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Nutritional treatment in sinusitis in traditional Persian (Iranian) medicine (TIM-TPM)

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Sinusitis is a very common inflammatory disorder that is impairs life quality. Sinusitis is named Nazle in TIM-TPM that is divided into two groups: cold and warm. Treatment in both sections is classifying non-pharmacological and pharmacological treatment. In non-pharmacological treatment for Nazle, attention to eating and drinking is very important and that's one of the basic treatments. "Drinks and foods" is

a key topic in the six essential principles for keeping health which has a manifest result for the protection of health and management of diseases in TIM-TPM. Avoiding overeating and long-term starvation is one of the main treatments for Nazle. Avoid eating some food items for example onion, dairy especially yogurt and etc., is recommended for treatments of sinusitis.

Biography

Marzieh Qaraaty, Assistant Professor in Department of Persian Medicine from Golestan University of Medical Sciences, Iran. Skilled in Various research activities in the field of diagnosis and treatment of women's diseases in Persian medicine. Research interest in Maintaining Health with Traditional Persian Medicine, Life style modification with Traditional Persian Medicine, Diagnosis and treatment of women's diseases whit Traditional Persian Medicine, Lifestyle modification based on traditional Iranian medicine, Maintaining Health Based on Traditional Iranian Medicine. She published more than 20 articles. She contributes knowledge through conducting workshops, oral presentation in international conference.

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