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## Effect of Faradarmani on Anxiety Level

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### Abstract

Faradarmani is a kind of complementary and alternative medicine in Iran. The present study examined the relation between Faradarmani and anxiety scores in Beck Anxiety Inventory (BAI). 113 persons (72 women) were in experimental group and 58 persons (40 women) were in control group for 2 months. Results showed faradarmani had significantly effect to decrease the scores of anxiety inventory ( $p=0.004$ ).

*Key words : faradarmani, complementary and alternative medicine, anxiety*

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### Introduction

Mental disorders plague millions of people around the world. Depression and anxiety are two of the most common mental disorders, affecting nearly 55 million people in the United States alone [1]. According to the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV-TR), anxiety is characterized by a feeling of persistent worry that hinders an individual's ability to relax [2]. This can range from the transient anxiety levels a person feels before surgery or a menstrual cycle to the pervasive feeling of nervousness that characterizes an anxiety disorder (e.g. generalized anxiety disorder, obsessive-compulsive disorder, panic disorder and social phobia). The impact of the anxiety is not limited to consistent stress, which is associated with higher risk of cardiovascular and cerebrovascular disease [3]. Anxiety also has debilitating physical manifestations as headaches, uncontrolled trembling and sweating, muscle tension and aches, among others. The use of complementary medicines for mental health problems generates wide public interest. Patients, particularly when suffering from chronic mental health problems such as anxiety and depression, may use complementary medicines for a variety of reasons. Some may feel that a complementary approach is more "integrative" balancing mind and body; others may wish to gain control of their mental health problems. Again others may have been disappointed by conventional treatments [4]. In psychiatric patients, estimates of their use range from 8 to 57%, with the most frequent use being in depression and anxiety. Several studies have suggested high rates of depression or anxiety among users of alternative medicine [5,6,7,8]. Method Faradarmani is one of the branches of approach Farakolnegari. In this approach, human being, is looked from a different view, and is defined to be as deep as the universe. The Human being is made from endless components and has two dimensions of quantitative and qualitative. Approach Farakolnegari was initiated by Mohammad Ali Taheri 30 years ago. Since quality is dimensionless and not limited, in this approach, for the purpose of describing the human, prototyping is preceded. Therefore, the body descriptive system has been used,

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and a number of four specific bodies are presented for prototyping the human: mental body, Psychological body, Astral body, Physical body. In the definition of mental body, it has been argued that mental body involves millions of different parts, which their task is receiving and processing information about the individual. This set of activities and qualitative instruments are perceived as a specific and definable pack that is called mental body. Mental body has a mental filter, which consists of lots of software and different operators. Based on this definition, Mental body is a strong detector, selector and processor that filters or processes the information received from cortex in accordance with a pre-determined pattern. In fact, the information, after being received from hardware of own self, such as peripheral and central nervous systems, are transmitted to the mental filter, and there, will be processed and matched by the software and pre-determined acquired operator. According to approach Farakolnegari, we can have a qualitative view over the whole or the detail of the universe and find a continual and steady relation between these two, meaning that, the detail has the properties of the whole and the whole is made from the properties of the detail. It was mentioned that the qualitative system of the human entity, as his/her quantitative systems, has a specific defensive and modifying mechanism, and the information of this defensive system exists in the eco system of the whole. Since the detail could have the qualitative properties of the whole, by receiving the information from the whole, it can modify its self. The health of this system could be interpreted by the behavioral analysis and individual's specific and non-specific reports. In the therapies concerning this approach, the patient enters into the relationship with the whole by means of the therapist, and the therapist is the one who causes the modification of patient's software set by establishing relations between the whole and the detail. In fact, the therapist only plays the role of intermediate, and the modifications are fulfilled by the whole. As a relationship forms between the patient (the detail) and the whole, it is so called that the signs of Escan are originated in the individual. Escan is inspecting the detail in order to find the defect of the software. Among the signs of escan we can mention to seeing the colors, seeing the light, a feeling like energy flowing through the body, warming up, chilling, feeling pain in some points of the body, twinge, beating etc. In this approach, the universe is consisted of three elements of sense, energy and the material, in a way that these elements could transform into each other and change. A disordered interpretation of the information in mental body, is so called, the virus of mental body. These mental viruses could cause disorders in individual's information reception. For instance, by changing the selective domain of visual software, this virus could cause mistakes or abnormal influences. For example, the wavelength of visible light for humans is 350 nm-750 nm, the virus is capable of changing this length by generating disorders in the optical operator, so that the mental processing system would not be able to filter the shorter or longer waves. In this manner, individual receives waves not defined for others, and gives irregular reports. For further description about the virus, we are to mention that a mental operator is so intelligent that could render changes in the filter of Mental body by generating wrong information and by ways of its specific cycles. This condition could lead, for instance, to unreal imaging and illusions and end to visual hallucinations for the individual. In fact, what is fulfilled in the filter system of Mental body is the determination of limits for information reception of sense modalities (hardware systems) and creating definable ranges and domains for operators. In the step of interpreting individual's mental health, we proceed to study the different symptoms and characteristics of him/her. If the results were in accordance with individual's expectations, we call it normal, and if not, we define Mental body as having viruses or software operational defects. If another mental software, different from individual's software, interferes with individual's software, the normal processes and trends of Mental body could be subject to changes and the individual might quit the normal state. These mental viruses, which are definitely as intelligent as the mental operators of Mental body, are capable of influencing the information processing and selecting of Mental body. Therefore, Mental body is exposed to the whole and modifies its self. The modification of cell's and body's mental management system and the qualitative modification of the software are called faradarmani. Defensive radiation is a branch from faradarmani, which professionally, discusses the viruses of Mental body. These viruses, similar to the software of Mental body, are very intelligent, hence, could resist against Mental body clearing the viruses. This clearing process is defined with a mechanism called acting out. Acting out could be revealed with temporal intensification of some of the physical symptoms, spiritual derangement, changes in sleeping habits etc. The types and the trends of these symptoms are different among individuals, and we must be patient with the acting outs until the treatments are accomplished [9].

## **Material and methods**

In this research the Beck Anxiety Inventory (BAI) pre and post experiment method and control has been used for 2 control groups. The participants in the experimental group were the persons which were under experiment in Tehran for becoming faradarmanist. They were not under any therapy manner except faradarmani, the control group were

the persons who were not under faradarmani. The sample was 171 persons. 113 persons in experimental group (41men, 72women) and 58 persons of control group (18men, 40women). Participants ranged in age from 18 to 56 years. The first exam was held in first session of experimental group in training classes and second exam was held after 6 weeks. They were under faradarmani almost half an hour daily in 6 weeks by faradarmani master. Control group had received no connection. Both 2 groups were chosen by random. Experiments were held from 2 groups' simultaneously and the scores were compared to each other statistically.

## Result

Statistical survey of results of 2 groups showed meaningful different and according to analyses  $p = 0.004 < 0.01$  (table 1). Also after 6 weeks therapy, the decrease in Beck in scores were seen, in comparison between faradarmani effect on women and men was understood there was no difference between them (table 2,3).

Table1.

	t	d <sub>f</sub>	Mean difference	Sig.
depression	-2.00	99	-1.67	0.004

Table2.

	t	d <sub>f</sub>	Mean difference	Sig.
depression	0.0107	81	0.147	0.75

Table3.

	Mean	Std.deviation
Female	-3.0	4.87
Male	-2.04	3.2

## Discussion

In this research we used 113 persons in experimental group and 58 persons in control group for survey of faradarmani effect about anxiety. Faradarmani effectiveness was watched on anxiety decrease. Difference between groups ( $p < 0.01$ ) shows the meaningful decrease of anxiety scores following faradarmani connections, the physical and mental health of patient increases, in respect to that in faradarmani there is not limitation, if person has not necessary time for this action, has no considerable effect in faradarmani performance. Persons, who in this research were under faradarmani therapy, had taken part in training courses and may expect to watch the recovery effect this influences on experiment score. The other problem is that perhaps the exams were in phase Outgoing by holiday experiment no – 2. And it's probable that by time intervals the results are better than those in experiment

Experiments were connected to divine universal net and person has got out gradually under negative radiation thus their anxiety level has been decreased.

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