

Acne Etiology and Treatments in Traditional Persian Medicine

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Abstract

Background: Traditional Persian medicine (TPM) is based on humors theory. Temperament or mizaj is the result of a combination of four fundamental humors called blood, phlegm, yellow bile, and black bile. Like any other diseases, acne is the result of humoral imbalance. Acne is a highly prevalent dermatological problem, which has both physical and psychological effects on patients. The aim of this study was to determine the etiology of acne formation and natural remedies from the perspective of Persian scientists.

Methods: The etiology and treatment of acne were collected and analyzed from selected TPM medical textbooks. Some selected plants in these books were assessed in tabular format and their anti-acne activities were compared with modern medicine's databases.

Results: In the acne treatment, considering six essential schemes for health, diet and herbal remedies as well as manipulation are recommended. Although the mentioned herbs in acne treatment have antibacterial, anti-inflammatory, and antioxidant effects; however, some have special proven effects on the acne formation process. There is also a strong relationship between the digestive system and skin. This paper was rendered to show ancient Persian scholar's viewpoints on acne and its treatment.

Conclusion: Some reported remedies might be beneficial towards further studies on acne treatment.

Keywords • Acne • Medicine • Traditional • Herbal medicine
• Digestive system