History of Medicine in Iran

Brief Historical Perspectives of Malaria in Iran

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Abstract

The history of malaria as a serious human disease dates back to ancient times. For centuries, malaria has been a deadly disease with high morbidity and mortality that profoundly impacted the socioeconomic status of endemic countries. However, its causative agent remained unidentified until the last decades of the nineteenth century. There were no effective synthetic anti-malarial agents until the mid-twentieth century. Currently malaria has been eliminated or pre-eliminated in numerous countries; however, this preventable and curable disease remains a significant global health problem. A major concern is drug resistance. Presented here, is a brief look at the history of malaria in Iran and the rest of the world, particularly during the nineteenth and twentieth centuries.

Keywords: History of medicine, Iran, malaria

Introduction

Malaria is a vector-borne disease caused by protozoan parasites that belong to the genus Plasmodium. The parasites are transmitted from person to person by the bite of infected female Anopheles mosquitoes.1 There are approximately 400 Anopheles mosquitoes of which 70 species are potentially malarial vectors; however, only about 36 species are considered significant.2 There are four species of malaria parasites that potentially could infect humans, including Plasmodium vivax (P. vivax), P. falciparum, P. malariae, and P. ovale. Of these, P. falciparum is the most hazardous. The symptoms of malaria vary depending on the responsible species, but the initial symptoms generally include lethargy, headache, anorexia, nausea and vomiting. The typical findings are recurrent intermittent fever and chills that last several hours and are accompanied by profuse sweating.3 Most malaria mortalities occur in children and pregnant women.4

Global malaria timelines

It has been speculated that P. vivax originated approximately two million years ago from a group of malaria parasites in monkeys and apes.5 Three factors-wars, spontaneous and forced migrations affected the spread of special strains of parasitic diseases in specific geographic areas. Because of human migration, plasmodia transferred from Africa to the Mediterranean region. However, the actual malarial foci primarily formed following the ‘Neolithic Revolution’ which included sedentarisation, irrigation and population increase.6 In due course, malaria extended from Africa to the Americas.7 The etiologic agent of malaria remained undetermined until the last decades of the nineteenth century when in 1880, malaria parasites were detected by the French Army surgeon Charles Louis Alphonse Laveran (1845–1922) who won the Nobel Prize for medicine in 1907.8 Subsequently in 1897, the role of Anopheles mosquitoes as vectors of malaria were initially identified in avian malaria by a British physician, Ronald Ross (1857–1932) and thereafter, between 1898 and 1900, the vectors of human malaria were discovered by several Italian scholars, including Camillo Golgi (1843–1926).9,10 Ross won the Nobel Prize in 1902 for his work on malaria.11 According to F.E.G. Cox, in 1948, Henry Shortt and Cyril Garnham discovered that malaria parasites developed in the liver before entering the blood circulation (known as the pre-erythrocytic phase) and in 1982, Wojciech Krotoski found the final dormant stage of the hepatic lifecycle of malaria parasites4,12 (hypnozoites).

Until the 17th century there was no specific treatment available for malaria. Later, an anti-malaria drug known as quinine was extracted from the bark of the cinchona tree. Synthetic quinine alternative drugs were manufactured during the twentieth century. Chloroquine was the most successful antimalarial drug. However, in the 1970s, widespread drug resistance occurred.13,14 Up to the beginning of the 20th century, there was no efficient method that control breeding of the Anopheles mosquito.15 Before the 1940s; control of mosquito borne diseases such as malaria was performed mainly by environmental management such as oiling
stagnant waters with petrol products and utilizing larvivorous fish. The use of indoor spraying for malaria by dichloro-diphenyl-trichloroethane (DDT) began around the mid-1940s and in due course, remarkable declines in malaria prevalence occurred. In 1955, the World Health Organization (WHO) began the Global Malaria Eradication Program.

A historical background of malaria in Iran

In “Avesta”, the Zoroastrian religious book, the characteristics of a disease that resembled malaria were mentioned (Tab-Larzeh, which means fever and chill).

During the Islamic period, the clinical picture of malaria was a familiar entity to famous Iranian physicians. Ali ibn Sahl-e Rabban Tabari (838–870 C.E.) in his book, “Firdous al-Hekmah” (Paradise of Wisdom) expressed various types of fevers including malaria and Ali ibn Abbas Majusi Ahvazi (10th century C.E.), known as Haly Abbas in the West, in his book entitled “Tebb Maleki” (Royal Medicine) described the clinical manifestations of malaria as Tab-e Naeb (paroxysmal fever). Razi (865–925 C.E.) or Rhazes explained various fevers as well as the fever pattern of malaria. Abu ul-Ala Shirazi who lived around the 10th century C.E. also mentioned that arsenic (known as Sam-ol-far or mouse killer poison) could be effective in the treatment of malaria. Another physician, Akhawayni Bukhari in the 10th century C.E., who was the author of the oldest known medical Persian treatise named “Hedayat al-Motaallemin fi-Tebb” discussed various patterns of fever and malaria (Figure 1).

Figure 1. Two pages from the book “Hedayat al-Motaallemin fi-Tebb” which described various fevers (Hammiat) and malaria was written by the Persian physician, Akhawayni in the 10th century C.E. [Akhawayni Bukhari A. Hedayat al-Motaallemin fi-Tebb (Edited by Afshar I, Omidsalar M, Mot-talebi Kashani N). Tehran: Bahram Publication; 2008]

The distinguished Iranian physician, ibn-Sina or Avicenna (980–1037 C.E.) classified fevers including malaria (Tab-e Nowbeh) in his “Canon of Medicine”. Later, Ismail Jorjani (1040–1136 C.E.), in “Zakhireh-ye Kharazmshahi” (Treasure of Kharazm Shah) described different types of fever including the fever pattern of malaria. Another physician, Akhawayni Bukhari in the 10th century C.E., who was the author of the oldest known medical Persian treatise named “Hedayat al-Motaallemin fi-Tebb” discussed various patterns of fever and malaria (Figure 1).

Malaria in Iran during the 19th and 20th centuries

No accurate data exists regarding the malaria outbreaks and its true prevalence in Iran in previous centuries; however, the malaria profile during the 19th and 20th centuries is more informative.

Based on historical evidence, during the time of Shah Abbas, a ruler of Safavid dynasty (1587–1629 C.E.), there were approximately 100,000 Armenians that migrated to Northern Iran. Shortly thereafter 20,000 people died of malaria and the survivors transferred to Isfahan, the capital city. Subsequently, during the Qajar period (1796–1925) malaria was a major health problem. It was an endemic disease, particularly along the Caspian Sea in Gilan, Mazandaran and Gorgan Provinces; additionally it was common in Khorasan, Azarbaijan, Kurdestan, Kermanshah, Hamadan, and Khuzestan Provinces. The Persian Gulf territories were highly affected. During that time, the main reasons for malaria, particularly in Iranian villages, were lack of adequate sanitation and presence of stagnant waters which were conducive to breeding the Anopheles mosquitoes. In certain areas, Anopheles mosquitoes were so common that it led to unwanted migration of people who lived in those areas. In 1924, malaria killed 2,634 people in Tehran. Between 1949 and 1953, around half of the workers who were constructing the roads or industrial factories in Northern Iran died from malaria.

The first official report on malaria in Iran has been written by Gilmour in 1925 which was a part of an inquiry regarding the endemic diseases in Iran and was compiled for the League of Nations. According to his report, in 1921, the estimated total population of Iran was around 12 million, of which 60% resided in high-
ly endemic malaria areas. Gilmour added that each year, between 4 and 5 million people developed malaria, which was responsible for 30% to 40% of all mortalities in Iran; thus at that time, the Ministry of Health had to invest around one-third of its annual budget to purchase quinine for the treatment of malaria-infected patients.

Prior to the second world war, the campaign against malaria in Iran was limited and mainly focused on the distribution of quinine tablets (Figure 3), petrol products for spraying stagnant waters, and the promotion of some environmental standards on a restricted scale. However, because of the lack of facilities, budget shortage, lack of expertise and WWII, these measures were ultimately stopped.33

Between 1943 and 1946, malaria control by the Ministry of Health was undertaken only in the cities of Khoramabad, Sanaddaj, Isfahan and Shiraz.34 However, later in 1949 malaria control measures were reinforced and the government approved the establishment of an organization to combat malaria which was called Edareh-ye Mobarezeh ba Malaria (the Administration for Malaria Campaign). The main objectives of this newly established organization were to study malaria and train the required experts. This organization devoted 55,000,000 Rials for the distribution of quinine tablets (Figure 3), petrol products for spraying stagnant waters, and the promotion of some environmental standards on a restricted scale. However, because of the lack of facilities, budget shortage, lack of expertise and WWII, these measures were ultimately stopped.33

In 1949, ‘the Point Four Program’ as a technical assistance program for developing countries was announced by US President Harry S. Truman.36 In due course, in 1951, the Department of Health Organization Collaboration was established in Iran by cooperation from the Ministry of Health, but after a few years, the aforementioned organization was dissolved and Edareh-ye Koleh-e Behdashat (General Administration of the Public Health) was founded at the Ministry of Health and then, after launching the Malaria Eradication Program, Edareh-ye Risheh Kani Malaria (General Administration of Malaria Eradication) was established.37

In addition to the establishment of the General Administration of Malaria Eradication, the Institute of Malarialogy was founded in Iran in 1952 by mutual collaboration of the Parasitology Department of Tehran University Medical School and the Ministry of Health. It was headed by Dr. Naser Ansari, a Professor of Parasitology. The institute was changed to the Public Health Research Institute in 1964 and the first malaria research station was established in Kazeroun, Fars Province in Southern Iran.38 Dr. Naser Ansari (born in 1913 in Isfahan) was sent to Paris in 1930, where he studied parasitology. On his return, he was appointed Associate Professor of Parasitology at Tehran Medical School. He became a full Professor in 1943.39 The Institute of Malarialogy trained malarialogist physicians and technicians. This institute was changed to the Institute of Malarialogy and Parasitology in 1956 and in 1965 it was expanded and became the Institute of Medical Parasitology and Tropical Health.40 The national program for malaria eradication in Iran was launched in 1958, but because of major technical and administrative difficulties, malaria eradication was officially declined to malaria control in 1987.40

Between 1964 and 1965, indoor DDT spraying of 43,896 villages with a population of 878,414 was performed. In 702 villages with a total population of 298,497 resistance to malaria appeared, therefore malathion spraying was used.41 In 1960s, several stamps were issued to support the malaria campaign in Iran (Figure 4).41

**Figure 3. Left** A letter from the Sehhyeh-e Koll-e Mamlekati (Public Health Administration) regarding distribution of quinine tablets among the students who resided in Shahnar, Karaj, near Tehran during 1934. **Right** Another letter from the Public Health Administration that described an outbreak of malaria in Shah Abad Gharb, Kermanshah Province in Western Iran during 1935.

**Figure 4.** Stamps issued in Iran between 1960 and 1968 regarding the malaria campaign.41
In the past few decades, several researchers studied malaria in Iran. The first study on malaria in Iran was carried out by Latychev in 1921 who investigated malaria in Rasht and Bandaranazli, Gilan Province, in Northern Iran. Manouchehrian et al. pointed out that malaria investigations were performed by Lindberg (1936), Amidzadeh (1941), Zolotarev (1945), and Manouchehri (1950) who studied the epidemiology of malaria in Iran, followed by Jalali (1955), Motabar et al. (1975), Manouchehri et al. (1972, 1974, 1975, 1976), Manouchehri and Janbakhsh (1977), Manouchehri and Yaghoubi-Ershadi (1988), Zaim (1987), and Zaim et al. (1991).32

Current picture of malaria in the world and Iran

According to the World Malaria Report 2011 by WHO, there were 216 million cases of malaria in 2010; of which 81% were in the WHO African Region. The estimated number of people, who were at risk of malaria in 2010, was 3.3 billion. Around 655,000 persons died of malaria in 2010 and 86% of these victims were children below the age of five; 91% of malaria deaths occurred in the WHO African Region. WHO reported that since 2000, malaria mortality rates have decreased by more than 25%, with the largest reductions in the European (99%), American (55%), the Western Pacific (42%) and African Regions (33%). Drug resistance has been a major concern.32 At present, according to the WHO, malaria in Iran is in the pre-elimination phase.43 For instance, according to a report by the Ministry of Health officials, in 2009 (1388 Shamsi), 3,016 cases of malaria have been detected in Iran; 50% of these patients were immigrants or refugees from neighboring countries.44 Currently, most cases of malaria (90%) in Iran are from three endemic regions i.e., Hormozgan, Kerman, and Sistan and Baluchestan provinces.45

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