



Re: Nutritional Treatment of Abnormal Uterine Bleeding in Persian Medicine

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Dear Editor,

Following the publication of a letter entitled “Nutritional treatment of abnormal uterine bleeding in Persian medicine”, published in issue No. 1 of this journal in 2017 [1], it is necessary to mention some explanations in order to address the deficiencies. It seems that according to the title chosen for this text, the selected subject has not been investigated sufficiently in references, and hence there are some deficiencies in need of further explanation. Therefore, here, we intend to mention some brief points in order to complete this article, which can be accessed by referring to the traditional medicine resources. All causes that lead to abnormal uterine bleeding are categorized into two categories in Persian medicine; internal and external. The external causes are different types of trauma that enters the uterus and the internal causes

are either related to

the vascular wall or the contents of the uterine vessels. In other words, the vascular wall, for some reasons, loses its ability to keep blood, or the vascular contents damage the wall and increase the blood leakage from the vessels. The total of these factors can be categorized into the forms of distemperaments, uterine weakness, and traumas [2]. Accordingly, nutritional and medical treatments for abnormal uterine bleeding are concentrated on two parts: the vascular wall and the contents of the vessels. However, bleeding complications is not neglected, and a series of dietary plans are aimed at preventing and compensating bleeding complications. Therefore, various steps for treatment of abnormal uterine bleeding can be grouped into three general categories, in all of which dietary treatment is part of the treatment:

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-Bleeding prevention plans include preventing the increase of causative agent, reducing the causative agent, modifying the causative agent's quality, eliminating the weakness of the organ

-Plans to stop bleeding

-Plans for prevention and compensation of weakness and complications of bleeding [2-5]

Although astringent foods are one of the most important categories of foods used to treat abnormal uterine bleeding, there are a few points must be noted:

First, the characteristics of foods used in abnormal uterine bleeding are not limited to the astringency property; but a number of foods used in various types of uterine bleeding are listed in Table 1. Secondly, astringent foods are subject to plans used to stop the bleeding that can be used alone or in combination with other dietary supplements. In general, whenever we want to use astringent food, we use a self-astringent nutritious food, such as quince or apple, or add the astringency property to it using astringent medication, such as the addition of water-soaked mashed Curry seeds [2, 3]. For example, to prevent weakness in the uterine bleeding, foods are recommended that some have the astringent property and some require astringent add-ons, like egg yolk which, in addition to the high nutritional value and good chymus (salih al-ki-mus), has also the astringent property, which is not mentioned in the text of the above article. Also, in the case of the meat juice (Maollahm) that is mentioned in the text of the article, no explanation is given that the reason for adding the cobblestone is lack of astringent property in Maollahm [1, 6].

Third, in some types of uterine bleeding cases, it is harmful to use astringent foods before bleeding agent undergoes the cleansing, such as uterine bleeding caused by increased watery part of blood [2], or uterine bleeding caused by burnt black bile, which involves the use of astringent foods after cleansing and modulation of blood quality [3]. Fourth, dietary plans in traditional medicine are not limited to determining the quality of foods, and the quantity of food should be considered in both health and treatment fields [7]; For example, one of dietary plans in the case of uterine bleeding caused by blood congestion is food reduction [2].

Table1: A number of foods used in different types of uterine bleeding

Recommended foods or dietary plan	
Dietary plan	Example
Food reduction [8]	Uterine bleeding caused by blood congestion
Low nutritional value foods [9]	Uterine bleeding caused by blood congestion
Foods with cold and dry temperament[3]	Uterine bleeding caused by diluted hot blood
Moisture Reducing Foods [3,4]	Uterine bleeding caused by increased watery part of blood
Extinguishing and cooling foods [9]	Uterine bleeding caused by diluted hot blood
Viscous and thickening and alleviative foods [3]	Uterine bleeding caused by diluted hot blood
Diluter foods	Uterine bleeding caused by increased humidity
Easily digested and high nutritional value foods [3]	Preventing weakness or compensating for weaknesses in all types of uterine bleeding
Astringent and sour foods [3]	Uterine bleeding caused by diluted hot blood
Cooling foods [3]	Uterine bleeding caused by diluted hot blood
Moisturizer good chymus meat free foods[9]	The increase in burned melancholy
Foods increasing blood concentration [3]	Uterine bleeding caused by increased watery part of blood

In addition to food recommendations in triple therapeutic steps, dietary abstinence should not be neglected and depending on the different causes of abnormal uterine bleeding, a category or some categories of foods should be prohibited; for example, patient with uterine bleeding caused by blood dilution should be banned from foods that increase the bile production [2].

Conflict of Interest

None.

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