

## **Health Care System of Islam: Physical, Mental and Spiritual Remedies from Islamic Perspective and Public Policy for Administration**

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**Abstract:** *Health care is the subject of great importance in Islam. As Muslims, we are told some guidelines or ethics to follow for keeping us healthy, spiritually as well as physically. As Muslims it's also mandatory to follow such guidelines for our faith as we have to answer about our deeds regarding our body and its health. Spirituality is one of the dimensions of health. The cultural and religious resources of every community influence the definition of spiritual care. This work discusses a concept of spirituality in islam .*

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*We identified the attributes, antecedents and consequences of spiritual care in the light of Holy Quran.*

**Key Words:** *Islam, Healthcare, System, Mental, Physical, Spiritual*

### **Introduction**

Health is the greatest blessing after faith. For our bodies we will be accountable in front of Allah in case of any damage. There are some rules or guidelines or restrictions which we have to keep in life as Muslims. In the Quran Allah clearly told us the things or guidelines which told us that what are the activities or things we are allowed to do or to eat and are beneficial for our bodies, physical, mental and spiritual health and what are the things we have to avoid. Spiritual care considers the spiritual dimension of health. It has significant advantages such as better quality of life and reduced depression and despair . We have to follow such guidelines and they are mandatory for us as they are told by Allah and are part of our faith and we will be accountable for that.

### **Health: a blessing from God**

Health is one of God's greatest blessings. In Islam it is the greatest blessing after that of faith. Good health is something for which we are accountable to Allah. It is obligatory for every Muslim to take care of his health, otherwise he will be severely punished, according to God immutable laws. The Quran states; **“Anyone who tampers with God’s grace after it has been bestowed on him will find God to be stern in punishment.”<sup>1</sup>**

The preservation of this blessing can only be achieved through taking good care of one’s health and taking every measure to enhance it. Quran contain teachings which show every Muslim how to protect health generally and take care of each of his organs.

Indeed, Quran is not only about health and medical sciences, but in it there are hints which guide us in the field of health and disease.

**“Everything good that happens to you (o man) is from God, everything bad that happens to you, is from your own action.”<sup>2</sup>**

Disease is defined by the famous pathologist William Boyd as “physiology (natural state) gone wrong. It is our own acts that lead to unnatural outcomes. We can compare the human body to some degree with the machine created by man. For example there are many electronic and mechanical components of a tape recorder but life could not come to it until a power voltage current passes through it. As the care of the machine requires cleanliness, giving it some rest, and passing electricity of proper voltage, there are requirements for the body. Islam emphasize on the importance of health and promote activities which enhance the health of individuals.

Islam holistic approach to health includes treating our bodies with respect and nourishing them not only with faith but also with lawful, nutritious food. Major part of living life according to the Creator instruction is implementing a suitable diet. Choosing a wholesome food and avoiding the unwholesome is essential to good health. Allah says in the Quran, **“Eat of the good things which we have provided to you”<sup>3</sup>**

Also at one place in Quran Allah says **“O mankind eat from whatever is on earth (that is) lawful and good and do not follow Satan. Indeed, he is to you a clear enemy”<sup>4</sup>**

A healthy diet is balanced with the mixture of all the food God has provided for His creation. Numerous verses of Quran mentions the food that God has provided to us to nourish and

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maintain our bodies. **“It is He who subdued the seas, from which you eat fresh fish”.**<sup>5</sup>

Also Allah says

**“In cattle too you have a worthy lesson. We give you a drink of that which is in their bellies, between the undigested food and blood: pure milk, a pleasant beverage for those who drink it”.**<sup>6</sup>

God has also provided us with the list of foods that are forbidden and apart from these everything else is considered lawful. **“Forbidden to you (for food) are: dead animals-cattle-beast not slaughtered, blood, the flesh of swine, and the meat of that which has been slaughtered as a sacrifice for the other than God”.**<sup>7</sup>

True believers need healthy bodies and minds in order to worship Allah. To maintain a sound mind, a pure heart and healthy body a special attention must be paid to health. The heart and mind are nourished by remembrance of God. Healthy nutrition means having a balanced diet in order to maintain the balance that God has established in all matters and to which reference is made in the Quran. **“And He enforced the balance. That you exceed not the bounds; but observe the balance strictly; and fall not short thereof”**<sup>8</sup>

Healthy nutrition means a diet balanced in quantity. Eating too much is harmful as it causes disorder of the digestive system.

The preservation of this blessing can only be achieved through taking good care of one's health and taking every measure to enhance it. An act of worship which helps to maintain good health is taking shower or ghusl. This is compulsory when one is in the state of ritual impurity. Allah says in Quran

**"If you are defiled (following sexual intercourse or a wet dream) then purify yourself"<sup>9</sup>**

### **QURANIC VIEWS OF ILLNESS, TREATMENTS AND MEDICAL ETHICS**

Before talking about how a believer behaves when ill or injured it is important to understand just what Islam teaches us about the life of this world. Our existence here on earth is but a transient stop, on the way to our real life in the Hereafter. Paradise or Hell will be our permanent abode. This world is a place of trial and testing. We react with patience and thankfulness and hope for eternal reward. We fear eternal punishment and know with certainty that God is the source of all mercy and all forgiveness. **"And this life of the world is only amusement and play! Verily, the home of the Hereafter, that is the life indeed (i.e. the eternal life that will never end), if they knew.)"**<sup>10</sup>

If we stop for a moment and contemplate our existence, the blessings of God become evident. Observe the rain falling outside, feel the tingle of the sunshine on your bare skin, touch your breast and feel the strong rhythmic beating of your heart. These are blessings from God and we should be thankful for them, along with our homes, our children, and our health. God however tells us, that we will be tested, He says,

**"And certainly, We shall test you with something of fear, hunger, loss of wealth, lives and fruits, but give glad tidings to the patient ones."**<sup>11</sup>

God has advised us to bear our trials and tribulations patiently. However, this is difficult without understanding that everything that happens in this world happens by the permission of God. No leaf falls from a tree without God's

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permission. No business crumbles, no car crashes, and no marriage ends without God's permission. No illness or injury touches a human being without God's permission. He has power over all things.

God does what He does for reasons that are at times beyond our comprehension and for reasons that may or may not be apparent. However, God, in His infinite wisdom and mercy wants only what is best for us. Ultimately, what is best for us is eternal life in a place of eternal bliss, Paradise.

**"Their Lord gives them glad tidings of a Mercy from Him, and that He is pleased (with them), and of Gardens (Paradise) for them wherein are everlasting delight." )<sup>12</sup>**

In the face of every trial, a believer must be certain that God does not decree for him anything but good. The good may be among the pleasures of this world or it may be in the hereafter. God tests us with the trials and tribulations of life, and if we bear patiently we will attain great reward. Through changing circumstances and trying times God tests our level of faith, ascertains our ability to be patient and wipes away some of our sins. God is all loving and all wise and knows us better than we know ourselves. We will not attain Paradise without His mercy and His mercy is manifest in the tests and trials of this life. What happens if the pleasures of this life suddenly become torments? How should one behave when struck by illness or injury? Of course, we accept our fate and try to bear the pain, sadness, or suffering patiently because we know with certainty that from this God will bring about much good.

However, we are imperfect human beings. We can read these words, we can even understand the sentiment, but behaving with acceptance is sometimes very difficult. It is much easier to

bemoan and cry about our situation, but our Most Merciful God has given us clear guidelines and promised us two things, if we worship Him and follow His guidance we will be rewarded with Paradise and that after hardship comes ease.

**"So verily, with the hardship, there is relief."**<sup>13</sup>

A believer is obligated to look after his body and mind, therefore trying to maintain good health is essential. However, when struck by illness or injury, it is vital to follow God's guidance. A believer must seek medical aid and do everything he can to bring about a cure or recovery, but at the same time he must seek help through prayer, remembrance of God and acts of worship. Islam is a holistic way of life, both physical and spiritual health go hand in hand. In part two we will examine in more detail the steps to take when struck by illness or injury.

#### **QURAN AS A SOURCE OF TREATMENT :**

**And when I'm ill, it is (GOD) who cures me.**<sup>14</sup>

Medical ethics have a history of over 2500 years. Before the birth of Christ (peace be upon him) the Greek and Roman cultures, which were affected by the culture from Iran and the east, were spread across the west. Due to the limited science of that time, doctors normally learned other sciences and educations. The Quran is a miracle that Allah revealed to His prophet (s.a.w.s) and it is a blessing for humanity. The Quran is not only a guidance for mankind but Allah has also made it a spiritual cure and healing for all types of ailments. This includes treatment of all worldly problems, physical and psychological ailments, and spiritual (evil eye, sihr, and so on.) The Creator has clearly told us that the words of the Quran are a "shifa" (healing) for all and, therefore, when used with real

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belief in one's heart, this form of treatment can bring miraculous cure to all forms of ailments. Allah says in the Quran:

**"And We send down of the Quran that which is a healing and a mercy to those who believe"<sup>15</sup>**

Islamic beliefs stipulate that each disease is sent down in this world with its cure, but the means of treatment may not be known to everyone. While medical sciences may have helped in the discovery of cures for many diseases and ailments, there are many for which the cures still have to be found. Before seeking cures for any disease, a Muslim should first believe that all diseases as well as their cures are in Allah's hands and power. Allah alone decrees trials for His creation and He alone can decree their remedies. All means of getting sick and healed are, therefore, contingent upon Allah's decree. As part of a Muslim's belief, this principle is important because people sometimes fail to understand how afflictions come down upon a person and seek their cures without internalizing this reality. So, Allah is the One Who heals whomsoever He wills, and He decrees sickness and death for whomsoever He wills. Allah tells us in the Quran:

**"And if Allah touches you with harm, none can remove it but He, and if He touches you with good, then He is Able to do all things"<sup>16</sup>**

### **Healing Verses in Quran :**

While the entire Quran is a source of healing, there are six verses that address healing and are referred to as Ayat Ash-Shifa or the Quranic Verses of Healing.

وَيَشْفِ صُدُورَ قَوْمٍ مُّؤْمِنِينَ ۝

**And [God] shall heal the breast of the believers.<sup>17</sup>**



يَا أَيُّهَا النَّاسُ قَدْ جَاءَكُمْ مَوْعِظَةٌ مِنْ رَبِّكُمْ وَشِفَاءٌ لِمَا فِي الصُّدُورِ وَهُدًى وَرَحْمَةٌ

لِلْمُؤْمِنِينَ

**Mankind there has come to you a guidance from your Lord and a healing for (the diseases) in your hearts, and for those who believe a guidance and a mercy.<sup>18</sup>**

يَخْرُجُ مِنْ بُطُونِهَا شَرَابٌ مُخْتَلِفٌ أَلْوَانُهُ فِيهِ شِفَاءٌ لِلنَّاسِ إِنَّ فِي ذَلِكَ

لَآيَةً لِقَوْمٍ يَتَفَكَّرُونَ

**There issues from within the bodies of the bee a drink of varying colors wherein is healing for mankind.<sup>19</sup>**

وَنُنَزِّلُ مِنَ الْقُرْآنِ مَا هُوَ شِفَاءٌ وَرَحْمَةٌ لِّلْمُؤْمِنِينَ وَلَا يَزِيدُ

الظَّالِمِينَ إِلَّا خَسَارًا

**And We sent down in the Quran such things that have healing and mercy for the believers.<sup>20</sup>**

وَإِذَا مَرِضْتُ فَهُوَ يَشْفِينِ

**And when I am ill, it is [God] who cures me."<sup>21</sup>**

قُلْ هُوَ الَّذِي آمَنُوا هُدًى وَشِفَاءً

**And declare (O Muhammad) that [the Quran] is a guidance and healing for the believers.<sup>22</sup>**

### Seeking Remedy:

Islam considers disease as a natural phenomenon and a type of tribulation that expiates sin. Not only the patient who suffers in dignity will be rewarded in the hereafter, but also his family who bear with him the ordeal. Even the visitors of such a person will get their reward from Allah.<sup>23</sup> Allah said in Quran: Those stoics who forebear in patience will be rewarded by Allah in this world and the Day of Judgment. Allah says in the glorious Quran:

**"And give glad tidings to those who forebear in patience."<sup>24</sup>**

## **Herbs Mentioned in the Holy Quran and their medicinal importance:**

Cure of diseases through medicinal plants is always a salient feature of Islamic teaching and preaching. Al-Quran is one of the best reference books, describing the importance of plants, especially herbs in different Surahs for their diverse uses. Herbs had been prized for their medicinal, flavoring and aromatic qualities for centuries.<sup>25</sup> Some of the herbs which are mentioned in Holy Quran are:

- **Allium cepa(onion):**

References from Holy Quran:

And [recall] when you said, “O Moses, we can never endure one [kind of] food. So call upon your Lord to bring forth for us from the earth its green herbs and its cucumbers and its garlic and its lentils and its onions.”<sup>26</sup>

### **Benefits:**

Allium cepa helps to prevent tumor promotion, cardiovascular diseases and aging; all processes that are associated with free radicals.<sup>27</sup>

**Garlic** and **squash** are also mentioned in the Holy Quran.

### **Concept of spirituality in Islam :**

Health is a holistic concept, which encompasses physical, social and spiritual dimension .Spiritual care considers the spiritual dimension of health. It has significant advantages such as better quality of life and reduced depression and despair .

### **Spirituality in Islam :**

What is spirituality? – or rabbaniyah, to use the Quranic term. It is the elevation of the human condition to a plane on which the mind is focused on the higher, non-material realities of a godly existence. The opposite of spirituality is materialism, a course

followed all too often in this world. One who takes this course, giving all the attention to worldly things, or to put it another way, who centres attention on mere appearances, is regarded as being materialistic. Conversely, one who rises above material things or appearances, who finds a focus of interest in non-material things, is regarded as being spiritual or godly. The latter is one who obeys the injunction of the Quran: **"Be devoted servants of God" or, alternatively, "O people, be godly servants of Allah."**<sup>28</sup>

In the spiritual world there is no great difference between comfort and deprivation. What one gains from experiences of material pleasure is of far less value than what ones gain from experiences of deprivation. The tears of pain flowing from an aching heart gives far greater satisfaction than the laughter of happiness due to material gain. The greatest source of pleasure is in the remembrance of God . It is the reality which finds expression in the following verse of the Quran : **" It is only in the remembrance of God that hearts are comforted "** <sup>29</sup>

**Spirituality is the direct result of the kind of intellectual development that takes place when a believer ponders over the Creator and His creation.**

The distinguishing feature of the wise people described in the Quran is that they continuously derive such sustenance from their environment, thus maintaining their intellectual and spiritual well-being. This is elaborated upon in the Quran as follows: "In the creation of the heavens and the earth, and in the succession of night and day, there are signs for men of understanding; those that remember God when standing, sitting, and lying down, and reflect on the creation of the heavens and the earth (saying): **'Lord, You have not created**

these in vain. Glory be to You! Save us from the torment of the fire, Lord.”<sup>30</sup>

**The spiritual system of Islam rests on four fundamentals.**

The first is prayer (Salat) which brings man into communion with God five times a day,

The second is Zakat which develops the sense of monetary sacrifice, sympathy and cooperation among Muslims.

The third is fasting (Saum) which for a full month every year, trains a man individually and the Muslim community as a whole, in piety and self-restraint.

The fourth is Hajj (Pilgrimage) which aims at fostering universal brotherhood of the faithful as the basis of worship of God.

**The Effect of Spirituality on Health :**

One of the elements of spirituality is “a sense of ‘connectedness’ – to self, others, nature, or ‘God’ ”<sup>31</sup>,in Islamic perspective the word spirituality is linked with a sense of connectedness to Allah. It is one of the dimensions of health. It is connected to the aspect of humanity which refers to the method in which individuals pursue and express the meaning of life, Research has indicated that spirituality has a useful effect on physical health. Studies have shown a positive connection between spirituality and lower risks of cardiovascular diseases (Obisesan et al., 2006), cancers (Frank, & Carla ,2009).<sup>32</sup>

According to Islam, spirituality is concerned with all aspects of a Muslim’s life with the remembrance of Allah while doing any action. The Prophet Muhammad (PBUH) put emphasis on developing a good personality through continuous practices of prayer, meditation, remembrance of Allah. Islam is not only a religion but also a way of life which

considers spiritual and religion as one. Allah says in the Holy Quran. **“O mankind, there has to come to you instruction from your Lord and healing for what is in the breasts and guidance and mercy for the believers”**<sup>33</sup>

**Those who have believed and whose hearts are assured by the remembrance of Allah . Unquestionably, by the remembrance of Allah hearts are assured.”**<sup>34</sup>

In the holy verses Allah says about the healing and assurance of hearts that is beyond the physical health, as spirituality is mainly concerned with the connection of a man with Allah, so all actions that are carried out in the remembrance of Allah are spiritual, and they have clear impact on physical health.

#### **Five pillars of Islam:**

The Five Pillars are the core beliefs and practices of Islam: Profession of Faith (shahada). The belief that "There is no god but God, and Muhammad is the Messenger of God" is central to Islam.

Prayer (salat).

Alms (zakat).

Fasting (sawm)

Pilgrimage (hajj).

#### **Roll of five pillars of Islam in spiritual health:**

The term “spirituality” has a broader concept and meaning and is often defined in relation to religion. It is regarded as “the quality or state of being concerned with religion or religious matters: the quality or state of being spiritual”<sup>35</sup> “religious beliefs or the spiritual quality of something”<sup>36</sup> Believers are responsible for the purification of their soul or mind. They must always remain cautious about it, and purify

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it, to achieve real success in this life and hereafter, as is evident from the following verse of the Qur'an.

**"By the soul, and the proportion and order given to it; And its inspiration as to its wrong and it's right; Truly he succeeds that purifies it, And he fails that corrupts it." (Ash-Shams: 91: 7-10) <sup>37</sup>**

### **The Pillars:**

#### **1. Shahada:**

The Shahada is the fundamental statement of faith and commitment made by Muslims:

*"Lā 'Ilāha 'Illā Allah, Muḥammadun Rasūl Allah",*

**"There is no God but God (Allah), and Muhammad is His Messenger."**

It distinguishes Muslims from those of other faiths. In fact reciting it three times in front of witnesses is a requirement of becoming a Muslim. Kalma is used for the short-term treatment of anxiety. Anxiety or tension associated with the normal stress of everyday life usually does not require treatment with medicines. Kalma is also used to treat panic attacks.

#### **2. Prayer:**

This is stated in the Qur'an: **"Salat indeed prevents a person from indecency and evil." (29:45). <sup>38</sup>**

Salah is a regular means of purifying both body and soul. The ablution with fresh water before the prayer acts as a refresher and cleanser. The salah if properly performed purifies the soul of arrogance and hypocrisy. Some of the important physical health benefits are as follows: Namaz is one of the important means for health, happiness and harmony. Offering regular Namaz keeps one fit and healthy by burning extra calories thereby losing weight. Namaz is one of the effective

ways for weight loss as well as to control obesity. Because prayers calm people down, stress is reduced – taking less of a toll on someone's heart and other organs, which stress has been known to do. Other research found people have better emotions and moods because of prayer, especially when it comes to psychiatric health.

### 3. **Zakat:**

Zakat is the compulsory giving of a set proportion of one's wealth to charity. Zakat is the third Pillar of Islam. Zakat does not refer to charitable gifts given out of kindness or generosity, but to the systematic giving of 2.5% of one's wealth each year to benefit the poor **And establish prayer and give Zakat, and whatever good you put forward for yourselves - you will find it with Allah.” (2:110, Qur'an)** <sup>39</sup>

As such, paying Zakat is a spiritual act of worldly benefit and a worldly act of spiritual benefit. It is a means of purifying the believer's soul from sin and training it out of its inclination to greed, but also a sanctified worldly financial transaction.

### 4. **Fasting:**

Fasting in the month of Ramadan is another spiritual training which is compulsory for all mature, healthy male and female Muslims. Ramadan, the ninth month of the Islamic lunar calendar is a special month blessed with a spiritual atmosphere. During this month, Muslims are given the opportunity to fast from dawn to dusk and to make tarawih salah (extra prayers) at night. Fasting is known to have numerous benefits to both the physical body and the soul. Fasting involves worship as well as meditation and spiritual self-discipline,<sup>40</sup>

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It nourishes our spiritual life, makes us humble and brings us closer to Allah. Thus, people who fast will attain inner peace and tranquility. Through fasting, the arteries which are blocked by the diseases of mercilessness are opened and cleaned, and hearts are inclined to the weak, needy and lonely people.<sup>41</sup> **“And eat and drink until the white thread of dawn becomes distinct to you from the black thread ( of night) Then complete the fast until the sunset”**

Aside from not eating and drinking, he adds, there is a spiritual benefit in fasting.

“Muslims see it as recharging spiritual batteries that get depleted throughout the year. ... It teaches compassion for those who are less fortunate, those who can't eat or drink through no choice of their own,”

### **5. Hajj:**

The **pilgrimage** to Mecca, or the **Hajj**, is a journey all Muslims are enjoined to make once in their lifetimes. Its **purpose** is to detach human beings from their homes and, by bringing them to Islam's birthplace, to emphasize the equality of all people before God. **“Proclaim to men the pilgrimage: they will come to thy on foot and on every lean camel, coming from every remote path”**

A pilgrim of **Hajj** will come away from poverty as well his/her sins will be forgiven.

Abdullah Ibn Maswood (Ra.) narrated that our beloved Prophet (PBUH) said: 'Perform **Hajj** and **Umrah** successively for they remove poverty and sins just as fire removes the impurities of iron.

**Physical health in the light of Holy Quran:**



Islam emphasizes on a healthy life. A believer should not be a weak person. He or she must be strong, both physically and spiritually. Regarding physical fitness, the Prophet (SAW) said: **“A strong believer is better and more beloved to Allah than the weak believer”**.

Sometimes it is seen that we want to get up for Fajr prayer but our body does not cooperate in getting out of bed, because we do not take good care of our bodies, hence the body grows weak. We change the engine oil of our car regularly and service it but we are not regular in our physical exercises. **The Prophet (SWA) said, “Our bodies have rights upon us, our eyes have rights upon us, so give everyone his due right”**.

**The Prophet (SWA) said: “The worst pot a human being fills is his stomach”**. It is because we fill it with things that are not good for our health or we stuff it to more than its capacity.

**In Quran: In the Qur’an, Allah (s.w.t.) has recommended us to “eat what is lawful and good in the Earth” (2:168).** <sup>42</sup>Searching through the Qur’an further, we can identify what foods are beneficial; include honey (16: 68-69), vegetables such as corn and herbs and fruits such as olives, dates, grapes, pomegranates ), and bananas

He has also recommended us to eat the meat of certain animals and their milk, as well as fresh fish and birds

**“He created cattle for you, wherein is warmth and many gains, and you eat thereof”**.<sup>43</sup>

**“For you there is in the cattle a lesson; We give you to drink what is in their bellies from between the chime and the blood pure milk, easy and palatable for those who drink it”**.<sup>44</sup>

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**“He it is Who made the sea of service that you might eat fresh (fish) meat from it” .“And the meat of fowls of what they like”.**<sup>45</sup>

**“eat and drink and do not commit excesses; indeed He does not love those who are excessive”.**<sup>46</sup>

Fasting is both an obligatory and recommended dietary practice within Islam (2:183), which may also carry physical benefit especially in overweight individuals. There is evidence of weight loss, reduced blood sugar and cholesterol levels in those completing a month of controlled fasting. Additionally, the improved self-control, self-restraint, and discipline gleaned enable us to avoid foods in the long term that predispose us to obesity and cardiovascular diseases. Moreover, this self-restraint and resolve are transferable qualities that permeate into other aspects of our life, enabling us to instigate changes to perfect our character and elevate ourselves spiritually.

Firstly, we need to eat that food that is not only Halal, rather which is good for our health as well. We should reflect on why Allah the Almighty mentions honey in the holy Qur'an, "...in it there is healing for the people. "In addition, why did Allah the Almighty swear by the fig and by the olive? Why did Allah the Almighty host Maryam (the mother of Prophet Isa) with fresh dates?<sup>7</sup> Why did Allah the Almighty host the military mission of Abu Obadiah bin Jarrah with a huge whale from the red sea?

We need to look at the benefits of eating honey, both medically and scientifically. We need to look at the benefits of figs and olives, both medically and scientifically. Similarly we need to look at the benefits of eating fish, both medically and scientifically.

Secondly, the amount of food we eat should be kept near the minimum requirement sufficient to keep us alive. Stuffing our stomachs more than their capacity makes us obese, and obesity is not a sign of health as some people think, rather it is a welcoming arm for all types of disease. It was condemned by the holy Prophet (SAW). The holy Prophet (SAW) and his companions were not fat. Rather they were very active.

**Physical exercise:**

physical activity can be inferred from the Qur'an and Prophetic traditions, which share the common theme of maintaining respect for the body. Dr. Al-Khayat, a representative of the World Health Organization in the Middle East, has identified a few references to this effect such as:

**“Do not with your own hands throw yourself into ruin”<sup>47</sup>**

**“Your body has a right over you”**

**“A strong believer is better than a weak believer”**

Commonly overlooked forms of exercise are in fact amongst the main tenets of Islam, including the obligatory prayers, the Hajj pilgrimage, and fasting in the holy month of Ramadhan<sup>48</sup> Although the primary reason for such acts is for spiritual benefit, there are associated physical benefits.

The frequent hand movements, bowing and prostration are useful methods of whole-body exercise; acting to strengthen and maintain joint flexibility in the arms, back, thighs, feet, abdomen, and neck . Moreover, benefits to the circulation of blood and digestion have been proposed . The Hajj and Umrah are also composed of rites requiring physical exertion including the Tawaf (seven rounds of circumambulation around the Kaaba) and Say (seven laps of brisk walking between the mounts of Safa and Marwa.

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If Allah should, in fact, make acts requiring physical exertion wajib such as Salat and Hajj, then it may be true to say that Islam is a way of life that demands physical exertion, and the performance of other physically demanding activities that fall within Sharia is thus encouraged

### **Physical Exercises during the Lifetime of the holy Prophet :**

The Prophet (SAW) emphasized a lot on the importance of sports. He used to arrange competitions for various sports. For example the following competitions could be seen in the books of See rah:

1. Running on Feet Competition for Adults
2. Running on Feet Competition for the Children
3. Horse Race Competitions
4. Wrestling competition
5. Shooting competition
6. Swimming Competition

### **Health care system in light of sunnah:**

Health is the greatest blessing Allah has given to mankind. Islam is the religion of all times and places. By practicing its laws Muslims all over the world gain the wealth of health. It gives significant importance to health, so taking care of one's health is a religious duty. Allah prophet (PBUH) said: **"There are two blessings which many people do not appreciate: Health and leisure".**<sup>49</sup>

Allah has given no illness without its cure. Prophet (PBUH) of Allah said: **"There is no disease that Allah has created, except that He also has created its treatment".**<sup>50</sup>

Similarly, it is narrated by Usama Bin Shareek (may Allah be pleased with him): 'I was with the Prophet (PBUH), and some Arabs came to him asking, "O Messenger of Allah, should we

take medicines for any disease?" He said, "Yes, O You servants of Allah take medicine as Allah has not created a disease without creating a cure except for one." They asked which one. He replied "old age."

Our body must be our priority and responsibility. Just like other things, body also has right on us for taking proper care of it: **"Taking proper care of one's health is the right of the body".<sup>51</sup>**

#### **Physical health:**

Allah loves His creations so much that He is concerned even with what we eat and put in our body. Our muscles, bones, lungs, liver, brain and secretions are made from the raw product we feed it. If we provide the factory with junk raw products, the factory will not produce tough bones, strong muscles, good pump (heart) and clean pipes (vessels). Over indulgence and wasting of food are further dissuaded in the Hadith of the of the Messenger of Allah (PBUH):

**"No human being has ever filled a container worse than his own stomach. The son of Adam needs no more than a few morsels of food to keep up his strength, doing so he should consider that a third of his stomach is for food, a third for drink and a third for breathing".<sup>52</sup>**

#### **Prohibition of Intoxicants:**

Islam strictly forbids indulgence in intoxicants such as alcohol and drugs for good reason. The limited pleasure of such vices causes immense long-term damage to both mind, body and the social fabric of society. Particular schools of thought include smoking within the list of prohibitions because of its harmful effects on the body. It seems that if Muslims adhere to the

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teachings of Islam, they would automatically lead a healthier lifestyle. Allah says in the Quran:

**"O you who have believed, indeed, intoxicants, gambling, [sacrificing on] stone altars [to other than Allah], and divining arrows are but defilement from the work of Satan, so avoid it that you may be successful ".<sup>53</sup>**

### **Cleanliness:**

Allah is pure and likes purity. It is clean and likes cleanliness. Therefore, cleanliness of body and mind is stressed in Quran (4:43). Miswak (brushing teeth) was stressed as part of our daily routine by Prophet Mohammed. He also advised us on flossing (Khilal) as is now being advised by all the dentists. In fact, he is known to have said that if it was not a hardship for Muslims, he would have advised using Miswak before each prayer i.e. five times a day. Prophet (PBUH) said:

**"If I did not feel that it would be difficult upon my Ummah, I would have commanded them to perform miswak with every Wudu".<sup>54</sup>**

### **Importance of exercise in maintaining health:**

The Prophet's life was full of recommendations for outdoor exercise. He advised all Muslims to teach their children swimming, archery and horse riding. He, himself, used to walk at a fast pace, even race with his wife, Aisha (may Allah be pleased with her). Most importantly, he used to work with his hands whether at home, in the kitchen, or with his companions collecting wood for fire, fighting during wars etc.

### **Favorite Food Items of Prophet Muhammad (P.B.U.H) and Their Benefits:**

The life of the Messenger of Allah shows that despite the fact that He lived the greater part of His time in

straightforwardness, yet He generally stayed appreciative to God for all that He had. He used to eat all that He was open with and never grumbled about it. Allah has given such a large number of endowments to mankind which incorporates essential necessities like food, water, shelter and so on. Food is the most extreme necessity of a person, and everybody must be grateful to God for this gift.

Here are a few food items that the Holy Prophet (P.B.U.H) cherished eating. Alongside Sunnah, there are numerous medical advantages of these food things.

**Barley :**

Barley crops are developed all through the nation. The plants of barley are a lot like wheat and the seeds are elongated in shape in comparison to wheat with a covering of light yellow color. Prophet Muhammad (SAW) enjoyed it without a doubt and utilized it in different structures, for example, barley bread, and dough.

**“The Prophet (Peace Be Upon Him) has advised us to use it as a medicine, as he said. It’s a cure for sadness. It gives rest to the heart of the patient and makes it active and relieves some of his sorrow and grief”.<sup>55</sup>**

**Vinegar :**

Vinegar is sour in taste, and has different advantages in it. It assists with controlling the blood pressure, it additionally controls the cholesterol level .The dietary fiber in ACV is likewise useful in controlling glucose levels in the blood. Some Eastern medicines do believe that depression is the symptom of a stagnant or tired liver, apple juice vinegar would assist with fighting against depression, since it is an incredible medium to

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help detoxify and cleanse the liver. Prophet Muhammad (SAW) used to have vinegar with olive oil.

### **Mushroom :**

Mushrooms are utilized in numerous dishes, they are the best source of nutrients, minerals and fiber. The Prophet (P.B.U.H) additionally used to eat mushrooms and they are his preferred thing.

Prophet Muhammad (PBUH) said:

**“The truffle is among the Mann (Allah’s favours) and its water cures the eye”.<sup>56</sup>**

### **Honey :**

Honey is produced in various parts of the world. Honey can be utilized with no symptoms for any sort of illness. Presently the examination says that despite the fact that honey is sweet, whenever taken in the correct measurement as medication, it doesn't hurt diabetic patients too. Honey is useful for joint inflammation patients, for controlling hair loss, making hunger (appetite), strengthening the stomach and cholesterol.

**“Honey is a remedy for every illness and the Qur’an is a remedy for all illness of the mind, therefore I recommend to you remedies, the Qur’an and honey”.<sup>57</sup>**

### **OLIVE OIL :**

Olive oil is viewed as the most useful oil among various oil records. It has numerous medical advantages like it decreases heart disease or reduces breast cancer and heart disease risk, fortifies the muscles and so on. It is likewise remembered for the meal of the Prophet (P.B.U.H). Allah has also called it the Blessed Tree. **“And a tree that grows out of Mount Sinai which**



produces oil and a condiment for those who eat. For olive oil is the supreme seasoning".<sup>58</sup>

### **Prophet Muhammad P.B.U.H recommended food for healthy life:**

Prophet Muhammad (PBUH) recommended foods have now become super foods of the day for their powerful healing properties, which are now becoming known to us. These are being practised even today, however, still our knowledge regarding the active ingredients of these plants and their products, which have powerful phytochemical and pharmaceutical actions, are poorly understood. There are no proper scientific validations, and despite a treasure of phyto-medicines, our ailments such as cancer, obesity-related hypertension, diabetes, and many incurable diseases are on the rise. There is an urgent need to review the historically prescribed super food-derived drugs for their state-of-the-art development and use. Hence, the present review highlights therapeutic potentials of Prophet Muhammad (PBUH) recommended plant-based super foods and their constituents against many incurable human ailments.

There are many foods that are rich in their nutritionist forms and beneficial for their health and two most important of them are Black Seeds (kalonji) and Fig (anjeer).

#### **Black seeds.**

Black seed also known as KALONJI, often called black cumin, is an annual flowering plant in the family Ranunculaceae. It is the black seeds referred to by Prophet Muhammad (PBUH), who once stated, "*The black seed can heal every disease, except death*".

#### **Diabetes**

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Thymoquinone is present in *N. sativa*, and it has proved that thymoquinone has the ability to improve hepatic enzyme activities and thereby exerts its potential antihyperglycemic effects. Studies have also demonstrated the protective effects of volatile oil of *N. sativa* seeds on insulin immunoreactivity and ultrastructural changes of pancreatic  $\beta$ -cells in streptozocin-induced diabetic rats. Effect of *N. sativa* on patients with type 2 diabetes was investigated by Bamosa *et al.* The results of their experiments indicate that a dose of 2 g/day of *N. sativa* might be highly beneficial adjuvant to oral hypoglycemic agents in patients with type 2 diabetes. The combination of lipoic acid, carnitine, and *N. sativa* can contribute to the improvement of carbohydrate metabolism in diabetic rats.

### **Cancer**

It was revealed that crude oil of *N. sativa* has chemopreventive potential to cancer cells. Administration of 1000 or 4000 mg/L *N. sativa* volatile oil in the diet of male Wister rats for 30 weeks significantly reduced malignant and benign colon tumor sizes, incidences, and multiplicities. Different extracts of *N. sativa* showed the cytotoxic effect on human MCF-7 breast cancer cells. Studies of Mahmoud and Torchilin demonstrated that lipid extract *N. sativa* is cytotoxic to MCF-7 cells with LC50 of  $2.720 \pm .232$  mg/ml, while its aqueous extract showed cytotoxicity when the applied concentration is high as about 50 mg/ml.

### **Hyper pigmentary disorders:**

Members of our group have reported very interesting findings on hyperpigmentary activity of *N. sativa*. They showed that the extract of *N. sativa*, as well as its active principle, thymoquinone leads to skin darkening through stimulation of cholinergic

receptors of muscarinic nature within the black skin cells, the melanophores of wall lizard, *Hemidactylus flaviviridis*. The data of this interesting study have opened new vistas for the use of *N. sativa* and its active ingredient, thymoquinone, as a novel melanogen for its clinical application in skin disorders such as hypopigmentation or vitiligo. It must be mentioned that now, black seeds are assuming the status of a superfood, cheap and loaded with powerful medicinal properties.

**Fig (*Ficus carica*) (anjeer):**

*F. carica* belongs to the Moraceae family and is commonly known as “Fig” (Anjir in Hindi), and the place of origin is the Middle East and Western Asia. Different plant parts such as fruits, seeds, leaves, tender, bark, shoots, and latex have numerous medicinal applications.

**Diabetes:**

The leaf extract of *F. carica* induced a significant hypoglycemic effect in oral or intraperitoneal administration in streptozotocin-diabetic rats. Weight loss was promoted in diabetic-treated rats, and plasma insulin levels considerably altered the survival index. The results indicated that the aqueous extract of *F. carica* has an obvious hypoglycemic activity. It is also found that *F. carica* extract probably normalized the oxidative stress in streptozotocin-induced diabetic rats. The effects of ficusin isolated from *F. carica* on GLUT4 translocation, and expression in type 2 diabetic rats was examined and showed anti-diabetic effects.

**Hypolipidemic and Hyperpigmentary**

Hypertriglyceridemia activity of leaves in experimental hypertriglyceridemic rats was successfully studied and isolated from ANJIR significantly lowered the serum antioxidant enzyme and

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lipids (total cholesterol triglycerides, and free fatty acid) levels to near normal. The leaf extract of ANJIR could be a beneficial supplement to modulate secretion in poultry liver. an 8-week-old rooster's liver with high abdominal fat was extracted; the sliced cells were cultured with a high concentration of leaf extract, insulin, or both of them. Addition of insulin stimulates the TG and TC secretion, and the level was higher than that of control. However, there was a significant reduction in TG and TC secretion with leaf.

### **Recommendation**

We recommend that one should be respectful and take care of their health. As health itself is a blessing of Almighty Allah. One should serve the medical competency for the well being of others. In this article we recommend the islamic ways of our last Prophet Muhammad (SAW) which were used for health care. People should follow those instructions and tib-e-nabvi regarding their health care. The health care system in Islam was completely shown by our Prophet Muhammad (SAW) in the light of the Holy Quran and Sunnah.

### **Conclusion**

These verses and sayings of Holy Prophet clearly tell us how to maintain our health from each perspective although, we know that the subject of Quran is not the health but still Allah told us everything how to maintain our body healthy as our body is also an Amanah from Allah and we will be questioned about it. Maintaining physical health should also be an important goal for every Muslim. It not only allows one to live a longer life, but also confers numerous emotional, psychological and most importantly spiritual benefits. Islam's perception of good diet and recreation to attain physical wellbeing can be deemed as a

vehicle to attaining spiritual and moral fitness .So it is our duty to follow the guidelines told by Allah and avoid each act which is harmful to health and is forbidden in Islam and it is mandatory for us to do so.

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- <sup>3</sup> Al-Quran(2:172)
- <sup>4</sup> Al-Quran(2:168)
- <sup>5</sup> Al-Quran(16:14)
- <sup>6</sup> Al-Quran(16;66)
- <sup>7</sup> Al-Quran(5:91-92)
- <sup>8</sup> Al-Quran(55:7-9)
- <sup>9</sup> Al-Quran(5:6)
- <sup>10</sup> (Quran 29:64)
- <sup>11</sup> (Quran 2:155)
- <sup>12</sup> (Quran 9:21)
- <sup>13</sup> (*Quran 94:5*)
- <sup>14</sup> (*Surah ash-shura, 26:80*)
- <sup>15</sup> (Quran, Surah Al-Isra, 17:82)
- <sup>16</sup> Surah Al-AnAam, 6:17
- <sup>17</sup> At-Tawbah, 9:14
- <sup>18</sup> Yunus, 10:57
- <sup>19</sup> an-Nahl, 16:69
- <sup>20</sup> Al-Isra, 17:82
- <sup>21</sup> Ash-Shu'ara (The Poets: 26:80) (A supplication of Prophet Abraham)
- <sup>22</sup> Al-Fussilat, 41:44)
- <sup>23</sup> Muslim AlQuishairi, Sahih Muslim Bishareh AlNawawi, Dar AlFiker, Beirut, Kitab Albir1972; 16:124,125.

<sup>24</sup>Glorious Quran: Sura 2 (Al Baqarah), Aya (verse) 155

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<sup>29</sup> Al- Quran 13:28

<sup>30</sup> Al-Quran 3:19

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<sup>34</sup> Quran 13:28

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<sup>43</sup> **(16:5, 22:28) Quran**

<sup>44</sup> Quran **(16:66).**

<sup>45</sup> Quran **(56:21).**

<sup>46</sup> Quran **(7:31).**

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<sup>48</sup> Article jihat ul islam vol#4 by M.zahid

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<sup>49</sup> (Sahih al-Bukhari 6049)

<sup>50</sup> (Sahih Al-Bukhari, book # 71, Hadith 582, narrated by Abu Huraira)

<sup>51</sup> (Bukhari 55, Muslim 183, 193)

<sup>52</sup> (Sunan al-Tirmidhī 2380)

<sup>53</sup> Quran : (5:90)

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<sup>56</sup> (Bukhari)

<sup>57</sup> (Bukhari)

<sup>58</sup> (Qur'an 24:35)