

# Interactions between cardiovascular diseases and depression: a comparison of conventional medicine and Iranian traditional medicine.

- **Source:** Avicenna Journal of Phytomedicine . ۲۰۱۰ Supplement, Vol. ۰, p ۱۲۰-۱۲۶. ۲p.
- **Author(s):** Givi, Samaneh Ramezani; Emaratkar, Elham; AliAsl, Jale
- **Abstract:** Objectives: Cardiovascular diseases (CVD) and depression are common causes of mortality and morbidity worldwide. Co-morbidity and interactions between these two disorders have been historically considered by the Iranian traditional medicine (ITM), as well as conventional medicine (CM). Comparing these two approaches could lead to the better understanding of the connection between these two conditions. Materials and Methods: In this review, we found ۱۴۷ relevant articles published during ۱۹۶۴-۲۰۱۴, which were indexed in databases such as PubMed and Scopus. Correspondingly, ۲۱ key textbooks of ITM including the Canon of Medicine, Al-Adviat-ol-Ghalbiah, Al-Havi, Kamel-o-Sana'a, Exir and House of Wisdom (Kholasat-ol-Hikmah) were reviewed for related concepts. Results: Regarding the interactions between CVD and depression, findings of CM mainly focus on the following factors: ۱. Cardiovascular side-effects of antidepressant agents ۲. Depression as a predictor of CVD disability ۳. Depression as a mimicker of CVD symptoms (i.e., non-cardiac chest pain) ۴. Prevalence of the co-morbidity of CVD and depression ۵. Possible common biological pathways of depression and CVD (e.g., alterations in the hypothalamic-pituitary axis, cardiac rhythm disorders, and hemorheologic, inflammatory or serotonergic changes) On the other hand, ITM literature mainly emphasizes the definition of the following factors: ۱. Pathophysiological pathways, using the concept of Breath (Rouh) dysfunction as the main co-existing/causal biological factor contributing to bilateral causality in CVD and depression ۲. Symptoms used for the accurate prediagnosis, treatment modality and assessment of the prognosis of both diseases ۳. Preventive recommendations in the normal population ۴. Therapeutic options in the prodromal or clinical phase of both diseases Conclusion: According to the results of this study, recent evidence about CVD and depression interactions in CM literature are correspondent with ITM textbooks. However, the holistic view of ITM could offer more effectual methods for the clinical management of CVD and depression.
- *Copyright of Avicenna Journal of Phytomedicine is the property of Mashhad University of Medical Science and its content may not be copied or emailed to multiple sites or posted to a listserv without the copyright holder's express written permission. However, users may print, download, or email articles for individual use. This abstract may be abridged. No warranty is given about the accuracy of the copy. Users should refer to the original published version of the material for the full abstract.*

For access to this entire article and additional high quality information, please check with your college/university library, local public library, or affiliated institution.

**Important User Information:** Remote access to EBSCO's databases is permitted to patrons of subscribing institutions accessing from remote locations for personal, non-commercial use. However, remote access to EBSCO's databases from non-subscribing institutions is not allowed if the purpose of the use is for commercial gain through cost reduction or avoidance for a non-subscribing institution.