



Fatty Liver Disease From the Perspective of Traditional Iranian Medicine

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The liver is one of the body's most important organs. In modern medicine, detoxification of drugs, the disposal of waste products from demolition and renovation of blood RBC in the form of bile, blood clotting factors, glucose stored as glycogen and the regulation of glucose and metabolism are among the most important functions of the liver. Traditional Iranian medicine plays a significant role for liver in terms of protecting human health so that the Iranian medicines' scholars including Boali Sina (1), Zakaria Razi, Hakim Jorjani and etc. have regarded liver as one of main members of the body (along with the heart and brain) and also as the origin and source of spiritual and natural forces. Thus, any kind of diseases injurious to this vital and important organ, whether in schools of traditional medicine and traditional medicine schools, is of high and utmost significance. One of the diseases which is growing and becoming widespread is fatty liver disease. In modern medicine, the fatty liver

disease includes a range of mild to chronic liver diseases which initially is in the form of the fat concentration in liver's cells and could lead to the inflammation of liver cells and eventually, the destruction of liver cells in the form of a chronic and irreversible disease (2). Prevalence of fatty liver is directly particularly associated with the prevalence of obesity in society. However, this disease has also been accompanied with hypertension, the increase in blood fats (hyperlipidemia) and diabetes (2). The importance of this disease is due to the destruction of liver cells which could lead to advanced and irreversible liver disease called "Cirrhosis" if it is not diagnosed in time and lack of proper treatment (2) at which stage the only possible treatment action is liver's transplant. On other side, the early diagnosis and the proper treatment of the fatty liver disease will not only prevent the injury to liver cells but also prevent heart and rein side effects including the most important factors leading to death among patients

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In this study, it has been tried to determine the particular role of liver as one of the most important organs of the body as well as investigating the reason behind creating diagnosis methods and the methods to treat fatty liver diseases from the two perspectives of traditional Iranian medicine and classic medicine.

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inflicted with fatty liver. Based on the existing information, incidence of the disease has been reported in both men and women alike. Although no genetic index for this disease has been identified, the increase in its prevalence is observed in some families.

School of Iran's traditional medicine, as well as considering a general temperament for all the body members, also takes individual views for every body member, each of which has normal function if it has its normal temperament. If for any reason (bad life style or aging, disease incidence, etc.) the member's tendency gets away from its normal state, a bad temperament can occur, which can take different clinical protests depending on the type of member and the kind of bad temperament (hot, cold, wet, dry, etc.). From the perspective of traditional Iranian medicine, liver temperament is, in its normal state, warm and wet (3) and if for any reason (poor nutrition over time, poor digestion, lack of continuous movement, the togetherness of other diseases, side effects of some medications, psychological issues, etc.), its natural temperament is inclined towards coldness and dampness, in this case, the bad temperament has occurred due to the rejection of liver Rutab which can cover a wide range of diseases from mild to severe and chronic fatty liver. From the perspective of the school of traditional Iranian medicine, the liver's cold temperament and bad temperament in more advanced stages can result in chronic and irreversible diseases such as Cannula ill and ascites.

The disease of fatty liver in modern medicine is in most cases without symptoms and is mostly done accidentally due to the observation of the high level of liver enzymes in blood test with the aim of the periodical health monitoring or is discovered through ultrasound of the stomach (abdomen) which is done because of other reasons (2); although rarely some patients complain about the dull pain in upper right section of the abdomen or premature fatigue. Increase in the size of the liver in about 75% of patients in the clinical examination can be diagnosed and symptoms of advanced liver diseases, such as the existence of fluid in the abdomen and an enlarged spleen is observable in a small number of patients in whom the diagnosis is delayed.

But in the school of traditional Iranian medicine, the Hakims considered a variety of symptoms for the cold and wet liver related to bad temperament. Among these signs that can diagnosed and assessed even at milder stages of the disease are the inflammation of the face (a kind of disease in which an organ or organs of the body will

inflammation), the inflammation of the eyelids, the inflammation or softening of abdomen muscles, long sleep, slowness of sensations, gently tempers, lack of thirst, dyspepsia, the whiteness of urine and dampness of the tongue, etc. (4). At advanced and chronic stages of disease, there are symptoms such as general weakness of the body and the paleness in the face and body color, the inflammation of the organs etc. (4), which are quite similar to those in clinical signs of liver cirrhosis in modern medicine.

Up to now, in the classic medicine, there has not been a singular treatment for this disease, but the overall view is that in those who are overweight, the loss of the weight, the proper control of cholesterol and triglycerides and blood sugar can be useful in controlling and treating the disease of non-alcoholic fatty liver (2). Since the view of traditional Iranian medicine has been based on the temperament and its main root based on the original resources of this medicine school, is considered to be a kind of liver bad temperament, as such, it appears that with respect to the studies recently done, the treatments based on healing liver bad temperament is in most cases efficient, leading to the control and treatment of this disease.

With respect to the importance and the significant role of liver in people's health and also the increasing spread and prevalence of fatty liver disease in particular in today's industrial societies, it seems that more extensive clinical studies with an approach of the school of traditional Iranian medicine will be much helpful in terms of controlling and treating this disease.

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