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CLINICAL AND PSYCHOSOMATIC
STUDY AMONG PRAYERS

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Thesis

Submitted in Partial Fulfilment of Requirements for
M. D. Degree (General Medicine)

By

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MASTER DEGREE OF (GENERAL MEDICINE)

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وعلمك ما لم تكن تعلم
وكان فضل الله عليك عظيما

صدق الله العظيم

سورة النساء [آية ١١٣]

DEDICATION

To

*The Memory of My First Teacher in Life
My Father*

To

My Wife & Children for Their Love, Devotion & Patience

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LIST OF ABBREVIATIONS

2nd	Second.
ACTH	Adrenocortico-Trophic Hormone.
CNS	Central Nervous System.
Con A	Concanavalin.
CRF	Corticotropin Releasing Factor.
DSM-I	Diagnostic and statistical Manual of Mental Disorders I
DSM-II	Diagnostic and statistical Manual of Mental Disorders II
DSM-III	Diagnostic and statistical Manual of Mental Disorders III
DSM-IV	Diagnostic and statistical Manual of Mental Disorders IV
ECG	Electrocardiogram.
EEG	Electroencephalogram.
Fig	Figure.
GH	Growth Hormone.
GIT	Gastro Intestinal Tract.
HPA	Hypothalamic Pituitary Adrenal Axis.
IBS	Irritable Bowel Syndrome.
IgA	Immunoglobulin A.
IgD	Immunoglobulin D.
IgE	Immunoglobulin E.
IgG	Immunoglobulin G.
IgM	Immunoglobulin M.
ISD-9	International Classification of Disease.
LPS	Lymphocyte Stimulation.
MIF	Migration Inhibitory Factor.
MVP	Mitral Valve Prolapse.
PAT	Paroxysmal Atrial Tachycardia.
PHA	Phytohemagglutinin.
SLE	Systemic Lupus Erythematosus.
SRBC	Antibody Response to Bacterial and Sheep Red blood Cells
T3	Triiodotyrosin.
T4	Tetraiodotyrosin.
TRH	Thyrotropin Releasing Hormone.

Y/O	Years old.
G H.	Growth hormone.
cAMP.	Cyclic Adenosine Monophosphate.
T. M	Transcendental Meditation.
(SR & RP	Stress Reduction and Relaxation Program.
UMMC	University of Massachusetts Medical Center.
U.S	United States.
IL-2	Interleukine 2.
5 H.LAA	Five hydroxy Indol Acetic Acid.
GAD	Generalized Anxiety Disorders.
GABB	Gamma - Amino Butyric Acid.
MHQ	The Middle Six Hospital Questionnaire.
PMR	Progressive Muscle Relaxation.
NIDDM	Non Insulin dependent Diabetes Mellitus.



THE AIM OF THE WORK

THE AIM OF THE WORK



The aim of the present study is to evaluate the effect of praying on hidden psychosomatic disorders in apparently healthy individuals.

It also aimed to evaluate the effect of praying if any on the blood glucose level and lipid profile in a group of NIDDM.



REVIEW OF LITERATURE

REVIEW OF LITERATURE



History of Psychosomatic Medicine

Introduction :

The concept of psychosomatic medicine, which back to the origin of medicine, was include in the first edition of the diagnostic and statistical manual of mental disorders DSM-I in 1952 as psychosomatic disorders and in DSM-II, published in 1968, as psychophysiological autonomic and visceral disorders. In 1980s DSM-III, these categories, after must debate, were deleted and replaced by the designation psychological factors affecting physical condition. This term describes the interaction of mind or psyche and body or some too vaguely.

The diagnostic criteria in DSM-III (1980) for psychological factors affecting physical conditions are that psychologically meaningful environmental stimuli are temporally related to the initiation or exacerbation of physical condition that has either demonstrable organic pathology, such as rheumatoid arthritis, or a known pathophysiological process, such as migraine headache or vomiting.

The DSM-III category has been extensively reevaluated in the process of developing DSM-IV. The committee evaluating the category under the conceptual and clinical umbrella of psychosomatics and psychophysiology, concluded that problematic as the category is and despite its lack of use since its conception in
