

Properties Related to Bile as Viewed in Makhzan ol-Adviya

Maryam Mosaffa-Jahromi

Research Center for Traditional Medicine and History of Medicine,
Shiraz University of Medical Sciences,
Shiraz, Iran

Abstract

Background: The human body has simple and compound organs that obtain their nourishment through four humors. One of them is bile (yellow bile). According to Iranian traditional medicine (ITM), there are various kinds of natural medicines with their specific mechanisms of action affecting on bile in the human body. Hakim Aghili Shirazi (18th century), one of the great scholars in ITM field, introduced all types of natural medicines influencing bile in his valuable book written in Persian, “Makhzan-ul-Adwiah”, about single herbal medicines (mofradat). The aim of this review article was to introduce all types of natural medicines influencing bile in the human body.

Methods: The classification of natural medicines influencing bile was studied in this article as viewed by Hakim Aghili Shirazi in Makhzan-ul-Adwiah.

Results: Reviewing Makhzan-ul-Adwiah, this natural influencing bile is defined in ten categories. These are Haabes-e Safra (obstructive of bile), Daafe-e Safra (expellant of bile), Raafe-e Safra (resolver of bile), Ghaate-e Safra (stopper of bile), Ghaame-e Safra (suppressant of bile), Kaasere-e Safra (fractionating of bile), Mohregh-e Safra (burner of bile), Moder-e Safra (bile diuretic), Mosaken-e Safra (bile reliever), and Mos’hel-e Safra (bile laxative).

Conclusion: Each group has a specific function and mechanism on bile. Recognition of the precise mechanisms of these natural medicines is necessary to prescribe a suitable remedy for bilious diseases by traditional medicine specialists.

Keywords • Bile • Medicine • Traditional • Herbal medicine