



ORIGINAL ARTICLE

Study of Body Rights in Theology with Medical Approach in the Liturgical Realm

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ABSTRACT

Some experts believe that praying is not just food for the soul, but also strengthens the human body and helps with everyday problems. When the eyes remain still during prayer, mental processes are also slowed and concentration increases. Stillness of the eyes leads to improvement of weakness and defects such as near sightedness and psychologically, this position increases the strength of the individual's nervous system and distances one from sleeplessness and reckless thoughts. It is clear that prayer has its own philosophy and leads to ascent of the believer and closeness to the truthful (God). Prayers (Namaz) are to be said only for God the superior and not for advantages or such effects. Yet, awareness of such scientific opinions can be useful for people. In the religion of Islam to reach the mission of creation which is worshipping and purely serving God, he has prepared commands and traditions that every Muslim needs to obey during the day and night. Otherwise, the individual will undergo psychological and physical loss and harm. Some of these commands are required or recommended under the rules of religion. Since all commands are meant for the health and betterment of the human body, sole and mind, traditional medicine and the science of medicine have supported the said and in their manuscripts, have recommended grasping to these recommendations for prevention or treatment of illnesses. Also, they have evaluated and discovered the wisdoms underlying these commandments and rules using today's science which is important for people around the world. One of the dimensions of the human body, sole and mind's health is its taking effect by prayer and in this paper, it has been tried to open this topic from various theological and medical aspects.

Keywords: *Body Rights, Prayer, Health, Theology, Medicine, Traditional Medicine*

Received 10.08.2014

Revised 19.09.2014

Accepted 05.10. 2014

INTRODUCTION

This topic is begun with the sayings of Dr Alexis Carl, when it comes to praying for medical advantages, the effects of prayer and worship can be recognized through science. Prayer and worship not only influence emotional states, but also bodily attributes and sometimes in moments or few days heal bodily illness. These discoveries might be difficult to understand, but one has to acknowledge their reality.

Prayer (Namaz) is a kind of worship that is required upon the worshipper from the appropriate age to the time of death. The true spirit of prayer and its philosophy is nothing but complete subordinate ship in the presence of the creator of the world and expression of humbleness in front of the superior able (God). No matter how much scientists say and write regarding the various advantages of prayer on the different aspects of human life, they have only touched aspects of the philosophy of prayer. Surely, one of the dimensions of the philosophy of prayer is its influence on the health of the body, soul and psyche. Regarding prayer and its conventions in Islamic theology based on the verses and stories, commandments have been set and for ablution there are also conventions which little have been said about their advantages and most people perform them because of their worshipping value. In this paper, it has been tried to familiarize the reader with its dimensions by referral to experiences of doctors.

The Question

As it has been shown at this time, repeated bending and sitting during prayer is the best means for increasing the speed of blood circulation and as a result, prayer is considered one of the effective ways of activating the gastrointestinal tract which also improves appetite and desire for food. It is of interest that the times of prayer and digestion of food are completely related and coordinated and as is evident, amazing wisdom has been applied in this matter.

Since in Islam there is strong emphasis on praying and obeying its conventions and based on the verses and stories in theology, praying five times a day (morning, noon, afternoon, evening and night) has been determined as a requirement for all Muslims in the performance of this obligation. We should be aware that definitely there are secrets and wisdom in these timings and that it has a positive effect on the health of human body and psyche. Additionally, the traditions during praying from the beginning to the end (greetings, affirmation and prostration) all have advantages for the human body.

Looking at the theological timetable, it is shown that the time for Morning Prayer, is stable all year long with consideration of the positional and journeying movement of earth. The prayer in the morning, awakens after the calling for prayer (Azan) and in this way takes the most important step in observing sleep health and as a result, body wellbeing and psychologic balance. Also, the same is true during noon, afternoon, evening and night time, this joy and livelihood is transferred to the individual. This research is not meant to understand the requirement of the movements of prayer in Islam. Maybe, reaching such understanding might not be possible for anyone. Yet, it is tried to gain insight into some unknown effects of prayer. In this paper, it has been tried to some degree to answer the question that to what extent is the medical advantages of praying five times a day and its preparatory stages for bodily health and wellbeing?

Medical Advantages of Movements during Prayer

New medicine has shown and reasoned that prayer is the best means of preventing high blood pressure and is very effective in maintaining its balance. According to the opinion of physicians, if while praying care and protection is used and movements are performed slowly and with thought which are conditions for its correctness, it has been shown that many disorders resulting from high blood pressure can be prevented... This itself has an immediate and instant effect on the heart and prevents its fast beating.

Research has shown that people who regularly pray are protected against many illnesses such as: blood pressure, heart disease, tuberculosis and cancers of the neck region. Medical knowledge has miraculously uncurtained many secrets and codes of diseases. Still many illnesses and diseases exist that the most intelligent and renown physicians have the smallest ray of hope to discover and treat them. Yet, detailed evaluation of the studies of these physicians and medical geniuses clarifies the point that most have agreed with and believe that among the numerous miracles counted for prayer, one is restoration of psychiatric health and wellbeing and curing of all illnesses that have a remedy and all medical methods have declined from them. After extensive research, an Egyptian surgical group has announced that prayer is the best treatment for patients suffering from movement of cartilages of the spine. These physicians recommended to their surgical patients to move immediately after surgery and for one week, five times a day perform movements like prayer and anyways perform these movements as long as they live.

5 segments in 54, 81, 144, 160 and 304 bases for heterozygote CT genotype as well as 3 segment for homozygote TT genotype were in 54, 81 and 304, respectively.

Professors at the University of Nevada in America did a study with 40 patients and concluded that the movements of praying five times a day can help heal from their operation in one week and they also recommended to their patients to perform the movements similar to prayer in Muslims five times a day.

Effectiveness of the Preparatory Stages for Prayer on Human Bodily Health

Preparatory stages of prayer include: emptying the bladder, brushing teeth and ablution and medical effects will be discussed.

Emptying the bladder:

The health of human urinary system, particularly the kidneys is highly influential in maintaining life. Considering the theological rule of emptying the bladder and bowel before prayer, it definitely protects a person from infections of the kidney and urinary system and can be considered an important point.

Washing and cleaning for prayer after emptying the bladder and bowel, is what all Muslims do, because the bespoken religion of Islam has constantly emphasized cleanliness. The Majesty Imam Sadeg has said: "cleaning after emptying the bladder is a requirement and necessity" because cleanliness is one of the requirements for the five time daily prayers.

In this regard Kistener (1979) writes: the prevalence of bacteruria is lower among women from Bangladesh compared to white women (2% compared to 6/3%) which can be related to their cleaning habits such as washing and cleaning after emptying the bladder and bowel by women from Bangladesh.

Brushing Teeth:

In the religion of Islam it has been said: ablution is required before prayer and it is recommended that before it, the teeth be brushed. (*) Imam Bagher and Imam Sadegh, God bless them, have said: two units of Muslim prayer with tooth brushing are better than seventy units of prayer without it. (*) Our Prophet, God bless him and his family has said: if it was not difficult and cumbersome for my people, I would command them to brush their teeth when performing ablution for each prayer. (In other words, I would make tooth brushing a requirement at the time of ablution.

Surely, if a person's mouth is clean and oral hygiene is maintained with brushing the teeth, the individual is protected from acquiring many diseases and by tending the emphasized recommendations of Islam regarding brushing teeth before prayer, maximum cleanliness for prevention of mouth and dental diseases is achieved.

Today's medical and health scientists write: cleanliness and health of dentition is important for bodily health, particularly the gastroenteric tract and the heart. When the teeth decay or are not cleaned hundreds of illnesses, conditions and difficulties can show up for people. Since the teeth are tools for receiving and eating food, and are important factor for eating and maintenance of life, it is important that ultimate care is taken for their retention and health, so that needed and healthy food reaches the body and uncleanness, disorder or deregulation does not occur in that.

Ablution:

Theologically it is required to perform ablution before prayer which requires washing the face, hands from wrist to elbow, crown and the two feet. Health wise, washing the face and hands five times a day or at least three times during night and day, cleans the external surface of the skin and destroys microbes that exit skin pores and dead cells and has a significant influence on body cleanliness.

Studies show that microbes in the nose, mouth, throat and other parts of non Muslims and those who do not pray is more than those who pray and perform ablution.

Effect of Ablution on Body Blood Circulation:

Massaging by various methods has many uses and advantages for the body and ablution has the same characteristic as massaging, because when cold water reaches the surface of extremities that are washed and they become cold, to keep the normal body temperature and make up for the lost heat, the circulatory activity increases until the body temperature normalizes. As a result, joy and healthfulness and balance in the circulatory system which is the most important part of the body are reached and health is restored.

Effect of Ablution on Prevention of Gastrointestinal Diseases:

Ablution prevents many gastrointestinal conditions arising from dirty hands. The most important of these illnesses are infectious diseases (like cholera, typhoid, stomach inflammation and food poisoning). Positive influence on the activity of the blood circulation and gaining suppleness is due to stimulation of nerves and body massage. Cleaning the contaminations of the body and provision of ultimate conditions for the activity of the skin, are among other effects of praying.

Effect of Ablution on the Nervous System

As we know, when the hands, face, crown and feet are exposed to water and oxygen, in addition to suppleness of the skin, growth of anaerobic organisms in skin pores is prevented. Skin contact with water has special effect on sympathetic and parasympathetic nervous system balance and daily activity and work can disrupt this balance.

The sympathetic and parasympathetic nerves: these two nervous networks are located all over the body and in vicinity of internal and external systems. The sympathetic nerves hasten and activate various bodily systems and the parasympathetic nerves slow their activities. Effectively, one acts like gas in an automobile and the other like the break and when these two nervous networks function in equilibrium with each other, balance is restored to the body systems.

The Rights of the Human Body in Prayer

During prayer, the rights of the human body parts are completely respected:

Rights of the tongue: "and the rights of the tongue includes respect that it can become polluted with fowl language, and getting it used to goodness and freeing it from extra useless words, and kindness to people and talking kindly among them." In prayer, the tongue only talks of God and this right is respected. In the wisdom of creation, throat and larynx has been mentioned.

(*) Imam Sadegh, God bless him, has said: Think a lot about voice and words and provision of these tools for humans. The larynx is like a pipe through which sound exits and the tongue, lips and teeth are for formation of words and sounds. Do you not see that the person who loses his/her teeth cannot

pronounce “s” well and the one who does not have lips cannot correctly say “fa” and the individual who has a heavy tongue cannot clearly say “ra.” The most similar to it is the head of a big hornpipe. The larynx is like its pipe; the lungs are like the bag that blows the air into the pipe and lips and teeth which change sounds to words and music are similar to fingers that move across the mouthpiece of the pipe to make music out of the blow into the pipe. Although, in definition output of sound has been similarized to the windpipe, in reality, it is the windpipe that should be similarized to production of sound. Now, I made you aware of the voice that exists in body parts for creation of words and letters.

The Rights of Eyes: and it is the right of sight that you cover it from what is not appropriate for you to see, and by seeing various events and happenings using it, you should learn something and set it as an example. Also, while praying close the eyes upon forbidden and inappropriate scenes and so you have been respectful.

(*) It has been quoted from the Dear Prophet of Islam that: “Sight upon the forbidden is like a poisonous spear among the spears of Satan. Therefore, the person who avoids it from fear of God, he (God) will give him a belief that he/she will feel its sweetness in his/her heart.”

In regards to the wisdom of the creation of eyes it has been said:

(*) Imam Sadegh, God bless him said: Now, look at this sense that among all creations, God has given to humans and has deared him with it. How are human eyes located on the head like lights on top of a minaret so that he/she can see objects and is not located in lower extremities (like on the hands or feet) where it can be exposed to harm and due to movement and work, it can face disability and it can be affected and diminished. The eyes are also not located in midparts (such as the stomach or back) such that their rotation towards objects and their direction faces difficulty. As a result, since the location of eyes was not on any of these parts, the best location of the sense is the head which is like a monastery for it.

The Rights of the Ears: “and the rights of hearing are keeping it free of hearing talking behind others back and what is forbidden.” During prayer, the human ear listens to praying God and is distant from sin and hearing the forbidden and its respect is held. In regard to the wisdom of creation it has been said:

Imam Sadegh, God bless him has said: ears have been created to understand (*)

Sounds. If there were sounds but no ears to hear them, then there would be no need for them and they would have no purpose. Other senses are the same. If ears existed, but sounds did not, there would be no place for ears. Therefore, see that how these senses and sensibles have been created for each other and equal and for all senses there is a sensible that affects it and for every sensible there is a sense to understand it and if there were no air to bring the sound to the ears, they would not sense the sound.

(*) Additionally Imam Sadegh, God bless him has said: Think... Why is inside the ear similar to a twisted encasement? Is not it for sound to be carried through one after the other and eventually, hearing occur and to decrease the speed of wind and prevent injury to the ear.

The Rights of the Hands: “The rights of your hands are that you do not extend them to what is not yours.” During prayer hands are only extended towards the creator of beings and not the forbidden and this way you have respected them.

In an extensive story about Imam Sadegh, God bless him, he has said: “and God has required hands not to extend towards what is forbidden and to do what God has said and has required upon them giving, kindness to family and friends, fighting for God, and cleaning for prayer.”

The Rights of the Feet:” and the rights of the feet are not to walk towards what is not appropriate for you and it is with these two feet that you will stay in guided direction; Be aware that they do not make you fallible and do not throw you in the fire of God’s unfriendliness.” During prayer and standing on your prayer mat is stepping in the way of worship and obeying God and this way you have held their due respect.

(*) “Hamid the son of Shaiib” has said: I have heard that Imam Sadegh, God bless him has said: “no subordinate steps in the way of obeying God the superior and glorious, unless God has given him a high position for every step and forgiven a sin among his/her sins.”

Effect of the Times of Prayer on Body Health:

Early morning (darkness of midnight until sunrise) has the highest effect on protecting health of the human body and for this reason it has been emphasized that nighttime prayers are upheld and waking up too early and sleeping after sunrise has been disproved of.

Increase in the Secretion of the Melatonin Hormone

-Research has shown that prayer increases the secretion of the Melatonin hormone.

Dr Medhat Al Shami (microbiologist and nutritionist) has noted in a scientific report: “Every persons behavior in life has active influence on the level of Melatonin secretion and also has significant influence on appearance of signs of old age.” He adds: “Secretion of Melatonin in the human body does not require any medications; it is use of the correct method of living, particularly worshipping and avoidance of ugly

behaviors and inappropriate habits that can increase the secretion of this hormone by provision of mental and psychiatric peacefulness.”

-The Melatonin hormone that has a significant role in regulation of growth and body catabolism and anabolism, regulation of blood sugar and reaction towards fright... also increases body resistance towards microbes and viruses and is secreted only at night and in response to darkness.

Human joy and depression are controlled more by changes in chemical substances and the central nervous system than being under his/her own control and willpower. For example, increase of a chemical substance called dopamine in the body causes depression without willfulness and its decrease causes unwillful happiness.

-Professor Writer from Texas University in America says: I can say with determination that Melatonin is not only one of the defense materials in the body, but has activities beyond that. The activity of Melatonin is twice vitamin E and five times Glutathione and five hundred times the synthetic compound DMSO. It appears that Melatonin ... protects the body from dangers and diseases as the first defense mechanism. In addition to all of the above, Melatonin resists against the bad cholesterol (LDL) that causes arterial narrowing and fights it. To show that Melatonin strengthens body immunity and the defense system, a group of researchers have performed a study. They administered a small amount of Melatonin to mice and then exposed them to “toxic, chemical and tumorigenic” substances. The mice that received Melatonin remained healthy while those that did not came down with cancer.

Considering the effect of Melatonin on the body immune system and its role in blocking toxic particles “ferri radical” and that nighttime prayer increases this hormone, the divine prayer of nighttime can be considered an effective factor in strengthening the body immune system. In this way, we can reach the scientific truth and miraculousness found in the words of our Dear Prophet of Islam, God bless him and his family and greetings to them and the chaste Imams:

(*) The Prophet of God, God bless him and his family and greetings to them has said: “nighttime prayer is required for you, and it is the tradition of your prophet and the method of good doers before you and it distances your bodies from pain and disease.”

The Majesty Ali, God bless him also said: “wakefulness in the night leads to body health.”

-As it has been noted, nighttime prayer increases Melatonin levels in the body. In the brain, this hormone protects brain cells. This is important because brain cells do not reproduce after destruction. As a result, nighttime wakefulness in addition to protecting brain cells from injury, strengthen thinking and make it fruitful.

-One of the reasons for the presence of Melatonin in the eye is that it protects visual cells and prevents the haziness of the lens or eye capsule-which interferes with vision and causes cataracts. Enlightening words of Imam Jafar Sadegh, God bless him also refers to this truth as he notes: “nighttime prayer adds light to one’s sight.”

(*) The prophet of God, God bless him and his family and greetings to them notes: “whoever prays at night a lot becomes beautiful and nicely looking during the day.”

All body cells are in danger of attack by “ferri radicals;” for this reason God has placed some Melatonin in every cell to protect them and if this hormone and other protective substances in the body did not exist-as noted by professor Writer- humans would not live more than several hours. Another effect of “ferri radical” particles is acquiring conditions of old age (like Alzheimer’s and Parkinson’s diseases) and it also causes wrinkles on the face and early aging. Since Melatonin is among the most effective factors preventing and interfering with “ferri radicals,” and the most important factor in increasing it is nighttime wakefulness and night-time praying, we can conclude that nighttime prayer is the best factor in battling illnesses and signs of aging like wrinkling of the faces and providing suppleness and youth. Our religious leaders who have acquired their knowledge and science from God’s divine revelation have reached these truths centuries ago and have recommended to their followers to perform nighttime prayer and introduced it as the best factor in protecting youth, longevity, happiness and suppleness.

As Imam Reza, God bless him has also said: “night-time prayer is required upon you; there is no worshipper that awakens at the end of the night and upholds eight units of night-time, two units of paired prayer (Shafaa), and one unit of singulate (Vatar) prayer and asks for redemption from sins during the prayer (Ghonout) seventy times, unless God protects him/her from grave discomfort and fire and increases his/her life and improves his/her life.”

-Ozone gas O₃ causes happiness and suppleness in humans and every morning it reaches its maximum in the atmosphere and disappears with sunrise.

Increase in Secretion of the Cortisol Hormone:

-The cortisol hormone has its highest level of secretion in the morning. It increases bodily activities and body energy by increasing the percent of sugar in the blood. As a result, after Morning Prayer, people have the suppleness and happiness for starting their daily activities. This substance unwillfully leads to

happiness in humans and gives them unparalleled rejoice and its levels in the body during early morning hours increases tremendously. If one is awake during these hours, merry joy and happiness is reached and evidently it affects life all day long.

-Increase in cortisol in early morning hours and its relation with morning joy, which is a given in today's medical science, in essence provides a significant explanation for the secrets of early morning and nighttime prayer that is found in culture, literature and sophism. As a result, it is clear that nighttime prayer and night time awakening brings happiness and joy to a person and purifies one's soul and body from depression and hopelessness. Therefore, the timing of nighttime prayer is such that it is in tune with bodily physiology and if one upholds the recommendations of the Dear Prophet of Islam, God bless him and his family and greetings to them and sleeps early at night and awakens before sunrise, he/she has taken the best advantage of sleep and provided his/her body with the most useful conditions and has warded off numerous harms from his/her body and soul.

-An overall view of the theological timetable shows that the timing for morning prayer, is stable all year long with consideration of changes due to situational movement and journeying of earth and the morning prayer who awakens after the Azan (call to prayer) in essence takes the most important step in upholding sleep healthiness and as its result, bodily health and psychological balance.

CONCLUSIONS

Prayer in Islam has clear influence on blood circulation. It protects the processes related to blood storage in the brain and the regulatory order of blood circulation in the brain. On this basis it can be concluded that, few moments of sermon in the front of God can remove many of the harmful effects of daily activities on blood circulation in the brain and render one free of the need for various sport activities. Despite noting these clear advantages, they are not the only physical uses of prayer. If all physical uses of praying are considered, these effects are not the best advantages of praying. In reality, it is the spiritual advantages of prayer that should be considered the biggest novelty introduced by this requirement of God. Off course, we believe in the order of God and that there is always wisdom to it! Our belief is because of the creator! He is aware of everything. These finding show that every element of the plans and orders of our religion is purposeful.

Yet, since there is surely scientific reasoning for the commands of Islam, it is necessary that all discoveries in this regard be revealed to people without exaggeration so that they become acquainted with the religion of Islam in a deeper and more extensive way; although, science is still an infant and has a long way to reach puberty.

As Einstein said: I am like a child who on the shores of the ocean of science am busy playing with sands.

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CITATION OF THIS ARTICLE

Ali Bahrami N, Zahra Hosseini T. Study of Body Rights in Theology with Medical Approach in the Liturgical Realm. Bull. Env. Pharmacol. Life Sci., Vol 3 [12] November 2014: 01-07