, seeds, and leaves of Mandāb can all be used. The spicy and special taste of its leaves is suitable for salads and other dishes, so it is known as salad rocket. Mandāb is rich in vitamins, minerals, and antioxidants. This plant contains a lot of folic acid, vitamins A, C, and K, along with other minerals such as potassium, manganese, iron, and calcium, and it also has a lot of fiber and phytochemicals. It is low in sugar and low in calories, carbohydrates, and fat. Mandāb is rich in a compound called glucosinolates, which break down into powerful compounds called indoles, thiocyanates, and isothiocyanates. These compounds are useful in preventing cancer. In a study conducted on diabetic rabbits and mice, oral consumption of hydroalcoholic extract and Mandāb oil had significant effects on lowering blood sugar, increasing liver glutathione, and restoring lost weight in these animals.

Conclusion : Oral consumption of Mandāb and seeds reduces pain and improves diabetic neuropathy in patients. Also, due to its abundant fatty acids, the extract of this plant has anti-diabetic effects in vitro in skeletal, fat, and liver cells. In other studies, the effects of Mandāb on the cardiovascular system and visceral pain have also been investigated. More laboratory research is needed to achieve the remarkable therapeutic and nutritional properties of Mandāb. Keywords: *Eruca Sativa*, History of Medicine, Persian Medicine, Pharmacy, Therapeutic properties

Abstract ID: ۱۹۹

Presentation Type: Poster

Teucrium orientale as a promising candidate for complementary medicine in breast cancer treatment

Mahboubeh Irani^۱, Somayeh Esmaeili^{۲*}, Behnaz Keramatian^۱, Alireza Dolatyari^۳, Mahmoud Mosaddegh^۴

۱. Traditional Medicine and Materia Medica Research Center, Shahid Beheshti University of Medical Sciences, Tehran, Iran.
۲. Department of Pharmacognosy, School of Pharmacy, Shahid Beheshti University of Medical Sciences, Tehran, Iran.; Traditional Medicine and Materia Medica Research Center, Shahid Beheshti University of Medical Sciences, Tehran, Iran.
۳. Plant Bank, Iranian biological resource centre (IBRC), research complex of ACECR (Iranian Academic Centre for Education, Culture & Research), Karaj, Iran.
۴. Department of Pharmacognosy, School of Pharmacy, Shahid Beheshti University of Medical Sciences, Tehran, Iran.

Background and Aim : Plants have served as an important vital source of natural remedies in traditional medicine. With the increasing mortality from cancer and drug's side effects, there is a growing interest in investigating plant compounds as potential anticancer agents. In contrast to conventional chemotherapy, herbal remedies often have fewer side effects and exhibit less toxicity to normal cells. Moreover, herbal medicines may enhance the efficacy of conventional treatments while improving patients' quality of life. Therefore, further investigation into medicinal plants holds promise in cancer prevention and treatment. Iran has a rich and diverse vegetation, but most of these plants have not yet been investigated. The integration of ethnobotanical knowledge with advanced scientific research accelerates the development of effective and sustainable cancer therapies. In the present study, *Teucrium orientale* collected from Ilam Province of Iran were evaluated for cytotoxic effects.

Methods : *T. orientale* collected from Ilam Province, were authenticated by botanists. Voucher number were properly assigned and voucher specimens deposited in the herbarium of Traditional Medicine and Materia Medica Research Center (TMRC), Shahid Beheshti University of Medical Sciences, Tehran, Iran. Extraction from the aerial part was obtained by maceration with methanol. The dried extract was dissolved in DMSO and serial dilutions were prepared to reach the final concentrations ۱۰۰, ۵۰, ۲۵, ۱۲,۵, ۶,۲۵, and ۳,۱۲۵ µg/mL. Cytotoxicity was evaluated by MTT assay against MCF-۷ (human breast adenocarcinoma), HEPG-۲ (human hepatocellular carcinoma), HT-۲۹ (human colon adenocarcinoma), and A-۵۴۹ (human non-small cell lung carcinoma) and MDBK (Madin-Darby Bovine Kidney) cell lines. According to Mosmann method, Absorbance for each well was measured at ۵۷۰ nm, and the Percentage of cell growth inhibition and IC_{۵۰} were calculated.

Results : The extract exhibited potent cytotoxic activity against MCF^۷ cell line with IC_{۵۰}=۴۲,۵ µg/mL. But, it had no significant effect on reducing the growth of other cell lines, up to a final concentration of ۱۰۰ µg/mL.



Conclusion : *T. orientale* demonstrated selective cytotoxicity effects against MCF- γ cells. So far, there have been no reports about cytotoxic effects of *T. orientale* on MCF- γ . Given the importance of breast cancer treatment, this plant could be a proper candidate for bioassay guided fractionation and isolation of active ingredients with cytotoxic effects. Due to the existence of multiple bioactive compounds in this plant, additional studies are necessary to discover new substances with anticancer properties. Therefore, further studies about these species are recommended.

Abstract ID: ۱۹۷

Presentation Type: Poster

Evaluation of Traditional Persian Medicinal Herbs for Menopause-associated Depression and Cognitive Decline: An Evidence-Supported Review of the Persian Medicine Textbooks

Azadeh Iranmanesh^{۱,۲,۱}, Azadeh Zarei^{۳,۲}, Niusha Esmaealzadeh^{۱,۲}, Seyede Nargess Sadati Lamardi^{۱,۳} *

۱. ^۱-Department of Traditional Pharmacy, School of Persian Medicine, Tehran University of Medical Sciences, Tehran, Iran. 2- Traditional Persian Medicine and Complementary Medicine (PerCoMed) Student Association, Students' Scientific Research Center, Tehran University of Medical Sciences, Tehran, Iran.
۲. ^۲- Department of Traditional Persian Medicine, School of Traditional Medicine, Tehran University of Medical Sciences, Tehran, Iran.
۳. ^۱-Department of Traditional Pharmacy, School of Persian Medicine, Tehran University of Medical Sciences, Tehran, Iran.

Background and Aim : Menopause is a hormonal transition characterized by declining estrogen levels and commonly linked to depression, anxiety, memory deficits, and reduced cognitive performance. In Persian Medicine (PM), these symptoms are addressed holistically through the concept of a functional axis between the uterus (rahem) and brain (demagh). This paradigm has informed the traditional use of herbal remedies, which are intended to act on both systems concurrently. This study aimed to identify such plants documented in PM texts and assess their contemporary scientific evidence related to menopausal depression and cognitive dysfunction.

Methods : This study employed a two-phase approach combining traditional and modern data sources. First, a thematic qualitative review was conducted using the Noor Traditional Medicine Library. Major classical Persian texts were reviewed. Over ۳۵۰ medicinal plants were initially identified, and ۳۲ herbs were selected based on their consistent mention across multiple sources as agents affecting both the uterus and the brain. In the second phase, a structured literature review was performed using PubMed, Scopus, and Google Scholar. Articles were screened for modern scientific evidence, including clinical trials and preclinical studies (both in vivo and in vitro).

Results : Out of the ۳۲ selected medicinal herbs, three showed strong clinical evidence for dual effects on both cognitive and reproductive axes. These included Vitex agnus-castus, Crocus sativus, and Matricaria chamomilla, each supported by multiple human trials demonstrating improvements in menopausal symptoms, mood, and cognitive function. An additional three herbs, Asarum europaeum, Artemisia absinthium, and Olea europaea, exhibited strong clinical evidence specifically for cognitive or neuropsychological benefits, although reproductive effects were less consistently documented. Three more herbs, namely Acorus calamus, Teucrium polium, and Ruta graveolens, had supportive preclinical evidence for dual actions on both uterine and neurocognitive functions in animal models. Another group of nine herbs, including Jasminum officinale, Calendula officinalis, Capparis spinosa, Piper nigrum, Laurus nobilis, Cyperus rotundus, Zingiber zerumbet, Cinnamomum zeylanicum, and Peganum harmala, showed promising preclinical neurocognitive effects. However, evidence on reproductive function was either lacking or inconsistent. A subset of three herbs, Ferula assa-foetida, Melilotus officinalis, and Artemisia vulgaris, displayed preclinical or in vitro effects on reproductive parameters, but limited or no evidence on



neurocognition. Finally, the remaining nine herbs had limited or no documented scientific evidence for either axis in modern literature, despite their recurrent mention in traditional Persian medical sources.

Conclusion : This review highlights a subset of Persian medicinal plants with validated or promising evidence for managing menopausal cognitive and emotional symptoms. The convergence of traditional insights with modern neuroendocrine research underscores the therapeutic potential of several herbs, while also identifying neglected candidates for future investigation.

Abstract ID: ۱۴۶

Presentation Type: Poster

Perparation of a honey-based fenugreek syrup as a traditional medicine for treatment of respiratory diseases

Samineh Jafari^۱ , Maryam Hassan^۲ , Maryam Damchi Jelodar^۳ , Azadeh Ghaffari^۴ , Parisa Jafari^۱ *

۱. Department of Pharmacognosy, School of Pharmacy, Zanzan University of Medical Sciences, Zanzan, Iran
۲. Department of Food and Drug control, School of Pharmacy, Zanzan University of Medical Science, Zanzan, Iran
۳. Department of pharmaceutics, School of Pharmacy, Zanzan University of Medical Sciences, Zanzan, Iran
۴. Department of Persian Medicine, School of Medicine, Zanzan University of Medical Sciences, Zanzan, Iran

Background and Aim : Fenugreek (*Trigonella foenum-graceum* L.) is herbaceous and annual plant from Fabaceae family. Seeds of Fenugreek which are more used for their medicinal properties contain saponins eg. Diosgenin, alkaloids, phenolic compounds and mucilage. In Persian medicine, hot and dry temperament was attributed to the seeds and their mix with honey was advised for treatment of cough and other respiratory diseases. Accordingly, a honey-based fenugreek syrup was prepared and characterized in this study.

Methods : Fenugreek seeds were firstly washed with water and sprayed with ethanol: water (۷۰:۳۰) solution to reduce dirt and contamination. After drying and powdering, the seeds (۶۰ g) were transferred into a ۱۰۰۰ mL erlenmeyer flask and sterile distilled water was added to it up to ۸۰۰ mL. Then, the flask was placed in a ۱۰۰°C water bath for ۶۰ minutes. After cooling, the flask content was poured into a two-layered sterile cheesecloth and squeezed to remove the gel extract. The prepared extract homogenously mixed with ۱۵۰ mL honey and heated again in a ۱۰۰°C water bath for ۶۰ minutes. After cooling, sodium benzoate (۰,۶ g) was added to the syrup and stirred thoroughly to obtain a uniform syrup. At this step, the syrup was made up to ۶۰۰ ml with distilled water. The syrup preparation was carried out under sterile conditions. To assess microbial contamination, at first, the raw materials for syrup preparation and then the formulated syrup were examined using pour plate method. One mL of each sample of the raw materials used in the syrup preparation (honey, fenugreek extract, and water) was separately mixed with ۲۰ cc of sterile Soybean Casein Digest Agar medium in a petri dish. Finally, the results were observed after ۵ days incubation at ۳۷°C. Three series of each sample were repeated. In order to study the microbial load of the syrup, three dilutions (۰,۱- , ۰,۰۱- and ۰,۰۰۱-fold dilutions) of syrup was cultured in plates according to the mentioned method. In addition, ۱ mL of the syrup samples were transferred separately to falcons containing ۲۵ mL of sterile soybean-casein digest broth nutrient medium, and after ۱۸ hours of incubation at ۳۷°C, the turbidity was compared with falcons containing sterile liquid culture medium without samples. Next, if turbidity was observed, approximately ۳۰ microliters of the falcons containing the incubated sample were spread separately on the surface of a plate containing soy-casein digest agar culture medium and incubated for ۲۴ hours at ۳۷°C.

Results : In this study, a honey and fenugreek syrup was prepared with the appropriate consistency and taste in accordance with Persian medicine texts. . The contents of the syrup per ۱۰۰ ml included ۷۵ ml of extract (from ۱۰ g of fenugreek seeds), ۲۵ ml (۴۰ g) and ۰,۱ g of sodium benzoate. After



microbial studies, no microorganism growth was observed in either the plates related to the raw materials or the plates related to the syrup samples.

Conclusion : Based on the results obtained and the documentation of Persian medicine, the prepared syrup could be a suitable candidate for the treatment of specified respiratory diseases. However, clinical studies in this regard seem necessary.

Abstract ID: ۵۲۶

Presentation Type: Poster

A Systematic Review of Clinical Evidence on the Efficacy of Traditional Persian Medicinal Plants in the Management of Obesity and Metabolic Syndrome

Mehrzaad Jamshidi^۱ , Seyed Ali Yahyaei Shali^۱ , Mehdi Kashef Asl^۱ , Ali Barzegar^{۲*}

۱. *Department of Nutrition, Faculty of Nutrition and Food Sciences, Tabriz University of Medical Sciences, Tabriz, Iran.*
۲. *Associate Professor, Department of Community Nutrition, Faculty of Nutrition and Food Sciences, Tabriz University of Medical Sciences, Tabriz, Iran.*

Background and Aim : Obesity and metabolic syndrome represent global health burdens with rising prevalence and limited long-term therapeutic options. In Traditional Persian Medicine (TPM), humoral imbalances—particularly cold-wet dystemperament—are closely associated with obesity pathogenesis. This systematic review aimed to evaluate the clinical efficacy of TPM-based herbal formulations in the management of obesity and its related cardiometabolic outcomes.

Methods : This systematic review was conducted according to PRISMA guidelines. Electronic databases (PubMed, Scopus, and SID) were searched using the following search terms: “Traditional Persian Medicine”, “herbal”, “obesity”, “overweight”, “metabolic syndrome”, and “randomized clinical trial”. Studies were included if they were randomized controlled trials (RCTs) or systematic reviews assessing TPM-based herbal formulations for weight management in adults. Exclusion criteria included non-clinical studies, protocols, and single-herb trials outside TPM context. Risk of bias was assessed using the Cochrane Risk of Bias tool.

Results : From ۱۴۳ records, five studies met the inclusion criteria: three RCTs and two reviews. A double-blind RCT of the Komouni formulation (*Bunium persicum*, *Pimpinella anisum*, *Foeniculum vulgare*, *Trachyspermum ammi*) in overweight women demonstrated significant improvements in body weight (-۴.۸ vs. -۳.۲ kg; $P=۰.۰۰۰۱$), BMI, LDL cholesterol, and fasting glucose. Another RCT assessing a TPM herbal candy containing *Portulaca oleracea*, *Plantago ovata*, and peanut oil showed significant appetite suppression and reductions in anthropometric indices ($P<۰.۰۰۱$). No severe adverse events were reported. All interventions adhered to TPM’s humoral principles aimed at reducing cold and moist imbalances.

Conclusion : Clinical evidence supports the potential efficacy and safety of TPM-based herbal formulations in managing obesity and related cardiometabolic risks. These interventions, particularly when tailored to individual temperamental profiles, may serve as effective complementary therapies. Further well-designed, large-scale trials are needed to substantiate their role in evidence-based obesity management.

Abstract ID: ۲۹۶

Presentation Type: Poster

Edible Fig (*Ficus carica*) in Female Fertility and Pregnancy: A Nutritional and Therapeutic Perspective

Fatemeh Jeddi^۱ *, Maryam Taghavi Shirazi^۲

^۱. Lorestan University of Medical Sciences

^۲. Department of Traditional Medicine, School of Persian Medicine, Iran University of Medical Sciences, Tehran, Iran

Background and Aim : The edible fig (*Ficus carica*) is among the oldest cultivated fruits globally, revered both in traditional medicine and modern nutritional science for its broad therapeutic properties. Native to Iran, particularly the Fars Province's Estahban County—with some fig trees exceeding ۴۰۰ years—this region is notable for producing the renowned dryland variety known as "Sabz Estahban." In Persian Medicine, figs have long been used to treat digestive disorders, serve as natural laxatives, act as kidney tonics, and provide essential nutritional support. They are also believed to raise overall body vitality and support reproductive health and fertility, particularly in women. This study offers a unique insight into the role of the fig in fertility, menstruation, and pregnancy.

Methods : An extensive literature review was conducted using scientific databases, PubMed, ScienceDirect, Google Scholar, and SID. Keywords such as "Ficus carica," "female reproductive health," "fertility," "Iranian traditional medicine," and "Persian Medicine" guided the search. Accordingly, the primary Persian medical texts—including Avicenna's Canon of Medicine, Tankabani's Tuhfat al-Mu'minin, and Aqili Khorasani's Makhzan al-Adwiya were also analyzed to integrate classical knowledge with contemporary scientific findings.

Results : Figs are nutrient-dense, rich in water, carbohydrates, natural sugars, dietary fiber, vitamins A and K, and essential minerals such as magnesium, potassium, and calcium. Clinical and traditional data suggest that daily consumption of figs, particularly when paired with milk on an empty stomach, may mitigate pregnancy complications such as premature rupture of membranes (PROM). Additionally, fig syrup or fig-walnut combinations effectively alleviate functional constipation—a common pregnancy complaint—thereby enhancing maternal well-being. Consuming dried figs during menstruation has been associated with reduced dysmenorrhea, associated symptomatology, and stress. Mechanistically, figs enhance ovarian follicle quality, increase endometrial thickness, and regulate estrogen-progesterone balance, supporting improved ovulation and fertility in both sexes. Experimental studies highlight bioactive compounds, especially flavonoids and terpenoids, with antimicrobial and antiviral properties that aid in treating vaginal infections and maintaining reproductive tract health. Additionally, figs show potential in managing menopause-related hormonal imbalances in women.

Conclusion : Current evidence highlights the potential of figs to support women's reproductive health by lowering risks such as premature rupture of membranes and constipation, alleviating menstrual discomfort, and enhancing fertility. Its antimicrobial effects further aid in managing infections. As a natural and culturally valued food, fig offers a promising complementary approach in integrative reproductive care. Further clinical trials are needed to confirm these benefits.

Abstract ID: ۱۴

Presentation Type: Poster

Effect of rosa damascene aromatherapy on anxiety and sleep quality in Patients hospitalized in Critical Care Unit

Kurosh Jodaki^۱ *, Mohamad Golitaleb^۲

۱. Assistant Professor of Nursing School of Nursing and Midwifery Shohadaye Haft-e Tir Hospital Iran University of Medical Sciences
۲. Department of Critical Care Nursing, School of Nursing, Arak University of Medical Sciences, Arak, Iran

Background and Aim : Anxiety and sleep disorders are the most common disorders of patients admitted to the cardiac care units. The purpose of this study is to investigate the effect of Rosa damascene fragrance on anxiety and sleep quality of hospitalized patients in the cardiac care units.

Methods : In this Randomized clinical trial, ۶۰ patients who had the inclusion criteria were conveniently sampled and randomly allocated to the experimental and control groups. Patients were enrolled in the study ۲۴ h after hospitalization. Those diagnosed with dysrhythmia, ACS, and CHF were included. Patient recruitment lasted from October ۲۰۱۸ to December ۲۰۱۹. In these groups, in addition to the routine care, the intervention was performed for three consecutive nights from ۲۲:۰۰ to ۰۶:۰۰. In the experimental group, patients inhaled five drops of Rosa damascene essence ۴۰% in distilled water, while in the control group, patients inhaled five drops of distilled water as placebo. In both groups, anxiety and sleep quality were examined before and after three consecutive nights using the St. Mary's Hospital Sleep Quality Questionnaire (SMHSQ) and the Spiel Berger State-Trait Anxiety Inventory (STAI) questionnaire.

Results : The results of this study showed that the use of Rosa damascene aroma in patients hospitalized in the cardiac care unit significantly reduces anxiety and increases the improvement of sleep quality in the experimental group compared to the control group ($P < ۰,۰۰۵$). The significance level for anxiety and sleep quality was ($P = ۰,۰۰۱$).

Conclusion : Aromatherapy with Rosa damascene reduces anxiety and increases the sleep quality of patients hospitalized in the cardiac care unit. Therefore, along with other treatment measures, Rosa damascene can be used as a complementary method to reduce anxiety and improve sleep quality.

Abstract ID: ۴۸۱

Presentation Type: Poster

Traditional Herbal Medicines in Modern Drug Development: A Pharmacognosy Perspective

Reza Kalantari^۱*, Mohammad Azadbakht^۲, Nila Navaei^۳

- ^۱. Research Institute for Herbal Medicines and Metabolic Disorders, Faculty of Pharmacy, Mazandaran University of Medical Sciences, Sari, Iran.
- ^۲. Professor, Department of Pharmacognosy and Biotechnology, Faculty of Pharmacy, Mazandaran University of Medical Sciences, Sari, Iran.
- ^۳. Pharm.D Candidate Pharmaceutical Sciences Research Center, Faculty of Pharmacy, Mazandaran University of Medical Sciences, Sari, Iran.

Background and Aim : For millennia, people have employed herbs and natural treatments. Synthetic drugs grew popular in the ۲۰th century, but over ۸۰٪ of the poor use herbal treatments, according to the WHO. Pharmacognosy finds and assesses herbal bioactives. Combining medical advancement and history. This method yielded morphine, quinine, and artemisinin from *Papaver somniferum*, *Cinchona bark*, and *Artemisia annua*. Drug discovery has traditionally employed obsolete approaches. Pharmacological tests, molecular biology, and analytical technology have altered herbal medicine research. Standardized formulations and improved medication administration. Scientific basis ensures product functionality and safety while meeting commitments. Chronic diseases, antibiotic resistance, and poor treatment affect global health. Make drugs with natural ingredients. This paper discusses drug development pharmacognosy, trends, problems, and aims for turning herbal knowledge into evidence-based treatments.

Methods : We searched PubMed, Scopus, Web of Science, and Google Scholar using the terms "herbal medicine," "pharmacognosy," "natural products," "drug discovery," and "phytopharmaceuticals." From ۲۰۱۰ to ۲۰۲۵, ethnobotanical surveys that did not involve drugs were analyzed. Before looking at the content for bioactive compounds, pharmacological mechanisms, standardization, and formulation techniques, we evaluated the titles and abstracts for relevance. ۱۲۰ studies in four categories were found by looking only at peer-reviewed English-language publications: •The pharmacological efficacy of plants. •Phytochemical extraction and characterization. •Pharmacognosy in standards and formulation. •Translational applications and clinical relevance.

Results : ۱. Pharmacological Activities: Herbal remedies offer neuroprotection, treat bacterial infections, diabetes, cancer, and inflammation. Curcumin and resveratrol are examples. It works well for neurological conditions, diabetes, high blood pressure, and cardiovascular diseases. ۲. Phytochemical Isolation and Characterization: The identification of bioactive components is made easier by metabolomics, NMR, LC-MS, and HPLC. Drug discovery is aided by high-throughput screening and molecular docking. ۳. Formulation and standardization: It's still challenging to guarantee excellent quality and bioavailability. GMP procedures, marker compounds, and fingerprints have all been improved. Solubility, stability, and specificity are improved by liposomes, phytosomes, and nanoformulations. ۴. Clinical and Translational Relevance: Herbal treatments for metabolic, pain, and viral diseases function similarly to pharmaceuticals. Variable standards and small sample sizes are drawbacks. Natural bioactives are used in combination by pharmaceutical companies.



Conclusion : Traditional herbal remedies' impact on modern medicine is assessed. Modern and traditional medications are plant-based. Therapeutic uses include neuroprotection, cancer prevention, bacterial clearance, and inflammation reduction. Problems persist despite progress. Low standards lower herbal treatment quality, safety, and potency. Despite inconsistencies, analytical and metabolomic methods improve phytochemical profiling. Clinical validity is low. Small sample sizes, short follow-up intervals, and inconsistent measurements prevent regulatory approval and mainstream healthcare adoption of promising findings. Formulation science may help overcome obstacles. Nanoemulsions and phytosomes improve drug absorption. Bioactive target and molecule identification is fast and cheap with molecular docking and network pharmacology. Global chronic disease rates, treatment resistance, and safer drug demand make herbal therapy desirable. Conventional and evidence-based therapy give clinicians greater tools. For tradition and heritage, corporations, governments, and researchers must provide herbal treatments. Finally, traditional herbs aid drugmakers. After studying pharmacognosy, phytochemistry, and preparation, drugs improve. New technologies show potential despite standardization, clinical validation, and regulatory approval issues. Safe, effective, and accessible global health solutions involve traditional and modern knowledge.



Abstract ID: ۱۰۲

Presentation Type: Poster

A Comprehensive Review of the Protective Role of Date Palm Pollen on Liver and Kidney Functions: Evidence from Animal Studies

Parinaz Kalejahi^۱ , mohammadreza mirzaei^۲ *

۱. *Research Center of Psychiatry and Behavioral Sciences, Tabriz University of Medical Sciences, Tabriz, Iran*
۲. *Department of Persian Medicine, Faculty of Traditional Medicine, Tabriz University of Medical Sciences, Tabriz, Ira*

Background and Aim : Date palm pollen (*Phoenix dactylifera* L.) (DPP), sourced from male date palms, is abundant in antioxidant and anti-inflammatory compounds, indicating its potential therapeutic benefits in alleviating organ damage. This systematic review assesses the protective effects of DPP supplementation on liver and kidney functions in animal models.

Methods : A systematic search was carried out across PubMed, Google Scholar, and Scopus databases to pinpoint studies analyzing the effects of DPP on liver and kidney functions.

Results : Among ۱,۳۲۷ identified publications, eight studies fulfilled the inclusion criteria. The findings consistently revealed that DPP supplementation provides protective effects on liver and kidney functions through its antioxidant and anti-inflammatory properties, significantly reducing damage induced by toxic agents.

Conclusion : DPP emerges as a promising functional food that offers significant health benefits for protecting the liver and kidneys. Further research is needed to clarify its mechanisms of action and explore its potential clinical applications.

Abstract ID: ۱۴۸

Presentation Type: Poster

Herbal Medicine and Anxiety: A Systematic Review Study

Maedeh Karami^۱ , Yeganeh Taghizadeh^۱ , Sedigheh Shahrezaei^۱ , Faeze Kalate Arabi^۱ ,
Morteza Hasheminik^{۱*}

۱. Nursing Student, Department of Nursing, Sab.C., Islamic Azad University, Sabzevar, Iran.

۲. Department of Nursing, Sab.C., Islamic Azad University, Sabzevar, Iran.

Background and Aim : Anxiety is the most common psychological response that prompts individuals to take necessary measures to cope with or reduce its effects. Over time, this disorder becomes a significant concern in public health and well-being. The aim of this article is to examine and understand the effects of medicinal plants on anxiety.

Methods : In this review-analytical study, articles were obtained through electronic searches using relevant keywords in reliable national and international databases including Springer, ProQuest, PubMed, Google-Scholar, Irandoc, Magiran, SID, and Pubmed. Ultimately, articles published between ۲۰۰۸ and ۲۰۲۵ that investigated the effects of medicinal plants on anxiety were selected, reviewed, and analyzed.

Results : According to the results, after the initial and secondary screenings, out of ۴۰۵ retrieved articles, a total of ۳۲ articles were finally included in the systematic review process, and their findings were collected and analyzed.

Conclusion : The results of most of the studies reviewed reported the positive effect of using the mentioned medicinal plants on people's anxiety. Considering the high prevalence of various types of anxiety resulting from today's lifestyles, perhaps plants with sedative and anti-anxiety properties, after conducting the required studies, if they have sufficient effectiveness, could be a suitable alternative to the effects of chemical drugs.



Abstract ID: ۵۷۵

Presentation Type: Poster

Excipients in Traditional Persian Pharmacy and Current Pharmaceutical Sciences: A Critical Comparison

Seyedeh Mahnaz Karimi^۱ *

^۱. *Traditional Medicine and Materia Medica Research Center and Department of Traditional Pharmacy, School of Traditional Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran*

Background and Aim : Introduction: Excipients are essential components of pharmaceutical formulations that play vital roles such as carriers, stabilizers, solubility enhancers, and drug absorption and taste modifiers to increase stability, efficacy, and patient acceptance. This study examined the complex use of excipients in traditional Persian medicine and shows that historical formulations have had multifunctional components, often playing dual therapeutic and adjuvant roles.

Methods : Methods: A systematic analysis was conducted by examining Persian medicine pharmacopoeias to extract traditional pharmaceutical formulations and excipients. These findings were critically evaluated through the lens of current pharmaceutical sciences and historical practices with contemporary knowledge.

Results : Results: This research revealed that traditional Iranian pharmacy used a wide range of natural materials as functional excipients. The study identified and categorized excipients based on their technical roles. The use of natural emulsifiers such as polysaccharide gums and sterol-rich compounds; antimicrobial preservatives such as cinnamon and honey; antioxidants, pH modifiers including vinegar and borax, and viscosity-increasing agents using gums and mucilage demonstrates a sophisticated understanding of formulation stability and control in traditional Persian pharmacy. It is worth noting that the use of penetration enhancers such as camphor, which are explicitly described as facilitators of drug delivery to the depths of the body, demonstrates an empirical understanding of increasing bioavailability.

Conclusion : Conclusion: This study confirmed that traditional Persian pharmacy is based on a broad set of principles, including the use of multi-functional excipients, providing valuable insights for contemporary drug design and highlighting the potential for rediscovery and optimization of forgotten traditional formulations. **Keywords:** Excipient, Persian Medicine, Pharmaceutics, Traditional Medicine, Natural

Abstract ID: ۱۹۵

Presentation Type: Poster

The effect of lavender aromatherapy with and without music on the reactivity time of the non-stress test and basal fetal heart rate in primiparous women: A randomized clinical trial

Maryam Keshavarz^۱*, Nasrin Rezaei^۲

۱. Reproductive Sciences and Technology Research Center; Department of Midwifery and Reproductive Health, School of Nursing and Midwifery, Iran University of Medical Sciences, Tehran, Iran.
۲. School of Nursing and Midwifery, Tehran University of Medical Sciences, Tehran, Iran.

Background and Aim : NST is the most common used test for assessment of fetal well-being. One of the things that is less investigated in studies is the reactivity time of the NST. Therefore, this study was designed with aim to whether lavender oil aromatherapy with and without music is effective on the reactivity time of NST and the basal fetal heart rate in primiparous women.

Methods : This randomized clinical trial was conducted on ۱۹۵ primiparous women with a gestational age of ۳۲-۴۱ weeks who referred to the prenatal clinic of Shahid AkbarAbadi educational and medical center in Tehran for an NST. Participating mothers were randomly divided into three groups (n=۶۵ each): lavender aromatherapy, lavender aromatherapy-music, and control. This means that fetal heart rate reacts to movement. It must react two times within a ۲۰-minute testing period to get a reactive result. The reactivity time of the NST means the time from the start of NST until the first fetal movement. Before the NST, interventions were carried out for ۲۰ minutes. In the lavender aromatherapy group, four drops of ۱۰٪ lavender oil was inhaled. In the lavender aromatherapy-music group, participants also listened to music (nature sounds) in addition to inhaling lavender oil. In the control group, to eliminate ambient noise, earphones were placed without playing music and distilled water was used as a placebo. After the intervention, NST was performed in all three groups. The time between the start of the NST and the end of the second acceleration in the NST strip was considered as the reactivity time. The data were analyzed by statistical software (version ۱۶), one-way analysis of variance, Tukey's post hoc, paired t-test, chi-square, and Fisher's exact tests. A p-value <۰,۰۵ was considered statistically significant.

Results : In the two intervention groups (lavender aromatherapy and the combination of lavender aromatherapy-music), the mean reactivity time of the NST was statistically lower than the control group ($۷,۰۵ \pm ۴,۱۱$ minutes, $۶,۰۴ \pm ۳,۵۹$, $۱۰,۴۳ \pm ۵,۳۲$ minutes, $p<۰,۰۰۱$, respectively). There was no significant statistical difference between the two intervention groups in reactivity time of the NST. ۹۸,۵٪ of the cases within both intervention groups and ۸۰٪ in the control group, the NST results were reactive. The basal fetal heart rate was not statistically significant in all three groups.

Conclusion : This study results showed that the lavender aromatherapy and music did not have a more effect on shortening the reactivity time of the NST when compared to lavender oil use alone. Therefore, lavender aromatherapy alone can be used to reduce the reactivity time of the NST. Key words: lavender aromatherapy, music, reactivity time of the non-stress test, primiparous women

Abstract ID: ۸۴

Presentation Type: Poster

Validating Persian Medicine: Cuscuta epithymum Extract Preserves Reproductive Health in Pre-Gestational Stress Exposure

Narjes Khavasi^{۱*}, Saeed Sardari^۱, Ehsan Sboori^۲, Zahra Najmi^۳

- ^۱. Department of Persian Medicine, School of Medicine, Zanjan University of Medical Sciences, Zanjan, Iran
- ^۲. Department of Addiction Studies, School of Medicine, Zanjan University of Medical Science, Zanjan, Iran
- ^۳. Department of Obstetrics and Gynecology, School of Medicine, Zanjan University of Medical Sciences and Graduate School of Biomedical Sciences, Clinical and Translational Science Program, Tufts Medical Center, Boston, MA, USA

Background and Aim : Pre-gestational stress impairs reproductive function by disrupting sex hormone balance and gamete quality. This study evaluated Cuscuta epithymum (CE), a traditional medicinal plant, for mitigating stress-induced reproductive dysfunction in rats and transgenerational impacts on offspring

Methods : Animals & Design: ۶۴ female/۳۶ male Wistar rats were allocated to: • Control (no stress/extract) • CE Extract (۱۰۰ mg/kg/day orally) • Stress (۲h/day immobilization) • Stress+CE (concomitant treatment) Stress duration: ۵۰ days (males; spermatogenesis cycle), ۱۵ days (females; ۳ estrous cycles). Assessments: • Parents: Sperm count/motility/morphology (epididymal sampling); vaginal epithelium thickness (H&E staining); vaginal pH; serum testosterone/estradiol (ELISA). • Offspring: Litter size, sex ratio, postnatal day (PND) ۲۵ hormone levels. Statistical Analysis: One-way ANOVA (SPSS v۲۲); *p<۰,۰۵ significant.

Results : Parental Reproductive Parameters: • Sperm: Stress reduced count ($1,68 \pm 0,42$ vs. Control $3,78 \pm 0,9$ million/mL; *p*=۰,۰۰۲), progressive motility ($7,26 \pm 1,21\%$ vs. $33,88 \pm 11,25\%$; *p*=۰,۰۰۱), and viability ($44,75 \pm 5,78\%$ vs. $65,04 \pm 12,43\%$; *p*=۰,۰۰۰). CE co-administration restored motility ($33,22 \pm 9,65\%$; *p*=۰,۰۰۱ vs. Stress) and viability ($69,65 \pm 4,9\%$; *p*=۰,۰۰۱). • Vaginal Epithelium: Stress reduced thickness ($1696,2 \pm 182,74$ vs. Control $2593,12 \pm 277,88$ μ m; *p*=۰,۰۰۵). CE reversed this ($2503,37 \pm 205,6$ μ m; *p*=۰,۰۰۰). • Hormones: Stress lowered testosterone (males: $0,82 \pm 0,15$ vs. $2,12 \pm 0,48$ ng/dL; *p*=۰,۰۰۲) and estradiol (females: $26,8 \pm 3,18$ vs. $44,2 \pm 36,77$ pg/mL; *p*=۰,۰۴۸). CE increased testosterone ($3,08 \pm 0,57$ ng/dL; *p*=۰,۰۰۱) and estradiol ($72,26 \pm 13,15$ pg/mL; *p*=۰,۰۲۷). Offspring Outcomes: • Sex Ratio: Stress reduced male offspring (۶ vs. Control ۱۲; *p*=۰,۰۱۸). CE increased males (۲۵; *p*=۰,۰۰۲). • Litter Size: Stress reduced offspring (۲۰ vs. Control ۲۹; *p*=۰,۰۴۱ with CE). • Hormones: Stress lowered testosterone in male offspring ($0,24 \pm 0,09$ ng/dL; *p*=۰,۰۳۱). CE restored levels ($1,27 \pm 0,18$ ng/dL; *p*=۰,۰۰۹).

Conclusion : CE extract counteracted pre-gestational stress effects by: ۱. Restoring sperm quality via antioxidant flavonoids (quercetin, myricetin). ۲. Normalizing vaginal histology/pH and serum sex hormones. ۳. Preventing male-biased offspring loss, likely by protecting Y-chromosome-bearing sperm. Mechanistically, CE mitigates glucocorticoid-induced HPA axis dysregulation and oxidative damage to reproductive tissues. Our findings align with traditional use of CE for infertility and stress-related reproductive disorders. CE extract counteracted pre-gestational stress effects by: ۱. Restoring sperm quality via antioxidant flavonoids (quercetin, myricetin). ۲.



کتاب خلاصه مقالات سخنرانی و پوستر
دومین کنگره ملی طب ایرانی



تهران، مرکز همایش های بین المللی رازی

۲۱ لغایت ۲۳ آبان ماه ۱۴۰۴

Normalizing vaginal histology/pH and serum sex hormones. ۳. Preventing male-biased offspring loss, likely by protecting Y-chromosome-bearing sperm. Mechanistically, CE mitigates glucocorticoid-induced HPA axis dysregulation and oxidative damage to reproductive tissues. Our findings align with traditional use of CE for infertility and stress-related reproductive disorders.

Abstract ID: ۵۷۹

Presentation Type: Poster

A Comprehensive Multidisciplinary Overview of *Silybum marianum* (Milk Thistle): Phytochemistry, Therapeutic Prospects, Clinical Evidence, and Economic Perspectives

Jamileh Khoshsourat^۱ , Mujeeb Hoosen^۲ , Zahra Taheri-Kharameh^۳ *

۱. *Student Research Committee, School of Health and Religion, Qom University of Medical Sciences, Qom, Iran*
۲. *School of Natural Medicine, Faculty of Community and Health Sciences, University of the Western Cape, South Africa*
۳. *Spiritual Health Research Center, School of Health and Religion, Qom University of Medical Sciences, Qom, Iran*

Background and Aim : *Silybum marianum* (L.) Gaertn., commonly known as milk thistle, is a member of the Asteraceae family with a long-standing history in traditional medicine and a growing body of modern scientific support for its therapeutic potential. Its principal bioactive fraction, silymarin—a complex of flavonolignans including silybin, silychristin, and silydianin—has demonstrated hepatoprotective, antioxidant, anti-inflammatory, antidiabetic, anticancer, neuroprotective, nephroprotective, immunomodulatory, and dermatological effects. This review provides a broad, narrative synthesis of the plant's botanical characteristics, historical uses, chemical constituents, mechanisms of action, clinical relevance, economic value, and agronomic considerations.

Methods : Extensive searches were conducted across PubMed, Scopus, Web of Science, ScienceDirect, and Google Scholar for the years ۲۰۰۰–۲۰۲۴. Experimental, clinical, and review studies addressing phytochemistry, pharmacology, therapeutic applications, and agricultural aspects were critically assessed and integrated into a descriptive analysis.

Results : Preclinical investigations and clinical trials support the utility of *S. marianum* in chronic liver disorders, metabolic conditions, and other oxidative stress-related diseases. Nonetheless, variations in study design and the absence of standardized silymarin formulations complicate dose–response evaluation and clinical translation. Beyond healthcare, milk thistle contributes significantly to the global nutraceutical industry and is incorporated into functional foods, cosmetic formulations, and veterinary products. Agronomically, the plant is hardy and environmentally adaptable, making it suitable for cultivation in marginal lands and offering potential for sustainable agricultural and economic development.

Conclusion : *Silybum marianum* serves as a bridge linking traditional herbal medicine, contemporary pharmacotherapy, and eco-friendly agriculture. To fully harness its therapeutic and commercial promise, well-designed clinical trials, deeper mechanistic studies, and harmonized cultivation and regulatory standards are urgently needed.

Abstract ID: ۴۴۲

Presentation Type: Poster

Evaluation of the Effect of Pistacia atlantica Oleoresin on Blood Sugar, Pressure and Lipids in Patients With Type ۲ Diabetes

Fatemeh Kolangi^{۱*}, Zahra Memariani^۲

۱. ^۱Counseling and Reproductive Health Research Centre, Department of Persian Medicine, School of Medicine, Golestan University of Medical Sciences, Gorgan, Iran 4Food, Drug, Natural Products Health Research Centre, Golestan University of Medical Sciences, Gorgan, Iran
۲. ^۱Pharmaceutical Sciences Research Center, Babol University of Medical Sciences, Babol, Iran
^۲Traditional Medicine and History of Medical Sciences Research Center, Health Research Institute, Babol University of Medical Sciences, Babol, Iran

Background and Aim : Diabetes mellitus (DM) is a chronic metabolic disorder characterised by high blood sugar (BS) levels due to impaired insulin production or insulin resistance. It is a global health concern with significant implications for morbidity and mortality. Persian medicine has long utilised natural remedies, such as Pistacia atlantica Desf., for various diseases. In this randomized clinical trial, the effects of P. atlantica oleoresin in the improvement of lipid profiles, glucose indices and blood pressure (BP) were assessed in patients with Type ۲ DM.

Methods : In this randomised, single-blind, placebo-controlled study, ۴۲ patients with Type ۲ DM were randomly allocated to receive either P. atlantica oleoresin or placebo capsule for ۳ months. Patients were evaluated prior to and ۱۲ weeks after the beginning of the intervention, in terms of changes in lipid profiles, glucose indices and BP.

Results : After ۳ months, the mean BP in patients with DM receiving P. atlantica oleoresin was significantly reduced compared with the baseline ($p = ۰,۰۰۱$). Also, these changes were significantly higher than those of the control group. The mean of total cholesterol ($p = ۰,۸۹$), low-density lipoprotein (LDL) ($p = ۰,۴۳$) and triglyceride (TG) ($p = ۰,۹۸$) in the intervention group after ۳ months was lower than that in the control group, but this difference was not statistically significant.

Conclusion : After ۳ months, there was no significant difference between the P. atlantica and control groups in terms of blood sugar and lipid profiles. The mean BP in patients with DM receiving P. atlantica oleoresin was significantly reduced compared with that in the beginning of the study. Also, these changes were significant compared with the control group.

Abstract ID: ۶۸

Presentation Type: Poster

Herbal Protocols from Persian Medicine in the Management of Chronic Insomnia: A Systematic Review of Pharmacognostic and Clinical Evidence

Sana Mahdian Rizizi^۱ *

^۱. Students Research Committee, Neyshabur University of Medical Sciences, Neyshabur, Iran

Background and Aim : Insomnia, particularly its chronic form, is one of the most prevalent sleep disorders affecting global public health. Despite the widespread use of synthetic hypnotics, concerns over dependency, tolerance, and long-term adverse effects have encouraged a resurgence in the search for safe, effective, and traditional alternatives. Persian medicine (PM), with its rich pharmacopeia of herbal remedies, offers historical and empirical insights into natural treatments for insomnia. This systematic review aimed to evaluate clinical and pharmacognostic evidence of PM-based herbal interventions in managing chronic insomnia.

Methods : A comprehensive search was conducted across databases including PubMed, Scopus, Web of Science, Cochrane Library, SID, and IranMedex up to April ۲۰۲۰. Keywords used included: “insomnia,” “sleep disorders,” “Persian medicine,” “traditional Iranian medicine,” “medicinal plants,” “herbal remedy,” and “clinical trial.” Classical PM texts such as “Canon of Medicine” and “Tibb-e-Akbari” were cross-referenced to identify historically utilized herbs. Inclusion criteria encompassed: (۱) clinical studies assessing efficacy or safety of PM-recommended herbal remedies for insomnia, (۲) RCTs or observational human studies, and (۳) English or Persian language. Exclusion criteria included: reviews, animal studies, studies with unclear outcome measures, or non-traditional formulations.

Results : Out of ۹۸۲ initially retrieved articles, ۲۱ studies met the inclusion criteria. Among them, ۱۴ were randomized controlled trials (RCTs) and ۷ were observational studies. The most frequently studied herbs included *Melissa officinalis* (lemon balm), *Eschscholzia californica*, *Lavandula angustifolia* (lavender), and *Viola odorata*. In a meta-synthesis of RCTs involving *Melissa officinalis*, a mean reduction in sleep onset latency of ۱۸,۳ minutes (۹۵% CI: ۱۳,۵–۲۲,۱) was observed compared to placebo. Studies on *Viola odorata* showed a ۲۸,۴% improvement in Pittsburgh Sleep Quality Index (PSQI) scores ($p < ۰,۰۱$). Herbal combinations formulated according to PM temperamental principles demonstrated superior efficacy compared to single-herb regimens, with a ۳۲% higher responder rate in two studies. Mild gastrointestinal discomfort (in <۶% of cases) was the most commonly reported adverse event.

Conclusion : This review underscores the therapeutic potential of herbal protocols rooted in Persian medicine for managing chronic insomnia. Several herbs—particularly when used in compound preparations respecting individual temperament (Mizaj)—have shown statistically and clinically meaningful improvements in sleep parameters. While heterogeneity in dosage, formulation, and study quality limits broad generalization, current evidence supports the inclusion of PM-based herbal interventions as complementary or alternative strategies in integrative sleep medicine. Further well-designed clinical trials with standardized protocols are recommended to consolidate these findings.

Abstract ID: ۶۶

Presentation Type: Poster

The Effectiveness of Persian Herbal Medicines in the Management of Type ۲ Diabetes: A Systematic Review

Sana Mahdian Rizi^۱*, Mojtaba Valizadegan Arjomand^۲, Faezeh Dorisefat^۳

۱. Students Research Committee, Neyshabur University of Medical Sciences, Neyshabur, Iran
۲. Traditional Persian medicine and complimentary medicine (PerCoMed) student association, student's scientific research center, Tehran university of medical science, Tehran, Iran.
۳. Department of Naturopathy, Faculty of Medicine, Technofest Institute of Technology University (TITU), Erquelinnes, Belgium.

Background and Aim : Type ۲ diabetes mellitus (T^۲DM) is a prevalent metabolic disorder characterized by insulin resistance, hyperglycemia, and long-term complications. Conventional therapies may be limited by side effects, cost, or patient adherence issues. Persian medicine (PM), as a rich traditional system, offers a wide array of herbal remedies that have historically been employed to manage blood sugar levels. This review aims to systematically evaluate the clinical evidence on the efficacy of Persian medicinal plants in the management of T^۲DM.

Methods : A systematic search was conducted in PubMed, Scopus, Web of Science, Cochrane Library, SID, and IranMedex for studies published up to April ۲۰۲۰. Keywords included combinations of “Persian medicine,” “herbal,” “medicinal plants,” “type ۲ diabetes,” and names of specific herbs (e.g., *Trigonella foenum-graecum*, *Berberis vulgaris*). Inclusion criteria were: (۱) human studies; (۲) randomized controlled trials (RCTs) or quasi-experimental designs; (۳) use of herbs rooted in Persian medicine tradition; and (۴) outcomes related to glycemic control. Exclusion criteria included animal studies, reviews, duplicate publications, and studies with unclear interventions or outcomes. PRISMA guidelines were followed, and study quality was assessed using the Cochrane Risk of Bias Tool.

Results : Out of ۲,۱۶۳ articles initially retrieved, ۳۲ studies met the inclusion criteria. The final analysis included ۲۶ RCTs and ۶ quasi-experimental trials conducted in Iran and other countries. The most commonly studied herbs were *Trigonella foenum-graecum* (fenugreek), *Berberis vulgaris* (barberry), *Cinnamomum verum* (cinnamon), and *Olea europaea* (olive leaf). Fenugreek was associated with a mean reduction in fasting blood glucose (FBG) of ۲۸,۶ mg/dL (۹۰% CI: ۲۴,۱–۳۳,۲) and HbA^۱c of ۰,۷۱% across ۸ studies. Barberry extract showed significant reduction in FBG (۲۴,۹ ± ۰,۳ mg/dL) and postprandial glucose in ۰ trials. Cinnamon demonstrated a pooled HbA^۱c reduction of ۰,۵۲% in ۶ RCTs. Combination formulations, such as traditional multi-herb decoctions, also showed additive effects in glycemic control, with minimal reported side effects. The heterogeneity among studies was moderate ($I^2 = ۴۷\%$), and publication bias was not significant.

Conclusion : The findings of this review suggest that several Persian herbal medicines have beneficial effects in lowering blood glucose levels in patients with T^۲DM. These herbs, particularly fenugreek and barberry, demonstrate statistically significant and clinically relevant improvements in glycemic markers. Their mechanisms of action likely involve enhancement of insulin sensitivity, antioxidant effects, and modulation of glucose metabolism enzymes. Although the results are promising, variation in dosage forms, treatment duration, and study quality highlight the need for standardized protocols and larger multi-center RCTs. Integrating validated Persian herbal treatments into modern diabetes care may provide a culturally acceptable, cost-effective adjunct for glycemic control, particularly in populations familiar with traditional medicine.

Abstract ID: ۳۸۳

Presentation Type: Poster

Herbal Approaches in the Management of Dry Eye and Conjunctivitis

Monireh Mahjoob^۱ *, Fatemeh Mahjoub^۲

۱. Associate Professor in Optometry, Health Promotion Research Center, Department of Optometry, School of Rehabilitation Sciences, Zahedan University of Medical Sciences
۲. Department of Persian Medicine, School of Persian and Complementary Medicine, Mashhad University of Medical Sciences

Background and Aim : Dry eye disease and conjunctivitis are among the most common ocular surface disorders, causing symptoms such as discomfort, redness, and foreign body sensation. Conventional management includes artificial tears, anti-inflammatory or antibiotic drops, and eyelid hygiene. However, these treatments often provide only temporary relief, and many patients experience recurrent symptoms, prompting interest in complementary and herbal therapies.

Methods : In this literature review a systematic search strategy was applied in PubMed, Scopus, and Google Scholar databases, including, covering studies published between ۱۹۹۰ and ۲۰۲۰. Search terms included combinations of “dry eye” “conjunctivitis,” “ocular surface disorders,” “herbal medicine,” and “medicinal plants”. Titles and abstracts were screened independently, followed by full-text assessment for eligible studies.

Results : Several medicinal plants demonstrate anti-inflammatory, antimicrobial, and antioxidant properties relevant to ocular health. Turmeric (curcumin) has potent anti-inflammatory effects, while neem (*Azadirachta indica*) exhibits broad-spectrum antibacterial activity suitable for ocular cleansing. Aloe vera and Tulsi possess antimicrobial and soothing properties, whereas chamomile is widely recognized for inflammations due to its anti-inflammatory and anti-irritant effects. Other plants, including viola odorata, fennel, guava leaves, licorice, coriander oil, castor oil, and curry leaves, have shown potential roles in reducing ocular inflammation, supporting tear film stability, and improving visual comfort. These herbal agents are traditionally used as diluted decoctions for eye washing or warm compresses. Despite extensive ethnomedical use, systematic clinical studies on efficacy, safety, and standardized formulations remain limited. The lack of controlled trials and variability in preparation methods hinder their integration into evidence-based ophthalmology.

Conclusion : In conclusion, herbal remedies may offer promising complementary strategies for the management of dry eye and conjunctivitis. Further well-designed clinical studies are essential to validate their therapeutic potential, ensure safety, and develop standardized ophthalmic formulations. This review highlights opportunities for integrating traditional knowledge with modern research to address unmet needs in ocular surface disease management.

Abstract ID: ۱۳۳

Presentation Type: Poster

Herbal Remedies for Ulcerative Colitis: Mechanisms, Efficacy, and Clinical Prospects

Fatemeh Mahjoub^۱ *, Elham zaeif khorasani^۲ , Roshanak Salari^۳

۱. Assistant Professor, MD, Ph.D, Department of Persian medicine, School of Persian and complementary medicine, Mashhad University of Medical Sciences, Mashhad, Iran
۲. Assistant Professor, MD, Department of internal medicine, Faculty of Medicine, Mashhad University of Medical Sciences, Mashhad, Iran
۳. Department of Pharmaceutical Sciences in Persian Medicine, School of Persian and Complementary Medicine, Mashhad University of Medical Sciences, Mashhad, Iran.

Background and Aim : Inflammatory bowel diseases (IBD), particularly ulcerative colitis (UC), are chronic and debilitating disorders that affect millions of individuals worldwide. The prevalence of these conditions is on the rise, significantly impairing patients' quality of life. UC is characterized by persistent inflammation of the colon and is clinically manifested through symptoms such as diarrhea, abdominal pain, and gastrointestinal bleeding. Despite advances in conventional pharmacological therapies, high relapse rates and undesirable side effects remain prevalent, prompting increased interest in alternative therapeutic approaches. Among these, the application of medicinal plants as complementary treatments has gained attention. Integrating education, appropriate medical treatment, and Persian medicine may provide a more comprehensive approach to UC management. This review aims to assess the therapeutic role of medicinal plants in treating ulcerative colitis.

Methods : This narrative review was conducted through a comprehensive search of major scientific databases including PubMed, Scopus, and Web of Science, using the keywords “Persian medicine,” “IBD,” “herbal medicine,” and “ulcerative colitis.” Relevant studies examining the efficacy of herbal remedies in the treatment of UC were identified and analyzed.

Results : Evidence from the reviewed literature indicates that various medicinal plants have been investigated for their potential benefits in UC management. These botanicals primarily exert therapeutic effects through anti-inflammatory, antioxidant, and immunomodulatory mechanisms. By inhibiting inflammatory pathways and reducing the production of pro-inflammatory cytokines, these herbs may alleviate symptoms and improve intestinal function. Among the studied plants, turmeric (curcumin) has received the most extensive evaluation. Clinical data suggest that curcumin, when used as an adjunct to standard therapy, may enhance clinical remission rates, symptom response, and endoscopic improvement in UC patients. Additionally, flaxseed, licorice, and mastic gum have been associated with improved quality of life in patients with active UC. Some randomized controlled trials reported reductions in inflammatory markers—such as CRP, ESR, IL-۶, and TNF—following treatment with licorice, flaxseed, saffron, and wild thyme. Other plants, including green tea, pomegranate, wheatgrass, and olive oil, have also shown promising results. However, the quality of evidence supporting the efficacy of some of these herbs remains limited, highlighting the need for further large-scale, high-quality clinical trials to validate their safety and effectiveness.



Conclusion : This review underscores the significant therapeutic potential of medicinal plants—particularly turmeric—in managing ulcerative colitis symptoms. These effects are largely attributed to the anti-inflammatory and antioxidant properties of various botanicals. Given these findings, there is a pressing need for educational initiatives that inform patients and healthcare providers about the therapeutic potential, safety, and proper use of herbal medicines in IBD. Evidence-based, informed use of these therapies may contribute to improved patient outcomes and support their integration into holistic UC management strategies.

Abstract ID: ۱۳۷

Presentation Type: Poster

Medicinal plants for Pemphigus Vulgaris viewpoint in Persian Medicine

Fatemeh Mahjoub^۱ , Bahare Khalesian^۲ *

- ^۱. Assistant Professor, MD, Ph.D, Department of Persian medicine, School of Persian and complementary medicine, Mashhad University of Medical Sciences, Mashhad, Iran
- ^۲. MD, Ph.D candidate, Department of Persian medicine, School of Persian and complementary medicine, Mashhad University of Medical Sciences, Mashhad, Iran

Background and Aim : Pemphigus vulgaris is a chronic autoimmune blistering disorder characterized by painful mucocutaneous erosions. Conventional treatments often have significant side effects, prompting interest in complementary therapies. Persian medicine has historically utilized various botanicals with anti-inflammatory and wound healing properties to manage such lesions. This review aims to evaluate the therapeutic potential of *Plantago ovata*, *Plantago major*, *Portulaca oleracea*, *Curcuma longa*, *Cassia fistula*, and *Glycyrrhiza glabra* in the context of pemphigus wound management.

Methods : A comprehensive literature search was conducted through databases including PubMed, Scopus, and traditional medicine texts focusing on the pharmacological properties and clinical applications of the selected botanicals. Emphasis was placed on their anti-inflammatory, immunomodulatory, antioxidant, and wound healing activities relevant to pemphigus lesions.

Results : *Plantago ovata* and *Plantago major* exhibit mucilaginous properties and promote epithelial regeneration, facilitating wound healing. *Portulaca oleracea* has demonstrated anti-inflammatory and antioxidant effects, aiding lesion repair. *Curcuma longa* (turmeric) is renowned for its potent anti-inflammatory and immunomodulatory effects, beneficial in autoimmune conditions. *Cassia fistula*, highlighted in Persian medicine, shows promising wound healing and antimicrobial properties. A double-blind clinical trial on *Cassia fistula* fruit gel showed that the epithelization index was significantly higher than the placebo group both on day ۱۰ ($p=۰,۰۰۱$) and at the end of the study ($p=۰,۰۰۳$). The main biologically active compounds are found in the fruit of *Cassia fistula* include, flavonoids, anthraquinones and triterpenoids. They have antioxidant and immunosuppressive effects that promote wound healing and reduce edema and inflammation. They also decrease cellular infiltration and free radicals in the wound healing process in mice in vivo and in vitro. *Glycyrrhiza glabra* possesses anti-inflammatory and soothing effects that may alleviate lesion severity. These botanicals' synergistic properties potentially offer a complementary approach to conventional therapies in pemphigus management.

Conclusion : Botanicals traditionally used in Persian medicine, including *Plantago* species, *Portulaca oleracea*, *Curcuma longa*, *Cassia fistula*, and *Glycyrrhiza glabra*, exhibit wound healing and anti-inflammatory effects that may benefit patients with pemphigus vulgaris. Integrating these natural agents with modern treatments could improve clinical outcomes and reduce side effects. Further clinical studies are warranted to validate efficacy and safety.

Abstract ID: ۳۲۱

Presentation Type: Poster

The Role of Licorice in Gastric Diseases Based on Scientific Evidence

Fatemeh Mahjoub^۱ *, Elham zaeif khorasani^۲ , Tahereh amirian^۳

- ^۱. Assistant Professor, MD, Ph.D, Department of Persian medicine, School of Persian and complementary medicine, Mashhad University of Medical Sciences, Mashhad, Iran
- ^۲. Assistant Professor, MD, Department of internal medicine, Faculty of Medicine, Mashhad University of Medical Sciences, Mashhad, Iran
- ^۳. Assistant Professor, MD, Ph.D, Faculty of Persian Medicine, Mazandaran University of Medical Sciences, Sari, Iran

Background and Aim : Licorice (*Glycyrrhiza glabra*), a medicinal plant with a history spanning thousands of years, has been widely used in traditional and Persian medicine for gastrointestinal disorders, including peptic ulcer disease (PUD), gastritis, and infections related to *Helicobacter pylori*. As modern clinical needs highlight the limitations and adverse effects of conventional pharmacotherapies—such as proton pump inhibitors and antibiotics—research into complementary and herbal therapies has grown. This presentation reviews scientific evidence on the efficacy and safety of licorice in the treatment and management of gastric diseases.

Methods : This narrative review was carried out by performing an extensive search across key scientific databases such as PubMed, Scopus, and Web of Science. The search utilized terms including "Licorice," "*Glycyrrhiza glabra*," "Peptic Ulcers," "Dyspepsia," "*Helicobacter pylori*," and "Persian medicine". Studies investigating the effectiveness of licorice for stomach disorders were identified and thoroughly reviewed.

Results : A ۲۰۲۵ systematic review and meta-analysis summarized nine randomized controlled trials (RCTs) with ۶۱۸ patients, mainly evaluating DGL or Caved-S (deglycyrrhizinized licorice complex) in comparison to placebo or comparability to cimetidine. The meta-analysis found trends toward improved symptom relief and healing but without reaching statistical significance. The pooled odds ratio for clinical symptom improvement in pain was ۰,۵۲ (۹۵% CI: ۰,۴۲–۱,۴۵), and for complete ulcer healing was ۰,۶۰ (۹۵% CI: ۰,۲۴–۱,۴۳), both not statistically significant. Nevertheless, licorice was generally well tolerated, with mild and reversible adverse effects such as edema and electrolyte imbalances; these were more common with older preparations containing glycyrrhizin. The licorice and its derivatives, particularly deglycyrrhizinized licorice (DGL), demonstrate multiple beneficial mechanisms in ulcer healing, including inhibition of gastric acid secretion, enhancement of mucosal defenses, promotion of mucus production, stabilization of surface epithelial cells, and stimulation of prostaglandin synthesis. Studies also suggest licorice inhibits *H. pylori* adhesion to the gastric mucosa—an important action for both prevention and treatment of gastric ulcers. Beyond ulcer healing, licorice has proven value in regimens for *H. pylori* eradication. Randomized studies show that substituting or adding licorice to standard quadruple or triple therapy can increase *H. pylori* eradication rates and accelerate ulcer healing. For example, the addition of licorice to clarithromycin-based triple therapy increased eradication rates from ۶۲,۵% to ۸۳,۳% ($p < ۰,۰۵$). One study found that licorice used in place of bismuth provided comparable rates of ulcer healing and bacterial eradication. Pain relief was in licorice-containing regimens, with ۷۰% of patients reporting symptom reduction compared to ۸۰% in standard therapy groups. Mechanistically, both glycyrrhizin and glycyrrhetic acid in licorice contribute to anti-inflammatory and antimicrobial properties, including inhibition of bacterial DNA gyrase and



modulation of immune responses. The anti-ulcer properties have been confirmed in animal models as well as clinical trials.

Conclusion : Licorice represents a promising adjunct or alternative for the management of gastric diseases, including peptic ulcers and H. pylori infection. While initial findings are encouraging and licorice offers a favorable safety and cost profile, further large-scale, well-designed clinical trials are necessary.

Abstract ID: ۹۱

Presentation Type: Poster

The Histopathological protective Effects of Capparis spinosa Seed Extract on Cisplatin- induced-Nephrotoxicity in Rats

Fariba Mahmoodpoor^۱ *, narjes khavasi^۲

۱. Research Center For Integrative Medicine in Aging, Aging Research Institute, Tabriz University of Medical Sciences, Tabriz, Iran

۲. Dept. of Persian Medicine, School of Medicine, Zanjan University of Medical Sciences, Zanjan, Iran

Background and Aim : Capparis spinosa is an important medicinal plant in Persian medicine that encompasses high amounts of bioactive antioxidant components. Despite some therapeutic effects, cancer chemotherapy has side effects, including severe renal complications and renal failure in some cases and medications. The current study aimed to evaluate the histopathological nephroprotective effects of Capparis spinosa seed hydroalcoholic extract against cisplatin induced nephrotoxicity in rat model.

Methods : Forty Sprague Dawley rats weighing within the range of 220 ± 20 gr were randomly divided into eight groups including control, a single-dose cisplatin intraperitoneally (IP) injected group (5 mg/kg), toxic dose of extract (200 mg/kg) group, and groups with cisplatin 5 mg/kg IP and different doses of extract. Histopathological changes in the kidney tissues were quantified by the image-J program and analyzed by One-way ANOVA statistical methods.

Results : Infiltration of inflammatory cells in the kidney tissue and two categories of the histopathological changes (glomerular and tubular changes) were evaluated. cisplatin-induced tubular and glomerular injuries in the kidney tissue. A single-dose cisplatin decreased the glomerular area and Bowman's capsule area, increased Bowman's space, and induced tubular loss of brush borders, tubular dilatation, tubular cast formation and tubular necrosis. All of the changes were reversed by extract of plant significantly.

Conclusion : The accumulation of cisplatin in the proximal tubules leads to kidney toxicity, tubular injury, and cell death in a dose and time- dependent manner. Post administration of extract (doses 50 and 100 mg/kg) could significantly preserve kidney histology against cisplatin-induced kidney injury and indicated renoprotective effects. The previous report has shown anti-oxidative and anti-inflammatory effects and renoprotective effects of Capparis spinosa. These activities of Capparis spinosa are supported by ancient therapeutic effects of this plant Due to the significant protective effects of Capparis spinosa seeds hydroalcoholic extract in our study in that doses, more studies and clinical trials are recommended.



Abstract ID: ۲۱۸

Presentation Type: Poster

Protective effects and pharmacological activities of Capparis Spinosa: An Updated Review

Fariba Mahmoodpoor^۱ *

^۱. *Research Center for Integrative Medicine in Aging, Aging Research Institute, Tabriz University of Medical Sciences, Tabriz, Iran*

Background and Aim : Plants have always been used in the treatment of diseases since ancient times. Since the main cause of diseases is oxidative stress, and plants are an excellent source of various antioxidants, they will be useful and effective in the treatment and prevention of various diseases. The capparidaceae spinosa (the most common species of capparidaceae used in the world) has long had a good therapeutic position in the treatment of diseases in Persian Medicine.

Methods : This narrative review conducted from three data bases; Embase, pubmed and google scholar from jan ۲۰۱۷ up to jan ۲۰۲۱ with words: "Capparis spinosa", "capper", and "caper"

Results : In an updated review study investigating the therapeutic effects of this plant, anti-tumor and anti-cancer effects, antimicrobial effects, protective effects on the liver and kidney, anti-diabetic effects, and a number of other effects, such as improving the lipid profile and neuroprotective effects, have been observed.

Conclusion : The high levels of phenols and flavonoids in this plant have made it a valuable product among plants from a pharmacological point of view, and further studies in this field, especially nano products from this plant in the treatment of diseases, are recommended.



Abstract ID: ۵۴۷

Presentation Type: Poster

A Review of the Medicinal Uses and Pharmacological Evidence of the *Onosma*

Meyssam Masoudi^۱*, Fahimeh Ghamari^۱

^۱. Department of Plant Sciences, School of Biology, College of Science, University of Tehran, Tehran, Iran.

Background and Aim : The genus *Onosma* L., belonging to the Boraginaceae family, comprises over ۲۰۰ species worldwide, with approximately ۵۰ species present in Iran, some of which are endemic. Various *Onosma* species have been utilized in Persian Medicine (Traditional Iranian Medicine) and other medical systems as remedies for skin conditions, inflammatory diseases, neurological disorders, and wound healing. The secondary metabolites found in these plants, such as naphthoquinones (including shikonin and alkannin), flavonoids, and alkaloids, are reported to be responsible for a range of biological activities. These documented effects encompass antioxidant, antibacterial, and anticancer properties.

Methods : This research was conducted as a review study. Data collection involved searching reputable databases such as PubMed, Scopus, Web of Science, and SID using the keywords "Onosma," "Traditional medicine," and "Pharmacological activities." The review focused on articles published between ۲۰۱۰ and ۲۰۲۴, selecting studies relevant to chemical constituents, medicinal plants, and clinical applications.

Results : The review demonstrated that different *Onosma* species possess a wide spectrum of secondary metabolites. Quinone compounds, particularly shikonin and alkannin, play a pivotal role in the plant's biological activities. Pharmacological studies have reported significant anti-inflammatory, antioxidant, and anticancer effects for both plant extracts and purified compounds. In traditional medicine sources, various *Onosma* species are employed to treat burns, wounds, skin problems, and as a nerve sedative. Furthermore, some recent investigations point to hepatoprotective and antibacterial properties, along with potential effects on neurological diseases.

Conclusion : The genus *Onosma* holds a distinct position as a valuable pharmaceutical resource, both in traditional practices and modern research. The presence of active compounds like shikonin strengthens the potential for developing new herbal medicines, especially for inflammatory and skin conditions and wound healing. However, the main obstacles to clinical application remain the scarcity of clinical trials and the lack of standardization in extracts. Given its high species diversity and numerous endemic varieties, Iran presents a significant opportunity for identifying novel active compounds and exploiting the therapeutic potential of this genus.

Abstract ID: ۱۰

Presentation Type: Poster

The Role of Cinnamaldehyde and Curcumin in Mitigating Hippocampal Injury Following Global Cerebral Ischemia: A Stereological Analysis

Dariush Mehboodi^۱, Abbas Shahedi^{۲*}, Mohammadreza Namavar^۳, Mohammad Amin Dehghani^۴, Amirhossein Rafiee^۴

۱. *Histomorphometry and Stereology Research Center, Shiraz University of Medical Sciences, Shiraz, Iran.*
۲. *Department of Anatomical Sciences, School of Medicine, Shahid Sadoughi University of Medical Sciences, Yazd, Iran*
۳. *Histomorphometry and Stereology Research Center, Shiraz University of Medical Sciences, Shiraz, Iran*
۴. *School of Medicine, Shahid Sadoughi University of Medical Sciences, Yazd, Iran*

Background and Aim : Global cerebral ischemia (GCI), often resulting from cardiac arrest, leads to a drastic reduction in cerebral blood flow, depriving brain tissue of oxygen and glucose. This results in neuronal damage, particularly in the hippocampal CA^۱ region, which is highly vulnerable to ischemic injury due to its sensitivity to oxidative stress and metabolic demands. Mechanisms such as caspase- γ activation, mitochondrial dysfunction, and the excessive generation of reactive oxygen species (ROS) contribute to apoptosis and necrosis. Naturally occurring compounds like cinnamaldehyde (CI), the principal bioactive component of cinnamon, and curcumin (CUR), a polyphenol found in *Curcuma longa*, have shown neuroprotective effects through antioxidant and anti-inflammatory pathways. This study aimed to investigate and compare the individual neuroprotective efficacy of CI and CUR in a rat model of transient GCI using stereological methods.

Methods : ۲۰ adult male Wistar rats were randomly assigned into four groups (n=۵ each): Sham, GCI, GCI+CUR, and GCI+CI. GCI was induced by a ۲۰-minute bilateral occlusion of the common carotid arteries under anesthesia. CUR and CI groups received ۱۰۰ mg/kg of the respective compound via oral gavage ۱۵ minutes post-reperfusion. Twenty-four hours after GCI, rats were anesthetized, perfused, and their brains extracted. Serial sections of the hippocampus were stained with Cresyl Violet. Stereological analysis was performed using the Cavalieri and optical disector methods to estimate the volume of the CA^۱ region, as well as the total number and numerical density of pyramidal neurons.

Results : The Sham group exhibited the highest CA^۱ volume, neuron numbers, and numerical density. The GCI group showed significant reductions in all stereological parameters. Both CUR and CI groups demonstrated statistically significant preservation of hippocampal structure compared to the untreated GCI group. Among the two, the CI group showed greater neuroprotective efficacy, with higher values for CA^۱ volume and pyramidal neuron counts. The difference in efficacy may be related to bioavailability. This pharmacokinetic disparity could account for the more robust stereological improvements observed in the CI group.



کتاب خلاصه مقالات سخنرانی و پوستر
دومین کنگره ملی طب ایرانی

تهران، مرکز همایش های بین المللی رازی

۲۱ لغایت ۲۳ آبان ماه ۱۴۰۴



Conclusion : Both CI and CUR, when administered individually, provided significant neuroprotection against GCI-induced damage in the hippocampal CA¹ region. Cinnamaldehyde showed a greater protective effect than curcumin, likely due to its higher bioavailability. These findings support the potential of natural plant-derived compounds in mitigating neuronal injury following ischemic events. Further studies are warranted to optimize dosing and administration strategies to enhance their therapeutic efficacy.

Abstract ID: ۴۹۳

Presentation Type: Poster

Saffron (*Crocus sativus* L.): From Preclinical Evidence to Clinical Applications — A Systematic Review of Therapeutic Properties and Mechanisms of Action

Fatemeh Mehrabi^۱ *, saleh lak^۲ , fatemeh solgi^۳

۱. Department of Nursing, School of Nursing and Midwifery, Arak University of Medical Sciences, Arak, Iran
۲. Student Research Committee, Arak University of Medical Sciences, Arak , Iran
۳. Student Research Committee, Arak University of Medical Sciences, Arak, Iran

Background and Aim : Saffron (*Crocus sativus* L.), renowned as the "golden spice," possesses a rich history in traditional medicine. Its purported health benefits are attributed to its main bioactive compounds: crocins (color), safranal (aroma), and picrocrocin (taste). This systematic review aims to synthesize current scientific evidence on the efficacy and mechanisms of action of saffron and its constituents across various medical domains.

Methods : A comprehensive systematic search was conducted in electronic databases, including PubMed/MEDLINE, Scopus, Web of Science, and Google Scholar, for literature published up to December ۲۰۲۳. Keywords used were ["*Crocus sativus*" OR "saffron"] in combination with ["depression" OR "antidepressant" OR "antioxidant" OR "anti-inflammatory" OR "anticancer" OR "cognitive" OR "Alzheimer's" OR "cardiovascular"]. Inclusion criteria encompassed in vitro, in vivo, and randomized controlled trials (RCTs) published in English.

Results : The search yielded over ۱۲۰ relevant studies. The findings consistently demonstrated multiple pharmacological properties: Mental Health: Several meta-analyses (e.g., Hausenblas et al., ۲۰۱۳) confirm the efficacy of saffron extract in alleviating symptoms of mild-to-moderate major depressive disorder, comparable to conventional antidepressants like fluoxetine and imipramine, yet with a more favorable side-effect profile. The proposed mechanism involves the inhibition of selective monoamine reuptake and modulation of the GABAergic system. Neurological Disorders: Substantial evidence indicates neuroprotective properties, particularly in models of Alzheimer's disease. Studies (e.g., Farokhnia et al., ۲۰۱۴) suggest saffron can improve cognitive function by inhibiting amyloid-beta aggregation, reducing neuroinflammation, and mitigating oxidative stress. Antioxidant and Cardiovascular Effects: Crocin, a potent antioxidant, significantly reduces oxidative stress. Animal and human studies indicate that saffron supplementation improves lipid profiles (reducing LDL-C and triglycerides), lowers blood pressure, and protects against cardiac ischemia-reperfusion injury. Anticancer Potential: In vitro and in vivo studies demonstrate that saffron and its constituents exert antiproliferative effects on various cancer cell lines (e.g., breast, colon, lung) by inducing apoptosis, arresting the cell cycle, and inhibiting angiogenesis.

Conclusion : Strong scientific evidence supports the therapeutic potential of saffron, particularly in managing depressive disorders and enhancing cognitive function. Its antioxidant, anti-inflammatory, and anti-apoptotic properties provide a biological basis for these effects. However, further research is warranted to standardize extracts, determine optimal therapeutic dosages, and conduct larger-scale RCTs with longer follow-up periods to comprehensively assess long-term efficacy and safety. Saffron emerges as a promising natural adjunctive therapy for a spectrum of diseases.



Abstract ID: ۱۸۵

Presentation Type: Poster

Leveraging Traditional Medicine for Aging Populations: Carum carvi as a Multitarget Strategy for Geriatric Health Challenges

Sara Mehri^۱ *

^۱. School of medicine, Tehran University of Medical Sciences (TUMS), Tehran, Iran.

Background and Aim : With populations aging rapidly worldwide, maintaining health and quality of life in older adults presents a significant global challenge. Carum carvi L. (caraway), a widely used Iranian medicinal plant, to find it as a potential hero against some of the geriatric syndromes in view of its dominant presence of carvone and limonene. Traditionally caraway was prescribed for digestive disorders; however,^{۲۱} recent investigations indicate that caraway may have more relevance to the health needs of aging populations, for example, regarding gastrointestinal dysfunction, metabolic disorder, and loss in cognitive function. For this purpose, this narrative review highlights the specific properties that connect the bioactive activities of caraway to those of interest for age-associated physiological needs.

Methods : A literature search was conducted across major scientific databases using relevant keywords.

Results : The findings show that caraway has significant potential to help with important health issues in older adults. Its essential oil and extracts effectively reduce symptoms of functional dyspepsia, such as early satiety, bloating, and abdominal pain. These effects mainly come from its carminative and antispasmodic actions, which work by influencing calcium channels in the smooth muscle of the gastrointestinal tract. In addition to aiding digestion, caraway appears to help with metabolic issues related to aging. Experimental studies suggest that it improves glucose uptake and lowers insulin resistance. This points to its possible role in managing age-related type ۲ diabetes. Its strong antioxidants may also help reduce oxidative stress, which is linked to sarcopenia and osteoporosis. Importantly, caraway has neuroprotective qualities relevant to cognitive aging. Carvone has been shown to inhibit acetylcholinesterase in lab studies. This mechanism is important for addressing mild cognitive impairment. Additionally, in preclinical models, caraway has shown anxiolytic effects related to GABA, which may help with anxiety disorders in older individuals. Caraway has several key features that make it particularly relevant for geriatric health. Its ability to target multiple issues at once can help with related problems like dyspepsia, constipation, metabolic dysfunction, and neuroinflammation that are common among older adults. Low doses, such as ۱۰۰ mg of oil daily, are effective for gastrointestinal symptoms and are generally well tolerated

Conclusion : Carum carvi harbours unique therapeutic potentials; such as a digestive prokinetic, a metabolic regulator, a neuroprotective antioxidant, and a neuromodulator, which have been strategically positioned to cope with the complicated health demands of the elderly. Its capacity to concurrently improve several geriatric syndromes effectively and naturally has remarkable merits, even though the published randomized clinical trial focusing on elderly has been scarce. However, the dosing protocols, long-term safety, and herb-drug interaction profiles remain to be validated in future studies to realize the potential of caraway in the global geriatric healthcare strategy.



Abstract ID: ۱۸۷

Presentation Type: Poster

Developing Sabzevar as a Hub for Water-Conserving herbal medicines Cultivation

Sara Mehri^۱ *

^۱. School of medicine, Tehran University of Medical Sciences (TUMS), Tehran, Iran.

Background and Aim : Sabzevar, situated in northeastern Iran, has a semi-arid climate. This climate features low annual rainfall, hot summers, cold winters, and notable daily temperature differences. Its nearly loamy-sandy soils with good drainage also contribute to its environment. These conditions make it an excellent place for growing drought-resistant medicinal and aromatic plants (MAPs). This offers an important opportunity for economic and agricultural growth in the region. It addresses serious issues such as water scarcity and supports rural entrepreneurship. This study examines the potential and challenges of medicinal plant farming in Sabzevar.

Methods : This study reviews the potential of Sabzevar in terms of medicinal plant agriculture and evaluate their economic viability particularly focusing on reducing water consumption compared to other crops.

Results : Sabzevar's environment is well-suited for several valuable MAPs. Saffron (*Crocus sativus*) grows well because it needs little water, can tolerate the cold winter, and flowers in autumn. Cumin (*Cuminum cyminum*), which is native to the dry Iranian plateaus, flourishes in light, well-drained soils under full sun. Damask rose (*Rosa damascena*) shows strong drought resistance and can thrive in poorer soils; it needs plenty of sunlight to produce flowers and essential oils. Common thyme (*Thymus vulgaris*) is resistant to drought and pests, growing even on slopes with little care. Common sage (*Salvia officinalis*) does well in the region's calcareous soils and has moderate water needs. Milk thistle (*Silybum marianum*) often grows wild in dry areas and needs little upkeep. Licorice (*Glycyrrhiza glabra*) uses its deep roots to reach groundwater and can handle some salty soil.

Conclusion : The cultivation of these adapted species offers substantial economic benefits. MAPs generate much higher value and require less water, making them ideal for water-stressed Sabzevar. They create broad-based employment, providing jobs in farming and harvesting, as well as in drying, distillation (e.g., rose water, essential oils), and packaging. These opportunities are especially significant for rural youth and women. Sabzevar's strategic location improves its potential for supplying domestic markets and exporting to Central Asia. Additionally, MAP farms, particularly the visually striking saffron and rose fields, can boost ecotourism. Sabzevar could become a major hub for herbal drug production in Iran.

Abstract ID: ۱۸۹

Presentation Type: Poster

Safoof: Synergistic Herbal Blends in Iranian Traditional Medicine

Sara Mehri^۱ *

^۱. School of medicine, Tehran University of Medical Sciences (TUMS), Tehran, Iran.

Background and Aim : In Iranin Traditional Medicine (ITM), safoof is a preparation containing fine powder of multicomponent compounds prepared from dried herbs, minerals, or animal-based materials having higher therapeutic value as the active components in comparison with their simple ingredients (۶-۸ cites). Safoofs have been recorded historically in classical texts such as Avicenna's Canon of Medicine and Razi's Al-Hawi, which is designed target holistic recover of health through the harmonization of the body's "humors" and temperament (mizaj). This analysis investigates these synergies that mirror ITM's polyherbalism innovation that is an answer to the challenges of health imbalances.

Methods : This study is conducted based on classical ITM pharmacopeias, and modern research to map safoof's therapeutic scope.

Results : formulations emerges from their synergistic blending of botanicals, where individual herb properties amplify collective efficacy—for instance, Safoof-e Senna-Murad pairs the laxative action of senna with rose petals' cooling anti-inflammatory effects and psyllium's hydrating bulk, mitigating dehydration risks while cleansing bile. Similarly, digestive blends like Safoof-e Filfil Siyah combine black pepper's metabolic stimulation with ginger's anti-nausea benefits and long pepper's bioavailability enhancement to boost digestive system function. Mineral-based variants such as Safoof-e Motadil further demonstrate this innovation, using calcium carbonate to buffer gastric acidity alongside astringent herbs like pomegranate peel. Practitioners emphasize that precision in particle fineness, herb-to-herb ratios (e.g., warming cinnamon offset by cooling sandalwood), and administration media (honey for synergy, vinegar for enhanced absorption) dictates therapeutic success. Field data corroborates wide applications, from liver detoxification (tahl?ye-ye kabad) using Safoof-e Fath to neurological support with Safoof-e Asgand, while metabolic blends like Safoof-e Mohazzil leverage bitter chiretta to modulate lipid metabolism in weight management.

Conclusion : Safoof is the alchemy of turning botanicals into compounds Useful, Balanced, Medicinals founded on wisdom of the ancients. Pharmacologic validation will need to be performed to unravel these time-honored synergies, but without doubt safoof is a healing tradition that transcends borders and eras. Retaining this information is important for heritage and future drug discovery.

Abstract ID: ۵۶۱

Presentation Type: Poster

Properties and Applications of the Oleaster Plant from the Perspectives of Persian Medicine and Conventional Medicine: A Review Study

Seyed Jamal Mirmoosavi^۱ *

۱. Assistant Professor, Iranian Research Center on Health Aging (IRCHA), Sabzevar University of Medical Sciences, Sabzevar, Iran
۲. Assistant Professor, Iranian Research Center on Healthy Aging (IRCHA), Sabzevar University of Medical Sciences, Sabzevar, Iran;

Background and Aim : The oleaster plant (*Elaeagnus angustifolia* L.) is recognized as a valuable medicinal plant in Persian Medicine. In Persian Medicine sources, it is described as having a cold and dry nature and various therapeutic applications.

Methods : This study was a library-based review conducted by searching the keywords Senjed, Naqd, Zaqqum, Persian Medicine, medicinal plants, Oiltree, Oleaster, *Elaeagnus angustifolia* L., Russian olive, Bal, and Zaqqum in authoritative Persian Medicine sources such as the Canon of Medicine, Makhzan al-Advia, Tohfah al-Momenin, Al-Hawi fi al-Tibb, Al-Shamel fi al-Sana'at al-Tabiya, Firdaus al-Hikmah fi al-Tibb, Al-Mansuri fi al-Tibb, and the reference book PDR for Herbal Medicines. To review recent research data, the databases Scopus, PubMed, ScienceDirect, ISC, Google Scholar, SID, and Magiran were used. The extracted data were then categorized and analyzed.

Results : From the perspective of Persian Medicine, oleaster is considered a tonic, mood enhancer, febrifuge, cough suppressant, and is effective in treating diarrhea, hemorrhoids, stopping bleeding, preventing osteoporosis, and relieving nausea and vomiting. Results of modern research have demonstrated anti-inflammatory, analgesic, antioxidant, significant antimicrobial, and wound-healing properties of this plant. Studies indicate that the presence of phenolic and flavonoid compounds (quercetin, kaempferol, and rutin), alkaloids, tannins, vitamin C, and potassium contribute to these various effects.

Conclusion : Considering the views of Persian Medicine scholars and recent scientific findings, this plant may be useful in the prevention and treatment of various diseases. Therefore, comprehensive laboratory, animal, and human studies are essential to determine the properties, efficacy, and potential side effects of this plant.

Abstract ID: ۲۲۳

Presentation Type: Poster

Investigation of the Effects of *Polygonatum orientale* Desf. Rhizome on Learning, Spatial Memory, and Avoidance Memory in Adult Male Syrian Mice

Reyhaneh Moallem^۱, Hossein Rezaeizadeh^۲, Mohadeseh Ghalandari-Shamami^۳, Fatemeh Fadaei M.D, Ph.D^۴ *

۱. Department of Traditional Medicine, Faculty of Pharmacy, Tehran Medical Sciences, Islamic Azad University, Tehran, Iran.
۲. Department of Traditional Medicine, School of Traditional Medicine, Tehran University of Medical Science, Tehran, Iran.
۳. Department of Physiology, Faculty of Medicine, Tehran Medical Sciences, Islamic Azad University, Tehran, Iran.
۴. Department of Traditional Pharmacy & Persian Medicine, TeMS.C., Islamic Azad University, Tehran, Iran.

Background and Aim : Cognitive disorders, particularly Alzheimer's disease, are characterized by progressive impairments in memory and learning and impose a considerable burden on public health. Existing therapeutic options are largely symptomatic and fail to modify the underlying disease course, underscoring the urgent need for safe, multitarget interventions. *Polygonatum orientale* (Iranian "Shaghaghool"), traditionally recognized as a brain tonic in Iranian medicine, is rich in bioactive compounds with reported antioxidant and memory-enhancing properties. Nevertheless, its cognitive effects have not been experimentally validated. The present study is designed to investigate the effects of the extract of *P. orientale* rhizome on learning, spatial memory, and avoidance memory in adult male Syrian mice, thereby providing a scientific basis for its potential therapeutic application.

Methods : In this experimental study, adult male Syrian mice will receive rhizome extract of *P. orientale* at graded doses. Cognitive performance will be assessed using a battery of validated behavioral paradigms, including the T-maze, Novel Object Recognition test, Passive Avoidance (Step-Down) test, and Open Field test. Data will be subjected to appropriate statistical analyses to determine dose-dependent effects on learning and memory indices.

Results : It is anticipated that *P. orientale* extract will improve cognitive outcomes, potentially through mechanisms involving oxidative stress reduction and modulation of neurotrophic pathways. Treated animals are expected to demonstrate superior performance in spatial and avoidance memory tasks compared to controls, reflecting enhanced behavioral indices of learning and memory.

Conclusion : This study represents the first experimental evaluation of the cognitive effects of *P. orientale* and may contribute to the identification of plant-derived neuroprotective agents with translational potential for managing cognitive impairments and neurodegenerative disorders.

Abstract ID: ۱۸۱

Presentation Type: Poster

Potential Therapeutic Applications of Bentonite in Modern & Persian Traditional Medicine: A Review

Ali Moghadami^۱ , Sara Salimi^{۱*} , Assie Jokar^۲

- ^۱. student Research Committee, Faculty of Persian Medicine, Mazandaran University of Medical Sciences, Sari, Iran
- ^۲. Persian Medicine Faculty, Mazandaran University of Medical Sciences, Sari, Iran

Background and Aim : Bentonite has been mentioned in Persian medicine books for its therapeutic uses. This study, which aims to review traditional Persian medical sources related to bentonite and its effects as reported in the scientific literature, holds significant potential for enhancing our understanding of this clay's medicinal properties.

Methods : This narrative review uniquely combines Persian medicine and modern scientific research. It is an interdisciplinary library study conducted using traditional medical literature and searching via numerous information databases. Before discussing recent scientific discoveries concerning the qualities and applications of Bentonite in modern medicine, it was first examined in the sources of traditional Persian medicine and pharmaceuticals, as well as the experiences of ancient sages, enriching the study with diverse perspectives.

Results : Most articles discussed bentonite's significant uses, including its local and skin, digestive, detoxifying, and antimicrobial. These findings aligned with those of Persian medicine, providing a robust foundation for further exploration. It can be determined that various medicinal products can be derived from Bentonite to treat multiple illnesses, including skin and gastrointestinal disorders.

Conclusion : The data analysis in texts on traditional medicine reveals that bentonite has a wide range of therapeutic applications. Most of bentonite's therapeutic benefits have been demonstrated in scientific studies and even tested on humans and animals. These qualities include treating skin conditions, cleaning and softening skin and hair, treating wounds, absorbing pollution and toxins, reducing inflammation, treating diarrhea and irritable bowel syndrome, and protecting the digestive system's mucous membrane. The FDA approves the use of bentonite as a food additive. However, to protect the general public, it is advised to confirm clay's safety before using it for medicinal and cosmetic purposes. The high absorption capacity of clay, which is brought on by its layer charge and ion exchange, accounts for a large portion of the well-known mechanisms of bentonite. The utilization of clay in the formulation of facial masks is attributed to its remarkable properties, including cleansing, astringent, exfoliating, and lifting effects. Additionally, it is a valuable resource with several mineral elements for various purposes. Further pharmacological, laboratory, and clinical investigations emphasizing effectiveness and safety are necessary to comment on Bentonite's therapeutic characteristics and uses. Also, given the oral applications of bentonite in traditional Persian medical literature and the numerous studies demonstrating the safety of topical bentonite usage, the study is essential in the edible applications of bentonite and its safety. The current study indicates that traditional Persian medicine literature offers detailed recommendations for using bentonite; some of these are supported by recent research.

Abstract ID: ۳۶۶

Presentation Type: Poster

Potentiality of Morus Nigra Against Radio- or Chemotherapy-Induced Oral Mucositis: An Integrative Review from Persian Medicine to Modern Evidence

Ali Moghadami^۱ *, Seyde Sedighe Yousefi^۲

۱. student Research Committee, Faculty of Persian Medicine, Mazandaran University of Medical Sciences, Sari, Iran
۲. Faculty of Persian Medicine, Mazandaran University of Medical Sciences, Sari, Iran

Background and Aim : Oral mucositis (OM) is a frequent and debilitating complication of chemotherapy and radiotherapy, particularly in patients with head and neck cancers. It manifests as painful ulcerations that impair nutrition, reduce treatment adherence, and diminish quality of life. In Persian medicine, *Morus nigra* (black mulberry) has long been prescribed for oral ulcers and inflammatory conditions. Contemporary research has increasingly explored its bioactive compounds and therapeutic potential in managing OM.

Methods : A comprehensive narrative review was conducted through searches in PubMed, Scopus, Web of Science, Embase, and Google Scholar from inception to August ۲۰۲۰, using both MeSH and free-text terms related to *Morus nigra*, oral mucositis, chemotherapy, radiotherapy, and Persian medicine. Classical Persian medicine texts, including the Canon of Medicine, Al-Hawi, Makhzan al-Advia, Zakhireye Kharazmshahi, and Tohfah al-Mu'minin, were also analyzed. Preclinical and clinical studies were included if they examined *Morus nigra* or its compounds in relation to OM or related mechanisms such as oxidative stress, inflammation, and wound healing.

Results : In Persian medicine, *M. nigra* is described as having a cold and moist temperament, traditionally applied for “hot swellings” and oral ulcers. Phytochemical studies reveal high levels of anthocyanins, flavonoids, and phenolic acids with strong antioxidant and anti-inflammatory activity. In vitro and in vivo models demonstrate free radical scavenging, inhibition of NF- κ B signaling, enhanced collagen deposition, and accelerated mucosal repair. Liposomal formulations of *M. nigra* extract achieved superior wound closure (۹۹.۷% at ۴۸ h) compared to crude extract. Clinical trials, though limited, report significant reductions in OM severity, pain, and healing duration among patients receiving black mulberry syrup, molasses, or extract during chemotherapy or radiotherapy. Some studies also indicated improved weight maintenance and oral hydration.

Conclusion : *Morus nigra* exhibits promising antioxidant, anti-inflammatory, antimicrobial, and wound-healing properties relevant to the prevention and treatment of oral mucositis. Evidence from Persian medicine aligns with biomedical findings. However, current clinical studies remain small, heterogeneous, and methodologically limited. Future large-scale, standardized trials are warranted to confirm efficacy, define optimal formulations, and establish safety profiles. Integration of *M. nigra* into supportive oncology care holds potential as a natural, non-toxic adjunct for improving patient outcomes.



Abstract ID: ۳۵۰

Presentation Type: Poster

“Therapeutic Effects of Nigella sativa on Fertility Disorders in Diabetic Patients”

Hooman Mohammadbeygi^۱ *, Mohammadreza hosseinchi^۲

- ^۱. Graduate of DVM, Faculty of Veterinary Medicine, Ur.C., Islamic Azad University, urmia, Iran
- ^۲. Department of Basic Science, Faculty of Veterinary Medicine, Ur.C., Islamic Azad University, urmia, Iran .ORCID: <https://orcid.org/0000-0001-8627-2178> (Corresponding Author) Tel:09013318690 Email: hosseinchi.m.iau.ac.ir

Background and Aim : Studies have shown that the function of the reproductive system is impaired under the influence of diabetes .In this study, the effect of hydroalcoholic extract of Nigella sativa (black seed) on sperm quality and fertility indices in male mice with type ۱ diabetes was investigated.

Methods : In this experimental study, ۲۵ male mice with an average weight of ۲۶ ± ۲ g were randomly divided into five groups of five mice each: Group ۱ received normal saline and served as the control group .Group ۲ was the diabetic control group and received normal saline as well .Groups ۳, ۴, and ۵ were diabetic mice treated with hydroalcoholic extract of Nigella sativa at doses of ۵۰, ۱۰۰, and ۲۰۰ mg/kg, respectively .Key sperm health parameters were then evaluated.

Results : Administration of the hydroalcoholic extract of Nigella sativa at doses of ۱۰۰ and ۲۰۰ mg/kg significantly increased the sperm count and the percentage of live sperm in the cauda epididymis .A significant reduction was also observed in sperm DNA damage, sperm immaturity, and malondialdehyde (MDA) levels, along with an increase in serum testosterone levels ($P < ۰,۰۵$).

Conclusion : The findings indicate that the hydroalcoholic extract of Nigella sativa improves sperm fertility parameters and fertility potential in diabetic male mice.

Abstract ID: ۵۴۴

Presentation Type: Poster

Pharmacokinetic interaction of *Allium sativum* L. by Cytochrome P ϵ ۵۰ in adult disease: A Scoping review

Fateme Mohammadi^۱, Mahsa Tavakolian Ardakani^۲, Mahbubeh Bozorgi^{۳*}, Mina Saeedi^۲

۱. Persian Medicine and Pharmacy Research Center, Tehran University of Medical Sciences, Tehran, Iran
۲. Department of Pharmacognosy, Faculty of Pharmacy, Tehran University of Medical Sciences, Tehran, Iran
۳. Department of Traditional Medicine, School of Persian Medicine, Shahed University, Tehran, Iran

Background and Aim : Nowadays, a variety of medicinal plants are used in complementary and alternative medicine for the prevention and treatment of various diseases. Garlic (*Allium sativum* L.), known as "Thom" in Persian medicine, is characterized by a warm and dry temperament and is widely used worldwide as a commonly consumed medicinal herb and dietary supplement. Organosulfur compounds such as diallyl sulfide (DAS) and allicin found in garlic have significant potential effects on various isoforms of cytochrome P ϵ ۵۰ (CYP ϵ ۵۰), which play a vital role in phase I drug metabolism. Therefore, this study aimed to investigate the precautions and drug interactions between garlic and CYP ϵ ۵۰ enzymes.

Methods : This study was conducted as a review of selected Persian medicine manuscripts as well as a scoping review of all articles and documents related to the precautions and drug interactions of garlic with CYP ϵ ۵۰, published in databases, including PubMed, Web of Science, Scopus, and Google Scholar search engines, from ۲۰۱۵ until the end of July ۲۰۲۵. Review and quality assessment were performed using the PRISMA-ScR guideline. Ultimately, a total of ۴۷ articles were included in the study.

Results : A review of Persian medicine texts indicated that excessive garlic consumption can be harmful to patients with warm and moist temperaments, as well as those suffering from hemorrhoids, biliary disorders, neurological conditions, and headaches. Additionally, recent studies show that garlic's active compounds affect CYP ϵ ۵۰ enzymes through various biochemical pathways, including direct enzyme inhibition, gene transcription regulation, and modulation of drug transporters like P-glycoprotein. Among CYP ϵ ۵۰ isoforms, CYP ϵ 1 experienced the most significant inhibition from sulfur compounds. Other isoforms such as CYP ϵ 2A ϵ , CYP ϵ 1A ϵ , and CYP ϵ 2C ϵ showed variable responses-from inhibition to mild induction or no effect-depending on the garlic product type, dosage, and experimental model. Clinical evidence suggests garlic consumption interacts with drugs that have a narrow therapeutic index, including anticoagulants, antihypertensives, and certain antivirals primarily metabolized by CYP ϵ 1 and CYP ϵ 2A ϵ . There are also scattered reports advising caution when using garlic alongside NSAIDs, lisinopril, and isoniazid.

Conclusion : The results of this study suggest that higher concentrations of garlic produce more significant effects, while long-term consumption at lower doses might reduce enzymatic inhibition. Additionally, variations in garlic product types and their compound profiles can influence CYP ϵ ۵۰ activity, especially CYP ϵ 1, thereby affecting the pharmacokinetics of certain drugs. Due to limited evidence, careful clinical monitoring is advised when garlic is used alongside drugs metabolized by CYP ϵ ۵۰ enzymes. **Keywords:** *Allium sativum* L., Cytochrome P ϵ ۵۰, Interactions, Persian Medicine.

Abstract ID: ۴۷۰

Presentation Type: Poster

Efficacy of Azaraqi Majoon in Opioid Use Disorder: Evidence from Preclinical and Clinical Studies

Amir Ghaderi^۱, Ali Shamsizadeh^۲, Hossein Akbari^۳, Meysam Shirzad^۴, Mohammad Reza Memarzadeh^۵, Leila Mohammad-Taghizadeh- Kashani^{۵*}

۱. Department of Addiction Studies, School of Medical, Kashan University of Medical Sciences, Kashan, Iran
۲. Physiology-Pharmacology Research Center, Research Institute on Basic Sciences, Rafsanjan University of Medical Sciences, Rafsanjan, Iran
۳. Associate Professor of Biostatistics, Social Determinants of Health (SDH) Research Center, Kashan University of Medical Sciences, Kashan, Iran
۴. Department of Traditional Medicine, School of Persian Medicine, Tehran University of Medical Sciences, Tehran, Iran. 5 Persian Medicine Network (PMN), Universal Scientific Education and Research Network (USERN), Tehran, Iran
۵. Barij Medicinal Plants Research Center, Kashan, Iran

Background and Aim : Opioid Use Disorder (OUD) presents a formidable public health challenge in Iran, where opium remains the predominant abused opioid. Current pharmacotherapies are often hindered by relapse rates, limited efficacy, or adverse reactions. Traditional Persian medicine, particularly Azaraqi Majoon (commonly sold as Rahayesh), provides a compelling complementary approach. This ۱۴-herb, honey-based remedy is quantified by strychnine and brucine concentrations and contains potent antioxidants, anti-inflammatories, and neuromodulators. This abstract integrates results from animal and human studies to directly evaluate the efficacy and safety of Rahayesh for OUD.

Methods : During the animal phase, ۱۲۰ male rats underwent induction of opium dependence. Withdrawal was measured by naloxone-precipitated symptoms, and craving was assessed using the conditioned place preference (CPP) paradigm. Rats received intraperitoneal opium (۵۰ mg/kg) and oral Rahayesh at doses of ۵۰, ۱۰۰, or ۱۵۰ mg/kg for eight days. In the clinical phase, a randomized, double-blind, placebo-controlled trial was conducted in patients with OUD. Participants received either Rahayesh or a placebo for four weeks. Primary outcomes included drug craving and withdrawal manifestations, while secondary outcomes assessed depression, anxiety, stress, sexual function, and sleep quality. Adverse events were systematically monitored.

Results : attenuated withdrawal symptoms, including jumping, diarrhea, rearing, and grooming. In clinical participants, Rahayesh significantly reduced drug craving scores compared to placebo ($P < ۰,۰۱$). It also improved depression, anxiety, stress, sexual function, and sleep quality (all $P < ۰,۰۱$). No serious adverse effects or exacerbation of withdrawal symptoms were observed during treatment.

Conclusion : The convergence of animal and human findings suggests that Rahayesh acts on both physical and psychological dimensions of opioid dependence. Likely mechanisms include reduction of neuroinflammation, oxidative stress, and neurotransmitter imbalances, mediated by herbal constituents such as *Strychnos nux-vomica*, *Echium amoenum*, *Lavandula angustifolia*, *Eugenia caryophyllata*, and *Santalum album*. Preclinical data confirm its efficacy in reducing withdrawal and craving, while clinical results highlight broader improvements in psychological



کتاب خلاصه مقالات سخنرانی و پوستر
دومین کنگره ملی طب ایرانی



تهران، مرکز همایش های بین المللی رازی

۲۱ لغایت ۲۳ آبان ماه ۱۴۰۴

well-being, sleep, and sexual health. Importantly, Rahayesh demonstrated a favorable safety profile. Conclusion: Rahayesh, a traditional Persian multi-herbal formulation, shows promising efficacy in reducing craving, alleviating withdrawal symptoms, and improving psychological and functional outcomes in patients with OUD. Its favorable safety and multi-targeted therapeutic effects support its consideration as an adjunctive treatment in OUD management. Larger, long-term clinical trials are recommended to confirm these findings and further define their therapeutic role.



Abstract ID: ۳۵۵

Presentation Type: Poster

A review of the uses and contraindications of thyme in some traditional Iranian medicine sources and current studies

Roghayeh Mohebbi^۱ *, Ali Yousefi^۲ , Sakineh Norouzi^۳

۱. Master of Science in Community-Based Education in the Health System, Larestan Faculty of Medical Sciences and Health Services
۲. Department of History of Medicine, Faculty of Iranian Medicine, Tehran University of Medical Sciences, Tehran, Iran
۳. PhD student in Postharvest Physiology, Department of Horticultural Engineering, Abu Raihan College, University of Tehran

Background and Aim : Iran's climatic diversity has led to changes and diversity in vegetation, and thyme is one of the plants that is cultivated in a wide range of climates and is used medicinally in traditional medicine in Iran and around the world. The purpose of this study is to review the uses and contraindications of the medicinal plant thyme in traditional and popular medicine.

Methods : This is a library-based study that was conducted in a review manner using important books on traditional medicine such as Makhzan al-Adawiyah, Qanun va-Zihar al-Khwarizmi Shahi, and Exir-e-Azam, and searching ۳۴ articles extracted from available databases such as SID, Scopus, PubMed, Google Scholar, and Science Direct

Results : Thyme is mentioned in traditional medicine sources under the names African thyme, Awisham, Awisheh, Afshan, Azarbeh, in Persian as Saatar, and in Arabic as KalklikThymol is the main component of phenolic compounds in the thyme plant. This plant can be used to treat parasitic infections, infectious and viral diseases, Alzheimer's and diabetes. Thyme is contraindicated in people with thyroid disorders, heart failure, enterocolitis and gastric diseases.

Conclusion : According to research conducted in traditional and conventional medicine studies, thyme has been considered one of the most widely used medicinal plants in Iran and is one of the most important medicinal plants used in all age groups. Therefore, by examining more closely traditional medicine sources and ancient texts on the thyme plant, we can achieve new and effective medicinal products from this plant.

Abstract ID: ۴۰۲

Presentation Type: Poster

Effect of soy isoflavones supplementation on migraine characteristics, mental status and calcitonin gene-related peptide (CGRP) levels in women with migraine: results of randomised controlled trial

Fatemeh Moradi^۱ *

^۱. Department of Community Nutrition, School of Nutrition and Food Science, Isfahan University of Medical Sciences, Isfahan, Iran

Background and Aim : Literature suggests a relationship between estrogen levels and migraine headache pathogenesis. However, the effect of soy isoflavones on migraine characteristic remains unclear. This study aimed to investigate the effect of soy isoflavones on migraine characteristics and calcitonin gene-related peptide (CGRP) levels in women with migraine.

Methods : Eighty-three participants completed a randomized double-blind controlled trial, receiving ۵۰ mg per day soy isoflavones or placebo supplementation for ۸ weeks. Migraine severity, migraine days per month, frequency and duration of attacks, mental status, quality of life and serum CGRP levels were measured at baseline and the end of the intervention. Bivariate comparison and intention-to-treat (ITT) were used for analysis.

Results : Soy isoflavones intake resulted in a significant decrease in mean frequency ($-۲,۳۶$ vs $-۰,۴۳$, $P < ۰,۰۰۱$), duration ($-۲,۵۰$ vs $-۰,۰۲$, $P < ۰,۰۰۱$) of migraine attacks and CGRP level ($-۱۲,۱۸$ ng/l vs $-۸,۶۲$, $P = ۰,۰۰۲$) in compared to placebo group. Also, a significant improvement was found in quality of life ($۱۶,۷۶$ vs $۲,۵۲$, $P < ۰,۰۰۱$). Although, reduction in the migraine severity and mental status did not reach a statistically significant level ($P > ۰,۰۵$).

Conclusion : soy isoflavones supplementation may be considered as a complementary treatment for women with migraine to improve migraine characteristics and reduce the burden of disease.



Abstract ID: ۴۰۳

Presentation Type: Poster

Effect of oral capsule of *Peganum harmala* seeds on bone density in menopausal women prone to osteoporosis

Fatemeh Moradi^۱ *

^۱. Department of Community Nutrition, School of Nutrition and Food Science, Isfahan University of Medical Sciences, Isfahan, Iran

Background and Aim : Osteoporosis is one of the most common metabolic bone diseases with systemic involvement of the body skeleton. The *Peganum harmala* seed contains high amounts of carboline alkaloids, which have been shown to have positive effects on bone formation in animal studies. In the present study, the effect of an oral capsule of *P. harmala* seed on bone density was evaluated in menopausal women prone to osteoporosis.

Methods : In this randomized controlled clinical trial, ۱۰۰ women referring to the orthopedic clinic with a diagnosis of osteoporosis were included and divided into the intervention group treated with calcium D (۵۰۰ mg) twice a day, Osteofos (۷۰ mg) per week, and *P. harmala* (۵۰۰ mg) twice-a-day, and the control group treated with calcium D and Osteofos. Before and three months after the intervention, patients were evaluated for osteoporosis using bone densitometry. Finally, independent t-test, paired t-test, and repeated measures ANOVA were used for statistical analysis.

Results : The mean bone mineral density (BMD) of the femur before and after the intervention showed significant improvements in the intervention and control groups ($P < ۰,۰۰۱$). The mean differences in BMD before and after the intervention were significant in both control and intervention groups with higher improvements in the intervention group ($P < ۰,۰۰۱$). Although the mean BMD of the spine before the intervention was not significantly different between the two groups ($P = ۰,۱۶۷$), it was better in the intervention group after the intervention ($P = ۰,۰۳۰$).

Conclusion : The findings of the present study confirmed the beneficial effects of *P. harmala* on osteoporosis while the lack of any changes in liver enzymes.

Abstract ID: ۳۰۲

Presentation Type: Poster

Antifungal activity of thymoquinone-zein nanoparticles on *Candida* species isolated from oral candidiasis

Zahra Mosalanejad^۱ *, Shahla Roudbar Mohammadi^۲ , Noura Nouri^۳ , Maryam Roudbary^۳

- ^۱. Department of Traditional Medicine, School of Traditional Medicine, Tehran University of medical science, Tehran, Iran
- ^۲. Department of Medical Mycology, Faculty of Medical Sciences, Tarbiat Modares University, Tehran, Iran
- ^۳. Department of parasitology and Mycology, School of Medicine, Iran University of Medical sciences, Tehran, Iran

Background and Aim : *Candida* species is an opportunistic and pathogenic fungus in humans. Oral candidiasis or oral thrush is the most common opportunistic yeast infection caused by *Candida* species in the oral mucosa. Although *Candida albicans* is the most isolated species from patients with oral candidiasis, other *Candida* species such as *C. glabrata*, *C. krusei*, are critical crisis in public health. Patients with a high risk of oral candidiasis are prone to invasive candidiasis, where the organism enters the blood and causes candidemia, which is associated with patient mortality. It is well known that immunocompromised patients include people with HIV, congenital genetic disorders, cancer patients undergoing chemotherapy and patients hospitalized in the ICU are at risk of infection. Previous studies have shown that *albicans* is the most common cause of oral candidiasis, while non-*albicans* are less frequent, but are increasingly increasing. Traditional medicinal plants have attracted the attention of researchers due to their beneficial effects. The therapeutic properties of *Nigella Sativa* has been previously studied. The highest percentage of the active ingredient in black seed (*Nigella Sativa*) refers to thymoquinone. This study aimed to investigate antifungal effect of thymoquinone-zein nanoparticles on clinical isolates of *Candida* species in vitro.

Methods : In this study, thymoquinone-zein nanoparticle was designed and synthesized and characterized by DLS test. Then, the antifungal property of the synthesized compound was evaluated by the micro dilution method based on CLSI standard method.

Results : The results showed that the synthesized compound was confirmed at ۱۸۵ nm by DLS method and after performing the anti-growth inhibition test of *Candida albicans* isolated clinically, growth inhibition of ۷,۴ ug/ml on the standard strain of *Candida* and ۵۰ ug/ml for clinical isolates and ۱۵ ug/ml after preparation of thymoquinone-zein combination.

Conclusion : Considering the growing concern of antimicrobial resistance over the world, application of natural compounds with antifungal activity is a critical needs to overcome resistance with the minimum side effect and drug-drug interaction. The obtained findings indicated that the zein-thymoquinone as a nanoparticle would be an alternative therapeutic options against candidiasis. However, more in vitro and in vivo studies required in the future. **Keywords:** Oral candidiasis, treatment-resistant candida, medicinal plants, nanoparticles, thymoquinone-zein

Abstract ID: ۵۶۴

Presentation Type: Poster

The Effect of *Rosa damascena* on Gastrointestinal Disorders: A Systematic Review of Clinical Trials

Maryam Moshfegh^۱ *

^۱. Narges Bahri

Background and Aim : This systematic review aimed to evaluate the evidence from clinical trials regarding the efficacy and safety of *Rosa damascena* in improving symptoms of gastrointestinal disorders

Methods : A comprehensive search was conducted without time restrictions until May ۲۰۲۵ in Persian and English databases including MagIran, SID, PubMed, Google Scholar, Scopus, and ScienceDirect. Keywords related to *Rosa damascena* and gastrointestinal disorders were used. After initial screening of ۱۷۸ articles, ۱۸ eligible clinical trials were included. The quality of the studies was assessed using the CONSORT ۲۰۲۵ checklist

Results : *Rosa damascena* was effective in improving a wide range of gastrointestinal disorders, including constipation, functional dyspepsia, gastroesophageal reflux disease (GERD), chemotherapy-induced nausea and vomiting, irritable bowel syndrome (IBS), and hemorrhoids. Formulations containing rose (such as rose oil capsules, syrups, golghand, and topical products) often showed similar or superior effects compared to standard medications (e.g., omeprazole, metoclopramide, lactulose, and polyethylene glycol). Significant improvements in quality of life and reduction in psychological symptoms such as anxiety and depression were also reported. However, no significant effect was observed on *Helicobacter pylori* eradication

Conclusion : *Rosa damascena* appears to be a safe and effective option for managing gastrointestinal symptoms due to its anti-inflammatory, antioxidant, and relaxing properties. It may be considered as a complementary or alternative treatment. However, further studies with larger sample sizes and robust designs are needed to confirm these findings.



Abstract ID: ۶۰۴

Presentation Type: Poster

Medicinal Plants as Potential Complementary Therapies for COVID-۱۹: A Review of Phytochemicals and Pharmacological Evidence

Amir Sasan Mozaffari Nejad^۱ *, Behrooz Ataei^۱

^۱. Infectious Disease and Tropical Medicine Research Center, Isfahan University of Medical Sciences, Isfahan, Iran

Background and Aim : The global COVID-۱۹ pandemic, caused by SARS-CoV-۲, has driven an urgent search for therapeutic and preventive strategies. While vaccines and antiviral drugs remain central in conventional medicine, many populations, particularly in developing countries, have turned to traditional and herbal medicine. Medicinal plants contain bioactive compounds with antiviral, anti-inflammatory, and immunomodulatory properties, making them potential complementary options for managing COVID-۱۹.

Methods : This review was conducted through a literature search in major electronic databases, including PubMed, Scopus, and Web of Science. Relevant studies on medicinal plants and their phytochemicals with reported effects against COVID-۱۹ or related viral infections were included.

Results : Phytochemicals such as flavonoids, alkaloids, and terpenes have demonstrated antiviral and immunomodulatory activities. Compounds from *Nigella sativa* (black cumin), *Withania somnifera* (ashwagandha), *Curcuma longa* (turmeric), *Zingiber officinale* (ginger), *Azadirachta indica* (neem), *Artemisia annua* (sweet wormwood), *Andrographis paniculata*, and *Glycyrrhiza glabra* (licorice root) showed promise in vitro and in vivo by inhibiting viral replication, attenuating cytokine release, and reducing respiratory symptoms.

Conclusion : Although experimental studies indicate significant potential of medicinal plants in mitigating COVID-۱۹ symptoms, clinical evidence remains limited. Rigorous randomized controlled trials are essential to confirm efficacy and safety. Integrating traditional knowledge with modern scientific inquiry may provide accessible and complementary treatment options against emerging infectious diseases.



Abstract ID: ۵۸۴

Presentation Type: Poster

Bioactive Phytochemicals from Weeds: A Review of Emerging Anticancer and Antiviral Potential

Amir Sasan Mozaffari Nejad^۱ *

^۱. Infectious Disease and Tropical Medicine Research Center, Isfahan University of Medical Sciences, Isfahan, Iran

Background and Aim : Weeds, often dismissed as agricultural nuisances, represent a largely untapped reservoir of bioactive phytochemicals with significant therapeutic potential. Traditionally used in diverse ethnomedicinal systems, these plants are now drawing increasing scientific interest as accessible and sustainable sources of novel compounds. This review emphasizes the emerging role of weeds as candidates for the development of anticancer and antiviral agents.

Methods : This review was conducted through a systematic literature search across major electronic databases, including PubMed, Scopus, and Web of Science. Searches were executed up to August ۲۰۲۵ using various combinations of keywords, including "weeds," "bioactive compounds," "anticancer agents," "antiviral properties," and the specific species mentioned.

Results : Several weeds with documented anticancer activity include *Ageratum conyzoides*, *Urtica dioica*, *Portulaca oleracea*, *Prunella vulgaris*, and *Silybum marianum*. In addition, numerous weeds exhibit antiviral properties, such as *Taraxacum officinale*, *Portulaca oleracea*, *Chenopodium album*, *Eclipta prostrata*, and *Xanthium strumarium*.

Conclusion : Although their widespread availability and historical applications suggest strong potential, systematic pharmacological evaluation remains limited, thereby hindering their development into validated therapeutic agents. By consolidating evidence on these species, this review underscores the potential of weeds as low-cost, sustainable sources of pharmacologically active compounds, and highlights the need for systematic investigation to advance them from traditional remedies to clinically validated therapies.



Abstract ID: ۲۴۵

Presentation Type: Poster

Therapeutic effects of Boswellia in different diseases: A systematic review on human studies

Seyedhesamedin Nabavizadeh^۱ *

^۱. Allergy Research Center, Shiraz University of Medical Sciences, Shiraz, Iran

Background and Aim : Boswellia, has been utilized for centuries in various cultures for its potential health benefits. It is known for its anti-inflammatory, antioxidant and immune-stimulating properties. Despite its historical use, scientific evidence regarding its efficacy and safety remains limited. This systematic review aims to evaluate the effectiveness of Boswellia in treating various diseases by analyzing randomized controlled trials (RCTs) from the MEDLINE database from ۲۰۰۱ to the first half of ۲۰۲۵.

Methods : Data from RCTs involving human subjects were collected, focusing on the effects of Boswellia versus placebo. Key factors included age, type of disease, dosage, and duration of treatment. Outcomes assessed included efficacy and any adverse effects associated with Boswellia use.

Results : These studies included a total of ۳۲۷۴ individuals, comprising ۱۶۵۱ cases and ۱۶۲۳ controls, with ages ranging from ۱۵ to ۸۵ years. Of the ۴۹ selected research studies: ۱۲ studies focused on patients with osteoarthritis, ۸ studies investigated gastrointestinal diseases, ۸ studies examined neurological diseases, ۵ studies addressed cutaneous reactions, ۵ studies looked at cancer, ۳ studies on diabetes mellitus, ۲ studies on oral lesions and ۲ on joint pain. Labor pain, asthma, ankle sprain and obesity each had one study dedicated to them. The majority of studies (۹۱,۸٪) reported better treatment outcomes of various diseases. However, four studies specifically focused on Crohn's disease, burn wounds, cancer- related fatigue and diabetes mellitus, showing no better outcomes. Ten studies did not consider any adverse effects, ۱۹ studies observed no adverse reactions and the remaining studies noted minor gastrointestinal or skin manifestations with Boswellia.

Conclusion : The review highlighted that Boswellia could serve as a complementary treatment for patients suffering from the various diseases studied. Current evidence suggests that Boswellia is generally well- tolerated. There is a need for additional investigations into its efficacy in various diseases through studies with a large number of participants.

Abstract ID: ۵۸۲

Presentation Type: Poster

Comparing Phyto-melatonin and Synthetic Melatonin for Sleep Regulation: A Review

Hamideh Naghibi^۱*, Mohammad Reza Ghanbarzadeh^۲

- ^۱. PhD. of Persian Medicine, Mashhad University of Medical Sciences, Mashhad, Iran.
- ^۲. PhD. Candidate of Persian Medicine, Department of Persian Medicine, School of Medicine, Sabzevar University of Medical Sciences, Sabzevar, Iran.

Background and Aim : Melatonin is a hormone secreted by the brain during the night, essential for regulating the sleep-wake cycle, or circadian rhythm. As a medication, melatonin is commonly used to treat insomnia and circadian rhythm disorders. While synthetic melatonin is prevalent, concerns about its variable bioavailability and potential for high doses exist. Recently, phyto-melatonin, the natural form found in plants, has been discovered in various medicinal and dietary species, offering a safer and more physiological alternative. This review summarizes the benefits of phytomelatonin over synthetic melatonin in sleep regulation.

Methods : A narrative review was performed using PubMed, Scopus, Web of Science, and Magiran up to ۲۰۲۵. Eligible publications included laboratory analyses of phyto-melatonin content in plants, experimental studies on its pharmacological properties, and clinical trials evaluating sleep-related outcomes following consumption of phyto-melatonin-rich plants or extracts.

Results : Based on studies, high levels of phyto-melatonin have been reported in chamomile (*Matricaria chamomilla*), lavender (*Lavandula angustifolia*), passionflower (*Passiflora incarnata*), violet (*Viola odorata*), as well as in some fruits such as cherries, grapes, and bananas. Phyto-melatonin primarily exerts its effects by binding to melatonin receptors (MT^۱ and MT^۲), regulating circadian rhythms and sleep-wake cycles. Additionally, its antioxidant and anti-inflammatory actions provide further neuroprotective benefits. Phytomelatonin, along with plant-derived flavonoids and polyphenols, may enhance sleep-promoting effects compared to synthetic melatonin. Besides, its gradual absorption and lower peak plasma concentrations may reduce the risk of morning drowsiness or tolerance compared to synthetic formulations. Preliminary studies suggest that phytomelatonin-containing preparations, such as chamomile tea or passionflower extracts, improve sleep onset latency and sleep quality. In sum, while synthetic melatonin allows precise dosing and rapid sleep induction, phytomelatonin offers a natural, gradual-release effect with added antioxidant and anxiolytic benefits, potentially enhancing sleep quality and safety. However, evidence remains heterogeneous, and standardized dosing is not yet established.

Conclusion : Phyto-melatonin is a promising natural alternative to synthetic melatonin for managing sleep disorders. Its additional antioxidant and anxiolytic properties, combined with a favorable safety profile, enhance its potential role in integrative sleep medicine. However, larger randomized controlled trials are necessary to confirm its efficacy, determine optimal dosing, and establish clinical guidelines for its use.

Abstract ID: ۳۶۱

Presentation Type: Poster

Turmeric's Role in Reshaping Gut Microbiota for Metabolic and Cardiovascular Health: A Comprehensive Review

Nazli Namazi^{۱*}, Neda Roshanravan^۲, Sayyede Fatemeh Askari^۳, Bahar Morshed Behbahani^۴

۱. Diabetes Research Center, Endocrinology and Metabolism Clinical Sciences Institute, Tehran University of Medical Sciences, Tehran, Iran
۲. Cardiovascular Research Center, Tabriz University of Medical Sciences, Tabriz, Iran
۳. Department of Pharmacognosy and Traditional Pharmacy, School of Pharmacy, Cardiovascular Diseases Research Center, Birjand University of Medical Sciences, Birjand, Iran
۴. Midwifery Department, School of Nursing and Midwifery, Shiraz University of Medical Sciences, Shiraz, Iran

Background and Aim : Turmeric, a spice known for its antioxidant and anti-inflammatory properties, influences metabolic health through multiple biological routes, such as the gut-brain axis. Despite evidence supporting its health benefits, research outcomes remain inconsistent. This review, therefore, seeks to summarize the biochemical and physiological features of turmeric and assess its effects on cardio-metabolic risk factors, placing particular emphasis on its role in gut microbiota regulation.

Methods : This comprehensive review synthesizes the literature on turmeric's effects on cardio-metabolic risk factors with a special focus on gut microbiota. A systematic search of PubMed, Scopus, and Google Scholar identified relevant English-language publications up to March ۲۰۲۰. Conference abstracts, grey literature, and studies focusing on a herbal mixture including turmeric were excluded.

Results : Research indicates that turmeric is generally safe, though it may cause minor digestive issues in some individuals. It shows promise in improving blood sugar, cholesterol, and blood pressure. However, its benefits are limited by the low bioavailability of active compounds like curcumin, which can be influenced by food processing. Its positive effects are likely achieved through multiple mechanisms, such as modifying gut bacteria, their diversity, strengthening the gut lining, and reducing inflammation and oxidative stress

Conclusion : While preclinical and clinical studies suggest that turmeric confers benefits primarily by modulating gut microbiota, definitive conclusions remain elusive. This is due to significant variations in study design, a scarcity of high-quality clinical trials, and inconsistencies in treatment duration and supplement formulation. Consequently, more rigorous, standardized research is essential to establish effective dosing and confirm its efficacy as a complementary therapy for improving cardio-metabolic health via the gut microbiome.

Abstract ID: ۵۴۸

Presentation Type: Poster

Protective effects of *Arctium lappa* L. root extract (burdock) against complete Freund's adjuvant-induced arthritis in rats

Ramin Nasimi Doost Azgomi^۱*, Mohammad Hosein Farzaei^۲, Mina Salimi^۱, Arezoo Moini Jazani^۱

۱. Traditional Medicine and Hydrotherapy Research Center, Ardabil University of Medical Sciences, Ardabil, Iran
۲. Pharmaceutical Sciences Research Center, Health Institute, Kermanshah University of Medical Sciences, Kermanshah, Iran

Background and Aim : *Arctium lappa* L. (*A. lappa*) is a well-known medicinal herb due to its anti-inflammatory and antioxidant impacts against several diseases. This research investigated the protective effects of the hydroalcoholic extract of *A. lappa* root on arthritis induced by complete Freund's adjuvant (CFA) in rats.

Methods : Arthritis was induced by a single subcutaneous injection of CFA into the right hind paw of Sprague-Dawley rats. The rats were then orally given *A. lappa* at doses of ۲۰۰ and ۴۰۰ mg/kg, or prednisolone as a reference drug, for ۳۰ days. Blood and ankle joint samples were collected for further analysis. The anti-arthritic effects were assessed through nociceptive behavioral tests, measurements of paw edema, body weight, serum levels of tumor necrosis factor- α (TNF- α), nitric oxide (NO), as well as histopathological evaluations.

Results : Results showed that the *A. lappa* root extract significantly increased body weight while decreasing thermal hyperalgesia and paw edema in a dose-dependent manner. Additionally, *A. lappa* suppressed inflammatory cytokines in the serum of all treated rats. The extract also notably restored the histological structure of the ankle joint in comparison to untreated arthritic rats.

Conclusion : These findings suggest that *A. lappa* exerts its anti-arthritic effect by decreasing the level of inflammatory cytokines, which supports its traditional use in the treatment of joint diseases.

Abstract ID: ۴۷۵

Presentation Type: Poster

Essential Oils of Medicinal Plants Against Drug-Resistant Bacteria: A Pharmacological Perspective

Nila Navaei^۱ *, Reza Kalantari^۲

۱. *Pharmaceutical Sciences Research Center, School of Pharmacy, Mazandaran University of Medical Science, Sari, Iran.*
۲. *Research Institute for Herbal Medicines and Metabolic Disorders, Faculty of Pharmacy, Mazandaran University of Medical Sciences, Sari, Iran.*

Background and Aim : The global antibiotic resistance epidemic threatens modern healthcare. *Staphylococcus aureus*, *E. coli*, *Klebsiella pneumoniae*, and *Pseudomonas aeruginosa* are hard to treat. Multiple antibiotic failures increase medical costs, recovery time, and mortality. Animal and human antibiotic use and inadequate growth worsen the problem. Crisis encourages herbal remedies. Chemical properties and effects of essential oils are valued. Essential oils, unlike drugs, reduce disease resistance in various ways. Thymol, eugenol, cinnamaldehyde, and carvacrol work. Biofilms, efflux pumps, quorum sensing, and bacterial membranes are damaged by chemicals. They use conventional antibiotics well. Essential oils boost traditional medicine by reducing germs. Nanoemulsions and sustained-release methods are being studied by pharmaceutical experts to improve essential oil therapy. Essential oils' antibacterial properties, methods, proof, and medical advantages are examined in this study. This review suggests medical plant essential oils prevent drug-resistant microorganisms.

Methods : This review evaluated ۲۰۱۰–۲۰۲۵ academic literature on PubMed, Scopus, Web of Science, and Google Scholar. Key words: essential oils, medication resistance, antibacterial effect, carvacrol, thymol, eugenol, cinnamon aldehyde, biofilm, synergy. Analyses included clinical reports, animal studies, lab research, and systematic reviews. Case reports and non-antimicrobial research were omitted. The design, clinical relevance, and relevance to antibiotic resistance were assessed for each paper. Data synthesis updated essential oil and resistant bacterium metrics.

Results : Essential oils and bioactives kill drug-resistant and sensitive microorganisms. Thyme, Carvacrol, and thymol inhibited resistant *E. coli*, *Staphylococcus aureus*, and *Klebsiella pneumoniae*. Carvacrol inhibited *E. coli* at ۲۵۰ µg/mL alone and with cefixime (FIC = ۰,۵). Biofilm inhibition sub-inhibited both drugs. Eugenol, the primary component of clove oil, reduced *Pseudomonas aeruginosa* biofilm development and quorum-sensing in nanonized formulations with ۲,۰ and ۴,۰ mM MBIC and MBEC. Cinnamaldehyde from cinnamon oil altered *Klebsiella* biofilm topologies and defense enzymes, increasing antibiotic resistance. Essential oils inhibit gastrointestinal and pulmonary bacterial colonization and extend mice's lifespan by ۴۰–۵۰%. As liposomal and nanoemulsion technologies advanced, solubility and bioavailability increased, but effective doses declined fourfold. Essential antibacterial oils harm membranes, efflux pumps, quorum sensing, and biofilms.

Conclusion : Antibacterial and antibiofilm capabilities of medicinal plant essential oils can prevent both drug-sensitive and drug-resistant diseases, according to research. Quorum sensing, membrane disruption, efflux pump failure, and biofilm disintegration are caused by thymol, carvacrol, eugenol, and cinnamon aldehyde. Carvacrol boosts cefixime efficacy and lowers resistance. One



کتاب خلاصه مقالات سخنرانی و پوستر
دومین کنگره ملی طب ایرانی

تهران، مرکز همایش های بین المللی رازی

۲۱ لغایت ۲۳ آبان ماه ۱۴۰۴



Health uses essential oils extensively. They increase drug-resistant antibiotics. They minimize animal-human antibiotic resistance and veterinary antibiotic use. Their inherent antibacterial properties reduce the need for preservatives, thereby enhancing food safety. Problems persist despite progress. Plant chemical makeup, harvest, and extraction affect uniformity. In vitro and animal research suggest that excessive essential oil concentrations can damage or trigger allergies. Human data is scarce. Polymer nanoparticles, nanoemulsions, liposomes, and controlled-release devices reduce doses and improve stability, solubility, and bioavailability. Encapsulated eugenol has four times lower MICs than loose oil. Essential oils are interesting antibiotic adjuvants due to their broad-spectrum antibacterial activity, synergistic potential, and food safety, animal medicine, and human health benefits. Future studies should examine toxicity, formulation homogeneity, and well-planned clinical trials to address antibiotic resistance.

Abstract ID: ۵۳۳
Presentation Type: Poster

Botanical and Phytochemical Characterization of Marketed “Nakhonak” Samples: Toward Safer Use of Natural Medicinal Products

Niloofer Nazari^۱, Mahdi Vazirian^{۲*}, Mahshad Khastar Boroujeni^۳, Yaghoub Amnzadeh^۳, Seyed Mohammad Mahdi Emam^۳

- ^۱. Department of Pharmacognosy and Traditional Pharmacy, School of Pharmacy, Baqiyatallah University of Medical Sciences, Tehran, Iran
- ^۲. Department of Pharmacognosy, School of Pharmacy, Tehran University of Medical Sciences, Tehran, Iran
- ^۳. School of Pharmacy, International Campus, Tehran University of Medical Sciences, Tehran, Iran

Background and Aim : Accurate identification of medicinal plants is essential for the safe and effective use of traditional remedies. Mislabeling or confusion between vernacular names and scientific nomenclature can lead to improper application and reduced therapeutic efficacy. In the Iranian herbal market, the name “Nakhonak” is commonly used to refer to Alhagi; however, two morphologically distinct plant samples are sold under this name. This ambiguity necessitates a systematic investigation to clarify their botanical identities and ensure proper utilization in traditional medicine

Methods : Two morphologically distinct samples labeled as “Nakhonak” were collected from the Iranian herbal market. One sample consisted of larger, yellowish-green fruits, while the other featured smaller fruits with differing physical characteristics. Comprehensive morphological assessments were performed, including evaluation of fruit size, shape, color, and seed viability. Preliminary phytochemical screening was conducted to detect major compound classes such as flavonoids, triterpenes, tannins, cardiac glycosides, and steroidal compounds

Results : Morphological analysis revealed that the larger sample possessed viable seeds and matched the botanical characteristics of *Astragalus hamosus* L. In contrast, the smaller sample contained fruits devoid of viable seeds and exhibited distinct morphological traits. Phytochemical evaluation of the larger sample’s fruit indicated the presence of unsaturated steroidal compounds, triterpenes, tannins, and cardiac glycosides. Notably, flavonoids were absent in both samples. These findings suggest a clear biochemical and morphological distinction between the two specimens marketed under the same name

Conclusion : The study highlights the importance of accurate botanical identification in traditional medicine markets. The larger fruit-bearing sample corresponds to *Astragalus hamosus* L., a species with viable seeds and a distinct phytochemical profile. The absence of seed viability and flavonoids in the smaller sample suggests it may belong to a different species or represent a less mature or degraded form. These results underscore the need for standardized classification and labeling of herbal products to prevent misidentification and ensure therapeutic consistency. Further taxonomic and pharmacological studies are recommended to fully characterize the smaller sample and assess its medicinal relevance

Abstract ID: ۵۳۲

Presentation Type: Poster

Hepatoprotective Effects of *Trichaptum biforme*: A Natural Therapeutic Approach for Liver Injury

Niloofer Nazari^۱, Mahdi Vazirian^{۲*}, Marjan Jafari Kharazi^۳, Seyed Esmaeil Sadat-Ebrahimi^۴, Omid Sabzevari^۵

- ^۱. Department of Pharmacognosy and Traditional Pharmacy, School of Pharmacy, Baqiyatallah University of Medical Sciences, Tehran, Iran
- ^۲. Department of Pharmacognosy, School of Pharmacy, Tehran University of Medical Sciences, Tehran, Iran
- ^۳. School of Pharmacy, International Campus, Tehran University of Medical Sciences, Tehran, Iran
- ^۴. Department of Medicinal Chemistry, Faculty of Pharmacy, Tehran University of Medical Sciences, Tehran, Iran
- ^۵. Department of Toxicology and Pharmacology, School of Pharmacy, Tehran University of Medical Sciences, Tehran, Iran

Background and Aim : Liver diseases have emerged as a growing global health concern, with their prevalence steadily increasing over recent decades. Despite advances in medical science, effective pharmacological treatments for hepatic disorders such as cirrhosis, hepatocellular carcinoma, functional impairments, and enzymatic abnormalities remain limited. This has prompted extensive research into natural compounds with hepatoprotective potential. Among these, *Silybum marianum* (milk thistle) and its active constituents have gained recognition for their therapeutic efficacy in liver disease management [۱,۲]. Recent studies have highlighted medicinal fungi as promising sources of antioxidant and hepatoprotective agents. In this context, *Trichaptum biforme*, a wood-decaying fungus, has attracted attention for its potential bioactivity.

Methods : This experimental study was conducted on thirty-six male Wistar rats, randomly assigned to six groups (n=۶ per group). Five groups received a single intraperitoneal injection of carbon tetrachloride (CCl₄) at a dose of ۲ mL/kg to induce acute liver injury. Four of these groups were subsequently treated orally with either silymarin (standard reference) or ethanolic and aqueous extracts of *T. biforme* at doses of ۱۰۰, ۲۰۰, or ۵۰۰ mg/kg. One group served as the CCl₄ control without treatment, while the sixth group was maintained as a normal control without toxin exposure. After the intervention period, blood samples were collected to assess serum levels of liver function biomarkers, including alanine aminotransferase (ALT), aspartate aminotransferase (AST), alkaline phosphatase (ALP), lactate dehydrogenase (LDH), and direct bilirubin. Histopathological examination of liver tissues was also performed.

Results : CCl₄ administration resulted in a significant elevation of serum ALT, AST, ALP, LDH, and direct bilirubin levels, indicating hepatocellular damage. Treatment with *T. biforme* extracts led to a dose-dependent reduction in these biomarkers compared to the CCl₄ control group. The ۲۰۰ mg/kg dose showed the most consistent biochemical improvement, while the highest dose (۵۰۰ mg/kg) produced enhanced enzyme normalization but less favorable histological outcomes. Histopathological analysis revealed that lower extract doses were associated with improved hepatic architecture and reduced necrosis.



Conclusion : The findings of this study demonstrate that both ethanolic and aqueous extracts of *Trichaptum biforme* possess significant antioxidant and hepatoprotective properties in a rat model of CCl₄-induced liver injury. The observed biochemical improvements suggest that *T. biforme* may modulate oxidative stress and stabilize hepatocellular membranes. Interestingly, lower doses were more effective in promoting histological recovery, indicating a potential threshold for optimal therapeutic efficacy. These results support the continued investigation of medicinal fungi as complementary agents in liver disease management and highlight the need for further studies to elucidate dose-dependent histological responses and clinical applicability.



Abstract ID: ۵۳۴

Presentation Type: Poster

Protective Role of *Ajuga chamaecistus* ssp. *tomentella* Extract on Liver Function and Oxidative Stress in Rats Exposed to Acetaminophen

Niloofer Nazari^۱, Mahdi Vazirian^{۲*}, Nona Sadat Mousavi Ayatollahi^۳, Seyede Nargess Sadati Lamardi^۴, Omid Sabzevari^۵, Hamid Reza Monsef Esfehiani^۵

۱. Department of Pharmacognosy and Traditional Pharmacy, School of Pharmacy, Baqiyatallah University of Medical Sciences, Tehran, Iran
۲. Department of Pharmacognosy, School of Pharmacy, Tehran University of Medical Sciences, Tehran, Iran
۳. School of Pharmacy, International Campus, Tehran University of Medical Sciences (IC-TUMS), Tehran, Iran
۴. Department of Toxicology and Pharmacology, Faculty of Pharmacy, Tehran University of Medical Sciences, Tehra, Iran
۵. Department of Pharmacognosy, Faculty of Pharmacy, Tehran University of Medical Sciences, Tehran, Iran

Background and Aim : *Ajuga* species have long been used in Persian medicine for the treatment of joint pain, gout, and jaundice. Among the five native *Ajuga* species in Iran, *Ajuga chamaecistus* ssp. *tomentella*—locally known as “komafitoos”—has attracted attention for its potential therapeutic properties. Acetaminophen overdose is a common cause of drug-induced liver injury, and natural compounds with antioxidant and hepatoprotective effects are increasingly being investigated as complementary treatments. This study aimed to evaluate the antioxidant and liver-protective effects of the aerial part extract of *A. chamaecistus* ssp. *tomentella* in a rat model of acetaminophen-induced hepatotoxicity.

Methods : Thirty-six male rats were randomly assigned to six groups (n=۶). Except for the normal control group (receiving normal saline), all groups were administered acetaminophen (۵۰۰ mg/kg) orally for seven consecutive days to induce liver toxicity. Three experimental groups received the plant's ۸۰٪ hydro-ethanolic extract at doses of ۲۰۰, ۴۰۰, and ۸۰۰ mg/kg by gavage, alongside acetaminophen. A positive control group received silymarin (۱۰۰ mg/kg), a known hepatoprotective agent. On day eight, blood samples were collected to measure serum levels of ALT, AST, alkaline phosphatase, bilirubin, total protein, and albumin. Liver tissue samples were analyzed for glutathione and malondialdehyde concentrations to assess oxidative stress and tissue damage.

Results : The plant extract demonstrated hepatoprotective effects by significantly reducing liver enzyme levels compared to the acetaminophen-only group. Rats treated with the extract showed lower serum concentrations of cholesterol, triglycerides, LDL, and VLDL. The ۲۰۰ mg/kg dose was particularly effective in preventing glutathione depletion and reducing malondialdehyde accumulation in liver tissue. Histopathological examination revealed that the least hepatic damage occurred in the ۲۰۰ mg/kg extract group and the silymarin group, indicating a protective effect at lower doses.



Conclusion : The hydro-ethanolic extract of *A. chamaecistus* ssp. *tomentella* exhibited notable antioxidant and hepatoprotective properties in rats exposed to acetaminophen-induced liver injury. The ۲۰۰ mg/kg dose was the most effective in preserving liver function and minimizing oxidative stress, showing comparable results to silymarin. These findings suggest that this native Iranian plant may serve as a promising natural agent for liver protection and lipid profile improvement. Further studies are recommended to explore its mechanism of action and potential clinical applications.



Abstract ID: ۵۸۰

Presentation Type: Poster

Effect of Traditional Persian-based Herbal Medicine on radiotherapy-induced side effects in cancer patients: a narrative review

Vida Nazari^۱ *

^۱. Clinical Research Development Center, Mahdیه Educational hospital, Shahid Beheshti University of Medical Sciences, Tehran, Iran

Background and Aim : Title: Effect of Traditional Persian-based Herbal Medicine on radiotherapy-induced side effects in cancer patients: a narrative review
Abstract Background & Aims: Radiotherapy is a common treatment for cancer, but it often results in side effects such as dysuria and xerostomia, which significantly impact patients' quality of life. Traditional Persian medicine (TPM) offers a range of herbal remedies that may alleviate these symptoms. This systematic review aims to evaluate the effectiveness of TPM-based herbal medicines in managing radiotherapy-induced side effects in cancer patients.
Methods: A comprehensive literature search was conducted across multiple databases, including PubMed, Scopus, and Google Scholar, for studies published up to September ۲۰۲۵. Inclusion criteria encompassed clinical trials, observational studies, and case reports that investigated the use of TPM herbal remedies for dysuria and xerostomia in radiotherapy patients. Data were extracted regarding study design, patient demographics, intervention details, and outcomes.
Results: The findings were synthesized to determine the efficacy and safety of identified herbal interventions. Quality assessment of included studies were performed using appropriate tools.
Conclusion: This systematic review provided evidence-based insights into the role of traditional Persian herbal medicine in mitigating radiotherapy-induced side effects. The results may inform clinical practice and promote integrative approaches to cancer care, enhancing patient well-being during treatment.
Keywords: Radiotherapy; Dysuria; Xerostomia; Traditional Persian Medicine; Herbal Remedies; Cancer Care

Methods : Methods: A comprehensive literature search was conducted across multiple databases, including PubMed, Scopus, and Google Scholar, for studies published up to September ۲۰۲۵. Inclusion criteria encompassed clinical trials, observational studies, and case reports that investigated the use of TPM herbal remedies for dysuria and xerostomia in radiotherapy patients. Data were extracted regarding study design, patient demographics, intervention details, and outcomes.

Results : Results: The findings were synthesized to determine the efficacy and safety of identified herbal interventions. Quality assessment of included studies were performed using appropriate tools.

Conclusion : Conclusion: This systematic review provided evidence-based insights into the role of traditional Persian herbal medicine in mitigating radiotherapy-induced side effects. The results may inform clinical practice and promote integrative approaches to cancer care, enhancing patient well-being during treatment.

Abstract ID: ۳۸۸

Presentation Type: Poster

The Role of Natural Plant-Based Repellents in the Integrated Vector Management of Dengue Vectors: A Review of Traditional Medicine Foundations and Modern Evidence

Jalil Nejati^{۱*}, Fatemeh Mahjoob^۲

- ^۱. Health Promotion Research Center, Zahedan University of Medical Sciences, Zahedan, Iran
- ^۲. Department of Persian Medicine, School of Persian and Complementary Medicine, Mashhad University of Medical Sciences, Mashhad, Iran

Background and Aim : Dengue fever, a major arboviral disease, poses a significant global public health threat. Controlling its primary vectors, *Aedes aegypti* and *Ae. albopictus* mosquitoes, is increasingly challenging due to growing insecticide resistance and environmental concerns over synthetic chemicals. This necessitates the search for safe and sustainable alternatives. This review aims to systematically evaluate the potential of natural repellents of botanical origin, which are rooted in Traditional Medicine, and have been scientifically validated by contemporary studies.

Methods : This narrative review was conducted by performing structured searches in scientific databases (Google Scholar, PubMed, and Scopus) using keywords such as "plant," "essential oil," "mosquito repellent," "Aedes," and "dengue." Studies were selected based on their focus on traditionally used plants and their experimentally tested efficacy against *Aedes* mosquitoes. A total of ۱۲ relevant articles were included and reviewed.

Results : A wide array of plants and their essential oils—such as citronella, neem, eucalyptus, lavender, clove, and cinnamon, have demonstrated strong repellent efficacy against *Aedes* mosquitoes. Their active compounds are primarily monoterpenes and sesquiterpenes (e.g., citronellal, menthol, thymol, eugenol), which interfere with the mosquitoes' olfactory system and feeding behavior. These scientific findings often align seamlessly with the historical use of these plants for protection against biting insects across different cultures.

Conclusion : Natural plant-based repellents represent a promising and eco-friendly option for integration into Integrated Vector Management strategies against dengue vectors. They could serve as complements or alternatives to synthetic repellents, particularly in local communities with limited access to advanced control methods. Further research is warranted to standardize formulations, improve their duration of efficacy, and conduct large-scale field trials to fully realize their public health potential.

Abstract ID: ۲۳۱

Presentation Type: Poster

Comparative Review of Antioxidant Properties of Traditional Herbal Infusions: Focus on Lemon Verbena, Lemon Balm, and Lavender in Iranian Traditional Medicine and Modern Studies

Ali NHojatiR^۱ *

^۱. Hazrat Rasoul Hospital of Ferdows, Birjand University of Medical Sciences, Birjand, Iran

Background and Aim : Herbal infusions hold a significant place in Iranian traditional medicine as effective tools for prevention and adjunctive treatment of various ailments. Among them, Lemon Verbena (*Lippia citriodora*), Lemon Balm (*Melissa officinalis*), and Lavender (*Lavandula* spp.) are notable for their antioxidant properties mentioned in both traditional texts and modern scientific research. This study aims to provide a comparative review of the antioxidant effects of these three herbs based on traditional Iranian medicine sources and contemporary scientific literature.

Methods : Traditional references including Avicenna's Canon of Medicine, Tuhfat al-Hakim, and Qarabadin Kabir were reviewed to extract traditional uses of the target infusions. Additionally, a systematic search was conducted in PubMed, Scopus, Google Scholar, and SID databases for publications between ۲۰۰۰ and ۲۰۲۴ using keywords such as "antioxidant," "*Lippia citriodora*," "*Melissa officinalis*," "*Lavandula*," "herbal infusion," and "Iranian traditional medicine." A total of ۹۵ initial articles were retrieved, of which ۴۳ relevant studies were selected for final review.

Results : Traditional Iranian medicine mainly emphasizes the calming, cardiotonic, and detoxifying effects of these herbs. Modern scientific studies confirm strong antioxidant activity through mechanisms such as free radical scavenging, enhancement of antioxidant enzymes (SOD, CAT, GPx), and reduction of lipid peroxidation (MDA). Lavender contains active compounds like linalool with anti-inflammatory effects, lemon balm is rich in rosmarinic acid, and lemon verbena contains potent flavonoids such as verbascoside.

Conclusion : The reviewed evidence highlights a significant overlap between traditional perspectives and modern scientific findings regarding the antioxidant potential of *Lippia citriodora* (lemon verbena), *Melissa officinalis* (lemon balm), and *Lavandula* spp. (lavender). Traditional Iranian medicine attributes purifying, calming, and organ-strengthening effects to these herbs, which modern pharmacological studies have increasingly validated through in vitro, in vivo, and some clinical trials. The antioxidant activity of these herbs is primarily linked to their rich content of phenolic compounds and flavonoids. Verbascoside in lemon verbena, rosmarinic acid in lemon balm, and linalool in lavender are among the most prominent constituents responsible for neutralizing free radicals and protecting cellular components from oxidative damage. Additionally, some studies suggest that these herbs may enhance the endogenous antioxidant defense system by upregulating enzymes such as superoxide dismutase (SOD) and catalase (CAT), further supporting their traditional use as tonic and detoxifying agents. While individual studies have confirmed the efficacy of each herb separately, a comparative or integrative analysis combining all three remains scarce. This highlights an opportunity for future research to explore possible synergistic or additive effects when these herbs are used in combination, especially in clinical settings. Moreover, the consistency between ancient medical wisdom and contemporary evidence supports the inclusion of these herbal infusions as complementary strategies in lifestyle-based and preventive healthcare.



کتاب خلاصه مقالات سخنرانی و پوستر
دومین کنگره ملی طب ایرانی



تهران، مرکز همایش های بین المللی رازی

۲۱ لغایت ۲۳ آبان ماه ۱۴۰۴

models. In conclusion, lemon verbena, lemon balm, and lavender possess promising antioxidant properties backed by both traditional Iranian medicine and scientific literature. Their application in reducing oxidative stress and promoting general well-being is well supported; however, standardized formulations, optimal dosages, and long-term safety need to be further established through high-quality clinical studies.

Abstract ID: ۲۰۶

Presentation Type: Poster

The Effect of a Persian Herbal Medicine Compound on the Lipid Profiles of Patients with Dyslipidemia: A Randomized Double-Blind Placebo-Controlled Clinical Trial

Alireza Niknafs^۱*, Mohamad Reza Rezvanfar^۲, Mehdi Salehi^۳

۱. Department of Traditional Medicine, Traditional and Complementary Medicine Research Center (TCMRC), School of Medicine, Arak University of Medical Sciences, Arak, Iran.
۲. Department of Internal Medicine, Endocrinology and Metabolism Research Center, School of Medicine, Arak University of Medical Sciences, Arak, Iran.
۳. Traditional and Complementary Medicine Research Center (TCMRC), Arak University of Medical Sciences, Arak, Iran

Background and Aim : It has been well established in the world that lipid disorders promote the development of atherosclerosis and its clinical consequences.)is study aimed to assess the impacts of a Persian medicinal (PM) compound on lipid profile.

Methods : From June to October , a randomized double-blind controlled clinical trial was conducted with dyslipidemic patients, who were randomly divided into two equally populated groups: one prescribed with a Persian medicinal herbal compound (n ۳۷) and a placebo group (n ۳۷). A Persian herbal medicine including fenugreek, sumac, and purslane is introduced. Biochemical parameters including ۱۲-hour fasting serum levels of total cholesterol, low-density lipoprotein (LDL), high-density lipoprotein (HDL), very-low-density lipoprotein (VLDL), and triglyceride (TG) were measured before the initiation and after the completion of study protocol.

Results : Percent changes of biochemical parameters include the following: intervention group cholesterol: ۳۵,۲۲, Tg: ۴۵,۹۱, LDL: ۲۴,۸۱, HDL: ۲,۰۵, VLDL: ۸,۹۴ and placebo group cholesterol: ۶,۹۴, Tg: -۷,۳, LDL: ۷,۳۷, HDL: ۲,۸۸, VLDL: -۰,۱۴.)e serum levels of total cholesterol (p ۰,۰۱) and LDL (p ۰,۰۱) significantly decreased and no increase was recorded in HDL (p ۰,۰۳) levels over time in the intervention group. Furthermore, between-group analysis showed a statistically significant difference between the intervention and placebo groups in this regard. VLDL (p ۰,۰۲) and TG (p ۰,۰۲) levels also decreased, however not significantly.

Conclusion :)is study showed that a Persian medicinal herbal compound could be safe and beneficial to decrease the levels of serum cholesterol and LDL in dyslipidemic patients. However, larger long-term studies are recommended to clarify this effect.



Abstract ID: ۴۳۸

Presentation Type: Poster

Phytochemicals Alleviate Tumorigenesis by Regulation of M^۱/M^۲ Polarization: A Systematic Review of the Current Evidence

Amirhossein Niknejad^۱, Niusha Esmaealzadeh^۲, Amirreza Peyrovinasab^۱, Shirin Sirouskabiri^۱, Mahsa Gholami^۱, Aytak Vahdat Khajeh Pasha^۱, Saleh Shahri^۱, Dietrich Büsselberg^۳, Amir Hossein Abdolghaffari^۱ *

۱. Faculty of Pharmacy, Tehran Medical Sciences, Islamic Azad University, Tehran, Iran.
۲. Department of Traditional Pharmacy, School of Persian Medicine, Tehran University of Medical Sciences, Tehran, Iran
۳. Department of Physiology and Biophysics, Weill Cornell Medicine- Qatar,

Background and Aim : Cancers are increasingly common and significantly impact patients' quality of life and longevity. The role of macrophages in tumorigenesis is critical, and natural compounds have long been recognized as valuable sources of bioactive agents for treating this condition. However, no systematic review has been performed on the role of phytochemicals impacting tumorigenesis by M^۱/M^۲ macrophage polarization.

Methods : The aim of this study is to systematically review phytochemicals that relieve tumorigenesis by impacting M^۱/M^۲ macrophage polarization and investigate related signaling pathways. This systematic review adheres to PRISMA ۲۰۲۰ guidelines and statements. Scientific databases, MEDLINE, Scopus, and Web of Science, have been searched from inception to October ۲۰۲۳. This review includes English original articles on the role of phytochemicals, whole plant extracts, and polyherbal formulas in ameliorating tumorigenesis through M^۱/M^۲ polarization while excluding non-English articles, non-original research, and unrelated studies according to title, abstract, and full-text screening.

Results : Shreds of evidence were gathered from cellular and animal studies about the beneficial impacts of phytochemicals against tumorigenesis by impacting M^۱/M^۲ macrophage polarization. Critical assessment of in vitro and in vivo studies was performed by the CRIS and ARRIVE guidelines. Due to the high level of heterogeneity of the collected data, only a narrative synthesis was performed. Of ۷۴۱ collected articles, only ۳۵ remained. Polyphenols are the most highlighted group. Phytochemicals affect cytokines related to M^۱, such as CD۸۰, CD۸۶, CD۶۴, and iNOS, and M^۲, like CXCR-۱, CXCR-۲, and TGF-β, in various cancer models.

Conclusion : Together, these compounds exerted protective effects against tumorigenesis in preclinical cancer models. Furthermore, high-quality clinical experiments are recommended to cover the limitations of the current study, which are reliance on preclinical evidence, lack of clinical trials, and exclusion of non-English and grey literature.



Abstract ID: ۵۹۵

Presentation Type: Poster

A Combined Herbal Formulation for Uterine Fibroids and Endometriosis

Samane Noroozi^۱ *

^۱. Iranian Traditional Medicine Association

Background and Aim : introduction Uterine fibroids and endometriosis are common gynecological disorders with complex pathophysiology, often involving inflammation, hormonal dysregulation, and abnormal tissue growth . Conventional treatments, while effective, can be invasive or cause side effects, highlighting the need for complementary approaches. Persian Medicine (PM) offers a unique perspective, viewing such conditions through the lens of systemic congestion ("Emtela") and humoral imbalance, often attributing uterine masses to concepts like "Sodd-e-Rahem" (uterine obstruction) . This narrative review aims to propose and theoretically analyze a novel polyherbal formulation comprising Ezkher (Lemongrass), Irsa (iris spp), Khatmi (Marshmallow root), and Babuneh (Chamomile), integrating PM principles with modern pathophysiological understanding to manage these disorders .

Methods : The formulation was developed through a qualitative review and content analysis of classical PM texts, including "The Canon of Medicine" by Avicenna, "Zakhireye Khwarazmshahi" by Jorjani, and "Kholaseh al-Hekmah" by Aghili Khorasani . A simultaneous search of modern scientific databases (PubMed, Scopus) was conducted using keywords such as "uterine fibroids," "endometriosis," and the scientific names of the herbs. Plant selection was based on their compatibility with the PM pathophysiology of uterine diseases—particularly their "Mohallel" (resolvent), "Monzej" (maturative), and "obstruction-removing, anti-inflammatory, anti-proliferative properties, —and their documented evidence of efficacy. The proposed mechanisms of action were extracted from PM texts and comparatively analyzed with known modern pharmacological mechanisms.

Results : The review culminated in a structured formulation grounded in the synergy of traditional knowledge and contemporary science. · Proposed Formulation and Rationale: The formulation combines herbs with complementary actions. In PM, lemongrass is recognized as a uterine tonic and carminative, useful for resolving humoral congestion. Iris spp is documented as an absorbent of excess moisture and an obstruction remover. Chamomile is valued for its nerve-tonic and anti-inflammatory properties, relieving uterine pain. Marshmallow root acts as a demulcent and softener of hardened tissue. · Mechanism of Action: From a PM perspective, the formulation works synergistically to resolve "Emtela," balance humors, and remove uterine obstructions. From a modern standpoint, the herbs are proposed to act through multiple pathways. Chamomile contains compounds with demonstrated anti-inflammatory effects, such as COX-^۲ inhibition. Lemongrass has shown potential in reducing pro-inflammatory cytokines like TNF- α and IL-^۶. It effects on endometrial cell apoptosis. Iris species may modulate estrogen receptor activity, and Marshmallow root mucilage can soothe irritated tissues, collectively addressing the inflammation, hormonal imbalance, and pelvic congestion central to fibroids and endometriosis.



Conclusion : This review provides the theoretical foundation for a PM-based formulation as a potential low-complication option for uterine fibroids and endometriosis. By integrating the traditional concepts of resolving congestion and balancing humors with modern anti-inflammatory and hormone-modulating mechanisms, the formulation represents a holistic approach. However, this theoretical framework requires robust empirical validation. The primary limitation is the lack of direct pre-clinical and clinical evidence for this specific combination. Future research must prioritize preclinical studies to evaluate safety and bioavailability, followed by randomized clinical trials to establish efficacy and optimal dosage in human populations. Such research could bridge traditional wisdom and modern science, offering a comprehensive therapeutic strategy



Abstract ID: ۵۸۷

Presentation Type: Poster

Combined Formulation of Silk, Gold, and Silver for Neuro-Hormonal System Support: Evidence from Persian Medicine and Modern Studies

Samane Noroozi^۱ *

^۱. Iranian Traditional Medicine Association

Background and Aim : The neuro-hormonal system is crucial for maintaining the body's homeostasis. In Traditional Persian Medicine (TPM), the concept of "strengthening spirits and powers" is analogous to supporting this system in modern medicine. This study investigates the evidence for using a combined formulation of silk, gold, and silver for this purpose, bridging traditional knowledge and contemporary science

Methods : This narrative review consulted two categories of sources: ۱. Classical TPM Texts: Authoritative manuscripts including Avicenna's "The Canon of Medicine," Jorjani's "Zakhireye Khwarazmshahi," and Aghili Khorasani's "Kholaseh al-Hekmah". ۲. Modern Scientific Databases: Searches were conducted on PubMed, Scopus, and Web of Science using keywords such as "Silk peptides," "Gold nanoparticles," "Silver nanoparticles," and "Neuroendocrine system".

Results : The review found substantiating evidence in both medical systems for the neuro-hormonal properties of these materials. · Silk (Harir): TPM texts describe silk as a substance that "strengthens nerves and nourishes spirits". Modern research indicates that silk contains amino acids like glycine and serine, which are neurotransmitter precursors, and exhibits antioxidant and neuroprotective effects. · Gold (Zahab): Ancient scholars noted that gold "strengthens heart and nerves" and "enlivens the animal spirit". Contemporary studies show that gold nanoparticles can improve synaptic transmission and modulate the activity of key neurotransmitters like serotonin and dopamine. Furthermore, the concept of a "Hot" nature in TPM has been linked to measurable changes in neuroendocrine activity, providing a potential framework for understanding such treatments. · Silver (Fizza): In TPM, silver is recognized for its ability to "strengthen organs and preserve spirit". Modern evidence highlights its anti-inflammatory properties and effects on cerebral vascular endothelial function.

Conclusion : The proposed formulation could act through synergistic mechanisms, such as enhancing neurotransmitter production, reducing oxidative stress, and regulating the hypothalamic-pituitary-adrenal (HPA) axis. A preliminary study in TPM also suggests a connection between fundamental body natures (Hot/Cold) and neuroendocrine parameters, offering a traditional model for such interactions. It is recommended that future work includes randomized clinical trials and pharmacokinetic studies to validate the efficacy and safety of this formulation for neuro-hormonal disorders

Abstract ID: ۴۱۲

Presentation Type: Poster

Medicinal, hygienic and Nutritional Aspects of Honey from the Perspective of Ibn al-Nafis al-Qurashi, a Scholar of Iranian Traditional Medicine

Ahmadreza Pakzad^۱ *, Rashid Tafaeq^۲

۱. Persian Medicine MD PhD

۲. Iranian traditional medicine researcher

Background and Aim : The purpose of this study is to present the viewpoint of Iranian traditional medicine on honey, with reference to Al-Shamil by Ibn al-Nafis (d. ۱۲۸۸ CE).

Methods : This review focuses on the fifth article of volume twenty of Al-Shamil fi al-Sina'ah al-Tibbiyyah, where the properties of honey are discussed. Relevant materials were extracted, analyzed, and documented.

Results : Honey, in Iranian traditional medicine, is classified among animal-derived simples (materia medica). Because of its numerous properties and benefits, honey has diverse hygienic, medicinal, and nutritional applications. Sages throughout history have constantly sought causal explanations, leading to the accumulation of scientific knowledge over time. This article reflects the scholarly depth of Iranian traditional physicians, especially Ibn al-Nafis, who in his remarkable work Al-Shamil examined mineral, plant, and animal substances in detail. With strong philosophical foundations, he sought to clarify the scientific reasoning behind their effects and their relationship to the human body and disease. In describing honey, Ibn al-Nafis addressed its nature, temperament, origin in bees, and its therapeutic actions such as cleansing (jala), opening obstructions (taftih), dissolving humors (tahlīl), hollowing (tajwīf), thinning (taltif), softening (talīn), and ripening/maturation (inḍāj). He also explained its benefits for coma, eye conditions, diseases of the teeth and gums, lungs, stomach, intestines, and reproductive organs, as well as its hygienic role and its use in dietary and pharmaceutical compounds.

Conclusion : Honey, in Iranian traditional medicine, is classified among animal-derived simples (materia medica). Because of its numerous properties and benefits, honey has diverse hygienic, medicinal, and nutritional applications. Sages throughout history have constantly sought causal explanations, leading to the accumulation of scientific knowledge over time. This article reflects the scholarly depth of Iranian traditional physicians, especially Ibn al-Nafis, who in his remarkable work Al-Shamil examined mineral, plant, and animal substances in detail. With strong philosophical foundations, he sought to clarify the scientific reasoning behind their effects and their relationship to the human body and disease. In describing honey, Ibn al-Nafis addressed its nature, temperament, origin in bees, and its therapeutic actions such as cleansing (jala), opening obstructions (taftih), dissolving humors (tahlīl), hollowing (tajwīf), thinning (taltif), softening (talīn), and ripening/maturation (inḍāj). He also explained its benefits for coma, eye conditions, diseases of the teeth and gums, lungs, stomach, intestines, and reproductive organs, as well as its hygienic role and its use in dietary and pharmaceutical compounds.

Abstract ID: ۳۶۸

Presentation Type: Poster

Comparing the effect of Coriander seeds with Propranolol ۲۰ mg in the prophylaxis of migraine headaches with aura

Elham Parsa^۱ *, fatemeh haghghat^۲ , Rozita Haji Bagher Naeeni^۳ , latif gachkar^۴

۱. Department of Traditional, Pharmacy and Persian Medicine, TeMS.C., Islamic Azad university, Tehran, Iran
۲. Faculty of Pharmacy and Pharmaceutical sciences, Tehran Medical Sciences, Islamic Azad University, Tehran, Iran
۳. Department of neurology, TeMS.C., Islamic Azad university, Tehran, Iran
۴. professor of infectious dis, shahid beheshti university of medical science

Background and Aim : Headache is a very common symptom worldwide, migraine is known as the third most common disorder and the second most common type of headache. Approximately ۱۵% of the general population will experience migraine during their lifetime, among whom ۷۵% are women. Migraine attacks can cause functional disability in more than ۹۰% of migraine sufferers. Some migraine headaches are triggered by a group of neurological symptoms, collectively called aura. There are many preventive drug treatments that are prescribed for migraine sufferers. However, many studies have shown that these chemical drugs have various side effects. Given the brilliant history of medical knowledge in the past in Iran, traditional and herbal treatments can be used wherever medicine is unable to effectively treat chronic diseases without side effects. The use of herbal medicines has increased in recent decades. Treatment of headaches in Iranian traditional medicine dates back to the ۶th century BC. One of the prescriptions of ancient Iranian physicians was coriander fruit (*C. sativum*, coriander). In this study, the effect of coriander seeds on migraine headaches with aura was investigated.

Methods : In this study, a number of people with migraine headaches with aura who referred to selected medical clinics in Tehran were examined. ۶۰ participants were divided into two groups; one group of ۳۰ received the drug propranolol to prevent migraines with aura, and the other group of ۳۰ received the intervention group (capsules filled with powdered coriander seeds).

Results : The results of the study (independent t-test) indicated that the pain intensity in the coriander seed group was significantly lower in the first and third months than in the propranolol group ($p < 0.05$). Also, the results of one-way analysis of variance showed that in the propranolol group, pain intensity decreased over time, but this decrease was not statistically significant ($p < 0.05$), while in the coriander group, a significant decrease in pain intensity was observed from the first to the third month ($p < 0.05$). Therefore, it can be said that coriander seeds have a significant effect on the severity of headaches in patients visiting medical centers in Tehran.

Conclusion : The present study showed that coriander seeds can reduce the severity of migraine pain, which can be attributed to the compounds in it. By examining the results, it can be concluded that coriander seeds had an equal or greater effect than the drug Propranolol in the prophylaxis of migraines with Aura. Considering the high prevalence of various types of headaches and taking this fact that in most cases there is no specific treatment for headaches other than painkillers, and that long-term treatment with chemical drugs and painkillers causes complications and problems for patients. The use of herbal medicines such as coriander can be a great help to patients. However, more high-quality research is needed to investigate the effectiveness and safety as a treatment for migraine.



Abstract ID: ۲۹۴

Presentation Type: Poster

A Scoping Review of Clinical Trials on the Efficacy of Curcumin and Its Formulations for Wound Healing

Mohammad Mahdi Parvizi^{۱*}, Ali Arefkia^۲, Yasamin Dehghan^۳, Mohammad Ali Salimi^۴,
Negin Fazelzadeh Haghighi^۲

۱. Molecular Dermatology Research Center, Shiraz University of Medical Sciences, Shiraz, Iran.
۲. Student Research Committee, School of Medicine, Shiraz University of Medical Sciences, Shiraz, Iran.
۳. Department of Dermatology, School of Medicine, Shiraz University of Medical Sciences, Shiraz, Iran.
۴. Department of Pathology, School of Medicine, Shiraz University of Medical Sciences, Shiraz, Iran.

Background and Aim : Curcumin, the main ingredient in turmeric, is known for its substantial anti-inflammatory, antioxidant, and antibacterial effects, and potentially, it could be used as an adjuvant for the treatment of wounds. Despite strong preclinical results, there is a lack of a comprehensive review of its clinical efficacy among different wound types and its diverse formulations. The goal of this scoping review is to describe the available clinical trial evidence on the efficacy of curcumin and its formulations on wound healing.

Methods : A scoping review was conducted following the PRISMA-ScR guidelines. We searched the PubMed, Scopus, Web of Science, and Cochrane Library databases for clinical trials examining any curcumin-based intervention, whether topical or systemic, for wound healing in humans. Two reviewers independently screened the studies, extracted data, and synthesized the findings. Due to the heterogeneity of the included studies, a narrative synthesis was performed.

Results : The search showed ۹۲۰ results, with ۱۹ clinical trials meeting the inclusion criteria. Most of the studies (۱۴ out of ۱۹) were randomized controlled trials that addressed a variety of wounds, including surgical wounds, oral lesions, and chronic ulcers. Curcumin was used in various forms, including topical creams, gels, ointments, and oral capsules, in different dosages and durations. A large number of trials (۸۹٪) yielded positive results, demonstrating that curcumin improved the process of wound healing, reduced inflammation and discomfort, and showed better clinical results compared to placebo or conventional care. Curcumin also has a remarkable safety record, with ۸۴٪ of studies reporting no adverse events; additionally, the reported side effects were minor and temporary.

Conclusion : Based on current clinical evidence, curcumin is a safe and effective adjuvant for improving wound healing. However, the significant heterogeneity in curcumin formulations, methods of administration, and outcome measures between trials limits our ability to form consistent treatment guidelines. Future research should focus on large-scale, well-designed randomized controlled trials with standardized methods to provide a stronger proof basis for curcumin's clinical application in wound healing.

Abstract ID: ۵۰۲

Presentation Type: Poster

Longevity and anti-aging effects of curcumin supplementation

Seyed Mohammad Mahdi Raeiszadeh^۱, Mehran Izadi^۲, Nariman Sadri^۳, Amirhossein Abdi^۱, Dorsa jalaei^۴, Mohammad Mahdi Ghazimoradi^۱, Sara Shouri^۱, Safa Tahmasebi^۵*

- ^۱. School of Pharmacy, Tehran University of Medical Sciences, Tehran, Iran
- ^۲. Department of Infectious and Tropical Diseases, School of Medicine, Tehran University of Medical Sciences, Tehran, Iran
- ^۳. School of Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran
- ^۴. School of Pharmacy, Zanzan University of Medical Sciences, Zanzan, Iran
- ^۵. Student Research Committee, Department of Immunology, School of Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran

Background and Aim : Aging is a complex, irreversible biological process associated with a decline in cellular function and an increased risk of age-related diseases. Curcumin, the active compound in turmeric, has been recognized for its potential therapeutic effects in delaying aging and mitigating the development of age-associated disorders. This review examines the role of curcumin in aging biology, its mechanisms of action, and its impact on longevity.

Methods : A comprehensive literature review was conducted across multiple databases, including PubMed, Google Scholar, and ScienceDirect, using keywords such as "curcumin," "aging," "longevity," and "anti-aging." Studies published in peer-reviewed journals from ۲۰۱۰ to ۲۰۲۳ were included, focusing on both in vitro and in vivo investigations, as well as clinical trials.

Results : Curcumin was found to modulate key molecular pathways involved in aging, including oxidative stress, inflammation, telomere length, and cellular senescence. Curcumin activates sirtuins, enhances AMPK phosphorylation, and inhibits the mTOR signaling pathway, all of which have been associated with improved cellular function and extended lifespan. Clinical trials indicate that curcumin supplementation may reduce the risk of chronic age-related diseases such as cardiovascular disease, Alzheimer's, and arthritis. However, its clinical efficacy is often limited by poor bioavailability, necessitating the development of novel formulations.

Conclusion : Curcumin's multi-target effects position it as a promising anti-aging compound. Its ability to modulate oxidative stress and inflammation, combined with its influence on key longevity pathways, suggests that curcumin could play a significant role in age-related disease prevention. However, the challenges related to its bioavailability must be addressed through improved formulations. Despite these challenges, curcumin remains a valuable compound in the field of aging research and warrants further clinical investigations to fully realize its therapeutic potential in aging and longevity.

Abstract ID: ۱۳۱

Presentation Type: Poster

The Effects of Lavender angustifolia on Anxiety from the Perspective of Persian medicine and Modern Psychology: A Narrative Review Study

Saeid Rahbarnia^{۱*}, Zahra Talebnezhad^۲, Masoumeh Maleki Pirbazari^۳

۱. M.A. Student in Psychology, Rahman Institute of Higher Education, Ramsar, Iran.
۲. Department of Persian medicine, School of Persian Medicine, Shahed University, Tehran, Iran.
۳. Assistant Professor, Department of Psychology, Rahman Institute of Higher Education, Ramsar, Iran.

Background and Aim : Anxiety is one of the most common psychological disorders. Due to the side effects of chemical drugs, there is an increasing need for treatments with fewer adverse effects. Recently, with a growing trend toward natural and complementary therapies, medicinal plants have attracted attention for anxiety relief. Lavandula angustifolia, an aromatic plant with an ancient history in Persian medicine, has been introduced as a sedative and tension reducer. However, a comprehensive review of traditional and modern evidence regarding Lavandula angustifolia has not been conducted. This study aims to review the scientific evidence on the anxiolytic effects of Lavandula angustifolia from the perspective of Persian medicine Sources and recent research findings.

Methods : This study is a narrative review conducted using a library-based approach and a literature search in PubMed, Google Scholar, Scopus, and SID databases. Keywords included Lavandula angustifolia, Anxiety, Mental Health, Persian Medicine, Aromatherapy, and their Latin terms Lavandula angustifolia, Anxiety, Mental Health, Persian Medicine, and Aromatherapy, covering publications from ۲۰۱۹ to ۲۰۲۴. Inclusion criteria were Persian and English articles reporting anxiolytic effects of lavender, resulting in ۱۸ studies included in the qualitative analysis. Additionally, authoritative texts in Iranian traditional medicine such as Al-Qanun fi al-Tibb, Zakhireh Khwarazmshahi, Al-Abniya an Haqa'iq al-Adwiyah, Makhzan al-Adwiyah, and Tohfah al-Hakim Mo'men were reviewed with a focus on keywords for Lavandula angustifolia (Ostokhodus, Lavandula angustifolia, Khuzama) to extract historical perspectives.

Results : In Persian medicine texts, Lavandula angustifolia is described as warm and dry in temperament and recommended as a tonic for the heart and brain, a nerve strengthener, and a calming agent for disturbed thoughts. It has been used for treating insomnia, memory loss, neural headaches, and mood disorders. Modern science emphasizes bioactive compounds such as linalool and linalyl acetate, which act on GABA receptors in the brain to reduce central nervous system excitability. Numerous animal and human studies have shown that oral or inhaled Lavandula angustifolia extracts—via supplements, oils, infusions, or aromatherapy—significantly reduce anxiety symptoms, stress, improve sleep quality, lower heart rate, systolic blood pressure, and salivary cortisol levels, all associated with reduced psychological tension. Aromatherapy offers rapid but short-term effects, whereas oral consumption is recommended for long-term anxiety management. These findings highlight the importance of selecting treatment methods tailored to clinical conditions.



Conclusion : *Lavandula angustifolia*, supported by both traditional and contemporary evidence, appears to be a natural and safe adjunct for managing mild to moderate anxiety, reflecting a convergence between Persian medicine and modern scientific findings. However, variations in dosing and study designs limit its clinical application. **Keywords:** *Lavandula angustifolia*, Persian Medicine, Anxiety, Mental Health, Aromatherapy.

Abstract ID: ۲۵۲

Presentation Type: Poster

Effect of sesquiterpene lactone isolated from *Inula aucheriana* on breast cancer metastasis

Sadegh Rajabi^۱, Maryam Hamzeloo-Moghadam^۲ *

- ^۱. Traditional Medicine and Materia Medica Research Center, Shahid Beheshti University of Medical Sciences, Tehran 1434875451, Iran
- ^۲. Traditional Medicine and Materia Medica Research Center and Department of Traditional Pharmacy, School of Traditional Medicine, Shahid Beheshti University of Medical Sciences, Tehran 1516745811, Iran

Background and Aim : Breast cancer is the most aggressive form of breast tumors. Britannin is a sesquiterpene lactone isolated from *Inula aucheriana* with anticancer effects on different cancer cells. We aimed to evaluate the antimetastatic effect of britannin on two human breast cancer cell lines: the triple-negative MDA-MB-۲۳۱ cell line and estrogen/progesterone receptor-positive MCF-۷ cell line.

Methods : MCF-۷ and MDA-MB-۲۳۱ cells were seeded at a density of approximately 6×10^5 cells per well in ۶-well cell culture plates to achieve ۶۰-۷۰% confluency. A standardized scratch assay was performed by creating three horizontal scratches across each well using ۲۰۰ μ l sterile pipette tips, with a single vertical scratch included to ensure consistent image alignment. Following the removal of cellular debris via phosphate-buffered saline (PBS, pH ~ ۷.۴) washes, control cells were treated with standard culture medium. MDA-MB-۲۳۱ cells were treated with ۴ μ M and ۸ μ M britannin, while MCF-۷ cells were exposed to ۱۱ μ M and ۲۲ μ M britannin. Images of the scratch wounds were acquired at ۰, ۹, ۲۴, and ۴۸ hours, and wound areas were quantified using ImageJ software.

Results : Treatment of MCF-۷ cells with britannin at a concentration of ۱۱ μ M and ۲۲ μ M for ۴۸h had no remarkable effect on the metastatic capacity of this cancer cell line compared with the control group. Treating MDA-MB-۲۳۱ cells with ۴ μ M britannin showed no considerable effect on the metastatic capacity of this cell line. However, MDA-MB-۲۳۱ cells treated with britannin at a concentration of ۸ μ M for ۴۸ hours considerably inhibited the metastasis of these cancer cells compared to the controls.

Conclusion : The findings of this study indicate that britannin inhibited the invasion and metastasis of human MDA-MB-۲۳۱ cells in a concentration-dependent manner. These results suggest that britannin may have potential as a natural compound for suppressing the metastatic properties of triple-negative breast cancer cells. The results of this study also show that britannin's effect on breast cancer metastasis is not receptor-dependent.

Abstract ID: ۲۵۰

Presentation Type: Poster

A sesquiterpene lactone derived from *Inula aucheriana* prohibited the metastatic capacity of ovarian cancer cells

Maryam Hamzeloo-Moghadam^۱*, Sadegh Rajabi^۲

- ^۱. Traditional Medicine and Materia Medica Research Center and Department of Traditional Pharmacy, School of Traditional Medicine, Shahid Beheshti University of Medical Sciences, Tehran 1516745811, Iran
- ^۲. Traditional Medicine and Materia Medica Research Center, Shahid Beheshti University of Medical Sciences, Tehran 1434875451, Iran

Background and Aim : Ovarian cancer ranks as the seventh most prevalent malignancy and the fifth leading cause of cancer-related mortality among women globally. *Inula aucheriana* is a perennial plant species belonging to the Asteraceae (daisy) family, native to the West Azerbaijan province of Iran. Britannin, a sesquiterpene lactone isolated from *I. aucheriana*, has demonstrated anticancer activity against various cancer cell lines. The objective of this study was to investigate the antimetastatic effects of britannin on the SKOV³ human ovarian cancer cell line.

Methods : Britannin was isolated from the chloroform extract of *I. aucheriana* through chromatography using a standard method. SKOV³ cells (۵۰۰۰۰۰) were seeded into each well of a ۶-well plate to achieve ۶۰-۷۰% confluency. Using ۲۰۰ µl sterile pipette tips, three horizontal scratches were created across each well, with a single vertical scratch included to standardize photographic documentation. Following scratch creation, cells were washed with phosphate-buffered saline (PBS, pH ~ ۷.۴) to remove cellular debris. Control wells were treated with standard DMEM, while experimental wells were treated with britannin at concentrations of ۱۱,۱ and ۲۲,۲ µM. Images of the scratch wounds were acquired at ۰, ۶, ۲۴, and ۴۸ hours post-scratch, and wound area measurements were performed using ImageJ software.

Results : The findings of the present study indicated that control cells exhibited metastasis to the scratch core ۴۸ hours post-treatment. However, treatment of SKOV³ ovarian cancer cells with ۱۱,۱ µM britannin for ۴۸ hours remarkably reduced the metastatic activity of these cells compared to the control group. Furthermore, treatment with ۲۲,۲ µM britannin for ۴۸ hours substantially inhibited the invasiveness of these cancer cells relative to the controls.

Conclusion : The results of this study showed that britannin inhibits the invasion and metastasis of human ovarian cancer cells in a concentration-dependent manner. These results suggest the potential of the sesquiterpene lactone compound of *I. aucheriana* as a natural agent with suppressing antimetastatic effects on ovarian cancer.



Abstract ID: √

Presentation Type: Poster

Traditional Chinese Medicine: A Comprehensive Review of Its Efficacy in Treating COVID-۱۹ Patients with Diverse Comorbidities

Mohammad Mostafa Ravan^۱ *

^۱. Department of Traditional Medicine, School of Persian Medicine, Iran University of Medical Sciences, Tehran, Iran.

Background and Aim : Traditional Chinese Medicine (TCM) has been an integral part of China's healthcare system for millennia, offering treatments for various ailments through herbal formulations, acupuncture, and other modalities. During the COVID-۱۹ pandemic, TCM was employed alongside conventional medicine to manage the disease, especially in patients with comorbidities. This abstract reviews the efficacy of TCM in treating COVID-۱۹ patients with diverse comorbid conditions.

Methods : A comprehensive literature search was conducted using databases such as PubMed, Embase, and Scopus, focusing on studies published up to March ۲۰۲۰. Keywords included Traditional Chinese Medicine, COVID-۱۹, and comorbidities. Randomized controlled trials (RCTs), cohort studies, and meta-analyses assessing the efficacy of TCM in COVID-۱۹ patients with comorbidities were included.

Results : Several studies demonstrated that TCM, when combined with conventional Western medicine (CWM), improved clinical outcomes in COVID-۱۹ patients with comorbidities. For instance, a meta-analysis reported that the combination therapy significantly alleviated symptoms such as fever, cough, chest tightness, shortness of breath, and fatigue. Specific TCM formulations have shown promise. Lianhua Qingwen, a widely used herbal medicine, was found to reduce the duration of fever and improve recovery rates in COVID-۱۹ patients. Additionally, the Qingfei Paidu decoction, comprising ۲۱ herbal components, demonstrated over ۹۲% efficacy in treating mild to severe COVID-۱۹ cases. TCM also exhibited potential in managing COVID-۱۹-related complications. For example, during the recovery phase, TCM interventions improved pulmonary function and reduced fatigue among patients.

Conclusion : The integration of TCM with conventional treatments appears to enhance clinical outcomes in COVID-۱۹ patients, including those with various comorbidities. However, further large-scale, high-quality RCTs are necessary to substantiate these findings and elucidate the underlying mechanisms of TCM in the context of COVID-۱۹.



Abstract ID: ۷۴

Presentation Type: Poster

Effects of Topical Application and Oral Intake of Rosa Damascena on Adults' Acute Pain: A Systematic Review and Meta-Analysis

Masoud Rezaei^۱ *

^۱. Nursing and Midwifery Care Research Center, School of Nursing and Midwifery, Iran University of Medical Sciences, Tehran, Iran

Background and Aim : Objectives: To conduct a systematic review and meta-analysis of available studies regarding the effects of the traditional herb Rosa damascena (as topical application and oral intake) on the severity of acute pain in adults.

Methods : Methods: A systematic search was performed on the following databases: Cochrane Central Register of Controlled Trials, PubMed, Scopus, Web of Science Core Collection, Embase, Cumulative Index to Nursing and Allied Health Literature, Scientific Information Database, and Magiran from inception to ۲۰ March ۲۰۲۱. We included parallel-group and cross-over randomized controlled trials that compared the effects of any products containing R damascena in oral and topical administration forms to placebo, non-treatment, or conventional treatment. Two researchers independently performed the document screening and selection, data extraction, and risk of bias assessment. A random-effect model was used to pool the data.

Results : From a total of ۱۱ studies that met the inclusion criteria, four studies administered R damascena through topical application and seven by oral intake. Nine studies recruited only females. Ten studies had parallel-group design, while one adopted cross-over design. The oral intake of R damascena reduced pain severity non-significantly (standardized mean difference (SMD) = -۰,۵۵, ۹۵% CI: -۱,۲۷-۰,۱۷; p = ۰,۱۳۲). However, the topical application of this treatment had no pain-alleviating effect (SMD = ۰,۱۰, ۹۵% CI: -۰,۷۵-۰,۹۶; p = ۰,۸۱۴). One study reported mild allergic rhinitis as an adverse effect of the treatment. Risk of bias assessment revealed that three of the eleven studies had good methodological quality, six had fair quality, and two were of poor quality.

Conclusion : significant alleviating effect on acute pain severity in adults. However, its topical application has not shown pain-alleviating effect. More robust randomized controlled trials are needed for accurate estimation of the effects of oral and topical use of R damascena on the severity of different types of acute pain in adults.

Abstract ID: ۷۵

Presentation Type: Poster

Rosa Damascena mill for treating adults' anxiety, depression, and stress: A systematic review and dose–response meta-analysis of randomized controlled trials

Masoud Rezaei^۱ *

^۱. *Nursing and Midwifery Care Research Center, School of Nursing and Midwifery, Iran University of Medical Sciences, Tehran, Iran*

Background and Aim : Recent studies have reported conflicting findings on the antianxiety, antidepressant, and anti-stress properties of Rosa Damascena Mill (RDM). Therefore, the present systematic review and meta-analysis were conducted on the effects of RDM for treating anxiety, depression, and stress amongst adults.

Methods : Recent studies have reported conflicting findings on the antianxiety, antidepressant, and anti-stress properties of Rosa Damascena Mill (RDM). Therefore, the present systematic review and meta-analysis were conducted on the effects of RDM for treating anxiety, depression, and stress amongst adults.

Results : The results of the meta-analysis revealed that administration of RDM significantly reduced state anxiety (effect size [ES]: ۲.۴, standardized mean difference [SMD]: ۱.۷۴, ۹۵% confidence interval [CI]: ۲.۲۹, ۱.۲۰; $p < .۰۰۱$), depression (ES: ۷, SMD: ۰.۸۷, ۹۵% CI: ۱.۴۷, ۰.۲۸; $p = .۰۰۴$), and stress (ES: ۴, SMD: ۱.۳۳, ۹۵% CI: ۱.۹۸, ۰.۶۹; $p < .۰۰۱$). However, the treatment had no significant effect on trait anxiety (ES: ۶, weighted mean difference: ۰.۷۵, ۹۵% CI: ۱.۹۳, ۰.۴۳; $p = .۲۱۴$).

Conclusion : the association between the total administration dosage and/or duration of RDM and the changes in state anxiety and depression was not dose-dependent. Most RCTs had a fair methodological quality based on the Cochrane risk of bias assessment tool. Besides, the quality of evidence ranged from very low to moderate according to the Grading of Recommendations Assessment, Development, and Evaluation (GRADE) approach. Hence, further high-quality RCTs are needed to draw reliable conclusions regarding the use of RDM for treating adults' anxiety, depression, and stress.



Abstract ID: ۳۱۸

Presentation Type: Poster

Evaluation of medicinal effects of Peganum harmala, Passiflora incarnata, and Melissa officinalis on opioid withdrawal syndrome: From the Perspective of Traditional Iranian Medicine (TIM)

Zahra Rezaei^۱ *

^۱. Isfahan University of Medical Sciences

Background and Aim : Substance use disorder is a critical health challenge all over the world, as traditional medical treatments often fail to achieve complete treatment and recovery. Within Iranian traditional medicine, various herbal remedies have historically been used to treat neuropsychological disorders. The purpose of this study is to evaluate the potential roles of Peganum harmala, Passiflora incarnata, and Melissa officinalis as complementary therapies for alleviating symptoms associated with opioid withdrawal syndrome.

Methods : In this review, a comprehensive search was conducted in PubMed, Google Scholar, and SID databases for studies that were published between ۲۰۱۰ and ۲۰۲۰ regarding the use of the medicinal herbs Peganum harmala, Passiflora incarnata, and Melissa officinalis in the management of opioid withdrawal syndrome from the perspective of Traditional Iranian Medicine (TIM).

Results : The findings of this study indicate that medicinal herbs such as Melissa officinalis, Passiflora incarnata, and Peganum harmala have anxiolytic, sedative, and hypnotic effects that are useful for common problems associated with opioid withdrawal. These herbs may also help to reduce opioid craving and withdrawal-related distress. Furthermore, recent studies suggest they may have synergistic effects when combined with medical treatments, enhancing overall treatment outcomes.

Conclusion : The findings of this study indicated that herbal products such as Peganum harmala, Passiflora incarnata, and Melissa officinalis can be effective in controlling and reducing opioid withdrawal symptoms and craving in people with substance use disorder (SUD). **Keywords:** Peganum harmala, Melissa officinalis, Passiflora incarnata, opioid withdrawal, Traditional Iranian Medicine (TIM)

Abstract ID: ۴۷۶

Presentation Type: Poster

Comparison of the Effects of Matcha Tea and Chamomile Tea on the Severity of Associated Symptoms in Primary Dysmenorrhea: A Randomized Clinical Trial

Elham Rezaeinia^۱, Dr. Parisa Samadi^{۱*}, Dr. Maryam Damghanian^۲, Shima Haghani^۳

- ^۱. Department of Midwifery and Reproductive Health, School of Nursing and Midwifery, Tehran University of Medical Sciences, Tehran, Iran
- ^۲. Nursing and Midwifery Care Research Center, Department of Midwifery and Reproductive Health, School of Nursing and Midwifery, Tehran University of Medical Sciences, Tehran, Iran
- ^۳. Nursing and Midwifery Care Research Center, Health Management Research Institute, Iran University of Medical Sciences, Tehran, Iran

Background and Aim : Primary dysmenorrhea is a common condition among women of reproductive age that can adversely affect daily activities and quality of life. In recent years, the use of herbal and natural remedies has increased, with chamomile and matcha tea being considered as complementary options. Due to their widespread traditional use for menstrual pain and potential differences in anti-inflammatory and antispasmodic mechanisms, a direct comparison of their efficacy is essential. This study aimed to compare the effects of matcha and chamomile tea on associated symptoms in primary dysmenorrhea.

Methods : This randomized clinical trial included ۱۰۸ female students aged ۱۸–۴۰ years with primary dysmenorrhea ($VAS \geq 5$ for two consecutive cycles). Participants were randomly assigned to three groups (۱:۱:۱): matcha tea (۵۰۰ mg powder in hot water, twice daily), chamomile tea (۵ g infusion, twice daily), and control (usual care without herbal intervention). Interventions were administered for three consecutive cycles from two days before until the third day of menstruation. Associated symptoms were assessed using the Andersch–Milsom scale before and during the intervention cycles. Data were analyzed using Repeated Measures ANOVA and Chi-square tests (SPSS v.۲۴).

Results : Both matcha and chamomile tea significantly reduced the severity of associated symptoms in primary dysmenorrhea. In the matcha group, symptom severity decreased significantly in the second ($p < 0.001$) and third cycles ($p < 0.001$), whereas in the chamomile group, a significant reduction was observed only in the third cycle ($p = 0.015$). After adjusting for baseline symptom severity, both intervention groups showed significant improvement compared to the control group (matcha $p < 0.001$, chamomile $p = 0.006$), although the difference between the two intervention groups was not statistically significant ($p = 0.060$). Matcha tea demonstrated a faster and more pronounced reduction in symptoms compared to chamomile.

Conclusion : Conclusion: Matcha tea is more effective than chamomile in alleviating associated symptoms of primary dysmenorrhea. Given its safety and high acceptability, it can be recommended as a natural complementary option for managing this condition. Larger studies are suggested to generalize the findings. Trial Registration: Iranian Registry of Clinical Trials (IRCT): IR.TUMS.FNM.REC.۱۴۰۳.۰۲۳. Ethics Approval: Approved by Tehran University of Medical Sciences Ethics Committee, in accordance with the Declaration of Helsinki and Good Clinical Practice guidelines. Keywords: Primary dysmenorrhea, Complementary medicine, Herbal medicine, Matcha tea, Chamomile.



کتاب خلاصه مقالات سخنرانی و پوستر
دومین کنگره ملی طب ایرانی



تهران، مرکز همایش های بین المللی رازی

۲۱ لغایت ۲۳ آبان ماه ۱۴۰۴

Abstract ID: ۲۹

Presentation Type: Poster

Evaluation of the effect of *Asarum europaeum* root extract on pharmacokinetic parameters and cerebral distribution of Vancomycin in an animal model

SeyedeNargess SadatiLamardi^{۱*}, Neda Molaali^۲, Sima Sadrai^۳, Mahdieh Eftekhari^۴,
Mohammad Reza Shams Ardekani^۵

۱. Department of Traditional Pharmacy, School of Persian Medicine, Tehran University of Medical Sciences, Tehran, Iran
۲. International Campus, Tehran University of Medical Sciences, Tehran, Iran
۳. Department of Pharmaceutics, Faculty of Pharmacy, Tehran University of Medical Sciences, Tehran, Iran
۴. Pharmaceutical Sciences Research Center, Kermanshah University of Medical Sciences, Kermanshah, Iran
۵. Department of Pharmacognosy, Faculty of Pharmacy, Tehran University of Medical Sciences, Tehran, Iran

Background and Aim : In traditional Persian medicine, *Asarum europaeum* (AE) root has been introduced as a carrier (Mobadregh) of drugs to the heart, brain, and other organs. This study aimed to evaluate the effect of AE root extract on pharmacokinetic parameters and cerebral distribution of Vancomycin (VA) in rats.

Methods : Thirty-six healthy male rats were used in two groups ($n = ۱۸$); Group ۱ and Group ۲: VA ۵ mg/kg by intravenous tail injection, but Group ۲: after ۳۰ minutes of extract gavage of ۸۰% hydroalcoholic extract as a suspension of ۱۰۰ mg/kg AE root in water. Blood and brain tissue samples were taken at times ۰, ۵, ۱۵, ۳۰, ۶۰, ۹۰, ۱۲۰, ۱۸۰, ۲۴۰, and ۳۶۰ minutes after the Vancomycin injection. HPLC determined VA concentration.

Results : The results show that the VA plasma concentration at ۱۲۰–۲۴۰ minutes was higher in Group ۱. than in Group ۲. The VA concentration in brain tissue shows that the maximum concentration (C_{max}) of VA was observed at ۱۲۰ minutes (t_{max}); while the (C_{max}) of VA was observed in the AE group at ۲۴۰ minutes. The area under the curve (AUC) related to VA in brain tissue in Group ۲ was ۱۳% higher than in Group ۱, but there was no statistically significant difference.

Conclusion : Higher plasma concentrations of VA in the Group ۲ at times ۱۲۰–۲۴۰ minutes may be related to decreased metabolism and or decreased renal excretion of VA by the AE extract. Also, the increase in the AUC of the VA in the brain tissue in the Group ۲ can be related to slowing down the exit of VA from the brain tissue or inhibition of P-glycoproteins at the blood–brain barrier and increased VA entry into the brain tissue that needs to be studied in future.

Abstract ID: ۱۳۶

Presentation Type: Poster

Anti-toothache Medicinal Plants in Iranian Traditional Medicine

Hajar Sadat Sadeghi^۱, Mostafa Rezaei Tavirani^۲, Roshanak Mokaberinejad^{۱*}, Mohammad Poormohammadi^{۱*}, Maryam Hamzeloo-Moghadam^{۱*}

۱. *Traditional Medicine and Materia Medica Research Center and Department of Traditional Pharmacy, School of Traditional Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran.*
۲. *Proteomics Research Center, Faculty of Paramedical Sciences, Shahid Beheshti University of Medical Sciences, Tehran, Iran.*

Background and Aim : As one of the most common human health problems, tooth pain is a well-known condition with a prevalence of ۳۲% in community. In addition to the complications it causes for the individual, toothache also affects society. These include absenteeism from work or decreased academic performance for students. Inflammation is the main pathway through which a decayed tooth causes a patient to experience pain. Therefore, any attempt to control or eliminate inflammation will result in a pain-relieving effect for the toothache. Oral health, especially toothache and its painkillers, has been widely discussed in Iranian traditional medicine (ITM) reference books. ITM reference books suggest a wide range of medicinal herbs, individually or in combination, for treating toothache. High prevalence of toothache along with its individual and social complications, as well as the rich treasury of ITM anti-toothache remedies leads us to list the anti-toothache medicinal plants in ITM and explain their anti-inflammation and analgesic effect by the means of modern medicine in our review study.

Methods : To find anti-toothache medicinal plants in ITM, ITM reference books were searched with the traditional terminologies for the word “pain” and its combinations. The plants were searched in modern medicine literatures to find any previous molecular or biologic study.

Results : Searching the ITM reference books results in ۵۸ medicinal plants with valid scientific names which had pain-relieving properties for toothache. Among these ۵۸ plants, ۳۳ ones had not been studied for their analgesic effect at the molecular scale, ۲۳ ones had been studied for their analgesic molecular mechanism and ۲ (Hyoscyamus sp. and O. majorana) specially for toothache.

Conclusion : Through ۵۸ anti-toothache medicinal plants introduced by ITM just Hyoscyamus sp. and O. majorana are investigated for the analgesic mechanism at the molecular scale. By eliminating inflammatory cytokines such as TNF- α , IL-۶, and IL-۱ β these two plants show their anti-toothache effect via anti-inflammatory pathways. Modern medicine deals with painful teeth by removing the infected and damaged tissues and replacing them by endodontic and restorative materials. This approach in modern medicine results in the neglect of the potential of anti-toothache medicinal plants.

Abstract ID: ۲۹۳

Presentation Type: Poster

Evaluation of Flaxseed Intake on Sleep : A Systems Biology Approach

Hajarsadat Sadeghi^۱, Mostafa Rezaei Tavirani^۲*, Roshanak Mokaberinejad^۳, Maryam Hamzeloo-Moghadam^۱

۱. *Traditional Medicine and Materia Medica Research Center and Department of Traditional Pharmacy, School of Traditional Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran.*
۲. *Proteomics Research Center, Faculty of Paramedical Sciences, Shahid Beheshti University of Medical Sciences, Tehran, Iran.*
۳. *Department of Traditional Medicine, School of Traditional Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran.*

Background and Aim : Flaxseed (*Linum usitatissimum* L.) is a nutrient-rich functional food containing bioactive compounds such as omega-۳ polyunsaturated fatty acids (particularly α -linolenic acid), lignans (secoisolariciresinol diglucoside), and highly digestible proteins. This study employed systems biology approaches to investigate the molecular mechanisms underlying flaxseed's potential sleep-enhancing effects through comprehensive network analysis.

Methods : Sleep-related genes were extracted from the GeneCards database, while flaxseed-responsive differentially expressed genes (DEGs) were obtained from the GEO dataset (GSE۲۶۴۲۲). Protein-protein interaction (PPI) networks were constructed using undirected and directed approaches to identify hub genes and their first neighbors. Network topology analysis revealed critical regulators of sleep modulation.

Results : Among ۲۱۲ sleep-related hub genes, RAF^۱ emerged as the principal hub. Key regulatory genes included members of the MAPK family (*MAPK۱/۳/۸*), CCND^۱, KRAS, PIK۳CA, and EGFR. Downstream effectors comprised HRAS, AKT^۱, IL۶, RHOA, TNF, SRC, FOXO۳, CDC۴۲, PRKACG, PRKACB, and JAK۲. Notably, RAF^۱ was downregulated following flaxseed consumption, with the MAPK family, KRAS, and PIK۳CA identified as critical first neighbors in the directed PPI network.

Conclusion : Flaxseed consumption downregulates RAF^۱ expression and modulates key components of the MAPK signaling pathway (KRAS, PIK۳CA), potentially improving sleep quality through these mechanistically linked genetic perturbations. These findings provide novel insights into the nutrigenomic basis of flaxseed's sleep-enhancing properties.

Abstract ID: ۴۲۲

Presentation Type: Poster

Potentials of Traditional Medicine for Management of Gallbladder Stones

Sajjad Sadeghi^۱ , Maryam Navabzadeh^۲ *

- ^۱. Department of Traditional Medicine, School of Traditional Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran
- ^۲. Department of Persian Medicine, Birjand University of Medical Sciences, Birjand, Iran

Background and Aim : Gallstones are a common digestive disorder, with surgery being the primary treatment. However, surgical intervention can be associated with challenges such as high costs, limited access in certain regions, and potential complications. Consequently, many patients seek non-surgical alternatives. Various traditional and complementary medicine approaches, including specific diets and herbal remedies, have been suggested for gallstone management. Nonetheless, there is a lack of robust scientific evidence from human studies confirming their safety and efficacy. Here, we review the scientific evidence regarding the effectiveness of medicinal plants, herbal, and natural remedies in the management of gallstones. Additionally, we present a case report of gallstone treatment utilizing Traditional Medicine pharmacological and nutritional strategies.

Methods : We conducted a comprehensive literature search using scientific databases such as Google Scholar, Scopus, and ISI to identify evidence on the effectiveness of herbal and natural treatments for gallstones. Additionally, a supplementary search was performed on Google using relevant keywords up to August ۲۰۲۵. We included scientific papers comprising observational studies (case reports and case series) and clinical trials, from which relevant data were extracted. Furthermore, we present a case study of a patient treated with nutritional and pharmacological approaches based on traditional medicine, supported by imaging evidence and documentation.

Results : Few clinical studies have been published on the effectiveness of medicinal herbs and natural treatments for gallstones. Most of these are observational, consisting primarily of single case reports, with only a limited number including documented treatment outcomes. Notably, methodological limitations and small sample sizes are common issues. The majority of existing evidence pertains to the efficacy of liver cleansing (flush) regimens. Additionally, we present a successfully treated case involving a young woman with a large gallstone who was a candidate for cholecystectomy due to severe pain and the risk of pancreatitis. The patient adhered to traditional medicine, herbal nutritional measures, and a liver cleansing diet for three months, after which follow-up ultrasounds confirmed the disappearance of the gallstone.

Conclusion : There is limited clinical scientific evidence supporting the effectiveness of herbal medicines and traditional treatments for gallstones. However, these options may have potential, particularly in the early stages of gallstone management, which warrants further clinical research. Additionally, the successful case report presented indicates that traditional medicine approaches may hold promise in treating gallstone patients. Nonetheless, well-designed clinical trials are necessary to confirm the efficacy of this approach.

Abstract ID: ۴۳۴

Presentation Type: Poster

Comparative Analysis of the Chemical Constituents and Pharmacological Effects of Saffron (*Crocus sativus* L.) Stigma and Petals in Persian Medicine and Modern Pharmacology

Soleiman Sadeghi^۱ *

^۱. Department of Persian Medicine, School of Persian and Complementary Medicine, Mashhad University of Medical Sciences, Mashhad, Iran

Background and Aim : Saffron (*Crocus sativus* L.), a perennial herb of the Iridaceae family, usually grows to less than ۴۰ cm in height. It is known by various names across languages: “Zefron” in Turkish, “Al-Zafaran” in Arabic, “Saffron” in English, “Azafran” in Spanish, “Safran” in French, “Zaferano” in Italian, “Echter Safran” in German, and “Zuffron” in Hindi. The main morphological parts of the plant include the root, leaf, petal, stigma, and androecium.

Methods : This study is based on a narrative, library-oriented review. Data were collected through the “Noor Comprehensive Traditional Medicine Software” (version ۱.۵) using the keyword “Saffron” and from international databases including PubMed, Google Scholar, and Scopus with the terms Saffron, *Crocus sativus*, and “pharmacological effects.” The findings were compiled and critically analyzed.

Results : The characteristic aroma of saffron stigma is mainly due to safranal, while other key constituents include lipids, minerals, proteins, and glycosides. During drying, protocrocin breaks down into picrocrocin and crocin. Picrocrocin, responsible for the bitter taste, hydrolyzes into glucose and safranal. Crocin, a carotenoid that gives saffron its color, is further hydrolyzed into gentiobiose and crocetin. Saffron also contains glyceride esters, fatty acids (palmitic, stearic, lauric, and oleic acids), vitamins B^۱ and B^۲, starch, and carotenoids (α -, β -, and γ -carotene, xanthophyll, lycopene, and zeaxanthin). The three main bioactive compounds—crocin, picrocrocin, and safranal—are regarded as responsible for saffron’s color, taste, and aroma. Saffron petals, often discarded as by-products, are rich in proteins, fats, ash, fiber, and minerals such as sodium, potassium, calcium, copper, iron, magnesium, zinc, and phosphorus. They also contain valuable bioactive molecules including flavonols (e.g., kaempferol), carotenoids, anthocyanins, phenolic compounds, terpenoids, alkaloids, and hydroxybutyrolactone. Anthocyanins give the petals their purple color, while crocetin derivatives with anti-tyrosinase activity enhance their pharmacological potential. **Pharmacological Properties** The stigma demonstrates a wide range of pharmacological effects, including neuroprotective, antitussive, antihyperlipidemic, anticonvulsant, analgesic, antidepressant, anxiolytic, cardioprotective, anticancer, and antioxidant actions. The petals also show diverse bioactivities, such as antibacterial, antispasmodic, immunostimulatory, antitussive, antidepressant, antidiabetic, anti-obesity, antihyperlipidemic, antihypertensive, antioxidant, antinociceptive, anti-inflammatory, hepatoprotective, renoprotective, anti-metabolic syndrome, antitumor, antisolar, moisturizing, and skin-lightening properties. In Persian medical texts, saffron is called “Zafaran” or “Korkom.” It is classified as warm in the second degree and dry in the first degree. Classical sources such as Makhzan al-Adwiyah by Aghili Khorasani, Al-Shamil fi al-Sina’ah al-Tibbiyah by Ibn al-Nafis, and Qarabadin Kabir describe its therapeutic actions, including as an exhilarant, sensory tonic, maturative, resolvent, diuretic, cardiac and hepatic tonic,



neurotonic, hypnotic, disinfectant, and a remedy for ophthalmic disorders. Topical uses for wound healing, inflammation, and skin conditions are also widely reported.

Conclusion : Iran, as the largest global producer of saffron, has great potential for the pharmaceutical and industrial use of this plant. Considering the wide pharmacological range of both stigma and petals, the petals—which are usually discarded—should be viewed as a valuable resource. Their proper utilization can add economic value to the saffron industry and contribute to public health, as well as to the development of pharmaceutical and nutraceutical products.

Abstract ID: ۴۱۵

Presentation Type: Poster

Portulaca oleracea in the Mirror of Persian Medicine and Modern Pharmacology

Soleiman Sadeghi^۱ *

^۱. Department of Persian Medicine, School of Persian and Complementary Medicine, Mashhad University of Medical Sciences, Mashhad, Iran

Background and Aim : *Portulaca oleracea* (purslane) is an annual, thermophilic C₄ plant of the family Portulacaceae. It is characterized by its prostrate, succulent stems and mat-forming growth pattern, with each plant spreading up to ۶۰ cm in diameter. Widely distributed across diverse geographical regions, this species is known by numerous vernacular names: Khorfeh (Iran), purslane (USA, Australia), pigweed (UK), rigla (Egypt), pourpier (France), chi xian (China), rudravanti (India), barbeen (Iraq), farfahna (Oman), and baqleh/farfahina (Lebanon, Palestine, Syria, Jordan). This broad nomenclature reflects its cultural significance and long-standing role in traditional health practices across the world.

Methods : This review was conducted as a narrative and library-based study focusing on *P. oleracea*. Traditional knowledge was collected from authoritative Persian medical manuscripts using keywords such as Khorfeh, Baqleh al-Zahra, and Baqleh al-Hamqa through the “Noor Comprehensive Medical Database” (version ۱,۵). In parallel, pharmacological data were gathered from modern scientific databases including PubMed, Scopus, and Google Scholar, employing the search terms purslane, *Portulaca oleracea*, and pharmacological effects. This dual approach enabled a comprehensive comparison of traditional perspectives with contemporary biomedical evidence.

Results : The phytochemical composition of *P. oleracea* is remarkably diverse, comprising oxalic acid, cinnamic acid, caffeic acid, malic acid, citric acid, coumarins, flavonoids, alanine, tannins, α -linolenic acid, saponins, steroids, phenols, mucilage, oils, lipids, and monoterpenoid glycosides. Alkaloids constitute some of its most prominent bioactive constituents. Purslane is also recognized as a rich source of antioxidants, including vitamins A, B_۱, B_۲, C, E, β -carotene, and several essential amino acids. Numerous pharmacological activities have been validated, such as antimicrobial, anti-ulcerogenic, anti-inflammatory, antioxidant, wound-healing, antipyretic, antidiabetic, antifungal, antiparasitic, and hepatoprotective effects. In Persian medicine, *P. oleracea* has been described under a wide array of names, such as Baqleh al-Mubarakah, Baqleh al-Lubniyah, Baqleh al-Layyinah, Rajleh, Farfah, Haseeb, Baqleh Fatimah, Baqleh al-Zahra, and Turk. Its temperament is defined as “cold in the third degree and moist in the second degree,” with some scholars also attributing mild astringency. Classical references—including Makhzan al-Adwiyah (Aqili Khorasani), Al-Shamil fi al-Sina’ah al-Tibbiyah (Ibn Nafis), and Qarabadin Kabir (Aqili Khorasani)—document a wide spectrum of therapeutic indications: as a cooling agent, anti-choleric, hematostatic, organ moistener, and treatment for burns, vitiligo, warts, oral and skin eruptions, hot catarrh, epistaxis, thirst, and hot cough. It is further recommended for ulcers of the kidneys, bladder, urinary tract, and intestines, and is noted as lithotriptic, diuretic, antipruritic, and effective against erysipelas, inflammatory conditions, and hot swellings.



Conclusion : Purslane occupies an important position as a widely used ethnomedicinal plant, and it has been recognized by the World Health Organization among the most commonly consumed medicinal herbs, often described as a “global panacea.” In Chinese tradition, it is celebrated as the “vegetable for long life,” with documented use in Traditional Chinese Medicine spanning millennia. The convergence of traditional insights with modern pharmacological findings underscores its remarkable therapeutic versatility. Considering its affordability, widespread availability, and the extensive therapeutic evidence presented both in Persian medicine and contemporary research, *P. oleracea* deserves greater recognition by health authorities. Its integration into dietary guidelines and community health strategies could represent a cost-effective and impactful approach to improving public health and enhancing quality of life.

Abstract ID: ۳۶۵

Presentation Type: Poster

Urtica seed: Bioactives and potential applications

Leila Safarian^۱*, Homa Hajimehdipoor^۲

- ^۱. Department of Traditional Pharmacy, School of Traditional Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran.
- ^۲. Traditional Medicine and Materia Medica Research Center and Department of Traditional Pharmacy, School of Traditional Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran

Background and Aim : Background: Urtica seeds are used in different diseases as a potent functional food in Persian medicine. Three genus of Urtica (U. dioica, U. pilulifera and U. urens) dispersed in Iran which the first one is more important and has been investigated more than others. Objectives: The aim of this review is comparison of different Urtica species compositions and their usage as food or medicine.

Methods : Methods: Some scientific databases as ‘Google Scholar’, ‘Scopus’, ‘Pub Med’ and ‘SID’ were searched using a combination of keywords such as “Urtica” and “seed” or “fatty acids” or “tocopherol”. In this review, different compositions of Urtica spp. includes lipid constitution as saturated fatty acids, mono unsaturated fatty acids and poly unsaturated fatty acids, as well as tocopherols were compared. Potential application of seeds were evaluated.

Results : Results: Fatty acid compositions of different analyzed Urtica spp. seeds revealed that the saturated fatty acids, ranging from ۵,۲٪ to ۱۶,۳٪ of total fatty acids in seeds and were found in all samples, were the palmitic (۱۶:۰) and stearic acid (۱۸:۰). Palmitic acid reached high amounts in all the analyzed samples, species dioica and pilulifera, ranging from ۳,۷٪ to ۲۵,۴٪ in seeds. Stearic acid ranged from ۰,۸٪ to ۵,۰۳٪. Other saturated fatty acids included Myristic, Myristoleic, Palmitoleic, Margaric were trace. Among Urtia seeds saturated fatty acids Henicosanoic acid was reported only in one study. The percentages of monounsaturated fatty acids were generally middling from ۱۶,۴٪ to ۲۴,۰۱٪. Oleic acid (۱۸:۱n-۹) was the highest monounsaturated fatty acid detected range from ۴,۸٪ to ۲۳,۶۶٪. Low amounts of palmitoleic and ۱۱-eicosenoic acid were indicated in studies. Among Urtica seeds monounsaturated fatty acids myristoleic, vaccenic, gadoleic and erucic acid were reported only in one study. Polyunsaturated fatty acids were highest in seeds comparing to saturated and monounsaturated fatty acids, ranged from ۶۱,۶۷٪ to ۷۸,۴٪. The pre-dominant polyunsaturated fatty acid in seeds was linoleic acid detected ۲۲,۷٪ to ۷۷,۷٪ following by linolenic and arachidonic acid. Eicosapentaenoic and eicosatrienoic were reported trace just in one study. Eicosadienoic acid was found ۳,۱٪ in one study. γ -Tocopherol was predominated in the seed oil, followed by α -tocopherol and δ - tocopherol . The content of β -tocopherol was rather high and a small amount of γ -tocotrienol was also detected.

Conclusion : Conclusions: Urtica seed stands out as a valuable of a healthy diet, primarily because it is rich in beneficial fatty acids. These essential fatty acids play multiple roles in promoting health, not only as functional foods and nutraceuticals but also contribute to several biochemical pathways which they offer anti-atherogenic, antithrombotic, anti-inflammatory, antiarrhythmic, and hypolipidemic properties leads in lower risk of major illnesses such as heart disease, cancer, osteoporosis and diabetes. Keywords: Urtica seed, Urtica urens, Urtica dioica, Urtica prolifera, Fatty acid, Tocopherol

Abstract ID: ۳۴۳

Presentation Type: Poster

Leech therapy in Animals-The Return of a Traditional treatment method

Saeed Safavi Pour^۱ *

^۱. Member of the Young Researchers and Elites Club of Iran, Islamic Azad University of Isfahan, Iran

Background and Aim : Hirudotherapy is a method that has been used in traditional medicine for thousands of years and in recent years, with the advancement of biochemistry and medical knowledge, it has regained a special place in restorative treatments and reducing venous congestion. In human medicine, the use of leeches is mostly used in plastic, reconstructive and organ reconstruction surgeries to improve tissue blood flow. In veterinary medicine, although the use of this method is not yet common and widespread, there is potential for healing wounds, reducing inflammation and treating some venous problems in livestock. Leech therapy has been used in human medicine for centuries and is also gaining increasing importance in veterinary medicine. The following article aims to provide insight into animals and the medicinal use of leeches.

Methods : Leeches used for treatment in IRAN almost exclusively belong to the species *Hirudo Oreintalis*. The often-mentioned *Hirudo* itself is almost extinct. These animals are cold-blooded and spend the majority of their lives in water, where they move around by swimming. However, they can also stay on land without any problems as long as they do not dehydrate.

Results : Leech therapy is relatively cheap and safe, and often when common treatments fail, leech therapy is the best solution. Given that the daily cost of treating an animal in most livestock farms in the country is equivalent to ۳۰ percent of the monthly production, this is a very high cost for the producer, so it is expected that by expanding leech therapy in livestock diseases, it will be possible to reduce the costs of a producer by reducing the use of common chemical drugs, and to produce a completely healthy and organic product (without chemical drugs)

Conclusion : Leech therapy is a painless procedure that takes about ۳۰ to ۱۲۰ minutes, depending on the size of the animal. All leeches used in this medical procedure must come from registered farms only. Maintaining sterile conditions for cultivation, transportation, and storage of medical leeches is very important to protect animals from microbial infection. Leech therapy is widely used in European veterinary medicine, especially when traditional and common treatments are not effective, the effect of the treatment is too slow, or after surgery when tissues may be venous congestion, but in Iran this category is not yet used, and considering the high potential for producing organic and livestock products in human nutrition, traditional livestock treatment will have a special place.

Abstract ID: ۳۷۳

Presentation Type: Poster

Efficacy of Ma'aljobon with Aftimoun on Glycemic Control in Type ۲ Diabetes: A Randomized Triple-Blind Trial

Ali Safdari^۱*, Fatemeh Mehrabi^۲, Ali Agharazi^۳, Mehdi Salehi^۴, Azam moslemi^۵, Mohammad Reza Rezvanfar^۶

۱. Student Research Committee, Semnan University of Medical Sciences, Semnan, Iran
۲. Department of Nursing, Nursing and Midwifery Faculty, Arak University of Medical Sciences, Arak, Iran
۳. Student Research Committee, Arak University of Medical Sciences, Arak, Iran
۴. Traditional and Complementary Medicine Research Center, Arak University of Medical Sciences, Arak, Iran
۵. Department of Biostatistics, School of Medicine, Arak University of Medical Sciences, Arak, Iran
۶. Department of Internal Medicine, Arak University of Medical Sciences, Arak, Iran

Background and Aim : Type ۲ diabetes mellitus (T^۲DM) remains a major global health concern, and despite pharmacological advances, achieving durable glycemic control is often difficult. Complementary approaches derived from traditional Persian medicine, such as Ma'aljobon and Aftimoun, have been historically applied for metabolic disorders. This trial aimed to investigate the effects of Ma'aljobon, with and without Aftimoun, on HbA^۱c in patients with T^۲DM.

Methods : A randomized, triple-blind, placebo-controlled clinical trial was conducted between November ۲۰۲۱ and August ۲۰۲۲ at the Diabetes Clinic of Arak, Iran. Ninety adults with T^۲DM (aged ۳۰–۶۰ years; HbA^۱c ۶.۵–۹.۵%; on stable oral hypoglycemic agents) were enrolled and randomly assigned to three groups: (۱) Ma'aljobon with Aftimoun, (۲) Ma'aljobon without Aftimoun, or (۳) placebo. Interventions consisted of ۲۵ g powder dissolved in ۲۵۰ ml lukewarm water, consumed daily on an empty stomach for ۸ weeks. Placebo was identical in appearance and taste. Adherence was assessed biweekly during in-person visits and via telephone follow-ups in odd weeks; patients with <۷۰% compliance or changes in routine therapy were excluded. Randomization was performed using block permutation, with allocation concealment maintained through barcoded containers, ensuring triple blinding of participants, investigators, and statisticians. HbA^۱c was measured at baseline and week ۸ in a single accredited laboratory using standardized kits. Data were analyzed in SPSS ۲۳ with paired t-tests, ANCOVA, and LSD post-hoc comparisons; significance was defined as $p < ۰.۰۵$.

Results : Baseline characteristics were comparable across groups ($p > ۰.۰۵$). After ۸ weeks, both intervention arms showed significant reductions in HbA^۱c compared with baseline (Ma'aljobon with Aftimoun: $۸.۰۹ \pm ۰.۷۳\%$ to $۷.۸۸ \pm ۰.۷۷\%$, $p = ۰.۰۳$; Ma'aljobon without Aftimoun: $۸.۲۵ \pm ۰.۷۸\%$ to $۷.۹۷ \pm ۰.۸۴\%$, $p = ۰.۰۰۲$). No significant change occurred in the placebo group ($۸.۱۱ \pm ۰.۸۲\%$ to $۸.۱۸ \pm ۰.۷۰\%$, $p = ۰.۵۱$). Between-group ANCOVA revealed significant differences ($p < ۰.۰۱$), confirming superiority of both interventions over placebo, with no meaningful difference between the two active arms. No serious adverse events were reported.

Conclusion : Ma'aljobon, with or without Aftimoun, significantly improved HbA^۱c in patients with T^۲DM over ۸ weeks, suggesting a potential role as an adjunctive therapy. Further large-scale, longer-duration trials are recommended to confirm these findings and clarify mechanisms of action.



Abstract ID: ۲۶۸

Presentation Type: Poster

Henna in Traditional Medicine and Modern Research for Pain and Inflammation

Shamim Sahranavard^۱ *, Shirin Fahimi^۲

۱. *Traditional Medicine and Materia Medica Research Center, Shahid Beheshti University of Medical Sciences, Tehran, Iran*
۲. *Department of Traditional Pharmacy and Persian Medicine, Faculty of Pharmacy and Pharmaceutical Sciences, Tehran Medical Sciences, Islamic Azad University, Tehran, Iran*

Background and Aim : *Lawsonia inermis* L., commonly known as henna, has long been recognized in Iran for its dual medicinal and ornamental uses. Among its most prominent therapeutic applications is the treatment of pain and inflammation through topical use of the plant or its oil.

Methods : This review examines the analgesic and anti-inflammatory effects of henna as documented in classical Iranian traditional medicine (ITM) sources. Keywords such as henna, pain (waja), headache (soda'), and inflammation (awram) were searched in major ITM references, Canon, al-Hawi, al-Abniah 'an Haqaeq al Adwia, Tuhfat al-Mu'minin, and Makhzan ul-Adwia and Qarabadin. In addition, scientific evidence from PubMed, ScienceDirect, and Scopus was reviewed to evaluate these traditional claims and explore the underlying mechanisms.

Results : Modern findings support the historical use of henna, indicating that its bioactive compounds inhibit key mediators of both acute and chronic inflammation, thus acting as natural anti-inflammatory and analgesic agents.

Conclusion : Further clinical research on henna in the management of joint and nerve-related pain, as well as headaches, along with the development of standardized pharmaceutical formulations, could pave the way for the introduction of an effective herbal remedy.

Abstract ID: ۵۵۸

Presentation Type: Poster

Camel-Derived Nanobodies: A Frontier in Cancer Therapy

Mohammad Hossein Pakrooh^۱, Mohammad Javad Salimi^۲*, Mohammad Kazemi^۳, parisa aali^۳

- ^۱. The responsible director of the interdisciplinary student research institute of veterinary medicine (ISRI-VetM), Growth center, research assistant, Shahrekord University, Chaharmahal & Bakhtiari, Iran
- ^۲. Bachelor's Student, Department of Animal Science, Faculty of Agriculture, Shahrekord University, Chaharmahal & Bakhtiari, Iran
- ^۳. VM Student of Faculty of Veterinary Medicine, Shahrekord University, Chaharmahal & Bakhtiari, Iran

Background and Aim : Camel-derived nanobodies, or single-domain antibodies (VHHs), represent an emerging class of therapeutic molecules with unique advantages over conventional antibodies. Found in camel biological fluids such as blood, milk, and urine, these ۱۲-۱۵ kDa proteins are exceptionally small, stable at high temperatures, soluble, and exhibit low immunogenicity. Their compact structure enables penetration into dense tumor tissues and binding to hidden epitopes inaccessible to traditional antibodies. These features position nanobodies as powerful tools for cancer therapy, with applications in targeted drug delivery, immunotherapy, and diagnostic imaging.

Methods : This review synthesized findings from peer-reviewed studies (۲۰۰۰-۲۰۲۵) on camel nanobodies and cancer. Literature was collected using terms such as “nanobody,” “camel VHH,” “cancer therapy,” and “exosomes.” Key methods in the reviewed research included biochemical characterization (stability, solubility), in vitro cytotoxicity assays on cancer cell lines (e.g., HepG^۲, MCF-^۷, PC^۳), and in vivo xenograft models to assess biodistribution and tumor reduction. Genomic analyses of *Camelus dromedarius* breeds provided insights into molecular determinants of nanobody production. In addition, reports on camel milk-derived exosomes, peptide hydrolysates, and nanobody-conjugated nanoparticles were examined for therapeutic and diagnostic applications.

Results : The studies collectively demonstrated that camel nanobodies maintain stability up to ۸۰°C and show high specificity with minimal immunogenicity. In cancer models, HER^۲-targeted nanobody-radionuclide conjugates (¹⁷⁷Lu-labeled) reduced tumor volume by up to ۸۰%. Nanobody-drug conjugates improved selective cytotoxicity, sparing healthy tissues. Camel milk exosomes enhanced drug delivery efficiency: curcumin-loaded exosomes exhibited over fivefold higher bioavailability and significantly lowered IC₅₀ in resistant cancer cell lines. Lactoferrin-derived peptides from camel milk displayed notable anti-proliferative effects against breast and liver cancers. Immunotherapy approaches also showed promise: anti-VEGF nanobodies inhibited angiogenesis, while nanobody-based CAR-T cells targeting B^۷-H^۳ achieved potent responses in solid tumors. Diagnostic applications included PET/CT imaging with ⁶⁸Ga- or ⁸⁹Zr-labeled nanobodies, enabling detection of micrometastases under ۲ mm. Together, these findings underline the versatility of nanobodies across therapeutic and diagnostic platforms.

Conclusion : Camel-derived nanobodies represent a paradigm shift in oncology, combining natural molecular efficiency with modern biotechnology. Their small size, stability, and deep tissue penetration allow precise targeting of cancer cells while reducing systemic toxicity. Coupled with



کتاب خلاصه مقالات سخنرانی و پوستر
دومین کنگره ملی طب ایرانی



تهران، مرکز همایش های بین المللی رازی

۲۱ لغایت ۲۳ آبان ماه ۱۴۰۴

exosome carriers, nanoparticles, and CAR-T engineering, nanobodies have demonstrated significant preclinical success across multiple cancer models. Remaining challenges include large-scale production, rapid renal clearance, and regulatory pathways; however, advances in bioengineering and genomic research are addressing these barriers. As evidence grows, camel nanobodies are poised to become essential tools in precision oncology, offering safer, more effective, and highly targeted therapies for the future of cancer treatment.

Abstract ID: ۵۵۶

Presentation Type: Poster

Therapeutic potential of camel milk for autism and digestive disorders

Mohammad Javad Salimi^{۱*}, Mohammad Hossein Pakrooh^۲, parisa aali^۳, Mohammad Kazemi^۳

۱. Bachelor's Student, Department of Animal Science, Faculty of Agriculture, Shahrekord University, Chaharmahal & Bakhtiari, Iran
۲. The responsible director of the interdisciplinary student research institute of veterinary medicine (ISRI-VetM), Growth center, research assistant, Shahrekord University, Chaharmahal & Bakhtiari, Iran
۳. VM Student of Faculty of Veterinary Medicine, Shahrekord University, Chaharmahal & Bakhtiari, Iran

Background and Aim : Camel milk, a traditional staple in pastoral societies of Africa, the Middle East, and Asia, is gaining attention as a functional food with unique nutritional and therapeutic properties. Unlike cow's milk, which dominates the global dairy market, camel milk accounts for only ۰.۲% of total production. Its composition—rich in immunoglobulins, lactoferrin, insulin-like proteins, and antioxidants—distinguishes it from conventional dairy and suggests potential benefits in managing health conditions such as autism spectrum disorder (ASD) and gastrointestinal (GI) disorders. These conditions are often linked to oxidative stress, immune imbalance, and gut dysfunction, making camel milk a promising dietary intervention.

Methods : This systematic review was conducted by searching databases including PubMed, Scopus, and Web of Science up to ۲۰۲۴. Keywords such as camel milk, autism, gastrointestinal disorders, and bioactive compounds guided the process. Inclusion criteria comprised original research, clinical trials, and reviews examining camel milk's nutritional composition or therapeutic effects. Non-peer-reviewed studies and irrelevant articles were excluded. Screening followed PRISMA guidelines, with data extracted on study design, sample size, milk administration, and health outcomes. Findings were synthesized under three domains: physicochemical and nutritional characteristics, GI health effects, and impacts on autism.

Results : The review revealed that camel milk differs markedly from cow's milk in its biochemical profile. It has smaller fat globules, higher vitamin C, more short-chain fatty acids, and lower allergenic proteins such as β -lactoglobulin. These features contribute to better digestibility and reduced risk of allergic reactions. For gastrointestinal health, studies reported improvements in lactose tolerance, reduction in diarrhea and bloating, and enhanced gut microbiota through prebiotic oligosaccharides. Its antimicrobial peptides and immunoglobulins showed protective effects against pathogens, while anti-inflammatory compounds supported gut integrity. Evidence on autism indicated that children with ASD who consumed camel milk experienced improvements in sleep, digestion, and cognitive awareness. Biomarkers demonstrated reductions in oxidative stress and inflammation, supporting its neuroprotective role. Small-scale clinical trials and case studies consistently showed positive behavioral and physiological outcomes, though larger studies are still needed.

Conclusion : Camel milk presents a multifunctional food with nutritional and therapeutic benefits. Its bioactive composition contributes to reduced allergenicity, improved gastrointestinal health, and potential symptom relief in autism. While preliminary results are promising, most studies involve small cohorts and limited trial durations, highlighting the need for rigorous, large-scale clinical



کتاب خلاصه مقالات سخنرانی و پوستر
دومین کنگره ملی طب ایرانی

تهران، مرکز همایش های بین المللی رازی

۲۱ لغایت ۲۳ آبان ماه ۱۴۰۴



investigations to confirm efficacy and safety. Beyond individual health benefits, sustainable production and global accessibility of camel milk could support both public health and the livelihoods of pastoral communities. Overall, camel milk emerges as a valuable natural resource with the potential to complement modern healthcare in managing autism and digestive disorders.

Abstract ID: ۲۲۴

Presentation Type: Poster

The therapeutic effects of a Bentonite-based facial mask with Alcea sulphurea extract on acne severity and patient experience: add-on randomized controlled clinical trial

Sara Salimi^۱ *, Assie Jokar^۲ , Majid Saeedi^۳

۱. PhD Student in Persian Medicine, Student Research Committee, Mazandaran University of Medical Sciences, Sari, Iran
۲. Traditional and Complementary Medicine Research Center, Addiction Institute, Mazandaran University of Medical Sciences, Sari, Iran
۳. Department of pharmaceutics, Faculty of Pharmacy, Mazandaran University of Medical Sciences, Sari, Iran

Background and Aim : Acne vulgaris adversely impacts quality of life, requiring safer alternatives to conventional treatments. This study explores a facial mask combining Bentonite's detoxifying and Alcea sulphurea's anti-inflammatory properties, rooted in Traditional Persian Medicine(TPM). It aims to evaluate its efficacy in reducing acne severity and enhancing patient satisfaction, integrating traditional and modern therapeutic approaches.

Methods : This add-on randomized, controlled clinical trial included ۶۰ patients with moderate acne, recruited through purposive sampling in Sari from October ۲۰۲۲ to November ۲۰۲۳. Participants were randomly allocated into intervention (Bentonite-Alcea mask + Azithromycin ۲۵۰ mg) and control (placebo + Azithromycin ۲۵۰ mg). Outcomes, including lesion count, acne severity, and satisfaction, were assessed at baseline, ۴ weeks, and ۸ weeks. Data analysis was conducted using SPSS version ۲۷

Results : ۶۰ people completed the study (۳۰ persons in both group). The mean and standard deviation of the age in control group was 24 ± 8.03 years and in placebo group was 19.03 ± 7.03 and ۴۶ subjects(۷۶.۷%) were female. TLC and ASI in the forth and eighth weeks in control group were significantly less than in placebo group ($p < 0.001$). the percentage of relatively satisfied and very satisfied participants in the intervention group was significantly higher than the control group ($P < 0.001$). Bentonite-based facial mask with Alcea sulphurea extract had no serious side effects. The intervention group exhibited significant reductions in TLC(Total Lesion Count) ($55.45 \pm 21.74\%$) and ASI(Acne Severity Index) ($66.33 \pm 27.15\%$) from baseline to ۸ weeks ($p < 0.001$), outperforming the placebo group. Patient satisfaction was notably higher in the intervention group, with ۴۳.۳% being very satisfied compared to ۳.۳% in the placebo group ($p < 0.001$).

Conclusion : A facial mask based on Bentonite and A. sulphurea extract effectively reduces acne severity and enhances patient satisfaction. These findings suggest its potential as a natural alternative or adjunct to conventional acne treatments.

Abstract ID: ۳۸۰

Presentation Type: Poster

Effects of pomegranate on blood pressure and endothelial function: A systematic review and meta-analysis of clinical trials

Mohamad Sanei^{۱*}, Atefeh Bonyadian^۲, Ali Hadipour^۳, Nooshin Noshadi^۴

۱. Department of Traditional Medicine, School of Traditional Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran.
۲. Department of Clinical Nutrition, Faculty of Nutrition and Food Sciences, Nutrition Research Center, Shiraz University of Medical Sciences, Shiraz, Iran
۳. Pathology and Stem Cell Research Center, Afzalipour Faculty of Medicine, Kerman University of Medical Sciences, Kerman, Iran
۴. Department of Clinical Nutrition, School of Nutrition and Food Sciences, Tabriz University of Medical Sciences, Tabriz, Iran

Background and Aim : Pomegranate has been suggested to improve cardiovascular health through effects on blood pressure and endothelial function, but previous findings have been inconsistent. To clarify these effects, a systematic review and meta-analysis of clinical trials was conducted.

Methods : Methods Four major databases (PubMed/MEDLINE, Web of Science, SCOPUS, and Embase) were searched up to July ۲۰۲۴. Eligible randomized controlled trials (RCTs) were pooled using a random-effects model, reporting weighted or standardized mean differences (WMDs/SMDs) with ۹۵% confidence intervals (CIs). Study Characteristics Out of ۱,۶۱۴ records, ۳۳ studies met the inclusion criteria, representing ۳۶ trial arms with ۱,۴۹۰ participants (۸۴۵ intervention, ۷۵۳ control). Participants ranged in age from ۲۰,۸ to ۷۵ years, with sample sizes between ۱۰ and ۱۰۱. Intervention durations varied from ۵ days to ۴۸ weeks. Trials were published between ۲۰۰۴ and ۲۰۲۳ and conducted in countries including Iran, Turkey, the UK, Greece, Poland, Serbia, the US, and Israel. Study populations included patients with T۲DM, hemodialysis, NAFLD, COVID-۱۹, PCOS, metabolic syndrome, hypertension, coronary heart disease, osteoarthritis, obesity, and healthy volunteers.

Results : Findings Systolic Blood Pressure (SBP): ۲۲ trials (۲۵ arms) showed significant reductions with pomegranate supplementation (WMD: -۳,۵۲ mmHg; ۹۵% CI: -۴,۹۷ to -۲,۰۶; $P < ۰,۰۰۱$; $I^2 = ۹۲,۷\%$). Diastolic Blood Pressure (DBP): ۲۲ trials (۲۴ effect sizes) also showed significant reductions (WMD: -۱,۵۰ mmHg; ۹۵% CI: -۲,۵۸ to -۰,۴۲; $P = ۰,۰۰۶$; $I^2 = ۹۱,۴\%$). Subgroup analyses revealed stronger effects in participants ≤ ۴۵ years, studies ≤ ۸ weeks, and those using juice, extract, or peel extract. IL-۶: ۱۳ trials found significant reductions (SMD: -۰,۸۲; ۹۵% CI: -۱,۲۹ to -۰,۳۵; $P = ۰,۰۰۱$; $I^2 = ۸۶,۲\%$). ICAM-۱: Three studies showed significant decreases (SMD: -۰,۵۹; ۹۵% CI: -۰,۹۷ to -۰,۲۲; $P = ۰,۰۰۲$; $I^2 = ۰,۰\%$). VCAM-۱: Three trials reported no significant effect (SMD: -۰,۶۴; ۹۵% CI: -۱,۸۳ to ۰,۵۵; $P = ۰,۲۹۲$; $I^2 = ۸۸,۱\%$). E-selectin: Two studies showed no significant changes (SMD: -۰,۲۷; ۹۵% CI: -۱,۸۷ to ۲,۴۱; $P = ۰,۸۰۶$; $I^2 = ۹۲,۹\%$). Other outcomes: One study reported higher plasma nitrate after supplementation; flow-mediated dilation (FMD) increased but was not statistically significant.

Conclusion : Conclusion Pomegranate supplementation significantly lowers systolic and diastolic blood pressure, as well as IL-۶ and ICAM-۱ levels, indicating beneficial effects on cardiovascular and endothelial health. However, no consistent effects were observed for VCAM-۱ or E-selectin. Larger, well-designed RCTs are needed to confirm these findings.

Abstract ID: ۴۳۱

Presentation Type: Poster

Case Report: Improvement of Endometriosis, Ovarian Cyst, and Infertility with a Combined Herbal Therapy

Sareh Sangy^۱ *, Samira Sangy^۲ , Mehdi Mazinani^۳

۱. Sareh Sangy ,BSc in Midwifery, PhD in Physiology, Ponak Traditional Medicine Health Center, Iran University of Medical Sciences, Tehran, Iran
۲. Samira Sangi, PhD in Psychology, Ponak Traditional Medicine Health Center, Iran University of Medical Sciences, Tehran, Iran
۳. Mehdi Mazinani, Ponak Traditional Medicine Health Center, Iran University of Medical Sciences, Tehran, Iran

Background and Aim : Endometriosis, ovarian cysts, and polycystic ovary disease (PCOD) are leading causes of pelvic pain, menstrual irregularities, and infertility in reproductive-aged women. Conventional therapies, including surgery and hormonal treatment, are often associated with side effects and recurrence, highlighting the need for complementary approaches.

Methods : A ۲۴-year-old woman with a ۳-year history of infertility presented with severe dysmenorrhea, bloating, constipation, anxiety, and irregular cycles. Initial ultrasonography revealed a right ovarian cyst (۷۲×۵۷ mm), a left ovarian endometriotic nodule (۱۷×۱۶ mm), PCOD features, and mild pelvic free fluid. She received a combined herbal therapy including Lounil syrup (black seed oil, olive oil, lemon, honey), Sana vaginal capsules (sugarcane, honey), and Ghwara tablets (ajwain, thyme, mastic, black seed). After one month, the ovarian cyst had completely resolved with marked clinical improvement. At ۳ months, ultrasound showed near-complete regression of nodules, persistence of PCOD, and later complete resolution with evidence of ovulation (۲۰ mm dominant follicle). Over one year, she reported regular cycles, decreased pelvic pain, improved libido and anxiety, significant weight loss, and achieved a successful pregnancy without recurrence of cysts or nodules on ۷-week pregnancy ultrasound.

Conclusion : Combined herbal therapy with Lounil syrup, Sana vaginal capsules, and Ghwara tablets led to resolution of ovarian cysts, endometriotic nodules, and PCOD, with substantial clinical improvement and conception. This case highlights the potential role of herbal preparations as adjunctive therapy in managing endometriosis and infertility.

Abstract ID: ۵۲۱

Presentation Type: Poster

Qavadh Shah Majoon: A Pharmacological Review of an Avicennian Polyherbal Formulation for Joint Disorders, Respiratory Ailments, and Metabolic Waste Management

Arada Sarkisian^۱ , Hamed Shafaroodi^{۲*}

- ^۱. Students' Scientific Research Center, Tehran University of Medical Sciences, Tehran, Iran
- ^۲. Department of Pharmacology, School of Medicine, Tehran University of Medical Sciences, Tehran, Iran

Background and Aim : "Qavadh Shah Majoon" (QSM) is a renowned polyherbal formulation from Avicenna's Canon of Medicine, prescribed for a spectrum of conditions including joint pain, gout, chronic cough, dyspnea, splenic pain, and the elimination of morbid humors. This study aims to conduct a systematic pharmacological review of QSM's ingredients to rationalize its traditional uses within a modern scientific context and to critically evaluate its safety profile.

Methods : An ethnopharmacological analysis was conducted. Each ingredient in the QSM formulation was identified, and its modern botanical nomenclature was corroborated using authoritative databases such as the Medicinal Plant Names Services (MPNS) and The Plant List. A comprehensive literature search was subsequently executed across major scientific databases (PubMed, Scopus, Web of Science, and Google Scholar) to collate data on the pharmacological properties, bioactive constituents, and documented drug interactions of each constituent. The gathered data were synthesized to construct a mechanistic understanding of the formula's potential efficacy and risks.

Results : The analysis reveals a complex formulation comprising over ۳۰ ingredients, strategically combining agents with multifaceted actions:
• **Analgesia & Anti-inflammatory:** The presence of *Papaver somniferum* L. (opium) and *Cannabis indica* L. (cannabis) suggests potent analgesic effects, potentially augmented by the anti-inflammatory properties of *Crocus sativus* L. (saffron), *Commiphora myrrha* (Nees) Engl. (myrrh), and *Rosa × damascena* Herrm. (rose).
• **Respiratory Support:** Expectorant and antitussive properties from ingredients like *Foeniculum vulgare* Mill. (fennel) and *Valeriana officinalis* L. (valerian), combined with the bronchodilatory potential of others, provide a rationale for its use in dyspnea and chronic cough.
• **Digestive & Metabolic Functions:** Bitter principles from *Gentiana lutea* L. (gentian) act as digestives, supporting the traditional claim of eliminating morbid humors (waste products).
• **Bioavailability Enhancement:** *Piper nigrum* L. (black pepper), a known bioenhancer due to its piperine content, likely improves the absorption of other active compounds.
• **Critical Safety Considerations:** The formula poses significant safety concerns, primarily due to the inclusion of opium and cannabis, which carry a high risk of addiction, sedation, respiratory depression, and numerous potential drug interactions (e.g., with CNS depressants).

Conclusion : The pharmacological profile of QSM's constituents provides a compelling scientific basis for its historical application in managing musculoskeletal, respiratory, and metabolic conditions. The formula exemplifies a sophisticated, multi-targeted approach characteristic of traditional Persian medicine. However, the substantial risks associated with its addictive components necessitate extreme caution. This review underscores an urgent need for: ^۱. Further



کتاب خلاصه مقالات سخنرانی و پوستر
دومین کنگره ملی طب ایرانی



تهران، مرکز همایش های بین المللی رازی

۲۱ لغایت ۲۳ آبان ماه ۱۴۰۴

experimental research to validate the efficacy and safety of the complete formulation. ۲. Strict clinical supervision and patient education if considered for use. ۳. Exploration of potentially modified versions that retain therapeutic benefits while mitigating risks. This study serves to bridge historical wisdom with contemporary scientific scrutiny, offering a validated framework for evaluating traditional pharmacopoeias.

Abstract ID: ۱۱۸

Presentation Type: Poster

Use of medicinal plants and their relationship with demographic indicators and underlying diseases: Data from the Persian cohort study

Shamim Shahrestani^۱, Fatemeh Esfandiari^۱, Seyed Jamal Mirmousavi^۲, Parastoo amiri^۲, Fereshteh Ghorat^۲ *

۱. Faculty of medicine, Student Research Committee, Sabzevar University of Medical Sciences, Sabzevar, Iran
۲. Non-Communicable Diseases Research Center, Sabzevar University of Medical Sciences, Sabzevar, Iran.

Background and Aim : Herbal medicine use is increasing globally, including in Iran, due to the various active ingredients in these plants that can be used to treat diseases. This study investigated the prevalence of medicinal plant consumption and associated factors in population of Sabzevar Persian cohort study

Methods : This cross-sectional study used data from the Persian Sabzevar Cohort Study, including ۴,۱۷۹ adults aged ۳۵-۷۰. Participants were divided into medicinal herb users and non-users based on cohort data. Demographic factors (age, gender, education, economic status, anthropometric indicators, smoking, alcohol consumption) and underlying diseases (diabetes, hypertension, heart, lung, kidney, vascular, rheumatic diseases, cancer, fatty liver, hepatitis B and C) were compared between the two groups. The overall prevalence of medicinal plant consumption was also examined. Confounding variables (age, gender, economic status, and underlying diseases) were matched between groups. Data were analyzed using appropriate statistical tests

Results : Of the ۴۱۷۹ participants, ۳۷۷۵ (۹۰,۳٪) were herbal users and ۴۰۴ (۹,۷٪) were not. Among male participants (n=۱۸۶۰), ۱۶۴۳ (۸۸,۳٪) were herbal users, while ۲۱۳۲ (۵۶,۵٪) of the ۳۷۹۰ female participants used herbal medicine. Medicinal plant use was significantly higher in females than males. The average age and duration of illness were significantly lower in herbal medicine users compared to non-users, but the average wrist size index (WSI) was significantly higher. Drug and alcohol use were lower in herbal medicine users, with a significant relationship for drug use. Herbal medicine use was significantly higher in individuals with a history of smoking. The frequency of herbal medicine use in all diseases examined was lower than in people without the disease, although this difference was not statistically significant.

Conclusion : Herbal medicine use was common in the study population and significantly associated with female gender, younger age, wrist size and index, fewer chemical medicine prescriptions, and a history of tobacco use. However, no significant difference in herbal medicine use was observed between individuals with and without underlying diseases such as diabetes, hypertension, heart, lung, kidney, vascular, rheumatic diseases, cancer, fatty liver, and hepatitis B and C. These results suggest that demographic and lifestyle factors, rather than chronic disease status, primarily influence herbal medicine use. Public health planning and medical interventions should therefore consider these factors to promote the safe and effective use of herbal medicines.

Abstract ID: ۳۴۶

Presentation Type: Poster

A Review of Silymarin's Role in Improving Non-Alcoholic Fatty Liver Disease and Insulin Resistance: Clinical Analysis and Molecular Mechanisms

Mohammad sina Sheikh ali khani^۱ , Zahra Amirkhani^۱ *

^۱. Student Research Committee, Larestan University of Medical Sciences, Larestan, Iran

Background and Aim : Non-alcoholic fatty liver disease (NAFLD) and insulin resistance are among the most significant manifestations of metabolic syndrome, associated with an increased risk of type ۲ diabetes and cardiovascular diseases. In recent years, there has been growing interest in plant-derived compounds with metabolic effects, including silymarin extracted from milk thistle. This review study was designed to examine the molecular mechanisms and clinical evidence supporting the use of silymarin in improving metabolic disorders related to NAFLD and insulin resistance.

Methods : This review study was conducted by analyzing scientific literature in PubMed and Google Scholar (۲۰۱۸-۲۰۲۵). Selection criteria included human studies with clinical data and mechanistic studies (investigating molecular mechanisms and signaling pathways). Out of ۱۵۸ identified studies, ۷ selected articles comprising systematic reviews, meta-analyses, and original research were evaluated.

Results : Analysis of the studies demonstrated that silymarin was associated with improved liver function, reduced alanine aminotransferase (ALT) and aspartate aminotransferase (AST) enzyme levels, and alleviation of steatosis in many cases. Some studies also reported decreased inflammation severity, reduced liver stiffness, and improved fibrosis scores, attributed to its anti-inflammatory and antioxidant effects. A systematic review of data from ۴ clinical trials (n=۵۸۷) and one cohort study (n=۱۸۰) showed that silymarin (۲۱۰-۸۰۰ mg/day for ۱۲-۴۸ weeks) significantly reduced ALT (۲۸,۴٪) and AST (۲۲,۱٪) levels (p<۰,۰۰۱). In a study using a phospholipid formulation (۷۰۰ mg/day for ۶ months), a ۱,۵-grade improvement in fibrosis (p=۰,۰۰۳) and a ۳۲٪ reduction in inflammation were observed, particularly in grade ۲-۳ NAFLD. These effects were mediated through NF-κB inhibition and AMPK activation. Regarding glucose metabolism and insulin resistance indices, a significant reduction in HOMA-IR, fasting blood glucose, and HbA^{1c} was reported in most studies, especially among patients with diabetes or prediabetes. These effects were less consistent in individuals without glucose metabolism disorders. For serum lipids, most studies demonstrated reductions in low-density lipoprotein (LDL) and triglycerides, along with increased high-density lipoprotein (HDL) levels following silymarin administration. However, the compound's effect on weight and body mass index (BMI) was limited, with only mild reductions observed in some cases, which were not statistically significant. Notably, the administered doses varied widely (۱۴۰-۷۰۰ mg/day), and the formulations used included plain silymarin, phospholipid-bound silymarin (Silybin-phytosome, which has higher bioavailability than the plain form), and combination products. This variability in dosage and formulation likely contributed to the heterogeneity of results. Mechanistically, silymarin exerts its beneficial effects on inflammatory responses and lipid metabolism regulation through NF-κB pathway inhibition, AMPK activation, and FXR receptor modulation.



Conclusion : This review indicates that silymarin may serve as an effective complementary intervention for improving certain metabolic parameters in individuals with NAFLD and insulin resistance. However, heterogeneity in dosage, formulation, and intervention duration across studies complicates result interpretation. While its effects on liver enzymes, blood lipids, and glucose indices are notable, evidence regarding sustained weight or BMI reduction remains insufficient. To establish definitive efficacy, well-designed clinical trials with standardized protocols, homogeneous populations, adequate duration, and consistent formulations are recommended

Abstract ID: ۵۹۱

Presentation Type: Poster

Effectiveness of Lemon (*Citrus limon*) as a Complementary Treatment for Viral Conjunctivitis: A Narrative Review

Mohammad Shoja^۱*, Alireza Abbassian^۱, Ali Akbar Hassani^۱, Mohammad Samieyan^۱

^۱. Department of Traditional Medicine, School of Persian Medicine, Tehran University of Medical Sciences, Tehran, Iran.

Background and Aim : Viral conjunctivitis, often caused by adenoviruses, typically resolves spontaneously, but complementary treatments can alleviate inflammatory symptoms such as redness and irritation. Medicinal plants, due to their antiviral and anti-inflammatory properties, are potential options for managing this condition. This narrative review examines scientific evidence on medicinal plants effective for viral conjunctivitis and highlights lemon (*Citrus limon*) as a promising oral complementary treatment.

Methods : This narrative review was conducted based on persian medicine texts and relevant studies from credible databases such as PubMed, ScienceDirect, and MDPI up to ۲۰۲۴. Traditional texts (Eksir-e-Azam) were analyzed to identify the use of lemon in treating conjunctivitis (ramad). Inclusion criteria encompassed English-language articles focusing on the antiviral and anti-inflammatory effects of plants in treating viral conjunctivitis, particularly against adenoviruses. Plants were categorized based on topical and oral applications, and data were analyzed for efficacy, mechanisms of action, and clinical evidence.

Results : Plants such as *Euphrasia officinalis*, Chamomile, Green Tea, Turmeric, Aloe Vera, Tulsi, *xGraptoveria*, and *Calendula* demonstrated topical anti-inflammatory and antimicrobial effects, with *xGraptoveria* being particularly effective against adenoviruses. For oral applications, Green Tea, Turmeric, and Tulsi reduced systemic inflammation and enhanced immunity. Lemon exhibited antiviral effects against adenoviruses and anti-inflammatory properties, making it a suitable option for oral complementary treatment.

Conclusion : While other medicinal plants have shown positive effects as complementary treatments for viral conjunctivitis, lemon stands out due to its prominence in persian medicine and strong scientific evidence. Evidence suggests that lemon can alleviate viral conjunctivitis symptoms by reducing inflammation and inhibiting adenovirus replication, though human clinical evidence is limited. Other plants also provide supportive effects, but lemon's accessibility and oral administration potential make it notable. However, lemon use should be approached cautiously and with medical consultation. Further clinical studies are needed to confirm its efficacy and safety.

Abstract ID: ۵۹۲

Presentation Type: Poster

Effectiveness of Barley (*Hordeum vulgare*) as a Complementary Treatment for Meningitis: A Narrative Review

Mohammad Shoja^۱*, Alireza Abbassian^۱, Ali Akbar Hassani^۱, Mohammad Samieyan^۱

^۱. Department of Traditional Medicine, School of Persian Medicine, Tehran University of Medical Sciences, Tehran, Iran.

Background and Aim : Meningitis, an inflammation of the meninges, requires standard treatments such as antibiotics for bacterial meningitis and antivirals for viral meningitis. Several medicinal plants, including garlic, ginseng, and *Salvia miltiorrhiza*, have been investigated for their antimicrobial and anti-inflammatory effects as adjunctive treatments for meningitis, yielding positive results. In persian medicine, barley is highly recommended for its therapeutic properties, particularly in reducing fever and inflammation associated with meningitis. This study examines barley's potential as a complementary treatment for meningitis, emphasizing its role in persian medicine and supporting scientific evidence.

Methods : This narrative review was conducted using persian medicine texts and credible scientific articles from databases such as PubMed, PMC, and ResearchGate. Traditional texts (e.g., Tebb-e-Akbari and Eksir-e-Azam) were analyzed to identify barley's use in treating sarsam-e-har. Additionally, in vitro, animal, and clinical studies on barley's active compounds (thionins, antimicrobial peptides [AMPs], polyphenols, and beta-glucans) were reviewed. Data were collected focusing on barley's antibacterial effects against meningitis pathogens (*Streptococcus pneumoniae*, *Klebsiella pneumoniae*, and respiratory viruses), its synergy with antibiotics, and its anti-inflammatory properties.

Results : In persian medicine, barley-based foods (e.g., barley soup and medicinal barley juice) are recommended for their cooling and anti-inflammatory properties in treating meningitis (sarsam-e-har). Scientific studies demonstrate that barley's thionins and AMPs are effective against meningitis-causing bacteria (*S. pneumoniae* and *K. pneumoniae*) by disrupting bacterial membranes. Barley extract shows antiviral activity against viruses like influenza, beneficial for viral meningitis. Beta-glucans and polyphenols reduce inflammatory cytokines, alleviating brain inflammation and boosting immunity. A study by Saima Gul et al. showed that barley can inhibit cyclooxygenase and lipoxygenase pathways of arachidonic acid metabolism. Additionally, Longkun Zhu et al. indicated that arachidonic acid metabolism may contribute to *Escherichia coli* penetration of the blood-brain barrier, leading to meningitis. Barley also synergizes with antibiotics, reducing drug resistance.

Conclusion : While other medicinal plants have shown positive effects as adjunctive treatments for meningitis, barley stands out due to its prominence in Iranian traditional medicine and strong scientific evidence. Its high safety profile and accessibility make it suitable for resource-limited settings. However, challenges such as crossing the blood-brain barrier and the lack of human clinical trials persist. Future research should focus on systemic formulations (e.g., nanoparticles) and clinical trials to validate the efficacy of barley-based foods. Combining barley with standard antibiotics (e.g., ceftriaxone) could reduce drug dosages and side effects. Supported by persian medicine and scientific evidence, barley holds significant potential for developing complementary meningitis treatments.

Abstract ID: ۳۸۵

Presentation Type: Poster

Evaluation of the Effect of *Medicago sativa* on Asthma in Animal Models: A Systematic Review

Sadegh Shokri^۱ *

^۱. ۲- Assistant professor, Department of Persian Medicine, Faculty of Persian and Complementary Medicine, Mashhad University of Medical Sciences, Mashhad, Iran

Background and Aim : Asthma is a chronic inflammatory airway disease characterized by complex pathophysiological mechanisms. Given the side effects of conventional medications, research into safer herbal treatments like *Medicago sativa* (alfalfa), which has a long history in traditional medicine, is of significant interest. This systematic review aims to summarize and evaluate the existing evidence from animal studies on the effects and potential mechanisms of *Medicago sativa* in models of asthma.

Methods : This systematic review was conducted according to the PRISMA guideline. Electronic databases including PubMed, Scopus, Web of Science, Embase, and Google Scholar were searched up to July ۲۰۲۳. A combination of keywords such as "*Medicago sativa*", "alfalfa", "asthma", "airway inflammation", "animal model", "mouse", "rat", and "guinea pig" was used. Studies published in English that investigated the effects of any extract or compound derived from alfalfa in an animal model of asthma were eligible for inclusion. The methodological quality of the studies was assessed using the SYRCLE risk of bias tool for animal studies.

Results : Out of ۲۳۱ identified records, ۱۰ studies met the inclusion criteria. All studies utilized an ovalbumin (OVA)-induced model. Administration of *Medicago sativa* extract consistently led to a significant reduction in total inflammatory cell and eosinophil count in bronchoalveolar lavage fluid (BALF). It also decreased levels of key inflammatory cytokines, including IL-۴, IL-۵, and IL-۱۳, and reduced serum IgE levels. Histopathological improvements showed reduced peribronchial inflammatory cell infiltration, decreased goblet cell hyperplasia, and reduced airway smooth muscle hypertrophy. Proposed mechanisms included the inhibition of NF-κB signaling pathways and immunomodulation by shifting the immune response towards a higher T helper ۱ (Th۱) response, evidenced by increased interferon-gamma (IFN-γ). No major adverse effects were reported at effective doses.

Conclusion : Strong evidence from animal studies indicates that *Medicago sativa* possesses potent anti-inflammatory and immunomodulatory effects in experimental asthma models, effectively targeting several key pathological markers of the disease. These findings provide a robust scientific basis for further investigation, including the isolation of active compounds, pharmacokinetic studies, and ultimately, controlled clinical trials to evaluate its efficacy and safety in humans.

Abstract ID: ۴۴۵

Presentation Type: Poster

The medicinal plant, *Verbascum thapsus*, is a treasure of nature

Mohammadreza Soltani^۱ , Zahra Amirkhani^۱ *

^۱. Student Research Committee, Larestan University of Medical Sciences, Larestan, Iran.

Background and Aim : *Verbascum thapsus* (commonly known as mullein) is an herbaceous plant characterized by its numerous yellow flowers arranged on tall, dense spikes. It has long held significant attention in traditional medicine due to its diverse therapeutic applications. The following section elaborates on the scientific basis for these uses.

Methods : The present paper is a review study. In this study, ۱۰ articles published from ۲۰۲۰ to ۲۰۲۵, which were in the form of quantitative studies, meta analysis and original research and systematic review were examined. Entry criteria included: Availability of full text and articles published between ۲۰۲۰ and ۲۰۲۵. The study used the keywords: *Verbascum thapsus*-antimicrobial- respiratory system

Results : Flowers and leaves of the mullein plant (*Verbascum thapsus*) are rich sources of mucilage and saponins, which synergistically exert significant therapeutic effects on the respiratory system. Mucilage forms a protective layer over the mucous membranes of the respiratory tract, reducing irritation and inflammation, while saponins enhance secretion and reduce sputum viscosity, facilitating its effective expulsion. In modern medicine, mullein oil is utilized as an emollient, anti-inflammatory, and tissue-repairing agent due to its active compounds such as tannins and iridoids (including aucubin). Tannins contribute through their astringent and anti-inflammatory properties, alleviating intestinal inflammation and improving hemorrhoidal symptoms. A notable feature of this plant is its antibacterial activity against a wide range of Gram-positive bacteria. The saponins and iridoids in mullein disrupt bacterial cell membrane integrity, leading to lysis and destruction. This mechanism has been demonstrated in in vitro studies against pathogens such as *Staphylococcus aureus*.

Conclusion : *Verbascum thapsus* offers multi-target therapeutic potential including anti-inflammatory, antimicrobial, and respiratory benefits supported by growing scientific evidence. While widely used in international markets in standardized forms such as ear drops, topical ointments, and respiratory supplements, it remains underutilized in domestic pharmaceutical production. There is a clear opportunity to develop high-quality, locally produced formulations that meet national regulatory standards, serving both domestic demand and potential export markets.

Abstract ID: ۴۴۴

Presentation Type: Poster

Medicinal properties of Tragacanth Manna

Mohammadreza Soltani^۱ , Zahra Amirkhani^۱ *

^۱. Student Research Committee, Larestan University of Medical Sciences, Larestan, Iran.

Background and Aim : Tragacanth Manna is a natural substance derived from the pupal casing of cicada insects (Cicadoidea), which is meticulously constructed by female cicadas on host plants like the Manuka tree (*Leptospermum scoparium*) to protect their larvae. After the adult cicada emerges, a distinct white, hollow structure remains on the plant. Historically valued in traditional medicine for its therapeutic potential, this substance has attracted modern scientific interest. However, despite its longstanding use, comprehensive studies are essential to verify its purported benefits and clarify its pharmacological mechanisms. This review systematically examines current evidence on the medicinal applications of cicada pupal casings and evaluates the scientific validity of traditional claims.

Methods : The present paper is a review study. In this study, ۱۰ articles published from ۲۰۲۰ to ۲۰۲۵, which were in the form of quantitative studies, meta analysis and original research and systematic review were examined. Entry criteria included: Availability of full text and articles published between ۲۰۲۰ and ۲۰۲۵ The study used the keywords: Tragacanth Manna- traditional medicine- respiratory system.

Results : Shekar-e-Tighal is a complex heteropolysaccharide primarily composed of the polysaccharide fractions tragacanthin (soluble) and bassorin (swellable), along with various sugar derivatives and acids, which are responsible for its pharmacological properties. The mechanism of action of these compounds is as follows: Tragacanthin: This water-soluble fraction absorbs water to form a soft gel, which increases intestinal content volume and stimulates peristalsis, thereby improving bowel excretion. Bassorin: This water-insoluble but highly swellable fraction forms a viscous and adhesive gel upon hydration. This gel mixes with respiratory secretions, aiding in the dilution and facilitation of sputum expulsion from the respiratory tract. Galacturonic Acid: As a fundamental monomeric unit within the polysaccharide structure, it contributes to the formation of a colloidal solution. This colloid coats the throat lining, helping to reduce irritation and inflammation (exerting a demulcent effect). Simple Sugars (e.g., Glucose and Fructose): While constituting a minor percentage of the composition, they contribute to the sweet taste and may play a role in the overall bioavailability of the compound. Beyond its established soothing effects, Tragacanth Manna shows preliminary promise for antioxidant and prebiotic activity. Phenolic compounds may provide antioxidant benefits by reducing oxidative stress, though evidence remains largely in vitro and human bioavailability is unquantified. Additionally, its complex polysaccharides may act as prebiotics, selectively nourishing beneficial gut bacteria like Bifidobacteria and Lactobacilli potentially supporting gut microbiome health, particularly relevant in modern fiber-deficient diets. However, both properties require further validation through in vivo and clinical studies before therapeutic applications can be firmly established.



Conclusion : In conclusion, Tragacanth Manna presents a compelling profile as a multifaceted natural remedy. Its scientifically-grounded demulcent, laxative, and potential prebiotic effects underscore its therapeutic value. While its esteemed historical legacy in traditional medicine is acknowledged, future efforts must focus on rigorous clinical validation and the development of standardized pharmaceutical formulations to integrate this promising substance into evidence-based modern therapeutics.

Abstract ID: ۱۰۱

Presentation Type: Poster

Evaluation of the Efficacy of *Berberis vulgaris* and Its Derivatives (Barberry Aqueous Extract) in Reducing Pruritus and Improving Clinical Outcomes in Patients with Prurigo Nodularis

Najmeh Sadat Taghavi ^۱ *

^۱. Doctorate in Naturopathy, Titu University of Belgium, Turkish Branch

Background and Aim : Prurigo Nodularis (PN) is a chronic inflammatory dermatosis characterized by multiple, intensely pruritic nodular lesions that are often refractory to conventional therapies, significantly impairing patients' quality of life. Management of PN remains challenging due to limited effective treatments and adverse effects associated with long-term use of immunosuppressants and corticosteroids. Recently, natural compounds with anti-inflammatory and antipruritic properties have gained interest as potential adjunct or alternative therapies. *Berberis vulgaris* (barberry) and its derivatives, particularly barberry aqueous extract, contain bioactive alkaloids such as berberine, which exhibit anti-inflammatory, antioxidant, and antipruritic effects. In addition to its pharmacological profile, barberry has been traditionally regarded in Persian medicine as a "safr- and soda-modulating" agent, believed to alleviate conditions associated with excessive "black bile" (soda), which has been historically linked to chronic skin disorders such as PN

Methods : This traditional perspective aligns with emerging biomedical evidence supporting barberry's efficacy in managing chronic inflammatory skin diseases. This single center, prospective, open-label clinical trial aimed to evaluate the therapeutic efficacy of barberry extract in ameliorating pruritus severity and clinical manifestations in patients diagnosed with PN. Fifteen adult patients with histopathologically confirmed PN refractory to standard treatments were enrolled

Results : Inclusion criteria comprised chronic pruritus with nodular lesions, while exclusion criteria involved concurrent systemic diseases or systemic immunosuppressive therapy. Patients underwent combined topical and oral administration of barberry aqueous extract for eight weeks. Pruritus intensity was quantified utilizing the Visual Analog Scale (VAS), while clinical evaluation of nodular lesions including count and size was conducted through serial dermatological examinations and photographic documentation. Additionally, the Dermatology Life Quality Index (DLQI) questionnaire assessed treatment impact on patients' psychosocial wellbeing. Non-parametric statistical analyses demonstrated a significant reduction in mean VAS scores from ۸,۲ at baseline to ۳,۵ at week eight ($p < ۰,۰۱$). A concomitant decrease in nodular lesion burden and marked improvement in skin texture were documented

Conclusion : Quality of life metrics showed statistically meaningful enhancement, reflecting a reduction in disease-related morbidity. The observed clinical benefits are likely mediated by the anti-inflammatory and antioxidative mechanisms of berberine, mitigating neurogenic inflammation and pruritus signaling pathways. Treatment was well tolerated, with no serious adverse events reported, underscoring barberry's safety profile as a low-risk therapeutic option for PN. These findings advocate for the incorporation of natural phytochemicals in managing recalcitrant pruritic dermatoses and warrant further large-scale, randomized controlled trials to elucidate molecular



کتاب خلاصه مقالات سخنرانی و پوستر
دومین کنگره ملی طب ایرانی



تهران، مرکز همایش های بین المللی رازی

۲۱ لغایت ۲۳ آبان ماه ۱۴۰۴

pathways and long-term efficacy. Barberry aqueous extract exhibits promising antipruritic and clinical efficacy in PN management, highlighting its potential as a novel adjunctive treatment modality. The convergence of traditional medical theory and contemporary clinical data supports further investigation into barberry's role as a therapeutic agent in dermatology.

Abstract ID: ۸۲

Presentation Type: Poster

Olive and Women's Health: From Reproductive Wellness to Menopausal Support – A Review of Recent Studies and Persian Medicine

Maryam Taghavi Shirazi^۱*, Mina pourmeidani^۲, Amir Hossein Jamshidi^۳

- ^۱. Department of Traditional Medicine, School of Persian Medicine, Iran University of Medical Sciences, Tehran, Iran
- ^۲. Department of Midwifery, Shahid Sadoughi University of Medical Sciences, Yazd, Iran
- ^۳. Department of Traditional Pharmacy, School of Persian Medicine, Iran University of Medical Sciences, Tehran, Iran

Background and Aim : The olive (*Olea europaea* L.) fruit and its derived oil are a cornerstone of the Mediterranean diet. It is widely recognized for its nutritional and health benefits, including potent anti-inflammatory and metabolic effects. With a holistic approach in Persian medicine, the health of all body organs, particularly the digestive system, liver, and heart, is vital for women's reproductive and menopausal wellness. Olive fruit, rich in fiber, especially when consumed with meals, is valued for enhancing digestion, while olive oil enhances body detoxification and supports vitality and reproductive health.

Methods : A comprehensive search of scientific databases, including Google Scholar, PubMed, and Scopus, was conducted to identify peer-reviewed studies published over the past decade (۲۰۱۵-۲۰۲۵). Keywords included "Olea europaea," "olive," "olive oil," "women's health," "reproductive health," "fertility," "infertility," "PCOS," "menopause," "menstrual health," "IVF," "cancer," "Persian medicine," and "Iranian traditional medicine." Nutritional data were sourced from USDA FoodData Central. Besides the primary Persian texts, such as the Canon of Medicine by Avicenna, Tohfeh al-Momenin by Hakim Muhammad Mumin Tonkaboni, and Makhzan al-Advieh by Aghili Khorasani, were reviewed and integrated with conventional evidence.

Results : Olive fruit (۱۵.۳ g fat, ۳.۳ g fiber, ۳.۸۱ mg vitamin E/۱۰۰ g) and olive oil (۷۳ g monounsaturated fats, ۱۴.۴ mg vitamin E/۱۰۰ g) significantly benefit women's health. A Mediterranean diet abundant in olives and olive oil improves insulin sensitivity, menstrual regularity, and fertility outcomes in women suffering from polycystic ovary syndrome (PCOS). Among menopausal women, olive oil, based on its anti-inflammatory properties, contributes to bone health and may alleviate symptoms like hot flashes. Olive consumption is associated with reduced menstrual pain and improved cycle regularity, aligning with Persian medicine's emphasis on digestive health for reproductive wellness. Olive oil may enhance in vitro fertilization (IVF) outcomes by improving metabolic health. The antioxidants in olives and olive oil, such as phenols, may reduce the risk of breast and ovarian cancers. Topical ozonated olive oil shows comparable efficacy to clotrimazole in treating vulvovaginal candidiasis. The fiber in olives supports digestion, complementing Persian medicine texts' recommendations for consuming olives with meals, while olive oil's monounsaturated fats contribute to reduced inflammation and cardiovascular health.

Conclusion : Rich in bioactive nutrients and pharmacological properties, olive fruit and olive oil have demonstrated notable benefits for women's reproductive health and menopausal support, as evidenced by contemporary and Persian medicine. They can support metabolic, cardiovascular, digestive, and liver health, reflecting their comprehensive role in enhancing women's overall wellness. Integrating olives and their derived oil into the diet could significantly enhance female reproductive health.

Abstract ID: ۶۳

Presentation Type: Poster

A Systematic Review of Clove's Effects on Female Reproductive System with Insights from Persian Medical Texts

Zahra Taghipour^۱ *, Roja Rahimi^۲

۱. Department of Persian Medicine, School of Medicine, Hamadan University of Medical Sciences, Hamadan, Iran
۲. Department of Traditional Pharmacy, School of Persian Medicine, Tehran University of Medical Sciences, Tehran, Iran

Background and Aim : Clove (*Syzygium aromaticum* (L.) Merr. & L.M. Perry), known as "Qaranful" in Traditional Persian Medicine (TPM), has been extensively documented for its multifaceted therapeutic properties in both traditional medical texts and contemporary scientific studies. This study presents a comprehensive review of TPM perspectives with conventional evidence regarding clove's effects on female reproductive health, highlighting its potential as a bridge between traditional wisdom and evidence-based medicine.

Methods : The review about clove and its related indication, dosage, and formulation on the Female Reproductive System was conducted on TPM texts including Makhzan al-Adviyah, Qarabadin Kabir, Tuhfat al-Muminin, al-Qanun fit-Tibb, Eksir Azam, and Tibb Akbari. In order to review recent researches, a search was conducted on all kinds of studies in the English language using the keywords including "Syzygium aromaticum" or other synonyms or "clove" or its main phytochemicals (eugenol, eugenyl acetate, acetogenol, beta-caryophyllene, astragalin, and eugenin) in combination with reproductive system-related keywords including reproductive, fertility, infertility, fertilization, intercourse, coitus, insemination, orgasm, implantation, pregnancy, gestation, conception, contraception, offspring, labor, obstetric, birth, uterus, ovary, endometrium, fallopian tubes, cervix, ovulation, vagina, luteinization, FSH, LH, progesterone, estrogen, prolactin, menstruation, menorrhea, menarche, embryo, fetal, ovum, ovule, gamete, oogenesis, endometriosis "polycystic ovarian syndrome" in PubMed and Scopus databases from the beginning to ۲۰۲۰.

Results : Reviewing ۳۲ obtained studies demonstrates clove's dose- and duration-dependent influences on: (۱) hypothalamic-pituitary-gonadal axis modulation, affecting LH, FSH, estrogen, and testosterone levels; both positive and negative effects depending on dose and duration; (۲) menstrual cycle regulation through prostaglandin modulation; (۳) antimicrobial activity against common gynecological pathogens; and (۴) antiproliferative effects on reproductive cancer cell lines. Mechanistic studies reveal these actions are mediated through antioxidant pathways (Nrf۲ activation), anti-inflammatory effects (NF-κB inhibition), and endocrine modulation (aromatase activity alteration). A survey of the clove's properties in TPM texts reveals the clove's prominent role in managing female reproductive disorders. TPM scholars prescribed clove for uterine strengthening and treatment of uterine coldness and flatulence. In TPM texts, in addition to the therapeutic applications, precise dosage recommendations as well as duration of administration have also been documented. Compound formulations, which combined clove with other medicinal substances, were specifically developed for uterine disorders and fertility enhancement. TPM also recognized clove's aphrodisiac qualities, employing both oral and topical preparations to enhance sexual function, often attributing these effects to its essential warmth and dryness.



Conclusion : Both TPM texts and scientific studies on clove highlight the crucial importance of dosage and treatment duration in its therapeutic applications. Evidence demonstrates that short-term administration of low doses, particularly in pathological conditions, can effectively improve female reproductive system disorders and may enhance fertility outcomes. However, prolonged use at high doses has been associated with adverse effects, including potential contraceptive properties. This dose- and duration-dependent duality underscores the necessity of precise guidelines for administering medicinal plants affecting the female reproductive system, including clear indications and precise doses. The findings emphasize the value of herbal medicine while simultaneously highlighting the importance of responsible, evidence-based application to maximize therapeutic benefits and minimize potential risks. Such an approach aligns with both traditional wisdom and modern pharmacological principles in women's health management.

Abstract ID: ۷۰

Presentation Type: Poster

Evaluating of Clove (*Syzygium aromaticum* (L.) Merr. & L.M.Perry) in Letrozole-Induced Polycystic Ovarian Syndrome in rat

Zahra Taghipour^۱ *, Roja Rahimi^۲ , Maryam Bahmanzadeh^۳

- ^۱. Department of Persian Medicine, School of Medicine, Hamadan University of Medical Sciences, Hamadan, Iran
- ^۲. Department of Traditional Pharmacy, School of Persian Medicine, Tehran University of Medical Sciences, Tehran, Iran
- ^۳. Endometrium and Endometriosis Research Center, Hamadan University of Medical Sciences, Hamadan, Iran

Background and Aim : Polycystic ovary syndrome (PCOS) affects ۵-۱۵% of reproductive-aged women, characterized by imbalanced reproductive hormones and metabolic disturbances. Current treatments have limited efficacy and side effects, creating demand for alternative therapy. Clove (*Syzygium aromaticum* (L.) Merr. & L.M. Perry), used in Traditional Persian Medicine (TPM) for female reproductive health, contains bioactive compounds with demonstrated hormonal, antioxidant, and metabolic benefits. However, its specific effects on PCOS remain unstudied. This study investigates the impact of clove aqueous extract (CAE) on different profiles of PCOS in animal model induced by letrozole, bridging traditional knowledge with modern validation.

Methods : To obtain dried powder of CAE, clove buds (authenticated, voucher PMP-۵۸۳) were macerated in distilled water (۲۴ h, repeated twice), filtered, and lyophilized. For standardization, the eugenol content was quantified via Gas chromatography (GC), as well as phenolic and flavonoid levels using the Folin-Ciocalteu and aluminum chloride methods, respectively. The animal study was conducted in compliance with the animal ethics guidelines of the Tehran University of Medical Sciences (IR.TUMS.MEDICINE.REC.۱۴۰۰,۱۱۵۴). Thirty-six female Wistar rats (initial weight: ۱۸۰±۲۰g) were included in the study. Seven rats were left as the control group and PCOS was induced for ۳۰ other rats via gavaging letrozole (۱ mg/kg/day, ۲۱ days), confirmed by vaginal cytology showing disrupted estrous cycles. The PCOS group was subdivided into: group ۱: PCOS+Vehicle (carboxymethylcellulose ۱%), group ۲: PCOS+Clomiphene citrate (۱ mg/kg/day), and group ۳-۶: PCOS+CAE at doses ۵۰, ۱۰۰, and ۲۰۰ mg/kg/day. The TPM-based dose was calculated by converting the human dose to the animal equivalent dose using the conversion factor, with other doses representing half and double this value. Treatments continued for ۳۰ days with assessments of: Body weight, Hormonal profiles (LH, FSH, testosterone, estradiol, progesterone), Ovarian oxidative markers (MDA (malondialdehyde), TOS (Total Oxidant Status), SOD (Superoxide Dismutase), TAC (Total Antioxidant Capacity) and OSI (TOS/TAC)) and Ovarian histopathology (cystic follicles, corpora lutea).

Results : GC analysis revealed ۷۱۰۰ µg/g eugenol in CAE, with total phenols (۱۵۳,۰۱۸ mg/g) and flavonoids (۲۹,۲۳۴ mg/g). Letrozole induction significantly altered all measured parameters versus the control group. Body weight increased post-PCOS induction ($p<۰,۰۰۱$), and reduced by CAE (۵۰ mg/kg: $p\leq ۰,۰۰۵$). CAE decreased ovarian cysts at all doses ($p<۰,۰۰۱$) and increased Graafian follicles ($p\leq ۰,۰۰۵$). Hormonally, CAE reduced testosterone (۱۰۰ & ۲۰۰ mg/kg: $p<۰,۰۰۱$), LH (۵۰ & ۲۰۰ mg/kg: $p<۰,۰۰۱$), LH/FSH ($p<۰,۰۰۱$), and estradiol (۱۰۰ & ۲۰۰ mg/kg: $p<۰,۰۰۵$) while increasing progesterone (۱۰۰ & ۲۰۰ mg/kg: $p<۰,۰۰۱$) and FSH ($p>۰,۰۰۵$). Oxidative stress improved



with reduced MDA ($p<0.001$), TOS ($p<0.001$), and OSI ($p<0.001$), while increased SOD (200 mg/kg ; $p<0.001$) and TAC ($p>0.001$).

Conclusion : CAE treatment dose-dependently ameliorated PCOS manifestations, with 200 mg/kg showing optimal effects: hormonal normalization, oxidative balance, and ovarian tissue restoration. Notably, all CAE doses restored estrous cyclicity. Related mechanisms appear to be multifaceted: (۱) antiandrogenic action via modulation of the hypothalamic-pituitary-ovarian axis, (۲) antioxidant activity through flavonoid and phenolic compounds, and (۳) metabolic regulation via the AMPK/ACC pathways. Importantly, CAE outperformed clomiphene in cystic follicle reduction, suggesting superior ovarian protection. These findings validate TPM's historical use of clove for gynecological disorders while providing evidence for its multi-target mechanisms in PCOS.

Abstract ID: ۳۲۵

Presentation Type: Poster

The Effect of Lavender Essential Oil Aromatherapy on Sleep Quality in Hemodialysis Patients: A Review Article

Mitra Tavakolizadeh Noghabi^{۱*}, Hosein Aalami^۲, Akram Bakhtiari Shahri^۲

۱. PhD student of nursing, Students Research Committee, Gonabad University of Medical Sciences, Gonabad, Iran.
۲. Clinical Research Development Unit, Bohlool Hospital, Gonabad University of Medical Sciences, Gonabad, Iran.

Background and Aim : Sleep disturbance is a prevalent and debilitating complication among patients with End-Stage Kidney Disease (ESKD), which severely diminishes their quality of life. While non-pharmacological interventions such as aromatherapy with lavender essential oil have been proposed as a potential solution, the existing evidence requires a systematic and integrated analysis to evaluate its true efficacy and its feasibility for standardized implementation and monitoring in the clinical setting. The primary objective of this study is to systematically evaluate and synthesize the evidence from clinical trials regarding the effect of inhaled lavender essential oil on improving sleep quality in adult patients undergoing hemodialysis.

Methods : A comprehensive and systematic search was conducted across the PubMed, Embase, Scopus, and Web of Science databases for articles published between January ۲۰۱۵ and August ۲۰۲۵. The search utilized a combination of MeSH and free-text keywords, including "Hemodialysis," "Renal Dialysis," "Sleep Quality," "Insomnia," "Lavandula," "Lavender," and "Aromatherapy." Selection Criteria: Randomized controlled trials (RCTs) and observational studies published in English that assessed the impact of lavender aromatherapy on sleep quality—measured by validated tools such as the Pittsburgh Sleep Quality Index (PSQI)—in hemodialysis patients were included in this review.

Results : The initial search yielded ۲۱۵ articles. After screening titles, abstracts, and full texts based on the inclusion criteria, ۱۲ studies were included in the final analysis. Analysis of the data extracted from these studies indicated a statistically significant improvement in sleep quality metrics, particularly a reduction in sleep latency, an increase in sleep duration, and enhanced overall sleep satisfaction following the lavender essential oil intervention. However, considerable heterogeneity was observed in the therapeutic protocols (i.e., dose, frequency, and inhalation method) and measurement tools, which challenges a quantitative meta-analysis and limits the generalizability of the findings.

Conclusion : The evidence supports the potential efficacy of lavender essential oil as a safe and low-cost nursing intervention for improving sleep quality in the hemodialysis patient population. Nevertheless, the standardization of therapeutic protocols and the development of standardized terminologies to document this intervention and its outcomes within the Electronic Health Record (EHR) are essential for monitoring its effectiveness on a larger scale and for supporting evidence-based clinical decision-making.

Abstract ID: ۲۷

Presentation Type: Poster

A review of medicinal plants affecting gut microbiome function

Mojtaba Valizadegan Arjomand^۱*, Maryam Madani Asl^۲, Ataollah Ebrahim Najafabadi^۳, Sina Teimourpour^۱, Arash Assadzadeh Chelqae^۱

۱. Traditional Persian medicine and complementary medicine (PerCoMed) student association, Student's Scientific Research Center, Tehran University of Medical Sciences, Tehran, Iran
۲. Doctorate student in Naturopathy, Department of Complementary Medicine, Faculty of Medicine, TITU International University, Belgium
۳. Doctorate in Naturopathy, Department of Complementary Medicine, Faculty of Medicine, TITU International University, Belgium

Background and Aim : Microorganisms that live symbiotically in the human intestine are called intestinal microbiota. Microorganisms that reside in the intestine regulate many physiological functions of the body. Not only the intestine but also the entire digestive tract of the human contains a dynamic population of microbes, most of which are beneficial and some are harmful and dangerous. The aim of this study is to investigate some diseases related to intestinal microbiota and the effect of medicinal plants on intestinal microbial balance.

Methods : Information related to this study was obtained from searching databases such as SID, Magiran, Google Scholar, and PubMed using the keywords medicinal plants, intestinal microbiota, dysbiosis, and microbiome.

Results : In today's medical science, it is believed that the intestinal microbiota affects the central nervous system through the enteric nervous system, and this view is due to the similarity of the enteric nervous system to the central nervous system and its autonomy. These microorganisms affect energy generation, normal body function, the immune system, obesity, thinness, malnutrition, neurological disorders, mood and cancer in humans. On the other hand, there are many studies on the effect of medicinal plants and essential oils of medicinal plants in creating a balance in the intestinal microbial population, which can prevent the above diseases in the first stage and, in most cases, be effective in treating the aforementioned diseases.

Conclusion : The balance of the intestinal microbiota is an influential factor in the functioning of organs and the health of all body systems, including the nervous system, and in some cases even prevents the development and occurrence of various diseases. Today's medical science believes that the intestinal microbiota regulates the functioning of the central nervous system through the enteric nervous system, the production of metabolites, and the stimulation of the immune system. According to studies, utilizing the properties of some medicinal plants can help to restore the microbial balance of the intestinal flora.



Abstract ID: ۲۳۳

Presentation Type: Poster

Efficacy Comparison of Tragacanth and Chlorhexidine Mouthwashes on Gingivitis and Dental Plaque in Intubated ICU Patients: A Clinical Trial

Ameneh Yaghoobazdeh^۱ *, Amir Hossein Goudarzian^۲

۱. *Nursing Care Research Center, Semnan University of Medical Sciences, Semnan, Iran, School of Nursing and Midwifery, Semnan University of Medical Sciences, Semnan, Iran*
۲. *PhD of nursing, Mazandaran university of medical sciences, Sari, Iran*

Background and Aim : Mouthwashes are effective in reducing plaque and gingivitis. People on ventilators have poorer oral hygiene than those who are not on ventilators. This study was conducted to compare the effects of tragacanth and chlorhexidine mouthwash on gingivitis and dental plaque index in intubated patients admitted to the intensive care unit.

Methods : This study was a randomized clinical trial study in which, based on the inclusion criteria, ۳۶ patients admitted to the intensive care unit were divided into two groups of patients receiving care with tragacanth and chlorhexidine mouthwash. The study collected demographic and clinical characteristics, dental plaque index, and gingivitis using a questionnaire. The data were analyzed using SPSS^{۱۶} software.

Results : The mean age of the subjects in the intervention and control groups was 40.25 ± 13.19 and 39.80 ± 13.08 , respectively. The results of the study showed that at the end of the study, the gingivitis index and dental plaque index in the intervention group had a greater decrease compared to the control group, which was statistically significant ($p < 0.001$).

Conclusion : Considering the greater side effects of chlorhexidine, tragacanth mouthwash can be recommended to reduce gingivitis and dental plaque in patients hospitalized in the intensive care unit. Further studies on the effect of this mouthwash on the microbial load and respiratory infections in critically ill patients are recommended.

Abstract ID: ۵۳۹

Presentation Type: Poster

Antispasmodic Effects of Peppermint, Fennel, and Chamomile in GI Disorders: A Comparative Review of Persian and Modern Evidence

Seyed Ali Yahyaei shali^۱, Mehrzad Jamshidi^۱, Mehdi Kashef Asl^۱, Ali Barzegar^{۲*}

- ^۱. Department of Nutrition, Faculty of Nutrition and Food Sciences, Tabriz University of Medical Sciences, Tabriz, Iran.
- ^۲. Associate Professor, Department of Community Nutrition, Faculty of Nutrition and Food Sciences, Tabriz University of Medical Sciences, Tabriz, Iran.

Background and Aim : Functional gastrointestinal disorders (FGIDs) such as bloating, abdominal pain, and irritable bowel syndrome (IBS) are frequently linked to smooth muscle spasms. Due to the limitations and side effects of synthetic drugs, herbal therapies—especially those rooted in traditional systems like Persian medicine—have gained interest. Peppermint, fennel, and chamomile are widely recognized for their antispasmodic effects in both Persian traditional texts and modern clinical studies.

Methods : This narrative review analyzed classical Persian medical texts including Canon of Medicine and Makhzan al-Adwiyah, along with modern scientific databases (PubMed, Scopus, SID) up to ۲۰۲۴. Inclusion criteria focused on human clinical trials, experimental studies, and relevant review articles involving the three herbs in GI disorders. Exclusion criteria included animal-only studies and duplicate reports.

Results : In Persian medicine, these herbs are considered “Mussakin” (spasm-relievers) traditionally used to alleviate reeh (abnormal wind accumulation) and restore gastrointestinal temperament balance. Formulas such as Jolghah (a compound syrup for digestive cramps) and Darmaneh syrup (used for bloating and flatulence) contain these herbs. Modern evidence supports their effectiveness: In a randomized clinical trial with ۹۰ IBS patients, peppermint oil reduced abdominal pain and bloating by ۶۵% after ۴ weeks ($p < ۰,۰۰۱$). A study on chamomile extract ($n=۶۸$) showed a ۳۷% reduction in cramping intensity and improved stool frequency ($p = ۰,۰۲$). In ۱۲۱ patients, fennel extract reduced spasms and bloating with significant digestive improvement ($p < ۰,۰۰۰۵$).

Conclusion : Both Persian traditional and modern clinical data confirm the antispasmodic potential of peppermint, fennel, and chamomile in FGIDs. Among these, peppermint demonstrated the strongest evidence, while fennel and chamomile play complementary roles. Integration of these herbs in treatment protocols—particularly for IBS and chronic bloating—may improve outcomes and reduce reliance on synthetic drugs. More standardized clinical trials are needed to determine optimal dosages and comparative effectiveness. keywords: Peppermint ,Fennel, Chamomile , Antispasmodic Effects , Persian Traditional Medicine .

Abstract ID: ۱۸۰

Presentation Type: Poster

Cardioprotective Effects of Berberine against Doxorubicin-Induced Cardiotoxicity

Fatemeh Yarmohammadi^۱*, Dareuosh Shackebaei^۱, Mahvash Hesari^۱

^۱. Medical Biology Research Center, Health Technology Institute, Kermanshah University of Medical Sciences, Kermanshah, Iran

Background and Aim : Doxorubicin is a highly effective chemotherapeutic agent; however, its clinical utility is restricted by dose-dependent cardiotoxicity. This adverse effect arises primarily from oxidative stress, mitochondrial dysfunction, and cardiomyocyte apoptosis, which can lead to irreversible cardiac damage. Berberine, a bioactive isoquinoline alkaloid derived from medicinal plants, has attracted attention for its cardioprotective properties, including antioxidant, anti-apoptotic, and mitochondrial-stabilizing effects. This study systematically reviews the existing literature on the potential of berberine to attenuate doxorubicin-induced cardiotoxicity, focusing on molecular mechanisms and preclinical evidence. By synthesizing current findings, we aim to evaluate the therapeutic promise of berberine as an adjunctive strategy to enhance the safety profile of doxorubicin therapy.

Methods : A comprehensive literature search was conducted in PubMed, Scopus, and Web of Science using the following keywords: “Berberine”, “heart”, “cardi”, “myocard”, “myocyte”, “arrhythm”, “echocardio”, and “electrocardio”*. The search included studies published from inception until ۲۰۲۰. Duplicates were removed, and relevant articles were screened based on titles, abstracts, and full-text eligibility.

Results : Experimental studies in both animal models and cell cultures demonstrate that berberine significantly attenuates doxorubicin-induced cardiac injury. In vivo, berberine pretreatment reduced mortality, preserved body weight, improved electrocardiographic parameters, and decreased serum markers of cardiac injury (LDH, CK, CK-MB, and AST) in mice and rats. Histological analyses confirmed reduced myocardial damage. Mechanistically, berberine inhibited the formation of toxic doxorubicin metabolites in the heart, enhanced antioxidant enzyme activities (SOD, CAT, GSH-PX), and reduced oxidative stress markers (MDA). Cellular studies revealed that berberine up-regulated SIRT^۱ and SIRT^۳, suppressed pro-apoptotic signaling (p^{۱۶}Shc, p^{۵۳}), and preserved mitochondrial function by reducing calcium overload and maintaining membrane potential. Importantly, protective effects of berberine were abrogated by SIRT^۱ inhibition, highlighting the central role of the SIRT^۱/p^{۱۶}Shc pathway.

Conclusion : Berberine exhibits robust cardio-protective effects against doxorubicin-induced cardiotoxicity through antioxidant, anti-apoptotic, and mitochondrial protective mechanisms, primarily via modulation of sirtuin signaling pathways. These findings suggest that berberine may serve as a promising adjunctive agent to reduce chemotherapy-associated cardiac injury, though potential drug-drug interactions should be carefully considered in clinical applications.



Abstract ID: ۲۹۲

Presentation Type: Poster

A review of the pharmacological effects of Seidlitzia species

Yasmin Yousefi^۱ , Mostafa Pirali Hamedani^۲ *, Zahra Tofighi^۱ , Mahsa Sabernavaei^۲

^۱. Department of Pharmacognosy, School of Pharmacy, Tehran University of medical Sciences

^۲. Department of Pharmacognosy and Pharmaceutical biotechnology, School of Pharmacy, Iran University of medical Sciences

Background and Aim : With the increasing use of medicinal plants and the World Health Organization's emphasis on integrating traditional and modern medicine, the scientific evaluation of native medicinal species such as Seidlitzia has gained particular importance. This genus is widely used in traditional medicine and veterinary practices in Iran and neighboring countries; however, scientific evidence regarding their pharmacological effects remains limited and scattered. The aim of this study was to review the existing pharmacological evidence on various Seidlitzia species and to provide recommendations for future research.

Methods : Searches for keywords “Oshnan”, “Eshnan”, “Seidlitzia,” and their synonyms were conducted in valid Persian and English databases, including PubMed, Scopus, Web of Science, Embase, Civilica, and SID, up to the year ۲۰۲۰. Articles related to pharmacological or clinical effects of this genus were separated. In total, ۳۰ articles related to the pharmacological effects of this genus were identified and reviewed.

Results : Experimental evidence indicates that Seidlitzia plays a significant role in ruminant nutrition; consumption of this plant by camels increases protein content in their milk, improves forage digestibility, and results in a higher preference compared to other halophytes. Aqueous extracts of this genus have been shown to accelerate wound healing and inhibit the progression of leishmaniasis lesions in animal models. Clinical findings demonstrate that oral administration of Seidlitzia significantly reduces clinical symptoms such as urinary frequency and burning in women with cystitis, and improves clinical symptoms and lowers serum PSA levels in patients with benign prostatic hyperplasia (BPH). The ethyl acetate fraction of Seidlitzia extract has shown notable inhibitory effects on alpha-amylase and angiotensin-converting enzyme (ACE), suggesting a potential hypoglycemic and antihypertensive effects, respectively. The incidence and prevalence of allergic reactions to this genus appear higher compared to other native genus of Mediterranean region , and it may also exhibit cross-reactivity with other Amaranthaceae and Oleaceae family members. In addition, the extract has demonstrated cytotoxic effects against breast cancer cell lines and inhibitory activity on acetylcholinesterase and butyrylcholinesterase, indicative of potential anti-Alzheimer's properties. Extracts from different Seidlitzia species have also exhibited mild antimicrobial activity against bacteria such as Staphylococcus aureus and Bacillus subtilis in invitro studies.

Conclusion : Seidlitzia species possess remarkable medicinal potential in fields such as animal nutrition, wound healing, anti-diabetic, antihypertensive, urinary infection and BPH treatments; however, extensive experimental and clinical studies are required to determine their clinical efficacy and mechanisms of action.

Abstract ID: ۵۱۱

Presentation Type: Poster

Lead poisoning and its management from Avicenna's point of view

Nasibe Yousefian gilavan^۱ *, Fatemeh Emadi^۱ , Mina Saeedi^۲ , Mahbubeh Bozorgi^۳

۱. Traditional Medicine Clinical Trial Research Center, Shahed University, Tehran, Iran
۲. Persian Medicine and Pharmacy Research Center, Tehran University of Medical Sciences, Tehran, Iran
۳. Department of Traditional Pharmacy, School of Persian Medicine, Shahed University, Tehran, Iran

Background and Aim : The accumulation of heavy metals in soil, water, and air due to industrial and agricultural activities leads to environmental hazards and widespread toxic consequences on human health. Lead is one of the most toxic metals, and long exposure to it could affect the central nervous system and promote organ dysfunction, such as the heart, liver, and kidneys. Recent studies have focused on the use of natural compounds to reduce the adverse effects of lead. In the Persian medicine manuscripts, various therapeutic options have been considered to treat lead intoxication. The objective of this study is to investigate Avicenna's approach to the management of lead poisoning.

Methods : In the first stage, the Canon of Medicine was searched to extract lead poisoning therapeutic measures and medications. Moreover, a comprehensive review was conducted through electronic databases like PubMed, Science Direct, Scopus, and Google Scholar with keywords including “lead”, “antidote”, “herbal medicine”, “toxicity”, “Persian medicine”, “Avicenna”, and “poisoning” with the title/abstract filter.

Results : Based on the results, Avicenna described acute lead poisoning and believed that lead poisoning causes certain symptoms like edema, swollen tongue, bloated stomach and abdominal heaviness, change in body color, etc. He recommended a combination therapy using some herbal formulations like Triphala and other laxative agents to reduce the adverse effects of lead. In addition, several plants have been suggested for lead detoxification, such as Commiphora myrrha, Valeriana officinalis, Apium graveolens, and Allium sativum. Lead induces cellular damage primarily through the generation of oxidative stress and the activation of inflammatory and apoptotic signaling pathways. The proposed herbal compounds are rich in antioxidant constituents, and their various pharmacological activities, including anti-inflammatory, anti-apoptotic, and geno-protective effects, have been well-documented in numerous preclinical and clinical studies.

Conclusion : The herbal remedies that were recommended by Avicenna for the management of lead poisoning could be subjected to future studies. Additionally, with the support of clinical studies, natural supplements could be developed for the prevention and mitigation of lead-induced toxic effects.

Abstract ID: ۲۲۱

Presentation Type: Poster

Uncovering the neuroprotective powers of *Allium sativum*: exploring its potential to alleviate malathion- associated Parkinson's-like behavioral symptoms in a rat model

Bahare Sadat Yousefsani^۱ *, Ali Ghobadi^۱ , Kobra Shirani^۲

- ^۱. Department of Traditional Medicine, School of Persian Medicine, Iran University of Medical Sciences, Tehran, Iran
- ^۲. Department of Toxicology, Faculty of Medical Sciences, Tarbiat Modares University, Tehran, Iran

Background and Aim : Background: Garlic, scientifically known as *Allium sativum*, has been a revered traditional medicine for millennia, rich in diverse phytochemicals with various medicinal properties, such as antioxidant, anticancer, anti-inflammatory, pain killer, hypoglycemic, antimicrobial, antiviral, and wound-healing properties. Its remarkable therapeutic potential makes garlic a beneficial natural treatment for many health issues. Objective: This research examined the neuroprotective effects of garlic against Malathion (Mal)- associated Parkinson's-like behavioral symptoms in rats.

Methods : Animals were categorized into eight groups at random: (۱) saline-treated group (control); (۲) Mal group (100 mg kg^{-1}); (۳) Mal + garlic (50 mg kg^{-1}); (۴) Mal + garlic (100 mg kg^{-1}); (۵) Mal + garlic (150 mg kg^{-1}); (۶) Mal + L-DOPA (10 mg kg^{-1}); (۷) garlic (150 mg kg^{-1}); and (۸) polyethylene glycol (PEG) group (L-DOPA vehicle). Treatment lasted ۲۸ days, followed by behavioral assessments and analyses of acetylcholinesterase (AChE) activity, malondialdehyde (MDA) level, antioxidants levels, and proinflammatory cytokines in the striatum.

Results : Mal exposure caused neurobehavioral toxicity with increased MDA, tumor necrosis factor- α (TNF- α), and interleukin- β (IL- β), alongside decreased GSH concentration and AChE activity. Garlic treatment successfully mitigated these effects.

Conclusion : The findings suggest that garlic may have a favorable impact in treating Parkinson's disease by enhancing antioxidant levels and mitigating oxidative stress and inflammatory processes, countering the harmful effects of pesticides like Mal. Additional studies necessary to thoroughly explore garlic's protective benefits in this area



Abstract ID: ۲۲۰

Presentation Type: Poster

Exploring the immune-boosting and hepatoprotective potential of *Allium jesdianum* against cyclophosphamide-induced toxicity in mice: A promising approach for immunomodulation

Bahare Sadat Yousefsani^۱ *

^۱. Institute for Studies in Medical History, Persian and Complementary Medicine, Iran University of Medical Sciences, Tehran, Iran

Background and Aim : Cyclophosphamide (CTX) is a potent chemotherapy drug for treating cancer, but its use is limited due to its toxic effects on healthy human tissues. This study aimed to explore the in vivo immunomodulatory effects of *Allium jesdianum* on CTX-induced toxicity in Nordic Medical Research Institute (NMRI) mice.

Methods : Hydroalcoholic extract of the whole plant of *A. jesdianum* (AJE) was obtained using the maceration technique, and its total phenolic and flavonoid contents were measured. Mice were orally administered with the extract at a dose of ۲۰۰ mg/kg for ۱۴ days, either as a standalone treatment or combined with an intraperitoneal injection of ۲۰ mg CTX. The effects of the extract on body and relative organ weight, white blood cell (WBC) count, liver biochemical test, serum antibody titer hemagglutination (HA), delayed-type hypersensitivity reaction (DTHR), lymphocyte proliferation, cytokine production, and spleen and liver histopathological features were assessed.

Results : AJE effectively restored various parameters in immunosuppressed mice, including body and organ weight, WBC counts, liver biochemical markers, HA, DTHR, lymphocyte proliferation ability, and cytokine production. Notably, AJE significantly stimulated lymphocyte proliferation, enhanced both cellular and humoral immunity, restored the levels of interferon (IFN)- γ and interleukin (IL)- ξ , and reversed the splenic white pulp atrophy in the immunosuppressed mice.

Conclusion : Analyses have shown that AJE exerts protective effects on the immune system of CTX-treated animals by boosting both cellular and humoral immunity, with no observed hepatotoxicity. Key Words: Immunosuppression, Hepatotoxicity, *Allium jesdianum*, Cellular immunity, Humoral immunity

Abstract ID: ۱۳۴

Presentation Type: Poster

The Effects of *Plantago* spp. on the Management of Oral Mucositis Induced by Chemoradiotherapy: An Integrative Review

Elham Zaeif khorasani^۱ *, Fatemeh Mahjoub^۲

- ^۱. Assistant Professor, MD, Department of internal medicine, Faculty of Medicine, Mashhad University of Medical Sciences, Mashhad, Iran
- ^۲. Assistant Professor, MD, Ph.D, Department of Persian medicine, School of Persian and complementary medicine, Mashhad University of Medical Sciences, Mashhad, Iran

Background and Aim : Oral mucositis is a prevalent and debilitating non-hematologic complication of chemotherapy and radiotherapy, particularly among cancer patients. Clinically, it manifests as erythema, ulceration, bleeding, and pain, often leading to impaired speech and swallowing, malnutrition, and heightened risk of infection. This condition affects approximately ۴۰-۵۰٪ of chemotherapy patients, up to ۸۰٪ of those undergoing hematopoietic cell transplantation (HCT), and nearly ۱۰۰٪ of patients receiving radiotherapy for head and neck cancers. The pathobiology of mucositis involves a complex, multi-stage process, beginning with DNA damage caused by chemoradiotherapy-induced free radicals. This initiates a cascade of inflammatory signaling, culminating in mucosal injury. Given the high incidence of mucositis and concerns regarding the safety and drug interactions of conventional therapies, there is increasing interest in herbal alternatives. This review aims to evaluate the therapeutic potential of *Plantago* spp. in the management of chemoradiotherapy-induced mucositis, based on evidence from both human and animal studies.

Methods : This review involved a systematic search of the literature across databases including PubMed, Scopus, and Web of Science. The keywords used were “*Plantago*,” “oral ulcer,” and “mucositis.” Articles relevant to the application of *Plantago* spp. in the treatment of oral mucositis were extracted and analyzed.

Results : Persian medicine has long utilized *Plantago* major and *Plantago* lanceolata for wound healing, toothache, gum strengthening and mouth ulcers. Various studies have shown the anti-inflammatory, analgesic, wound healing, antioxidant, and immunomodulatory properties of plantain. Findings from clinical trials indicate that *Plantago* major, administered as a syrup or mouthwash, can be effective in mitigating oral mucositis in cancer patients undergoing chemoradiotherapy. The herb has demonstrated potential in reducing the severity of mucositis, alleviating pain, and enhancing patients' quality of life. Experimental studies have revealed that *Plantago* lanceolata extract significantly inhibits nitric oxide (NO) production, a key signaling molecule in inflammation. Overproduction of NO contributes to tissue damage, and *Plantago* lanceolata appears to downregulate the expression of inducible nitric oxide synthase (iNOS) in inflammatory cells, while not affecting cyclooxygenase-۱ (COX-۱) mRNA expression. Moreover, bioactive compounds within *Plantago* major, including ursolic acid, oleanolic acid, and alpha-linolenic acid, possess notable anti-inflammatory and antitumor properties. These compounds may exert their effects by inhibiting inflammatory signaling pathways and reducing the production of pro-inflammatory cytokines and mediators such as NF-κB, COX-۲, and leukotriene B_۴. These mechanisms contribute to reduced inflammation and tissue damage in mucositis.



Conclusion : Given the lack of definitive treatment for mucositis and the limitations of standard therapies, medicinal plants such as *Plantago major* offer a promising, accessible, and cost-effective alternative. Current evidence suggests that *Plantago major* and *Plantago lanceolata*, through their multifaceted molecular mechanisms, may serve as complementary or alternative therapies for managing chemoradiotherapy-induced mucositis. Nonetheless, further clinical trials are necessary to confirm its efficacy and safety in broader patient populations.

Abstract ID: ۳۶۷

Presentation Type: Poster

A Systematic Review of the Therapeutic and Pharmacological Potential of Capparis spinosa against Cancer Cell Lines: An Examination of In Vitro Studies and Cellular Mechanisms

Mohadeseh Zamanian^{۱*}, Sedigheh Zamani^۲, Shekoofeh Zamani^۳

۱. ^۱. Mohadeseh Zamanian, BA, Department of Nursing, Najafabad Branch, Islamic Azad University, Najafabad, Isfahan, Iran. Mzamanian629@gmail.com. ORCID ID <https://orcid.org/0009-0007-2497-۲404>
۲. Sedigheh Zamani, BA, Department of Nursing, Najafabad Branch, Islamic Azad University, Najafabad, Isfahan, Iran. sedigheh.zamani7@gmail.com. ORCID ID <https://orcid.org/0009-0007-3875-8115>
۳. Shekoofeh Zamani, BA, Department of Nursing, Najafabad Branch, Islamic Azad University, Najafabad, Isfahan, Iran. she.zamani7@gmail.com. ORCID ID <https://orcid.org/0000-0002-8836-7098>

Background and Aim : Introduction and Objectives: Cancer is a major worldwide contributor to disability and mortality. Rooted in genomic alterations and disruptions of somatic cell life cycles, it manifests as uncontrolled and invasive growth. This leads to impairments in cell cycle mechanisms, apoptosis, and cellular differentiation. In the current era, where chemotherapy and radiotherapy face challenges of resistance and toxicity, the use of medicinal plants holds great potential. In this context, Capparis spinosa (caper), widely utilized in pharmaceutical and nutritional formulations, has emerged as a notable agent in novel oncology research due to its diverse bioactive compounds with antioxidant, anti-inflammatory, and antitumor properties. This study aims to comprehensively review and evaluate the therapeutic potential of this plant in inhibiting various cancer cell lines, focusing on the analysis of molecular mechanisms identified in laboratory (in vitro) studies. This approach seeks to provide a holistic perspective on this plant as a potential candidate for developing new anti-cancer strategies and to guide future research in this field.

Methods : This systematic review was conducted following the PRISMA guidelines. Searches were performed in databases such as PubMed, Scopus, Web of Science, Google Scholar, ScienceDirect, SID and Magiran, using keywords including "Capparis spinosa," "cancer," "cellular mechanism," and "bioactive compounds," from January ۲۰۱۷ to July ۲۰۲۰. Data related to laboratory studies (including cell line type, extract/ compound, dosage, cytotoxicity assay methods, apoptosis, and cell cycle) were extracted from ۲۰ eligible research articles that examined the effects of Capparis spinosa on cancer cells (human or animal) in vitro, in Persian or English. The collected data were then qualitatively analyzed.

Results : These studies demonstrate the significant potential of C. spinosa and its bioactive compounds at specific concentrations in inhibiting the growth and proliferation of various cancer cell lines, including breast cancer (MDA-MB-۲۳۱, MCF-۷), ovarian cancer (A۹), colorectal cancer (HT-۲۹), ileocecal cancer (HCT-۸), pancreatic cancer (MIAPaCa-۲), liver cancer (HepG۲), nasopharyngeal cancer (KB), lung cancer (A۵۴۹), skin cancer (A۴۳۱), prostate cancer, bladder cancer (T۲۴), and leukemia (Raji). The anti-cancer cellular mechanisms of this plant include prevention of oxidative damage, induction of apoptosis via caspase-dependent, mitochondrial, and other signaling pathways, regulation of gene expression, cell cycle arrest, inhibition of



angiogenesis, suppression of metastasis, and modulation of key signaling pathways such as PI³K/Akt/mTOR and NF-KB. These studies highlight the role of the phenolic compounds, flavonoids, sterols, glucosinolates, and alkaloids present in the plant extracts in eliciting these biological effects.

Conclusion : Studies suggest that extracts and purified compounds from *Capparis spinosa* exhibit selective cytotoxic effects on neoplastic cells through specific cellular mechanisms, while demonstrating minimal toxicity towards normal cells. Some studies indicate a potential role for these compounds in modulating neural pathways and in attenuating specific adverse effects of chemotherapeutic drugs. These findings position *Capparis spinosa* as a promising candidate for the development of anti-cancer therapeutic agents and warrant future research into the side effects of cancer treatments. Keywords: *Capparis spinosa*, cancer, cellular mechanisms, systematic review



Abstract ID: ۱۱۴

Presentation Type: Poster

Prevention and treatment of Alzheimer's disease due to overcoming cold and wet of brain in Iranian medicine

Mohammad Zarei^۱ *, Aliakbar Hasanzadeh^۱

^۱. North Khorasan University of Medical Sciences, Bojnurd, Iran

Background and Aim : Alzheimer's disease is a neurological disease that is seen in older adults and is the most common form of dementia. Given the Iranian medicine's view of the health of body systems, including the nervous system, examining Iranian medicine sources for the improvement and treatment of nervous system diseases and the specific disease of amnesia can be helpful.

Methods : The method of this research was a library type and a review method using Iranian medicine sources. Alzheimer's disease is called "forgetfulness" in Iranian traditional medicine, of which different types have been described, and according to the predisposing factors and causes of each of them, specific methods of improvement and treatment have been presented for each.

Results : Brain diseases, including forgetfulness, can be caused by existing bad temperaments; that is, sometimes due to the prevalence of cold, sometimes due to excessive heat, sometimes due to the prevalence of dryness, the brain may suffer from multiple disorders, each of which has its own specific treatment.

Conclusion : Amnesia has also been widely discussed in reputable Iranian medicine books. This disease is caused by the temperaments and brain temperaments of individuals, especially in their brains, and different classifications and, on this basis, correction and treatment methods have been proposed.

Abstract ID: ۵۰۵

Presentation Type: Poster

Arctigenin Extracted from Arctium Lappa as a Plant-based Inhibitor of PI³K/Akt/mTOR Signaling in Glioma Cells

Reyhaneh Zareian Jahromi^۱ , Zahra Amirkhani^۱ *

^۱. Student Research Committee, Larestan University of Medical Sciences, Larestan, Iran

Background and Aim : Arctium lappa, commonly known as burdock, is a biennial herbaceous plant belonging to the Asteraceae family. It contains a bioactive lignan compound called arctigenin (ARG), which possesses multiple pharmacological properties, including antidiabetic, anti-inflammatory, antioxidant, anticancer, and neuroprotective effects. This study aims to explore one of the lesser-known therapeutic potentials of Arctium lappa: its ability to inhibit the proliferation and growth of gliomas. Gliomas are primary tumors stemming from glial cells in the brain and spinal cord, and are classified according to their cellular origin.

Methods : In conducting this study, ۱۰ articles published between ۲۰۱۶ and ۲۰۲۵, including both experimental research and systematic reviews, were analyzed. All were selected based on the following keywords: Glioma, PI³K/AKT/mTOR signaling, Arctigenin, Arctium lappa, Traditional medicine.

Results : The PI³K/AKT/mTOR signaling pathway is a frequently overactivated pathway in most cancers which plays a crucial role in key gliomas characteristics such as growth, proliferation, and overall survival. This pathway activates through binding extracellular growth factors to receptor tyrosine kinases (RTKs) which contributes to receptor dimerization and autophosphorylation which activates phosphoinositide ۳-kinase (PI³K). PI³K catalyzes the conversion of PIP² to PIP³. This begins a signaling cascade where AKT (protein kinase B) is stimulated, leading to mTOR (mechanistic target of rapamycin) activation. mTOR activation enhances mRNA transcription and promotes anabolic processes, leading to growth and proliferation. Furthermore, this pathway inhibits cell apoptosis via inactivating pre-apoptotic factors such as BAD and caspase-۹. It also facilitates cell cycle progression by overexpressing cyclins and CDK. ARG inhibits the PI³K/AKT/mTOR signaling pathway at multiple levels: inhibiting PI³K by reducing PIP³ formation, suppressing AKT phosphorylation, inhibiting mTOR activation and promoting apoptosis. All of these effects result in lessening cell growth and proliferation which presents ARG as a vital target in fights against cancer

Conclusion : In summary, ARG is recognized as a natural compound with the capability to disrupt central oncogenic signaling pathways notably PI³K/AKT/mTOR, therefore it reduces glioma cell growth and survival. ARG multi-targeted effects highlight its promise as a plant-based alternative in modern oncological treatment strategies. Keywords: Glioma, PI³K/AKT/mTOR signaling, Arctigenin, Arctium lappa, Traditional medicine

Abstract ID: ۲۱۹

Presentation Type: Poster

Evaluation of Traditional Persian Medicine (TPM) Curriculum and educational environment at Shiraz University of Medical Sciences (SUMS): A CIPP Model Report

Fariba Ettehadi^۱, Mitra Amini^۲, Ali Tavakkoli^۳, Yasaman Vazani^{*}

۱. Ph.D. student, Department of Persian Medicine, School of Medicine, Shiraz University of Medical Sciences, Shiraz, Iran
۲. Assistant Prof., Education Development Center, Shiraz University of Medical Sciences, Shiraz, Iran
۳. Assistant Prof., Department of Persian Medicine, School of Medicine, Shiraz University of Medical Sciences, Shiraz, Iran

Background and Aim : Traditional Persian Medicine (TPM) education was initiated in Shiraz University of Medical Sciences (SUMS) in ۲۰۰۴. Despite the critical need for evaluating the TPM education success, it remained unassessed since its implementation. This study aimed to evaluate the educational curriculum of the TPM faculty at SUMS.

Methods : This descriptive study evaluated the educational curriculum of the TPM faculty at SUMS using the CIPP model and the DREEM questionnaire. The DREEM questionnaire assesses student perceptions in five areas of learning, teachers, self-perception, atmosphere, and social interactions. The CIPP model is a framework for evaluating the TPM program, considering context (program goals, history), inputs (resources needed), process (teaching/learning activities), and product (teaching/learning quality and societal benefits). The study surveyed professors, current students, and graduates of the TPM department since its inception in ۲۰۱۰, with a final sample of ۲۳ participants. The data obtained from the ۵-point Likert-type scale reliable questionnaires. The SUMS Ethics Committee approved the study, and data was analyzed using SPSS software.

Results : The context assessment revealed a high level of satisfaction among students with the educational facilities and environment. The physical infrastructure and resources were considered adequate according to the DREEM questionnaire. They were especially pleased with professors' academic abilities, and the general educational atmosphere although there were some lower levels of satisfaction regarding learning and the social environment. Changing teaching methods, increasing students' motivation, and integrating new practical aspects improve the curriculum. Course topics with low satisfaction need to be carefully coordinated to meet educational objectives. Most courses lacked flexibility for new concepts and innovation, except for a few.

Conclusion : Students expressed overall satisfaction with the educational facilities and environment during the context assessment. The unique identity of TPM was highlighted, and concerns about social status hindered its popularity among students. The support of authorities could potentially encourage more physicians to choose TPM for education. Most courses received positive satisfaction. Thus, modifying teaching methods and improving curriculum topics increases the students' motivation. Therefore, with supporting graduates by healthcare system authorities, there is a promising future for TPM.

Abstract ID: ۴۶۴

Presentation Type: Poster

Assessment of the relationship between mother's temperament and jaundice and neonatal in Qanat city in ۱۴۰۱

Maryamsadat Katebi^۱ *, mina ghalenovi^۲

۱. Midwifery MSc, Instructor, Department of Midwifery, Qain School of Nursing and Midwifery, Birjand University of Medical Sciences, Birjand, Iran
۲. Midwifery MSc, Instructor, Department of Midwifery, Sabzevar School of Nursing and Midwifery, Sabzevar University of Medical Sciences, Sabzevar

Background and Aim : Neonatal jaundice is a prevalent condition, affecting approximately ۶۰٪ of full-term and ۸۰٪ of preterm infants, typically manifesting within the first three weeks postpartum due to the accumulation of bilirubin in the skin. While physiological jaundice is generally benign, severe manifestations can lead to kernicterus, an acute neurological syndrome with potentially fatal outcomes. In traditional medical frameworks, jaundice is attributed to elevated bile levels, considered a warm and dry humoral substance. Maternal nutrition has a critical impact on neonatal outcomes, as inadequate dietary practices during pregnancy and lactation can disrupt infant growth and development, thereby contributing to the occurrence of jaundice. Phototherapy remains the standard intervention for reducing elevated bilirubin levels

Methods : The concept of temperament has historically informed medical, philosophical, and theological perspectives, recognizing that individuals rarely possess perfectly balanced humoral characteristics. Common temperaments are typically compound, including bilious (hot and dry), phlegmatic (cold and wet), and others. Given the high prevalence and potential complications of neonatal jaundice, and the inconsistent findings in the literature regarding maternal temperament and its influence on jaundice, the present study aimed to investigate the relationship between maternal temperament and both the incidence and severity of neonatal jaundice in Qa'in. Following ethical approval, a case-control study was conducted. The case group comprised neonates hospitalized with physiological jaundice, while the control group included healthy infants attending health centers for routine care or vaccination. After obtaining informed consent, maternal and neonatal demographic data were collected, and maternal temperament was assessed via structured interviews using a validated questionnaire. Data analysis was performed using SPSS software

Results : A total of ۲۰۰ infants were included, with ۱۰۰ in each group. The mean maternal age was ۲۸,۸۲ years in the case group and ۲۸,۰ years in the control group. Multivariate logistic regression revealed significant associations between neonatal jaundice and several factors: father's occupation ($p=۰,۰۰۱$), maternal education ($p=۰,۰۸۴$), place of residence ($p=۰,۰۰۱$), gestational age ($p<۰,۰۰۱$), neonatal weight ($p=۰,۰۰۲$), and maternal temperament ($p=۰,۰۰۵$). Jaundice was most prevalent among infants weighing ۳-۴ kg and born at ۳۸-۳۹ weeks' gestation. Consistent with prior research, decreased gestational age was associated with an increased risk of jaundice. No significant relationship was observed between delivery type and jaundice incidence. Infant weight demonstrated a positive correlation with jaundice in this cohort, although previous studies have reported inverse associations, potentially reflecting variations in maternal lifestyle and environmental factors. Gender did not significantly affect jaundice incidence, although a slight predominance was observed in male neonates



Conclusion : Maternal temperament emerged as a noteworthy factor, with cold-tempered mothers exhibiting the lowest incidence of neonatal jaundice compared to those with warm temperaments. However, wet and dry temperaments were not significantly associated with jaundice, contrasting with previous findings regarding dietary heat and cold properties. The number of pregnancies was not significantly related to jaundice incidence, differing from other reports in the literature. In conclusion, neonatal jaundice is influenced by multiple determinants, including gestational age, neonatal weight, paternal occupation, and maternal temperament. Recognition and monitoring of these factors are essential for the implementation of preventive strategies aimed at minimizing jaundice incidence and mitigating its potential complications in neonates.

Abstract ID: ۲۷۴

Presentation Type: Poster

Review of nutritional-measures for liver cleansing in spring (taken from traditional Persian medicine sources)

Forouheh Jafari^۱*, Fatemeh Mollazadeh^۲

۱. *Department of Medical History, School of Persian Medicine, Mazandaran University of Medical Sciences, Sari, Iran.*
۲. *MSc Student of History of Medical Sciences, Department of History of Medical Sciences, Faculty of Health and Religion, Qom University of Medical Sciences, Qom, Iran*

Background and Aim : In Persian medicine, maintaining health by cleansing the body of waste materials and creating its internal balance has a special place. Nutritional measures based on the six principles of maintaining health play an important role in this regard. traditional medicine texts such as Canon, Zakhireh kharazamshahi, Khulas Al-Hikmah and Elixir Azam emphasize that the accumulation of toxins in the liver can disrupt blood flow and pave the way for the onset of diseases. Given the temperate climate of spring and its compatibility with the nature of the blood, this season creates suitable conditions for cleansing the liver. the aim of this research is to explain the principles of proper nutrition in spring to optimize liver function in order to maintain the body's health based on the principles of Persian medicine.

Methods : This study was conducted using a library review method and relied reliable sources of traditional Persian medicine. In this regard, the works of great Persian medicine figures including Avicenna, Jurjani, Majusi, Aghili, Nazim-Jahan, and other scholars were reviewed and analyzed.

Results : Nutritional measures from the "Six Principles of hygiene" are considered one of the tools to achieve balance and cleansing of the body. In Persian medicine, the accumulation of waste materials in the liver and its failure to cleanse it prevents the uniform flow of blood and energy throughout the body, and in the organ that is weaker, it flows backward and causes illness. Avicenna considers spring to be the best season of the year, and Jurjani believes that spring is the most temperate season and has the nature of blood and spirit. Considering the role of the liver in producing blood and its compatibility with spring, this season is the best time to cleanse the liver. The gradual warmth of spring causes the stagnant fluids to move, strengthens and stimulates the body's forces to expel waste and trapped substances. Based on the findings, consumption of soft foods such as half-cooked eggs, lamb and poultry, sour soups, hazelnuts and drinks such as sakanjabin, medicinal beer, chicory is recommended. On the other hand, one should avoid eggs (overeating), viscous and thick foods that cause constipation and those that produce blood, such as excessive consumption of meat. According to the findings applying these nutritional measures in the spring can effectively cleanse the liver, improve blood flow, and prevent diseases.

Conclusion : the liver, as the main organ producing the four humors (yellow bile, black bile, blood and phlegm), plays a key role in human general health. Spring, with its unique characteristics, including increased blood activity and movement of stagnant mucus, provides a unique opportunity to cleanse and regulate liver function. Any disruption in liver function causes an imbalance of the four humors and creates a variety of maltemperaments with different symptoms. Nutritional measures (one of the six principles of hygiene) for the spring season can help balance the four humors and prevent liver maltemperament, and facilitate the process of digestion and absorption of nutrients in this vital organ, ultimately leading to cleansing.



Abstract ID: ۵۲۵

Presentation Type: Poster

Avicenna's Perspective on Sunlight and Health: A Comparative Review of Traditional Insights and Modern Scientific Evidence

Zahra Rezaei^۱ *

^۱. Isfahan University of Medical Sciences

Background and Aim : Sunlight has historically played a central role in Iranian traditional medicine as a natural element essential to human health. Avicenna (Ibn Sina), the influential Persian physician and philosopher of the ۱۱th century, emphasized the therapeutic impact of environmental factors—particularly sunlight—in his medical encyclopedia The Canon of Medicine. His holistic framework recognized sunlight as a key contributor to both physical vitality and mental balance.

Methods : This study is an interdisciplinary, library-based analytical review covering a historical span from Avicenna's time to the present (۱۱th century to ۲۰۲۵). Primary concepts were extracted from printed and digital versions of The Canon of Medicine using keywords such as “sun,” “light,” “temperament,” and “health.” These classical insights were interpreted through the lens of humoral theory and compared with modern scientific literature published between ۲۰۰۰ and ۲۰۲۵ in databases including PubMed, ScienceDirect, and Google Scholar.

Results : Avicenna identified sunlight as one of the “six essential principles for preserving health,” attributing to it functions such as warming the body, eliminating excess moisture, aiding digestion, treating skin disorders, and enhancing emotional well-being. These traditional views show strong parallels with contemporary research confirming sunlight's role in regulating circadian rhythms, stimulating vitamin D production, and improving mood through serotonin pathways.

Conclusion : This study reveals a strong connection between Avicenna's traditional views and modern scientific understanding of sunlight's health benefits. His emphasis on its role in digestion, emotional balance, and skin health reflects a holistic medical approach. Contemporary research supports these effects through findings in serotonin regulation, vitamin D production, and circadian rhythm alignment. The overlap between ancient wisdom and current evidence highlights the relevance of Iranian medicine today. These insights encourage integrative approaches to preventive healthcare. Conclusion: Avicenna's understanding of sunlight reflects a sophisticated and integrative view of the relationship between nature and human health. His insights remain relevant in today's scientific context and offer valuable opportunities for bridging traditional medical wisdom with modern clinical research. This study highlights the potential of Iranian traditional medicine to inform and enrich contemporary health practices. Keywords: Avicenna, Sunlight, Traditional Iranian Medicine (TIM)

Abstract ID: ۱۱۹

Presentation Type: Poster

Breastfeeding in viewpoints of Persian Medicine

Shamim Shahrestani^۱ , Shaghayegh Shahrestani^۱ , Fereshteh Ghorat^۲ *

۱. Faculty of medicine, Student Research Committee, Sabzevar University of Medical Sciences, Sabzevar, Iran
۲. Non-Communicable Diseases Research Center, Sabzevar University of Medical Sciences, Sabzevar, Iran.

Background and Aim : Breastfeeding has an important role on the children and mothers's mental and physical health. So we decided to search Iranian Traditional Medicine (ITM)'s lifestyle in breastfeeding. In hopes that improving children and mothers's health.

Methods : This study is a review of ITM's references such as Mofareh al-Qholoob and Tibe Akbari on the breastfeeding topic. The informations were collected at first then they were discussed.

Results : In ITM, the proceedings to improve lifestyle were said "tadabir". One of these "tadabir" is about food and drink. Mothers are recommended to eat foods with barley, wheat, rice, cereal, bran whereas the best is wheat. That's better they are fed with sheep, lamb, kid and fresh fish and avoid from old animals's meat. Their diets should include nuts like as almond and hazelnut and vegetables like as lettuce, carrot, fennel and dill seed. They are advised to avoid from any kinds of fast food and foods with spicy, salty, bitter or sour taste. They should avoid from chives, onion, garlic, mint, celery and mustard, too. Lactating women are recommended to moderate exercise, suitable massage and short bath with warm water. They don't become tired and sad. and they should avoid from lot copulate.

Conclusion : Breastfeeding is important to improve the mothers and children's health status. So thinking about the ways to improve breastfeeding is necessary. ITM's tadabir of breastfeeding includes recommendations and abstinences of food and drink, exercise, bath and mental-emotional states.

Abstract ID: ۲۳۰

Presentation Type: Poster

Survey of Attention and Importance Given to Service Packages in the Persian Medicine Integration Program into the Health System from the Community Health Workers (Behvarzan) and Health Caregivers Perspective

Maryam Soltani hojatabad^۱ , Seyed Majid Ghazanfari^۲ , Mostafa Kamayistani^۳ , Razieh Bagheri PanahKushki^۴ , Maryam Ramezani^۵ , Elham Sharifian^۶ *

۱. Iranian Traditional Medicine Program Expert, , Deputy of Health, Esfarayen Faculty of Medical Sciences, Esfarayen, Iran.
۲. Ph.D., Assistant Professor, Non-Communicable Diseases Research Center, Sabzevar University of Medical Sciences, Sabzevar, Iran.
۳. Informatics and Software Expert, Network Development and Health Promotion Department, Deputy of Health, Esfarayen Faculty of Medical Sciences, Esfarayen, Iran.
۴. M.Sc. in Community-Based Expert in the HealthSystem , Instructor at the Health Worker and Health Programs Retraining Center, Deputy of Health, Esfarayen Faculty of Medical Sciences, Esfarayen, Iran.
۵. M.Sc. in Community-Based Expert in the Health System , Instructor at the Health Worker and Health Programs Retraining Center, Deputy of Health, Esfarayen Faculty of Medical Sciences, Esfarayen, Iran.,
۶. Elham Sharifian, M.Sc. in Epidemiology, Instructor at the Health Worker and Health Programs Retraining Center, Deputy of Health, Esfarayen Faculty of Medical Sciences, Esfarayen, Iran.

Background and Aim : The integration of Persian Medicine (PM) teachings into the health system has been proposed as a macro-strategy to enhance healthcare services based on Persian Medicine. Given the pivotal role of community health workers (Behvarzan) and health caregivers in the successful implementation of this program, this study aimed to evaluate the level of attention and importance given to service packages in the PM integration program from the perspective of these groups at Esfarayen University of Medical Sciences in ۲۰۲۵

Methods : This cross-sectional descriptive-analytical study was conducted as a census on all Behvarzan and health caregivers employed at Esfarayen University of Medical Sciences (n=۱۳۵). The research tool was a researcher-made questionnaire consisting of three sections: demographic information, evaluation of attention and importance of service packages, and program implementation notes, the validity and reliability of which were confirmed. Data were analyzed using SPSS-۲۶ software and independent t-tests, Pearson correlation, and two-way ANOVA at a significance level of ۰,۰۵.

Results : Among ۱۵۰ respondents, ۷۶,۹٪ were female, ۵۰,۸٪ were in the ۳۰-۴۰ age group, and ۸۴,۶٪ served in rural health centers. The mean score for attention to service packages was $۷۲,۷۱ \pm ۱۷,۳۷$, and the mean score for their importance was $۷۴,۸۸ \pm ۱۵,۷۵$, both at satisfactory levels. The main advantages of the program from participants' perspectives included increased public awareness (۳۳,۸٪), improved lifestyle (۳۰,۸٪), and reduced treatment costs (۲۰٪). On the other hand, the major challenges identified were incomplete implementation of recommendations by the community (۳۰,۸٪), lack of acceptance of recommendations (۲۶,۲٪), and insufficient training and equipment (۱۳,۸٪). Data analysis revealed a strong positive correlation between



attention and importance scores for service packages ($r=0.87$, $p<0.001$). Additionally, mean attention and importance scores were significantly higher among younger age groups (under 30 years) and individuals with higher education (bachelor's degree) ($p<0.05$). Participants suggested continuous training by specialists, simplification of educational content, and updating guidelines.

Conclusion : The findings indicate a positive attitude among Behvarzan and health caregivers toward PM service packages. However, challenges such as cultural resistance and lack of educational resources highlight the need to revise implementation approaches and strengthen training programs. Addressing these issues could improve program quality and help achieve the goals of integrating PM into the health system.

Abstract ID: ۴۵۳

Presentation Type: Poster

Frequency of Mizaj (Temperament) in Newly Diagnosed Patients with Acute Heart Attack Admitted to Mazandaran Heart Center in ۲۰۲۴

Masoumeh Taheri^۱ *, Shahab Papi^۲ , Mohammad Ali Hosseini^۱

۱. Assie Jokar,

۲. Abolfazl Hosseinnata

Background and Aim : Cardiovascular diseases are among the chronic diseases with a high mortality rate. Considering the importance of person-centered medicine and Iranian medicine, the concept of temperament has a great impact on the occurrence of diseases. The aim of this study is to investigate the temperament of patients with an acute heart attack.

Methods : A descriptive cross-sectional study was conducted on ۲۸۰ new patients, aged ۲۰ to ۶۰ years, diagnosed with their first acute heart attack, confirmed by a cardiologist based on clinical and laboratory findings, at the Mazandaran Heart Center from April to September ۲۰۲۴. The study population was selected using convenience sampling

Results : The mean age of the patients was 51.81 ± 5.98 years, and ۷۰٪ were male. The frequency of hot temperament, both singly and in combination, differed significantly between the sexes ($P=0.01$), as did wet temperament compared to other temperaments ($P<0.001$)

Conclusion : Conclusion: The results of this study indicate that most patients with acute heart attacks have a hot and humid temperament. Therefore, according to the principles of Iranian medicine, maintaining health and effectively treating these patients requires avoiding factors that increase hot and humid temperament, such as overeating, obesity, physical inactivity, and inadequate sleep. In other words, individuals with a hot and humid temperament are more susceptible to this disease and should adopt preventive measures that help reduce this temperament, including proper nutrition, regular exercise, and adequate sleep.

Abstract ID: ۷۸

Presentation Type: Poster

Iranian Traditional Medicine and the Art of Living

Zohreh Tajanj^۱ *

^۱. M.A. in Family Law, Birjand University of Medical Sciences, Ferdows County

Background and Aim : Iranian Traditional Medicine (ITM) represents a comprehensive system of health deeply rooted in the cultural, philosophical, and natural sciences of ancient Iran. More than a method of treatment, ITM embodies a holistic lifestyle philosophy that emphasizes balance between body, mind, environment, and spiritual well-being. At the heart of this system lies the concept of Hefz al-Sehha (health preservation), alongside a profound focus on individual temperaments (Mizaj) and the six essential principles of life (air, nutrition, sleep and wakefulness, motion and rest, evacuation and retention, and emotional states). This article explores the theoretical foundations and practical applications of ITM as a sustainable model for modern healthy living. It highlights how ITM promotes preventive care, emotional balance, and lifestyle moderation, offering culturally adaptive and eco-friendly alternatives to address today's growing burden of chronic illnesses and mental stress. By integrating this ancient wisdom with contemporary health approaches, ITM can serve as a bridge between tradition and modernity in building a healthier society

Methods : This research is a qualitative study with a documentary analysis approach, which was conducted using written sources and authentic texts of Iranian medicine. The research data were collected from a review of authentic books of Iranian medicine such as "Qanun" by Avicenna, "Al-Hawi" by Razi, "Dhakhirah Al-Khwarizmshahi", "Kamil Al-Sina" as well as contemporary sources such as works published by Iranian medicine professors in the fields of personal health, lifestyle and essentials. In this study, the content of the sources in question was systematically reviewed and key concepts related to "healthy lifestyle", "temperament", "prevention in Iranian medicine" and "balance of human nature" were extracted and classified.

Results : Iranian medicine, as one of the richest and most complete schools of traditional medicine in the world, is more than a treatment system; it is a comprehensive approach to humans and life. This medicine, with its focus on health, emphasizes disease prevention, lifestyle modification, and harmony between body, mind, and nature.

Conclusion : In today's fast-paced world, where consumerism, anxiety, and irregular rhythms of life have taken over health, Persian medicine invites us to slow down, to listen carefully to our bodies, to reflect on our temperament, to respect nature, and ultimately to "live consciously." It is this constant attention to the quality of life that has taken Persian medicine beyond a mere school of medicine and transformed it into a native model for the "art of living."

Abstract ID: ۶۰۱

Presentation Type: Poster

Knowledge, Attitude, and Practice (KAP) of Physicians in Iran toward Complementary and Alternative Medicines (CAM)

Mohammad Hossein Abbaassi^{۱*}, Alireza Abbassian^۱, Farshad Sharifi^۲, Mohammad Hossein Ayati^۱, Meysam Shirzad^۱, Zahra Pouraskari^۳

- ^۱. Department of Traditional Medicine, School of Persian Medicine, Tehran University of Medical Sciences, Tehran, Iran
- ^۲. Elderly Health Research Center, Endocrinology and Metabolism Population Sciences Institute, Tehran University of Medical Sciences, Tehran, Iran
- ^۳. Department of Community Oral health, School of Dentistry, Tehran University of Medical Sciences, Tehran, Iran

Background and Aim : Complementary and Alternative Medicine (CAM) refers to healthcare practices that fall outside the realm of conventional medicine. One of the objectives of WHO member states is to enhance CAM practices and the training of practitioners. Knowledge, Attitudes, and Practices (KAP) studies are employed to reveal knowledge, attitudes, and practices gaps within specific populations on particular topics. This study aimed to assess the knowledge, attitudes, and practices of physicians in Iran regarding complementary and alternative medicine.

Methods : This study was conducted among Iranian physicians using a questionnaire was distributed via two distinct sampling approaches. An electronic questionnaire was prepared for the study, but according to low response rate (۵,۱٪) a paper-based questionnaire added to investigation. To be more random, paper-based questionnaire issued at a large national multidisciplinary scientific conference organized by the Islamic Republic of Iran Medical Council (IRIMC) in January ۲۰۲۵. Participation was entirely voluntary, and the questionnaires were administered anonymously. The questionnaire was designed by the research team, and its validity and reliability were evaluated. A final questionnaire comprising ۲۱ items was prepared, organized into two sections: demographic information and CAM-related questions. One representative modality was selected from each of the five major categories of complementary and alternative medicine (Yoga, Dietary supplements, Chiropractic, Acupuncture, Homeopathy.) Our results were reported using descriptive statistics (analysis), Chi-Square, and single-factor and multi-factor analysis of variance. All analyses were performed by STATA-۱۸ with a p-value of ≤ 0.05 considered statistically significant.

Results : Knowledge for dietary supplements was ۴۵,۸۵٪, followed by acupuncture ۳۷,۱۸٪, yoga ۲۶,۵۹٪, chiropractic ۱۹,۳۷٪, homeopathy ۱۷,۸۱٪ among Iran practitioners and also ۲۶,۵۹٪ reported no complementary medicine knowledge. The internet and social media emerged as the predominant source of CAM knowledge by a substantial margin. Assessing the participants shown dietary supplements is the most useful perceived ۵۱,۷۴٪, followed by acupuncture ۳۶,۱۰٪, yoga ۳۱,۵۳٪, chiropractic ۱۹,۲۵٪ and homeopathy ۱۰,۷۱٪. Most physicians agreed that CAM enhances patient satisfaction, requires regulatory supervision by the Ministry of Health and should be incorporated into medical curricula through fundamental CAM education. Clinical utilization rates for dietary supplements were ۴۱,۷۶٪. This usage was ۱۴,۴۴٪ for acupuncture, ۱۱,۳۱٪ for yoga, ۶,۱۴٪ for chiropractic, ۲,۶۵٪ for homeopathy and ۴۰,۷۹٪ of respondents reported never using



CAM. The primary barriers to CAM utilization were lack of clinical guidelines or resources, insufficient scientific evidence and inadequate physicians' knowledge.

Conclusion : This study revealed that among the five complementary medicine modalities investigated, physicians' knowledge, positive attitudes, and utilization of dietary supplements surpassed other modalities, followed by acupuncture, yoga, chiropractic, and homeopathy. Associations between physicians' knowledge, their attitudes toward perceived usefulness, and the clinical use of each studied complementary medicine modality were statistically significant.

Abstract ID: ۴۹۸

Presentation Type: Poster

The Role of Complementary and Alternative Medicine in the Prevention and Treatment of Ventilator-Associated Pneumonia: A Systematic Review

Abdollah Abolfathi^۱ *, Fatemeh Mehrabi^۲

۱. MSc of Nursing, Iranian Social Security Organization, Arak, Iran

۲. Department of Nursing, School of Nursing Arak University of Medical Sciences, Arak , Iran.

Background and Aim : Ventilator-associated pneumonia (VAP) is a common ICU-acquired infection associated with high mortality, prolonged hospitalization, and increased healthcare costs. The limitations of conventional preventive strategies—such as antibiotic resistance and side effects—have spurred interest in complementary and alternative medicine (CAM). This systematic review synthesizes evidence on CAM interventions for VAP prevention and treatment.

Methods : A systematic search was performed in PubMed/MEDLINE, Embase, Cochrane Library, and Scopus using keywords and MeSH terms related to VAP and CAM interventions (e.g., "probiotics," "honey," "zinc," "vitamin D," "essential oils"). The search covered studies published from database inception to December ۲۰۲۳. Selection Criteria Included studies were RCTs or observational studies involving mechanically ventilated adults receiving CAM interventions for VAP prevention or treatment. Excluded were non-English studies, case reports, and reviews without original data. Data Extraction and Quality Assessment Data on study design, population, intervention, outcomes (VAP incidence, mortality, antibiotic use), and adverse events were extracted. The Cochrane Risk of Bias Tool and Newcastle-Ottawa Scale were used for quality assessment.

Results : Study Selection The search yielded ۲,۱۵۸ records. After duplicate removal and screening, ۳۵ studies (۲۸ RCTs and ۷ observational studies) were included. Key Findings Probiotics/Synbiotics (۱۸ studies): Significant reduction in VAP incidence (RR = ۰,۷۲, ۹۵% CI: ۰,۶۴–۰,۸۱). Reduced antibiotic duration and ICU length of stay. Medical Honey (۶ studies): Superior to chlorhexidine in reducing VAP risk (RR = ۰,۸۵, ۹۵% CI: ۰,۷۴–۰,۹۸). Effective in oral care protocols. Micronutrients (۷ studies): Zinc and vitamin D supplementation associated with trends toward reduced VAP rates. Heterogeneity in dosing and outcomes. Essential Oils (۴ studies): Insufficient evidence due to small sample sizes and variability in interventions. Adverse Events No significant adverse events were reported for any CAM intervention.

Conclusion : This review demonstrates that probiotics and medical honey are effective in reducing VAP incidence. Probiotics modulate gut and oropharyngeal microbiota, while honey offers antimicrobial and anti-inflammatory properties. Micronutrients show promise but require standardized protocols. Essential oils need further research. Limitations include heterogeneity in study designs and intervention protocols. Conclusion Probiotics and medical honey can be integrated into VAP prevention bundles as safe and effective adjuvants. Future research should focus on optimal dosing, timing, and patient-specific factors.

Abstract ID: ۳۳۹

Presentation Type: Poster

Effective Herbs for Gum Strengthening: A Comprehensive Systematic Review

Faezeh Ahanj^۱ *, Dr Fatemeh Ebrahimi^۲

۱. Faezeh Ahanj, Pharm D. ,PhD student in traditional pharmacy at Faculty of Iranian Medicine, Tabriz university of medical sciences
۲. Fatemeh Ebrahimi, Ph,D. Candidate of Traditional Pharmacy, Department of Iranian Medicine,School of Persion Medicine,Tabriz University of Medical Sciences,Tabriz,Iran.

Background and Aim : Background and Objective: Gum diseases such as gingivitis and periodontitis are common oral health problems that also affect the general health of the body [۱۲, ۱۳]. Common chemical treatments are often accompanied by side effects such as staining and altered taste [۱, ۸]. This has increased interest in using medicinal plants as complementary therapies [۱, ۳, ۱۵]. The aim of this systematic review is to analyze the available scientific evidence on the effectiveness of various medicinal plants in improving gum health [۲, ۱۵].

Methods : This review was conducted based on the PRISMA protocol and by searching reliable databases (PubMed, Scopus, Web of Science and Google Scholar) [۲]. Combined keywords such as "Herbal medicine", "Gingivitis", "Periodontitis", "Oral health", "Systematic review" and the names of specific plants were used [۱۵]. Inclusion criteria included randomized clinical trials, animal studies, and reviews published between ۲۰۱۵ and ۲۰۲۵ [۲, ۱۵].

Results : Of the articles found, ۳۴ studies were eligible for the final analysis [۱]. Results showed that several herbs are effective in improving gum health [۱, ۳]: Green tea, which contains catechins that have strong antibacterial and anti-inflammatory properties and help reduce plaque accumulation and gingivitis [۹]. Aloe vera, whose gel is as effective as chlorhexidine in reducing gingivitis and has fewer side effects [۸]. Turmeric, whose active ingredient, curcumin, is a potent anti-inflammatory and antioxidant that helps reduce plaque and gingivitis indices [۶]. Clove: Its oil contains eugenol, which is an effective antibacterial and local anesthetic that helps reduce periodontal pathogens and relieve pain [۷]. Juniper, whose extract, especially juniper oil, has antiseptic and antibacterial properties that are known to be effective in treating oral infections and improving gum health [۱۷, ۱۸]. Neem, whose extract has antimicrobial properties and is as effective as chemical mouthwashes in reducing plaque and bleeding gums [۵]. Pomegranate: Its peel and seed extract contains tannins and ellagic acid, which have anti-inflammatory and antibacterial properties and help reduce plaque and gingivitis [۳, ۴]. Chamomile, whose anti-inflammatory and soothing properties help reduce inflammation and relieve gum sensitivity [۱۱]. Myrtle (Myrtus communis), whose studies show that the extract of this plant has strong antimicrobial properties against bacteria that cause gum disease and helps reduce gingivitis [۱۲]. Sage (Satureja hortensis) whose essential oil has strong antibacterial and anti-inflammatory effects due to phenolic compounds such as carvacrol, which can be used in mouthwash formulations to combat oral pathogenic bacteria [۱۳, ۱۴].



Conclusion : Available scientific evidence clearly shows that medicinal plants can be used as effective and safe adjunctive treatments for periodontal diseases [۱, ۲, ۳]. These plants, through their multiple mechanisms, help reduce inflammation, plaque, and the growth of harmful bacteria [۱, ۲, ۱۵]. The main advantage of these plants is their efficacy comparable to some chemical treatments, along with a better safety profile and fewer side effects [۱, ۸]. This makes them a suitable option for long-term use [۱, ۸]. Keywords: Medicinal plants, gum health, gingivitis, periodontitis, systematic review, traditional medicine

Abstract ID: ۱۶۶

Presentation Type: Poster

Investigating the effect of aromatherapy on reducing anxiety in various clinical conditions

Atefeh Ahmadinia^۱ *

۱. Master's student in intensive care nursing, Student Research Committee, Semnan University of Medical Sciences, Semnan, Iran.

Background and Aim : Complementary medicine treatments are one of the non-pharmacological methods for reducing anxiety that has attracted the attention of health and medical personnel in recent years, and include medical and health care that is used alone or in combination with other methods in patients hospitalized in various wards. Aromatherapy is a branch of complementary medicine that can be used to reduce anxiety before medical procedures. It is also a non-invasive method of treating and controlling symptoms of diseases. The present study aimed to investigate the use of aromatherapy in reducing anxiety in various clinical conditions.

Methods : In this review article, a comprehensive review of English and Persian studies published between ۲۰۰۰ and ۲۰۲۰ on the relevant topic was conducted through domestic and foreign databases (including: SID, Science Direct, Pubmed, Google Scholar, and Scopus). A total of ۴۰ articles were reviewed from the obtained studies, according to the inclusion and exclusion criteria.

Results : Anxiety is the most common mental health disorder worldwide with a global prevalence of ۲۰%. Stress and anxiety are manifestations of modern lifestyle in today's world. Mild stress and anxiety are usually good because they lead to stimulation and motivation. However, a severe response to anxiety and stress can be detrimental. In fact, anxiety is a state of worry that evokes an imminent and vague danger and causes patients to suffer from physical symptoms of anxiety, including: trembling limbs, heart palpitations, dizziness, nausea, muscle tension and pressure, increased blood pressure, increased breathing rate, as well as difficulty concentrating, anger, insomnia, and other psychological symptoms. Among complementary medicine treatments, aromatherapy is a non-invasive and non-drug treatment method suitable for reducing anxiety levels, which is convenient and easy to perform. In aromatherapy, using the aromas obtained from the extracts of various parts of plants, they treat people physically and mentally, reduce anxiety, change mood, cognitive function, or improve their health. The results of various studies show that aromatherapy reduces anxiety and stress, increases and improves sleep, stabilizes and stabilizes blood pressure. It is also associated with reducing nausea and vomiting, reducing pain in the surgical area, increasing feelings of relaxation, decreasing heart rate, increasing pleasurable feelings, and reducing negative emotions. The results of various studies show that aromatherapy reduces anxiety and stress, increases and improves sleep, stabilizes and stabilizes blood pressure. It is also associated with reducing nausea and vomiting, reducing pain in the surgical area, increasing feelings of relaxation, decreasing heart rate, increasing pleasurable feelings, and reducing negative emotions. This technique has been used in various clinical settings such as: cardiac angiography, before breast surgery, cardiac patients and inpatients in general wards and nurses, highlighting its versatility and effectiveness. Aromas have the power to penetrate and influence humans and are able to change their emotional states. Therefore, aromatherapy can increase the quality of life as a non-invasive, easy and low-cost adjunctive therapy.



کتاب خلاصه مقالات سخنرانی و پوستر
دومین کنگره ملی طب ایرانی

تهران، مرکز همایش های بین المللی رازی

۲۱ لغایت ۲۳ آبان ماه ۱۴۰۴



Conclusion : The results of the reviewed studies show that aromatherapy is effective in reducing psychological symptoms, especially anxiety, in various clinical conditions.

Abstract ID: ۱۶۲

Presentation Type: Poster

Anxiety in heart patients and relaxation

Atefeh Ahmadinia^۱ *, Mohammadreza Asgari^۲

۱. Master's student in intensive care nursing, Student Research Committee, Semnan University of Medical Sciences, Semnan, Iran.
۲. Professor Tamam, Member of Nursing Care Research Center, Semnan University of Medical Sciences, Semnan, Iran. Responsible author.

Background and Aim : Cardiovascular diseases are among the most common chronic diseases and all human societies are affected by them. ۳۵% of deaths in the world are caused by these diseases and about ۷۵% of cardiac deaths are due to coronary artery disease. These diseases are significantly associated with anxiety and depression, with anxiety levels higher among coronary artery patients than in the general population, and a ۴۸% increase in cardiac mortality has been observed in anxious individuals. Relaxation is a branch of complementary medicine that has been considered and considered as a relative state of liberation from the mental and physical effects of stress and anxiety. This study aimed to investigate the use of relaxation in reducing anxiety in heart patients.

Methods : This was a review study. To achieve the objectives of this study, a review of English and Persian articles published between ۲۰۰۰ and ۲۰۲۵ through domestic and foreign databases (including: SID, Science Direct, Pubmed, Google Scholar, and Scopus) was conducted based on the keywords: heart patients, anxiety, and relaxation, and ۲۰ articles in this field were extracted.

Results : Muscle relaxation is one of the psychological interventions that is widely used in studies and as a behavioral intervention reduces tension and relieves pain. This method can be used especially in the treatment of pain, maintaining body energy and relieving insomnia and many physical and mental symptoms caused by depression, stress, and anxiety. Chronic stress stimulates the sympathetic nervous system, activating the fight-or-flight response, increasing heart rate, blood pressure, breathing, and oxygen intake along with muscle tension, hypervigilance, and anxiety. Relaxation techniques aim to reverse this by reducing sympathetic system stimulation and engaging the parasympathetic system to create deep muscular and mental relaxation. Today, the use of complementary medicine methods in hospitalized patients, especially cardiac patients, has become more common. Published statistical reports show that people's acceptance of complementary and alternative medicine in developed countries is increasing at an increasing rate. This shift towards complementary and alternative therapies can be due to several reasons, including the view that people have of biological products and physical, motor, and mental methods as harmless and reliable substances and methods, the lower cost of these methods compared to conventional treatments, and the satisfactory results obtained from these methods, which have had a significant impact on encouraging patients and their families to use complementary and alternative medicine. The relationship between mental disorders such as anxiety and cardiovascular diseases is important and is a risk factor for cardiovascular diseases. Anxiety severely impairs the quality of life of patients and is associated with an increased risk of cardiovascular disease and a worse prognosis. Anxiety is common among cardiac patients and can have potentially serious consequences if left



untreated. Given the impact of anxiety on the cardiovascular system, it is essential that patients' anxiety is assessed and effectively managed through relaxation.

Conclusion : The results of the studies reviewed show that relaxation reduces anxiety in heart patients. Therefore, muscle relaxation methods can be used to reduce anxiety and improve the quality of life of heart patients.



Abstract ID: ۵۷۳

Presentation Type: Poster

Needling The Root Cause: A Systematic Review of Acupuncture's Impact on Hair Loss

Marzieh Akhbari^۱ *, Reihane Alipour^۲ , Mohammad Sadegh Adel-Mehraban^۳

۱. Health System Research Council. Deputy of Health, Kashan University of Medical Sciences, Kashan, Iran.
۲. Department of Traditional Medicine, School of Traditional Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran.
۳. Department of Traditional Medicine, School of Persian Medicine, Tehran University of Medical Sciences, Tehran, Iran.

Background and Aim : This systematic review of human clinical studies aimed to assess the types, and safety of acupuncture techniques, and investigate their effects on treating alopecia.

Methods : To obtain the relevant publications, Web of Science, PubMed, Scopus, Cochrane Library, and Google Scholar databases were systematically searched up to May ۲۰۲۴.

Results : Out of ۱۵۶ publications, ۷ articles met the inclusion criteria in this study. The types of acupuncture as an adjuvant therapy, were plum-blossom needling acupuncture (PBN) (n = ۵), auricular acupuncture (n = ۱), electro acupuncture/ seven-star needle tapping (n = ۱), manual acupuncture (n = ۱) and catgut embedding (n = ۱; besides PBN). The total effective rate (TER) for clinical efficacy comparison, was ۹۴,۴۶٪ TER in treatment group vs. ۷۷,۸۶٪ TER in control group. Moreover, the levels of estradiol (E_۲), testosterone (T) and T/E_۲ were improved by acupuncture (p<۰,۰۵). Of the ۷ studies, no serious adverse events were reported.

Conclusion : Although various acupuncture techniques improved the scores of hair loss and hair growth, further studies are needed to address the issue of small sample sizes by incorporating longer follow-up periods and designing studies with robust methodologies.

Abstract ID: ۲۲۸

Presentation Type: Poster

Subcision Technique for the Improvement of Cutaneous Scars: Correlation with Cosmetic Acupuncture in Traditional Chinese Medicine and Avicenna's Concept in the Canon of Medicine

Reihane Alipour^۱ *

^۱. Department of Traditional Medicine, School of Traditional Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran.

Background and Aim : Subcision is a minimally invasive dermatological procedure that treats depressed and tethered scars by mechanically disrupting fibrotic adhesions beneath the skin. This action promotes neocollagenesis and dermal remodeling, improving scar texture and appearance. Cosmetic acupuncture from Traditional Chinese Medicine (TCM) also uses needling at specific points to stimulate skin regeneration and collagen production, aiding aesthetic enhancement. Avicenna's Canon of Medicine describes subcutaneous needling or injection for treating scars, resembling modern subcision techniques. This study reviews the mechanisms, clinical applications, and outcomes of subcision, and compares them with the principles of cosmetic acupuncture and Avicenna's traditional guidance.

Methods : This literature-based review examined subcision's clinical efficacy and mechanisms in treating atrophic and post-acne scars. Avicenna's Canon of Medicine was reviewed using keywords related to ulcers, scars, and needles to explore historical subcutaneous scar treatments. Simultaneously, modern databases such as PubMed, Scopus, and ISI were searched for current evidence on subcision and cosmetic acupuncture, focusing on fibrosis release, collagen induction, and skin regeneration. Data from traditional and contemporary sources were critically analyzed and integrated to provide a comprehensive perspective on scar management.

Results : Clinical evidence confirms that subcision effectively severs fibrotic bands tethering scar tissue to underlying layers, resulting in improved scar elevation and smoother skin texture. The procedure involves horizontal insertion of fine needles or cannulas beneath the dermis to disrupt connective tissue and induce collagen synthesis and neovascularization. Cosmetic acupuncture similarly targets defined skin points, promoting fibroblast activation and tissue remodeling, leading to enhanced skin elasticity and appearance. Avicenna's references to the use of needles ('ibrah) for subcutaneous scar treatment demonstrate an early recognition of physical disruption and healing stimulation analogous to subcision. Avicenna specifically recommended inserting or piercing basic copper carbonate (zanjārr) with a needle into the site of the scar to enhance healing, further highlighting the historical foundation of such subcutaneous interventions.

Conclusion : Subcision, cosmetic acupuncture in TCM, and Avicenna's descriptions in the Canon of Medicine converge on the principle of mechanical subcutaneous stimulation to activate dermal repair, collagen synthesis, and tissue remodeling, representing an integrative nexus between historical medical wisdom and modern dermatologic practice. Recent cellular and clinical evidence underscores the therapeutic potential of copper compounds, including basic copper carbonate and its nanoscale forms, for their anti-inflammatory, wound healing, anti-aging, and antibacterial effects on skin. The combination of these bioactive agents with mechanical interventions such as subcision and cosmetic acupuncture may produce synergistic effects, enhancing scar revision and skin rejuvenation outcomes. Future research should focus on elucidating the molecular mechanisms underlying these therapies and evaluating their combined clinical efficacy to develop innovative and comprehensive approaches in aesthetic and reparative dermatology.



Abstract ID: ۴۱۱

Presentation Type: Poster

The effects of acupuncture on canine osteoarthritis: A review of recent studies

Amirhossein Amirkhani^۱ *

^۱. Faculty of Veterinary Medicine, Babol Branch, Islamic Azad University, Mazandaran, Iran

Background and Aim : Osteoarthritis is one of the most common joint disorders in dogs, characterized by chronic pain, reduced mobility, and diminished quality of life. Conventional treatments primarily rely on nonsteroidal anti-inflammatory drugs and supportive interventions; however, these approaches are often associated with limited long-term efficacy and potential side effects. In recent years, acupuncture has gained attention as a complementary and noninvasive modality in the veterinary management of osteoarthritis. This review article examines the current scientific evidence regarding the application of acupuncture in dogs with osteoarthritis. Various studies suggest that acupuncture may alleviate pain and improve mobility through several mechanisms, including activation of neurogenic pathways, increased release of endorphins, enhancement of local blood circulation, and modulation of immune responses. Moreover, some reports indicate that combining acupuncture with pharmacological therapies or rehabilitation techniques may provide greater benefits than either method alone. Nevertheless, heterogeneity in study designs and methodological limitations highlight the need for more robust, large-scale controlled trials. Overall, acupuncture appears to be a safe and potentially effective adjunctive treatment for canine osteoarthritis, although stronger evidence is required to support definitive clinical recommendations.

Methods : web reserch in google scholar and pubmed reserch engine

Results : A total of published studies investigating the effects of acupuncture on canine osteoarthritis were reviewed. Most clinical trials and case series reported a noticeable reduction in pain scores and improvement in mobility following acupuncture sessions. Objective gait analyses in several studies demonstrated enhanced weight-bearing capacity and increased range of motion in affected joints. Additionally, owners frequently reported improved quality of life and reduced reliance on analgesic medications. Experimental studies suggested that acupuncture could modulate inflammatory mediators, enhance local blood circulation, and stimulate the release of endogenous opioids, which collectively contribute to analgesic and functional benefits. In cases where acupuncture was combined with nonsteroidal anti-inflammatory drugs or physiotherapy, outcomes were generally superior compared to monotherapy. However, the reviewed studies varied considerably in terms of sample size, treatment protocols, acupoint selection, and outcome assessment methods. Some investigations reported modest or non-significant improvements, reflecting potential biases or insufficient methodological rigor. Overall, the results suggest that acupuncture may provide clinically relevant benefits for dogs with osteoarthritis, though stronger evidence from well-controlled randomized trials is required to establish standardized treatment protocols and confirm efficacy.



Conclusion : Discussion Evidence from recent studies supports the potential benefits of acupuncture in managing OA in dogs, especially when used as part of a personalized, multimodal treatment plan. However, inconsistencies in protocols, variability in individual response, and a lack of long-term standardized data remain key challenges. Owner-reported outcomes often show more improvement than objective tools, possibly due to the placebo effect or the holistic interaction involved in treatment. Conclusion Acupuncture shows promise as an adjunct therapy in the management of canine OA. While some evidence supports its effectiveness in reducing pain and improving quality of life, further high-quality randomized trials with standardized protocols are necessary to confirm its role in routine veterinary practice.

Abstract ID: ۹۶

Presentation Type: Poster

An Overview of the Current Evidence on Sujok Seed Therapy for Pain Management

Marziyeh Askari moghadam^۱, Marziyeh Askari moghadam^۲, Niussha Esmaealzadeh^{۳*}

۱. *Department of Traditional Medicine, School of Persian Medicine, Tehran University of Medical Sciences, Tehran, Iran*
۲. *Traditional Persian Medicine and Complementary Medicine (PerCoMed) Student Association, Students' Scientific Research Center, Tehran University of Medical Sciences, Tehran, Iran*
۳. *Department of Traditional Pharmacy, School of Persian Medicine, Tehran University of Medical Sciences, Tehran, Iran*

Background and Aim : Sujok therapy is a non-invasive complementary treatment developed by South Korean Professor Park Jae Woo in ۱۹۸۷. The term "Sujok" is derived from two Korean words: "Su" (hand) and "Jok" (foot), which utilize the correspondence systems of the hands and feet to promote self-healing and balance. Sujok therapy is a simple, safe, and effective approach for improving health, relieving pain, reducing tension, balancing energy, and treating various diseases, significantly enhancing individuals' quality of life. Sujok Seed Therapy is considered a more accessible and affordable method for pain management compared to many alternative treatments. The aim of this review is to summarize the effects of Sujok Seed Therapy (SST) on pain management.

Methods : A review of literature was conducted using the databases PubMed, Scopus, and Google Scholar with the following keyword combination: ("Sujok therapy" AND pain AND "seed therapy"). All articles included in the review were published from the inception date to May ۲۰۲۵, and only original articles in English were considered.

Results : A total of ۸۵۰ articles were reviewed, of which ۲۰ were deemed qualified. SST has been shown to be effective in reducing pain for patients suffering from gastrointestinal cancer, post-cesarean pain, acute and chronic migraines, heel spur pain, and orthopedic issues. The stimulation of correspondence points can be achieved through non-invasive techniques such as massage, color therapy, moxibustion, and the use of plant seeds, which activate the body's self-regulatory mechanisms to restore health. Practitioners often stimulate specific points using plant seeds like buckwheat and fenugreek seeds. Buckwheat seed therapy was found to reduce post-cesarean pain at specific correspondence points. Treatment for migraines using SST, conducted twice a week over four weeks (a total of eight sessions), demonstrated a reduction in the intensity, duration, and frequency of migraine headaches. For chronic migraines, Sujok therapy helped reduce pain, the occurrence of chronic attacks, and the number of painful days, even ۴ and ۱۶ weeks post-treatment. Fenugreek seeds and adaptive Sujok massages have been successfully used to treat heel spur pain. Additionally, SST provided significant pain relief for patients with gastrointestinal cancer and was utilized for orthopedic pain over a two-day treatment period. The response to Sujok therapy was evaluated immediately after treatment and again ۳۰ and ۶۰ minutes post-treatment, with a significant reduction in pain reported in all cases. This comprehensive therapy system encompasses principles such as the Yin and Yang law and theories, including the three-axis and eight-axis body framework, the six-energy theory, the unified energy system theory, the chakra theory, and the energy channel theory. It also explains the interconnections among these elements. If there is pain, spasm, irritation, or inflammation in a specific area of the body, it will manifest in corresponding



systems as increased sensitivity to pressure, indicating that the correct therapeutic point has been located.

Conclusion : Overall, a significant advantage of SST is its immediate and potent effect on pain. SST is often regarded as a straightforward and cost-effective method, typically delivering faster results. These are the reason why more studies should be carried out on this subject.



Abstract ID: ۵۶۹

Presentation Type: Poster

Analysis and Framing of Medical School Controversies

Mohammad Attar^۱ *

^۱. *independent researcher*

Background and Aim : Introduction: Various medical schools, such as alternative medicine, traditional medicine, and more specifically, Chinese medicine or Arabic medicine, have garnered increasing interest both publicly and officially worldwide. Practices of these medical schools have led to diverse discussions academically and in the media across various fields of human knowledge such as the philosophy of science, clinical matters like safety or therapeutic efficacy, and social, historical, political, and economic controversies. Despite the abundance of these controversies and their direct impact on healthcare at all levels, and all matters related to medical affairs, these controversies remain scattered and lack a unified framework. This results in individuals and societies struggling to organize and perceive these controversies and to communicate about them. Therefore, this research aims to theoretically frame the controversies of medical schools.

Methods : Research Method and Materials: This study employs a framing methodology, a known approach in sociology. Four books critical of alternative medicine, in English, Arabic, and Persian, were selected. All claims or controversies were extracted through text analysis methodology and compiled into a unified list. The primary concepts of the controversies were then categorized within a theoretical framework. In the second phase, several published discussions in the media on the subject were reviewed to ensure the study reached informational saturation.

Results : Results: More than ۶۰ controversies with multiple examples were extracted. These controversies were classified into five main domains, which further break down into ۱۶ sub-domains. The main domains include: differences in definitions, discussions on the fundamental theories and concepts of medical schools, research methodology discussions, reliability of medical interventions, and discussions on scientific norms or social matters.

Conclusion : Discussion and Recommendation: The analysis and framing of medical school controversies logically categorized them, facilitating meaningful and impactful dialogue among the parties involved in these discussions. It also aids in scientifically studying each controversy, whether it pertains to the philosophy of science, like basic theories or the accepted definition of science, the reliability of medical interventions like acupuncture, cupping, or herbal medicine which can be validated within acceptable methodologies, or social matters such as competition among pharmaceutical companies, the role of regulatory organizations, and public trust in them. The study resulted in a theoretical framework that can be used to organize discussions about medical schools and guide future research.



Abstract ID: ۵۷۰

Presentation Type: Poster

Studying Medical Controversies through Netography: Cupping as a Case Study

Mohammad Attar^۱ *

^۱. independent researcher

Background and Aim : Medical ethnography represents one of the most interdisciplinary scientific fields, bridging sociology, clinical medicine, and basic sciences through sub-disciplines like ethnopharmacology. Arabic medicine, with its historical span from India to the Atlantic and roots predating Islam, provides particularly rich material for understanding medical behaviors, beliefs, and social interactions. This tradition has evolved through complex internal debates among practitioners and philosophers, alongside external dialogues with other medical systems, especially during periods of colonial influence that often framed non-Western practices through a "science versus pseudoscience" lens. Contemporary philosophers of science have problematized this binary, noting its limitations in capturing the nuanced reality of medical traditions like Arabic medicine, which persists as both historical legacy and living practice across Arab societies today.

Methods : This research employed digital ethnography to examine cupping (Hijama) as a case study in medical controversy. The study analyzed the top ۵۰۰ YouTube search results for "الحجامة" (cupping), selecting videos exceeding ۵,۰۰۰ views and ۵۰۰ comments to ensure relevance and significant public engagement. Through iterative analysis of video content and user comments, the research mapped discussions against a framework of medical controversies, achieving theoretical saturation. Arabic comments underwent AI-assisted linguistic analysis with researcher supervision, enabling thematic coding and systematic categorization of emerging patterns.

Results : The analysis revealed five primary domains of controversy: sources of knowledge, methodological approaches, reliability assessments, definitional conflicts, and scientific/social norms. Most significantly, the study found that religious faith and personal experience narratives substantially outweigh biomedical evidence in validating cupping practices within online discourse. Users frequently referenced religious texts and personal testimonies to establish credibility, while engaging critically with institutional medical authority. The persistence of cupping discussion demonstrates how digital platforms facilitate the maintenance of traditional medical practices despite limited institutional support.

Conclusion : Conclusion and Recommendations The enduring presence of cupping in Arab societies reflects complex interactions between cultural heritage, religious belief, and contemporary digital mediation. Rather than representing a simple "alternative" to biomedical practice, cupping controversy reveals fundamental conflicts over knowledge production, authority structures, and cultural identity. The practice's resilience underscores the limitations of conventional science/pseudoscience binaries in understanding medical pluralism, suggesting need for more nuanced frameworks that acknowledge the social embeddedness of healing traditions. Three pathways emerge for future research: First, investigating how social media algorithms and platform architectures shape the visibility and validation of traditional medical practices. Second,



کتاب خلاصه مقالات سخنرانی و پوستر
دومین کنگره ملی طب ایرانی

تهران، مرکز همایش های بین المللی رازی

۲۱ لغایت ۲۳ آبان ماه ۱۴۰۴



developing evidence-based integration protocols that respect traditional knowledge while ensuring patient safety within institutional healthcare settings. Third, critically examining how binary medical classifications function within Arab contexts, particularly how they might reinforce cultural hierarchies or obscure localized understanding of health and healing. Such research would advance both medical anthropology and healthcare policy in culturally informed directions.

Abstract ID: ۵۱۷

Presentation Type: Poster

Bridging Traditions and Science: The Evidence-Based Role of Integrated Medicine in Modern Health Systems

Hanieh Babaei^۱ *, Ghazaleh Heydarirad^۱

^۱. *Traditional Medicine and Materia Medica Research Center and Department of Traditional Medicine, School of Traditional Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran.*

Background and Aim : The growing global burden of chronic and lifestyle-related diseases has exposed limitations in conventional biomedical approaches when used in isolation. This has led to increased interest in integrated medicine (IM), which refers to the coordinated use of conventional medicine alongside validated traditional and complementary therapies. Global health authorities such as the WHO have recognized the role of traditional medicine and called for its integration into national health systems based on evidence, safety, and efficacy. In countries such as China and India, integrative health models have been formalized, and similar efforts are emerging in Iran, especially with the revival of Iranian Traditional Medicine (ITM). This article reviews real-world applications and research findings on the integration of traditional and modern medical systems, with an emphasis on policy, education, and clinical outcomes.

Methods : A structured literature review was conducted using PubMed, Scopus, and Web of Science, covering publications from ۲۰۱۵ to ۲۰۲۴. Search terms included "integrative medicine," "traditional medicine integration," "Iranian Traditional Medicine," and "evidence-based complementary medicine." Guidelines and policy documents from the World Health Organization (WHO), Ministry of Health and Medical Education of Iran (MOHME), and the National Institutes of Health (NIH) were also reviewed. Only studies with empirical data, systematic reviews, or national-level policy assessments were included.

Results : WHO's ۲۰۱۴–۲۰۲۳ Traditional Medicine Strategy emphasizes integrating safe, effective traditional practices into healthcare systems. In China, Traditional Chinese Medicine (TCM) is provided alongside conventional treatments in hospitals, backed by research and state regulation. India's Ministry of AYUSH has formally integrated Ayurveda and other systems into national policy and education. In Iran, ITM is offered in academic settings, and some clinics practice a dual approach, combining ITM with conventional diagnostics. Studies published in Iranian journals (e.g., Iranian Red Crescent Medical Journal, JIM) show favorable outcomes when ITM remedies are used for digestive disorders, sleep issues, and chronic pain—especially when guided by clinical protocols and modern diagnosis.

Conclusion : The integration of traditional and modern medicine is most successful when based on rigorous evidence, institutional support, and clear regulatory frameworks. In countries with historical medical traditions, integration respects cultural preferences and enhances patient satisfaction. However, challenges include standardizing traditional remedies, training practitioners, and preventing unsafe self-treatment. In Iran, recent steps by the MOHME to include ITM in primary care reflect progress, but broader integration requires national-level clinical guidelines, expanded research funding, and interdisciplinary collaboration. Importantly, integrated care models must be evaluated using modern clinical trial designs and health economics assessments to confirm efficacy and cost-effectiveness. Integrated medicine is a scientifically grounded, culturally



کتاب خلاصه مقالات سخنرانی و پوستر
دومین کنگره ملی طب ایرانی



تهران، مرکز همایش های بین المللی رازی

۲۱ لغایت ۲۳ آبان ماه ۱۴۰۴

relevant approach to improving healthcare outcomes—especially for chronic and non-communicable diseases. Countries such as China, India, and increasingly Iran have demonstrated that evidence-based integration is both feasible and beneficial when aligned with national health policies. Continued development in Iran will depend on strengthening research, education, and regulatory infrastructure. The experience of these countries offers valuable lessons for policymakers seeking to bridge traditional knowledge with modern science in sustainable and patient-centered ways.

Abstract ID: ۳۶۲

Presentation Type: Poster

Causes of spontaneous miscarriage from the perspective of Persian Medicine and modern Medicine

Fatemeh Bahramifard^۱ , Melina Jafari^۱ , Mohammad Ansaripour^۲ *

۱. Bachelor of Midwifery Student, Student Research Committee, School of Nursing and Midwifery, Isfahan University of Medical Sciences, Isfahan, Iran
۲. Department of Persian Medicine, School of Medicine, Isfahan University of Medical Sciences, Isfahan, Iran

Background and Aim : Spontaneous abortion, a prevalent yet complex obstetric phenomenon, poses significant clinical, psychological, and social implications. In Conventional Medicine, it is primarily attributed to genetic anomalies, endocrine imbalances, immune dysregulation, and environmental exposures. In contrast, Persian Medicine approaches this condition through a holistic lens, emphasizing the role of temperamental imbalance (Mizaj), uterine integrity, and systemic harmony. This narrative review aims to explore the multifactorial causes of spontaneous abortion by bridging biomedical evidence with traditional insights. Understanding the convergence and divergence between these paradigms may offer a more integrative framework for prevention and individualized care in reproductive health.

Methods : To compile this article, scientific sources from databases including PubMed, Scopus, Google Scholar, NIH, Magiran, and SID were reviewed using keywords such as "spontaneous abortion," "recurrent miscarriage," "maternal factors in miscarriage," "inflammation and miscarriage," and "Persian medicine and miscarriage." In addition, classical texts of Persian Medicine and the Noor database were also studied to explore the perspectives of traditional Iranian medicine on miscarriage.

Results : Findings revealed that spontaneous abortion arises from a wide array of interrelated biological, environmental, and socio-cultural factors. Conventional Medicine identifies recurrent pregnancy loss as often linked to chromosomal abnormalities, uterine anomalies, endocrine disorders (such as thyroid dysfunction), autoimmune conditions (e.g., antiphospholipid syndrome), and infections like *Listeria monocytogenes*. Environmental toxins, particularly heavy metals like cadmium and lead, were also found to significantly increase miscarriage risk. Psychosocial stress, advanced maternal age, and lack of healthcare access further contribute to poor reproductive outcomes. In the Iranian context, delays in obtaining legal abortion approval, stigmatization, and insufficient awareness among healthcare professionals were identified as barriers to safe management. Additionally, psychological consequences—such as anxiety, depression, and post-traumatic stress—were prominent among affected women. From the perspective of Persian Medicine, imbalance in uterine temperament, parental humoral disharmony, and inappropriate use of abortifacient herbs (e.g., saffron, pennyroyal) are key contributors. Persian Medicine also highlights weakened organ function and lifestyle disruptions as underlying factors. Integrating modern diagnostics with traditional etiological models offers a culturally competent approach to prevention and holistic care in miscarriage management.



Conclusion : Spontaneous abortion requires a multifaceted understanding that transcends purely biomedical models. This review underscores the value of integrating Conventional Medicine's evidence-based diagnostics with Persian Medicine's individualized, temperament-based insights. Recognizing both physiological and cultural determinants is essential for comprehensive reproductive care. Such an integrative perspective can enhance prevention strategies, support personalized treatment, and bridge the gap between traditional beliefs and modern medical practice—especially in regions where cultural heritage strongly influences perceptions of pregnancy and miscarriage.



Abstract ID: ۵۳۷

Presentation Type: Poster

The Role and Application of Cohort Studies in Traditional and Complementary Medicine in Iran

Majid Dadmehr^۱ *, Amirhossein Jamshidi^۲ , Mohammad Sadr^۳

۱. Department of Traditional Medicine, School of Persian Medicine, Iran University of Medical Sciences, Tehran, Iran
۲. Department of Traditional Pharmacy, School of Persian Medicine, Iran University of Medical Sciences, Tehran, Iran
۳. Department of History of Medicine, School of Persian Medicine, Iran University of Medical Sciences, Tehran, Iran

Background and Aim : Cohort studies in the field of traditional and complementary medicine (T&CM) have considerably accumulated in recent years worldwide. The aim of this study was to review the publications that described the findings of cohort studies in T&CM in Iran.

Methods : To achievement of cohort studies, we search publications from the Web of Science, PubMed, Embase, Cochrane Library, Google scholar and SID with appropriate keywords, including “cohort”, “observational studies”, “traditional medicine”, “complementary medicine”, and “Persian medicine”.

Results : A significant number of cohort studies have been conducted in traditional medicine around the world, including traditional Chinese medicine (TCM). The findings of this study show that no cohort studies were published in T&CM in Iran so far. Cohort studies are commonly used in research and their results are second only to randomized controlled trials (RCTs). They are suitable for obtaining outcomes that are closest to real-world T&CM practices, with characteristics such as a long treatment cycle and an individualized treatment plan. Cohort studies allow researchers to gain insight into the outcomes or natural progression of a disease or condition in a specific population. Although, they are more susceptible to bias and confounding than RCTs, cohort studies remain popular in the field of T&CM for the following reasons: they offer high external validity and can more accurately capture the effects of T&CM interventions. In addition, cohort studies do not face certain limitations that are encountered in interventional studies, such as ethical considerations, high costs, and limitations on the size or duration of follow-up. In interventional cohort studies, T&CM interventions are considered as exposure factors. A specific population is divided into exposed and unexposed groups, and the difference in the incidence of endpoint events between the groups is tracked and observed for a period of time to further evaluate the clinical effectiveness of disease prevention and treatment. These studies do not use randomization and examine the willingness of individuals to receive treatment, increasing individual compliance with treatment, long follow-up, and desirable long-term endpoint indicators. Cohort studies typically focus on disease prognosis, effectiveness assessment, economic evaluation, and side effects.

Conclusion : Cohort studies have played a significant role in T&CM worldwide. These observational studies have many benefits for evaluating T&CM interventions alongside RCTs. Designing the T&CM Cohort in Iran will serve as an important infrastructure for future implementation research and will provide the evidence needed for new healthcare policies in order to better control, manage and prevent non-communicable diseases.

Abstract ID: ۵۰۶

Presentation Type: Poster

Reflexology in Classical Iranian Medicine: Historical Roots and Modern Evidence

Behnam Danesh^۱ *

^۱. *Traditional Medicine and History of Medical Sciences Research Center, Health Research Institute, Babol University of Medical Sciences, Babol, Iran.*

Background and Aim : Reflexology is a complementary medicine technique based on applying pressure to reflex points in the hands, feet, and ears. Although this method is not explicitly named in classical Iranian medicine, analogous practices such as Dalk (massage) and Ghamz (digital pressure) have been described as local stimulation methods. According to Iranian medical scholars, stimulating superficial and localized points on the body can influence the function of internal organs. Therefore, integrating their conceptual framework with modern scientific findings may provide broader clinical applications and opportunities for advancing integrative medicine.

Methods : This narrative review was conducted in two stages. First, primary Persian medical texts were systematically examined to identify concepts analogous to reflexology. Second, PubMed and Scopus databases were searched using keywords “reflexology,” “foot reflex therapy,” “hand reflex points,” and “complementary therapy,” for studies published between ۲۰۲۰ and ۲۰۲۵. Randomized controlled trials (RCTs), systematic reviews, and high-quality clinical studies were included. A comparative analysis was then performed between mechanisms described in classical texts and modern physiological processes.

Results : - modern evidence: • Migraine: An RCT in Shiraz (۲۰۲۵, n=۸۴) reported that foot reflexology combined with pharmacotherapy significantly reduced the duration (mean reduction ۲,۳ hours, $P=۰,۰۲۴$) and intensity (VAS score reduction ۱,۸ points, $P=۰,۰۴۳$) of migraine attacks, although frequency remained unchanged. • Leukemia patients: Foot reflexology during bone marrow aspiration significantly reduced reported pain scores (mean reduction ۲,۵/۱۰, $P<۰,۰۱$) and anxiety (STAI reduction ۴,۲ points, $P<۰,۰۵$), while improving heart rate variability and blood pressure stability. • Systematic review: A review of ۴۶ Iranian studies reported consistent benefits of reflexology for pain relief, anxiety reduction, improved sleep quality, mitigation of chemotherapy-related symptoms, alleviation of premenstrual syndrome, and facilitation of labor outcomes. • Hand vs. foot reflexology: Comparative studies indicate both modalities reduce anxiety, but foot reflexology exerts stronger effects on physiological indices (heart rate variability, cortisol reduction). - traditional evidence (Classical Persian medicine): • Asbāb wa ‘Alāmāt by Samarqandi describes that extremities share neural pathways with the brain and are positioned in topographic adjacency, suggesting reflexive interactions. • Teb Akbari by Hakim Arzani emphasized that stamping the feet and massaging the palms and soles are beneficial for head-related disorders, including headache, vertigo, impaired consciousness, and auditory complaints. • In Zakhīrah-yi Khwārazmshāhī, stimulation of specific points on the soles was reported to restore humoral balance, enhance the flow of Rūh Hayawānī (vital spirit), regulate innate heat, and consequently promote energy flow, pain relief, and improved organ performance.



Conclusion : Reflexology is a safe, low-risk therapy with robust evidence for alleviating pain, reducing anxiety, and improving patient functional outcomes. Classical Iranian texts provide a theoretical framework that aligns conceptually with modern physiological mechanisms, supporting its historical roots. Integrating traditional knowledge with contemporary clinical evidence provides a foundation for designing large-scale, multicenter, long-term RCTs, further establishing reflexology as a validated modality in integrative and traditional medicine.



Abstract ID: ۵۷۴
Presentation Type: Poster

From Margins to Mainstream: The Status of Integrative Medicine Education in Leading U.S. Medical Schools

Alireza Derakhshan^۱ *

^۱. Mashhad University of Medical Sciences

Background and Aim : Integrative and complementary medicine (IM/CAM) has attracted increasing attention within academic medicine, reflecting a shift toward whole-person, preventive, and lifestyle-oriented care. However, the extent to which leading U.S. medical schools incorporate IM/CAM into their curricula remains unclear. The objective of this study was to evaluate the educational integration of IM/CAM across the top ۲۰ U.S. medical schools listed in the ۲۰۲۵ QS World University Rankings by Subject (Medicine).

Methods : Between September ۱۵ and ۲۲, ۲۰۲۵, we performed a structured web-based review of official university and medical school websites. The search focused on dedicated integrative medicine centers, undergraduate medical education (UME) courses, graduate medical education (GME) opportunities including residencies and fellowships, and the presence of clinical services and continuing medical education (CME) related to IM. Institutions were analyzed and grouped according to the depth of integration across these domains.

Results : Eighteen of the twenty institutions demonstrated at least some engagement with IM/CAM education or services, though with considerable variability. A small group of schools, notably Harvard, UCSF, UCLA, Vanderbilt, Northwestern, and the University of Washington, showed the most comprehensive integration. These institutions typically hosted established centers such as the Osher Centers, provided structured UME electives, offered fellowships, and combined education with clinical and research activities. A second group, including Columbia, Weill Cornell, Yale, NYU, the University of Michigan, Stanford, and the University of Pittsburgh, exhibited strong but more specialized integration. Their programs tended to focus on oncology, family medicine, or lifestyle medicine, with opportunities for electives and postgraduate training but less uniform incorporation into core curricula. A third group, represented by Johns Hopkins, the University of Pennsylvania, UC San Diego, Washington University in St. Louis, and the University of Chicago, offered integrative clinical services but showed limited evidence of systematic educational embedding at the undergraduate or graduate level. Finally, Baylor and Duke provided only minimal documentation of formal IM education within their medical schools, although Duke maintained a well-known integrative health center primarily oriented toward professional training and community programs rather than core medical education. Across these groups, three dominant educational models emerged: the Osher-center model linking education, research, and clinical care; the oncology-integrative model embedded within cancer centers; and the family medicine model emphasizing integrative primary care training.

Conclusion : Our review shows large differences in how IM/CAM is taught in leading U.S. medical schools. Some universities, especially those with strong centers like Harvard and UCSF, have developed full programs that include courses, electives, fellowships, and research. Others only offer limited options such as oncology support or wellness services. Still, it is important to note that ۱۸ of the ۲۰ top schools include some form of IM/CAM in their teaching or training. This



کتاب خلاصه مقالات سخنرانی و پوستر
دومین کنگره ملی طب ایرانی



تهران، مرکز همایش های بین المللی رازی

۲۱ لغایت ۲۳ آبان ماه ۱۴۰۴

shows that integrative medicine is becoming part of mainstream medical education, even if the level of commitment is not the same everywhere. To build on this progress, schools could agree on minimum exposure for all students, create more fellowships and residency tracks, and define clear skills that graduates should have. These steps would help prepare future doctors to use safe and evidence-based integrative approaches in patient care.



Abstract ID: ۴۲

Presentation Type: Poster

A Review Study on the Effects of Cinnamon and Its Derivatives on Different Types of Microbes

Faezeh Dorisefat^۱ *

^۱. PhD Student in Naturopathy, Department of Naturopathic Medicine, Faculty of Clinical Medicine, Technofest Institute of Technology University (TITU), Erquelinnes, Belgium.
faezedorisefat@yahoo.com

Background and Aim : Cinnamon contains active chemical compounds that have demonstrated significant effects on inhibiting the growth and proliferation of microbes. Among these, cinnamaldehyde has been identified as one of the most potent antibacterial agents. The objective of this study is to examine cinnamon's potential in preventing the growth of bacteria that are essential for microbial development.

Methods : This is a qualitative study conducted using the rapid review method. Twenty scientific articles from the PubMed database published within the past year have been reviewed.

Results : Studies have shown that cinnamaldehyde causes the breakdown of bacterial biofilms, especially those formed by Gram-positive and Gram-negative bacteria, making it effective in treating infections caused by drug-resistant bacteria. Cinnamon has been shown to be effective against various bacteria, fungi, and even some cancer cells. It also has antiviral properties, particularly against the SARS-CoV-۲ virus. Additionally, studies on mice demonstrated that cinnamon extract could protect nerve cells in the hippocampus region by reducing oxidative stress. Another study indicated that cinnamon essential oil inhibits the growth of *Staphylococcus aureus* by disrupting the bacterial cell membrane and metabolic processes. Due to the antimicrobial properties of cinnamon, it has been proposed for use in nanotechnology as a natural preservative in the formulation of smart packaging materials and biodegradable films designed for food storage and refrigeration.

Conclusion : The use of natural compounds such as cinnamaldehyde can be effective in combating various types of microbes and bacterial infections. Additionally, the use of cinnamon as a natural preservative in the food industry can enhance product shelf life and reduce health risks. Keywords: Cinnamon, Cinnamaldehyde, Antimicrobial, Antibacterial, Antiviral.

Abstract ID: ۴۱

Presentation Type: Poster

Effects of Combining *Nigella sativa* Supplementation with Aerobic Exercise on Blood Pressure and Cardiovascular Function: A Comprehensive Review

Faezeh Dorisefat^۱*, Hamideh Atefipour^۲, Shahrbanoo Boland^۳, Zohreh Heydarian^۴

۱. PhD Student in Naturopathy, Department of Naturopathic Medicine, Faculty of Clinical Medicine, Technofest Institute of Technology University (TITU), Erquelinnes, Belgium. faezedorisefat@yahoo.com
۲. Doctor of Traditional Medicine, Department of Traditional Medicine, Faculty of Medicine, Technofest Institute of Technology University (TITU), Erquelinnes, Belgium. dr.hamidehatefi@gmail.com
۳. Doctorate student in Naturopathic Medicine, Department of Naturopathy, Faculty of Medicine, Technofest Institute of Technology University (TITU), Erquelinnes, Belgium. boolandshahrbano@gmail.com
۴. Doctor of Naturopathic Medicine, Department of Naturopathy, Faculty of Medicine, Technofest Institute of Technology University (TITU), Erquelinnes, Belgium. Zohreh60heydarian@gmail.com

Background and Aim : Hypertension is a prevalent and critical public health issue, significantly an independent causing agent for cardiovascular disease and mortality. Minimally invasive approaches are growing popularity in this field and among them in complementary items are staying focused. *Nigella sativa* (black cumin) is popular for its potential in modulating blood pressure and supporting cardiac function, while aerobic exercise is well-established as beneficial for cardiovascular health. The aim o the present study was to systematically investigate the probable synergistic effects of *Nigella sativa* supplementation along with aerobic exercise on controlling systolic and diastolic blood pressure, as well as overall cardiovascular health.

Methods : A systematic search was carried out on the MEDLINE, Scopus, and Web of Science online databases to determine relevant clinical trials, animal and observational studies published from ۲۰۱۱ to ۲۰۲۴. This relevant studies examining both the individual and combined effects of *Nigella sativa* and aerobic exercise. Data extraction concentrated on blood pressure outcomes (SBP, DBP), endothelial function, lipid profiles, inflammatory biomarkers, and adverse events. Considerations included factors such as age, gender, existing comorbidities, and lifestyle characteristics.

Results : Daily intake of ۲ grams of *Nigella sativa* over eight weeks yielded an average decrease of ۷,۵ mmHg in systolic blood pressure and ۵,۳ mmHg in diastolic blood pressure. Engaging in moderate-intensity aerobic exercise for three sessions per week, lasting ۴۵ minutes each, led to an independent average reduction of ۸,۲ mmHg in SBP and ۶,۱ mmHg in DBP. When both interventions were combined, participants experienced a significantly larger decrease, with average reductions of ۱۳,۴ mmHg in SBP and ۹,۸ mmHg in DBP ($p < ۰,۰۱$). In addition, total cholesterol (TC) levels decreased roughly ۱۲%, while inflammatory markers like hs-CRP dropped by approximately ۱۸%. Importantly, no significant adverse effects on liver or kidney function, nor any disturbances in electrolyte balance, were observed in the studies reviewed.



Conclusion : Integrating *Nigella sativa* supplements with aerobic exercise presents a promising strategy for managing hypertension and enhancing cardiovascular performance. This approach is not only practical but also accessible, especially for individuals at risk of hypertension-related complications. However, it is crucial to undertake large-scale, rigorously designed randomized controlled trials to establish standardized treatment protocols and clarify the underlying mechanisms at play. **Keywords :** *Nigella sativa*, Aerobic exercise, Hypertension, Cardiovascular function.



Abstract ID: ۲۳۲

Presentation Type: Poster

Evaluation of the Efficacy of Medicinal Plants in Treating Bacterial Vaginosis: A Comprehensive Systematic Review of Interventional Studies

Mitra Esmaili^۱ *

^۱. School of Medicine, Sirjan School of Medical Sciences, Sirjan, Iran

Background and Aim : Background: Bacterial Vaginosis (BV) is the most prevalent cause of vaginal infection among women. This study aimed to summarize the evidence related to the effectiveness of medicinal plants as an alternative therapy for the management of BV

Methods : The keywords for the search were (“BV” OR “bacterial vaginitis” OR “bacterial vaginosis”) AND (“herbal medicine” OR “plant extract” OR “medicinal plant” OR herb OR “plant medicinal” OR “herbal drug” OR “herbal product” OR “Persian medicine” OR “traditional medicine” OR “complementary medicine” OR “alternative medicine” OR “Integrative Medicine”). In addition, the search was done in the Google Scholar database. Therefore, our search period was from January ۲۰۰۰ to December ۲۰۲۲.

Results : In total, ۲۰ studies comprising ۲۶۸۵ participants were included in our review. The results show that combinations of herbal medicines such as Prangos ferulacea, Berberis vulgaris, Myrtus communis, and Quercus Brantii with metronidazole can have better results in the treatment of BV. Moreover, the main results show that some medicinal plant products alone such as Forzejehe (Tribulus terrestris + Myrtus communis + Foeniculum vulgare + Tamarindus indica), Zataria multiflora, and Calendula officinalis had therapeutic effects similar to metronidazole. Propolis and Brazilian pepper tree (Schinus) were effective in the treatment of BV, but they have less therapeutic effect than metronidazole.

Conclusion : To reduce the complications caused by chemical treatments and also the resistance of patients to these treatments, it seems necessary to use supportive treatments along with chemical drugs after the necessary approvals have been obtained.



Abstract ID: ۳۹۹

Presentation Type: Poster

Women's Perspectives on the Effects of Complementary Medicine on Menstrual pain: A Review Study

MAHSA FADAKAR^۱ *

^۱. *Instructor, Faculty Member, Malayer School of Medical Sciences, Hamadan University of Medical Sciences, Hamadan, Iran.*

Background and Aim : Dysmenorrhea, or menstrual pain, is one of the most common problems among women of reproductive age. This condition can negatively affect women's quality of life, academic performance, and occupational productivity. Various treatments are available for this issue, among which pharmacological therapies, particularly nonsteroidal anti-inflammatory drugs (NSAIDs), are the most common. Although these drugs are effective, many women prefer to use complementary medicine due to concerns about side effects. In recent years, herbal remedies and natural approaches have gained popularity because they are perceived as safer and more compatible with the body. Exploring women's perspectives on these approaches can play an important role in planning healthcare strategies.

Methods : This narrative review was conducted by searching both national and international databases (SID, Magiran, PubMed, Scopus, and Web of Science) for studies published between ۲۰۱۰ and ۲۰۲۰. Keywords such as "primary dysmenorrhea," "complementary and alternative medicine," "herbal remedies," and "women's perspectives" were used to identify relevant studies.

Results : The results of the studies indicated that many women consider complementary medicine as either an alternative or an adjunct to conventional drugs. Among various herbs, fennel, ginger, cinnamon, chamomile, and peppermint were the most commonly used, with the highest reported satisfaction regarding their effectiveness in reducing the severity and duration of menstrual pain. In addition, the use of supplements such as vitamin E, omega-۳, and magnesium was reported by women to help improve symptoms. In most reviewed studies, women stated that herbal remedies not only alleviated physical pain but also provided psychological relaxation and reduced anxiety during menstruation. From their perspective, the natural origin, easy accessibility, and lower cost were among the main reasons for preferring these methods. However, concerns regarding lack of standardization, possible interactions with other medications, and insufficient information about dosage and duration of use were also noted. Some women reported limited efficacy or mild side effects, such as gastrointestinal discomfort.

Conclusion : Overall, women's perspectives on using complementary medicine for managing dysmenorrhea are positive, and many consider these methods effective and safe. However, the lack of definitive scientific evidence, non-standardized dosages, and concerns about potential side effects remain significant challenges. It is recommended that more well-designed clinical trials with larger sample sizes be conducted to scientifically confirm the efficacy and safety of these therapies.

Abstract ID: ۲۰۸

Presentation Type: Poster

Liver-spleen axis; the potential missing link in neuropsychological disorders

Setare Fallah^۱ *

^۱. Department of Persian Medicine, School of Medicine, Hamadan University of Medical Sciences, Hamadan, Iran

Background and Aim : The prevalence of mental disorders is increasing, so that depression expected to be the second most common disease in the world by ۲۰۳۰, according to the WHO. Although the exact mechanisms of depressive disorders are still unknown, neuroinflammatory cascades as a result of the over activation of the immune system and the hypothalamic-pituitary-adrenal (HPA)-axis have been investigated in numerous studies. The aim of this study is to review on the role of the liver-spleen axis in the process of mental health based on integrative approaches to Persian Medicine (PM) literatures and conventional medical resources.

Methods : In this study, the sections related to “Liver” and “Spleen” as well as the psychological-based topics containing “Melancholia” were extracted from PM original literatures including “The Canon of Medicine” by Avicenna (۱۱th century A.D.), “Zakhireye Khwarazmshahi” by Jorjani (۱۲th century), “Exir-e Azam” by Nazem Jahan (۲۰th century). The process were accompanied by searching through scientific databases including Scopus, PubMed, Google Scholar and SID from ۲۰۱۰-۲۰۲۰ using the mentioned related keywords.

Results : According to the PM, liver is one of the commander organs which produces four humors (blood, phlegm, yellow bile, and black bile), cooperates with other organs including spleen and brain. It contributes to managing the body growth and nutrition processes. Black bile is one of the humor produced by liver and reserved in spleen and has a strengthening role in body organs formation. Likewise, it has an important role in psychological stability. Various disorders particularly liver-spleen axis dysfunction resulted in quantitative and qualitative disturbances of black bile, leading to neuropsychological alterations such as melancholia which is overlapped by the spectrum of anxiety and depressive disorders. These explanations are in accompanying with recent findings about the role of spleen along with liver in mental health. Splenomegaly and hypersplenism are contributed in progression of liver disorders which influence on blood circulation, homeostasis and also mental functions. The higher occurrence of depression in patients with Chronic Liver Diseases (CLD) than the general population has been reported in previous studies. Moreover, the spleen as the main organ in immunological responses has an important role in chronic low-grade systemic inflammation (LGI) and neuroinflammation as one of the most studied underlying mechanism in neuropsychological conditions. Also, the animal study on relationship between brain and spleen showed that consumption of antidepressant could reverse the splenomegaly and depression-like behaviors. Interestingly, the neuroinflammation and anhedonia as the main symptoms of depression has been seen after splenectomy in animal investigation.

Conclusion : Liver-spleen axis has main role in neuropsychological development and functions based on PM resources and current investigations. According to the prevalence of psychologic disorders, noticing on the body organs relationships has potential role to understanding the mechanisms of mental disorders and developing effective novel medications.

Abstract ID: ۲۵۸

Presentation Type: Poster

Trachoma in Persian Medicine: Historical Perspectives and Comparison with Modern Therapeutic Approaches

Maryam Farjadikosha^۱, Maedeh Rezghi^۲ *

- ^۱. Student Research Committee, Babol University of Medical Sciences, Babol, Iran
- ^۲. Traditional Medicine and History of Medical Sciences Research Center, Health Research Institute, Babol University of Medical Sciences, Babol, Iran

Background and Aim : Trachoma is an infectious and transmissible ocular disease predominantly prevalent in regions with warm and subtropical climates, caused by the bacterium *Chlamydia trachomatis*. This condition may progress to trachomatous trichiasis, which if untreated, can lead to permanent and irreversible vision loss. Public health strategies have focused on the SAFE approach (Surgery, Antibiotics, Facial cleanliness, and Environmental improvement). In ۲۰۱۸, the World Health Organization (WHO) declared trachoma eliminated as a public health problem in Iran; however, this does not imply complete eradication of the disease. In Persian Medicine (PM), trachoma was known as jarab al-‘ayn (eye scabies). The description of this disease by Rhazes in *al-Mansūrī fī al-Ṭibb* closely corresponds to the modern clinical understanding. Given this conceptual overlap, the present study aims to investigate trachoma and its therapeutic approaches in ITM manuscripts from the ۳rd to the ۱۳th centuries AH, and compare them with contemporary medical therapies.

Methods : This descriptive study was conducted based on historical sources and classical Persian medical texts accessed via the Noor Digital Library software. Data were collected from texts written between the ۳rd and ۱۳th centuries AH. Additionally, a comprehensive literature was performed using scientific databases including Google Scholar, PubMed, and Scopus, using keywords related to Ocular trachoma.

Results : Findings from these historical texts demonstrate that trachoma was a widespread disease persisting over many centuries. The main causes of this disease appear to be the lack of personal and public hygiene, poverty, poor environmental conditions, the presence of flies, and the predisposition of certain dys temperaments (imbalances in bodily humors), for which the recommended treatment involved therapeutic cleansing of the body. Additionally, the entry of dust or foreign bodies into the eye, as well as underlying diseases such as tuberculosis, syphilis, and malaria, put individuals at greater risk of developing this disease. A common belief among traditional physicians was that the root cause of the disease originated from the accumulation of corrupted (putrid) humor. Consequently, treatments primarily focused on expelling these humors using methods such as bloodletting, wet cupping, purging, and the application of topical irritants or suppositories. In the most advanced and severe stage, therapeutic interventions included nasal insufflation with compounds such as Aloe vera, Castoreum and *Opopanax chironium*, all known for their disinfectant properties. Moreover, preparations of copper oxide or calcined copper was applied for their potent antibacterial and wound-healing effects. These traditional treatments underscore an early recognition of the infectious and bacterial nature of trachoma. By comparison, modern medicine identifies *Chlamydia trachomatis* as the causative agent of trachoma. Current treatments primarily involve oral or topical administration of the antibiotic azithromycin, alongside surgical intervention to correct trichiasis and prevent corneal damage.



کتاب خلاصه مقالات سخنرانی و پوستر
دومین کنگره ملی طب ایرانی



تهران، مرکز همایش های بین المللی رازی

۲۱ لغایت ۲۳ آبان ماه ۱۴۰۴

Conclusion : These findings indicate a convergence between traditional therapeutic approaches and contemporary medical practices in the treatment of trachoma, highlighting the necessity for further interdisciplinary research to validate and integrate historical insights into modern clinical applications. Keyword: Trachoma, Ocular disease, Chlamydia trachomatis, Persian medicine



Abstract ID: ۱۶۰

Presentation Type: Poster

Effect of alternative and complementary medicine on male infertility: an umbrella review

Maryam Fasanghari^۱ *

^۱. Student Research Committee, School of Nursing and Midwifery, Shahrood University of Medical Sciences, Shahrood, Iran

Background and Aim : There is increasing interest worldwide in using alternative and complementary approaches for treating male infertility. This interest has spawned a multitude of published systematic reviews and meta-analyses. The aim of this Umbrella review was to consolidate the available evidence regarding the effect of complementary and alternative medicine on male infertility in order to inform clinical decision-making processes.

Methods : A comprehensive search was conducted to identify systematic reviews and meta-analyses pertaining to the effects of complementary and alternative medicine on male infertility. This search encompassed various databases including MEDLINE, CINAHL, PubMed, Scopus, Proquest, Google Scholar, SID, EMBASE, Magiran, Cochrane Library, Iranmedex, ScienceDirect, SAGE. Subsequently, two researchers independently extracted the data from the selected meta-analyses and systematic reviews, and evaluated their methodological quality using the assessment of multiple systematic reviews ^۲ (AMSTAR^۲).

Results : This analysis encompassed eleven studies, with four originating from Iran, two from Korea and five from China. The results regarding the effectiveness of complementary and alternative medicine are controversial, indicating a need for further research. The methodological quality of the systematic reviews and meta-analyses appraised by AMSTAR ^۲ was rated as low or critically low. This assessment is attributed to inadequate examination of publication biases in the reviews and a lack of discussion regarding the effect of risk of bias.

Conclusion : The existing evidence regarding the effectiveness of alternative and complementary medicine in addressing male infertility is limited. Furthermore, the overall methodological quality of the published systematic reviews and meta-analyses may have been underestimated as the use of AMSTAR^۲ appears to be a more precise appraisal instrument compared to its predecessor.



Abstract ID: ۵۶۷

Presentation Type: Poster

The potential of combining Iranian and modern medicine in medical emergencies

Adeleh Fayazi^۱ , maryam sadat paknejad^۲ *

۱. *Department of Emergency Medicine, Iman Ali Hospital Complex, Alborz University of Medical Sciences, Karaj, Iran*
۲. *Phd Of Persian Medicine*

Background and Aim : "Risalah Bar-e-Sa'a" is written by the great sage Muhammad ibn Zakariyya Razi. He himself considers this treatise to contain all medical instructions and diseases that are treated immediately. Although the title Bar-e-Sa'a has nothing to do with the concept of "medical emergencies", it is worth considering that this book describes treatments with rapid effects for use in medical emergencies. For example, Chapter^{۱۲} of the book on nosebleeds mentions various methods that can be used to control epistaxis immediately after ruling out the important causes of these bleedings.

Methods : As in modern medicine, the initial treatment of epistaxis is local pressure treatments. In Iranian medicine, the use of various medicinal applications as completely effective and fast-acting treatments has been emphasized such as manual therapy. Just as in modern medicine, the next step after pressure treatments is the use of local dressings with compounds such as epinephrine and vitamin C, in Iranian medicine, the use of single and combined medicines, which are often local, has been emphasized. After the initial control of bleeding, in parallel with considering conventional medicine treatments, it is necessary to continue the treatment based on the causes of nosebleeds from the perspective of Iranian medicine

Results : It should be noted that some of these fast-acting treatments can be used at different levels of treatment, including health homes, health centers, and comprehensive health service centers, depending on the type of method

Conclusion : It is recommended that the treatments mentioned in this book be researched and used in conjunction with modern medicine treatments in the treatment of diseases with the view of helping in medical emergency treatments.

Abstract ID: ۱۴۷

Presentation Type: Poster

The Effect of Motivational Interviewing with an Emphasis on Iranian Traditional Medicine Hygiene Principles on Stress and Quality of Life in Infertile Women

Maede Feizy^۱ *, Roghieh Kharghani^۲ , Azam Maleki^۳ , Masoumeh Mortaghi Ghasemy^۴

۱. Department of Midwifery, Faculty of Nursing and Midwifery, Zanjan University of Medical Sciences, Zanjan, Iran
۲. Associated professor, Reproductive Health, Social Determinants of Health Research Center, Health& Metabolic Diseases Research Institute, Zanjan University of Medical Sciences, Zanjan, Iran
۳. Assistant Professor, Social Determinants of Health Research Center, Health and Metabolic Diseases Research Institute, Zanjan University of Medical Sciences, Zanjan, Iran
۴. Instructor, Department of Medical Surgical Nursing, School of Nursing and Midwifery, Zanjan University of Medical Sciences, Zanjan, Iran

Background and Aim : Infertility is defined as the inability of couples to conceive after one year of regular, unprotected sexual intercourse. Infertility represents a significant crisis that adversely affects the mental health of individuals, ultimately diminishing their quality of life. This study aimed to investigate the effect of motivational interviewing, incorporating the hygiene principles of Iranian traditional medicine (Hefz-Alsehe), on stress and quality of life in infertile women.

Methods : This randomized controlled trial was conducted with ethical approval (IR.ZUMS.REC.۱۴۰۲,۱۹۶) and registered with the Iranian Registry of Clinical Trials (IRCT۲۰۱۶۰۶۰۸۰۲۸۳۵۲N۱۳) on ۲۰۲۳/۱۱/۲۸. Fifty-six women aged ۲۰–۴۰ years who met the inclusion criteria were recruited using convenience sampling. Participants were stratified based on primary and secondary infertility and then randomly assigned to either the intervention (n=۲۸) or control (n=۲۸) group using block randomization with a four-person block size. The intervention consisted of five individual, in-person motivational interviewing sessions. Data collection tools included a demographic and infertility characteristics questionnaire, the Newton Fertility Problem Inventory (FPI) for stress, and the Fertility Quality of Life (FertiQoL) questionnaire. These were completed by both groups at three time points: before the intervention, immediately after the intervention, and three months following the final session. The control group didn't receive any intervention. Study outcomes were analyzed using appropriate statistical tests, including independent t-tests and repeated measures analysis of variance, with SPSS version ۱۶.

Results : The results demonstrated that the mean stress score ($\pm$ standard deviation) in the intervention group was ۱۷۰,۹۳ ($\pm$ ۲۱,۳۰) at baseline, ۱۵۰,۰۷ ($\pm$ ۲۱,۰۰) post-intervention, and ۱۴۲,۵۲ ($\pm$ ۲۰,۷۷) at follow-up, showing a significant reduction in the post-intervention and follow-up phases compared to the control group ($p<۰,۰۰۱$). The quality of life scores in the intervention group were ۵۵,۱۷ ($\pm$ ۱۳,۷۶) at baseline, ۶۸,۵۹ ($\pm$ ۹,۸۸) post-intervention, and ۷۰,۲۳ ($\pm$ ۱۰,۵۴) at follow-up, demonstrating a significant increase in the post-intervention and follow-up phases compared to the control group ($p<۰,۰۰۱$).

Conclusion : Based on the study findings, motivational interviewing is recommended as an effective method to enhance motivation and facilitate behavioral changes rooted in Hefz-Alsehe principles, thereby reducing stress and improving quality of life in infertile women.

Abstract ID: ۱۱۰

Presentation Type: Poster

Investigation the effect of Tai Chi technique on fatigue in patients with multiple sclerosis

Mohammadreza Ghaedi^۱*, Fatemeh Sadr^۲

۱. *Nursing Student, Department of Nursing, International Campus, Shahid Sadoughi University of Medical Sciences, Yazd, Iran*
۲. *Research Center for Nursing and Midwifery Care, Non-communicable Diseases Research Institute, Department of Nursing, School of Nursing and Midwifery, Shahid Sadoughi University of Medical Sciences, Yazd, Iran*

Background and Aim : Multiple sclerosis (MS) is the most common neurological disease, especially in young adults. It is characterized by chronic inflammatory processes that affect the central nervous system, causing neuronal degeneration and axonal damage. Fatigue is a common symptom experienced by most patients with MS. Symptoms of fatigue include loss of energy, drowsiness and inability to continue activities. Fatigue exacerbates other symptoms of MS, such as depression, pain, anxiety and cognitive dysfunction. Physical inactivity and psychological disorders caused by MS or comorbidities have been identified as factors that cause fatigue, so designing a safe and effective exercise program can be considered as an important option in planning for the treatment of fatigue. Tai chi, a mind-body exercise with roots in traditional Chinese culture, has a unique place in alternative and traditional medicine. It engages a wide range of muscle groups, including those of the legs, trunk and arms and requires a high level of attention and memory. This study aimed to investigate the effect of tai chi technique on fatigue in patients with multiple sclerosis.

Methods : In this narrative review, articles were extracted by searching for the keywords fatigue, multiple sclerosis, and tai chi in PubMed, Google Scholar, Magiran, Science Direct and SID databases. Eight relevant articles were selected and reviewed.

Results : The results showed that tai chi has therapeutic potential for MS patients. Appropriate exercise can improve muscle strength, flexibility, balance and fatigue in patients. Tai chi significantly improves balance, coordination and depression in these patients. It can also prevent the progression of fatigue in many MS patients.

Conclusion : Tai chi is a multidimensional physical, mental and spiritual exercise that can be practiced by people of all ages and physical abilities. The potential beneficial effects of long-term tai chi practice are not only on balance and gait performance but also on mood, cognition and quality of life in MS patients. Available evidence suggests that a supervised and personalized exercise program can improve fitness, functional capacity and quality of life, as well as modifiable impairments in MS patients. Tai chi exercise, which combines physical exercise and mindfulness training, can improve fatigue more effectively than traditional treatments. Exercise should be considered a safe and effective means of rehabilitation in MS patients. On the other hand, there are concerns about the potential impact of exercise on exacerbating fatigue in MS patients. However, the available evidence supports the fact that regular exercise training is associated with a small but significant reduction in fatigue among people with MS and recommends regular, long-term tai chi practice in patients with MS.

Abstract ID: ۲۷۸

Presentation Type: Poster

A Comparative Study of infantile colic: etiology and treatment in Conventional and Persian Medicine

Saeedeh Ghaedi, PhD student^۱, Maryam Ranjbar, Assistant Prof^۱ *

^۱. Department of Persian Medicine, Faculty of Medicine, Isfahan University of Medical Sciences

Background and Aim : Infantile colic is a benign condition in newborns and young infants, characterized by excessive crying and irritability, causing significant family distress. This study aimed to compare the causes and management of infantile colic from both conventional and Persian medicine perspectives, focusing on diagnostic and therapeutic similarities. Additionally, the role of infant temperament (Mizaj) and breast milk modification in Persian medicine was investigated.

Methods : This narrative review was conducted using library research. Electronic databases including PubMed, UpToDate, Scopus, Web of Science, and SID were searched for conventional medicine data. Persian medicine information was extracted from main references such as the Canon of Avicenna (Qanun), Mofarah al-Qulub, Aksir-e A'zam, and Khulasat al-Hikmah and related articles.

Results : Conventional Medicine Etiology: Gastrointestinal causes: Immature digestive system, lactose intolerance, inappropriate maternal diet Non-gastrointestinal causes: Poor parent-infant interaction, maternal anxiety during pregnancy/lactation, immature nervous system Persian Medicine Etiology: Includes digestive factors (weak digestion, overfeeding) while emphasizing: • Infant temperament imbalance (cold/heat imbalance causing gas) • Breast milk quality (texture, temperature, nutritional composition) • Maternal stress as contributing factors Conventional Treatments: Non-pharmacological: Infant massage, maternal diet adjustment, formula modification Pharmacological: Probiotics, simethicone, antispasmodics Persian Medicine Treatments: Non-pharmacological: Temperament-appropriate oil massage, maternal dietary modification, cradle rocking Pharmacological: Herbal medicines for breast milk correction and colic relief Key distinction: Persian medicine focuses on improving breast milk quality (not discontinuation) through maternal nutrition and temperament regulation

Conclusion : Despite differing theoretical foundations, significant similarities exist in diagnostic and therapeutic approaches. Both systems recognize gastrointestinal/non-gastrointestinal causes and recommend pharmacological/non-pharmacological treatments (especially massage and maternal nutrition). However, Persian medicine provides a more holistic approach by: • Assessing both maternal and infant temperaments • Enhancing breast milk rather than discontinuing it Integrating both perspectives may lead to more effective colic management strategies.

Abstract ID: ۵۲۳

Presentation Type: Poster

Aromatherapy in Integrative Medicine: Clinical Evidence and Insights from Persian Medicine

Haleh Ghoushkhaneh^۱ *, Mahdi Yousefi^۱ , Fatemeh Sajedi^۱

^۱. School of Persian and Complementary Medicine, Student Research Committee, Mashhad University of Medical Sciences

Background and Aim : Aromatherapy, the therapeutic use of essential oils, has been practiced for centuries in Persian medicine, where aromatic herbs such as rose (Gol-e-Mohammadi), lavender (Ostokhoddus), thyme (Avshan), and saffron (Za'faran) were prescribed for neurological, psychological, and digestive disorders based on mizaj (temperament) theory. Today, aromatherapy has gained renewed clinical relevance within integrative medicine, particularly for symptom management in chronic and psychosomatic conditions. This review explores the convergence of traditional Persian medicine principles with modern clinical evidence on aromatherapy, aiming to highlight its therapeutic potential and integrative role in contemporary practice

Methods : Classical Persian medical texts—including Canon of Medicine (Avicenna) and Al-Hawi (Rhazes)—were examined for references to aromatic herbs and their indications. Modern evidence was reviewed from randomized clinical trials and systematic reviews retrieved from PubMed, Scopus, and Cochrane Library

Results : Persian medicine sources describe aromatics as agents to balance the heart, brain, and spirit, with specific mizaj considerations guiding their use. For example, rose was recommended for calming hot temperaments and improving mood, while lavender was applied for melancholic conditions. Modern clinical studies support these traditional insights: aromatherapy with rose and lavender has been shown to reduce anxiety, depression, and pain in perioperative, obstetric, and palliative settings. Thyme and peppermint oils demonstrate benefits in gastrointestinal disorders, while saffron exhibits antidepressant and anxiolytic properties. Across clinical trials, aromatherapy demonstrates significant improvement in quality of life, sleep quality, and stress-related symptoms, with minimal adverse effects when standardized preparations are used

Conclusion : Aromatherapy exemplifies how Persian medicine's wisdom on temperament and aromatic remedies aligns with modern integrative medicine's emphasis on safe, evidence-based interventions. Future directions include conducting high-quality clinical trials that integrate mizaj-based patient stratification, standardization of essential oil preparations, and the development of clinical protocols that respect both traditional frameworks and modern therapeutic guidelines.



Abstract ID: ۵۲۴

Presentation Type: Poster

Strategies for Implementing Integrative Medicine: Effective Incorporation of Traditional Medicine into the Modern Healthcare System

Haleh Ghoushkhaneh^۱ *, Alireza Derakhshan^۱ , Fatemeh Sajedi^۱

^۱. School of Persian and Complementary Medicine, Student Research Committee, Mashhad University of Medical Sciences

Background and Aim : In recent decades, there has been a growing interest among patients and healthcare providers in holistic and patient-centered approaches. This has led to increased attention to integrative medicine—an approach that combines the strengths of traditional and modern medicine within the framework of scientific evidence. Integrative medicine has the potential to enhance the quality of healthcare services, reduce adverse drug reactions, improve patient satisfaction, and lower treatment costs. This study aimed to investigate the principles, strategies, and challenges related to the implementation of integrative medicine in Iran, with an emphasis on harmonizing Iranian traditional medicine with modern healthcare systems

Methods : A narrative review was conducted between January and June ۲۰۲۵. Classical sources of Iranian traditional medicine were reviewed to identify their principles of holistic care and system-based treatment. In parallel, international scientific databases (PubMed, Scopus, Web of Science) and national policy documents were searched for studies, guidelines, and strategic reports on the implementation of integrative medicine. Inclusion criteria covered articles, reports, and policy documents published between ۲۰۰۰ and ۲۰۲۵ in English and Persian. The data were thematically analyzed and categorized into four domains: policy and governance, education and training, clinical practice models, and research and evaluation

Results : The review revealed several key strategies necessary for successful implementation of integrative medicine in Iran. These include: ۱. Policy and Governance: Development of unified national policies and regulatory frameworks that integrate evidence-based traditional medicine into healthcare delivery. ۲. Interprofessional Collaboration: Establishment of collaborative models where physicians, pharmacists, and traditional medicine practitioners work together within defined clinical protocols. ۳. Education and Training: Inclusion of integrative medicine curricula in medical, pharmacy, and allied health education, along with structured continuing education for current practitioners. ۴. Clinical Practice Models: Creation of joint clinical centers where integrative care is delivered in a standardized and patient-centered manner, supported by clear treatment guidelines. ۵. Research and Evaluation: Expansion of high-quality clinical research, with an emphasis on comparative effectiveness studies, cost-effectiveness analyses, and patient-reported outcomes. These strategies were also compared with international experiences from countries such as China, India, and Germany, demonstrating that localized adaptation of global models is crucial.

Conclusion : Integrative medicine offers a unique opportunity to bridge Iranian traditional medicine with modern healthcare, ensuring safety, efficacy, and patient-centeredness. For successful implementation in Iran, a stepwise approach is needed—starting with national policy alignment, capacity-building in education, pilot joint clinics, and continuous evaluation. The Ministry of Health is encouraged to design a localized integrative medicine model that both preserves the authenticity of Iranian traditional medicine and enhances the efficiency and quality of healthcare services.



کتاب خلاصه مقالات سخنرانی و پوستر
دومین کنگره ملی طب ایرانی



تهران، مرکز همایش های بین المللی رازی

۲۱ لغایت ۲۳ آبان ماه ۱۴۰۴



Abstract ID: ۶۰

Presentation Type: Poster

Association Between Mizaj (Temperament) and Hypertension: A Cross-Sectional Study Based on Persian Medicine Principles

Foad Golmohammadi^{۱*}, Mamak Hashemi^۲

- ^۱. Student of Iranian Traditional Medicine, Hamadan University of Medical Sciences (Entered 2024)
- ^۲. Persian Medicine specialist, Faculty Member, Hamadan University of Medical Sciences

Background and Aim : Hypertension, a major modifiable risk factor for cardiovascular diseases, shows ethnic variability in prevalence. While conventional medicine focuses on biochemical markers, Persian Medicine (PM) emphasizes Mizaj (temperament) in disease manifestation. This study investigated the distribution of temperament types among hypertensive patients in Hamadan, Iran, to explore potential associations between Mizaj and clinical characteristics.

Methods : We conducted a cross-sectional study of ۱۲۰ patients (aged ۲۰-۶۰ years) with primary hypertension at Farshchian Heart Hospital during ۲۰۲۳. Participants were assessed using the standardized Salmannejad Temperament Questionnaire, which evaluates nine temperament types based on classical Persian Medicine criteria. Data analysis was performed using SPSS-۲۶.

Results : The study population had a mean age of 51.73 ± 5.44 years, with a predominance of female participants (۶۵%). Analysis revealed cold-wet temperament as the most prevalent (۳۴.۲%), followed by cold-dry(saudavi) (۱۸.۳%) and warm-dry(Safravi) (۱۰.۸%) types. Statistical analysis demonstrated a significant relationship between temperament and BMI ($p < ۰.۰۰۱$), with cold-wet individuals showing higher average BMI values. The Salmannejad questionnaire demonstrated good discriminative validity in identifying these temperament distributions among hypertensive patients.

Conclusion : This study reveals a high prevalence of cold-wet temperament among hypertensive patients, supporting Persian Medicine theories about Mizaj-based disease susceptibility. The findings highlight the potential clinical utility of temperament assessment using the Salmannejad questionnaire in hypertension management. Further research should explore the mechanisms linking specific temperaments to cardiovascular pathophysiology.



Abstract ID: ۴۹۵

Presentation Type: Poster

Challenges and Strategies for Integrating Iranian Traditional Medicine into the National Health System

Haide Golsorkhi^۱ *

^۱. *PHD Iranian Traditional Medicine*

Background and Aim : Background: Integration Iranian Traditional Medicine(IITM) into the national healthcare system can improve public health by offering complementary approaches rooted in preventive and holistic care. Objective: This review aims to identify key challenges and propose practical strategies for effective integration of ITM into Iran,s health syststem.

Methods : Methods: A narrative review of policy documents,national reports, and peer-reviewed literature was conducted to extract common barriers and potential solutions related to ITM integration.

Results : Results:The main challenges include weak regulatory oversight, insufficient trained professionals, public misconceptions,limited insurance coverage. and a lack of robust scientific evidence. Proposed strategies include enforcing stricter licensing regulations, incorporating ITM into general medical education, increasing funding for local clinical research, launching nationwide health literacy campaigns, and expanding insurance support for evidence- based ITM services.

Conclusion : Conclusion:Effective integration of ITM requires coordinated policymaking, profesional training, research support, and cultural adaptation.A strategic roadmap involving key stakeholders is essential for institutionalizing ITM within Itanian,s healthcare framework.

Abstract ID: ۲۵۱

Presentation Type: Poster

Clinical Insights into *Phyllanthus emblica* (Amla) Use in Persian Medicine for Menorrhagia

Pardis Goodarzi^۱*, Maryam Taghavi Shirazi^۲

۱. *Pardis Goodarzi, Department of Traditional Medicine, School of Persian Medicine, Iran University of Medical Sciences, Tehran, Iran*
۲. *Maryam Taghavi Shirazi, Department of Traditional Medicine, School of Persian Medicine, Iran University of Medical Sciences, Tehran, Iran*

Background and Aim : *Phyllanthus emblica* L. (Amla) is widely used not only in Persian Medicine (PM), but also in Ayurvedic, Unani, Siddha, and Traditional Chinese Medicine, as well as in ethnomedicinal systems across South and Southeast Asia (e.g., India, Sri Lanka, China, Thailand, Indonesia). It is well recognized as a functional food for its antioxidant, anti-inflammatory, and astringent properties, which are attributed to the rich content of tannins, flavonoids, and vitamin C. Amla has been traditionally applied to support uterine hemostasis and modulate endometrial prostaglandins. While abundant preclinical, in vitro, and animal studies corroborate these properties, clinical evidence specific to heavy menstrual bleeding (Efrat-e-tams) remains limited. Consequently, this review aims to summarize traditional usage and pharmacological evidence of Amla in managing menorrhagia within a Persian medical framework and to highlight significant gaps in current research.

Methods : A literature review was performed using scientific databases, including PubMed, Scopus, SID, and Google Scholar, for publications between ۲۰۱۳ and ۲۰۲۵. Search terms included: "*Phyllanthus emblica*", "Amla", "heavy menstrual bleeding", "abnormal uterine bleeding", "herbal medicine", "Iranian traditional medicine", "Persian medicine", "prostaglandin modulation", and "functional food". In parallel, classical Persian-Arabic medical texts written between the ۹th and ۱۵th centuries AD—such as *Al Mansouri fi al Tibb*, *Al Qanun fi al Tibb* (The Canon of Medicine), *Zakhireye Kharazm Shahi*, *Eksir e Azam*, *Makhzan al Advieh*, and *Al Shamel fi Sanaat e Teb*—were examined using relevant keywords to extract descriptions of Amla's traditional functions in controlling uterine bleeding and strengthening reproductive health. Studies were chosen according to their relevance to the topic, scientific quality, and peer-review status. Both human and animal studies were included where relevant. Data on phytochemical content, traditional applications, and any recorded outcomes in the context of menstrual bleeding were collated and synthesized.

Results : PM texts consistently describe Amla (Amlaj) as having a cold and dry temperament, with strong astringent (Qabiz) properties. These characteristics are believed to underlie its effects in tonifying organs with excessive moisture, especially the reproductive organs. Amla is also noted for strengthening the heart, stomach, and brain, the principal organs of the body, and is explicitly mentioned as a blood-binding agent, particularly effective for conditions such as hemorrhoidal bleeding and abnormal uterine bleeding. Modern phytochemical studies support these traditional uses, linking Amla's hemostatic and tonic actions to its high level of vitamin C, flavonoids, and tannins. These compounds enhance capillary stability, reduce prostaglandin $F_{2\alpha}$ synthesis, and help regulate uterine muscle contractions. This dual perspective, classical and contemporary, reinforces the potential role of Amla in managing heavy menstrual bleeding (Efrat-tams), offering both a hemostatic and neuro-reproductive tonic effect in integrative gynecological care.



Conclusion : *Phyllanthus emblica* L., valued in Persian Medicine, shows potential to help in controlling heavy menstrual bleeding due to its antioxidant and astringent effects. Although additional clinical research is needed, Amla could be used as a complementary therapy within integrative medicine frameworks, combining traditional knowledge and modern care to improve women's reproductive health.

Abstract ID: ۲۲۹

Presentation Type: Poster

The effect of aromatherapy and music listening on pediatric dental anxiety and pain: A study protocol for a randomised controlled trial

Samaneh Soleymani^۱ , Majid Dadmehr^۱ , zahra kiamehr^۲ , kourosh kabir^۳ , Maedeh Najafi^۳ , mona haqiqi^۱ *

- ^۱. Department of Traditional Medicine, School of Persian Medicine, Iran University of Medical Sciences, Tehran, Iran
- ^۲. Department of Pediatric Dentistry, Faculty of Dentistry, Iran University of Medical Sciences, Tehran, Iran
- ^۳. Department of Community Medicine, School of Medicine, Iran University of Medical Sciences, Tehran, Iran

Background and Aim : Dental anxiety is defined as an excessive and disproportionate fear of dental procedures, which constitutes a significant and increasingly common obstacle to the provision of oral healthcare in pediatric populations. This condition has been associated with a higher prevalence of dental caries, compromised oral functionality, and aesthetic impairments in children. According to the Gate Control Theory, the perception of pain can be modulated by stimulating pleasant sensations. In this regard, targeting the olfactory system through aromatherapy and the auditory system through music therapy may help reduce pain and anxiety in children. This study aims to investigate the effect of aromatherapy and music listening on reducing dental anxiety and pain in children.

Methods : This is a single-centre open-label randomised controlled trial (RCT) with three parallel arms. Fifty-four pediatric patients will be randomly assigned equally into one of three groups: aromatherapy, music listening, or standard care without any intervention. Each modality will be applied during dental treatment, and outcomes will be assessed using the Venham's Picture Test and Facial Image Scale (FIS) for anxiety, the Wong-Baker FACES Pain Rating Scale and FLACC (Face, Legs, Activity, Cry, and Consolability) for pain, as well as blood pressure and heart rate measured before and after the dental intervention. Participants in the aromatherapy group will be exposed to lemongrass essential oil, selected as the preferred scent in a preliminary survey of ۳۰ healthy children outside the study. In the music listening group, children will listen to calming, instrumental tracks composed for pediatric use. Before the session, each child selects preferred pieces in the presence of a music therapist. Both interventions will be administered for ۳۰ minutes.

Results : It is expected that aromatherapy with lemongrass oil, combined with music listening, can be an effective, low-cost, simple, and safe technique for managing dental anxiety and pain in children. Our findings provide new insight into the effect of aromatherapy and music listening on pediatric dental anxiety and pain.

Conclusion : Aromatherapy, combined with listening to music, appears to be a useful and safe technique. We are confident that the methodologically rigorous design of this study will contribute meaningfully to the existing evidence base and support the development of integrative approaches to managing pediatric dental anxiety and pain. This protocol has been developed following the SPIRIT guidelines.

Abstract ID: ۳۹۰

Presentation Type: Poster

Study of the chickpea plant from the perspective of Persian medicine and Modern medicine: A review article

Faegheh Hasanzadeh^۱ *, Fatemeh Kolangi^۲

- ^۱. Clinical Research Development Unit [CRDU], Sayad Shirazi Hospital, Department of Persian Medicine, School of Persian Medicine, Golestan University of Medical Sciences, Gorgan, Iran.
- ^۲. Counseling and Reproductive Health Research Centre, Department of Persian Medicine, School of Medicine, Golestan University of Medical Sciences, Gorgan, Iran.

Background and Aim : Chickpea (*Cicer arietinum* L.) is an annual plant of the legume family (Fabaceae) that is mainly cultivated in semi-arid and temperate regions and is one of the oldest legumes cultivated by humans, with ۷۵۰۰ -year-old remains found in the Middle East.

Methods : This study aimed to provide an overview of the therapeutic properties of chickpeas from the perspective of traditional and modern medicine by reviewing traditional medicine books and articles in online databases from ۲۰۱۰ to ۲۰۲۰. The keywords included "chickpeas", "traditional medicine", "chickpea", "*Cicer arietinum* L.", "Persian medicine", and "traditional medicine".

Results : From the perspective of traditional medicine, the nature of chickpeas is hot and dry. Chickpeas are highly nutritious. They are effective in cleansing the liver, spleen and kidneys. They help with digestion and are a laxative for the digestive system. They strengthen the body and bones, and they are fattening and increase the body's energy. Chickpeas also have a positive effect on causing menstrual bleeding in women and eliminating weak libido. From the perspective of modern medicine, chickpeas have several potential health benefits. They can have beneficial effects on some important human diseases such as cardiovascular diseases (heart attack, coronary artery disease, blood pressure, etc.), type ۲ diabetes, metabolic syndrome, digestive diseases, kidney stones, and some cancers. Chickpeas are anti-inflammatory, anti-thrombotic, immune system modulator, anti-cancer, antioxidant, cardioprotective, anti-ulcer, anti-atherogenic, analgesic, antimicrobial, and anti-allergic due to their phenolic compounds. Chickpeas help increase colon motility and reduce the risk of colon cancer. They also contain choline, which is used in the production of chemicals important for memory, mood, muscle control, and other brain and nervous system functions.

Conclusion : The results of this study showed that chickpeas, which have been present in people's food baskets since the past and whose positive effects and medicinal properties were acknowledged by sages, have been confirmed by phytochemical, nutritional, and modern medicine studies.

Abstract ID: ۵۹

Presentation Type: Poster

Frequency of use of complementary and alternative medicine methods in patients who are candidates for coronary artery bypass surgery

Fariba Hosseinzadegan^۱ , Rahim Baghaei^۲ , Niloofar Najafali dizaji^۳ , Masood Fatemi^۴ , Farzaneh Bagheriyeh^۱ *

۱. Assistant Professor, Department of Nursing, School of Nursing and Midwifery, Tabriz University of Medical Sciences, Tabriz, Iran
۲. Patient safety research center, Clinical research insitute, School of Nursing and Midwifery, Urmia University of Medical Sciences
۳. Lecturer, Department of Nursing, School of Nursing and Midwifery, Urmia University of Medical Sciences, Urmia, Iran
۴. MSc Student of Nursing, School of Medicine, Tarbiat Modaress University, Tehran, Iran

Background and Aim : The desire of patients who are candidates for coronary artery bypass surgery to use complementary and alternative medicine (CAM) is increasing for reasons such as low cost, ease of access and low complications. The present study was conducted to determine the frequency of use of CAM methods in patients who are candidates for coronary artery bypass surgery.

Methods : This study is a descriptive study of the cross sectional-correlation type. The research community of this study included patients who were candidates for coronary artery bypass surgery admitted to the educational and therapeutic hospitals of the city of Urmia in ۲۰۲۲. ۲۴۵ patients nominated for coronary artery bypass surgery were selected and entered into the study within ۴ months after obtaining written consent with the available sampling method. Data rounding tools, demographic questionnaires and researcher-made questionnaires were the use of Complementary/ Alternative Medicine. The data analysis was carried out by SPSS software using descriptive statistics and inferential statistics (Chi-square test and independent T test).

Results : The results of this study showed that ۲۱۶(۸۸,۲٪) of the participants used CAM methods for their heart problems. ۱۸۴ (۷۵,۴٪) of patients did not have sufficient knowledge of CAM. Among the various CAM methods, the participants mostly used prayer ۱۳۱(۵۳,۵٪), recreational therapy ۱۰۲(۴۱,۶٪), and food diet ۹۸(۴۰٪) methods.

Conclusion : The use of CAM can lead to abandoning the conventional treatment process, or the occurrence of harmful interactions if used simultaneously with traditional treatment methods. Therefore, it is essential to raise the awareness of the treatment team members regarding the types of CAM available and its possible side effects and benefits.



Abstract ID: ۵۵

Presentation Type: Poster

Medicinal Plants in the Treatment of Anxiety Disorders: A ۱۰-Year Updated Review

Behzad Jaybashi^{۱*}, Abolfazl Moradi^۲, Motahareh Kkalvandi^۳, Sadigheh Bahmaie Kamaie^۳, Maryam Madani Asl^۳, REZA FARAJI MEYDANI^۳, MASOUMEH EINI^۳, FAEZEH DORISEFAT^۳, Samira Rostami Azmand^۳, Mohammadreza Rostami Azmand^۳

۱. Assistant Professor, Technofest Institute of Technology (TITU), Erquelinnes, Belgium
۲. Assistant Professor, Technofest Institute of Technology (TITU), Erquelinnes, Belgium
۳. Doctorate Student in Naturopathy, Technofest Institute of Technology (TITU), Erquelinnes, Belgium

Background and Aim : This study presents a ۱۰-year review, from ۲۰۱۴ to ۲۰۲۵, of the therapeutic effects of medicinal plants in treating anxiety disorders based on DSM-۵-TR criteria.

Methods : A thorough search was conducted across databases such as PubMed, the Cochrane Library, Scopus, and Google Scholar to gather relevant pharmacological data and clinical evidence.

Results : Twelve studies specifically examined the impact of medicinal plants on generalized anxiety disorder (GAD), with no research found on other types of anxiety disorders. High-quality studies demonstrated the effectiveness of herbal treatments—including chamomile, kava, lavender, valerian, and ashwagandha—in managing GAD. The results indicate that, when used at appropriate doses and for short durations, these herbs can significantly reduce GAD symptoms. However, prolonged use or higher doses may cause serious adverse effects.

Conclusion : Future investigations should evaluate the effects of medicinal plants on other anxiety disorders and include detailed biomarker analyses to identify genetic factors that influence individual responses to these treatments.

Abstract ID: ۵۵۱

Presentation Type: Poster

Studying the effect of two methods of acupressure and aromatherapy with rose petals on the level of anxiety in IVF candidate women

Shiva Jegargoosheh^۱, Mehdi Ajri-Khameslou^۲, Arezoo Moini Jazani^۳, Sousan Hoshmandi^۴, Ramin Nasimi Doost Azgomi^{۳*}

۱. *Department of Midwifery, School of Midwifery Nursing, Ardabil University of Medical Sciences, Ardabil, Iran . Social Determinants of Health Research Center, Ardabil University of Medical Sciences, Ardabil, Iran*
۲. *Department of Nursing, School of Midwifery Nursing, Ardabil University of Medical Sciences, Ardabil, Iran*
۳. *Traditional Medicine and Hydrotherapy Research Center, Ardabil University of Medical Sciences, Ardabil, Iran*
۴. *Department of Midwifery, School of Midwifery Nursing, Ardabil University of Medical Sciences, Ardabil, Iran*

Background and Aim : Infertility is considered a crisis in people's lives. They resort to any infertility treatment method to fulfill their desire to have children. Currently, infertility treatment has also made significant progress and is referred to as assisted reproductive technology (ART). One of the new ways to treat infertility is in vitro fertilization (IVF). Considering that in vitro fertilization is the last method of infertility treatment and failure in it means remaining childless, people who use IVF for infertility treatment are at risk of mental health problems. Anxiety is one of the issues that infertile people suffer from. Anxiety control methods include pharmacological and non-pharmacological methods. However, chemical drugs have limitations due to side effects and drug dependence. Therefore, the use of complementary methods such as aromatherapy and acupressure is considered as a low-risk, easy and cost-effective option. The aim of this study was to investigate the effect of aromatherapy with rose and acupressure on the anxiety level of women who are candidates for IVF.

Methods : This study was a clinical trial conducted on ۳۰ participants in two intervention groups: ۱۵ in the rose aromatherapy group and ۱۵ in the acupressure group. A control group of ۳۰ participants received no intervention. Data collection tools included a demographic checklist and the standard Spielberger Anxiety Questionnaire. Participants were randomly assigned and then divided into three groups by coin toss. Participants at the final stage of IVF, when they came for embryo transfer, were included based on the checklist and inclusion criteria. Questionnaires were completed once before the intervention for all three groups and again one hour after the intervention. Data were analyzed in SPSS version ۲۰ using descriptive statistics (mean, standard deviation) and analytical tests including t-test and ANOVA.

Results : The largest age group was ۳۵-۳۹ years, and more than one-third of participants and their spouses had a bachelor's degree. Most lived in the city, and over half had been married ۱-۵ years. There were no significant differences among the three groups in demographic characteristics. Mean anxiety scores in the aromatherapy group before and after the intervention were ۵۲,۱۱ and ۵۴,۳۹, and in the acupressure group ۴۷,۸ and ۵۱,۲۳. The increase in mean anxiety scores in both groups was not statistically significant ($P>۰,۰۵$).



کتاب خلاصه مقالات سخنرانی و پوستر
دومین کنگره ملی طب ایرانی

تهران، مرکز همایش های بین المللی رازی

۲۱ لغایت ۲۳ آبان ماه ۱۴۰۴



Conclusion : The results showed that aromatherapy with rose hips and acupressure did not have a significant effect on reducing anxiety in women undergoing IVF. However, the use of complementary methods as a low-risk and easy option remains valuable, and it is suggested that future studies with larger sample sizes and more rigorous designs be conducted to investigate the true effectiveness of these interventions.

Abstract ID: ۵۹۹

Presentation Type: Poster

The effect of *Artemisia absinthium* L. (wormwood) extract on ۳,۴-methylenedioxymethamphetamine withdrawal in rat: An animal study

Mohadese Kamali^۱, Hoda Kamali^۲, Arezoo Saberi^۳, Zarrin Sarhadynejad^۴, Saiedeh Haji-Maghsoudi^۵, Haleh Tajadini^۱, Rostam Seifadini^{۲*}

۱. Neuroscience Research Center, Institute of Neuropharmacology, Department of Traditional Medicine, Faculty of Persian Medicine, Kerman University of Medical Sciences, Kerman, Iran
۲. Neurology Research Center, Institute of Neuropharmacology, Department of Neurology, Shafa Hospital, Afzalipour Faculty of Medicine, Kerman University of Medical Sciences, Kerman, Iran
۳. Neuroscience Research Center, Institute of Neuropharmacology, Kerman University of Medical Sciences, Kerman, Iran
۴. Herbal and Traditional Medicines Research Center, Department of Traditional Pharmacy, Faculty of Persian Medicine, Kerman University of Medical Sciences, Kerman, Iran
۵. Modeling in Health Research Center, Institute for Futures Studies in Health, Department of Biostatistics and Epidemiology, School of Public Health, Kerman University of Medical Sciences, Kerman, Iran

Background and Aim : Addiction to psychostimulants such as methamphetamine is a major global health concern, causing significant physical, psychological, and social impairments. Chronic methamphetamine use leads to dependence, tolerance, and severe withdrawal symptoms upon cessation, including anxiety, depression, fatigue, and gastrointestinal disturbances. Current pharmacological treatments for withdrawal are often inadequate or associated with adverse side effects, highlighting the need for complementary therapies. *Artemisia absinthium* L. (wormwood), a medicinal plant with known antioxidant, anti-inflammatory, analgesic, and neuroprotective properties, has shown promising effects in various preclinical studies. The present study aimed to evaluate the protective and therapeutic effects of *A. absinthium* ethanolic extract on methamphetamine withdrawal symptoms in rats.

Methods : Forty adult male Wistar rats (۲۵۰–۲۸۰ g, ۱۰ weeks old) were randomly assigned to five groups (n = ۸ per group): Group ۱: control (saline + naloxone), group ۲: methamphetamine + saline + naloxone, and groups (۳–۵): methamphetamine + saline + naloxone + *A. absinthium* extract at ۵%, ۱۰%, or ۲۵%. Methamphetamine (۵ mg/kg, i.p.) was administered daily for seven days to induce dependence. During these seven days, *A. absinthium* extract was co-administered intraperitoneally at the assigned concentrations. On the seventh day, withdrawal syndrome was precipitated using naloxone (۱ mg/kg, i.p.). Behavioral symptoms of withdrawal—writhing, body dragging, teeth chattering, diarrhea, and wet dog shakes—were recorded for ۳۰ minutes post-naloxone injection. Data were analyzed using the Kruskal–Wallis test followed by Dunn’s multiple comparisons, and Fisher’s exact test for categorical variables.

Results : Administration of *A. absinthium* significantly attenuated the severity of methamphetamine withdrawal symptoms. Compared to the methamphetamine group, the ۲۵% extract markedly reduced writhing (p = ۰,۰۰۳), teeth chattering (p = ۰,۰۰۱), and diarrhea (p = ۰,۰۱۰). The occurrence of wet dog shakes decreased significantly across all extract-treated groups (p = ۰,۰۰۵). The highest protective effect was observed at the ۲۵% concentration, without any noticeable adverse effects. These findings suggest that *A. absinthium* extract alleviates both



somatic and behavioral manifestations of methamphetamine withdrawal in a dose-dependent manner.

Conclusion : The results demonstrate that *Artemisia absinthium* ethanolic extract may serve as a promising complementary therapeutic agent for managing methamphetamine withdrawal symptoms. Its neuroprotective, antioxidant, and anti-inflammatory properties likely act through modulation of dopaminergic, serotonergic, and noradrenergic neurotransmitter systems affected during withdrawal. By restoring neurotransmitter balance and reducing oxidative stress, *A. absinthium* could help mitigate depressive mood, anxiety, and physical discomfort associated with withdrawal. Further molecular and toxicological investigations, along with controlled clinical studies, are warranted to validate its safety, mechanism of action, and clinical efficacy as an adjunct in addiction treatment protocols.



Abstract ID: ۳۷۸

Presentation Type: Poster

The Effect of Golghand (Rosadamacena) on Cognitive Status of Elderly with Mild Cognitive Impairment

Fatemeh Kameli^{۱*}, Hossian Mohammadzadeh Moghaddam^۲, Mahdi Basiri Moghadam^۳,
Leila Sadegh Moghadam^۴, Ali Delshad Noghabi^۱

۱. Instructor of Community Health Nursing, School of Nursing, Gonabad University of Medical Sciences, Gonabad, Iran
۲. Assistant Professor of Traditional Medicine, School of Medicine, Social Development and Health Promotion Research Centre, Gonabad University of Medical Sciences, Gonabad, Iran
۳. Department of Medical-Surgical Nursing, School of Nursing, Social Development and Health Promotion Research Center, Gonabad University of Medical Sciences, Gonabad, Iran
۴. Assistant Professor of Gerontology Department of Gerontology, School of Nursing, Gonabad University of Medical Sciences, Gonabad, Iran

Background and Aim : Cognitive disorders are one of the most important disorders occurring among the elderly. The present study was designed to evaluate the effect of Golghand consumption on the cognitive status of the elderly people with mild cognitive impairment.

Methods : In this randomized clinical trial study, ۷۰ elderly people aged ۶۰-۷۵ years after completing the demographic, elderly depression and brief cognitive status questionnaires in several stages and random allocation were divided into two groups of intervention and control. The intervention group used Golghand potion once a day for one month. At the end of the post-test questionnaire was completed for both groups. The data were analyzed with independent t and paired t statistical tests with significance level of less than ۰,۰۵.

Results : The mean and standard deviation of the cognitive status score in the experimental group before and after the intervention was ۲۲,۵۷ and ۲۶,۱۷, respectively. The same in score in the control group was ۲۲,۶۵ and ۲۲,۶۶, respectively. The cognitive status scores increased significantly in the intervention group. ($P = ۰,۰۲۷$), but no significant difference was observed in the control group ($P = ۰,۸۶۵$). The results also showed a significant increase in the cognitive status scores in the dimensions of orientation, attention, calculation and recall of the questionnaire in the experimental group in the posttest phase ($P < ۰,۰۵$)

Conclusion : According to the present study, Golghand increased cognitive status scores in the intervention group, which indicates the improvement of mild cognitive impairment in the elderly people and the prevention of Alzheimer's diseases

Abstract ID: ۳۷۹

Presentation Type: Poster

Comparison of the effects of *Althaea officinalis* and eucalyptus nebulizers on the severity of cough in patients with Covid-۱۹: Clinical trial

Maryam Moradi^{۱*}, Fatemeh Najafi^۲, Masoumeh Amiri Delui^۳, Fateme Kameli^۴, Parastoo Sarkhosh^۵, Zahra Rezaian^۵

۱. Social Development and Health Promotion Research Center, Gonabad University of Medical Sciences, Gonabad, Iran.
۲. Department of Nursing School of Nursing, Gonabad University of Medical Sciences, Gonabad, Iran.
۳. - Nursing Research Center, Gonabad University of Medical Sciences, Gonabad, Iran
۴. Nursing Research Center, Gonabad University of Medical Sciences, Gonabad, Iran
۵. Department of Nursing School of Nursing, Gonabad University of Medical Sciences, Gonabad, Iran

Background and Aim : one of the most common and important complications of COVID-۱۹ is cough. The present study was designed with the aim of comparing the effect of *althaea officinalis* and eucalyptus nebulizer on the severity of cough in COVID-۱۹ patients

Methods : in this randomized clinical trial, from January ۲۰۲۲ to June ۲۰۲۲, ۳۶ patients with COVID-۱۹ were selected and randomly divided into three groups. Next, the severity of cough was recorded two hours before the intervention based on the visual analogue (VAS) in both groups until the patient was admitted to the hospital, then, one cc aqueous extract of *althaea officinalis* with five cc Normal Saline for the *althaea officinalis* group and four cc aqueous extract eucalyptus whit five cc Normal Saline for the eucalyptus group, were nebulized once a day for ۱۵ minutes. Two hours after the intervention, the intensity of cough was again recorded in two groups. This intervention continued until the hospitalization of the patients. No intervention was done for the control group. The data was analyzed with Spss software at a significance level of less than ۰,۰۵.

Results : In this study before the intervention, there was no statistically significant difference between the three groups in terms of cough intensity ($p > ۰,۰۵$), but after the intervention on the second and third days, there was a statistically significant difference between the three groups in terms of cough intensity. The rate of reduction in cough severity in *althaea officinalis* group was higher than the other two groups ($p < ۰,۰۵$). Also, the results of Friedman's test indicated that *althaea officinalis* and eucalyptus nebulizers incense improved the severity of cough in patients over time.

Conclusion : the use of *althaea officinalis* and eucalyptus nebulizer improved the severity of cough in patients with COVID-۱۹, but *althaea officinalis* nebulizer had a greater effect on cough severity compared to eucalyptus. It is suggested to use *althaea officinalis* nebulizer as well as eucalyptus as a treatment method along with other treatment methods. Keywords: cough, COVI



Abstract ID: ۷۲

Presentation Type: Poster

The Effect of Curcumin Supplementation on Glycemic Measures in Patients with Pre-Diabetes

MAJID KARANDISH^{۱*}, Maryam Azhdari^{۱*}, Hassan Mozaffari-Khosravi^{۱*}, Seyed Mohammad Mohammadi Zarchi^{۱*}, Bahman Cheraghian^{۱*}

^۱. Nutrition and Metabolic Diseases Research Center, and Department of Nutrition, School of Allied Medical Sciences, Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran

Background and Aim : Prediabetes is a condition characterized by blood glucose levels higher than normal, but not high enough to be classified as diabetes. Without appropriate interventions, prediabetes can progress to type ۲ diabetes. Curcumin, a bioactive component of turmeric, has been attributed anti-inflammatory and antioxidant properties and is widely used in traditional medicine. The aim of this randomized, double-blind, placebo-controlled clinical trial was to evaluate the effects of three-month curcumin supplementation on glycemic measures in patients with prediabetes.

Methods : In this trial, ۴۲ participants were assigned to either the curcumin group (۵۰۰ mg/day, ۱۶ women) or the placebo group (۱۲ women). A low-calorie diet was recommended for all participants. Measurements included demographic variables and glycemic parameters (fasting blood glucose, HbA^{1c}, and serum insulin) were carried out at baseline and post-intervention.

Results : After adjusting for confounding variables, curcumin supplementation significantly improved glycemic measures compared to placebo: fasting blood glucose (curcumin group: ۱۰۸,۸۱ to ۱۰۳,۴۸ mg/dL vs. placebo group: ۱۱۱,۳۵ to ۱۱۰,۸ mg/dL), HbA^{1c} (curcumin group: ۵,۸۷% to ۵,۶۸% vs. placebo group: ۵,۹۱%, unchanged), and serum insulin (curcumin group: ۱۶,۹۵ to ۱۵,۴۷ μU/mL vs. placebo group: ۱۹,۲۲ to ۱۹,۰۹ μU/mL) ($P < ۰,۰۵$ for all).

Conclusion : The findings of this study suggest that three-month curcumin supplementation has beneficial effects on glycemic measures in patients with prediabetes.

Abstract ID: ۵۶۲

Presentation Type: Poster

Iranian Traditional Medicine Joins Digital Health: A Review of Wound Healing Uses of Aloe Species Under a Health Informatics Perspective

Fatemeh Khaledi^۱ *, Mohadese monfard dehbashi^۱

^۱. Department of Health Information Technology, Faculty of Paramedicine, Abadan University of Medical Sciences, Abadan, Iran

Background and Aim : Species of Aloe, and notably, Aloe vera (Sabr-e Zard) and Aloe socotrina (Sabr-e Socotra), have been traditionally used in Iranian Traditional Medicine (ITM) in wound treatment. Their effects have been described in classical texts, i.e., In ibn Sina's Canon of Medicine (Al-Qanun fi'l-Tibb) and in Aghili Khorasani's Makhzan al-Adviyeh, through terms like Mohallel (dissolving thick morbid matter causing swelling, akin to anti-inflammatory), Mobarred (cooling agents used against heat-related inflammation), Molattef (softening tissues to diminish painful and inflammatory oedema), and Qabez (contracting tissues and secretions). Modern pharmacology confirms several of these lead properties, attributing Aloe's healing of wounds to acemannan, anthraquinones, and antioxidants. Translation of ITM knowledge to modern practice, has been limited due to lack of standardized terms, mechanism definition, and interface to biomedical databases. This review contrasts Aloe species in wound healing through both systems, classical and biomedical, and overviews bridging these systems by means of health informatics

Methods : Narrative review was performed by searching Persian medical manuscripts and recent pharmaceutical and clinical research in PubMed, Scopus, and Google Scholar databases. The therapeutic mechanism, phytochemistry, and clinical applications of Aloe were compared to IT source texts. Informatics models were also searched, such as ontology-based systems like the Iranian Traditional Medicine General Ontology (IrGO) to normalize ITM concepts, as well as network pharmacology approaches to map Aloe's compounds onto molecular targets. Comparative studies of Aloe vera and Aloe socotrina regarding clinical wound healing outcomes were also performed.

Results : There is evidence to indicate support for wound healing by Aloe species through multiple actions: stimulation of replication of fibroblasts, deposition of collagen, angiogenesis through VEGF actions, inhibition of pro-inflammatory cytokines (such as TNF-a), and antimicrobial activities. These findings map to IT concepts categorizing Aloe as cooling, desiccating, and tissue-restorative. Network pharmacology reveals multi-target activities of Aloe, in harmony with IT's system-based focus. Systems based on ontology, for example, IrGo, provide infrastructure to align IT terminology and standards in biomedicine, but modules of ontology specific to Aloe have been underdeveloped. Comparative findings indicate good outcomes of wound healing in both Aloe vera and Aloe socotrina, but there have been more studies on Aloe vera in recent years. Health information technologies, including mobile health systems and decision support systems, have potential to include treatment of wounds based on Aloe, but challenges of interoperability of information, standardization, and clinical validation remain important.



Conclusion : Species of Aloe can be an ideal candidate for convergence of Iranian Traditional Medicine and current biomedical science through health informatics. While coding traditional concepts in ontologies, substantiating mechanism through computational pharmacology, and translating these conceptualizations to digital tools in health, it becomes practical to develop evidence-based, affordable, and accessible solutions to wound care. Standardization of terms, quality assurance of herbal products, and education of healthcare providers are essential prerequisites to successful clinical translation. This plan not only advances the cause of Aloe in integrative medicine but also provides a framework for systematic integration of other ITM remedies into contemporary healthcare.

Abstract ID: ۳۲۸

Presentation Type: Poster

The Effect of Music Therapy on Postoperative Recovery After Limb Amputation: A Review study

Alireza Majidi^۱ , Mohammad Akbari^۲ , Mehdi Teimouri^۳ , Soheila Bakhtiari^۴ *

۱. Student Research Committee , Faculty of Nursing and Midwifery, Isfahan University of Medical Sciences, Isfahan, Iran
۲. Assistant Professor of Nursing Department of Psychiatric Nursing, School of Nursing and Midwifery Isfahan University of Medical Sciences
۳. Assistant Professor of Orthopaedics Department of Orthopedic Surgery, School of Medicine Kashani Hospital Isfahan University of Medical Sciences
۴. Assistant Professor of Nursing, Nursing and Midwifery Care Research Center, Department of Operating Room, School of nursing and midwifery, Isfahan University of Medical Sciences, Isfahan, Iran

Background and Aim : Limb amputation is a life-altering surgical procedure often accompanied by intense physical pain and psychological distress. Postoperative challenges include phantom limb pain, anxiety, depression, and impaired sleep. Music therapy—a non-invasive, cost-effective intervention—has shown promise in alleviating these symptoms by engaging emotional and cognitive pathways. This review evaluates the impact of music therapy on pain, mood, and analgesic consumption in patients following amputation.

Methods : This review synthesizes findings from randomized controlled trials (RCTs), quasi-experimental studies, and meta-analyses published between ۲۰۱۵ and ۲۰۲۵. • Inclusion Criteria: o Adult patients undergoing lower or upper limb amputation o Intervention: Music therapy (live or recorded) o Outcomes: Pain intensity, anxiety, depression, analgesic use • Databases Searched: PubMed, Scopus, Cochrane Library • Statistical Tools: Standardized Mean Difference (SMD), ANOVA, chi-square tests, and meta-regression

Results : Pain Reduction A meta-analysis of ۶ RCTs ($n = ۵۲۴$ patients) revealed: Music therapy significantly reduced pain scores within the first ۴۸ hours post-amputation. ($p < ۰,۰۰۱$) Psychological Outcomes Three studies ($n = ۳۱۲$) assessed anxiety and depression using the Hospital Anxiety and Depression Scale (HADS): • Anxiety: $SMD = -۰,۷۲$ (۹۵% CI: $-۱,۰۱, -۰,۴۳$), $p < ۰,۰۰۱$ • Depression: $SMD = -۰,۶۵$ (۹۵% CI: $-۰,۹۳, -۰,۳۷$), $p < ۰,۰۰۱$ Analgesic Consumption Two trials reported a ۲۳–۳۰% reduction in opioid use in the music therapy group compared to controls ($\chi^2 = ۷,۸۴$, $p = ۰,۰۰۵$).

Conclusion : Music therapy can be an effective adjunctive treatment for managing postoperative pain and psychological distress in patients undergoing limb amputation. Statistically significant reductions in pain intensity, anxiety, depression, and analgesic consumption were observed. Given its accessibility and safety, music therapy should be considered as part of holistic postoperative care. Future research should explore optimal timing, duration, and personalization of music interventions.

Abstract ID: ۳۲۷

Presentation Type: Poster

The Effect of Benson's Relaxation Technique Training on Pain Intensity and in Patients Undergoing Lower Limb Amputation: A randomized Clinical Trial

Alireza Majidi^۱ , Mohammad Akbari^۲ , Mehdi Teimouri^۳ , Soheila Bakhtiari^۴ *

۱. Student Research Committee , Faculty of Nursing and Midwifery, Isfahan University of Medical Sciences, Isfahan, Iran
۲. Assistant Professor of Nursing Department of Psychiatric Nursing, School of Nursing and Midwifery Isfahan University of Medical Sciences
۳. Assistant Professor of Orthopaedics Department of Orthopedic Surgery, School of Medicine Kashani Hospital Isfahan University of Medical Sciences
۴. Assistant Professor of Nursing, Nursing and Midwifery Care Research Center, Department of Operating Room, School of nursing and midwifery, Isfahan University of Medical Sciences, Isfahan, Iran

Background and Aim : Amputation is one of the most emotionally disruptive and traumatic experiences a person may face. The pain resulting from limb amputation is considered among the most intense types of pain. According to previous studies, the Benson Relaxation Technique can be a non-drug method for pain relief. Therefore, this study aimed to determine the effect of Benson's relaxation technique training on pain intensity and analgesic consumption in patients scheduled for lower limb amputation

Methods : This clinical trial included ۴۰ patients undergoing lower limb amputation at Kashani Educational and Medical Center in Isfahan. Participants were selected using convenience sampling and randomly assigned into two groups (intervention and control) of ۲۰ patients each, based on a random number table. • Intervention Group: Received Benson's relaxation training over ۱۶ sessions—۱۰ sessions conducted in the ward during the ۳ days prior to surgery, and one session in the operating room admission area. After surgery, patients were instructed to continue the technique and record the frequency and duration of practice. • Training Tools: Role-playing, educational video, and pamphlet. • Control Group: Received routine postoperative care. Both groups completed the Visual Analog Scale (VAS) questionnaire at ۶, ۱۲, ۲۴, and ۴۸ hours postoperatively. Data were analyzed using SPSS version ۱۶, employing chi-square, ANOVA, and independent t-tests.

Results : • No significant differences were found between the two groups in demographic variables before the intervention ($p > ۰,۰۵$). • Repeated measures ANOVA showed significant differences in pain scores over time. • The interaction between group and time was statistically significant, indicating a meaningful reduction in pain intensity in the intervention group ($p = ۰,۰۰۰$). • Independent t-test results showed no significant difference between groups at ۶ hours post-intervention ($p = ۰,۲۴$), but significant differences were observed at subsequent time points ($p < ۰,۰۵$).

Conclusion : Benson's relaxation technique effectively reduced pain intensity following lower limb amputation. Given its simplicity, low cost, safety, and positive impact on pain management, it is recommended that this technique be incorporated into patient care plans as a non-pharmacological intervention.



Abstract ID: ۴۸۲

Presentation Type: Poster

Informational-Energy Medicine and Its Conceptual Compatibility with the Principles of Iranian Traditional Medicine

Mohsen Manouchehri^۱ *

^۱. Roshanak Mokaberinejad

Background and Aim : Abstract: Informational-Energy Medicine is a novel complementary medical paradigm that views the human body as an interactive energy-information system. Health is perceived as a state of balance and coherence within informational and energetic fields, while illness arises from disturbances in this flow. Iranian Traditional Medicine (ITM), through ancient concepts such as humors (akhlat), temperaments (mizaj), spirits (arwah), and vital forces (quwa), also explains disease and health in energy and information. This article explores the conceptual overlaps between these two approaches and suggests that ITM's metaphysical and physiological principles may enrich the emerging models of energy medicine. By comparing the structural elements of both paradigms, this paper provides a theoretical basis for future integrative applications in diagnostics and treatment.

Methods : A systematic literature search was conducted between March and July ۲۰۲۰ across electronic databases including PubMed, Scopus, Web of Science, and Google Scholar, as well as classical references of Iranian Traditional Medicine. Search terms included combinations of: "Informational Medicine", "Energy Medicine", "Biofield", "Frequency Healing", "Iranian Traditional Medicine", "Temperament", "Humors", "Vital Forces", and their equivalent Persian terms (طب سنتی ایرانی، اخلاط، مزاج، قوا، ارواح). Inclusion criteria encompassed: (۱) peer-reviewed articles, books, or conference proceedings discussing theoretical frameworks, clinical practices, or historical foundations of either Informational or Iranian Traditional Medicine; (۲) works addressing the intersection or integration of the two paradigms; and (۳) publications in English or Persian. Exclusion criteria were studies lacking conceptual analysis, non-academic sources, or duplicates. Additional manual searches were performed using reference lists of key publications, as well as classical ITM texts such as The Canon of Medicine (Ibn Sina). The search process was iterative, with repeated refinement of keywords to ensure comprehensive coverage of relevant literature.

Results : The comparative analysis revealed multiple conceptual overlaps between Informational-Energy Medicine and Iranian Traditional Medicine (ITM). Both systems recognize non-material regulators of health and describe pathology as a disruption of energetic balance or informational coherence. ITM's concepts of arwah (spirits), quwa (vital forces), mizaj (temperament), and akhlat (humors) align with Informational Medicine's ideas of biofields, functional energy activators, baseline frequency signatures, and resonance patterns. By framing mizaj in terms of frequency signatures, ancient diagnostic frameworks gain a modern interpretive lens. Similarly, Informational Medicine can benefit from ITM's holistic dietary, herbal, and manual interventions for rebalancing subtle energies. This conceptual bridge suggests a promising integrative diagnostic-treatment model, where modern energetic measurement tools complement traditional therapeutic wisdom. However, practical integration faces challenges, including methodological differences, lack of standardized measurement protocols, and the need for controlled clinical trials to validate efficacy.



Conclusion : This study demonstrates that the metaphysical and physiological principles of ITM are conceptually compatible with the theoretical foundations of Informational-Energy Medicine. Both emphasize the restoration of energetic and informational coherence as the essence of healing. Integrating these paradigms could lead to a hybrid medical model—combining ITM’s rich heritage of holistic interventions with modern biofield-based diagnostics and therapies. Future work should focus on: Developing standardized methods to translate ITM concepts into measurable energetic parameters. Designing clinical trials to evaluate integrative protocols. Training practitioners in cross-disciplinary approaches to ensure safe and effective application. Such an approach can modernize and validate traditional wisdom while expanding the scope and precision of energy medicine.

Abstract ID: ۱۵۰

Presentation Type: Poster

Aromatherapy for Postmenopausal Sexual Dysfunction: A Systematic Review and Meta-Analysis

Sana Mashayekhi^{۱*}, Roja Rahimi^۲, Niusha Esmaealzadeh^۲

۱. ۱- Department of Traditional Pharmacy, School of Persian Medicine, Tehran University of Medical Sciences, Tehran, Iran. 2- Traditional Persian Medicine and Complementary Medicine (PerCoMed) Student Association, Student's Scientific Research Center, Tehran University of Medical Sciences, Tehran, Iran.
۲. ۱- Department of Traditional Pharmacy, School of Persian Medicine, Tehran University of Medical Sciences, Tehran, Iran.

Background and Aim : The transition to postmenopause is accompanied by numerous adverse effects, including physical and emotional changes, decreased vaginal lubrication, and sexual dysfunction. The prevalence of sexual dysfunction among postmenopausal women varies widely, reported between ۸,۷% and ۸۹,۰۱%, which is notably higher than at other life stages. Hormone replacement therapy (HRT) is the first-choice treatment for sexual dysfunction in postmenopausal women; however, due to adverse effects such as cardiovascular disease and cancer, its use is limited. Consequently, there has been growing interest in complementary therapies, including aromatherapy. Aromatherapy has several advantages, such as reducing anxiety, helping sleep quality, and enhancing cognitive function.

Methods : The aim of this systematic review and meta-analysis was to evaluate how effective aromatherapy is in treating sexual dysfunction in postmenopausal women. Randomized controlled trials (RCTs) published between ۲۰۰۰ and ۲۰۲۵ were systematically searched in PubMed and Scopus databases on June ۱, ۲۰۲۵, using the keywords: “aromatherapy,” “sexual dysfunction,” and “postmenopausal.” Inclusion criteria encompassed RCTs published in English, while reviews and irrelevant studies were excluded.

Results : A total of ۷ articles from PubMed and ۱۲۰ from Scopus were initially identified. After screening, ۴ duplicates and ۱۲۹ irrelevant articles were excluded, resulting in ۴ eligible studies. All included studies utilized the Female Sexual Function Index (FSFI) to assess outcomes. Meta-analysis revealed that aromatherapy interventions significantly improved sexual function compared to controls, with a pooled standardized mean difference (SMD) of ۰,۸۰ (۹۵% CI: ۰,۵۷ to ۱,۰۲, $p < ۰,۰۰۱$), indicating a large effect size. Among individual interventions, combined aromatherapy inhalers showed the highest efficacy (SMD = ۰,۸۵), followed by *Salvia officinalis* (SMD = ۰,۸۳), and *Citrus aurantium* combined with lavender (SMD = ۰,۷۹). Significant improvements were observed across FSFI domains, including desire, arousal, satisfaction, and pain reduction. Heterogeneity was moderate ($I^2 = ۳۸\%$), and the overall risk of bias was low.

Conclusion : Aromatherapy seems to be an effective treatment choice for sexual dysfunction in postmenopausal women. The research on this subject is limited, but these studies mostly show effectiveness in improving desire, arousal, and satisfaction. Combination aromatherapy interventions demonstrated the greatest efficacy, followed closely by *Salvia officinalis* and *Citrus aurantium* plus *Salvia*. Further high-quality research is warranted to substantiate these findings and optimize treatment protocols.

Abstract ID: ۱۸۸

Presentation Type: Poster

Shared Foundations: Deep Connections Between Japanese Kampo and Iranian Traditional Medicine

Sara Mehri^۱ *

^۱. School of medicine, Tehran University of medical Sciences (TUMS), Tehran, Iran.

Background and Aim : At first glance, Japanese Kampo and Iranian Traditional Medicine (ITM) appear as distinct healing traditions – one shaped by East Asian philosophies, the other rooted in Persian wisdom and Greek-Arabic influences. Yet beneath these differences, both systems view health through a remarkably similar lens. They share a profound understanding of the human body as a dynamic ecosystem, where wellness emerges from delicate balance rather than simply absence of disease. Kampo expresses this through its elegant Yin-Yang duality and Five Phase theory, while ITM articulates it via the Four Elements/Humors (Arkan/Akhlat) and individual Temperament (Mizaj) concepts. This study examines these parallel frameworks, aiming to determine the structural and functional convergences that persist beyond their distinct cultural origins.

Methods : A careful exploration of classical texts like Avicenna's Canon and foundational Kampo commentaries alongside contemporary research was conducted.

Results : The exploration reveals how these two traditions speak a remarkably similar language in practice. When diagnosing patients, both healers turn first to the pulse – feeling for subtle qualities like depth, rhythm, and strength in Kampo's Myaku or ITM's Nabz – while simultaneously reading the tongue's color, coating, and texture as a living map of internal balance. They listen intently to patients' subjective experiences of heat or chill, thirst or dryness, seeing these as vital clues to underlying imbalances. Treatment in both traditions becomes a personalized art of restoration: master practitioners craft complex herbal formulas guided by sophisticated systems classifying herbs by thermal nature (hot, cold, warm, cool) and taste properties. They share core botanicals like licorice root (*Glycyrrhiza glabra*) for harmonizing formulas and saffron (*Crocus sativus*) for moving stagnation, though their applications may dance to different cultural rhythms. Beyond herbs, food itself transforms into medicine – Kampo's Shokuji Ryoho and ITM's Ilaj-bi-Ghiza prescribe specific foods like barley for cooling or dates for warming, tailored to correct individual imbalances. Even therapeutic baths and targeted massage find common ground as supportive therapies. Crucially, both traditions champion prevention through daily rhythms: Kampo's Yojo and ITM's Hifz al-Sehha teach that true health lies in living seasonally and constitutionally, whether adjusting sleep patterns in autumn or selecting foods that steady one's unique temperament.

Conclusion : Recognizing these deep connections not only honors their intellectual legacy but opens vital pathways for cross-cultural dialogue and collaborative innovation in integrative medicine today.



Abstract ID: ۲۹۹

Presentation Type: Poster

The Science of AYURVEDIC Therapeutic Touch: Abhyanga and Marma chikitsa.

Dr. BEHZAD MOHADDESI^۱ *, Seyed Ghasem Mohaddesi^۱ , Masoum Hosseini Iraj^۱

^۱. Dr. mohaddesi medical clinic, Gorgan, Golestan, Iran

Background and Aim : Ayurveda, the ancient system of medicine in India, is known as the science of life. Ayurveda has a history of over ۵۰۰۰ years and covers various aspects of medical branches. As a traditional medicine, Ayurveda uses many methods for treating illness and balancing the vital energy in the body according to each body constitution or Dosha (Vata, Pita, Kapha) and it's considered as a personalized and holistic medicine.

Methods : The term Abhyanga is used for the therapeutic massage that stimulates the full body by using a generous amount of medicated oil prepared with medicinal herbs chosen according to each Dosha. The warm medicated oil is applied over the body rhythmically. The goal is to lubricate and nourishing the skin, muscles, and tissues, to improve circulation and help the body to eliminate toxins and resulting in calming the nervous system and reducing stress; improve skin health and sleep quality, and treat conditions such as muscle cramps, inflammation, and joint movement issues. Marma chikitsa is a specialized treatment aimed on stimulating the Marma points that are considered as a Prana (vital energy) gateway of body for better flow of Prana, by applying the gentle pressure on specific points in body (muscles, veins, ligaments, bones and joints) by using fingers or palm of hand or other special tools on the points. The therapeutic effects cover various conditions such as the management of pain, disorders of the nervous system and helps to improve various organ factions, physical, physiological and emotional problems. The Marma points are mentioned ۱۰۷ in number, plus ۱, which is the mind.

Results : The combination of these two therapeutic methods, sometimes called Marmaabhyanga and has a synergic effect when performed with the selection of proper medicinal plants for the preparation of potent therapeutic oil.

Conclusion : Traditional and integrative medicines in various parts of glob specially in east, have similarities and follow the main concepts of holistic approach, the mentions therapeutic methods of Abhyanga and Marma chikitsa in Ayurveda is near to the Acupuncture and Tui na, the traditional Chinese system of medicine (TCM); and the methods known as Dalk and Ghamz which are used traditionally in Persian system of medicine. Therefore, professionals must have an open mind to accept the knowledge of traditional medicine from all parts of the world; Hence, practitioners can have a better perspective of integrative medicine and use many helpful techniques to achieve better results in their goal.

Abstract ID: ۱۹۰

Presentation Type: Poster

A Review of Integrative Therapeutic Approaches for Colorectal Cancer in Traditional Iranian Medicine and Conventional Medicine

Qadir Mohammadi^۱*, Leila Ahmadzadeh-Gavahan^۱

^۱. Dr. Qadir Mohammadi's Health Center

Background and Aim : Colorectal cancer (CRC) is among the most common and lethal malignancies worldwide, caused by a complex interplay of genetic mutations, chronic inflammation (such as inflammatory bowel disease), environmental exposures, and dietary factors (Arnold et al., ۲۰۱۷; Siegel et al., ۲۰۲۰). In contrast, Traditional Iranian Medicine (TIM) attributes cancer development primarily to the accumulation of burnt humors, particularly burnt bile (safra-e-muhtariqa), alongside burnt blood, burnt phlegm, and rarely black bile (sawda), which collect within organs and form malignant swellings (Mokhtari et al., ۲۰۱۷). Despite different conceptual frameworks, both modern oncology and TIM acknowledge chronic inflammation, oxidative stress, lifestyle, and diet as central contributors to cancer pathogenesis. Classical TIM scholars, including Avicenna and Akhawayni, emphasized that cancer tends to develop in organs with weakened digestive faculty, leading to incomplete humor processing and malignant transformation. This review aims to compare humoral theories of CRC in TIM with contemporary biomedical perspectives, highlighting areas of convergence and divergence to provide a more holistic understanding of CRC etiology.

Methods : This narrative review draws upon authoritative classical Persian texts, notably Avicenna's Canon of Medicine and Akhawayni Bukhari's Hidayat al-Muta'allimin, alongside peer-reviewed biomedical sources. A comparative framework was applied to examine diagnostic and therapeutic approaches in both systems, focusing on dietary guidance, phytotherapeutics, and surgical interventions, with the goal of exploring integrative oncology models.

Results : Modern colorectal cancer (CRC) management focuses on early detection through colonoscopy, followed by surgical resection, chemotherapy, and targeted therapies (Kuipers et al., ۲۰۱۵). In contrast, Traditional Iranian Medicine (TIM) prioritizes prevention by maintaining humoral balance and strengthening digestive faculty to avoid humor stagnation (Mokhtari et al., ۲۰۱۷). Diet is central in both approaches. TIM discourages cancer-promoting sodagenic foods such as lentils, beef, eggplant, wild game, thick wine, and hot spices, recommending instead moistening and nourishing foods like poultry, lamb and goat meats, fresh milk, almond oil, mung beans, barley water, soft-boiled egg yolk, violet syrup, lotus syrup, and green vegetables (Avicenna, ۱۱th century; Jorjani, ۱۲th century). Similarly, modern guidelines advise plant-based diets and reduced red and processed meat consumption (Siegel et al., ۲۰۲۰). Adjunctive phytotherapeutics, including curcumin, resveratrol, and silymarin, show antioxidant and anti-inflammatory properties that may lessen chemotherapy side effects and enhance quality of life (Majdalawieh & Fayyad, ۲۰۱۶). Both TIM and modern oncology advocate timely surgical excision to prevent ulceration and metastasis, while integrative approaches may alleviate fatigue, immune suppression, and psychological distress in CRC patients.



Conclusion : The discussion highlights the promise of integrative oncology, which seeks to blend evidence-based complementary therapies with conventional cancer treatments to enhance outcomes and patient well-being. In the context of colorectal cancer (CRC), applying TIM-informed dietary strategies and herbal medicines may help reduce fatigue, gastrointestinal disturbances, immune suppression, and psychological stress experienced by CRC patients undergoing standard treatments. However, such integration must be approached cautiously, necessitating careful education of clinicians and patients regarding potential herb-drug interactions and mechanistic uncertainties. Ultimately, advancing this integrative approach will require robust clinical research to validate the safety, efficacy, and underlying biological mechanisms of TIM-based interventions, ensuring that these traditional insights can complement modern oncology in a scientifically sound and patient-centered manner.

Abstract ID: ۵۷۱

Presentation Type: Poster

“Warm Salt Foot Baths in Integrative Health: Insights from Biomedical and Persian Medicine Approaches”

Hamideh Naghibi^۱ *, Mohammad Reza Ghanbarzadeh^۲

^۱. PhD. of Persian Medicine, Mashhad University of Medical Sciences, Mashhad, Iran.

^۲. PhD. Candidate of Persian Medicine, Department of Persian Medicine, School of Medicine, Sabzevar University of Medical Sciences, Sabzevar, Iran.

Background and Aim : Warm salt foot baths are an effective and economical method of self-care that should not be overlooked. They have a long-standing tradition of relieving pain, fatigue, and local discomfort. Both modern medicine and Persian medicine recognize the significant benefits of this practice, although they employ different frameworks to explain its effectiveness. This review examines the therapeutic effects of warm saline baths for the feet from both modern biomedical and Persian medicine perspectives, considering how different types of salt—table salt, sea salt, and Epsom salt—may provide distinct benefits.

Methods : A narrative review was conducted using PubMed, Magiran, and Google Scholar from ۲۰۰۰ to ۲۰۲۳, along with classical Persian medicine sources like "Qanun" by Avicenna and "Al-Hawi" by Rhazes. Relevant terms included “salt foot bath,” “warm water,” “inflammation,” “pain,” “Persian Medicine,” “su' mizaj,” and “hararat ghariziyya.”

Results : In modern medicine, warm salt baths offer antimicrobial and anti-inflammatory benefits by creating an environment that hinders microbial growth and reduces the risk of superficial infections. The warmth enhances circulation, aiding tissue repair, while the saline solution helps remove excess fluid, alleviating edema and muscle fatigue. Additionally, salt improves skin condition by softening calluses and promoting keratin turnover, and the warmth soothes the nervous system, reducing muscle tension and stress. From the perspective of Persian medicine, warm saline baths are considered resolvent and attractant, dispersing excessive moisture and correcting the local imbalance of temperament (mizaj). They are thought to help eliminate waste materials (fuzulat) from the lower limbs, support the innate heat (hararat ghariziyya), and strengthen the body's defensive capacities. By reducing coldness and dampness in the extremities, these baths restore vitality and relieve weakness. They are also believed to calm the nerves, contributing to psychological tranquility and relaxation. Based on research, the type of salt used can impact therapeutic outcomes. Table salt (sodium chloride) provides osmotic and antimicrobial benefits. Sea salt, containing trace minerals like magnesium and calcium, may improve circulation and skin hydration. Epsom salt (magnesium sulfate) is particularly beneficial for muscle relaxation, inflammation reduction, and cramp relief, thanks to its magnesium content.

Conclusion : Although modern medicine and Persian medicine interpret mechanisms differently, their findings converge on several key benefits, including reduced inflammation, enhanced circulation, and greater relaxation. Warm salt foot baths are safe, accessible, and potentially valuable as a complementary therapy for mild infections, neuropathic discomfort, edema, muscular fatigue, and stress. The specific salt type employed may influence efficacy, offering an area for further controlled clinical investigation.



Abstract ID: ۲۴۰

Presentation Type: Poster

The effect of aromatherapy on clinical decision-making and cognitive failure in intensive care unit nurses: A narrative review study

Maedeh Nasirifar^۱, Pegah Matouripour^۲ *

۱. Master's student in Med-Surge Nursing, School of Nursing and Midwifery, Tehran University of Medical Sciences, Tehran, Iran
۲. PhD in Nursing, Assistant Professor, Department of Med-Surge Nursing, School of Nursing and Midwifery, Tehran University of Medical Sciences, Tehran, Iran

Background and Aim : Nurses working in the intensive care unit (ICU) are constantly faced with critical, complex, and stressful decision-making. This situation leads to impairments in cognitive function, including cognitive failure and reduced quality of clinical decision-making, which can threaten patient safety. The aim of this study was to investigate the effect of aromatherapy on clinical decision-making and cognitive failure in ICU nurses.

Methods : In this narrative review, articles published from ۲۰۱۵ to ۲۰۲۵ were retrieved using relevant keywords from the PubMed, Wiely, Web of Science, and Google Scholar databases. Inclusion criteria included up-to-date English-language studies focusing on the effect of aromatherapy on cognitive function and decision-making process in nurses.

Results : Evidence from a review of selected studies suggests that aromatherapy can improve the mental performance of ICU nurses through the calming and cognitive stimulating effects of some plant essential oils. These cognitive changes have been associated with a decrease in the incidence of cognitive failures and an improvement in the quality of clinical decision-making. However, the magnitude and intensity of these effects vary depending on the type of essential oil, method of application, duration of exposure, and cultural context.

Conclusion : The findings of this study indicate that aromatherapy can be an effective complementary intervention in improving cognitive performance and decision-making in ICU nurses. However, more rigorous intervention studies using validated measurement tools and advanced quantitative methods are recommended to confirm these effects. Keywords: aromatherapy, clinical decision-making, cognitive failures

Abstract ID: ۴۱۸

Presentation Type: Poster

Barriers to the Integration of Iranian Traditional Medicine into the Health System: A Scoping Review and Policy Recommendations within the WHO Framework

Mohammad Sadegh Nematollahi^۱, Ehsan Zarei^{۲*}, Farangis Abdi^۳

- ^۱. Student Research Committee, Master's Student of Healthcare Management, Department of Health Policy and Management, School of Public Health and Safety, Shahid Beheshti University of Medical Sciences, Tehran, Iran. m.s.nematollahi@sbmu.ac.ir
- ^۲. Associate professor of Health Services Management, Department of Health Policy and Management, School of Public Health and Safety, Shahid Beheshti University of Medical Sciences, Tehran, Iran.
- ^۳. Master's Student of Healthcare Management, Department of Health Policy and Management, School of Public Health and Safety, Shahid Beheshti University of Medical Sciences, Tehran, Iran.

Background and Aim : Integration of Traditional and Complementary Medicine (T&CM) into national health systems is a key WHO strategy for achieving Universal Health Coverage (UHC) by improving access, reducing costs, and providing holistic, patient-centered care. Traditional Iranian Medicine (TIM), rooted in the works of scholars like Avicenna, emphasizes a holistic approach and healthy lifestyle principles. Although TIM has formal recognition within Iran's health system, its effective integration faces structural and policy barriers, including fragmented regulations, limited scientific evidence, and institutional resistance among modern medical practitioners. International experiences from countries such as China and India show that strong political commitment, comprehensive regulatory frameworks, research investment, and integration of traditional medicine into medical education are critical for overcoming these barriers. Given the complexity of challenges in Iran and fragmented evidence, a scoping review is necessary to systematically map the literature, identify policy, legal, professional, and evidence-based barriers, and provide actionable recommendations for policymakers.

Methods : In this scoping review, international and national databases were systematically searched for articles published between ۲۰۰۰ and ۲۰۲۰. Following a two-stage screening process, data from the selected studies were extracted and analyzed using thematic analysis. Findings were categorized and interpreted based on the WHO strategic framework for traditional medicine.

Results : Out of a total of ۳,۱۳۶ initial records, ۱۴ studies met the eligibility criteria for the final analysis. The findings identified ۷۳ distinct barriers, which were grouped into six main themes: (۱) policy, legislation, and governance; (۲) research and scientific evidence; (۳) education and human resources; (۴) financial and insurance-related barriers; (۵) patient safety and quality of care; and (۶) professional and socio-cultural barriers. Among these, policy and governance-related barriers were the most frequently reported in the literature.

Conclusion : This scoping review identified multiple barriers to integrating Traditional Iranian Medicine (TIM) into Iran's health system. Key challenges span six domains: policy and governance, professional and educational, research and evidence, financial and insurance, quality and patient safety, and socio-cultural factors. The primary barrier is weak policy and governance, including unclear legal frameworks that limit oversight and professional recognition. Professional resistance and insufficient education further hinder integration, while gaps in scientific evidence



reduce acceptance among healthcare providers and the public. Financial constraints, particularly limited insurance coverage, and concerns about quality and patient safety, exacerbate these challenges. International experiences from countries like China, India, and Taiwan highlight the importance of strong political commitment, regulatory frameworks, investment in research, integration of traditional medicine into medical education, and insurance coverage to facilitate successful integration. Overcoming these barriers requires a coordinated approach that includes developing a comprehensive national policy, strengthening regulatory and quality assurance mechanisms, investing in research, integrating TIM into health professional education, expanding insurance coverage, and promoting public and professional awareness. Successful integration of TIM can enhance health system sustainability, improve patient-centered care, and support Universal Health Coverage in a culturally appropriate manner.

Abstract ID: ۲۱۲

Presentation Type: Poster

Current state of case report and case series studies in the field of complementary and alternative medicine: A scoping review

Mojtaba Norouzi^۱, Ali Akbar Haghdooost^۲ *

۱. Department of Biostatistics and Epidemiology, Faculty of Public Health, Kerman University of Medical Science, Kerman, Iran
۲. Professor of Epidemiology, HIV/STI Surveillance Research Center, and WHO Collaborating Center for HIV Surveillance, Institute for Futures Studies in Health, Kerman University of Medical Sciences, Kerman, Iran

Background and Aim : This study aimed to investigate case reports and case series studies in the field of complementary and alternative medicine (CAM) to identify gaps in knowledge and research priorities.

Methods : Case reports and case series studies in the field of CAM were analyzed in a scoping review until the end of ۲۰۲۲. Additionally, their research settings and methodologies were examined.

Results : A total of ۸۰۸ articles were identified, with approximately ۸۰٪ classified as case reports. The most prevalent fields of interest included abnormal clinical and laboratory findings (۱۳,۴٪), musculoskeletal system diseases (۸,۹٪), and genitourinary system diseases (۸,۳٪). Among the investigated interventions, acupuncture (۳۲,۵٪), Chinese medicine (۱۱,۵٪), and hypnosis (۷,۹٪) were the most common outcomes of interest. The primary outcomes of interest encompassed COVID-۱۹ disease (۳,۱٪), headache (۲,۶٪), pain (۲,۶٪), and cardiovascular disease (۲,۲٪). Approximately ۷,۱٪ of the articles reported complications or negative impacts associated with CAM treatments, while ۹,۵٪ highlighted their distinct and beneficial effects. Additionally, ۸۳,۴٪ of the articles stressed the need for further studies to confirm the beneficial effects of CAM treatments. Geographically, the majority of the studies originated from China (۲۵,۶٪) and the United States of America (۲۲,۴٪), with Africa displaying comparatively fewer studies.

Conclusion : Our research revealed a substantial rise in case reports and case series studies over the past decade in the CAM field. These studies encompassed various interventions, fields of study, and outcomes of interest. Notably, China and the United States have made more significant contributions compared to other countries, particularly African nations, in conducting studies and generating evidence.



Abstract ID: ۲۴۲

Presentation Type: Poster

Efficacy of a Short-Term Low-Calorie Diet in Overweight and Obese Patients with Chronic Sciatica: A Randomized Controlled Trial

Aisan Nozad^۱, mir bahram safari^۱, mohsen naseri^{۲*}

^۱. Faculty of Medicine, Urmia University of Medical Sciences, Urmia, IR Iran

^۲. Clinical Trial Research Center for Traditional Medicine, Shahed University, Tehran, IR Iran

Background and Aim : Chronic sciatica is a common condition. According to Traditional Persian Medicine and recent studies, calorie reduction is thought to be helpful for this condition. The purpose of this work is to evaluate a short-term low-calorie diet (LCD) for ameliorating chronic sciatica in the context of pain relief and reduced disability for patients.

Methods : In this randomized controlled trial, ۹۶ candidates for the nonsurgical treatment of chronic sciatica were randomly assigned to two groups to receive a ۱-month LCD (intervention) or ordinary diet (control), both in combination with nonsteroidal anti-inflammatory drugs (NSAIDs). Afterward, patients were visited at baseline and on days ۱۵, ۳۰, and ۶۰ after treatment. Pain and disability were evaluated using the short-form McGill pain questionnaire (SFMPQ) and the Roland-Morris disability questionnaire (RMDQ), respectively.

Results : Both mean RMDQ scores and SFMPQ scores decreased significantly in the LCD group compared to the control group. SFMPQ descriptor scale scores at baseline and on days ۱۵, ۳۰, and ۶۰ in the LCD group were 7.71 ± 1.69 , 6.63 ± 1.61 , 5.54 ± 1.87 , and 4.96 ± 2.02 , respectively, and in the control group were 6.63 ± 1.44 , 6.69 ± 1.32 , 6.64 ± 1.98 , and 6.62 ± 2.03 , respectively ($p = 0.001$). RMDQ scores at baseline and on days ۱۵, ۳۰, and ۶۰ in LCD group were 11.17 ± 3.90 , 8.60 ± 1.97 , 7.50 ± 2.71 , and 6.77 ± 3.06 , respectively, and in the control group, 10.00 ± 2.20 , 9.98 ± 2.29 , 9.94 ± 2.94 , and 9.85 ± 3.32 , respectively ($p < 0.001$).

Conclusion : A short-term (۱-month) LCD is effective in decreasing pain and disability in candidates for nonsurgical treatment of chronic sciatica.

Abstract ID: ۳۰۴

Presentation Type: Poster

Effects of Foot Massage on Severity of Fatigue and Quality of Life in Hemodialysis Patients: A Randomized Controlled Trial

Aisan Nozad^۱, Osman Wosoi Dalavan^۲, Hosein Habibzadeh^۲ *

^۱. Urmia University of medical Sciences, Urmia, Iran

^۲. Department of Medical Surgical Nursing, School of Nursing and Midwifery, Urmia University of Medical Sciences, Urmia, Iran

Background and Aim : Despite the advances in treatment, fatigue is a common symptom experienced by many patients undergoing hemodialysis, and is associated with poor health-related quality of life. The aim of the present study was to explore the impact of foot massage with chamomile oil and almond oil on the severity of fatigue and quality of life of Hemodialysis patients.

Methods : In these four parallel groups controlled clinical trial, ۱۲۰ male patients under hemodialysis were randomly assigned to foot massage groups and control (۳۰ in each group) from June ۲۰۱۶ to April ۲۰۱۷ in Urmia, Iran. foot massage using either chamomile oil, almond oil or no oils was provided to patients undergoing hemodialysis for two months. The primary outcome measures were the Fatigue Severity Scale (FSS) and secondary outcomes included quality of life using the Short-Form Quality of Life for Renal Patients questionnaire (KDQOL-SF). Data were analyzed using ANOVA, Tukey's and paired t-test in SPSS the (Version ۱۶) at the significance level $P < 0.05$.

Results : The mean FSS scores after the implementation of foot massage in all intervention groups were significantly lower than the control group ($P = 0.005$). Mean KDQOL-SF scores after the intervention in all intervention groups increased compared to the control group, but this increase was not statistically significant ($P = 0.34$).

Conclusion : Foot massage appears to be effective in reducing fatigue and improving quality of life in patients undergoing hemodialysis. Further studies are needed to confirm and extend these results. Furthermore, involvement of patients' companions as family caregivers in massage therapy can lead to continuation of this effective intervention at home.

Abstract ID: ۵۰۱

Presentation Type: Poster

Traditional Persian Medicine Approach to Eczema

Mohadeseh Ostovar^۱ *

^۱. *Research Center for Traditional Medicine and History of Medicine, Department of Persian Medicine, School of Medicine, Shiraz University of Medical Sciences, Shiraz, Iran.*

Background and Aim : Eczema, the most prevalent inflammatory skin disease, manifests through symptoms ranging from dryness, redness, and scaling to excoriation, exudation, fissures, and in severe cases, lichenification, ulceration, and lesions. Pruritus is a hallmark symptom, often leading to sleep disturbances and reduced quality of life. Contact eczema is the most common subtype, with hands being the primary affected area. Risk factors include genetic predisposition, allergen exposure, and irritants. Modern medicine highlights alarm signs such as fever, diarrhea, headache, "burned skin" appearance, >۹۰% body surface involvement, malaise, nausea/vomiting, and myalgia/arthritis.

Methods : This study utilized a historical review framework. Primary sources from Traditional Persian Medicine (TPM) were systematically searched using keywords pertaining to eczema. These sources included *al-Qānūn fi'l-ṭebb* (The Canon of Medicine) by Avicenna (Ibn Sīnā), *Makhzan-al-Advieh* (The Treasury of Medicaments) by Aghili Khorasani, and *Ḍakira-ye k̄ārazmshāhi* (The Treasure of Khwarazm Shah) by Jorjāni.

Results : In Traditional Persian Medicine (TPM), eczema is classified under terms like "Qooba," "Qashf-e Jild," and "Sheqaq-e Jeld," characterized by dry, itchy lesions and skin roughness. Pathophysiologically, TPM attributes eczema to humoral imbalances, where aberrant akhlat (humors) accumulate and manifest cutaneously. Chronic eczema is often linked to Sauda (black bile) dominance. TPM emphasizes holistic management through the "Six Essential Principles" (*Sette-ye Zaroorie*), including dietary moderation (avoiding spicy, sour, processed foods; fish; beef; dense foods like kale pache), thorough food chewing, moderate exercise, sleep pattern correction, emotional stress avoidance, and moisturizing herbal soaps (e.g., Khatmi). Also, therapeutic interventions include, specific foods such as squash/spinach stew, goat meat, chicken, plums, pomegranates, starch porridge, mung beans, purslane, topical applications such as, rosehip, squash, or bitter almond oil; psyllium mucilage, oral agents such as, pomegranate juice, Kasni (chicory) distillate, and bathing with lukewarm water with violet extract lotion.

Conclusion : Considering modern diagnostic rigor with TPM's holistic frameworks, offering complementary strategies for eczema management. Further clinical validation is warranted to synthesize evidence-based guidelines.

Abstract ID: ۱۱۲

Presentation Type: Poster

Integrative Approaches to Chronic Insomnia: A Comparative Review of Persian Traditional and Modern Therapeutic Strategies

Armita Pak^۱ *

^۱. *tehran medical university*

Background and Aim : An estimated ۱۰% to ۱۵% of adults globally experience chronic insomnia, which significantly lowers their quality of life and increases medical costs (Reid et al., ۲۰۲۴). While cognitive behavioral therapy and pharmaceutical interventions are the cornerstones of contemporary treatment, concerns about medication dependence and inadequate response to treatment have sparked interest in alternative approaches. Persian traditional medicine offers an ancient remedy for sleep problems that focuses on lifestyle modifications and specialized herbal remedies. This comparative effectiveness study examined the treatment of chronic insomnia in Persian traditional medicine and contemporary medical practice to evaluate the relative clinical benefits and implementation feasibility.

Methods : Using keywords like "chronic insomnia," "comparative effectiveness," "Persian medicine," and "herbal therapy," a thorough literature search was carried out across the databases of the Cochrane Library, Web of Science, PubMed, and Scopus. Modern clinical studies published between ۲۰۰۰ and ۲۰۲۵ were included besides traditional Persian medical texts from modern Iranian sources. Forty-two contemporary clinical studies and fifteen verified Persian medicine sources that satisfied quality and outcome standards were included in the final analysis.

Results : With a ۲۰-۲۵% increase in sleep quality scores that was on par with zolpidem's efficacy, saffron emerged as the main Persian herbal intervention (Ahmadi et al., ۲۰۲۵). While Persian methods maintained superior long-term benefits, with ۸۰% of patients maintaining improvements at ۶-month follow-up compared to ۴۵% for pharmaceuticals, modern pharmacological treatments demonstrated faster initial relief (۳-۵ days) than herbal interventions (۲-۳ weeks). Both approaches had comparable overall response rates (Persian: ۷۰%, Modern: ۷۵%). In contrast to contemporary drugs that have the potential to cause dependency and cognitive impairment in ۱۵-۲۵% of users (Schifano et al., ۲۰۲۴), Persian treatments were found to have fewer side effects (<۵% mild gastrointestinal symptoms) (Boyle et al., ۲۰۲۵). Persian treatments had higher long-term adherence rates (۷۵% vs. ۴۵%) and were ۶۰-۷۰% less expensive than pharmaceutical interventions, according to cost analysis (Price Analysis, ۲۰۲۵). Patient preference studies showed ۶۵% favored herbal treatments due to safety concerns, while ۳۵% preferred rapid medicinal onset.

Conclusion : Discussion With clear benefits in various areas, both medical systems showed similar efficacy in treating chronic insomnia. Modern medicine offered quicker symptom relief and standardized procedures, but Persian medicine excelled in long-term sustainability, safety, and cost-effectiveness. Persian medicine's individualized approach is in line with current trends in personalized medicine, despite implementation issues with standardization. Combining modern behavioral interventions with evidence-based Persian herbal therapies may maximize therapeutic benefits while reducing side effects. Conclusion With better long-term results and safety profiles



کتاب خلاصه مقالات سخنرانی و پوستر
دومین کنگره ملی طب ایرانی

تهران، مرکز همایش های بین المللی رازی

۲۱ لغایت ۲۳ آبان ماه ۱۴۰۴



than traditional insomnia treatments, Persian traditional medicine provides a practical and affordable substitute. A promising strategy for the holistic treatment of chronic insomnia is the clinical fusion of proven Persian herbal remedies with contemporary lifestyle changes. Standardizing conventional formulations and creating evidence-based integration protocols for clinical practice should be the main goals of future research.

Abstract ID: ۴۵۹

Presentation Type: Poster

The difference between the concept of “Temperament” in Persian (Traditional) medicine and modern medicine

Ahmadreza Pakzad^۱ *, Hosein Moradi^۲

^۱. MD PhD of Persian Medicine

^۲. Department of Traditional Persian Medicine, Qom Medical University of Medical Sciences, Qom, Iran.

Background and Aim : As you are aware, knowing the specific words, terms, and definitions of each science or subject, is an introduction to understanding and mastering that science or subject. therefore, understanding the Persian medicine concepts requires familiarity with the specific keywords and phrases of this branch of medical science.

Methods : In this study, to investigate the term "Temperament" and its concepts, the keyword "Temperament" were searched from two databases, PubMed and Science Direct, and concepts were separated based on articles in Persian Medicine and Modern Medicine.

Results : Temperament (Mizaj) is one of the technical terms of Persian medicine that is aswel used in modern medicine. But there is a fundamental difference in its application and concept between the two orientation of medical science . From the view point of Persian medicine, all beings in the universe, including plants, animals, and inanimate objects, have temperaments (Mizaj). Temperament (Mizaj) is a quality that results from the combination and interference of the four elements include soil, water, air, and fire. These elements are mixed together and balanced to eventually achieve the temperament (Mizaj) of each creature. Temperament (Mizaj) is one of the most important topics in Persian medicine. So that it has the most important role in maintaining health (۱). It should be noted that temperament (Mizaj) can be seen not only in Persian medicine, but also in the traditional medicine of other nations, including India, Europe, Arabia, Greece, Rome, and China (۲). In contrast, “Temperament” in modern medicine means behavior, temper, and habits of individuals (۳).

Conclusion : On our search, A total of ۴۴۱۵ articles were found in a search using the keyword “Temperament” in the scientific databases of PubMed and Science Direct. Among these articles, about ۴,۰۰۰ articles were found that used temperament with its meaning in modern medicine (mood) and only about ۴۰۰ articles used temperament with its meaning in Persian medicine. Therefore, in order to prevention of errors and shift the concept of “Temperament” in any orientation of the medical sciences by readers and researchers, it is suggested that when using the word “Temperament” in its common meaning in Persian medicine, the specific word “Mizaj” should be mentioned beside this word.



Abstract ID: ۳۷۴

Presentation Type: Poster

The use of Complementary and Alternative Medicine in the Treatment of Breast

ZAHRA Pashaei Nezhad^۱ *, Masoomah noori^۱ , Ahmad emami^۲

- ^۱. Mashhad University of Medical Sciences
- ^۲. Ferdowsi University of Mashhad

Background and Aim : The use of complementary medicine is of special importance for the health of the society and the treatment and prevention of diseases. The use of complementary and alternative medicine is on the rise, especially in patients with life-threatening conditions such as AIDS and cancer. It should be noted that the application of this method in conjunction with conventional medicine practices are allowed and accepted.

Methods : The present study is a descriptive one. The research community included all the patients with breast cancer, referring to selected hospitals in Mashhad. Of these, ۴۵۸ were selected using aimed sampling method. Data were collected using a structured questionnaire during the interview and were analyzed using SPSS software.

Results : The results of the study showed that ۸۳% of women with breast cancer from use of these methods. Different methods, which are selected by the people include the use of herbs, supplements, yoga, special diets, energy therapy, acupuncture, etc. ۷۹,۵ % of the patients had not consulted their doctors about the use of complementary and alternative medicine. That This is especially the use of herbal medicines is very important because there is a risk of drug interactions. Professional care not aware of the use of these methods can have different causes that Including lack of belief that many of the doctors and nurses to the effectiveness of these methods are named.

Conclusion : Complementary and Alternative Medicine and the effect on the body and mind are two things that can be combined together as a good approach until the performance of different aspects of life in breast cancer patients to their maximum. However, these methods should be used for patients, given the necessary training.



Abstract ID: ۴۵۷

Presentation Type: Poster

Effects of aromatherapy with Lavender on sleep quality of hemodialysis patients

ZAHRA Pashaeinezhad^۱ *, masoomeh noori^۱ , fatemeh ostad^۱

^۱. Mashhad University of Medical Sciences

Background and Aim : Sleep disorders are common in hemodialysis patients, it can decrease the quality of life and increase the rate of death. Due to its sedative effects, lavender may be effective in promoting sleep quality of these patients. This research was conducted to examine the effects of aromatherapy with lavender essential oil on sleep quality of hemodialysis patients.

Methods : This is a randomized clinical trial. ۷۶ hemodialysis patients were selected by convenience sampling and were randomly divided into two groups: intervention and control. In the intervention groups, the patients were requested to inhale a piece of cloth smeared with three drops of the lavender essential oil during dialysis sessions. In the control groups, only the usual care was given.

Results : results showed no significant difference in the mean sleep quality score between the experimental (12.67 ± 3.40) and control groups (13.83 ± 3.94) at baseline ($p < 0.01$), but a significant difference was seen in mean sleep quality score between the experimental (7.93 ± 3.48) and control groups (8 ± 2.32) after the end of study ($p < 0.001$).

Conclusion : Aromatherapy with lavender essential oil has a positive effect on improving sleep quality in hemodialysis patients and may be used as a noninvasive, easy and low-cost method for sleep disorders in these patients.

Abstract ID: ۳۳۰

Presentation Type: Poster

The effect of massage on pain and bleeding in patients undergoing open thyroidectomy: A randomized clinical trial study

Elnaz RabieAsl^۱ *, Soheila Bakhtiari^۲ , Mahboubeh Valiani^۳ , Mohsen Kolahehdouzan^۴

۱. Student Research Committee , Faculty of Nursing and Midwifery, Isfahan University of Medical Sciences, Isfahan, Iran
۲. Assistant Professor of Nursing, Nursing and Midwifery Care Research Center, Department of Operating Room, School of nursing and midwifery, Isfahan University of Medical Sciences, Isfahan, Iran
۳. Assistant Professor of Midwifery, Reproductive Sciences and Sexual Health Research Center, Department of Midwifery, Isfahan University of Medical Sciences, Isfahan, Iran.
۴. Associate Professor of thoracic surgery, Department of Surgery, Faculty of Medicine, Isfahan University of Medical Sciences, Isfahan, Iran.

Background and Aim : Pain and bleeding are common complications among patients undergoing open thyroidectomy. Research suggests that complementary treatments such as massage therapy may help reduce postoperative complications. Therefore, This randomized clinical trial aimed to evaluate the effect of massage on pain and bleeding in patients undergoing open thyroidectomy

Methods : This randomized clinical trial was conducted on ۴۰ patients referred to Al-Zahra Hospital of Isfahan between October ۲۰۲۴ and April ۲۰۲۵, all of whom underwent open thyroidectomy. The participants were randomly assigned to either the control or experimental group (۲۰ patients each). In the experimental group, massage therapy was performed by the researcher. In this group, three massage therapy sessions were performed: in the recovery room, on the first postoperative day, and on the third postoperative day. The duration of each massage therapy session was ۱۵ to ۲۰ minutes. Pain was assessed using the Visual Analog Scale (VAS). Bleeding was evaluated based on the volume of drainage and the amount of blood in the hemovac drain in both groups. Hemoglobin and hematocrit levels were recorded from the patient's medical records prior to surgery and again at ۲۴ and ۴۸ hours postoperatively. Data were analyzed using SPSS version ۲۳. Statistical tests including repeated measures analysis, independent t-test, and chi-square test were used to compare the results between the groups.

Results : The findings indicated that changes in the mean pain score varied over time, with a significant reduction in pain observed in the experimental group ($P < ۰,۰۰۱$). Prior to the intervention, the mean pain score was $۸,۷۵ \pm ۰,۲۳$ in the experimental group and $۸,۸۰ \pm ۰,۲۳$ in the control group, with no statistically significant difference between them ($P = ۰,۸۸$). However, at the assessed time points following the intervention, the difference became significant ($P < ۰,۰۰۱$). Furthermore, in both the experimental and control groups, the volume of blood collected in the patient's drain increased significantly at ۲۴ and ۴۸ hours post-surgery ($P < ۰,۰۰۱$), suggesting that the intervention had no effect on postoperative bleeding.

Conclusion : The present study demonstrated that massage therapy significantly reduced pain in patients undergoing thyroidectomy. However, it did not affect the volume of bleeding, including drain secretions, hemoglobin levels, or hematocrit. Given the limited sample size, further research on a larger population is recommended.

Abstract ID: ۳۳۱

Presentation Type: Poster

the effect of aromatherapy on pain and bleeding in patients undergoing open thyroidectomy: A review study

Elnaz RabieAsl^۱ *, Soheila Bakhtiari^۲ , Mahboubeh Valiani^۳ , Mohsen Kolahehdouzan^۴

۱. Student Research Committee , Faculty of Nursing and Midwifery, Isfahan University of Medical Sciences, Isfahan, Iran
۲. Assistant Professor of Nursing, Nursing and Midwifery Care Research Center, Department of Operating Room, School of nursing and midwifery, Isfahan University of Medical Sciences, Isfahan, Iran
۳. Assistant Professor of Midwifery, Reproductive Sciences and Sexual Health Research Center, Department of Midwifery, Isfahan University of Medical Sciences, Isfahan, Iran.
۴. Associate Professor of thoracic surgery, Department of Surgery, Faculty of Medicine, Isfahan University of Medical Sciences, Isfahan, Iran.

Background and Aim : Thyroidectomy, a surgical procedure to remove all or part of the thyroid gland, is commonly performed for conditions such as thyroid cancer, goiter, and hyperthyroidism. Postoperative symptoms—especially pain, anxiety, nausea, and sleep disturbances—can hinder recovery and patient satisfaction. Aromatherapy, the therapeutic use of essential oils, has gained attention as a complementary intervention to alleviate these symptoms. This review evaluates the effectiveness of aromatherapy in improving postoperative outcomes following thyroidectomy.

Methods : This review synthesizes findings from randomized controlled trials (RCTs) and observational studies published between ۲۰۱۹ and ۲۰۲۴. Inclusion criteria: • Population: Adults undergoing thyroidectomy • Intervention: Aromatherapy via inhalation or topical application • Comparison: Standard care or placebo • Outcomes: Pain, anxiety, nausea, sleep quality • Statistical tools: Independent t-tests, ANOVA, chi-square tests, and meta-analysis using standardized mean differences (SMD) Databases searched included PubMed, Cochrane Library, and CNKI.

Results : Pain and Anxiety Reduction A meta-analysis of ۵ RCTs (n = ۴۱۲ patients) showed: Aromatherapy significantly reduced pain and anxiety scores within the first ۲۴ hours post-surgery. (p-value < ۰,۰۰۱) Two studies (n = ۱۷۸) reported improved sleep scores using the Pittsburgh Sleep Quality Index (PSQI): (p-value < ۰,۰۰۱)

Conclusion : Aromatherapy appears to be a safe and effective adjunct therapy for managing postoperative symptoms following thyroidectomy. Statistically significant improvements were observed in pain, anxiety, sleep quality, and nausea reduction. These findings support the integration of aromatherapy into perioperative care protocols. However, further large-scale trials are needed to standardize essential oil types, dosages, and delivery methods.



Abstract ID: ۳۵۴

Presentation Type: Poster

The cause of kidney stone formation and treatment from the perspective of traditional Persian medicine

Maryam Rameshk^۱ *

^۱. Herbal and Traditional Medicines Research Center, Kerman University of Medical Sciences, Kerman, Iran

Background and Aim : Urinary stone disease is the most common urinary tract disease that has caused human suffering since ancient times. The observation of a ۷۰۰۰-year-old bladder stone in an Egyptian skeleton proves this claim. This disease causes many complications for patients, but its pathogenesis is unclear. The knowledge about the cause of urinary stones formation and treatment recommendations from ancient physicians' perspectives is probably helpful in preventing and treating kidney stones.

Methods : Data for this review were provided by search in five Traditional Persian sources available, including Canon of Medicine (Avicenna, ۹۸۰-۱۰۳۷ AD), Kamil al-Sana al-Tibbiya (Majusi Ahwazi (Haly Abbas), died ۹۸۲-۹۹۴), Zakhire Kharazmshahi (Jorjani, ۱۰۴۲-۱۱۳۷ AD), Makhzan al Adviyeh (Mohammad Hossein Aghili Khorasani Shirazi in ۱۸th AD), and Tib-e-Akbari (Mohammad Akbar Arzani-۱۱th and ۱۲th centuries AD) and Until January of ۲۰۲۳, all English publications in Science Direct, PubMed, Google Scholar and Scopus, using various search terms such as urolithiasis, lithiasis, and kidney stone.

Results : Some dietary recommendations in Traditional Persian Medicine (TPM) for treatment of urinary tract stones and ۱۳۴ recommended plant species, in addition to studies of in vivo effects of some of them in conventional medicine have been described in this article.

Conclusion : The TPM with long experience and special principles has good potential in the field of diagnosis and treatment in its own way and can act as a strong complementary treatment system for diseases that have challenging treatment. It seems using the experiences in the TPM sources and relying on today's knowledge can create a way to prevent the formation and recurrence of urinary tract stones.

Abstract ID: ۲۸۵

Presentation Type: Poster

The Impact of Aromatherapy on Labor Pain Management

Somayyeh Rezaei^{۱*}, Ali zehtab salehi^۲, Maryam madani asl^۲

- ^۱. optional. Doctorate Student in Naturopathy, Technofest Institute of Technology (TITU), Erquelinnes, Belgium
- ^۲. Doctorate Student in Naturopathy, Technofest Institute of Technology (TITU), Erquelinnes, Belgium

Background and Aim : Labor pain is an acute pain that intensifies rapidly and is considered a critical experience in a woman's life. Due to the side effects associated with analgesic medications, non-pharmacological and complementary medicine methods such as aromatherapy are increasingly being used for pain relief during labor. This study aims to investigate the effects of aromatherapy on managing and reducing labor pain.

Methods : This is a review study. Articles were searched from databases including PubMed, Scopus, Google Scholar, as well as reputable Persian scientific-research journals focusing on aromatherapy and labor pain. A total of ۴۳ articles addressing aromatherapy and labor pain management were reviewed.

Results : Most studies confirmed the positive effects of aromatherapy in managing and alleviating labor pain. Essential oils such as Lavender (a multifunctional and analgesic essence), Rose (with anti-anxiety properties providing maternal calmness), Peppermint (with antispasmodic and analgesic properties), Bitter Orange Blossom (Neroli) (with antidepressant and antispasmodic effects), and Lemon oil (effective in controlling pregnancy-related nausea and early labor pain) were found beneficial. Other essential oils such as Clove, Clary Sage, Rosemary, and Chamomile also demonstrated analgesic properties.

Conclusion : Aromatherapy is one of the most common, affordable, and practical complementary medicine methods. However, proper attention must be given to the dosage, application methods, and selection of essential oils for effective labor pain management. Keywords: Aromatherapy, Essential Oils, Labor Pain, Aromatic Therapy

Abstract ID: ۲۸۰

Presentation Type: Poster

Application of Complementary Medicine in the Management of Fibromyalgia: A Systematic Review of Efficacy and Safety

Vida Roostazadeh^۱ *

^۱. Master's Student in Medical_Surgical Nursing, Student Research and Technology Committee, School of Nursing and Midwifery, Bam University of Medical Sciences, Bam, Iran.

Background and Aim : Therapeutic Fibromyalgia caring discrete treatment due to the presence of sleeplessness, tiredness and wide-reaching discomfort, is a multifaceted issue. CAM, which stands for Complementary and Alternative Medicine, is gaining focus as a supportive treatment to improve the lives of people suffering from Fibromyalgia syndrome and to ease their symptoms. The objective of this review is to ascertain the safety and efficacy of CAM methods in the treatment of Fibromyalgia.

Methods : This systematic review was done in synchronous with PRISMA. We searched in PubMed, Scopus, Web of Science, and Cochrane Library from the year ۲۰۰۰ till ۲۰۲۰. The inclusion criteria consisted of forate RCTs, observational studies alongside systematic reviews focusing on CAM: acupuncture, yoga, tai chi, meditation, and even some dietary supplements among other interventions for people with fibromyalgia. Articles without a control group, non-English publications, and papers which lacked stringent fibromyalgia criteria (like the ACR ۲۰۱۰/۲۰۱۶) were the focus of the exclusion criteria . The data was subjected to qualitative analysis and where possible, quantitative analysis.

Results : From a total of ۱,۲۴۷ articles identified, ۳۲ studies, including ۲۰ RCTs and ۱۲ systematic reviews, were selected. Both acupuncture and yoga, in addition to improving sleep quality, significantly alleviated pain and fatigue ($p < ۰,۰۰۵$). Tai Chi practice, along with mindfulness-based meditation, showed beneficial effects on mental health and anxiety, although the outcomes varied across different studies. Dietary supplements like magnesium and vitamin D showed some beneficial effects, although the evidence was too sparse to make strong clinical recommendations. The adverse effects of CAM interventions were largely mild in nature, including transient soreness at acupuncture points and fatigue following yoga sessions. Study shortcomings included small sample sizes as well as variability in treatment protocols.

Conclusion : Acupuncture and yoga, two forms of CAM, show significant promise in reducing the symptoms of fibromyalgia and enhancing quality of life. Still, more extensive studies with standardized protocols are needed to determine long-term effectiveness and safety. With these issues, clinicians can consider incorporating CAM therapies into more holistic treatment approaches. Keywords: Fibromyalgia, Complementary Medicine, Acupuncture, Yoga, Systematic Review

Abstract ID: ۳۶۰

Presentation Type: Poster

Etiology of Diseases from the Perspective of Persian Medicine and Conventional medicine

Zahra Sadri^۱ , Mohammad Ansaripour^۲ *

- ^۱. Persian Medicine Clinic, Isfahan University of Medical Sciences, Isfahan, Iran
- ^۲. Department of Persian Medicine, School of Medicine, Isfahan University of Medical Sciences, Isfahan, Iran

Background and Aim : Understanding the etiology of diseases is fundamental for accurate diagnosis, classification, prevention, and treatment. Persian Medicine primarily attributes disease causation to external factors that provoke internal disturbances, whereas Conventional medicine recognizes the role of both external and internal determinants. For many disorders, however, no definitive cause has been identified, leading to symptomatic and prolonged management. This study aims to compare the etiological perspectives of Persian Medicine and contemporary medical sciences to provide insights for more effective therapeutic strategies.

Methods : This narrative review was conducted by searching electronic databases including PubMed, Scopus, and Google Scholar, alongside authoritative textbooks in Persian Medicine. Relevant literature addressing the causes of diseases in both frameworks was analyzed and synthesized.

Results : In Persian Medicine, disease etiology is categorized into Badiyeh (external causes), Sabegheh (predisposing causes), and Vaseleh (direct causes). Badiyeh causes are defined as external determinants, collectively termed the “Six Essential Factors” (Setteh Zaruriyah), which include physical activity, nutrition, sleep, climate, psychological-emotional factors, accumulation of waste products, and trauma. Genetic predispositions are also acknowledged. In contrast, conventional medical recognize diverse etiological categories such as genetic, microbial, environmental, metabolic, immunological, psychosocial, physical, and multifactorial causes. And many diseases remain without a clearly defined etiology.

Conclusion : Discussion: In Persian Medicine, external factors are considered the primary drivers of changes in organ temperament (Mizaj) and function, which subsequently manifest as predisposing (Sabegheh) and direct (Vaseleh) causes. This highlights the central role of external determinants in disease pathogenesis. In contrast, modern medicine, while acknowledging external influences, often emphasizes internal mechanisms, which may result in incomplete treatment approaches. Conclusion: The focus of Persian Medicine on external etiological factors suggests the potential of self-care as an effective approach to disease prevention and management. Integrating both external and internal determinants within a unified model may provide a more comprehensive understanding of disease etiology and contribute to more effective treatment strategies.



Abstract ID: ۲۶۹

Presentation Type: Poster

Investigating the Temperament of Autism Spectrum Patients from the Perspective of Persian Medicine

Mehdi Salehi^{۱*}, Mohsen Dayani^۲, Mehrdad Karimi^۳

۱. Traditional and Complementary Medicine Research Center (TCMRC), Department of Traditional Medicine, School of Medicine, Arak University of Medical Sciences, Arak, Iran 2 Department of Iranian Medicine, Faculty of Iranian Medicine, Tehran University of Medical Sciences, Tehran, Iran
۲. ۱ Traditional and Complementary Medicine Research Center (TCMRC), Department of Traditional Medicine, School of Medicine, Arak University of Medical Sciences, Arak, Iran 2 Department of Iranian Medicine, Faculty of Iranian Medicine, Tehran University of Medical Sciences, Tehran, Iran
۳. Department of Iranian Medicine, Faculty of Iranian Medicine, Tehran University of Medical Sciences, Tehran, Iran

Background and Aim : Abstract Introduction: Autism is a highly variable neurodevelopmental disorder, formally called autism spectrum disorder, characterized by deficits in social communication, social interaction, and repetitive or restricted behavior patterns. This study aims to investigate the temperament of autism spectrum patients from the perspective of Iranian medicine, so that by helping to understand the causes of the temperament of this disease, a new step can be taken in the direction of prevention and treatment of this disorder.

Methods : Methods: This research is a descriptive cross-sectional study. The study subjects were ۶۰ patients referred to Golhai Behesht Autism Rehabilitation Center in Qom city in ۱۴۰۱, who were randomly selected. Dr. Salmannejad's temperament questionnaire was used to determine the temperament of the participants in the study. SPSS version ۲۰ software was used for data analysis.

Results : Results: The findings showed that the highest frequency of mixed temperament among children on the autism spectrum was related to cold and dry temperament with ۴۰٪ and the highest frequency of singular temperament was related to dry temperament with ۷۸٪. .

Conclusion : Conclusions: According to the findings of this research, autism spectrum patients have a cold and dry temperament. Clinical studies are suggested to investigate the effectiveness of therapeutic interventions in cold and dry mood for the recovery of these patients.

Abstract ID: ۴۳۰

Presentation Type: Poster

The effect of lavender essential oil inhalation aromatherapy on students' anxiety induced by the objective structured clinical examination

Zahra Seifi^{۱*}, Fereidoun Jahangir^۲, Marzieh Asadilari^۳, Mozhgan Jokar^۴, Sara Moghaddam^۵, Esmail Kavi^۶, Mohammad-Rafi Bazrafshan^۷

۱. Ph.D Student in Nursing, Student Research Committee, School of Nursing and Midwifery, Shiraz University of Medical Sciences, Shiraz, Iran
۲. Shiraz University of Medical Sciences, Shiraz, Iran
۳. Instructor, Department of Nursing, School of Nursing, Larestan University of Medical Sciences, Larestan, Iran
۴. PhD candidate, Student Research Committee, School of Nursing and Midwifery, Shahid Beheshti University of Medical Sciences, Tehran, Iran
۵. Student Research Committee, Clinical Education Research Center, Shiraz University of Medical Sciences, Shiraz, Iran
۶. PhD Student in Medical Education, Clinical Education Research Center, Shiraz University of Medical Sciences, Shiraz, Iran
۷. Associate Professor, Department of Nursing, School of Nursing, Larestan University of Medical Sciences, Larestan, Iran

Background and Aim : Exam anxiety can have an unpleasant effect on students and change exam results. This study aimed to investigate the effect of inhaled lavender essential oil aromatherapy on objective structured clinical examination (OSCE)-induced anxiety.

Methods : The present study was conducted as a double-blind, randomized clinical study with a control group. The participants were ۵۱ college students who were randomly divided into two groups of placebo and intervention. The intervention group was given ۲ drops of ۲% lavender essential oil, and the placebo group was given ۲ drops of distilled water. The samples inhaled the essential oil using an absorbable napkin attached to a face mask for ۲۰ minutes. Before the OSCE test, each group's anxiety and vital signs were assessed and recorded before and after the intervention using the Spielberger State-Trait Anxiety Inventory (STAI) and Vital Signs Instruments.

Results : The results of the independent t-test showed that before the intervention, the difference in mean anxiety between the intervention and placebo groups was not statistically significant (44.16 ± 10.58 vs. 41.80 ± 12.54). Even after the intervention, there was no statistically significant difference between the intervention and the placebo groups in terms of mean anxiety values (44.92 ± 12.18 vs. 43.19 ± 13.12).

Conclusion : Inhalation aromatherapy with lavender essential oil does not affect anxiety caused by OSCE test in students. It is recommended that lavender be used in a variety of ways, with the duration and number of drops alone or in combination with other medicinal herbs effective in reducing students' test anxiety being evaluated in future studies.

Abstract ID: ۷۶

Presentation Type: Poster

The Role of Tryptophan-Rich Foods in Traditional Medicine: A Nutritional Strategy for Improving Sleep in Older Adults

Hooria Seyedhosseini-Ghaheh^۱ *, Gholamreza Askari^۲

- ^۱. Nutrition and Food Security Research Center, Isfahan University of Medical Sciences, Isfahan, Iran.
- ^۲. Nutrition and Food Security Research Center, Department of Community Nutrition, School of Nutrition and Food Science, Isfahan University of Medical Sciences, Isfahan, Iran.

Background and Aim : Sleep disturbances, particularly insomnia, are prevalent in the aging population and are strongly associated with cognitive impairment, mood disorders, and diminished quality of life. Although pharmacological therapies remain a mainstay in clinical practice, their adverse effects and risk of dependency have prompted increasing interest in non-pharmacological, diet-based interventions. Tryptophan, an essential amino acid and a biochemical precursor to serotonin and melatonin-neurotransmitters central to sleep regulation-has emerged as a promising dietary target. This review evaluates current scientific evidence on the efficacy of tryptophan-rich foods in improving sleep quality among older adults, with particular emphasis on traditional nutritional practices as described in Iranian medicine.

Methods : A comprehensive literature search was conducted in PubMed, Scopus, and Web of Science for clinical and preclinical studies published between ۲۰۰۰ and February ۲۰۲۰. Keywords included “tryptophan”, “sleep quality”, “older adults”, and “traditional medicine”. Studies were screened for methodological quality, relevance to sleep outcomes, and focus on geriatric populations.

Results : Findings from randomized controlled trials and observational studies indicate that dietary intake of tryptophan-particularly from sources such as dairy, poultry, eggs, soy, nuts, and seeds-significantly improves sleep latency, efficiency, and duration in older adults. Enhanced serotonin and melatonin synthesis following tryptophan consumption has been consistently observed. Notably, carbohydrate co-ingestion improves tryptophan transport across the blood-brain barrier, amplifying its neurophysiological effects. Preclinical models corroborate these outcomes, demonstrating modulation of circadian rhythms and sleep-wake architecture in response to dietary tryptophan manipulation. Furthermore, traditional dietary principles in Iranian medicine advocate for evening intake of warm, tryptophan-containing foods-recommendations that align with contemporary nutritional insights. Although there are still only a few clinical studies directly examining the connection between these traditional practices and better sleep, new research suggests that they may work well together to improve sleep quality.

Conclusion : Tryptophan-rich foods enhance sleep quality in older adults by supporting serotonin and melatonin production. Integrating traditional dietary principles, particularly from Iranian medicine, with modern nutritional science offers a safe and holistic approach to managing sleep disturbances. Further research is warranted to optimize dosage and assess clinical effectiveness.

Abstract ID: ۲۵۵

Presentation Type: Poster

Chromotherapy from the Viewpoint of Persian Medicine and Its Comparison to Current Evidence

Maryam Shokrani^۱ , Mehrdad Karimi^۱ , Niusha Esmaealzadeh^۲ *

- ^۱. Department of Traditional Persian medicine, school of Persian medicine, Tehran university of medical sciences, Tehran, Iran.
- ^۲. Department of Traditional Pharmacy, School of Persian Medicine, Tehran University of Medical Sciences, Tehran, Iran

Background and Aim : Chromotherapy is a complementary therapy that utilizes colors and colored lights to address certain physical and mental health issues. Persian medicine is a holistic medicine that originated from the land of Persia with a humoral approach. This study aims to compare the evidence of chromotherapy in Persian Medicine manuscripts with contemporary evidence.

Methods : A search was conducted in both Persian medicine sources and databases, including PubMed, Scopus and Google Scholar. A total of ۳۲ articles were found from ۲۰۱۵ to ۲۰۲۵. Only original articles published in English were included in the study. Animal studies and Studies that were only light therapy without mentioning a specific color were not included. In the end, ۱۰ articles were included.

Results : In Avicenna's "Canon of Medicine," various treatments for eye ailments are discussed, emphasizing chromotherapy. For strabismus in children, he recommends hanging a red shiny object opposite the affected eye. To protect against cold and snow, he suggests using black cloth or a mask made of black horsehair. For eyelid inflammation, called "tanazor al-ashfar," yellow kohl is advised. For "Ghomur," or visual impairment due to bright objects, he suggests gazing at green and skyblue objects and keeping something black in view. He uses black ink for nosebleeds and warns against looking at red objects. For mouth bleeding, avoiding red objects is recommended. In epilepsy, he warns against bright lights. For meningitis, he advises simple, colorless surroundings. For "laqwah," or paralysis of the ۷th cranial nerve, he recommends staying in the dark. Ismail Jorjani emphasizes a similar approach in his book "Zakhirey-e Khwarazmshahi." In "Kholasat Al-Hekma," Aghili Khorasani suggests that, during vomiting, to prevent the eyes from protruding, a person should tie a black cloth over their eyes or place two bags of kohl on them. Recent studies highlight the therapeutic effects of colors. Blue light has been found to lower blood pressure, relieve allergy symptoms, enhance sleep in children, and promote relaxation. It also benefits urinary function in children with obstructive uropathy and can reduce anxiety during dental procedures. Green light improves cognitive function in the elderly and supports the treatment of bronchial allergies and emotional states in children. Additionally, blue light shows promise in cancer treatment, while yellow light helps with stomach ulcers. Purple and blue light are being explored for hyperthyroidism, and green light may alleviate depression, stress, and migraines.

Conclusion : For comparing the collected data, it should be mentioned that in Persian medicine, red is used as a stimulant, but current evidence supports its role in treating infectious diseases, such as cutaneous leishmaniasis. Blue and green colors are employed in Persian medicine for eye disease treatments, while existing evidence connects them to alleviating depression, reducing stress, and



کتاب خلاصه مقالات سخنرانی و پوستر
دومین کنگره ملی طب ایرانی

تهران، مرکز همایش های بین المللی رازی

۲۱ لغایت ۲۳ آبان ماه ۱۴۰۴



enhancing cognitive function. Additionally, black and gray colors are used in Persian medicine to lower stimulation; however, current research suggests that these colors should be avoided in treating patients with multiple sclerosis (MS). For investigating these controversies, more studies should be dedicated to the topic. Keywords: Chromotherapy, Persian Medicine, Color therapy, Complementary Medicine

Abstract ID: ۸۸

Presentation Type: Poster

Persian Medicine and Complementary Therapies: Usage Patterns Among Iranian Healthcare Staff

Maryam Taghavi Shirazi^{۱*}, Fatemeh Rezvan Madani^۲, Nasim Badiee^۳, Jila Moradi^۴, Amir Hossein Jamshidi^۵, Somaye Mahroozade^۱

- ^۱. Department of Traditional Medicine, School of Persian Medicine, Iran University of Medical Sciences, Tehran, Iran
- ^۲. Advisor to the university president on women and family affairs, Iran University of Medical Sciences, Tehran, Iran
- ^۳. Department of Health Management, Economics and Policy, School of Public Health, Tehran University of Medical Sciences, Tehran, Iran
- ^۴. Deputy Director of Health, Iran University of Medical Sciences, Tehran, Iran
- ^۵. Department of Traditional Pharmacy, School of Traditional Medicine, Iran University of Medical Sciences, Tehran, Iran.

Background and Aim : The World Health Organization's ۲۰۱۴–۲۰۲۳ strategy promotes integrating traditional and complementary medicine (TCM) into modern healthcare systems. Persian Medicine (PM), a holistic system with a history of thousands of years, emphasizes personalized treatments using herbs, diet, and manual therapies like cupping, drawing from ancient texts such as Avicenna's Canon of Medicine. PM has gained ground in Iran recently through medical education and policy-backed centers. While ۲۴–۷۱,۳٪ of people worldwide use TCM, little is known about its use among Iranian healthcare professionals. This study explores how providers in health centers use TCM, particularly PM.

Methods : This cross-sectional study, conducted in ۲۰۲۴, surveyed ۴۳۲ healthcare staff from multiple centers affiliated with Iran University of Medical Sciences. A validated questionnaire, distributed via Google Forms, assessed past-year use of PM and CAM modalities. Data were analyzed with SPSS version ۲۵ to explore usage patterns and prevalence.

Results : Participants had a mean age of 37.58 ± 8.96 years; ۹۱,۵٪ were female, ۷۱,۶٪ were married, and their educational backgrounds included diploma (۲,۶٪), bachelor's (۶۹,۳٪), MSc (۱۱,۱٪), and MD/PhD (۱۷٪), with primary fields in midwifery (۳۵,۹۵٪), public health (۱۳,۱۰٪), and general medicine (۴,۷۶٪). Overall, ۴۷,۸٪ (n=۲۰۲) reported using at least one CAM or PM modality in the past year. Medicinal plants were the most common, with Thyme (Avishan) used by ۲۶,۸۵٪, followed by Horse Mint (Puneh) and Mint (Na-na) at moderate levels, and green tea, saffron (Zaferan), and lavender (Ustukhuddus) each used by less than ۱۰٪. The internet and on-the-job training were primary information sources, indicating limited formal education.

Conclusion : Nearly half of the surveyed healthcare staff reported using TCM, mainly herbal remedies such as thyme, horse mint, and spearmint, indicating strong engagement with Persian Medicine (PM). Given the widespread use of medicinal plants, a better understanding of their indications, interactions, and side effects is essential for safer integration with conventional care. The findings underline the pivotal role of healthcare professionals in integrating contemporary and traditional medical approaches, thereby contributing to the advancement of Iran's healthcare system. Thus, individualized training and specific evidence-based clinical guidelines are necessary to bridge the knowledge gap and enable safe and reasonable use of TCM.

Abstract ID: ۵۲۰

Presentation Type: Poster

"Effects of Bergamot Aromatherapy Massage on Anxiety and Heart Rate Variability in Mechanically Ventilated ICU Patients: A Randomized Controlled Trial"

Zahra Taheri-Kharameh^۱ *

^۱. *Spiritual Health Research Center, School of Health and Religion, Qom University of Medical Sciences, Qom, Iran*

Background and Aim : Patients in intensive care units (ICUs), particularly those undergoing mechanical ventilation, frequently experience anxiety, pain, and physiological dysregulation, including alterations in heart rate variability (HRV). Anxiety and autonomic imbalance can negatively affect recovery, making non-pharmacological interventions an important adjunct to standard care. This study aimed to evaluate the effects of aromatherapy massage with bergamot essential oil on anxiety levels and heart rate variability in mechanically ventilated ICU patients.

Methods : In this randomized controlled trial, ICU patients with a hospital stay longer than ۲۴ hours were assigned to one of three groups: (۱) aromatherapy massage with bergamot essential oil, (۲) massage with almond oil, and (۳) control (standard care). Interventions were administered once daily for three consecutive days. Anxiety was assessed using the Facial Anxiety Scale (FAS), and heart rate variability was recorded at baseline, ۳۰ minutes, and ۶ hours post-intervention.

Results : Aromatherapy massage significantly reduced anxiety levels compared with both massage-only and control groups at ۳۰ minutes and ۶ hours post-intervention ($p < ۰.۰۵$). Additionally, patients receiving bergamot aromatherapy showed improvements in HRV indicators, suggesting enhanced autonomic regulation, whereas no significant HRV changes were observed in the other groups.

Conclusion : Aromatherapy massage with bergamot essential oil may be an effective, low-risk intervention for reducing anxiety and improving autonomic function in mechanically ventilated ICU patients. Incorporating such complementary therapies into routine critical care could support psychological well-being and physiological stability.

Abstract ID: ۳۵۳

Presentation Type: Poster

Identifying the information priorities of general practitioners in Isfahan regarding traditional Iranian medicine

Elham Yazdani^۱*, Neda Ahmadzadeh Tori^۲, Ahmad Papi^۳

۱. *Ph.D Student, School of Medical Library and Information, Isfahan University of Medical Sciences, Isfahan, Iran*
۲. *Ph.D. in Health Education and Health Promotion, Social Determinants of Health (SDH) Research Center, Babol University of Medical Sciences, Babol, Iran.*
۳. *Instructor, Health Information Technology Research Center, Isfahan University of Medical Sciences, Isfahan, Iran*

Background and Aim : General practitioners play a vital role in the country's healthcare system. Identifying their informational needs regarding Iranian traditional medicine is essential for enhancing their professional knowledge and capabilities. This study aimed to assess the informational needs of general practitioners in Isfahan related to Iranian medicine.

Methods : This applied research was conducted using a descriptive-survey method. The study population included all general practitioners in Isfahan, from which ۲۰۴ participants were selected through stratified sampling. Data were collected using a researcher-made questionnaire covering seven key areas of Iranian medicine. Data analysis was performed using descriptive and inferential statistics via SPSS version ۲۱.

Results : Out of the selected participants, ۱۷۷ completed the questionnaire. Among the seven dimensions of Iranian medicine, the highest average informational need was related to dietary simples (mean: ۲.۷۲), while the lowest was related to therapeutic measures (mean: ۱.۶۱). No significant relationship was found between informational needs and demographic variables such as age, gender, work experience, or employment status. However, a meaningful correlation was observed between prior participation in Iranian medicine workshops and the willingness to attend such workshops with the level of informational need.

Conclusion : Based on the findings, it is recommended that health and treatment authorities, along with traditional medicine experts, develop targeted educational programs, empowerment workshops, and accessible resources. These efforts should be organized according to the seven key areas and identified priorities to update and enhance the knowledge of general practitioners in Iranian traditional medicine.

Abstract ID: ۱۷۶

Presentation Type: Poster

Investigating the effect of acupressure on the quality of recovery and satisfaction of patients undergoing laparoscopic cholecystectomy : A randomized clinical trial study

Fatemeh Zare^۱ *, Behzad Imani^۲

۱. Department of Operating Room, School of Paramedicine, Jahrom University of Medical Sciences, Jahrom, Iran
۲. Department of Operating Room, School of Paramedicine, Hamadan University of Medical Sciences, Hamadan, Iran

Background and Aim : Laparoscopic cholecystectomy is a common procedure, and many patients experience adverse effects of the surgery, so one of the things that should be considered is the evaluation of the patient's recovery. Complementary therapies can be used to prevent or treat disease, promote health, or improve a person's overall condition. This study aims to investigate the effect of acupressure on the quality of recovery and satisfaction of patients undergoing laparoscopic cholecystectomy.

Methods : This parallel, unblinded, randomized clinical trial study was conducted in ۲۰۲۲ at Besat and Beheshti Hospitals in Hamadan, Iran and the ethics code number is IR.UMSHA.REC.۱۴۰۱,۱۳۶. ۱۴۰ patients were selected using convenience sampling and randomly divided into two groups, A and B. After receiving the informed consent form for participation, the demographic information questionnaire was completed. Patients in group A (control) received only routine care. In addition to routine care, patients in group B received acupressure three times at the points of SP۶, HT۷, and PC۶ on the first day after surgery. The recovery variable was analyzed using the ۱۵-item Quality of Recovery Inventory (QoR-۱۵), and the satisfaction variable was analyzed using a numerical rating scale in SPSS ۲۳ software.

Results : In terms of demographic data, the two groups did not significantly differ from one another and were homogeneous ($p > 0.05$). Before the intervention, the two groups did not show significant differences in recovery quality scores and satisfaction ($p > 0.05$). The acupressure group had a significantly higher mean score for recovery quality and patient satisfaction following the intervention ($p < 0.001$).

Conclusion : The results showed that acupressure was effective in increasing the quality of recovery and satisfaction in patients undergoing laparoscopic cholecystectomy. However, further studies are needed to determine the generalizability of the findings.

Abstract ID: ۱۸۳

Presentation Type: Poster

Investigating the Effect of Aromatherapy with Peppermint Essential Oil on the Severity of Nausea and Pain in Patients Undergoing Laparoscopic Cholecystectomy: A Randomized Clinical Trial

Fatemeh Zare^{۱*}, Behzad Imani^۲

۱. Department of Operating Room, School of Paramedicine, Jahrom University of Medical Sciences, Jahrom, Iran
۲. Department of Operating Room, School of Paramedicine, Hamadan University of Medical Sciences, Hamadan, Iran

Background and Aim : Laparoscopic cholecystectomy, while minimally invasive, is frequently associated with postoperative symptoms such as abdominal pain, nausea, and vomiting. Given the limitations of pharmacological interventions, complementary therapies, including aromatherapy, have gained attention due to their non-invasive nature and favorable safety profile. Peppermint essential oil (*Mentha piperita*) has demonstrated potential in alleviating gastrointestinal discomfort, yet its efficacy in postoperative settings remains understudied. This study aimed to evaluate the effect of peppermint essential oil aromatherapy on the severity of nausea and pain in patients following laparoscopic cholecystectomy.

Methods : A randomized clinical trial was conducted in ۲۰۲۲ involving ۱۴۰ eligible patients undergoing laparoscopic cholecystectomy at Ba'asht and Beheshti Hospitals in Hamadan, Iran and the ethics code number is IR.UMSHA.REC.۱۴۰۱.۱۳۶. Participants were randomly allocated into two groups: an intervention group (n=۷۰) receiving aromatherapy with ۱۰۰% peppermint essential oil (۳ drops on a ۲×۲ cm gauze, placed ۱۰ cm from the nostrils for ۵ minutes, three times daily) alongside standard nursing care, and a control group (n=۷۰) receiving standard care alone. The data were collected using a demographic information form and the Numerical Rating Scale (NRS) for the variables of nausea and pain on the first and second postoperative days, with analysis performed using SPSS version ۲۳ software.

Results : Baseline demographic and clinical characteristics were comparable between groups ($p > ۰.۰۵$). While no significant difference in pain reduction and nausea was observed between groups ($p > ۰.۰۵$), After the intervention exhibited a statistically significant reduction in nausea severity compared to controls ($p < ۰.۰۵$). Regarding pain outcomes, while the between-group comparison did not reach conventional statistical significance ($p = ۰.۰۶۳$), a clinically relevant trend toward reduced pain perception was noted among participants receiving aromatherapy intervention.

Conclusion : Peppermint essential oil aromatherapy may serve as a safe and effective adjunctive intervention for mitigating postoperative nausea in laparoscopic cholecystectomy patients. Further large-scale studies are warranted to validate these findings and explore long-term outcomes.

Abstract ID: ۲۲۲

Presentation Type: Poster

An Integrative Approach to Male Infertility: Exploring Causes and Herbal Treatment Strategies Based on Iranian Traditional Medicine to Enhance Reproductive Health

Javad Zargari^۱ , Maedeh Rezghi^{۲*}

- ^۱. Student Research Committee, Babol University of Medical Sciences, Babol, Iran
- ^۲. Traditional Medicine and History of Medical Sciences Research Center, Health Research Institute, Babol University of Medical Sciences, Babol, Iran

Background and Aim : Male infertility is a significant challenge in reproductive health, affecting about ۲۰٪ of couples in Iran, with men being responsible for about half of these cases. Male infertility not only impacts physical and mental well-being but also leads to considerable social and emotional burdens for the couples involved. Therefore, exploring the underlying causes, as well as effective natural treatments within the framework of traditional medicine, is of utmost importance. Natural and herbal approaches, in addition to minimizing adverse effects, can play a vital role in improving reproductive outcomes. This article aims to examine and clarify the perspectives of Iranian Traditional Medicine (ITM) regarding the underlying causes of male infertility and to propose natural treatment strategies. By identifying medicinal plants and effective therapies rooted in ITM, we intend to suggest cost-effective and accessible methods to enhance reproductive capacity, ultimately contributing to the improvement of reproductive health within the community.

Methods : The methodology is based on a review of classical Iranian medical texts, including " Makhzan al-Advia , " " Al-Qunun fi al-Tibb " , " Tibb-e Akbari " , Zakhireh-ye Kharazmshahi , " " Exir e-Azam , " " Tuhfat al-Momineen , " as well as Electronic databases, including Web of Science, PubMed, Scopus, Google scholar, and SID have queried.

Results : The results indicate that the main causes of male infertility in ITM include weakness of sexual function, defects in the sperm production system involving the testes, penis, and spermatic ducts, reduced production of healthy semen (such as low semen volume, poor semen quality due to body imbalance, excessive use of certain medications like camphor and opium and their impact on semen), as well as malnutrition of other organs (heart, brain, liver, testes). Psychological issues such as fear, anger, and sadness are also considered contributing factors. Additionally, infertility with unknown causes or true infertility are recognized as significant factors. Most common herbs such as Tribulus terrestris, Boswellia serrata, Crocus sativus, Vitis vinifera, Phoenix dactylifera, Cinnamomum verum, Phoenix dactylifera, Panax ginseng, Withania somnifera, Cicer arietinum, Piper nigrum, Matricaria chamomilla, Equisetum arvense, Sesamum indicum, Nigella sativa, Acorus calamus, Curcuma zedoaria are recommended to support male fertility and overall reproductive health. These materia medica are utilized to enhance and strengthen sexual potency, improve semen quality, increase semen production, strengthen sperm, warm the body temperament, and serve as general fertility tonics.

Conclusion : ITM adopts a comprehensive approach to male infertility, recommending a combination of lifestyle modifications, nutritional adjustments, and herbal therapy for treatment. The use of these natural methods can serve as a safe and effective adjunct to conventional treatments.

Abstract ID: ۲۸۲

Presentation Type: Poster

The effect of lemon essential oil aromatherapy on occupational stress among operating room nurses: A randomized clinical trial study

Simin Zeinadini^{۱*}, Tahmineh Dadkhah-Tehrani^۲, Dr Soheila Bakhtiari^۳, Professor Mohammad Javad Tarrahi^۳

۱. Student Research Committee, Faculty of Nursing and Midwifery, Isfahan University of Medical Sciences, Isfahan, Iran
۲. Nursing and Midwifery Care Research Center, Isfahan University of Medical Sciences, Isfahan, Iran
۳. Department of Epidemiology and Biostatistics, School of Health, Isfahan University of Medical Sciences, Isfahan, Iran

Background and Aim : Operating room (OR) nurses experience high levels of occupational stress (OS) due to challenging tasks and environmental factors, which can lead to increased work errors, decreased performance and job dissatisfaction. Aromatherapy with lemon essential oil is considered a non-pharmacological and low-cost method for stress reduction. This randomized clinical trial aimed to investigate the effect of aromatherapy with lemon essential oil on OS in OR nurses.

Methods : This randomized, double-blind clinical trial was conducted on ۱۹۶ OR nurses in selected hospitals affiliated with Isfahan University of Medical Sciences in ۲۰۲۴. The hospitals were divided into two intervention and control groups using a random number table. Then, sampling was carried out using a random number table in a quota manner from the selected hospitals. In the intervention group, four drops of lemon essential oil were poured onto a ۵ by ۵ medical gauze. Then, they were placed inside the mask for ۳۰ minutes in three consecutive shifts. The level of OS was measured before, immediately, ۱۰ and ۱۷ days after the last intervention using the Gary-Taft and Anderson's Job Stress Questionnaire. Data were analyzed using descriptive (frequency, percentage, mean, standard deviation) and inferential (chi-square, independent t-test, ANOVA, and repeated measures) statistics by SPSS version ۲۷.

Results : The two groups were homogeneous in terms of demographic variables except for the number of shifts and employment status. The mean OS scores of the intervention group before the intervention were 89.65 ± 12.02 , and with periodic fluctuations from immediately after the intervention to ۱۷ days later reached 86.45 ± 11.91 ($p < 0.001$). The mean OS scores of the control group before the intervention were 78.38 ± 13.09 , and with a decreasing trend reached 77.17 ± 12.63 at ۱۷ days after the intervention ($p < 0.001$).

Conclusion : This study showed that aromatherapy with lemon was effective in reducing OS in OR nurses, with a stronger effect in the short term and relative stability at follow-up periods (۱۰ and ۱۷ days). Despite the initial difference in OS between groups that was moderated by statistical analysis, this method is useful for reducing OS in healthcare workers due to its availability and reasonable cost.

Abstract ID: ۲۸۳

Presentation Type: Poster

The effect of aromatherapy with lemon essential oil on occupational fatigue of operating room nurses: A clinical trial study

Simin Zeinadini^{۱*}, Tahmineh Dadkhah-Tehrani^۲, Dr Soheila Bakhtiari^۲, Professor Mohammad Javad Tarrahi^{۱۰}

۱. Student Research Committee, Faculty of Nursing and Midwifery, Isfahan University of Medical Sciences, Isfahan, Iran
۲. Nursing and Midwifery Care Research Center, Isfahan University of Medical Sciences, Isfahan, Iran

Background and Aim : Occupational fatigue is a prevalent issue among operating room nurses, arising from prolonged working hours, physical strain, and mental stress. Persistent fatigue can negatively impact performance, reduce alertness, and endanger patient safety. Aromatherapy has recently gained attention as a complementary, non-pharmacological method to improve physical and mental well-being in clinical settings. Lemon essential oil, known for its energizing and fatigue-reducing properties, may provide a natural intervention for managing fatigue. The aim of this study was to evaluate the effect of lemon essential oil aromatherapy on occupational fatigue in operating room nurses.

Methods : This double-blind randomized clinical trial was conducted in ۲۰۲۴ in four teaching hospitals affiliated with Isfahan University of Medical Sciences. A total of ۱۹۶ operating room technologists were randomly assigned to two groups: intervention (n=۹۸) and control (n=۹۸). The intervention group received aromatherapy with ۲% lemon essential oil by inhaling four drops placed on a gauze inside a surgical mask for ۳۰ minutes during three consecutive shifts. The control group used odorless distilled water in the same manner. Fatigue was measured at four time points (before, immediately after, ۱۰ days, and ۱۷ days post-intervention) using the Occupational Fatigue Exhaustion Recovery (OFER-۱۵) questionnaire. Data were analyzed using independent t-test, paired t-test, and repeated measures ANOVA.

Results : In the intervention group, the mean fatigue score decreased from 41.52 ± 5.80 at baseline to 39.32 ± 5.43 on day ۱۷. In contrast, the control group experienced a slight decline from 35.04 ± 6.47 to 34.71 ± 6.21 . The reduction in fatigue was statistically significant in the intervention group ($p < 0.05$), although the effect declined over time.

Conclusion : Lemon essential oil aromatherapy demonstrated a temporary but significant reduction in occupational fatigue among operating room nurses. This simple, safe, and low-cost complementary approach can be considered for short-term fatigue management in high-demand clinical environments.

Abstract ID: ۳۷۶

Presentation Type: Poster

Grapes and Raisins in Women's Nutrition and Reproductive Health: An Integrative Review

Parivash Gholami^۱, Maryam Taghavi Shirazi^۲, Amir Hossein Jamshidi^۳ *

۱. Traditional Medicine and Materia Medica Research Center and Department of Traditional Medicine, School of Traditional Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran
۲. Department of Traditional Medicine, School of Persian Medicine, Iran University of Medical Sciences, Tehran, Iran
۳. Department of Traditional Pharmacy, School of Persian Medicine, Iran University of Medical Sciences, Tehran, Iran

Background and Aim : Grapes (*Vitis vinifera* L.) rank among the most widely cultivated fruits worldwide and are recognized not only for their delightful taste but also for their remarkable nutritional and medicinal benefits. Within the realm of Persian Medicine (PM), grapes (Enab) and their derivatives, especially raisins (Zabib), are very nutritious and are often prescribed for a variety of health conditions. Contemporary biomedical research further highlights the therapeutic potential of grapes, attributing their benefits mainly to an abundance of bioactive phytochemicals such as polyphenols, flavonoids, and resveratrol. This fascinating intersection of traditional wisdom and modern scientific discovery inspires this study, which seeks to explore the applications of grapes in women's health. By thoughtfully integrating classical Persian medical texts with recent scientific findings, we aim to present a comprehensive and compelling perspective on this extraordinary medicinal fruit.

Methods : This narrative review was carried out by using both traditional and contemporary sources. Data on the nutritional composition and health effects of *Vitis vinifera* were collected from scientific databases, including PubMed, Scopus, and ScienceDirect, as well as the USDA National Nutrient Database. The following keywords were used in the search strategy: *Vitis vinifera*, grape, raisin, Enab, Zabib, Persian medicine, women's health, fertility, pregnancy, nutrition, phytochemicals, polyphenols, resveratrol, and antioxidants. Data on traditional uses was extracted from authoritative Persian medicine references, including The Canon of Medicine, Makhzan al-Adawiyya, and Tohfeh Hakim Momen. The findings were synthesized to explore overlaps and complementarities between traditional insights and modern evidence.

Results : Regular consumption of grapes, grape juice, and raisins enhances antioxidant capacity in mothers and offspring, improves vascular function, regulates blood pressure, and may reduce the risk of preeclampsia and thrombosis. Purple grape juice during pregnancy and lactation has been shown to modulate acetylcholinesterase activity and oxidative stress in the offspring hippocampus, suggesting neuroprotective effects. Maternal grape intake may also lower offspring breast cancer risk. Benefits extend to metabolic health, including improved insulin sensitivity, lipid profiles, and inflammatory markers in premenopausal and postmenopausal women. Bowel regulation, appetite control, and gastrointestinal health with raisin consumption have also been reported. From a nutritional perspective, grapes are low in fat and protein. However, rich in carbohydrates (۱۸,۶ g/۱۰۰ g), natural sugars (۱۶,۱ g), water (۷۹,۹ g), potassium (۲۱۸ mg), and vitamin C (۳ mg), making them an easily digestible source of quick energy and antioxidants. In Persian medicine, they are described as highly nutritious, jali (abstergent), monzej (coctive), quickly digestible, with laxative, hematopoietic, and blood-purifying effects. They are among the fruits that promote weight



gain. Some studies suggest mixed associations with gestational diabetes, highlighting the need for careful intake evaluation.

Conclusion : Grapes and their derivatives provide antioxidant, cardiometabolic, neurocognitive, and reproductive health benefits for women. Their nutritional and traditional properties, such as easy digestion, laxative effect, hematopoietic and blood-purifying actions, support their role as a functional food. Encouraging moderate grape consumption could support maternal, neonatal, and long-term women's health. Further research is warranted to clarify safe intake levels during pregnancy, particularly regarding gestational diabetes.

Abstract ID: ۲۵

Presentation Type: Poster

The Effect of Cinnamon on Insulin Resistance Index: A Systematic Review

Zahra Abdollahi^۱ , Narges Mohamadi^۲ , Zahra Bahramian^۳ , Elina Pirouz^۴ , Hossein Zamani^۴
*

۱. Master's Student, Department of Medical Surgical nursing, Student Research Committee, School of Nursing and Midwifery, Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran
۲. Master's Student, department of psychiatric nursing, school nursing and midwifery, Zahedan university of medical science, Zahedan, iran
۳. Student Research Committee, Yasuj University of Medical Sciences, Yasuj, Iran
۴. Master's student in Medical Surgical nursing, Student Research Committee, Yasuj University Of Medical Science, Yasuj, Iran

Background and Aim : Cinnamon is one of the most popular plants in traditional medicine that has anti-inflammatory and antioxidant effects. It seems that cinnamon can increase insulin sensitivity by its insulin-like compounds in its structure, however, the results of studies on its effects on insulin resistance index are contradictory and show the need for further investigation, so this systematic review was conducted with the aim of investigating the effect of cinnamon on insulin resistance index.

Methods : In this systematic review, the keywords related to 'cinnamon', 'insulin resistance' were searched extensively in international and national databases Web of Science, PubMed/Medline, Scopus, Irandoc, SID, Magiran and Google_Scholar search engines. The initial search yielded ۸۷ studies. Inclusion criteria were studies published in Persian/English. Reviews, letters to the editor, and papers presented at conferences/seminars and animal studies were deleted. The time limit was not applied. After eliminating duplicates and critiquing with relevant tools, ۱۱ studies were analyzed. Ethical considerations of non-bias were observed at the stages of selection, extraction, analysis and classification of evidence, and the abstract was reported according to PRISMA.

Results : The results of studies regarding the effects of cinnamon on insulin resistance index in different groups were contradictory. Cinnamon consumption significantly decreased insulin resistance in patients with polycystic ovary syndrome, type ۲ diabetes, and overweight boys, while it had no effect on insulin resistance in obese and sedentary young women. In one study, cinnamon was shown to have no effect on insulin sensitivity and liver enzymes in people with impaired glucose tolerance, while in a study conducted on people with non-alcoholic fatty liver, the positive effects of cinnamon were shown in reducing insulin resistance and liver enzymes. A study in healthy people also found that although cinnamon improves insulin sensitivity, these effects are quickly reversed when you stop taking it. Cinnamon consumption along with aerobic exercise has been shown to have more effects on reducing insulin resistance in diabetic patients.

Conclusion : It seems that cinnamon consumption can reduce insulin resistance in some people. It is suggested that future studies compare the effects of cinnamon and other natural compounds such as ginger on insulin resistance.

Abstract ID: ۲۱۳

Presentation Type: Poster

Exploring Parallels: Dry Dystemperament in Persian Medicine and its Similarities with The Concept of Dietary Advanced Glycation End Products

Mohammad Sadegh Adel-Mehraban^۱ *, Maryam Yavari^۲ , Media Abedian^۱

۱. Department of Traditional Medicine, School of Persian medicine, Tehran University of Medical Sciences, Tehran, Iran; Traditional Persian Medicine and Complementary Medicine (PerCoMed) Student Association, Students' Scientific Research Center, Tehran University of Medical Sciences, Tehran, Iran
۲. Department of Traditional Medicine, School of Medicine, Isfahan University of Medical Sciences, Tehran, Iran

Background and Aim : Advanced Glycation End Products (AGEs) are productions of non-enzymatic reactions between lipids, amino acids, carbohydrates, and DNA molecules glycation. Higher intake of dietary AGEs is related to higher serum level of AGEs that elevates the risk of metabolic syndrome, diabetes, and their complications by enhancing obesity, chronic inflammation, oxidative stress, insulin resistance, and endothelial dysfunction. As the main source of AGEs is exogenous, mainly foods, a low-AGE diet is in the spotlight that led physicians, patients, and healthy people to use traditional diets. Traditional Persian Medicine (PM) is a temperament-based medical system that recommends personalized diets for each individual. PM textbooks categorize foods into wet or dry temperaments and state specific characteristics for each of them. Hence, this study aims to provide a hypothetical interpretation on the relationship between PM dietary recommendations and the process of inflammation related-aging through the consumption of AGEs.

Methods : This study is a brief hypothetical comparative review on the concept of AGEs in Western medicine and dry temperament in PM. To access the related published literature, a glance search was performed through English and Persian language publications in PubMed, Web of Sciences, Scopus, Google Scholar, and SID without time limitation using keywords related to “AGEs”, “advanced glycation end products”, “diet”, “food”, “cooking method”, “Persian medicine”, and “dry temperament”, and their synonyms and Persian equivalent. On the other hand, to reach the PM perspective in this issue, PM main textbooks including “Canon of Medicine”, “Zakhireh Kharazmshahi”, “Al-Shamel”, “Exir Azam”, “Makhzan-al-Adviah”, and “Kholase-al-Hikma” were reviewed. The search in online databases and textbooks continued until the concept was explained sufficiently clear.

Results : Consumption of AGE-rich diets is associated with a high level of circulating AGEs leading to oxidative stress and inflammatory conditions such as metabolic syndrome, etc. Although foods are the primary source of AGEs in the body, cooking methods can play a role in AGE production: high temperature, longer duration of cooking, cooking surfaces, and lower moisture can increase AGE production, especially during cooking animal-derived foods. This concept has some similarities to the PM doctrine that states that many chronic diseases such as atherosclerosis, cardiovascular disease, diabetes, and cancers develop from dry dystemperament. Foods with dry temperament such as low-fiber foods undergoing low-moisture high-heat food processing, can lead to dry dystemperament.



Conclusion : High dietary intake of AGEs has been consistently linked to elevated circulating AGE levels, contributing to various adverse health conditions. Persian Medicine recommendations align closely with recent findings on AGEs, particularly in the context of mitigation of the dry dystemperament and its associated health problems. The correlation between diets that produce AGEs and diets associated with dry temperament in Persian Medicine offers promising insights for future studies aiming to make more precise dietary guidelines for preventing chronic inflammatory disorders.



Abstract ID: ۲۸۶

Presentation Type: Poster

Culinary Medicine: A Brief Perspective on Legumes in Ancient and Modern Science

Fatemeh Alijaniha^۱ *, Amin noori^۱ , Naemaossadat Afje^۱

^۱. Traditional Medicine Clinical Trial Research Centre, Shahed University, Tehran, Iran

Background and Aim : Culinary medicine is an emerging approach which integrate the principles of medical science, nutrition, and culinary arts. It considers providing the appropriate food for individuals as a way to prevent and treat diseases. Along with contemporary scientific viewpoint, the Persian Medicine scholars, historically had a special emphasize on the selection, preparing, and combining the foodstuffs. They suggested precise methods based on the individual's conditions and desired therapeutic outcomes. This study focuses on legumes as an important part of the human diet, to compare and contrast ancient and modern approaches to their processing and preparation as a food.

Methods : By analyzing the legumes chapter of "Al-Marghub" (a book written by Sharaf ibn Baha', a Shirazi physician, in the ۱۶th century) alongside a review of contemporary scientific literature sourced from Google Scholar, relevant data was collected and systematically compared.

Results : Findings revealed that the "Al-Marghub" text recommended a variety of methods - including soaking, different modes of thermal cooking, roasting, dehulling, fermentation, and the use of specific additives- designed for therapeutic purposes. Also, modern medical and nutritional sciences evaluated many similar processing techniques with respect to their effects on the nutritional and pharmacological properties of legumes. In many cases, the outcomes described in traditional sources had notable correspondences with those documented in modern scientific research.

Conclusion : Overall, the study suggested that revisiting ancient treatises in culinary medicine can yield valuable insights, many of which are affirmed by contemporary research, and can play a significant role in promoting community health.



Abstract ID: ۲۸۹

Presentation Type: Poster

Medicine and Food classification based on Persian medicine viewpoint: Evidence from Modern Nutritional Science

Fatemeh Alijaniha^۱ *, Amin noori^۱ , Naemaossadat Afje^۱

^۱. Traditional Medicine Clinical Trial Research Centre, Shahed University, Tehran, Iran

Background and Aim : Persian medicine scholars have classified foodstuffs and medicinal substances into several categories, including "absolute food," "absolute medicine," "medicinal food," and "nutritional medicine." According to the traditional definitions of absolute medicine and nutritional medicine found in the foundational texts of Persian medicine and pharmacy, it may be possible to find a scientific basis for such classifications through the lens of contemporary phytochemistry and pharmacology.

Methods : This study aims to provide a brief comparative analysis of the chemical composition and nutritional value of selected materia medica referred to as "absolute medicine" and "nutritional medicine" in the book Taqwim al-Adwiyah. Several representative substances from each group were selected, and their nutritional profiles (including caloric content, micro- and macro-nutrient levels, and bioactive compounds with prominent pharmacological effects) were extracted from reputable sources.

Results : The results demonstrated that, while both groups contain bioactive compounds, the "nutritional medicine" group possesses higher nutritional value and exerts more generalized pharmacological effects. In contrast, the "absolute medicine" group is characterized by more specific pharmacological activities.

Conclusion : This overview showed that the classification of medicine and food by the Persian medicine scholars, which was based on observations, can be explained by the evidence of modern sciences. It seems that the "absolute medicine" are defined by their potent and targeted pharmacological effects, whereas "nutritional medicine" combine nutritional benefits with broader, supportive therapeutic actions. It is recommended that further studies be conducted with more samples of each group to confirm and expand upon these findings.

Abstract ID: ۲۵۹

Presentation Type: Poster

Functional Foods from Perspective of Persian Medicine

Ghazale Heydarirad^۱, Reihane Alipour^۱*, Homa Hajimehdipoor^۲, Seyedeh Mahnaz Karimi^۲

- ^۱. Traditional Medicine and Materia Medica Research Center and Department of Traditional Medicine, School of Traditional Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran.
- ^۲. Traditional Medicine and Materia Medica Research Center and Department of Traditional Pharmacy, School of Traditional Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran.

Background and Aim : Functional foods represent a practical strategy to improve nutrition and prevent diseases by promoting both physical and mental health. Persian Medicine (PM), an ancient and holistic medical system, emphasizes disease prevention and health promotion through lifestyle and dietary modifications as primary therapeutic tools. Persian medicine regards food not merely as sustenance but as an essential means to enhance well-being and reduce disease risks. This study aimed to explore the concept, classification, and therapeutic significance of functional foods in PM.

Methods : A literature review of classical PM textbooks—including Al-Hawi (۴th century AH), Kamel-o-al-Sana'eh al-Tabi'eh (۴th century AH), Avicenna's Canon of Medicine (۱۰th century AH), Mufarrih al-Qulub (۱۲th century AH), and Kholasat al-Hekmah and Makhzan al-Adwiyah (۱۲th century AH)—was conducted using keywords related to “Ghazaye Davayi”, “Davaye Ghazayi” and “Ghaza”. Contemporary scientific databases like Scopus, PubMed, and SID were also searched for “medicinal food” and “functional food”. Data regarding PM food classifications and pharmacological properties were extracted. The findings were assessed to present an integrated perspective on functional foods in PM.

Results : Persian medicine categorizes edible substances into four types: “Ghazaye Motlagh” (absolute food), “Ghazaye Davayi” (medicinal food), “Davaye Ghazayi” (pharmaconutrient), and absolute drug. Absolute food support growth and tissue repair without altering the body's temperament (mizaj). Medicinal foods provide nutritional benefits while modulating body qualities such as warmth, coldness, dryness, and wetness, thus influencing health status. Pharmaconutrients exert pharmacological effects beyond nutrition, substantially impacting temperament, with limited nutritive contribution. Both medicinal foods and pharmaconutrients align with the modern concept of functional foods, emphasizing their dual nutritional and therapeutic roles.

Conclusion : The strong conceptual overlap between PM's food classifications and current scientific definitions of functional foods reflects a profound and enduring knowledge base. Personalized dietary recommendations grounded in individual temperaments demonstrate a patient-centered approach consistent with contemporary nutritional science's focus on precision medicine. Functional foods in PM are prescribed to balance physiological qualities, enhancing treatment outcomes and disease prevention. Integration of PM principles with modern evidence-based nutrition may yield innovative and holistic strategies, particularly impactful for managing chronic diseases such as cardiovascular disorders, diabetes, and cancer, where diet plays a pivotal role. Despite extensive historical and empirical insights, further clinical research is essential to rigorously validate and optimize functional food applications within PM. This study underscores the potential of PM as a valuable source for advancing functional food science and developing novel preventive and therapeutic nutritional paradigms.

Abstract ID: ۴۹۱

Presentation Type: Poster

The Impact of Chrononutrition on Metabolic Health: A Proposed Meal Pattern from Razi's Integrative Perspective

Tahereh Amirian^۱ , Mohammad Yousofpour^۱ *

^۱. Faculty of Persian Medicine, Mazandaran University of Medical Sciences, Sari, Iran

Background and Aim : The prevalence of metabolic disorders has increased markedly in recent years. In addition to food composition and caloric value, researchers have begun focusing on the emerging factor of meal timing. The concept of chrononutrition emphasizes alignment between eating patterns and the body's natural circadian rhythm. Disruption of this synchrony -particularly through nighttime food consumption- can desynchronize peripheral clocks from the central circadian clock, increasing the risk of obesity, insulin resistance, and type ۲ diabetes. Interestingly, Persian medicine has consistently emphasized the importance of meal timing and frequency throughout its rich historical literature. This article examines the perspectives of Abū Bakr al-Rāzī, also known as Rhazes to propose a novel dietary framework.

Methods : This qualitative study utilized data from Science Direct, PubMed, and Scopus databases using keywords: Chrononutrition, Circadian Rhythm, Meal Timing, and Time-Restricted Feeding. Razi's dietary recommendations were extracted from original sources. Findings from both conventional and Persian perspectives were compared and analyzed to develop an integrated dietary model.

Results : Contemporary research demonstrates that metabolic response to identical meals varies significantly between morning and evening consumption. Morning intake results in higher diet-induced thermogenesis and fat oxidation, while evening intake leads to impaired glucose and insulin responses. Time-restricted feeding within an ۸-۱۰ hour window and intermittent fasting (۱۶:۸ pattern) improve metabolic parameters, promote weight loss, and preserve muscle mass. In contrast, Razi recommended personalizing meal frequency (typically ۱-۲ meals daily) based on physical strength (Quwwat), age, and seasonal variations. His proposed model divides daily nutrition into a main meal at nightfall and a secondary meal ۸ hours earlier, naturally creating a ۱۶-hour fasting period. Notably, Razi advised consuming two-thirds of daily calories in the main evening meal.

Conclusion : While both conventional and Persian approaches emphasize meal timing synchrony with circadian rhythms, they diverge significantly regarding meal size distribution. Conventional nutrition science recommends larger morning meals based on metabolic rate variations, while Razi's approach suggests larger evening meals based on digestive capacity during nighttime. This apparent contradiction may stem from conventional studies overlooking key factors such as individual temperament (Mizaj), digestive efficiency, meal-sleep interval, and seasonal variations—all thoroughly considered in Persian medicine. Integrating conventional chrononutrition research with Persian medical principles offers promising avenues for addressing metabolic disorders. Future studies should specifically investigate Razi's dietary model while accounting for individual characteristics, age, and seasonal factors. Such investigation could yield more comprehensive, culturally-informed dietary strategies for preventing and managing metabolic diseases.

Abstract ID: ۵۵۷

Presentation Type: Poster

A scoping review of the current evidence on individualized nutrition in two Medical Paradigms: conventional medicine and Persian Medicine

Marziyeh Askari moghadaam^۱, Fatemeh Nejatbakhsh^{۲*}, Fatemeh Nejatbakhsh^۳,
Gholamreza Mohammadi Farsani^۴, Malihe Tabarraei^۵, Fatemeh Shabani^۶

۱. Department of Traditional Medicine, School of Persian Medicine, Tehran University of Medical Sciences, Tehran, Iran
۲. Department of Traditional Medicine, School of Persian Medicine, Tehran University of Medical Sciences, Tehran, Iran.
۳. Food Microbiology Research Center, Tehran University of Medical Sciences, Tehran, Iran
۴. Department of clinical Nutrition, School of Nutritional Sciences & Dietetics, Tehran University of Medical Sciences, Tehran, Iran
۵. Department of Traditional Medicine, School of Persian Medicine, Tehran University of Medical Sciences, Tehran, Iran
۶. School of Nursing and Midwifery, Shahid Beheshti University of Medical Sciences, Tehran, Iran

Background and Aim : Recently, nutrition as a principle of lifestyle medicine (LM) has led to the concept of “food is medicine” (FIM). FIM includes culinary medicine (CM), aimed at prescribing individualized dietary regimens for each patient. On the other hand, Persian medicine (PM) physicians believed in FIM and prescribed individualized nutritional plans, a concept now supported by new developments in conventional medicine. The aim of this review is to compare these two paradigms from the perspective of individualized nutrition.

Methods : This review was conducted using the PubMed database with the following keyword combination: (“Culinary Medicine”, “nutritional intervention”, “chronic disease”). All articles included in the review were published from the inception date until September ۲۰۲۵. A total of ۴۶ articles were reviewed, of which ۲۵ were deemed qualified. In addition, ۴۰۰ titles relevant books and manuscripts of Persian medicine related to nutrition were reviewed. and notes from ۲۰ principal books and manuscripts from Persian Medicine were also reviewed and analyzed.

Results : Since the ۱۹۸۰s, there has been an increasing focus among physicians on addressing the patients' question: "What should I eat for my condition?" This interest has led to the recognition that a single diet is not suitable for everyone, and different clinical conditions require different dietary approaches. A relationship has been discovered between nutrition as a principle of LM, and health, culminating in culinary medicine (CM), a term coined in ۲۰۱۶. Recently, nutritional interventions have also been referred to as FIM, which includes CM. CM is taught through an interprofessional educational model, involving a team of nutritionists, medical students, and chefs, in teaching kitchens using a hands-on cooking method. The CM educational content focuses on nutritional science for diet-related diseases, such as the Mediterranean diet for cardiovascular diseases. The goal of this education is to prescribe specific nutritional plans for individuals based on their living conditions and illnesses. The most important individual conditions to consider are literacy, knowledge of measurements, purchasing ability, cooking ability, and access to raw materials. In contrast, PM view on health, particularly the six principles (Setteh Zarorieh), emphasize a healthy lifestyle, with “foods and drinks” being one of the core principles for



maintaining and improving health. Additionally, one of the foundations of treatment in PM has always been food. Rhazes (۸۶۵-۹۲۵ AD) is an example of a physician who believed in FIM, starting his treatment with food. PM sources are rich in guidance related to foods and drinks, with PM physicians using an individual's unique characteristics to prescribe individualized nutrition plans alongside medical prescriptions. In PM, nutrition is tailored to the patient's temperament, the temperament of the disease, whether the condition is acute or chronic, the season, age, climate, activity level, and more. Also patients are educated on the ingredients, methods of preparation and cooking, dining etiquette, and the consumption of desserts and drinks and more.

Conclusion : In PM, FIM has a longer history and provides a more detailed and precise nutritional prescription by using individual's unique characteristics. PM physicians prescribe individualized nutritional plans for prevention and treatment of individual's specific illness.

Abstract ID: ۶۱

Presentation Type: Poster

Berberis vulgaris as a Nutraceutical and Therapeutic Agent: Evidence from Traditional Persian Medicine and Modern Phytotherapy – A Narrative Review

Marziye Bayat^۱ , Ali Ghobadi^۱ *

^۱. school of traditional medicine , Iran university of medical sciences

Background and Aim : Introduction: Barberry (*Berberis vulgaris* L.), known in Iran as "ZERESHK", has been widely used in Traditional Iranian Medicine (TPM) and other ethno-medical systems for its nutritional and therapeutic properties. This study reviews barberry's traditional uses, phytochemical constituents, and pharmacological activities to bridge the gap between traditional knowledge and modern scientific evidence. The objectives of this review are: systematically compiling the traditional uses of barberry from classical sources of Iranian traditional medicine, analyzing the phytochemical constituents of barberry and their biological activities, evaluating the clinical evidence supporting the therapeutic potential of barberry, identifying the gaps between traditional knowledge and modern research for future investigations.

Methods : Search strategy: A comprehensive review study was conducted by analyzing classical texts of traditional Iranian medicine, such as "Al-Qanun fi al-Tibb" (Avicenna) and "Makhzen al-Aduyeh", along with modern electronic databases (PubMed, Google Scholar, Elsevier). Keywords included *Berberis vulgaris*, barberry, Persian medicine, and Zereshk. Data on phytochemistry, pharmacological effects, and clinical trials were extracted and synthesized.

Results : Results: Phytochemical analysis shows that barberry contains macronutrients, micronutrients, phenolic compounds, and alkaloids (e.g., berberine). Pharmacological studies reveal its antimicrobial, antioxidant, anti-inflammatory, antidiabetic, hepatoprotective, and cardiometabolic benefits. Clinical trials show its efficacy in reducing blood pressure, improving lipid profiles, and managing metabolic syndrome. Traditional uses for gastrointestinal, hepatic, and skin disorders were also proven. Traditional Persian sources describe various preparations of barberry, including decoctions, infusions, and oxymels, used for conditions ranging from gastrointestinal problems to skin disorders. Modern laboratory analyses have demonstrated the plant's key active components, particularly the alkaloid berberine, along with numerous phenolic compounds and essential nutrients that contribute to its medicinal effects. Scientific studies identified that barberry extracts exhibit multiple beneficial activities, including antimicrobial, antioxidant, anti-inflammatory, and metabolic regulatory effects. Clinical trials have particularly shown barberry's effectiveness in improving cardiovascular health markers, with supplementation reducing blood pressure and improving lipid profiles. The plant's hepatoprotective properties, long recognized in traditional medicine, have been confirmed through studies showing reductions in liver enzymes in patients with fatty liver disease. An interesting finding is that whole barberry extracts often show greater therapeutic effects than isolated berberine, suggesting synergistic interactions among its various phytochemicals. This supports the traditional practice of using whole plant preparations rather than isolated compounds. While most traditional uses have found scientific validation, some applications, like its effects on nervous system disorders, require further investigation.



کتاب خلاصه مقالات سخنرانی و پوستر
دومین کنگره ملی طب ایرانی



تهران، مرکز همایش های بین المللی رازی

۲۱ لغایت ۲۳ آبان ماه ۱۴۰۴

Conclusion : Discussion and conclusion: Barberry is a potent nutraceutical with therapeutic applications validated by both traditional and modern medicine. Further clinical trials are needed to standardize its use in evidence-based practice. Keywords: Berberis vulgaris, barberry, nutraceutical, Traditional Persian Medicine, phytotherapy

Abstract ID: ۶۴

Presentation Type: Poster

Vegetarianism and Veganism from the Perspective of Avicenna: A Comparison with Modern Medical Views

Marziye Bayat^۱ *, School of traditional medicine ,Iran university of medical sciences^۱

^۱. Maryam Taghavi-Shirazi

Background and Aim : In recent years, vegetarianism and veganism have trended globally, driven by health, ethics, environment, and animal welfare concerns. Yet, questions remain about the long-term effects of these diets on overall health. This article explains Avicenna's opinion about nutrition in Persian medicine, comparing his views with contemporary nutritional sciences to evaluate the benefits and challenges of plant-based diets.

Methods : Methods: This brief review examined relevant sections of Avicenna's The Canon of Medicine to extract his views on diet and nutrition. Additionally, modern scientific literature was retrieved from scientific databases such as PubMed, Scopus, and Google Scholar using keywords including "vegetarian diet," "vegan diet," "plant-based nutrition," "Iranian traditional medicine," "Persian medicine," and "Avicenna." These materials were then analyzed and compared.

Results : Results: Avicenna believed that variety in diet was crucial for maintaining health. He encouraged a balanced intake of foods, including meat, grains, fruits, and vegetables and discouraged excessive consumption of juicy fruits, especially during the colder months. However, he advised a temporary shift to simpler, plant-based diets in certain conditions, such as illness or states of Emtila (a pathological accumulation of harmful humors often seen in individuals with excess body weight). He recommended using light, herb-rich medicinal foods like Mozavarat to help cleanse and rest the body. Avicenna's attention to dietary reform over a thousand years ago was remarkably ahead of its time and aligned with today's practices, like fasting and detoxification. Contemporary research also highlights the benefits of plant-based diets, including lower body mass index (BMI), reduced cholesterol levels, and decreased risk of cardiovascular disease and certain cancers. However, nutritional deficiencies, particularly vitamin B^{۱۲}, iron, calcium, and zinc, are common among those following strict vegan diets. These deficiencies may contribute to neurological disorders, anemia, and mental health issues such as depression and anxiety.

Conclusion : Conclusion: Although vegetarianism and veganism have significant health benefits, avoiding nutritional deficiencies is necessary. Avicenna's holistic approach, which recommends a balanced intake of plant- and animal-derived foods, is consistent with today's dietary variety and moderation recommendations. Integrating his insights with modern nutritional science can lead to a more comprehensive framework for healthy eating. Keywords: Persian medicine, Vegetarianism, Veganism, Avicenna

Abstract ID: ۴۷۳

Presentation Type: Poster

Suggested foods based on the temperament (mizaj) of infertile women: a qualitative content analysis based on Persian Medicine texts

Fazeleh Fazlollahpour-rokni^۱, Seyede-Sedigheh Yousefi^{۲*}, Marzieh Zamaniyan^۳, Masoumeh Bagheri-Nesami^۴, Abolfazl Hosseinnataj^۵

۱. Student Research Committee, Mazandaran University of Medical Sciences, Sari, Mazandaran, Iran
۲. School of Persian Medicine, Traditional and Complementary Medicine Research Center, Addiction Institute, Mazandaran University of Medical Sciences, Sari, Mazandaran, Iran
۳. Sexual and Reproductive Health Research Center, Mazandaran University of Medical Sciences, Sari, Mazandaran, Iran
۴. Traditional and Complementary Medicine Research Center, Addiction Institute, Mazandaran University of Medical Sciences, Sari, Mazandaran, Iran
۵. Department of Biostatistics and Epidemiology, Faculty of Health, Mazandaran University of Medical Sciences, Sari, Mazandaran, Iran

Background and Aim : Infertility, affecting approximately ۱۷,۵% of the global adult population, is a multifaceted issue influenced by lifestyle and dietary factors. Persian Medicine, as a complementary approach, emphasizes the role of individualized dietary and lifestyle modifications based on temperament (mizaj) in addressing infertility. This study aimed to identify and categorize dietary recommendations for infertile women according to their temperaments, as outlined in authoritative PM texts.

Methods : A qualitative summative content analysis was conducted using eight key PM texts—including Qanun Fi Teb and Exir Azam from the ۹th to ۱۸th centuries—alongside electronic databases such as Scopus, PubMed, Web of Science, and Google Scholar were searched.

Results : Foods were categorized based on four compound temperaments—cold and dry, cold and wet, warm and dry, and warm and wet—and subcategories such as fruits, vegetables, nuts, meats, and medicinal plants. The analysis highlighted the central role of warming, nutrient-dense foods in improving reproductive health, particularly for cold temperaments. Foods such as lamb, eggs, chickpeas, milk with cinnamon or ginger, and onions were frequently recommended. Conversely, cooling foods like cucumber and lettuce were advised for warm temperaments to achieve balance.

Conclusion : The findings underscore PM's tailored dietary strategies for enhancing fertility by aligning food recommendations with individual temperaments. This approach offers a complementary pathway to modern infertility treatments by addressing underlying imbalances through personalized nutrition.

Abstract ID: ۳۴۷

Presentation Type: Poster

Anti-diabetic effect of a combination of black seed (*Nigella sativa*) and cumin (*Cuminum cyminum*), a two-step study from bench to bed

Maryam Ghods^۱*, Sara Karimi^۲, Sahar Salari^۳, Emad Alem^۴, Parsa Bahmani^۲,
Abdolghader Karimi^۵, Atousa Saeedpour^۲, Morvarid Noormohamadi^۱, Soodeh Razeghi Jahromi^۲

- ^۱. Department of Clinical Nutrition and Dietetics, Faculty of Nutrition Sciences and Food Technology, National Nutrition and Food Technology Research Institute, Shahid Beheshti University of Medical Sciences, Tehran, Iran
- ^۲. Department of Clinical Nutrition and Dietetics, Faculty of Nutrition and Food Technology, National Nutrition and Food Technology, Research Institute, Shahid Beheshti University of Medical Sciences, Tehran, Iran
- ^۳. Sinclair Centre for Regenerative Medicine, Ottawa Hospital Research Institute, Ottawa, ON, Canada, Department of Cellular and Molecular Medicine, University of Ottawa, Ottawa, ON, Canada
- ^۴. Student research committee, school of health, Qazvin University of Medical Sciences
- ^۵. Department of Internal Medicine, Fayyaz Bakhsh Hospital, Tehran, Iran
- ^۶. Department of Nutrition, School of Public Health, Iran University of Medical Sciences, Tehran, Iran

Background and Aim : Type ۲ Diabetes mellitus (T₂DM) is a prevalent chronic condition causing one-fifth million deaths globally. Standard treatments for diabetes are not sufficiently effective, highlighting the need to find adjunctive treatments to improve glycemic control. *Nigella sativa* (NS) and *Cuminum cyminum* (CC) are two herbal medicines known for their antioxidant, anti-inflammatory, and antidiabetic properties. This study aims to assess the impact of supplementation with a combination of NS and CC on glycemic regulation among individuals with T₂DM. The research was conducted in two phases, pre-clinical and clinical.

Methods : In the in-vivo phase, thirty-two male mice were allocated into four groups, each comprising eight mice. These groups were categorized as follows: control, diabetic-type ۲, diabetic-intervention-NS, and diabetic-intervention-NS+CC. Following the induction of diabetes using Streptozotocin, the mice in NS and NS-CC groups received ۴۰۰ mg/kg/d or ۳۶۰ mg/kg/d NS oil plus ۴۰ mg/kg/d CC oil respectively for ۳۰ days. An insulin tolerance test (ITT), an intraperitoneal glucose tolerance test (IPGTT), and blood glucose were conducted subsequently. In the clinical study, eighty patients who have been clinically diagnosed with type ۲ diabetes were randomly assigned to two distinct groups to receive a daily dosage of ۲۰۰۰ mg NS-CC soft gel or sunflower oil soft gel for ۱۲ weeks. The examination of fasting blood glucose (FBG) and hemoglobin A¹C (HbA¹C) was performed both before and after the completion of the intervention.

Results : Preclinical findings exhibited a notable decrease in glucose levels in NS (decrease from ۲۷۱,۱±۲۱,۷۱ to ۱۶۷,۶±۸,۱۴ mg/dl) and NS-CC (decrease from ۲۷۵,۴±۲۵,۵۷ to ۱۳۶±۱۳,۰۷ mg/dl). Also, ITT and IPGTT levels showed significantly more reduction in NS and NS-CC compared to the non-treated diabetic group. Treating with NS-CC, but not NS alone decreased ITT to a normal level with no significant difference with the non-diabetic group. In phase ۲, supplementation with NS-CC led to a significantly greater reduction of the mean of fasting blood sugar (FBS) ($P=۰,۰۰۱$) concentration and HbA¹C ($P<۰,۰۰۱$) compared to placebo.

Conclusion : NS-CC oil may reduce insulin resistance and blood glucose levels in murine models and individuals with T₂DM.

Abstract ID: ۱۶۳

Presentation Type: Poster

physiological effects of cold water on the human body from the perspective of Conventional and Persian Medicine

Melina Jafari^۱ , Mohammad Ansaripour^۲ *

۱. Bachelor of Midwifery Student, Student Research Committee, School of Nursing and Midwifery, Isfahan University of Medical Sciences, Isfahan, Iran.
۲. department of Persian Medicine, school of Medicine, Isfahan University of Medical sciences

Background and Aim : Exposure to cold water, whether through drinking or immersion, affects the physiology of body organs. Cold water immersion can lead to cardiovascular responses and even sudden cold shock; however, on the other hand, positive effects such as immune system enhancement have also been reported. Moreover, from the perspective of Persian Medicine, drinking cold water may negatively impact vital organs such as the stomach, liver, heart, and brain. Given the existing contradictions regarding the effects of cold water on body physiology, this review article aims to investigate the impacts of cold water on the body.

Methods : To compile this article, scientific sources in databases including PubMed, Scopus, Google Scholar, NIH, Magiran, and SID were reviewed using various keywords such as Cold, Cold water, Immersion in cold water, and Physiological effects. In addition, Persian Medicine books and the Noor database were also studied to assess the effects of cold water on the body.

Results : Cold water exposure triggers an immediate cold shock response, characterized by sudden hyperventilation, peripheral vasoconstriction, elevated heart rate, and increased blood pressure. In unprepared individuals, this physiological reaction can result in loss of respiratory control, impaired muscular function, and even drowning. In subsequent stages, core body temperature may drop (hypothermia), and with prolonged exposure, the risk of frostbite and tissue damage increases. Additionally, existing evidence suggests that repeated and controlled exposure to cold water may lead to certain beneficial physiological adaptations, such as enhanced vagal tone, improved mood, and modulation of inflammatory responses. From the perspective of Persian Medicine, prolonged cold water immersion can disturb the body's temperamental balance, particularly leading to cold dystemperament (so-e-mezaj) in key organs specially the skin and brain. Furthermore, drinking cold water—especially on an empty stomach—is believed to induce cold dystemperament in vital organs including the stomach, intestines, liver, heart, lungs, and brain. Dysfunction in these organs, considered either chief or noble in Persian Medicine, can have profound negative effects on overall health. Moreover, individuals with cardiovascular conditions, older adults, children, and those affected by socioeconomic disadvantages are considered high-risk populations. These groups may experience more severe health complications, including cardiovascular events and cognitive impairment. These vulnerabilities underscore the importance of increased awareness and caution when engaging in cold water-related activities.

Conclusion : Cold water exposure presents both risks and potential benefits. Sudden immersion may lead to cold shock, hypothermia, or even death, especially in vulnerable individuals. However, controlled exposure can offer physiological advantages like improved vagal tone and reduced inflammation. Persian Medicine warns against the harmful effects of drinking cold water on vital organs, especially when consumed on an empty stomach. These traditional views align with modern concerns regarding organ dysfunction. Considering individual differences and high-risk groups, further research and cautious application of cold water practices are essential for safe use.



کتاب خلاصه مقالات سخنرانی و پوستر
دومین کنگره ملی طب ایرانی



تهران، مرکز همایش های بین المللی رازی

۲۱ لغایت ۲۳ آبان ماه ۱۴۰۴



Abstract ID: ۲۶

Presentation Type: Poster

The effect of topical chamomile oil on the improvement of mild to moderate atopic dermatitis in infants

Zeinab Jalambadani^۱ *

^۱. Non-Communicable Diseases Research Center Department of Community of Medicine, Faculty of Medicine, Sabzevar University of Medical Sciences, Sabzevar, Iran. Tel: 05144018301 Fax: ۰۵۱۴۴۰۱۸۳۰۱. Orcid= ۰۰۰۰-۰۰۰۳-۰۸۰۳-۷۶۷۹, E-mail: jalambadaniz@gmail.com. jalambadaniz@medsab.ac.ir

Background and Aim : Atopic dermatitis is a chronic inflammatory allergic disease linked to sleep disturbances in infants, often causing agitation in children and concern for parents. This research aimed to evaluate the topical application of chamomile and oserin oil on improving atopic dermatitis healing in Iran.

Methods : It was a randomized double-blind clinical trial involving ۵۲ infants (۲۶ in the test group and ۲۶ in the control group) aged from birth to ۱۲ months. Drug usage was thoroughly explained and instructed, with scores assigned and medication prescribed for two weeks. The test group were given ۶۰ cc of chamomile oil, while those in the control group received ۶۰ cc of Oserin for treatment at no cost. Follow-up assessments were scheduled at zero, ۷, and ۱۴ days post-treatment, with recorded data. Improvement in infants' skin conditions was assessed using the Scord index. Data analysis was performed using the SPSS version ۲۴ software, including group statistics, independent sample tests, paired sample tests, and chi-square tests.

Results : The study revealed no significant statistical difference in the severity and extent of atopic dermatitis between the two groups in preintervention ($P > ۰,۰۵$). However, qualitative and quantitative aspects of atopic dermatitis treatment in the test group were statistically significant, with no observed side effects during the study ($P < ۰,۰۰۱$).

Conclusion : The clinical study highlighted significant and definite benefits of this treatment, including alleviation of skin itching, hydration of dry skin, and overall skin restoration, without necessitating additional drug usage due to acute side effects.



Abstract ID: ۲۸۸

Presentation Type: Poster

The temporal relationship between fruit consumption and Food from the perspective of Hakim Razi

Maryam Karimkhanizand^۱ , Batool khayatzadeh^۱ , Hossein moradi dehnavi^۲ *

- ^۱. PhD student of persian medicine, Student Research Committee, Faculty of persian Medicine, Qom University of Medical Sciences, Qom, Iran
- ^۲. Assistant Professor, Faculty of persian Medicine, Qom University of Medical Sciences, Qom, Iran

Background and Aim : Fruit consumption is particularly important as part of a healthy diet. How and when fruit is consumed in relation to food can affect nutrient absorption and health effects. In this article, we review the relationship between eating fruit, food, and the appropriate time interval between them from the perspective of Hakim Razi.

Methods : The present research was conducted by studying and categorizing the contents of Hakim Razi's books, focusing more on Razi's treatise Fawakeh . Related articles in this field were also reviewed by searching scientific databases.

Results : One of the important issues in nutrition science is the physiological and temperamental diversity of individuals, which affects how the body reacts to different fruits and foods. For example, according to Hakim Razi's studies, if the fruit is consumed before a meal, it can cause constipation, and if it is consumed after a meal, it strengthens the initial valve of the stomach and prevents excessive bloating. Consuming apples after a meal causes bloating. Consuming a small amount of peaches after a meal can relieve nausea.

Conclusion : Hakim Razi's studies show that individual differences in digestive system function (including stomach function, type of bowel movement) and variation in digestion speed and moisture content of fruits affect the time interval between fruit consumption and food, and it is essential to consider individual characteristics and the type of fruit to determine the time of consumption. If this important matter is not given attention, it can lead to the development of dangerous diseases.



Abstract ID: ۱۰۷

Presentation Type: Poster

Research in Sekbaj from the perspective of Persian Medicine

Maryam Mohammadi^۱ , Fatemeh Nejat Bakhsh^۲ *

- ^۱. Assistant Professor of Traditional Medicine, Dr. Masih Daneshvari Hospital Shahid Beheshti University of Medical Sciences
- ^۲. Associate Professor of Traditional Medicine Department of Persian Medicine, School of Persian Medicine Tehran University of Medical Sciences

Background and Aim : The need for food and nutrition has always been one of the most urgent and essential human needs and this issue has also been given special attention from the viewpoint of traditional medicine scholars. From the perspective of most scholars nutrition is the most urgent requirement of the six principles. In the stages of treatment it is advisable to start treatment with nutritional modification. Today, despite the advances in science, especially in the field of pharmacy paying attention to nutrition is still the focus of attention. In many diseases, especially chronic diseases, metabolic syndromes such as diabetes and hypertension and various types of cancers, nutrition measures are considered both the prevention and treatment stage.

Methods : Sekbaj is one of a variety of the food that in many cases used to treat diseases along with drugs. First, by searching for the word "Sekbaj" Noor CD that is included Traditional Iranian Medicine books, in more than ۳۳ books this word was identified.

Results : Then the content was categorized. The findings of the study include the following: definition of Sekbaj, other names of Sekbaj, how to prepare, temperament of Sekbaj, general actions, harms, correctors and use in the treatment and prevention of diseases.

Conclusion : Sekbaj can be used as part of the treatment of many diseases and it is a proper treatment considering that there is no potential harm to the use of the drug. Also in cases where it may be unwanted harmful effect, correctors that are presented in the book can be added to the food.

Abstract ID: ۱۶۷

Presentation Type: Poster

An overview of the nutritional and therapeutic benefits of chickpea

Maryam Mohammadi^۱ , Fatemeh Nejat Bakhsh^۲ *

- ^۱. Assistant Professor of Traditional Medicine, Dr. Masih Daneshvari Hospital Shahid Beheshti University of Medical Sciences
- ^۲. Associate Professor of Traditional Medicine Department of Persian Medicine, School of Persian Medicine Tehran University of Medical Sciences

Background and Aim : Chickpea (*Cicer arietinum* L.) is one of the most popular legumes in the world, widely used in various forms and shapes in many societies, especially in Asia and Africa. This popular grain is high in fiber and protein and low in fat. The aim of this study is to collect studies conducted on chickpeas and their products and introduce the nutritional and therapeutic benefits of chickpea.

Methods : A search for articles was conducted in four databases: PubMed, Embase, Scopus and Web of Science. There was no time limit on the search, and keywords included ((“chickpeas” or “*cicer arietinum* L.”) and (“clinical trial” or “research article”)).

Results : As a result of this search, ۱۵ articles were obtained from the Embase database, ۱۰ articles from PubMed, ۹ articles from Scopus, and ۲۱ articles from Web of Science. The effect of chickpeas on glycemic index, blood lipid profile, and bone density, the use of chickpeas in kidney stones and breast cancer, the therapeutic effect of chickpeas as an anticonvulsant, the therapeutic effect of chickpeas in osteoarthritis, and the effect of various chickpea processing methods on their digestibility and performance are separately described in this article.

Conclusion : Chickpea is a simple, accessible, and inexpensive food that can have interesting applications in prevention and treatment, as well as beneficial effects in patients with chronic diseases to improve their lifestyle. Given that chickpea has a low glycemic index and beneficial effects in reducing fat profile, it can be considered as a suitable meal for cardiovascular and diabetic patients. Also, the effects of this seed in reducing pain in osteoarthritis patients, reducing musculoskeletal symptoms in COVID patients, increasing HRQoL levels in patients with PCOS, and reducing CRF in patients with breast cancer indicate the good effects of this food in improving lifestyle in people with chronic diseases. Given the improvement in bone mineral density in postmenopausal women and women with PCOS, this food can be used as a meal in these women. The therapeutic effects of chickpea in patients with kidney stones and the anticonvulsant effects of chickpea are the issues that require further study and investigation.



Abstract ID: ۴۰۱

Presentation Type: Poster

Association between dietary satisfaction and depression, anxiety and stress in obese and overweight patients during the coronavirus pandemic

Fatemeh Moradi^۱ *

^۱. Vice-Chancellery for Health, Shahrekord University of Medical Sciences, Shahrekord, Iran

Background and Aim : The coronavirus disease-۲۰۱۹ (COVID-۱۹) pandemic is a global health threat. The aim of this study was to evaluate the association between D-Sat and depression, anxiety and stress in obese patients during the coronavirus pandemic.

Methods : A cross-sectional study in ۲۲۸ obese and overweight women on a weight loss diet was conducted through the use of two questionnaires. General characteristics, anthropometric indices, D-Sat and mental status were assessed in these patients.

Results : The greatest weight loss (WL) and waist circumference (WC) change was associated with the highest tertile of the D-Sat score in the first four months of the coronavirus pandemic ($P < ۰,۰۵$). Participants with the highest tertile of all D-sat score compared to those with the lowest had an ۸۴٪ decrease in odds of depression. The highest tertile was also associated with decreased odds of anxiety (OR: ۰,۳۲ ۹۵٪CI: ۰,۱۴; ۰,۶۸) The adjusted odds of stress score were negatively associated to the highest tertile of the D-Sat score (OR: ۰,۰۹, ۹۵٪CI (۰,۰۳, ۰,۲۳). WL was inversely related to stress ($P < ۰,۰۵$). Participants with higher WL and WC reduction had fewer depressive symptoms ($P < ۰,۰۵$). Sleep time and family income were associated with obesity.

Conclusion : D-Sat and positive personal and family dynamics can improve the mental status of obese and overweight patients during quarantine.



Abstract ID: ۴۰۵

Presentation Type: Poster

Effect of Green Coffee Supplementation on Weight Loss and Weight-Related Parameters: A Systematic Review of Clinical Trials

Fatemeh Moradi^۱ *

^۱. MSc Student, Nutrition Sciences, Faculty of Nutrition and Food Science, Isfahan University of Medical Sciences, Isfahan, Iran

Background and Aim : Obesity is an excessive amount of energy stored in a form of fat in body, which is a serious medical, social, and economic problem. The factors affecting obesity include geographic location, environment, genetic effects, energy imbalance, inappropriate diet, and physical inactivity. It has been shown that green coffee extract can affect weight by changing plasma adiponectin levels , distributing body fat , and decreasing the concentration of fatty acids. This study aimed to summarize the data from clinical and laboratory trials related to the effect of green coffee supplementation on weight and parameters associated with obesity

Methods : To conduct the study , the articles published between ۱۹۹۰ and ۲۰۱۸ related to the effect of green coffee supplement on weight loss were searched in PubMed, Scopus, ISI , and Google Scholar databases. The search process was accomplished using the keywords of Green Coffee, Green Coffee Extract, Roasted Coffee, Decaffeinated Coffee, Chlorogenic Acid, Obesity, Overweight, Body Fat Percent, BMI, Abdominal Fat, Antiobesity Agent, Weight Loss, Weight Decrease, Weight Gain, and Weight Control

Results : The exact mechanism of green coffee extract in weight loss, BMI , and body fat percentage is still unknown. The findings suggest that chlorogenic acid plays a major role in weight changes due to its various antioxidant properties and its effect on anti -inflammatory factors, which can be manifested by a reduction in weight loss, BMI, or other parameters. Some studies have also shown the effects of green coffee bean extract on the changes in liver PPAR expression.

Conclusion : Green coffee can affect lipid and glucose metabolism, which includes reduction of serum insulin as a result of a reduction in glucose uptake, inhibition of glucose ۶ phosphatase activity, as well as suppression of lipid absorption, decrease of lipogenesis , and increase of lipolysis. These changes lead to weight loss, reduced fat percentage , and decrease d BMI.

Abstract ID: ۴۰۶

Presentation Type: Poster

Effect of Alkaline Drinking Water on Bone Density of Postmenopausal Women with Osteoporosis

Fatemeh Moradi^۱ *

^۱. Department of Community Nutrition, School of Nutrition and Food Science, Isfahan University of Medical Sciences, Isfahan, Iran.

Background and Aim : Postmenopausal women are predisposed to osteoporosis, and those on acidic diets are at a higher risk, because it has been demonstrated that such diets have adverse effects on bone health. In this study, the effect of alkaline drinking water on bone mineral density was evaluated in postmenopausal women with osteoporosis.

Methods : One hundred postmenopausal women with osteoporosis ($T\text{-score} \leq -2.5$) were equally divided into an intervention group and a control group ($n = 50$ each). The intervention group received calcium D (daily), alkaline drinking water (1.5 L daily with $pH 8.6 \pm 0.3$), and Osteofos tablet (70 mg weekly), whereas the control group received only calcium D and Osteofos tablet for ۳ months. T-scores of the femur and spine bones were obtained using bone densitometry before and ۳ months after the intervention.

Results : After the intervention, the mean T-scores of the femur and spine bones significantly increased in both the control and intervention groups ($P < 0.05$). However, the mean changes in the spine T-score were significantly higher in the intervention group (0.39 ± 0.07) than in the control group (0.08 ± 0.01) ($P < 0.05$). No significant differences were observed in the mean changes in the femur T-score between the two groups.

Conclusion : Our findings demonstrate that drinking alkaline water improves spine T-scores in postmenopausal women with osteoporosis. Hence, alkaline water can be used to treat osteoporosis due to increased bone density in postmenopausal women. Long-term interventions are necessary to confirm the effects of alkaline water on femur density.

Abstract ID: ۵۳۸

Presentation Type: Poster

Medicinal Foods and Mental Health: Persian Approaches to Depression

Maliheh Motavasselian^۱ *, Mandana Tavakkoli kakhki^۱ , Siamak Mokhtari^۲

- ^۱. Department of Persian Medicine, School of Persian and Complementary Medicine, Mashhad University of Medical Sciences, Mashhad, Iran
- ^۲. Spiritual Health Research Center, Life Style Institute, Baqiyatallah University of Medical Sciences, Tehran, Iran

Background and Aim : Background: Depression is one of the most common psychiatric disorders worldwide, affecting quality of life, productivity, and overall health. Despite the availability of pharmacological and psychological treatments, growing attention has been directed toward safer, more natural, and cost-effective strategies. Among these, nutrition plays a significant role in mood regulation. Persian medicine (PM), a holistic medical system, contains numerous recommendations on the role of food in mental health promotion and depression management. Objectives: This study aims to investigate food-based strategies for the prevention and management of depression as recorded in major PM resources and to compare these traditional dietary guidelines with evidence from modern nutritional and psychiatric studies.

Methods : In this review, authoritative PM sources, including Kamel al-Sana'at al-Tibbyyah, Al-Qanun fi al-Tibb, and Zakhireh Kharazmshahi, were examined to identify foodstuffs prescribed or prohibited for patients with depressive symptoms. Subsequently, a literature search was conducted in PubMed and Magiran using the keywords "depression," "mood," "antidepressant," "diet," "nutrition," "food," and the names of specific foodstuffs mentioned in PM texts. Modern evidence regarding the antidepressant or mood-modulating effects of these foods was extracted and compared with PM recommendations.

Results : PM resources classify food-related recommendations for depression under three categories: singular foodstuffs, combined foodstuffs, and nutritional rules. Items are further divided into prescribed and prohibited groups. Prescribed foods frequently mentioned in PM include spinach, lettuce, mint, basil, cucumber, pistachio, almond, milk, chicken, lamb, trout, saffron, and oregano. Prohibited foods include cabbage, eggplant, onion, lentils, and beef. Modern research provides supportive evidence for some of these items. For example, omega-۳ fatty acids in fish, tryptophan and magnesium in milk, folate in spinach, and bioactive compounds in saffron have been associated with antidepressant effects. Conversely, certain foods high in pro-inflammatory compounds, such as processed red meats, may worsen depressive symptoms, aligning with PM prohibitions.

Conclusion : Findings indicate that PM offers a structured nutritional approach to depression management, emphasizing both preventive and therapeutic dietary measures. While many PM recommendations are supported by contemporary nutritional psychiatry, others require further empirical validation. Integrating PM-based nutritional insights with modern scientific approaches may enhance dietary interventions for depression, offering safe and culturally appropriate strategies for mental health promotion.

Abstract ID: ۳۰۵

Presentation Type: Poster

Culinary Medicine and the Persian Diet: A Comparative Analysis

Kosar Safarpour^۱ , Morteza Mojahedi^۲ *

- ^۱. Student Research Committee, Health Research Institute, Babol University of Medical Sciences, Babol, Iran
- ^۲. Traditional Medicine and History of Medical Sciences Research Center, Health Research Institute, Babol University of Medical Sciences, Babol, Iran - Mizaj Health Research Institute, Tehran, Iran

Background and Aim : Culinary Medicine (CM) represents an emerging evidence-based approach in medical education that integrates the art of cooking with medical science, focusing on modifying dietary behaviors through practical training and nutritional knowledge. This approach has recently been incorporated into the curricula of some medical universities worldwide. In the other hand, Persian Medicine (PM), with its holistic approach to health, outlines principles of lifestyle through six foundational principles known as Setah Zaroriah. Among these, nutritional principles, referred to as the Persian Diet (PD), are paramount. This framework provides dietary guidelines tailored to an individual's health and disease states, based on mizaj (temperament). Given the scarcity of comparative studies in this field, this study aims to assess the alignment of concepts, objectives, and structures between CM and PD, identifying areas of convergence, overlap, and potential for scientific and practical advancement of both approaches.

Methods : This review study analyzed primary sources of PM, including Qanun fi al-Tibb, Al-Hawi, Teb-e Akbari, Aksir-e-Azam, Moalajat-e-Aghili, Sharh al-Asbab wa al-Alamat, and Al-At'ima wa al-Ashriba, using keywords related to nutrition and dietary practices. Scientific articles on CM were searched in databases such as PubMed, Web of Science, Scopus, and Google Scholar. The data were qualitatively analyzed, with an emphasis on identifying shared concepts.

Results : The CM emphasizes disease prevention and treatment through the modification of dietary patterns, informed decision-making regarding food quality and quantity, and personalized nutrition tailored to clinical conditions, lifestyle, social factors, dietary habits, and individual preferences. It also focuses on teaching practical skills, such as healthy cooking techniques. The concept of Food as Medicine forms a cornerstone of CM's conceptual framework. Similarly, the PD offers a comprehensive set of nutritional recommendations that encompass CM's principles while adopting a mizaj -based approach. Personalizes nutrition in PD emphasizes on factors such as an individual's mizaj, season, age, digestive capacity, food nature, and environmental conditions, addressing both health and disease states. This includes guidelines on food preparation, processing, cooking, eating practices, and post-meal behaviors. Unlike modern medicine, which primarily focuses on the chemical constituents of food, PD also considers the temperamental properties of food, offering a more advanced and precise framework for therapeutic nutrition that aligns with, and often surpasses, CM's paradigms.

Conclusion : The findings indicate that the PD not only aligns with CM but also, through aspects such as individual differences based on mizaj and the effects of foods according to their nature, can serve as an inspirational resource for the development and enrichment of CM. Clinical research to document evidence supporting PM's nutritional theories and their integration into CM is deemed essential. The development of integrated educational programs, the extraction of practical guidelines from traditional sources, and their validation in clinical settings are recommended as next steps to enhance health through dietary interventions.

Abstract ID: ۱۷۱

Presentation Type: Poster

The antioxidant, antibacterial, and anti-yeast effect of *Ferulago Angulata* in food processing: A systematic review

Mahdieh Sahebi^{۱*}, Fateme Nikbakht^۱, Kia Berenji^۲, Omid Sabzevari^۳, Reza Homayounfar^۴, Mohsen Dehghani^۵, Nahid Khodakarami^۶

۱. Department of Epidemiology, School of Health, Mashhad University of Medical Sciences, Mashhad, Iran
۲. Business Management Founder and Director of K Project Knowledge Base Program, Tehran, Iran
۳. Department of Toxicology & Pharmacology, Faculty of Pharmacology and Toxicology and Poisoning Research, Tehran University of Medical Sciences, Tehran, Iran
۴. National Nutrition and Food Technology Research Institute, Shahid Beheshti University of Medical Sciences, Tehran, Iran
۵. Department of Epidemiology, School of Health, Mashhad University of Medical Sciences, Mashhad, Iran
۶. Men's Health and Reproductive Health Research Center, Shahid Beheshti University of Medical Sciences, Tehran, Iran

Background and Aim : *Ferulago angulata*, also known as Chavil in Iran, contains beneficial compounds such as bornyl acetate, myrcene, trans-ocimene, γ -terpinene, and p -cymene in its leaves and seeds. Its aerial parts contain germacrene D, β -bourbonene, camphene, sabinene, and linalool. These compounds contribute to the plant's antioxidant, antimicrobial, and antifungal properties. The products derived from this plant offer various benefits, including antimicrobial, antioxidant, and anti-inflammatory effects. Additionally, they can improve the shelf life and preservation of food

Methods : A systematic literature search was conducted on PubMed, Scopus, Embase, Irandoc, Magiran, SID, and Google Scholar for Persian and English food processing studies until February ۲۰۲۴ using MeSH keywords and their synonyms. Evidence was synthesized regarding the studies characteristics, antioxidant, antibacterial, anti-yeast, and physicochemical properties of *F. angulata* in the food industry.

Results : A total of ۳۳۷ records were found while ۲۷ studies met the criteria for inclusion in the present systematic review. The studies were published between ۲۰۰۶ and ۲۰۲۳. The evidence showed that *F. angulata* extract and essential oil contain phenolic and flavonoid compounds. Adding *F. angulata* to different foods reduced significantly pH levels, acidity, total oxidation amount (TOTOX), and thiobarbituric acid (TBA). Furthermore, the findings demonstrated that *F. angulata* exhibits remarkable anti-bacterial, antifungal, anti-yeast, and antioxidant properties.

Conclusion : *Ferulago angulata* essential oil and extracts as natural agents for food preservation, due to their antimicrobial and antioxidant properties. Its rich composition enables effective inhibition of microbial pathogens and influences key factors like pH and acidity in food products. However, conflicting results regarding viscosity and acidity suggest a need for further research, while other medicinal plants such as *Cuminum cyminum* and *Rosmarinus officinalis* offer complementary benefits for enhancing food safety strategies

Abstract ID: ۵۱

Presentation Type: Poster

Bioactive Components of Donkey Milk as a Functional Food: Investigating its Antimicrobial and Antioxidant Properties

Hooria Seyedhosseini-Ghaheh^۱ *, Gholamreza Askari^۲

- ^۱. Nutrition and Food Security Research Center, Isfahan University of Medical Sciences, Isfahan, Iran.
- ^۲. Nutrition and Food Security Research Center, Department of Community Nutrition, School of Nutrition and Food Science, Isfahan University of Medical Sciences, Isfahan, Iran.

Background and Aim : The unique nutritional attributes and prospective health benefits of donkey milk have led to increased interest in recent years. The objective of this study is to examine the outcomes of recent research, particularly those focusing on the bioactive elements of donkey milk. This includes highlighting its bioactive proteins and peptides and their relevance to human health.

Methods : This study has reviewed and evaluated information derived from credible scientific literature obtained through multiple databases, including PubMed, Scopus, and Web of Science, to identify studies focusing on the nutritional composition, bioactive elements, and health effects of donkey milk.

Results : The composition of nutrients in donkey milk is notable for its high concentration of whey proteins like lysozyme, lactoferrin, and α -lactalbumin, which are celebrated for their antimicrobial, antioxidant, and immunomodulatory capabilities. These components enhance the therapeutic properties of donkey milk, rendering it a suitable alternative for those with allergies to cow's milk protein and various dietary limitations. Research indicates that the low casein content in donkey milk, coupled with its high whey protein ratio, enhances digestibility, making it particularly beneficial for infants and the elderly. The presence of bioactive peptides, produced through the enzymatic breakdown of milk proteins, further contributes to its health-promoting properties. These peptides demonstrate a range of biological functions, such as antihypertensive, anti-inflammatory, and antidiabetic properties, all of which are essential for the management of chronic health conditions. Donkey milk's antioxidant capabilities are connected to its rich content of vitamins, particularly vitamin C, along with essential minerals like selenium, which are important for alleviating oxidative stress and strengthening immune function. Additionally, the antimicrobial effects of donkey milk, resulting from its high content of lysozyme and lactoferrin, play a crucial role in preventing the development of detrimental bacteria.

Conclusion : Despite its promising attributes, challenges such as low production yield and limited consumer awareness hinder the widespread adoption of donkey milk. It is suggested that future research should focus on optimizing production methods and investigating the health benefits of donkey milk in different populations. In addition, clinical trials are needed to substantiate the health claims associated with donkey milk and to better understand the mechanisms of its bioactive components. In conclusion, donkey milk is a multifaceted functional food that demonstrates substantial potential for promoting human health. Its exceptional nutritional characteristics and bioactive peptides suggest promising directions for future research and dietary applications.

Abstract ID: ۱۱۶

Presentation Type: Poster

Diet recommendation of paralytic ileus Based on the Avicenna's Point of View

Shamim Shahrestani^۱ , Shaghayegh Shahrestani^۱ , Fereshteh Ghorat^۲ *

- ^۱. Faculty of medicine, Student Research Committee, Sabzevar University of Medical Sciences, Sabzevar, Iran
- ^۲. Non-Communicable Diseases Research Center, Sabzevar University of Medical Sciences, Sabzevar, Iran.

Background and Aim : Postoperative ileus, a type of Paralytic ileus, is a common complication in patients undergoing surgery. Aim of this study was to present the approaches of Avicenna to diet considerations of Paralytic ileus.

Methods : This research was conducted in April ۲۰۲۴. We reviewed the manuscripts and printed the Canon of Medicine (Avicenna, ۱۱th century). In addition, other reference texts of Iranian traditional medicine were searched. The content analysis was used after collecting data.

Results : Based on Avicenna, Paralytic ileus has been described under title of Gholonj disease that deals with the gastrointestinal obstructive disorders. According to Avicenna, in early stage of disease oral-feeding should be prohibited. After occurrence of relative symptoms of gastrointestinal movements, gradually starts oral feeding with meat extract. Then recommended a watery soup was made by the meat extract and fat of rooster and may be added some medicinal plants such as cumin, anise and fennel. Food should be simple, little amount, nutritious and laxative. Dairy products, fruits, vegetables and flatulent food should be avoided. The patient should avoid cold water and use warm water, fennel distillate or the combination of warm water with honey. Honey alone may lead to intensifying the pain and should not be used. Adding garlic, leek, cinnamon, thyme, cumin, nettle, nigella and ginger to the foods is useful but beet and ruta grave lens are contraindicated.

Conclusion : Increased insight into alternative treatment options can be useful for better manage of gastrointestinal function after surgery and reduce patient morbidity and hospital costs.



Abstract ID: ۴۰۹

Presentation Type: Poster

Evaluation of the Effect of food products (Cinnamon, Fennel, Cumin & Grapes syrup) on Hormonal Indices and Quality of Life in Women with Polycystic Ovary Syndrome

Maryam Shayesteh^۱*, pegah sanjari pyraivatloo^۱, azam zafarbakhsh^۲, Fatemeh Fadaei^۱

۱. Department of Traditional Pharmacy & Persian Medicine, TeMS.C., Islamic Azad University, Tehran, Iran
۲. Department of Urogynecology, Obstetrics and Gynecology, Isfahan University of Medical Sciences, Isfahan, Iran

Background and Aim : Polycystic ovary syndrome (PCOS) is one of the most common endocrine disorders among women of reproductive age, characterized by menstrual irregularities, hyperandrogenism, metabolic disturbances, and infertility, all of which can significantly affect patients' quality of life. Due to the limitations and side effects of conventional pharmacological treatments, complementary approaches, particularly the use of dietary and herbal products, have received increasing attention. Objective: This study aims to evaluate the effects of a dietary product containing cinnamon, fennel, cumin, and grape molasses on clinical, biochemical, metabolic indicators, and quality of life in women with PCOS

Methods : This research will be conducted as a randomized, double-blind, placebo-controlled clinical trial on women diagnosed with PCOS. Participants will be randomly assigned to intervention and control groups. The intervention group will receive the dietary product containing cinnamon, fennel, cumin, and grape molasses for three months, while the control group will receive a placebo with similar appearance. Outcome measures include menstrual regularity, body mass index (BMI), laboratory parameters (LH, FSH, testosterone, DHEA, lipid profile, and fasting blood glucose), ultrasound findings, and quality of life assessed by the PCOSQ questionnaire. Data will be analyzed using appropriate statistical tests

Results : It is hypothesized that the dietary product will improve menstrual regularity, metabolic and hormonal parameters, reduce BMI, and enhance quality of life compared to the control group

Conclusion : If proven effective, this dietary product could serve as a safe and complementary intervention alongside conventional treatments for managing polycystic ovary syndrome



Abstract ID: ۲۷۳

Presentation Type: Poster

Benefits of Barley Water in Gastrointestinal Condition, According to Avicenna

Mehraneh Shojaei^۱ *

^۱. Department of Midwifery, Nursing and Midwifery Faculty, Rasht Branch, Islamic Azad University, Rasht, Iran

Background and Aim : Introduction: Gastrointestinal disorders, is one of the most common conditions among people. Barley's is a rich source of dietary fiber, vitamins and minerals and barley water have several benefits for gastrointestinal health, primary due to its high fiber content .That is most fourth most important food grain in India. In Persian Medicine, medical barley water has been known as a helpful remedy.

Methods : This is a review study is collected from articles of PubMed, Scopus, Google scholar, Web of science.

Results : Barley water, as described in Avicenna's writings, is a traditional remedy with benefits for gastrointestinal health. Avicenna, in his" Canon of medicine" recommended barley water for various digestive issues, including bowel obstruction, intestinal ulcers and jaundice .Modern research also supports barley water's role in digestive health, high lightening its high fiber content and ability to soothe the digestive system. In a study in India showed every part of barley (food plant) i.e: seed, fruit, leaves and root is used as a medicine to treat life-style related disease like obesity, diabetes and digestive problems .It has various medical forms like decoction and hot water extraction of the whole plant and powdered form has capabilities to cure the disease like: Malaria, urinary and respiratory tract infection, measles, influenza, jaundice, syphilis, kidney disease. Studies show it helps digestion, prevent constipation and manage ulcerative colitis, also help regulate blood sugar levels and promote a feeling of fullness, potentially aiding in weight management .Barley water benefits people by boosting immunity and preparing the body to fight disease .The fiber also acts as a probiotic and regulated bowel movements, prevent digestive problems such as gas and bloating and reducing gut bacteria known as bacteroides and increasing good bacteria that promotion healthy gut. One study showed that colon cancer cells stopped reproducing due to the antioxidants in barley. Ferulic acid in it also prevents tumor growth, protect the colon and flush out toxins. In a study in Japan the effects of young barley leaf powder studied on gastrointestinal transit-time and fecal moisture and weight in comparison with wheat bran in male Sprague – Dawley rats. Barley leaf supplementation in the diet increased the fecal weight and shortened transit time. The active component responsible for the effect on increasing the fecal volume in BL is the water-insoluble dietary fiber fraction and that this effect is thought to be caused by stimulation of the gut tract by the PH lowering furthermore, the high laxative action of BL was ascribable to the high water holding capacity due to the complicated structures of barley leaf.

Conclusion : Many articles showed that medical barley water is more effective and less harmful from gastrointestinal drugs that could be used in many gastrointestinal disorders. It is necessary to take advantage of the beneficial effects of this food and medicine.



Abstract ID: ۴۳

Presentation Type: Poster

A comparative study of Persian medicine and Shiite narrative sources on clinical and therapeutic effects and how to consume meat.

Sadegh Shokri^{۱*}, Ehsanollah Darvishi^۲, Hannaneh Shokri^۳

۱. ^۲- Assistant professor, Department of Persian Medicine, Faculty of Persian and Complementary Medicine, Mashhad University of Medical Sciences, Mashhad, Iran
۲. ^۱- Assistant professor, Spiritual health research center, School of Health and Religion, Qom University of Medical Sciences, Qom, Iran
۳. Veterinary Medicine Student, Faculty of Veterinary Medicine, Ferdowsi University of Mashhad, Mashhad, Iran

Background and Aim : Meat is a part of the diet and is essential for the life of modern society. Religions and medical schools have also addressed this issue. It is said that sometimes unjustified interventions have been made using the medical statements of Islamic texts as an excuse. Since Persian medicine has its roots in pre-Islamic civilizations, the Ministry of Health was obliged to integrate Persian medicine services into the health system in ۲۰۲۴ and the country has an inextricable link with Islam. A comparative study of the teachings of Persian medicine with the medical statements of Islamic texts and the identification of common and dissimilar issues is necessary.

Methods : This is a qualitative study. Health related hadiths from the four Shiite books were compared with Persian medicine. PubMed, Scopus, SID, Magiran databases were used without date restrictions, and the software "Jami' al-Ahadith" and "Nur al-Tibb" were used. The basis for comparison was finding examples in the narrational statements of the four Shiite books and the corresponding statements were extracted from Iranian medicine sources.

Results : The therapeutic propositions of meat were divided into three categories: common, controversial, and cases that were mentioned only in the four Shiite books and lacked a corresponding topic in Persian medicine sources. In most cases, the hadith propositions have a corresponding topic in Persian medicine. Some, such as the clinical effects of beef, were contradictory, and some wild birds had no correspondence in Persian medicine sources.

Conclusion : A number of propositions in the narrative texts are not found in Persian medicine. A comparative study of the cases of disagreement between the medical propositions of the four Shiite books and Persian medicine about the clinical effects of edible meats with conventional medicine can be another research topic. The findings of Persian medicine do not have fundamental differences or conflicts with the narrative propositions of the four Shiite books about the clinical effects and the way to consume edible meat. There are some differences. It is recommended to refer to other reliable sources such as data from conventional medicine.

Abstract ID: ۴۴

Presentation Type: Poster

Alzheimer and Persian medicine View

Sadegh Shokri^۱ *, Fatemeh Shokri^۲

- ^۱. Assistant professor, Department of Persian Medicine, Faculty of Persian and Complementary Medicine, Mashhad University of Medical Sciences, Mashhad, Iran
- ^۲. Researcher, Bachelor of Science in General Psychology,

Background and Aim : As the increased incidence and mortality of noncommunicable diseases and changing the pyramid of societies towards old age, the prevalence and complications of Alzheimer are increasing. Regardless of the negative and harmful effects of this disorder on the quality of life and the imposition of high costs, effective treatment has not been found so far. At the same time as the global utilization of other medical schools, such as traditional and complementary medicine, due to the chronic nature of the disorder, patients and their relatives also turn to these medical Services and seek ways to treat and reduce their complications. Traditional Persian medicine (TPM) may provides ideas and strategies about this disorder.

Methods : This is a review study with the keywords Faramooshi / Nesian (forgetfulness) and Fesade- Fekr (depravity of thought) in books mentioned on the Iranian Ph.D curriculum of traditional Persian medicine. A search was conducted in Scopus, SID, Google Scholar, and PubMed engines, and the keywords "Alzheimer's, Traditional Iranian Medicine, Traditional Persian Medicine, and Nesian."

Results : Result and conclusion: Nutrition, physical activity, sleeping, mental and emotional events modifying, environmental improvement, and take TPM medications such as lemon balm, lavender, grape(currant), sweet almonds, Pistachios, Fig, cinnamon, olive, chufa sedge(Cyperus esculentus), Chamomile, hazelnut and Boswellia depending on the responsible mechanism have been raised.

Conclusion : Most of Foods an Natural Drug have an acetylcholine esterase inhibitor effect and may be effective on dementia. Revising the scientific texts of TPM and adapting to new findings may offer new solutions to this disorder.

Abstract ID: ۱۱

Presentation Type: Poster

Examining nutrition and its impact on health from the perspective of Iranian medicine

Mojtaba Valizadegan Arjomand^{۱*}, Maryam Madani Asl^۲, Reza Faraji Meydani^۲, Saeid Aliakbari^{۱*}, Akram Sayyahi Sisi^{۱*}

۱. Traditional Persian medicine and complementary medicine (PerCoMed) student association, Student's Scientific Research Center, Tehran University of Medical Sciences, Tehran, Iran
۲. Doctorate student in Naturopathy, Department of Complementary Medicine, Faculty of Medicine, TITU International University, Belgium

Background and Aim : Addressing the topic of nutrition and food plays a significant role in maintaining health and avoiding diseases. In fact, providing food for the body is a permanent need that will accompany a person from the beginning of his or her life to the end. Food must have various characteristics for consumption, the most important of which are providing the body with energy and replacing the depleted substances of the human body. In Persian medicine, the quality and quantity of foods are categorized in detail.

Methods : This research is a library method to find and examine nutrition-related points by referring to traditional Iranian medicine sources such as: “Qanun fi al-Teb”, “Khulaseh al-Hekmah”, “al-Aghraz al-Tebbiyyah”, and “Al-Mabaheth al-Alaniyah”, books written by Iranian traditional medicine specialists such as: Health Village, Nutrition in Iranian Medicine, and a review of the general aspects of traditional Iranian medicine And international scientific databases such as PubMed, Scopus, and Google Scholar were reviewed.

Results : In traditional Iranian medicine, preventive measures before contracting diseases are mentioned as a principle, and understanding the quality and nature of foods is of primary importance before modifying the diet. Maintaining health based on modifying the diet in Iranian medicine is based on three important principles: understanding metabolism, type of nutrition, and quality of food consumed.

Conclusion : Traditional Iranian medicine considers nutrition to be one of the most important issues in human health, and accordingly, it has divided the diet into a hair-raising way by examining the types of food and the effect of their consumption on the organs and functions of the body. And each person, by knowing the nature of his body and knowing how foods affect the body, can use these measures to maintain health and stay away from diseases.



Abstract ID: ۱۳

Presentation Type: Poster

A review on the etiology of male Sexual dysfunction and the role of nutrition in its treatment from the perspective of Persian traditional medicine

Mehdi Zarvandi^۱ *

^۱. Assistant Professor of Persian Medicine. Department of Traditional Persian Medicine, Golestan University of Medical Sciences, Gorgan, Iran

Background and Aim : Sexual performance is one of the important components of the quality of life, the disorder of which can cause serious damage to interpersonal relationships, emotional health and self-confidence of people. The significant prevalence of sexual weakness, its side effects, especially in men, and the weakness of existing treatments, clarify the need to benefit from the perspective of other medical approaches such as Persian traditional medicine.

Methods : In this descriptive-analytical review study, searches were conducted in PubMed, Google Scholar, MD Consult, Web of Sciences, SID, Iranmedex, Magiran and Scopus databases, Human studies to Persian and English, until April ۲۰۲۳ without applying time limit using relevant keywords.

Results : From the perspective of traditional Persian medicine, sexual weakness is the inability to have sexual intercourse, and its main causes include; Quantitative and qualitative changes in semen, weakness of vital and important organs of the body such as the brain, heart and liver, stomach and kidney, long-term intimacy leaving, low intravascular flatulence (gas), weakness of mental and emotional states, and weakness of the nerves of the penis. The principles of treating this disorder are based on dietary measures, strengthening vital organs, and then using sexual enhancing drugs or non-drug or manual actions such as massage.

Conclusion : It seems that the use of knowledge of Persian medicine along with modern treatments can open the way for future research and provide research projects in this field and help progress the treatment of sexual disorders.



Abstract ID: ۳۳

Presentation Type: Poster

Challenges and applications (IT) in the field of traditional medicine - traditional pharmacy and history of medical sciences

BABAK ABBAS BEIGI^۱ *

^۱. Kermanshah University of Medical Sciences - Taleghani Hospital - Laboratory Unit

Background and Aim : The purpose of this research is to follow up the practical use of artificial intelligence - its problems and capabilities in the field of traditional medicine - traditional pharmacy and medical history.

Methods : This is a research-applied work based on the capabilities of artificial intelligence in relation to the subgroups of traditional medicine, which of course considers its challenges and capabilities in this field.

Results : In the field of clinical trials of traditional medicine: artificial intelligence can help to improve and progress in this field by providing faster and smarter search in examining medical results, genetic codes, useful therapeutic functions, etc In the field of pharmaceuticals: artificial intelligence can be effective in finding formulas, plans and medicinal compounds useful for treating diseases in a specific place (without interfering with other drugs and without causing problems for other body organs) with the minimum use of laboratory trials and effective formulas. be useful In the field of history of medical sciences: the application of artificial intelligence can reduce some of the shortcomings, shortages or differences in understanding and reading medical history texts. But it cannot replace the teacher.

Conclusion : In this research, it was found that in many fields of medicine (especially the sub-branches of the traditional medicine group), artificial intelligence can pave the way for research and create more suitable methods in research. Of course, it should be kept in mind that in all medical research, the function of experience-clinical trial-scientific editing of the researcher has priority and will be the main pillar of the research.

Abstract ID: ۱۲۳

Presentation Type: Poster

Design of biomaterials coated with plant extracts for the treatment of diabetic wounds and burns

ELNAZ ABEDINI^۱*, Nima Feizlou^۲

^۱. Department of Biomedical Engineering, Karabuk University, Karabuk, Turkey

^۲. Department of Mechanical Engineering, Bursa Technical University, Bursa, Turkiye

Background and Aim : Diabetic and burn wounds are important clinical challenges in modern medicine, which are difficult to treat due to pathophysiological complexities such as delayed healing, chronic inflammation, and resistant infections. Biocompatible biomaterials with anti-inflammatory, antimicrobial, and regenerative properties can provide novel solutions for the healing of these wounds. The use of plant extracts has attracted great attention in tissue engineering due to their natural therapeutic properties, biocompatibility, and low cost. The aim of this study was to design and evaluate biomaterials based on hydrogels coated with plant extracts to accelerate the healing of diabetic and burn wounds.

Methods : In this study, chitosan and alginate-based hydrogels were selected as biomaterial matrices. Aloe vera, turmeric (containing curcumin), and rosemary plant extracts were added to the hydrogels due to their anti-inflammatory, antioxidant, and antimicrobial properties. The hydrogels were synthesized by ionic cross-linking method and dip-coated with plant extracts. The physicochemical properties of the biomaterials, including porosity, water absorption, and biocompatibility, were investigated using scanning electron microscopy (SEM), swelling test, and MTT assay. The performance of the biomaterials in animal models (diabetic mice and second-degree burns) was studied by evaluating the wound closure rate, inflammation reduction, and granulation tissue formation. The data were analyzed by ANOVA statistical analysis.

Results : Hydrogels coated with plant extracts showed suitable porosity (۷۰-۸۵٪) and high water absorption capacity (up to ۱۲۰۰٪ dry weight), which was ideal for maintaining a moist wound environment. MTT assay confirmed the high biocompatibility of the biomaterials with cell survival of more than ۹۵٪. In animal models, the group treated with the coated hydrogel (especially with a combination of aloe vera and curcumin) significantly ($p < ۰.۰۵$) increased the wound closure rate compared to the control group (without treatment). Diabetic wounds were closed by ۸۵٪ on day ۱۴ and burn wounds by ۹۰٪ on day ۱۰. A significant decrease in inflammatory markers (IL-۶ and TNF- α) and an increase in collagen synthesis in the repaired tissue were also observed. The antimicrobial activity of the biomaterials against *Staphylococcus aureus* and *Pseudomonas aeruginosa* was confirmed.

Conclusion : Hydrogel biomaterials coated with plant extracts showed great potential in the treatment of diabetic and burn wounds due to their porous structure, biocompatibility, and multiple therapeutic properties. The combination of aloe vera and curcumin synergistically reduced inflammation and accelerated tissue regeneration. These biomaterials can provide a moist and infection-free environment, which is essential for wound healing. The results of this study indicate a novel and cost-effective approach for the management of chronic wounds. Future research can focus on optimizing the dosage of plant extracts and clinical evaluations to facilitate the application of these biomaterials in clinical practice.

Abstract ID: ۵۹۴

Presentation Type: Poster

Current Trends in Assessing Medicinal Plant Toxicity: Influencing Factors and Novel Approaches

Amir Amirkhani^۱ *

^۱. Department of Pharmacology and Toxicology, Faculty of Pharmacy, Kerman University of Medical Sciences, Kerman, Iran

Background and Aim : Medicinal plants are vital to global healthcare, with approximately ۸۰٪ of the world's population relying on them for primary treatment [۱]. However, risks such as hepatotoxicity, nephrotoxicity, and genotoxicity necessitate robust toxicity assessments to ensure safety [۲,۳]. This review explores influencing factors, including intrinsic phytochemicals and extrinsic contaminants, and highlights innovative methodologies to enhance the safety evaluation of herbal medicines.

Methods : A systematic literature review was conducted using PubMed, Scopus, and Web of Science, covering studies from ۲۰۱۵ to ۲۰۲۵. Search terms included “medicinal plant toxicity,” “omics technologies,” “in silico toxicology,” “alternative models,” and “herbal safety.” Inclusion criteria targeted peer-reviewed articles on toxicity assessment methods, influencing factors, and WHO/EMA regulatory guidelines. Data were synthesized to compare traditional (in vivo/in vitro) and novel approaches (multi-omics, *Galleria mellonella*, in silico QSAR), with case studies on toxicants like pyrrolizidine alkaloids and aristolochic acids [۴,۵].

Results : Intrinsic factors, such as toxic metabolites (e.g., pyrrolizidine alkaloids, aristolochic acids), vary by plant species, part, and dosage, driving organ-specific toxicities [۶,۷]. Extrinsic factors, including heavy metals (found in ۳۰٪ of herbal products), pesticides, and adulteration (e.g., *Aristolochia* misidentification), heighten risks [۷,۸]. Traditional OECD-guided rodent studies and in vitro assays (Ames, micronucleus, comet) remain standard but are labor-intensive [۳,۹]. Novel approaches include multi-omics (transcriptomics, proteomics, metabolomics), revealing pathways like NF-κB inhibition in aristolochic acid nephropathy [۳]. Invertebrate models like *Galleria mellonella* provide ethical LD₅₀ data (e.g., ۳,۹۰→۱۶۶,۶۷ g/kg for *Moringa oleifera*) [۱۰]. In silico QSAR models predict genotoxicity, while DNA barcoding and NGS detect adulterants despite DNA degradation [۱۱].

Conclusion : Challenges include polypharmacy in herbal formulations, false positives in genotoxicity assays, and DNA degradation hindering authentication [۳,۹]. Novel methodologies, such as AI-driven multi-omics and high-throughput platforms like CometChip®, enhance precision and align with ۳Rs principles [۱۲]. Future directions prioritize integrated NGS-metabolomics for rapid contaminant detection and unified DNA barcoding databases for regulatory compliance [۴,۵]. These advancements mitigate risks, enabling evidence-based integration of medicinal plants into modern pharmacopeias. Interdisciplinary collaboration is crucial for refining toxicity evaluations and ensuring sustainable, safe phytotherapy.

Abstract ID: ۱۲۷

Presentation Type: Poster

Enhancement of Vaginal Drug Delivery Systems: Optimizing Polymer-Based Formulations for Improved Therapeutic Efficacy of plants

Roya Cheraghi^۱ *, Atieh Dehghani^۱ , Marziyeh Ghasemi^۱

^۱. Department of Nanotechnology, Faculty of Strategic Sciences and Technologies, Qom University, Qom, Iran

Background and Aim : With the increasing prevalence of women's health issues, particularly in the genital area, the development of novel, targeted, and effective local drug delivery systems has become a priority in pharmaceutical and medical research. Vaginal dosage forms, due to their ability to deliver drugs locally with high efficacy and minimal systemic side effects, hold a special position in this field. The use of natural and synthetic polymers in designing these systems offers broad opportunities to optimize drug stability and performance. Natural polymers such as chitosan, sodium alginate, pectin, and other plant-derived derivatives are widely utilized in the formulation of vaginal gels, adhesive films, nanoparticles, and hydrogels due to their biocompatibility, biodegradability, non-toxicity, and strong mucoadhesive properties. On the other hand, synthetic polymers such as carbopol, polyvinyl alcohol (PVA), polyethylene glycol (PEG), and PLGA play a crucial role in the design of smart and targeted drug delivery systems owing to their pH sensitivity, chemical stability, and ability to enable controlled drug release. The combination of these polymers allows for the creation of multifunctional and advanced delivery systems. Alongside these advancements, the use of Persian Traditional Medicine (PTM) in treating vaginal disorders remains a highly effective approach with a long-standing history. Plants such as myrtle, thyme, henna, black seed, saffron, aloe vera, chamomile, and celery possess antimicrobial, antifungal, anti-inflammatory, and pH-regulating properties. These herbs have traditionally been used to treat infections, dryness, and inflammation in the vaginal area. Recent studies have shown that combining herbal extracts with polymeric carriers can significantly enhance their stability, provide targeted release, and reduce side effects—offering a clear advantage over direct application of herbal extracts or conventional chemical drugs. The development of novel pharmaceutical forms such as nanoparticles, nanomicelles, bioadhesive films, and hydrogels using natural and synthetic polymers enables precise control over drug release, extended therapeutic effect, enhanced mucosal absorption, and improved patient compliance.

Methods : Vaginal and uterine disorders are among the most common diseases of the female reproductive system. They can directly affect fertility, quality of life, and sexual health. These disorders include microbial, fungal, parasitic, and viral infections, as well as non-infectious or combined problems, each requiring precise and targeted treatment.

Results : In addition to therapeutic benefits, these advanced drug delivery systems also reduce treatment costs and improve accessibility to effective and natural therapies. Integrating traditional medicine knowledge with modern pharmaceutical technology opens new horizons in women's healthcare—enhancing not only quality of life but also providing economic and social advantages. Ultimately, this multidisciplinary approach provides a suitable platform for the design of highly effective, low-risk, and patient-friendly therapies.



Conclusion : The vaginal route provides an efficient and localized platform for drug delivery with minimal systemic effects. Advances in polymeric systems, including nanoparticles and mucoadhesive hydrogels, enhance drug retention and compatibility with vaginal physiology. Combining the therapeutic potential of Persian Traditional Medicine (PTM) with the technological advancements of nanomedicine has paved the way for the development of drugs that are safe, effective, and culturally appropriate. This integrated approach can be presented as a sustainable and acceptable alternative, especially in cases where concerns exist regarding the side effects of synthetic drugs or microbial resistance.



Abstract ID: ۵۴۹

Presentation Type: Poster

The role and position of artificial intelligence in the manufacture of medical diagnostic equipment in traditional and complementary medicine in Iran

Majid Dadmehr^۱ *, Amirhossein Jamshidi^۲ , Mohammad Sadr^۳ , Hoorieh Mohammadi Kenari^۱

۱. Department of Traditional Medicine, School of Persian Medicine, Iran University of Medical Sciences, Tehran, Iran
۲. Department of Traditional Pharmacy, School of Persian Medicine, Iran University of Medical Sciences, Tehran, Iran
۳. Department of History of Medicine, School of Persian Medicine, Iran University of Medical Sciences, Tehran, Iran

Background and Aim : The use of artificial intelligence (AI) in healthcare is a growing and transformative trend today. Despite its rapid growth, the application of AI to traditional and complementary medicine (T&CM) remains largely unexplored. There are still gray areas that require further research, evidence, data, and discussion. Understanding the potential of AI, as well as its risks and limitations, is crucial to safely approaching the integration of AI into T&CM. The purpose of this study was to review studies and experiences that have described the trend of using AI in the field of T&CM in Iran

Methods : We examined Iran's experience through interviews with vice presidents for research of traditional medicine schools, traditional medicine department managers and review of faculty websites about the subject. In addition, we search publications from the Web of Science, PubMed, Embase, Cochrane Library, Google scholar and SID with appropriate keywords. To learn about research projects currently underway at medical universities in the field of artificial intelligence and traditional and complementary medicine, the comprehensive research projects system of the Iranian Ministry of Health was searched.

Results : Artificial intelligence has wide applications in T&CM around the world. Numerous studies published in this field confirm this. However, the findings of our study show that no study has been published on the application of AI in T&CM in Iran so far. In addition, the Iranian Ministry of Health has not published a roadmap or general policies for the application of AI in T&CM in Iran. AI technologies (e.g. machine learning, deep learning, and large language models) can complement and enhance T&CM by helping and improving to decision-making efficiency, optimize diagnosis accuracy, early diagnosis of disease, provide personalized treatment plans, understand the effectiveness of herbal medicines and complex in T&CM treatments, predict health trends, enhance patient experience, and reduce costs. They are also effective and complementary in the fields of producing medical diagnostic equipment such as diagnosing and examining temperament, urine, pulse, perception, and patient examination. Moreover, AI enables critical editing and review of manuscript texts and making this content accessible.



کتاب خلاصه مقالات سخنرانی و پوستر
دومین کنگره ملی طب ایرانی



تهران، مرکز همایش های بین المللی رازی

۲۱ لغایت ۲۳ آبان ماه ۱۴۰۴

Conclusion : It is essential to transform complex, subjective, and qualitative concepts in T&CM into objective, quantitative concepts. Health system policymakers should play an effective role by designing a roadmap in this field and providing effective financial support in organizing and strengthening interdisciplinary studies and encouraging the academic community.

Abstract ID: ۴۵۵

Presentation Type: Poster

A Stepwise Framework for Designing a Domain-Specific Large Language Model on Iranian Traditional Medicine: Focus on Pulmonary Disorders

Alireza Derakhshan^۱ *

^۱. *Mashhad University of Medical Sciences*

Background and Aim : Traditional Persian Medicine (TPM) represents a comprehensive intellectual heritage that explains health, disease, and therapeutic strategies through humors, temperaments, causal chains, and regimens. While these teachings are invaluable, they are dispersed across multiple classical sources, often expressed in complex narrative forms and containing overlapping or conditional statements. This makes it difficult for scholars to trace reasoning paths and compare viewpoints systematically. Recent advances in artificial intelligence, particularly large language models (LLMs), create the possibility of transforming this dispersed heritage into an interconnected, searchable, and interpretable system. The objective of this study is to propose a stepwise framework for designing a domain-specific LLM grounded exclusively in TPM texts. The system is intended not only to retrieve relevant passages but also to align and interpret statements across different scholars, thereby extracting doctrinal cores, clarifying conditions, and highlighting agreements or divergences.

Methods : Primary TPM texts in Persian and Arabic will be digitized through OCR and normalized to ensure consistent orthography. The content will be segmented into paragraph-level units with stable identifiers for precise citation. A controlled vocabulary will be developed to standardize entities such as symptoms, humors, temperaments, causes, regimens, seasons, and age categories. To represent the causal logic of TPM, a knowledge graph will be constructed to capture relations among these entities, each tied directly to its textual source. A Retrieval-Augmented Generation (RAG) approach will then be employed so that the model retrieves relevant passages and graph-based relations before generating a response, ensuring grounding in authentic sources. Beyond retrieval, a cross-scholar alignment process will normalize equivalent or related propositions from different authors, assign stances (agreement, refinement, contradiction), and preserve conditional aspects. On this foundation, the system will be designed to operate in two interpretive modes: a persona mode emulating the explanatory style of a single scholar, and a commentator mode synthesizing multi-source perspectives to present doctrinal cores and scholarly differences. Expert reviewers in TPM will evaluate system outputs in terms of citation accuracy, reasoning coherence, fidelity to classical texts, and transparency in reporting diverse scholarly positions.

Results : In the pilot phase, selected sections of TPM texts concerning pulmonary conditions will be processed to demonstrate feasibility. The anticipated outcomes include a structured dataset of segmented text units and knowledge relations, a functional prototype for retrieving and aligning multi-source arguments, and the ability to generate interpretive responses grounded in authentic texts. The system is expected to show how a statement attributed to one scholar can be contextualized, supported, or contested by others, thereby enabling deeper and more systematic exploration of TPM doctrines.



کتاب خلاصه مقالات سخنرانی و پوستر
دومین کنگره ملی طب ایرانی



تهران، مرکز همایش های بین المللی رازی

۲۱ لغایت ۲۳ آبان ماه ۱۴۰۴

Conclusion : This project presents the first structured roadmap for developing a domain-specific LLM on Traditional Persian Medicine. By emphasizing digitization, normalization, knowledge representation, retrieval, cross-scholar alignment, and interpretive generation, the framework offers a foundation for future research and collaboration. It aims to provide TPM scholars with an AI-assisted tool to explore both the continuity and diversity of reasoning across classical medical texts.

Abstract ID: ۵۳

Presentation Type: Poster

An Analysis of the Symptoms of Increased Black Bile in the Body Using the Fuzzy Delphi Method Based on the Deductive-Inductive Paradigm

Meysam Didariyan^۱ *

^۱. Urmia University

Background and Aim : The existence of the four humors in the human body in certain amounts is necessary, and whenever the balance of the humors is disrupted or their quality and quantity undergo a change, it would cause diseases. The black bile is among the humors, which, in excess, dominate the body and cause issues for the individual, indicated through distinctive symptoms. Such symptoms have been identified and reported based on the experiences and observations of physicians or herbal medicine practitioners in different eras, without prioritizing them, which sometimes cause the younger and less-experienced physicians to ask which physician or herbal medicine practitioner of Iranian medicine has presented the most preferable opinion or which of the symptoms are the most influential.

Methods : Accordingly, the present study was developed to answer this questions with the aim of helping the physicians to identify the symptoms of the black bile in patients' bodies, based on their priorities and importance within the framework of experts' scientific opinion using a qualitative and quantitative method (mixed research) in deductive-inductive paradigm, which in terms of purpose was applied and fundamental, and descriptive regarding the nature and method. The statistical population of the present study included ۳۰ university and Iranian medicine experts who were evaluated based on the purposive sampling method and the saturation of the required information. The data collection tool of the qualitative section of the study included library inquiries, and the quantitative part included an expert questionnaire, whose validity and reliability were tested using the content validity method and consistency rate. The statistical data obtained from the experts was analyzed using the fuzzy Delphi technique, and the symptoms of increased black bile in the body were identified and prioritized.

Results : The results of the current research revealed that the most significant symptoms of the dominance of black bile in body include: emergence of negative and obsessive thoughts, anxiety and concern, light and shallow sleep, disturbed dreams, and sometimes insomnia, darkened skin and appearance of dark spots on the skin and dry skin, gradual weight loss, heartburn (spasm and burning sensation at the gastric cardia valve area), digestive issues (bloating and indigestion), false appetite, snacking, and excessive body hair growth.

Conclusion : In the end, After obtaining the most important symptoms of bile dominance in the body, a checklist for individual assessment regarding the dominance of black bile in the patient's body was designed to benefit the physicians, especially inexperienced doctors.

Abstract ID: ۹۴

Presentation Type: Poster

Successful Applications of Artificial Intelligence in the Design of Clinical Decision Support Systems (CDSS) and Assessing their Adaptation to the Requirements of Persian Medicine: A review study

Seyed Majid Ghazanfari^۱ , Seyed Mohammad Vahid Ghazanfari^۲ *, Azam Sadat Hosseini Hoshyar^۳ , Fatemeh Sadat Ghazanfari^۴

۱. Non-Communicable Diseases Research Center, Sabzevar University of Medical Sciences, Sabzevar, Iran.
۲. Student Research Committee, Shahid Beheshti University of Medical Sciences, Tehran, Iran
۳. Obstetrician and Gynecologist, Department of Gynecology, School of Medicine, Sabzevar University of Medical Sciences, Sabzevar, Iran
۴. School of Dentistry, Mashhad University of Medical Sciences, Mashhad, Iran

Background and Aim : The Clinical Decision Support System (CDSS) represents an innovative advancement in healthcare technology. It offers personalized diagnostic and treatment recommendations by analyzing patient data and cross-referencing it with established clinical guidelines. The primary goal of CDSS is to reduce medical errors and enhance clinical decision-making quality. These systems assist clinicians by suggesting differential diagnoses, alerting about potential drug interactions, and aiding treatment selection. While modern CDSSs have demonstrated significant benefits, traditional Persian Medicine (TPM), an integral part of Iranian health culture, has yet to fully leverage artificial intelligence (AI). Integrating successful AI-driven CDSS models into TPM might improve diagnostic accuracy and optimize treatment approaches, provided that these models are adapted to the unique internal logic of this traditional system.

Methods : To explore this potential, a comprehensive review was conducted. Researchers searched databases such as PubMed, Google Scholar, and Civica using relevant keywords related to AI, CDSS, and traditional medicine. Inaccessible articles, lacked transparency, or contained limited detail about the specific CDSS algorithms were excluded. Due to challenges in obtaining detailed descriptions of the systems used in many clinical studies and their limited public availability, an AI tool called Grok was employed to assist in identifying relevant articles. Ultimately, ۱۲ articles met the inclusion criteria for review.

Results : The review indicated that CDSS has shown acceptable success across various medical applications. These systems have notably improved clinical decision-making in chronic disease management and pharmaceutical care. The algorithms underpinning these systems varied from basic rule-based models to advanced machine learning and neural networks. Several studies demonstrated that CDSS could significantly enhance patient safety, particularly by preventing adverse drug interactions and offering timely warnings in emergency scenarios. Other common benefits included increased diagnostic and treatment accuracy, reduced medical errors, and better adherence to clinical guidelines. A key aspect observed was the development of adaptable systems capable of functioning within specific local conditions, languages, and healthcare needs. This flexibility underscores the potential for applying similar approaches to TPM, which has a distinct internal logic and cultural context. Systems that accessed comprehensive electronic health records (EHR) tended to provide more precise results, since they relied on richer, more reliable data sources.



Conclusion : Many reviewed articles emphasized that successful CDSS models were grounded in knowledge bases built from trustworthy sources that could be continuously updated. This characteristic suggests that creating a similar knowledge infrastructure for TPM—drawing from classical texts such as Avicenna’s Canon, Al-Khwarizmi’s Zakhireh, or Al-Hawi—could be feasible. Systematic digitization and data extraction from empirical and textual sources are essential steps. In conclusion, the proven efficacy of modern CDSS models highlights their potential for improving clinical decisions. When adapted and localized, these systems could achieve high accuracy within traditional medical frameworks like TPM. The key to success lies in systematically processing empirical data and converting textual references into digital knowledge bases, paving the way for intelligent, culturally sensitive decision support in traditional medicine.

Abstract ID: ۴۸۳

Presentation Type: Poster

Bioresonance Technology for Diagnostic and Therapeutic Support in Iranian Traditional Medicine: Integrating Temperament Assessment with Frequency Profiling

Mohsen Manouchehri^۱ *

^۱. Roshanak Mokaberinejad

Background and Aim : Abstract: Recent advances in bioresonance technology provide objective measurement of the body's electromagnetic and vibrational patterns. Iranian Traditional Medicine (ITM) offers a sophisticated qualitative framework—mizaj (temperament)—based on the balance of heat, cold, dryness, and moisture. This paper proposes a clinical integration model where bioresonance frequency profiles are cross-mapped with ITM's mizaj classifications, enabling objective validation of traditional diagnoses, personalized treatment selection, and monitoring of therapeutic outcomes. The model bridges ancient constitutional wisdom with modern frequency-based measurement tools, offering a technologically enriched pathway for preventive and curative care. Subject Introduction: Iranian Traditional Medicine has long relied on detailed physical examination and constitutional diagnosis to guide individualized treatment. Bioresonance devices, by detecting and adjusting deviations in the body's frequency spectrum, can serve as non-invasive adjuncts to confirm mizaj and identify underlying energetic imbalances. The compatibility between frequency patterns and temperamental qualities allows a bi-directional approach: traditional assessment enriches frequency analysis, and measurable bioresonance data strengthen clinical decision-making.

Methods : Search Strategy: A structured literature search was conducted between February and July ۲۰۲۰ across PubMed, Scopus, Web of Science, Google Scholar, and Persian databases including SID and IranMedex. Keywords used were: “Bioresonance”, “Biofield”, “Frequency Therapy”, “Mizaj”, “Temperament”, “Iranian Traditional Medicine”, “Diagnostic Tools”, combined with their Persian equivalents (بیورزونانس، مزاج، طب سنتی ایرانی، ابزارهای تشخیصی). Inclusion criteria: peer-reviewed articles, classical ITM texts, and clinical or theoretical studies on bioresonance and temperament linking. Exclusion criteria: non-academic sources, anecdotal reports, and duplicates. Reference lists of key works and classical sources such as The Canon of Medicine by Avicenna were also manually reviewed.

Results : The comparative framework revealed consistent parallels between ITM's temperaments and bioresonance frequency patterns. For example, warm-moist constitutions often display higher baseline frequency amplitudes, while cold-dry temperaments show lower amplitudes and narrower frequency bands. Bioresonance assessment not only supported the qualitative mizaj diagnosis but also enabled numeric tracking of treatment progress when combined with ITM interventions such as dietary adjustments, herbal prescriptions, and cupping therapy.

Conclusion : This integrative approach has potential to modernize ITM by: Quantifying traditional diagnostic criteria. Enabling objective evaluation of treatment efficacy. Providing an evidence-based bridge between traditional theory and contemporary technology. The synergy of ancient diagnostic wisdom with precise frequency-based measurement could establish a new standard for personalized medicine within ITM, empowering practitioners with tools that are culturally authentic, scientifically grounded, and clinically versatile.

Abstract ID: ۳۴۸

Presentation Type: Poster

Artificial Intelligence and Persian Medicine: A Review of Challenges and Opportunities

Morteza Mojahedi^۱ , Meyssam Masoudi^۲ *

- ^۱. *Traditional Medicine and History of Medical Sciences Research Center, Babol University of Medical Sciences, Babol, Iran; Mizaj Health Research Institute (MHRI), Tehran, Iran.*
- ^۲. *Department of Plant Sciences, School of Biology, College of Science, University of Tehran, Tehran, Iran; Mizaj Health Research Institute (MHRI), Tehran, Iran.*

Background and Aim : Persian Medicine, as one of the independent and ancient medical systems, is distinguished from other traditional systems such as Chinese medicine and Ayurveda. Its most strategic approach lies in the emphasis on individual differences, based on the concept of temperament (Mizaj), which constitutes the foundation of diagnostic and therapeutic decision-making. Determining both the primary and current temperament of an individual, as well as the temperament of key organs such as the brain, liver, heart, and stomach, is central to health management in this framework. In recent years, the growing interest in the potential of Artificial Intelligence (AI) for health data analysis and modeling has provided a basis for exploring its integration with Persian Medicine. This study aims to review the current challenges and opportunities in this emerging field.

Methods : A literature search was conducted in PubMed, Scopus, Google Scholar, and SID databases from ۲۰۱۰ to ۲۰۲۴, using keywords related to AI applications in Persian Medicine, Traditional Medicine, and Unani Medicine. Studies focusing on the use of AI algorithms for temperament assessment or analysis of data related to traditional and Persian Medicine were included.

Results : A total of approximately ten relevant studies were identified, most of which were conducted by Indian researchers and primarily focused on developing algorithms for temperament classification. Although these attempts introduced innovative approaches to integrating AI with temperament analysis, the majority of the studies suffered from significant methodological and structural limitations. Common issues included incomplete study design, small sample sizes, ambiguity in temperament determination methods, lack of validated tools, absence of rigorous statistical analyses, and insufficient reporting of datasets and variables. Furthermore, unclear data collection and preprocessing procedures, inadequate description of variables and participants, and reliance on unstructured datasets limited the reliability and generalizability of findings.

Conclusion : Despite initial evidence of AI applications in traditional medicine, the field remains in its early stages. The most critical challenge is the lack of structured, reliable, and large-scale datasets. The absence of standardized tools for temperament assessment, such as validated questionnaires, further hinders the collection of meaningful data. Therefore, the first essential step is to design targeted studies for generating high-quality datasets and defining standardized diagnostic criteria. Moreover, collaboration between experts in Persian Medicine, data science, and epidemiology is vital to develop AI models aligned with the diagnostic logic of Persian Medicine. With appropriate data infrastructure, AI has the potential to contribute to temperament analysis, development of personalized applications, preventive screening, and health counseling within the framework of Persian Medicine.

Abstract ID: ۲۴۴

Presentation Type: Poster

The Role of Mizaj (Temperament) in Asthma Severity: Insights from Mild to Severe Persistent Cases

Mozhgan Moghtaderi^{۱*}, Zahra Kananinezhad^۱, Seyed Hesamedin Nabavizadeh^۱, Zahra Salehi^۲

۱. Allergy Research Center, Shiraz University of Medical Sciences, Shiraz, Iran
۲. Research Center for Traditional Medicine and History of Medicine, Department of Persian Medicine, School of Medicine, Shiraz University of Medical Sciences, Shiraz, Iran

Background and Aim : In Traditional Persian Medicine (TPM), Mizaj (temperament) is a foundational concept influencing health and disease susceptibility. This study investigates the association between Mizaj types and asthma severity, bridging traditional and modern medical perspectives.

Methods : A cross-sectional study was conducted on ۱۵۶ asthma patients (aged ۲۰–۶۰ years) recruited from allergy clinics. Mizaj was assessed using the validated Salmannezhad Mizaj Questionnaire (SMQ), and asthma severity was classified as mild-to-moderate or severe persistent based on GINA guidelines. Statistical analyses evaluated the distribution of Mizaj types across severity groups and their associations with clinical variables.

Results : The most prevalent Mizaj types were cold-wet (۲۳,۷۱٪) and warm-wet (۲۰,۵۱٪), while temperate-dry was the least common (۲,۵۶٪). No significant difference in Mizaj distribution was found between mild-to-moderate and severe asthma groups ($p = ۰,۶۱$). However, allergic rhinitis (AR) prevalence varied significantly by Mizaj ($p = ۰,۰۳$), with the highest rates in temperate-dry (۱۰۰٪) and warm-temperate (۷۰,۶٪) groups. Body mass index (BMI) also differed across temperaments ($p = ۰,۰۰۵$), with temperate-wet individuals having the highest mean BMI.

Conclusion : While wet temperaments (cold-wet and warm-wet) were common among asthma patients, Mizaj was not associated with disease severity. The link between specific temperaments and AR suggests the potential utility of Mizaj in personalized comorbidity management. Further research with larger cohorts is needed to validate these findings and explore mechanistic pathways.

Abstract ID: ۱۹۳

Presentation Type: Poster

The Effect of Traditional Iranian Antiparasitic Therapy on Laboratory Indices of Biliary Obstruction and Liver Enzymes: A Bioresonance-Based Diagnostic Approach

Qadir Mohammadi^۱*, Leila Ahmadzadeh-Gavahan^۱

^۱. Dr. Qadir Mohammadi's Health Center

Background and Aim : Biliary obstruction, caused by blockage of bile ducts and subsequent bile accumulation, often leads to hepatocellular injury. Beyond common causes like gallstones and tumors, parasitic infections such as *Clonorchis sinensis*, *Fasciola hepatica*, *Cysticercus*, and *Echinococcus granulosus* are increasingly recognized yet frequently underdiagnosed due to the limited sensitivity of standard stool and serological tests (Keiser & Utzinger, ۲۰۰۹; Mas-Coma et al., ۲۰۰۹). To overcome this diagnostic gap, bioresonance testing has emerged as a complementary tool, detecting latent parasitic infections through bioelectromagnetic frequency analysis. Traditional Iranian medicine has long utilized *Achillea millefolium* (yarrow) for its hepatoprotective, anti-inflammatory, and antiparasitic effects, attributed to active compounds like flavonoids and sesquiterpene lactones. Modern studies support these properties, demonstrating improvements in inflammation and liver enzyme profiles (Rather et al., ۲۰۱۳). Similarly, *Embelia ribes* (Vidanga), a staple in Persian and Ayurvedic medicine, contains embelin—a bioactive compound with potent anthelmintic activity targeting helminths through neuromuscular and oxidative pathways (Rawal et al., ۲۰۲۳). Embelin further reduces oxidative stress and modulates cell signaling, with nanoformulations enhancing its bioavailability (Ali et al., ۲۰۲۴). Despite promising preclinical evidence suggesting synergistic hepatoprotective and antiparasitic effects, limited clinical research has explored the combined use of these plants. This study aimed to evaluate the therapeutic potential of co-administered *Achillea millefolium* and *Embelia ribes* in improving liver function and relieving biliary obstruction, while also assessing bioresonance testing as a non-invasive, complementary diagnostic method.

Methods : This retrospective study reviewed records of ۷۰ patients with biliary obstruction treated at Dr. Qadir Mohammadi's Health Center (۲۰۲۲–۲۰۲۵). Of these, ۲۸ patients with complete lab data were included. All received a ۱۲-week antiparasitic regimen based on *Achillea millefolium* (Arrack), along with standardized doses of *Embelia ribes* extract for added antiparasitic and hepatoprotective benefits. Bioresonance testing identified parasitic involvement before and after treatment. Key liver and inflammation markers (ALT, AST, ALP, total and direct bilirubin and ESR) were measured pre- and post-treatment. Data analysis used SAS ۹.۴, with paired t-tests and significance set at $p < ۰.۰۵$.

Results : Over ۷۰% of patients harbored *Clonorchis sinensis* and *Fasciola hepatica*, with fewer cases of *Cysticercus* and *Echinococcus granulosus*. The herbal combination markedly reduced ALT ($۹۸.۲ \rightarrow ۵۹.۵$ U/L; $p=۰.۰۰۱۸$), AST ($۱۰۷.۲ \rightarrow ۶۰.۴$ U/L; $p=۰.۰۲۵۳$), total bilirubin ($۹.۸۳ \rightarrow ۴.۱۱$ mg/dL; $p=۰.۰۳۱۸$), direct bilirubin ($۴.۸۵ \rightarrow ۲.۱۶$ mg/dL; $p=۰.۰۰۰۹$), and ESR ($۷۱.۵ \rightarrow ۳۶.۳$ mm/h; $p=۰.۰۰۰۲$). ALP declined but was not significant ($p=۰.۳۴۶۲$). Clinically, patients experienced less abdominal discomfort, jaundice, pruritus, and fatigue. Post-treatment bioresonance showed no detectable parasitic frequencies, confirming eradication. No significant adverse events occurred during therapy, suggesting both efficacy and safety of the combined herbal approach.



Conclusion : The combined therapy of *Achillea millefolium* and *Embelia ribes* effectively improved liver enzymes and reduced inflammation in parasitic biliary obstruction, likely due to embelin's antioxidant effects and yarrow's antiparasitic and anti-inflammatory properties (Rawal et al., ۲۰۲۳; Bansal et al., ۲۰۲۰; Rather et al., ۲۰۱۳). Bioresonance testing proved valuable in detecting hidden infections often missed by standard diagnostics and confirmed parasite eradication post-treatment. While promising, the study's limited sample size and design highlight the need for larger, controlled trials to validate efficacy, safety, and standardized protocols. Overall, integrating herbal therapy with innovative diagnostics may enhance patient outcomes.



Abstract ID: ۴۴۸

Presentation Type: Poster

Integration of Modern Technologies with Diagnostic and Therapeutic Assistive Tools in Persian Medicine: A Systematic Review

Mina Mosallanezhad^۱ *

^۱. Department of Operating Room, School of Nursing and Midwifery, Shiraz University of Medical Sciences, Shiraz, Iran.

Background and Aim : Persian Medicine, as one of the oldest medical systems worldwide, has traditionally emphasized diagnostic tools such as pulse examination, tongue observation, and evaluation of the patient's appearance. With the emergence of modern technologies and assistive diagnostic tools, integration between traditional knowledge and contemporary science has become feasible. Such synergy can enhance diagnostic accuracy and improve therapeutic outcomes.

Methods : This review was conducted through a comprehensive search in PubMed, Scopus, SID, and IranMedex databases using the keywords "Traditional Persian Medicine," "Diagnostic Tools," "Assistive Technology," and "Treatment Methods" within the period of ۲۰۰۰–۲۰۲۰. Eligible studies were selected based on their relevance to Persian Medicine and the application of diagnostic and therapeutic assistive tools.

Results : Findings indicate that traditional diagnostic methods in Persian Medicine, such as temperament assessment through pulse and tongue observation, can be integrated with modern technologies like digital imaging, artificial intelligence, and wearable sensors. Evidence also supports the use of modern tools to improve the effectiveness of traditional therapeutic approaches, including cupping, herbal medicine, and massage therapy. Such integration not only enhances diagnostic accuracy but also facilitates personalized treatments.

Conclusion : The integration of Persian Medicine with modern diagnostic and therapeutic assistive technologies may lead to a comprehensive, safe, and effective approach in healthcare. Designing innovative tools grounded in the principles of Persian Medicine and validating them through scientific methods are of paramount importance. Future directions require interdisciplinary collaboration and clinical trials to confirm the efficacy and safety of such tools in the context of Traditional Persian Medicine.

Abstract ID: ۱۷۹

Presentation Type: Poster

A Comprehensive Review of Factors Influencing Migraine with Emphasis on the Role of Herbal Medicines: A Scientometric and Machine Learning Approach

Najmeh Motaghi^۱, Mahdiyeh Khazaneha^۲, Mahdieh Azizian^۲ *

^۱. Neurology Research Center, Kerman University of Medical Sciences, Kerman, Iran.

^۲. Department of General Courses, School of Medicine Kerman University of Medical Sciences

Background and Aim : Migraine, a common neurovascular disorder causing severe headaches and nausea, significantly impairs quality of life, and due to limitations of conventional treatments, herbal medicines have gained attention as complementary therapies; this study uses scientometric, network analysis, and machine learning methods to comprehensively explore migraine-related concepts and the role of herbal medications in its management.

Methods : In this research, data were extracted from reputable scientific databases including Scopus, Web of Science, and PubMed within ۱۹۸۷ to ۲۰۲۵. Data analysis involved: • Utilizing specialized software such as VOSviewer and R to construct and analyze conceptual maps and co-occurrence networks of keywords. • Inclusion criteria encompassed research articles and clinical trials related to migraine and herbal medicines (n=۳۳۴) as English, while conference papers, review articles, irrelevant articles and discontinued interventions were excluded (n=۲۵۸). • Scientometric and Machine learning methods were applied to investigate the conceptual structure of migraine and herbal medicine domains, thematic clustering, geographic trends and data mining in scientific data. • To ensure validity, qualitative and quantitative assessments of sources were conducted using standard tools such as PRISMA. The Pearson correlation coefficient (r) between the predicted and actual values was calculated to evaluate the model's performance.

Results : A total of ۳۳۴ relevant articles on migraine and herbal medicines were identified and analyzed, revealing three main conceptual clusters: physiological symptoms and effects of migraine (nausea, pain, sleep disturbances, anxiety), herbal medicines and their molecular mechanisms, and comorbidities and systemic complications. Key herbal medicines including ginger, curcumin, lavender, chamomile, cannabis, as well as feverfew, butterbur, and peppermint predominantly exert their effects by inhibiting inflammatory pathways (reducing prostaglandins and pro-inflammatory cytokines such as TNF- α and IL-6), antioxidant activity, oxidative stress reduction, improving cerebral blood flow, and modulating the central nervous system via serotonin and GABA receptor activation. Some herbs, like chamomile and ginger, are also effective in alleviating acute symptoms such as nausea and vomiting. However, clinical evidence for certain herbs like feverfew and butterbur is inconsistent, with butterbur posing potential risks such as hepatotoxicity. Geographically, the United States, India, the United Kingdom, Germany, and Iran have contributed most significantly to scientific output in this field. Furthermore, data mining of classical Traditional Chinese Medicine texts revealed frequent use of formulations such as chuan xiong cha tiao san and herbs like chuan xiong, gan cao, bo he, tian ma, and sheng jiang in migraine treatment, with strong correlations between specific symptoms and particular herbs (e.g., nausea and vomiting with ginger and ban xia). The correlation coefficient ($r = 0.898$) indicates a strong positive relationship between the studied variables, reflecting high model accuracy.



کتاب خلاصه مقالات سخنرانی و پوستر
دومین کنگره ملی طب ایرانی

تهران، مرکز همایش های بین المللی رازی

۲۱ لغایت ۲۳ آبان ماه ۱۴۰۴



Conclusion : Herbal medicines show potential as effective complementary treatments for migraine, but current clinical evidence is limited, requiring more rigorous trials and long-term safety assessments. Additionally, machine learning models to predict patient responses to herbal therapies offer promising prospects for personalized migraine management.

Abstract ID: ۱۷۲

Presentation Type: Poster

Development of Intelligent Models for Disease Diagnosis and Treatment Recommendations in Iranian Traditional Medicine Using Artificial Intelligence

Tayeb Ramim^۱ *

^۱. Student Research Committee, Department of Health Information Management, School of Health Management and Information Sciences, Iran University of Medical Sciences, Tehran, Iran

Background and Aim : Iranian Traditional Medicine (ITM), rooted in a rich history of systematic use of herbal remedies and therapeutic practices, is a significant cultural and scientific legacy. However, its diagnostic and treatment approaches primarily rely on experiential knowledge and intuition. Advances in artificial intelligence (AI) offer transformative opportunities to enhance the accuracy, efficiency, and standardization of these processes. This study focuses on creating intelligent, data-driven models capable of diagnosing diseases and recommending suitable traditional treatments.

Methods : Data were extracted from diverse sources, including classical medical texts, relevant jurisprudential documents, and authoritative historical or scientific references. Specialized forms were developed to systematically gather and record patient experiences and medical histories. Advanced technologies like Optical Character Recognition (OCR) and Natural Language Processing (NLP) facilitated text analysis and high-quality information extraction. During data preprocessing, steps such as error correction, format standardization, and encoding techniques were employed. Training datasets were carefully labeled based on scientifically verified diagnoses to optimize machine learning processes. Various algorithms—including Decision Trees, Random Forests, Support Vector Machines (SVM), and both standard and deep neural networks—were tested in developing the intelligent models. The accuracy, sensitivity, specificity, and other key metrics were assessed during model validation.

Results : The research involved designing and evaluating multiple machine learning models for diagnosing diseases based on patient-reported symptoms. Among these, Decision Tree and Random Forest models achieved notable accuracy levels exceeding ۸۰٪ for common conditions such as headaches, digestive issues, and general fatigue. Specifically, the Decision Tree model achieved an average accuracy of ۸۴٪ with ۸۲٪ sensitivity, while the Random Forest model outperformed others with ۸۸٪ accuracy and ۸۶٪ sensitivity. Significant predictive features included temperament type (Mizaj), physical symptoms, and family medical history. Additionally, the AI-driven treatment recommendation system demonstrated strong performance by aligning with expert-prescribed traditional therapies in ۸۰٪ of cases. The system consistently suggested appropriate treatment options based on patient history, herbal medicine principles, and core ITM methodologies, establishing its utility as a decision-support tool in clinical settings.

Conclusion : The findings highlight the considerable potential of AI-based tools in enhancing both diagnostic accuracy and the efficacy of traditional treatment planning in ITM. By integrating AI technologies into ITM practice, healthcare providers can achieve greater precision, accessibility, and overall efficiency in service delivery.

Abstract ID: ۱۷۷

Presentation Type: Poster

The Design and Evaluation of an AI-Based Decision Support System for Temperament Analysis

Tayeb Ramim^۱ , Farzaneh Malekpour^۲ *

- ^۱. Student Research Committee, Department of Health Information Management, School of Health Management and Information Sciences, Iran University of Medical Sciences, Tehran, Iran
- ^۲. PhD student in Medical Bacteriology, Kashan University of Medical Sciences, Kashan, Iran.

Background and Aim : The temperament analysis application represents an advanced digital health tool that integrates the principles of traditional Iranian-Islamic medicine with cutting-edge artificial intelligence technologies. This system ushers in a transformative approach to diagnosing and managing temperaments. Through a standardized questionnaire based on multidimensional indicators—including physical, behavioral, physiological, and psychological traits—it collects user data. Leveraging machine learning algorithms, it evaluates the four fundamental temperament qualities (warmth, coldness, moisture, and dryness) and identifies the dominant temperament type (choleric, sanguine, phlegmatic, or melancholic) along with the percentage of each quality.

Methods : The result is a personalized and interactive report featuring graphic visualizations alongside practical recommendations across four key areas: nutrition (including suitable foods, items to avoid, dietary ameliorators, and preparation methods), lifestyle management (such as optimizing sleep and physical activity), emotional well-being (enhancing relationships and reducing stress), and prevention of temperament-related disorders. One standout feature is its dynamic temperament tracking capability, which monitors user progress to update therapeutic and lifestyle suggestions, ensuring they align more closely with the individual's evolving needs.

Results : This tool offers broad applications. For general users, it creates opportunities for self-care and personalized lifestyle adjustments in areas such as diet and even professional development. Health professionals—including traditional medicine practitioners, consultants, and psychologists—can use it in clinical settings to accelerate evaluations and enhance diagnostic accuracy. Educational institutions may adopt it as a platform to promote preventive lifestyle habits. Moreover, in medical research, the system facilitates the provision of structured data for epidemiological studies.

Conclusion : By combining the wisdom of traditional Iranian-Islamic medicine with AI technology, this system not only democratizes access to temperament diagnosis but also delivers evidence-based solutions with notable impacts on mitigating temperament-related issues and improving overall quality of life. This innovation marks a significant step toward comprehensive, preventive, and personalized health care, aligning seamlessly with the foundational goals of traditional medicine.

Abstract ID: ۱۷۳

Presentation Type: Poster

Discovery of Anti-Diabetic Compounds from Ancient Texts Using Graph Neural Networks

Tayeb Ramim^۱ *

^۱. Student Research Committee, Department of Health Information Management, School of Health Management and Information Sciences, Iran University of Medical Sciences, Tehran, Iran

Background and Aim : Type ۲ diabetes, as a global epidemic, necessitates the development of effective treatments with minimal side effects. Ancient Persian medical texts, such as *Zakhireye Khwarazmshahi*, Avicenna's *Canon of Medicine*, and Razi's *Al-Hawi*, contain a wealth of herbal anti-diabetic formulations. However, systematically extracting this knowledge has been challenging due to the vast volume of data, linguistic complexity, and the dynamic relationships between components. Graph Neural Networks (GNNs), with their ability to model relational structures, provide a groundbreaking approach to analyzing these texts.

Methods : This review examines the application of GNNs across three primary axes based on a review of ۷۸ sources (۲۰۱۵–۲۰۲۴): First, the construction of knowledge graphs where nodes represent medicinal plants (e.g., milk thistle, fenugreek, colocynth), chemical compounds, and diseases, while edges depict therapeutic relationships derived from digitalized versions of ۱۲ reference texts and phytochemical databases. Second, the use of advanced architectures such as Graph Convolutional Networks (GCNs) for uncovering hidden features, and Graph Attention Networks (GATs) for assigning weights to relationships based on the historical credibility of sources. Third, the validation of findings through *in vitro* assays (e.g., alpha-glucosidase enzyme inhibition) and clinical data.

Results : The results highlight that GNNs successfully rediscovered eight forgotten anti-diabetic formulations, three of which—ginger-based *Joarish syrup*, *Habb al-Ghafiqi pills*, and violet ointment—demonstrated a ۲۳–۳۷% reduction in fasting blood sugar in *in vivo* studies. Additionally, novel synergistic pairs like "plantago + hibiscus tea," with ۱,۷ times higher efficacy, and the predicted molecular mechanisms (e.g., the effects of sidr and milk thistle on PPAR γ and GLUT $\frac{4}{2}$ modulation) emerged as pivotal achievements. The primary advantage of GNNs lies in their ability to process multi-layered indirect relationships (plant, active compound, disease), minimize human interpretive errors, and simulate traditional "compound formulation" logic based on humoral theory principles.

Conclusion : Nevertheless, challenges remain, including the lack of standardized data, linguistic ambiguities in historical texts, and limitations in experimental validation (only ۱۵% of formulations tested). Consequently, GNNs serve as a bridge between the untapped treasures of Persian medicine and modern drug discovery technologies. They offer a model for developing multi-component, low-risk therapeutics, though practical realization will require interdisciplinary collaboration among computer scientists, phytochemists, and traditional medicine experts.



Abstract ID: ۲۳۹

Presentation Type: Poster

Nutritional Patterns and Temperament in Vitiligo Patients: Insights from Traditional Persian Medicine

Mohammad Mahdi Parvizi^۱, Ehsan Asgari-Niasar^۱, Maryam-Sadat Sadati^۱, Zahra Salehi^{۲*}

^۱. Molecular Dermatology Research Center, Shiraz University of Medical Sciences, Shiraz, Iran

^۲. ^۱. Allergy Research Center, Shiraz University of Medical Sciences, Shiraz, Iran ^۲. Research Center for Traditional Medicine and History of Medicine, Department of Persian Medicine, School of Medicine, Shiraz University of Medical Sciences, Shiraz, Iran

Background and Aim : Vitiligo, a chronic autoimmune skin disorder characterized by melanocyte loss, presents remarkable physical and psychosocial challenges. While its etiology remains multifactorial, emerging evidence has implicated diet as a potentially modifiable factor influencing the disease's onset and progression. The present study aimed to investigate the dietary patterns and temperament (Mizaj) characteristics in individuals with vitiligo.

Methods : A case-control study was conducted at Molecular Dermatology Research Center, Shiraz, Iran, in ۲۰۲۴, involving ۶۰ patients diagnosed with vitiligo and ۶۰ age- and sex-matched healthy controls. Dietary intake and Mizaj of the participants were assessed according to the Food Frequency Questionnaire (FFQ) and Mojahedi's Mizaj Questionnaire (MMQ), respectively. Statistical analyses were carried out by Stata ۱۴,۲, and p-values under and equal to ۰,۰۵ were considered significant.

Results : Vitiligo patients demonstrated significantly higher consumption of specific fruits and vegetables (e.g., lettuce, cucumber, pumpkin, carrots, potato, pomegranate), condiments (salt, spices), and other food items such as soy, liquid oils, and citrus fruits ($p < ۰,۰۵$). Of ۳۵ food items differing significantly between groups, six had a wet Mizaj, and two had a dry Mizaj. Patients also consumed more foods with a cold Mizaj (۱۱ items) than those with a hot Mizaj (۵ items). Findings revealed no significant Mizaj differences between groups in terms of hot-cold ($p = ۰,۱۰۱$) or wet-dry ($p = ۰,۸۹۵$).

Conclusion : The findings suggest a potential link between dietary habits and vitiligo. Further longitudinal and mechanistic studies are needed to explore diet-based therapeutic strategies with Persian medicine frameworks.

Abstract ID: ۴۶۷

Presentation Type: Poster

Application of Modern Medical Informatics Technologies in the Development and Evaluation of Persian Medicine

Sougang Setareh^۱ *, Hamed Samadpour^۲ , Roshanak mokaberi nejad^۳ , Sajjad sadeghi^۳

۱. *Traditional medicine and materia medica research center(TMRC) of Shahid beheshti University of Medical Sciences,Tehran, Iran*
۲. *Department of Health Information Management, School of Allied Medical Sciences, Tehran University of Medical Sciences Tehran Iran*
۳. *Department of Traditional Medicine, School of Traditional Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran*

Background and Aim : Persian Medicine (PM), with deep historical roots, remains an important component of health systems in many countries. Despite the dominance of modern biomedicine, PM continues to be practiced widely and has been increasingly integrated into a new approach called integrative medicine. The rapid growth of information technologies and medical informatics has created novel opportunities to modernize, evaluate, and integrate traditional medical practices. This study aims to examine the potential applications of informatics technologies in supporting the development, standardization, and scientific evaluation of Persian Medicine

Methods : A literature review was conducted to explore applications of artificial intelligence (AI), machine learning (ML), data mining, natural language processing (NLP), and health information systems in PM, Additionally, discussions were held with Persian Medicine specialists to understand their needs and expectations regarding new information systems. Evidence was analyzed to design a conceptual framework for the application of these methods in Persian Medicine.

Results : Intelligent Decision support systems based on ML have demonstrated significant potentials in determinations assessing individual's temperaments (Mizaj), classify diseases according to traditional concepts, and propose personalized treatments. Data mining and deep learning techniques may enable the extraction of valuable patterns from ancient manuscripts and herbal formulations. Studies show that ML can be used for analyzing diagnostic signals, such as pulse examination in liver diseases. Integrated health information systems provide essential infrastructure for documenting, monitoring, and evaluating PM interventions, while ICD-۱۰-based classification frameworks support the standardization of terminology and structured data analysis. Interactive digital platforms expand access to care and improve communication between practitioners and patients. Deep learning in image analysis, which is already advanced in radiology, can be applied to PM diagnostic methods, such as tongue, facial, and pulse analysis. Moreover, mining electronic health records (EHRs) enhances both clinical applications and research in integrative medicine.

Conclusion : Medical informatics offers considerable potential to advance Persian Medicine by providing tools for scientific validation, safe integration, and personalized care. Key challenges include the need to standardize concepts and terminologies, establish stronger evidence for interventions, and build appropriate technical infrastructures. At the same time, safety concerns such as side effects and drug interactions must be carefully managed, which can be addressed using informatics solutions. By fostering interdisciplinary collaboration between medical informatics experts and traditional medicine practitioners, it is possible to revitalize the valuable heritage of Persian Medicine and promote high-quality, patient-centered, and personalized healthcare.

Abstract ID: ۳۳۸

Presentation Type: Poster

Integrating Artificial Intelligence With Iranian Traditional Medicine for Lifestyle and Preventive Care

Zeinab Shahsavari Alavijeh^۱ *

^۱. Tehran University

Background and Aim : Artificial intelligence (AI) systems that analyze multimodal physiological, behavioral, and textual signals now achieve near-real-time pain assessment accuracy above ۹۰%, outpacing conventional nurse-reported scales (Lee & Kim, ۲۰۲۳). Likewise, machine-learning triage models integrating vital signs with free-text complaints have reduced under-triage errors by ۱۷% in emergency departments (Smith et al., ۲۰۲۴). Yet the relevance of these technologies for Iranian traditional medicine (ITM)—whose diagnostic logic centers on humoral balance and lifestyle regulation—remains underexplored, despite national policy support for digital health transformation (World Health Organization [WHO], ۲۰۲۲).

Methods : Objective: This study synthesizes current evidence on AI-driven pain recognition and triage, maps points of convergence with ITM lifestyle principles, and proposes an implementation pathway that respects cultural epistemologies while promoting equitable preventive care. Methods: A narrative review of ۳۱ peer-reviewed articles on AI-based pain assessment (۲۰۱۵–۲۰۲۴) and ۲۲ on machine-learning triage was conducted. Databases searched included PubMed, Scopus, and SID. Performance metrics, usability findings, and cultural adaptation strategies were extracted. Policy documents from WHO and Iran’s Ministry of Health were reviewed to contextualize regulatory readiness. Implementation Roadmap: (۱) Establish federated learning hubs linking urban hospitals and rural traditional clinics to share model updates without exchanging raw data, thereby safeguarding patient privacy. (۲) Develop culturally annotated datasets that include Persian pain lexicons and temperament indices. (۳) Train “digital Hakim” facilitators—clinicians versed in both AI literacy and classical scholarship—to foster community trust. Regulatory alignment with Iran’s data-governance framework and WHO guidelines on ethical AI is essential (WHO, ۲۰۲۲).

Results : Multimodal AI models that fused heart-rate variability, galvanic skin response, and facial action units increased diagnostic sensitivity by ۱۲ percentage points compared with single-modality systems, achieving $\geq 90\%$ sensitivity for severe postoperative pain (Lee & Kim, ۲۰۲۳). Gradient-boosted triage algorithms incorporating demographics, vital signs, and chief-complaint text reached ۸۴% five-level accuracy, outperforming logistic regression’s ۷۱% (Smith et al., ۲۰۲۴). These capabilities align with ITM’s emphasis on continuous temperament monitoring: wearable sensors provide non-invasive proxies for humoral states, enabling early detection of imbalances before they manifest as overt disease. Personalized triage thresholds can embed Mizaj classifications (e.g., sanguine, phlegmatic), tailoring urgency recommendations to individual constitutions. Moreover, AI-enabled monitoring can flag adverse reactions to botanical prescriptions by correlating temporal pain spikes with dosing logs, thus enhancing pharmacovigilance. Rural impact is attainable via edge-computing architectures that run on low-power devices, extending sophisticated analytics to village clinics where ITM often serves as primary care.



Conclusion : AI-enhanced pain assessment and triage offer a pragmatic pathway to operationalize ITM's lifestyle- and prevention-oriented philosophy. By integrating multimodal sensing, culturally sensitive modeling, and federated infrastructures, Iranian health systems can improve early detection, personalize interventions, and democratize access to high-quality care. Prospective multicenter trials and participatory design with traditional practitioners are recommended to validate clinical benefits, economic feasibility, and social acceptability. Successful adoption could position Iran as a regional leader in culturally attuned digital health innovation, advancing the Sustainable Development Goal of universal health coverage while honoring centuries-old medical heritage.

Abstract ID: ۱۷۴

Presentation Type: Poster

Integrating Traditional Iranian Medicine with Modern Diagnostic Technologies

Salehe Sheikholislam^۱ *

^۱. No person

Background and Aim : Summary: This article explores the integration of Traditional Iranian Medicine (ITM) with modern digital technologies to enhance diagnostic accuracy and patient outcomes. ITM, a centuries-old holistic healthcare system, emphasizes temperament analysis (Mizaj), pulse diagnosis, and observation of linguistic and physical signs. The integration of digital tools and AI aims to improve these methods by providing more accurate and standardized data analysis. Hybrid models that combine traditional and modern clinical data show promising results. Despite challenges such as the need for physician training and data standardization, this integration offers significant opportunities for better healthcare, evidence-based traditional medicine, and culturally sensitive care. Overall, the fusion of ITM and modern technology can significantly advance diagnostic methods and enhance patient care.

Methods : Introduction: Iranian Traditional Medicine (ITM) is a healthcare system based on holistic principles dating back centuries, involving the assessment of physical, mental, and environmental factors. Central to this approach are unique diagnostic methods rooted in ancient theories. As modern medicine evolves with digital tools and artificial intelligence (AI), there is a growing interest in integrating traditional knowledge with modern technologies to improve diagnostic precision and patient outcomes.

Results : Results: The integration of ITM with modern digital technologies shows a promising avenue for enhancing healthcare diagnostics. ITM emphasizes a holistic approach, with diagnostic methods rooted in ancient theories such as temperament analysis (Mizaj) and pulse diagnosis. Modern digital tools and AI offer increased accuracy and standardization in data analysis, addressing some limitations of traditional methods. AI and machine learning (ML) can analyze extensive datasets, identify patterns, and assist in personalized treatment planning. Hybrid models that integrate traditional and modern clinical metrics have demonstrated increased diagnostic reliability and patient satisfaction.

Conclusion : Conclusion: Combining traditional Iranian diagnostic methods with modern digital technologies offers a promising path toward more comprehensive, accurate, and culturally appropriate healthcare. While challenges remain, the integration of traditional and modern data holds great potential for advancing diagnostic tools and improving overall patient care. This integration could enhance diagnostic accuracy, make traditional medicine more evidence-based, and offer culturally tailored care to Iranian and regional populations, supporting innovation in personalized medicine by merging ancient wisdom with cutting-edge analytics.



Abstract ID: ۳۲۴

Presentation Type: Poster

The Application of Artificial Intelligence in Iranian Traditional Medicine: Advances, Challenges, and Future Perspectives

Shekoofeh Zamani^۱ , Sedigheh Zamani^۲ , Mohadeseh Zamanian^۳ *

۱. BSc in Nursing, Emergency Department, Al-Zahra Hospital, Isfahan, Iran. she.zamani7@gmail.com. ORCID ID <https://orcid.org/0000-0002-8836-7098>
۲. BSc in Nursing, Pediatrics Department, Askariyeh Hospital, Isfahan, Iran sedigheh.zamani7@gmail.com. ORCID ID <https://orcid.org/0009-0007-3875-8115>
۳. BA, Department of Nursing, Najafabad Branch, Islamic Azad University, Najafabad, Isfahan, Iran. Mzamanian629@gmail.com. ORCID ID <https://orcid.org/0009-0007-2497-3404>.

Background and Aim : Introduction: Iranian Traditional Medicine (ITM), with a history spanning thousands of years, is founded on holistic and personalized healthcare principles, such as temperament ("Mizaj"). However, the subjective nature of its diagnostic methods, a lack of quantitative standards, and a heavy reliance on a practitioner's experience have posed significant challenges. In recent decades, the emergence of Artificial Intelligence (AI) and Large Language Models (LLMs) has created unprecedented opportunities to modernize, standardize, and scientifically analyze ITM. Given the increasing public interest in Iranian Traditional Medicine and the advancements in Artificial Intelligence, this study aims to provide an overview of the key applications, developments, and challenges in this field, based on recent scientific research.

Methods : To conduct this review, a search was performed on the databases PubMed, Google Scholar, SID, Civilica, and Magiran using the keywords "Traditional Medicine" and "Artificial Intelligence." The World Health Organization (WHO) report was also analyzed. These studies cover various areas, including intelligent diagnostics, knowledge discovery, therapeutic interaction modeling, and challenges related to data and ethics.

Results : The reviewed research highlights the potential of AI in several key areas: Intelligent Diagnostics: AI can objectify and quantify traditional diagnostic methods. For instance, a study in ITM has successfully used a fuzzy decision tree algorithm to automate temperament diagnosis, a crucial step toward standardizing this vital process. Such modeling increases diagnostic accuracy and reduces reliance on subjective practitioner judgment. Knowledge and Drug Discovery: AI serves as a powerful tool for analyzing data from ancient texts and clinical records, enabling the discovery of hidden patterns and active compounds in medicinal plants. Using network pharmacology and systems biology, this technology can investigate the complex mechanisms of herbal treatments at the molecular and genomic levels, thereby contributing to a more scientific understanding of their effects. Clinical Decision Support and Personalized Treatment: AI models can assist practitioners in providing personalized treatment plans. While LLMs are not yet capable of replacing human experts and still face challenges in comprehending deep traditional concepts, they can serve as valuable support tools for information extraction and therapeutic recommendations.

Conclusion : AI holds immense potential for the modernization, standardization, and globalization of Iranian Traditional Medicine. By offering objective and data-driven solutions, this technology can address the traditional challenges of subjectivity and a lack of standardization. However,



کتاب خلاصه مقالات سخنرانی و پوستر
دومین کنگره ملی طب ایرانی



تهران، مرکز همایش های بین المللی رازی

۲۱ لغایت ۲۳ آبان ماه ۱۴۰۴

realizing this potential requires addressing key challenges: first, the need to develop standardized, high-quality databases of ITM texts and clinical records; second, the development of interpretable AI models that practitioners can trust; and third, the establishment of appropriate ethical and legal frameworks. Through close collaboration among ITM specialists, data scientists, and policymakers, AI can become a powerful tool for advancing Iranian Traditional Medicine into a precise and reliable science for the ۲۱st century.



Abstract ID: ۱۲۰

Presentation Type: Poster

Investigating the Potentials and Challenges of Iranian traditional medicine tourism in Western Iran

Fozie Amirian^۱*, Roksana sheikhi^۱

^۱. Kermanshah University of Medical Science

Background and Aim : Title: Investigating the Potentials and Challenges of Iranian traditional medicine tourism in Western Iran Abstract: Iranian traditional medicine tourism, as a significant branch of health tourism, offers great potential for the economic, social, and cultural development of various regions of the country . From this perspective Iranian Traditional Medicine is a link between heritage, health and economy. This study aimed to identify the capacities and challenges of traditional medicine tourism in western Iran. The research was conducted using a qualitative method based on document analysis, review of previous studies, and semi-structured interviews with ۱۰ experts in traditional medicine, tourism, and local management. The findings revealed that western Iran, due to its diversity of medicinal plants, favorable climate, the presence of traditional medicine practitioners, and its historical background in traditional treatments, holds high potential for the development of traditional medicine tourism. However, the lack of proper infrastructure, absence of integrated planning, and weak targeted promotion are among the main challenges in this sector. The results emphasize the need for strategic planning, infrastructure development, and enhanced collaboration among scientific, tourism, and health sectors to sustainably utilize the potentials of traditional medicine tourism in western Iran. Keywords: health tourism, Iranian traditional medicine, western Iran, medicinal plants, sustainable development

Methods : The research was conducted using a qualitative method based on document analysis, review of previous studies, and semi-structured interviews with ۱۰ experts in traditional medicine, tourism, and local management.

Results : The findings revealed that western Iran, due to its diversity of medicinal plants, favorable climate, the presence of traditional medicine practitioners, and its historical background in traditional treatments, holds high potential for the development of traditional medicine tourism. However, the lack of proper infrastructure, absence of integrated planning, and weak targeted promotion are among the main challenges in this sector

Conclusion : The results emphasize the need for strategic planning, infrastructure development, and enhanced collaboration among scientific, tourism, and health sectors to sustainably utilize the potentials of traditional medicine tourism in western



Abstract ID: ۵۲

Presentation Type: Poster

Integrating Persian Traditional Medicine into Health Tourism: Potentials, Challenges, and Strategic Pathways

Mahdi Eslami^۱ *

^۱. Department of Persian Medicine, School of Medicine, Birjand University of Medical Sciences, Birjand, Iran

Background and Aim : Health tourism, as an emerging branch of the tourism industry, offers considerable potential for sustainable development and cross-cultural knowledge exchange. Among various medical traditions, Persian traditional medicine -one of the oldest medical systems in the world- presents unique opportunities through its emphasis on prevention, temperament-based diagnostics, and natural therapies. The integration of this medical heritage with health tourism infrastructure can establish a locally grounded yet globally competitive model.

Methods : To assess the role and potential of Persian traditional medicine in the health tourism sector, a systematic literature review was conducted, covering publications from ۲۰۱۰ to ۲۰۲۴. Major databases including Web of Science, PubMed, Scopus, and SID were searched using keywords such as "Persian Traditional Medicine", "Iranian Traditional Medicine", "Medical Tourism", "Health Tourism in Iran" and inclusion criteria comprised research articles, systematic reviews related to traditional medicine and health tourism.

Results : Content analysis of these studies revealed that Persian traditional medicine offers four key advantages for integration into the health tourism industry: Nature-based and low-risk therapies (medicinal plants, herbal drugs, traditional massage, dry cupping), which are especially attractive to health tourists from Muslim-majority countries and Middle East. A well-documented scientific and historical foundation, rooted in canonical texts such as Avicenna's Canon of Medicine and Jorjani's Zakhireh Kharazmshahi, which can serve as a cultural-medical brand. Alignment with Islamic values and lifestyle, increasing its appeal in target markets such as Tajikistan, Afghanistan, Uzbekistan, Iraq and certain Arab countries. Cost-effectiveness, as PTM services are generally more affordable compared to conventional or complementary medical treatments in more developed nations. Conversely, several challenges were identified, including: Lack of international standards for the delivery of traditional medicine services; Deficiency in quality certification and scientific accreditation for active PTM clinics; Institutional fragmentation between the Ministry of Health, the Ministry of Tourism, and academic institutions; A conservative or instrumental approach toward traditional medicine among some policymakers.

Conclusion : Persian traditional medicine holds significant promise for enhancing the distinctiveness of Iran's health tourism offerings. Realizing this potential requires coordinated national policies, strengthened educational and clinical infrastructures, and the development of quality assurance mechanisms for traditional medicine services. Furthermore, synergies between the health, tourism, and cultural sectors can facilitate authentic, science-based experiences for international visitors. The future success of this sector depends on interdisciplinary models and the strategic promotion of health diplomacy rooted in Persian traditional medical knowledge.

Abstract ID: ۸۳

Presentation Type: Poster

Sand Therapy (Rammal) in Persian Medicine: An Integrative Approach for Health and Medical Tourism

Narjes Khavasi^۱*, Saeed Sardari^۱

^۱. Department of Persian Medicine, School of Medicine, Zanjan University of Medical Sciences

Background and Aim : Sand therapy, known as Rammal or Rig-darmani in Persian Medicine (PM), represents a centuries-old therapeutic modality grounded in the holistic principles of temperament (Mizaj). This natural intervention utilizes the intrinsic thermal and mineral properties of desert environments to rebalance physiological disturbances, particularly those characterized by excess coldness and moisture—a foundational concept in PM’s diagnostic framework. Historically documented in classical texts by Avicenna (Ibn Sina) and later scholars, sand therapy targets chronic conditions recalcitrant to conventional treatments. With Iran’s expansive desert landscapes and rising global interest in non-pharmacological therapies, this study examines Rammal’s mechanistic foundations, clinical applications, and viability within Iran’s medical tourism ecosystem.

Methods : A systematic analysis of primary and secondary sources was conducted. Classical PM manuscripts—including Avicenna’s *The Canon of Medicine* (Book IV: Physical Modalities) and Aghili Khorasani’s *Makhzan al-Adviyah* (Chapter on Mineral Therapies)—were reviewed to extract therapeutic protocols, indications, and safety considerations. Contemporary literature was sourced via PubMed, Scopus, and IranMedex using terms: “sand therapy,” “thermal therapy,” “Persian medicine,” “medical tourism,” “desert medicine.” Data synthesis focused on: Pathophysiological mechanisms, Clinical efficacy evidence, Tourism infrastructure alignment. Grey literature from Iran’s National Medical Tourism Directorate supplemented policy context.

Results : Therapeutic Mechanisms & Applications: Temperament-Based Action: Heated sand exhibits a “warm-dry” Mizaj, counteracting cold/moist pathologies. Immersion ($40-45^{\circ}\text{C}$) induces vasodilation, elevating local tissue temperatures by $3-5^{\circ}\text{C}$ —critical for managing arthritis, fibromyalgia, and post-stroke spasticity. Detoxification: PM attributes 60-90 min sessions to diaphoresis, expelling “morbid humors” via sweat. Modern studies correlate this with reduced serum inflammatory markers (IL-6, TNF- α). Site-Specific Protocols: Avicenna prescribed lumbar burial for sciatica, limb immersion for paralysis, and full-body exposure for rheumatism, adjusted to individual Mizaj (e.g., shorter duration for “warm-tempered” patients). Medical Tourism Integration Geographical Advantage: Iran’s Maranjab (Isfahan), Mesr (Isfahan), and Lut (Kerman) deserts provide optimal silica-rich sand with high heat retention. Cost-Effectiveness: Requires minimal infrastructure—sun exposure, shaded rest areas, and hydration stations. Cultural Resonance: Bundling Rammal with PM dietary regimens and cupping amplifies tourist appeal. Pilot programs in Isfahan (۲۰۲۲) reported ۸۹% patient satisfaction among international attendees with chronic pain. Implementation Challenges Safety: Risks include dehydration (mitigated via pre/post-therapy electrolyte drinks) and burns (controlled by sand-depth thermometers). Standardization: Lack of unified guidelines for session duration/frequency per disease stage. Training Gap: Few PM graduates specialize in environmental therapies; cross-training with physiotherapists is proposed.



Conclusion : Rammal integrates Persian Medicine's holistic principles with evidence-based rehabilitation, aligning with WHO strategies. As Iran's medical tourism "signature therapy," its success requires: ۱. Clinical validation (e.g., controlled trials), ۲. Desert wellness retreat partnerships, ۳. National accreditation standards. Unaddressed safety/training gaps risk trivializing PM. This nature-based approach offers significant tourism potential but demands collaborative research, protocol standardization, and specialized training to position Iran as a global leader in holistic desert medicine while advancing PM's legitimacy.



Abstract ID: ۲۳۶

Presentation Type: Poster

Development Capacities of Health Tourism Based on Persian Medicine in Chaharmahal and Bakhtiari Province

Nasim Madadi^۱ *

^۱. Shahrekord University of Medical Sciences, Chaharmahal and Bakhtiari Province.

Background and Aim : According to the World Tourism Organization (UNWTO), health tourism refers to travel aimed at maintaining or improving physical and mental health outside one's usual environment, using medical or nature-based services. As one of the fastest-growing sectors of global tourism, it plays a key role in economic development by utilizing domestic capacities. Persian Medicine (PM), rooted deeply in Iranian culture, offers a wealth of lifestyle recommendations and preventive manual procedures such as massage, dry cupping, and aromatherapy, positioning it as a powerful contributor to health tourism. Chaharmahal and Bakhtiari Province, with its four-season climate, rich reserves of medicinal plants, and indigenous PM knowledge, holds exceptional potential for attracting health tourists. The systematic and strategic utilization of these capacities can support the market for medicinal plants and PM-based health services, boosting local economic growth. This study aims to identify capacities and outline strategies to develop PM-based health tourism in Chaharmahal and Bakhtiari Province.

Methods : This research employed a descriptive-analytical method using official government documents and scientific publications. Articles were retrieved from PubMed, Scopus, Web of Science, and Google Scholar using the keywords "tourism," "health tourism," and "Chaharmahal and Bakhtiari." Relevant national instructions on tourism development were also reviewed.

Results : Chaharmahal and Bakhtiari's mountainous climate, pristine nature, mineral springs (e.g., Sardab, Galugerd), and over ۱۲۰۰ species of medicinal plants make it a suitable location for health tourism rooted in PM. The indigenous use of these natural resources for therapeutic purposes, along with a traditional lifestyle that emphasizes disease prevention, enhances the province's potential. The region's cultural alignment with PM practices enables the development of integrated health tourism programs. Reports from the Iranian Cultural Heritage and Tourism Organization indicate the presence of ۳۷ ecotourism resorts in the province. These centers, which maintain traditional architecture and local customs, are inherently compatible with PM's philosophy of health promotion. However, optimal utilization of this potential demands enhanced service quality, structured training for local personnel, and the formation of connections between these resorts and PM healthcare providers. Challenges such as insufficient advertising, poor communication infrastructure, fragmented planning, limited facilities, and a lack of service standardization impede progress. Addressing these issues requires operational strategies involving inter-sectoral collaboration, the development of specialized infrastructure, and targeted promotion of the region's PM-based assets.

Conclusion : The findings highlight the need for establishing specialized PM centers, training local human resources, and designing health promotion packages based on PM. Active participation of private ecotourism lodges can serve as a key facilitator. Through integrated planning and leveraging the region's unique natural and cultural capacities, Chaharmahal and Bakhtiari can emerge as a national hub for PM-centered health tourism, contributing to both regional development and the revitalization of Persian Medicine.

Abstract ID: ۱۸۴

Presentation Type: Poster

Factors affecting health tourism in Iran: A review study

Fatemeh Moaddab^۱ *, Zahra Gholipour Soleimani^۲

- ^۱. Assistant Professor, Department of Nursing, School of Nursing and Midwifery, Guilan University of Medical Sciences, Rasht, Iran
- ^۲. Master's student, Department of Digital Health Management, Apollon University of Health Economics, Bremen, Germany

Background and Aim : Health tourism is a type of tourism that aims to restore, improve, and achieve a person's mental and physical health in a period of more than ۲۴ hours and less than a year. Given that each health tourist brings three times more foreign exchange than an unhealthy tourist to the destination, it has been considered a competitive industry in the world, and due to this, increasing competition has begun among Asian countries to attract health tourists. Since choosing a destination that is supposed to improve one's health is an important process that requires examining various factors, this study was conducted to investigate the factors affecting the promotion of health tourism in Iran.

Methods : This research was a review study that was conducted by searching the databases: Google scholar, Science direct, SID, Pubmed, Magiran with the Persian and English keywords "Health tourism", "Medical tourism", "Tourism", "Foreign patient", "Health village", based on Mesh. Articles were collected without considering time limits. All necessary ethical issues regarding the correct use of the articles were extracted and the standards related to the publication of the work were observed.

Results : ۳۱ papers were examined after removing duplicate, irrelevant papers and unavailable full text. The main goals of health tourists in Iran are infertility treatments, dentistry, plastic surgery, eye, heart diseases, cancer-related diseases, and tourism in healing waters. Based on the results of the studies examined, the following factors can be mentioned as effective factors in promoting health tourism: increasing private sector participation, establishing special hospitals and clinics for medical tourism with high-tech medical facilities and equipment, world-class standards, and appropriate welfare and accommodation facilities, creating tourist villages, creating specialized medical travel agencies for treating specific diseases, and creating rehabilitation tour services as the third level of prevention in reducing the level of damage caused by diseases (rehabilitation of heart diseases and brain patients, treatment of drug addictions), facilitating the entry and exit of medical tourists, visa services and duration, reducing the cost of stay and treatment costs, using information and communication technology for effective advertising and marketing in the fields of medicine and health, creating a culture for the entry of foreign tourists with different cultures and customs and respecting their beliefs, diversity in service provision, improving satisfaction with service provision, globalization of services, international insurance coverage, using modern technology, and political and economic stability.

Conclusion : Considering that health tourism, as one of the dimensions of tourism, can contribute to the sustainable development and dynamism of the Iranian economy, and the abundance of natural attractions in terms of tourism, the belief in the existence of healing waters, the presence of experienced doctors and hospitals with specialized and sub-specialized facilities, and low treatment costs, there is the potential to place us in a higher position in this industry by implementing and utilizing factors that are effective in promoting health tourism; therefore, it is recommended that the relevant authorities pay special attention to this matter.



کتاب خلاصه مقالات سخنرانی و پوستر
دومین کنگره ملی طب ایرانی



تهران، مرکز همایش های بین المللی رازی

۲۱ لغایت ۲۳ آبان ماه ۱۴۰۴



Abstract ID: ۱۰۶

Presentation Type: Poster

A Brief Overview of the Advantages of Iranian Traditional Medicine Tourism and Its Untapped Potentials

Mohammad Panahi^۱ *

^۱. *Mohammad panahi*

Background and Aim : A Brief Overview of the Advantages of Iranian Traditional Medicine Tourism and Its Untapped Potentials Mohammad Panahi Ph.D., Secretary of the Joint Committee on Health Tourism, Tehran Province Abstract According to many experts, tourism is considered one of the most profitable industries in the world. Based on estimates by the World Tourism Organization prior to the COVID-۱۹ crisis, it ranked as the third leading industry globally in terms of financial turnover and investment, after the oil and gas industry. In most developed countries, tourism has taken on a specialized approach and encompasses various sectors such as health tourism, sports tourism, religious and ritual tourism, scientific tourism, maritime tourism, agricultural tourism, rural tourism, culinary tourism, niche-interest tourism, and desert, jungle, and wilderness tourism. Among these, Iranian Traditional Medicine—owing to its rich scientific, historical, and cultural heritage and its specialized approach to topics such as climatology, ecotourism, health preservation, lifestyle, nutrition, and more—can be considered one of the richest foundations for specialized tourism. It holds a unique and unparalleled role in advancing specialized tourism, particularly health tourism, medical tourism, wellness tourism, and nature-based healing tourism in Iran. By leveraging the capacities of Iranian Traditional Medicine tourism, it is possible to promote lifestyle recommendations, approaches for adapting to various climates (desert, jungle, sea, etc.), health preservation strategies during travel, and the use of simple yet effective treatment methods under the umbrella of this form of tourism. Given Iran's rich variety of medicinal plants and diverse climate, the promotion and development of Iranian Traditional Medicine tourism could significantly contribute to the growth and expansion of agricultural tourism. Keywords: Advantages of Iranian Traditional Medicine Tourism, Tourism Potentials

Methods : Review

Results : Review

Conclusion : Review

Abstract ID: ۴۴۱

Presentation Type: Poster

Tourism Strategic Planning for Persian Medicine: An Integrated Framework for Development

Peyman Parvizrad^۱ *

^۱. Vice Chancellery for Development Management & Resources, Iran Ministry of Health and Medical Education, Tehran, Iran

Background and Aim : The global wellness tourism market is expanding rapidly, driven by a growing consumer interest in holistic, preventive, and experience-based health interventions. Persian Medicine (PM), with its rich theoretical foundation focusing on lifestyle modification and natural therapeutics, represents a significant yet underutilized asset within this sector. While Iran possesses a deep heritage in PM, its potential for attracting health and wellness tourists remains largely untapped due to a lack of cohesive strategic planning. This study aims to bridge this gap by developing a comprehensive strategic framework for integrating PM into Iran's national tourism portfolio, thereby fostering economic growth, cultural preservation, and global health diplomacy.

Methods : This qualitative research employed a multi-method approach to gather and analyze data. First, a systematic literature review was conducted to identify core principles of PM, successful models of medical and wellness tourism worldwide, and key strategic planning methodologies. Second, semi-structured interviews were held with a purposive sample of ۲۵ key stakeholders, including PM professionals & practitioners, tourism officials, hospitality managers, and public health policymakers. Third, a Strengths, Weaknesses, Opportunities, and Threats (SWOT) analysis was synthesized from the collected data. Finally, a two-round Delphi technique was utilized with an expert panel to validate findings and build consensus on strategic priorities and actionable initiatives.

Results : The analysis revealed a strong foundation for PM tourism, identified as key Strengths (e.g., unique, holistic medical system; enriched cultural heritage; natural biodiversity of medicinal plants). Critical weaknesses included a lack of standardized services, insufficient international branding & marketing, and rather weak integration between the health and tourism sectors. Significant opportunities were identified in the growing global wellness market and demand for authentic experiences. Primary threats involved recent regional tensions, emerging competition and potential regulatory hurdles. The consensus-based strategic framework outlines four central pillars: ۱) Product (Service) Development: Creating standardized wellness packages, retreats, and educational tours; ۲) Capacity Building: Training certified PM therapists and guides; ۳) Marketing & Branding: Developing a distinct "Wellness Destination Iran" brand targeting niche markets; and ۴) Policy & Governance: Establishing a national steering committee to integrate efforts across ministries and ensure quality assurance.

Conclusion : The findings underscore that the successful development of PM tourism is contingent on a coordinated, multi-stakeholder approach that moves beyond isolated initiatives. The proposed strategic framework provides a practical roadmap for transforming Iran's PM heritage into a sustainable and competitive tourism product. This integration promises not only economic benefits but also a platform for cultural exchange and the global promotion of preventive healthcare paradigms. It is concluded that strategic investment in this niche market can position Iran as a leading destination for trustworthy wellness tourism, necessitating further pilot studies and policy implementation based on the outlined recommendations.



کتاب خلاصه مقالات سخنرانی و پوستر
دومین کنگره ملی طب ایرانی



تهران، مرکز همایش های بین المللی رازی

۲۱ لغایت ۲۳ آبان ماه ۱۴۰۴

Abstract ID: ۱۴۵

Presentation Type: Poster

Artificial Intelligence for Tourism Development Planning of Persian Medicine

Peyman Parvizrad^۱ *

^۱. Vice Chancellery for Development Management & Resources, Iran Ministry of Health and Medical Education, Tehran, Iran

Background and Aim : Persian medicine is a complex and rapidly evolving field, with a wide range of factors influencing the development and planning of healthcare services. In recent years, the use of artificial intelligence (AI) has gained significant attention for its potential to revolutionize various aspects of healthcare, including tourism development planning. The aim of this research paper is to explore the potential applications of AI in the tourism development planning of Persian medicine, with a focus on improving efficiency, effectiveness, and accessibility of healthcare services.

Methods : This research paper utilizes a combination of literature review, case studies, and expert interviews to examine the current state of tourism development planning in Persian medicine and the potential role of AI in enhancing this process. The literature review provides a comprehensive overview of the existing literature on AI applications in healthcare tourism planning, while the case studies offer real-world examples of AI implementation in other tourism sectors. Expert interviews are conducted with healthcare tourism professionals and AI experts to gather insights and perspectives on the feasibility and challenges of using AI for tourism development planning in Persian medicine.

Results : The research findings suggest that AI has the potential to significantly enhance the tourism development planning of Persian medicine by providing advanced analytical tools, predictive modeling capabilities, and decision support systems. AI can help tourism healthcare planners to analyze complex datasets, identify patterns and trends, forecast future tourist healthcare needs, and optimize resource allocation for them. By leveraging AI technologies, Persian healthcare tourism could totally improve brand awareness including comprehensive marketing management, patient outcomes & experience, reduce redundant costs, and enhance overall Persian healthcare delivery.

Conclusion : This research paper highlights the transformative potential of AI for tourism development planning in Persian medicine, which was emphasized both by most literature and experts. By integrating AI technologies into the tourism planning process, Persian healthcare settings and the overall related system in Iran can benefit from improved efficiency, effectiveness, and ease of access of these healthcare services. Nevertheless, the fruitful implementation of AI in tourism healthcare planning requires vigilant consideration of ethical, legal, and technical challenges, as well as the need for continuous education and training of Persian healthcare professionals. Generally, AI offers a promising opportunity to revolutionize the tourism development planning of Persian medicine and pave the way for a more sustainable and excellent Persian healthcare delivery.

Abstract ID: ۴۳۶

Presentation Type: Poster

Iranian Traditional Medicine Tourism in Mazandaran: Capacities and Challenges

Jamal Rezaei orimi^۱ , Ali Rezaei Orimi^۲ , Fereshteh Kaveh^۳ *

۱. Research Center for Traditional Medicine and History of Medical Sciences, Mazandaran University of medical sciences, Sari, Iran.
۲. Research and Planning Organization, Research Institute for Education Studies, Tehran, Iran.
۳. Research Center for Traditional Medicine and History of Medical Sciences, Mazandaran University of medical sciences, Sari, Iran.

Background and Aim : Health tourism is one of the fastest-growing sectors globally, attracting a large number of visitors seeking treatment and health recovery. Given its rich heritage in traditional medicine and medicinal plants, and its competitive advantages such as low costs and cultural similarities, Iran possesses immense potential for developing this industry. This research aims to examine the existing capacities and challenges for the development of Iranian traditional medicine tourism in Mazandaran province, seeking to provide solutions for the optimal utilization of these potentials.

Methods : This study was conducted using an applied, descriptive-analytical approach. Data were collected from both library resources and fieldwork (observation and questionnaires). The statistical population of the study includes experts, specialists, and officials from organizations related to health tourism, as well as tourists who have visited Iranian traditional medicine attractions in Mazandaran province. Statistical analyses were performed using one-sample t-tests and a multi-objective optimization model for data analysis.

Results : The results indicate that Mazandaran province has significant potential to become a hub for Iranian traditional medicine tourism, owing to its pleasant four-season climate, high capacity for producing medicinal plants, and proximity to the capital. These potentials include natural attractions such as hot springs (e.g., Larijan Hot Spring) and mineral springs (e.g., Badab Sourt Spring in Sari), as well as specialized centers for Iranian traditional medicine. However, the main challenges identified as primary obstacles to the sustainable development of this industry in the province include weak physical infrastructure, insufficient advertising, and a lack of integrated management and planning.

Conclusion : The development of Iranian traditional medicine tourism in Mazandaran province requires a comprehensive and well-planned approach. By investing in communication infrastructure, improving management, and increasing targeted advertising, it is possible to overcome the existing challenges and envision a bright future for this industry in the province. This will not only lead to foreign exchange earnings and economic growth but will also significantly contribute to the preservation and revival of the ancient knowledge of Iranian traditional medicine.

Abstract ID: ۱۰۹

Presentation Type: Poster

The Role of Persian Medicine in Developing Medical Tourism in Zanzan Province, Iran

Saeed Sardari^{۱*}, Narjes Khavasi^۱, Negin Parsamanesh^۲

^۱. Department of Persian Medicine, School of Medicine Zanzan University of Medical Sciences

^۲. Department of Genetics and Molecular Medicine, School of Medicine, Zanzan University of Medical Sciences, Zanzan, Iran Zanzan Metabolic Diseases Research Center, Zanzan University of Medical Sciences, Zanzan, Iran

Background and Aim : Zanzan Province in Iran possesses untapped potential for medical tourism by leveraging its rich Persian Medicine (PM) heritage alongside natural therapeutic assets. Key resources include high-quality medicinal herbs (pennyroyal, thyme, savory), mineral-based therapies like kohl (surma), and reputed thermal springs. Despite these advantages, systematic integration into health tourism is lacking. This study assesses Zanzan's PM resources, evaluates integration capacity with modern healthcare, and proposes strategies to develop holistic medical tourism packages.

Methods : A mixed-methods approach was employed: ^۱. Literature Review: Systematic searches in academic databases (PubMed, Scopus, SID) using keywords: "medical tourism," "traditional medicine," "Zanzan," "surma," "thermal spring." ^۲. Stakeholder Interviews: Semi-structured discussions with traditional healers, PM physicians, modern healthcare providers, and provincial officials. ^۳. Field Visits: Direct observation of thermal springs, herb farms, and traditional remedy workshops. ^۴. Capacity Analysis: Evaluation of healthcare/tourism infrastructure suitability

Results : Zanzan harbors diverse, high-quality medicinal herbs and unique PM practices, notably kohl therapy for eye/dermatological health. o Thermal springs (e.g., Garmab) hold local therapeutic reputation. o Experienced traditional healers exist, but licensed PM physicians are limited. Modern providers show cautious openness to collaboration. o Modern medical infrastructure requires upgrades (dedicated PM clinics), and tourism facilities need enhancement for international standards. o Strong domestic demand exists for authentic PM experiences; international appeal centers on niche offerings (kohl, herb-based wellness).

Conclusion : Zanzan's niche lies in authentic PM-nature integration. Key strategies include: o "Zanzan Health Pathways": Curated packages combining certified PM (herbal regimens, kohl, diet therapy) with modern diagnostics/thermal springs. o Standardization & Certification: Develop protocols for herb sourcing, kohl production, and treatment application. Certify traditional healers. o Infrastructure Investment: Upgrade thermal springs into wellness centers; establish PM units in hospitals; improve international-grade accommodation. o Education: Train PM practitioners in tourism hospitality; educate modern medics on PM synergies. o Targeted Marketing: Promote unique brands ("Kohl Therapy & Eye Health," "Herbal Wellness Retreats") domestically, then to niche international markets (GCC). o Governance: Form a provincial task force (Health, Tourism, Agriculture, private sector) for coordination. Challenges: Standardization, safety assurance, regulatory hurdles, multilingual staffing. Ethical resource use and quality control are paramount. Zanzan's unique PM resources and natural assets provide a compelling foundation for distinctive medical tourism. Success requires strategic integration of traditional and modern healthcare



کتاب خلاصه مقالات سخنرانی و پوستر
دومین کنگره ملی طب ایرانی



تهران، مرکز همایش های بین المللی رازی

۲۱ لغایت ۲۳ آبان ماه ۱۴۰۴

through certification, infrastructure investment, education, and targeted marketing. Addressing standardization and regulatory challenges is critical. By implementing the proposed model, Zanjan can emerge as a sustainable health tourism destination and a national leader in ethically integrating traditional medicine, driving economic growth while preserving cultural heritage. Piloting specific health packages is recommended for future research.

Abstract ID: ۹۹

Presentation Type: Poster

"The Potential Role of Medications, Including Central Nervous System Drugs, in Contributing to Male Infertility"

Mohamad Arghavani^۱ *

^۱. *Tehran Medical Sciences*

Background and Aim : the global prevalence of infertility among couples has not been definitively established, although data from the World Health Organization (WHO) indicate that up to ۴۸ million couples worldwide are affected by this condition. Despite the involvement of various contributing factors, approximately ۴۴% of male factor infertility (MFI) cases remain classified as idiopathic or unexplained. Among the known causes of male infertility, a wide range of medications may play a role in its pathogenesis. These include anticancer drugs, testosterone/anabolic steroids, immunosuppressants/immunomodulators, glucocorticoids, nonsteroidal anti-inflammatory drugs (NSAIDs), opioids, anti-androgens/ α -alpha reductase inhibitors, various antibiotics, antidepressants, antipsychotics, antiepileptics, and other pharmaceuticals. Pharmacovigilance is a scientific discipline focused on identifying and analyzing adverse drug reactions (ADRs) associated with specific medications after they have been released to the market. This field relies on the collection of spontaneous reports submitted by patients or healthcare professionals. The U.S. Food and Drug Administration's Adverse Event Reporting System (FAERS) is an international pharmacovigilance database that contains information on ADR reports submitted to the FDA.

Methods : the FAERS database was accessed through a temporary public online dashboard. Medical Dictionary for Regulatory Activities (MedDRA) terms were used to identify adverse drug reactions (ADRs) related to male factor infertility (MFI), specifically using the MedDRA term "male fertility." ADRs in the FAERS database are submitted voluntarily by both patients and healthcare professionals. Data were extracted in January ۲۰۲۳ and included all reported MFI-related cases available in the dataset. Only drugs associated with more than ۱۰ MFI reports were included in the analysis. The analysis also considered medications being used by the patient at the time of the report, the country where the event occurred, and, where applicable, literature sources referencing the event. The entire database was examined, including reports submitted from ۱۹۸۱ onward.

Results : Analysis of the FAERS database revealed a total of ۹۵۵ reports of male factor infertility (MFI). Approximately ۲۰ drugs (Table ۱) were associated with ۱۰ or more MFI reports and accounted for ۴۰۸ cases (i.e., ۴۲,۷% of all MFI reports in the entire database); these were included in the analysis. Overall, ۲۴۰ reports (i.e., ۵۸,۸%) were submitted by consumers, while ۱۵۵ reports (۳۸,۰%) were submitted by healthcare professionals.

Conclusion : Larger-scale cross-sectional clinical studies are needed to further clarify the potential association between finasteride and male factor infertility (MFI), particularly regarding low-dose finasteride used in the treatment of male pattern hair loss in younger patients. Valproic acid, calcium channel blockers, and statins also appear to be associated with disproportionately high reporting rates of MFI; however, the relationship between these drugs and MFI requires further investigation in clinical settings.

Abstract ID: ۱۳۸

Presentation Type: Poster

Glanzmann thrombasthenia (GT) with severe menorrhagia treated with Persian medicine recommendations: A case report

Mina Atharizadeh^۱ , Batool Khayatizadeh^۱ , Majid Asghari^۱ *

^۱. Department of Persian Medicine, School of Persian Medicine, Qom University of Medical Sciences, Qom, Iran

Background and Aim : Glanzmann thrombasthenia (GT) is a bleeding disorder caused by a platelet IIb/IIIa receptor defect. Menorrhagia is a common and debilitating manifestation in women with this syndrome. Conventional treatments include antifibrinolytic agents, GnRH agonists, and in severe cases, repeated platelet transfusions. These approaches often face challenges such as symptom recurrence, side effects, or limited accessibility. In recent years, there has been growing interest in the potential role of Persian medicine in disease management. From the perspective of Persian medicine, menorrhagia has diverse causes, categorized into uterine and blood-related factors. In blood-related causes, changes occur in the quantity or quality of blood; qualitative changes arise from blood thinning due to its dilution or increased heat. Another factor is uterine weakness due to impaired vascular tone.

Methods : A ۳۴-year-old married woman presented with complaints of severe and prolonged menorrhagia. The patient had a history of GT since childhood, which has manifested itself in the form of very severe bleeding (menorrhagia and hypermenorrhea), especially after her first and second cesarean sections. She has been bleeding continuously for about ۳ years after the first cesarean section and after the second cesarean section (one year ago). She has not had any bleeding for only two to three weeks in the past year after taking various medications, including coagulation factor V and platelets. The severe bleeding has caused anemia in the patient, followed by symptoms of headache, dizziness, weakness, and severe lethargy. Over the past two months, she was initially advised to use an IUD, which did not work for the patient. However, according to the medical commission of Imam Khomeini Hospital in Tehran, a hysterectomy was recommended, and the patient had been referred to the clinic for consultation on whether or not to undergo surgery. Results: According to the principles of Persian medicine, to reduce and control the patient's bleeding, strategies to soothe the uterus and avoid uterine stimulation were recommended, with an emphasis on dietary and behavioral recommendations: For example, avoiding bathing and consuming foods that trigger menstruation, and recommending lying down for ten minutes every two hours. Also, "astringent" compounds were prescribed to increase the consistency of the blood and strengthen the uterine muscle. Lens culinaris powder, Plantagel powder, Golnar capsules, Myrtus communis syrup, Cydonia oblonga paste, and Plantago major syrup (Barshan syrup). Also, in the second visit two weeks after taking the medicine, the patient admitted that the bleeding had completely stopped, and during the follow-up a few months later, the patient had no bleeding at all for two and a half months. They experienced normal menstruation for up to ۸ days, and during the follow-up of ۳ years, she mentioned completely normal bleeding only during menstruation.

Conclusion : This case report presents a documented case of Glanzmann's thrombasthenia and predominant refractory menorrhagia. After an inadequate response to standard treatments, she underwent a comprehensive Persian medicine regimen and experienced significant clinical improvement. This report emphasizes the need to use the comprehensive Persian medicine approach in patient management and the need for more research.



کتاب خلاصه مقالات سخنرانی و پوستر
دومین کنگره ملی طب ایرانی



تهران، مرکز همایش های بین المللی رازی

۲۱ لغایت ۲۳ آبان ماه ۱۴۰۴

Abstract ID: ۴۶۱

Presentation Type: Poster

Management of Mixed Nazla (Hot and Cold) Presenting as Chronic Dry Cough: A Case Report from Traditional Persian Medicine

Alireza Derakhshan^۱ *

^۱. Mashhad University of Medical Sciences

Background and Aim : Chronic cough is a frequent complaint with multiple etiologies and often suboptimal response to standard treatments. In Traditional Persian Medicine (TPM), persistent cough can be explained by nazla—the abnormal descent of humors from the head to the lungs. In mixed nazla (hot and cold), initial manifestations may resemble hot nazla but subsequent cold features become dominant. This case report describes the successful management of such a presentation using TPM-based interventions.

Methods : A ۲۶-year-old married woman, university graduate and teacher, presented with a two-month history of persistent nocturnal dry cough accompanied by generalized pruritus, mild exertional dyspnea, disturbed sleep, excessive thirst, dry mouth, markedly reduced appetite, and mental distress related to her illness. Symptoms were worse at night, after fasting, and with environmental changes, and were partially alleviated by exposure to cool air. She denied significant past medical, surgical, or family history. Prior medications, including loratadine, cetirizine, montelukast, and combined cold remedies, as well as topical sprays, produced no meaningful improvement. At presentation, she had already adopted some self-directed dietary adjustments, such as avoidance of spices and use of cold compresses, which yielded only transient relief. She reported frequent daytime snacking on nuts, occasional rapid eating, and disturbed dietary habits due to cough and pruritus. Her sleep was light and delayed, averaging only six hours per night, with occasional daytime naps. She also described excessive sweating with unpleasant odor, dry skin and hair, memory lapses, and high stress. Her X-ray was normal and she had no symptom of gastrointestinal reflux disease. On the basis of TPM examination, the patient was considered to have 'sool-e-yaabes' with predominance of hot-dry lung dystemperament. At the first visit, management focused on the hot component of nazla, and she was advised to avoid spicy, oily, processed, and hard-to-digest foods, while increasing moistening foods such as barley soup, boiled apple, and almond preparations; she was also prescribed Viola odorata syrup and Traditional whey (Mā' al-jubn). At the second visit, six weeks later, a marked reduction in cough frequency was noted, pruritus had resolved, and dyspnea had improved by about ۶۰٪, but thick whitish pharyngeal secretions had appeared, revealing the latent cold component of mixed nazla; therefore, additional measures were introduced, including Squill oxymel (Sikanjabin 'onsoli), Nazleh Sard powder (containing Amla, Lavander, Almond, Pistachio, Coriander, and Fennel), and steam inhalation with mint. At follow-up, four months later, the patient reported complete remission of cough, dyspnea, and throat secretions, and she had returned to normal daily activity with no recurrence and no adverse effects.

Conclusion : This case highlights how the individualized and symptom-oriented perspective of TPM can offer meaningful solutions in chronic conditions that remain unresolved under conventional care. The clinical course also demonstrates the concept of mixed nazla, in which hot and cold features coexist and may alternate in dominance. In such situations, initial alleviation of heat followed by deeper management of cold manifestations provided the most effective and sustained outcome. These observations suggest that TPM approaches may not only improve patient care in complex chronic cases but also open avenues for future research.

Abstract ID: ۳۳۲

Presentation Type: Poster

Prescription indicators for traditional medicine specialist

Hannan Hajimahmoodi^۱ *, Masoumeh Nejatifar^۲ , Mehrdad karimi^۳

۱. Hannan Hajimahmoodi, Ph.D. candidate in traditional medicine, MD. Department of traditional medicine, School of Persian medicine, Tehran University of medical science, Tehran, Iran,
۲. Masoumeh Nejatifar, Ph.D. candidate in Epidemiology, M.Sc in Epidemiology, Epidemiology department, School of public health and safety, Shahid Beheshti university of medical sciences and health services, Tehran, Iran
۳. Professor of Traditional Medicine Department Persian Medicine School of Persian Medicine Tehran University of Medical Science

Background and Aim : From the beginning of the year ۱۴۰۱, consultations with traditional medicine specialists have been covered by basic insurance organizations, and from the year ۱۴۰۲ three traditional medicine services—wet cupping, dry cupping, and bloodletting—have been added to insurance benefit package. This has enabled the investigation of the role of traditional medicine specialists in various aspects of the health system. The aim of this study is to assess the prescribing indicators of traditional medicine specialists contracted with the Iran Health Insurance Organization

Methods : For this purpose, a cross-sectional study was conducted on prescriptions issued by general practitioners and traditional medicine specialists for insured individuals of the Health Insurance Organization in May and June ۱۴۰۴ (Hijri Shamsi). This study was conducted on registered data without sampling.

Results : A total of ۲۹۰ traditional medicine specialists working in offices, clinics, and hospitals contracted by the Health Insurance Organization prescribed an average one drug per visit for insured individuals. The average number of laboratory items was ۲,۳۸, and imaging items was ۰,۱۲. The percentage of prescriptions for drugs was ۲۱%, for laboratory tests ۹%, and for imaging procedures ۴%. Additionally, outpatient services that could be performed by the physician accounted for ۱۰% of the prescriptions. On the other hand, nearly ۵۰,۰۰۰ general practitioners provide diagnostic and therapeutic services to the insured individuals of the Health Insurance Organization, prescribing an average of ۳,۱۵ medication items per patient. The average number of laboratory items was ۱,۹۹, and imaging items was ۰,۰۸. The percentage of prescriptions for medications was ۶۴%, for laboratory tests ۸%, and for imaging procedures ۳%. The proportion of outpatient services that could be performed by the physician was less than ۱%.

Conclusion : Considering the prescription of medicinal plants, which are not primarily covered by basic insurance, the average number of medicinal items prescribed by traditional medicine specialists and the percentage of such prescriptions are lower than those of general practitioners. However, the average number of laboratory and imaging items, as well as the percentage of prescriptions for these services, are slightly higher than those of general practitioners. Most patients consulting traditional medicine specialists, as well as those at university and non-university health centers, tend to present with more complex, chronic conditions, often accompanied by distemperament that require more extensive diagnostic evaluations. On the other hand, many patients seek cupping therapy (wet or dry) or bloodletting, especially in the spring, which is considered an appropriate time for these preventive measures in traditional medicine. Therefore, the indication for providing services by specialized traditional medicine physicians is much higher than that of general practitioners



کتاب خلاصه مقالات سخنرانی و پوستر
دومین کنگره ملی طب ایرانی



تهران، مرکز همایش های بین المللی رازی

۲۱ لغایت ۲۳ آبان ماه ۱۴۰۴



Abstract ID: ۲۰۴

Presentation Type: Poster

Treatments for Parasitic Diseases Based on Rational Prescribing of Drugs according to Avicenna's Approach

Alireza Niknafs^۱ *, Seyyed Amir Hosein Latifi^۱

^۱. *Traditional and Complementary Medicine Research Center, Arak University of Medical Sciences, Arak, Iran.*

Background and Aim : Objective Infections caused by parasitic worms are among the most common diseases in the world. Considering the parasitic infections resistant to treatment, drug side effects and the emergence of new immunological diseases, it seems more necessary to pay attention to the views and therapeutic experiences of physicians in Iranian Traditional Medicine (ITM). **Methods** As A review study, data related to parasitic diseases and worms were first collected from Avicenna's the Canon of Medicine book and other ITM books, and then underwent content analysis. Avicenna's approach in the treatment of these diseases was studied based on the rational prescribing model. **Results** Avicenna's approach in the treatment of parasitic diseases is based on problem-solving model and according to the summary of patients' conditions in terms of disease severity and prioritization of causes. It varies from person to person. **Conclusion** Awareness of the causes of parasitic diseases, categorization of their clinical symptoms based on ITM, knowledge of natural and herbal medicine and various methods of prescribing them according to the health principals along with diagnostic and therapeutic methods of classic medicine can be helpful in control and prevention of parasitic diseases.



Abstract ID: ۵۱۳

Presentation Type: Poster

Practical Considerations on the Timing of Drug Administration in Persian Medicine

Ahmadreza Pakzad^۱ *

^۱. MD PhD of Persian Medicine

Background and Aim : In Iranian Traditional Medicine (ITM), one of the critical factors influencing the efficacy of prescribed remedies is the timing of drug administration. The optimal timing encompasses the circadian cycle, relation to meals, the temperament of the target organ, and the four stages of digestion. Proper consideration of these factors is designed to maximize the therapeutic effects of medicinal agents. This study aims to explore these key aspects of drug administration in ITM.

Methods : This is a narrative review study. Relevant information was extracted and synthesized from authoritative ITM texts, including Makhzan al-Adwiyah by Hakim Aqili Khorasani and Darunameh Tuba by Ostad Esmaeil Nazem. The collected data were analyzed and documented to provide practical guidance on the timing of drug intake.

Results : Traditional Persian physicians have authored over thirty pharmacopoeias detailing the properties, preparations, and administration guidelines of medicinal substances. Adherence to recommended administration schedules can significantly enhance therapeutic outcomes. Key principles include: Hepatic drugs: administered on an empty stomach in the morning. Neurotropic drugs: administered at night before sleep. Digestive agents: taken after meals. Astringent drugs: if intended to induce constipation, administered before meals; if intended as laxatives, administered after meals. Drugs preventing vapours ascent: administered postprandially. Water volume with medication: small amounts for secondary digestion effects; larger volumes for direct gastric effects. Temperament-based administration: if the stomach is warm and the liver is cold, warm drugs should be taken before meals and cold drugs after meals, and vice versa.

Conclusion : Familiarity with the principles of drug administration in ITM is crucial for optimizing the therapeutic effects on target organs and achieving effective treatment outcomes. Proper timing, in alignment with the patient's physiological and digestive status, enhances the pharmacodynamic efficiency of medicinal agents.



Abstract ID: ۵۶۶

Presentation Type: Poster

The effect of cosmetics on male and female reproductive health: An integrative review based on conventional medicine and Persian medicine

Negar Abbasi Sarmadi^۱ *, Mojgan Tansaz^۲ , Marzieh Qaraaty^۲

۱. *PhD candidate of Persian Medicine, School of Traditional Medicine, Mazandaran University of Medical Sciences, Sari, Iran*
۲. *Traditional Medicine and Materia Medica Research Center and Department of Traditional Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran*

Background and Aim : With the global expansion of the use of cosmetics containing chemical compounds (such as phthalates, parabens, and heavy metals), concerns have increased regarding the impact of these substances on reproductive health. This study, with an integrated approach, examines the mechanisms of damage from the perspectives of conventional medicine and Persian medicine.

Methods : This study was conducted using a systematic review method based on the analysis of articles published in scientific databases such as PubMed, Scopus, and SID, as well as reputable sources of Persian medicine such as the Canon of medicine and the Zakhire Kharazmshahi archive between ۲۰۱۵ and ۲۰۲۵.

Results : From a conventional medicine perspective: Compounds such as phthalates and parabens act as endocrine disruptors (EDCs). These compounds disrupt the balance of the endocrine system by mimicking or blocking the action of hormones and can lead to reduced egg quality, reduced ovarian reserve, impaired ovulation and an increased risk of diseases such as endometriosis in women and reduced sperm quality and count in men. These compounds enter the body through skin absorption and affect cellular and molecular mechanisms. From the perspective of Persian medicine, reproductive health is directly related to the health of the liver, uterus, and Blood Humor(dam) quality. The liver, as the body's main purifying organ (similar to the concept of metabolism and detoxification in conventional medicine), is responsible for producing healthy and quality Blood Humor(dam) to nourish the reproductive organs. Chemical compounds in cosmetics are considered toxic substances (toxins) that enter the body through the skin. These toxins cause liver dysfunction (liver weakness) and as a result, the blood produced may not have the necessary quality and moderation. Unhealthy blood cannot nourish the uterus and ovaries well, which leads to coldness of the uterus (meaning reduced function and vitality) or the development of Phlegm Humor and Burnt Black Bile in the genital tract, which also affects sperm quality and reduces fertility.

Conclusion : The findings show that chemical components of cosmetics threaten reproductive health through various mechanisms, both from the perspective of conventional medicine and Persian medicine. The use of integrated strategies based on reducing exposure and cleaning the body can be considered as a complementary strategy in health policies and clinical recommendations.

Abstract ID: ۱۵۹

Presentation Type: Poster

Metabolic Implications of Mastication Efficiency - A Scoping Review

Zahra Aghabeiglooei^۱ *

^۱. Department of Traditional Medicine, School of Persian Medicine, Shahed University, Tehran, Iran.

Background and Aim : Mastication efficiency serves as a critical modulator of metabolic homeostasis, influencing nutrient bioavailability, hormonal signaling, and energy regulation. Emerging clinical evidence suggests that suboptimal chewing parameters (duration, frequency, and biomechanical efficacy) contribute to dysregulated postprandial glycemia, impaired lipid metabolism, and appetite dyscontrol. This scoping review synthesizes human clinical evidence to map the mechanistic pathways and clinical implications of chewing efficacy on metabolic outcomes, identifying research gaps for clinical translation.

Methods : Systematic searches in PubMed and Scopus (January ۲۰۰۰-June ۲۰۲۴) employed a Boolean query combining mastication terminology ("mastication," "chewing efficiency," "chewing duration," "oral processing time") with metabolic outcome parameters ("postprandial glucose," "insulin sensitivity," "lipid oxidation," "appetite regulation," "metabolic syndrome," "HbA^{1c}," "triglycerides") while excluding animal studies using the "human NOT animal" operator. Searches targeted Title/Abstract/Keywords fields, restricted to English-language human clinical trials and cohort studies reporting objective metabolic endpoints. The PRISMA-ScR framework guided evidence synthesis, supplemented by manual reference screening. Grey literature and non-English publications were explicitly excluded from the review process.

Results : Glycemic Regulation Clinical evidence from ۱۸ randomized trials demonstrated that deliberate chewing (≥ 30 chews per bite) reduced postprandial glucose excursions by ۲۹% in type ۲ diabetics. This effect was mechanistically linked to increased salivary α -amylase activity (۴۷% elevation) and potentiated GLP-۱ secretion (۳۵% increase), collectively delaying gastric emptying. Longitudinal cohort data further associated thorough mastication habits with ۰.۵% lower HbA^{1c} independent of dietary composition. Lipid Metabolism and Appetite Control Extended oral processing decreased postprandial triglycerides by ۱۸% through enhanced chylomicron clearance and increased lipid oxidation rates by ۲۲%. Neuroendocrine satiety pathways showed ۳۱-۳۵% elevation in peptide YY and cholecystokinin, reducing subsequent meal energy intake by ۱۴%. These effects were consistently observed across metabolic syndrome populations. Weight Management Outcomes High-frequency chewing protocols (۴۰ chews/bite) produced superior weight management outcomes, with randomized trials documenting ۲.۳ kg greater weight loss over six months compared to controls. Significant reductions in waist circumference (-۴.۱ cm) were independently associated with chewing efficacy. Mechanistic Pathways Three interconnected biological pathways were identified: optimization of nutrient hydrolysis through increased food surface area, trigeminal nerve-mediated hypothalamic satiety upregulation, and duodenal L-cell activation amplifying GLP-۱ secretion. These mechanisms collectively explain observed metabolic benefits. Research Limitations Significant gaps included methodological heterogeneity in chewing assessment, insufficient data on cardiovascular outcomes, and unexplored interactions with oral microbiome composition.



Conclusion : Mastication efficiency significantly modulates metabolic health through nutrient partitioning, incretin signaling, and appetite regulation. Integration of structured chewing protocols (≥ 30 chews/bite) into nutritional interventions represents a low-cost adjunct strategy for metabolic syndrome management. Future research priorities include: standardization of mastication metrics, dose-response studies in insulin-resistant populations, and investigations of oral-gut microbiome axis interactions. Clinical translation requires validated behavioral interventions targeting chewing efficacy.

Abstract ID: ۳۹۸

Presentation Type: Poster

Enhancing Sleep Quality in Pregnant Women Through Nasal Lemon Balm Administration: A Double-Blind Randomized Controlled Trial

Negin Alizadeh^۱ *

۱. Zahra Rastegari, Assistant Professor, Department of Gynecology and Midwifery, Faculty of Nursing and Midwifery, Shiraz University of Medical Sciences, Shiraz, Iran. rastegari.zahra2015@gmail.com
۲. Bahar Morshed Behbahani, Assistant Professor, Department of Gynecology and Midwifery, Faculty of Nursing and Midwifery, Shiraz University of Medical Sciences, Shiraz, Iran . morshe_b@yahoo.com

Background and Aim : Abstract Background: Sleep disorders are common and clinically significant issues among pregnant women. Adequate sleep during pregnancy plays a vital role in maternal and fetal health, and sleep disturbances can lead to adverse outcomes such as increased stress, chronic fatigue, and pregnancy complications. Given the limitations and potential risks associated with conventional pharmacological treatments for sleep improvement during pregnancy, investigating safe, natural alternatives—particularly herbal medicines—has become critically important. In recent years, interest in herbal remedies during pregnancy has markedly increased. Therefore, this study was designed to evaluate the effect of intranasal *Melissa officinalis* (lemon balm) drops on sleep quality among pregnant women attending Mahdiah Hospital in Tehran.

Methods : Methods: This randomized, double-blind, placebo-controlled clinical trial was conducted to assess the efficacy of intranasal lemon balm in improving sleep quality in pregnant women. The study included ۹۰ pregnant participants who presented to the antenatal clinic of Mahdiah Hospital with complaints of sleep disturbances. Data were collected using a demographic questionnaire and the Pittsburgh Sleep Quality Index (PSQI). Participants were randomly assigned to receive either intranasal lemon balm drops or a placebo (carrier oil). The administration protocol was one drop per nostril, twice daily (morning and night) for eight consecutive weeks. This trial was registered in the Iranian Registry of Clinical Trials (IRCT) under registration number IRCT۲۰۲۳۱۲۱۳۰۶۰۳۵۳N۱ on February ۲۷, ۲۰۲۴ (Persian date: ۱۴۰۲/۱۲/۰۸). Statistical analyses were performed using SPSS software, employing independent t-tests, analysis of variance (ANOVA), Pearson's correlation, and chi-square tests to evaluate outcomes.

Results : Results: The mean global PSQI score in the intervention group significantly decreased from $۱۱,۰۲ \pm ۴,۲۶$ at baseline to $۸,۲۴ \pm ۳,۵۱$ after the intervention ($p < ۰,۰۵$). Furthermore, all seven individual PSQI components showed statistically significant improvement following treatment. These improvements were significant both for the global score and for each subscale ($p < ۰,۰۵$).

Conclusion : Conclusion: Findings indicate that intranasal lemon balm drops can effectively and significantly improve sleep quality in pregnant women. These results are consistent with prior research demonstrating lemon balm's anxiolytic and sedative properties, likely mediated through modulation of GABAergic pathways in the central nervous system, thereby reducing stress and enhancing sleep parameters. Given the limited availability of safe pharmacological options for managing sleep disorders during pregnancy, intranasal lemon balm emerges as a promising, well-tolerated, natural alternative that can improve sleep quality without significant adverse effects, potentially contributing to better maternal and fetal health outcomes. Keywords: Lemon balm drops, sleep quality, pregnant women, sleep disorders, efficacy

Abstract ID: ۱۴۲

Presentation Type: Poster

Study of Uterine Bloating (Physometra) as a Contributing Factor to Infertility in Persian Medicine

Mina Atharizadeh^۱, Fatemeh Nojavan^{۱*}

^۱. Department of Persian Medicine, School of Persian Medicine, Qom University of Medical Sciences, Qom, Iran

Background and Aim : Physometra, characterized by gas accumulation in the uterus, is typically caused by bacterial infections (e.g., Clostridium or E. coli), which produce metabolic gases like methane and carbon dioxide, leading to uterine distension. This condition often arises after childbirth, abortion, or uterine surgeries and may present with severe infection symptoms. In Persian medicine, uterine bloating, referred to as "nafkh" or "nafkhe rahem," is described as a reproductive system disorder, with detailed discussions on its etiology, complications, and treatments. This study explores uterine bloating as described in Persian medical literature.

Methods : Data were collected using the keyword "nafkh or nafkhe rahem" from authoritative Persian medicine sources via Teb Noor software, alongside searches for "Physometra" in databases like Google Scholar.

Results : In Persian medicine, bloating or gas as present in digestive organs in other organs such as kidney, liver and there is even a uterus and some types of it are considered pathogens. Uterine Bloating or "Nafkh" or "nafkhe rahem" in Persian medicine may be considered as the equivalent of "Physometra" in modern medicine. Common symptoms in both Persian and modern medicine include lower abdominal and pelvic pain, a sensation of heaviness in the uterus, and involuntary vaginal gas release (sometimes audible). Modern medicine also identifies additional signs such as fever, chills, foul-smelling discharge, and uterine dilation visible on imaging. Persian medicine identifies uterine wind as a gynecological disorder primarily caused by weakened uterine strength. Contributing factors include uterine trauma, falls, difficult childbirth, miscarriage, or exposure to cold temperatures. When uterine heat diminishes, ingested food may convert into trapped gas, causing bloating and pain that radiates to the lower abdomen, groin, and diaphragm. A distinctive drum-like sound may also be detected upon tapping the affected area. Treatment recommendations include body cleansing, uterine warming, and wind-reducing therapies. Herbal remedies such as Anethum graveolens, Matricaria chamomilla, Origanum vulgare, Mentha pulegium, Apium graveolens, Foeniculum vulgare, Achillea millefolium, Cuminum cyminum, Trachyspermum copticum are suggested for vaginal or injectable use, alongside topical poultices and baths.

Conclusion : Persian medicine scholars attribute miscarriages and infertility to uterine wind, a factor often overlooked in modern medicine. By diagnosing this condition through traditional symptoms and applying prescribed treatments, healthcare providers may aid infertile couples, reduce miscarriage rates, and improve fertility outcomes.



Abstract ID: ۳۸۴

Presentation Type: Poster

Towards a healthy salt: End of the controversy over the effect of substitute salt on hypertension: A Systematic Review

Hamideh Azimi^{۱*}, Mojdeh Rahmanian^۲, Neda Geraminejad^۳

۱. Student Research Committee, School of Nursing and Midwifery, Shahid Beheshti University of Medical Sciences, Tehran, Iran.
۲. Department of Pediatric Nursing, School of Nursing and Midwifery, Yasuj University of Medical Sciences, kohgiluyeh and boyer ahmad, Iran.
۳. Department of Anesthesiology and Operating Room, School of Nursing and Midwifery, Shahid Beheshti University of Medical Sciences, Tehran, Iran.

Background and Aim : Evidence suggests the need to replace natural salt or mineral-enriched salt instead of reducing table salt to reduce blood-pressure. Given the prevalence of hypertension and the consequences of reducing salt (decreased quality of life, increased salt craving, and stroke), the present study was conducted to analytically investigate the effect of alternative salt consumption on systolic blood-pressure (SBP) and diastolic blood-pressure (DBP).

Methods : This systematic review was conducted in accordance with the recommendations by the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA). Studies were identified through a systematic search of databases (PubMed, Google Scholar, Cochrane Library) without time or language restrictions. All full-text articles that examined the effectiveness of natural or mineral-enriched salt on blood-pressure were included in the study.

Results : The results of the analysis of eligible studies (۲۱ RCTs and ۳ cohorts) showed that the results of all studies related to natural salt (۵ studies) indicated an improvement in SBP and DBP, and only one study were not significant. Also, in the studies related to enriched salt (۱۹ studies), the results of ۱۷ and ۱۳ studies indicated a significant improvement in SBP and DBP, respectively. Although the results of other studies also indicated an improvement in SBP and DBP compared to the baseline or the control group, they were not significant. Similarly, the results of ۱۱ studies examining the taste of salt indicated ۱۰۰% satisfaction of people with the taste of natural salt and ۸۵% satisfaction of people with the taste of enriched salt.

Conclusion : The use of salt substitutes is not only recommended as a safe, effective and low-cost solution to improve hypertension, but also to improve the quality of life of people who are forced to consume low-salt or no-salt foods.

Abstract ID: ۵۰۴

Presentation Type: Poster

Investigating the role of the body's resourceful nature in creating health through appetite control

Ahmad Azizi^۱ *, mahdi zarvandi^۱ , fatemeh kolangi^۱ , hosein rahmati^۱

^۱. Golestan university of medical sciences

Background and Aim : Introduction: Consuming food when there is a real appetite is very important from the perspective of conventional medicine and Iranian medicine. Real appetite means eating food when the body naturally and truly feels hungry and needs to be fed. In this case, the body sends signals to the brain that energy reserves are low and need to be addressed. Eating without feeling truly hungry can cause indigestion, metabolic disorders, and weight gain. This study aimed to review the role of the body's resourceful nature in creating health through appetite control, from the perspective of Iranian medicine and modern medicine

Methods : Materials and Methods: This qualitative study was conducted with a descriptive-analytical approach. The research data was collected and analyzed purposefully and based on specific criteria such as reliable source, comprehensibility, and applicability through Iranian medicine texts such as Khulasat Al-Hikmah and Mufareh Al-Qulub, as well as domestic and international scientific databases such as SID, PubMed, Google Scholar, the Quran, and Hadiths, without any restrictions

Results : Findings: Studies show that many symptoms in the body, such as anorexia, are actually signs of intelligent management of the body to prevent diseases. Anorexia is the most important mechanism created by nervous and hormonal reflexes, and if you pay close attention to it and act on it and do not eat during anorexia, it will help the body to prevent fullness and digestive and metabolic diseases. For example, when the colon is full of waste and has not been completely emptied, in order to prevent the digestive system from digesting new food and not being able to cleanse the body of toxins, a nervous reflex is sent from the colon to the stomach so that the stomach does not accept new food. This reflex is actually a command from the body's prudent nature, which is induced in the form of a message of anorexia. After the work of emptying the colon of waste, a new reflex is sent to accept food. In fact, the prudent nature, in this way, manages the right time to eat, that is, when there is a real appetite. The reflexes mentioned in popular medicine are called cologastric and gastrocolic reflexes. Which are applied through two sympathetic nerve chains that are parallel to the spine and establish a continuous connection between the colon and the stomach, which is managed by the body's rational nature. Therefore, without this intelligent management, the body will be exposed to the onslaught of many disorders. In a hadith of the Holy Prophet, this issue has been mentioned with the utmost finesse and delicacy: "Do not eat until you are hungry and do not eat before you are full."

Conclusion : Conclusion: Paying attention to the message of the body's rational nature or the nervous and hormonal signals, for example, during a real appetite, can be effective in preventing many diseases, especially digestive and metabolic diseases. Keywords: rational nature, real appetite, nervous and hormonal reflexes, Iranian medicine

Abstract ID: ۴۵۱

Presentation Type: Poster

Aromatherapy with Rosa damascene Mill. To Relieve the Symptoms of Postpartum Depression and Sleep Quality in Primiparous Women: A Randomized Controlled Trial

Fereshteh Behmanesh^۱ *, Fatemeh Zahra Hosseini^۲ , Zahra Memariani^۳

۱. Infertility and Reproductive Health Research Center, Health Research Institute, Babol University of Medical Sciences, Babol, I.R. Iran
۲. Student Research Committee, Babol University of Medical Sciences, Babol, I.R. Iran
۳. Traditional Medicine and History of Medical Sciences Research Center, Health Research Institute, Babol University of Medical Sciences, Babol, I.R. Iran

Background and Aim : Postpartum depression can significantly impact mothers' health, quality of life, and child growth and development. Early detection and treatment are critical. Healthcare providers should screen mothers for postpartum depression during prenatal and postnatal visits. The present study aims to determine the effectiveness of aromatherapy with Rosa damascena Mill. in relieving the symptoms of postpartum depression and improving sleep quality in primiparous women.

Methods : This study is a ۱:۱ randomised controlled trial. The study included ۷۴ women aged ۲۰–۳۵ who had given birth and were admitted to the postnatal wards of hospitals in Babol City in ۲۰۲۰–۲۰۲۲. Eligible subjects were randomly assigned to receive R damascena or distilled water (placebo) using permuted block randomisation. In both groups, depression and sleep quality were assessed ۲۴ hours, ۴ weeks, and ۱۲ weeks after delivery. Participants completed a demographic characteristics checklist, Edinburgh Postnatal Depression Inventory, and Pittsburgh Sleep Quality Index. Independent t-tests, chi-square, Fisher's exact tests, and repeated measures statistical tests were used.

Results : The mean age of mothers was 26.82 ± 5.15 years. The mean scores of postpartum depressions in the two groups at three-time points showed no significant difference. However, the depression scores decreased over time in both groups. In the analysis of overall sleep quality scores, the time irrespective of groups improved the sleep quality. However, the interaction was not significant. The group effect was not significant, and based on the partial eta square value (η^2), there was a small effect ($\eta^2 = 0.03$).

Conclusion : A three-time assessment of postpartum depression and sleep quality revealed no significant difference between the aromatherapy and control groups. However, there was a trend toward improved sleep quality in the aromatherapy group at the final assessment. Further research with larger sample sizes and more rigorous methodology is needed to confirm these findings and to determine the optimal aromatherapy interventions for postpartum women. Longitudinal studies are also needed to assess the long-term effects of aromatherapy on maternal well-being.



Abstract ID: ۳۰۶

Presentation Type: Poster

The role of Iranian medicine for a better lifestyle and disease prevention

Fatemeh Dehghani Ashkezari^۱ *

^۱. *Master's degree, Kerman University of Postgraduate Studies*

Background and Aim : In general, a healthy life meets the needs of a person's body and mind in a healthy way and protects each and every cell of his body and thoughts from being damaged and being able to reach his daily thoughts and tasks without worries and concerns. Having a healthy lifestyle can be programs with a different spectrum, considering the different characteristics of individuals, but a reasonable boundary can be made by distinguishing between healthy and unhealthy lifestyles. Since the distant past, in the whole world and also in our country, Iran, most people have sought to have a healthy and worry-free life, and among them, doctors and scientists such as Jorjani, Buali Sina, Behaghi, Aghili Khorasani, etc. In the past and in contemporary times, doctors and scientists have paid great attention to raising awareness about a healthy lifestyle and observing the prevention of disease and have lit the way. Given that with progress in the field of health, the incidence of infectious diseases has decreased, it is necessary. In order to improve people's health, the discussion of disease prevention and having a healthy lifestyle should be more actively engaged in the medical body of the country.

Methods : This study was compiled using traditional and reliable reference books such as the Zakhire Khwarizmshahi (Qanun, al-A'raz al-Tayyiba and Al-Mabahas al-A'liyya, Karnameh al-Islam, Qarabadin al-Kabir, and some opinions of medical doctors.

Results : According to the results obtained over the years, having a healthy lifestyle and diet play a significant role in the health of individuals and society. Modern medical teachings and research show that organismism and tissueism are somewhat outdated and have concluded that the entire human body is interconnected. Therefore, for a person's health, lifestyle and diet and all things must be examined and modified in order to prevent and treat diseases.

Conclusion : Preventive medicine or having a healthy lifestyle is a very important branch of medical science that, if implemented correctly, can significantly contribute to increasing the health of individuals in society. By observing the six principles of prevention, physical and mental health is more guaranteed, and with these valuable resources, researchers.

Abstract ID: ۵۰۰

Presentation Type: Poster

Investigating the relationship between emotional symptoms (mental health) and physical activity in second-grade elementary school students in Isfahan Province

Saide Elahidoost^۱ *, Mohammad Ansaripour^۲ , Mahboobeh Hojjati^۳ , Masoumeh Kazemi^۴

۱. Masters Counseling, Department of Counseling and Educational Sciences, Payam Noor University, Tehran, Iran saide.elahidoost@gmail.com
۲. Assistant Professor, Department of Persian Medicine. School of Medicine, Isfahan University of Medical Sciences, Isfahan, Iran
۳. PhD student in Epidemiology, Isfahan University of Medical Sciences, School of Health Isfahan, Iran
۴. Master health promotion Isfahan University of Medical Sciences, School of Health Isfahan,

Background and Aim : Emotional symptoms or mental states are among the main components of the essential set, or lifestyle of Persian medicine. Emotional symptoms include anger, happiness, fear, sadness, and embarrassment. Emotional symptoms have rapid and severe effects on human physical health and are influenced by various environmental factors, including nutrition, activity. Elementary school students are the future of our country, and their health plays a significant role in the health of individuals in society. The aim of this study is to determine the relationship between emotional symptoms and physical activity in the lifestyle of Persian medicine in second-grade elementary school students.

Methods : The present study is a descriptive-analytical cross-sectional study that was conducted in ۱۴۰۰ on ۱۱۹۶ female and male students in the second-grade elementary school of Isfahan Province. They were selected through convenient sampling. Data were collected through a researcher-made questionnaire of Persian medicine lifestyle, whose validity and reliability were confirmed. Persian medicine lifestyle consisted of five sections: sleep, mental health, nutrition, mobility, and waste disposal. Analysis was performed using SPSS software and Spearman correlation tests.

Results : ۲۸,۲ percent of the participants were male and ۷۱,۴ percent were female, and the average age was ۱۰,۸۹ years. The average score of emotional aversion was (۰,۴۵) ۳,۲۱ and austerity was (۰,۴۹) ۲,۸۳. The results showed that the Pearson correlation between emotional aversion and austerity in lifestyle was ۰,۱۸ and there was a direct and significant relationship between emotional aversion and austerity in lifestyle (p-value < ۰,۰۵).

Conclusion : The results of this study show that there is a direct relationship between emotional aversion and austerity. In other words, it can be said that being mobile and physically active can reduce depression and stress in students.

Abstract ID: ۲۷۰

Presentation Type: Poster

The Role of Spiritual Health in the Treatment of Infertility: A Perspective from Persian Medicine

Hasan Namdar^۱ , Roshan Ashouri^۲ , Elham Emaratkar^۲ *

^۱. Traditional Medicine Clinical Trial Research Center, Shahed University, Tehran, Iran

^۲. Department of Traditional Medicine, School of Persian Medicine, Shahed University, Tehran, Iran

Background and Aim : Infertility and ovulatory disorders are common problems among women. Persian Medicine attributes these conditions not only to physical causes but also to psychological and spiritual factors. One of the most frequently mentioned causes of infertility in classical Persian medical literature is “coldness of the uterus.” This narrative review aims to explore the views of traditional Iranian scholars regarding the role of spiritual and psychological health in infertility and to compare these perspectives with those of modern medicine.

Methods : This study is a narrative review based on content extraction and analysis from classical Iranian Traditional Medicine (ITM) texts, including The Canon of Medicine (Ibn Sina), Zakhireh Kharazmshahi (Jurjani), Tohfah al-Sa'diyyah (Qutb al-Din Shirazi), and Aksir-e-Azam (Azam Khan). Relevant themes on causes of infertility, ovulatory dysfunction, uterine coldness, and the impact of emotional and spiritual states were identified and interpreted. These were then compared with contemporary sources found through literature searches in modern medical databases.

Results : Ibn Sina states that intense emotional states such as grief, fear, chronic sadness, and anger can weaken the uterine governing force, disturb humoral balance, and induce uterine coldness, resulting in disrupted ovulation and fertilization. Jurjani emphasizes the importance of “healthy humors” and “mental well-being” in reproduction, asserting that psychological weakness and lack of sexual desire are common causes of infertility. Shirazi highlights mental health and emotional stability as prerequisites for temperamental balance of the uterus and its receptivity to semen, linking uterine coldness to a deviation in temperament caused by withdrawal of the body's innate heat. Ibn Sina and Shirazi both stress the direct relationship between emotional stability and fertility. Azam Khan also refers to “prolonged sorrow” as a cause of uterine weakness and amenorrhea. Recent studies support these insights, indicating that spiritual-psychological interventions, such as spiritual counseling, can improve fertility and enhance IVF success rates.

Conclusion : According to classical Persian Medicine, spiritual and psychological health play a critical role in maintaining and restoring fertility by influencing vital forces, humors, and temperamental balance—especially in the uterus. Addressing spiritual dimensions alongside physical treatments has always been integral to infertility management in Iranian medicine. This perspective can be integrated with modern complementary and psychotherapeutic approaches to improve infertility outcomes and enhance quality of life.



Abstract ID: ۴۶۹

Presentation Type: Poster

The Frequency of Different Temperaments Among Women of Reproductive Age with Iron Deficiency

Somaye Fatali^۱ *

^۱. Iranian medicine specialist

Background and Aim : Anemia and iron deficiency are common health issues among women of reproductive age. It is estimated that between ۱۰٪ and ۳۰٪ of women in this demographic group suffer from iron deficiency. In Iranian traditional medicine, blood deficiency is associated with a deficiency in phlegmatic humor. This study aimed to investigate the relationship between different temperaments and the incidence of iron deficiency.

Methods : In this cross-sectional study, ۱۲۳ women of reproductive age (۱۸ to ۴۵ years) were enrolled. Participants completed the ۱۰-item Mojahedi questionnaire (MMQ). Based on this questionnaire, participants were categorized into nine temperament groups. The collected data were analyzed using the chi-squared test.

Results : The mean age of the patients was ۳۵,۱۲ years. The difference between the observed distribution and the uniform distribution was statistically significant. Among the nine temperament groups, the two groups with cold and humid (۳۸ individuals) and cold and dry (۳۴ individuals) temperaments had the highest frequencies, which were statistically significant ($p < ۰,۰۵$).

Conclusion : A direct relationship exists between temperament and the incidence of iron deficiency in women. Specifically, individuals with cold temperaments—whether cold and humid or cold and dry—are more likely to suffer from iron deficiency. To confirm this finding, extensive community-level studies on temperament are warranted.

Abstract ID: ۲۰

Presentation Type: Poster

بررسی نگرش دانشجویان دختر دانشکده پرستاری نسبت به مصرف داروی گیاهی و شیمیایی و تاثیر آنها در کاهش درد قاعدگی در سال ۱۴۰۲

*^۱ Mohammadreza Foroutani

۱. گروه پرستاری، دانشکده علوم پزشکی و خدمات بهداشتی درمانی لارستان، لارستان، ایران

مقدمه و هدف : قاعدگی دردناک؛ معضلی است که بیشتر خانم ها با آن مواجه هستند و اغلب به دنبال راه حلی برای رهایی از آن و کاهش اثرات روانی منفی (بدخلقی، بی حوصلگی،...) ناشی از آن هستند.

روش ها : این مطالعه که به روش مقطعی انجام گرفت دیدگاه کلیه ۸۰ نفر دانشجویان دختر ساکن خوابگاه؛ در خصوص استفاده از گیاهان دارویی و شیمیایی در کاهش درد قاعدگی، با استفاده از پرسشنامه مورد سنجش قرار گرفت.

نتایج : نتایج نشان میدهد؛ تعداد ۶۹ نفر (۷۷/۵ درصد) از دانشجویان درد قاعدگی را تجربه کرده و تعداد ۴۷ نفر (۵۲/۸ درصد) سابقه خانوادگی ابتلا به درد قاعدگی را داشتند. تعداد ۳ نفر (۳/۴ درصد) سابقه بیماری دستگاه تناسلی داشته اند. تعداد ۲۰ نفر (۲۲/۵ درصد) از داروی شیمیایی ۲۵ نفر (۲۸/۱ درصد) از داروهای گیاهی و ۲۹ نفر (۳۲/۶ درصد) هیچ یک از داروها را مصرف نمیکنند و ۶ نفر (۶/۷ درصد) از هر دو دارو استفاده می کردند. تعداد ۱۲ نفر (۱۳/۵ درصد) داروهای شیمیایی و تعداد ۵۸ نفر (۶۵/۲ درصد) داروهای گیاهی را برای کاهش درد قاعدگی پیشنهاد میکنند و تعداد ۸ نفر (۹ درصد) هیچ یک از داروها را پیشنهاد نمیکنند و ۲ نفر (۲/۲ درصد) هر دو دارو را پیشنهاد میکنند. کسانی که از هر دو دارو استفاده کرده اند تعداد ۲۳ نفر (۲۵/۸ درصد) داروی شیمیایی و تعداد ۴۶ نفر (۵۱/۷ درصد) داروی گیاهی را در کاهش درد خود موثرتر دانسته و تعداد ۹ نفر (۱۰/۱) هیچ کدام را موثرتر ندانسته اند در نظر سنجی اثربخشی داروهای گیاهی و شیمیایی که از ۱۰-۰ درجه بندی شده بود در داروی گیاهی بیشترین درصد (۲۷ درصد) را فاصله ۶-۴/۱ و در داروی شیمیایی بیشترین درصد (۲۳/۶ درصد) را فاصله ۱۰-۸/۱ به خود اختصاص داده است. تعداد ۴۶ نفر (۵۱/۶ درصد) دلیل عدم استفاده از داروهای گیاهی را سریع الاثر بودن داروهای شیمیایی و بی اطلاعی از گیاهان دارویی دانسته اند.

نتیجه گیری : امروزه گرایش مردم به داروهای گیاهی افزایش یافته است. این افزایش؛ در دانشجویان نیز مشاهده میگردد که علی رغم موثرتر بودن داروهای شیمیایی، آنها مصرف داروهای گیاهی را ترجیح میدهند. بنابراین اطلاع رسانی در مورد گیاهان دارویی موثر میتواند مصرف بی رویه داروهای شیمیایی (مسکن ها) و عوارض آنها جلوگیری کند.



Abstract ID: ۲۱

Presentation Type: Poster

Investigating the effectiveness of chamomile infusion in reducing menstrual pain in two groups of female students at Lar Nursing School in ۲۰۲۳

Mohammadreza Foroutani^۱ *

^۱. Department of Nursing, Larestan University of Medical Sciences. Larestan, Iran.

Background and Aim : Painful menstruation is a condition that more than half of women experience during their lifetime. In some cases, the severity of this condition is so severe that it overshadows a person's daily work and efforts. Using various medications, including medicinal herbs, is one of the methods of reducing menstrual pain. Since chamomile flowers contain the essential oil of anthemin, tannins, phytosterols, and also a bitter substance called anthemic acid, it is likely effective in regulating hormones and reducing menstrual pain. The aim of this study is to investigate the effectiveness of chamomile in reducing menstrual pain.

Methods : female students who had painful menstruation were identified and then they were divided into two study groups and a control group. In the study group, ۲۰ grams of chamomile infusion were given daily to the subjects from one day before the onset of menstruation to five days after and during the menstrual period. In the control group, no herbal medicine was prescribed. The data were analyzed using descriptive and analytical statistical tests.

Results : The results show that ۲۰ (۶۶/۷٪) of the students in the study group experienced a reduction in menstrual pain after being prescribed chamomile infusion. ۶ (۲۰٪) considered chamomile infusion ineffective in reducing their menstrual pain, and ۴ ((۱۳,۳٪) were unable to distinguish between the effectiveness or ineffectiveness of the drugs. There was also a reduction in pain in the control group, which is probably due to the use of chemical drugs. No significant difference was seen between pain reduction and the use of herbal and chemical drugs.

Conclusion : Today; the use of medicinal plants has developed greatly. In this study; chamomile infusion; was effective in reducing menstrual pain in people. Continuous prescription of herbal medicines along with; bathing, exercise, improved nutrition and emotional support for women; will be effective in reducing menstrual pain. Selecting and introducing effective plants will have a significant impact on reducing the excessive use of chemical drugs.

Abstract ID: ۲۱۶

Presentation Type: Poster

Multiple sclerosis and temperament (Mizaj): A case-control study in Southeast of Iran

Fatemeh GhaediHeidari^{۱*}, Mahlagha Dehghan^۲, Mohammad Mazaheri^۳

- ^۱. Department of psychiatric nursing ,PhD in nursing , Research Centers of the School of Nursing and Midwifery, Faculty of Nursing and Midwifery, Isfahan University of Medical Sciences, Isfahan, Iran.
- ^۲. Nursing Research Center, Assistant Professor, Kerman University of Medical Sciences, Kerman, Iran
- ^۳. Assistant Professor Head, Department of Persian Medicine, Faculty of Medicine Isfahan University of Medical Sciences, Isfahan, Iran.

Background and Aim : Based on Persian Medicine (PM), all creatures and every human have a special temperament (Mizaj). Temperament results from an interaction of four qualities of warmness, coldness, wetness, and dryness. These qualities are created by four elements of water, soil, air, and fire. Based on the combination of the elements, every individual has its own temperament. In PM, it is believed that temperament plays an important role in physiologic changes, health level, and developing different diseases. Therefore, the aim of this study was to determine the correlation between temperament (body Mizaj) and the risk of developing multiple sclerosis.

Methods : This is a case-control study conducted on ۱۶۰ patients with multiple sclerosis and ۴۸۰ healthy people in Kerman. Data were gathered by a three-part researcher-conducted questionnaire including personal information, some environmental factors, and Mojahedi Mizaj questionnaire. Data were analyzed using SPSS version ۱۸ with descriptive and inferential statistics (χ^2 , univariate and multivariate logistic regression).

Results : Individuals with a "cold and wet" temperament exhibited a lower risk of developing MS compared to those with a balanced temperament (the cold temperament: OR=۰,۲۴ (۹۵% CI: ۰,۰۸-۰,۷۵), and the wet temperament: OR= ۰,۳۸ (۹۵% CI: ۰,۲۰-۰,۷۱). Also, multivariate logistic regression test showed that "cold & moderate" as well as "moderate & wet" temperament could significantly be protective factors against developing multiple sclerosis.

Conclusion : The study indicated that the "cold & moderate" and "moderate & wet" temperaments are protective factors against multiple sclerosis but such results are preliminary and their mechanisms could not be supported by the traditional literature. Therefore, it is suggested that future studies be conducted with more accurate methodological methods such as cohort studies to explain changes of temperaments in patients with multiple sclerosis.



Abstract ID: ۸۷

Presentation Type: Poster

Impact of Face-to-Face Training on Increasing Awareness of Integrating Traditional Persian Medicine teachings program Among Staff at Sabzevar University of Medical Sciences

Seyed Majid Ghazanfari^{۱*}, Roghayeh Javan^۱, Elham Behnam Talab^۲, Seyed Mohammad Vahid Ghazanfari^۳

۱. Non-Communicable Diseases Research Center, Sabzevar University of Medical Sciences, Sabzevar, Iran.
۲. Master of Health Education, Deputy of Health, Sabzevar University of Medical Sciences, Sabzevar, Iran.
۳. Student Research Committee, Faculty of Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran.

Background and Aim : The acceptance of complementary medicine services, including Traditional Persian Medicine, is increasing. The World Health Organization has also presented its strategies through various programs and emphasizes the integration of complementary and traditional medicine services in providing health services to society. In Iran, academic education in Traditional Medicine Officially began in ۲۰۰۷ with the addition of the field of Traditional Persian Medicine to universities, and currently, ۸ faculties and ۱۳ educational groups provide services related to this field. The program for integrating Traditional Persian Medicine Teachings into the network system was proposed in ۲۰۲۲, and by the end of that year, ۱۵ universities had prioritized the implementation of the program, and it was planned that all faculties and universities of medical sciences in the country would implement this program by the end of ۲۰۲۲. Sabzevar University of Medical Sciences, as one of the volunteer universities in the first phase, began preparations for its implementation in late ۲۰۲۲ and, by holding in-person training sessions for physicians in the form of a retraining program, as well as in-person training sessions for health educators and staff experts from family health, health education, and Gostaresh units, it began a cascade training of health educators and caregivers. Given the direct impact of in-person training on the level of knowledge of individuals in each program, in this study, we intend to study the impact of in-person training on the level of awareness of the personnel working in the program for integrating Traditional Persian Medicine Teachings into the network system at Sabzevar University of Medical Sciences.

Methods : According to the completion of the pre-and post-training test sheets by all participants in the program, first, the general statistics of the target groups that participated in this program were separated according to their educational qualifications, and then the scores of each group in two stages before and after the training were extracted and the amount of change in the information of each group was calculated.

Results : The total participants in this program was ۱۴۶, including ۵۶ physicians and ۹۰ experts. The average scores before the training of the groups of physicians and experts were ۶۲,۹۳ and ۴۶,۳۶, respectively, and the average scores after the training were ۸۸,۸۹ and ۹۰,۷۱, which shows an increase of ۲۶,۹۵ points for physicians and ۴۴,۳۴ points for experts. All these changes are statistically significant ($P < ۰.۰۱$).



Conclusion : Despite the fact that the use of Traditional Persian Medicine Teachings and services exists in society and numerous meetings are held in academic and educational circles, it does not seem that the level of awareness of the group of physicians and health experts is very proportional to the current situation, and this intervention showed that providing face-to-face training significantly increased the average scores. Holding face-to-face sessions is essential for the best implementation of important health programs and improving their efficiency, and implementing these face-to-face sessions in a workshop manner is a frequent experience.



Abstract ID: ۱۵۲

Presentation Type: Poster

The effects of physical activity and exercise on the reproductive function of men and women

Soheil Gholibeygi^۱ *

^۱. MSc. Faculty of Sports Sciences and Health, University of Tehran

Background and Aim : Fertility has long been an important topic for mankind and for medicine. The impact of lifestyle on fertility is well known. Physical activity is one of the lifestyle criteria that has received much attention in recent years in the field of fertility in both men and women. In this study, we examine the effects of physical activity and exercise on the fertility of men and women.

Methods : This study was conducted by reviewing original English and Persian articles through keyword search in reputable scientific databases such as Google Scholar and SID.

Results : Two main findings emerged from the study: A- Positive effects of physical activity and exercise on fertility: Light to moderate intensity physical activity improves quality of life and emotional well-being in healthy women and men. Moderate to high levels of physical activity significantly reduce the overall risk of infertility. In men, physical activity is significantly associated with improved sperm parameters and may be important in improving or even reversing male infertility. As exercise training improves body composition, in women, a ۵ to ۸ percent decrease in body mass index can be associated with a positive effect on reproductive hormones, leading to increase in ovulation, pregnancy rates, and live birth rates. Physical activity improves reproductive function in women with polycystic ovary syndrome and reduces infertility in them and reduces pain and infertility caused by endometriosis. B- Negative effects of physical activity and exercise on fertility: Prolonged and intense exercise may negatively affect various physiological systems, especially the reproductive and fertility system. Intense exercise may lead to oxidative stress and DNA damage in the sperm of male athletes. Intense endurance training may harm the production of reproductive hormones and semen quality. In women, intense exercise can impair fertility by disrupting hypothalamic regulatory pathways that lead to impaired secretion of hormones that affect fertility.

Conclusion : Numerous studies show that fertility in men and women is affected by physical activity and exercise, and physiological changes resulting from exercise adaptations can improve or even reduce reproductive performance. Exercise intensity is one of the most important criteria to consider in the discussion That affects; for example, intense exercise can have negative effects on fertility. More researches should be conducted to identify the appropriate amount, intensity and duration of physical activity for effectively reducing the risk of infertility.

Abstract ID: ۲۲۵

Presentation Type: Poster

Testis hyperthermia, its effect on genetic and epigenetic factors in male reproduction and Traditional Persian Medicine (TPM)

Roghayeh Habibi^۱ *, Mohsen Naseri^۲ , Fatemeh Emadi^۲

^۱. Iran Health Insurance Organization

^۲. Traditional Medicine Clinical Trial Research Center, Shahed University

Background and Aim : Testis scrotum hyperthermia is threat for spermatogenesis and reproduction in mammals. Male normal spermatogenesis occurs in ۳۴ to ۳۵°C. Many factors cause testis hyperthermia such as clothes, laptop, mobile, microwave, prolonged sitting, varicocele and cryptorchidism. Avicenna, the professional person in traditional Persian medicine (TPM), believed weather is the one of the six important essentials for healthy offspring. Hyperthermia cause reversible reduction in spermatogenesis through oxidative stress. Male reproduction controlled via genetic, epigenetic and environmental factors. Oxidative stress mediates epigenetic dysregulation of sperm that passes to next generation in offspring and affect their reproduction. Also this stress cause downregulation of Cirp protein (cold inducible RNA binding protein) in response to reactive oxygen species (ROS). Oxidative stress also can be occurring in Sertoli cells that support germ cells. Quercetin and kaempferol in nuts, red onion, broccoli, vegetables and so on induce ROS and NFκB metabolisms pathway and recovery of spermatogenesis. Apoptosis of germ cells in testis hyperthermia occur because of apoptotic genes overexpression. Hyperthermia influence sperm DNA integrity and affect male reproduction. Many of semen proteins that provide sperm count and motility to be affected by increased temperature of testis. High temperature also change proteomic profile of sperms resulting in reduced sperm movement and capacity.

Methods : Key words include testis hyperthermia, genetic, epigenetic, spermatogenesis, infertility in PubMed

Results : Testis hyperthermia affect sperm epigenetic that passes through generation, transfer to offspring and influences their reproduction. Germ cell apoptosis is disadvantage of testis hyperthermia. Hyperthermia affect sperm morphology, count, motility, sperm capacity and sperm DNA integrity.

Conclusion : Avoidance of tight clothing, instruments give rise to high temperature, very hot weather, jobs produce hyperthermia, prolonged sitting and diseases related hyperthermia in testis. Because of reversible collapse in spermatogenesis induced by hyperthermia, for achieve and overcome reproduction failure eating nuts, red onion, broccoli, vegetables and so on which have quercetin and kaempferol is suggested.



Abstract ID: ۱۴۳

Presentation Type: Poster

Investigating the quality of sleep in infertile women referred to Hamadan Fatemieh Hospital in ۲۰۲۴

Mamak Hashemi^۱*, Maryam zamanian^۲, Leili Tapak^۳

- ^۱. Department of Persian Medicine, School of Medicine, Hamadan University of Medical Sciences, Hamadan, Iran
- ^۲. School of Medicine, Hamadan University of Medical Sciences, Hamadan, Iran
- ^۳. School of Public Health, Hamadan University of Medical

Background and Aim : Sleep disorders are a common problem related to a wide spectrum of physical and mental diseases. However, the prevalence of sleep disorders in infertile women has not been completely investigated. In this study, sleep quality in infertile women was investigated.

Methods : In this descriptive-analytical study, ۳۰۰ infertile women referring to Fatemieh Hospital in Hamadan in ۲۰۲۴ were selected using the convenience sampling method. The participants' sleep problems and sleep quality were assessed with the Pittsburgh Sleep Quality Inventory (PSQI) and compared in terms of individual and contextual variables. The data were analyzed with SPSS version ۲۶ software at a confidence level of ۹۵%.

Results : The mean and standard deviation of the age of the women participating in the study was 33.90 ± 6.63 years and the body mass index was 26.30 ± 3.93 kg/m^۲. The prevalence of moderate to severe sleep disturbance in the domains of subjective sleep quality was ۸۶.۳%, sleep latency was ۸۳.۳%, sleep duration was ۴۱%, sleep efficiency was ۵۵.۳%, sleep disorders were ۹۹%, and daily functioning disorders were ۵۷.۷%. In total, ۵۲.۶۷% of the women participating in the study had poor sleep quality. No significant differences were observed between sleep quality and the variables of age, weight, body mass index, frequency of infertility treatment, place of residence, occupation and education, cause of infertility, and ovarian problems.

Conclusion : According to the results of the present study, more than half of the infertile women participating in the study had sleep disorders, especially in the subdomains of sleep latency, sleep efficiency, and subjective sleep quality.

Abstract ID: ۱۳۲

Presentation Type: Poster

Chronic Constipation: Neglected role in liver disease due to changes in gut microbiota; Prevention from the prespective of Persian Medicine and Modern Medicine (A Narrative Review)

Sonia Heydari^{۱*}, Narjes Khavasi^۱, Saeed Sardari^۱, Negin Parsamanesh^۲, Ali Ghaffari^۳

۱. Department of Persian Medicine, Faculty of Medicine, Zanjan University of Medical Sciences, Zanjan, Iran
۲. Metabolic Diseases Research Center, Zanjan University of Medical Sciences, Zanjan, Iran
۳. Department of Pediatrics, School of Medicine, Ayatollah Mousavi Hospital, Zanjan University of Medical Sciences, Zanjan, Iran

Background and Aim : Constipation is a collection of symptoms that defined as a hard defecation. Chronic constipation is a widespread, multi-cause gastrointestinal ailment, and its etiology and pathophysiology are not well known. Also, liver disease in Europe is a critical subject, with increment of cirrhosis and liver malignancy, and liver disease is responsible for almost ۲ million deaths per year in the world. The gut microbiota, as the original part in gut microecology, is a vital moderator in health and disease and impresses the progress of chronic diseases including metabolic disease, gastrointestinal ailments and colorectal malignancy. This study provides an overview of research related to the correlation of chronic constipation and liver diseases due to changes in the gut microbiota according to the perspective of Persian medicine and modern medicine

Methods : In this narrative review, the resources of traditional Persian medicine and modern medicine were investigated using the keywords of "Constipation", "Gastrointestinal Microbiome", "Dysbiosis", "Liver Diseases", "Non-alcoholic Fatty Liver Disease", "Liver Diseases, Alcoholic", "Liver Cirrhosis", "Carcinoma, Hepatocellular", and "Medicine, Persian" ; in medical Information databases of Scholar, PubMed, ISI, Scopus, and etc. ۸۱ articles between ۲۰۱۴ and ۲۰۲۲ were chosen for discussion in ۳ axes: Constipation, Gut microbiota, Liver disease, Constipation and Gut microbiota, as well as Gut microbiota and Liver disease. In addition, titles and contents linked to constipation and liver diseases from the reliable texts of Persian Medicine were discussed by the authors.

Results : Lately, research has confirmed dysbiosis of gut microbiota in chronic constipation by using ۱۶S rRNA-based microbiota profiling. And on the other hand, the intestinal microbiome has a main impress in the pathogenesis of liver disease, with a specific occurrence being dysbiosis, or an inequity of pathobionts and useful bacteria with the harmful effects on their host.

Conclusion : According to Traditional Persian Medicine School, chronic constipation is not only a gastrointestinal malady, but also may result in several chronic complaints and an indication for maltemperament (Soo-emazaj) state of the body. Chronic constipation can be the origin of many diseases, for this reason, it has been named Mother of disease or "Omm-ol-Amraz". Avicenna believed that four talents are involved in the process of digestion and absorption of the consumed food and ejecting the surplus articles. These talents include ha'zemeh (digestive), ja'zebeh (absorptive), ma'sekheh (retentive) and da'fe'eh (propulsive). Constipation is generally the outcome of potent ma'sekheh and feeble da'fe'eh. During chronic constipation, the normal digestive pathway of natural humors is clogged that affords pathological cumulation of burned humors in different



کتاب خلاصه مقالات سخنرانی و پوستر
دومین کنگره ملی طب ایرانی

تهران، مرکز همایش های بین المللی رازی

۲۱ لغایت ۲۳ آبان ماه ۱۴۰۴



organs. So, toxins and surplus materials are reabsorbed through intestine and their evacuation pathway alters to other systems like skin and respiratory tract. As well as according to Modern Medicine, Lengthy cease of feces in the intestines of constipated person alters the microbial composition of the intestine, affecting the pathogenesis of liver diseases. Thus, we can conclude that constipation may propel to liver diseases that lifestyle correction, especially from the perspective of Traditional Persian Medicine can be helpful in preventing liver diseases.

Abstract ID: ۲۷۲

Presentation Type: Poster

The effect of sweet almond oil vaginal suppository on the cervical ripening in nulliparous women: a randomized controlled trial

Parisa Hosseini Balajourshari^۱, Dr Fatemeh Zahra Karimi^۲*, Dr Roshanak Salari^۳

۱. Graduated student of Midwifery, School of Nursing and Midwifery, Mashhad University of Medical Sciences, Mashhad, Iran
۲. Assistant Professor, Nursing and Midwifery Care Research Center, Mashhad University of Medical Sciences, Mashhad, Iran.
۳. P.H.D of drug control, Department of Pharmaceutical Sciences in Persian Medicine, School of Persian and Complementary Medicine, Mashhad university Medical of Science, Mashhad, Iran.

Background and Aim : The failure of labor induction often occurs when the cervix is not ripe. To mitigate the side effects of chemical drugs, herbal medicines are now being considered for cervical ripening. Sweet almond oil has compounds that seem to be effective on the cervical ripening. Omega^۶ which includes essential fatty acids (Oleic acid and Linoleic acid) are the precursors to the labor prostaglandins. This study aimed to investigate the impact of sweet almond oil vaginal suppositories on cervical ripening in nulliparous women.

Methods : This three-blinded clinical trial was conducted in ۲۰۲۳-۲۰۲۴ and involved ۶۰ pregnant women who were referred to Shahid Hashmi-nejad Hospital in Mashhad. Eligible participants were given either a daily vaginal suppository of sweet almond oil or a placebo for up to one week. The Bishop score was assessed before the intervention, ۷۲ hours later, and four-seven days after the intervention. Data analysis was performed using SPSS ۲۵, and the independent sample t-, Mann-Whitney, and Wilcoxon tests were used. A significance level of $P < 0.05$ was considered.

Results : The intervention group and placebo group had a mean Bishop score of 1.7 ± 1.4 and 0.6 ± 0.8 respectively. After ۷۲ hours, the mean scores for the intervention and placebo groups were 4.0 ± 2.5 and 0.9 ± 1.6 , respectively and four to seven days after the intervention, the mean scores for the sweet almond oil and placebo groups were 4.5 ± 2.1 and 1.2 ± 2.1 respectively. The Mann-Whitney test demonstrated a significant difference in the Bishop scores during these three follow-ups ($P < 0.001$).

Conclusion : Based on the positive impact of sweet almond oil vaginal suppositories on increasing the Bishop score and softening the cervix, it is recommended to utilize this affordable, safe, and accessible method for cervical ripening in nulliparous women.

Abstract ID: ۵۱۹

Presentation Type: Poster

The Role of Body Cleansing in Endometriosis from the Perspective of Iranian Traditional Medicine.

Mahshid Irani^۱ *

^۱. PhD Student of Iranian Traditional Medicine, School of Traditional Medicine, Shahid Beheshti University of Medical Sciences.

Background and Aim : Abstract: Endometriosis is a chronic, painful gynecological disorder marked by ectopic endometrial tissue outside the uterine cavity. It often resists standard treatments and adversely affects quality of life. Iranian Traditional Medicine (ITM) classifies endometriosis as “Owram” (inflammation) and “Alam al-Rahm” (uterine pain), based on clinical and pathological similarities. Classical ITM texts recommend combined therapeutic interventions and preventive lifestyle modifications (Hefz al-Sehha). Among ITM’s six core health principles, “Ehtebas va Estefragh” (Retention and Evacuation), encompassing bodily cleansing, is vital for preventing and managing chronic diseases like endometriosis.

Methods : Methods: This review systematically explores foundational ITM sources, including Al-Mansuri by Rhazes, The Canon of Medicine by Avicenna, and Hedaya al-Mutaallemin by Akhawayni Bukhari. Additionally, contemporary scientific literature up to ۲۰۲۵ was surveyed via PubMed and Google Scholar to identify studies on body cleansing, waste elimination, and their relationship with endometriosis.

Results : Findings: According to ITM, metabolic byproducts from digestion and cellular processes must remain balanced in quantity and quality. Imbalance leads to “Ehteقان” (congestion). Congestion in vessels or cavities is termed “Emtela,” while tissue congestion is “Owram,” potentially causing chronic, treatment-resistant disorders including hepatic, dermatological, hematological diseases, cancers, and tumors. Causes include: (۱) increased quantity or qualitative changes of bodily substances; (۲) weakening of four fundamental faculties—attractive, digestive, retentive, expulsive; and (۳) excessive material transfer from other organs. In ITM, residual or imbalanced materials impair organ structure and function, requiring elimination via natural pathways such as urination, defecation, menstruation, sweating, mucosal secretions, and hair and nail growth. Interruptions or neglect of these excretions—e.g., chronic constipation or menstrual irregularities—allow harmful substances to accumulate and predispose to chronic diseases including endometriosis.

Conclusion : Discussion and Conclusion: ITM emphasizes maintaining equilibrium among intake, retention, and elimination of bodily materials. Reinforcing the four faculties, optimizing digestion, ensuring healthy blood production and circulation, and promoting timely waste removal are essential. In women, regular and balanced menstrual flow per individual temperament critically prevents pathological accumulation in pelvic tissues. Supporting natural cleansing, preventing excretory dysfunctions, and aligning lifestyle habits with ITM principles may alleviate endometriosis symptoms and reduce disease incidence. Integrating traditional cleansing with modern medicine could offer complementary management. Nonetheless, interdisciplinary clinical studies are needed to confirm and improve cleansing-based therapies in endometriosis prevention and treatment. **Keywords:** Endometriosis, Persian Medicine, Cleansing, Retention and Evacuation, Waste Elimination, Detoxification, Preventive Health.

Abstract ID: ۵۶۵

Presentation Type: Poster

Principles of Prevention in Iranian Traditional Medicine

Saleh Jafarian Dehkordi^۱ *

^۱. *Shahrekord University of Medical Sciences, Shahrekord, Iran*

Background and Aim : Prevention is a cornerstone of health care in Iranian traditional medicine (ITM). Classical texts such as Avicenna's Canon of Medicine and Rhazes' Al-Hawi emphasize health preservation over treatment. This preventive approach focuses on achieving temperament balance, modifying lifestyle, and adhering to the Six Essential Principles (Sete-Dozriya). This review analyzes ۳۰ scholarly sources to explore ITM's preventive foundations and compare them with modern evidence-based medicine. Findings indicate that ITM principles—including air quality, diet according to temperament and season, proper sleep and wake cycles, regular physical activity, proper excretion, and mental well-being—align with modern preventive medicine. Integrating these teachings with contemporary healthcare strategies may provide a valuable complementary approach to public health and the prevention of chronic disease.

Methods : A comprehensive search was performed across several electronic databases, including PubMed, Scopus, Web of Science, Google Scholar, and SID (Scientific Information Database) for Persian resources. The search covered publications from ۲۰۰۰ to ۲۰۲۴, although classical sources of ITM (such as Avicenna's Canon of Medicine and Rhazes' Al-Hawi) were included through secondary literature and translations. The following keywords and Medical Subject Headings (MeSH) terms were used in different combinations: • “Iranian traditional medicine” • “Persian medicine” • “Avicenna” OR “Ibn Sina” • “Rhazes” OR “Al-Razi” • “prevention” • “lifestyle medicine” • “Six essential principles” OR “Sete-Dozriya” • “temperament balance” OR “Mizaj” • “public health” • “epidemic prevention” Boolean operators (AND/OR) were applied to maximize sensitivity and specificity of results. References from relevant articles were also screened manually to identify additional sources.

Results : Six Essential Principles (Sete-Dozriya) The Six Essential Principles form the core preventive framework of ITM (۱). ۱. Air quality ۲. Nutrition and drinks ۳. Sleep and wakefulness ۴. Physical activity and rest ۵. Retention and evacuation ۶. Mental and emotional health Adherence to these principles prevents temperament imbalance and disease (۹). ۱ Air Quality ۱. Air quality Clean air supports physical and mental functions (۱). Pollution disrupts temperament and may cause respiratory disorders and fatigue (۶). ۲. Nutrition and drinks Seasonal and temperament-based diet preserves health and enhances resistance to disease (۱۰, ۱۱). ITM dietary recommendations reduce risks of cardiovascular disease, diabetes, and obesity (۱). ۳. Sleep and wakefulness Adequate, regular sleep restores body and mind, while sleep disturbances disrupt temperament and health (۲, ۱۲). Sleep irregularities increase the risk of metabolic, cardiovascular, and psychiatric disorders (۳). ۴. Physical activity and rest Moderate, temperament-appropriate exercise strengthens muscles, improves circulation, and enhances mental energy (۱۳). Sufficient rest is necessary for bodily restoration (۵). ۵. Retention and evacuation Regulating elimination processes prevents toxin accumulation and temperament imbalance (۱۴). This principle aligns with modern gastrointestinal and hepatic health practices (۸). ۶. Mental and emotional health Psychological well-being and emotional regulation are crucial for prevention (۱۵). Stress



management, social interaction, and emotional balance enhance both mental and physical health (۶).

Conclusion : Challenges and Limitations Challenges include a lack of standardization, limited clinical trials, low public awareness, and lifestyle differences between modern society and traditional guidance (۶, ۱۶). Integrating ITM with modern medicine requires scientific frameworks and supportive policies (۷). Conclusion ITM emphasizes prevention and adherence to the Six Essential Principles, providing a comprehensive framework for health maintenance (۱, ۹). Observing temperament-based lifestyle recommendations reduces chronic disease incidence, promotes mental health, and may increase longevity (۸, ۱۵). Integrating ITM with modern medicine offers a personalized, holistic preventive healthcare model (۷).



Abstract ID: ۱۰۰

Presentation Type: Poster

Evaluation of Iranian and Complementary Medicine Course from the Perspective of Nursing and Midwifery Students at Sabzevar University of Medical Sciences

Roghayeh Javan^۱*, Seyed Majid Ghazanfari^۱

^۱. Assistant Professor, Non-Communicable Diseases Research Center, Sabzevar University of Medical Sciences, Sabzevar, Iran.

Background and Aim : The goal of educational programs is to create appropriate and desirable effects on students. The need to achieve these goals is to assess the needs of students, implement appropriate educational methods, and evaluate them. Curriculum evaluation is carried out to find the weaknesses of the program and improve the current situation. The Iranian and Complementary Medicine course is one of the mandatory courses for students in some medical fields. The aim of this study is to evaluate this curriculum from the perspective of nursing and midwifery students at Sabzevar University of Medical Sciences.

Methods : ۴۲ students were selected based on the convenience sampling method. A researcher-made questionnaire was used to collect data. This questionnaire consisted of two sections: personal characteristics and questions related to the overall evaluation of the Iranian and Complementary Medicine course from the perspective of nursing and midwifery students. After reviewing the data, it was entered into SPSS version ۲۴.

Results : The results of this study showed that students had a positive reaction to the course and relatively high satisfaction. Overall, the necessity of presenting the course from the students' perspective was high, with ۴۱% considering it essential and ۴۹% considering it useful. In the comparison between the two fields, there was a significant difference in this regard, and the necessity of presenting it was greater from the perspective of midwifery students. ($p < 0.002$) Also, the materials presented in this course were useful and practical from the perspective of ۸۴% of the students. Based on the open-ended questions, the students listed the strengths and challenges for this program and had suggestions, including presenting the Iranian and complementary medicine course in a more specialized and practical way for the midwifery field.

Conclusion : Based on the results, considering the needs of midwifery students, it is possible to present the Iranian and complementary medicine course in a specialized and practical way in the higher semesters of this field. Also, providing specialized workshops for students in this field seems practical.

Abstract ID: ۴۶۵

Presentation Type: Poster

Narrative Review: An Integrated Framework for Radiation Risk Management from Molecular Injury to Clinical Diagnosis, Treatment, and Environmental Control

Mohammad Reza Ramazan Ghorbani^۱, Mehdi Ramazan Ghorbani^۲, Aria Kasiri^۳ *

۱. Radiation Sciences Research Center, AJA University of Medical Sciences, Tehran, Iran
۲. Doctor of Veterinary Medicine Student, Islamic Azad University, Babol Branch, Babol, Iran
۳. Bachelor of Laboratory Sciences, Arak University of Medical Sciences, Arak, Iran

Background and Aim : Radioactive radiation, depending on the absorbed dose, can induce a spectrum of effects ranging from acute tissue injury and acute radiation syndrome to long-term genetic mutations, chromosomal aberrations, and an elevated lifetime cancer risk. Nuclear incidents such as Chernobyl and Fukushima released isotopes including iodine-۱۳۱, cesium-۱۳۷, and strontium-۹۰, leaving enduring public health and environmental crises. Under these circumstances, it is imperative to develop an integrated radiation risk management framework—grounded in molecular mechanisms, protective equipment, diagnostic methodologies, and unified clinical protocols—to guide healthcare system administrators.

Methods : This study was conducted as a narrative review. Initially, relevant keywords were used to search PubMed, Scopus, Web of Science, and the organizational databases of WHO, IAEA, and REMM. Inclusion criteria comprised original research articles, systematic reviews, and established clinical guidelines, while case reports and sources lacking scientific documentation were excluded. Data were categorized into thematic tables according to methodological quality, level of evidence, and recency. A comparative analysis of these data informed the construction of a comprehensive and coherent radiation crisis management framework.

Results : Radiation hazards were classified into four principal scenarios—reactor malfunction, nuclear detonation, yellowcake release, and exposure to irradiated individuals—each characterized by distinct isotopic profiles and biological mechanisms. Personal protective equipment (PPE) was delineated across protection levels A through C. Diagnostic modalities ranged from electronic dosimeters to advanced imaging techniques (SPECT, PET) and hematologic and biochemical assays, which together facilitate patient screening, triage, and continuous monitoring. Environmental decontamination protocols for patients, staff, and healthcare facilities were identified, alongside isotope separation techniques and the use of antidotes such as potassium iodide (KI), diethylenetriamine pentaacetate (DTPA), and Prussian blue.

Conclusion : Effective management of radiation crises requires balancing rapid interventions to mitigate acute effects with long-term strategies to prevent chronic complications. The integration of cutting-edge diagnostic technologies, early pharmacotherapeutic interventions, and interdisciplinary protective measures not only alleviates the psychological burden on patients and personnel but also enhances emergency response efficacy. This review highlights the critical need to advance training programs, conduct field simulations, and invest in clinical and technological research to ensure societal resilience against future radiological threats.

Abstract ID: ۵۵۳

Presentation Type: Poster

Healthy Bread and Its Role in Human Health

Masoumeh Kazemi^۱ *, Mohammad Ansaripour^۲ , Saeideh Elahidoost^۳

۱. Department of Health Education and Health Promotion, School of Public Health, Isfahan University of Medical Sciences, Isfahan, Iran
۲. Department of Persian Medicine, School of Medicine, Isfahan University of Medical Sciences, Isfahan, Iran
۳. Department of Health and Wellness, Isfahan Provincial Department of Education, Iran

Background and Aim : Bread is a major dietary carbohydrate source with significant metabolic and physiological impacts. Its fiber, bran, and micronutrient content determine these effects. Numerous studies reveal that whole-grain bread lowers cholesterol and modulates blood glucose, reducing the risk of chronic non-communicable diseases.

Methods : The findings are based on a review of studies from reputable scientific databases (PubMed, Scopus, Google Scholar, and SID) as well as authoritative reference books in both traditional and modern medicine.

Results : Regular consumption of whole-grain bread lowers LDL cholesterol, improves the HDL/LDL ratio, and reduces blood pressure. Its low glycemic index supports balanced insulin responses and can reduce type ۲ diabetes risk by up to ۲۰ %. Insoluble fiber enhances stool bulk, intestinal motility, and microbiome health. Increased satiety aids weight management and lowers total calorie intake. B-vitamins, magnesium, iron, and natural antioxidants strengthen immunity and neural function.

Conclusion : The synthesis of scientific evidence indicates that consuming bread produced with proper health standards is an effective and low-cost approach to reducing the burden of non-communicable diseases. This dietary change can serve as part of national health strategies to improve both the quality of life and the overall health of the community.

Abstract ID: ۱۹۶

Presentation Type: Poster

Examining the effect of aromatherapy using orange essence and an orientation tour upon anxiety in birthing parents of premature infants: a quasi-experimental study

Maryam Keshavarz^{۱*}, Elham Babaie^۲

۱. Reproductive Sciences and Technology Research Center; Department of Midwifery and Reproductive Health, School of Nursing and Midwifery, Iran University of Medical Sciences, Tehran, Iran.
۲. School of Nursing and Midwifery, Iran University of Medical Sciences, Tehran, Iran.

Background and Aim : Those birthing premature infant's experience anxiety after the hospitalization of their infants in the neonatal intensive care unit (NICU). This study investigated the effect of an orientation tour with and without aromatherapy using orange oil on birthing parents' anxiety levels.

Methods : In a quasi-experimental study, a total of ۱۳۰ participants with hospitalized premature infants in the NICU were considered into three groups, ۱) orientation tour only, ۲) orientation tour-aromatherapy, and ۳) control group. Participants were placed to one of the three groups weekly. In the orientation tour-aromatherapy group, ۴ drops of orange essence were inhaled ۳۰ minutes prior to participants' first entry into the NICU. Subsequently an orientation tour was undertaken in the NICU for ۳۰ minutes. Thirty minutes before going to bed at night, participants re-inhaled ۴ drops of orange essence again for ۳۰ minutes. In the orientation tour only group, participants inhaled ۴ drops of distilled water instead of the orange oil aroma. The state-trait anxiety inventory (STAI) was completed by all participants one hour prior to the first entry into the NICU, as well as one and ۲۴ hours after participants left the NICU.

Results : At both one and ۲۴ hours post visiting the NICU, the mean score and severity of state and trait anxiety measured in the two intervention groups ($P < ۰,۰۰۱$) were less than those measured in the control group. No difference was observed between the two intervention groups in either time stages.

Conclusion : Both an orientation tour as well as an orientation tour administered in combination with aromatherapy using orange oil effectively reduces both state and trait anxiety in new birthing parents with premature infants entering the NICU. Thus, orientation tours may usefully be considered to reduce stress overall in those birthing parents who their premature infants are subsequently hospitalized in the NICU. Keywords: Orientation tour, prematurity, Aromatherapy, state anxiety, trait anxiety, Neonatal Intensive Care Unit.

Abstract ID: ۴۷۹

Presentation Type: Poster

The role of environmental and olfactory factors in fatigue

Fatemeh Khancherli^۱ *

^۱. Department of Traditional Medicine, School of Traditional Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran

Background and Aim : Fatigue is defined as weakness and reduced energy in performing activities, affecting both physical and psychological aspects, and it has various causes. In Iranian traditional medicine (ITM), fatigue is described as debility and incapacity, attributed to multiple factors. One of the important causes of fatigue is environmental conditions. This study was conducted with the aim of examining the effects of environmental factors such as air temperature and ambient aroma on fatigue, integrating perspectives from Iranian traditional medicine with recent scientific findings.

Methods : In this review, materials were extracted from ITM sources, including Canon of Medicine and Tohfe-al-Momenin. Additionally, related studies were searched in online databases such as PubMed and Google Scholar using the keywords “fatigue,” “exhaustion,” “weakness,” “aromatherapy,” and “climate.”

Results : Avicenna, in The Canon of Medicine, identified putrefaction of air as one of the causes of chronic fatigue and believes that prolonged exposure to extreme heat or cold leads to dystemperament and ultimately weakness and fatigue. From the perspective of ITM, "havae vabai" (Its symptoms are similar to modern air pollution) and malodorous air can induce fatigue, whereas pleasant aromas (Ravāyeh-e Tayyebah) may alleviate it. Recommended fragrances such as bergamot, apple, sandalwood, rosa damascena, and bitter orange are described as invigorating, cardiogenic and brain tonic, and modern studies also confirm their effectiveness in reducing fatigue. Cardiotonics improve cardiac function and blood flow, thereby reducing fatigue, while brain tonics alleviate stress and anxiety, contributing to fatigue relief. Studies show a correlation between air pollution intensity and the severity of weakness and fatigue, and exposure to malodorous air may also lead to fatigue, depression, and heightened stress and anxiety. Recent findings indicate that aromatherapy can stimulate olfactory neurons and the limbic system, releasing neurotransmitters such as endorphins, enkephalins, serotonin, and norepinephrine, depending on the fragrance. Inhalation of bergamot scent, a traditional cardiogenic and neurotonic, reduces lactic acid and oxidative stress, thus relieving fatigue. Apple aroma, by influencing parasympathetic cardiac activity, lowers stress and fatigue and smelling the scent of bitter orange, reduces fatigue by affecting serotonin receptors. It can also have anti-anxiety effects similar to Diazepam. In addition to aromas, environmental temperature plays a role in fatigue: cold exposure increases metabolic demands to maintain core temperature, causes peripheral vasoconstriction, reduced muscle perfusion, and decreased sunlight exposure with consequent melatonin production, all contributing to fatigue. Severe heat exposure also induces fatigue; in fact, heat exhaustion, preceding heatstroke, occurs when excessive heat leads to sweating, loss of water and electrolytes, weakness, and fatigue.

Conclusion : Environmental factors such as air quality, aromas, and temperature play an important role in fatigue. Both Iranian traditional medicine and recent scientific evidence indicate that air quality and temperature play a role in the occurrence of fatigue, while pleasant fragrances like bergamot, apple, rose, sandalwood, and bitter orange can relieve it. Integrating traditional insights with scientific findings may provide new approaches for fatigue management.



Abstract ID: ۳۸۷

Presentation Type: Poster

Integrating Traditional Iranian Medicine with Modern Healthcare: A Holistic Approach to Chronic Disease Management

Mahdi Koeini^۱*, Hamed Khosravi^۱

^۱. Student Research Committee, Nursing and Midwifery faculty, Semnan University of Medical Sciences, Semnan, Iran

Background and Aim : Traditional Iranian Medicine (TIM) is a comprehensive medical system rooted in ancient Persian practices, emphasizing balance, temperament (Mizaj), and holistic well-being. With the increasing global burden of chronic diseases, integrating TIM's preventive and therapeutic approaches with modern healthcare offers a promising avenue for personalized medicine.

Methods : A systematic review of articles published from ۲۰۱۵ to ۲۰۲۵ was conducted using reputable databases such as PubMed, Scopus, and SID. Classical TIM texts, including Avicenna's Canon of Medicine, were analyzed alongside clinical studies integrating TIM practices. Key areas examined include herbal pharmacology, dietary interventions, and lifestyle modifications based on TIM's temperament theory. Case studies on chronic conditions such as diabetes and hypertension were evaluated to compare outcomes of TIM-based interventions with conventional treatments.

Results : TIM's approach, which categorizes patients by temperament and prescribes individualized herbal remedies, dietary plans, and lifestyle adjustments, demonstrated significant potential in improving patient outcomes. For instance, saffron and cinnamon-based formulations improved glycemic control in diabetic patients, while lifestyle modifications aligned with TIM principles reduced blood pressure in hypertensive cases. Integration with modern diagnostics, such as laboratory biomarkers, enhanced the precision of TIM interventions.

Conclusion : TIM offers valuable insights for chronic disease management through its holistic and individualized approach. By bridging TIM with modern healthcare systems, particularly through collaborative research and clinical trials, a synergistic model can be developed to improve patient care.



Abstract ID: ۸۰

Presentation Type: Poster

A Brief Overview of the Medical Aspects of Traditional Clothing from the view point of Persian Medicine

Ali mohamad Madahian^۱ *, Somayeh Soleymani^۲

۱. Department of Community Medicine, Ali-Ibn Abi-Talib Hospital, School of Medicine, Rafsanjan University of Medical Sciences, Rafsanjan, Iran
۲. Physician and health teacher of Rafsanjan schools

Background and Aim : Integrating evidence-based healthy lifestyles into health systems is one of the latest policies of the WHO worldwide, making appropriate clothing is an important subcategory of favorable weather in life style. Human attire results from both historical experience and scientific guidelines developed by past scholars to enhance compatibility with environmental conditions. Although the Industrial revolution and the Renaissance led to a shift away from traditional clothing due to modern industrial life, understanding the medical advantages of past practices can still encourage their application to improve health both for ourselves and future generations.

Methods : In this study, we reviewed key medical texts available in the Noor software, as well as articles from internal databases and external sources such as Google Scholar and PubMed. The medical benefits of Iranian traditional clothing were searched using keywords including *traditional dress*, *hijab*, *clothing*, *lifestyle*, *health*, *cover*, and *adornment

Results : The survey revealed that Iranian medical scholars, while discussing the causes of various diseases, indirectly emphasized the importance of body coverings for healing. For example, they highlighted wearing hats to prevent cold-induced headaches or avoiding sun exposure to maintain skin health. Additionally, they recommended general measures such as appropriate clothing for better disease prognosis for example headache management under *"tadabire koli soda"* (general headache measures), which includes covering the head based on brain temperament and avoiding direct exposure to extreme temperatures. Similar recommendations were noted for other body parts, such as the benefits of wearing a waist scarf for disorders related to the uterus, kidneys, and lumbar joints. In relation to the hijab as a form of clothing prescribed by God, several medical and scientific points can be considered. For example, these include protection from direct sunlight (aligning with modern dermatological advice for healthier skin) and consideration of the brain's cooler temperament in women (a perspective from traditional medicine), alongside its spiritual benefits

Conclusion : Unhealthy lifestyles are a recognized cause of illness in Persian medicine, and proper dressing is an essential lifestyle measure. Physicians should educate patients about the medically proven benefits of traditional clothing to improve disease management wherever applicable

Abstract ID: ۳۶۳

Presentation Type: Poster

Anthropometric indices Correlates of Temperament (Mizaj) in Traditional Medicine: A Cross-Sectional Study of Iranian males

Simin Mahakizadeh^۱*, Soheil Ashouri^۲

^۱. Department of Anatomy, School of Medicine, Alborz University of Medical Sciences, Karaj, Iran

^۲. Student Research and Technology Committee, Alborz University of Medical Sciences, Karaj, Iran

Background and Aim : Traditional Iranian medicine classifies individuals based on temperament (Mizaj), defined by hot-cold and dry-wet attributes, which are thought to influence health and disease susceptibility. This study investigates the relationship between temperaments and anthropometric variables, aiming to provide a quantitative, evidence-based foundation for traditional medicine.

Methods : A cross-sectional study conducted with ۲۰۰ healthy males aged ۲۰–۳۰. We recorded a number of anthropometric measurements, including height, weight, skinfold thickness, and hip (HC) and waist (WC) circumferences. Body Mass Index (BMI) and body fat index (BFI) were calculated. Participants completed a validated temperament assessment questionnaire.

Results : Participants were categorized into four groups: Warm-Dry (WD) (۲۸%), Warm-Wet (WW) (۱۸%), Cold-Dry (CD) (۱۷,۳%), and Cold-Wet (CW) (۳۶,۷%). Significant differences were observed in weight, BMI, BFI, waist, and hip circumferences among the groups. The CW group had the highest average weight (۸۸,۳۵ kg), BFI (۲۵,۱%), BMI (۲۷,۹۳ kg/m²), while the WD group had the lowest weight (۶۹,۳۹ kg), BMI (۲۱,۱۳ kg/m²), BFI (۱۴,۸%), ROC curve analysis identified pelvic circumference as the optimal predictor for cold-warm temperament classification, with a cut-off value of ۹۹,۵ cm, for dry-wet temperament, BFI was the reasonable predictor, with a cut-off of ۲۰,۱۰%. The findings are consistent with traditional Iranian medicine principles, which associate warm-wet temperaments with larger body sizes and greater soft tissue mass, while cold or dry temperaments correlate with a leaner physique

Conclusion : These findings support the using anthropometric indices as objective measures for temperament classification, offering a scientific basis for traditional Iranian medicine and enhancing personalized health interventions.

Abstract ID: ۱۰۴

Presentation Type: Poster

Gestational Diabetes in Iranian Traditional Medicine Perspective: A Systematic Review

Azam Mohammadi^۱ *, Fatemeh Effati Daryani^۲

۱. Assistant Professor, Nursing Care Research Center, Midwifery and Reproductive Health Department, School of Nursing and Midwifery, Iran University of Medical Science, Tehran, Iran.
۲. Instructor, Department of Midwifery, Faculty of Nursing and Midwifery, Urmia University of Medical Sciences, Urmia, Iran

Background and Aim : Gestational diabetes mellitus (GDM) is one of the most prevalent metabolic disorders of pregnancy, which is linked with serious maternal and fetal complications. With the background of increasing prevalence of GDM and shortcomings of the current management options, investigating the viewpoints of Iranian traditional medicine (ITM) could provide complementary and effective approaches. This systematic review aims to investigate the viewpoint of ITM regarding gestational diabetes and identify its proposed principles and approaches for prevention and management.

Methods : In this systematic review, classical Persian medical texts including Avicenna's *Canon of Medicine*, *Zakhireh Kharazmshahi*, *Al-Hawi*, and *Tibb al-Ridha* were studied. Additionally, scientific databases such as SID, IranMedex, PubMed, and Scopus were searched without time restriction until ۲۰۲۴ using keywords like "gestational diabetes", "Ziyābātīs", "pregnancy", and "Iranian traditional medicine". After screening, ۲۷ relevant sources were included in the final analysis.

Results : ITM conceptualizes gestational diabetes with terms such as "Ziyābātīs during pregnancy", related to digestive dysfunctions and humoral imbalances. Treatment strategies emphasize lifestyle modification, dietary restrictions, the use of herbal remedies with balanced or warm temperament, and strengthening the body's natural healing capacity (*Quwwat-e-Mudabbira*).

Conclusion : Iranian traditional medicine provides a holistic approach with promising potential in managing gestational diabetes. Integrating ITM principles with conventional medicine may improve the quality of prenatal care and maternal outcomes.

Abstract ID: ۱۲۶

Presentation Type: Poster

The Relationship Between Sleep-Wake Patterns and Gastrointestinal Function: A Comparative Review Based on Persian Medicine and Conventional Scientific Evidence

Samane Mohebbati^{۱*}, Zahra Aghabeigloo^۱, Mohsen Naseri^۱

۱. ^۱. Traditional Medicine Clinical Trial Research Center, Shahed University, Tehran, Iran. ^۲.
Department of Traditional Medicine, School of Persian Medicine, Shahed University, Tehran, Iran.

Background and Aim : Sleep plays a fundamental role in maintaining physical and mental health, as confirmed by numerous studies in conventional medicine. Likewise, in Persian Medicine, sleep and wakefulness are considered one of the six essential principles of Hifz al-Sihha (health preservation) and are closely linked to digestive efficiency. This study aims to explore the association between sleep-related recommendations in Persian Medicine and the current scientific evidence regarding gastrointestinal (GI) function.

Methods : This review study was conducted through a comprehensive literature search. Classical Persian medical texts such as The Canon of Medicine (Ibn Sina), Zakhireh Kharazmshahi, and Tuhfat al-Mu'minin were examined using keywords such as “sleep,” “digestion,” “Nawm,” and “Hifz al-Sihha.” Additionally, scientific databases including PubMed and Scopus were searched using equivalent English keywords to identify relevant modern studies.

Results : In Persian Medicine, sleep is regarded as a crucial factor in digestive health. Key recommendations include the necessity of sleep for the completion of digestion, the influence of food type and quality on sleep patterns, and the importance of maintaining an appropriate interval between food intake and sleep. Failure to follow these guidelines is associated with digestive disorders such as indigestion, bloating, and gastroesophageal reflux. In conventional medicine, there is growing evidence on the association between sleep timing and gut microbiota, as well as the impact of sleep disturbances on appetite regulation, obesity, gastrointestinal reflux disease (GERD), functional GI disorders, inflammatory bowel diseases (IBD), liver and pancreatic diseases, and gastrointestinal cancers. Irregular sleep patterns are also shown to disrupt feeding rhythms, alter gut microbial composition, and exacerbate GI pathologies.

Conclusion : The findings suggest that several traditional recommendations in Persian Medicine regarding sleep and gastrointestinal function are supported by modern scientific evidence. These insights may inform the development of educational interventions and preventive health protocols for both patients and healthy individuals. Future clinical studies are recommended to further validate and integrate these traditional practices into contemporary healthcare.

Abstract ID: ۴۶۶

Presentation Type: Poster

Spiritual Health in Persian Medicine: Theoretical Foundations and Clinical Evidence

Siamak Mokhtari^۱ *, Maliheh Motavasselian^۲

- ^۱. Assistant Professor Medicine, Spiritual Health Research Center, Life Style Institute, Baqiyatallah University of Medical Sciences, Tehran, Iran
- ^۲. Associate Professor, Department of Persian Medicine, School of Persian and Complementary Medicine, Mashhad University of Medical Sciences, Mashhad, Iran

Background and Aim : Spiritual health has increasingly been recognized as a vital component of holistic health by the World Health Organization and contemporary health sciences. In the context of Persian traditional medicine (PTM), spiritual health is not considered a separate or marginal issue but is deeply embedded in the understanding of human well-being. Classical scholars such as Avicenna (Ibn Sina) and Rhazes (Al-Razi) viewed the human being as a psychosomatic unity, in which physical and spiritual dimensions interact continuously. They emphasized that disturbances in spiritual or moral balance could manifest as physical illnesses, while spiritual refinement and faith could act as therapeutic resources (Avicenna, ۱۹۹۹/۲۰۰۵). In recent decades, clinical research has increasingly highlighted the role of spirituality in disease prevention, coping, and rehabilitation. Particularly in chronic conditions such as cancer, diabetes, and cardiovascular diseases, patients with higher levels of spiritual health and hope demonstrate better psychological adaptation and quality of life . This study aimed to explore the theoretical underpinnings of spiritual health in PM (Persian medicine) and to review related clinical and quasi-experimental evidence.

Methods : This study was designed as a narrative review with an analytical approach. Primary classical sources of PM were examined to identify concepts related to spiritual health. Furthermore, a systematic literature search was conducted in PubMed, SID, and IranMedex for articles published between ۲۰۰۰ and ۲۰۲۴. Keywords included “Spiritual health,” “Persian medicine,” “Iranian traditional medicine,” and “quality of life.” Both clinical trials and quasi-experimental studies evaluating the relationship between spirituality-based interventions and health outcomes were included.

Results : The conceptual review demonstrated that PM associates spiritual health with the rational faculty (quwwat-e-natiqa), moral virtues, and the maintenance of temperamental balance (i‘tidal al-mizaj). Avicenna argued that ethical conduct and remembrance of God harmonize mental faculties, thereby preventing melancholia and other psychosomatic disorders. Similarly, Rhazes highlighted the therapeutic role of hope and trust in God in alleviating distress and promoting recovery. Clinical evidence supported these theoretical foundations. Some studies showed that spiritual care interventions improved coping and reduced distress in hospitalized patients. More recent trials in Iran demonstrated that interventions such as Islamic meditation, prayer therapy, and PM-based lifestyle education resulted in measurable reductions in anxiety, improvements in sleep quality, and enhanced resilience among patients with chronic illnesses ($p < ۰.۰۵$). Overall, most studies reported a positive and statistically significant relationship between spiritual health and psychological well-being in patients receiving complementary or integrative PM interventions.



Conclusion : Spiritual health in PM represents both a theoretical paradigm and a practical clinical strategy. Its integration into healthcare can provide a culturally congruent and holistic approach to disease prevention and management. The combination of spiritual interventions rooted in Persian-Islamic medicine with conventional care may enhance patient outcomes, particularly in chronic and life-threatening conditions. While preliminary studies are promising, more rigorous randomized controlled trials with larger sample sizes are needed to validate the effectiveness and mechanisms of these interventions. Such research can bridge the gap between traditional wisdom and modern evidence-based medicine, offering a more comprehensive model of health for contemporary societies.



Abstract ID: ۴۷

Presentation Type: Poster

Evidence-Based Medicine and Iranian Traditional Medicine: The Science/Tradition Confrontation or the Power/Knowledge Relationship

Siavash Moradi^۱ *

^۱. Associate Professor of Social Medicine, Fellowship of Evidence-based Medicine, Mazandaran University of Medical Sciences, Sari, Iran

Background and Aim : The relationship between evidence-based medicine (EBM) and Iranian traditional medicine (ITM) reveals a complex interplay of knowledge, power, and social practices that shape norms, identities, and institutional authority in Iran. Using Michel Foucault's critical discourse analysis, this paper examines how these medical paradigms extend beyond treatment to construct realities, legitimize authority, and regulate bodies within historical and contemporary contexts. While EBM emphasizes scientific objectivity through clinical trials and standardized protocols, ITM draws on holistic principles from ancient texts like Avicenna's Canon of Medicine. Together, they function as mechanisms of power and knowledge production, influencing socio-political dynamics by defining "truth," legitimizing practices, and controlling bodies and societies.

Methods : This qualitative study applies Foucauldian critical discourse analysis to explore power-knowledge dynamics in evidence-based medicine (EBM) and Iranian traditional medicine (ITM). Analyzing foundational texts like Avicenna's Canon, contemporary policies, and scholarly literature, it examines dominant discourses, legitimation mechanisms, and resistance within these paradigms. The study critiques institutions legitimizing each system and traces historical shifts in their influence, using Foucault's concepts of biopower, discourse formation, and hegemony to reveal how certain truths are normalized and alternatives marginalized.

Results : The analysis shows that evidence-based medicine (EBM), emphasizing clinical trials and hierarchical evidence, constructs a discourse of scientific objectivity that marginalizes experiential and traditional knowledge. By standardizing treatment protocols, EBM transforms patients into manageable objects and medical professionals into enforcers, centralizing power in institutions like scientific journals and health organizations, thus reinforcing biomedical hegemony. In contrast, Iranian traditional medicine (ITM) is rooted in a holistic view of the body as a microcosm balanced with nature, legitimized by classical texts and religious institutions, where physicians serve as both scientific and spiritual authorities and patients actively maintain bodily equilibrium. However, modernization during the ۱۹۸۰s marginalized ITM, causing a discursive rupture. Contemporary ITM revival involves state regulation, academic standardization, and commercialization, blending tradition with neoliberal markets while reasserting cultural identity. Both EBM and ITM engage in a dynamic power struggle, negotiating legitimacy and knowledge boundaries, with institutions acting as gatekeepers and each system validating some knowledge while excluding others, reflecting Foucault's power-knowledge nexus.



Conclusion : EBM and ITM are intertwined with power structures governing health, reflecting broader socio-political struggles. EBM's hegemony aligns with neoliberal priorities, optimizing bodies for economic productivity, while ITM's revival resists Western modernity through cultural reassertion. Foucault's framework highlights how both systems construct subjectivities-EBM fostering passive patients, ITM promoting "responsible" subjects-and legitimize authority via institutions like peer-reviewed journals or religious decrees. Each marginalizes alternatives: EBM sidelines traditional healers, ITM rejects biomedical reductionism. Their tension underscores clashes between globalized science and local epistemologies, impacting medical pluralism and patient autonomy. EBM dominates through standardization and institutional control, whereas ITM persists via cultural adaptation and alternative knowledge. Recognizing these dynamics is vital for equitable healthcare that respects diverse systems without reinforcing hegemony. Future research should explore hybrid models merging EBM's rigor with ITM's holistic ethos, challenging monolithic paradigms. This Foucauldian analysis reveals EBM and ITM as networks of power-knowledge shaping Iranian healthcare governance, identities, and social order, necessitating nuanced integration for balanced coexistence.



Abstract ID: ۴۴۹

Presentation Type: Poster

The Role of Persian Medicine in Promoting Lifestyle and Preventive Medicine: A Systematic Review

Mina Mosallanezhad^۱ *

^۱. Department of Operating Room, School of Nursing and Midwifery, Shiraz University of Medical Sciences, Shiraz, Iran.

Background and Aim : Persian Medicine, as one of the oldest health systems, has always emphasized disease prevention and the promotion of a healthy lifestyle. Principles such as balanced sleep, physical activity, proper nutrition, mental health, and emotional regulation, referred to as “Six Essential Principles” are key elements. Given the growing burden of non-communicable diseases, Persian Medicine can play a significant role in advancing preventive medicine and lifestyle-oriented healthcare.

Methods : This review was conducted by searching PubMed, Scopus, SID, and IranMedex databases using the keywords “Persian Medicine,” “Lifestyle Medicine,” “Preventive Medicine,” and “Health Promotion” from ۲۰۰۰ to ۲۰۲۰. Eligible studies focusing on lifestyle and preventive principles in Persian Medicine were included and analyzed.

Results : Findings revealed that lifestyle principles in Persian Medicine, including sleep regulation, dietary modifications, regular exercise, mental health care, and detoxification, are consistent with modern preventive medicine recommendations. Clinical evidence indicates that interventions based on these principles can effectively reduce risk factors for cardiovascular diseases, diabetes, obesity, and mental disorders. Moreover, integrating Persian lifestyle recommendations into national health promotion programs may improve public acceptance and quality of life.

Conclusion : This review highlights the significant potential of Persian Medicine in promoting preventive medicine and healthy lifestyles. Incorporating its principles can reduce chronic disease prevalence and enhance community health. Future research, including interdisciplinary studies, clinical trials, and evidence-based guidelines, is necessary to establish its efficacy and safety in modern healthcare systems.

Abstract ID: ۲۸۴

Presentation Type: Poster

The Role of Dietary Etiquette in Spiritual Health and Anger Management from the Perspective of Persian Medicine

Elham Emaratkar^۱ , Seyyed abbas frouzan^۱ , Hasan Namdar^۱ *

^۱. Department of Traditional Medicine, Faculty of Iranian Medicine, Shahed University, Tehran, Iran

Background and Aim : Anger and aggression are among the prevalent mental health challenges in contemporary societies. Persian Medicine, with its holistic approach, emphasizes the harmony between body, mind, and behavior. Within this framework, dietary etiquette is not only essential for digestion and temperamental balance but also, as a set of structured and mindful behaviors, plays a role in cultivating inner spirituality, mental tranquility, and ultimately, anger management. This study aims to investigate the impact of dietary etiquette on fostering spirituality and inner peace, and its role in enhancing the ability to control anger (known as Kazhmu al-Ghayz) from the perspective of Persian Medicine, in comparison with findings from modern scientific disciplines.

Methods : This study is conducted as a narrative review. Classical texts of Persian Medicine, including Avicenna's Canon of Medicine, Zakhireye Kharazmshahi, and related religious sources, were examined. Additionally, recent scientific literature in the fields of nutritional psychology, mindfulness, and eating behavior was comparatively analyzed. Data were extracted and compared using qualitative content analysis

Results : Dietary etiquette in Persian Medicine includes: refraining from eating without genuine hunger; thorough and slow chewing; mindful presence during eating; stopping before complete satiety; feeding one's parents, relatives, neighbors, the needy, and animals; beginning meals with the name of God; maintaining ritual purity (wudu) while eating; and expressing gratitude to God after meals. According to Persian medical scholars, observing these principles not only facilitates better digestion and production of healthy humors (Akhlāṭ Ṣāliḥa), but also leads to purification of the soul, reduction of negative emotions, and enhancement of contentment, patience, and mastery over desires. Over time, these behaviors contribute to a sustained state of inner spirituality that strengthens one's resilience against anger. Similar concepts are recognized in contemporary psychology under the framework of mindful eating, which aids in reducing anxiety, regulating emotions, and improving maladaptive behavioral patterns.

Conclusion : Unlike a merely instrumental view of dietary etiquette, Persian Medicine regards these practices as inherently conducive to moral and spiritual growth. Its scholars offer recommendations rooted in both physical and psychological well-being, along with ethical and respectful conduct. The tranquility and mindfulness fostered by proper eating practices help cultivate mental discipline, reinforce self-awareness, and improve self-regulation skills. Altogether, these outcomes enhance the capacity for anger control and promote mental health. Dietary etiquette in Persian Medicine transcends physical guidelines and constitutes an educational and spiritual process that gradually nurtures tranquility, spirituality, and anger regulation. These concepts can serve as a foundation for culturally informed interventions and educational programs aimed at improving mental health and reducing interpersonal and societal violence.

Abstract ID: ۵۳۱

Presentation Type: Poster

A Review of Iranian Traditional Medicine Strategies in Addressing the National Population Crisis: Enhancing Fertility and Improving Quality of Life

Gholamreza Poorheidari^۱, Niloofar Nazari^۲ *

۱. Department of Pharmacology and Toxicology, Faculty of Pharmacy, Baqiyatallah University of Medical Sciences, Tehran, Iran
۲. Department of Pharmacognosy and Traditional Pharmacy, School of Pharmacy, Baqiyatallah University of Medical Sciences, Tehran, Iran

Background and Aim : The aging population is one of the major challenges facing the country. This review aims to explore practical strategies derived from Iranian traditional medicine to address the demographic challenges facing the country. These insights may contribute to integrative public health policies and personalized preventive strategies in two key domains:

Methods : This narrative review was conducted by searching PubMed and relevant Iranian traditional medicine sources to identify practical strategies addressing fertility enhancement and quality of life improvement within the context of demographic challenges.

Results : ۱. Promoting Fertility Observing hygienic principles during adolescence—including avoiding excessive heat, maintaining balanced sleep, engaging in physical activity, regulating menstruation, and managing psychological well-being—as well as during preconception, pregnancy, and lactation, can lay a strong foundation for lifelong health and healthy aging [۱,۲,۳,۴,۵,۶]. Sexual dysfunction is a prevalent issue, with an estimated prevalence of ۲۵–۶۰٪ among women. Iranian traditional medicine emphasizes the importance of balanced sexual activity for physical and mental health. It provides detailed recommendations regarding proper preparation (presence of desire, post-digestion, early night hours, moderate climate, and absence of physical or mental fatigue), appropriate frequency (based on temperament), post-intercourse care (urination, consumption of small amounts of sweet and fatty foods, rest, and avoiding cold exposure), and sexual enhancement (through general body strengthening and consumption of specific foods such as legumes—chickpeas, beans, broad beans; vegetables—onion, leek, clover, mint, fenugreek; proteins—meat broth, lamb kebab, soft-boiled egg yolk, cow and sheep milk; nuts—pistachios, almonds, hazelnuts, walnuts; spices—cinnamon, saffron, ginger, cardamom; seeds—turnip, nettle, cabbage, mint, flaxseed, fenugreek; and fruits—sweet grapes, dates, figs, melons) [۷,۸,۹]. Furthermore, the treatment of dysmenorrhea (Usr-e-Tams) involves a three-step approach: lifestyle modifications (avoiding foods that increase black bile, heavy, cold, flatulent, and hard-to-digest items), herbal remedies (oral intake of fennel or chamomile decoctions and topical application of rose or ginger oil on the hypogastric region), and manual therapies (warm cupping below the navel). These interventions are recommended sequentially and conditionally, and can significantly improve menstrual health and fertility potential [۱۰]. ۲. Improving Quality of Life Key recommendations include avoiding unhealthy habits such as smoking and alcohol consumption [۱۱], undergoing regular health check-ups [۱۲], temperament correction based on individual, temporal, and geographical factors [۱۳], stress management and promotion of individual and social mental health [۱۴], maintaining adequate and regular sleep [۱۵], adhering to healthy dietary principles (avoiding overeating, eating regularly, consuming balanced and temperament-



appropriate foods, incorporating fruits, vegetables, whole grains, and high-quality proteins, limiting sugar and processed foods, and ensuring sufficient intake of water and healthy beverages) [۱۶], strengthening the immune system (using honey and royal jelly, garlic, ginger, saffron, lavender, thyme, and licorice) [۱۷], engaging in physical activity [۱۸], living in clean environments and considering genetic factors and lifestyle influences [۱۹], fostering spirituality and life purpose [۲۰], and practicing body detoxification methods such as cupping, venesection, or laxatives [۲۱], all of which contribute to longevity and improved well-being.

Conclusion : Iranian traditional medicine offers holistic strategies that may enhance fertility and life quality, supporting demographic resilience and healthy aging.



Abstract ID: ۲۴۱

Presentation Type: Poster

Food Reduction in Avicenna's View and Related Principles in Classical Medicine

Aisan Nozad^۱ , mir bahram safari^۱ , mohsen naseri^۲ *

^۱. Faculty of Medicine, Urmia University of Medical Sciences, Urmia, IR Iran

^۲. Clinical Trial Research Center for Traditional Medicine, Shahed University, Tehran, IR Iran

Background and Aim : Traditional Iranian medicine (TIM) is a rich and valuable school of thought that believes medications are not the only effective approach for the treatment of diseases but that nutrition is also important.

Methods : Our study includes two parts; the first is a book review of the Canon of Medicine by Avicenna (۱۰th and ۱۱th centuries), in which we focus on finding and understanding Avicenna's point of view. In the second part, we searched for "food reduction" as a key word from ۲۰۰۰ to ۲۰۱۵ in databases such as Google Scholar, PubMed, Copernicus, DOAJ, EBSCO-CINAHL, and the Iranian search database Iranmedex for principles of food reduction in classical medicine.

Results : The main methods of treatment in traditional medicine include changes in lifestyle, especially diet, the use of medications, and the use of manipulation methods. For diet, the individual may be prohibited from eating or food amounts may be decreased or increased. Centuries ago, Avicenna was making use of methods of food reduction as an important therapeutic approach in the treatment of diseases. According to him, food reduction, to the extent that it does not cause energy loss helps to cure disease. Avicenna has proposed food reduction as an aid to treating a variety of ailments such as headaches and reflux.

Conclusion : Today a variety of basic and clinical research has shown that food reduction or calorie restriction to a standard level can effectively prevent and treat a variety of diseases such as neoplasms, diabetes, and kidney disease. Practical principles explained by traditional Iranian medicine, in particular Avicenna, could open important and quite uncomplicated strategies for the prevention and treatment of diseases.

Abstract ID: ۳۵۸

Presentation Type: Poster

The Effect of Iranian Traditional Medicine Interventions during Pregnancy on Maternal and Fetal Health and the Prevention of Future Diseases: A Systematic Review

Sedighe Hannani^۱ , Bahador Pourdel^{۲*} , Erfan Rajabi^۳ , Seyed Abolfazl Hosseini^۳ , Amirali Alizadeh^۳

- ^۱. Senior Expert in internal surgical nursing, instructor, operating room department, faculty of paramedicine, Iran university of medical sciences, Tehran, Iran
- ^۲. MSc of Perioperative Nursing, Student Research Committee, School of Allied Medical Sciences, Iran University of Medical Sciences, Tehran, Iran
- ^۳. Research Center for Evidence-Based Health Management, Maragheh University of Medical Sciences, Maragheh, Iran

Background and Aim : Pregnancy is a critical period that significantly influences disease prevention for both the mother and the fetus. Iranian Traditional Medicine (ITM) provides comprehensive strategies, encompassing dietary alterations, herbal treatments and lifestyle guidance, to enhance pregnancy outcomes and mitigate future disease risks. This systematic review seeks to assess the efficacy and safety of ITM interventions during pregnancy concerning maternal-fetal health and their prospective role in preventing chronic diseases in offspring.

Methods : Adhering to PRISMA guidelines, we conducted a systematic search of PubMed, Scopus, Web of Science, Embase and Persian databases (SID, Magiran) from their inception until March ۲۰۲۴. "Pregnancy," "Maternal Health," "Fetal Development" and "Disease Prevention" were among the keywords. The inclusion criteria comprised clinical trials, observational studies and historical ITM texts. The exclusion criteria encompassed studies lacking relevance, non-peer-reviewed articles and publications not available in Persian or English. We employed the Cochrane Risk of Bias Tool for randomized trials and the Newcastle-Ottawa Scale for observational studies to assess bias. We employed narrative synthesis to aggregate the data and conducted meta-analysis when feasible.

Results : Twenty-eight studies (n=۳,۷۵۲ participants) were selected from a total of ۱,۲۴۷ screened records. ITM interventions encompassed herbal supplements such as "Date palm" and "Anise", dietary modifications including honey-based regimens and alterations to daily routines involving regulated physical activity. A meta-analysis of ۱۰ randomized trials (n=۱,۶۴۲) demonstrated that ITM interventions significantly diminished gestational complications (OR: ۰,۶۲; ۹۵% CI: ۰,۴۸-۰,۸۰; p<۰,۰۰۱) and enhanced birth weights (MD: ۱۱۲g; ۹۵% CI: ۸۵-۱۳۹; p<۰,۰۰۱) compared to controls. No significant adverse effects were documented. Observational studies demonstrated enduring advantages, such as reduced risks of metabolic disorders in children.

Conclusion : The discussion indicate that ITM interventions during pregnancy show promise in improving maternal-fetal health and may aid in the prevention of future pediatric diseases. Additional high-quality, longitudinal studies are necessary to validate these findings and ensure uniformity in protocols. Currently, the available evidence substantiates their safety and efficacy. Incorporating ITM into prenatal care may expand your options; however, clinical guidelines must prioritize evidence-based recommendations. Policymakers and healthcare providers should consider these factors when formulating comprehensive maternal care plans.

Abstract ID: ۳۹۵

Presentation Type: Poster

Narratives of Patients with Chronic Diseases: Determinants of Adopting Preventive Measures in the Framework of Persian Medicine

Mehdi Nakhodaezadeh ^۱*, Fatemeh Raeesi Dehkordi – ^۲

- ^۱. – Expert, Deputy of Health, Shahrekord University of Medical Sciences, Shahrekord, Iran.09135930025 Email: nakhodaezadehm@gmail.com
- ^۲. Faculty Member, Lorestan University of Medical Sciences, Khorramabad, Iran.09136730057 Email: sabadehkordi@gmail.com

Background and Aim : Preventive medicine is a cornerstone of Persian medicine, emphasizing the principle of "prevention before treatment." Patients with chronic diseases, due to their long-term care needs and lifestyle modification requirements, are considered a critical target group in preventive interventions. Exploring their lived experiences can reveal hidden dimensions influencing the acceptance or rejection of preventive recommendations. This study aimed to identify determinants affecting the adoption of preventive measures among chronic patients, with particular emphasis on Persian medicine teachings.

Methods : This qualitative study employed inductive content analysis. Participants included ۳۰ individuals (۲۰ patients with chronic diseases, ۵ healthcare providers, and ۵ Persian medicine specialists) selected through purposive sampling with maximum variation. Data were gathered via semi-structured interviews and field notes. A three-step coding process (open, axial, and selective) was applied through a recursive comparative approach. Trustworthiness was ensured using member checking and peer debriefing.

Results : Four main categories and their subcategories emerged: ۱. Inner Walls: Individual resistances to change (habitual unhealthy behaviors, misconceptions about disease, feelings of helplessness, overreliance on medications). ۲. Outer Chains: Social and economic challenges (financial limitations, lack of sustainable social support, insufficient access to Persian medicine services). ۳. Bright Lights: Personal and spiritual motivations for prevention (desire for improved quality of life, cultural-religious values, successful past experiences, hope for healthy aging). ۴. Empathic Pillars: Supportive capacities of health systems and cultural capital (educational role of Persian medicine specialists, integration with modern medicine, family support, peer role models).

Conclusion : Adopting preventive measures among chronic patients is shaped by the interplay of individual resistances, socio-economic pressures, inner motivations, and supportive capacities. Overcoming "inner walls" and "outer chains" requires strengthening "bright lights" and mobilizing "empathic pillars." Integrating Persian medicine with modern preventive care, coupled with family and community support, can enhance adherence to preventive lifestyles, improve health outcomes, and reduce the burden of chronic diseases in Iranian society. Keywords: Chronic diseases; Preventive lifestyle; Persian medicine; Qualitative study; Health promotion



Abstract ID: ۳۹۴

Presentation Type: Poster

Barriers and Facilitators of Adopting a Preventive Lifestyle among Older Adults in Iranian Society: A Qualitative Approach with Emphasis on Persian Medicine Teachings

Fatemeh Raeesi Dehkordi^{۱*}, Mehdi Nakhodaezadeh^۲

- ^۱. Faculty Member, Lorestan University of Medical Sciences, Khorramabad, Iran.09136730057
- ^۲. Expert, Deputy of Health, Shahrekord University of Medical Sciences, Shahrekord, Iran.09135930025
Email: nakhodaezadehm@gmail.com

Background and Aim : Preventive medicine is a cornerstone of public health and occupies a prominent position in Persian medicine. Older adults, due to their heightened vulnerability to chronic diseases, represent a critical target group for preventive interventions. This study aimed to explore the barriers and facilitators influencing the adoption of a preventive lifestyle among Iranian older adults, with a particular focus on cultural context and Persian medicine teachings.

Methods : Methods: This qualitative study employed an inductive content analysis approach. Participants included ۲۵ individuals (۱۵ older adults, ۵ healthcare providers, and ۵ Persian medicine specialists) selected through purposive sampling with maximum variation. Data were collected via semi-structured interviews and field notes. Analysis was performed through a three-step coding process (open, axial, and selective coding) in a recursive and comparative manner. To ensure trustworthiness, member checking and peer debriefing were applied.

Results : Two overarching categories were identified: ۱. Structural and psychosocial challenges to prevention (physical limitations, misconceptions about aging, insufficient family support, economic constraints, limited access to Persian medicine services, lack of awareness of preventive teachings). ۲. Strengthening forces and indigenous capacities for prevention (family support, the pivotal role of physicians and Persian medicine specialists, religious and cultural values, access to integrative health services, peer groups and social networks, positive aging identity).

Conclusion : The adoption of a preventive lifestyle among Iranian older adults is shaped by an interplay of individual, social, economic, and cultural factors. Findings highlight that leveraging indigenous capacities—such as family support, cultural-religious values, and Persian medicine—can mitigate structural barriers and enhance health outcomes. Future interventions should integrate Persian medicine principles with modern preventive medicine and establish multi-layered support systems to improve quality of life and reduce the burden of chronic diseases among older adults.

Abstract ID: ۷۹

Presentation Type: Poster

Integrative Lifestyle Interventions in Iranian Traditional Medicine: The Role of Probiotics and the Microbiome-Gut-Brain Axis

Mohamad Hossein Ramezani^۱ *, Hafez Mozayyan Esfahani^۲

- ^۱. Department of Microbiology, Faculty of Biological Sciences and Technology, Shahid Ashrafi Esfahani University, Isfahan, Iran.
- ^۲. Department of Cell and Molecular Biology & Microbiology, Faculty of Biological Science and Technology, University of Isfahan, Isfahan, Iran

Background and Aim : Iranian Traditional Medicine (ITM) emphasizes the paramount role of digestive health and individualized management based on Mizaj (temperament) to maintain bodily and mental balance (^۱). Notably, contemporary microbiome science has reached similar conclusions, showing that gut microbiota control gastrointestinal, immune, and neuropsychological processes via the microbiome-gut-brain axis (^{۲,۳}).

Methods : To develop this integrative model, a comprehensive review of literature was conducted, focusing on both traditional and modern scientific sources. Key databases such as PubMed, Google Scholar, and specialized repositories for traditional medicine were searched using terms like "Iranian Traditional Medicine," "Mizaj," "probiotics," "microbiome-gut-brain axis," and "personalized nutrition." Additionally, classical ITM texts were consulted to understand the historical context and applications of dietary and lifestyle interventions. The search aimed to identify studies that bridge the gap between ancient wisdom and modern science, particularly those highlighting the role of gut health in overall well-being.

Results : Probiotics are viable microorganisms that provide health benefits. They have been demonstrated to exert positive effects on mental and gastrointestinal health by enhancing gut barrier function, regulating inflammation, and impacting the hypothalamic-pituitary-adrenal (HPA) axis (^{۴,۵}). Clinical trials have confirmed that certain strains, such as *Lactobacillus rhamnosus* and *Bifidobacterium longum*, can reduce anxiety and depression symptoms (^{۶,۷}). Traditional Iranian diets comprising high amounts of fermented milk products, vegetables, and medicinal plants are inherently made up of prebiotic and probiotic compounds. Traditional foods have long been used to equalize the balance of the gut and treat mental disorders, a therapy now discovered to be backed by science (^{۸,۹}). ITM classifies individuals according to their character and recommends specific nutrition and way of life habits accordingly (^۱). Modern personalized nutrition takes into account inter-individual variability of microbial content and metabolic response, and therefore it is feasible to harmonize ITM diagnostics with microbiome profiling and implement personalized treatment (^{۱۰,۱۱}). We present a new integrative model with ITM and microbiome science. Users start with the measurement of Mizaj and microbiome profile and then the treatment utilizing specific application of traditional fermented foods and probiotics, besides modification of lifestyle such as stress reduction and better sleep, features emphasized both in ITM as well as in studies on the microbiome-gut-brain axis (^{۱۲,۱۳}).

Conclusion : This syncretism is sensitive to the cultural roots of medicine and is based on scientific credibility. It is a low-cost, accessible, and integrated method for disease prevention and quality-of-life enhancement. Future clinical trials must validate these combined protocols, particularly in regions where ITM is embedded in culture and microbiome-responsive medicine is becoming more popular.



کتاب خلاصه مقالات سخنرانی و پوستر
دومین کنگره ملی طب ایرانی



تهران، مرکز همایش های بین المللی رازی

۲۱ لغایت ۲۳ آبان ماه ۱۴۰۴

Abstract ID: ۳۰

Presentation Type: Poster

Knowledge and Attitudes of Hypertensive Patients on the Use of Traditional and Complementary Medicine

Behrooz Rezaei^۱ *, Maryam haydarpanah^۲

- ^۱. Department of Nursing Education, Urmia College of Nursing and Midwifery, Urmia University of Medical Sciences, Urmia, Iran --Nurses working at the tamin ejtemaei Organization
- ^۲. Neurology residency student at Kermanshah University of Medical Sciences

Background and Aim : High prevalence of hypertension (HTN) and its detrimental effects have resulted in more use of traditional and complementary medicine. This study aimed to investigate the knowledge and attitudes of hypertensive patients on the use of traditional and complementary medicine

Methods : This descriptive study was performed in ۴۰۰ hypertensive patients attending an academic outpatient clinic in Kermanshah Heart Center, Iran ۲۰۱۷. Data were recorded by a demographic questionnaire and a researcher-made questionnaire about the knowledge and attitudes of hypertensive patients on the use of traditional and complementary medicine. Data were analyzed using Chi-square, independent t-test, and Pearson's correlation coefficient.

Results : The mean HTN was 141.9 ± 3.14 mm/Hg. Low and moderate awareness about the use of traditional and complementary medicine were seen in ۶۳,۵% and ۳۶,۵%, of hypertensive patients, respectively. Among the patients, ۱۴% were found to have moderate attitude and ۸۶% had positive attitude towards traditional and complementary medicine. Significant associations were found between attitude and marital status, educational level, occupation, place of residence, comorbidities, and family history of the disease ($P < 0.001$). There was a direct correlation between attitude and age ($P = 0.001$, $r = 0.14$) but a significant negative correlation between attitude and duration of HTN ($P = 0.03$, $r = -0.12$).

Conclusion : More than half of the patients had low knowledge about the use of traditional and complementary medicine, however, they were found to have positive attitudes towards traditional and complementary medicine. Therefore, health authorities are recommended to provide people with more information on traditional and complementary medicine.

Abstract ID: ۴۶۶

Presentation Type: Poster

A Historical Analysis of Avicenna's Recommendations on Pregnant Women's Lifestyle in The Canon of Medicine and Their Correspondence with Modern Medical Principles

Jamal Rezaei orimi^۱ , Ali Rezaei Orimi^۲ , Fereshteh Kaveh^۱ *

۱. *Research Center for Traditional Medicine and History of Medical Sciences, Mazandaran University of medical sciences, Sari, Iran.*
۲. *Research and Planning Organization, Research Institute for Education Studies, Tehran, Iran.*

Background and Aim : Traditional Iranian medicine (Persian medicine), particularly within the works of Avicenna, is a rich repository of medical knowledge that offers effective guidelines for maintaining health. The Canon of Medicine (Al-Qanun fi al-Tibb), as one of the most significant sources of this medical tradition, presents comprehensive and unique perspectives on lifestyle during pregnancy. This research aims to examine and analyze these perspectives, clarifying their importance in the history of Iranian medicine and their compatibility with modern medical principles..

Methods : This research was conducted using a descriptive-analytical approach with a library-based methodology. The primary source for the study was Avicenna's The Canon of Medicine. The research also incorporated new scientific articles from reputable databases such as Google Scholar, PubMed, Magiran, SID, IranDoc, and IranMedex. In this review study, Avicenna's recommendations and regimens concerning the lifestyle of pregnant women were examined and were briefly compared with findings from modern medicine.

Results : The findings indicate that Avicenna classified the pregnancy lifestyle into two general categories: a) general measures for maintaining health, and b) necessary measures for common pregnancy complications. In the first category, he provided recommendations based on general health principles, including avoiding psychological stress (sadness, anger, and fear), adhering to a proper diet (avoiding flatulent, bitter, and spicy foods), and engaging in moderate physical activity (such as gentle bathing and exercise). In the second category, he offered therapeutic solutions for common pregnancy complications like nausea, vomiting, cravings (pica), and constipation, using natural herbs and substances such as quince (*Cydonia oblonga*), pomegranate (*Punica granatum*), mastic (*Pistacia lentiscus*), and sweet almond (*Prunus dulcis*) oil. These findings confirm the research hypothesis, demonstrating that Avicenna had valuable theories on the pregnancy lifestyle that are also compatible with modern medicine.

Conclusion : Avicenna's theories and recommendations regarding pregnant women's lifestyles represent a comprehensive and advanced approach in traditional medicine that emphasizes the principles of prevention and natural treatment. This knowledge, which profoundly influenced European medical science during the Middle Ages, can be aligned with modern scientific studies. If their safety and efficacy are proven, these traditional methods could serve as a complement to modern treatments. Introducing these achievements not only illuminates the rich history of Islamic medicine but also helps to restore scientific and intellectual self-confidence in today's society.

Abstract ID: ۲۵۳

Presentation Type: Poster

The Impact of Sleep Disorders on Infertility from the Perspective of Persian Medicine and Modern Medical Sciences

Kousar Rezaie^۱, Zahra Rezaie^۲, Mohammad Ansari-pour^{۳*}

۱. Student of Midwifery and Head of Education Unit at the Student Research Committee, Department of Midwifery, School of Nursing and Midwifery, Isfahan University of Medical Sciences, Isfahan, Iran
۲. Farabi Clinical Lab, Yazd, Iran
۳. Department of Persian Medicine, School of Medicine, Isfahan University of Medical Sciences, Isfahan, Iran

Background and Aim : Infertility is a major global public health concern, affecting more than ۸% to ۱۵% of couples of reproductive ages. It is a multifactorial condition that may result from ovulatory dysfunction, male factors, tubal and peritoneal abnormalities, or even unexplained causes. In recent years, lifestyle-related factors—particularly sleep deprivation—have emerged as important contributors to infertility. Persian Medicine also emphasizes the vital role of sleep in maintaining temperamental balance and reproductive health. This study aims to investigate the impact of sleep disturbances on infertility from both traditional and modern medical perspectives.

Methods : This study is a narrative review. Scientific sources were collected from databases such as PubMed, Scopus, and Google Scholar, as well as from reputable texts in Persian Medicine.

Results : Sleep plays a critical role in regulating the circadian rhythm of reproductive hormones such as testosterone, estradiol, progesterone, and gonadotropins. Sleep deprivation is associated with hormonal imbalances that can lead to ovulatory disorders, menstrual irregularities, reduced sperm quality, and erectile dysfunction. Moreover, inadequate sleep activates the hypothalamic-pituitary-adrenal (HPA) axis and elevates cortisol secretion, which may suppress the hypothalamic-pituitary-gonadal (HPG) axis and impair the production of sex hormones. Sleep deprivation also reduces melatonin levels, damaging gametes and decreasing fertilization and implantation potential. Additionally, sleep disorders are linked to the onset or worsening of gastrointestinal (IBS, IBD), metabolic (obesity, diabetes, PCOS), and inflammatory diseases, all of which negatively affect fertility. In Persian Medicine, sleep irregularities are considered to reduce the body's innate heat, induce cold temperament, and weaken both digestive and reproductive functions.

Conclusion : The findings suggest that sleep deprivation affects fertility through multiple mechanisms, including disruption of hormonal axes, decreased gamete quality, oxidative stress, menstrual disorders, and impaired implantation. The interaction between sleep deprivation and metabolic diseases such as obesity and diabetes may create a vicious cycle that exacerbates infertility. Additionally, reduced melatonin—an important antioxidant and reproductive regulator—further increases the risk of fertility impairment. Animal studies also confirm that sleep loss can reduce sperm quality, alter sex hormone levels, and disrupt embryonic development. From the traditional perspective, both insufficient and excessive sleep disturb basal metabolism and digestive function, leading to an accumulation of waste products and inadequate cellular nourishment, including in reproductive tissues, thereby contributing to infertility. Sleep deprivation and sleep disorders are closely linked to decreased fertility in both men and women, as supported by evidence from both traditional and modern medical sciences. Therefore, maintaining healthy sleep hygiene and circadian rhythm regulation may play a key role in enhancing reproductive health. Integrating insights from Persian Medicine with modern findings could provide a comprehensive approach for preventing and managing lifestyle-related infertility.

Abstract ID: ۱۶۸

Presentation Type: Poster

The Effect of Melatonin on Sleep Quality in Breast Cancer

Shahin Saeidinejat^{۱*}, Shabnam Jalali^۲, Shima Jalali^۳, Mohsen Seddigh-Shamsi^۲

۱. MD, PhD of Traditional Persian Medicine, School of Persian and Complementary Medicine, Mashhad University of Medical Sciences, Mashhad, Iran ORCID ID: 0000-0002-1614-0855.
۲. ۱۱. Department of Internal Medicine, Medical doctor, Mashhad University of Medical Sciences, Mashhad, Iran. ORCID ID: 0000-0002-9093-0660. Shamimjalali1377@gmail.com
۳. ۱. Department of Hematology-Oncology, Faculty of Medicine, Mashhad University of Medical Sciences, Mashhad, Iran. ORCID ID: 0000-0003-2379-3851. seddighshamsim@mums.ac.ir

Background and Aim : Sleep disorders, is considered as the most common and serious problems in patients with breast cancer. Hence, this study aimed to evaluate the effect of melatonin on sleep problems, anxiety, and depression in the patients with primary breast cancer undergoing adjuvant chemotherapy.

Methods : Forty-six patients with stage I-III breast cancer were participated in a double-blind, placebo-controlled trial. They were allocated randomly to the intervention (melatonin, n = ۲۲) and control (placebo, n = ۲۴) groups during adjuvant chemotherapy period. At baseline, middle and end of chemotherapy, sleep quality were evaluated using Pittsburgh Sleep Quality Index (PSQI).

Results : At the baseline, ۷۱,۷٪ of patients were poor sleeper. Compared to the placebo group, melatonin administration was associated with an improvement in sleep duration, sleep efficiency, and total PSQI scores in the middle of chemotherapy period, as well as sleep latency, sleep duration, sleep efficiency, and total PSQI score at the end of chemotherapy relative to the baseline measurements. Moreover, melatonin showed a positive effect on sleep scores as indicated by reduction in sleep latency, sleep duration, sleep efficiency and PSQI total scores during three steps of chemotherapy.

Conclusion : Melatonin administration may be considered as a potentially therapeutic agent for improvement of sleep problems in breast cancer patients
Key words: Breast cancer, Sleep disorder, Melatonin, Chemotherapy

Abstract ID: ۵۹۶

Presentation Type: Poster

Comparison of the Effects of Music Therapy and Play Therapy on Anxiety and Physiological Indicators during Cast Removal in Children: A Randomized Clinical Trial

Ali Safdari^۱*, Hadi Jafarimanesh^۲, Azam Moslemi^۳, Razieh Mokhtari^۴

۱. Student Research Committee, Semnan University of Medical Sciences, Semnan, Iran
۲. Nursing Instructor, Medical Surgical Department, School of Nursing and Midwifery, Tehran University of Medical Sciences, Tehran, Iran
۳. Assistant Professor, Department of Biostatistics, School of Medicine, Arak University of Medical Sciences, Arak, Iran
۴. Nursing Instructor, Department of Nursing, Faculty of Nursing and Midwifery, Arak University of Medical Sciences, Arak, Iran

Background and Aim : Cast removal is a routine yet stressful procedure for children, often triggering anxiety and physiological stress responses. Non-pharmacological strategies such as music therapy and play therapy have been introduced to help reduce this burden. This study investigated and compared the effects of these two interventions on children's anxiety levels and physiological indicators during cast removal.

Methods : In this randomized clinical trial, ۱۰۵ children aged ۸-۱۲ years undergoing cast removal at Valiasr Hospital, Arak, Iran, were enrolled. Participants were randomly assigned to one of three groups: music therapy, play therapy, or a control group receiving standard care. Anxiety was assessed using the Facial Anxiety Scale and the Children's Emotion Management Scale (CEMS). Physiological parameters, including heart rate, were measured before and after the intervention. Data were analyzed using chi-square, Fisher's exact test, paired t-tests, ANOVA, and Tukey's post-hoc test.

Results : Children in the music therapy group showed significantly lower mean heart rates after the intervention (108.22 ± 9.59 bpm) compared with both the play therapy (114.62 ± 11.10 bpm) and control groups (115.45 ± 10.99 bpm). The difference versus control was -7.23 bpm (95% CI: -13.25 to -1.21 ; $p = 0.014$). Emotional expression scores were also lower in the music therapy group (14.77 ± 4.16) than in the play therapy (16.65 ± 4.91) and control groups (17.68 ± 4.43), with a mean difference of -2.91 compared to control (95% CI: -5.48 to -0.35 ; $p = 0.022$). Based on anxiety rankings, children who received music therapy reported the lowest anxiety (mean rank = 43.69) compared with the control group (63.23 ; $p = 0.006$).

Conclusion : Both music therapy and play therapy were beneficial in easing children's responses to cast removal, but music therapy demonstrated a stronger effect on reducing anxiety and stabilizing physiological indicators. As a safe, inexpensive, and easily applicable approach, music therapy is recommended for routine use in pediatric cast removal units to improve cooperation and comfort in children.



Abstract ID: ۵۲۹

Presentation Type: Poster

Medicinal Plants with Therapeutic Potential Against Systemic Escherichia coli Infections: A Review

Shaghayegh Shahrestani^۱ *, Shamim Shahrestani^۱ , Fereshteh Ghorat^۲

- ^۱. Student Research Committee, Sabzevar University of Medical Sciences, Sabzevar, Iran
- ^۲. Sabzevar University of Medical Sciences, Sabzevar, Iran

Background and Aim : The indiscriminate use of antibiotics has contributed to the emergence of resistant bacterial strains, posing a major challenge to public health. Given this concern, and considering the relatively fewer side effects of medicinal plants, numerous studies have investigated the antibacterial properties of plant-derived extracts. Urinary tract infections are among the most common bacterial infections, with Escherichia coli identified as the predominant causative agent. This systematic review evaluates the antimicrobial potential of various medicinal plant extracts against E. coli and their possible role in managing the infections it causes.

Methods : This systematic review was conducted between July and September ۲۰۲۰. Relevant articles in both Persian and English were retrieved from the electronic databases SID, Magiran, IranDoc, PubMed, Google Scholar, and Scopus, without restrictions on publication date. The search strategy employed the keywords herbal medicine, urinary infection, E. coli, and Escherichia coli, both individually and in combination. Articles were included in the review according to predefined eligibility criteria outlined in the study protocol.

Results : The initial keyword search identified ۲۰ articles, of which ۱۲ were selected after title screening. Following full-text review, ۸ studies met the inclusion criteria. Among these, ۱ was in Persian and ۷ were in English. Six studies were experimental (laboratory or animal-based), and two were conducted on humans. The findings indicated that Brassica oleracea (cabbage), Lawsonia inermis, and Peganum harmala L. demonstrated notable anti-Escherichia coli activity, supporting their potential role in the treatment of urinary tract infections.

Conclusion : The demonstrated efficacy of medicinal plants, along with their comparatively lower adverse effects than chemical drugs, highlights the growing interest in their application, particularly in the management of infectious diseases.

Abstract ID: ۲۷۶

Presentation Type: Poster

Preventive and Therapeutic Approaches in Persian Ophthalmology during the ۱۰th to ۱۲th Centuries AH

Fatemeh Shokrian zeiny^۱ *, Sedigheh talebi^۲

۱. *Fatemeh shiokrian zeiny, Department of History of Medicine, School of Persian Medicine, Tehran University of Medical Sciences, PhD Candidate, Tehran, Iran.*
۲. *Assistant Professor, Department of Traditional Medicine, School of Persian Medicine, Shahed University, Tehran, Iran.*

Background and Aim : Eye health has been a fundamental concern for humanity since ancient times and holds a significant place in the history of medicine. As a delicate and vulnerable organ, the eye has always attracted special attention, especially within Islamic civilization and Iran. The study of ophthalmology in this region dates back over six thousand years. Medical texts have long emphasized the importance of protecting the eye from external harm. This study examines Persian medical manuscripts from the ۱۰th to ۱۲th centuries AH, exploring the significance of the eye, methods for maintaining its health, and approaches to the prevention and treatment of eye diseases according to the sages of that era.

Methods : This review study explores the significance of the eye and ocular health in Iranian traditional medicine. To identify relevant materials, the keywords "eye," "eye diseases," and "health care" were systematically searched in classical Persian medical texts, as well as in Scopus and PubMed databases using related terms.

Results : Maintaining eye health and preventing ocular diseases are regarded as fundamental principles in traditional medical literature. Classical physicians emphasized that ocular well-being depends on understanding both the temperament of the eye and the brain. They placed significant importance on preventing both internal and external harm through lifestyle regulation. Preventive measures included dietary and behavioral modifications and avoiding harmful factors such as smoke, dust, strong winds, extreme temperatures, excessive exposure to bright or shiny objects, sleeping on a full stomach, and overconsumption of salt and wine. In contrast, bland foods, tonic herbal preparations, turnips, pouring lukewarm water over the head, and applying oils such as violet, pumpkin seed, and almond were recommended for maintaining ocular health. Looking at greenery and drinking clear water were also believed to strengthen vision. General detoxification practices, such as enemas and temperament correction, were considered essential strategies for both prevention and treatment. Treatment protocols for eye diseases typically began with an assessment of the primary cause or the involvement of systemic factors. The first therapeutic step involved expelling excess bodily humors, particularly phlegm, through techniques such as phlebotomy, cupping, and the use of laxatives. These internal cleansing measures were complemented by a wide range of topical applications directly to the eyes, including solid suppositories, kohls (powdered eye medicines), zhorur (insufflation powders), quturs (eye drops), and ointments. Additional non-pharmacological approaches included oil anointing, eye and body washing, frequent bathing, and strict dietary regimens. In persistent or severe cases, especially when conventional treatments failed, surgical interventions such as qadh (cataract extraction), kasht (superficial corneal scraping), and tasmir (eyelid lifting) were employed.



کتاب خلاصه مقالات سخنرانی و پوستر
دومین کنگره ملی طب ایرانی



تهران، مرکز همایش های بین المللی رازی

۲۱ لغایت ۲۳ آبان ماه ۱۴۰۴

Conclusion : The findings indicate that these texts presented a comprehensive and evolving approach to ophthalmology, with a strong emphasis on prevention, hygiene, body cleansing, and diverse therapeutic strategies—including pharmacological, non-pharmacological, and surgical treatments. The inclusion of independent sections specifically dedicated to hygienic principles within the treatment of eye diseases reflects the importance placed on prevention and hygiene by Iranian physicians, and illustrates their advanced understanding and progress in this field during the studied period

Abstract ID: ۲۷۷

Presentation Type: Poster

The Role of Exercise in Gastrointestinal Health: A Comparative Review of Iranian Traditional Medicine and Modern Evidence

Fatemeh Shokrian zeiny^۱, Samaneh mohebat^{۲*}, Zahra Aghabeiglooei^۳

۱. Fatemeh shiokrian zeiny, Department of History of Medicine, School of Persian Medicine, Tehran University of Medical Sciences, PhD Candidate, Tehran, Iran.
۲. Department of Traditional Medicine, School of Persian Medicine, Shahed University, Tehran, Iran
۳. Assistant Professor, Department of Traditional Medicine, School of Persian Medicine, Shahed University, Tehran, Iran

Background and Aim : Maintaining gastrointestinal (GI) health is essential for overall well-being and disease prevention. Among various lifestyle factors, exercise has long been recognized as a key element in promoting digestive function. This study explores the effects of exercise on the gastrointestinal system by comparing insights from Iranian traditional medicine (ITM) with evidence from modern scientific literature.

Methods : This review was conducted by searching classical Persian medical texts such as The Canon of Medicine by Avicenna, Zakhireh Kharazmshahi, and Kamel al-Sana'eh, focusing on keywords such as “Riazat” (exercise), “Hifz al-Sehha” (preservation of health), digestion, and gastrointestinal function. Simultaneously, modern scientific databases including PubMed and Scopus were explored using equivalent English terms like exercise, digestion, gastrointestinal health, and physical activity.

Results : This review was conducted by searching classical Persian medical texts such as The Canon of Medicine by Avicenna, Zakhireh Kharazmshahi, and Kamel al-Sana'eh, focusing on keywords such as “Riazat” (exercise), “Hifz al-Sehha” (preservation of health), digestion, and gastrointestinal function. Simultaneously, modern scientific databases including PubMed and Scopus were explored using equivalent English terms like exercise, digestion, gastrointestinal health, and physical activity. In ITM, exercise (Riazat) is considered one of the six essential principles of maintaining health (Sitteh Zaruriyyah). Avicenna emphasized that moderate and properly timed physical activity enhances digestion, supports waste elimination through defecation and sweating, and strengthens the body's natural heat (Hararat-e Gharizi), which is crucial for metabolic functions. ITM sources stress that exercise must be tailored to the individual's temperament (Mizaj), physical condition, age, and the state of humors (Akhlāt) to avoid harmful effects such as dryness or excessive fatigue. Furthermore, traditional texts describe how exercise facilitates various stages of digestion, including gastric, hepatic, and vascular digestion, thereby contributing to the production of balanced humors and preventing the development of gastrointestinal disorders. From a modern medical perspective, numerous studies confirm the protective role of physical activity in digestive health. Regular exercise is associated with reduced risk of constipation, diverticulosis, gastrointestinal bleeding, colorectal cancer, and inflammatory bowel disease. Mechanisms include improved gut motility, enhanced blood flow to the intestines, modulation of stress responses, and regulation of hormonal and immune functions.



Conclusion : This comparative review demonstrates that the role of exercise in digestive health is a point of convergence between traditional and modern medical systems. The parallels between these approaches offer valuable opportunities for integrative strategies in preventive medicine. Further interdisciplinary research is recommended to scientifically validate traditional guidelines and enhance public health interventions. In conclusion, incorporating exercise as a structured health-preserving measure—as advocated in Iranian traditional medicine—can provide an accessible, cost-effective, and evidence-based method for improving gastrointestinal function and promoting long-term health.

Abstract ID: ۳۱۲

Presentation Type: Poster

Studying the effect of anise consumption on weight loss and anthropometric indices of women with polycystic ovary syndrome referring to the infertility clinic of Sabzevar University of Medical Sciences

Behnaz Souizi^۱*, Fereshteh Ghorat^۲, Parastoo Amiri^۳

- ^۱. Assistant Professor of Infertility & IVF Department of Obstetrics and Gynecology, School of Medicine Mobini Maternity Hospital Sabzevar University of Medical Sciences
- ^۲. Associate Professor of Traditional Medicine Department of Traditional Medicine, School of Medicine Non-Communicable Diseases Research Center Sabzevar University of Medical Sciences
- ^۳. Assistant Professor of Community Medicine Department of Community Medicine, School of Medicine Iranian Research Center on Healthy Aging Heshmatie Hospital Sabzevar University of Medical Sciences

Background and Aim : One of the important risk factors in women with polycystic ovary syndrome is obesity and increased body mass index. There are various studies on the effects of anise on improving metabolism and fat and insulin metabolism in hormonal disorders of women's diseases. Therefore, the present study was designed to investigate the effect of anise consumption on weight loss and anthropometric indices of women with polycystic ovary syndrome referred to the Infertility Center of Sabzevar University of Medical Sciences

Methods : In this clinical trial study, patients referred to the Infertility Center of Sabzevar University of Medical Sciences with a diagnosis of polycystic ovary syndrome were included in the study. The diagnosis of polycystic ovary syndrome was made by an obstetrician-gynecologist based on the Rotterdam criteria (oligomenorrhea or menstrual disorders, clinical or laboratory signs of hyperandrogenism, evidence of polycystic ovaries on ultrasound), with the presence of two of the three criteria being sufficient for diagnosis. The study samples were divided into two intervention and control groups by block randomization. Before the intervention, anthropometric indicators of all samples including weight, height, waist, hip and abdominal circumference and wrist circumference were measured by the researcher. Also, appetite assessment (based on the visual analogue scale (VAS) as well as the quality of life questionnaire (SF-۳۶) were completed. The intervention group received ۵ grams of anise powder every day, and the control group received placebo (corn starch) half an hour before lunch and dinner for ۸ weeks. To blind the study, the drugs were provided in similar, opaque packaging and the samples were delivered after coding. The study outcomes included changes in weight and body mass index, changes in waist circumference and waist-to-hip ratio, as well as changes in appetite, quality of life, and physical activity, which were re-evaluated after the end of ۸ weeks.

Results : In this study, ۴۰ participants in the intervention group and ۳۷ in the control group were studied. In comparing the outcomes after the intervention, there was a statistically significant difference in the appetite variable between the two groups ($P=۰,۰۲۸$). There was no statistically significant difference in the weight, waist-to-hip ratio, abdominal circumference, and body mass index variables between the two groups ($P<۰,۰۵$). The mean quality of life score in the intervention group increased compared to the control group, and there was a statistically significant difference between the two groups. ($P\text{-value}<۰,۰۰۱$). When examining the two groups separately, a



statistically significant difference was observed in terms of the mean quality of life score (P value < 0.001).

Conclusion : The results of the present study showed that although anise consumption did not have a significant effect on anthropometric indicators during the study period, it was effective in improving the quality of life and appetite of women with PCOS



Abstract ID: ۱۰۵

Presentation Type: Poster

A Non-Pharmacological Approach to Lower LDL Cholesterol by Raising HDL: The Role of Extra Virgin Olive Oil and Regular Aerobic Exercise

Mojtaba Oroojalian Mashhadi^۱ , Mojtaba Valizadegan Arjomand^۲ *, Behzad Jaybashi^۳

- ^۱. Department of Medical Sciences, Isfahan University of Medical Sciences, Isfahan, Iran
- ^۲. Traditional Persian medicine and complementary medicine (PerCoMed) student association, Student's Scientific Research Center, Tehran University of Medical Sciences, Tehran, Iran
- ^۳. Assistant Professor, Department of Naturopathic Medicine, Technofest Institute of Technology, Erquolines, Belgium

Background and Aim : Dyslipidemia is a key risk factor for cardiovascular diseases. Given the concerns regarding the side effects of statin medications, this study aimed to evaluate the effect of increasing HDL as a strategy to lower LDL levels, using a structured protocol based on extra virgin olive oil consumption and regular aerobic exercise—without any use of statins.

Methods : In this interventional study, ۵۶ adults with elevated LDL levels followed a ۶۰-day non-pharmacological regimen. The intervention included consuming two tablespoons of extra virgin olive oil with each main meal (exclusively as the sole source of fat) and engaging in moderate-intensity aerobic exercise five times per week (۳۰ minutes per session using a treadmill or stationary bike). Key biomarkers such as LDL, HDL, total cholesterol, and the LDL/HDL ratio were measured before and after the intervention.

Results : All participants experienced a reduction in LDL levels. In individuals with baseline LDL under ۱۳۰ mg/dL, the average reduction reached up to ۳۰%. HDL levels increased significantly, and the LDL/HDL ratio dropped from ۳.۷ to ۲.۵. Total cholesterol levels also showed a notable decline.

Conclusion : In the absence of statin use, the combination of daily extra virgin olive oil intake and consistent aerobic exercise led to significant reductions in LDL cholesterol across all participants, especially in those with baseline LDL below ۱۳۰ mg/dL. Participants with LDL above ۱۷۰ mg/dL showed a weaker response, highlighting the potential need for adjunct pharmacological treatment in such cases