

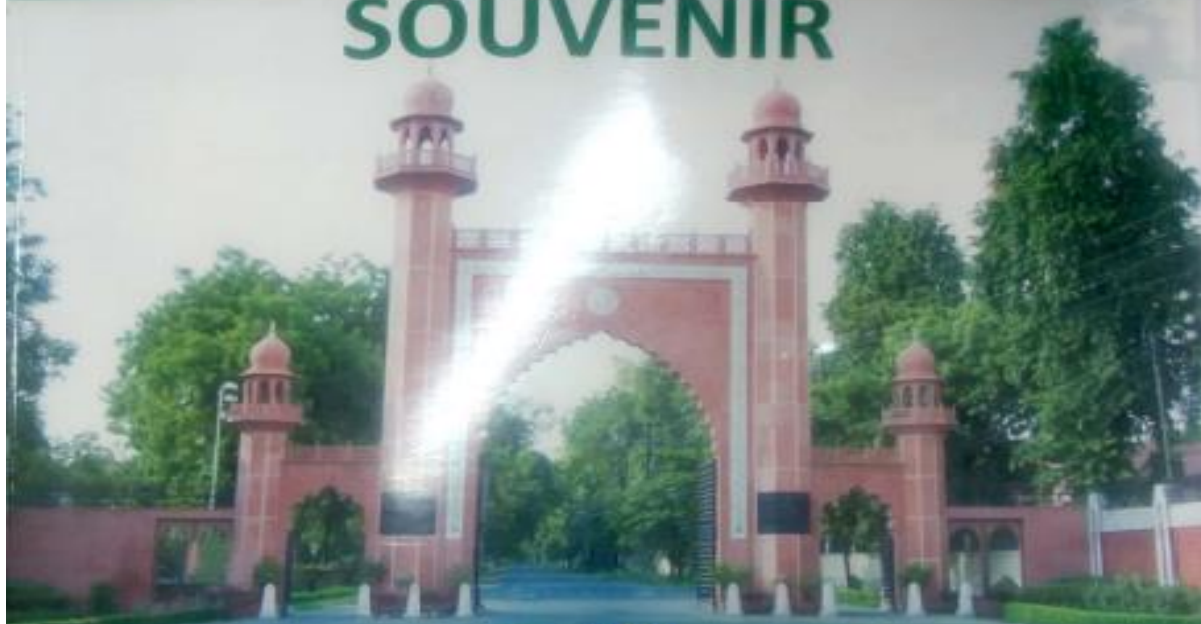


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Islamic Spiritual Care According To Persian Medicine: The Role in Health Improvement

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Serious, incurable and chronic diseases have become more prevalent than past and exert a great involvement for healthcare system in present era. Due to complexity of nature, current treatments often are not sufficient for managing these conditions and there is an increasing need for new effective therapeutic or complementary approaches.

Persian medicine considers both physical and spiritual aspects of diseases and its scholars had a great emphasis on paying attention to both psychological and spiritual factors related to disease beyond material viewpoint. Considering "Medicine" as one of the most honorable sciences and designation of some precise moral criteria as requirements for becoming a physician; is another exclusivity of this system of medicine.

There is some recommendation emanated for spiritual care in ancient text of Persian medicine; for example remembering the God and trust him, hope, optimism, kindness, patience, praying and so on; that are emanated from Islamic teaches. These principles have been shown to be very effective for improving patients wellbeing according to new studies and clinical trials.

The aim of this article is to briefly explain spiritual care topics that are recommended in Persian medicine texts.

Keywords: Islamic spiritual care, Persian medicine