



Visceral Manipulation Pioneered by Iranian Traditional Medicine Scholars

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Abstract

Iranian traditional Medicine (ITM) applies various types of treatment, from changing lifestyle (known as *Setteh-e-zarurieh*) to using medicines and manual workout. Manual therapy has various types and indications in ITM. Visceral manipulation is one of them. Visceral manipulation is applying techniques to the viscera or the structures that support it in the case of disturbed motility or mobility related to a visceral system and the associated elements. There are many similarities between basic principles of visceral manipulation and ITM. ITM scholars have explained about anatomy of fascia and its components many years ago, which are very close to what today's knowledge is. Most probably, one of the first scholars who has mentioned the idea of visceral manipulation is Avicenna. In his canon of medicine, he clearly writes about *Ghamz* or pressing of liver after a trauma happens. The available *in vitro* and animal studies support the positive effects of visceral manipulation. ITM scholars had detected nerve fibers and collagen which are fascia components. They are pioneer in this regard, too.

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