**Title:** The role of Complementary-Supplementary Medicine in health promotion  
**Authors:** Dr Alireza mostaghimi  

**Abstract:** Introduction: Nowadays, complementary-supplementary medicine has achieved an important role in health and medical sciences. More patients benefit from complementary-supplementary medicine. Considering the different pattern of diseases in 21 century, and positive evidence for effectiveness of complementary-supplementary medicine, there are significant implications for general practitioners and health professional to get familiar with various non-medical approaches to health and diseases.  
Methods: A comprehensive review of literature regarding complementary-supplementary medicine methods both in international level as well as national level was conducted. A critical comparative analysis was implemented to compare the relations between different schools of thought and also to identify the most comprehensive approach. In addition, a review of literature regarding the perspectives of medical students as well as people towards complementary-supplementary medicine was conducted to identify the trends in perceived needs of medical students in regards to training in complementary-supplementary.  
Findings: Comparing the different complementary-supplementary medicine methods shows that there is a high potential for recently emerging Iranian-supplementary medicine to achieve significant success in promoting patients and healthy people’s health with little or no adverse effect. In addition, there has been an increase in demand for training in Iranian-supplementary medicine as well as utilisation of these methods among medical students and people. The global estimations show 65-85 percent of people worldwide is using some kind of complementary-supplementary medicine.  
Discussion and Conclusion: The limited experimental research regarding Iranian-supplementary medicine indicates significant success. However, still there is a great need to more experimental research. In addition, the lack of official organization for this alternative medicine, not only creates obstacles in conducting research, it also increase the risk of faulty practice of this medicine. Hence, it is suggested that the relevant authorities support official research and training for this method and develop regulations to improve monitoring strategies for those practicing this alternative medicine.