Investigating the role of body force or strength (Quwa) in causing diseases in Iranian traditional medicine and the role of cellular energy in causing diseases in conventional medicine

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ABSTRACT

Although much of conventional medicine has its roots in traditional medicine, from the point of view of Iranian medicine, health means when organs function naturally, and disease occurs when organs cannot perform properly. Doing actions naturally requires force, some actions require one force and some require two or more. The forces of the human body include the natural forces, the spiritual forces, and the vital forces, with the help of which human actions are performed. Therefore, in order to perform actions normally, a person must have all the forces of his body in a proper situation. According to the principles of modern medicine, the function of the body and cells depends on the energy content of cells, and most of the chemical reactions in the cells are related to the availability of energy in foods for various cell physiological systems. Any event that leads to a drop in energy production or energy loss or a reduction in cells’ access to energy can lead to a range of related diseases. On the other hand, if the body cells have enough access to energy and perform all functions well, the disease will not occur and the ability to fight possible diseases will be higher. The aim of this study was to investigate the role of potency in causing diseases in Iranian medicine and the role of cellular energy in causing diseases in conventional medicine. It was concluded that all principles of health refer to the optimization of energy production and consumption in the cells. Accordingly, more energy available to the cell leads to the normal function of cells and the higher ability of the body cells to fight disease.

Keywords: Body forces, cellular energy, conventional medicine, disease, Iranian medicine

Introduction

Humans have always sought to find the source of diseases. For example, finding the root causes of high blood pressure, diabetes, asthma, myocardial infarction, MS, lupus, or cancer has always been a major challenge for researchers. The function of the organs of the body depends on the energy that comes from the consumption of foods. From the perspective of traditional medicine, disease occurs when the function of the organs of the body is disturbed. However, in the basics of conventional medicine, it is believed that any disturbance in the function of the body’s causes the disease. It should also be noted that the proper functioning of cells depends on cell energy, which is the

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main source of cell energy is the food consumed. In this regard, the issue of nutrition has a special place in traditional medicine. The life of all living organisms depends on the process of releasing material energy and altering the composition of cells.[3]

In general, metabolism consists of two main processes, catabolism and anabolism, each of which makes up half of the body’s metabolic process, respectively. In the process of catabolism, complex molecules are broken down by cells through energy expenditure to break down glucose molecules, free fatty acids, and amino acids into energy. However, due to the difference in the amount of energy consumed for food catabolism, the process of converting them into energy is also different. Accordingly, we need to know the process of catabolism of different foods to estimate the amount of energy used to break down different molecules into glucose molecules, free fatty acids, and amino acids. Consumption of foods that expend a lot of energy to break down their structure will, in the long run, reduce the energy output of cells and organs and reduce the overall energy of the body as well as the cells. Decreased cellular energy affects the performance of sodium-potassium energy-dependent pumps at the cell surface, which in turn affects the function of major organs such as the heart, brain, and liver.[4] All the organs of the human body are made up of cells, the function of these cells guarantees the health of the whole body. Since the function of cells depends on their energy level, reduction of energy at the cellular, organic, and molecular levels can lead to impaired cellular and molecular functions and the occurrence of various diseases depending on a person’s genetics. For example, in diseases such as diabetes, a reduction of cellular energy causes a dysfunction of the cell membrane that disrupts the function of insulin receptors in the cell wall and thus raises blood sugar, or as a result of dysfunction of lysosomes, antimicrobial mechanisms in the diabetic person’s immune cells are disrupted and the diabetic person becomes susceptible to bacterial infectious diseases.

According to the principles of physics, energy is a property of matter that is transformed from one form to another or transferred from one substance to another, so any substance with energy has the ability to do work. Understanding the concepts of energy from the perspective of both modern and traditional medicine is of great help to know the cause of diseases. Therefore, the present study aimed to investigate the role of energy in causing diseases in Iranian traditional medicine and its adaptation to the role of cellular energy in causing diseases in conventional medicine.

Materials and Methods

According to the literature of traditional medicine related to the subject of the forthcoming research, all books and articles published in this field were reviewed in Persian and English from updated databases. In this regard, the keywords of traditional medicine, Haar-e Gharizi, or the innate natural hot [substance] and Hararat-e-Garizi (natural heat), were used to search for available resources among Persian databases through comprehensive Noor software (version 1.5) as well as library search. On the other hand, the keywords of the cell, energy, and disease were used to review resources in modern medicine and to search English databases. In this regard, Science Direct and PubMed databases, as well as Google Scholar, were searched among articles from 2000 to 2020.

Initially, about 1050 different sources including 490 Persian sources consisting of 40 titles of traditional medicine books and other Persian articles published in this field and 560 sources of modern medicine topics consisting of modern medicine articles were searched using the introduced keywords. Then, using the PRISMA study method, sources with thematic similarity, and sources with low thematic relevance were removed from the study circle of the present study. Therefore, after the final screening and selection of the most important study sources and thematic relevance, the number of study sources in this study reached 43 [Figure 1].

After data collection, data analysis was performed by Colaizzi descriptive phenomenology. In order to gain a general understanding of the present study, first, the relevant concepts were fully described and important phrases were extracted. Then, in order to gain an initial understanding of the study, all the descriptions provided were carefully reviewed. It is worth mentioning that data collection was performed using the inductive model.

Traditional Medicine

According to the sources of traditional medicine, medicine is a science that examines the state of the human body in terms of
health and its purpose is to maintain or restore health. In the natural and stable state, the human body has the ability to perform all the actions properly. When a person is not able to perform his actions properly and is out of the normal state, we say that the human body is sick. Accordingly, we should have sufficient knowledge of the causes of health and disease of the human body and known medicine for the same. The main causes of the disease can be identified by observing the symptoms and related complications, in this regard, the relevant causes and principles must be identified. Based on the basics of traditional medicine, the four tools for understanding the main aspects of health and disease are briefly stated in Table 1.

Based on the contents of Iranian traditional medicine, with the correct knowledge of the actions of the human body, temperament, single and compound organs of the body, spiritual and natural and vital forces, the causes of ill health can be well identified. Awareness of the body’s causes of eating, drinking, habits, physical and mental movements can also identify the causes of unhealthy. On the other hand, by consciously eating, drinking, good living habits, healthy lifestyle, exercise, proper use of herbal drugs, as well as the optimal use of the principles of medical hand operations (such as medical massage, dry cupping, wet cupping, phlebotomy and surgery) diseases can be controlled and managed.

In this regard, in order to gain sufficient knowledge about the natural state of the body based on the topics mentioned in traditional medicine, the main items of Elements [Arkan], Temperament [Mizaj], Humors [Akhlat], Organs [Azaa], Spirits [Arwah], And Faculties or Forces [Quwa] and Functions [Af’an] should be carefully introduced and examined [Table 2]. The natural forces of man are the main pillars in understanding the nature of the human body and understanding the state of health or disease of the body, which are briefly listed in Table 3.

In order to better understand the characteristics of the body, the mechanism of the organs and the disease, we must correctly identify all the main aspects of the body’s natural forces, which are: warmth, coldness, wetness and dryness. Heat is a common aid for all four forces. While coldness indirectly helps some of the natural forces in the body, because the inherent and direct effect of cold is the opposition to all-natural forces in the body. Cold is a destructive, numbing quality, thus opposed to all-natural forces and prevents them from acting.[5]

According to the definitions of Iranian traditional medicine, a vital force arises in the organs of the body, predisposing them to accept the force of sensation and movement and vital actions. Physicians attribute the movements of fear and anger to this force because they observe that these states cause the movement
Table 1: Four factors involved in the state of health and disease of the human body

| Cause                  | Dissection                                                                 | Impressive cases                                                                 |
|------------------------|----------------------------------------------------------------------------|----------------------------------------------------------------------------------|
| Material cause         | Health and disease are objectified in its context                          | Organ and soul, temperament and elements                                           |
| Subject cause          | It includes all the factors affecting the human body                        | Foods, beverages, environment, gender, occupation, personal habits, lifestyle    |
| Formal cause           | Temperaments and powers that arise after temperament                       | Body composition                                                                   |
| Final cause            | The ultimate causes of health and disease are actions                       | The forces of the body and the spirits that carry the forces                     |

Table 2: Natural affairs introduced in traditional medicine

| Details                                                                 | Contains                          | Define                                                                                   | Natural affairs               |
|------------------------------------------------------------------------|-----------------------------------|------------------------------------------------------------------------------------------|------------------------------|
| It has a cold and dry nature and is a factor of stability and maintenance of shapes | Earth (heavy element)             | Identical objects that make up the first parts of the human body and other beings and are indivisible into smaller parts. | Elements [Arkan]             |
| It has a cold and wet nature that causes sluggishness and psyche in the universe | Water (heavy element)            |                                                                                        |                              |
| The nature of air is warm, which causes porosity, softness, lightness and progression between creatures. | Air (light element)              |                                                                                        |                              |
| The nature of fire is hot and dry, which causes the element of air to penetrate between the elements and also break the cold purity of the two cold elements. | Fire (Light element)             |                                                                                        |                              |
| As a result of the action and reaction of different elements in the body together, a quality called temperament is formed that can affect health. | Interaction of opposing elements (Achieving peace) | It is a quality that results from the action and reaction between the opposing qualities of the elements. | Temperament                  |
| It is absorbed in the edible part of the body                           | Pleasant sputum                   | It is a viscous liquid, which is produced after the liver digests food                  | Humors                       |
| If it does not turn into a good sputum, it will be expelled             | Unpleasant sputum                 | As a result of the first intercourse, desirable mixtures are formed in the organs of the organs | Organs actions               |
| Flesh, bones, and nerves                                               | Single members                    | All the natural affairs of the body interact and strive to form actions                 |                              |
| Hands, face, and all organs involved in work and movement               | Composite members                 |                                                                                        |                              |
| Functions that rely on a people, such as absorption, digestion, or repulsion | Singular functions                |                                                                                        |                              |
| Functions composed of two or more powers, such as swallowing food from the mouth, and feeding | Compound functions                | The ability to perform actions in the body is called force                              | Forces [Quwa][3]             |
| His formal sense and perception and meanings all belong to him, the origin of which is the nose | The force of the soul             |                                                                                        |                              |
| All body life is related to it (common to all animals and plants)       | Vital force                       |                                                                                        |                              |
| It includes all the natural things of the body, the source of which is the liver | Natural strength                 |                                                                                        |                              |

Distinguishing Vital Force from Sensual and Natural Forces

Whenever the vital soul is created according to its proper temperament, it finds the ability to accept a force that prepares all the organs of the body for the acceptance of other forces, such as the psychic force and others. Therefore, psychic forces exist in the soul and the organs of the body after the emergence of this force. On the other hand, if an organ in the body loses its psychic power by lack of sensation and movement, it will not lose its vital force while it is alive.

Do you not see that the paralyzed limb (while alive) lacks the power of sensation and movement due to the occurrence of a distemperment that prevents the limb from accepting the power of sensation and movement, or due to the disruption of the wide nerves between the brain and organs. However, the organ is alive and the organ affected by death is deprived of sensation and movement and soon becomes infected and corrupt, so there is a force in the paralyzed organ that sustains life until where the barrier is removed and the force of sensation and movement returns to the limb. Their acceptance is prone to the health of the life force, and the mere existence of the barrier prevented its actual acceptance, while the dead limb does not show this.[4]

On the other hand, the force that gives ability to the members is not the nourishing force of natural force and others, so as long as the nourishing force is present, the life of the member will continue. When the nourishing force is destroyed, the organ lacks vital force, because what has been said about the differentiation of the psychic force also includes the nourishing force. It is possible that the action of the nourishing force is ruined in some organs, while life is still and it is possible that the organ is dying, while the action of the nourishing force is established. If the nourishing force creates the ability to accept sense and movement, the plant must also have the ability to accept sense and movement.[2,3,6-9]

Strengthening the Forces of the Body

In order to strengthen the body, the necessary nutrients to maintain health should be provided to the body based on...
Table 3: Types of natural power from the perspective of traditional medicine

| Type of natural force | Type | Dissection | Actions | Role | How to cause disease |
|----------------------|------|------------|---------|------|----------------------|
| Servant (they are only in charge of service) | Absorption force | Absorption of essential substances for the body | - | - | Any disturbance in the action of this power causes disease |
| Retaining force | It is responsible for maintaining what is good for the body | - | It is done by inclined filament tissue, which is often assisted by wide filament tissue | Any disturbance in the action of this power causes disease |
| Digestive force | Conversion of nutrients into the inhibitory force used by the body | Decomposition of concentrated and interconnected components with collection of dilute components | Turning food into a good mood for the body | Any disturbance in the action of this power causes disease |
| Excretion force | Disposal of food waste that is not suitable for nutrition | - | Like urinating and defecating from the body | Any disturbance in the action of this power causes disease |
| Served force (Ghazieh) | Feeder force | It changes the food into a nutritious one, to replace our solute. | Education | Obtaining the essence of the body means blood and sputum | If the body does not have access to food |
| | | | Sticking | Complete conversion of the obtained food into body food | If fusion ascites is observed in the disease, the attachment is impaired |
| | | | Simulation[13] | Convert food served to organs to organs | Any disturbance in the action of this power causes disease |
| Developer[14] | It uses the food that enters the body to grow the body in the diameter of three and reach full growth | - | - | Any disturbance in the action of this power causes disease |
| Generator | Two types | The power of creating semen | - | It separates the semen according to the temperament of each organ of the body | Any disturbance in the action of this power causes disease |
| Illustrator[15] | The force that shapes the limbs, creating softness and roughness | - | All actions that depend on the final determination of the values of each organ of the body are derived from this force. | Any disturbance in the action of this power causes disease |

The knowledge of Iranian traditional medicine[15] Sleep and wakefulness are among the factors affecting the body’s forces, thus involving in health if they are normal and moderate; otherwise, it causes disease.[2,3,6,11] Sleeping for a long time causes the body’s nature to be cold and dry. It causes difficulty in the digestion of food.[12,3] In order to maintain body balance and strengthen the body as well as body moisture, special attention should be paid to eating and drinking.

In this regard, cold water should be avoided as much as possible.[14,13] On the other hand, drinking plenty of water after enduring intense thirst causes a severe weakening of the body’s instinctive heat and consequently weakens the general strength of the body.[16] The presence of water in the body has many benefits, including preventing the rise in stomach temperature following the digestion of food in this organ, because, in the absence of water, food burns completely.

Accordingly, in addition to maintaining the body’s heat balance, the presence of water strengthens the body.[17]

Conventional Medicine Texts

The concept of energy from the perspective of Conventional medicine.

According to the concepts of conventional medicine, all concepts of energy in the human body refer to biochemical reactions and bioenergy of cells in the body. Accordingly, in order to understand the content of cellular energy, we must know the process of metabolism of various nutrients in the body. In order to know the amount of energy available to the cell, one must know how to create energy in the body. According to modern sources, the main source of energy is the complete oxidation of glucose to carbon dioxide and water. Glucose, glycerol, fatty acids and amino acids are produced in the gastrointestinal tract. The major part of chemical reactions in cells is related to the availability of food energy to the various physiological systems of the cell. For instance, energy is needed for muscle activity, secretion by the glands, maintenance of membrane potential by nerve and muscle fibers, synthesis of substances in cells, absorption of nutrients from the gastrointestinal tract, and many
The most basic link between energetic and energy-producing functions in the body is adenosine triphosphate (ATP), which is called the body's energy unit. The energy from the oxidation of carbohydrates, proteins and fats is used to convert adenosine diphosphate (ADP) to ATP, which is then consumed by various reactions in the body. The energy produced in the body is consumed in different parts, including the following:[18]:

• Active transfer of molecules through the cell membrane is necessary.
• Muscle contraction and mechanical function.
• Various synthetic reactions produce hormones, cell membranes and many other essential molecules in the body.
• Conducting neural messages
• Cell division and growth
• Physiological functions of the body that are necessary to maintain life.

Basically, all physiological mechanisms of the human body need energy for optimal functioning, which is supplied by ATP present in all areas such as the cytoplasm and nucleoplasm of cells.[18]

The Relationship between Energy and Temperature in the Body

Not all energy in foods is transferred to ATP. Instead, much of this energy is converted into heat. On average, 35% of the energy in foods is converted to heat when ATP is formed. Furthermore, by transferring ATP to the functional system of the cell, more energy is converted to heat so that even under optimal conditions, more than 27% of the total energy from food is used by the functional systems. Even when 27% of the energy reaches the functional systems of the cells, most of this energy is eventually converted into heat. For example, when proteins are synthesized, large portions of ATP are used to form peptide bonds, and this energy is stored in these bonds. When proteins are broken down, the energy stored in peptide bonds is released as heat in the body. On the other hand, the energy expended by the heart in pumping blood plays an essential role in converting energy into heat. The blood expands the arterial system, and this dilation itself represents a reservoir of potential energy. When blood flows in the peripheral arteries, the friction of the various layers of blood flowing on top of each other and the friction of the blood against the walls of the arteries convert all this energy into heat. In any case, we must know the energy content of the food consumed.

Thermal Effect of Food (TEF)

Energy-based metabolism is the amount of energy consumed at rest, accounting for approximately 60% of the total daily energy intake. The specific dynamic effect or exotherm of diet is called the thermal effect of food (TEF), which is the increase in metabolism after a meal and accounts for approximately 10% of the total energy consumed. TEF is the energy source for digestion and storage of food as well as the metabolic effects of nutrient penetration that may decrease with age. A clinical study by Mayo in 2014 found that TEF was lower in adults than in middle-aged people. However, a decrease in TEF, along with a decrease in physical activity, may result in an increase in fat storage with age. It should also be noted that the changes observed in the TEF may indicate changes in the body's metabolism due to changes in dietary composition.

A comparative study between active and sedentary men in both younger and older age groups showed that TEF was 45% higher in active and young men and 31% higher in active and older men as compared to sedentary groups. Based on this, the researchers concluded that physical activity increases TEF, regardless of age and body composition.[20] Numerous studies have shown that consuming more fats as well as carbohydrates increases TEF while increasing energy. On the other hand, having irregular meals with different energy content during the week causes a significant reduction in TEF.[21] A study by Hamada et al.[25] found that slow eating with more and slower chewing times was associated with a significant increase in TEF due to blood circulation after meals. However, Calcagno et al.[26] conducted a study in this regard and emphasized that in order to more accurately study the effective factors and trends of TEF, the study of other thermogenic variables such as altered temperature, drugs and emotions can be helpful.

The Role of AMPK in Energy Metabolism (AMP-activated Protein Kinase)

AMPK has two major roles in energy metabolism, one as a glucose sensor for fuel persistence and the other as an adenine nucleotide sensor that controls the rate of subsequent fall in energy status. Glucose and lipids are the main sources of energy supply and storage in cells, and AMPK increases ATP levels by inducing their degradation, inhibition of synthesis and storage.[24,25] On the other hand, AMPK regulates transcription factors by transferring to the nucleus. It increases energy production, provides cellular energy needs, and inhibits cell growth and proliferation. In mammals, AMPK is activated by a decrease in cellular energy, which begins with an increase in the AMP/ATP and ADP/ATP ratios. It is also capable of providing glucose availability independent of changes in adenine nucleotides AMPK.[28]

According to modern medicine, any defect in the production of the energy required by the body can cause fatigue, including problems with the mitochondrial system of cells. Mitochondrial energy systems are involved in creating a complex pattern of symptoms in chronic fatigue syndrome (CFS). Cellular mitochondrial damage has been reported to impair the cell's ability to produce high-energy molecules, including NADH and ATP.[24] Any mitochondrial dysfunction can lead to fatigue.
Observation of fatigue is one of the common symptoms of mitochondrial disease and fatigue-like behavior is shown in animal models by reducing the expression of mitochondrial complexes, decreased metabolic activity and changes in the morphology of mitochondria in the brain.[27] Numerous studies have examined the association between mitochondrial dysfunction and CFS. For example, Lacourt et al.[27] reported in 2018 that increased levels of oxidative stress led to a possible decrease in ATP production efficiency and a decrease in mitochondrial energy production in patients with CFS. As a result, decreased cellular energy levels in CFS patients, while lowering intracellular pH after a balanced exercise, resulted in a lower rate of ATP synthesis, indicating a disorder in the recycling of ADP to ATP in mitochondria.[28] Mitochondria produce energy by oxidative metabolism in the form of ATP when it is hydrolyzed to diphosphate to provide the energy needed for muscle contractions, nerve impulses, and all energy-consuming processes, including the chemical energy needed to synthesize all complex molecules. Therefore, any impairment of mitochondrial function leads to fatigue and can cause other symptoms of CFS. There is ample evidence that mitochondrial dysfunction is present in some CFS patients.[29]

Accordingly, any damage and disruption in the mitochondrial components are caused by the body’s lack of adequate access to energy and the body’s involvement in other parts and energy expenditure, which in turn leads to the development of chronic diseases.[27] Recent studies have shown that a significant increase in the quality of nutritional interventions has a significant impact on the improvement of patients with CFS. During chronic low-grade inflammation, nutrient availability is expected to decrease due to the body relying on aerobic glycolysis, resulting in less energy for the applicant organ.[27] Another way to achieve organic energy balance is to balance your circadian rhythm and sleep. In addition, the presence of any inflammation with low or chronic degrees can increase the pattern of energy consumption, which in turn causes an imbalance between availability and energy consumption, and the end result will be fatigue. However, the possibility of fatigue in a range of chronic diseases can be predicted. Studies on intracellular energy topics have shown a positive and significant relationship between fatigue intensity and average daily caloric intake in breast cancer patients after the fourth cycle of chemotherapy so there was no correlation between available energy and energy consumption.[27] Any disturbance in the digestive system (such as intestinal fermentation, hypochlorhydria, or pancreatic insufficiency) disrupts energy production and may cause fatigue.[28]

**Relationship between Age and Cellular Energy Content**

If ATP demand in the body is not met, this leads to aging and cell death in damaged tissue.[30] Decreased cellular energy in the elderly increases the mutation of the mitochondrial genome in the brain, heart and skeletal muscle of older humans.[31-34] The main reason for this phenomenon is the change in biological energy parameters over time, for instance, Bioenergy fluxes decrease with age.[41] According to studies by Jeon et al.,[42] this phenomenon may be due to an increase in the level of chronic inflammation by ageing, thereby inhibiting the activation of AMPK in older tissues. The brain, like most organs, gradually decreases energy metabolism by aging. Because neurons require large amounts of energy to produce action potentials, neurotransmission, and other processes, a decrease in age-related metabolism contributes to a cognitive decline associated with aging.
Clinically, a decrease in age-related glucose utilization was observed in most areas of the human brain. Aging is also a risk factor for age-related diseases such as neurodegenerative disorders. These diseases may occur when nerve cells are unable to respond adaptively to age-related reductions in basal metabolic rate and energy-dependent tasks, such as neuromuscular coordination, cognitive function, and environmental awareness.

Discussion

Based on studies, it can be concluded that first of all, all the functions of our body are carried out by cells. Second, all cellular functions are performed by energy. If there is no energy, nothing is done in the cell and reduction of energy in the cells causes cell dysfunction and various diseases. In order to provide enough energy for optimal cell function, all the steps of energy production and release in the body should be done correctly and accurately, and this is undoubtedly achievable by modifying your lifestyle and fully observing the essential set, including healthy air, foods with low TEF, correct movement and stillness, correct early sleep and early wakefulness, consumption of vitamins and elimination of cellular metabolites and toxins as well as correct mental and psychological status. For example, a person who suffers from constipation will gradually suffer from digestive and absorption disorders and eventually energy loss; thus, observing the principles of eating and drinking is one of the most basic points to produce correct and balanced energy in the body. On the other hand, the quality of sleep and wakefulness, directly and indirectly, affects the digestion and absorption of food, and circadian rhythm disturbances clearly induce energy-related diseases such as chronic fatigue syndrome.

The effect of exercise has also been proven to enhance the process of energy production, and regular exercise can ensure adequate and effective production of energy in the cells of the body. The issue of peace of mind is also one of the stressors that affect all stages of energy production from the digestive to the cellular level. On the other hand, in Iranian traditional medicine, these principles are described in detail under the title of the seven essential principles, including clean air, proper nutrition with low TEF, proper sleeping, proper exercise, proper consumption of vitamins and minerals, and elimination of cellular metabolites and toxins from the body with urination and defecation, avoiding pathologic stresses and praying. It seems that the concept of energy supply is the product of the correct observance of these seven principles in societies that can prevent the occurrence of most diseases as well as their actual treatment.

Therefore, it is necessary to start the correct implementation of the necessary settings in human societies, for the prevention and treatment of diseases, with extensive education and information, public culture building, consensus, synergy and improvement of agricultural, livestock and related industries. So that no more human beings get infected with deadly non-communicable diseases and epidemics like the recent Covid-19 pandemic.

Conclusion

Force, power or strength is the main factor to functions of organs in the sources of Iranian traditional medicine and also energy is the main factor to functions of organs in the sources of conventional medicine, organs are known as cells in modern medicine. Natural affairs in Iranian traditional medicine, including four main elements, temperaments, organs (cells), medical spirit (very soft, thin and delicate parts of organs), force (energy) and finally proper actions of organs (cells) that is the most desirable goal of creation of human by God. As can be seen, power or energy is required and it is impossible for a cell or organ to do anything without it. In conventional medicine, the cellular energy reducing agents leads to dysfunction of cells leading to disease; therefore, to prevent diseases, in Iranian traditional medicine, body force production agents composed of six necessary factors consist healthy air, healthy food and drinks, proper and timely sleep, lack of constipation and the supply of vitamins and minerals, exercise and avoidance of harmful psychological stresses, all of which should be provided. The cells of the human body must also be free from all life-threatening factors such as environmental pollution, toxins, chemical fertilizers, unauthorized preservatives, foods with high TEF, improper and untimely sleep, constipation, lack of necessary vitamins and minerals, inactivity, and harmful psychological stresses.

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