

Persian Medicine Recommendations for Health Maintenance and Treatment of Common Health Problems in Military Personnel

Ayeh Naghizadeh¹, Hashem Saberian², Nafiseh Hosseini Yekta³

¹ Office of Persian and Complementary Medicine, Ministry of Health and Medical Education, Iran

² Department of Mental Health, National Police Force of Iran

³ Department of Persian Medicine, AJA University of Medical Sciences, Tehran, Iran

Abstract

Background and objective: High levels of physical and mental stress through the course of training and serving predispose military personnel to a number of health problems. Considering the significance of optimal health conditions in the population serving the military, health maintenance as well as timely diagnosis and treatment of diseases are of utmost importance. The purpose of this article is to review Persian Medicine (PM) resources to provide recommendations for health promotion and treatment of common health conditions in military forces.

Materials and methods: In the first phase of this review, information regarding required health conditions for joining the military and also most prevalent health problems while being trained in and serving the military were gathered from both English and Persian databases including PubMed, Scopus, and Scientific Information Database (SID). Subsequently, chief PM resources were queried, and obtained information were classified. Both lifestyle modifications to promote health, and recommendations for prevention and treatment of the most common health problems faced in the military were extracted. Finally, PubMed, Scopus, and Web of Science were searched for any recent evidence regarding PM-based recommendations.

Results: Considering the strict day-to-day life of the military, lifestyle changes to promote health mainly relate to modifying eating habits. Foods and drinks that tonify the chief organs (the heart, the brain, and the liver), relieve mental stress, and boost energy levels are recommended. Based on conducted queries, the most prevalent health conditions in the military include musculoskeletal and mental health problems. PM resources have

mentioned various safe and easily-available medicinal substances to treat these conditions, many of which are also supported by recent evidence.

Conclusion: PM is a rich resource with recommendations for various conditions including health-related problems faced in the military. Further research on the recommended measures will provide more robust evidence for the demanding issue of health promotion of the military personnel.