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# Instruction:



- Do not eat or drink inside the classroom.
- Turn off cell phones inside the classroom.
- Be in the classroom on time, No exception.
- Follow the three rules: Respectful, Ready and Responsible.
- Complete home works and assignments neatly and on time.

## Marks distribution:

<b>Midterm II (Thursday 2-8-1441/26-3-2020)</b>	<b>20</b>
<b>2 Quizes</b>	<b>4</b>
<b>2 Assignments</b>	<b>2</b>
<b>In-class activity</b>	<b>4</b>
<b>Final Exam</b>	<b>20</b>
<b>Total</b>	<b>50</b>



**Kahoot**

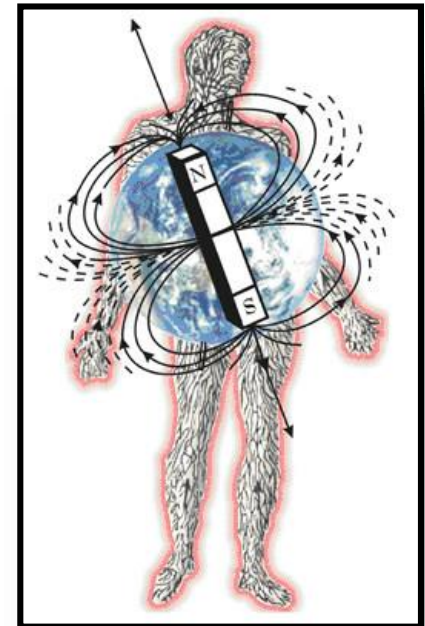


# Mantimeter

# Complementary and Alternative medicine PHG 332 (*Other Treatments and Applications*)



Department of Pharmacognosy –  
College of Pharmacy - KSU



➤ **Topics to be covered (part II):**

**Other treatment and applications**

- A) Mind & Body Interventions
- B) Bioelectromagnetic Applications
- C) Pharmaco-Biological Treatment
- D) Miscellaneous Diagnostic & treatment Methods

**Alternative systems of medical practices (continued)**

- G) Ayurveda

**Phytotherapy and herb-drug interactions**

**Various regulatory aspects applied for herbal products**

➤ ***Reference Books***

Book	Authors	Year	Name of Publisher
Pharmacognosy 16 <sup>th</sup> ed.	Trease & Evans	2009	Saunders
Complementary and alternative medicine	Kayne & Steven	2009	Pharmaceutical Press
ABC of complementary medicine	Zollman & Catherine	2008	Wiley-Blackwell Pub./BMJ Books
The ACP Evidence-Based Guide to Complementary and Alternative Medicine	Jacobs & Gundling	2009	American College Physicians

## **Other treatment and applications:**

- A) Mind–Body Interventions
- B) Bioelectromagnetic Applications
- C) Pharmaco-Biological Treatment
- D) Miscellaneous Diagnostic & treatment Methods



# I) Mind-Body Interventions (MBI)

- **According to U.S. National Center for Complementary and Alternative Medicine (NCCAM), MBI covers a variety of techniques designed to enhance the mind's capacity to affect bodily function and symptoms.**
- **Many of these techniques include prayer, meditation and therapies that use creative outlets such as art, music, etc.**
- **MBI involve learning and using very simple relaxation techniques.**
- **These methods quiet the mind, which in turn calms the body.**
- **When practiced consistently, they are beneficial in managing anxiety or pain and in promoting restful sleep.**

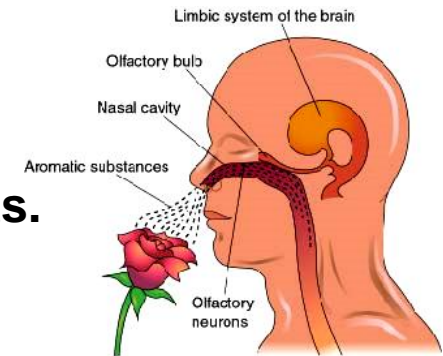
- **MBI** methods offer what people are **hungry for**, a **medicine that addresses more than the body**.
- In addition to preventing or curing illnesses, these therapies **provide people with the chance to be changed psychologically**.

## Types of MBI:

- Aromatherapy**
- Art therapy**
- Music therapy**
- Biofeedback**
- Hypnosis**
- Meditation**
- Yoga**
- Prayer**
- Relaxation techniques**
- Tai chi**

## A) Aromatherapy

Stimulation of the sense of smell to encourage relaxation, well-being, or other physiological benefits.



## B) Art therapy

- It differs from regular art classes such as painting and sculpture in that the therapist is trained both in diagnosis and in helping patients with specific health problems.
- Here, patients may focus on parts of their bodies that unconsciously concern them and have never mentioned to their physicians or nurses.
- This can lead to further investigation and additional diagnosis.

➤ **Art therapy is a means for patients to express unspoken and frequently unconscious concerns about their disease.**

➤ **It is particularly valuable with children, who often cannot talk about their most pressing and painful concerns.**



➤ **Studies on art therapy have been performed in many areas:**

- ✓ **Eating disorders**
- ✓ **Addiction**
- ✓ **As a prognostic aid in childhood cancer**
- ✓ **Anxiety**
- ✓ **Deafness and aphasia**
- ✓ **Autism**
- ✓ **Emotional disturbance**
- ✓ **Physical handicap**



**Healing traumatized kids through art therapy**



**Art Therapy and Parkinson's Disease**



**Art Therapy in Social Care**



**Art Therapy has healing power in cancer care**



## C) Music therapy

- Throughout history, music has been used to **facilitate healing**.
- **Pythagoras taught** his students **to change emotions of worry, fear and anger** through the **daily practice of singing and playing a musical instrument**.
- Music could **easily be used as a therapy because**:
  - It meets with **little or no intellectual resistance**
  - Music therapy is **cost effective**
- Music may be **used by itself or integrated with other treatments** to ameliorate certain illnesses.

- **A qualified music therapist can provides an appropriate treatment according to the needs of each patient, which can include:**
  - **Creating music**
  - **Singing**
  - **Just listening**
- **Music therapy can be used in:**
  1. **Facilitating communication** with those with autism or communication disorders
  2. **Chronic pain or impaired movement.** It can be a **sedative** to promote relaxation or a **stimulant** to promote movement to other physical activity.
  3. **Alzheimer's disease**, because selecting music from an individual's past may evoke memories of times, places, and persons → may contribute to the treatment of the individual
  4. **Psychiatric** hospitals
  5. **Rehabilitation** units
  6. **Drug and alcohol abuse treatment programs**



**Music therapy in a program for treating substance abuse**



**Music Therapy For Autistic Children**



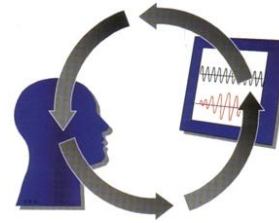
**Music therapy in rehabilitation**



**Music and Memory**



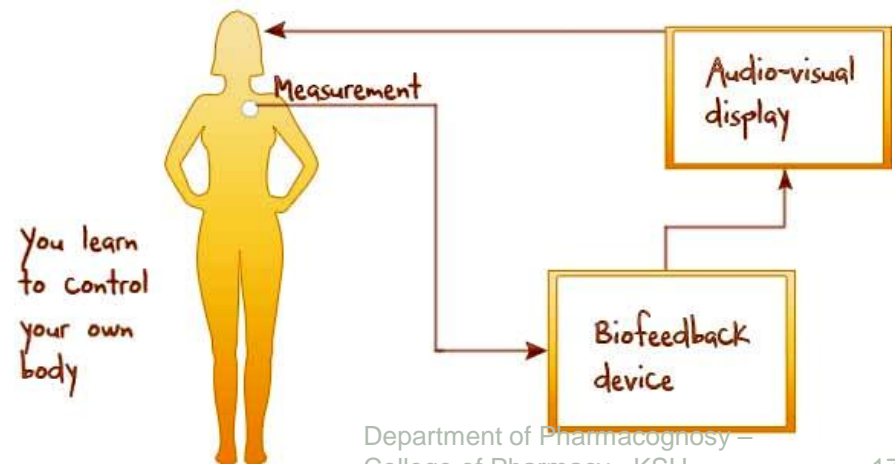
## D) Biofeedback (BFB)



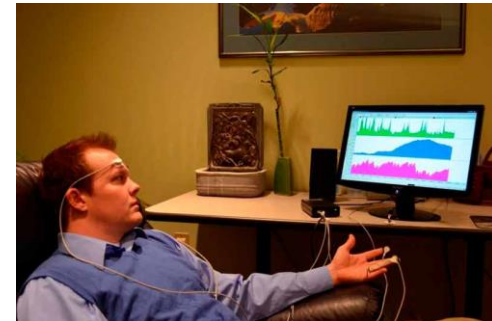
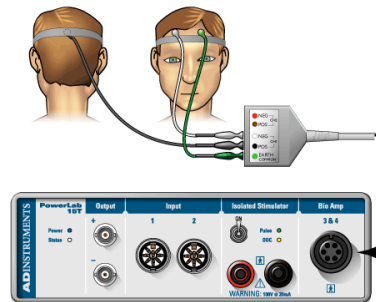
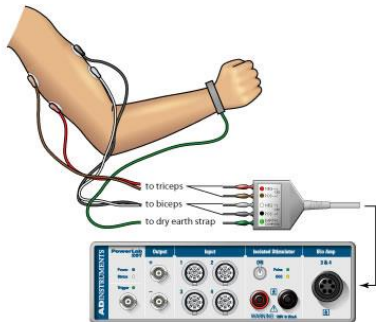
- BFB originated in the late 1960s
- It is a non-invasive treatment **method that uses monitoring instruments to provide visual or auditory feed back to patients based on physiological information (responses) of which they are normally unaware.**
- By watching the monitoring device, **patients can learn (by trial and error) to adjust their thinking and other mental processes to help control** bodily processes heretofore thought to be involuntary.

### ➤ Examples of these processes

- Blood pressure
- Body temperature
- Gastrointestinal functioning
- Brain wave activity



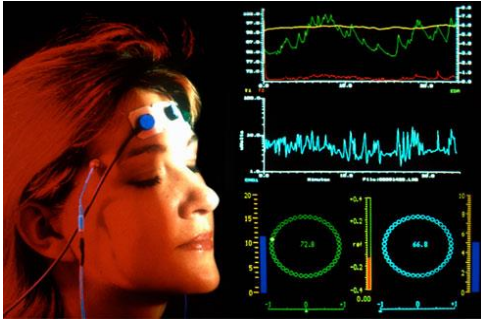
- The **most common forms of BFB** involve measurement of of:
  - **Muscle tension** (Electromyographic or EMG feedback)
  - **Brain waves** (Electroencephalographic or EEG feedback)



- Currently there are approximately **150 applications** for BFB.
- In its simplest form, BFB therapy involves a **therapist + patient + monitoring device** capable of providing accurate physiological data.
- In a session, **electrodes are attached to the monitored area**. The electrodes **feed** the information to a **monitor** that registers the **results that varies** as the function being monitored **decreases or increases**.

- **BFB therapist put the patient in mental exercises to help him to reach the desired result (e.g. muscle relaxation or contraction).**
- **Through trial and error, patients gradually train themselves to control the inner mechanism involved.**
- **Training to control some disorders requires 8 to 10 sessions.**
- **Patients with severe disorders may require longer therapy.**
- **Obviously, the aim of the treatment is to teach patients to regulate their own inner mental and bodily processes without help from the machine.**

- **BFB can be used to treat a wide variety of conditions and diseases:**
  - Stress**
  - Sleep disorders**
  - Respiratory problems**
  - Migraine headaches**
  - Others**
  - Addictions**
  - Epilepsy**
  - GIT disorders**
  - Hypertension**
- **Many patients like BFB training as it gives them a sense of mastery and self-reliance over their illnesses and health.**
- **Although BFB does not belong to any particular field of health care but it is used in many areas as internal medicine, dentistry, physical therapy and rehabilitation, psychiatry, pain management, etc.**



**Measurable Behavior**  
Muscle activity, clenching or grinding of teeth.

**Change In Behavior**  
User reduces or eliminates behavior of grinding teeth.

**Recognition**  
User recognizes teeth grinding consciously or unconsciously.



**Detection**  
Sensor and process muscle activity signals.

**Generate Feedback**  
Muscle activity, clenching or grinding of teeth.

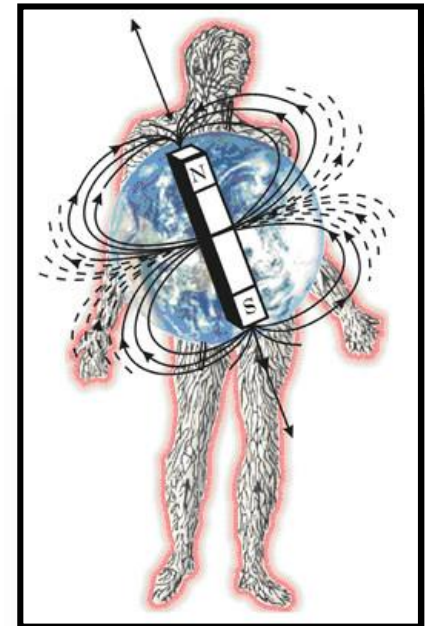
## Types of biofeedback equipment (Methods)

- **Electromyograph (EMG):** Used in Tx neurologic disorders such as stroke , cerebral palsy, traumatic brain injury, and multiple sclerosis
- **Galvanic skin response (GSR):** Sensors on the fingers monitor perspiration or sweating. GSR may be used in the treatment of anxiety, phobias, stress, and sleep problems.
- **Temperature or thermal sensors:** Temperature or thermal BF may be useful in treating migraine headache, Raynaud's disorder, and anxiety disorders.
- **Capnometry (CAP):** Respiratory sensors monitor oxygen intake and carbon dioxide output. Breath control training may be used to treat panic attacks and asthma.
- **Encephalographs (EEG) or neurofeedback:** Sensors attached to the scalp monitor brain wave activity in different. It may be used to treat conditions such as seizure disorders or epilepsy, migraine headaches, traumatic brain injury, and sleep disorders.
- **Heart rate sensors**

# Complementary and Alternative medicine PHG 332 (*Other Treatments and Applications*)

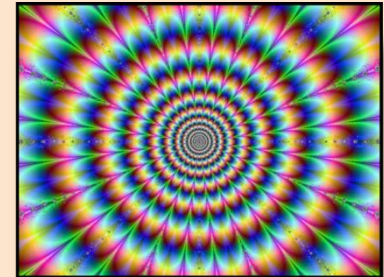


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## Other treatment and applications:

- A) Mind–Body Interventions
- B) Bioelectromagnetic Applications
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## Types of MBI:

- Aromatherapy**
- Art therapy**
- Music therapy**
- Biofeedback**
- Hypnosis**

- Meditation**
- Yoga**
- Prayer**
- Relaxation techniques**
- Tai chi**

## E) Hypnosis (Hypnotherapy)

- Hypnosis, derived from the Greek word *hypnos* (sleep).
- The induction of “trance states” and the use of therapeutic suggestion were a central feature of the early Greek healing methods.
- Hypnosis is a state of induced focused concentration in which people can be relatively unaware of, but not completely blind to, their surroundings.



- If something **demands attention**, such as a **fire**, hypnotized people easily **rouse** themselves to react to the situation.
- In this state of **concentration**, people are highly **responsive** to **suggestion**.
- But, **contrary** to popular folklore, people **cannot** be hypnotized **involuntarily** or follow suggestions **against** their wishes.
- They must be **willing** to concentrate their thoughts and to **follow** the suggestions offered.
- In the end, all hypnotherapy is **self-hypnosis**.

- **Hypnosis** is usually considered an aid to psychotherapy, rather than a treatment in itself, because it:
  - (1) **allows people to explore** painful thoughts, feelings, and memories they might have hidden from their conscious minds and
  - (2) **enables people to perceive** some things differently, such as blocking an awareness of pain

- **Hypnosis** can be used in two ways, as suggestion therapy or for patient analysis.

### 1) Suggestion therapy:

- The hypnotic state makes the person better able to **respond to suggestions**.
- Therefore, hypnotherapy can help some people to **change certain behaviors**, such as to stopping smoking, nail-biting, and overeating.
- It can also help people **change perceptions** and **sensations**, and is particularly useful in treating **pain**.

## 2) Patient analysis (Psyco-analysis):

- The hypnotic state allows a person to be more **open to discussion** and **suggestion**.
- This approach uses the **relaxed state** to find the **root cause** of a disorder or symptom, such as a traumatic past event, phobias, fears, anxiety, sleep disorders, depression, stress, post-trauma anxiety, grief and loss that a person has hidden in his unconscious memory.
- Once trauma is **revealed**, it can be addressed in **psychotherapy**.

- **No one** knows exactly how such bodily changes are **brought about** by hypnosis, but they clearly occur because of the **connections** between **mind** and **body**.
- It is also clear that **suggestions** have the capacity to **affect** all systems and organs of the **body**.
- To **flow naturally** in and out of **hypnotic** states is common:  
e.g. it happens to people **watching** television  
e.g. we also move into a trance state in  
situations of **extreme stress**

- Also, when a person in a **position of power yells**, the yelling may have **effects** that become as strong as **posthypnotic suggestions**.
  
- **Physiologically**, hypnosis resembles other forms of **deep relaxation**:
  - A generalized **decrease** in **sympathetic** nervous system activity
  - A **lowering** of blood pressure and **heart rate**
  - A **decrease** in **oxygen** consumption and **carbon dioxide** eliminations
  - An **increase** in certain kinds of **brain wave activity**



➤ **There are several stages of hypnosis:**

- **Reframing** the problem
- Becoming **relaxed** then
- **Absorbed** (deeply **engaged** in the words or images presented by a hypnotherapist)
- **Dissociating** (letting go of critical thoughts)
- **Responding** (complying with a hypnotherapist's suggestions)
- **Returning** to usual awareness
- **Reflecting** on the experience



## What illnesses or conditions respond well to hypnosis?

- Clinical studies suggest that hypnosis may have the following **effects**:
  - Improve **immune** function
  - Increase **relaxation**
  - Decrease **stress**
  - Ease **pain** and feelings of **anxiety**
  - Reduce the **fear** that some people feel before **medical** or dental **procedures**
  
- Studies show that **dental** patients who underwent hypnosis had a significantly **higher threshold** for pain than those who were **not hypnotized**.

- Hypnosis may also improve **recovery time** and reduce **anxiety** and pain following **surgery**.
- Clinical trials on **burn** patients suggest that hypnosis **decreases pain** (enough to **replace** pain medication) and speeds **healing**.
- A hypnotherapist can teach you **self regulation skills** e.g. someone with **arthritis** may learn to **turn down** pain like the volume on a radio.
- **Self hypnosis** can enhance a sense of **control**, which is often **lacking** when someone has a **chronic illness**.

➤ **Other problems/conditions that may respond to hypnotherapy include:**

- Irritable bowel syndrome
- **Asthma**
- Phobias
- **Insomnia**
- Addictions
- **Bedwetting**
- Labor and delivery
- **Skin disorders** (such as acne, psoriasis, and eczema)
- Tinnitus (ringing in the ears)
- Cancer related **pain**
- **Eating** disorders
- Indigestion (dyspepsia)

## Who should not use hypnosis/Drawbacks of Hypnosis?

- 1) It might not be appropriate for a person who has **psychotic symptoms**, such as **hallucinations** and delusions.
- 2) Those who using **drugs** or alcohol.

**N.B.** It should be used for **pain control only** after a doctor has evaluated the person for any physical disorder that might require medical or surgical treatment.

- 3) It may be **risky** in **creating false memories**, usually as a result of unintended suggestions by the therapist. For this reason, use of hypnosis in certain mental disorders, such as dissociative disorders, remains controversial.

## Is Hypnosis Dangerous?

- It is **not** a dangerous procedure.
- It is not mind control or **brainwash**. A therapist cannot make a person do something embarrassing or that the person doesn't want to do.

## Who Performs Hypnosis?

- Hypnosis is performed by a **licensed** or **certified** mental health professional who is specially trained in this technique.



## F) Reiki (Universal Life Energy)

- Reiki is a type of **Natural Healing which evolved in Japan.**
- Anyone can receive or learn to give treatment with Reiki, since **no belief related to Reiki** (the only prerequisite is the desire to be healed).
- Reiki treatment by a practitioner is a very simple process:
  - The recipient **lies** (otherwise, in sitting position) and **relaxes.**
  - No unclothing as **Reiki pass through anything.**
  - A practitioner **gently places his hands in a sequence of positions to cover whole body** whatever the specific symptoms.
  - A full treatment usually **takes 1-1½ hours** with each position held for several minutes.
  - The **practitioner** is considered as a **channel** through which energy is drawn by the need or imbalance in the recipient.



- **Neither persons has to use any effort of will or concentration during this process.**
- **Reiki healing can be given anywhere at any time as **no special equipment is needed.****
- **As running water smoothes the jagged edges of a rock until it is small enough to roll away, Reiki flows to the areas of need, soothing pain and supporting the body's natural ability to heal itself.**

### **Which conditions can Reiki help?**

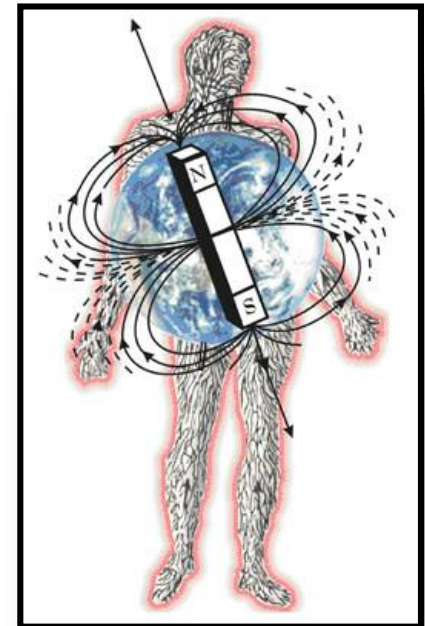
- **At any level** physical, mental, emotional or spiritual condition.
- **Acute injuries** can be helped to heal very quickly (c.f. chronic illness).
- In some cases such as **terminal illness**, there is usually great benefit and enhancement of the quality of life, giving a sense of inner peace and acceptance during the time remaining.
- Reiki supports **all forms of treatment** both orthodox and complementary.



# Complementary and Alternative medicine PHG 332 (*Other Treatments and Applications*)



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## **Other treatment and applications:**

- A) Mind–Body Interventions
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## Types of MBI:

- Aromatherapy**
- Art therapy**
- Music therapy**
- Biofeedback**
- Hypnosis**

- Meditation**
- Yoga**
- Prayer**
- Relaxation techniques**
- Tai chi**

## G) Yoga

- The word yoga means "**union**" in the **language** of ancient **India** where yoga originated.
- We can think of the **union** occurring between the **mind**, **body** and **spirit**.
- Yoga has been **practiced** for thousands of years.
- Its practitioners have long known that they have the **capacity** to alter **mental** and **bodily** responses, normally thought to be far **beyond** a person's ability to **modulate (control-modify)**

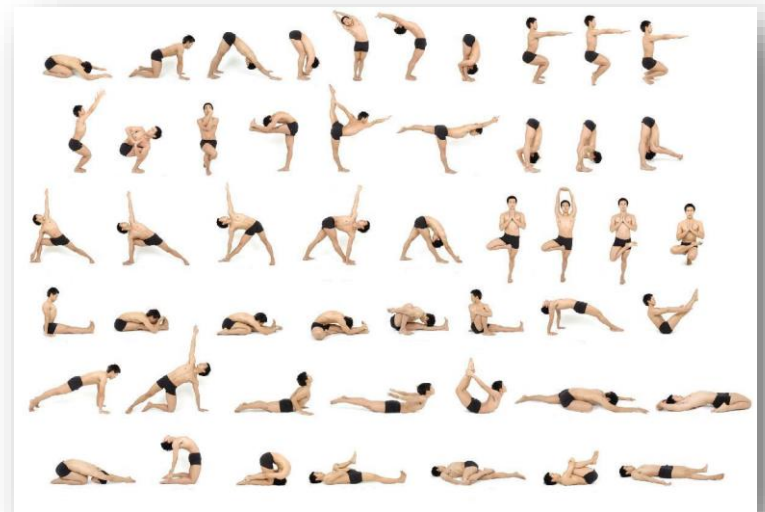


- The whole system of Yoga is built on **three** main structures:
  - **Exercises**
  - **Breathing**
  - **Meditation**
  
- The **exercises** of Yoga are designed to increase the body's **efficiency** and total **health**.
  
- **Breathing** techniques are **based on** the concept that breath is the source of life in the body
  - A Yoga student gently **increases breath control** to **improve** the **health** and **function** of both body and mind.

- These two systems of **exercise** and **breathing** prepare the body and mind for **meditation**.
- The person finds an easy approach to a **quiet mind** that allows **silence** and **healing** from everyday stress.
- Regular **daily** practice of **all three parts** of this structure of Yoga produce a **clear, bright** mind and a **strong** body.
- There are over a **hundred different** schools of Yoga e.g. **Hatha** Yoga (this is what most people associate with Yoga practice), **Raja** Yoga and **Karma** Yoga.

## Yoga sessions:

- A typical yoga **session** lasts from **20 minutes** to **an hour**.
- Some people practice **daily** at home, while others practice **one** to **three** times a week in a class.
- A Yoga **mat or blanket** and a small exercise **space** are required.



- There are a wide range of **Yoga Poses** that can be performed.
- Yoga can **ease** the tension in the **muscles** and joints.
- Yoga exercise is also believed to make a practitioner **look younger**.

## Yoga sessions:

- The “**Asanas**” or the “**Yoga Poses**” usually start in **breathing slowly** and **deeply**, **concentrating** your mind.
- The body **movements** and **breathing** must be **coordinated** until such time that they are one and the same.
- Your **breathing** will also be your **guide** on when to start or stop the Yoga Exercise.



## Some Yoga Asanas:

### Corpse Pose (Savasana)

- It is as a **classic relaxation** Yoga Pose
- It is practiced **before** or in **between** Asanas as well as a **final** relaxation.
- While it looks **simple**, it is actually **difficult to perform**.
- This exercise, if **done correctly** it will **stimulate** blood circulation and **lessen** or **relieve**:
  - Fatigue
  - Nervousness
  - Asthma
  - Indigestion
  - Insomnia
- It will also **improve** one's **mental concentration**.



## Some Yoga Asanas: (cont.)

### Easy Pose (Sukhasana)

- It is one of the classic **Meditative Poses**
- It is usually performed **after** doing the Corpse Pose.
- The Easy Pose helps in:
  - **Straightening** the spine
  - Slowing down **metabolism**
  - Promoting inner **tranquility**
  - Keeping the **mind** still (quiet)
- As the name suggests, this pose is **very easy** to do.

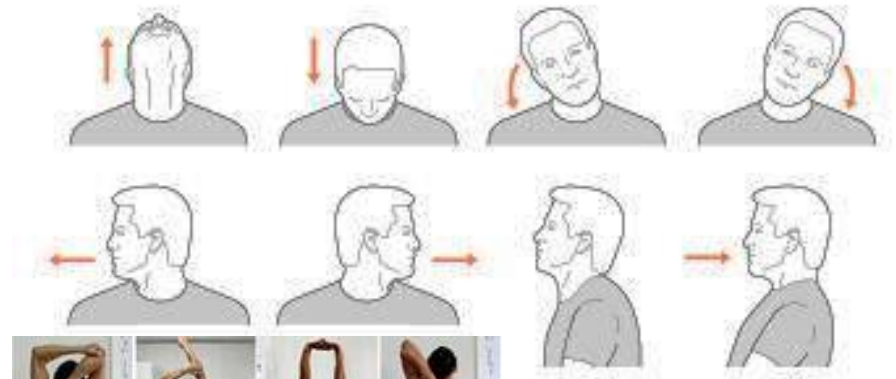


## Some Yoga Asanas: (cont.)

### Neck Exercises and Shoulder Lifts

- Many people hold **tension** in their necks and shoulders, leading to:

- **Stiffness**
- **Headaches**



- Yoga practice can:

- **Ease** tension
- Increase **flexibility**
- Relax the **muscles**



- To date, **thousands** of **research studies** have shown that with the **practice** of yoga a person can indeed **learn** to control such **physiological** parameters as:
- **Blood pressure**
  - **Heart rate**
  - **Respiratory** function
  - **Metabolic rate**
  - **Brain waves**
  - **Body temperature**
  - and **many** other bodily functions

# Yoga In an evidence-Based View

NCBI Resources ▾ How To ▾ Sign in to NCBI

PubMed.gov  Search

US National Library of Medicine  
National Institutes of Health Advanced Help



Format: Abstract ▾ Send to ▾

Mayo Clin Proc. 2019 Mar;94(3):432-446. doi: 10.1016/j.mayocp.2018.09.023. Epub 2019 Feb 18.

## Yoga as Antihypertensive Lifestyle Therapy: A Systematic Review and Meta-analysis.

Wu Y<sup>1</sup>, Johnson BT<sup>2</sup>, Acabchuk RL<sup>2</sup>, Chen S<sup>3</sup>, Lewis HK<sup>4</sup>, Livingston J<sup>5</sup>, Park CL<sup>2</sup>, Pescatello LS<sup>6</sup>.

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Int J Prev Med. 2018; 9: 21. PMCID: PMC5843960  
Published online 2018 Feb 21. doi: 10.4103/ijpvm.IJPVM\_242\_16 PMID: 29541436

## The Effect of Yoga on Stress, Anxiety, and Depression in Women

Masoumeh Shohani, Gholamreza Badfar,<sup>1</sup> Marzieh Parizad Nasirkandy,<sup>2</sup> Sattar Kaikhavani,<sup>3</sup> Shoboo Rahmati,<sup>4</sup> Yaghoob Modmelli,<sup>5</sup> Ali Soleymani,<sup>6</sup> and Milad Azami<sup>7</sup>

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[The effects of hatha yoga exercises on stress and anxiety levels in mastectomized women]. [Cien Saude Colet. 2013]

## H) Alexander technique “Better Posture Better Health”

- Alexander technique is an **educational** and **therapeutic method** of encouraging an individual to expend a minimum of effort to achieve the maximum efficient use of muscles and movement, with the aim of relieving pain, stiffness, and improving posture and overall health.
- The founder was the Australian Frederick M. Alexander (1859-1955), who discovered that the principles of physical coordination do not work in isolation from the rest of our functioning.
- Practice: The technique involves a process of psycho-physical re-education that engages both mind and body, which enabled man to replace his habitual ‘wrong doings’ with more consciously (intentionally) guided movements



# Benefits of Alexander Technique

- 1. Preserves Health**
- 2. Reduces Pain**
- 3. Reduces Stress**
- 4. Enhances Performance**
- 5. Increases Enjoyment of the Present**
- 6. Improves Posture**

# Improve Posture

How would you define the word posture?

The way you hold yourself?

The way you carry yourself?

The position or shape you are in?

**or**

The relation of one or more parts of your body to the rest?

The outer expression of how you feel inside?



Posture is ***the relationship of one or more parts of your body to the rest***

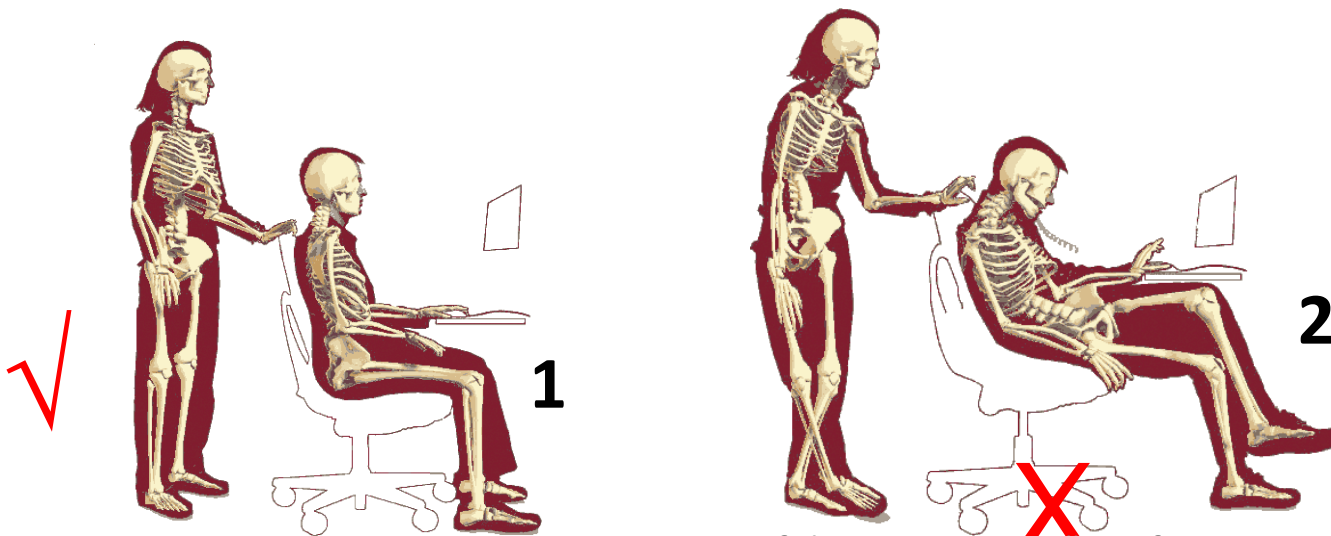
Posture is also an **outward expression** of how you feel inside

Good posture happens when that relationship is ***free***

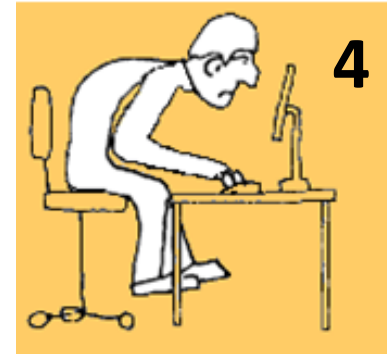
Poor posture happens when that relationship is ***fixed***

# Example: Alexander Technique and using computer

When the head (~ 6 – 8 kgs) is in balanced on top of the spine there is no need for the neck muscles to tighten (**picture 1**). However, in most cases when the head is leaning forward (**picture 2**) the spine can't support the head without the use of neck muscles to prevent it from falling further forward. Other incorrect positions are illustrated in **pictures 3-6** with resulted various muscle strains. This incorrect positioning of the head is one of the most common habits and most of the time we don't even realize that our neck is tightened. This mentioned situation is the same with other parts of our body.



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# Which is the good posture among the following positions?



Sway Back



Lumbar Lordosis



Thoracic Kyphosis



Forward Head



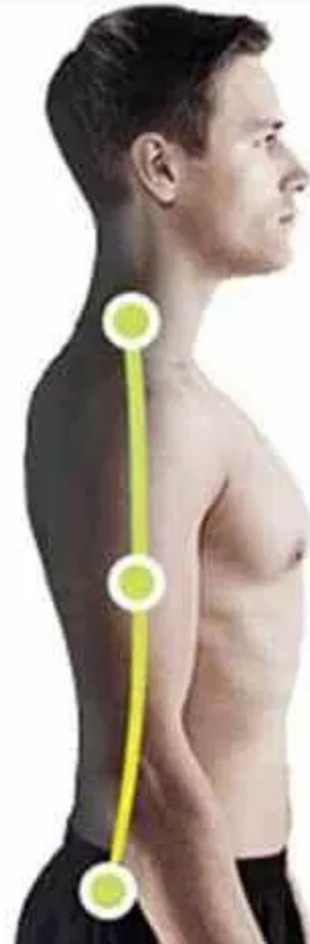
Good Posture





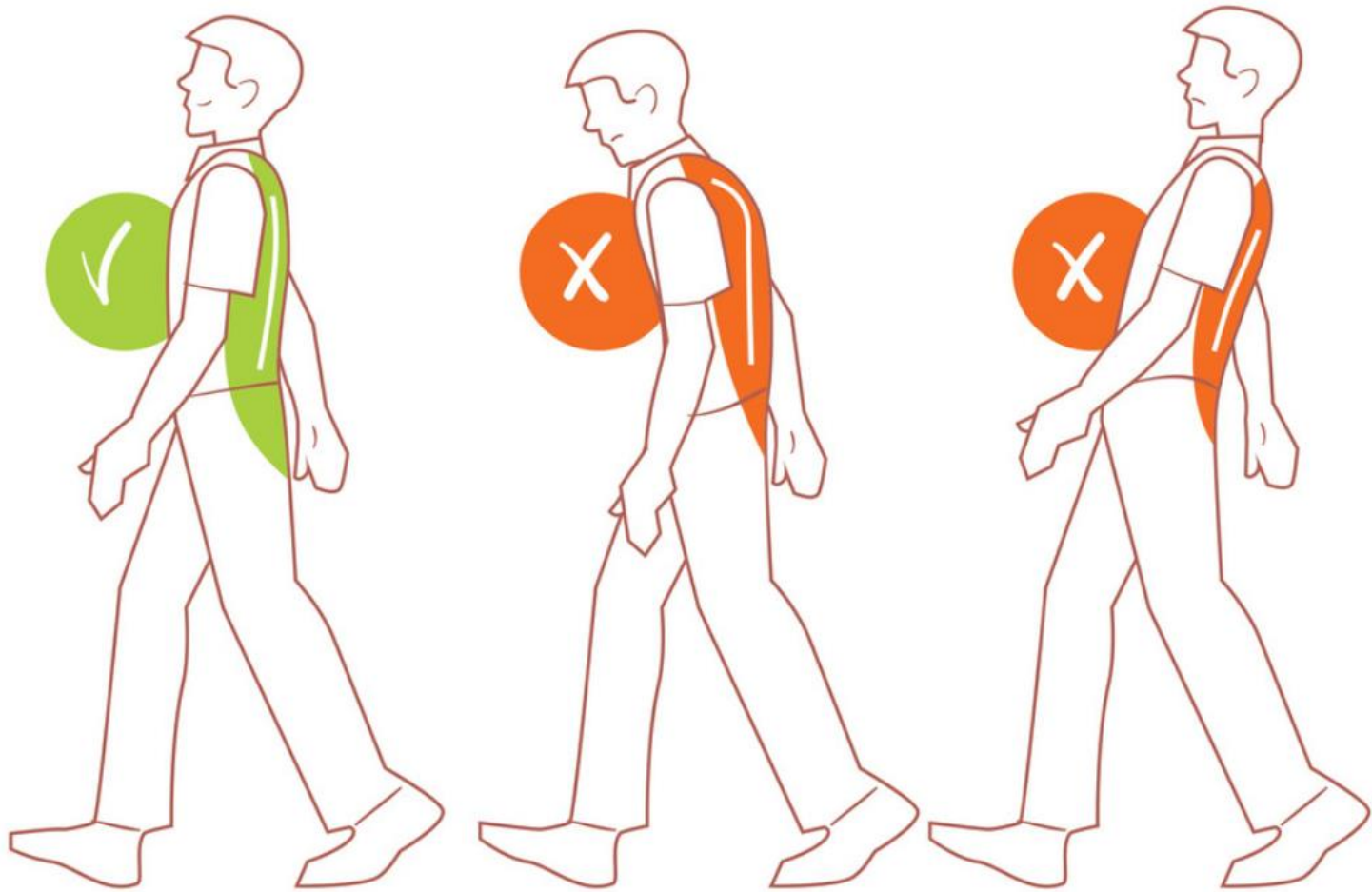
### BAD POSTURE

- Back and neck pain
- Fatigue and pessimism
- Harder to concentrate



### GOOD POSTURE

- Improved memory
- Lower stress levels
- Increased energy & happiness





# POSTURE

correct



incorrect



# Physiotherapy BAD / RIGHT POSTURES





# Good Posture vs Bad Posture



Eases back pain and promotes good posture



Results in back, shoulder, and neck pain



# DRIVING

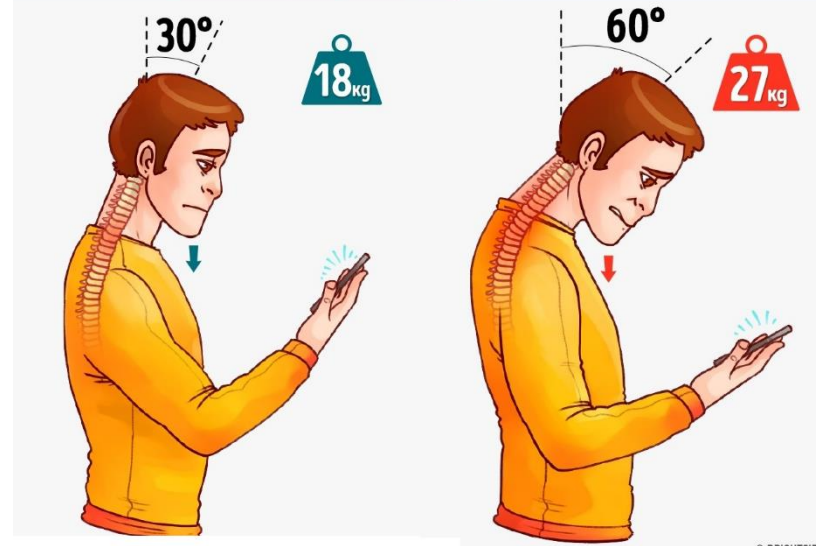


# Texting Neck

aka Anterior Head Syndrome



In these positions, significant loads are placed on the spine, affecting the lungs and other organs.

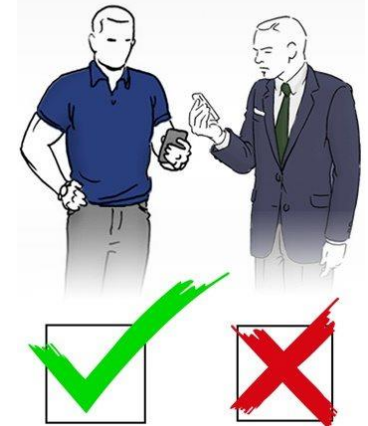


## How texting could damage your spine

Forces on the neck increase the more we tilt our heads, causing spine curvature

Force on neck	10-12lb	27lb	40lb	49lb	60lb
Neck tilt	0 degrees	15 degrees	30 degrees	45 degrees	60 degrees

## How To Hold Your Phone



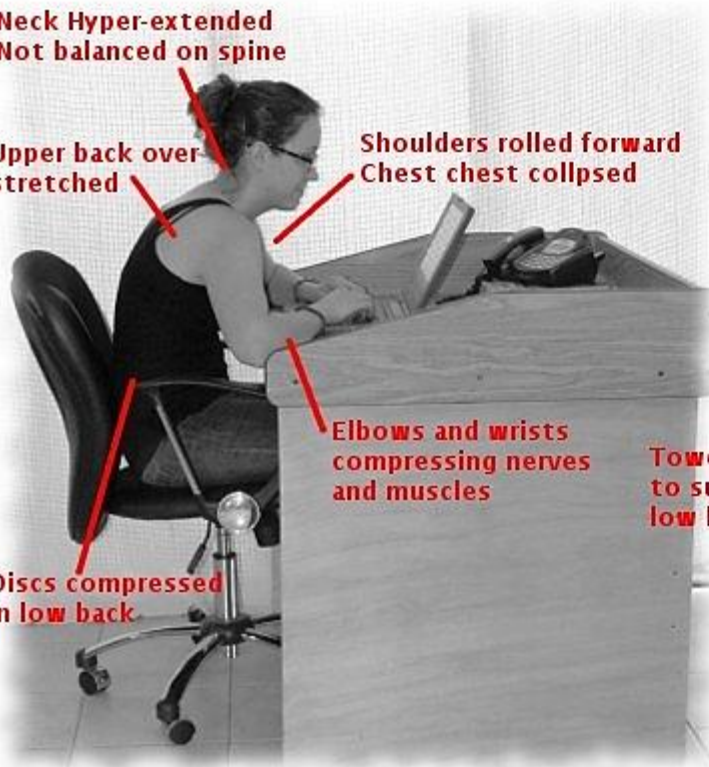
Neck Hyper-extended  
Not balanced on spine

Upper back over-  
stretched

Shoulders rolled forward  
Chest chest collapsed

Elbows and wrists  
compressing nerves  
and muscles

Discs compressed  
in low back



Poor Posture at a Laptop

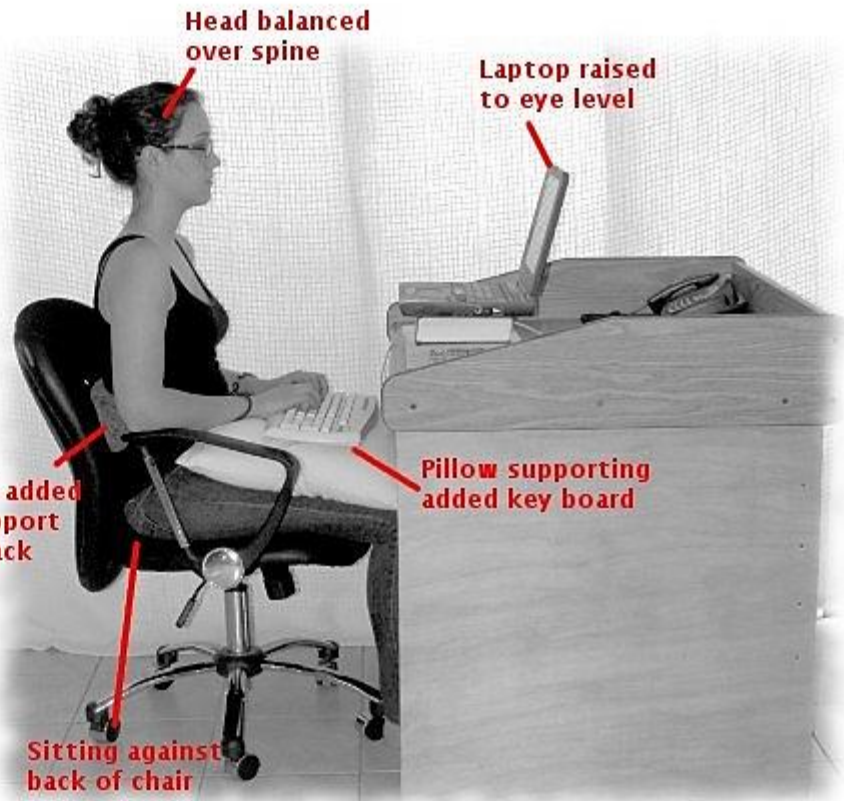
Head balanced  
over spine

Laptop raised  
to eye level

Pillow supporting  
added key board

Towel added  
to support  
low back

Sitting against  
back of chair



Proper Posture at a Laptop

# Check and Fix your Posture

Posture  
check list  
SMARTPHONE



TABLET



LAPTOP



SMARTPHONE



Straighten  
up and hold  
phone higher

TABLET



Elevate  
by pillow  
or stand

LAPTOP



Laptop  
stand

External  
keyboard

## Sleeping on Your Back

@factsoftraining



## Sleeping on Your Side

@factsoftraining



# I) Ruqya

- Ruqya is a **healing method** whereby one recites verses of the Qur'an or making supplications (Doaa) of Prophet Mohammed (PBUH) or Salaf in order to treat oneself or another from ill health, jinn possession, or black magic and the evil eye.
- It is considered as the **Islamic version** of the Japanese energy modality Reiki.
- Raqi (Ruqya practitioner or Sheikh) passes his/her hand and arm over the affected part or the whole body of the recipient, while reciting or supplicate faithfully.
- The results suggested that various types of Islamic prayer **affect patients positively** by reducing stress and depression, giving comfort and hope, and modulating blood pressure, respiratory rate, and body temperature.



# أمثلة من الأدعية تستخدم مع الرقية

■ اللهم رب الناس ، أذهب البأس ، اشفي أنت الشافي ، لا شفاء إلا شفاؤك ، شفاءً لا يغادر سقماً

■ نعوذ بالله السميع العليم من الشيطان الرجيم، من همزه ونفخه ونفثه.

■ نعوذ بالله العظيم، وبوجهه الكريم، وسلطانه القديم، من الشيطان الرجيم.

■ نعوذ بكلمات الله التامة، من كل شيطان وهامة، ومن كل عين لامة.

■ نعوذ بوجه الله الكريم، وبكلمات الله التامات اللاتي لا يجاوزهن برّ ولا فاجر، من شر ما ينزل من

السماء، وشر ما يعرج فيها، وشر ما ذرأ في الأرض، وشر ما يخرج منها، ومن فتن الليل والنهار،

ومن طوارق الليل والنهار، إلا طارقاً يطرق بخير يا رحمن.

■ بسم الله أمسينا، بالله الذي ليس منه شيء ممتنع، وبعزة الله التي لا ترام ولا تضام، وبسلطان الله

المنيع نحتجب، وبأسمائه الحسنی كلها عائد من الأبالسة، ومن شر شياطين الإنس والجن، ومن شر

كل معطن أو مسر، ومن شر ما يخرج بالليل، ويكمن بالنهار، ويكمن بالليل، ويخرج بالنهار، وشر ما

خلق وذراً وبرأ، ومن شر إبليس وجنوده، ومن شر كل دابة أنت آخذ بناصيتها، إن ربي على صراط

مستقيم، أُعِيدُكَ بما استعاذ به موسى وعيسى ومحمد، من شر ما خلق وذراً وبرأ، ومن شر إبليس

وجنوده، ومن شر ما يبغي.

■ بسم الله نرقى، والله يشفينا، من كل داء يؤذينا، ومن شر النفاثات في العقد، ومن شر حاسد إذا

حسد، ومن كل داء فينا.

■ بسم الله نرقى، من كل شيء يؤذينا، من حسد حاسد، ومن كل عين الله يشفينا.

■ بسم الله أرقيك، والله يشفيك من كل داء فيك، أذهب الباس رب الناس، واشف أنت الشافي، لا

شافي إلا أنت. Department of Pharmacognosy  
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# J) Spiritual healing and prayer

- There is observed evidences of a **positive relationship** between religious engagement and better clinical health outcomes.
- The **calming effect** or coping strategy of prayer is beneficial and amongst those have religious faith, provide the necessary support at times of extreme stress and tension.
- There are four types of prayer, all of which may contribute to an overall effect:
  - 1) Ritualistic prayer الصلاة
  - 2) Meditative prayer, which involves focusing on a single word, phrase or sound or creatures عبادة التفكير و التدبر فى خلق الله
  - 3) Petitionary prayer, الدعاء و التضرع which involves making a request, e.g. for better health
  - 4) Conversational prayer ..... الذكر – المناجاة – التسبيح – تلاوة القرآن

These prayers (performed alone or with/by others) improve the state of relaxations and inner peace. **The power of spiritual healing is therapy in its own right; non-believers are skeptical and reject this suggestion.**



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