

Treatment of Pressure Ulcers in Iranian Traditional Medicine: Comparative Study with Modern Medicine

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ABSTRACT

Background: Pressure ulcers are injuries of the skin as a common clinical complication, especially among hospitalized people in different health contexts. It normally occurs on bony prominence sites and mainly due to limited mobility and physical activities. Pressure ulcers are serious public health issues and can be complicated by pain and infections leading to high economic burden. From Iranian traditional medicine point of view, ulcers are divided into different types and herbal remedies are provided accordingly. This study has discussed treatment of pressure from Iranian tradition medicine point of view. Also, it has compared the results with those obtained in modern medicine.

Material and Methods: All data for this review were obtained by search engines such as Google Scholar, Pub Med, SID, and Iranmedex using key words including “pressure ulcers” and “treatment”. Also, manual search was conducted using Iranian traditional medicine resources such as “Qanun-fil-Tibb”, “Exir-e-Azam”, and “Tibb Akbari”.

Results: The management of pressure ulcers in the modern medicine is usually achieved by wound dressings, debridement, hydrocolloid and polyurethane films, alginate, hydrofiber and silver, nano crystalline silver, negative pressure wound therapy, hyperbaric oxygenation, water-filtered infrared-A, infection management, adjunctive therapies, and reconstructive surgery. However, the comparative efficacy and costs of each strategy indicate that there is limited evidence for complete amelioration of the pressure ulcers. In this regard, herbal remedies have attracted lots of attention and plants such as Dragon’s Blood (*Daemonorops draco*), Turmeric (*Curcuma longa*), Aloe vera (*Aloe barbadensis miller*), Gallnut (*Quercus brantii lindl*), St. John’s wort (*Hypericum perforatum*), and Nightshade (*Solanum dulcamara*)

have been frequently used for wound healing in Iranian traditional medicine.

Discussions: Pressure ulcers have emerged as a controversial issue in wound care treatment and management. They have also imposed a substantial burden on the economy of the societies. In this respect, frequently used herbal remedies in Iranian traditional medicine have demonstrated versatile properties. They have played important role in circulation, tissue regeneration, relieving pain, stopping bleeding.

Conclusion: It seems that herbal medicine causes rapid wound closure leading to the development of new agents for pressure ulcer which reduces length of hospital stay and the corresponding financial burden for people and societies.

Keywords: Pressure Ulcers, Herbal Medicine, Iranian Traditional Medicine