



## The Role of *Enseraf-E- Tabiat* (Nature Distraction) in Disease Treatment

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### Dear Editor

Folk medicine is one of the rich inspirational sources for the development of new useful drugs and forms part of the culture of people. In traditional societies, any information about a disease is shared by others and passed through the generations [1].

Despite the development of modern medicine, traditional Iranian regions still retain folk culture and traditional medicine. Folk medicine includes aspects of traditional medicine that has existed in numerous societies before generating modern medicine over generations [2].

This type of medicine is one of the types of complementary and alternative medicine that has been developed as a new way of acquiring available and used therapeutic methods over the years [3].

Aghblaagh is one of the suburbs of Ardabil province which has a long history of folk medicine. In this area, in someone who

has been diagnosed with a condition called “*Ummaakh*”, and symptoms such as tears, headaches, puffy eyes with dental pain, they use a therapeutic method, scare abruptly, followed by a meal like kebab or fried egg and onion. And they believe that when a person was hungry, the smell of food has come to him and at that time he was not prepared to eat so he had symptoms of “*Ummaakh*”. These symptoms are usually not treated with any other treatment. Our goal in this study is to implement a folk medicine approach to the laws of Persian medicine.

Hippocrates defined Nature as follows: “Nature is a power without the intelligence and understanding and it is the beginning of every move and stagnation”. In Persian medicine it is called “*Govaie Moda<sup>-</sup>bere Badan*” (Body’s power with tact) [4, 5]. Perhaps this method of treatment in folk medicine could be adapted to the law of “*Enseraf-E- Tabiat*” (nature distraction) in

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Persian medicine. Nature distraction means neglecting a part of body by nature due to intense attention to another part or weakness. “*Hokama*” (Persian scholars) call this state “*Enseraf-E-Tabiat*”. It should be noted that whenever nature focuses on correcting part of the body, it concentrates its power there. In this case, the rest of the body's function may be defective. For example, when a child develops teeth, he has diarrhea because the nature is busy with tooth growth and digestion is defective. In this case, the nature is also smelling of food in the nose area and ignoring other parts of the head, such as the eyes and mouth, which, with the old therapeutic method, sudden fears, Nature will understand and restores health to the individual. On the other hand, with fragrant food such as kebabs, they will strengthen nature, this treatment is also consistent with “*Ghanoon-E-zaaf va ghovvat*” (the law of weakness and strength of nature) in Persian medicine [5]. As a result this finding can be useful for the management of other health problems and this treatment should be evaluated in future clinical trials.

### Conflicts of interest

None.

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