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Study of Faradarmani Therapy on Depression Level

Roja Larijani*, Elaheh sadeghian, Vahid Riahi

* Department of Psychology, Tarbiat Moalem University, Mofateh street, Tehran, Iran

Abstract

Faradarmani is a kind of complementary and alternative medicine in Iran. The objective of this research, was survey of faradarmani effectiveness on depression. for this aim, in shape of an quasi-experimental design in 6 weeks, the therapy was performed on the group of experiment and has compared the scores of pre and post test of Beck inventory. 110 persons in experimental group and 58 persons were considered as control group who were not under faradarmani. the results showed, there is meaningful difference between 2 groups statistically and after faradarmani the depression participants' scores have been decreased in Beck experiment ($p = 0.007$). Faradarmani had no costs and side effects and decreases the need of usual therapies.

Key words : Faradarmani, Depression, complementary and alternative medicine

Introduction

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 [1]. In psychiatric patients, estimates of their use range from 8 to 57%, with the most frequent use being in depression and anxiety. A population-based study from the USA found that 9% of respondents had anxiety attacks, 57% of whom used complementary medicines; 7% of respondents reported severe depression, with 54% of these using complementary medicines [2]. People with mental health problems may take complementary medicines to treat anxiety and depression or to counter side-effects of conventional treatments, others hope that complementary medicines have fewer or no side-effects, and many with chronic anxiety and depression understandably feel disillusioned by the apparent ineffectiveness of conventional treatment [3]. The Surgeon General's recent report on mental health [4] emphasized the high rates of mental disorders in the United States and pointed out that many who suffer from these disorders do not receive mental health treatments that have been shown to be efficacious. Previous studies have shown that depression tends to be seriously undertreated, although effective treatments have been available for decades [5]. Results from the National

* Roja Larijani. Tel.: +989122508017.
E-mail address: Roja_larijani@yahoo.com

Comorbidity Survey Replication, for example, indicates that, in 2001–2003, only 37.5% of people with major depression received adequate conventional treatment for their disorder [6]. The cost to individuals, families, and society of this undertreatment is substantial [5,7,8]. Faradarmani is a kind of complementary medicine and has a metamorphism nature, faradarmani has been founded by Taheri 30 years ago. In faradarmani, the patient is attached

to divine universal net by faradarmanist. The divine universal net is a set of intelligence on the world. In faradarmani, the cure will be performed by connection to divine universal net. The divine universal net is called awareness too. In this viewpoint, the world involves 3 elements: material, energy and awareness, which can be converted to each other. Faradarmani is a ring of Ring metamorphism, which its base defines this viewpoint that all the persons can get advantages from its several rings by connection to universal wisdom net. These rings show the different aspects of divine universal, which helps the humans in way of mental and bodily health increasing and following the peak path. Use of kinds of rings by getting permission from instructor is possible. It's noticeable that all concepts of ring metamorphism and its rings have been established by Mohammad Ali Taheri, and he was the first instructor in this aspect. As we mentioned faradarmani is a ring of Ring metamorphic, which is made in person by connection to divine universal wisdom net by faradarmanist. By connecting into patient it's said that created Scan signs are seen in person. The Scan signs include color seeing, light, a feel like movement and getting into a kind of energy in body, becoming warm or cold, feel of pain in some parts of body, sudden pain, knocking, trembling, etc. Through therapies, it's possible that in some persons Outgoing is seen, which is a process, through it, causes of disease are revealed as some physical signs, mental disorders change in sleep cycle and ect. Kinds and circulation of these signs are different in various persons. Because it's possible the related diseases to bodies, spirit, mind and other existence parts of the person, It should be permitted by patience that all outgoing are performed and then the cure is done. This manner therapy is effective for all kinds of diseases (physical and Mental). Faradarmani is possible by far and near. Because the therapy is done by divine universal net and this awareness has lack of quantity (It's not measurable and place and time don't govern on them), thus far – therapy is possible too. The very important point is that, in this manner, the person characteristic including age, gender, education, experiences of metamorphism, religion, talent, energy, nutrition, sport, hardness and etc has no effect on work with universal wisdom net, because this connection was because of divine universal and without exception include all people, because therapy is done by divine intelligence net. Therapist is just an inter mediate and thus the skill level of therapist has no effect in therapy. In this kind of therapy, it's not used by concentration, imagination, suppose, and mention, mantra, symbol draw, spell, inspiration and manners of self - hypnotism. In process of faradarmani, therapist gets no tiredness, body size decrease and has no need to get energy through, nature and etc., meanwhile protective layer which is given to faradarmanist by instructor and protects him From negative radiation of patient. Faradarmanist gets this layer after writing the related thesis, because he should be aware enough from his aim from faradarmani and its rules and disciplines in order to find the ability of therapy by permission of instructor. Experiences have shown considerable effect of faradarmani on therapy of physical and mental disease and usually if person is cured enough and considers the safety points, there is no the risk of replace [9]. In this research, the aim is survey of depression and faradarmani therapy relation which is forecast the faradarmani causes the depression scores to decrease.

Material and methods

In this research the Beck Depression Inventory (BDI) 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 they did not participate in classes and were not under faradarmani. the sample were 168 persons. 110 persons in experimental group (40men, 70women) and 58 persons of control group (18men, 40women). The first exam was held in first session of experimental group in training classes and second exam was held in 6th session (end of Lst term). 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 $p = 0.007 < 0.01$ (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 _f	Mean difference	Sig.
depression	-2.75	166	-3.25	0.007

Table2.

	t	d _f	Mean difference	Sig.
depression	0.0107	108	0.175	0.915

	Mean	Std.deviation
Female	-3.9	8.683
Male	-4.075	7.494

Discussion

In this research we used 110 persons in experimental group and 58 persons in control group for survey of faradarmani effect, about depression. And faradarmani effectiveness was watched on depression decrease. difference between 2 groups ($p < 0.01$) shows the meaningful decrease of depression 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 taken 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 and this influences on experiment score. The other problem is that perhaps the exams were in phase Outgoing by holding experiment no – 2. and it's probable that by time intervals the results are better than those in experiment 2. Experiments were connected to divine universal net and person has got out gradually under negative radiation, thus their depression level has been decreased.

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