

Natural Remedies For Fatigue In Multiple Sclorosis From Traditional Persian Medicine

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Objectives: Fatigue is one of the most common symptoms of multiple sclerosis (MS). Fatigue in MS is different from any fatigue or tiredness in the normal population. Indeed, MS patients experience two types of fatigue: easy fatigability with exertion and lassitude (an abnormal persistent tiredness).

We tried to find some remedies for this debilitating symptom by searching Persian medicine (PM) literature and manuscripts.

Methods: We searched available major ancient Medical literatures in Persian and Arabic language, ranging from 9th to 18th centuries; such as the Al-Havi of Rhazes, the Canon of Avicenna, the Makhzan Al-Adviah and the Qarabadin-e-Kabir of Aghili, etc.

Results: In PM, fatigue is divided into some subtypes based on its etiology and may or may not be the consequence of exertion. In the latter, it may be a symptom or a prodromal symptom of another illness. Several medicinal plants were considered to be effective in treating this type of fatigue. Most important of these plants included *Iris germanica*, *Alisma plantago aquatica*, *Artemisia absinthium*, *Matricaria chamomilla*, *Peganum harmala*, *Vitis vinifera* (its barks), *Cynomorium coccineum*, *Quercus brantii* and *Pimpinella anisum*. Some of these fatigue reducing herbs are classified among foods, fruits or ordinary drinks such as *Phoenix dactylifera*, *Brassica rapa* and *coffea arabica*.

Gum-resins exuded from the stems of some plants such as *Pistacia atlantica* and *Dorema amoniacum* (gum amoniacum) also have been claimed to have effects on fatigue.

Conclusion: Some of the medicinal plants derived from PM literature may have a role in reducing fatigue in MS. Although in this survey, information on all of these remedies were derived from PM manuscripts and were added to the data derived from modern medical databases but yet further researches are needed to ascertain their safety and efficacy.

Keywords: fatigue, multiple sclerosis, Persian medicine