

Evaluation of nutritional value of recommended food for the elderly in Persian Medicine (especial look at DJD)

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Introduction




1.1. Introduction

- Diet can help elderly problems (sarcopenia, DJD)
 - Necessity of micronutrients and vitamins in elderly
 - Development of Geriatric Foods



1.2. Introduction

- Higher needed nutrient (RDA) for seniors:
 - **vit D** (800 vs 600 IU)
 - skin is **unable** to make vitamin D efficiently
 - more time indoors
 - Eggs (the yolk only)
 - **Calcium** (1,200 vs 1,000 mg)
 -  Oxalic acid foods (spinach, beans).
 - Milk, Broccoli
 - **vit B-6** (1.7 vs 1.3 mg)
 - Chickpeas



7 Key Nutrients for Senior Nutrition

The Geriatric Dietitian

VITAMIN D

Vitamin D is a fat-soluble vitamin involved in bone health, muscle health, immunity, and cognition. Older adults > age 70 need 800 IU daily (younger adults need 600 IU daily). Low vitamin D is common in seniors.

CALCIUM

Calcium is a mineral involved in bone health, muscle health, nerve transmission, and hormone secretion. Men >70 years old and women 51+ years old need 1,200 mg daily (younger men need 1,000 mg daily).

VITAMIN B-6

Vitamin B-6 is a water-soluble vitamin that has a role in metabolism, immune function, and enzyme reactions. Those ages 51-70 need 1.3 mg daily. Men >70 years need 1.7 mg daily. Women > 70 years need 1.5 mg daily.

1.3. Introduction

- Elderly diet points:
 - Absorption of **vit B-12** may decrease
 - **Fiber:** ↓ constipation, heart disease, diabetes, cancer
 - Require **more protein**, high calorie
 - to preserve their **muscle**

VITAMIN B-12

Vitamin B-12 is a water-soluble involved in making DNA, red blood cell formation, and proper nerve function. Men and women need 2.4 mcg daily. Many seniors cannot absorb vitamin B-12 from food sources.



FIBER

Fiber is a type of carbohydrate that the body is unable to digest. Fiber is involved with healthy digestion, feeling full, and preventing constipation. Men 51+ years need 30 gms daily. Women 51+ years need 21 gms daily.



PROTEIN

Protein supports good health, immunity, maintains muscle, and physical function in older adults. Researchers recommend that older adults consume 1-1.2 grams of protein per kilogram body weight.



CALORIES

Seniors who lose weight unintentionally need more calories to stop weight loss, protect their muscle, and prevent malnutrition. Foods highest in calories typically include those high in fat like avocado, whole fat dairy, nuts, and oils. Consult a geriatric dietitian as needed.



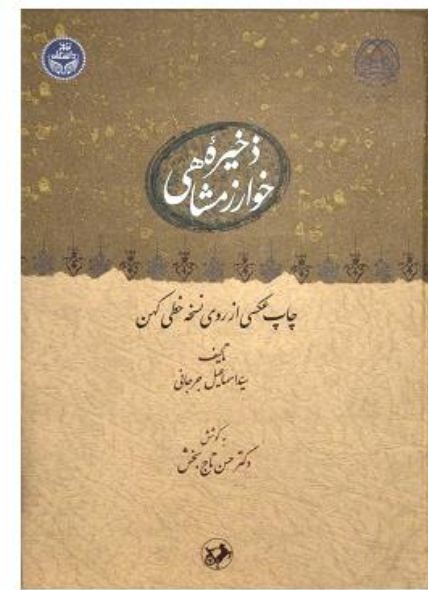
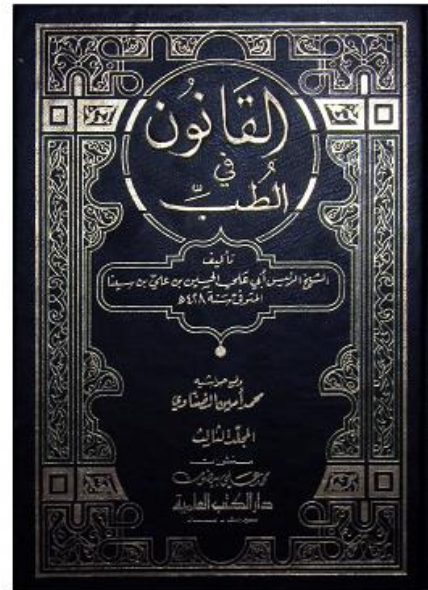
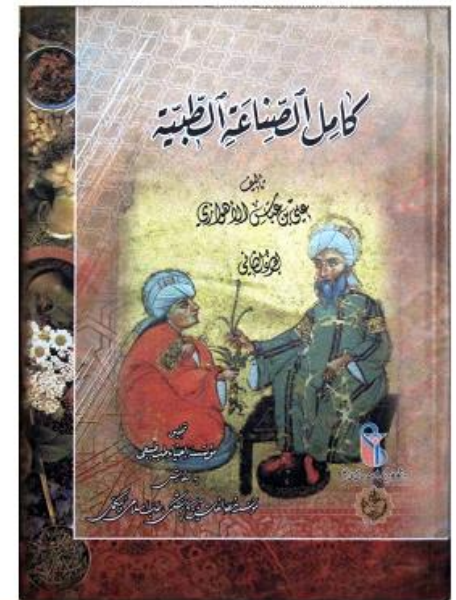
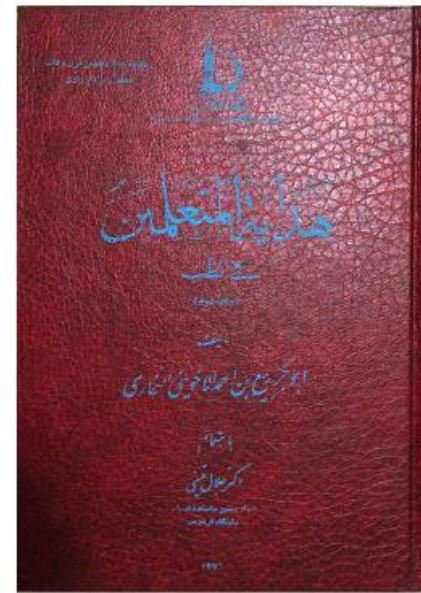
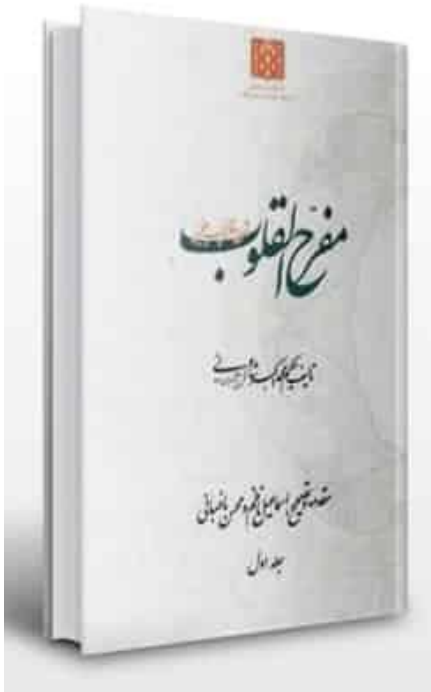
1.4. Introduction

- Persian Medicine has special diet for elderly
 - Meat water
 - Eggs
 - milk
 - vegetables like cabbage, beets and carrots
 - olive oil
 - figs with walnuts / safflower seed
 - garlic



2. Method

- Review study
 - Of reliable sources



3.1. Results

- Persian Medical diet for elderly contains
 - Milk
 - an excellent source of calcium and vitamin D
 - an excellent source of protein



3.2. Results

- Meat water
 - provide macro and micronutrients
 - Easy to digest



3.3. Results

- Fig + walnut / safflower seed
 - a good source of both **calcium and potassium.**
 - copper, manganese and magnesium
 - omega-3
 - fiber



3.4. Results

- vegetables like cabbage, beets and carrots
- olive oil
 - Calcium
 - vitamins A, C, B9, and K
 - Fiber
 - antioxidants



3.5. Results

- Garlic
 - Diallyl disulfide: ↓enzymes that damage cartilage.
 - may prevent cancer
 - boost the immune system
 - prevent cerebral aging, arthritis and cataract formation



Discussion

- Near to Mediterranean diet with some exclusivity
 - consists of fruit and vegetables, whole grains, legumes, fish, yogurt, and healthful fats, such as olive oil and nuts, less meat.
 - inflammation and pain
 - heart disease and stroke
 - muscle weakness in older age
 - Alzheimer's disease
 - Parkinson's disease
 - premature death



Conclusion

- Suggested items in have high nutritional value
 - + **vitamin D3 supplement**
- can help elderly be healthier.



Part **II**

Manipulative DJD treatment
In Persian Medicine

۲.۱. کدام یک داروی اختصاصی مفاصل است؟

Colchicine appears to be an effective and safe alternative for treatment of adult patients with knee osteoarthritis

- قنطریون
- تربد
- برنگ کابلی
- سورنجان



۲.۲. کدام مورد در تسکین درد بادی (بدون عفونت) توصیه میشود؟

Epub 2017 Jun 8.

Cupping therapy for treating knee osteoarthritis: The evidence from systematic review and meta-analysis

Jin-Quan Li 1 , Wen Guo 2 , Ze-Gan Sun 1 , Qing-Song Huang 1 , En Yeong Lee 3 , Ying Wang 4 , Xiao-Dong Yao 5

Affiliations

PMID: 28779923 DOI: 10.1016/j.ctcp.2017.06.003

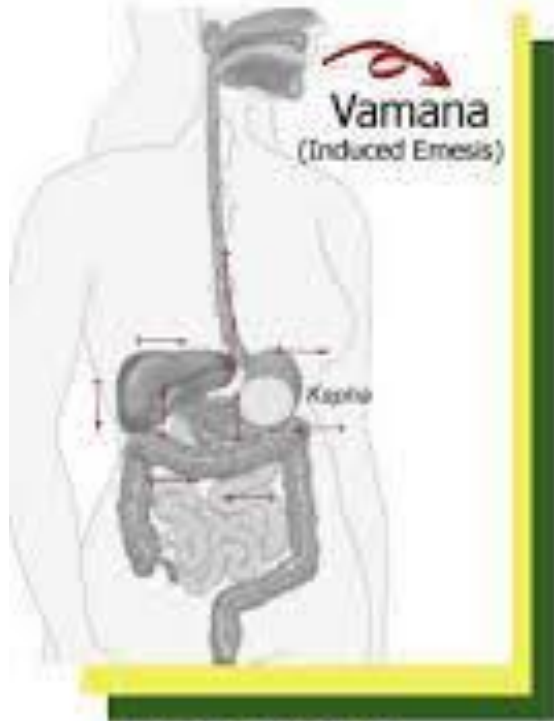


- برشعنا
- محجمه گرم
- کیسه آب یخ
- ضماد آرد جو

۲.۳. در کدام مورد قی از گزینه های درمانی شمرده نمیشود؟

Detox - Vamana

Treat diseases | boosts immunity | heals body & mind



#panchakarma

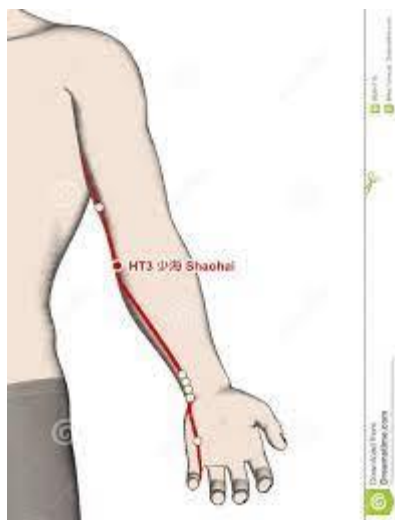
Medicine induced emesis for Asthma, skin disease, hyperacidity, weight gain and more



SHATHAYU
AYURVEDA CLINIC

- درد مفاصل
- قوبا
- بد رنگی بدن
- سردرد ناشی از ضعف دماغ

۲.۴. برای مقابله با ورم ساق و زانو فصد کدام رگ توصیه می شود؟



- قیفال
- اکحل
- باسلیق
- حبل الذراع

Alleviates pain in the axilla and hypochondriac region

۲.۵. کدام یک از ایندیکیشن های زالودرمانی نمی باشد؟

International Journal of Surgery 54 (2018) 53–61



Contents lists available at ScienceDirect

International Journal of Surgery

journal homepage: www.elsevier.com/locate/ijjsu



Review

The efficacy and safety of medical leech therapy for osteoarthritis of the knee: A meta-analysis of randomized controlled trials

Haixia Wang^a, Jing Zhang^b, Liyan Chen^{c,*}

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• واریس

• سپسیس

• فشارخون بالا

• استئوآرتریت



۲.۶. کدام مورد از فواید داغ کردن محسوب میشود؟

- انتشار فساد عضو
- تسهیل خونریزی
- **تقویت عضو**
- تقطیع مواد فاسد چسبیده به عضو

