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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)

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SAYED MOHAMED EL AZAB

MASTER DEGREE OF (GUNERAL MEDICINE)
FACULTY OF MEDICINE
EL MANSOURA UNIVERSITY

Supervisors

Prof. Dr.

GALAL MOHAMED AMER

Professor of General Medicine
Head Department of General Medicine
Faculty of Medicine
EL Monoutiva University

Prof. Dr.

MOHAMED RAGHEB REFAIE

Professor of General Medicine and Endocrinology

Faculty of Medicine El. Mansoura University

103.13.

MOHAMED HAFEZ EL ATROUNY

Professor of Psychiatry Faculty of Medicine EL Mansoura University

Faculty of Medicine EL Monoufiya University

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EL Monoufiya University

Prof. Dr.

MOHAMED RAGHEB REFAIE

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MOHAMED HAFEZ EL ATROUNY

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Faculty of Medicine EL Monoufiya University

1997

# وعلمك مالم تكن تعلم المائية عظيما

ددق الله الغظيم

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	Concanavatio.
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.
Ĥ₽Å	Hypothalamic Pituitary Adrenal Axis.
1BS	firritable Bowel Syndrome.
lgA	Immunoglobulin A.
lgD	Immunoglobulin D.
lgE	Immunoglobulin E.
İgG	Immunoglobulin G.
IgM	Immunoglobulin M.
ISD-9	International Classification of Disease.
LPS	Lymphocyte Stimulation.
MUF	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.
74	Tetraiodotyrosin.
TRH	Thyrotropin Releasing Hormone.

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

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# THE ALL OF THE OF THE WORK

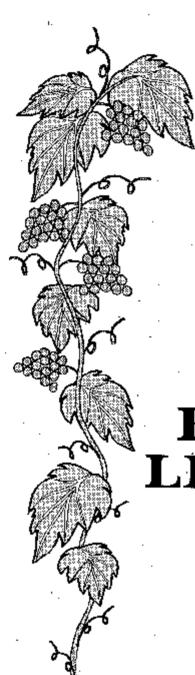


#### THE AIM OF THE WORK



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

#### ℯ⅌℁

### 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, puplished in 1968, as psychophysiological autonomic and visceral disorders. In 1980s DSM-III, these catigories, 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 meanigful environmental stimuli are temporally related to the initiation or exacerbation of physical condition that has either demonstrable organic pathology, such as rheumatoid arthitis, or a known pathophysiological process, such as migraine headache or vomiting.

The DSM-III category has been extensively reevaluated in the process of developming 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