The 2nd International Neuroinflammation Congress and 2nd Student Festival of Neurosience

Shefa Neuroscience Research Center, Tehran, Iran, 17-19 April, 2018

The Neuroscience Journal of Shefaye Khatam

Volume 6, No. 2, Suppl 1

Poster Presentation

Neuroinflammation and Forgotten Dimensions of Persian Medicine: from the Basic Concepts to Biopsychologic Interventions and Their Probable Mechanisms

Majid Anushiravani[1*], Zeinab Jaber-Zadeh[2]

[1]Department of Persian Medicine, School of Persian and Complementary Medicine, Mashhad University of Medical Sciences, Mashhad, Iran

[2]Department of Psychology, Torbat-E Jam Branch, Islamic Azad University, Torbat-E Jam, Iran

Published: *17 April, 2018*

Abstract

Based on the teachings of ancient philosopher/physicians in Greece, Persia and Islamic lands inflammation starts with a non-self hot dystemperament which can involve any type of corporeal structures of the body (tissues, primary and secondary fluids, subtle & fine bodies). Such Non-self hot dystemperaments in neural tissues might happen due to the somatic and/or psychological causes, and seems to have correlations with both the biologic factors especially the original personal temperament, and the life style especially diet, sleep pattern, and mental-emotional events chiefly continuous anger and grief repression. According to the Persian medicine literature, inflammations in the brain can primarily begin from the brain itself or may originate from other sites of the body especially from gut, liver, spleen, and uterus which all interact with the brain. On the other hand stress-induced neuroinflammations attributed closely to the heart. To assess and judge about this explanatory model for neuroinflammation, one should firstly understand the basic concepts as elucidated in the main works of Persian medicine literature, but practically it is so helpful to know that regarding these basic concepts and teachings, various nutraceutical and pharmaceutical protocols can be designed to subside the neuroinflammations and heal their subsequent events. It seems this ways works through regulating the immune system, anti-oxidant and anti-inflammatory actions, improving the hepatic detoxification process, remodeling of extra cellular matrix, improving the psychoneuroimmunologic and psychoneuroendocrine axes, and promoting the bioenergy fields. To discover the new solutions for neuroinflammation it is necessary to merge the teachings of Hikmat-based medicine with modern findings in various fields especially neurosciences, health psychology, and psychosomatic medicine in a systemic convergent approach. Top research ideas derived from the Persian medicine manuscripts can play important roles to find novel scientific perspectives and new therapeutic ways with more efficacy and safety.

Keywords: Neuroinflammation, Persian Medicine, Biopsychology, Health Psychology

Corresponding Author: Majid Anushiravani

E-mail: *anushiravanim@mums.ac.ir*

[Downloaded from shefayekhatam.ir on 2026-11-28]