

DETECTION OF HAFT SIN AGAIN

STORY OF SEVEN MAGIC FOODS



FIRST SIN SENJED (Russian Olive)

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(khansary)

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Preface

In the ancient days and since hundreds of century human being started to work and made effort in the life just today's human in the life stage and fought for his survival, in parallel, was also thinking of own supply for food and clothing and own life & health protection. Therefore human was thinking of health and to find the ways of healthy living and relive of physical disorders in which after that stated as medicine, certainly was human's first spark of thought. Effort for healthy living and medicine have very extensive dimension with the length of human being creation and with thousands of research and experience. Chinese and Japanese are believed that their medical information was exist since hundred century before, on the base of herbal medicine and available historical document are indicated that since three thousand years before Christ, gardens and great farms were constructed for growing of medical herbs in the countries. Then medical herbs is spread out step by step in some regions of India and other far East countries, Greece, Egypt, Iran and Arabic countries and Arabic peninsula then in Europe and other world Regions.

Greeks are believed that Indian medicine is older than Greek medicine and from Indian medicine's specifications it is clear that, treatment with herbs by the help of spell and magic were used for patient treatment. Hippocrates was lived in the period of 377- 460 before Christ, who was the Father of medicine or in Islamic countries he was known as shekh-alAteba and who is author of first medical

ethics and regulations book. After Hippocrates, it was Galen (Jalinus) that appeared in medical stage and then the Galenic medicine period started.

In Iran and at the Achamenian (Hakhamaneshi) period medical herbs had dramatic expansion and in addition of existence of medical experience in the country also it was used from Greek medical Achievements, even in that period all of practitioners had special headlines including as Doctor for general medicine, Doctor's knife for surgery. At the period of Sassanid traditional medicine was extended out more and after that famous medical school of Jundishapur was established in Iran. One of famous proceeding program of that period was foundation of medical congress and out of those famous philosophers in which they took part at the same congress were Jebraiel, the famous Doctor from Jundishapur and Doctor & wiseman Borzouyeh who had translated Indian books should be Named. From first famous Iranian Doctors was Mohammad zakariayeh Razi who lived between 850- 925 AD. He has written about hundred books and Treaties like medical Encyclopedia, Havi Mansouri, Tebb-Almoluki and Smallpox Treaties, Measles and like as/mentioned books. Also he was responsible and presidency for medical center of Baghdad city at the same time. It is known that He became blind at the end of his life. After death of Razi for some years, there was no famous book published. Until at the time of Abu Ali Sina (fifth century of A H) many Persian and Arabic books were written including books,

known as Ganun- Gulenj (Colic) and Nabz (Pulse) Treaties can be cited in which Nabz textbook is written in Persian. In the ancient days, plants not only was used for treatment of sickness but the main element for different plants was raw material for Mummification and Body protection and preventing from corruptions. Also was used for preparation of the compounds for beauty so called as make-up and women's toiletry and also was used for preparation of medical oils, perfumes and treacle (opium in Greek) and Antidote like them, Etc.

history says: in the first century after Christ, Romans used spice plants only in own kitchen for disinfectant powder, flavor often was used to mask unpleasant odors of cookery materials and some foods. After that with the extension of trade and cultural relationship between big countries like Iran, China, India and Greece and also transportation and exchange of information between people of countries and discovery of new regions and continent like Africa and America introduction of spice plants and usage of them were wide extended gradually and in the most countries was considered and assigned at tropic regions of world and used by people also was one of the important items in international trade.

But this book

The main motivation in writing and preparation of this book was to make effort in order to responsiveness needs of today's society to get more information and to make access to quality and recognition

regarding properties and application of useful food materials, specially Haft Sin in Iran, but unfortunately the table of Haft Sin is considered only at the first week of Iranian new year called as Nowruz, and afterwards component of this table like senjed (rusian olive) will get preserved at safe place till next year's Haft Sin table instead of promotion of its consumption. In other side consumption of medical plants, fruits, dairy, good foods like components of Haft Sin with the help of changing of active and healthy life can be effective in prevention of the sickness like heart attack, brain attack, diabetes and cancer and can decrease intensive of sickness dramatically.

Now it is the time to pay regard and thanks and make appreciate of Mr. Hosain Haidary Author of the book named "Moaref Geiahi" (Plant Education) and Hojatollah Mr. Nayshahri Author of "Daneshnameh Ahadith- pezeshti" (medical saying encyclopedia) for their grate efforts in writing of this valuable books in which I had honor of using some articles from those a/m books in preparation of this book named as new detection of Haft Sin.

Therefore by consideration of the non communicable diseases expansion, disability, and causes of death among of the staff and their family and other people in the industrial cities in which the range of catching diseases also have been extended to villagepeoples are remained at the stage of alert phase and in case of not consideration of the health care directions, many dangers are in ambush.

It seems that the only way out of this problem is to correct the food behavior, healthy life method, regular physical activity, pay attention to spirituals, return to own culture, and to be far away from western life method and non excessive use of chemical drugs.

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