

**Body-Mind Dualism or Somatic-  
Psychological Unification?**  
**Understanding Human Nature Through  
Science and Religion**

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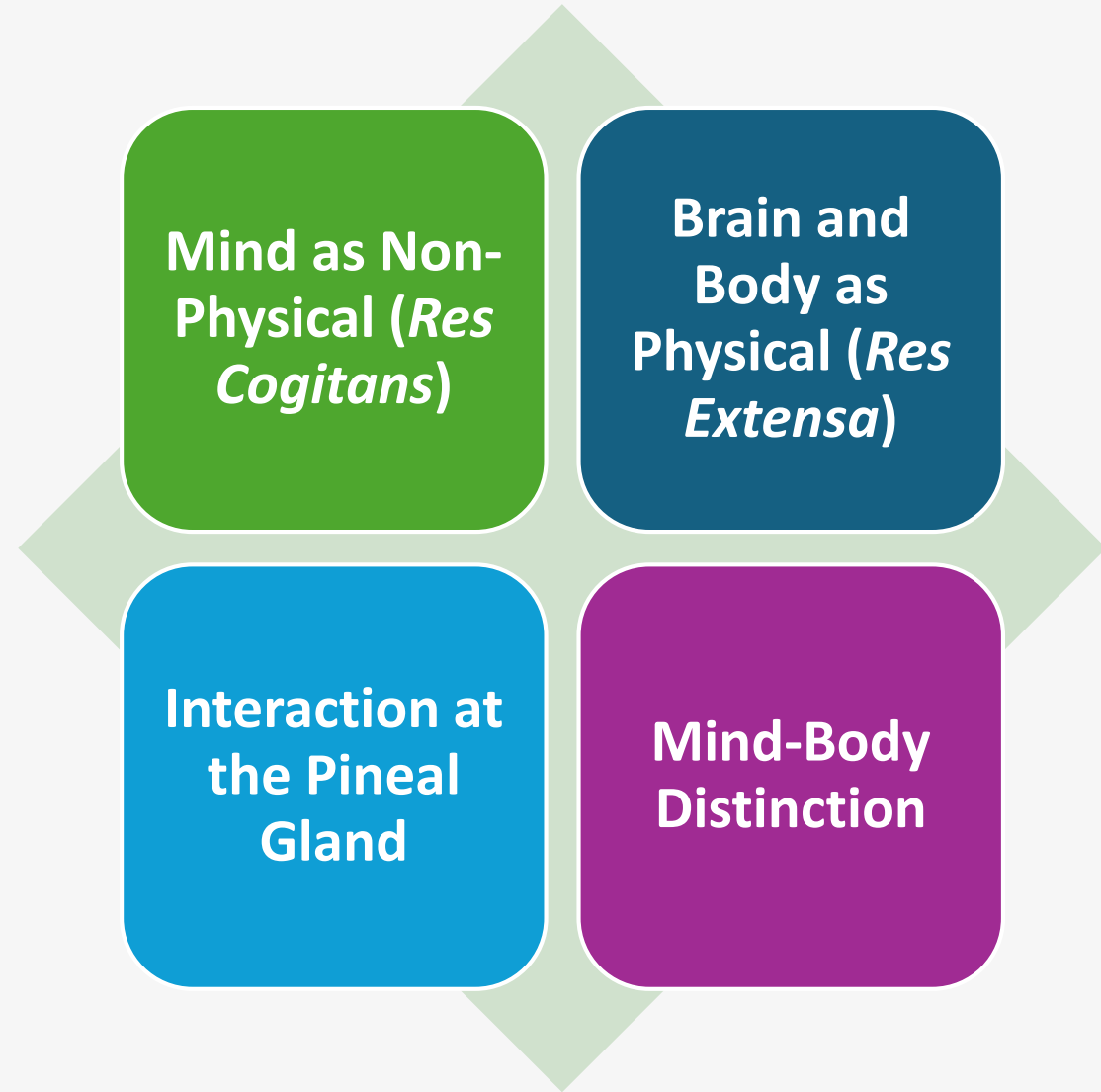
# René Descartes (1596—1650)



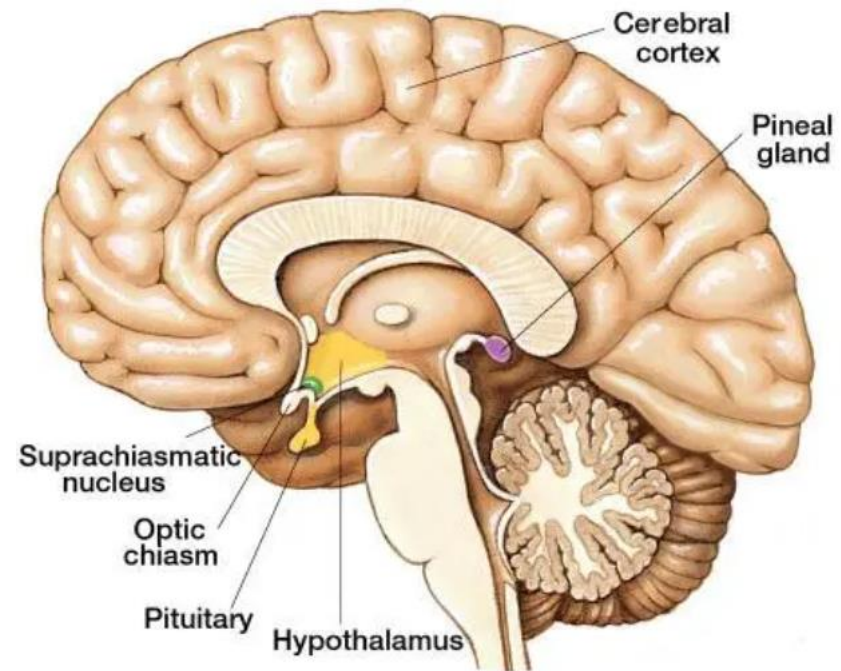
# Mind-Body Dualism



# Mind-Body Problem Descartes' Views on the Mind and Brain



# Pineal Gland



# Mind-Body Problem & Christianity

- Immortality of the Soul
- Distinction Between Spiritual and Physical Realms
  - Free Will and Moral Responsibility
- Separation of Mind and Body in Theological Context
  - Influence of Augustinian and Platonic Thought

# Descartes & Mental Diseases

**Mind as Rational and Immaterial**

**Disorders as Bodily or Mechanical Malfunctions**

**Passions and the Pineal Gland**

**Mental Disturbances Linked to the Body**

# How was mind-body duality an obstacle to medical science?

- **Separation of Mental and Physical Health**
- **Focus on Mechanistic View of the Body**
- **Neglect of Psychosomatic Medicine**
- **Delayed Neuroscience Research**



**How did  
mind-body  
dualism  
separate  
mental and  
physical  
health?**

**PSYCHOLOGICAL DISORDERS SEEN AS  
NON-PHYSICAL**

**PHYSICAL HEALTH AS A MECHANICAL  
SYSTEM**

**NEGLECT OF THE INTERACTION  
BETWEEN MIND AND BODY**

**DELAYED DEVELOPMENT OF HOLISTIC  
APPROACHES**

# How does mind-body dualism focus on Mechanistic View of the Body?

**Body as a Machine**

**Neglect of the Mind's  
Influence on the Body**

**Focus on Physical Symptoms  
and Treatments**

**Separation from Vitalist  
Theories**

**Surgical and Technological  
Advancements**

# How does mind-body dualism Neglect of Psychosomatic Medicine

**Dismissal of  
Mental Factors in  
Physical Health**

**Overemphasis on  
Physical  
Symptoms**

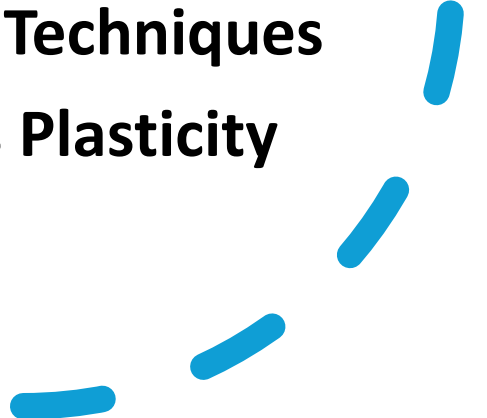
**Stigmatization of  
Psychosomatic  
Disorders**

**Neglect of Stress  
and Emotional  
Health**

**Late Integration of  
Psychological  
Therapies**

**Delayed  
Recognition of the  
Mind-Body  
Connection**

# **How did mind-body dualism delayed Neuroscience Research**

- **Mind and Brain as Separate Entities**
  - **Focus on the Brain as a Mechanical Organ**
  - **Neglect of Cognitive and Emotional Processes**
  - **Resistance to Linking Mental Illness to Brain Function**
  - **Delayed Development of Neuropsychology**
  - **Hesitation in Exploring Consciousness**
  - **Slower Progress in Neuroscientific Techniques**
  - **Delay in Understanding the Brain's Plasticity**
- 

# Breaking Away from Dualism

- **1. 18th Century: Early Critiques of Dualism**  
David Hume (1711–1776)  
Immanuel Kant (1724–1804)
- **2. 19th Century: Early Neuropsychology and Empirical Science**  
Phrenology and Early Brain Studies  
Paul Broca and Carl Wernicke (1860s-1870s)
- **3. Late 19th and Early 20th Century: Rise of Materialism and Psychology**  
William James (1842–1910): Sigmund Freud (1856–1939)
- **4. Mid-20th Century: Neuroscience and Cognitive Science**  
Advances in Neuroscience (1950s–1960s): Electroencephalography (EEG), brain imaging techniques (fMRI).  
Materialist Philosophy: Gilbert Ryle.
- **5. Late 20th Century: Cognitive Neuroscience and the Death of Dualism**  
Cognitive Neuroscience (1980s and onward): Antonio Damasio and Patricia Churchland; neurophilosophy; monist.  
Emergence of Psychoneuroimmunology.
- **6. Modern Views: Mind as an Emergent Property**  
Monistic, physicalism, emergentism

# Modern Concept of Mind

## KEY FEATURES

Mind-Body  
Integration: Monism  
vs. Dualism;  
Physicalism;  
Neuroscientific  
Approach

Cognitive Science and  
Information  
Processing

Consciousness and  
Self-Awareness

Embodied and  
Embedded Mind

Mental health and  
mental illness: The  
biopsychosocial  
model

Emotions and  
Affective Science

Artificial Intelligence  
and Machine  
Learning

# Medical Treatment at Descartes' Time

- **Humoral Theory; bloodletting**
- **Diet and herbal remedies**
- **Religious and Supernatural Explanations: Demonic possession; Divine punishment; exorcism; prayers; physical punishment**
- **Asylum**

# Islam and Mind & Body Problem

## TWO ASPECTS

- The Body (*jism*)
- The Soul (*Ruh*)

## THE MIND ('AQL)

- Reason and Faith
- Nafs (Self) and Mind

## HOLISTIC NATURE OF MIND, BODY, AND SOUL

- Spiritual and Physical Health
- Psychosomatic Unity
- Healing and Medicine (integrating mental, physical and spiritual health)
- Life, Death, and the Hereafter



# Spiritual Healing and Faith Practices

Dua (Supplication)

Quranic Recitation

Ruqyah (Spiritual Healing):

Prayer

Fasting

Meditation

# How does Islam Treat Mental Diseases?

**A holistic approach that takes  
care of mind, body and  
spiritual elements of human  
beings**

# Psychological and Medical Treatment

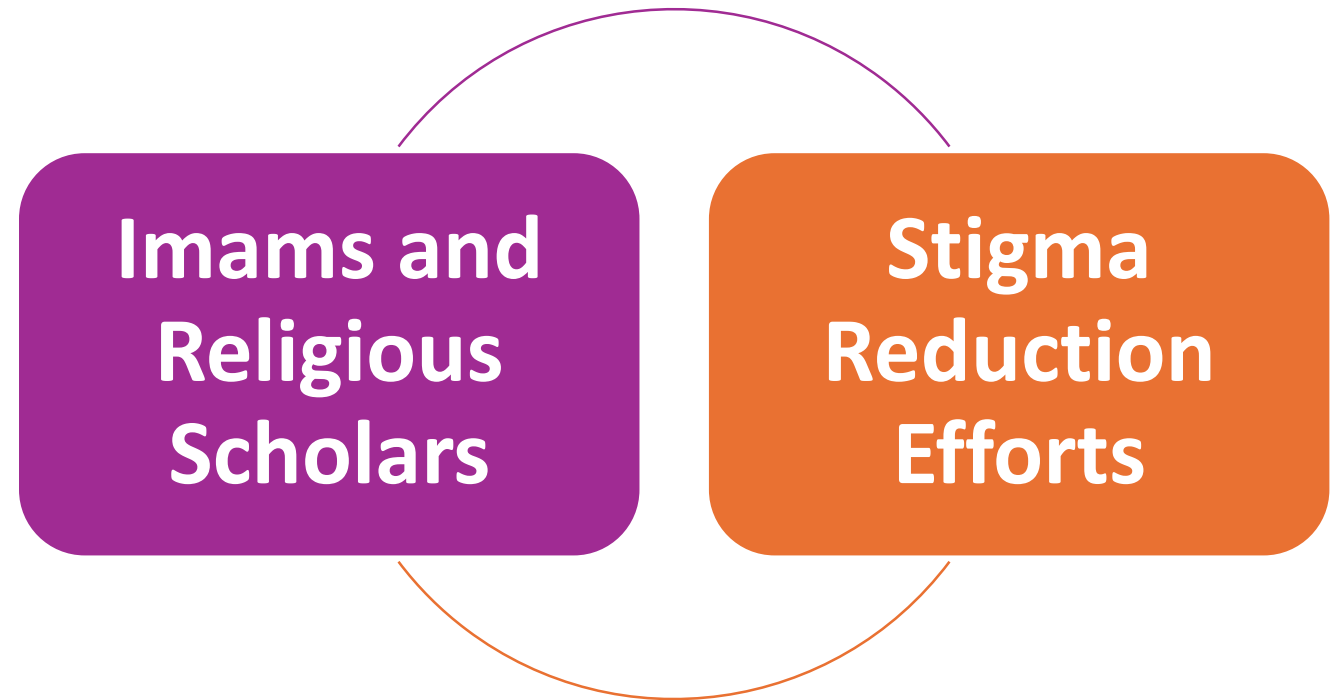
**Professional Therapy**

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**Medication**

# Community Support

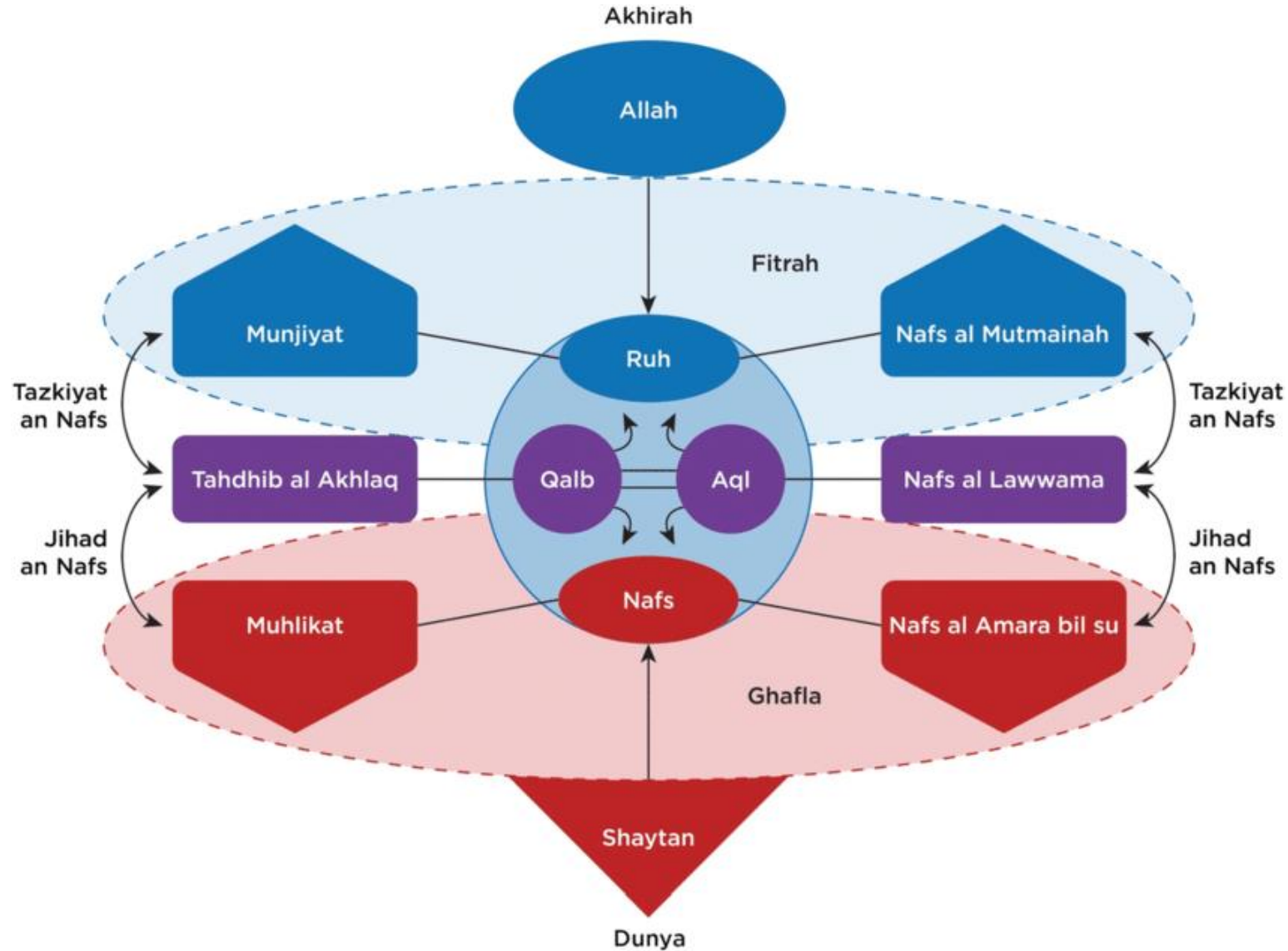


## **Holistic Approaches**

**Tawakkul (Trust  
in God):**

**Lifestyle Changes**

# Roles of ruh, 'aql, nafs, and qalb



Rothman, Abdallah & Coyle, Adrian. (2018). Toward a Framework for Islamic Psychology and Psychotherapy: An Islamic Model of the Soul. Journal of Religion and Health. 57. 10.1007/s10943-018-0651-x.