

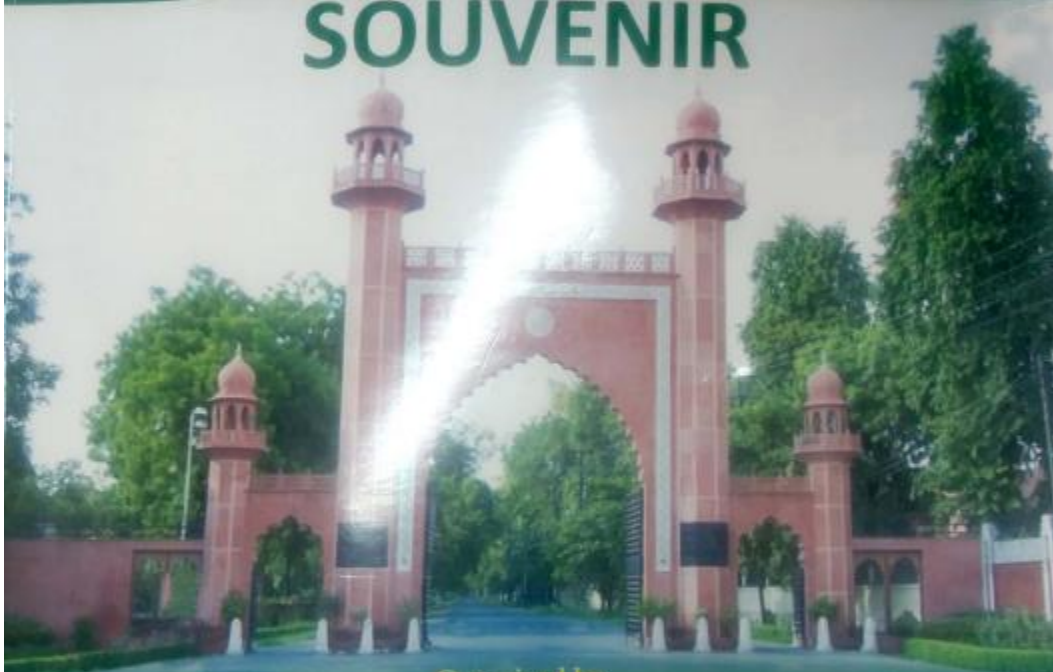


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Food Reduction and Diseases Treatment From The Perspective of Avicenna; Presenting New Evidence of Animal and Clinical Study On The Role of Food in Reducing Inflammation and Treatment of Sub-Acute Sciatic Pain in Modern Medicine

Aisan Nozad¹, Mir Bahram Safari¹, Mohsen Naseri^{2*},
Farzaneh Ghaffari³, Razieh Jafari Hajati².

¹Faculty of Medicine, Urmia University of Medical Sciences, Urmia, IR Iran.

²Traditional Medicine Clinical Trial Research Center, Shahed University, Tehran, IR Iran.

³School of Traditional Medicine, Shahid Beheshti University of Medical Sciences, Tehran, IR Iran.

Corresponding author: Mohsen Naseri, E-mail: Naseri@shahed.ac.ir; Naserishahed@yahoo.com.

Aim and objectives: Avicenna classifies the intervention in nutrition into four categories: 1. Food reduction; 2. Food restriction; 3. Increased food; 4. Changes in dietary plan. It also recognizes the patient's energy as an important issue. From his point of view, food reduction was done in three ways: quantity reduction, quality reduction (low calorie foods) and reducing food in both ways. The aim of this study is application of simple and uncomplicated therapies in Persian Medicine, as well as the use of food reduction in the treatment of sciatica pain.

Methods: collection of data related to the sciatica pain was done from Persian Medicine sources.

Animal study: The rats were tested in the control and intervention groups under the 30% reduction of food intake for 8 days. Inflammation rate was measured by formalin test.

Human study: A clinical trial study was conducted on 96 patients in two groups of control and intervention. For the intervention group, a low calorie diet (1200 kcal / day) was prescribed for one month.

Results: Animal studies showed that a 30% reduction in daily caloric intake for 8 days had an important effect on accelerating the reduction of inflammation induced by formalin injection into rats. There was a significant difference between two groups in the erythrocyte sedimentation rate (ESR). The results of human studies showed that McGill and Roland Morris scores were significantly reduced in the intervention group compared to the control group.

Therefore, a short term diet of low calorie diet is effective in reducing the pain and disability of patients with sub-acute sciatic pain that is not a candidate for surgery.

Conclusion: Food reduction may be effective as a method to reduce inflammation, including sub-acute sciatic pain.

Keywords: food reduction, Persian medicine, sciatic pain.