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## Role of Iranian traditional medicine in treatment of addiction

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**Background:** The use of opium and its derivatives as a safe drug has been a concern for human societies. With the advancement of pharmaceutical science and development of new forms of drugs; and on the other hand, the rising mental and psychological problems of human been, we see increasing consumption of opiates which in turn, causes a variety of psychical illnesses and the trouble socioeconomic outcome that result from it.

**Aim:** Although in the last few decades, numerous research and therapeutic center have been built in various countries at great expense, and therapists are treating addicts, but little success has been achieved. Our goals in the way we chose are to achieve effective treatment for addicts with least cost and the greatest success.

**Methods:** An analytical interventional study is based on clinical trials that individuals are randomly assigned to under certain therapeutic interventions which applied in Iranian traditional medicine such as: cupping, massages, herbal drugs and special nutritional orders.

**Result:** In seven years of study, 600 addicts between ages of 20-45 (85% of men & 15% of women) are evaluated in two questionnaires of emotional intelligence, and self-competence leaving addiction significantly predict the success of Iranian traditional medicine in the treatment of addictions.

**Conclusion:** In case of Iranian traditional medicine, the addicted person due to continuous use of an opiates substance and sever physical-psychological abuse, and increasing desire to add the amount and quality of the substance consumed, lead to dominance of soda temperament (dry and coldness) in the body and soul. On the other hand, with the weakening of immune system and intelligent response of body, in this state, however, he is compelled to use drugs. In fact, the addicted person fluctuates between warmth and happiness (perkiness) and coldness and severs pain (hangover). Its reason is suppression of stimulation and secretion of endorphin (natural morphine) from the pituitary gland and the brain cortex.

### Biography

Issa Khodadadi completed his PhD from Tehran Shahid Beheshti Medical University in 2007 and Post-doctoral studies in Iranian Traditional Medicine at Iran Hejamat Research Institute in 2010.

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