

# Persian Medicine in the World of Research; Review of Articles on Iranian Traditional Medicine

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## Abstract

**Background:** Due to negligence, Persian (Iranian) traditional medicine has had a weak presence in the world of research for a long time. However, in recent years, a variety of activities by research and faculty centers have created awareness and a platform to introduce and promote Persian medicine to the world. The aim of this study is to present and analyze scientific achievements of Persian medicine in the world of research.

**Methods:** Articles were collected from PubMed database using keywords such as “Persian medicine”, “Persian traditional medicine”, “Iranian medicine”, and “Iranian traditional medicine”. All data were classified based on the type of research (review, intervention, case reports, etc.), the field of study (neurology, cardiovascular, metabolic, historical studies, etc.), publication year, and journal type.

**Results:** A total of 501 articles were identified until the end of 2015, comprising of 222 reviews and 219 interventional (108 animal, 57 clinical and 54 cellular). Most studies were on neurology (20.1%), gastroenterology (14.5%), and cardiovascular diseases (10.4%). The publications in 2015 and 2014 had the highest hit rate with 139 and 132 articles, respectively, with 1:2 publication ratio between foreign and Iranian journals.

The most published articles, both foreign and Iranian, were in “Evidence-Based Complementary and Alternative Medicine” and “Iranian Red Crescent Medicine” journals. The contribution of foreign authors was 5%. The primary focus of the articles was on “Basic concepts of Persian medicine”, “Healthy lifestyle according to Persian medicine”, and “Historical aspects”, by 3.1%, 2.9%, and 6.7%, respectively.

**Conclusion:** During the last 2 years, the number of articles published in Persian (Iranian) medicine, particularly clinical studies had significant growth in comparison with the years before. The tendency of foreign researchers to use the keywords “Iranian” or “Persian” medicine is notable. This research was only based on the designated keyword and other keywords were omitted. It is recommended that additional keywords be used in a broader investigation.

**Keywords** • Review literature as topic • Traditional • Medicine

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