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Personalized medicine in the practice of Persian traditional medicine

Ali M. Ardekani

Shahid Beheshti University of Medical Sciences,Iran

Abstract

Personalized medicine in the near future is expected to customize healthcare - with medical decisions, practices, and/or products to the needs of an individual patient. Genetic information has been postulated to play a major role in certain aspects of personalized medicine in the coming years. However, in the older medical traditions, for example Persian Traditional medicine, the practice of medicine was personalized without relying on the high tech information of genomics, proteomics, metabolomics,… How did they do it? In real practice, the practitioners relied on the holistic information provided by the patients regarding their past, present and future concerns. Through the understandings of the needs of a patient and the circumstances in which that patient lived, the medical practitioners were able to design a "personalized therapy" based on the needs of that patient which included: food, drinks, herbs, body treatments (i.e. massage therapy),… there are three major book sources of medical knowledge (for the past 1000 years) in the Persian Traditional Medicine referred to as 1) Avicenna's Canon of Medicine 2)Rhazes's Alhavi book 3) Jorjani Zakhireye Khwarazmshahi's book. In my talk I will present the personalized approaches used by Avicenna and Rhazes in treatment of patients and practicing medicine over 1000 years ago. Insights from their approaches may help us today to design better individualized treatments of patients for variety of diseases.

Biography

Ali M. Ardekani has completed his Ph.D at the age of 29 years from West Virginia University and postdoctoral studies from Northwestern University. Currently, he is an Associate Professor at Avicenna Research Institute in Tehran and the Director of Middle-Eastern Association for Cancer Research. He has published more than 40 articles in reputable journals with more than 4000 citations in total. He was a founder and first editor in chief of the Avicenna Journal of Medical Biotechnology and currently serves as an associate editor of the Iranian Journal of Biotechnology.

iranhealth@hotmail.com