



لَقَدْ كَانَ لَكُمْ فِي رَسُولِ اللَّهِ أُسْوَةٌ حَسَنَةٌ

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# دومین همایش بین المللی سیره نبوی در طب

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The Second International Conference on Holy Prophet  
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And  
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"The scientific content and English language of the abstracts included in this supplement has been peer reviewed and edited by the Scientific Committee of the congress and is of their responsibility".

# Role of Time-And-Place Variables in Teaching and Learning from the Perspective of Prophetic Seerah

AR Mahmoudi, PhD

## Abstract

**Background:** In the establishment or development of a civilization, several factors are effective, among which teaching and learning can be noted as the most basic ones. Also, in this realm, the role of divine religions, especially Islam, is very luminescent. However, the fundamental question in this research is whether Prophet Muhammad's (PBUH) teaching and learning in certain times and specified places as two transformative variables, for the present, can have authenticity. The effect of the evolution of time and place and its requirements, including customs of society in determining criteria and characteristics of issues, or the difference in the levels of public understanding between simple societies of the beginning of Islam and later complex societies, or changes in benefits and evils, etc., each can generate new issues and indicators which have decisive interventions in the doctrines of teaching and learning of the prophet of Islam, so far as to have been said that the transformer process of time and place can reduce teaching and learning from the canonical truth to the canonist truth, or make them not even be "the discoverer" like this, and essentially cause the doctrines of prophetic teaching and learning to void. Thus, in this research, in addition to the above question, several subordinate questions have also been tried to be answered, such as firstly, what is the relation between two variables of time and place, and teaching and learning in the prophetic policy? Secondly, with the evolutions of time and place, can prophetic teaching and learning be proved as canonical truth or canonist truth?

Rational And Traditional Principles (Quran and Prophetic Narratives (Hadith)): Rational proofs and arguments and verses of Quran, especially prophetic narratives in the realm of teaching and learning.

**Methods:** The method of research is descriptive-analytic. In this descriptive-analytic research, by deduction of rational and traditional resources (prophetic policy), it has been tried to discuss how time and place variables intervene in prophetic teaching and learning.

**Results:** The scope of teaching and learning in prophetic policy has such an extensive ray that it seems to oversee all the doctrines of Islamic law (Sharia). Hence, proving prophetic doctrines being canonical truth or at least canonist truth, and as a result their authenticity can pave the way for solving problems in the direction of flourishing Islamic civilization.

**Conclusion:** Proving the authenticity of prophetic doctrines in the realm of teaching and learning has a decisive role in introducing the methodology of religious sciences. Therefore, holding theoretical and practical workshops about this subject for professors and students of universities and religious schools can authenticate knowledge and research, make them religious, and improve their quality as a result.

**Keywords** • Learning and teaching • Prophetic policy • Time and place • Canonical truth • Canonist truth

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# Assessment and Evaluation of Students' Mental Health during the Fasting Month of Ramadan

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## Abstract

**Background:** In a Hadith Qudsi, the Prophet (PBUH) asked Allah: "What is the first act of worship?" Allah replied: "Fasting." Then the Prophet (PBUH) asked: "Lord, what is the result and the fruit of fasting?" Allah said in response: "The result of fasting is gaining knowledge and wisdom; and the result of wisdom is knowing Allah; and the knowledge of Allah is achieving complete certainty. Thus, if a worshipper achieves complete certainty, they will trust Allah completely, no matter whether their life is easy or difficult." The Prophet (PBUH) said: "Fast to ensure your health."

**Methods:** This study was a natural experiment to determine the effect of fasting in Ramadan on 45 nursing students of Shiraz University. A questionnaire designed to assess students' mental health was completed one week before and one week after Ramadan month. The collected data were analyzed using t-test in SPSS version 16.

**Results:** The results of this study showed that the mean score of students' mental health in the study, compared with those of students before Ramadan, improved ( $P < 0.001$ ). Also, the average mental health score of male students before ( $P < 0.001$ ) and after ( $P < 0.01$ ) Ramadan was more than the corresponding figures for female students.

**Conclusion:** According to the findings, fasting during Ramadan can effectively improve students' mental health.

**Keywords** • Fasting • Ramadan • Mental health • Nursing students

# Wisdom, the missing Part of Modern Medicine: Could the Current System of Medical Education Raise Wise Medical Practitioners?

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## Abstract

**Background:** Throughout the medical history of Iran, the relationship between medicine and sagacity has been strong and deep. Famous ancient Iranian physicians, other than medicine, were specialized in theology, logic, mathematics, etc. Both dimensions of wisdom (theoretic and practical) are usually defined with respect to terms such as “competency”, “familiarity with the philosophy of science”, “logic”, “Islamic theology”, “believing in the afterlife”, “mindful judgment”, and “deep insight”. The addressee of medicine is a multi-dimensional being, but its focus is now on the body. Sagacity calls for medical teams firstly to recognize and identify human beings thoroughly and then, accordingly, approach it. Unfortunately, this comprehensive view does not exist in the current medical educational system. This study is aimed at discussing the importance and consequences of wisdom in medicine.

**Methods:** This descriptive-analytic study has been done using main Islamic resources regarding the subject of sagacity and then adopting these findings to the requirements of modern medicine.

**Results:** Sagacity in medicine requires human beings –here patients and their families- to be approached with respect to all their existential facts. Lack of this approach in the current medical educational system has caused graduates not to be wisely capable. Wisdom in Islam is deeply interwoven with Muhammad’s (PBUH) and his family’s teachings. Teaching wisdom in medicine requires a more comprehensive view to human beings (divine anthropology) other than the empirical knowledge of medicine.

**Conclusion:** Changing the medical educational approach to a more comprehensive and sagacious one can positively change practical and judgmental approach of medical sciences graduates. Wisdom can improve the scope and depth of medical judgments and can increase Allah’s satisfaction (an important Islamic index of value of doings), the total satisfaction of people with given services, and the satisfaction of a medical team itself. Generally speaking, sagacity can enforce discipline and decrease therapeutic expenditures.

**Keywords** • Wisdom • Islam • Medicine

# Dimensions and Effects of Interpersonal Communication: The Teachings of Islam

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## Abstract

**Background:** Verbal communication, and speech as a dominant type, is a very common form of interpersonal communication. Scholars from the fields of psychology and human communication have introduced some rules, skills, and methods for teaching/learning verbal communication. However, these teachings may not be comprehensive and universal. They may even be in conflict with some important values in other societies. This paper first discusses the importance and functions of verbal communication, specifically speech. Then some practical tips about verbal communication from Quran and tradition (instructions from Mohammad (PBUH) and his sacred progeny) will be presented.

**Methods:** This paper is a review article, that is, the information presented here was collected by searching in Quran, books, documents, and articles in databases and other reputable sites.

**Results:** Words encompass several emotional, social, and psychological functions and effects. The words we choose and use not only reflect our characters (including thoughts, feelings, intentions, etc.) but also affect our biological and psychosocial functions. Verbal communication affects and is affected by our social environment. Human language and words, if used in a correct and appropriate way, have the capacity and the power to be constructive and developing; on the other hand, they may be traumatic and devastating, like a predator. Learning communication and speaking skills, in particular, is of utmost importance for improving, promoting, and enhancing the effectiveness of educational, cultural, and interpersonal transactional processes in a family and community. A short study on the Quran and the words and lifestyle of prophet Mohammad (PBUH) proves the efficacy of verbal communication skills in those seeking for knowledge and a meaningful and prosperous life.

**Conclusion:** The findings of this study can be used to improve the quality of educational and cultural programs in public and higher education settings. This is not a comprehensive content, though. More studies, for the development of educational materials derived from Islamic texts, are recommended.

**Keywords** • Verbal communication • Speech • Islam • “Prophet Mohammad’s tradition”

# Anthropological Foundations of Islamic Traditional Medicine and Comparing it to Modern Medicine with an Emphasis on Avicenna's Ideas

Ehsan Kordi Ardakani

## Abstract

**Background:** From the perspective of philosophers, especially Avicenna, the responsibility of philosophy is to prove the bases of other sciences. According to Avicenna, medicine is one of the sub-branches of natural philosophy which receives its conceptual and comparative bases from natural philosophy and finally from theosophy. In his medical books, he has used Islamic-philosophical principles and ideas in abundance. One of Avicenna's philosophical issues is the discussion about mankind and his truth. From Avicenna's point of view: "1. Man is a truth composed of body and soul which affect each other"; "2. Man is a coherent whole composed of components, and the truth of the whole is different from the truth of the components."; "3. Man is not only a complicated machine which can be analyzed by quantitative factors, but he also has several qualitative aspects."; "4. Man has a living organism, and he is not just a biological being". These mentioned issues are some of the philosophical bases of Avicenna's anthropology which has formed traditional medicine's foundations concerning anthropological issues. In this article, these foundations have been not only mentioned and explained but also compared to the anthropological foundations of modern medicine.

**Methods:** This study is library-based research carried out by reading Islamic -Iranian traditional medicine books and using related websites and software.

## Results:

1. Human being's composition of body and soul and effects of these two on each other in traditional medicine, and inattention of bio-medical model to this fact
2. The emphasis of traditional medicine on mankind's being a coherent whole and interpretability of components in the light of whole, and the emphasis of modern medicine on decomposition of mankind into independent components
3. Human's composition of quantitative and qualitative aspects according to traditional medicine, attention of traditional medicine to qualitative ones, and inattention of modern medicine to them
4. Interpretation of mankind as a living being in traditional medicine and as just a biological being in modern medicine

**Conclusion:** Each Medical school has its own anthropological assumptions, knowing of which can not only lead to a deeper understanding of these schools but also pave the way for their fundamental criticism.

**Keywords** • Avicenna philosophy • Islamic traditional medicine • Modern medicine • Anthropological foundations • (W) holicism

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# Assessing Islamic Attitudes towards Sexual Relationships and Healthy Sexual Function According to Islam

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## Abstract

**Background:** Peace depends on several factors, one of the most prominent of which is couples' healthy sexual function. So, satisfaction of this need is emphasized by marriage according to Islamic attitudes. The correct attitude is a prerequisite for the proper functioning of the couples. Therefore, this study aimed to investigate the relationship between Islamic attitudes and women's healthy sexual function.

**Methods:** This is a cross-sectional study in which 355 married women who referred to Jahrom health centers in 2012 participated by selecting them based on convenience sampling method. The questionnaire which was used consists of 29 questions derived from the book of "Wasa'il al-Shia". The reliability and validity indices were assessed ( $r=0.83$ ). The questionnaire includes two parts of healthy attitude and healthy sexual function. Data were analyzed using SPSS software version 18.

**Results:** The mean age of the women participating in this study was  $31.78 \pm 7.5$ . The mean score of women's attitudes towards healthy sexual relationships was  $75.4 \pm 15.1$ , and the mean score of healthy sexual function according to Islam was  $73.7 \pm 11.1$ . There was a significant positive correlation between attitude and sexual function according to Islam ( $r=0.4$ ,  $P<0.001$ ).

**Conclusion:** In the religious thought, sexual desire is one of the strongest human desires, and lack of attention to this issue leads to destructive familial and social consequences. Hence, according to Islam, education of sexual relations will guarantee the privacy of the family and public health.

**Keywords** • Marital relationship • Attitude • Sexual function  
• Islam

# A Study of Medical and Healthcare Roles and Performances of Women in Battles in Prophet's (PBUH) Era

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## Abstract

**Background:** Women, as figures with the symbol of affection, enjoy intrinsic care in their natures. In battles at the time of Prophet of Islam (PBUH), women entered one of the harshest and even the most masculine fields of society, i.e. battlefields. The presence of women in battles of the Prophet's (PBUH) era was allowed by him. Therefore, the present study is to investigate women's roles and performances in battles of the Prophet's (PBUH) era.

**Methods:** The present study was conducted using a descriptive-analytic method via collecting and analyzing research notes from library.

**Results:** According to research findings, women present at the Prophet's battles served medical care such as patient care, drug supply, transmission of the wounded and the martyrs from battlefields, and treatment of the wounded and the injured. Another important finding is that women did not take part in battlefields under duress, but they willingly asked the Prophet (PBUH) to allow them to accompany him to battlefields; so, the Prophet gave them a share of the spoils.

**Conclusion:** In the early days of Islam, women had significant presence. This issue was allowed by the Prophet (PBUH). Women's presence was not due to lack of masculine power for battles, but it was for their capabilities in doing medical and healthcare affairs, and they had a successful performance in this regard.

**Keywords** • Prophet's era • Women • Medical care • War

# Comprehensive System of Health from the Prospect of Quran and the Prophet Character sketch

Abbasali Vashian, PhD

## Abstract

**Background:** Health and preventing disorders and their prevalence in society is one of the most important issues which has made specialists and experts in the field of medicine do a lot of re-search on them. The reason for this is the necessity of health and its huge impacts on different aspects of human function. From an Islamic view which is derived from Quran verses and what prophets and Imams have mentioned, this need has been paid a lot of attention to in society. In a clear picture of the comprehensive system of health which pays attention to different somatic, spiritual, and mental dimensions of a person and public health, it can be seen that the above-mentioned need is of utmost importance. In such a comprehensive system, components and elements that make up the comprehensive system of health such as foundations, principles, rules, territories, features, advantages, and benefits are paid attention to. There are a lot of Quranic verses and Hadith from the prophet (PBUH) about the somatic health such as healthy nutrition, paying attention to spiritual and mental health, healthy communication with people, paying attention to health of the nature, and abstinence from unhealthy things which can be systematically analyzed and applied.

**Methods:** In this research, which is a library-descriptive study, the prophet's lifestyle and teachings of the Quran were used to collect data about the comprehensive system of health. After that, some instances were chosen randomly and analyzed.

**Results:** Ensuring the fact that whatever humans have obtained from Allah's revelation is the most comprehensive, the most complete, and the most scientific is a genuine belief that makes the holy Quran infallible, eternal, adequate, and impeccable for all ages. This revelation is what humans received from the prophet (PBUH), and our infallible Imams (AS) interpreted them for us and helped us to understand them. It should also be mentioned that Allah has always sent us a guide so that humans can fully access the prophet's (PBUH) messages.

**Conclusion:** At this age, the age of the absence of Cobra Imam "Imam Al-Sharif Allah deadline", a well-known scholars and commentators of the Qur'an and the prophet and Imams the table of God's servants, the busy and stressful endeavor may be placed at the bottom of the devotion to the concept wider than the pure science to understand. In this atmosphere of interdisciplinary health Quran and spirit and soul, the issue of science in health Aldrash something that astronomers have found it to work and employ and to have an understanding of the science Alvrash recognize and be thankful system and general health.

**Keywords** • Quran • The prophet character sketch • Health • Spiritual • Soul • Psyche

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# Foundations of the Health Care System from the Perspective of Islam

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## Abstract

**Background:** Health has always been a matter of concern for humans. As a result, they searched healthy spirit in a healthy body. Meanwhile, the role of religions in suggesting some ways in the healthcare area is a debatable one because of the presence of religion and quality of human inter-action with religions. So explaining the role of religions, especially Islam in the field of healthcare, is important. The main purpose of this study is recognizing the theoretical infrastructure of the Islamic healthcare system. In Islamic sources, healthcare was an important issue to which a lot of attention was paid, so it can be argued that a significant percentage of Islam teachings, especially the leaders' practices, have focused on this predominant topic. Accordingly, explaining the characteristics of Islamic healthcare system to provide appropriate services will be a necessity.

**Methods:** This is a descriptive-analytic piece of research which was done at the library, and it intended to express the theoretical foundations of theological and anthropological Islamic healthcare system and then extract purposes and features so that it could be a road map for those in charge of the healthcare system according to teachings of Islam.

**Results:** Therapeutic operations under a favorable system are task-oriented. Respect for the dignity and mutual rights of therapists and patients have been emphasized. Service has always been more important than profit. The protection of the balanced health of mind and body and protection of the safety and dignity of clients is underlined, and the purpose is to promote justice and trust in the healthcare system.

**Conclusion:** The results of this study can firstly help those in charge of the healthcare system come up with modeling in the health care system. Secondly, this study can help those who are responsible understand challenges and take appropriate action for them. Thirdly, results of this study can provide a situation to criticize and evaluate the effectiveness of the existing pattern in our healthcare system and compare it with the ideal Islamic model.

**Keywords** • Islamic healthcare system • Allah centeredness • Balanced health • Common nature

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# Principles and Methods of Treatment from the Perspective of Prophet Muhammad (PBUH)

Mustafa Hamedani

## Abstract

**Background:** From the perspective of Prophet Muhammad (PBUH), each illness has a treatment, and there is no illness for which Almighty Allah has not provided a treatment for human beings. The Prophet (PBUH) has presented strategies and methods in order to treat illnesses, and this study is aimed at finding these organized strategies and methods.

In this study, the writer has tried his best to search the holy Quran and Prophet's Hadiths thoroughly, existing in Sunni and Shiite communities and has obtained Prophet Muhammad (PBUH)'s ideas regarding this issue.

**Methods:** The research method of this study is documentary-library based carried out by the analysis of Quranic verses and Hadiths, existing in Sunni and Shiite Hadith books, and also by thematic analysis (so as to discover the patterns (themes) existing in Hadiths considering general methods of treatment) which is a kind of induction.

**Results:** From the perspective of general principles of treatment in Prophet Muhammad's doctrine, the results of this study have shown that according to him, treatment has four general principles which govern each kind of treatment; firstly, for each ailment, we should not resort to a special type of treatment because many ailments are the product of some therapeutic processes a patient is undergoing. Secondly, dangerous treatments should be avoided, and because of the strategy of "the existence of treatment for each illness" in the Prophet's doctrine, easy and safe or low-risk therapeutic methods should be discovered. Thirdly, patients should not be forced to eat or drink. Fourthly, any non-pharmaceutical policy precedes the pharmaceutical ones. Also, in the second aspect, i.e. discovery of Prophet Muhammad (PBUH)'s general therapeutic methods, this study has presented thirteen methods, among which only one is pharmaceutical, i.e. taking medicine.

**Conclusion:** First of all, the results of this study can be used in any therapeutic school, even in modern medicine, by presenting the ruling strategies in the above-mentioned principles. Also, this article has tried to be used practically in treatments by clarifying the areas of treatment from the perspective of the prophetic medicine; at this stage, a wide range of methods are considered, among which only one method is pharmaceutical, which is frequently used in conventional medicine.

**Keywords** • Treatment • General principles of prophetic treatment • General methods of prophetic treatment

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# Spiritual Health in Islam in Comparison with Western Medicine

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## Abstract

**Background:** The concept of spiritual health was seriously debated in the late twentieth century, and this proposed principles which had been developed based on secular viewpoints. In a non-religious viewpoint, spiritual health is a kind of tangible emotion like hope, peace, and joy, and it focuses on activities such as art, sport, and, relaxation techniques. In this sense, spiritual health is only a tool for treatment of diseases, while from a religious point of view, it is not possible to present a logical interpretation of spiritual health without paying attention to the ultimate purpose of creation. In fact, the concept of spiritual health is different from a religious worldview. Martyr Sadr believes Quran's theory about social and global subjects will be clear by the passage of time.

**Methods:** This study was carried out by reviewing library documents. For this purpose, the re-searcher has studied mystic Islamic texts and health-sciences resources.

**Results:** Although Muslim scholars have not talked about spiritual health directly, they have mentioned transcendence and soul health as prerequisites for transcendence in philosophy, ethics, and Islamic mysticism. In fact, some Muslim scholars have attempted to define spiritual health from a religious perspective. Spiritual health has been interpreted as health in religion or religious health (Imam Sajjad (AS)), and some databases related to religion have introduced spiritual health as recognition of the Creator, loving Him, and trying to get close to Him.

One of the most significant cases in this area which has tried to respond to the questions posed is the word of Hazrat Imam Ali (AS), in sermon 88: "... the one who raised his wisdom; and killed his lecherous self; and attempted for physical and spiritual austerity to cast away fat; and light-ened dirty body which has been out of balance and moderation; and calmed his rough temper; ... so God has considered him ... and his body was not shaky, but has been consistent and firm; ... and his heart is happy; and God is satisfied with him". Confirming the instructions given in this sermon, other Islamic mystic scientists have had the same notions. "When you eat your meals, they give you the spiritual life with which you will grow up and become healthy ..."

Based on a review of existing literature, constant features for the concept of spiritual health which frequently appear include: faith, excellence or perfection of the human spirit, moderation, purposefulness and meaningfulness; integrative force, and interaction with self, others, nature, and God. The authors listed faith and belief as an attribute of spirituality. The purpose of the Quran is also to train and guide mankind to perfection. Another feature is harmonious intercon-nectedness mentioned in Western studies, which is equal to justice in Islamic mystical literature. Some believed that spiritual health is to respond questions about the meaning of life. Spirituality has also been defined as the need to answer questions about the ultimate goal in life, illness, and death. Every Muslim is searching for meaning and purpose in the present (worldly) life and the next (eternal) life. Finally, it should be noted that daily interactions with others, self, God (or su-perior, or in general, the universe) are considered in many studies as one of the most important factors.

**Conclusion:** Exploring western psychologists' ideas about spirituality and spiritual health and its features and a comparison of these findings revealed similarity of divine and human findings. This research suggests thinking about rich and key findings in our Islamic Iranian society.

**Keywords** • Spiritual health • Islamic medicine • Western medicine

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# A View on the Philosophy of Islamic Medicine

Maryam Shamsaei

## Abstract

**Background:** In Islam, medicine has been closely associated with philosophy; thus, wise people were also called doctors, and therefore, in the writings of the world-famous Islamic philosophers, one part is dedicated to different topics of medicine including Al-Kandi, Farabi, Ibn Sina, Ibn Rushd who are just some known examples. Thus, the task of philosophers is to classify sciences. For instance, Farabi divided sciences into three groups which included theological, natural, and mathematical sciences. This categorized the medicine as a major which belongs to natural sciences that deal with the method of creating treatments for diseases. Islamic medicine is a collection of divine revelation which includes verses in the Holy Quran and the orders and guidance of the prophets and apostles of God. During the period of translation, medical texts were translated from Pahlavi, Greek, and Sanskrit into Arabic meaning that the traditional medicines of other countries and nations had entered into the Islamic medicine at that time.

**Methods:** The base of this paper is a comparative study on the foundations of traditional medical philosophy that is rooted in Islamic medicine.

**Results:** Examining the philosophy of Islamic medicine requires explaining the philosophical foundations of traditional medicine in areas where medical knowledge is associated with the practice of medicine. Although many articles in the world have been published on traditional medicine, very few of them are specifically devoted to a comparative study on their philosophies; however, a much smaller number of them have tried to delve deep into the subject of metaphysical and cosmological unity of many of social communities and theoretical structures especially in relation to outstanding medical tradition or what we call medicines of “great tradition”. We believe that although many differences between the more prominent aspects of traditional medicines such as treatment techniques and medical treatments, even in their philosophical theories, exist, they have enough basic features in common to be able to justify calling them as the “traditional medicine”. Our main goal is paying attention to some of the basic features, especially with reference to their philosophical foundation of theoretical constructs. Thus, this article with a logical-philosophical approach (and not a historical approach) tries to examine the results of what is placed in the field of philosophy of medicine (as one of the added philosophies).

**Conclusion:** This research has many effects on the ways doctors look at identifying and knowing the nature of detection logic, and looks at doctors’ looks from a macro perspective. In fact, this research integrates humans’ soul and body and does not look at human beings as an organ. The method of research in this library article is based on content analysis.

**Keywords** • Islamic medicine • Traditional medicine • Cosmology • Holistic nature of traditional medicine • Epistemology

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# Studying the History of Islamic Medicine and the Effects of Spirituality on Health

Aida Rastegarian, MD

## Abstract

**Background:** The purpose of this paper is to review the history of medical sciences in Islamic civilization and the effect of spirituality on health and diseases.

Emotional connection of physicians with patients affects the treatment of many diseases. Mental health will not only be possible through drug use, but spiritual importance of physicians has similar effects or sometimes more.

Understanding the impact of spirituality on health and diseases can have a significant effect on the emotional and social health of individuals in society. Therefore, it is essential to be aware of the traditions and lifestyles of the prophet.

**Methods:** This article is compiled by using a library method and summation of sources.

**Results:** Islamic medicine is as old as humans, or sometimes it is said to be as old as the earth. Some famous scholars believe that the science of medicine has a divine origin.

The first discussion in the field of medicine is medical ethics, which is not less necessary than medical knowledge because in light of the moderate behavior and good mood, physicians will be able to perform their professional duties.

Studies on the psychology of religion have shown a positive relationship between religion and physical and mental health. Some of these studies have examined the relationship between religion and personality disorders, and some other studies have considered the religious practices and their effects on people's mind and body.

**Conclusion:** The results of this study can have effects on the interaction between physicians and patients, and physicians and colleagues. It also attracts the attention of physicians to the point that drugs are not the only way to treat diseases, but physicians' utilizing spiritual treatment has the same or even in some cases more effects.

**Keywords** • Islamic medicine • Ethics • Spirituality

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# The Healing Role of Prayer and Tavassul in the Seerah of the Holy Prophet (PBUH)

Negar Ahmadifar<sup>1</sup>, Reza Saadatnia<sup>2</sup>

## Abstract

**Background:** Humans have always confessed to being unable to obviate their needs, and all humans know that they are dependent on Allah for satisfying their needs. Thus, in order to satisfy his needs, man has always tried to pray for what he has ever needed. Humans have sometimes asked Allah to answer their prayers directly; however, sometimes they have asked Allah to satisfy their needs through some sacred intermediaries. Health is one of Allah's blessings which man does not value. However, when humans get sick, they understand how important their health is. The first thing to do when we are sick is definitely asking Allah to help us. If the patient is supposed to be healed, his or her praying accelerates this process. However, if that person is doomed to be sick, his or her praying may change their fate because sometimes we have to ask Allah to give us what we want by praying. Now what is the healing role of prayer and Tavassul in our prophet's (PBUH) lifestyle? We hope the answer to this question can guide human beings in today's world.

Here are some historical and Quranic documents such as the verse regarding the granting of invocation (Baqarah, 186); the verse implying Tavassul (Maeda, 35); the tradition implying the healing effect of prayer by Imam Sadeq (AS): "You should pray, as it is the cure of every pain" (Kulaini, vol 2, p 470); and the tradition explaining the role of Tavassul in obtaining healing: The prophet (PBUH) told a blind to perform a Wudu and pray a Salah (Islamic prayer) of two prostration (Rak'ah) and then pray so: Oh God, I demand you and address you through your prophet Muhammad (PBUH) ... in granting my needs.

Allameh Majlissi has gathered traditions related to the infallibles regarding prayers for healing and therapeutic guidelines.

**Methods:** This study adopts a practical and desk research approach through content analysis.

**Results:** In the Seerah of the holy prophet (PBUH), there is an extensive emphasis on prayer and Tavassul for obtaining cures. These prayers sometimes have had general addressees and are available for everybody and have sometimes been peculiar to certain people so that they can only be used with special prescription.

However, the effectiveness of prayers and Tavassul is dependent on sincerity, certainty, and Allah's discretion.

**Conclusion:** This research aims to improve the social spirituality and increase the connection of human beings with Allah and His worshippers. Also, it helps families and individuals, instead of fear and despair, to rely on Allah when there are illnesses even in cases of hard and incurable ones and ask for their cure. With certainty and sincerity, lots of sick people are cured and relieve from pain.

**Keywords** • Healing • Role • Prayer • Tavassul • Seerah of prophet (PBUH)

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# Are Clinical Trials in Line with Professional Ethics and Prophetic Medicine?

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## Abstract

**Background:** Doing clinical trials is essential when it comes to medicine, and it is one of the most reliable methods so as to collect data to offer new treatment methods. Unlike other research approaches, in this piece of research, some intentional interventions are made. This research, by paying attention to professional ethical issues, has tried to take some topics into account such as evaluating benefit or loss, conscious satisfaction, using placebos, and making up for possible side effects if there are any. As a result, clinical researchers have always faced some ethical questions. For example, do such researches comply with ethical rules? Or are such researches in line with Allah's orders and our prophet's (PBUH) sayings by considering the fact that a lot of Muslim and Iranian clinical researchers work on such topics? In order to answer such questions, this research is carried out to recognize and determine ethical rules and codes which were presented by our holy prophet (PBUH).

**Methods:** This is a library piece of research whose main purpose after identifying the topic and keywords is to search in reliable library documents and extract necessary information needed by the researcher.

**Results:** In order to pass some rules and regulations including ethical rules and values, some specific sources are needed, and there should be a logical relationship between our ethical system and the ethical sources which we use. The various rules which have been employed to come up with ethical rules and values are instructions of the holy Quran, our prophet's (PBUH) and Imams' (AS) tradition which is in the form of Hadiths now, and using agreements and experiences which have been passed down from generation to generation. The most important sources which can be named as supportive sources are the holy Quran, prophet's (PBUH) and Imams' (AS) tradition, mind, and so on.

**Conclusion:** By investigating ethical principles, i. e. dos and don'ts, we come to the conclusion that such principles are rooted in Allah's orders and our prophet's (PBUH) and Imams' (AS) tradition. Also, ethical codes in researches have been written by some passionate researchers. Our prophet (PBUH) respected the scholars of his time deeply. Thus, we can conclude that such codes are in line with the teachings of the holy prophet (PBUH).

**Keywords** • Ethics • Medicine • Clinical trials • Research • Prophetic medicine

# Family and Sire Nabavi

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## Abstract

**Background:** Islamic law, as the last and most perfect divine method of life for humanity, has brought the best instructions. Numerous reviews about the personality of Prophet Muhammad (PBUH) and Infallible Imams (AS) have shown that the Imams (AS), as the paragons of humanity, have had a proactive role regarding all issues, and communities which follow their lifestyle can overcome many difficulties and solve a lot of family-related problems in the present era. Islam, and specifically our prophet (PBUH), have offered a couple of strategies to satisfy people's physical and mental needs by their teachings and plans, which can greatly benefit family which is an important social institution.

**Methods:** 50 references from the Quran, hadith books, and articles on various aspects of family were studied.

**Results:** The results indicate that family is an institution that is phenomenally popular in Islam, and Allah has focused on it a lot. Therefore, by considering different Hadiths from Prophet Muhammad (PBUH), it can be concluded that marriage is one of the most favorable things to which Allah has paid a lot of attention. Family has a special place in the social evolution of each individual; therefore, neglecting family can deviate human society from the right way. As a result, they cannot make optimal use of the capacity that Allah has given to them. So, Islam has attached great importance to family and has offered humans various ways and different strategies to strengthen this important social institution.

**Conclusion:** It is obvious that the need to apply scientific methods and practical knowledge of the Quran and the Ahlul Bayt to various aspects of a family is of special value. The course of Quran and the views of Ahlul Bayt about the great importance of family, the need to explain the rules of marriage, advice and care during pregnancy, childbirth, breastfeeding, baby care and children's upbringing, scientific and liturgical, medical, hygienic, and nutritional advice and tips are especially important and significant.

**Keywords** • Family • Sire Nabavi • Islam

# Human Dignity in the Health System: An Islamic Approach

Shadi Hajizamani

## Abstract

**Background:** Respecting customers and their satisfaction are some important Islamic rules. In fact, humans like to respect others and retain their dignity instinctively. Also, respecting humans has been paid a lot of attention to in Islamic teachings. It should be noted that the importance of any organization with regard to their services hinges on the extent to which people trust them, and this trust is built by customers.

**Methods:** This is a review article, and the researcher has tried to collect data from some sources like clinical governance principles, Hadiths, and Quranic verses.

**Results:** According to different Quranic verses such as the seventh Ayah in Al-asra Surah (we honored the children of Adam better than other creatures...) and a Hadith from Imam Ali in which he tells Malek Ashtar, "The most favorable things for you should be the ones which are moderate and fair, and in such tasks you should consider vassals' satisfaction.", we recognize that customer satisfaction is of utmost importance in Islam. However, it should be mentioned that some steps have been taken to respect and keep the dignity of human beings in hospitals such as implementing clinical governance program at the hospitals, the presence of patients and their families at the time of decision making, respectful care with sympathy, keeping the patients' privacy, and getting conscious permission from patients and their families when it comes to dangerous therapeutic operations.

**Conclusion:** Because of patients' lack of awareness of different types of diseases and their methods of treatment, patients cannot judge therapeutic services properly. So, by respecting patients and involving them in decision making, it is possible to increase their trust on medical services, which can greatly affect their health and recovery.

**Keywords** • Respecting patients • Health system • Quranic verses

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# The Role of Spirituality in Reducing Students' Homesickness

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## Abstract

**Background:** Entering a university would be considered as an exciting new experience which can sometimes be stressful for some students. Homesickness is an important issue, dealing with which can be very difficult or even unbearable for some students.

**Methods:** We searched electronic databases like pubmed. In this search, some keywords such as “homesickness”, “spirituality”, and “students” were used. We systematically searched these sources and found valid and related articles.

**Results:** The consequences of homesickness can be referred as little joy, low self-esteem, alienation, feelings of shame, a sense of emptiness, avoiding social communication, having a few friends, pessimism, inability to express oneself, introversion, depression, anxiety, and distraction. Not being familiar with the campus, being far and separation from parents, lack of interest in their major, conflicts with others in the dormitory, lack of welfare, economic, and health facilities, and problems like these are included as the conditions that make students be vulnerable.

**Conclusion:** If a person who is dealing with these problems turns to the Lord of the universe and worships Allah who is benevolent and strong, s/he can get rid of homesickness and its effects. Of course, this works only in light of having a strong belief in Allah and religion. Thus, to prevent and treat homesickness using religious functions, it is recommended to hold meetings, conventions, and sessions and distribute books and religious pamphlets at the university in order to clarify religious issues and their relation with mental health aspects, especially homesickness.

**Keywords** • Homesickness • Students • Spirituality

# Mental Health and Religious Orientation

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## Abstract

**Background:** Humans have always needed a reliable supporter in their lives, and this has always been an important issue. A lot of researchers have worked on religion and its effects on people's mental health.

Lots of researchers and experts have investigated the impacts of religion and religious orientations, and they have classified religion into two categories: internal religion and external religion. Internal religion has organized principles, and it is home to scientific and emotional facts and is keen on commitment to an ideal unity in a person's personal life. However, external religion is something instrumental which cannot stimulate people's motivation. In fact, external religion is used to satisfy people's needs.

**Methods:** In order to understand the relationship between religious orientations and people's mental health, 50 articles from SID, Science Direct, Google, and Magiran were studied.

**Results:** Findings of this research indicate that people who have internal religion orientations can develop their personality based on their religion, and they are more logical and mentally healthier. Also, such people are satisfied with their life more than those without this characteristic. However, following a religion with external criteria is something instrumental, and external religion is less preventive or therapeutic. As a matter of fact, religion is rooted in the nature of people who have internal religion, and this type of religious orientation can ensure mental health.

**Conclusion:** One of the most fundamental problems of the world is providing mental health of all kinds for people. Therefore, taking every step to promote this mental health is of particular importance. Having religious beliefs, especially internal religious orientations, is positively associated with a decrease in psychiatric disorders and an increase in mental health. Thus, it seems that this issue should be considered in prevention and treatment programs, and planning should be based on that.

**Keywords** • Internal religion • External religion • Mental health

# The Necessity of Charity in the Health Sector and Paying Attention to Real Needs of this Sector

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## Abstract

**Background:** Health plays an important role in creating a healthy society and has always been regarded as one of the most important indicators for measuring the level of development in any country. However, providing this type of service is often among the most important and costliest on-demand services. In Islam, health is an essential need which guarantees the survival of generations and promotion of social justice. To do so, Islam has offered a lot of strategies which can greatly help humans to achieve the above-mentioned features. Based on this insight, investment on dedication in the health sector by donors should be seen as a tool for maintaining and promoting health as well as its spiritual value.

**Methods:** This paper is a case study with a review of scientific literature related to the topic.

**Results:** Health issues as well as other services in communities have been hugely affected by contemporary social and economic conditions, and the effect of social, economic, cultural, and even spiritual factors have been recognized completely. The health sector is one of those sectors which has benefited from the donations of benevolent donors for a long time, and the activities of religious people, which has been common among all nations, with religious and cultural motivations have always helped patients suffering from different types of diseases. In fact, charities have helped the health sector and patients mostly by building hospitals or offering free services.

**Conclusion:** By considering useful purposes of charities and the role of these institutions in maintaining and improving health, the health sector can benefit more from these organizations by managing and guiding them better. By having a comprehensive view toward this tradition and keeping up with the modern world, the health sector can increase the services offered by charity organizations.

**Keywords** • Charity • Dedication • Health

# An Introduction into the Philosophy of Medicine in Light of the Prophet

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## Abstract

**Background:** Although the history of the development of the philosophy of medicine is a new field, the gap which has appeared in the philosophy of medicine between technology and the ethical values in the present era redoubles the need for giving special attention to the philosophy of medicine in the medical community. Because the philosophy of medicine is trying to explain the need for the relationship of doctors with elements such as the origin of being, the public, the society of doctors, and rulers of society with approaches such as methodology, axiology, epistemology, and anthropology, this research aims at finding the relationship between doctors and patients by considering the lifestyle of the prophet (PBUH) and the relationship between doctor and the elements. Also, this article aims to extract prophet's opinions, which is an infallible source, based on the four elements above which constitute the bases of the medical philosophy; and consequently, this paper tries to find the comprehensive answers to the main and basic question which states: Is the way of the prophet (PBUH) silent about the relationship between doctors and the origin of the universe, the public, the medical community, and the rulers of society? One of the overall goals of this paper is to examine the philosophy of Islam and the prophet (PBUH) about medicine.

**Methods:** The method of this research is reviewing library documents based on content analysis.

**Results:** Despite the significance of the above subject especially for the educational and medical institutions of Islamic countries, based on the explorations of the researcher, there has been no study on this issue so far.

**Conclusion:** Thus, it is hoped that effective steps be taken in this regard by providing prophetic teachings about the four foundations of the philosophy of medicine.

**Keywords** • Anthology • Epistemology • Axiology • Methodology

# Mental Peace in the Holy Quran

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## Abstract

**Background:** The correlation which exists between spirituality, purpose of life, life satisfaction, and health has led to paying a lot of attention to the spiritual dimension of humans' mental health. One of the most effective methods to increase a person's capacity in vicissitudes of life is the element of religion, and one of the most important tools to maintain and promote mental health is learning the Quran and its teachings. Allah has created the nature for humans, and He has showed humans how they can achieve serenity. Also, Quran has the most ear-catching songs which can attract the attention of everyone, and this can cause joy and excitement in people's souls and bodies. Also, it should be mentioned that the holy Quran has a healing force which makes people feel relaxed. With respect to becoming familiar with the Quran, Imam Sadeq (AS) says, "I was looking for a companion to make me calm, and I found it in reading the Quran." Al-so, Imam Ali (AS) says, "Anyone whose companion is the Quran will not be afraid of being separated from his friends."

**Methods:** The method of research in the present study is analytic-descriptive, and this research is carried out using reliable religious sources, articles from research journals, research centers, and some software.

**Results:** The findings of this study show that religion and having strong beliefs in religion can bring happiness and health for society, and religious beliefs play a crucial role in people's life with respect to their health and life satisfaction. One of the most striking aspects of Islam is the holy Quran. The holy Quran contains people's guidance and prosperity in this world and the other world, and it is people's guide toward perfection and prosperity. The holy Quran makes people's hearts happy and is full of insights and power. Therefore, becoming familiar with the Quran is an important factor, and even if people are exposed to the Quran without the aim of spiritual connection, their beliefs are strengthened, and they feel calm.

**Conclusion:** Our problems in today's world make us tired and force us to lose our control over life; however, by using some methods, it is possible to reduce its destructive effects on our lives. One of the mechanisms to deal with this situation is having strong religious beliefs. With respects to the Quranic verse which reads "Allah's remembrance makes hearts calm.", we understand that the holy Quran, which is full of Allah's remembrance and Allah's grandeur, can provide humans with real peace and calmness.

**Keywords** • Mental peace • The Holy Quran • Religion

# Mental Health in the Light of Spiritual Beliefs and Prophet's Seerah

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## Abstract

**Background:** Nowadays, mental disorders are very common in societies, and a lot of people in the world are prone to such diseases. In other words, there are very few people who have immunity against such disorders. As a result, mental health is one of the most important social needs because only when societies have mentally healthy people can they function well. With respect to this, spiritual and religious beliefs give people this opportunity to cope with vicissitudes of life, mental pressures, and inevitable failures that happen in people's life. This makes people optimistic about life in the other world which is free from such difficulties.

**Methods:** The method of research in the present study is analytic-descriptive, and this research is carried out using reliable religious sources, articles from research journals, research centers, and some software.

**Results:** Today's world is full of stressful experiences for people, which has endangered people's mental health and has caused lot of mental disorders in people. A positive approach to mental health has been adopted recently, and the concept of cognitive psychological well-being by considering factors such as self-esteem, proper social communication, and satisfaction has been emphasized so that people can help themselves in stressful situations and do not suffer from such problems. This finding means that religion has a correlation with development, perfectionism, and humans' power and domination. In fact, religion gives people's life meaning and banishes all thoughts of absurdity and nothingness from their mind. Also, religion helps people to flourish and attain perfection, and religion banishes thoughts of self-centeredness and fancy from people's mind. In such an environment, people can develop, approach perfection and Allah, and have the power to control and dominate their surroundings.

**Conclusion:** A lot of researches have supported the idea that special religious beliefs and practices correlate positively with mental health. The importance of spirituality and humans' spiritual health has increasingly attracted psychologists and specialists in the field of medicine in recent decades. Developments in psychology on the one hand and the complicated and dynamic nature of modern societies on the other hand have led to paying more attention to spiritual needs with respect to physical needs. This might be due to the fact that people's understanding of psycho-cognitive phenomena can bring them psycho-cognitive support which might be accompanied by spiritual support, which cannot be measured phenomenologically.

**Keywords** • Mental health • Religion • Prophet

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# Dedication: Arisen from People's Nature and its Role in Seeking Justice in the Health Sector

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## Abstract

**Background:** The Lord of the universe has endowed people with benevolence, immaculateness, and impeccability and has asked people to avoid vices. Also, in Islam, everything has been designed based on the philosophy and purpose of creating human beings. In fact, in this system, people's benefiting from Allah's blessings to achieve perfection and Allah's satisfaction are essential, and eschewing vices and problems has been emphasized a lot by Allah. Therefore, in order to understand and recognize this necessity in both physical and mental dimensions, some rules and regulations have been drawn up and proposed to societies so as to maintain people's health and bring them prosperity in both social and individual aspects. In addition, in the Quran and in the prophet's (PBUH) and Imams' (AS) recommendations in the form of verses, traditions, and Hadiths, a lot of attention has been paid to health and hygiene. In fact, with regard to health and hygiene, charity organizations are really valuable.

**Methods:** This study is a library piece of research that benefits from the scientific literature related to the topic which was found at the library.

**Results:** Development and improvement in any society needs crucial factors which can create harmony and generate motivation, and dedication is one of those factors which play a major role in society. In fact, dedication is one of the honors of Islam, which is a deciding factor when it comes to compensating for lack of materialistic or spiritual needs. So, medicine and treatment as the most paramount and constant needs of societies can benefit a lot from dedication. As a matter of fact, dedication, as a valuable social action which is regarded sacred, can offer comprehensive and essential services to patients. It should also be mentioned that health is one of the most important rights of human beings, and health is what gives people a good life.

**Conclusion:** The tendency to do people good and to satisfy other people's needs is in the nature of people, and it is rooted in people's creation. In fact, dedication is one of the best and long-lasting examples of benevolence and helping people and society from a social, cultural, and economic perspective. Because of that, maintaining health and paying attention to that are among general principles of the social system in which all people should try to achieve this important issue. So, it can be concluded that dedication and charity organizations can recognize people's real needs and try to obviate such needs through seeking justice.

**Keywords** • Dedication • Nature • Justice • Health

# Brushing the Teeth in the Prophet's Seerah and Modern Sciences

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## Abstract

**Background:** The importance of oral hygiene and its role in a person's health is undeniable. Apart from preparing the food for digestion, our teeth play a major role in our beauty, articulating letters and words, and pronouncing sounds. Thus, different oral diseases related to our teeth and mouth can interfere with the normal and natural process of the body and cause problems for other parts of the body. One of the most important topics on which the prophet (PBUH) has put a lot of emphasis with respect to personal health and hygiene is oral hygiene by recommending people to brush their teeth regularly. The prophet (PBUH) said, "The cleanliness of the soul and body is the prerequisite for worshipping Allah which can finally lead to Allah's satisfaction." Also, the prophet (PBUH) said, "Cleanliness is a part of faith, and Allah truly loves a clean worshipper." Or the prophet (PBUH) said, "Brushing your teeth pleases Allah." Also, the prophet said, "Gabriel recommended me to brush my teeth so much that I thought it would behoove all people to do that." Or the prophet said, "If it were not difficult for people, I would ask them to brush before each prayer."

**Methods:** The method of research in the present study is analytic-descriptive, and this research is carried out using reliable religious sources, articles from research journals, research centers, some software, and some Hadiths.

**Results:** Researches done in recent years have proved the fact that there is a correlation between oral diseases and diseases which are related to other parts of body. In modern dentistry methods, some mechanical methods have been proposed to prevent oral diseases. These mechanical methods include brushing the teeth, using toothpicks, and using dental floss. Paying attention to oral hygiene and preventing diseases have been highly recommended in Islam, which shows that what has been mentioned in Islam is line with that of modern sciences. In fact, by the passage of time, man comes to understand what has been mentioned in Islam. Interestingly enough, when it comes to performing Haj, people have some limitations, but regarding oral hygiene, there are no restrictions. Even if a person's mouth starts bleeding as a result of using dental care products, it cannot interfere with that person's Haj. This shows the importance of paying attention to oral hygiene and preventing oral diseases.

**Conclusion:** One of the chief purposes of modern dentistry is to prevent oral diseases through paying attention to hygienic issues rather than cure such diseases. By considering the importance of prevention and health in teachings of the prophet (PBUH) and Imams (AS) and clarifying these issues for people, it is possible to change people's point of view regarding paying attention to hygienic issues and specifically oral hygiene. Also, this issue can increase people's knowledge and understanding, which can lead to a change in social and individual patterns and norms with respect to health and oral hygiene. Nowadays, the importance of using preventive measures like brushing the teeth and using dental floss to stop tooth decay on the one hand and preventing cardiovascular and pulmonary diseases on the other hand has been proven, and this issue has been directly mentioned in religious teachings.

**Keywords** • Toothbrush • Science • Oral hygiene • Seerah • Health

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# Exploring the Concept of Responsibility in an Islamic Culture, Basics of Recognition and Fulfillment of Responsibility in Religion-Oriented Education

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## Abstract

**Background:** Responsibility arises from relationship, and relationship would produce rights and tasks. Although the domain of social relationships is the most objective instance of accomplishment of responsibility in human life, its prominence consists of having relationships with Allah, self, living creatures, environment, etc. This study has tried to describe basics of responsibility in a religious culture (Islam) and stress the important role of faculty members in the development of responsibility in trainees.

**Methods:** This descriptive-analytic study has been carried out by studying two main Islamic resources –Quran and Nahj-Al-Balaghah- to produce a concept of “responsibility” in Islamic culture. Then, accordingly, it has been discussed how this concept can be developed and strengthened in our higher education system.

**Results:** Responsibility in the Islamic culture is rooted in the monotheistic recognition of the world. In a monotheistic view of Islam, recognition and accomplishment of responsibilities are natural characteristics of creation. In this culture, recognition which is followed by fulfillment of responsibilities exists in different states of human life including personal, social, familial, etc. Educational constitutions are responsible for transferring religious values to future generations. In this way, the role of faculty members is important as pillars of this transferring. Faculties’ responsible behavior, conduct, and practice (role modeling) are considered to be the most effective approach for educating this concept practically to trainees.

**Conclusion:** Determining Islamic indexes of responsibility in practice, assessing knowledge, skill and organizational gaps, holding workshops as needed, and appraising professional function of faculties and graduates are proposed to be done regularly. In this way, development of faculties’ competencies should be considered as a main priority.

**Keywords** • Responsibility • Higher education • Islam

# Spiritual Self-Care (Spiritual Health)

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## Abstract

**Background:** Health has many dimensions including physical, mental, and social health. One dimension of health is the spiritual health.

Although a bulk of research has been done in this field, because of ambiguity in defining spiritual health, it has not resulted in definite conclusions. Although spiritual health is not objective, it is one of the most effective health divisions with respect to the other three dimensions.

Studies have shown that other dimensions of health like biological, social, and psychological health cannot achieve their maximum capacity without spiritual health, which results in not reaching the maximum level of quality of life. According to the extension of spiritual health, in this article we decided to point out some aspects of this dimension of health.

**Methods:** This is a survey study which made use of various sites including Google, Google Scholar, scientific information database(SID), and a review of Tebyan and Rasekhoon sites. In order to extract the required information, 15 articles were completely analyzed and studied.

**Results:** When it comes to talking about spiritual health, the issue of religion unconsciously comes to people's mind. However, spirituality is generally beyond the concept of religion, and it can be seen that even some secular people believe in spirituality.

According to Russell, spiritual health can be achieved in other ways including daily interaction with others, trust, honesty and integrity, and experiences about nature that create unity with the natural world.

**Conclusion:** Based on the investigations carried out in this paper, it can be concluded that spiritual health that will be followed by a person's general health is placed and evaluated in the frame of culture and values of each country. Spiritual health is a general conception that is influenced by people's awareness and that community's interpretation of spirituality. In fact, the spiritual health of everybody is related to his or her attitudes to and understanding of the universe and religions in the world.

According to cultural and religious conditions in our country, spiritual health can help us to understand the meaning of life and become familiar with the Creator better. Bringing up your spirit is a necessity such as nutrition for the body because by paying attention to spiritual self-care, we can develop our talents and resist all vicissitudes of life in light of Allah's mercy and passion.

**Keywords** • Health and spirituality • Religion • Quality of life

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# Hope in Islamic Spirituality

Azita Jaberi

## Abstract

**Background:** The dignity of every science depends on the knowledge and spiritual achievements of that science, and the holy Quran is the best source in this respect.

In today's civilized world, people seem to look prosperous, but depressed, frustrated, and lonely more than ever. Positive psychologists believe that hope can protect people against stressful life events. Muslim scholars - martyr Sadr- also believes that the theory of Quran about various social and global issues will become clear by the passage of time. Verses of this divine book encourage people to have hope (Yunus: 7). Thinking about the stories of the Qur'an leads us to the fact that one of the stated goals of these stories is strengthening the spirit of hope in the hearts of believers (Hood: 119).

**Methods:** In this study, the method of research is reviewing library documents. For this purpose, the researcher has studied mystic Islamic texts and health sciences resources.

**Results:** Allah, through the lives of these special people, developed and strengthened the spirit of hope in other human being as Prophet Yusuf (AS), a righteous servant of Allah, finally returned to the bosom of the father (Yusuf: 199); fires changed to a garden of blessing (Anbia: 63); Ayoub suffered a lot and tolerated a lot of pains and problems, but finally he was given a lot of blessings. However, the issue of promising hope in the holy Quran is not limited to this worldly life, and humans can benefit from hope in the other world. Promising the heaven to people presented in the holy Quran and explaining it in detail provide hope for eternal life hereafter and passion for believers to reach that place (taubah 11). To remove the blur caused by the frustration of the hearts of believers, the holy Quran says: "Do not despair at Allah." (Yusuf 87).

**Conclusion:** Exploring the concept of hope in the holy Quran and its verses has a positive and good nature. In the holy Qur'an, hope has a unique position, and its opposite, namely despair, is a cardinal sin because if a person despairs over Allah's mercy and passion, in fact, that person has limited the power of Allah's mercy. Quran, as the only trustable source with a comprehensive view of man and his needs and capacity of its existence, knows factors such as guilt, low capacity, and lack of broadmindedness as important factors for reducing the spirit of hope in human beings.

**Keywords** • Hope • Spirituality • Islam

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# Spiritual-Care Challenges in Nursing

Azita Jaberi

## Abstract

**Background:** Allah has created human beings as the most amazing creature with various cognitive, emotional, social, and spiritual aspects. Lack of attention to each of these dimensions would eliminate some parts of total human existence. Many studies have shown the relationship between body, mind, and spirit and the impact of individual beliefs and desires on physical health. The spiritual dimension is the most important concern for more than one third of the world and a strong force in the center of their life and health.

The relationship between nursing and spirituality in patients' care lies in the concept of holistic nursing care. From this perspective, nurses should see humans as biological, psychological, social, and spiritual beings and recognize that each of these aspects are interrelated and can influence each other. Nursing concerns in this area can be observed in standard clinical practice -American Nurses Association, nursing and nursing diagnoses like spiritual distress and spiritual intervention, and nursing theories.

**Methods:** In this study, the method of research is reviewing library documents. For this purpose, researcher has studied mystic Islamic texts and health sciences resources.

**Results:** Although considering spiritual needs of patients and appropriate interventions is the task of a professional nurse, spiritual dimension is often ignored. Previous studies have shown three reasons: ambiguous role of spirituality in nursing spiritual care, lack of proper communication between nurses and patients, and environmental factors. Nurses also often express confusion and spiritual problems in this area.

Many authors believe that the ability to provide spiritual-care nursing would enhance with increasing nurse's awareness of spirituality and spiritual health. The surveys have shown positive relationships between the nurses' views about their religious beliefs and their attitude and their care. Thus, to understand and deal with patients' spiritual needs, it is recommended that nurses and nursing students be educated about spirituality.

**Conclusion:** Given the importance of the spiritual dimension and the need to teach nursing students to prepare themselves for the provision of spiritual care, it is recommended that the content of spirituality and spiritual care in nursing education programs be included. For this reason, the content of these instructions should provide some information about the cultural context, a description and definition of the concepts of intellectual and spiritual needs, the impacts of the spiritual dimension on health, and the importance of the spiritual dimension of spiritual care in nursing. Training these methods should be accompanied with case reports, and students should be given this opportunity to express their thoughts and feelings freely and openly. Clinical-setting scholars can also put the spiritual care plan in patients' care program in order to give students the opportunity to acquire necessary insights and skills and be encouraged to take care of patients by considering patients' spiritual dimension.

**Keywords** • Spiritual • Care • Nursing

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# The Role of Aromatherapy in Mental Health from the Perspective of Islamic Iranian Medicine

Setareh Derakhshandeh, Zahra Zarei

## Abstract

**Background:** Aromatherapy is a branch of medicine in which oils of plant extracts can be used to support and balance the mind, body and, soul. In this study, we tried to examine the effects of aromatherapy on mental health by examining the hadiths, written sources of Muslim scholars, and the scientific evidence available in the field of aromatherapy. This research is based on the hadith of Prophet Mohammad (PBUH) which reads, "Smell strengthens the heart.", and also Imam Ali's (AS) statement which reads, "Smelling scents, washing, looking at grass, and horse riding are sources of happiness and prosperity."

**Methods:** This is a review study. In this study, we extracted the traditions of the effects of good smell on mental health. After that, we examined the views of Muslim scholars in some books such as KameloSanaatotayeba, Ghanoon, Zakhire Kharazmshahi, etc. Then we extracted scientific evidence in this area by searching keywords such as aromatherapy, traditional medicine, and anxiety in Google scholar and PubMed databases.

**Results:** According to the hadiths, fragrance has a great impact on strengthening the spirit. Muslim scholars in the Islamic civilization have believed that aromatic oils are effective in relieving pain and reducing anxiety, and that they can help one to sleep better. It also gives confidence to humans and has a significant effect on our mood and reduces mental stress. Today's papers have also confirmed previous findings, and they have mentioned scientific reasons. For example, these oils are made up of many chemical compounds such as aldehydes, terpenes, and ketones that have calming effects like cortisol and mucolytic effects.

**Conclusion:** According to the available documents on the positive effects of aroma on human body in medical traditions and previous experiences of Muslim scholars and approval of today's scientific evidence, aromatherapy is recommended as an effective method for improving mental health.

**Keywords** • Aromatherapy • Traditions • Islamic Iranian Medicine • Mental health • Reducing stress

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# The Importance of Sleeping Position on Health from the Perspective of the Islamic Iranian Medicine

Zahra Zarei, Setareh Derakhshandeh

## Abstract

**Background:** Foundations of traditional medicine of Iran are based on six essential principles which are weather, sleep and waking, eating and drinking, movement and stillness, retention and vomiting, and mental symptoms. In this study, we checked the role of sleeping position in health by relying on authentic hadiths, written sources of Iranian Muslim scientists, and modern scientific evidence.

This study relies on Imam Reza's (AS) saying which states, "Power and reign of sleep are in the brain, and it (sleeping) causes stability and strength of body. So if you want to sleep, first sleep on the right side, and then sleep on the left side and rise from the right side."

**Methods:** This research is a review study. At the beginning, we checked some hadiths about the best sleeping position. Then we turned to traditional medicine and extracted some data from the books of Al-Hawi, All Sinaa Altybh, the summary description of Al-Hakam, the general over-view of traditional medicine, etc. After that, we studied some articles by searching some key words like sleeping position, GER disease, heart failure, and traditional medicine in PubMed and Google Scholar databases.

**Results:** According to the studied hadiths, the best sleeping position was suggested in this way. First, we should sleep on the right, and then we should sleep on the left for a long time, and ultimately, before waking up, we should sleep on the right side of the body. Muslim scientists in the Islamic civilizations have approved of this issue and asserted that sleeping in this way causes better digestion of food and proper operation of the heart. Also, ancient physicians have criticized sleeping on the back and expressed it as a source of many illnesses. Today's articles have not only acknowledged the above-mentioned data, but they also provide scientific reasons for them. For example, because of the comfortable discharge of food to the stomach, lying on the right and then on the left and again on the right develops gastric emptying and decreases GER diseases. In addition, because of the special position of the heart, the pressure on it is reduced, and the possibility of heart failure decreases. Also, sleeping on the back is not recommended in these articles. One of the strict prohibitions of sleeping on the back is in the last months of pregnancy because the pressure on the uterus is high, and the risk of miscarriage increases.

**Conclusion:** According to the accessible anecdotal evidence, abundant experiences of Muslim scientists in traditional medicine and the available scientific evidence on the role of sleeping position in health, it is suggested that more research should be done in this area.

**Keywords** • Sleeping position • Hadiths • Traditional medicine  
• GER diseases • Heart failure

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# Does Mental Visualization of Prophet's (PBUH) Seerah Affect Patients' Anxiety and Vital Indicators before Endoscopy?

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## Abstract

**Background:** Gastrointestinal diseases are one of the most common disorders. Endoscopy and colonoscopy are diagnostic procedures which can cause fear and anxiety because such methods are in most cases invasive. The anxiety before endoscopy and colonoscopy reduces the tendency of patients and increases the recommended time for doing these procedures. This study aims to measure the effectiveness of visualizing religious rituals like Haj or the prophet's (PBUH) tomb on anxiety and blood pressure in patients undergoing endoscopy and colonoscopy.

**Methods:** A randomized clinical trial study was designed, and 60 patients who were scheduled to undergo endoscopy and colonoscopy were selected using convenience sampling method in 22 Bahman hospital of Gonabad in 2014. They were randomly categorized into intervention and control groups. The level of anxiety was measured using Spilberger questionnaire. Blood pressure and respiratory and heart rates were determined before visual imagery intervention. The intervention group listened to a CD containing visual imagery and the sound of the Quran, Mecca Tawaf, Azan sound, and waves sound for 20 minutes in a quiet environment. The anxiety level and physiological responses were measured again before undergoing endoscopy and colonoscopy. The same measurements were carried out for the control group without visual imagery intervention.

**Result:** The results showed statistically significant differences in the anxiety level as well as the heart rate in the intervention group ( $P < 0.05$ ). There was no significant difference in blood pressure between the two groups ( $P > 0.05$ ).

**Conclusion:** Considering the alterations in physiological responses during listening to visual imagery, we suggest that such a method be considered as an intervention to relieve preoperative anxiety and fear.

**Keywords** • Mental visualization • Anxiety • Blood pressure • Endoscopy

# Pathology of Medical Narrations: A New Study on the Challenges of the Traditions of Prophetic Medicine

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## Abstract

**Background:** The study of medical traditions has been a serious and problematic question for a long time. With an increase in scientists' tendency toward various fields of medicine and traditional medicine, a lot of absolutely positive or negative viewpoints regarding the compatibility of experimental sciences with medical traditions can be identified. Sometimes it is thought that like rituals, medical narrations must be accepted as divine orders because they have been stated by infallibles who have been endowed with divine knowledge. But having a deeper glance, we would find challenges in these traditions, and paying attention to these challenges helps us not to make mistakes. In this article, some challenges will be discussed, and some solutions will be pre-sented, which can help us to solve these problems in the future.

**Methods:** This is a qualitative piece of research by using content analysis methods. In order to collect the necessary data, some original documents and books in the field of Islamic traditions and other related books that try to deal with criticism in medical traditions were carefully select-ed and meticulously studied. Challenges concerning sources of traditions, documentation, ideas and concept of single words, and the addressees of the traditions were examined.

**Results:** The study of medical narrations, like others, is a specialized task, and pre-judgment and personal interpretations must be avoided. Also, to get the real meaning of the narrations and to be able to base an idea on tradition, it is needed for one to know about 15 fields of knowledge. However, making use of them only as a support for another one is permissible.

**Conclusion:** Islamic literature has a thorough realistic approach towards the concepts of health, illness, and treatment. It is hoped that attempts will be made in the not-too-distant future by experts in the field of medicine besides scholars in seminary studies to analyze the situation and come up with a new method in the case of medical needs and help the development of medicine .

**Keywords** • Medical narrations • Tradition • Document of narration • Concept of the technical terms

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# Islamic Ethic: The Best Transcendental Paradigm for Biomedical Ethic

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## Abstract

**Background:** Today's professional ethics have developed universally, so biomedical ethics are regarded by medical service providers, clients, politicians, and thinkers as a necessity for the health system. As a result, the importance of this issue (the importance of humans' body and soul and human dignity) attracts us towards the teachings of Islam.

Morality should be regarded as one of the three fundamental issues in Islam (beliefs, commands, and Islamic ethics). In fact, the Prophet (PBUH) mentioned completing moral virtue as one of the purposes of his prophetic mission. In Islam, there are great verses and traditions related to ethics, and this shows the importance and significance of this science in Islam.

**Methods:** The research method which was used for this article was based on researching into the holy Quran, traditions, articles, and library resources.

**Results:** In this research, moral values consisting of the intention to be close to Allah, beneficence, justice, righteous acts, independence, secrecy, truthfulness, responsibility, creation, and innovation in Islam were investigated and presented. It is hoped that biomedical ethics will be developed and improved through these guidelines.

**Conclusion:** The Islamic ethics pattern characterizes humans as those who are committed to divine commands and live to attain ultimate perfection. This paradigm is the best criterion for understanding and utilizing moral virtues and traits in order to train medical staff members and health care workers, which can be something really nice for health centers, physicians, medical staff, and clients' dignity. Eventually, what was proposed can lead to Allah's satisfaction.

**Keywords** • Islamic ethics • Biomedical ethics • Transcendental paradigm • Human dignity

# Health and Medicine in Light of the Quran and Etrat

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## Abstract

**Background:** As heavenly theology is a direct message from the merciful Allah to human beings, and it has been given to us from Allah's knowledge, scientists have always paid attention to it as an original, comprehensive, and certain source in order to meet humans' spiritual and physical needs. Islam pays attention to physical health as well as spiritual and psychological health. The value of medical science to maintain health and the necessity of curing diseases in Islamic tradition have been emphasized a lot. In a Hadith, the holy prophet (PBUH) regards medical science as the best sciences after theological sciences.

**Methods:** In this study, a review method is used, and library data have been collected from Quran, traditional books, articles, and related sites.

**Results:** Allah has talked about maintaining health in the holy Quran, and our prophet (PBUH) and Imams (AS) have mentioned this important issue. It should be mentioned that Islamic medicine is unique when it comes to preventing and curing diseases because Islamic medicine has a divine source, and following such instructions guarantees a person's health.

**Conclusion:** Islamic medicine pays attention to all aspects of human beings, especially their spiritual health through reading the Quran, praying, helping the poor, and improving the spiritual aspect of humans. In fact, paying attention to such issues plays a major role in preventing diseases. It has been proved that mental illnesses lead to physical ailments.

**Keywords** • Health • Medicine • Islamic medicine • Quran • Etrat • Prophetic medicine

# Kitab al-Tanwir fi Estelāhāt al-Tebiyeh: The First Encyclopedia of Medical Terms

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## Abstract

**Background:** Medicine is a science that deals with humans' health, and it is as old as human his-tory. The achievements of the Islamic civilization in the science of medicine are diverse. One of these achievements is the literature in medicine. In fact, Islamic scientists and physicians have written papers and articles extensively in the field of medicine. After the developments in the field of medicine, a lot of technical terminology has been adopted whose understanding was very difficult for many people. Thus, a lot of experts decided to define and explain about these terms in the encyclopedia of medicine. This paper tries to introduce and examine Al-tanwir fi Estelāhāt al-Tebiyeh.

**Methods:** This is a historical piece of research which is carried out using an analytic-descriptive approach by using library resources.

**Results:** One of the pioneers who worked a lot in this field was Abū Maṣṣur Hasan ibn Nūh al-Qamari (D.390 A.H.), the author of Al-tanwir fi Estelāhāt al-Tebiyeh in Samanid court. This book is a translation and interpretation of medical terminology, and it is of great importance be-cause Abū Maṣṣur Hasan ibn Nūh al-Qamari lived in the interval between the time when Avi-cenna lived and the time when Rāzi lived. This is a ten-chapter book which was written to facili-tate the job of physicians and experts in the field of medicine by providing technical terminology.

**Conclusion:** Al-Qamari's classification of diseases and providing a brief description for each disease along with their treatment methods make this book one of the most famous and well-known works in the field of medicine.

**Keywords** • Medicine • Kitab al-Tanwir fi Estelāhāt al-Tebiyeh  
• Hasan bin Nuh al-Qamar • Medical dictionary

# Nutritional Principles in Prophet Mohammad's (PBUH) Lifestyle and its Compliance with Medical Sciences

Fatemeh Ghodrati, PhD

## Abstract

**Background:** Teachings of Prophet Mohammad (PBUH) are full of nutritional instructions. As a matter of fact, respecting nutritional principles is focused in all medical sciences books from in-ternal and heart medicine to health and nutrition books. The mentioned methods are based upon various scientific researches. With respect to the effects of religious beliefs on the type of nutritional methods, evaluation of Islamic instructions on healthy nutritional principles, and the evaluation of the compliance of these teachings with scientific principles in medical sciences can help young people to know and recognize the prophet's (PBUH) lifestyle and the dynamic viewpoint in Islam better.

There are various narrations about the importance of nutrition by Prophet Mohammad (PBUH) who said: "Do not eat anything until you are hungry because this makes your stomach clean.", or "A person who eats a little will have a healthy body and feels tranquil; however, a person who eats a lot will have an unhealthy body and becomes hard-hearted.". Also, emphasizing the fact that some foods should be eaten with some other special types of foods shows that paying attention to nutritional principles is very important, and they can be examined and analyzed in modern medicine.

**Methods:** The present research is a review study in which the researcher has tried to collect all prophetic narrations about nutritional instructions and relevant compliance with scientific findings of modern medicine through searching in library resources and also referring to national and international databases via the Internet.

**Results:** According to the findings, all nutritional instructions in religious teachings are not only based on good knowledge but also based upon various scientific rules and logic. In fact, all these instruction aim to increase humans' life span, guarantee their health, and use natural foods optimally.

**Conclusion:** With regard to the effects of religious beliefs on various types and methods of nutrition and their compliance with scientific findings, it is possible to introduce the prophetic method in this field to the world as a nice Islamic pattern in the field of health nutrition.

**Keywords** • Nutrition principles • Prophet Mohammad's (PBUH) method • Medical sciences

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# Spiritual Medicine

S Ebrahimi

## Abstract

**Background:** Over long periods of time, because of its special and unique view toward humanitarian issues, medicine has been interwoven with religion and spirituality.

**Methods:** The existing research is a descriptive survey. For data collection, the keywords of spiritual health, education, and spirituality were searched in Scopus, Google Scholar, PubMed, and ISI databases.

**Results:** Ontological assumptions which serve to justify man's understanding of himself, with the progress of positivism, were increasingly isolated from the realm of spirituality.

Renaissance in the West along with fundamental changes in beliefs and values which weakened the foundations of faith in the unseen and caused antipathy to intellectual and metaphysical issues resulted in the decline of religion and philosophy.

In the late seventeenth century, the empiricism, the origins of contemporary philosophy of science-oriented empiricism, grew and obtained the conviction that science is the only reliable way to guide humans to the truth. Until recent times, any possibility for spiritual attention to the black and white world of scientific realism was rejected. From the perspective of the philosophy of science, anything which cannot be experienced by the senses is meaningless, and metaphysics has no place in science.

From the 18th to the 20th century, the distinctions between sciences, religion, and spirituality became more obvious.

However, scientific and philosophical progression as well as rationalism and empiricism in the modern world could not satisfactorily answer the questions to clarify the exact relationship between mind, body, and spirituality. Materialistic attitudes towards man, God, and the universe and the ignorance of other aspects of human existence and the world have created a grave crisis in the modern world.

Perplexity and knowledge confusion of modern humanity led to serious philosophical changes in academic culture in the West and reflection on the limits of human knowledge. Moreover, the destruction after the First and Second World Wars and the use of science to destroy human beings rather than save it gives warnings to many scientists not to rely on the absolute separation of science and religion.

In the late twentieth century, English and American scientists investigated the effects and negative consequences of modern science and wrote a paper about the positive impacts of religion and spirituality on people and society. However, academic attention to the concept of spirituality is a product of the late nineteenth century, and expansion of its foundations also belongs to the twentieth century.

From about 1960, epidemiological research on the effects of religion and spirituality on the health was begun followed by the

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fact that other factors in the definition of health were gradually brought in the literature. Medical science now acknowledges the close relationship between mental and physical health. Research findings from West and Asian countries showed that religious and spiritual factors related with index and physical consequences such as death. Numerous studies which were conducted by medical scientists showed that religion and spirituality have a direct impact on health, including the treatment of diseases such as cancer and heart diseases. Research showed that patients who were also members of the church, because of their support group, achieved faster recovery. Besides the treatment of patients who benefit from spiritual counseling, they leave the hospital sooner.

According to research, spirituality and religious beliefs can reduce anxiety, depression, a sense of loneliness, chronic pain, insomnia, and high blood pressure and can increase the joy of life and positive emotions like hope, life satisfaction, and a sense of intrinsic value, leading to health improvement and quality improvement of patient care.

Many studies also showed that the majority of patients believe in the important role of spirituality in the life and a positive relationship between religious beliefs and spiritual recovery process.

Patients want to address and meet their spiritual needs. They want their doctors and medical team to incorporate consideration of spirituality as part of their medical care. However, the lack of spirituality today, is visible more than ever, in the health management structure. Only 10 to 20 percent of doctors consider spirituality in the care of patients. It is necessary to develop an understanding of these concepts in the medical community.

In recent years, health policy makers and the framers of the World Health Organization (WHO) have considered religious issues, particularly Islamic faith and prayer. In many countries of the world, spirituality has entered the educational programs of medical universities.

Paying attention to taking care of a patient as a person, in a way which considers all aspects of their body, mind, and spirituality, is very important.

Identification and providing spiritual needs, as one of the most important human needs, have a special place in health promotion.

Religion has a major role within our society. Various religious and metaphysical viewpoints have an effective role in responding to diverse needs of contemporary life. A heavy responsibility of religious scholars and intellectuals is scholarly exploration of religious sources in order to broaden and deepen religious knowledge and trying to offer the religious teachings of Quran verses and hadith, in the new format of applied sciences, with the preservation of originality. With the use of these teachings, there would be a social revolution in the medical education curriculum towards Islamic spirituality and an understanding of the components of spiritual well-being to treat ailments.

By recognizing the position of patients and diseases and their relationship in the universe, patients' understanding of the status of their diseases finds its reasonable place. Such identifications can help improve patients' recovery and quality of life.

Holistic approach for teaching in medical education and professional guidelines on holistic and patient-centered care in order to maintain and promote physical and mental health of individuals should receive doctors' attention.

**Conclusion:** A targeted educational system based on Islamic spiritual issues and the ability to provide spiritual care in medical students' educational program is essential. The effect of spirituality and religion on health, providing spiritual history, the moral aspects of spirituality, influences of religious and spiritual beliefs on physicians' decisions regarding patient care, spiritual aspects of the doctor-patient relationship, spiritual needs of patients, relationship with Allah and the love of Allah, etc. are the issues that should be considered in medical education.

**Keywords** • Spiritual well-being • Education • Spirituality

# Role of Hygiene in Health in Prophetic Tradition

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## Abstract

**Background:** Individual and public hygiene are highly regarded in Islam. There are many Had-iths on this subject which reflect the high status of cleanliness and hygiene in Islam. In the prophetic tradition, tremendous efforts in all aspects of health are seen. The Prophet (PBUH) con-sidered cleaning, like piety, as a general and absolute duty of individuals, and with frequent ad-vice about hygiene and cleanliness, pointing to instances of it, insisted on serious consideration of this important point. Hygiene is described in various ways such as signs of being a Muslim and a part of faith in Allah. It has been mentioned that considering cleanliness with every tool possible is of utmost importance because the foundation of Islam is on cleanliness, and heaven has been prepared for clean people.

**Methods:** The data has been collected by using the books of Seerah and Hadith, stories narrated from the Prophet (PBUH) and Imams (AS), and the study of literature in this field.

**Results:** Islamic instructions pay special attention to all aspects and needs of the man. One of the important aspects of human life is physical health besides the mental health. That is why Islam has provided a lot of orders about the physical health. In addition to the strict recommendations put forward in this area, the prophet (PBUH) himself is a good model when it comes to respect-ing and paying attention to hygiene.

**Conclusion:** Advising people of cleanliness plays an important role in promotion and acceptance of Islam. The correct explanation of the Prophet (PBUH) and the Holy Imams (AS) leads to proposing appropriate criteria to modify the lifestyle of Muslims.

**Keywords** • Health • Hygiene • The prophetic tradition

# The Quranic Medicine and Benefits of Honey Based on the Quran and Hadiths

Roya Attarzadeh, MS

## Abstract

**Background:** Reading the Quran, using the concepts presented in this holy book, and benefiting from the existing body of Hadith in Islam can motivate any person who wants to be prosperous in this world and the other world. In order to achieve this aim, people have to think deeply about Quranic verses and Hadiths. Therefore, being acquainted with this holy book and the existing Hadiths in order to use them permanently in our life is of utmost importance.

In this research, Quranic medicine and its purposes and reasons are investigated. Furthermore, the benefits of honey, which has a healing force, are discussed based on Quranic verses and Hadiths.

**Methods:** This paper uses a review approach in order to analyze Quranic verses and Hadiths and come up with some ideas regarding this topic.

**Results:** Generally speaking, a person's health and prosperity hinges upon that person's understanding of the Quran and using guidelines of this holy book in their life. The holy Quran has advised people to include honey in their diets, and it is believed there is a philosophy behind this. Nowadays, it has been proved that honey has lots of benefits for people, and it can be used to treat lots of diseases.

**Conclusion:** Honey is a kind of food which has always been one of the most important foods for people even before Islam. Our religious scholars, who were inspired by Quranic verses, have always advised people to use honey in their lives and include this useful food in their daily diet because this special food has a lot of medicinal effects which can help physicians to cure diseases. Also, the fact that the holy Quran has talked about the useful effects of honey is a scientific wonder. In fact, Quranic verses and the existing Hadiths have clearly mentioned its effects many years ago. Therefore, there is a bulk of research needed in order to use these scholars' opinions regarding the benefits of some special foods and paying attention to hygienic issues in society. So, it clear that reviving the Islamic medicine is necessary.

**Keywords** • Medicine • Quranic medicine • Honey

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# Comparing the Educational Philosophy of the West and Islam

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## Abstract

**Background:** Understanding, reviewing, analyzing, and criticizing Islamic and western philo-sophical ideas are essential for all university faculty and all people who are involved with the education of young people because in medical sciences, most subjects are taught based on western scientific origins. If we accept that there is a philosophy behind any science, we need to understand this philosophy and customize the field of medicine based on Islamic philosophy. This is-sue has become more important in many fields such as nursing because its theoreticians focus on holistic care (taking care of body, psyche, and spirituality). The aim of this study is to challenge and compare the western and Islamic philosophy of education.

**Methods:** In this systematic review, data are collected by searching in some databases such as Seminaries of Qom, Mashhad and, other valid sources by looking for common keywords related to the philosophy of education, specifically the philosophy of education in Islam and the west.

**Results:** Foundations of western education have humanistic perceptions of human beings' exist-ence. In fact, the western philosophy focuses on empirical recognition, and its foundations are based on materialistic and mechanical understanding of human experience. There are a lot of con-flicts between science and religion. Islam believes that humans originated from the absolute truth, i.e. Allah. In order to discover the internal and external rules which govern this world, we have to use the supernatural forces. Therefore, if science is not taught in a spiritual setting, it cannot lead to guidance.

**Conclusion:** By understanding the western and Islamic educational philosophy and comparing them, we can find strengths and weaknesses of the western educational philosophy and its effects on the scientific community. Using strengths as an opportunity to promote the sciences and trying to use Islamic doctrine for designing educational courses in theoretical and clinical fields are necessary at the moment.

**Keywords** • Philosophy • Education • Islam

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# An Investigation on the Characteristics of Nursing Management Based on the Criterion of Islamic Management in Employed Nursing Managers in Medical Sciences Hospital in Shiraz City in 2015

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## Abstract

**Background:** Managing health care services, especially at nursing level, and its influence on the health care services provision is very important. Thus, considering the attention that Islam has paid to physical and mental health, studying about the Islamic management of staff seems to be essential.

**Methods:** This work is descriptive (based on a questionnaire) done by a cross sectional method. Subjects were 136 nursing managers of Shiraz Medical University's hospitals (matrons, supervisors, and head nurses). Sampling was done randomly. For data collection, a questionnaire was used which has two parts. The first part questions demographic data of nursing managers including: age, years of experience, organizational ranking, sex, and academic degree, and part two is derived from Massah et al. questionnaire about 4 dimensional Islamic management scales including: emotional, analytic, conceptual, and spiritual dimensions. For data analysis, SPSS software was used.

**Results:** Findings showed that nursing managers at all levels reported strong awareness, with minimum frequency of 66 percent and maximum frequency of 100 percent, in every 14 sub-scales of Islamic management dimensions. Also, there was no significant relationship between Islamic management scale dimensions and demographic characteristics.

**Conclusion:** According to the assumed framework and obtained results, this survey showed that management has a close relationship with culture and beliefs and has its roots in the Islamic education of people in society. Moreover, nursing managers have a desired level of awareness of Islamic management.

**Keywords** • Islamic management • Nursing management • Nursing managers • Islamic management scale

# The Interaction of Body and Soul in the Seerah of the Prophet (PBUH) and its Role in the Advancement of Medical Sciences in the Islamic Civilization

Ali Reza Biabannavard

## Abstract

**Background:** The beginning of one-sided and one-dimensional views dates back to the Renaissance and the modern world. Since then, the scientific and atomistic view has replaced the holistic view. That was the beginning of the separation of various spheres of science, which despite its advantages, also brought disadvantages. This also can be seen in the relationship between body and soul. In the modern world, the relationship between body and soul declined in the eye of scientists, and this caused so much confusion in the medical sciences including the diagnosis and treatment of diseases. Therefore, people in the contemporary period, with integrated approaches, seek to return to the way of thinking and understanding of the relationship between body and soul like the one which existed in the past. That is why interdisciplinary approaches are expanding in the world these days.

**Methods:** This article reviews the holistic perspective of traditional medicine in Islam based on the traditions of the prophet (PBUH) and tries to analyze the interaction of body and soul and its role in the advancement of medical sciences using a descriptive – analytical method.

**Results:** Wise people (hakim) considered the relationship between body and soul while looking at the body, but gradually this relationship declined in a way that the causes of diseases were merely examined and analyzed based on their physical symptoms. However, nowadays there are prevalent views (wrong or right) which try to revive the view of the past to body and soul, among which are homeopathy, meditation, and traditional medicine. Meanwhile, the holistic approaches derived from the traditions of the prophet (PBUH) have distinctive features.

**Conclusion:** The interaction of body and soul based on Islamic traditions used by wise people (hakim) in traditional medicine was very helpful, relaxing, and healing.

**Keywords** • Wisdom • Science • Holistic view • Atomistic view • Seerah of the prophet (PBUH)

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# A Survey on Some Comments about the Permissibility of GM Food Products in Islam

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## Abstract

**Background:** One of the answers to the growing need for food in the international community is using genetic engineering techniques and the production of transgenic or Genetically Modified foods (GM foods). Despite the considerable benefits of GM food, one of the most important challenges in this regard, particularly in Islamic countries, is its permissibility and related religious issues. In genetic engineering, one or more genes in the creatures are manipulated, and after the changes, the new products produce new proteins which were not produced before. Considering the importance of this issue to Muslim consumers, this article is going to deal with the religious aspects of GM foods.

**Methods:** This study reviews and analyzes the rules and regulations presented in Islam regarding the permissibility of GM foods. The scientific resources and the data which are needed for this library research were collected by searching among library documents, asking questions of jurists and Grand Ayatollahs, using the existing Hadith, and working on online articles.

**Results:** Consumption of genetically modified products resulting from genetic engineering techniques is permitted based on the answers given by Grand Ayatollahs although they might have some possible disadvantages. However, some points are important. Firstly, such foods should be produced by using Halal food products, and they should not contain any non-Halal food products. Also, consumers should be aware of all the ingredients in such foods.

**Conclusion:** When it comes to using new technologies, it is necessary to take Islamic beliefs and ideas into account. Regarding the use of GM foods, it is clear that religious authorities agree with using such products based on our findings and results. Therefore, it seems that using GM foods is a good way in order to supply enough food for people in the world and solve the problem of famine in some areas in the world.

**Keywords** • Biotechnology • Genetically modified foods • Genetic engineering • Halal • Islam

# Investigating the Reciprocal rights of Physicians and Patients from the Point of View of the Quran and the Holy Prophet (PBUH)

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## Abstract

**Background:** With respect to the fact that humans are social creatures, some rules must be set in order to maintain the social system where humans reside. Moreover, some rights must be recognized for all people in a society, and everybody has to respect these rights. Such rights are called reciprocal rights.

The reciprocal rights between physicians and patients exist in all religions and countries, and such rights are not limited to Islam. Imam Ali said, "There are three things that people invariably need in their lives, and these three needs are never obviated, and people are ignorant without these three which are pious scientists and scholars, a public-spirited king that people follow, and a reliable and knowledgeable physician.

**Methods:** In this research, the researcher tries to work on reliable Hadiths and traditions regarding the relationship between physicians and patients.

**Results:** Also, some Quranic verses are analyzed like Surah Al-Kahf from verses 19 on, which is related to recognizing the importance of having a relation and its role in those people's life who woke up after hundreds of years based on its story in the Quran, and Surah Al-Kahf from verses 90 on, which tells a story about prophet Elias's leadership and Moses' obedience.

**Conclusion:** According to the Hadith mentioned by Imam Ali, it is evident that patients must trust their physicians, and physicians must trust their patients, too. In fact, physicians have to keep their patients' secrets and pay attention to Islamic rules when it comes to touching them or looking at them. Physicians must do their best in order to diagnose their patients' disease and try to prescribe the most useful medicine for them. Also, patients have to pay attention to what their physicians tell them and pay for the services they receive.

**Keywords** • Reciprocal • Physician • Prescription drug • Quran and holy prophet (PBUH)

# Spirituality in Islamic Lifestyle

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## Abstract

**Background:** General policies of the Islamic Republic of Iran and Comprehensive Scientific Health Plan have been set based on spirituality. The theme of spirituality and spiritual health is considered as a fundamental part of human beings and can make peace in people's lives – based on verse 38 of Surah Baqarah. This aspect of health has been considered in Iranian medicine by Muslim philosophers like Avicenna and Jurjani.

Physical health, disease prevention, nutrition and clean solvent, in addition to strengthening the body can help spiritual health. In contrast, spirituality can help people to cope with diseases and increase the speed of recovery. Inner peace, stress management, and faith and trust by strengthening mental health could promote spiritual health. Empirical research has shown a strong relationship between spirituality, religious beliefs, health, lifestyle, and health performance. The impact of spiritual views and beliefs on biochemistry and physiology of the body, or in other words, the influence of spirit on body, is known as spiritual health.

**Methods:** In this study, the method of research is reviewing library documents. For this purpose, the researcher has studied mystic Islamic texts and health sciences resources.

**Results:** After searching in the existing literatures, one of the most significant cases in this area, which has responded to the questions posed, was the words of Hazrat Imam Ali (AS) "... the one who raised his wisdom; and killed his lecherous self; and attempted for physical and spiritual austerity to cast away fat; and lightened dirty body which has been out of balance and moderation; and calmed his rough temper; ... so God has considered him ... and his body was not shaky, but has been consistent and firm; ... and his heart is happy; and God is satisfied with him". Confirming the instructions given in this sermon, other Islamic mystic scientists have had the same notions. "As you eat your meals, it gives you the spiritual life with which you grow up and become healthy ..."

There are also some notions about Muslim philosophers in Islamic mystic literatures, like worshipping, fasting, and some instructions about physical health like eating, etc. Spirituality is the foundation of social relationships and is effective in everyday life, and Prophet Mohammad (PBUH) considered it as an effective factor in mental health.

In many western books and articles, as well as Islamic and Iranian sources, physical, mental, and social well-being is mentioned as the most outstanding outcome of spiritual health. Imam Ali (AS) in sermon 198 has pointed out physical, mental, and social health as the result of spiritual health because the monotheistic vision leads to getting rid of the confusion, creating peace of mind and confidence, increasing longevity, and promoting a sense of well-being and higher quality of life.

**Conclusion:** According to studies in the field of spiritual health, lifestyle modification even for non-Muslims can lead to spiritual health. Therefore, teachings of the Islam-based lifestyle would provide spiritual health promotion and subsequently physical, mental, and social health.

Of course, full and sound Islamic characters of the Quran are the Prophet (PBUH), Infallible Imams (AS), and Hazrat Fatima (SA). So to enjoy the Islamic and Quranic lifestyle and attain spiritual health, as it has been mentioned in many articles as the integration of other aspects of health, nurses should not only adopt a spiritual perspective based on the teachings of Islam, but they should also try to use these teachings when it comes to taking care of patients. Also, they should try to teach such things to new nurses.

**Keywords** • Spirituality • Lifestyle • Islam

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# The Necessity of Using Islamic Philosophy in Medicine, Spirituality, and Islamic Spiritual Health Theories

Azita Jaberi

## Abstract

**Background:** Spirituality is a global human phenomenon which is effective in finding the meaning and purpose of life. Carl Young, the great psychologist, believes that every life crisis is a spiritual crisis. Although scientific centers and universities have done a bulk of research in the field of spiritual health, there is still some disagreement among experts about the concept and the nature of spiritual health and principles and assumptions in the theoretical part. One reason for this could be that the current conceptualizations do not have an explicit theological, philosophical, and epistemological foundation.

**Methods:** In this study, the method of research is reviewing library documents. For this purpose, the researcher has studied mystic Islamic texts and health sciences resources.

**Results:** If spiritual health principles, assumptions, and theories are obtained from reliable sources like scriptures, spiritual health bases will be stable and consistent. Based on the rich philosophy of Islamic theological thinking, the ontology and epistemology which have arisen from it (the Quran and Nahjulbalaghah), and also the Iranian mystical literature, a rich context for conceptualization is available.

Nowadays, in dealing with the challenges of care and attention to the spiritual care in various disciplines including health sciences, other fundamental philosophies have been considered because of the inadequacy of present philosophies. Thus, Islam, as one of the philosophies of almost one-third of the world's population, can be considered an arena for theorizing. Islam is a religion which claims to grow and develop human life, and the best plan for human beings is introduced, so theories originated from Islam can be helpful not only for specialists, scientists, and Muslim patients but also for all humans, and this would provide a strategic plan for all philosophers and scholars. In Iranian-Islamic culture and environment, the most important factor influencing the health of a believer for finding "spiritual health" is mysticism and Islamic spirituality that was developed and formed by dozens of mystic-Islamic literature. The above-mentioned literature is an important source to describe spiritual health and provide ways to achieve it.

**Conclusion:** Maintaining the fundamentals of religion and defending the sanctum of monotheism requires a deep knowledge which is derived from a strong and credible base. In order to do so, benefiting from wisdom and reason, religious scholars, moral reformers, Islamic mysticism, and science and philosophy can lead people to the source of divine wisdom.

**Keywords** • Islamic philosophy • Theory • Spiritual health

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# Civil and Retributive Liabilities of Physicians in Twelver Jurisprudence and Related Laws

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## Abstract

**Background:** Medicine is a holy practice in Islam. In fact, it is considered holy because the word Tabib which means curer is attributed to Allah. Nonetheless, modern innovative therapeutic techniques and increasingly specialized medical activities have both increased medical practice sensitivity and medical incidents and have given a new dimension to medical faults. A practice performed by a physician is subject to retributive liability if only performed by mal-intention. Re-tributive liability involves responsibility for hurting someone, damaging things which are in one's custody, or disregarding commitments in a contract. The questions under the current study include:

- a. What are the foundations for a physician's liability with respect to a patient?
- b. Is a physician's liability of an absolute nature, or is it of a particular type?

Thus, this paper aims to study the nature of a physician's responsibility, the pillars of a physician's responsibility, current viewpoints concerning medical liability, the nature of physician's commitment, viewpoints of "end-result" and "medium-oriented" proponents, the legal nature of the physician-patient contract, the role of the patient's satisfaction, and its realm in physician's liability.

**Methods:** This is a descriptive-analytic study. Library search and note-taking were first done, and further queries were fulfilled by checking the Internet.

**Results:** Medicine is a holy practice in Islam. In fact, it is considered holy because the word Ta-bib which means curer is attributed to Allah. Nonetheless, modern innovative therapeutic techniques and increasingly specialized medical activities have both increased medical practice sensitivity and medical incidents and have given a new dimension to medical faults. A practice performed by a physician is subject to retributive liability if only performed by mal-intention.

**Conclusion:** The majority of jurists and lawyers approved of liability and considered a physician subject to liability. They build on traditions, consensus, and Islamic regulations, while some other jurists are in favor of non-liability in reference to exoneration principle, allowance of Islamic laws, patient's permission, and some traditions. The latter consider acquisition of exoneration as a factor to cancel liability.

**Keywords** • Civil liability • Retributive liability • Physician • Twelver jurisprudence • Related laws

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# Review of Generosity and Charity in the Quran, Hadith, and Research Studies

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## Abstract

**Background:** One of the most important human qualities is generosity and forgiveness. This is what man does without any expectations. In fact, generosity gives rise to stopping social injustice among the rich and poor classes. Given the importance of this issue, we performed a review study in the Quran, Hadith, and available research studies.

**Methods:** The method used for finding Quranic documentation, Hadith, and available research studies was the searching in databases such as Google Scholar.

**Results:** Generosity and charity are quoted in the Quran and Islamic literatures. Several studies worldwide also show that this issue is important for social psychologists and researchers. The studies have shown that the development of good intentions is dependent on a series of internal and external factors. In this regard, social psychologists have focused on generosity to examine the internal and external factors such as temperament and operant conditioning, respectively.

**Conclusion:** As mentioned in the Quran, one of the most important effects of charity is a direct return of the act of generosity to that person, leading to many benefits such as increased wealth and longevity. Finally, the external factors being effective in developing good intentions can be converted to internal factors and then as a part of human nature. In this case, for building a sense of charity and forgiveness in individuals, there is no need to reward and punish a person as a motivating factor.

**Keywords** • Generosity • Charity • Quran • Hadith • Research studies

# The Effect of Islamic Lifestyle on Human Metabolomics: A Study Protocol

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## Abstract

**Background:** Metabolomics is the study of metabolites that are the end products of cellular processes. The existence of bad metabolites in the body cause several diseases. Previous studies showed the effects of genetic and environmental factors on human metabolomics. There is not any study to evaluate how the Islamic lifestyle can affect the human metabolomics.

**Methods:** The first step of the study was taken based on reviewing the scientific literature and what is mentioned in the Quran and Islamic teachings. Finally, the details of the hypothesis based on which it is possible to create a proper statistical population for checking the molecular tests is offered.

**Results:** The genome of all humans is almost similar (more than 99%), but there are differences in their health conditions. Investigating the metabolomics of people who obey Islam's orders and lifestyle and have healthy conditions in comparison with those who have a faraway lifestyle from Islam could be helpful to establish the best lifestyles. In such investigations, we can include four groups in the study: normal individuals with high spiritual and morality state, normal athletic individuals, a group who obeys the Islam's lifestyle for at least 40 days, and other individuals and patients.

**Conclusion:** The results of such studies will help to make molecular basis of the effect of Islamic life style on human body clearer. As academic studies in each field have more acceptability among people, they can encourage people to select the Islamic lifestyle and prevent them from getting used to bad habits.

**Keywords** • Lifestyle • Metabolomics • Islam

# Insects' Utility in the Holy Quran and their Application in Islamic Medicine

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## Abstract

**Background:** The Holy Quran clearly reflects the significance of insect science. The Surahs of Naml, Nahl and Ankabut have been nominated based on insects' names. The Holy Divinity advises man to think critically about the life of butterflies, mosquitos, locusts, flies, and termites. This study was undertaken to show the importance of attention to insects in the Holy Book and the application of insects and their products in Islamic Medicine and sayings.

**Methods:** This is a descriptive study whose information has been collated from the holy book, religious experts' interpretations, and valid Shia and Sunni books. Insects have been differentiated according to shape and behavior to different classes of Al-Jerae (locust), Al-Ghaml (louse), Dubbat-ol-Arz (termite), Al-Ferash (butterfly), Al-Nahl (honey bee), Al-Naml (ant), Ozbat (fly), Al-Boghouz (mosquito), and Ankabut (spider) in the Holy Quran. The names of louse and butter-fly once, locust twice, and termite 16 times have been used in the Holy Quran. In addition, honey bees and the use of their products in the treatment of diseases and the use of their sting as an antidote for the cure of diseases like malaria, rheumatism, goiter, and neuronal and optical syndromes have been recommended in the section of Nahl and many of Islamic sayings.

**Results:** Talking about insects in many verses and sayings indicates that the value and significance of creatures should not be correlated to their size and volume. Nevertheless, smaller weak creatures could do extraordinary things which can be really helpful for all creatures in the world.

**Conclusion:** Nowadays, non-Islamic scholars have discovered many things which have been mentioned by Imams (Aemeh At-Har) before, and they are trying to prove them. This is exemplified by Australian studies on the exterior part of fly wings. There are microbial antibiotics on these fly surfaces which can be used in the treatments of some diseases and syndromes. They confess that there is cure in flies, while this statement was declared by the Prophet of Islam (PBUH) some 14 centuries ago. In the case of treatment by honey, there are many sayings from Imams (AS) that man has obtained. Today in the developed parts of the world, numerous attempts are made to treat many diseases using insects. They believe that this sort of treatment in the global medical community would lead to a revolution in the future.

**Keywords** • Insects in the Quran • Insects in medicine

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# Health and Diseases from the Perspective of Nahjolbalagheh

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## Abstract

**Background:** Although today's medicine has an important role in health promotion, it has faced complicated issues and unanswered questions. Nahjolbalagheh, written by Ali Ibn Abi Talib, who was a successor of Islamic Prophet Muhammad (PBUH) and the first Shia Imam, has been considered from various aspects by many scholars as one of the most valuable resources of Shiite doctrine. We aim, in this study, to review the factors influencing health and diseases from the perspective of Imam Ali (AS) in Nahjolbalagheh.

**Methods:** The concept of diseases and health and related factors were extracted by searching in Alavi Computer Research Center of Islamic Sciences encyclopedia software using relevant key-words.

**Results:** In Imam Ali's (AS) viewpoint, health is a blessing that only Allah can provide. Therefore, being healthy just demands the will of Allah. In this view, the success or failure of the treatment of diseases will not be limited to human knowledge. Imam Ali (AS) has mentioned jealousy as one of the pathogenic factors which can lead to physical and spiritual diseases, while in today's medicine, the role of human behavior in the creation of physical diseases is neglected. Also, Imam Ali (AS) has mentioned piety as the best therapeutic strategy for spiritual and physical diseases.

**Conclusion:** According to the perspective of Nahjolbalagheh, association among human behaviors, his spiritual and moral states, and his diseases can open a new way for medical researchers to consider these issues in their investigations.

**Keywords** • Hadith • Disease • Health • Islamic medicine • Nahjolbalagheh

# Considering the Conditions of Hospitals in the Islamic Civilization

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## Abstract

**Background:** During the Islamic golden age, many hospitals existed in different parts of the Islamic lands. Apart from therapeutic approaches, these hospitals served as medical schools. The conditions in those hospitals were unique not only to the contemporary western hospitals of that time, but even to the modern and advanced hospitals of today.

**Methods:** Books and articles about the Islamic hospitals, Islamic medicine, and history of Islamic civilization were studied.

**Results:** The Islamic hospitals were designed to make the recovery procedure easier and faster. Locating the hospital building inside a garden and playing music for the patients helped them to have a better psychological condition. Also, free treatment and even sometimes giving charity to poor patients helped them to concentrate only on recovery.

**Conclusion:** In the Islamic golden age, hospitals were well designed, and medical staff paid much attention to patients. The conditions were designed for the comfort of patients and to make the process of recovery faster and easier. By looking at the conditions of these hospitals and using the experience of the past, faster and more effective treatments and more satisfaction among patients will be obtained.

**Keywords** • Islamic hospitals • Islamic golden age • History of medicine

# Designing an Islamic Preventive and Screening Center

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## Abstract

**Background:** From the perspective of Islamic medicine, humans have different interwoven aspects that affect each other significantly. Most medical interventions are focusing on physical aspects of humans. However, in traditional and Islamic medicine, there was a more comprehensive approach. However, to our present knowledge, there is not a comprehensive screening center based on these approaches. This study will investigate how to design a comprehensive screening center for checking up the participants based on all aspects of their life.

**Methods:** We first reviewed the literature, and then we offered details of our hypothesis based on which we can check all aspects of people's health and gather these preventing actions into one screening park.

**Results:** Although the data in the literature showed that past Islamic medical scientists realized the effects of different states of humans, these approaches have been forgotten in action over time. So, we designed a screening center with two integrated recreational and screening parts. The specialists of this park examined and screened people's temper, feelings, and mental, spiritual, physical, and physiological state.

**Conclusion:** Health preservation and disease prevention are prior to disease treatment. However, we know that almost all people do not like or fear to go to hospitals. So making such screening centers like a fantastic park may encourage them to participate and check all their healthy conditions rather than just focus on one aspect of the body. These screening parks can make people happier and help them to know themselves better for having a more real and healthier life.

**Keywords** • Health screening center • Islamic prevention center  
• Self • Soul

# The Relationship between the Spiritual Health and Other Dimensions of Health: Offering a Model

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## Abstract

**Background:** The biomedical approach to health care had a significant contribution to overcoming many diseases. However, because it focuses only on physical health, it has significant limitations in the treatment of a wide range of human diseases. Thus, George Engel proposed the bio-psycho-social model in 1977. However, in recent years, the relation between spirituality and health has been taken into consideration widely. Although it is necessary to consider the spiritual dimension in the concept of health, it is also essential to look specifically at the position and weight of spirituality in comparison with other dimensions of health. The aim of this research is to offer a model for presenting the status of spiritual health.

**Methods:** The related models were reviewed. Then a model was designed based on the Islamic spiritual health definition.

**Results:** This model is significant from several aspects:

**Three-dimensional:** The purpose of presenting a three-dimensional model is the expression of the range and importance of spiritual health. In fact, other dimensions of health, without paying attention to their interrelations, are like a cylindrical base, and its other parts are occupied by spiritual health.

**Unlimited:** This matter is to show the infinity of the universe beyond which human reason is unable to understand.

**Introduction of other aspects of health to enhance the spiritual dimension:** Its meaning is showing the spirituality as the purpose of life.

**Conclusion:** This model can be used to show humans the real position of spiritual health with respect to the viewpoints of divine religions.

**Keywords** • Spiritual health • Health • Model • Bio-psycho-social • Health dimensions

# A New Look at the Challenging Issue of Dose Dependency in Islamic Dietary Laws

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## Abstract

According to Paracelsus (1493 – 1541), the father of modern toxicology, “All things have poisons, and nothing is without poison, only the dose makes a thing not a poison.” Therefore, in toxicology it is widely believed that a substance can cause detrimental toxic effects only if its concentration reaches a specific level (dose). It has long been known that substances such as caffeine have mild stimulating effects in low doses but are detrimental or even lethal in high doses. The occurrence of so called “hormesis” which refers to any stimulatory or beneficial effects induced by very low doses of any agent that show toxic effects at high doses, have been addressed in many studies around the world. According to a report published by Astan Quds Razavi, the issue of nutrition has been addressed in over 300 verses of the holy Quran. Astan Quds Razavi believes that this number of Quran verses as well as hundreds of traditions from the Infallible Imams (AS) regarding nutrition reveal the particular importance of human health in Islam. Therefore, food hygiene is among the cardinal sections of Islamic dietary law. In Islam, according to holy Quran and other resources, a variety of substances have been considered as “haraam” (prohibited by Islamic laws). In Islam, consumption of intoxicants such as alcoholic beverages is generally forbidden. This prohibition is ordinarily regardless of the dose of intoxicants. On the other hand, some Muslim scholars have raised this question whether the prohibition of intoxicants can be extended to foods and medicines containing very low levels of alcohol. In this paper, the issue of dose dependency and viewpoints of great Shia scholars regarding the very low levels of intoxicants such as alcohol in drinks, foods, and medicines are discussed.

**Keywords** • Dose • Toxicity • Diet • Islam • Poison

# Need of Regulation and Development of Standardized protocol for the Prophetic treatment *Ilaj bil Hijamah* (Cupping Therapy)

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## Abstract

**Background:** The therapeutic applications of cupping therapy (Ilaj bil hijamah) have very well been documented as a result of several thousand years of clinical experiences in Greek system of medicine. The aim of this review was to introduce the general concepts of cupping therapy in Greek medicine, systematically search the literature, examine the current evidence on cupping therapy, and suggest a strong need to develop standardized, specific, and scientific protocols of cupping therapy for different diseases and for different individuals. .

**Methods:** Major medical databases and textbooks were searched systematically up to August 2015. Most of the cupping studies included in this paper have small samples and methodological limitations.

**Results:** cupping therapy is a classical regimental procedure in which cups are attached on the localized part of skin, and negative pressure is created either by applying heat or by using a hand operated pump. Hijamah was a common practice of the Prophet Muhammad (PBUH) for the treatment of a range of ailments as well as a form of body maintenance and health promotion. Its practice is strongly recommended and emphasized in a number of narrations.

**Conclusion:** The results of most of the studies appear promising, but they should be viewed with caution. More scientifically rigorous and adequately powered trials are needed to investigate the real effect of cupping therapy and validate this time tested procedure based therapy in various disorders. Furthermore, non-feasibility of blinding must also be overcome by using sham cupping devices. Appropriate regulation of this therapy in different countries is also the need to reduce the risk/bias to the patient and increase its effectiveness.

**Keywords** • Hijamah • Cupping • Scarification

# Love and medicine

S Ebrahimi

## Abstract

**Background:** Psychological qualities including virtues such as spirituality, love, and affection are basic human concepts that are innate ideas intertwined with the life of all human beings.

Innate ideas are said to belong to a more fundamental level of human cognition.

Hence, human sciences and all major spiritual and religious traditions have emphasized the importance of unselfish love and compassion, the kind of love that is the source of benevolence to others.

**Methods:** The present research was a literature review. For data collection, the keywords of love, affection, education, and training were searched in religious texts and mystical literature.

**Results:** Love is the most beautiful phenomenon which has been taken into consideration in the literary, mystical, philosophical and religious literature. In fact, a lot has been mentioned to praise love. In these literatures, “heavens of life” are aesthetic, ethical, and the religious heavens which are not separate from each other.

Content and detailed knowledge of the Quran and traditions indicates that love and compassion are the foundations of the Islamic society.

The ideal Quranic society is a society based on love of Allah and love toward each other. All the people know others as their brothers and love each other to the point of sacrifice and dedication.

According to the Quran, a faithful person should have passionate love for Allah. In other words, those who believe in Allah are the strongest and the most intense in love for Allah.

In the hadiths, the love of Allah and kindness towards His creation has been recommended a lot.

In a Hadith about love, Imam Baqir (AS) considers religion equal to love. Imam cites verses of the Holy Quran which read: “Is religion other than love? Religion is love and love is religion.”

The love toward Allah is optimism and kindness toward all creatures and righteous servants.

**Conclusion:** The meaning of life is love whose result is morality in personal and social life, having a spirit of responsibility, awareness of the moral laws in the heart, and knowing your duty to Allah, self, and others.

By using Quranic verses and hadiths in a practical way with an approach based on a sense of interconnectedness with all creatures and feelings of optimism towards the universe, medical schools can lead to using spirituality for treatment of diseases. A comprehensive review of needs and talents and benefiting from religious and spiritual capabilities of mankind with reliance on rationality can lead people to redemption and happiness.

**Keywords** • Spirituality • Happiness • Love • Passion

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# The Importance of Non-verbal Communication and Physical Contact with the Patient in the Teachings of the Prophet (PBUH)

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## Abstract

**Background:** It has been quoted that the Holy Prophet Muhammad (PBUH) used to keep his hands on the hand or forehead of a sick person during visiting the patient. It is highly recommended to follow him for more patient comfort.

Non-verbal communications have been highly recommended such as: giving gift, feeding, and looking at patients affectionately.

With respect to the history of medicine, it was always along with theology.

Also, physicians were mostly selected among the clergy and philosophers.

With regard to medical and nursing practices, frequent contact and communication with the patient and the importance of paying attention to human dignity have been stressed in some hadiths.

**Methods:** This is a review article through library resources and internal-external databases via the Internet.

**Results:** Physical contact between health care providers and opposite sex patients has been restricted, and it is known as a precursor to committing sins. However, there exist strong recommendations in Seerah of the holy prophet (PBUH) with regard to other nonverbal communications and comforting presence alongside patients.

Furthermore, palliative care, their curative role in the heaven, humanity, and honesty in physician behavior are emphasized in comparison to those healers who are sinful.

**Conclusion:** Since this type of non-verbal physician-patient communication is about to be abolished and undermined, it can be effective to note its importance and healing role in Seerah of the holy prophet (PBUH) on improving communication style in modern medicine.

**Keywords** • Nonverbal communication • Patient • Holy prophet muhammad (PBUH)

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# Relationship between Spiritual and Bodily Health and Nutrition Health; The Need for more Serious Attention to Nutrition as a Basic Science according to Islamic Teachings

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## Abstract

**Background:** Eating and drinking are inescapable facts in human life. Therefore, nutrition health has not been neglected in Islamic teachings, and there are hundreds of related Hadiths and Quran verses regarding this issue- as they are highly influential in the health of human soul and body. Various rules about quantity and quality of meal and disciplines before and after eating empha-size this importance in Islam. Unfortunately, nutrition advice in medicine is somehow unim-portant, and it is not used significantly in preventive and therapeutic approaches. This study has tried to use Islamic recommendations on nutrition to discuss the function of modern medical practice critically.

**Methods:** This descriptive-analytic study has been done by studying Quranic verses and Hadiths related to nutrition and reflection on the current function of medical practitioners.

**Results:** The most important Islamic index of a healthy nutrition is its being “halal” which can have a detrimental effect on the health of human soul. Bodily health is also in close relationship with the health of nutrition. Praising Allah before eating, eating slowly, not eating when one is full, stopping eating before one is full, and eating twice a day are among Islamic rules, which can help us a lot if they are followed. Although nutrition is now presented as a formal course in dif-ferent majors of medical sciences, its application is now limited and has no priority in medical administration when it comes to practicing this important field. Moreover, in public health educa-tions, nutrition is not commonly approached in preventive health programs.

**Conclusion:** Nutrition is a common and highly approachable subject for both lay people and members of the health care team. Enhancing health practitioners’ basic knowledge of nutrition and changing their attitude towards it as a priority in therapeutic approaches should be considered by those authorities in educational settings. In this way, related Islamic teachings should be included systematically.

**Keywords** • Nutrition • Islam • Medical education • Quran

# Quince Properties from the Perspective of Islamic, Traditional, and Current Medicine

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## Abstract

**Background:** Quince (*Cydonia Oblonga*) is a palatable aromatic fruit, every part of which has been used since ancient times, and according to Islamic traditions, it has numerous useful properties. This investigation has reviewed the properties of quince from the perspective of Islamic, traditional, and current medicine.

**Methods:** This research was conducted among the classical medicine resources in SID, Google scholar, and PubMed databases, and the researcher studied reliable sources of traditional medicine that include The Canon of Medicine written by the Persian philosopher Avicenna, and Makhzan O Aladvieh written by Agheel Khorasani.

**Results:** In traditional medicine, quince was known to be a heart, stomach, and digestive system booster that can also be used as an exhilarant and depression resolver. Quince seeds are useful to cure cough. Imam Ali (AS) has said, "Eating this fruit is so useful for weakness of the heart and can purge the stomach." Meanwhile, it can refresh the mind and make a coward brave. Recent studies demonstrate that quince can control colon cancer because of its antioxidant characteristics. Furthermore, by declining the blood lipids, quince can cause an improvement in the function of circulatory system. The antibacterial features of quince seeds have been proved in the classical medicine.

**Conclusion:** Researches have shown that different parts of quince have useful effects on preventing and curing diseases. Now we can understand why Islamic medicine has recommended using quinces. So it is important to pay attention to Islamic medicine.

**Keywords** • *Cydonia Oblonga* • Traditional medicine • Islamic medicine • Quince

## Medical Hadiths in Makhzan ul Advia

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### Abstract

**Background:** Sayings of Prophet Mohammad (PBUH) and Ahl al-Bayt (Hadiths) are a noteworthy heritage of Muslims. It demands cognition, refinement, and accurate application. There are numerous cases in traditional medical books where wise Hakims have referred to these sayings. Collecting these sayings from traditional medical books could be a positive step in evaluating their source. It is a necessary task to analyze Hadiths to check if it is a real one from the right source. There are references in jurisprudence science (feqh) which could be used in this area.

**Methods:** Makhzan ul Advia is one of the most famous Iranian materia medica written in the 18th century A.D. The writer is Aghili Alavi Khorasani who lived in Iran and India. This book was searched by the keywords of Hadith and Hadiths, and the results were listed in a table.

**Results:** There are 29 monographs in Makhzan ul Advia which refer to Hadiths. Among them, 18 monographs have a medical theme which could be evaluated. Each medical Hadith which does not have a valid reference should be omitted. According to Sheykh Sadough, medical Hadiths could be divided into some categories. Some are only applicable in Mecca and Medina climate. Some were the answers of the prophet (PBUH) to a specific person, and some of them are fake. There is also the possibility of omission of some parts of the Hadith.

**Conclusion:** In this research, we just collected the medical Hadiths from Makhzan ul Advia, but investigating their credibility is a task which should be done by jurisprudent scientists.

**Keywords** • Religious philosophies • Text book • Traditional medicine

# Oral Hygiene Based on Prophet Muhammad's (PBUH) Seerah and Thoughts

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## Abstract

**Background:** Keeping and promoting health and emphasizing the precedence of prevention over cure are some of the most important issues in Islamic orders. Prophet Muhammad (PBUH) says: "Life has no value except with health.", meaning life without health is like life without prosperity and joy. In fact, this is the message and objective, which is mentioned by Health Organizations as "Health leads to permanent development." One of the main aspects of Islamic health orders is oral hygiene and brushing, even keeping this type of hygiene if there is no brush available. The objective of this study is evaluating important and certified Islamic sources and Prophet Muhammad's (PBUH) Seerah and thoughts.

**Methods:** This study is an analytical-descriptive one.

**Results:** Reviewing certified Islamic sources such as *Teb-Al-Nabi*, *Nahj-Al-Fessahe*, *Teb-Al-Aemme*, *Makarem-Al-Akhlagh*, *Vasayel-Al-Shia Halile-ol-Motaghin*, and other sources show that hygiene and preventing diseases are very important points. These sources express not only losses of lack of keeping oral hygiene but also declare very important issues about benefits of brushing teeth, using toothpicks, and even cleaning tooth with water or tongue. Prophet Muhammad (PBUH) says: "Angel Gabriel recommended me to brush my teeth so much that I thought it would behoove all people to do that." A religious aspect has also been given to such practices. Prophet Muhammad (PBUH) says, "If someone says a prayer which has 2 parts, while he brushed his teeth before that, his prayer is better than praying a 70-part prayer without brushing teeth." Also, the prophet (PBUH) says, "Preparing toothpicks is one of the rights of guests."

**Conclusion:** Regarding what Prophet Muhammad (PBUH) has emphasized, keeping these Islamic procedures may be very effective when it comes to maintaining health and consequently health of the Islamic society, which can provide a pattern for others.

**Keywords** • Oral hygiene • Prophet Muhammad • Health

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# An Upheaval in the Foundations of Modern Medicine with a Monotheistic Approach: The Holistic View of Islamic Medicine to the Concept of Health and Disease

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## Abstract

**Background:** The foundations of Islamic medicine are rooted in the monotheistic worldview of Islam. The approach of Islamic medicine is holistic and pays attention to all dimensions of a human being such as body, self, and spirit. According to this, the existential importance and value depreciates from spirit to body. As a result, the existential relationship and the fact that these dimensions affect each other have a special position in Islamic medicine. Although paying attention to spiritual, social, and mental dimensions of human beings has been emphasized by international health societies, the common approach throughout the world is to focus on the physical dimensions but not spiritual ones. Thus, there exists a substantial gap to explain the concept of health and disease with a holistic approach both theoretically and practically. The focus of this study is to explain the theoretical factors of health in holistic Islamic medicine by paying attention to self and spirit.

**Methods:** In this library and analytic-descriptive research, factors of health and disease were extracted from two Islamic sources, namely Quran and Nahj Al-Balaqah. The extracted factors were classified first, and then they were designed as “life diagram” from the pre-birth period to post-death period. In addition, a questionnaire which contained 5 essay-type questions was distributed among 60 medical students of Shiraz University, and they were asked to respond to these questions and give their ideas about the concept of a healthy person and its related factors.

**Results:** Health factors and their relationships based on the four areas of Allah’s right, self’s right, people’s right, and nature’s right were explained and designed. These criteria include alimentary and medical instructions, physical movement, having nice ethical virtues such as honesty and trusteeship, and abstaining from moral vices like telling lies and hypocrisy. The general characteristic of Islamic factors effective in treating diseases is their direction toward the monotheistic development of human beings; thus, they are mostly infinite. Health features based on the ideas of participants in this study were having a healthy mind and brain, sticking to social and individual ethical values, and having self-satisfaction and the ability to communicate.

**Conclusion:** The professional performance of a Muslim physician should be based on their monotheistic worldview. As the bases and foundations of our medical system have been the follower of western countries, it is essential to explain the holistic Islamic medicine theoretically and then include it in medical training programs and apply it in practice. Results of this study can be the first step in doing so.

**Keywords** • Holistic medicine • Modern medicine • Nahj Al-Balaqah • Health • Self