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History of Psychosomatic Diseases and the Islamic Opinions about Brain and Mind

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Statement of the problem: Research results in Cognitive and Psychology sciences in field of relationships between mind and body led a new subject to appeared in modern age medicine calling “Psychosomatic”. Despite of the new concept of Psychosomatic but it has an old background particularly in Islamic Medicine.

The purpose of this study: This study has tried to shed light on Islamic physicians studies about Psychosomatic diseases till end of 10th century and categorized their methods in this field of study.

Methodology & theoretical Orientation: This research used historical method. This study has aimed several famous Islamic medicine books mostly between 6 BC till 10 BC. It consisted of Canon of Medicine from Avicenna, Al-Hawi from Rhazes, and Abu Zayd al-Balkhi notes.

Findings: This study has classified physiology-psychology impacts, diseases, Problems and methods of their treatment based on medieval Islamic Physicians opinions

Conclusion and Significance: For the first time the relationships between mind and body stated in Islamic medicine books theoretically. Islamic physicians used this method for curing not only mental disorders but also physical.

Keywords: Islamic Medicine, Psychosomatic, Mental Disorders, Physical Disorders

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