

ORIGINAL ARTICLE

Subject Index of the Diseases Found in the *Zend-Avesta*

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Abstract

The collection of *Zend* fragments is the bible of ancient Iran, which is known as the *Zend-Avesta* that contains some points about diseases. The aim of this documentary study is the extraction and assortment of diseases of the *Zend-Avesta*. To this end, each disease *Avesta* presented was defined as unambiguously and as briefly as possible. Finally, the findings were set and classified in the following tables. The results showed that over 70 diseases were found in the *Zend-Avesta*, which can be categorized into 13 groups in numerical order. The diseases found in the *Zand-Avesta* are as follows: unknown diseases (17), bodily defects/ infirmities (12), integumentary system (9), musculoskeletal system (7), lymphatic system (5), gynecology (5), nervous system (5), poisoning (3), related subjects (3), reproductive system (3), digestive system (2), urinary system (1), and dental disorders (1). Overall, considering the diseases collected can help us better understand the medical aspects of the sacred books.

Key words: Ancient History Medicine, Ancient Persia, Diseases & Conditions, the *Zend-Avesta*, Bible, Iran

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Introduction

Avesta is the bible and prayer book of *Zoroaster* (~ 6000 BC), the prophet of ancient Iran. It is one of the most sacred books of ancient nations. The collection of fragments of *Avesta*, known as the *Zend-Avesta*, contained the *Vendîdâd* (consisting of 22 parts, known as *Fargard*), *Yašts* (a collection of 21 hymns, each including certain parts, called *Kardeh*), *Yasna* (including 72 parts, known as *Hât/Hâ*), *Visparad* (subdivided into 23 or 24 sections, named *kardo*), and *Khorda Avesta* or Small *Avesta* a compilation of religious laws, litanies and short prayers (Jackson, 1893, pp. 420-431). However, there are also a number of medical or medical-related sections in the *Zend-Avesta*. The old Iranians considered diseases appeared in these sections very important since they held them as the creations of the evil spirit, called *Angra Mainyu*. Ancient Iranians assumed that plagues, diseases and everything that was bad and in the world had come from his witchcraft against the bodies of mortals. They were all marked by the devil and therefore were regarded as emblems of the evil spirit. According to *Vendîdâd*, there believed to be nine diseases, and ninety, and nine hundred, and nine thousand, and nine times ten thousand diseases. *Angra Manyu* created them on the earth to harm the pious people (Zoroaster, 2020, pp. 321-323). The diseases would appear in various forms in the *Avesta*. *Avesta* offered important information about eradication of infectious and noninfectious diseases, including, leprosy, bulged forward. The importance of medical religious parts of the *Zend-Avesta*, which differs in many respects from other religious books, lies in the method and style it employed in, reviewing the medical information about the diseases mentioned in the book whilst investigating Persian medicine and history of medicine. The *Zend-Avesta* is a highly valuable source of information in the history of medicine and can help us better understand the religious and medical records throughout history and their interpretation. Consequently, the main objective of this study is to investigate the diseases mentioned in the *Zend-Avesta* thematically. To the best knowledge of the researchers, there is no work carried out in this particular field in the literature, and hence the present study seems to be innovative.

Materials and Methods

By the help of Persian translation done by Ebrahim Pourdavoud, we examined the *Zend-Avesta* in order to find the diseases included (Zoroaster, 1992, pp. 288, 293, 342, 717; Zoroaster, 1931; Zoroaster, 2020, pp. 11, 21, 23, 59, 98, 108, 111, 114, 249, 281, 304-305, 312, 316, 317, 328; Zoroaster, 1978; Zoroaster, 2001, pp. 178-180; Zoroaster, 1928, pp. 67, 143, 153, 275, 369; Zoroaster, 1998, pp. 90, 102). To improve the exactness of our findings, the found names were compared with the three parts of “The *Zend Avesta*” from “The Sacred Books of the East (SBE)” series, translated by James Darmesteter (parts I and II) (Zoroaster, 1880, pp. 9, 17, 19, 47, 64, 220, 222; Zoroaster, 1882, pp. 44, 75, 108, 209, 221, 244) and Lawrence Heyworth Mills (part III) (Zoroaster, 1887, p. 245). Each disease, for which a sample from Avestan text was found, was defined as unambiguously and as briefly as possible. Finally, the findings were set in the form of some tables.

Results

All medical terms (especially diseases) that identified in the *Zend-Avesta* were categorized into 13 groups, including bodily defects/ infirmities, dental disorders, digestive

system, gynecology, integumentary system, lymphatic system, musculoskeletal system, nervous system, poisoning, related subjects, reproductive system, unknown diseases, and urinary system.

Bodily Defects or Infirmities

In the *Zend-Avesta*, there are twelve expressions related to bodily defects/ infirmities. The words of dumb, poverty, deafness, idiot, and curvature, each with 2 repetitions have the highest frequencies.

Dental Disorders

In the *Zend-Avesta*, we found one dental disorder, related to decayed tooth.

Digestive System

The numbers of extracted data in category three are two diseases.

Gynecology

Among diseases in the *Zend-Avesta* has mentioned five diseases related to gynecology. The highest frequency belongs to some unknown terms that mean abnormal menstruation in the English translation.

Integumentary System

In the *Zend-Avesta* found nine skin diseases. The highest frequencies are related to varicella/ rubeola (six times), furuncle (five times), and leprosy (five times), and itch (four times), respectively.

Lymphatic System

The lymphatic disorders mentioned in the *Zend-Avesta* are five in number. The most common disease of the lymphatic system is fever (8 times).

Musculoskeletal System

In the *Zend-Avesta*, we have found seven musculoskeletal disorders (MSDs) that affect the muscles, bones, and joints. The highest frequencies of MSDs available in the *Zend-Avesta* are related to humpbacked, bulged forward, and dwarf/ achondroplasia, with each being repeated three times.

Nervous System

Among diseases in the *Zend-Avesta*, we have found five disorders related to the nervous system. The highest frequency belongs to the headache repeated six times.

Poisoning

The expressions related to poisoning in the *Zend-Avesta* have been repeated 18 times, all of which are associated with biting of snakes.

Related Subjects

In the *Zend-Avesta*, we found three other terms that somehow are related to medicine.



These terms are as follows: pain (12 times), infection (6 times), and rottenness (5 times).

The Reproductive System

Among the names of diseases related to the reproductive system in the *Zend-Avesta*, there are three disorders. The highest frequency belongs to shorn of offspring (three times).

Unknown Diseases

In the *Zend-Avesta*, there are some unknown diseases. The numbers of extracted data in this category are 17.

Urinary System

In the *Zend-Avesta*, we found one disorder of the urinary system, related to urolithiasis or gallstone disease.

The report is summarized in Table 1.

Table 1: The result of the computation

Type of Disease	<i>Ābān Yasht</i>	<i>Ardibehesht Yasht</i>	<i>Bahrām Yasht</i>	<i>Farvardīn Yasht</i>	<i>Khordād Yasht</i>	<i>Ormazd Yasht</i>	<i>Tīr Yasht</i>	<i>Vendidad</i>	<i>Yasna</i>
<i>Bodily defects/ Infirmities</i>	7	None	None	1	None	None	None	5	1
<i>Dental Disorders</i>	1	None	None	None	None	None	None	1	None
<i>Digestive System</i>	None	1	None	None	None	None	None	2	None
<i>Gynecology</i>	None	None	None	1	None	None	None	4	None
<i>Integumentary System</i>	1	None	1	2	None	None	1	9	None
<i>Lymphatic System</i>	1	1	1	2	None	None	None	4	None
<i>Musculoskeletal System</i>	4	None	None	None	None	None	None	6	None
<i>Nervous System</i>	1	None	None	None	None	None	None	3	1
<i>Poisoning</i>	None	None	None	None	None	None	None	3	None
<i>Related Subjects</i>	None	None	None	None	None	None	None	3	None
<i>Reproductive System</i>	None	None	None	None	None	1	None	2	1
<i>Unknown Diseases</i>	3	None	None	None	5	None	None	6	3
<i>Urinary System</i>	None	None	None	None	None	None	None	1	None

Table 2 shows the tabulation diseases according to the *Zend* names and equal names of diseases have mentioned separately sorted by different type of diseases.



Table 2: The Categorization of Diseases Based on Type of Diseases

Type of Disease	Zend Name (alphabetical)	Equal Conventional Name of Disease	Frequency	Used Verses
Bodily Defects or Infirmities	<i>Anda/ Andha</i>	blindness	1	<i>Âbân Yast. Kardeh. XXI. 93</i>
	<i>Apavaya</i>	stuttering	1	<i>Vendîdâd. Fargard. II. 29</i>
	<i>Ara</i>	dumb	2	<i>Âbân Yast. Kardeh. XXI. 93/ Farvardîn Yast. Kardeh. XXV. 108</i>
	<i>Armešt</i>	Sickly (Zoroaster, 1992, p. 64)	1	<i>Vendîdâd. Fargard. V. 59</i>
	<i>Dorūk</i>	poverty	2	<i>Vendîdâd. Fargard. II. 29, 37</i>
	<i>Drusto</i>	physical disability or disablement	1	<i>Âbân Yast. Kardeh. XXI. 93</i>
	<i>Drva/ Dhruva</i>	lame	1	<i>Âbân Yast. Kardeh. XXI. 93</i>
	<i>Karena</i>	deafness	2	<i>Âbân Yast. Kardeh. XXI. 93/ Yasna. Hât. XI. 6</i>
	<i>Mūra</i>	idiot	2	<i>Âbân Yast. Kardeh. XXI. 93/ Vendîdâd. Fargard. II. 22</i>
	<i>Raġha</i>	hobble	1	<i>Âbân Yast. Kardeh. XXI. 93</i>
<i>Vizbariš</i>	curvature	2	<i>Vendîdâd. Fargard. II. 29, 37</i>	
Dental Disorders	<i>Vîmîto. Dantāna</i>	decayed tooth/ overgrown teeth	3	<i>Vendîdâd. Fargard. II. 29, 37/ Âbân Yast. Kardeh. XXI. 93</i>
Digestive System	<i>Uruowān</i>	visceral disease/ entrails	2	<i>Vendîdâd. Fargard. VII. 44/ Ardibehesht Yast. Kardeh II. 6</i>
	<i>Ayēhi</i>	nausea (Abolghasemi, 2009, p. 105)	1	<i>Vendîdâd. Fargard. XXI. 17</i>
Gynecology	<i>Daštān nābehanjār</i>	abnormal menstruation (Greiger, 1885, pp. 216-217)	8	<i>Vendîdâd. Fargard. I. 18, 19/ Vendîdâd. Fargard. XV. 7, 9, 10/ Vendîdâd. Fargard. XVIII. 67, 68</i>
	<i>Pishtra / Ske-ñda</i>	abnormal duration of hemorrhage (Greiger, 1885, pp. 216-217)	2	<i>Vendîdâd. Fargard. V. 59/ Vendîdâd. Fargard. XVI. 70</i>
	<i>Tafnu... Tanyue Zōishmuye</i>	puerperal fever (Greiger, 1885, pp. 216-217)	1	<i>Vendîdâd. Fargard. VII. 70</i>
	<i>Vāvereshi</i>	hypersexuality	1	<i>Farvardîn Yast. Kardeh. XXIX. 131</i>
	<i>Vrsh/ Vrshan</i>	hypersexuality	1	<i>Vendîdâd. Fargard. VII. 58</i>



Integumentary System	<i>Astairyā</i>	probably varicella or rubeola (Behzadi, 2003, pp. 440-441)	6	<i>Vendīdād. Fargard. XX. 3, 6, 7, 9/ Vendīdād. Fargard. XXI. 18/ Vendīdād. Fargard. XXII. 21</i>
	<i>Dāzu</i>	burning of iron or metal	1	<i>Vendīdād. Fargard. XX. 6</i>
	<i>Garenu/ Pāman/ Kada</i>	itch	4	<i>Vendīdād. Fargard. VII. 58/ Tir Yast. Kardeh. XVI. 57/ Farvardīn Yast. Kardeh. XXIX. 131/ Bahrām Yast. Kardeh. XVII. 48</i>
	<i>Kahvuzi</i>	a type of skin disease (Abolghasemi, 2009, p. 105)	1	<i>Vendīdād. Fargard. XXI. 17</i>
	<i>Kurughā</i>	doubtful; possibly furuncle (Behzadi, 2003, pp. 440-441)	5	<i>Vendīdād. Fargard. XX. 6, 7, 9/ Vendīdād. Fargard. XXI. 18/ Vendīdād. Fargard. XXII. 21</i>
	<i>Naēza</i>	probably cutaneous infection (being placed next to Garenu)	3	<i>Vendīdād. Fargard. VII. 5/ Vendīdād. Fargard. XVI. 1/ Farvardīn Yast. Kardeh. XXIX. 131</i>
	<i>Paēsa</i>	leprosy	5	<i>Vendīdād. Fargard. II. 29, 37/ Ābān Yast. Kardeh. XXI. 92/ Vendīdād. Fargard. XX. 7, 9</i>
	<i>Pōurušu- asti – varāsō</i>	hair untimely white	1	<i>Vendīdād. Fargard. VII. 58</i>
	<i>Xvarrah</i>	leprosy	1	<i>Vendīdād. Fargard. XX. 6</i>
	Lymphatic System	<i>Dazhu</i>	fever	1
<i>Naeza/ Naezağh</i>		feverish chil (Greiger, 1885, pp. 216-217)	1	<i>Bahrām Yast. Kardeh. XXXIII</i>
<i>Sarastyā/ Sarasti</i>		cold fever/ ague	8	<i>Vendīdād. Fargard. XX. 3, 6, 7, 9/ Vendīdād. Fargard. XXI. 18/ Vendīdād. Fargard. XXII. 21/ Vendīdād. Fargard. VII. 58/ Farvardīn Yast. Kardeh. XXIX. 131</i>
<i>Tafnu</i>		hot fever/ hyperpyrexia	4	<i>Vendīdād. Fargard. VII. 5/ Ardibehsh Yast. Kardeh. VIII. 11, 15/ Farvardīn Yast. Kardeh. XXIX. 131</i>
<i>Tafto \ Tafnu</i>		fever	8	<i>Vendīdād. Fargard. XX. 1, 2, 6, 7, 9/ Vendīdād. Fargard. XXI. 18/ Vendīdād. Fargard. XXII. 21/ Ābān Yast. Kardeh. XXI. 92</i>
Musculoskeletal System	<i>Aghosti</i>	rickets (Behzadi, 2003, pp. 440-441)	1	<i>Vendīdād. Fargard. VII. 58</i>
	<i>Apa.kava</i>	humpbacked	3	<i>Vendīdād. Fargard. II. 29, 37/ Ābān Yast. Kardeh. XXI. 93</i>
	<i>Fra.kava</i>	bulged forward	3	<i>Vendīdād. Fargard. II. 29, 37/ Ābān Yast. Kardeh. XXI. 93</i>
	<i>Kasviš</i>	dwarf or probably achondroplasia	3	<i>Ābān Yast. Kardeh. XXI. 93/ Vendīdād. Fargard. II. 29, 37</i>
	<i>Vazem Noasti</i>	caries (Behzadi, 2003, pp. 440-441)	1	<i>Vendīdād. Fargard. XVIII. 54</i>
	<i>Vī.zbāriš</i>	a type of abnormality of the musculoskeletal system	2	<i>Vendīdād. Fargard. II. 29, 37</i>
	<i>Unknown (in Persian translation means Nāqes-al 'a'zā)</i>	physical disability or disablement	1	<i>Ābān Yast. Kardeh. XXI. 92</i>



Diseases found in the *Zend-Avesta*

Nervous System	<i>Mada= Madhu</i>	mania	1	<i>Yasna. Hât. XLIX. 10</i>
	<i>Sārana</i>	headache (or brain diseases)	6	<i>Vendīdād. Fargard. XX. 3, 6, 7, 9/ Vendīdād. Fargard. XXI. 18/ Vendīdād. Fargard. XXII. 21</i>
	<i>Unknown (in Persian translation means 'Masru)</i>	epilepsy	1	<i>Ābân Yast. Kardeh. XXI. 93</i>
	<i>Unknown (in Persian translation means Marg-e nāgahāni)</i>	sudden death probably stroke	2	<i>Vendīdād. Fargard. XX. 9/ Vendīdād. Fargard. XXI. 9</i>
	<i>Unknown (in Persian translation means Xol)</i>	lunatic	2	<i>Vendīdād. Fargard. II. 29, 37</i>
Poisoning	<i>Ažana</i>	biting of snakes (Greiger, 1885, pp. 216-217)	6	<i>Vendīdād. Fargard. XX. 3, 6, 7, 9/ Vendīdād. Fargard. XXI. 18/ Vendīdād. Fargard. XXII. 21</i>
	<i>Ažahva</i>	biting of snakes (Greiger, 1885, pp. 216-217)	6	<i>Vendīdād. Fargard. XX. 3, 6, 7, 9/ Vendīdād. Fargard. XXI. 18/ Vendīdād. Fargard. XXII. 21</i>
	<i>Azivika</i>	biting of snakes (Greiger, 1885, pp. 216-217)	6	<i>Vendīdād. Fargard. XX. 3, 6, 7, 9/ Vendīdād. Fargard. XXI. 18/ Vendīdād. Fargard. XXII. 21</i>
Related Subjects	<i>Dart</i>	pain	12	<i>Vendīdād. Fargard. IV. 50, 51, 52, 53, 54/ Vendīdād. Fargard. XVIII. 61/ Vendīdād. Fargard. XX. 3, 6, 7, 9/ Vendīdād. Fargard. XXII. 21/ Vendīdād. Fargard. XXI. 18</i>
	<i>Unknown (in Persian translation means Pusidegi)</i>	rottenness	5	<i>Vendīdād. Fargard. XX. 3, 6, 9/ Vendīdād. Fargard. XXI. 18/ Vendīdād. Fargard. XXII. 21</i>
	<i>Unknown (in Persian translation means Gandidegi)</i>	infection	6	<i>Vendīdād. Fargard. XX. 3, 6, 9/ Vendīdād. Fargard. XXI. 18/ Vendīdād. Fargard. XXII. 21/ Vendīdād. Fargard. VII. 58</i>
Reproductive System	<i>Apāvaya/ Ahavay</i>	impotent	2	<i>Vendīdād. Fargard. II. 29, 37</i>
	<i>Ayēhi</i>	sterility	1	<i>Vendīdād. Fargard. XXI. 17</i>
	<i>Apunar</i>	shorn of offspring	3	<i>Yasna. Hât. XI. 1, 3/ Ormazd Yast. Kardeh. XXXIII</i>



Unknown Diseases	<i>Apagadha</i>	Unknown to Pourdavoud	1	<i>Vendidâd. Fargard. XXI. 2</i>
	<i>Aghra</i>	Unknown	3	<i>Vendidâd. Fargard. XX. 9/ Vendidâd. Fargard. XXI. 18/ Vendidâd. Fargard. XXII. 21</i>
	<i>Aghuirê</i>	Maybe a type of mental disorders (Abolghasemi, 2009, p. 105)	3	<i>Vendidâd. Fargard. XX. 9/ Vendidâd. Fargard. XXI. 18/ Vendidâd. Fargard. XXII. 21</i>
	<i>Baši</i>	According to Pourdavoud, a kind of Nāxoši	2	<i>Khordâd Yast. Kardeh. II, III</i>
	<i>Bûgi</i>	According to Pourdavoud, a kind of Nāxoši	2	<i>Khordâd Yast. Kardeh. II, III</i>
	<i>Dahâka</i>	Unknown	1	<i>Yasna. Hât. XI. 6</i>
	<i>Gadha</i>	Unknown to Pourdavoud	1	<i>Vendidâd. Fargard. XXI. 2</i>
	<i>Gaši</i>	According to Pourdavoud, a kind of Nāxoši	2	<i>Khordâd Yast. Kardeh. II, III</i>
	<i>Harêta</i>	Unknown to Pourdavoud	1	<i>Âbân Yast. Kardeh. XXI. 92</i>
	<i>Haši</i>	According to Pourdavoud, a kind of Nāxoši	2	<i>Khordâd Yast. Kardeh. II, III</i>
	<i>Ishirê</i>	Unknown	3	<i>Vendidâd. Fargard. XX. 9/ Vendidâd. Fargard. XXI. 18/ Vendidâd. Fargard. XXII. 21</i>
	<i>Mûrakas</i>	According to Pourdavoud, it may be synonym for Mûra (idiot)	1	<i>Yasna. Hât. XI. 6</i>
	<i>Ranghau</i>	Unknown (in Persian translation means Bišo'ur)	1	<i>Âbân Yast. Kardeh. XXI. 93</i>
	<i>Saêni</i>	According to Pourdavoud, a kind of Nāxoši	2	<i>Khordâd Yast. Kardeh. II, III</i>
	<i>Saçi</i>	Unknown to Pourdavoud	1	<i>Âbân Yast. Kardeh. XXI. 92</i>
	<i>Ughra</i>	Unknown	3	<i>Vendidâd. Fargard. XX. 9/ Vendidâd. Fargard. XXI. 18/ Vendidâd. Fargard. XXII. 21</i>
	<i>Varšan</i>	Unknown	1	<i>Yasna. Hât. XI. 6</i>
Urinary System	<i>Duruka</i>	urolithiasis or gallstone disease (Behzadi, 2003, pp. 440-441)	6	<i>Vendidâd. Fargard. XX. 3, 6, 7, 9/ Vendidâd. Fargard. XXI. 18/ Vendidâd. Fargard. XXII. 21</i>

Discussion

One of the most clear medical fields of the *Zend-Avesta* is that the terms explicitly or implicitly express the physiological structure of human. Whereas the key characteristic of this work is its interdisciplinarity function, it does not easily yield itself to interpretation. Therefore, it is not possible to provide a specific and definitive meaning of the diseases, like what is customary in modern medicine. Hence, the chosen method is a liberal interpretation directly from Persian and English translations of the *Zend-Avesta* (Figure 1). Statistical classification of the diseases and related health problems in the *Zend-Avesta* shows a classification that covers the main parameters of the health system, such as disease and disability.

In general, the diseases in the *Zend-Avesta* are divided into 13 various categories, including bodily defects/ infirmities, dental disorders, digestive system, gynecology, integumentary system, lymphatic system, musculoskeletal system, nervous system, poisoning, related subjects, reproductive system, unknown diseases, and urinary system.



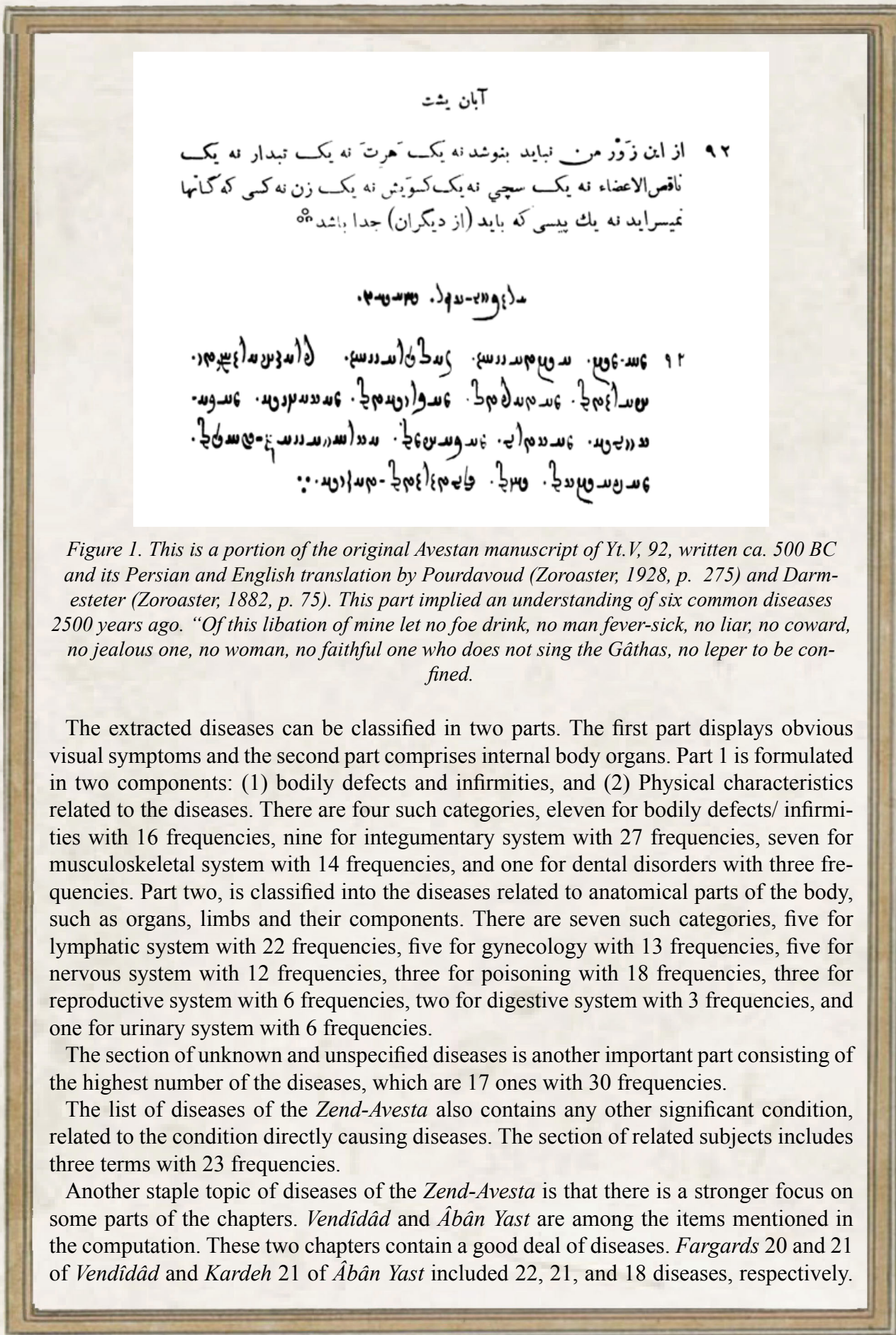


Figure 1. This is a portion of the original Avestan manuscript of Yt.V, 92, written ca. 500 BC and its Persian and English translation by Pourdavoud (Zoroaster, 1928, p. 275) and Darmesteter (Zoroaster, 1882, p. 75). This part implied an understanding of six common diseases 2500 years ago. “Of this libation of mine let no foe drink, no man fever-sick, no liar, no coward, no jealous one, no woman, no faithful one who does not sing the Gâthas, no leper to be confined.

The extracted diseases can be classified in two parts. The first part displays obvious visual symptoms and the second part comprises internal body organs. Part 1 is formulated in two components: (1) bodily defects and infirmities, and (2) Physical characteristics related to the diseases. There are four such categories, eleven for bodily defects/ infirmities with 16 frequencies, nine for integumentary system with 27 frequencies, seven for musculoskeletal system with 14 frequencies, and one for dental disorders with three frequencies. Part two, is classified into the diseases related to anatomical parts of the body, such as organs, limbs and their components. There are seven such categories, five for lymphatic system with 22 frequencies, five for gynecology with 13 frequencies, five for nervous system with 12 frequencies, three for poisoning with 18 frequencies, three for reproductive system with 6 frequencies, two for digestive system with 3 frequencies, and one for urinary system with 6 frequencies.

The section of unknown and unspecified diseases is another important part consisting of the highest number of the diseases, which are 17 ones with 30 frequencies.

The list of diseases of the *Zend-Avesta* also contains any other significant condition, related to the condition directly causing diseases. The section of related subjects includes three terms with 23 frequencies.

Another staple topic of diseases of the *Zend-Avesta* is that there is a stronger focus on some parts of the chapters. *Vendîdâd* and *Âbân Yast* are among the items mentioned in the computation. These two chapters contain a good deal of diseases. *Fargards* 20 and 21 of *Vendîdâd* and *Kardeh* 21 of *Âbân Yast* included 22, 21, and 18 diseases, respectively.



Table 3 shows some of the samples of Avestan words in the original text and Table 4 shows the numbers of diseases in each one of the parts of chapters.

Table 3: Samples found in Avestan Text

Zend Name (alphabetical)	Equal Conventional Name of Disease	Avestan Text
<i>Ara</i>	dumb	𐬀𐬎𐬎𐬀
<i>Karena</i>	deafness	𐬕𐬀𐬎𐬎𐬀
<i>Mūra</i>	idiot	𐬕𐬀𐬎𐬎𐬀
<i>Vāvereshi</i>	hypersexuality	𐬕𐬀𐬎𐬎𐬀𐬎𐬎𐬀
<i>Paēsa</i>	leprosy	𐬕𐬀𐬎𐬎𐬀
<i>Naeza/ Naezağh</i>	feverish chil	𐬕𐬀𐬎𐬎𐬀
<i>Tafnu</i>	hot fever/ hyperpyrexia	𐬕𐬀𐬎𐬎𐬀
<i>Tafto \Tafnu</i>	fever	𐬕𐬀𐬎𐬎𐬀
<i>Apa.kava</i>	humpbacked	𐬕𐬀𐬎𐬎𐬀
<i>Fra.kava</i>	bulged forward	𐬕𐬀𐬎𐬎𐬀
<i>Kasviš</i>	dwarf or probably achondroplasia	𐬕𐬀𐬎𐬎𐬀
<i>Dart</i>	pain	𐬕𐬀𐬎𐬎𐬀
<i>Apunar</i>	shorn of offspring	𐬕𐬀𐬎𐬎𐬀
<i>Dahāka</i>	unknown	𐬕𐬀𐬎𐬎𐬀
<i>Harēta</i>	unknown	𐬕𐬀𐬎𐬎𐬀
<i>Mūrakas</i>	unknown	𐬕𐬀𐬎𐬎𐬀
<i>Sači</i>	unknown	𐬕𐬀𐬎𐬎𐬀
<i>Varšan</i>	unknown	𐬕𐬀𐬎𐬎𐬀



Table 4: The numbers of diseases in each one of the parts of chapters

Chapter	Parts of the Chapters	Numbers of Diseases
<i>Âbân Yast</i>	<i>Kardeh. XXI.</i>	18
<i>Ardibehesht Yast</i>	<i>Kardeh. II.</i>	1
	<i>Kardeh. VIII</i>	1
<i>Bahrâm Yast</i>	<i>Kardeh. XXXIII.</i>	1
	<i>Kardeh. XVII.</i>	1
<i>Farvardîn Yast</i>	<i>Kardeh. XXV.</i>	1
	<i>Kardeh. XXIX.</i>	5
<i>Khordâd Yast</i>	<i>Kardeh. II, III.</i>	5
<i>Ormazd Yast</i>	<i>Kardeh. XXXIII.</i>	1
<i>Tîr Yast</i>	<i>Kardeh. XVI.</i>	1
<i>Vendîdâd</i>	<i>Fargard. I.</i>	1
	<i>Fargard. II.</i>	12
	<i>Fargard. IV.</i>	1
	<i>Fargard. V.</i>	2
	<i>Fargard. VII.</i>	10
	<i>Fargard. XV.</i>	1
	<i>Fargard. XVI.</i>	2
	<i>Fargard. XVIII.</i>	3
	<i>Fargard. XX.</i>	21
	<i>Fargard. XXI.</i>	22
	<i>Fargard. XXII.</i>	16
<i>Yasna</i>	<i>Hât. XI.</i>	4

Conclusion

From the above description of the *Zend-Avesta*, it is found that this work of antiquity is more than a religious book. There are a number of fragments which are chiefly medical and some are of interest as they relate to the different types of diseases. The results showed that *Vendîdâd* (*Fargards* 20 and 21) and *Âbân Yast* (*Kardeh* 21) have, respectively, the highest numbers (49 and 18) and frequencies (142 and 18) of diseases.

In addition to the identification of common diseases in ancient Iran, research about medical terms available in the *Zend-Avesta* declared the same general principles can be applied to the classification of medical terms, diseases, health problems and health care services, which are also incorporated in other sacred books of ancient Iran.

Conflict of Interest

None.

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