



Prevention and Health Assurance From the Point of View of Hakim Seyyed Ismail Jurjani and its Comparison with the Recommendations of the World Health Organization

Mohammadreza Ajam ¹, Mahboubeh Ismaili ^{2*}, Hassan Shadpour ³

1. Ph.D. Student in Islamic History, Department of History, Faculty of Humanities, Shahrud Branch, Islamic Azad University of Shahrud, Iran

2. Assistant Professor of History, Faculty of Humanities, Shahrud Branch, Islamic Azad University of Shahrud, Iran (Corresponding Author)

3. Assistant Professor of History, Faculty of Humanities, Shahrud Branch, Islamic Azad University of Shahrud, Iran

* Correspondence: Dr. Mahboubeh Esmaili. The Islamic Azad University of Shahrud, Faculty of Humanities, Department of History, Phone: +982332397960, Mobile: +989122735703

Abstract

Background: The study of the views of past Iranian scholars to get out of health problems is one of the suggestions of the scientific community, especially researchers in the field of health and traditional medicine in Iran. In the work of Hakim Seyyed Ismail Jorjani, the Khwarezmshahi reserve for maintaining and ensuring the health of prevention as an essential set has been emphasized as a principle and in this research has been considered by comparing the recommendations of the World Health Organization.

Methods: Due to the interdisciplinary nature of the subject, first of all, sources and references about medical history, especially Khwarazmshahi reserve book and related materials are identified on the World Health Organization website and articles in the field of medicine and traditional medicine of Iran with related keywords in Google, Google Scholar, Iran Dock, Elsevier databases. The necessary data were studied, categorized and analyzed using a descriptive-analytical method, and the findings were compared with the texts of the health field, especially the World Health Organization, regarding the relationship between the recommendations of this organization and the theories of Hakim Jorjani of the 5th and 6th centuries AH. The importance of prevention and health assurance was discussed. **Results:** The mean score of safety culture increased significantly from 141.19±16 to 147.93±14.05 after the intervention (P<0.001). Error reporting at the center also increased significantly after the intervention (P<0.001).

Conclusion: A comparative study of Hakim Jorjani's point of view and the recommendations of the World Health Organization showed that about ten centuries ago the most important and effective way to maintain and ensure preventive health was considered in accordance with the six principles of health.

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Highlights:

What is current knowledge?

Considering the serious side effects of various treatment methods and the unknown and high cost of some health problems, especially epidemics, prevention can be used in different dimensions as the best and cheapest way to change social behavior to ensure health.

What is new here?

A comparative study of Hakim Jorjani's view and the recommendations of the World Health Organization showed that about ten centuries ago, the most important and effective way to maintain and guarantee health was prevention in the form of observing the six principles of health, which the World Health Organization has emphasized in many cases today.

Introduction

Prevention is an important medical category that is possible by focusing on the health and maintaining the well-being of society because it prevents the causes of diseases and premature death. Preventive medicine is considered a branch of public health for healthy people and it causes and promotes health with immunization methods, quarantine, proper nutrition, and standard lifestyles. (1) Prevention is performed at three levels in the modern medical concept: primary prevention for healthy people who are not at immediate risk, secondary prevention for having diseases and are at immediate risk, and the third prevention for people who have survived the disease and it reduces long-term disability after diseases. (1-2)

Hakim Seyyed Ismail Jurjani is an important scientist of traditional Iranian medicine with thoughtful points of view in this field. Reflection on the views of Hakim Seyyed Ismail Jurjani, a sage of the fifth and sixth centuries AH and the author of useful writings in various sciences, including ethics, jurisprudence, philosophy, and particularly medicine, with the famous works, namely Zakhireye Khwarazmshahi, Al-Aghraz Al-Tayebe, Al-Mabahes Al-Alalaeia, Khofi Alayee, and Yadegar, indicates that this great scientist achieved useful results in his experimental and educational works on the prevention and its effects on public health and health promotion about 10 centuries ago. His views highlight the value of his medical works prior to the recommendations of the World Health

Organization, including the health promotion program for hospitals (3, 6). The six instructions of this Iranian sage can be utilized nationally and globally.

The present comparative study sought to explain the importance of prevention by Hakim Jorjani's methods, called Hifz-Al-Sehhat, because Jorjani's views are easy to understand and play major roles in eliminating and shortening the treatment process to ensure health with a preventive approach.

Methods

The present review research first identified the necessary sources, references, and articles via databases, namely Irandoc, Google Scholar, Noormags, the website of the World Health Organization, and libraries, and selected 10 historical and medical sources, 17 reference books, and 34 relevant articles, 13 of which were published by the World Health Organization. Regarding the Zakhireye Khwarazmshahi book by Jorjani, the electronic document in the archives of the National Library and the printed copy of Zakhireye Khwarazmshahi by the Academy of Medical Sciences of Iran were compared. Herein, we evaluated the following: Sections 1-6 of the first part and Sections 1-3 from the second part the third book; Chapters 1 and 5-14 of Al-Aghraz Al-Tayebe book and Al-Mabahes Al-Alalaeia; Chapters 1 and 7-14 of the first part of Khofi Alayee book about six essential principles as Jorjani addressed this issue with the phrase "keeping healthy". Data were collected from sources of traditional medicine, such as the Canon of Medicine, Kāmil al-ṣinā'a al-ṭibbiya, Al-Hawi, and Ferdous al-Hekma, which were available for Jorjani, and works of medical history, such as the work by Edward Brown (13) and Najmabadi, along with the articles in the field of medical history and traditional medicine of Iran with relevant keywords, and the necessary information. The necessary data were studied, categorized, and analyzed in consultation with traditional medicine and health experts. Furthermore, we compared the results with the texts in the field of health, especially articles published by the World Health Organization, and the relationship between the recommendations of this organization and Hakim Jorjani's views on the importance of prevention and health assurance until we also examined the result.

Results

Jurjani's views have a high comprehensiveness due to his personal experiences and access to the past works on health (23) and are based on valuable

lexicography, including various medical topics, such as health, nutrition, pharmacology, and surgery. (24) These characteristics and other summarized works in the field of medicine, namely Al-Aghraz Al-Tayeba, Al-Mabahees Al-Alalaeia, and Khofi Alayee (23), implying the importance of prevention, lifestyle, and maintaining health (Hifz-Al-Sehhat) in six essential principles, have distinguished his theory, but none of them are equal to Zakhireye Khwarazmshahi in terms of comprehensiveness, psychology, and precise division. The structure of writing Zakhireye Khwarazmshahi is very similar to the Canon, but Jurjani expanded this structure and carefully divided it into smaller components, including 10 books, the third of which is related to maintaining health and specifically healthy air. (25)

In the third book of Zakhireye Khwarazmshahi, consisting of two parts each of which with seven sections, Jurjani allocated the following: Sections 1-6 of the first part and the Sections 1-3 of the second part to six essential principles (26); Chapters 1 and 5-14 of Al-Aghraz Al-Tayeba and Al-Mabahees Al-Alalaeia books; Chapters 1 and 7-14 of the first part of Khofi Alayee book to six essential principles. Jurjani discussed the priority of prevention over treatment under the heading of maintaining health by presenting six guidelines. Presenting this theory, this Iranian sage founded the health system. (27, 28) Using the phrase, "It is necessary to know that there are six causes of health and diseases, called six essential principles by physicians" (29), Jurjani discussed the weather, movement, repose, sleep and wakefulness, food and drink, vomiting and retention, and psychological diseases.

Air: From Jurjani's point of view, the air is the cause of the balance of human body temperature and if it is polluted, it can cause disease through breathing. According to him, the air is different according to the geographical area and seasons and good air does not have anything else, including smoke, dust, and steam. He even considered the ambient air to be better than the air inside buildings and the building air better than ambient air if it is polluted. (26)

Movement and repose: Jurjani considered exercise to be effective in the elimination of waste from the body and found the appropriate time for exercise to be after digestion. In addition, he took muscle building and better functioning of the gastrointestinal tract into consideration thus promoting health as the benefits of proper exercise (26). Zakariyyā Rāzī, Meysari, and Avicenna also emphasized the allocation of special wards for the elderly medicine, especially for their sports and mobility. (30)

Sleep and wakefulness: From Jurjani's point of view, enough sleep eliminates weakness and causes preparation for the next activity. He also discussed the sleep styles and recommended sleeping when food passed the beginning of the stomach and did not recommend sleeping on an empty stomach or sleeping during the day. (31, 32) He considered sleeping on the back harmful. New studies have also considered sleeping on the back as a cause of respiratory disorders. (33) Sleeping on your back is not accepted from Jurjani's view because it has negative effects on the heart. (34)

Food and drink: According to Jurjani's point of view, prevention is possible in humans when the body has gained enough energy from eating and drinking. In this regard, it is necessary to pay attention to lifestyle, type, amount, and time of eating. Furthermore, food should be eaten when there is a necessary appetite in the body and should not be excessive in the amount of food consumption and use special food according to the age, specifically for the elderly because they should eat less and low-fat foods due to their poor digestion. (28)

Vomiting and retention: In traditional Iranian medicine, the body needs a regular system to remove waste and abnormal substances, which is called vomiting, and it has different types, such as air exhaled, sweat, sneezing, and urine, and the human body also needs to retain substances in the body to maintain health, which is called retention. For example, too much water should not be expelled from the body and on the other hand, it is necessary to retain food in the stomach for digestion and absorption. Mentioning the principle of retention and vomiting and the need for balance between the two, Jurjani considered maintaining the body cleanliness as an important factor in prevention and health maintenance; (26, 28) therefore, vomiting is sometimes used to remove waste products from the body and some methods are used, such as Hijama (bloodletting), causing diarrhea, using diuretics, and sweating (35). Clinical trials have confirmed this method owing to its effect on the rate of excretion of toxins and waste from the body. (36)

Psychological diseases: According to the emphasis of the World Health Organization on the effect of mental health on body health (5), Jurjani considers mental disorders as the consistency of the human body to the animal strength (37). Additionally, this strength is affected by external affairs and if it is compatible with the animal strength, it receives a good effect. On the other hand, it is adversely affected, eventually changing the body state which is called psychological diseases; for example, joy, anger, fear, embarrassment that change the temperament of limbs and soul, and application of strength. As psychological diseases affect the body, the body affects soul, but its effect is weaker. (27)

Based on the effect of psychological diseases on health according to temperament and individual ability (38) and age appropriateness in the way of behaving with children, Jurjani recommends creating hope in children so that children can have the ability to repel diseases as a result of this behavior. Unemployment is also

introduced as a cause of grief and destruction because it endangers the human body's immunity. (28) (39) In the fifth book of Zakhireye Khwarazmshahi, Jurjani mentions 10 conditions for the treatment of infectious diseases, one of which is the mental factor for raising the spirit of patients (28). The sages also paid attention to the necessary medicines for patients and provided special recommendations to people to pay attention to environmental factors to prevent mental illnesses. (40)

The WHO recommendations for health and prevention

The aspect of disease prevention and personal hygiene was added to modern medicine in the early twentieth century and brought a great gift to the scientific community and researchers in the history of medicine. (41)

The most comprehensive definition of health was presented by the World Health Organization (1993), defining health as a state of complete physical, mental, and social well-being, not just illness or disability. (42, 43) The World Health Organization defined health promotion as a process of empowering people to exercise control over their health in 1975. (44)

In this regard, the World Health Organization stated that health promotion and the process of empowering individuals in Ottawa in 1986 to have control over and increase their health and well-being because each person or group must recognize aspirations and meet needs and deals with environmental demands to achieve complete physical, mental, and social health. (45)

The WHO emphasized 10 guidelines for promoting mental health in society in 1997 and skill training, service delivery, inclination to religion, culture, spiritual life, and lifestyle, including comprehensive prevention and the health dimension. Achieving research on spirituality in health has created hope in medical education and humanities. (46)

Regarding the importance of prevention and health promotion through medical centers and hospitals, this issue has been taken into consideration as a pilot for health promotion in many European countries by the World Health Organization and prevention and health promotion are considered the evaluation indices. (3)

The functions about prevention and health according to the research subject pursued in several approaches by the World Health Organization are as follows.

Access to healthy weather and food safety control

The World Health Organization has issued numerous expectations and instructions to the world, reflecting an approach to the prevention and promotion of health, including clean and healthy air, healthy nutrition, and useful activities, as serious recommendations that have been announced through the official website of the World Health Organization. They represent a complete lifestyle (56-59) and are compatible with the standards of the World Health Organization. (47, 48)

The WHO has a special reference to food in Article 2 of the Constitution and emphasizes the improvement of food safety through technical cooperation with member countries and seeks to develop, establish, and promote global standards, food and biological products, and other aspects. In the Declaration of Alma-Ata (1978), it seeks to develop, establish, and promote global standards according to food and biological products, control of infectious diseases, management of toxic chemicals, water management and water treatment, safe drinking water, health, waste in the field of epidemics (49, 50), and food safety control (51, 52). (53)

An important goal of the World Health Organization and its member countries is that all people have the right to an adequate source of safe drinking water for their development and social and economic conditions. This organization has tried to improve the general quality of drinking water by setting health regulations and recommendations. The organization's first document on the general quality of drinking water was published in 1958 as International Drinking Water Standards and criteria were set by institutions from different countries to evaluate the risks to human health caused by polluted water exposed to chemicals. (54, 55)

Exercise, and physical and mental health

The role of exercise in maintaining health has been proven and modern medicine considers exercise effective in improving cardiovascular status. Therefore, people who exercise moderately and have physical activity are less likely to die (56) because physical activity causes the excretion of waste and toxins from the body.

The WHO recommends people to exercise and have physical activity during the COVID-19 epidemic. (57) Repose is selected as a strategy of the WHO to reduce the risk factors of chronic diseases. (58)

Recommendation for adults' mobility for 30 minutes with an average intensity of five days per week reduces the incidence of chronic diseases. (59, 60)

Mental health is considered a dimension of health in the definition of health by the World Health Organization (43).

The World Health Organization has issued recommendations for mental health promotion and prevention of psychological diseases. Prevention aims to reduce the risk of diseases and promote it through health education in its midterm

programs. It prioritizes health promotion over prevention and treatment and considers the promotion of using all psychological factors for raising the level of mental health in society. (61)

The importance and effects of mental states in the body are some fields of mental health. Diseases related to the organs involved with the brain sometimes cause physical and mental diseases due to poor functions, such as stomach, spleen, liver, uterus, and bladder. (62) This issue is still mentioned in the diagnostic and statistical manual of mental disorders (DSM). (63)

Review studies have proven the destructive effect of unemployment on mental health. Unemployment increases the likelihood of committing suicide. (39)

The WHO's book about prevention considers several factors, one of which is access to healthcare which reduces suicidal behavior, tendencies to substance abuse, and mental disorders and seeks to implement strategies for promotion and prevention in the field of mental health. It has been proven that there are significant relationships between suicide and income level, sex, and age. (64) Studies have also investigated the effect of spirituality on health and have raised another hope in medical education and humanities. (46)

The WHO has issued a statement urging governments to include physical activity in their policies and programs due to lifestyle changes, declining health levels, and rising costs for medicine and treatment. (63)

This organization considers enough sleep and rest as the effective aspects of health that vary in different age groups. (65)

Discussion

According to Jurjani's medical views, the scientific findings of today's researchers of the World Health Organization with advanced technologies often introduce Jurjani's six essential principles as the complete physical, mental, and social well-being or the best way of physical and mental health, revealing the compatibility and a kind of comprehensive view on health that confirms Jurjani's theory because he also had a comprehensive look at health and did not consider it one-dimensional.

Therefore, the past scholars' works on the prevention and maintenance of health can be basic strategies because they make it possible to eliminate or reduce costs, treatment processes, injuries, and complications. It is an important goal of staff and medical centers because changing social behavior enables people to face dangers and diseases.

Even though Iranian sages have taken prevention and health into consideration, the World Health Organization has also pursued it in its activities. Knowledge about this convergence realizes human and social ideals with Jurjani's medical approaches. This view refers to the Hifz-Al-Sehhat (maintaining health) dimension or instructions that are considered the six essential principles in medicine by Iranian scholars.

The addition of preventive medicine and attention to health promotion in medicine confirm Hakim Jurjani's achievements because many of his medical passages are verified by modern tests (41). The World Health Organization has provided a comprehensive definition of health as a state of complete physical, mental, and social well-being and not just illness or disability, (42, 43) thereby confirming Jurjani's view as some cases and examples are mentioned.

According to the standards of the WHO, the concentration of pollution is higher indoors and Jurjani's statement in past centuries about the importance of using clean air was true (66). Recent research has shed light on the effect of climate on health according to Hippocrates' works. (67) The WHO's strong recommendations for wearing masks mean the prevention of breathing polluted air because virus transmission through air is the main way of COVID-19 transmission, especially in the social environment. (12, 68)

Jurjani considers relying on Almighty God as a principle for health and hopes to raise the spirit and maintain health as an indisputable principle. (27, 69) The meaningful prayer, which he mentioned at the beginning of Zakhireye book, includes his deep attention to requesting help from Almighty God and mentioning the attributes of God as the best helper. (6) In the definition of complete health by the World Health Organization, which covers the mental health dimension, this issue explicitly considers services, orientation to religion, culture, and spiritual life. (5)

Further studies, specifically recommendations about strategies to overcome infectious and contagious diseases, demonstrate that some recommendations are the same scientific achievements based on valuable experiences of scholars, such as Avicenna, Aghili Khorasani, and Seyyed Ismail Jurjani in particular with adherence to six essential principles (69, 70, and 71). This approach solves many problems in the health sector; for example, it is important to observe prevention and personal hygiene in the case of COVID-19. A study examined the pathogenesis of coronavirus and provided useful suggestions based on the Iranian traditional medicine scholars (12, 72) because the basis of the scholars' opinion was about prevention and it seeks to eliminate causes of diseases for treatment, not symptoms of diseases. Jurjani was an example in this regard. (28) From the perspective of the Holy Quran, clean air hygiene is important for the environment. Jurjani's attention to clean air was because of his knowledge of religious texts and the Quran (73).

In Zakhireye Khwarazmshahi book in the second book fully addresses what a person needs for a healthy life while the World Health Organization has gradually

addressed this issue over time even though it has made it easier and faster through technology.

Jurjani considers the public health and symptoms of diseases. The third book comprehensively addresses air and housing, recognizing moods, foods and drink, sleeping and wakefulness, movement and repose, and recognizing the status of clothes, perfumes, fragrant plants (flowers, scents, and vegetables), and the use of various oils, vomiting, laxatives, and for psychological diseases, sadness, various thoughts, happiness, along with measures for raising children, the elderly, and travelers. The eighth book comprehensively addresses the measures of cleanliness and tidiness of human appearance, which people call ornament, in the form of numerous sections and examines the needs based on maintaining health and a kind of complete well-being that the World Health Organization has emphasized its definition. (42, 43) Jurjani has paid special attention to some cases, such as housing, type of clothing, types of fragrances that affect the health of body and soul, social life, and the method of attention to children and the elderly.

Conclusion

A comparison of prevention and observance of health protection aspects (Jurjani's six principles), or social empowerment and changes of social behavior in the sixth century AH with new research, particularly the recommendations of the World Health Organization based on public health and avoidance of pathogens, and physical, psychological, and social welfare indicates that prevention is a general solution in the health system, is effective in lifestyle, and ensures health and this result is consistent with scientific and experimental achievements of scholars, such as Jurjani about maintaining health (Hifz-Al-Sehhat) that helps protect against physical, psychological, and social harm. What Jurjani presented about prevention and its principles in various ways in the sixth century is now well reflected in the WHO's strategies.

The limitations of the present study included the lack and impossibility of accessing the necessary comparative resources on the subject according to COVID-19 conditions. Further studies and education and the use of Jurjani's six principles in educational and social centers are recommended to raise the level of public health.

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Ethical statement

The present research was conducted according to the authors' full awareness, consent, and participation.

Conflict of interest

None declared.

Author contributions

Mahboubeh Ismaili and Mohammadreza Ajam study design and supervising the study process; Hassan Shadpour and Mohammadreza Ajam Writing discussion of manuscript. Mahboubeh Ismaili and Mohammadreza Ajam supervising, drafting, submitting, and revising the manuscript; all authors read and approved the final manuscript.

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Table1: A comparison of the bases of prevention methods, views of Jurjani, and the World Health Organization

The bases of prevention methods	<p>Prevention is performed at three levels in the new medical concept: primary prevention for healthy people who are not at immediate risk, secondary prevention for those with diseases at immediate risk, and the third prevention for people who have survived the disease and it aims to reduce long-term disability after the disease.</p> <p>Prevention is an experimental field of medicine that focuses on public health to promote health and survival and prevent anything that leads to diseases, disability, and premature death.</p>
Jurjani's views	<ul style="list-style-type: none"> * Relying on Almighty God for health and hope to boost spirit and maintain health as an indisputable principle. * Introducing the causes of health and diseases as the six principles: air, movement, repose, sleep and wakefulness, food and drink, vomiting and retention, and psychological diseases * Paying attention to mental illnesses, sorrow, various thoughts, and happiness * Measures for raising children, the elderly, and travelers in the book * Measures of cleanliness and tidiness of human appearance, called ornament * Measures for clothes, perfumes, fragrant plants (flowers, scents, and vegetables)
Views of the Health Organization	<ul style="list-style-type: none"> * Defining health as a state of complete physical, mental, and social well-being, not just diseases or disability * Health promotion is defined as the process of empowering people to control their health. * Achieving complete physical, mental, and social health so that each person or group should be able to recognize aspirations, meet needs, and deal with the environment demands * Skill training, service delivery, inclination to religion and culture, and spiritual life, and lifestyles * Access to a clean climate, food safety control, management of toxic chemicals, water management, water treatment, and the use of safe drinking water * Establishing and promoting global standards according to food and biological products * Controlling infectious diseases, health, and waste in the field of epidemics * Repose is selected by the World Health Organization as a reason for increasing the risk factors for chronic diseases. * The use of all psychological factors to increase the level of mental health in society * The effect of spirituality on health * Attention to lifestyle changes, lower health levels, rising costs of medicine and treatment, and increasing physical activity in government policies and programs * Adequate health, sleep, and rest in different age groups

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