Diagnosis and Treatment of Mental Disorders According to Abu-Bakr Muhammad Ibn Zakariye Razi

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Abstract:

Background and Purpose: The aim of this study was to learn more about Razi and his views on the diagnosis and treatment of mental disorders.

Methods and Materials: In this study, library researches and online articles were used.

Conclusion: Razi’s suggested treatments include: Wet the temperament, Rid the body of mucus successive goals by diarrhea, Phlebotomy (blood drawing), The use of liquid diet, Eating nutrient, Exercise, Face and body massage with special oils, Washing the body, Aromatherapy, Smell drugs, Avoid sunstroke, Get enough sleep, Engage patients in conversation with others, Make the patient happy and participate him/her in joyous scenes, Razi emphasized on non-pharmacological treatment.

Results: Results obtained from this study indicated that Razi followed Hippocrates, Galenus and Rufus in terms of mental disorders. And in his most important book, Al-Hawi, which is a complete encyclopedia of medicine to his age, he stated the majority of scientist’s ideas before him about disease, and described his criticism towards them. He also stated his views based on experience.

Keywords: Razi, Al-Havi, Mental disorders.

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