

MEDICATION AND PSYCHOSOMATIC

F. Asadolahi

Research and Science Branch Islamic Azad University, Borujerd, Iran

Psychosomatic medication is one of the branches of medicate sciences which depend on mental and physical cohesiveness and uniqueness, studies disease and therapies. Psychosomatic diseases are physical diseases that mental factors are effective on their beginning and increasing. It doesn't give this concept that only mental factors are intervene in producing these disturbances, but also other factors are involved. However, mental factors act as speeding factors or catalyzers. Mental disturbances had not been making suddenly, first they appear like signs such as vomiting, heartbeat, blood pressure and mental shocks and stresses influence on individual and their collective influence gradually and cause appearance of psychosomatic diseases. Many people suffered from this disease, must follow a balanced, healthy life-style or change or balance their non-adaptable personality traits and behavior models by professional therapists with use of psychotherapy, group therapy and family therapy. Thus, people suffered psychosomatic diseases experience more meaning full, important mental stresses rather than healthy and normal people. One of the controlling ways of this disease is the correct reaction of individual toward stresses and changing external factors or life environment in therapy of psychosomatic disturbances, use drug-therapy such as tranquilizers and anti-depressions. One of the other therapy methods is "focus on case" of "Carl rogers" that cures the patient indirectly. This method depends on decrease the amount of defensive reactions of patient and reinforces its insight.