

The role of salt in Iranian folk medicine

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Salts play a very important role in human's life for thousands of years. It was always used for the seasoning of food or for preservation of things from corruption. Salt's ability to preserve food was a foundation of civilization. It helped to eliminate the dependence on the seasonal availability of food and it allowed travel over long distances. Salts In Iranian culture had from very early days a sacred and religious character and in folk medicine are used in the treatment of various diseases (mental and physical illness) in different ways. Sometimes the salt is mixed with herbs and flowers or minerals. Sometimes the patient is massaged with it. There are a variety of medical uses of salt in Iran. The salt is also used in magical ways to overcome the evil eye.

The main objectives of this study were

1. To study popular medical methods, techniques in use of salt
2. To recognize people who are engaged in folk medicine practicing

In this study a descriptive-cross sectional method were used and data collecting were performed also by direct participation, observation, and interview.

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