

Principles of Nutrition in Patients with Polycystic Ovary Syndrome in Iranian Traditional Medicine and Comparison with Modern Medicine

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Abstract

Background: Polycystic ovary syndrome (PCOS) is the most common endocrine disorder in women of reproductive age with metabolic and gynecological complications. Despite the high prevalence of this disease, many challenges remain regarding its diagnosis and treatment. According to many studies, lifestyle modification especially diet is the first line of the treatment in PCOS patients. The aim of this article was to study the principles of nutrition for PCOS patients in Iranian traditional medicine (ITM) in comparison with modern medicine.

Methods: This is a descriptive study done using ITM references such as Canon of Medicine, Exir-e-Azam, Tib-e-Akbari, and the keywords feed, nutrition, lifestyle, and PCOS were searched in modern medicine databases.

Results: In ITM resources, the symptoms of PCOS were discussed under the topic of several diseases, including “Ehtebase tams”, “infertility and uterine inflammation” and “urame rahem”. In “Ehtebase tams”, like other diseases, the first line of the treatment is diet based on disease etiology. The most common cause of “Ehtebase tams” is dystemperament of the uterus and ovaries especially cold and wet dystemperament.

Conclusion: According to ITM, patients with “Ehtebase tams” should limit cold and wet foods in their diet and more hot, dry, and soft foods are most suitable for them. In modern medicine, reducing of carbohydrates and fats is considered. In other studies, there was no preference for different food groups. These differences may be due to the temperament of foods in the food groups. It seems that by combining ITM guidelines with the findings of modern medicine, a proper diet in these patients can be achieved.

Keywords • Nutrition assessment • Polycystic ovary syndrome • Medicine • Traditional • Diet

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