

## ISLAMIC PERSPECTIVE ON HEALTH MANAGEMENT AND POLICY, CURE IN THE LIGHT OF QURAN AND SUNNAH

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### Abstract

A vital component of human well-being is managing and treating one's health, and Islam, as a whole way of life, offers helpful advice on doing so. Using the Quran, Islam's sacred book, and the Sunnah, the sayings and customs of the Prophet Muhammad (peace be upon him), this research paper examines the Islamic viewpoint on health management and treatment to briefly summarize the Islamic perspective on health management systems. The integration of one's physical, mental, and spiritual well-being is stressed in Islam, which sees health as a divine blessing. Islamic dietary recommendations promote the use of nutritious, halal food and the use of moderation when eating. Mental and emotional well-being is enhanced by religious practices like prayer and remembering Allah. In times of illness and suffering, it is advisable to practice patience, endurance, and thankfulness to have a good outlook. It studies the tenets and norms set out in Islamic teachings, emphasizing the value placed on preventative measures, holistic well-being, and the fusion of the physical, mental, and spiritual facets of health. The article also explores the value of obtaining medical attention and the part faith plays in the healing process, illuminating Islam's all-encompassing view of health therapy and the part religion plays.

**Keywords:** Islamic Health Management System, Physical Health and Islam, Spirituality.

### INTRODUCTION

Islam places a high value on a person's bodily and spiritual health as well as overall well-being. Islamic teachings offer direction on a variety of health management issues while highlighting the holistic character of people. The teachings and examples of the Prophet Muhammad, peace be upon him, found in the Quran and Sunnah, provide important guidelines and principles for a complete health management system. The Quran and Sunnah serve as the foundation for the Islamic approach to the health management system, which provides a complete framework that stresses the integration of physical, mental, and spiritual well-being. Islam places a high value on preserving one's health as a personal obligation and views it as a heavenly blessing. The lessons learned through Prophet Muhammad's Sunnah, his practices, and the Quran, Islam's sacred book brings into account the importance of cleanliness and health and its influence on all aspects of life.

In this article by emphasizing the essential concepts drawn from the Quran and Sunnah, this article examines the Islamic viewpoint on the health management system. Preventative measures, personal cleanliness, diet, and physical fitness are some of these concepts.

### Spirituality

Islamic spirituality has a significant impact on one's overall well-being. Muslims are urged to have a close relationship with Allah via acts of worship such as voluntary acts of devotion, recital of the Quran, and prayer (salah) (Theology & 2019, 2018). Spiritual activities provide a sense of direction, satisfaction, and inner calm, which has a favorable effect on general well-being. Islam places a high value on creating and keeping positive interpersonal connections throughout the community. Islam

promotes support and concern for one another via the idea of brotherhood and sisterhood (Jaberi et al., 2019). Social well-being and a sense of belonging are influenced by deeds of compassion, generosity, and compliance with social duties.

### **Physical Health and Islam**

Islam encourages the maintenance of physical health as a way to carry out one's duties and live a fruitful life. Islamic teachings exhort followers to do regular exercise, maintain good personal hygiene, and keep themselves clean. Guidelines on customs like ablution (wudu), ceremonial bathing (ghusl), and the value of cleanliness in worship and daily life are provided by the health and personal hygiene precautions in Islam and the Sunnah. Islam encourages the maintenance of good health as a method of carrying out one's duties and leading a useful life. Islamic teachings exhort followers to do regular exercise, maintain good personal hygiene, and keep themselves clean (Mehraki et al., 2017).

Islam strongly emphasizes the need of personal cleanliness and preventative actions as essential components of preserving good health. The principles and customs of Islam, which are drawn from the Quran and the Sunnah, encourage cleanliness and the avoidance of sickness (Humanis et al., 2021). Following are some of the most important health and hygiene precautions recommended by Islam and the Sunnah.

Islam places a strong emphasis on ritual cleanliness (Wudu and Ghusl) before prayer and other acts of devotion. Before praying, a ritual called wudu entails washing one's hands, face, arms, and feet as well as rinsing one's mouth and nose. In specific situations, such as after intercourse, during menstruation, or following childbirth, the complete body wash, or ghusl, is essential.

### **Mental and Emotional Health**

Islam recognizes the need of maintaining one's mental and emotional health. The Quran and Sunnah include instructions on how to handle emotional difficulties like stress and worry. Islamic teachings place a strong emphasis on developing a grateful attitude, being grateful, and asking for help from the community while facing challenges. As ways to achieve mental quiet and peace, remembrance of Allah (dhikr), meditation, and solitude are advised (Tzeferakos & Douzenis, 2017).

### **Role of Faith as a Healer in the health system**

Islam's teachings, as expressed in the Quran and Sunnah, place a high value on faith in the healing process. The interaction between one's physical, mental, and spiritual well-being is acknowledged from an Islamic viewpoint, and faith is seen as a potent factor that may have a positive influence on the healing process (L. N. A. Kpobi & Swartz, 2019). As highlighted in the Quran and Sunnah, faith plays an important part in healing. This includes having confidence in Allah's will, pleading for help, seeking medical attention, combining physical and spiritual healing, and exercising patience and endurance (L. Kpobi et al., 1445). People can discover warmth, power, and a boost in spirit while pursuing physical well-being by incorporating belief into the healing process based on the Quran and Sunnah, the following are some important features of the function of religion in healing:

#### **Trust in Allah's Will**

Islam instructs its adherents to place their faith and confidence in Allah's will when seeking health and recovery. The Quran emphasizes that Allah is the source of all healing and that He is the Ultimate Healer. Believers are urged to put their trust in Allah's knowledge and submit to His will, acknowledging that He is aware of what is best for them (Bajirova, 2017).

#### **Intercession (Dua)**

Muslims are advised to ask Allah for health and happiness via supplication (dua). The Quran says that those who call upon Allah sincerely will get a response from Him in their prayers. The act of dua (supplication), in which believers ask Allah for mercy and healing for themselves and others, is encouraged. Pursuing Allah's assistance in the healing process via the act of dua is a way to establish a connection with Him.

#### **Seeking Medical Attention**

The significance of obtaining medical attention while suffering from a sickness or accident is stressed by Islam. Islam places a strong emphasis on the value of obtaining medical attention for illnesses or wounds. The Prophet Muhammad (peace be upon him) urged his people to consult a doctor and make use of the resources that are available to them for healing. It is believed that seeking medical attention

is a proactive act of taking care of one's health and is viewed as a natural way in which Allah gives healing.

### **Integrating Spiritual and Physical Healing**

Islamic teachings place a strong emphasis on combining spiritual and physical healing. Islam understands that spiritual well-being and a strong relationship with Allah may have a significant influence on the healing process, even while medical therapy focuses on the physical components of sickness. The comfort, strength, and guidance that come through praying, supplication, reciting passages from the Qur'an, and participating in acts of worship (Studies et al., 2017).

Islam instills in its followers the virtues of patience and persistence, which they are to use when faced with hardships and illnesses. The Quran emphasizes the value of enduring difficulties with patience and steadfastness, trusting in Allah's plan, and seeking recompense from Him. This viewpoint encourages a positive outlook and resiliency in coping with health problems, which aids in the entire healing process (Mohd et al., 2017).

### **Protection of Health**

Islam urges individuals to ensure that they take care of themselves and their bodies since they are gifts from Allah. Allah says in the Quran

“Eat and drink healthy and be not prodigal” (Quran 7:31).

Muslims are exhorted to live healthy lifestyles by eating a balanced diet, working out frequently, and avoiding risky substances like drugs and alcohol. Islam places a heavy emphasis on the need for personal hygiene and preventative measures as vital elements of maintaining good health. Islam, which is based on the teachings of the Quran and the teachings of the Sunnah, promotes cleanliness and prevents the spread of illness (Saged et al., 2020). The following are a few of the most significant health and hygiene practices that Islam and the Sunnah both advocate:

Islam advises Muslims to practice good personal hygiene, which includes keeping their bodies and clothing clean. It is strongly advised to regularly bathe and wash, especially after getting out of bed, using the toilet, and partaking in activities that produce sweat or impurities. To encourage cleanliness and modesty, it is also encouraged to dress cleanly and modestly.

Prior to prayer, ritual washing (Wudu and Ghusl) and numerous acts of devotion are highly valued in Islam. The wudu ritual, which is performed prior to prayer, comprises washing one's palms, face, arms, and feet along with one's mouth and nose. The whole-body wash, or ghusl, is crucial in certain circumstances, such as just after intercourse, during menstruation, or right after childbirth. These traditions are significant spiritually, but they also encourage good cleanliness.

**Oral hygiene** is important, as highlighted by Prophet Muhammad (peace be upon him). Muslims are advised to frequently clean their teeth, in particular prior to prayer and sleep. It is also advised to use a toothbrush (miswak), which is constructed from branches that belong to specific trees and is known for its cleaning abilities (Bramantoro et al., 2020).

### **Environmental Cleanliness**

Islam places a strong emphasis on maintaining a clean environment. Muslims are urged to maintain a clean environment in their homes, neighborhoods, and public areas. Regular cleaning, waste removal, and proper rubbish disposal are viewed as acts of religion and civic duty.

Islam's teachings, as laid out in the Quran and Sunnah, place a high value on faith in the healing process. The relationship between one's mental, spiritual, and physical health is acknowledged from an Islamic viewpoint, and faith is seen as a potent factor that may have a positive influence on the healing process (La Fua et al., 2018).

### **Trusting in Allah's Decree**

Islam teaches believers to have trust and reliance on Allah's decree in matters of health and healing. The Quran emphasizes that Allah is the ultimate healer and that all healing comes from Him. Believers are encouraged to have faith in Allah's wisdom and accept His decree, recognizing that He knows what is best for them.

### **Supplication (Dua)**

Muslims are encouraged to supplicate to Allah for healing and well-being. The Quran mentions that Allah responds to the prayers of those who call upon Him with sincerity. Believers are encouraged to

make dua (supplication) for themselves and others, seeking Allah's mercy and healing. The act of dua serves as a means of connecting with Allah and seeking His intervention in the healing process.

#### **Seeking Medical Treatment**

Islam emphasizes the importance of seeking medical treatment when faced with illness or injury. The Prophet Muhammad (peace be upon him) encouraged his followers to seek medical advice and utilize available resources for healing. Seeking medical treatment is seen as a natural means through which Allah provides healing, and it is considered a proactive step in taking care of one's health.

**Integrating Spiritual and Physical Healing:** Islamic teachings place a strong emphasis on combining spiritual and physical healing. Islam understands that spiritual wellness and a strong relationship with Allah may have a significant influence on the healing process, even while medical therapy focuses on the physical components of sickness. During times of illness, reciting passages from the Quran, doing worship, and praying can provide one solace, courage, and peace of mind (Studies et al., 2017).

#### **Patience and Perseverance**

Islam instructs adherents to practice patience and persistence in the face of bad health and misfortune. The Quran emphasizes the value of enduring difficulties with patience and steadfastness, trusting in Allah's plan, and seeking recompense from Him. This viewpoint fosters resilience and a positive outlook in coping with health challenges, which helps a person in all phases of life.

As highlighted in the Quran and Sunnah, faith plays an important part in healing. This includes having confidence in Allah's will, pleading for help, seeking medical attention, combining both mental and physical healing, and exercising patience and endurance. People can discover ease, power, and lifted spirits while pursuing health and fitness by incorporating belief into the healing process.

#### **Dietary Guidelines**

Islamic dietary prescriptions support cleanliness and wellness. Muslims are advised to eat nutritious, halal (permissible), food. Maintaining good health involves abstaining from forbidden foods and beverages like alcohol and pork as well as practicing balance and moderation in one's diet.

#### **Personal Grooming**

Islam supports having a tidy look and good personal upkeep. Personal cleanliness and personal hygiene are regarded as include things like clipping nails, trimming hair, and getting rid of extra hair.

Muslims strive to keep themselves clean, in good physical health, and in general well-being by following certain preventive steps and personal hygiene habits. These exercises offer health advantages, but they also promote regulation, religious faith, and awareness in daily life.

#### **Preventing Illness**

Islamic teachings place a strong emphasis on taking precautions to be healthy. In the words of the Prophet Muhammad (SAW), "The prevention of harm takes precedence over the acquisition of benefits." Muslims are advised to maintain good personal hygiene, maintain a clean environment, and take steps to stop the transmission of sickness (Pooneh et al., 2020).

#### **Islam acknowledges the importance of mental and emotional health**

In times of adversity, the Quran exhorts believers to find solace in prayer and remembering Allah. The Prophet Muhammad (SAW) also counseled Muslims to assist and be compassionate to individuals going through emotional difficulties.

#### **Holistic Healing**

Islamic teachings place a strong emphasis on the harmony of a person's bodily, spiritual, and mental wellness. Islam places a high value on holistic well-being, which includes the integration and harmony of the physical, mental, and spiritual facets of health. Islam emphasizes the significance of developing each part to attain total well-being because it acknowledges that these aspects are linked and exerts influence over one another (Arozullah et al., 2020).

The recital of the Quran and other religious practices are said to have therapeutic benefits on both physical and mental health. The process of recovery can also be significantly aided by seeking out religious and social assistance. Islamic teachings emphasize the integration of physical, spiritual, and psychological aspects of health. Prayers, supplications, and the recitation of the Quran are believed to have healing effects on the body and soul. Seeking spiritual and emotional support through faith and community can also play a significant role in the healing process (Hasanović et al., 2017).

### Ethical Considerations

Islamic principles guide health management systems to prioritize ethical practices. This includes maintaining patient confidentiality, respecting human dignity, providing equitable access to healthcare, and ensuring fair treatment for all individuals.

### CONCLUSION

It is important to note that Islamic teachings provide general principles rather than specific guidelines for every aspect of health management. Muslim scholars, healthcare professionals, and communities play a vital role in interpreting these principles and applying them to contemporary healthcare practices. The Islamic approach to healthcare empowers people to take charge of their health while acknowledging that Allah is ultimately responsible for healing and wellbeing. Muslims can aim for a balanced and comprehensive strategy for health that takes into account all of the psychological, physical, and religious aspects by adhering to the teachings in the Quran and Sunnah. In general, the Islamic approach to health management and treatment provides a thorough framework that places an emphasis on safeguards, personal cleanliness, the importance of faith, and the fusion of the physical and spiritual facets of health. It offers instructions on how to live a healthy life, ward off disease, get the right medical care, and promote general well-being.

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