

The Comparison of Genetic Factors Influences on Physical Activity and Health between Classical Medicine and Iranian Traditional Medicine

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Abstract

Background: Different factors, especially genetic, effect individual attitude to regular physical activity in Iranian traditional medicine. It was believed that individual physical activity attitude is affected by Mizaj too. Our aim was to conduct a comparative revision and evaluation of the effect of genetic factors on physical activity in classic medicine and Iranian traditional medicine.

Methods: In this study, we reviewed Persian resources in the research center of traditional medicine at Shiraz University of Medical Sciences. We also evaluated the texts on physical activity and genetics in PubMed and Google Scholar.

Results: The results of classical medicine revision showed the effect of especial genes on obesity and sedentary behavior. It is also derived from Iranian traditional medicine resources that physical activity and sedentary behavior is affected by individual Mizaj.

Conclusion: The results showed that those with hot and cold Mizaj have different genetic potentials in sedentary behavior and physical activity. Such categorization would be helpful in identifying illnesses due to sedentary life in special groups of people. It would also allow designing dedicated treatment for each person.

Keywords • Genes • Health • Medicine • Traditional • Motor activity