

# یازدهمین کنگره بین المللی

## قرآن و سلامت



### همراه با امتیاز بار آموزشی:

امتیاز بازآموزی ویژه جامعه پزشکی  
امتیاز فرهنگی برای اعضای هیئت علمی  
امتیاز ضمن خدمت برای کادرگان  
حوزه بهداشت و درمان

### محورهای کنگره:

۱. مفهوم عافیت، صحت و سلامت از منظر قرآن، کریم و روایات اهل بیت علیهم السلام
۲. قلب سلیم و نقش آن در راهبری سلامت معنوی
۳. مفهوم شفا در قرآن
۴. شرح صدر و سلامت روان
۵. انسان سالم مطلوب خداوند
۶. تغذیه سالم از منظر قرآن کریم
۷. حجاب و عفاف و نقش آن در سلامت روان و سلامت خانواده و جامعه

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رئیس افتخاری کنگره

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دبیر علمی

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پیام دبیر علمی کنگره

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

وَتُنزِّلُ مِنَ الْقُرْآنِ مَا هُوَ شِفَاءٌ وَرَحْمَةٌ لِّلْمُؤْمِنِينَ وَلَا يَزِيدُ الظَّالِمِينَ إِلَّا خَسَارًا

و از قرآن آنچه شفا و رحمت است برای مومنین نازل می‌کنیم و ستمگران را جز خسران نمی‌افزاید (اسرا ۸۲).

مقام معظم رهبری می‌فرمایند: «اگر ملت ایران قرآن و معانی آن را فرا گیرند ساختن جامعه بر محور قرآن آسان خواهد شد.»

قرآن کریم عالی‌ترین میراث معنوی نبی مکرم اسلام (ص) است که همچون چشمه ساری زلال و جوشان در گستره هستی جاری شده و پیوسته جلوه‌هایی اعجاب‌انگیز و روشنی‌بخش را پدید آورده است.

همایش قرآن، عترت و سلامت با شعار قرآن نسخه شفا بخش بستری مهیا کرده که اندیشمندان و صاحب نظران در کنار جوانان و فراگیران حول محور قرآن و اهل بیت علیهم السلام جمع شده و ضمن بهره‌گیری از انوار تابناک آیات الهی به بحث و تبادل نظر پیرامون حلقه‌های اتصال حوزه‌های سلامت با معارف الهی بپردازند. امیدواریم با یاری خداوند متعال و با بهره‌گیری از تجارب کنگره‌های سال‌های گذشته اوقات نورانی و پرطراوتی را در محضر این دو ثقل عظیم برای مخاطبین عزیز مهیا کنیم.

دکتر قاسم رضیعی

دبیر علمی

## پیام دبیر اجرایی

بسم الله الرحمن الرحيم

قرآن کریم معجزه باقیه الهی، خاستگاه علوم و معارف عمیق و عامل وحدت بخش کلیه فرق اسلامی است که همگام با پیشرفت‌های روزافزون علوم بشری، عظمت بی‌بدیل آن نمایان تر می‌شود قرآن کتیبه انسان کامل در اجمال که از آن به ثقل اکبر تعبیر شده است در پیوند با آیینه تفصیلش، کلام و سیره پیامبر اکرم (صلی ... علیه وآله وسلم) و معصومین علیهم السلام مسیر جامع و روشن انسان سازی و مشی زندگی است و دانشگاه به عنوان بستر انسان سازی عالمان متفکر در راستای سند هفتگانه پیش روی خود، با تکیه بر سند دانشگاه اسلامی؛ تعلیم، ترویج و بهره‌گیری از این انوار الهی را در فضای هم‌اندیشی نخبگانی این چنینی مغتنم می‌داند فرصتی که می‌تواند در زمینه‌های مختلف آموزشی، پژوهشی، ارائه خدمات سلامت به مردم، مسئولیت پذیری اجتماعی و حرکت به سمت دانشگاه نسل چهارم راهگشا باشد.

ارتقاء سطح خدمات سلامت در بستر فرهنگ اسلامی و ترویج آن در ابعاد بین‌المللی و پرداختن به چالش‌های جاری حیطه سلامت مانند سیاست‌های جمعیتی و توسعه شبکه‌های بهداشتی به عنوان اهداف عالی دانشگاه از اهم زوایای این گفتمان فرهنگی است و بهره‌مندی از علوم جدید مانند هوش مصنوعی به عنوان ظرفیت بزرگ و رو به پیشرفت علوم بشری از محورهای مهم آن خواهد بود. بر این اساس در سایه انوار قرآن و عنایت الهی "کنگره بین المللی قرآن عترت و سلامت" به منزل یازدهم رسیده و با همت و حضور علما و اندیشمندان برجسته حوزه‌های علم و فرهنگ و با تلاش موثر فرهنگستان علوم پزشکی و همکاری سازمان‌های مرتبط برگزار خواهد شد و در این مسیر توفیقات روزافزون تمامی جهادگران عرصه علم و فرهنگ را ذیل عنایات خداوند متعال و انوار قرآن مسئلت دارم.

دکتر عبدالرضا پازوکی

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خانم مهندس لیلا حاجی فتحعلی	مسئول دبیر خانه گروه قرآن عترت و سلامت فرهنگستان علوم پزشکی

# Investigating the tendency to wear hijab and its relationship with the spiritual health of female students of Shahrekord University of Medical Sciences in 2022

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## Abstract:

**Background:** Considering the population of approximately 67% women in universities, the discussion of spreading the culture of chastity and hijab in the higher education structure of the country is of particular importance. Female students of Shahrekord University of Medical Sciences

**Methods:** The present descriptive-analytical research was conducted on 215 female students of Shahrekord University of Medical Sciences who were selected by simple random method. Demographic questions questionnaire, Hijab attitude questionnaire and Ellison and Palutzian questionnaire were used to collect information. After completing the questionnaires, the data were analyzed by SPSS software.

**Result:** According to the result, most of the participants in the study were single and studying at the undergraduate level. 11% of the students had low spiritual health, 48.6% had moderate spiritual health, and 40.5% had high spiritual health. The average score of the religious health dimension was  $46.68 \pm 15.46$ , the students' spiritual health dimension was  $27.35. 86.39 \pm$  and the average existential health score was  $41.71 \pm 12.82$ .

**Conclusion:** Considering the relationship between spiritual health and the tendency to wear hijab among students, the result show the importance of addressing the issue of spirituality and spiritual care among students. Educational and university centers are trying to spread the hijab culture and programs are implemented in this regard.

**Keywords:** Key words, students, tendency, hijab, spiritual health



# Investigating the effect of apple cider vinegar on body health from a scientific and religious point of view

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## **Abstract:**

Apple vinegar is one of the apple products that is used as a preservative and flavoring in the food industry. Studies have shown that this substance has many properties for human health, such as it is effective in preventing the increase of blood pressure and neutralizes toxic substances introduced into the body. The purpose of this study is to investigate the medicinal effects of vinegar on the health of the body and to study the traditions of imams in this regard. Since the Holy Qur'an and the recommendations of the prophets and imams of purification in the form of verses, hadiths, and traditions, refer to the necessity and importance of health, on this basis, maintaining health is considered one of the public interests of the social system and a part of everyone's responsibility. Since Islam considers health as a basic need and guarantee for the survival of the human race, it offers many ways to preserve and supply it. Also, there are many guidelines about health, which shows the comprehensiveness of Islam in all dimensions of human existence, especially the issue of health. Conclusion: The present study shows that the therapeutic hadiths regarding healing with apple cider vinegar are trustworthy and accepted in terms of evidence and evidence, and scientific findings also confirm it.

**Keywords:** apple cider vinegar, medicinal effects, medical traditions, health

# Nutrition and Diet in the Holy Quran: A Comprehensive Review

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## Abstract:

This abstract provides a comprehensive review of nutritional teachings and dietary principles found in the Holy Quran, the sacred text of Islam. These teachings are deeply rooted in the principles of "halal" (permissible) and "haram" (forbidden) foods, which are not only spiritually significant but also intended for individuals in good physical and mental health living under peaceful conditions. The Quran's guidance on dietary regulations is explicit, clearly outlining what is lawful and what is not. It encourages Muslims to embrace halal foods while conscientiously avoiding haram and questionable items. The forbidden foods include pork, alcohol, animal blood, and meat from animals not slaughtered in the name of Allah. A thematic analysis of Quranic verses related to nutrition categorizes them into principles of nutrition, permissible food, impermissible food, and breastfeeding, providing a structured understanding of the Quran's approach to dietary choices. Specific foods mentioned in the Quran, such as bananas, olives, figs, honey, and pomegranates, are highlighted for their nutritional benefits, emphasizing their role in promoting a balanced and healthful diet. Another study identifies 64 nutritional keywords and 257 nutritional verses in the Quran, showcasing the comprehensive engagement of the Quran with nutritional topics. In conclusion, the Quranic dietary principles, grounded in the concepts of halal and haram, provide a holistic framework for Muslims' dietary choices, encompassing both spiritual and practical aspects of life. This ancient wisdom continues to offer valuable insights for contemporary dietary choices and health.

**Keywords:** Quran, Nutrition, Islam, Diet, Halal, Haram

## Definition of Health in the Context of Creation Process


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### چکیده

مفاهیم سلامت و بیماری از مهمترین مفاهیم پایه ای علم پزشکی هستند. تبیین مفهوم سلامت و ابعاد آن همواره مورد توجه پژوهشگران بوده است. بسیاری بر این باورند که سلامت باید به صورت همه جانبه مورد توجه قرار گیرد و غفلت از ابعاد مختلف آن و بسندگی به سلامت جسمانی عملاً غفلت از ابعاد مختلف وجود انسان قلمداد می شود. با توجه به این که سلامت با حقیقت وجودی انسان مرتبط است و نمی توان آن را صرفاً با معیارهای مادی سنجید، لذا ضروری است تبیین مفهوم سلامت بر مبنای آموزه های فرامادی نظیر وحی استوار گردد. قرآن کریم، کلام الهی و تبیان لکل شی است، لذا استخراج مبانی، اصول و راهبردهای مورد نیاز انسان در حوزه سلامت با مراجعه به قرآن کریم امکان پذیر است و قرآن میتواند پاسخگوی مسائل با ابعاد پیچیده انسان از فردی و اجتماعی، جسمی، روحی، بیماری، حفظ و ارتقای سلامتی باشد. پژوهش حاضر بنا دارد بر اساس اصول و قواعد تدبیر در قرآن، با بررسی روند و عوامل موثر بر سیر خلقت در سوره مبارکه نحل، سلامتی را از این منظر تعریف نماید.

**کلمات کلیدی:** سلامت-مسلمان، پروردگار، فرایند خلقت



**Be patient in the face of the wisdom of your God that you yourself will be supported (Tur/48): a case study**

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**Abstract:**

The occurrence of crises and disasters is a complex multidimensional phenomenon. As the largest part of the medical team and leading forces, nurses play a role in all phases of disaster management. The life history of Iranians has been full of moral-religious patterns from the beginning, and in the Islamic religion, it is recommended to turn to God in hardships and calamities. Such beliefs have been the support of people's mental and emotional support in dealing with disasters and calamities. In the present study, we have introduced a nurse who, despite the loss of her loved ones in the severe earthquake and also in the Corona crisis, continues to hope by trusting in God and has helped God's creation.

**Methods:** This study was conducted in Tehran in 2019. The data was collected through semi-structured interviews. The data is related to a 45-year-old nurse who lost her family members in the Kermanshah earthquake of 2016 and her husband in the Corona pandemic.

**Result:** result of the analysis of the interviews show the main theme "zero is the end point and the beginning" and the themes of emotional exhaustion with two sub-themes "sadness and loss" and "feeling of guilt", scholarly and altruistic nursing with two sub-themes. "Superpower" and "inner peace" and spiritual excellence with two sub-themes "chosen in the divine door" and "immersion in divine proximity".

**Conclusion:** Overall, the final meaning of this single case study believes that be patient with the wisdom of your Lord and shows the importance of the role of spirituality in crisis and disaster management at the individual and social level.

**Keywords:** Case study, patience, nurse, crisis

## Exploring the students' views on the concept of hijab and chastity

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### Abstract:

**Background:** Chastity and hijab as two complementary values have always been used together and sometimes interchangeably in human society, especially Islamic societies. Many believe that hijab is external and outward. But chastity is an inner and spiritual state that prevents a person from sinning. In this qualitative study, which was conducted with the aim of explaining the students' views on the concept of hijab and chastity. Their views on hijab and chastity have been explained.

**Methods:** This content analysis study has been done conventional content analysis and with the approach of Granheim and Lundman. 22 undergraduate, graduate and doctoral medical students were interviewed. The duration of each interview was 40 to 60 minutes. Then the text of the interviews were transcribed and coded.

**Result:** The mean± SD age of the participants was 25±11.2. 24% of the participants were married. The findings of the study were identified in the form of three main themes with 6 sub-themes. The first theme that appeared in this study is immunity with the sub-themes of prevention of vagrancy, prevention of sexual offenses and prevention of destruction, the second theme that appeared is multidimensional chastity with the sub-themes of speech chastity, behavioral chastity and intellectual chastity. The third theme that appeared in the study of hesitation in hijab appeared with the sub-themes of Panadol hijab, loose infrastructure and the glamor of promoting non-hijab.

**Conclusion:** Based on the findings of the present study, the participants in the present study were familiar with the benefits of hijab and chastity, and they considered both necessary and obligatory. But it was thought to have no firm belief and adherence to these two. All the participants in the study believed that the hijab protects them from delinquency, debauchery, and the evil eye, but as soon as they enter the community and see the culture that dominates the community, their opinion about the hijab changes

**Keywords:** Hijab, Chastity, Qualitative research, Content analysis

## Investigating the role of nursing students' participation in Quran-based activities in their stress levels

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### Abstract:

**Background:** The Quran and Attar Center of the Cultural and Student Vice-Chancellor of the Ministry of Health, Treatment and Medical Education has been active in the direction of developing the rich culture and teachings of the Holy Quran and the Ahl al-Bayt school against Islam.

**Methods:** It has been designed with the subject of the Holy Quran in the field of promotion, education and research of students, faculty members and employees of the Ministry of Health, Treatment and Medical Education and affiliated centers. Search method the current research is a review-systematic study. The desired information was studied from SID, Google Scholar databases with keywords including Quranic activities, stress, nursing students.

**Results:** The activities of the Qur'an and Atrat Center in the field of education include preparing and compiling educational plans, using appropriate tools and methods to improve the quality of educational services, and holding focused training courses in the field of Quran and Atrat. Students can strengthen their sense of spirituality and altruism by participating in activities such as Quranic competitions, doing good and godly deeds from the perspective of the Quran individually or in groups, teaching informative materials centered on Quranic stories, preparing educational videos. Since these sublime concepts are rooted in human nature, carrying out such activities helps reduce students' stress and anxiety and increases positive emotional states and self-confidence. On the other hand, among the students of medical groups, nursing students experience a high level of stress. These students are under the influence of many stressful factors such as the lack of university facilities, the large volume of courses, the lack of clarity of internship goals, the fear of contracting infectious diseases by being at the bedside, the lack of necessary preparation of students when they are at the bedside of a patient, being away from their families, and lack of satisfaction. In this case, participation in Quranic activities can increase the motivation and self-confidence of students and reduce their stress and anxiety.

**Conclusion:** Therefore, it is suggested to coordinate university cultural institutions, operational structures and cultural building in order to increase the awareness of students, to form a variety of methods of attracting and encouraging participants in Quranic activities.

**Keywords:** Quranic activities, stress, nursing students

# Chastity and hijab and its role in mental health and family and community health

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## **Abstract:**

One of the real and certain needs in the field of religious, moral and cultural education is the issue of hijab and chastity, and the lack of hijab and indiscipline in socializing between men and women increases sexual emotions and inflammations, and observing chastity and hijab creates Mental health has a significant impact on individuals, families and society, and in this article, we mention the benefits of observing modesty and hijab and the impact it has on mental health. Method The current research is of a library type, and to do it, the SID and Google Scholar databases were first searched in this field, and then, taking into account the research objectives, the appropriate keywords were selected. Findings The effects of observing chastity and hijab on mental health on an individual basis include confidence in the heart, creating character in women, chastity in looking and controlling sensual desires, and chastity in thoughts and thoughts in controlling evil thoughts and thoughts, and in terms of family health, maintaining hijab Adherence to family principles has made the home environment a healthy, relaxing and attractive environment and brought us the stability of the family. Observance of hijab is effective in the health and mental purity of the society due to its effect on the strength of the family as the foundation of society, as well as its effect on the development of children (with proper upbringing) and keeping the social environment clean from provocative factors. Proving the sanctity of hijab and chastity in the Qur'an and religious traditions and texts will lead to the spread of the culture of chastity and hijab among the members of the society, both men and women, and by observing it, in addition to obeying the divine commands, the individual social and spiritual personality of a modest person will be improved. and chastity find an upward trend, and on the other hand, it plays a significant role in providing mental and psychological health and peace of families and creating brightness and security in the society, and not paying attention to the category of chastity and hijab causes problems and damage to individual health and family and lack of social security of the society. Keywords: chastity, hijab, mental health

**Keywords:** chastity, hijab, mental health

## Islamic life Style and Social Justice

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### Abstract:

**Background:** Tafsir Noor has drawn the characteristics of a religious person in the Noble Qur'an in two categories: beliefs and behaviors. One of the behavioral characteristics of justice and fairness. But how can a person who lives in an Islamic society promote social justice? This research aims to analyze the recommendations and models presented in order to promote social justice.

**Methods:** It is a systematic review. In the first stage, by a systematic search in Iranian scientific websites such as sid, magiran, and Google scholar and using lifestyle, way of living, Islamic lifestyle, justice and social justice keywords, literatures and articles were identified, examined and studied. In order to further examine the Quranic verses and the researches carried out on the life style of the Holy Prophet (PBUH) and Imams Athar (PBUH) it was analyzed. Duplicate topics were removed and information was extracted and summarized using the content analysis method.

**Results:** According to the definition, social justice means that people should enjoy equal rights and opportunities regardless of factors such as age, gender, religion, and ethnicity, place of residence, status, social factors, and disability, without any discrimination and based on need. Islam introduces justice and fairness not in the sense of equality but in the sense of equity and as the right of one Muslim over other Muslims. A Muslim person can be a true believer when he is recognized as a just person. Such a person is pleased with God and achieves a good life. Justice is one of the pillars of a Muslim's lifestyle and it is emphasized in many verses.

**Conclusion:** Adherence to social justice is known as a macro solution to correct the behavior and social roles of society members, which corrects some excess-and-shortage manners and sequence of bad lifestyle choices. Social justice is the guarantee of the satisfaction of the people of the society and reducing the class gap in the society

**Keywords:** Islam, lifestyle, Social Justice



# Effect of Health on Different Aspects of Human Wellness from the Viewpoint of the Holy Quran

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## Abstract:

**Background:** One of the important challenges in various fields of medical sciences is to establish a logical relationship between concepts such as "heart", "soul", "mind", "soul" and the physical body of man. Knowing the characteristics of the soul and heart and guiding them correctly towards health is a requirement of conscious living and improves individual and social lifestyle.

**Methods:** The purpose of this study is to investigate the variety of interpretations related to the soul in the Holy Quran and their semantic relationship with each other and its impact on human health. **Methods:** This study was conducted by library method and keyword search in international scientific databases. This study is analyzed in two sections: "Variety of self-interpretations" and "Impact of self-health".

**Results:** In the semantic system of the Qur'an, the soul also means death, heart and iodine. The heart is the instrument of the soul for perception and understanding. The heart, like the body, can be divided into healthy, sick, and dead. The worst disease in humans is heart disease. Because it causes the misunderstanding of the truths and the loss of the most perfect happiness in the Hereafter, and it is a kind of death. Believer and guided hearts and infidel and unguided hearts with certain attributes are formed in the shadow of human behavior. Positive thinking, realism and self-care will improve the performance of the body's hormones and the health of the body.

**Conclusion:** With sustainable soul health, all dimensions of human health will be provided. The purpose of the mission of the prophets is to make them aware that our behavior and beliefs affect the lightness and darkness of the heart, which in itself leads to happiness and misery. Having a healthy breath, by affecting the health of hormones, causes a person's physical health and better relationships with fellow human beings and other components of life and the environment.

**Keywords:** Health, Quran, Spiritual

# Presenting the model of mental health and its effectiveness from healthy nutrition and mental peace with the approach of heavenly life from the perspective of the Qur'an and hadiths.

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## چکیده :

خداوند انسان را احسن الخالقین معرفی می کند و کمال مطلوب را برای وی انجام اموری می داند که او را به سمت بهشت رهنمون نماید. ما در این پژوهش با روش توصیفی-تحلیلی در پی پاسخ به این پرسش بودیم که چگونه الگوگیری از تغذیه و سایر شرایط مؤثر بر سلامت جسمی-روانی بهشتیان را برای زندگی دنیایی مناسب سازی کنیم. ما سیزده آیه از قرآن را که اشاره به خوراک بهشتیان و دیگر عوامل آرامش آنها داشت، مورد بررسی قرار دادیم و برای این کار از سایر آیات قرآن کریم و روایات ائمه بهره بردیم و به این نتیجه رسیدیم که: مواد غذایی و نوشیدنی‌هایی که به عنوان خوراک بهشتیان نام برده شده است علاوه بر تأثیری که بر سلامتی جسم انسان می‌گذارد برای سلامت روح و روان انسان هم فواید زیادی دارد. با توجه به آرامشی که بهشتیان دارند با بررسی منشأ این آرامش دریافتیم برای رسیدن به نیمی از آن آرامش بهشتی باید قناعت، عزت نفس، حذف اعمال نکوهیده، توکل و ایمان به خدا و مثبت نگری را فراروی برنامه زندگی دنیایی قرار داده تا به نتیجه مطلوب که همان سلامت جسمی و روانی است نائل آییم.

**کلمات کلیدی:** سلامت روان، قرآن، احادیث، بهشتیان، تغذیه سالم

# Healthy life style in Iranian Seniors: Lived Experiences based in light of the golden words of Prophet Muhammad

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## Abstract:

The purpose of this qualitative study was to explore Healthy life style based in light of the golden words of Prophet Muhammad. Following a directed content analyze procedure, we conduct semi structured individual interview with 39 seniors (men and women) between the ages of 60-97 years that selected with purposeful sampling .data collection and analysis were concurrent. We analyzed the data from interviews, written narratives, and field notes using directed content analyze. The Reliability of data was fulfilled in accordance Lincoln and Guba criteria. We stopped data collection when no new concept was added and data saturation occurred. Seniors defined healthy lifestyle did not only include a healthy diet and physical activity but also emphasized the Volunteerism and workforce participation, religiously and culturally-sensitive continuing care, dietary restrictions, being socially connected, and practicing personal faith Some seniors believed that physical activity would make them feel healthy .for instance, Younger seniors would prefer traveling and exercising, but, stay-at-home seniors preferred to solve crossword Furthermore, the Prophet encouraged regular physical activity and said, “A strong believer is better and dearer to God than a weak believer, though in both is good. “It is evident from ancient Islamic history that many games such as walking, racing, running, horse riding and racing, and archery which are popular today were also quite popular among early Muslims. Physical activities was never prohibited and considered harmful in Islam and Muslim communities Islam and health education both discourage all those activities which are harmful /damaging to human health.Salmah (RA), referring to the use of intoxicants, recited that Hazrat Muhammad prohibited all intoxicants and Mufattir. Many participants discussed that lifestyle change requires developing a routine. Developing a routine, although challenging at the beginning, helps in maintaining lifestyle changes. Changing health behaviors requires discipline to break old habits and a willingness to persist with these changes. Conclusion: It can be concluded that Islam strenuously endorses the upkeep and maintenance of health. Islam strictly discourages the use of all those things which are harmful for human health whether it is excessive food, use of intoxicants or even an unhygienic way of living. The Holy Prophet Muhammad (PBUH) said, “Your bodies have a right upon you. In fact Holy Prophet (PBUH) is complete package for the social, political, familial, religious, educational, ethical and economical dimensions of life.

**Keywords:** Iran; elderly, qualitative Study, seniors, life style



## **A Scientific study of Nutritional Beliefs of Islamic Medicine with Modern Nutrition in Relation to the Food Pyramid: a Review Study**

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### **Abstract:**

Today, one of the best models for healthy eating is the nutrition guide pyramid. Since paying attention to the origin and context of each issue will help to know it more and better, the purpose of this article is to scientifically study the nutritional beliefs of Islamic medicine with modern nutrition about the food pyramid. Search Method: This study is a descriptive and citation study that uses sources such as Quran, books and other Islamic and traditional medicine publications, reviewing information in scientific databases such as Medicinal plant date, Scopus, SID, and Google Scholar. Findings: In the Holy Quran and hadiths, five food groups are emphasized, among which bread, cereals, wheat, rice and barley are mentioned, and at the same time, the superiority of barley over abundant wheat is mentioned. The Holy Quran is a major part of it in relation to halal nutrition and vegetarianism, which emphasizes the special place of this group in the food pyramid. It seems that the Qur'an 14 centuries ago paid full attention to the principles considered in the food pyramid and provided many guidelines for human health. Therefore, it is necessary to take serious, practical and practical action to increase awareness through education and culture in order to implement the nutritional teachings of Islam among different sections of society.

**Keywords:** Islamic Medicine, Healthy Diet, Diet, Organic Foods, Food Pyramid

# Healthy Nutrition from the Perspective of the Islam and Holy Quran

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## **Abstract:**

The origin of food is from God, which is given to humans for health, continuity of life and ability to perform tasks. In this context, there are many verses and narrations in Islam that talk about clean food and their effects on human aspects and existence. Here we want to survey verses about nutrition and its effects on human life. Search method: In this research, by searching the library and also using the Holy Quran, Nahj al-Balagheh, Internet and other religious books the effects of type of nutrition on human behavior and ethics have been discussed and used. Findings: food is the most important and vital daily need of human, even prophets are not exempted from this rule. Naming the fifth Surah of the Holy Qur'an under the title "Ma'idah" which means the food, showed the important viewpoint of the God's about food. Also God's oath to food "Vaitin and Olives". The request for heavenly food by Prophet Jesus and by Prophet Moses indicate the importance of food and nutrition. Also, Allah the Exalted promises two things: "food" and "security". Imam Reza also said: "The health and stability of the body as well as its illness is due to food and drink". Undoubtedly, healthy nutrition in accordance with Islamic standards plays a significant role in the health of the human body and soul and helps him in his evolutionary path. Keywords: food, nutrition, Quran, narrations, mental health

**Keywords:** food, nutrition, Quran, narrations, mental health



## Healthy nutrition from the perspective of the Holy Quran

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### **Abstract:**

Proper nutrition means observing the two principles of balance and variety in the daily diet. Balance means consuming sufficient amounts of substances needed to maintain the health of the body, and variety means consuming a variety of foods. A healthy diet promotes physical and mental health. Islam always emphasizes the health of body and soul. In relation to healthy nutrition, which is an important step to achieve the health of the body and soul, many guidelines and lessons have been presented in the Quran. Using the verses of the Holy Quran and the hadiths of the Imams and the Infallibles, peace be upon them, is about that aspect of human life that is the source of consistency and durability of the biological aspect of human beings. With a deeper attitude around the verses and let's talk about the Syria that is directly and indirectly related to human food. The purpose of these relevant concepts is to evaluate the type of food, its source and the plant and animal variety of food that is recommended and emphasized especially by the innocents, peace be upon them.

**Keywords:** nutrition, healthy, Quran, verses, halal food, haram food.

## Identifying the social conduct of women in family, social, economic and political dimensions based on Al-Mizan's interpretation

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The basic purpose of the current research is to identify the family, social, economic and political conduct of women based on Al-Mizan's interpretation. In line with this goal, first, the family, social, economic and political conduct of women has been identified, categorized and presented based on the interpretation of Al-Mizan by Allameh Tabatabai. At the end of each part of the study, a conclusion was made and finally, a discussion and conclusion and research proposals were presented. According to all the mentioned considerations, the present research method is a descriptive review.

**Keywords:** behavior, women, family, social, economic, political, Tafsir al-Mizan.

## Healing in the Holy Quran and the mechanisms to achieve it

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### چکیده :

زمینه و هدف: شفا به عنوان مفهومی مهم، برای فرد و جامعه از اهمیت بسزایی برخوردار است، به ویژه در دنیای امروز که بشریت با چالش‌ها و بحران‌های روز افزون مواجه است و شامل فرایند بازیابی بهزیستی جسم، ذهنی، عاطفی و معنوی است. هرچند شفا اغلب با بهبودی پس از بیماری یا آسیب مطرح می‌شود، ولی دامنه آن بسیار فراتر از حوزه سلامت جسمانی است. مطالعات متعدد نشان می‌دهد که دین و معنویت از جنبه‌های مهم زندگی انسان است که می‌تواند به طرق مختلف بر سلامت و شفا تأثیر بگذارد و به بازگرداندن تعادل، هماهنگی و تمامیت در افراد و جوامع کمک کند. بر این اساس پژوهش حاضر به دنبال مفهوم‌شناسی شفا در قرآن کریم و سازوکارهای قرآنی نیل به شفا است. روش: مطالعه حاضر یک پژوهش مروری است و از طریق مراجعه به آیات قرآن کریم و جست‌وجوی اینترنتی و کتابخانه‌ای مقالات در این زمینه انجام پذیرفته است. یافته‌ها: شفا به عنوان مفهومی مهم در قرآن کریم، نه تنها سلامت جسمی فرد که سلامت روانی و اجتماعی فرد و جامعه را نیز در بر می‌گیرد. این مفهوم فراتر از نبود بیماری‌ها و اختلالات جسمی و روانی و اشاره به رفاه و بهزیستی کل نگر انسان دارد. قرآن کریم با معنابخشی به زندگی انسان از طریق خداشناسی، خداجویی و خدامحوری و تفسیر منسجم از هستی، او را در مسیر تکامل معنوی قرار می‌دهد و به هماهنگی درونی و کلان او با نظام هستی سوق می‌دهد و آرامش را به ویژه با تفسیر سختی‌ها و بحران‌ها در این نظام کلان، برای انسان به ارمغان می‌آورد. قرآن سازوکارهای مختلفی برای نیل به شفا مطرح کرده است که دعا و نیایش، مراقبه، تلاوت آیات قرآن کریم، توبه و هدایت‌جویی، مثبت‌اندیشی، عفو و گذشت، صبر و توکل از جمله آن‌ها است. تمام مناسک دینی مورد تأکید قرآن کریم نیز به نوعی در این مسیر ایفای نقش می‌کند و باید مورد توجه مؤمنان باشد. همچنین داستان‌های قرآنی در به تصویر کشیدن نقش ایمان و قدرت شفا بخشی آن قابل توجه هستند و در واقع بسیاری از این داستان‌ها تجربیات انبیا و اولیای الهی را به نمایش گذاشته است که برای تجربه شفا مفید است. قرآن با تأکید بر اهمیت جامعه، پیوند عمیق مؤمنان در جامعه اسلامی، توان سازگاری اجتماعی، شکل دادن یک شبکه حمایتی بین مؤمنان و توسعه مهارت‌های ارتباطی، دستیابی به شفا در همه ابعاد آن را تسهیل می‌کند. نتیجه‌گیری: قرآن کریم رویکردی کل نگر به سلامت ارائه می‌دهد که جنبه‌های جسمی، معنوی، روانی و اجتماعی را در بر می‌گیرد. از نگاه قرآن خداوند منشاء همه شفاهای است و سازوکارهای مختلفی برای دستیابی انسان به آن فراهم کرده است. با توجه به اینکه جامعه ایران، جامعه‌ای مذهبی است، می‌توان از ظرفیت عظیم قرآن کریم در بهبود سلامت افراد و جامعه استفاده کرد. این پژوهش می‌تواند زمینه طراحی مداخلات دینی در زمان تجربه بیماری‌ها و چالش‌ها را فراهم کند و توجه محققان را به آموزه‌های شفا بخش قرآن کریم به عنوان یک مکمل در کنار درمان‌های پزشکی معمول، برای دستیابی به نتایج بهتر و بهبودی، جلب کند.

**کلیدواژه‌ها:** قرآن کریم، شفا، سازوکارهای شفا بخش قرآنی، سلامت کل نگر، ایمان، معنویت



## The improving role of the Holy Quran on mental disorders in Iranian people

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### Abstract:

**Background:** Today, it has been proven that Quran therapy in the treatment of many mental illnesses, such as depression, estrus, anxiety, Alzheimer's, obsessive disorders, mental retardation, growth retardation, physical disability, mental disorders, etc. significantly effective. This study aims to review the studies conducted on the effect of the Qur'an in the treatment of stress, depression, and anxiety caused by various conditions in Iran. **Methods:** The present study was carried out by 06- PRISMA guideline in various English and Persian databases, including PubMed, Google Scholar, Web of Science, Scopus, SID, Iran Medex, Magiran, and Iran Doc were searched for publications related to the effects of Holly Quran on anxiety and stress to identify all published articles that have so far been studied. **Keywords** included “Holy Quran”, “stress”, “and depression”, “anxiety”, “Iran”. Out of 18420 papers, 25 papers up to 2020, met the inclusion criteria for discussion in this systematic review. The most studies were clinical trials (14, 56.0%), followed by semi-experimental (7, 28.0%), experimental studies (3, 12.0%). **Conclusion:** The result of the present study showed that in various types of studies, the Quran has been reported as an effective intervention for reducing stress and anxiety caused by diseases such as mental illness. However, it is suggested that the study of various aspects and details of the effect of the Holy Quran in different areas of education, care, and treatment is required for future studies.

**Keywords:** mental disorders, mental health, Quran therapy

## Stages of fetal growth from the perspective of the Qur'an and the effect of the surahs of the Qur'an on promoting the growth and health of the fetus

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### چکیده:

سابقه و هدف: یکی از محورهای مهم و قابل توجه در آیات قرآن، موضوع پیدایش و آفرینش جنین است که به عنوان نقطه آغاز حیات انسانی مطرح گردیده است. در یک آمارکلی، قرآن در ۴۱ سوره با ۷۶ آیه با بیانی شیوا به این موضوع پرداخته است. مرحله جنینی، یکی از ظریف ترین مراحل زندگی انسان است و دارای اسرار و شگفتی های فراوانی می باشد. این مطالعه به منظور بررسی منشاء وجودی خلقت انسان و رشد و نمو از دیدگاه قرآن انجام شده است. روش کار: در این مطالعه، با استفاده از تفسیر و ترجمه قرآن، احادیث ائمه، رشد و نمو جنین از دیدگاه قرآن مورد بررسی قرار گرفته است. یافته ها: خداوند متعال در برخی سوره های قرآن به آفرینش انسان از خاک، آب و گل و سپس نطفه، علقه، مضغه، استخوان و در نهایت پوشش استخوان ها با گوشت اشاره می کند. نتیجه گیری: تمام مراحل آفرینش و رشد و تکامل جنین اعجازی از جانب خداوند برای انسانهاست که به وسیله آن می توانند به عظمت و توانایی خداوند پی ببرند. همچنین با شناخت مراحل تشکیل جنین انسان، ایمان و اعتقاد به صاحب جهان خلقت، پیامبر خاتم و قرآن کریم بیشتر خواهد شد.

**Keywords:** Creation, growth and development of the fetus, Quran

## Explaining the challenges and barriers of religious and Quranic activities in healthcare centers

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### Abstract:

**Background:** According to the approval of strategic documents for developing Quran culture in various fields, especially in the field of work, Quran activities are still far from the ideal point. Therefore, the present research was conducted to identify and analyze the barriers to religious and Quran activities in health and treatment centers.

**Methods:** A qualitative study with a conventional content analysis approach was conducted among 24 health and Medical center staff. Data were collected targeted with maximum diversity, until reaching saturation, and using individual semi-structured interviews and concurrently analyzed.

**Result:** In this study, 24 interviews (8 men and 16 women) were conducted in the age range of 24 to 50. The challenges and barriers of the participants emerged in the form of fifteen sub-themes and four main themes including personal (A person's alienation from the Qur'an, personal preoccupation), environmental (lack of time and manpower, multiplicity of tasks, lack of proper advertising and information, lack of suitable environment, difficult prerequisites, lack of ability to engage the audience), social (Fear of being stigmatized, religious avoidance), and policy (Lack of investment, Reduction of beliefs in officials, Lack of appropriate educational content, Lack of supervision of the demands of this area) dimensions.

**Conclusion:** The result of the study showed that the challenges of religious and Quran activities were affected by various factors, among which the environmental and social barriers are more noticeable. Therefore, by revising policies and empowering and increasing the knowledge of human resources active in the Quran area, individuals can be encouraged in this field.

**Keywords:** Keywords: religious and Quran activities, Barriers, qualitative research

## Nutritional properties of garlic from the perspective of traditional and modern medicine – a review study

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### **Abstract:**

Medicinal plants have received much attention in treatment and control of many diseases due to rich nutritional values and antioxidant properties. Garlic is one of these plants that is mentioned in Islamic sources because of its beneficial effects on human health. In traditional medicine it was used to treat different diseases. This review study aimed at presenting the nutritional properties of garlic according to Islamic sources and its therapeutic applications in traditional medicine. **Materials and methods:** A narrative review study was carried out, searching online databases including Google Scholar, Scopus, Pub med, Science direct, ISC, Magiran, SID, also, Holy Quran, Islamic narrations and hadith, traditional medicine and medicinal plants books were studied. The search keywords were *Allium stivum*, medicinal plant, and Holy Quran. Data was then categorized and analyzed. Garlic contains some antioxidant compounds and micronutrients such as selenium and alicin, diallyl disulfide and diallyl trisulfide that are effective in improving joint diseases. Also, ajoene, diallyl disulfide and diallyl trisulfide which are found in garlic have proapoptotic activities and reduce cancer cell growth. **Conclusion:** Garlic contains antioxidant compounds such as selenium, alicin and diallyl trisulfid that have antimicrobial and antitumor activities. Identifying its effective compounds and mechanisms could help in deciphering the inspiration of holy Quran about some specific plants. **Keywords:** Garlic, herbs, nutrients, Quran, antioxidants, selenium, anti-tumor

**Keywords:** Garlic, herbs, nutrients, Quran, antioxidants, selenium, anti-tumor

## Nutrition and health Dates with an emphasis on scripture, verses and traditional medicine

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### Abstract:

**Background:** Dates is the plant that rich of beneficial nutrients and it is mentioned in Holy Quran for several times. Because of the source of energy and plenty micronutrients, it is recommended in Islamic and traditional medicine for health and prevention of disease. The aim of this study is the investigation of using this heavenly gift in Holy Quran, Islamic and medicine tradition. So with the knowledge and Abstract: of effective food mechanism and micronutrients in dates, we can show the importance of using this fruit.

**Methods:** In this review study, we searched some scientific databases such as Google scholar, PubMed, Web of Science, Scopus, Springer, SID, and Magiran. Holy Quran, Quran interpretation (tafsir), Islamic narrations and hadith and also reliable traditional medicine and medicinal plants books were discussed.

**Results:** Searching was performed according to key words containing date, date palm, Quran, nutrients, medicinal plants and date palm, Holy Quran, anticancer effect, and medicinal plant. Finally data were extracted and result were categorized. Studies show that the name of dates is mentioned in Holy Quran more than the other fruits. Also Islamic and traditional medicine sources are emphasized the effects of dates in health and disease. The effect of dates is related to antioxidants and phenolic elements. There are some compounds in dates such as: fiber, Carbohydrates, fatty acids, mineral substances and vitamins. So it can be useful in the treatment of heart, cancer, diabetes disease.

**Conclusion:** The notice of Holy Quran to plants such as dates, show that the importance of nutrition and their beneficial effects on health and disease. In recent years, huge advantage in various field especially sciences, showing some secrets of creation. One of this progress is the identification of different compounds in dates and it show pathways of metabolism in this compounds. If this result be similar to the Quran documents, it will show the miraculous aspects of Quran.

**Keywords:** Dates, Quran, Health, Traditional Medicine, Antioxidant, Micronutrient



## **The concept of health from the perspective of Islamic sources; Examination of negative and positive conditions**

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### **Abstract:**

Today, it has become clear that the category of health is not only dependent on the biological aspect of humans, but culture is also effective and relevant in this field with patterns that are the product of attitudes and complex social processes, and it cannot be investigated as a single factor. The meta-analyses carried out regarding the inability of therapeutic interventions arising from the pure medical model show the weakness of this type of view in the issue of human health and this failure has caused a new paradigm to emerge in this field, which directly interacts with two categories. Explain biological and cultural validity; So that true or false beliefs, lifestyle and cultural patterns have important consequences for maintaining and improving the health or illness of people, and by analyzing cultural behaviors, it can measure the level of health or the prevalence of a type of disease. Therefore, health, with emphasis on culture, is considered as one of the basic necessities of the right to have access to a balanced life and a necessary condition for fulfilling social roles. Since Islamic teachings also pay serious attention to the non-biological aspects of a person's health, and due to its impact in achieving the optimal model of health that is most in harmony with the way and structure of existence and human nature, this article, in a descriptive way - Analytical and using library and documentary data, it seeks to understand and discover the definition of health with emphasis on the revelatory view of human beings in order to explain the index of measuring and evaluating the negative and positive implications of a healthy person.

**Keywords:** Health, culture, Islam, holistic view, biomedicine



## Investigating and comparing the sources of nutrition for the people of heaven and earth and the cases notified as God's power from the perspective of the Holy Quran verses

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### Abstract:

The Holy Quran is a divine miracle and a book revealed to the last prophet. In fact, it is the last written message from the Almighty Creator to his servants. This book has a lot of complications that are mentioned in the narrations/Hadiths. Previous articles mentioned the names of edibles and beverages and their properties, but in this article, edibles and beverages are examined under three classifications used by the people of heaven, the people of the earth, and the manifestations of God's power. Each of these conditions can possibly indicate the special feature(s) of some of these foods. In addition, attention has been paid to the priority and delay of food names in cases where more than one item has been mentioned. Search Method: This article has been prepared by descriptive-analytical method. The information has been collected by reviewing reliable sources, including the books of Al-Ma'jam Al-Mafris and Qur'an Qhamoos. To do so, the key words related to food and beverages were searched in the books "Al-Maajm al-Mufhars" (1) and "Online Quran Dictionary" (2) and with the help of previous articles (3-13). The translation and interpretation of the verses in which the related words are used were extracted from the website of the Foundation of Islamic Studies (14) and were analyzed. Scientific documents that may be related to Quranic concepts and points were searched on the Google website and the National Library of Medicine (PubMed). Findings: The result demonstrated that the food of the people of heaven has something in common with the earth. Also, there are some commonalities between the food of the people of heaven and earth with the things mentioned in the Holy Quran as manifestations of the power of God Almighty. All kinds of fruits, bananas, milk, honey, bird meat, and drinks made of camphor and ginger are among the foods and drinks of the people of heaven, which are said to be accompanied by joy in a green and safe environment. Dates, grapes, olives, sea food, fresh and dry fruits, seeds, sea food, honey, nectar/tree sap, figs, vegetables, cucumbers, lentils, garlic, onions, aromatic herbs, poultry fat/tallow, sheep meat, goat, camels and cows are among the foods mentioned about the people of the earth. According to the verses that have been mentioned so far, the food of the people of the earth can be considered in terms of importance in the order of vegetable and sea food, honey, bird meat and finally red meat. Spring water is also mentioned as a drink for the people of the earth. Foods that are mentioned as a sign of God's greatness in the Holy Quran include olives, dates, grapes, pomegranates, fresh and dry fruits, seeds, legumes, and fragrant plants. According to the scientific miracles of the Holy Quran, this division, along with the order of mention of foods and drinks, can indicate the priority of the health benefits of each of the mentioned foods and drinks.

**Keywords:** fruit, seed, honey, meat, drinking, heaven, earth, nutrition, Quran

## Investigating the relationship between Anas and the Prophet of the Age and the belief in Mahdism with the degree of young people's tendency towards religious and Quranic lifestyle

Amirahmad Farazmamdnia\*<sup>1</sup>, Ghavam Mohammad Sadeghi<sup>2</sup>, Atefeh Oliiae Nasab<sup>3</sup>, Amir Hesam Ghaneii<sup>4</sup>, Mohammadreza Rahi<sup>5</sup>

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### **Abstract:**

If we want to show the goodness of a subject to the new generation, it is better to create the necessary motivation for them to know that subject so that they themselves realize the values we are considering, because just explaining about a subject as it was said It will not have an effective effect and will cause fatigue and demotivation of the audience. One of the suggested methods to achieve the desired effect according to what has been said is to establish a sincere relationship between the young man and the Holy Prophet. A method that is very effective and easy is the daily speech of Imam Zaman. If this method is expanded and a bond is created with imam mahdi, the ground will be provided for creating motivation and inclination towards religious sciences, and the youth will move in a path that considers imam mahdi as his support. Investigating other aspects of this program needs more investigation and attention, but what is clear is that the best person who can create religious and Islamic culture is the Imam, peace be upon him, even if he is in the veil of occultation! Therefore, it is better, instead of making our own plans the main one and the Imam as a subsidiary, by expanding the culture of talking and being friendly with the Imam, peace be upon him, we should make him the main one.

**Keywords:** Religious and Quranic lifestyle, Mahdism



## Contrasting the concept of healing and modern science in curing incurable diseases

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### **Abstract:**

In fact, the critics of the concept of healing say that if a person who has no hope of being cured recovers, it is still science that has cured him, with the difference that the quality and quantity of it has not yet been determined for us. In simpler terms, no process is outside the scope of science, and what we refer to as an incurable disease and hope for a cure in it is due to the lack of progress of human science in that area. In contrast to this attitude, one of the beliefs that all humans believe in since birth is a force beyond the limited human imagination called "God". In all those who believe in the existence of God, there is also the belief that if God wills, He can make anything possible. Therefore, according to this group, healing is possible and completely compatible with the real world. About the quality of healing in incurable diseases, it is not possible to make a definite decision and opinion, whether it is due to energy or other unknown factors, but what all believers in the existence of God say with certainty is the concept that if God wants, every impossible thing can be done. It can make it possible, even if it is against all science and order in the world. Therefore, it is true that every day we witness the scientific progress of human society in various fields, but we must also consider the infinite power of God in these cases. Of course, the conflict between the concept of healing and modern science has a history as old as history, and reaching a point of commonality between these two concepts is a time-consuming matter and requires more studies.

**Keywords:** healing, new science, Cure incurable diseases



## Applying the approach of healthy nutrition from the perspective of the Quran and Islamic medicine in the mid-meals of nurses

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### **Abstract:**

As a member of the treatment staff, nurses have sensitive duties. The sensitivity of their work is especially visible during night shifts because at night the body needs periods of sleep according to the previous cycles, but during the night shift these periods are disrupted and have adverse effects on nurses. On the other hand, due to the lack of a suitable nutrition plan for nurses by hospitals and the use of unhealthy foods as snacks, we are witnessing an increasing number of problems for night shift nurses. Therefore, it is suggested that nursing managers, in order to prevent the potential problems of nurses and to make snacks healthy by including the recommended nutrition of the Quran and Islamic medicine in the work shifts of nurses, especially the night shift, prevent the problems of nurses to a large extent. .

**Keywords:** Healthy diet, Islamic medication, Nurses' snacks

## **Finding the roots of the influence of physical health in relation to spiritual health and applying its result by nursing managers**

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### **Abstract:**

Spirituality is effective in improving a person's condition with its effect on various body systems including nerves, immune system and even hormones. This matter is important from the point of view that the possibility of chronic diseases is less in people who have good spiritual health. Therefore, spirituality does not mean to treat without medical treatments and only with religious treatments, but spirituality is a factor that increases a person's ability and resistance against diseases. According to the said material, it can be concluded that there is a direct relationship between physical health and spiritual health. Therefore, nursing managers and officials should provide psychological support to patients by training specialists and to some extent reduce the problems and difficulties created for patients and their families.

**Keywords:** mental health, Nursing managers, Physical health

## Designing the model of the course of the soul of the prophets in the divine trials in the Qur'an

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### **Abstract:**

The subject of the Prophets' personal journey and their trials is mentioned in different verses of the Quran. One of the most important issues that has always paid special attention to the dimensions of human existence is the types of divine trials and tests. Methodology: In this research, content analysis method has been used to examine and discover the thematic axis in all the surahs of the Qur'an. At first, all the verses of the Qur'an in the context of the trials and tests of the prophets were examined and analyzed based on the downward course of the verses, and their relevance was measured and the corresponding model was designed. For this purpose, quantitative content analysis, frequency of words, examination of sur, topics of verses and orientations are examined. In the second step, considering the information obtained from the quantitative analysis, the qualitative content analysis was done and the extracted themes were categorized. Findings: Paying attention to the trials and tests of the prophets causes the growth and spiritual progress of divine prophets, and the way each of the prophets dealt with these trials has had different effects on their personal life. Man's return to God and, as a result, the complete course of man's soul is the Holy Prophet, may God bless him and grant him peace, and he has successful solutions such as patience, piety, submission, satisfaction, etc., the kingdom of the heavens and the earth. The model of the prophets' afflictions can be the solution to many difficulties and doubts. When faced with any of these divine trials and tests, man can refer to this Quranic model and model and derive the necessary solution.

**Keywords:** Tabla, Qur'an, Prophets, Self-Sir

## Perception of patients with covid-19 about respecting their dignity in hospital settings: A cross-sectional study

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### Abstract:

**Background:** Dignity therapy is a psychotherapy intervention whose main goal is to improve the quality of life, promote spiritual and psychological health, and reduce suffering in people with life-threatening diseases. Deteriorating health status is associated with low perceived dignity. The COVID-19 pandemic has been associated with growing concerns about the quality of health care. Therefore, the present study aimed to examine the perception of patients with COVID-19 about respecting their dignity in the hospital settings and related variables.

**Methods:** A cross-sectional study was conducted in 2021, on 206 patients with COVID-19 in hospitals. Patient Dignity Questionnaire (PDI) was used to collect data and descriptive and inferential statistics were used to analyze the data.

**Result:** The mean age of the participants was  $54.83 \pm 14.98$  years and the majority of them were male (67.5%). The mean score of overall perceived dignity was  $69.76 \pm 10.62$  out of 125. Participants rated 7 out of 25 items as 3 or higher, indicating the importance of these items in the clinical setting. The highest and lowest mean scores were in the dependence ( $3.28 \pm 0.55$ ) and social support ( $1.49 \pm 0.59$ ) subscales, respectively. The mean dignity score was associated with the patients' educational level and gender ( $P=.012$ ) ( $P=.065$ ).

**Conclusion:** Patients with COVID-19 were concerned about respecting their dignity. Our patients were more concerned about the dimensions of symptom distress, existential distress, and dependence. Conducting training workshops on respecting human dignity in patients with COVID-19 can improve nurses' knowledge and skills in this area and promote respect for patient dignity.

**Keywords:** palliative care, patient dignity inventory, hospital setting, COVID 19

# The effect of the holy Quran recitation and listening on anxiety, stress, and depression: A scoping review on outcomes

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## Abstract:

**Background:** Anxiety, stress, and depressive disorders as common mental health problems have adverse effects in different populations. Holy Quran recitation and listening can help reduce these disorders. Therefore, the aim of this study was to investigate the effect of the Holy Quran on anxiety, stress, and depression.

**Methods:** To retrieve eligible studies, we searched PubMed, Web of Science, and Scopus databases. The articles were screened and chosen by three researchers. The selection of studies and the data extraction from the studies were done by three researchers using the data collection form based on the inclusion and exclusion criteria. Disagreements were resolved by consulting the third and fourth researchers. To report scoping review, we used the PRISMA checklist.

**Result:** A total of 174 articles were retrieved from three databases and after removing irrelevant and repetitive articles, 15 articles were included in the current review. All studies were performed in Asia countries. Most studies have examined the effect of Holy Quran recitation and listening on anxiety (45%), stress (30%), and then depression (25%), respectively.

**Conclusion:** The Beck Depression Inventory was the most widely used tool to evaluate the effect of Holy Quran recitation and listening on reducing anxiety, depression and stress. “Reducing the level of anxiety, stress, and depression” and “Simple, affordable, practical and cost-effective treatment to reduce depression and anxiety” were the most important outcomes of holy Quran recitation. Based on the result of this study, Quran recitation and listening can be applied as a useful no pharmacological treatment to reduce anxiety, stress, and depression.

**Keywords:** Holy Quran, Quran recitation, anxiety, stress, depression

## Healthy nutrition from the perspective of the Holy Quran

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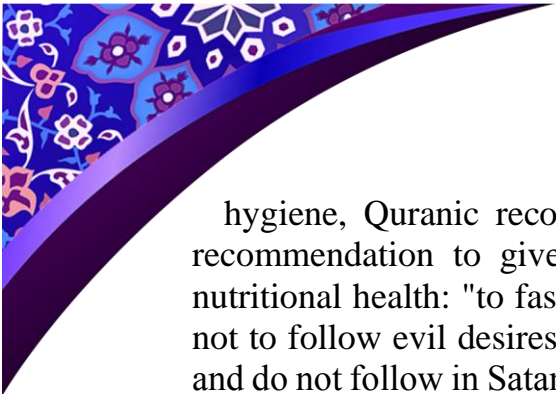
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### Abstract:

**Background:** In relation to healthy nutrition, which is considered an important step to achieve health of body and soul, numerous guidelines and teachings have been provided in the Quran, Also, the relationship between food and the health of the soul and body is one of the issues mentioned in the monotheistic worldview and the school of Islam. The verse "And We send down from the Qur'an what is a healing and a mercy for the believers" confirms the effectiveness of religious teachings in the concept of healthy eating and, following that, food safety. Therefore, the purpose of this study is to investigate the Quranic guidelines in the field of healthy nutrition. Search

**Method:** This study is a review type with the aim of researching the health system through library reviews of reliable sources and religious teachings, a selection of Quranic verses, authentic hadiths of the innocents (PBUH), important Quranic interpretations and books on related hadiths and narrations. with healthy eating and its relationship with health and food safety in national and international databases; Relying on the tools of gathering, studying, investigating and pondering, and inspired by the teachings of the sages of Islamic civilization, the guidelines for healthy eating and food hygiene were carried out. After categorization, analysis and integration, the result were reported.

**Results:** The result of the present study showed that about 250 Quranic verses and dozens of narrations from the innocents (PBUH) indicate the importance of food and nutrition. In the Holy Quran, the word food is mentioned 48 times, the word food 107 times, and the word wine 39 times. And in different interpretations, the importance of nourishing the body in the soul has been emphasized. From the point of view of the Quran, safety, health and nutrition are related to spiritual matters and monotheistic worldview. In the matter of health and nutritional



hygiene, Quranic recommendations have been mentioned, which include: the recommendation to give importance to fasting and its place in the matter of nutritional health: "to fast be best for you"; Advice to eat halal and good food and not to follow evil desires: O mankind! Eat of what is lawful and pure in the earth, and do not follow in Satan's steps"; Advice to avoid eating forbidden foods: "He has forbidden you only carrion, blood, the flesh of the swine, and that which has been offered to other than Allah"; It is recommended to pay attention to the type of nutrition and think about its quality structure:" Let man consider his food" and many other examples that commitment to halal food and avoiding forbidden food are the most important attitudinal and behavioral strategies for food safety and healthy eating according to the Qur'an.

**Conclusion:** Healthy nutrition has a high position in the Quran; As the Holy Prophet (PBUH) and the Imams of the innocent (PBUH) and other Islamic sages who were influenced by Islamic teachings on health in general and nutritional health in particular, have given valuable advice in this regard. Quranic nutritional health is in the context of holistic health attitude; because it has physical, mental, spiritual and social health in all dimensions.

**Keywords:** healthy nutrition, Nutrition in Islam, Food hygiene, Holy Quran



## The effect of Holy Quran recitation in reducing depression on mental patients

Mohammadreza Nilforoushan\* Hamidreza Nikyar

### Abstract:

The effect of Holy Quran recitation in reducing depression on mental patients Allah has called the Qur'an a healing tool and the background of the Quran therapy goes back to the era of revelation. In addition to the mental and psychological treatment, the Prophet of Islam, cured some physical ailments through the Quran as well. Depression is our very common disease of our time and is growing all over the world. This disease is number one in the world health and has developed to the extent that it is called a cold mental and brain disorder. This study is a descriptive research which is performed by selecting a number of patients at the center of the Aftab consultation center of Isfahan. To collect the information required, the pre-test and post-test questionnaires of target group and the control group were used. After investigation, the level of depression was observed by listening to the Quran recitation by patients. This reduction was observed predominantly in the experimental group more than the control group. The findings suggest that listening to the Quran is effective in reducing depression and causes the early recovery of patients. Keywords: The Quran, depression, Isfahan, healing, patients.

**Keywords:** Keywords: The Quran, depression, Isfahan, healing, patients.

## ضرورت ارائه مراقبت معنوی توسط پرستاران

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### چکیده:

ضرورت ارائه مراقبت معنوی توسط پرستاران نوشین موسی زاده استادیار، گروه پرستاری، دانشکده پرستاری آمل، دانشگاه علوم پزشکی مازندران، ساری، ایران somaye87@gmail.com سابقه و هدف: معنویت به عنوان یکی از جنبه‌های وجود آدمی، با تمام جنبه‌های سلامتی و بیماری همراه بوده و منبع حمایت و بهبودی برای بیماران می‌باشد. معنویت را میتوان به عنوان امید و قدرت، اعتماد، مفهوم و هدف، بخشندگی، عقاید، اعتماد داشتن به خود و دیگران، عقیده داشتن به وجودی بالاتر، عشق و ارتباط، خودشکوفایی و یافتن منابعی از امید و قدرت در شرایط ناامیدی تعریف نمود. بنابراین، از جمله مراقبت‌هایی که در کدهای اخلاقی ملی و بین‌المللی منعکس شده، مراقبت معنوی است. مراقبت معنوی، جنبه‌ای منحصر به فرد از مراقبت است و پرداختن به نیازهای معنوی بیماران، جزء ضروری مراقبت کل نگر در پرستاری شناخته شده است. زیرا هدف پرستاری ارتقاء سلامت، پیشگیری از بیماری و برطرف کردن درد و ناراحتی است که مراقبت معنوی سهم موثری در دستیابی به این هدف دارد. بنابراین پژوهش حاضر با هدف بررسی مراقبت معنوی در پرستاران انجام شد. روش جستجو: پژوهش حاضر، مطالعه‌ای مروری می‌باشد که با استفاده از کلید واژه‌های “Nurse”, “Spirituality”, “Spiritual care”, “Care” و معادل فارسی آن با جستجو در بانکهای اطلاعاتی، ProQuest, web of science, Magiran, Sid, Scopus, PubMed, Science Direct, Google Scholar, انجام شد. یافته‌ها: نتایج نشان داد که ارائه مراقبت معنوی، همراه با مداخلات دارویی، می‌تواند بهبودی و امید به زندگی را در بیماران افزایش داده و با ایجاد نگرشی فراتر، دیدگاهی معناگونه به زندگی بیماران ببخشد. همچنین در این راستا نیاز است که پرستاران به ابعاد فکری و اعتقادی بیماران خود توجه نشان دهند و برای این مفهوم ارزش قائل شده و توانایی‌های خود را در این زمینه باور داشته باشند و علاوه بر در نظر گرفتن جنبه‌های جسمی و روحی بیمار، به عقاید و ارزش‌های وی احترام بگذارند.

**نتیجه گیری:** نیاز است مدیران، برنامه ریزان و سیاست گذاران، با تدوین خط مشی‌های لازم جهت آموزش مراقبت معنوی، زمینه را برای ارتقای عملکرد حرفه‌ای پرستاران فراهم نمایند. زیرا پرستاران به عنوان یک گروه حرفه‌ای در طول بستری و اقامت بیمار در بیمارستان بیمار را همراهی می‌نمایند و طی این ارتباط مداوم، می‌توانند نیازهای معنوی بیماران را شناسایی نموده و برآورده سازد و با رفع آن موجبات افزایش سلامت معنوی و عمومی بیماران را فراهم آورند. همچنین پیشنهاد می‌گردد که محتوای درسی در ارتباط با معنویت و مراقبت معنوی به منظور ایجاد نگرش مثبت در دانشجویان در برنامه آموزشی آنان گنجانده شود.

**کلمات کلیدی:** مراقبت معنوی، معنویت، پرستاران، مراقبت

## The Statement of the Second Step of the Islamic Revolution, and Health Ethics

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### Abstract:

The Iranian Supreme Leader issued a statement in February 2019 which has become well-known as ‘the second phase of the revolution statement’. His second advice in this statement concerns “spiritualities and ethics”. This study had addressed and discussed the components of this advice in relation to ethics and medical ethics in Iran. This study followed the content analysis to analyze the issued statement. The points that are related to ethics and medical ethics divided and analyzed into two categories: a) ethics and civilization creation, and b) the ethical components. The second category itself was divided into three subcategories: 1) ethical principles, 2) ethics, guiding the movements and society needs, and 3) the role of organization in promoting ethics. Today, healthcare system needs to observe personal, professional ethics. Despite praiseworthy efforts and advancements made in medical ethics in Iran, the constant improvement of medical ethics requires strenuous efforts to reach the full potential of the modern Islamic civilization. On par with personal ethics, organizational ethics and being ethical of the management of the Iranian healthcare system is also important. Macro-policies and micro-policies need to be formulated based on the observation of the principles and rules of medical ethics.

**Keywords:** Islamic revolution, second phase statement, modern Islamic civilization, ethics, medical ethics

## Overview of the Islamic perspective on the need to protect and maintain the environment

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### Abstract:

According to the Quran, environmental protection is considered not only an optional matter but also a religious duty and social obligation. Many studies have found a direct correlation between the important teachings of the Quran and the traditions of the Prophet and the need for ecologically sustainable living. This study attempts to briefly present some Muslim views on environmental protection in the light of Quranic verses and Islamic stories. Search Method: In this review, studies published in full text were considered. Search terms included "Environment", "Health", "Quran", "Hadith" and "Sunnah" and were searched using the advanced search builder, keywords in (Title OR Summary) and the Boolean operators "AND" and "OR".. Findings: The Quran's command of cleanliness is one of the hallmarks of the sacred religion of Islam. It is people's attention to the important issue of cleanliness and emphasis on protecting the environment from pollution. The Quran says that "God does not want to cause trouble for you; rather, He wants to make you pure and bless you completely". According to the study, protecting the environment includes protecting local energy sources. Western views on the environment are not new, as Islam has emphasized the need to protect and maintain the environment since ancient times. This study sheds light on Islam's perspective on protecting natural resources and the environment. Key components of Islamic education include the Quran, Hadith and Sunnah of the Prophet that support important environmental topics including hygiene, waste reduction, climate change and water. In 89 verses out of the 42 suras of the Quran, emphasis is placed on health and environmental aspects. The Prophet Muhammad was perhaps the first to introduce the concept of "protected areas," and protective measures are increasingly used today. The establishment of these protected areas shows the importance that the Prophet placed on environmental protection and the judicious use of natural resources. As narrated in the Quran, Prophet Yusuf was also involved in developing the state expansion strategy at that time. In the Muslim worldview, the environment is "God's gift" to humanity. Islam can be a powerful educational component and medium for environmental health interventions in large communities and to improve and protect a healthy environment. Therefore, this study can promote environmental protection among Muslims and provide a basis for integrating health education into culture and religion.

**Keywords:** Environmental protection, Health, Qur'an, Sunnah, Prophetic traditions

## بررسی تأثیر نماز در سلامت روان دانشجویان دانشگاه‌های ایران: مطالعه مرور نظامند

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### چکیده :

**سابقه و هدف:** برابر آیات و روایات نماز به عنوان یک سپر حمایتی انسان در برابر مسائل و بلاها می باشد. ورود به دانشگاه به نوعی سرآغاز رویارویی با مجموعه ای تغییرات است که بی شک پیامدهایی از قبیل احساس ترس، رفتاری و اخلاقی در پی خواهد داشت. این مطالعه با هدف بررسی تأثیر نماز در سلامت روان دانشجویان دانشگاه‌های ایران که یک مطالعه مرور نظامند می باشد، انجام گرفت. روش جستجو: پژوهش حاضر یک مطالعه مرور نظامند است که از بین ۶۰ مقاله مورد بررسی در نهایت ۱۴ مقاله مرتبط با هدف مطالعه، انتخاب شدند. برای دستیابی به اطلاعات مورد نیاز، جستجویی از متون فارسی و انگلیسی در پایگاه‌های داده‌های Science Direct، Pub Med، Google Scholar، MagIran، SID انجام شد. جستجوی مقالات با استفاده از کلید واژه ها: نماز، سلامت روان، افسردگی، اختلالات روان، استرس، اضطراب، دانشجویان، ایران انجام شد. یافته ها: بین سلامت روان و ادای فریضه نماز، التزام عملی به نماز در بین دانشجویان دانشگاه ها ارتباط آماری معنادار وجود داشت. نماز از طریق ارتباط با خداوند، آرامش روحانی، ارتباطات اجتماعی باعث ارتقاء سلامت روان دانشجویان می شود

**نتیجه‌گیری:** به طور کلی، انجام نماز به عنوان یک عمل دینی و روحانی می‌تواند باعث ارتقاء سلامت روان دانشجویان شده و در پیشگیری از اختلالات روانی مثل: افسردگی، استرس و اضطراب نقش داشته باشد. بنابراین نگرش مثبت به نماز و عمل به آن می‌تواند به عنوان یک استراتژی برای حفظ و ارتقای سلامت روانی در دانشجویان مطرح شود.

**کلمات کلیدی:** نماز، سلامت روان، افسردگی، اضطراب، دانشجویان



## **Effect of spiritual and psychological care training packages on the anxiety of households with a person infected with coronavirus in Fasa.**

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### **Abstract:**

Helping to meet the spiritual needs of patients is an essential element in the mental health of sick people, therefore, the need to achieve this competence in providing spiritual care seems logical. Therefore, considering the psychological problems that arose in the previous epidemics and the corona epidemic and the important role that communication with God through prayer can have in improving the psychological condition of the affected people, we decided to make the prayer packages and recitations electronically. Send to people Therefore, the present study was carried out with the general aim of the effect of spiritual and psychological care training packages on the anxiety of households with a person infected with coronavirus in Fasa. Send feedback Side panels Send feedback Side panels History Saved Contribute Helping to meet the spiritual needs of patients is an Demographic information collection form including: age, weight, gender, education level, marital status, economic status, duration of illness

**Keywords:** mental, condition, patients, spiritual

## Quran's advice about use of speech and Language

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### Abstract:

God said in the Qur'an that He taught speech to man. Speech is a unique ability of humans. According to nativist beliefs, the ability to speak is an innate human ability. Linguists also believe that humans are equipped with an innate language acquisition device (LAD). And children with this innate talent and this innate device learn language. The purpose of this article is to search in the verses of the Qur'an about the advices of the Qur'an on how to use speech. Method: The databases <http://parsquran.com/> and <https://wiki.ahlolbait.com> were searched using keywords related to speech and language in the Quran. Findings: The words: بیان, لسان, یکلم, قلو, تکلم, قل, کلمه, یقولون, تقولو, قولو were used to find the verses. Verses with words related to speech and language were extracted. The verses that meant advice on how to use language and speech were separated. Truthfulness, honesty in speech, well-spoken, respectful in speech, to not speak in a loud voice, union of the heart and the tongue, union of language and action are among the instructions that God teaches people in the Qur'an about how to use language.

**Keywords:** Quran, advice, use of speech and language

# The concept of judgment from the perspective of the Qur'an and its adaptation to clinical judgment in health

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## Abstract:

**Background:** this study was conducted with the aim of explaining the concept of judgment from the perspective of the Qur'an and its adaptation to the clinical judgment of nurses in the field of health. **Materials and methods:** This study was conducted using the combined method of concept analysis and content analysis in the framework of the research project of the National Health Research Institute of the Islamic Republic of Iran. At first, the concept of clinical judgment was analyzed by Rogers' method (2008) in the literature review. Then using the conventional method of content analysis; 29 semi-structured qualitative interviews were conducted in Kurdistan University of Medical Sciences. Collecting data at the same time as comparing them in terms of similarities led to the creation of emergent themes for the definition of nurses' clinical judgment. In combining the result of the analysis of the concept and content, a comprehensive and complete definition of clinical judgment emerged. In the third stage, the explanation and analysis of the concept of judgment in the Qur'an was done based on the review of texts and searches in the Holy Qur'an. **Findings:** The findings included the philosophical and comprehensive definition of clinical judgment and its compliance with the Quranic concepts related to judgment. According to the philosophical view of the Qur'an, the concept of "judgment" in the Qur'an coincided with "practical wisdom" in the texts. Verse 78 of Surah Namal refers to the fact that ruling is one of the main characteristics of judgment and is a sign of its certainty. In reviewing the texts, "phronesis" or practical wisdom is based on Values-Based Practice. In the Qur'an, the beginning, execution and end of the judgment process are emphasized which is consistent with the stages of the clinical judgment process. Compliance with professional ethics is one of the consequences of clinical judgment. The application of knowledge and correct experience is the necessity of clinical judgment, which is mentioned in verses 116 and 119 of Surah An'am, verse 27 of Surah Najm. In clinical judgment, the plague of sophistry is reasoning, which is mentioned in verse 32 of Surah Hud. Also, the plague of intuition in clinical judgment is suspicion. It is mentioned in verse 7 of Surah Shams and verse 28 of Surah Najm. Citing valid evidence in clinical judgment was consistent with the concepts of verse 48 of Surah Ma'eza. Clinical judgment should ultimately lead to clinical diagnoses and correct decisions. Verse 13 of Surah Tariq, verse 25 of Surah Sajdah and verse 72 of Surah Taha emphasize this issue. **Conclusion:** In the obtained result, it was determined that the necessary condition for clinical judgment is to be wise in the Qur'anic sense. In fact, wisdom in clinical judgment requires compliance with ethical considerations, especially the principle of justice, reference to valid evidence, application of knowledge and experience, reasoning and intuition. The Qur'an's view of judgment prevents prejudgment or wrong judgments. It also facilitates correct diagnoses and decisions in clinical judgment in order to improve the health of society.

**Keywords:** judgment, health, clinical, Qur'an, nurse



# A Semantic and Historical Analysis of the Concept of Shifa in the Holy Quran

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چکیده:

قرآن کریم به مثابه کتابی آسمانی، اهتمام شایسته‌ای به سلامتی همه جانبه انسان روا داشته است. کاربردهای «شفا» در این صحیفه الهی حکایت از ارتباط تنگاتنگ آن با مقوله سلامت انسان دارد. این واژه که در شش آیه شریفه در دو قالب اسمی و فعلی به کار رفته، برداشت‌های گونه‌گونی را از مفهوم شفابخشی در پی داشته است؛ به نحوی که مفسران مسلمان از سده‌های نخستین تا به امروز با ارائه متنوع آراء تفسیری خود، معانی متفاوتی را در گذر زمان درباره آن ابراز کرده‌اند. در جستار پیش‌رو برآنیم مبتنی بر روش تاریخ‌انگاره، تطور معانی متنوع یادشده نزد مفسران را پیجویی کنیم و از رهیافت آن تحلیلی تاریخی از مؤلفه‌های معنایی شفا در سنت تفسیری ارائه دهیم. اجمالا یافته‌های این بررسی نشانگر توسعه معنایی شفاء در سنت تفسیری است که آن را از برابری با دواء تا افاده معنای درمان و نابودی بیماری پیش برده است. افزون بر این، پژوهش حاضر برای سنجش اعتبار اقوال تفسیری یادشده بر آن است تا متکی بر رویکردهای معناشناسانه، باز روایتی از انواع کاربردهای قرآنی شفا انجام دهد و از رهگذر آن تبیین جامعی از مؤلفه‌های معنایی شفا در قرآن کریم ارائه دهد. دستاورد چنین نگاهی می‌تواند بر جنبه روحی معنای شفاء در قرآن کریم تأکید ورزد که اهمیت سلامت روح از دیدگاه کلام الهی را گوشزد می‌سازد.

**نتیجه‌گیری:** این مقاله هم از جهت روش می‌تواند مسیر نوینی را در پژوهش‌های قرآنی فرا روی قرار دهد و هم از جهت موضوع خلأهای پژوهش‌های پیشین را پر کند.

**کلمات کلیدی:** شفاء، قرآن کریم، تفاسیر اسلامی، رویکرد تاریخی، رویکرد معناشناسی

## عافیت، نظام سلامتی و امنیت پایدار انسان

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### چکیده:

از مهمترین اهداف هرفرد، خانواده و جامعه‌ای حفظ سلامتی است. دربراینه ۱۹۹۸ سازمان بهداشت جهانی، "سلامتی، یک حالت پویا از آسایش کامل جسمی، روانی، معنوی و اجتماعی همراه با نبودبیماری یا ناتوانی" تعریف شده، و برایش، ابعاد چهارگانه جسمی، روانی، اجتماعی و معنوی تعیین شده‌است. اما عوامل پیدا و پنهان بی‌شماری، در ابعاد و زمینه‌های مختلف، دستیابی انسان به سلامتی را تسهیل کرده و از سلامتی‌اش محافظت می‌کند یا سلامتی‌اش را به خطر می‌اندازد. اینها که عوامل محافظ یا خطر نامیده می‌شوند، درون جسم انسان، در خانواده، جامعه، نظام حاکمیتی و محیط‌زیست، زیر یا سطح زمین یا درآسمانها پراکنده‌اند. انسان همواره با بینهایت عوامل خطر روبروست. عوامل هوشمندی که نوسازی و تکثیری دائمی داشته و هر روز با چهره جدیدی خودنمایی می‌کنند. پس شناخت و مهار بسیاری، خارج از دانش و قدرت عموم انسانهاست و به‌نظر می‌رسد که تأمین سلامتی پایدار امری ناشدنی یا مشکل باشد. این مقاله، بخشی از یک تحقیق گسترده، درباره چگونگی حفظ سلامتی پایدار انسان از نگاه اسلام محمدیصلی‌الله‌علیه‌وآله است. هدف اصلی‌اش، تبیین "عافیت، بعنوان سیستم یا نظامی یکپارچه و فراگیر برای دستیابی انسان به تمام خیرها و برکات از جمله، سلامتی پایدار است. ما واژه‌های مرتبط با سلامتی را در بخشی از آیات و روایات جستجو، و یافته‌ها را مکرر بررسی و نتیجه‌گیری کردیم. یافته‌ها نشان می‌دهد که، زندگی انسان دو مرحله‌ی دنیایی و آخرتی دارد و مقام انسان آنقدر والا است که در تمام عمر دنیایی و آخرتی خود باید از هرگونه شر و بدی از جمله بیماری و ناامنی، حفظ شده و از تمام خوبیها، خیرها، برکات، همچون سلامتی، امنیت، رفاه، آسایش، آبادانی و... برخوردار باشد. اما باتوجه به گستردگی و پراکندگی عوامل خطر، حفظ پایدار سلامتی نیازمند سیستم یا نظامی یکپارچه، پایدار، فراگیر و گسترده در کل جهان هستی است. نظامی که از درون کوچکترین ذره جسم انسان شروع شده، تمام بدن و سپس خانواده، جامعه، نظام حکومتی و مدیریتی جامعه، محیط زیست، کره زمین و آسمانها را فراگرفته و در تمام جهان هستی حضوری فعال و مداوم داشته باشد. براین اساس، جهان به‌صورت پیکری یکپارچه، با دوبخش بهم‌پیوسته و جدایی‌ناپذیر یعنی، "انسان و غیرانسان" خلق شده، که انسان، فرمانده، و بخش دیگر، فرمانبردار و خادم انسان است و هرذره، هر چیزی و در نهایت کل جهان، باید پنچ ویژگی زیر را با هم داشته‌باشد. صحت؛ به‌معنای درست یا صحیح بودن کالبد و شکل ظاهری. سلامتی؛ شامل صحت با عملکرد طبیعی خاص خودش. امنیت؛ به‌معنای وجود امنیت، آرامش، آسایش، اطمینان و پایداری. عافیت؛ به‌معنای صحت، امنیت و سلامت مداوم، همراه با نوسازی مستمر اجزاء و تعادل، ارتباط، همکاری و هماهنگی درونی، برای حفظ یکپارچگی و تمامیت خود. معافات؛ به‌معنای وجود عافیت پایدار همراه با ارتباط، همکاری و هماهنگی بیرونی، برای حفظ عافیتی گسترده در تمام جهان. خداوند، دستیابی تمام انسانها به این نظام یکپارچه و گسترده را با برپایی "پنج‌گانه عافیت فراگیر اسلام" تضمین کرده است. این پنج‌گانه شامل اجزای درهم‌تنیده زیر است. دین اسلام که شیوه‌نامه یا برنامه‌ای کامل است. برپایی مداوم نظام حکومت اسلامی، به فرماندهی انسان برگزیده خداوند با اختیاراتی کامل و دانشی بی‌پایان در هر زمان (امام). سبک مدیریت اسلامی، برای مدیریت تمام کارها و سبک زندگی اسلامی، برای زندگی همگانی، تحت نظارت و فرماندهی امام.

کلمات کلیدی: صحت، سلامتی، امنیت، عافیت، معافات، اسلام

## The concept of health and wellness from the point of view of the Holy Quran and the people of the House (peace be upon him)

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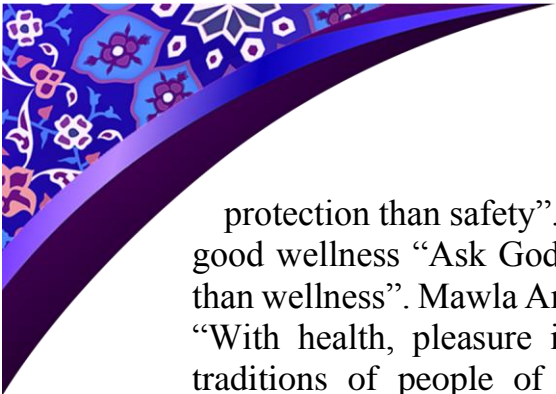
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### Abstract:

**Background :**Health and wellness are among the blessings of God on humans. We have observed and carefully examined the supplications received from the people of the House (PBUH) and the prayers, which shows that one of their daily requests in the prayers and the pursuit of prayers is for health, wellness. Mawla Amir al-Mu'minin (peace be upon him) He said about health "No life is more comfortable than good health" and he also said about health and wellness "No one knows the value of health except those who are sick". The purpose of this research is to analyze and identify the importance of health and wellness in the teachings of Islamic religion, which are extracted by referring to two valuable sources of the Holy Quran and the people of the House (PBUH). Search Method: This study is a review and with the aim of investigating the concept of health and wellness from the perspective of the Holy Quran and the people of the House (PBUH) and with the method of direct study of the surahs and individual verses of the Holy Quran and their interpretations, reliable religious sources, articles and Islamic software And also twenty articles were collected from internal and external databases with search engines SID, Google Scholar, PubMed and related interpretations and books also after collecting the information in order to achieve the goals of the research, the collected information was analyzed with the Quranic and the people of the House (PBUH) approach. Findings: The Holy Quran is the most expressive divine message for humanity, the most important goal of which is to guide people towards salvation. Since a healthy person is more successful in performing his duties and attaining salvation, Islam emphasizes on maintaining the health of his body. Studies have shown that in 76 surahs (66.85%), the verses of the Holy Quran specifically refer to one, two or all three main dimensions of health (physical, psychological and social) and the Qur'an considers wellness in "forgiveness"; Because it is forgiveness that attracts God's mercy to us, and we are by nature seeking forgiveness and the Holy Prophet (PBUH) they say about wellness" Whoever prays for me once, God will open a door of wellness for him." Mawla Amir al-Mu'minin (peace be upon him) He said about health" Wellness in religion and this world is a great blessing and a great talent". He also said about health and wellness "There is no better



protection than safety”. The Holy Prophet (PBUH) they say about asking God for good wellness “Ask God for well-being; for no one is given after certainty better than wellness”. Mawla Amir al-Mu’minin (peace be upon him) they say about health “With health, pleasure is completed”. In many verses of the Holy Quran and traditions of people of the House (PBUH), the importance of health care is emphasized and teachings in the form of dos and don'ts have been expressed in the form of recommendations to improve health. The present study shows that there is a significant relationship between following the recommendations of the Qur'an and their realization in the field of health and wellness, and the recommendations of the Qur'an are in the form of homogenous and compatible packages with all the dimensions of wellness, health and wellness needed by humans to achieve happiness. And it is the guarantee of his guidance

**Keywords:** wellness, health, Holy Quran, people of the House (PBUH)

## Definition, dimensions and levels of health, in terms of the Qur'an and Etrat

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### Abstract:

Health is a state of complete physical, mental, spiritual and social well-being with absence of disease or infirmity" and has four physical, mental, social and spiritual dimensions. But the man lives in an endless world, in his family, society, with his own lifestyle and under the rule of a government system. These should also be healthy. This article is a part of a research about "maintaining human health stability, based on Islam" and explains "the definition, dimensions and levels of health. We searched for health related words, in the Qur'an and the narrations of Ahl-al-Bayt. Then we checked and concluded the findings, repeatedly. Findings show that, the human life and health has two stages, here and hereafter. Therefore, the world is created as a unified body, with two inseparable parts, "human and non-human". The duties of both parts are complementary and coordinated with each other, but the human part is the commander of non-human part. The goal of each part is to fulfill the responsibility that God has entrusted to it. In this unified world, the separation of everything is equal to its own death. In this regard, everything, have five features. Sehhat, the truth and correctness of its shape and appearance. Health; Sehhat along with its own natural functions. Security; the peace, comfort, confidence and stability. Afiat; continuous Sehhat, security and health, along with continuous renewal, balance, communication, cooperation and internal harmony of its components, to maintain its integrity. Moafat; Afiat with external communication, cooperation and coordination, to maintain widespread Afiat throughout the world. The human body has three inseparable parts, cadaver, soul and spirit. Even the smallest particle of the cadaver and finally the whole body must do its own job, well and on time. Also all needs of the human body are provided from his family, society and surrounding world. In order to, all of the human needs provided sufficiently and on time, the resources must

have these five characteristics and every human being must fulfill his duty, timely and adequately. This needs, coordination of all human beings and the Abrahamic Islam is a complete package of the man duties. Conclusion: The human needs something beyond health or at least sustainable health, and it is possible if everybody lives and manages his affairs according to Islam. The human health has four levels; "Sehhat, the lowest; health; Afiat, the highest; and Moafate", each of which has its own definition. Our suggestion is to choose "Afiat" instead of "health" and to determine six "religious, social, spiritual, mental, physical and environmental dimensions". "Afiat is defined as, a stable religious, social, spiritual, mental, physical and environmental harmony that is created by the Islam and pursues a pure life in this world and hereafter".

کلمات کلیدی: صحت، سلامتی، امنیت، عافیت، معافات، اسلام، سلامت دینی، سلامت اجتماعی، ارتباط

## Afiat, the human sustainable health and security system

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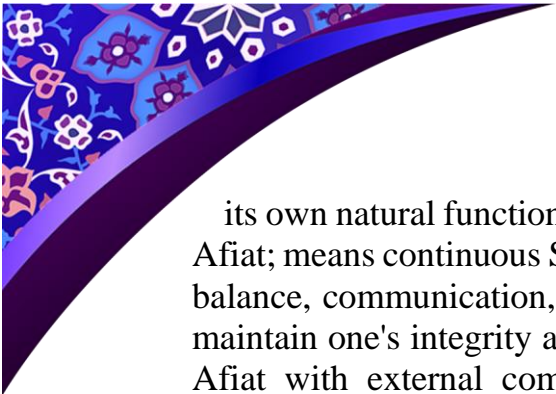
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### Abstract:

Maintaining health is one of the goals of everyone. Based on 1998 WHO commitment, "health is a state of complete physical, mental, spiritual and social well-being with the absence of disease or infirmity". Also health has four physical, mental, social and spiritual dimensions. But innumerable factors, in different fields, facilitate attainment of human's health and protect his health, or endanger it. These, are called protective or risk factors, and are scattered inside the human body, or outside of it, in the family, society, environment, and all over the world. Peoples are faced with infinite intelligent risk factors, multiplying constantly. So it seems, that providing sustainable health is impossible. This article is a part of an extensive research about "how to maintain stable human health from the perspective of Islam. Its main purpose, is to explain "Afiat, as an integrated and inclusive system for human beings to achieve all the good things and blessings, including sustainable health. We searched for the health related words, in verses of the Qur'an and some of the narrations of the Ahl al-Bayt peace be upon them, and then we checked and concluded the findings, repeatedly. Findings show that, the human life has two stages, here and hereafter. The position and dignity of the man is so high that, he should be protected from all evils, including illness and insecurity. He should always have all the good things and blessings, such as health, security, prosperity, comfort, etc. But due to the extent of risk factors, maintenance of health requires a unified, integrated, stable, and comprehensive system in the entire universe. A system that starts from the smallest particle of the human body, covers the whole body, family, society, government, environment, the earth and the skies or everywhere, and have an active and continuous presence throughout the whole universe. Therefore, the world was created as a unified body, with two inseparable parts, "the human and non-human". The human is the commander, and the other part is the man servant and obedient. In this regard, everything, have five features. Sehhat, is the truth and correctness of the shape and appearance. Health; is Sehhat along with



its own natural functions. Security; is the peace, comfort, confidence and stability. Afiat; means continuous Sehat, security and health, along with continuous renewal, balance, communication, cooperation and Internal harmony of the components, to maintain one's integrity and wholeness. Moafat; means the existence of sustainable Afiat with external communication, cooperation and coordination, to maintain widespread Afiat throughout the world. Islam has guaranteed the access of all peoples to this system by establishing the "quintet Afiat of Islam", which includes five intertwined components. The Islam, a complete curriculum or program.

**Result** :establishment of the Islamic government system, under the command of God's chosen man with absolute authority and endless knowledge, at any time, (called Imam). Islamic governance or management style, for management of all works or programs and Islamic lifestyle, for live of everyone, under the supervision and command of Imam.

**Keywords:** Health, Lifestyle, Sehat, Salamat, Afiat, Moafat, Islamic Islamic governance management, style, Islam, Qur'an



## Quran, medicinal plants, Islamic medicine

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### **Abstract:**

Statement of the problem: The history of treating diseases with medicinal plants is as old as the history of human life on the planet. According to experience, science, and thought, humans and animals treat themselves with the help of medicinal plants according to their requirements during their life on earth. From the beginning of creation and the existence of diseases, it made man think about treatment, so from the very beginning, he used plants to treat his diseases and those around him with the help of plants, which are called medicinal plants. In the Quran and many hadiths, some of these plants and their healing properties are mentioned. The purpose of the research: In this study, some fruits and foods will be examined by examining the Quran and some hadiths, and the anti-cancer and therapeutic properties of some of these plants and fruits will be introduced. The method and method of conducting the research: in this research, by searching the library and also using the book of the Holy Quran, Nahj al-Balagheh, reliable sites on the Internet and other religious and narrative books in which the verses and narrations about medicinal plants and Their application has been discussed, it was used. Among these fruits that are mentioned in the Qur'an, we can mention the olive, which is mentioned six times in the Qur'an indirectly and two times directly, tin or fig, which is mentioned only once in the Qur'an. Fig) is mentioned, but God swore by this fruit in Surah Tin, grape, which is mentioned eleven times in the Holy Qur'an, another fruit is pomegranate or novel, which is mentioned in Surah An'am, and also, foam (garlic) and onion are also mentioned in the Qur'an and in Surah Al-Baqarah by God Almighty. These fruits and plants have outstanding therapeutic properties that have been confirmed in modern science. Therefore, by combining experimental science with traditional medicine, which is derived from the blessed verses of the Holy Quran, we can treat our diseases better and more.

**Keywords:** Quran, medicinal plants, Islamic medicine.

## Healing in critically-ill patients from the Quranic prayer therapy approach: a grounded theory study

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### چکیده:

مقدمه: دعا درمانی در طول فرآیند بیماری و ناخوشی، به عنوان منابع مهم سازگاری مکرراً مورد استفاده بیماران قرار می‌گیرند. در میان منابع معنوی، بیشترین منبعی که مورد استفاده قرار می‌گیرد، دعا است این پژوهش با هدف تبیین پیامدهای دعا درمانی بیماران در ایران انجام گرفت. روش اجرا: این مطالعه یک تحقیق کیفی با رویکرد گراند تئوری بود که در سال ۱۳۹۷ تا ۱۳۹۸ در برخی از شهرهای ایران انجام شد. تعداد ۱۴ بیمار صعب‌العلاج و ۴ روحانی متخصص در دعاهای قرآنی از طریق نمونه‌گیری هدفمند وارد مطالعه شدند. سپس بر اساس کدها و طبقات نمونه‌گیری نظری تا اشباع داده‌ها ادامه یافت. در این مطالعه از مصاحبه‌های نیمه ساختار یافته برای جمع‌آوری داده‌ها بیماران و دعاکنندگان استفاده شد. داده‌ها با استفاده از روش استراوس کوربین ۲۰۰۸ مورد تجزیه و تحلیل قرار گرفت. یافته‌ها: نتایج حاصل از داده‌های جمع‌آوری شده از مشارکت‌کنندگان در این تحقیق، شامل ۳ طبقه الف: ناباوری تا اعتماد با زیر طبقات "بی‌اعتمادی اولیه، تاثیرگذاری قرآن بر بیماری" ب: حیرت با زیر طبقات "بهت از تاثیر قرآن، بهت از معنویت دعاکنندگان" ج: تردید تا یقین با زیر طبقات "مواجهه با تردید، درمان کامل با قرآن درمانی" گردید. هر کدام از این طبقات خود به نحوی بخشی از پیامد کلی دعا درمانی در بیماران صعب‌العلاج می‌باشند. نتیجه‌گیری: دعا درمانی یک روش جایگزین درمان بیماران صعب‌العلاج است که در مواقع بحرانی توسط بیماران مورد استفاده قرار می‌گیرد و از طریق آن نتایج مثبتی برای بیمار حاصل می‌شود.

واژه‌های کلیدی: دعا درمانی، بیماران بحرانی، نظریه زمینه‌ای

## Nahj al-Balagha; Physical and mental health

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### **Abstract:**

According to the holy religion of Islam, the truth of a human being is the soul or the soul, and the body is its tool. The more a person has control over his body and applies the law of Sharia to it, the closer he is to a perfect human being. materials and methods: By carefully examining the valuable book of Nahj al-Balagha; Words and phrases from which we extracted the meanings of physical and mental health and the factors that influenced them. findings: The findings of this research showed that the word "healing" is used more than 9 times in Nahj al-Balagha, and most of them refer to the healing of the soul and heart, and in a few cases, healing and physical treatment are also mentioned. Factors such as the Qur'an, piety and piety. Islam, wise words, giving alms, praying and fasting have been introduced as healing factors. The main goal of the infallible imams, peace be upon them, is the same as the goal of religion and the Holy Quran, which is to guide people to God. In this regard, sometimes by asking people and sometimes through recommendations such as the dos and don'ts of health, nutrition and general health. have said, that in this regard, physical and mental health can be achieved by following the valuable words and guidelines of Imam Ali in the valuable book Nahj al-Balagha. Key words: Nahj al-Balagha, mental health, physical health

**Keywords:** Nahj al-Balagha, mental health, physical health

## Healthy nutrition from the perspective of the Holy Quran

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### **Abstract:**

Islam, as the most perfect heavenly religion, has paid special attention to all aspects of human life and has taken into consideration everything that is necessary for optimal growth and the flourishing of physical and spiritual talents. In this regard, special attention has been paid to the topic of food and nutrition in the Quran. Due to the importance of nutrition in health, in this research, the verses of the Qur'an have been examined in relation to healthy nutrition. Descriptive-analytical study method, using Quran book and commentaries, fish collection and collection has been done. The research findings show that; In the Qur'an, the issue of healthy nutrition has been addressed and there are valuable instructions in the Qur'an regarding this topic. In several verses of the Qur'an, various types of food such as milk, honey, some fruits and seafood are mentioned, and in order to achieve a healthy diet, there are instructions such as: moderation in eating and drinking, the correct quality of food, eating clean and halal things. Prohibition of eating dead meat, abstinence from wine is provided.

**Keywords:** Keywords: Quran, nutrition, food, healthy.

## Components of mental health from the perspective of Islamic lifestyle (a narrative review)

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### **Abstract:**

Mental health is a vital aspect of human well-being, encompassing emotional, psychological, and social factors that contribute to one's overall happiness and resilience. In Islam, mental health is considered essential, as it directly influences an individual's relationship with themselves, others, and their Creator. This narrative review aims to explore the components of mental health from the Islamic perspective, offering insights into the principles and practices that promote psychological well-being according to Islamic teachings. **Methods:** A comprehensive search was conducted using various databases including SID, Google Scholar, and ISC to identify relevant studies. The search terms included "Muslim mental health," "Islamic lifestyle," "Islam and psychology," and related phrases. After screening titles, abstracts, and full-text articles, a total of 13 studies were included in this research. The findings showed that the most important components of mental health from the point of view of the Islamic lifestyle are: faith and spirituality, positive thinking and gratitude, moral and ethical conduct, social support and community engagement, self-care and balance, seeking knowledge and self-reflection, emotional regulation and patience, forgiveness and letting go, self-reflection and connection with nature, and balanced work-life integration. **Conclusion:** Islam offers a comprehensive framework for mental health by addressing the various components necessary for well-being. These Conclusions underscore the high potential of the Islamic lifestyle to promote mental health. The result of this research can be useful for mental health professionals and individuals seeking to improve their mental health and well-being by incorporating Islamic lifestyle practices into their daily lives.

**Keywords:** Islamic lifestyle, mental health, Muslim mental health, Islamic practices, Qur'an.

## Survey of piety role in compliance and improvement environmental ethics from the perspective of the Qur'an and hadiths

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### Abstract:

**Background:** "Piety" in Islamic lifestyle has an effective role in observing ethics, especially environmental ethics. Since human health depends on the environmental health, having environmental piety can help the human and environmental health. Therefore, piety acts as a controlling lever and guides humans to appropriate behavior in dealing with the environment. Considering the necessity of observing environmental ethics when using divine blessings and the effective role of Quranic teachings and piety in promoting it, this research was conducted with the aim of investigating the role of piety in compliance and improvement environmental ethics from the perspective of the Qur'an and hadiths.

**Methods:** This article is descriptive and analytical. In this research, in order to achieve the mentioned goals and to recognize the role of piety as one of the most important effective solutions in observing and promoting environmental ethics, available interpretations and narrative sources were referred to and 66 verses out of 238 selected verses of the Qur'an related to piety along with 17 hadiths were analyzed. It was placed and Quranic and narrative models effective in promoting environmental ethics that influence the Islamic lifestyle have been introduced.

**Results:** Today, the effective role of a healthy environment in the all-round growth of countries is an important principle. Thoughtfulness in the Qur'an and hadiths shows the importance and different dimensions of piety in the balanced and optimal human benefit from the environment. Examining the effect of piety on the preservation of the environment shows that the self-righteousness leads man to the wrong and greedy exploitation of the environment, and divine piety makes man see God as the watcher and witness of his actions, with eagerness for reward and fear of divine punishment. , corrects his attitude and performance in

the way of interacting with the environment and nature. The piety of observing the lines, restrictions and red lights of religion in the Islamic lifestyle, which are part of the rules of human daily life, and the result of which is the observance of environmental ethics and the optimal use of the resources and blessings given by God and the reduction of adverse effects on the environment. If the place of this inhibitory factor is empty, man will be caught in greed and rebellion and the consequence of the action of an ungodly person who has these qualities in facing environmental resources will be non-observance of relevant laws and regulations and as a result weakening of environmental ethics. . In the case of weakness of piety, arrogance and drunkenness caused by abundant blessings and non-compliance with the requirements of environmental protection, it can lead people to extravagance and encroachment on the rights of others in the use of natural resources. Ignore environmental laws and ethics.

**Conclusion:** One of the most important programs that the Qur'an and hadiths introduce to humans in promoting the Islamic lifestyle is divine piety, which is one of its blessings to observe and promote environmental ethics. In spite of piety, Sakina and obedience are also realized. By benefiting from peace of mind, a pious person is saved from greed and greed, and by obeying, from rebellion that is rooted in ignorance and following sensual desires and evil temptations within humans, and one of its effects can be the destruction of the environment. According to the Quranic verses and traditions, the only way to save human life is piety and Islamic lifestyle, and if a pious and pious person commits a mistake and causes damage to the environment, he will immediately repent and try to compensate for it. Survival and continuation of life require the existence of healthy and safe people. With the mass production of pollutants by consumer-oriented people and discharge into the environment, the health of the environment is severely threatened, and human health cannot be achieved without the health of the environment. The health of the present generation and the future generations (والأرضَ وَضَعَهَا لِلْأَنَامِ) always depend on having a healthy and prosperous environment, and the health of the environment also requires the observance of environmental ethics by the people. هُوَ أَنشَأَكُمْ مِنَ الْأَرْضِ وَاسْتَعْمَرَكُمْ فِيهَا . (surah Hud 61) فَاسْتَغْفِرُوا لَهُ ثُمَّ تَوْبُوا إِلَيْهِ .

**Keywords:** Quran, Hadiths, Piety, Environmental ethics, Islamic lifestyle, Health, Environmental Health

## **Coping with Stress and Risk-Taking in Cancer Patients during the COVID-19 Pandemic: A Comparative Study with Reference to Verse 288 of Surah Ar-Ra'd**

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### **Abstract:**

Maintaining mental and even physical balance in individuals requires proper and logical coping with stressors. In cases of severe coping incapacity with stress, the likelihood of abnormal and risky behaviors significantly increases. The objective of this research is to investigate the comparative relationship between lifestyle and stress coping styles in cancer patients in two groups: the intervention group and the control group. The intervention group consisted of individuals who, during a chemotherapy treatment period, recited verse 288 of Surah Ar-Ra'd seven times a day during stress times and at the beginning of the treatment. The verse is: "Those who have believed and whose hearts are assured by the remembrance of Allah. Unquestionably, by the remembrance of Allah, hearts are assured." The control group comprised individuals who did not recite this verse. **Materials and Methods:** In this study, 32 cancer patients aged 25 to 80, referred to the chemotherapy center, were randomly divided into two groups: one group reciting verse 288 of Surah Ar-Ra'd, and another group not reciting the verse. Initially, all participants responded to the consent form questions, personal information, the General Health Questionnaire (GHQ-28) with 28 items, and the Modified General Health Questionnaire with 14 items based on the COVID-19 epidemic timeframe. Subsequently, a short-form stress coping questionnaire by Endler and Parker and a risk-taking power questionnaire were used to assess stress levels before the start and after the completion of the chemotherapy course, following the recitation of verse 288 of Surah Ar-Ra'd during treatment. Data analysis was conducted using ANOVA and t-test. The findings revealed a notable distinction between the group that recited the sacred verse and the control group, concerning dependent variables such as stress coping skills and risk-taking ( $P < 0.001$ ). Significantly varied result were observed across all sub-scales of stress coping skills and the social-leisure variable ( $P < 0.001$ ). **Conclusion:** Cancer patients reciting verse 288 of Surah Ar-Ra'd, in high-stress conditions of COVID-19, exhibit lower employment of emotion-focused and social coping styles compared to normal individuals. Moreover, they demonstrate a higher risk-taking propensity when compared to the control group.

**Keywords:** Sacred verse 288 of Surah Ar-Ra'd; COVID-19; Risk-taking; Stress coping skills; Cancer.



## سلامتی و امنیت پایدار خانواده

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### چکیده:

در بیانیه ۱۹۹۸ سازمان بهداشت جهانی، سلامتی یک حالت پویا از آسایش کامل جسمی، روانی، معنوی و اجتماعی همراه با نبود بیماری، یا ناتوانی " تعریف شده، و برای آن چهار بعد جسمی، روانی، اجتماعی و معنوی تعیین شده است. اما خانواده، از کوچکترین و مهمترین واحدهای جامعه است و زمانی جامعه سالم است، که تمام یا اکثر خانواده‌ها سالم باشند. این مقاله، بخشی از یک تحقیق گسترده، درباره چگونگی و راهکار دستیابی به سلامتی و امنیت پایدار انسان است. هدف اصلی این مقاله ارائه تعریف و تبیین ویژگی‌های خانواده سالم از نگاه اسلام است. ما واژه‌های مرتبط با سلامتی و خانواده را در آیات و روایات جستجو کرده و یافته‌ها را مکرر بررسی و نتیجه‌گیری کردیم. یافته‌ها نشان می‌دهد، که خانواده اسلامی، پنج ویژگی دارد، صحت خانواده؛ به معنای صحیح بودن ساختار و شکل کلی خانواده است. این یعنی خانواده از پدر، مادر و فرزندان تشکیل شده؛ پدر تکیه‌گاه و فرماندهی خانواده است. خانواده تحت حاکمیت و مدیریت حکومت اسلامی، به فرماندهی امام معصوم یا جانشین بر حق اوست و خانواده او را امام خود دانسته و اسلام را به‌عنوان شیوه‌نامه‌ای برای زندگی و مدیریت امور پذیرفته است. سلامت خانواده؛ به معنای وجود صحت همراه با زندگی کردن خانواده به سبک اسلامی، مدیریت امور خانواده به سبک اسلامی و اطاعت از امام است. امنیت خانواده؛ به معنای اعتماد و اطمینان به امام یا جانشین بر حق او، دریافت دین از او و وجود آرامش در خانواده است. عافیت خانواده؛ به معنای وجود صحت، سلامتی و امنیت پایدار خانواده همراه با نوسازی، ارتباط، همکاری و هماهنگی درونی، برای حفظ یکپارچگی و تمامیت خانواده است. البته این حداقل است و عافیت در سطوح بالاتر یعنی برخورداری پایدار از صحت، سلامتی، امنیت و سایر نعمتها، خیرها و برکات همچون صداقت، امانت‌داری، عفت، غیرت، رفاه، آسایش، خوشبختی، ثروت، آب، آبادانی، فرزندان، مسکن و... در خانه و خانواده است. این خود حاصل پاک بودن خانواده از شرها و بدیها همچون بد اخلاقی، بدگمانی، خیانت، بی‌حیای، بی‌غیرتی، حيله‌گری، بیماری، ناامنی، فقر، ذلت و... است. معافات خانواده؛ به معنای وجود عافیت در خانواده همراه با ارتباط، همکاری و هماهنگی مستمر با دیگر خانواده‌ها، برای ایجاد، گسترش و تداوم عافیت در جامعه و کل جهان است. سلامتی خانواده، چهار سطح "صحت، سلامت، عافیت و معافات" دارد که صحت کمترین، و عافیت عالی‌ترین سطح است. پس خانواده‌ای سالم است که به سبک اسلامی زندگی کرده و امور خود را مدیریت کند. خداوند، دستیابی تمام انسانها به عافیت را با برپایی "پنج‌گانه عافیت فراگیر اسلام" تضمین کرده است؛ این پنج‌گانه شامل اجزای درهم‌تنیده و یکپارچه زیر است. دین اسلام که شیوه‌نامه یا برنامه‌ای کامل، یکپارچه، دانش‌بنیان و به‌روز است. حضور امام به‌عنوان فرمانده‌ای الهی با اختیاراتی کامل و دانشی بی‌پایان، در رأس فرماندهی جامعه. برپایی مداوم نظام حکومت اسلامی، با هرم مدیریت یکپارچه‌ای از انسانهای صالح، تحت فرماندهی امام. سبک مدیریت اسلامی، به‌عنوان شیوه‌ای دانش‌بنیان، به‌روز و منطبق براسلام، برای مدیریت تمام کارها. سبک زندگی اسلامی، به‌عنوان شیوه‌ای دانش‌بنیان، به‌روز و منطبق براسلام برای زندگی همگانی براساس آن.

کلمات کلیدی: خانواده، صحت، سلامتی، امنیت، عافیت، اسلام، سبک زندگی، شیوه زندگی

## The role of religious identity in students' lifestyle

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### **Abstract:**

Since religious identity plays a decisive role in the attitude, behavior, and social interactions of young people and students, this study was conducted to investigate the role of religious identity and its impact on students' lifestyles. Method: In this study, a systematic review of Noormags, MagIran, IranMedex, Google Scholar, Irandoc, and SID databases with the keywords "religious identity, religious identity, spirituality, religion, lifestyle, students" and similar words in Farsi and English from It was done between 2016 and 2023. Finding: The result have shown that individual factors and self-knowledge, socio-economic level, peer group, and media have a significant contribution in the formation of religious identity and this issue can change their lifestyles due to the value orientations of people. It also affects social actions, managing relationships with others, and people's desires. The religious identity, which is rooted in human nature, can have positive consequences in the personal and social spheres with its development and flourishing, and it can be transparent and show its effectiveness in various personal social, cultural, political, and economic fields.gives more Since the identity crisis affects the youth due to the special conditions of our country and the youth of the country's population, it creates a lack of motivation and irresponsibility in them and hinders their useful and constructive activities, there is a need to investigate has more

**Keywords:** Religious identity, Youth, Students, Lifestyle

## Hijab and chastity and its role in mental health and health of family and society

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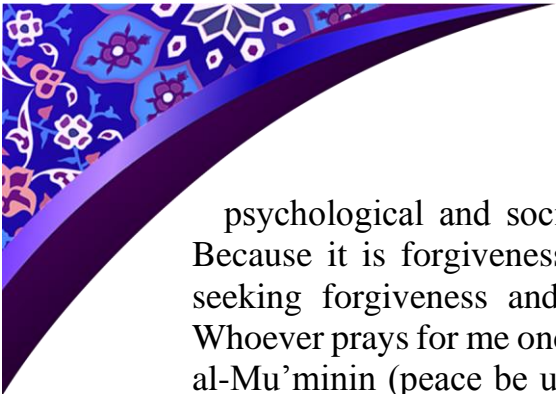
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### Abstract:

**Background:** Health and wellness are among the blessings of God on humans. We have observed and carefully examined the supplications received from the people of the House (PBUH) and the prayers, which shows that one of their daily requests in the prayers and the pursuit of prayers is for health, wellness. Mawla Amir al-Mu'minin (peace be upon him) He said about health "No life is more comfortable than good health" and he also said about health and wellness "No one knows the value of health except those who are sick". The purpose of this research is to analyze and identify the importance of health and wellness in the teachings of Islamic religion, which are extracted by referring to two valuable sources of the Holy Quran and the people of the House (PBUH). Search Method: This study is a review and with the aim of investigating the concept of health and wellness from the perspective of the Holy Quran and the people of the House (PBUH) and with the method of direct study of the surahs and individual verses of the Holy Quran and their interpretations, reliable religious sources, articles and Islamic software And also twenty articles were collected from internal and external databases with search engines SID, Google Scholar, PubMed and related interpretations and books also after collecting the information in order to achieve the goals of the research, the collected information was analyzed with the Quranic and the people of the House (PBUH) approach. Findings: The Holy Quran is the most expressive divine message for humanity, the most important goal of which is to guide people towards salvation. Since a healthy person is more successful in performing his duties and attaining salvation, Islam emphasizes on maintaining the health of his body. Studies have shown that in 76 surahs (66.85%), the verses of the Holy Quran specifically refer to one, two or all three main dimensions of health (physical,



psychological and social) and the Qur'an considers wellness in "forgiveness"; Because it is forgiveness that attracts God's mercy to us, and we are by nature seeking forgiveness and the Holy Prophet (PBUH) they say about wellness "Whoever prays for me once, God will open a door of wellness for him." Mawla Amir al-Mu'minin (peace be upon him) He said about health" Wellness in religion and this world is a great blessing and a great talent". He also said about health and wellness "There is no better protection than safety". The Holy Prophet (PBUH) they say about asking God for good wellness "Ask God for well-being; for no one is given after certainty better than wellness". Mawla Amir al-Mu'minin (peace be upon him) they say about health "With health, pleasure is completed". In many verses of the Holy Quran and traditions of people of the House (PBUH), the importance of health care is emphasized and teachings in the form of dos and don'ts have been expressed in the form of recommendations to improve health. The present study shows that there is a significant relationship between following the recommendations of the Qur'an and their realization in the field of health and wellness, and the recommendations of the Qur'an are in the form of homogenous and compatible packages with all the dimensions of wellness, health and wellness needed by humans to achieve happiness. And it is the guarantee of his guidance

**Keywords:** Key Words: wellness, health, Holy Quran, people of the House (PBUH).

# Olive in Diseases from the Perspectives of the Quran and Medicine

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## Abstract:

**Background:** The olive, a fruit mentioned seven times in the Quran, has been highlighted for its numerous nutritional and medicinal benefits in Quranic sciences, religious narratives, as well as both modern and traditional medicine. This article aims to provide an overview of the significance of the role of the olive plant from the perspectives of the Quran and medical traditions.

**Methods:** This study, conducted through a review method, utilized verses from the Quran, narrations from reputable Islamic sources, and essential data within the field of medicine and also searching on international scientific databases, including Google Scholar, Semantic Scholar, Web of Science, and PubMed. Additionally, Iranian scientific databases such as Magiran, Noormags, ISC, SID, and Civilica were consulted. The search was carried out using keywords such as olive, Quran, narrations, modern medicine, contemporary medicine, traditional medicine, medicine.

**Result:** One of the plants mentioned in the Quran is the olive. This is because it harbors numerous therapeutic and medicinal properties, as stated in the Quran: "It has many benefits." Olive possesses antioxidant properties, which is one of the reasons for its use in traditional medicine to treat various diseases. Epidemiological studies conducted worldwide have indicated that olive oil plays a crucial role in preventing heart diseases, Alzheimer's, colorectal cancers, skin diseases, prostate, breast, uterine and ovarian cancers, diabetes, inflammatory and autoimmune diseases such as rheumatoid arthritis and osteoporosis. The properties of the olive are mentioned in several verses, including Surah Teen, verse 1: "By the fig and the olive." Other relevant verses are found in Surah An'am (6:99, 6:141), Surah Nahl (16:11), Surah Noor (24:35), Surah Abasa (80:29), Surah Muminoon (23:20), and Surah Teen (95:1-4). According to the interpretations of scholars in Surah Teen, Nahl, and Abasa, reference is made to their therapeutic and nutritional properties, which will be elaborated on in the article.

**Conclusion:** The Quran has consistently served as a source of inspiration for scientists in various fields, guiding the exploration of scientific truths about the universe. The Quran, with its comprehensive approach, directs special attention to all dimensions of human life. Specific guidelines for healthy nutrition found in the Quran can contribute to improving human health and longevity. This article can be viewed as an effective step towards affirming the scientific aspects of the Quran and narrations, especially concerning fruits such as olives.

**Keywords:** olive, Quran, narrations, modern medicine, contemporary medicine, traditional medicine, medicine.

## Challenges of the Quranic Activities in the Health Services Centers

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### **Abstract:**

There is a close relationship between the Quranic activities and health beliefs. People in Islamic society prefer to follow Quranic teachings and recommendations in the field of health recommendations. In Quranic teachings, the health issue is considered as an important indicator. The purpose of religion is to guide mankind to achieve happiness, that is peace and comfort in this world and the hereafter, therefore special attention has been paid to the issue of health in both physical and mental dimensions. Comfort, which is related to the body, appears if a person has physical health, and peace, which is related to the human psyche, finds meaning and meaning with a person's mental health.

**Keywords:** Challenges of Quranic Activities, Quran, Health services centers, Iran

## راهکارهای قرآنی برای دستیابی به سلامت روحی و روانی

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<sup>1</sup> Hawzah Mashhad

### چکیده:

مقاله حاضر با عنوان راهکارهای قرآنی برای دستیابی به سلامت روحی و عقلی به بررسی ارتباط میان مفاهیم قرآنی و سلامت عمومی جامعه پرداخته است. در این مقاله، راهکارهای قرآنی برای دستیابی به سلامت روحی و عقلی مورد بررسی قرار گرفته و ساختار مقاله بر اساس مقدمه، تعریف مسئله، راهکارهای قرآنی برای سلامت، اهمیت امنیت، تأثیر فرهنگ و اقتصاد، تحقق امنیت از دیدگاه قرآن، و بهبود جامعه از طریق اصول اسلامی تشکیل شده است. در ابتدا، مقدمه به اهمیت سلامت عمومی و تأثیر مفاهیم قرآن در این زمینه می‌پردازد. سپس در بخش دوم، راهکارهای قرآنی برای دستیابی به سلامت روحی و عقلی با توجه به آیات متعدد قرآن مورد بررسی قرار می‌گیرند. در بخش‌های بعدی، اهمیت امنیت از دیدگاه قرآن، تأثیر فرهنگ و اقتصاد، و نقش امنیت در سلامت عمومی بیان شده و هر کدام به تفصیل مورد بحث قرار می‌گیرند. با تأکید بر اصول اسلامی و آموزه‌های قرآن، مقاله به ارائه راهکارها و پیشنهادات جهت بهبود سلامت عمومی جامعه می‌پردازد.

**نتیجه گیری:** با ابراز اهمیت تعامل میان اصول دینی و سلامت عمومی به پایان می‌رسد و خواننده را به تأمل و اقدام برآورده می‌کند.

**کلمات کلیدی:** سلامت عمومی، راهکارهای قرآنی، زندگی اسلامی، امنیت جسمانی و روحانی، عدالت و انضباط اجتماعی

# Investigating the role of hijab in the mental health of students from the perspective of the Holy Quran

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## **Abstract:**

Today, the issue of hijab among Islamic societies has been affected by the attitudes and misconceptions of Western societies. Therefore, not wearing hijab or not wearing hijab is one of the important issues that these communities, including students, are facing. Peace of mind is one of the basic needs of people, which the Holy Quran has introduced as one of the ways to achieve it is hijab and observing it. Due to the position of hijab among the cultural and religious values, beliefs and opinions of people, its fading has caused irreparable effects. Among these effects, we can mention the increase of unrestrainedness, the increase in the number of divorces, the lack of feeling of security, the collapse of the family center and the removal of love in it, moral deviations, and among others, the loss of mental peace of people. Meanwhile, compared to other age groups of the society, students are more affected by nakedness and its effects, including the effects it has on mental health. On the other hand, due to the very important role that students play in the growth and future of a country, paying attention to their mental health can be very helpful in the development of a country. Considering the effect that hijab has on the mental health of students and also the position that students have in an Islamic society, implementing policies and programs to encourage them to wear hijab and chastity, as well as examining the effects of hijab on society, can reduce No hijab or low hijab is useful.

**Keywords:** Hijab, mental health, students



## Healthy nutrition from the perspective of the verses of the Holy Quran and hadiths

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### چکیده:

دین اسلام همواره در قرآن و احادیث در خصوص بهداشت و سلامتی انسانها تاکید فراوان داشته است. از نگاه قرآن سلامت تغذیه از جایگاه بالایی برخوردار است، به طوری که در متون، تعداد آیات تغذیه‌ای صریح ۱۶۰ آیه و تا حدود ۳۰۰ آیه را بطور غیر مستقیم با تغذیه مرتبط دانسته‌اند. برخی از محققین نیز بدون توجه به محتوا به جمع آوری آیات تغذیه‌ای پرداخته‌اند هر کس به فراخور درک، فهم و اعتقادات خویش از آیات قرآن استفاده کرده و می‌کند اما به نظر می‌رسد، در برخی موارد کم رنگ یا کم اهمیت جلوه دادن برخی از آیات در زمینه مواد غذایی و نیز تفسیر به رای نمودن مشهود است. در تحقیقات موجود مطالعه‌ی تطبیقی ره آورده‌های علوم تغذیه‌ی نوین با آیات قرآن مجید کمتر مورد توجه قرار گرفته است. لذا این مطالعه با هدف بررسی آیات تغذیه‌ای از دیدگاه اسلام در خصوص نقش تغذیه‌ی صحیح و مناسب انجام شد. روش جستجو این مقاله مروری بر اساس مطالعه کتابخانه‌ای، بررسی متون از آیات قرآنی و احادیث و جستجوی مقالات در پایگاه‌های Google Scholar بدست آمده است. تمام مقالات فارسی از سال ۱۳۹۲ تا ۱۴۰۲ با کلید واژه‌های "تغذیه"، "غذاهای حلال"، "غذاهای حرام"، "دیدگاه اسلام" و "آیات قرآن" جستجو شد. یافته‌ها برخی از توصیه‌های قرآن و احادیث در مورد تغذیه و غذا عبارتند از: توصیه به خوردن غذاهای حلال و طیب، تعادل خوردن و آشامیدن، توصیه به پرهیز از مواد غذایی حرام مثل: گوشت خوک، شراب و گوشت مردار و گوشتی که ذبح شرعی نشده باشد. در آیات سوره عبس فرموده است که رویانیدیم در آن (زمین) دانه را \* و انگور و علفه را \* و زیتون و خرما را \* و باغ‌های پردرخت را \* و میوه و چراگاه را \* تا از آن بهره مند شوید. و در آیه ۶۹ سوره نحل آمده است بیرون می‌آید از شکم‌های آنها (زنبور عسل)، نوشیدنی که رنگ‌های گوناگون دارد و در آن شفایی است برای مردمان. در آیه ۹۶ سوره مائده به صید دریایی و خوردن آن تاکید شده است. همچنین در احادیث و آیات قرآن به مصرف گروه نان و غلات، شیر و لبنیات، میوه و سبزیجات و گوشتها اشاره شده است. نتیجه‌گیری توجه به تعادل، تنوع و تناسب در خوردن غذا و رعایت اصول صحیح رژیم غذایی و پرهیز از الگوهای غلط غذایی بر طبق الگوی نظام تغذیه‌ای در اسلام می‌تواند موجب اصلاح سبک زندگی انسان از بعد مادی و معنوی شود.

کلمات کلیدی: تغذیه، غذاهای حلال، غذاهای حرام، آیات قرآن، احادیث

## Examining the role of nurses' spirituality in the special care unit in the treatment of incurable diseases from the perspective of Imam Reza

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### **Abstract:**

"Incurable disease" or "terminal illness" is a term used in medical terminology to describe a disease for which there is no known cure and which can lead to the patient's death in a short period of time. Although modern science may not have the ability to cure these patients, in the Islamic faith, mental and spiritual matters are considered to be highly significant for overall well-being. Therefore, we can support the mental and spiritual health of these patients by fostering increased spirituality and providing them with hope for recovery. The word "shifa" means healing and recovery from illness. It's important to remember that while medical treatment is a part of healing, having a strong belief and faith in the Islamic religion and the Quran is crucial for finding true healing. Therefore, during times of illness, it's recommended to have faith in God and the Quran, and to believe that God is the ultimate healer of all pain. Medicine and doctors are important tools for healing, but faith and spirituality also play a significant role. Imam Reza (AS) has a treatise on medicine and body treatments called "Tibb al-Reza", and his teachings can offer comfort and guidance to those suffering from incurable illnesses. Imam Reza (AS) has said in some narrations: "Whenever you encounter hardship, seek help from God through us, and a long period of illness for a believer will ensure that no sin remains upon them." Nurses in specialized wards can help increase the spiritual peace of these individuals by recounting these sayings. They can also teach sayings that refer to improving lifestyle. In the Imam's words, it is mentioned that the health and strength of the body depend on food and drink, and their corruption is also due to these two. So, by improving these two, the body improves, and if you corrupt these two, the body becomes corrupt. Additionally, he recommends moderation in food, and emphasizes that attention to the timing and quality of nutrition are among the factors of health. The above hadiths indicate that the Almighty has considered great rewards for enduring the suffering of illness, and as a result of illnesses, many of the sins of individuals will be forgiven. There are also hadiths that suggest that improving the lifestyle of incurable patients can help them experience a better quality of life. Therefore, it is recommended that nurses in specialized care units first familiarize themselves with the hadiths related to increasing the spirituality of patients and improving their lifestyle, and then convey these to the patients.

**Keywords:** spirituality, nurses, incurable diseases, Imam Reza

## A life with peace, security, healthy family and social relationships

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### **Abstract:**

Human life with peace, security, healthy family and social relationships is in trouble today. Administrative rules and regulations and police forces are insufficient in creating security and peace. Therefore, it is necessary that by recognizing and reminding the effective factors of culture and happiness, people can have a happier, more successful and safer society based on divine principles and values in the social dimension. In the economic dimension, happiness also plays an effective role in increasing the efficiency of the individual and the quality of the manufactured product or improving the service delivery. Happiness is the highest good and the ultimate motivation of human activities, and some have defined happiness as a kind of judgment about the quality of life. This documentary research has been done by referring to authentic Islamic sources, including the Qur'an and Hadis, and a comparative study with a view to the research of other cultures. Factors effective in creating happiness include sex, education and wealth, work, health, leisure activities, social activities, life satisfaction, religious faith, marriage and marital status. In the Qur'an's view, pleasant happiness is obtained in the light of submission and sincere service to God and satisfaction with the divine will, and a believer who has reached this high position will enjoy a life of lasting happiness and free from worries.

**Keywords:** Spiritual health, health and safety culture, work environment, happiness

## The approaches of scientists in relating "knowledge" to "food" in verse 24 of Abas

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### Abstract:

Many verses and narrations have spoken about human food. One of these verses is verse 24 of Surah Abas. In this verse, God commands man to look at his food: "Let man look at his food." "Food" is used in various instances in the Holy Qur'an, but in all cases, it means food, or to be more precise, the food of the body, but in a narration of Imam Baqir, this food, contrary to the appearance of the verse, "Knowledge" has been identified: "It is knowledge that a person learns, look who he learns from." In this research, the approaches of scientists in establishing a relationship between knowledge and "food" in verse 24 of Abas are given, which include: 1. Expanding the meaning of food to knowledge through the theory of using words for the spirit of meaning; 2. Considering knowledge as the essence of the verse; 3. Considering knowledge as the inner meaning of the verse and the simultaneous will of the inner and outer meaning; 4. abstracting the general concept of food and applying it to knowledge through interpretation; 5. Considering knowledge as food, through the analogy of priority.

**Keywords:** Verse 24 of Surah Abas, the interior of the Qur'an, interpretation of the Qur'an, semantic expansion, polysemy in the Qur'an

## The concept of healing in the pererspective of the Holy Quran

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### **Abstract:**

In the Quran, which is the most complete guide for humanity, especially Muslims, has mentioned health and treatment as healing in several cases. Also, as a divine book, it has paid attention to all aspects of human life, of which attention to health is one of them. The Qur'an is healing because it cleanses the body of false beliefs from the existence of evils and heals it with the light of guidance. God Almighty has first preached to all people so that all of them can be healed through the Qur'an. Therefore, the purpose of the present study is to investigate Quranic guidelines are in the field of healing. This is a review type with the aim of investigating the concept of healing from the perspective of the Holy Quran and through library reviews of authentic Quranic sources and religious teachings, selected verses of the Holy Quran from internal databases and also internal articles relying on tools Compilation was studied and examined, and so Classification and integration of result were reported.

**Keywords:** Holy Quran, healing, health, health of the Holy Quran

# Philosophical exploration of the meaning of spirituality in "spiritual health"

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## Abstract:

Philosophical exploration of the meaning of spirituality in "spiritual health" Masoud Sadeghi Associate Professor, Department of Medical Ethics, Faculty of Medicine, Kermanshah University of Medical Sciences, Iran, Kermanshah Background and Objective The main goal in this article is to analyze the meaning of spirituality in the popular perception, especially the World Health Organization's definition of spiritual health. The main question is that according to the literature of discussion in Iran, is spirituality synonymous with religion? If so, first of all, which religion is meant (1) and secondly, why are other terms used instead of religion and religion? Materials and methods this article examines the common meaning of the term spiritual/spirituality in Iran with a descriptive-analytical method and compares it with the common meaning in the world literature. Findings In response to question (1), it can be said that there is no need to emphasize a particular religion and the commonalities of the world's great religions are considered. But in response to question (2), one must find sufficient reasons to forge a new term such as spirituality. It seems that thinking about these reasons will cause us serious doubt in considering the concept of spirituality/spirituality as synonymous with religion/religion. For example, it may be said that spirituality is a trans-religious phenomenon and implies a transcendental, introspective or mystical philosophy that emphasizes mental peace and personal growth instead of Sharia and practical rules. As some believe, Buddhism can be considered an ancient example of spirituality in its extra-religious sense. In the West, as well as in East Asia, a list of spiritual practices and behaviors is usually presented to know ourselves better and to improve our progress on the spiritual path, which are not necessarily religious in nature; Behaviors such as yoga, tai chi and regular exercises, maintaining physical health, thoughtful study, being in touch with nature and enjoying it, being an artist and engaging in creative activities, group activities, maintaining stable family and friendly relationships, and finally compassionate actions. And continuous compassion. These points show that the insistence on the use of the term "spirituality" is not accidental or arbitrary, but rather to separate and emphasize its distinction from religion/religion, or at least, to include these titles on both types of religious and secular spirituality. It is worth noting that outside of the discourse space that governs Iran, the term spirituality/spirituality is mostly understood in a non-religious and secular sense. Keywords spiritual health; Health; spirituality; spiritual

**Keywords:** spiritual health; Health; spirituality; spiritual

# Investigating the characteristics of a healthy human with a monotheistic approach from the perspective of the Holy Quran: a systematic review

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## Abstract:

Humans are faced with many challenges in the path of life, which can affect human characteristics and provide the basis for their growth or misguidance. Since Islam is considered the most complete religion and all the instructions necessary for a healthy life are mentioned in it, this study was conducted to investigate the characteristics of a healthy person, with a monotheistic approach from the perspective of the Holy Quran. Search method: This systematic review study by searching the Holy Quran and reliable Iranian databases (Religious speech database, Islamic Encyclopedia, Tadbar in the Quran, Comprehensive Quran database, Hozha information database, Quran and Atrat Foundation, Global Information Center Al-Al-Bayt, Pars Qur'an, Qur'an City, lessons from Qur'an, Qur'an Culture and Education Center database, online encyclopedia of Qur'an, etc.) were distributed. The search with Persian and Arabic keywords of Quran, Surah, Verse, Human, Healthy Human, Monotheism, and Life was done by two independent researchers without a time limit of 10 November 2023. The name of the verses, the number of the verse, the Arabic and Persian text of the verses, as well as the message of the verses, were examined by two researchers independently, and the subject classification was done based on the messages of the verses in the field of human characteristics with a monotheistic approach. Findings: The thematic division of the verses of the related surahs was done in 11 areas forgiveness, trust, faith, submission, gratitude, servitude, freedom, satisfaction, benevolence, patience, and forgiving of mistakes. Some verses were placed in more than one area due to the messages of the verse. The most frequent verses in the field of trust, are patience and faith. In the verses of the Qur'an, a lot of attention has been paid to the characteristics of a healthy person. Quran is the light of all of us and by benefiting from it we can achieve a healthy lifestyle. Keywords: Qur'an, surah, verse, human, healthy human, monotheism, life

**Keywords:** Keywords: Qur'an, surah, verse, human, healthy human, monotheism, life



## Healing in the Quran: different interpretations and its role in human life

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### **Abstract:**

Healing, as a divine blessing and a broad concept in the Qur'an, is not only related to the physical dimensions, but also to the spiritual and psychological aspects of man. This concept is mentioned in the Qur'an as one of the parts of God's praise and has been assigned a lot of importance. But there are different interpretations about the concept of healing and how it is presented in Quranic texts, each of these interpretations provides a different view of this divine blessing. In this article, we intend to examine the role of healing in human life by examining Quranic texts and various interpretations and examine its importance from various perspectives. We try to examine the relationship between healing and the physical and spiritual dimension of man and its role in creating valuable changes in human life.

**Keywords:** Healing, Quran, Human life



## مدل سلامت مغز بر اساس قرآن و آموزه های دینی

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### چکیده:

مغز نماد جسمانی عقل و خرد است. تلاش در انجام خوبی و پرهیز از بدی از ویژگی های افراد دارای مغز های سالم و کامل است. هدف پژوهش ارائه مدل سلامت مغز بر اساس قرآن و آموزه های دینی است. در سبک زندگی اسلامی و متون قرآن موضوع خرد و عقلانیت افراد مورد توجه قرار گرفته است. افرادی که دارای ژرفای بصیرت و نفوذ در عمق امور داشته باشند، عاقل و خردمند نامیده می شوند. در سوره های مختلف قرآن از افراد دارای عقلانیت و خرد سخن به میان آمده و ویژگی ها و صفاتی برای آنها توصیف شده است. این افراد پاسخ بدی را با نیکی می دهند. در آیات متعدد قرآن ویژگی های متعددی برای صاحبان عقل و خرد مطرح شده است که از معنای ظاهری کلمات مرتبط با خرد در قرآن می توان نتیجه گیری گرفت که این انسان ها، دارای مغزهای کامل و سالم نسبت به سایر افراد و منطبق بر دیدگاه پزشکی (ریشه تفکر و عقل در مغز است) متناسب است. مواد و روش: این پژوهش، یک مطالعه توصیفی و به صورت مرور اسناد و متون انجام شده است. شیوه جمع آوری داده ها به روش کتابخانه ای بود. محتواها بر مبنای جستجو در آیات قرآن، آیات، روایات، نهج البلاغه و سایر منابع علمی تهیه شد. ابتدا معادل کلمات خرد، عقل، سلامت، صاحبان عقل، صاحبان خرد در متون مرتبط بررسی و ویژگی های قرآنی افراد خردمند و عاقل مرتبط یا این کلمات جستجو و طبقه بندی شد. در مرحله بعد با استفاده از جستجوی موضوعی از سال ۲۰۰۰ تا ۲۰۲۰ در موتورهای جستجوی تخصصی پایمد و گوگل اسکالر، مطالعاتی در مورد ویژگی های مغزی افراد دارای رفتار بهنجار، نابهنجار، عاقل، نیکوکار، بدکار، خردمند، سالم منابع بررسی و پس از تحلیل، خلاصه بندی شد. تجزیه و تحلیل اطلاعات بر مبنای روش طبقه بندی مفاهیم انجام گردید. یافته ها: مطالعات نشان می دهد افرادی که دارای ژرفای بصیرت و نفوذ در عمق امور دارند، عاقل و خردمند نامیده می شوند. در سوره های مختلف قرآن از افراد دارای عقلانیت و خرد سخن به میان آمده و ویژگی ها و صفاتی برای آنها توصیف شده است. این افراد پاسخ بدی را با نیکی می دهند و نشان از بالاترین درجه سلامت عقل و فکر است. از آنجایی که نمود جسمانی عقل به مغز تعبیر می شود پس شاید بتوان نتیجه گرفت که انسان هایی صاحب سالم ترین و کاملترین مغزها با تعبیر خردمند و عاقل هستند در بعد رفتار نیک و بدی قابل بررسی هستند. یافته ها نشان داد میزان نقص، بیماری و عدم تکامل مغز در افراد دارای اعمال ناشایست و نابهنجار و میزان مغز تکامل یافته در افراد دارای ویژگی های ایثار، گذشت، تواضع، انفاق و ... نسبت به افراد عادی جامعه بیشتر است. نتیجه گیری: نتایج این مطالعه ضرورت توجه بیشتری را به تعالیم و دستورات روح بخش اسلامی در خصوص پرورش انسانها یادآور می شود. در دین اسلام مبانی سلامت و عافیت انسان در قالب برنامه های اخلاقی و عبادی فراوانی تعبیه شده است. افرادی که اجرای کامل این توصیه ها و برنامه ها را مبنای زندگی خود قرار دهند سلامت جسم و البته سعادت دنیا و آخرت خود را تضمین کرده اند. با دقت در آیات و روایات قرآن می توان به علوم جدیدی دست یافت که نتیجه آن تغییر و تحول شیوه زندگی و گشایش درهای جدید علم برای انسان هاست. قرآن و آموزه های دینی دارای الگوی سلامت مغز است که می توان با انجام توصیه ها و برنامه های قرآنی و دینی به سلامت کامل جسمی دست یافت.

کلمات کلیدی: مغز، قرآن، سلامتی

## Mental health and hijab: a review

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### **Abstract:**

One of the most important factors in creating mental health in society is hijab and chastity, which greatly reduces moral mental illnesses in society. Unfortunately, today, with the spread of western culture in society, hijab and chastity are given less importance. In this study, the importance of hijab on the mental health of the individual and society has been discussed. Search method: A systematic review was conducted by searching Persian databases in Google Scholar, Magiran, and SID with the keywords of mental health and hijab. At this stage, a total of 30 sources from 1380 to 1402 including books, articles and theses related to mental health and hijab were obtained. After reviewing the searched sources, in the second step, the result of 9 sources were used to write a review article. Findings: The result of the survey showed that in people who observe their hijab, while dealing with self-cultivation and self-cultivation, they create a sense of security around them, and on the other hand, by increasing social security, they provide a way to be more present in the community. Women are more vulnerable due to their personality traits and they need more security by nature, and this issue is not temporary and specific to a specific time. In addition to affecting the mental and moral health of the society, the purity and improvement of the woman's character, the veil not only prevents her freedom, but also gives her a defensive role against personal and social harm and brings the mental and moral health of the society. Keywords: mental health, hijab, society

**Keywords:** mental health, hijab, society

## The role of Quranic teachings on violence against women in the family

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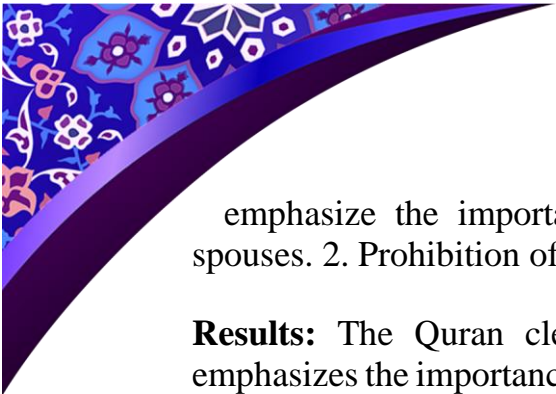
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### Abstract:

**Background:** The purpose of this article is to examine the role of teaching the Qur'an in addressing violence against women, clarifying misinterpretations that lead to harmful actions. The Qur'an, the holy book of Islam, plays an important role in shaping the lives of millions of Muslims around the world. It provides guidance on various aspects of life including treatment of women. While some argue that the teaching of the Quran promotes violence against women, a careful analysis of the teachings of the Quran shows that it emphasizes compassion, justice and respect. It is important to understand that the Qur'an preserves the inherent dignity and worth of all human beings regardless of gender. It repeatedly emphasizes the equality of men and women and emphasizes that both are essential components of society.. For example, it is stated in Surah Al-Hujrat that all human beings are created equal regardless of gender, race and social status. This verse serves as a basic principle that prohibits any violence or discrimination against women. In addition, the Quran emphasizes the importance of justice and fairness towards women. Surah Nisa encourages husbands to treat their wives with kindness, respect and justice. It expressly advises against harming or harming them and emphasizes the need for a loving and caring relationship. This verse shows that Quranic teachings prioritize the happiness and support of women in the framework of marriage and family. Quranic teachings also promote women's independence and agency. Surah Al-Ahzab emphasizes the importance of efforts of men and women for personal growth and spiritual growth. It encourages women to contribute to their communities and society at large, suggesting that their role extends beyond domestic life. Such teachings lay the foundation for fostering an environment where women are empowered and treated as equals.

**Method:** This article was a review study. Search was done in PubMed, SID information sources Findings: 1. Emphasis on gender equality: The Quran supports the basic principle of gender equality and emphasizes the value and dignity of equality between men and women as God's creations. Quranic teachings



emphasize the importance of mutual respect, love and cooperation between spouses. 2. Prohibition of violence:

**Results:** The Quran clearly condemns violence and abuse in any form and emphasizes the importance of compassion, kindness and conflict resolution in family relationships. Quranic teachings encourage spouses to communicate respectfully instead of violence. 3. Supporting women's rights: Quranic teachings recognize the rights and independence of women in the family structure and emphasize the importance of consent, the prohibition of coercion, and the recognition of women's right to physical and mental security. Quranic principles provide a basis for improving the nurturing and supportive environment for women in the family.

**Conclusion:** Quran has a central role in dealing with violence against women. It promotes the principles of equality, justice and respect for women and creates their independence and agency. While misunderstandings can lead to misinterpretations, there is a growing movement within the Muslim community to correct these misconceptions and promote a more comprehensive understanding of the Quran's teachings. By accepting the true essence of the Qur'an, society can work to eliminate violence against women and create a more inclusive and fair environment. Efforts are being made in the Muslim community to challenge these misinterpretations and actively combat violence against women. Islamic scholars and social activists work together to raise awareness about women's rights as stipulated in the Qur'an. There are numerous organizations and initiatives aimed at empowering women and supporting gender equality based on a precise understanding of Quranic teachings.

**Keywords:** Teachings of Quran, women, false beliefs, mistakes

## Factors affecting the lack of Quranic activities in universities and health centers

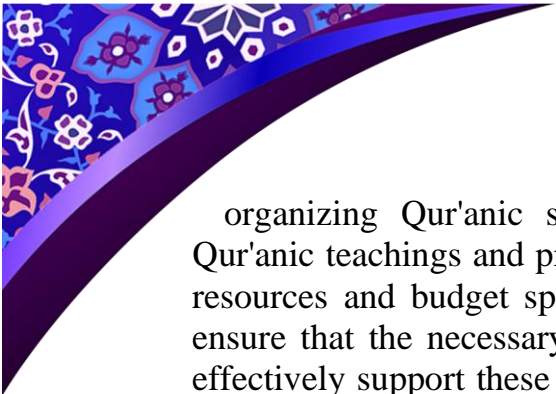
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### Abstract:

**Background:** Factors affecting the lack of Quranic activity in universities and health care centers can be different depending on the specific context and region. However, some common factors that may contribute to this situation include: 1. Secularization: In many parts of the world, there has been a trend toward secularization, where religious activities and practices are increasingly separated from Public institutions such as universities and health centers are seen. This can create an environment where Quranic activities are not prioritized or actively discouraged. 2. Lack of awareness and understanding: There may be a lack of awareness or understanding among university administrators, faculty members, and health care center staff regarding the benefits and relevance of Quranic activities. This can lead to failure to include such activities in their programs and initiatives. 3. Resource limitations: Universities and health centers often face resource limitations, including budget and staff limitations. This can make it challenging to allocate resources specifically for Qur'anic activities that may be viewed as unnecessary or of low priority compared to other core functions. 4. Diverse religious landscape: Universities and health centers usually serve diverse populations with people from different religious backgrounds. Although this diversity is valuable, it can create challenges in implementing Quranic activities that respond to the needs and preferences of different religious groups. 5. Institutional policies and regulations: Some universities and health centers have policies and regulations that limit or prohibit religious activities in their premises. These policies may be in place to maintain a neutral and inclusive environment, but they can unintentionally limit the scope of Quranic activities. To solve the lack of Quranic activities, the following solutions can be considered: 1. Education and awareness campaigns: implementation of educational programs and awareness campaigns to highlight the importance and benefits of Quranic activities in promoting spiritual well-being and all-round development. This can help change perceptions and increase understanding among university and health center stakeholders. 2. Cooperation and partnership: Strengthen cooperation and partnership between religious organizations, student groups and relevant departments in universities and health centers. This can lead to joint initiatives and programs that integrate Quranic activities into existing structures and resources. 3. Flexibility and adaptability: Develop policies and guidelines that allow the adaptation of Quranic activities within a wider framework of religious diversity. This could include creating designated spaces for prayer,



organizing Qur'anic study groups, or providing educational workshops on Qur'anic teachings and principles. 4. Allocation of resources: support of dedicated resources and budget specifically intended for Qur'anic activities. This can help ensure that the necessary infrastructure, materials and personnel are available to effectively support these activities. 5. Sensitivity to religious diversity: Emphasize the importance of inclusion and respect for diverse religious backgrounds. Qur'anic activities should be designed in a way that includes and respects the beliefs and practices of people from different religious traditions. By addressing these factors and implementing these solutions, universities and healthcare centers can create an environment that strengthens Qur'anic activities and enables people to get to know and benefit from the teachings of the Quran in their educational and health journeys.

**Methods:** This article was a review study. Search was done in PubMed, SID information sources.

**Results:** 1. Lack of awareness and understanding: One of the primary factors in the lack of Qur'anic activities is the limited awareness and understanding of the relevance and application of the Quran in academic and health settings. There may be a lack of information among administrators, professors, and health care professionals about the benefits of incorporating Qur'anic teachings into their respective fields. 2. Secularization and institutional culture: Universities and health centers often prioritize secular, evidence-based approaches, which may inadvertently marginalize religious practices and teachings. This formalization of institutional culture can create the impression that Qur'anic activities are inconsistent or irrelevant in these environments, leading to a lack of support and resources for Qur'anic initiatives. 3. Limited resources: Limited resources, including budget, time and personnel, can face important challenges in the implementation of Qur'anic activities in universities and health centers. Allocation of resources may prioritize other areas such as research, clinical practice or administrative functions and leave little space for Qur'anic programs and initiatives. Various factors are effective in the failure of Qur'anic activities. Including the lack of understanding and interpretation, the influence of cultural and social norms, insufficient dissemination of Qur'anic knowledge, scattered approach, non-participation, political instability, the influence of technology and media, lack of support and encouragement, and personal factors. In order to overcome these challenges and promote successful Qur'anic activities, it is necessary to address these factors holistically and create an enabling environment that fosters participation and real understanding of Qur'anic teachings.

**Conclusion:** Finally, personal factors such as lack of motivation, time constraints and competitive priorities can also be effective in the failure of Qur'anic activities. People may find it difficult to give priority to their Qur'anic activities in the middle of their busyness, and as a result, they have irregular and inconsistent participation.

**Key words:** Qur'anic activities, medical and health centers, Qur'anic education

## **Hijab and chastity and its role in mental health and family and community health**

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### **Abstract:**

Hijab and chastity and its role in mental health and family and community health  
Hijab, one of the important principles in achieving psychological security and social health, which must be institutionalized in society by culture-building. Proper planning and promotion of the culture of chastity and hijab and observance of it by the family and the general public, can guarantee the health and social security in society. Hijab causes the expansion of psychological security and creates the ground for the spiritual growth of women and men. To achieve “family and community health” through social communication in the mental health of family members and community health, there are many opportunities and possibilities that must be used by using a comprehensive and complete model of these golden opportunities to enter the men into the process of providing community health with the element of Islamic hijab, which can be refined, purified and spiritualized, increased security and approached to God Almighty. But in general, they all consider it a necessary rule from God Almighty, which has been issued by measuring the good and welfare of all servants which result in the stability of the family and the manifestation of the value and respect of women and also plays a very important role in the stability of the society and also the physical and mental health of individuals and a little inattention to it may undermine the foundations of all these cases, disrupt the peace and security of the family and society and perhaps the family, which is the most important structural foundation of any society, due to inattention to the subject away from each other and social relations become damaged. So, considering all these cases, one of the most important steps that must be taken to maintain the security and peace of families, in fact, society, is a step to advertise this issue and make people and society aware and alert, so in this article, it has been tried to enumerate the psychological philosophy of hijab and chastity, the relationship between chastity and hijab, housekeeping of the sanctuary of chastity of women, the effect of hijab and chastity on social security from the perspective of Islam, preservation and hijab stability of the family, the role of hijab in mental health and its effects, the effects of bad hijab and the decline of social security, suggestions and some ethical recommendations in the field of hijab and Islamic chastity to achieve psychological security and social health.

**Keywords:** Hijab, chastity, mental health, family health, society.

## Quran and healing of mental and physical diseases

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### چکیده:

چکیده سابقه و هدف: قرآن کریم کتاب هدایت است؛ از این رو، در آیات مختلف، شفابخش خوانده شده است. حال، مسئله تحقیق این است که آیا قرآن تنها شفای روح و درمان کننده بیماری‌های اعتقادی و اخلاقی است یا برای جسم انسان‌ها نیز شفابخش است؟ پژوهش حاضر به هدف بهره‌گیری از قرآن در درمان و بهبود بیماری‌های روحی و جسمی، شفابخشی قرآن را از نگاه عقل، آیات و روایات و نیز شواهد تجربی و یافته‌های پزشکی بررسی و ارزیابی کرده است. تأکید بیشتر تحقیق بر اثبات شفابخشی قرآن برای بیماری‌های جسمی است. مواد و روش‌ها: در این تحقیق از روش توصیفی-تحلیلی استفاده شده است؛ نخست «آیات شفاء» در قرآن و نیز دیدگاه مفسران درباره آن بررسی شده و سپس روایات مربوط به مسئله و شواهد تجربی و یافته‌های پزشکی درباره شفابخشی قرآن در بیماری‌های جسمی، مورد بحث و تحلیل قرار گرفته است. یافته‌ها: شفابخشی قرآن کریم هم برای روح و هم برای جسم انسان قابل اثبات است؛ اما شفابخشی قرآن برای جسم انسان، به معنای کنار گذاشتن اسباب مادی و داروها و درمان‌های طبی نیست، بلکه برای درمان بیماری‌ها باید هم از اسباب ظاهری کمک گرفت و هم به اسباب معنوی و دعا و قرآن تمسک جست. در شفابخشی قرآن، ایمان به خدا و آموزه‌های وحیانی و نیز ایمان و اعتقاد به شفابخش بودن قرآن، نقش دارد. افزون‌براین، در بهره‌گیری از شفای قرآنی، التجاء و ارتباط با خدا و توسل به قرآن تأثیرگذار است و این ارتباط معنوی نیاز به خلوص و ظرفیت ایمانی بالایی دارد. بنابراین، شفایابی جسمی به صورت خارق‌العاده، امری همگانی نیست که عموم مردم به آسانی به آن دست یابند؛ البته تأثیرگذاری قرآن در حد آرامش و تسکین دردها، برای عموم مردم ممکن است.

**نتیجه‌گیری:** قرآن کریم هم شفای بیماری‌های روحی است و هم شفای بیماری‌های جسمی؛ برای شفابخشی قرآن نسبت به روح انسان جای بحث و تردید نیست، چون رسالت اصلی آن هدایت بشر و درمان دردها و بیماری‌های اعتقادی و اخلاقی اوست؛ اما شفابخشی قرآن نسبت به بیماری‌های جسمی نیز از نظر عقلی ممکن بوده و از نظر نقلی، برخی آیات قرآن و روایات بر آن دلالت دارند و جمعی از مفسران نیز به آن تصریح کرده‌اند و نیز تجربه‌های مؤمنان از صحت آن حکایت دارد و آزمایش‌های بالینی پزشکی در مواردی، تأثیرگذاری آن را بر آرامش و تسکین دردها تأیید کرده است.

**کلمات کلیدی:** شفاء، شفابخشی قرآن، آیات شفاء، بیماری روحی، بیماری جسمی.



## Creating an effective platform to attract the attention of the young generation to religious teachings in the field of mental health

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### **Abstract:**

The purpose of this article is to investigate the importance of creating a comprehensive platform that effectively engages and attracts the young generation in the field of mental health within the framework of religious teachings. Today, the young generation spends most of their time in virtual space, so it is possible to publish attractive and short content related to Islam and Quran in these spaces. It is even possible to provide direct communication between young people and scholars through social platforms, and this communication can include questions and answers, online counseling and sharing experiences, which is very useful. Young people are looking for content that will entertain and make them happy. Therefore, it is appropriate to use humor and humor in religious teachings to attract and influence young people. Also, addressing the religious concerns and questions of young people can make them more enthusiastic about religious teachings. Another important goal of this article is to help the society and policy makers in attracting the attention of young people to Islam in the field of mental health by providing practical and experimental solutions related to creating an effective platform. The study is a review type.

**Keywords:** Young generation, religious teachings, mental health

# Principles of nutrition and healthy eating patterns according to Quranic Perspective: Investigation the health effects of functional foods

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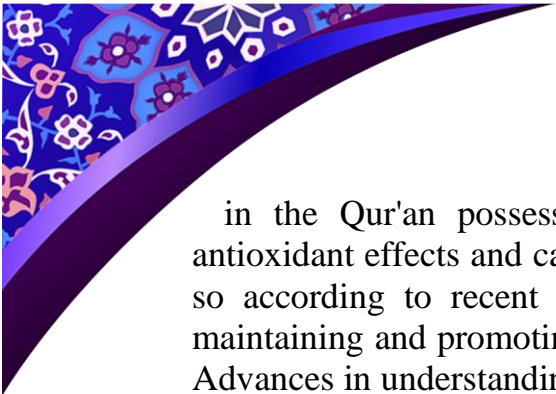
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## Abstract:

**Background:** Islam as the most complete heavenly religion has paid special attention to all aspects of human life and has considered everything that is necessary for optimal growth and achieving the flourishing of physical and mental talents. In this regard, special attention has been focused on the subject matter of food and nutrition in the Qur'an, and about 250 Qur'anic verses and dozens of narratives from the innocents indicate the importance of food and nutrition.

**Methods:** The objective of the current study was to analyze the perspective of the Qur'an regarding the fundamental aspects of maintaining a healthy diet and the dietary habits endorsed by the Qur'an. Search Method: The original articles include keywords Quran, healthy nutrition, functional foods, and probiotics" were searched in Web of science, Medline, Scopus, and Science Direct. A total of 200 studies were achieved. The articles that did not meet the inclusion criteria were excluded with the initial evaluation. The quality assessment was conducted for full paper and finally data were extracted from 50 selected articles.

**Results:** The Quran has a plan for Human Nutrition, and the main priorities of food supply resources, health standards, nutrition principles and food patterns are included in the program, and the crucial element of food security. In the Quran, almost all the useful and complete foods that are now referred to as complete foods are mentioned and occasionally their benefits are mentioned. So that pieces of milk and dairy, as well as honey and fruits like grapes, dates, apples and olives... And vegetables like garlic, pumpkin and... Grains like wheat and... Medicinal plants such as cedar and ginger are mentioned. Numerous food items referenced



in the Qur'an possess properties like anti-inflammatory, antimicrobial, and antioxidant effects and can be useful in preventing or even treating many diseases, so according to recent studies, the role of foods mentioned in the Qur'an in maintaining and promoting health and preventing many diseases can be explained. Advances in understanding the relationship between nutrition and health to achieve optimal health and reduce the risk of disease have led to the spread of ultraviolet foods, the industry of producing ultraviolet foods was created by adding or condensing beneficial compounds and removing ineffective or harmful substances, and quickly expanded the market for the production and consumption of these products. Functional foods are recognized as food items that possess health advantages beyond their nutritional.

**Conclusion:** The term is commonly used for processed or combined foods to promote health or reduce the risk of disease, but may include any food that naturally contains compounds with medicinal activity. Achieving the desired quality in ultraviolet food is simply not possible, in addition to an active role in the field of physiological effect, the preparation of the product must be in accordance with the consumer demand in terms of appearance and taste. In this article, the concepts, effects and role of functional foods in relation to health and the major compounds used in in their composition and the scientific study of the Qur'anic view of the aforementioned subjects in various verses are studied.

**Keywords:** Key words: Quran, healthy nutrition, functional foods, probiotics

## An Overview of the Concept of Healing in the Qur'an

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### Abstract:

**Background:** Mentioning the word “healing” in the Qur'an has health within itself. The Qur'an is healing in the sense that it purges the human body of false opinions and heals him/her with the guidance light. Therefore, the current review study was conducted to investigate the concept of healing in the Quran.

**Method:** In this review article, studies were retrieved by searching the defined terms in the articles' titles without time limitation on certain domestic and foreign databases. The articles were selected based on the inclusion and exclusion criteria, and the required information was extracted from them to be analyzed.

**Results:** In numerous verses, the Qur'an has been referred to as “healing,” and in some other verses, the Qur'an has also been regarded as a source of guidance in addition to “healing.” “Healing” in terminology is placed against diseases, deficits, and impairments. Therefore, the first thing that the Qur'an does for an individual is to purge his/her inside of various intellectual, moral, and social diseases. Then, God's mercy encompasses the believer, and divine moral virtues get revived in him/her.

**Conclusion:** In the Qur'an, the word “healing” has been used four times: Once in the meaning of “physical healing” and three times in the meaning of “spiritual healing.” The Qur'an is a curative and fruitful medicine for all mental and spiritual pains and diseases, both individual and social. The Qur'an is a prescription for organizing all disorganizations and the recovery of the individual and society from various moral and social illnesses. The best reason to affirm this truth is to compare the status of the uninformed and ignorant Arabs with those educated in the Prophet's (peace be upon him) school at the beginning of Islam.

**Keywords:** Concept of healing, Qur'an, Physical health, Mental health

## An Overview of the Role of Hijab and Chastity in Mental Health

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### Abstract:

**Background:** The issue of the hijab, as a religious order and one of the crucial issues in our society, is linked to numerous issues and has various aspects, leading to the protection of individuals against corruption due to not wearing the hijab. Therefore, the present research aimed to assess hijab and chastity and their role in mental health.

**Method:** In this review article, studies were retrieved by searching the defined terms in the articles' titles without time limitation on certain domestic and foreign databases. The articles were selected based on the inclusion and exclusion criteria, and the required information was extracted from them to be analyzed.

**Results:** Based on the conducted assessment, hijab has positive impacts on the spirit. As the fruit of hijab, chastity is the cause of an individual's tranquility and calmness, and staying away from the causes of distress finally leads them to a clear conscience. There are numerous causes of intellectual and mental insecurity, and chastity hinders their occurrence. Chastity leads individuals to have a sense of security and honor and makes them able to think correctly and make the right decisions throughout their lives. Hijab heightens value and respect. In the family, observing hijab also has some effects, including strengthening the family bond, consolidating and maintaining the family foundation, and reinforcing the love for the spouse. It leads a person to feel calmer in life, and this calmness in the family will mutually affect society.

**Conclusion:** The findings of these studies indicate that the impacts of hijab on mental health and tranquility include security, mental and emotional development, being valuable, modulating the ostentation instinct, increasing the sense of self-worth, protecting human emotions, observing human ethical principles, and maintaining family stability.

**Keywords:** Keywords: Overview, Hijab, Chastity, Mental health

## An Overview of the Challenges of Qur'anic Activities

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### Abstract:

**Background:** Qur'anic activities are confronted with various challenges, and neglecting these challenges can overshadow the effectiveness of these activities. Therefore, it is essential to identify the challenges of these activities and establish an appropriate foundation for finding solutions to them. Therefore, the present study aims to provide an overview of the challenges of Qur'anic activities in universities.

**Methods:** In this review article, studies were retrieved by searching the defined terms in the articles' titles without time limitation on certain domestic and foreign databases. The articles were selected based on the inclusion and exclusion criteria, and the required information was extracted from them to be analyzed. Findings: Iran has passed through different periods. After the approval of the Qur'anic culture expansion charter, these activities have become more coherent structurally, and various domains have been defined for them. The researchers' inability to interact with the scientific community of the country and convey

Results: the findings to it, the unfamiliarity with the Qur'anic concepts and teachings, the inability for Qur'anic activities among graduates, the inability of the advertisements to respond and defend the Qur'an's legitimacy, the lack of turning the Qur'an's public teaching in families' culture and the society's public culture into a value and norm, the lack of a system for nurturing efficient Qur'anic planners and focusing on entertainments in virtual space, and the neglect of religious affairs among the young generation are the most important challenges of Qur'anic activities in the mentioned texts.

**Conclusion:** The study result demonstrated that the areas of macro-management, governorship, public education, religion, research, and human resources as the human life macro-areas will undergo prodigious changes in the future, which will strongly influence Qur'anic activities and will create numerous challenges for them.

**Keywords:** Keywords: Overview, Challenge, Qur'anic activities, University

## Analyzing the concept of spiritual health from the perspective of the Holy Qur'an and hadiths

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### چکیده:

سلامت معنوی یکی از ابعاد چهارگانه سلامت انسان در کنار ابعاد روانی، اجتماعی و جسمی است. سلامت معنوی خنثی کننده فشارهای روانی است که در سایه احساس قرب خداوند خودنمایی میکند. افرادی که خداوند را در تمام منظومه زندگی احساس میکنند همواره شرایط بحرانی و استرس زا آنان را تحت فشار نمیگذارد. وصف (الْمُخْلِصِينَ) در آیات قرآن برای انسانهایی به کار رفته که سلامت معنوی آنان چنان کامل و مستحکم است که شیطان نمیتواند در آنها نفوذ کند (سوره ص). اخلاص در ساحت روابط چهارگانه انسان منجر به قلب سلیم شده و قلب سلیم میتواند معادل سلامت معنوی در پرتو اخلاص باشد که منزل نهایی آن حیات طیبه است و میتواند معادلی برای سلامت کل نگر با محوریت سلامت معنوی باشد. روش کار: روش مطالعه به صورت جستجو و در پایگاههای Google Scholar و همچنین در مقالات فارسی با استفاده از کلید واژه سلامت معنوی، معنویت، مفهوم معنویت از تاریخ ۱۳۹۲-۱۴۰۲ در زمینه مفهوم معنویت و تعاریف آن انجام گرفت. تعاریف و مفاهیم مختلف در زمینه سلامت معنوی از منابع در دسترس جمع آوری گردید و در نهایت، مورد تجزیه و تحلیل قرار گرفت. یافته ها: در آموزه های قرآنی برای سلامت معنوی با گره خوردن آن با واژه «قلب سلیم» جایگاه وسیعتر و جامع تری تعریف و لحاظ شده است. (شعرا، آیه ۸۹)؛ مگر کسی که با قلب سلیم به پیشگاه خدا آید! «(صافات، آیه ۸۴)؛ (به خاطر بیاور) هنگامی را که با قلب سلیم به پیشگاه پروردگارش آمد. خداوند متعال در قرآن کریم، از قلب به عنوان منبع و ظرف سلامت معنوی یاد کرده و در این حوزه، بیست نوع قلب مختلف را نام برده است که هشت مورد از آن ها بر سلامت و دوازده مورد دیگر بر نبود سلامت دلالت می کنند. از نظر قرآن کریم و روایات، قلب سلیم و به تبع آن سلامت معنوی در سه بعد سلامت عقلانی و معرفتی، سلامت احساسی و عاطفی و سلامت رفتاری قابل تبیین است. در قرآن کریم مفهوم سلامت معنوی جزئی مهمی در چارچوب ابعاد سلامت است و جایگاه اصلی سلامت معنوی، قلب و بعد درونی انسان قلمداد شده است. خاستگاه سلامت انسان در قلب یا روح اوست. با این وجود، اگر سلامت بدن ادمی به اموری از جمله تغذیه مناسب، خواب کافی و ... وابسته است. سلامت معنوی او نیز به اتصال و ارتباط معنوی انسان با خداوند متعال وابسته است.

کلمات کلیدی: معنویت، سلامت معنوی، قرآن کریم، احادیث

## Problems and challenges of Quranic activities in universities

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### **Abstract:**

The present research is descriptive in nature and practical in purpose. Based on this, the existing challenges were extracted by designing a questionnaire by the researcher and completing it by 60 Quranic experts and activists of universities. Conclusion: The generational gap of students, parents and cultural planners in today's society, the spread of new communication technologies and consequently entertainment in virtual space and the neglect of religious affairs and the reduction of constructive interactions in the transmission of practical Quranic knowledge to the scientific community, the neglect of the young generation. From the importance of educational courses, the value and non-formativeness of general teaching of the Quran in the university environment, the lack of a training system for creative and efficient Quranic planners, and not considering the potential of benefactors in improving the infrastructure of Quranic activities are among the most important challenges of Quranic activities in universities. Creating a space for discussion among students and professors, active and effective participation of the young generation in the implementation of Quranic activities, improving media literacy and the knowledge of executive experts, and compiling qualitative and quantitative indicators suitable for measuring Quranic activities in universities and attracting the participation of benefactors to support Quranic activities are one of the most important practical solutions.

**Keywords:** Quranic activity; Quranic University; Quranic student; Cultural politics



# The role of hijab and chastity in the mental health of the individual, family and society: a systematic review

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## **Abstract:**

In today's world, hijab and chastity are among the topics that are considered in many societies and cultures with different and sometimes special views. The purpose of this study is to investigate the effects of observing hijab and chastity on the mental health of the individual, family and society. **Materials and Methods** The current study is a systematic review and was conducted in 1402. The databases examined in this study include domestic scientific databases. The keywords used include hijab, chastity, and mental health. The data was collected using a self-made checklist and analyzed with the content analysis method. **Findings** In the review of the literature, it has been shown that having hijab and chastity leads to increased self-confidence, strong mental strength, and the existence of healthy and deeper relationships with God. In addition, maintaining hijab in the family plays an important role in improving family relationships, strengthening the family foundation and creating family stability. Due to the exaggerated control of sexual desires and desires, hijab and chastity can reduce the risk of mental disorders such as depression, anxiety and addiction. In general, this review shows that hijab and chastity have a significant effect on the mental health of the family and society. Therefore, it is necessary to preserve these concepts and promote them in the society to improve the mental and social health of the people in the society. **Keywords** Hijab, chastity, mental health

**Keywords:** Hijab, chastity, mental health

## A sound heart and its effects on human life

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### Abstract:

A sound heart and its effects on human life Author: Dr. Shadi Esmaeili<sup>1</sup> 1 - Member of the Faculty of Hematology, Faculty of Para medicine, Shahid Beheshti University of Medical Sciences Background and purpose: Since the heart is the king of human existence, its reform is equal to human reform and human reform is equal to society reform. The word "sound heart" is taken from verse 89 of Surah al-Shaara: "The day when wealth and children will not give profit, except for the one who enters with a sound heart. In this research, the aim is to examine the Islamic verses and traditions in the field of a sound heart and its effects on human life. Search method: In this research, a study was conducted by searching the library and also using the book of the Holy Quran, Nahj al-Balagheh, Al-Shari'a al-Sharia, Jafariyat and other religious books, as well as searching on the Internet in the field of sound heart. Findings: Those who have a sound heart, who are religiously inclined to monotheism and are safe from polytheism at all times, and who are morally pure and avoid sin and go to God with a heart of repentance. Imam Ali (a.s) says: "When God loves a servant, He gives him a healthy heart and good morals." The result of health causes the health of the whole body and disease causes the disease of all human organs. Conclusion: If the heart wants to reach the highest peaks of dignity and perfection and become a mine of wisdom and the place of descent of God's grace, it must be emptied of sin and beautified by the Qur'an and divine values.

**Keywords:** faith, spiritual education, conception of God, attachment to God, sound heart, spirituality

## Islamic propositions in palliative care

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### **Abstract:**

According to studies, the prevalence of chronic diseases is increasing in the world. Optimal management of these diseases to reduce suffering and improve the quality of life and their caregivers is an important challenge that will be implemented by providing holistic care. Today, attention to the concept of palliative care and its institutionalization has become one of the main issues in the field of health in many countries, and according to the definition of the World Health Organization, it refers to an approach that improves the quality of life of patients (adults and children) and their families. It prevents and relieves suffering through the early identification, correct assessment and treatment of pain and other problems, whether physical, psychosocial or spiritual. While the overall goal of palliative care is compatible with Islamic values, it is necessary to analyze its various aspects from the perspective of Islam. The holistic concept of care from the perspective of Islam also refers to the care of the body along with non-physical issues such as spiritual, psycho-emotional and social needs. The necessity of this issue becomes more obvious when faced with difficult conditions such as chronic diseases that have many complications from the beginning to the time of death and even during mourning. Considering the growth of the Muslim population, which includes 24% of the world's population, the analysis of their religious principles has been noticed even among the non-Muslim doctors of the world; because not paying attention to these principles reduces the effectiveness of interventions. Also, understanding the Muslim patient's basic needs helps the physician in shared decision-making and effective communication, and integrates the patient's values, beliefs, and goals with the principles of palliative care. It is important for doctors to understand the religious and cultural attitudes of patients about life, health, illness and death; because providing care based on religious attitudes and beliefs facilitates treatment, especially in difficult or critical cases. The concept of multi-disciplinary care, which is related to the involvement of specialists from different disciplines, is also mentioned in many verses and hadiths. The theory of the perfect human being based on the Qur'an and the opinions of Islamic mystics also supports the consideration of non-physical dimensions in the face of diseases. This review article is designed as a starting point to further explore the principles of palliative care and examine the comprehensive needs of Muslim patients and caregivers in Muslim communities, and it is hoped that the treatment team's awareness of the concepts of this novel knowledge, its application based on the doctrine religious beliefs, compiling a comprehensive guide and institutionalizing it by health policymakers, acceptable result can be achieved in improving the quality of life of Muslim patients.

**Keywords:** Palliative Care, Chronic Disease, Quality of Life

## Drinking water in the perspective of the holly Quran

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### چکیده:

نوشیدن آب از منظر قرآن کریم نویسنندگان: فائزه قالیچی استادیار گروه تغذیه و صنایع غذایی، دانشکده علوم پزشکی مراغه، مراغه سابقه و هدف: آب یکی از بزرگ‌ترین نعمت‌هایی است که خداوند در اختیار بشر قرار داده است. در میان ادیان الهی، هیچ کدام به اندازه‌ی دین مبین اسلام، به ویژه قرآن کریم، به موضوع «آب» نپرداخته است. خداوند در آیات متعدد، انسان را به تفکر در آب و شکرگزاری این نعمت بزرگ یادآور شده است. هدف از مطالعه‌ی حاضر، مرور آیاتی از قرآن کریم است که در آن واژه "ماء" بکار برده شده است و به تفصیل اهمیت آب در آیات قرآنی می‌پردازیم. روش جستجو: این مطالعه از نوع مقاله مروری و بر اساس مطالعه‌ی کتابخانه‌ای و بررسی متون است که با تعمق برگزیده‌ای از آیات قرآنی که واژه‌ی "ماء" در آن بکار برده شده است، به مرور رهنمودهایی در زمینه اهمیت نوشیدن آب از منظر قرآن کریم پرداختیم. یافته‌ها: در قرآن، آب با ارزش‌ترین آفریده خداوند بعد از انسان است. خاصیت «حیات‌دهندگی» آب در آیات ۴۸ و ۴۹ سوره فرقان اشاره شده است. در قرآن کریم، آب از منظر سیراب کنندگی " فَأَنْزَلْنَا مِنَ السَّمَاءِ مَاءً فَأَسْقَيْنَاكُمُوهُ "، منافع آب شیرین برای موجودات زنده " عَذْبٌ فُرَاتٌ سَائِغٌ شَرَابُهُ " و معجزه‌ی خداوند متعال در در هم آمیخته نشدن آب شیرین و شور " وَهُوَ الَّذِي مَرَجَ الْبَحْرَيْنِ هَذَا عَذْبٌ فُرَاتٌ وَهَذَا مِلْحٌ أُجَاجٌ وَجَعَلَ بَيْنَهُمَا بَرْزَخًا وَحِجْرًا مَّحْجُورًا "، استفاده بجا از آب و عدم اسراف آن " كُلُوا وَاشْرَبُوا وَلَا تُسْرِفُوا إِنَّهُ لَا يُحِبُّ الْمُسْرِفِينَ " مورد بررسی قرار گرفته است. نتیجه‌گیری: نوشیدن آب در قرآن کریم از جایگاه بالایی برخوردار است؛ چنانکه رسول اکرم (ص) و ائمه معصومین (علیهم السلام) توصیه‌های ارزشمندی در این رابطه داشته‌اند. طبق احادیث، بهتر است نوشیدن آب با بسم الله شروع شود و ظرف آب با حمد خدا از دهان جدا شود. همچنین در احادیث دیگر، توصیه شده که آب خوردن سرپا و در طول روز صورت گیرد. از رهنمودهای بسیار ارزنده قرآن در امر نوشیدن آب، استفاده و بهره مندی از روزی‌های حلال و طیب و عدم اسراف آن است که پایبندی به آن انسان را در مسیر توحیدی و سلامتی جسم و روح قرار می‌دهد.

کلمات کلیدی: قرآن، آب، حلال، اسراف

## بررسی تطبیقی دیدگاه متون مقدس ادیان ابراهیمی و دانش پزشکی درباره آمیزش در دوره عادت ماهانه

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### چکیده:

مساله آمیزش در دوره عادت ماهیانه مطمح نظر متون مقدس (کتاب مقدس و قرآن) ادیان ابراهیمی (یهودیت، مسیحیت و اسلام) بوده و در این متون با رویکرد گوناگون، احکامی را در این باره تشریح کرده اند. این مقاله با روش توصیفی، تحلیلی، تطبیقی روشن ساخته که رویکرد عهد عتیق از کتاب مقدس کنونی به این موضوع، رویکردی سختگیرانه بوده و بیشتر ارتباطات عادی و جنسی میان مرد و زن در ایام عادت ماهیانه را ممنوع ساخته است. در مقابل، در عهد جدید و مسیحیت هیچگونه محدودیتی در این باره وضع نگردیده است. قرآن در آیه ۲۲۲ سوره مبارکه ((بقره))، صرفاً آمیزش در این ایام را ممنوع کرده است که با توجه به مضمون آیه شریفه و روایات، به دست می آید که هدف اساسی از این ممنوعیت، رعایت بهداشت و تامین سلامت است؛ مطلبی که دانش روز پزشکی آن را تائید می نماید.

**کلمات کلیدی:** متون مقدس، ادیان، ابراهیم، آمیزش، عادت ماهیانه

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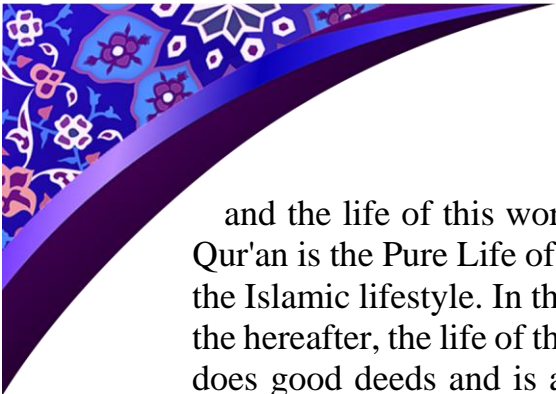
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### **Abstract:**

In the importance and place of morality and related issues, it is enough that the cultivation and education of man has been one of the important goals of the mission of the great messengers of God throughout the history of human life; as the Prophet (peace and blessings of Allah be upon him) introduced the purpose of his mission to complete the virtue of morality and His Holiness Ali (peace and blessings of Allah be upon him) said: "If we did not hope for Paradise, nor fear Hell, nor reward nor punishment, we should demand good morals, for they are what indicate the path to success. ". The purpose of this article is to give an overview of morality and its role in the Qur'an and to reflect the divine morality of the dependent and the patterns and principles that are recognized in the Qur'an as the superior families, as well as the function and position of the house according to the verses of the Qur'an and also to have a desirable family from the point of view of the Qur'an. Search method: The study type is a review type and the method of collecting Library Information and new methods of methodology of Quranic studies and the place of ethics in social education and lifestyle and the role of family and home from the perspective of the Qur'an, and by studying the lifestyle of the people of Bethlehem and the innocents and the opinions of holistic experts, which was done with descriptive method along with content analysis as well as the use of site resources. Findings: The Qur'an values the issue of morality in such a way that it is considered one of the original goals of the general prophecy and considers the lives of people in the shadow of morality, a happy life and considers a person who is not a creator of divine morality to be losers and losers of capital. God swears in Surah Asr that the human species are in loss, except for the specific group: "And the era is that man is in loss "... ». Allah says of the family of the school of love and friendship," And among His signs is that He created for you mates from among yourselves that you may find tranquility in them, and He placed between you affection and mercy. Indeed, in that are signs for a people who reflect". In praise of the prophet of Islam, Allah says: " And indeed, you are of great character ". Life can have different types, but what is mentioned in the Quran is three types of life.: The life of this world, which the Qur'an has commanded, the life of this world is unstable and the means to the hereafter and the life of the hereafter is stable against the life of the hereafter. The real life is there,



and the life of this world is a passage. For another type of life mentioned in the Qur'an is the Pure Life of the Good Life, which is considered an important aspect of the Islamic lifestyle. In the Qur'an, in addition to the life of this world and the life of the hereafter, the life of the good life is mentioned whoever, whether male or female, does good deeds and is a believer, we will surely give them a good life and give them their reward. The best of what they used to do. The construction of a human and divine society is undoubtedly one of the most important concerns of all the divine prophets, and in order to build a Qur'anic society, the Qur'an and tradition should be used, but the important point in the formation of the Islamic Society is to pay attention to the different dimensions of the characteristics of the desirable society from the perspective of the Qur'an and the Sira of the House of Allah, which can be considered as a key strategy for the realization of the Islamic lifestyle.

**Keywords:** Ethics, Lifestyle, Holy Quran

## Healing from the perspective of the Holy Quran

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### Abstract:

Illness and health have always been one of the basic issues of human life, but nowadays what has taken a large share of the definitions related to health is the physical aspect of health, and its other dimensions have been downplayed for various reasons, including and the unfamiliarity of researchers in this field has been kept at a distance. But from the point of view of the Islamic school, other aspects of human beings, especially mental-psychological issues, are much more important in terms of influencing health and have been given a lot of attention. According to the verses of the Quran, healing means cleansing and mercy means rehabilitation. In this regard, the way to achieve perfect health in the Quran will be possible through divine healing. For this reason, it is necessary for every believer to know the meaning of healing and the way to enjoy it. Research Methodology to conduct this research, the Quranic search method was used. For this purpose, first the verses in which the word healing and its derivatives are used have been selected and was examined with the help of interpretations. Finally, the obtained result are classified to get a clear picture of healing mentioned in the Quran and its dimensions. "Spiritual healing". A - physical healing: different colors of wine come out of their bellies in which they heal people (1); (It comes out of the bee's belly, honey that has different colors, and in it is the healing of people). B- Spiritual and esoteric healing: Spiritual healing is also used in three places in the Quran: 1- There has come to you a message from your Lord and healing for what is in the chest and guidance and mercy for the believers (2); (Preaching and healing for your breasts and hearts and guidance and mercy for the worlds came to you from your Lord [and that was the Qur'an). 2- And what we have sent down from the Qur'an is healing and mercy for the believers (3); (We send down the Qur'an which is healing and mercy for the believers). 3- The saying is for those who believe, guidance and healing (4); (Say, O Prophet, to the believers that the Qur'an is guidance and healing). So far, it has become clear that the Qur'an is the cure for the incurable spiritual and inner pains of the believers, and on the contrary, it is the aggravator of the disease of the unbelievers and hypocrites, who no longer submit to the words of truth and run away from the light of the truth of the Qur'an like bats. lievers who have been healed by the Qur'an are always with the truth, so they become an example of the truth, and wherever they are present, falsehood is destroyed. . The horizon and end of this stage is to have a healthy heart, and a person who has a healthy heart means that he has reached what was intended by his creator.

**Keywords:** Quran, healing, spiritual healing.



## Explanation of women's clothing (Hijab) from the point of view of Iranian medicine with the approach of improving fertility

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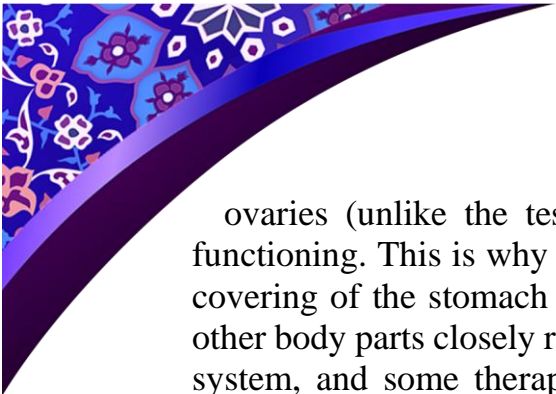
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### Abstract:

**Background and Objective:** Women's clothing has been the focus of Iranian medical experts for a long time, not only from a cultural and social point of view, but also from a medical, health and wellness point of view. In this study, we examine the appropriate clothing for women using the sources of traditional Iranian medicine and examine the available evidence based on new findings. **Search Method:** In this review study, initially, information from authoritative sources of Iranian medicine including 'Al-Qanun fi al-Tibb' (The Canon of Medicine), 'Kholasat al-Hikmah' (Essence of Wisdom), and 'Zakhireye Khwarazmshahi' were extracted and analyzed. Then, a search was conducted in credible databases such as SID, Scopus, PubMed, and Web of Science to examine the evidence found in recent scientific sources. Finally, the manuscript was translated and enhanced using the artificial intelligence of ChatGPT (all changes made were reviewed by the authors and applied if correct). **Findings:** As historical evidence indicates, Iranian women, especially those in higher social levels, even before the era of Islam, used completely covered clothing. Despite differences in style and color, the common features of these garments included being long, loose, and usually accompanied by a hat, headband, and turban. In traditional Iranian medicine, clothing is considered an important factor in maintaining the balance of temperaments and overall health. The fabric, color, and design of clothing can impact both mental and physical health. According to sources, the chief organs, including the brain, heart, liver, and gonads, are essential for the individual's survival or for having healthy offspring, and these organs are intricately connected with each other and with other body parts according to new evidence and studies. In general, women's temperaments are colder and more moist compared to men, and women's body tissues are more porous than men's. Therefore, women are more prone to diseases associated with cold and moist conditions. Inadequate covering of the head in women can lead to weakness in the brain system and direct ailments such as headaches and mental and neurological problems, or indirectly cause other systemic diseases, including infertility and digestive issues. Furthermore, from the perspective of traditional Iranian physicians, the location of the



ovaries (unlike the testes) in the pelvic area requires higher heat for proper functioning. This is why in ancient Iran, women paid special attention to complete covering of the stomach and pelvic area (using warm belts). Legs and breasts are other body parts closely related to the proper functioning of the female reproductive system, and some therapeutic measures for menstrual problems are specifically, focused on these areas. Therefore, it seems that proper coverage of these parts, maintaining warmth and improving blood circulation, can be effective in enhancing fertility. The findings of this study showed that the issue of women's clothing and hijab, in addition to religious, social and psychological dimensions, can also be considered from a medical point of view, and it can especially improve women's reproductive health as one of the effective factors in creating a healthy generation.

**Keywords:** Keywords: Persian Medicine, Hijab, Islam, Mizaj, Public Health, healthy progeny

## Challenges of Quranic activities among students of Lorestan University of Medical Sciences

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### Abstract:

Universities are the most important tools for transferring values and norms to the younger generation, contributing to the progress and development of society in the correct way. Quran activities can play a significant role in the cultural and social development of students. In this context, there are many positive influences that can help develop the character, morals, and promote the social harmony of students. This study was conducted to better understand the challenges of Quran activities at Lorestan University of Medical Sciences. Materials and Methods: This qualitative research was undertaken in the first half of the academic year 2023. Semi-structured interviews were conducted with professors from various faculties of the University of Medical Sciences, employing the purposeful sampling method. Subsequently, the data were analyzed using the qualitative content analysis method. Findings: Twelve professors were interviewed face-to-face. From the analysis of the interviews regarding the professors' opinions on the challenges of Quran activities at Lorestan University of Medical Sciences, the following challenges were identified: Providing Financial Resources and Lack of Facilities (Quran activities require financial resources, with the main challenge being the provision of sufficient funds for various programs and projects. The absence of adequate funding may reduce students' motivation), Attracting Participants (Attracting active participants in Quran activities sometimes necessitates effective advertising and careful planning. The challenge lies in providing participants and capturing their interest), Cultural Issues (Various cultural issues within society may pose challenges in advertising and implementing Quran programs), Interaction with Different Students (Students in universities are engaged in different fields and hold diverse opinions. Interacting with these diverse groups and creating a suitable atmosphere for Quran activities requires careful attention and coordination), Lack of Time (Students in medical fields typically have very intensive and time-consuming curricula. This may interfere with Quran activities and their participation in religious activities), and Lack of Attention from University Management (In some cases, university managers may not pay enough attention to the importance of Quran activities and To enhance Quran activities and capture students' attention, it can be effective to conduct meditation sessions and Quran interpretation, publish diverse Quran resources, allocate appropriate financial resources, foster effective communication, utilize social networks within the university, and organize competitions, similar to other competitions.

**Keywords:** Challenge, Activity, Quran, Medical Sciences



## The concept of wellness, health and health from the perspective of the Holy Quran

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### **Abstract:**

They consider the Holy Quran to be the word of God as it was revealed to Prophet Muhammad. This book serves as a comprehensive guide for Muslims that addresses all aspects of life, including health and wellness issues. The Quran emphasizes the importance of maintaining health and wellness as part of a productive and purposeful life. The Holy Quran, as the Holy Book of Muslims, contains instructions and guidance that help us in our daily lives. This holy book fully refers to the concept of human wellness, health and health and guides us towards a healthy and balanced life. In this article, we examine the concept of wellness, health and wellness from the perspective of the Holy Quran and show how this holy book can help us improve the quality of life.

**Keywords:** Health, well-being, fitness, Quranic teachings, Islam

## جلوه هائی شفابخشی قرآن : اتیولوژی تا درمان بیماریها

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### چکیده:

روش تحقیق: مقاله حاضر به منظور ارائه جلوه هائی از شفابخشی قرآن از اتیولوژی تا درمان بیماریها ، با استفاده از موتورهای جستجو و کتب و مقالات موجود تهیه گردید .یافته ها: بهداشت و سلامتی ، همیشه از موضوعات مهم مورد بحث علوم پزشکی بوده است. مشخص شده است که دین باوری و آموزه های قرآنی نقش بسزایی در حفظ و ارتقا سلامتی دارند. زیرا ۱۴۰۰ سال قبل قرآن کریم به ارائه مطالب متعددی در مورد علل و درمان برخی از بیماریها (از جمله پوستی- لکنت زبان - خونریزی بعد زایمان ) و اصول تندرستی و فواید برخی مواد غذایی از جمله عسل پرداخته است.

نتیجه گیری: با توجه به نتایج مثبت حاصل از یافته های مطالعات انجام شده در مورد آموزه های قرآن در زمینه تشخیص و درمان برخی بیماریها لذا پیشنهاد می شود محققین علوم پزشکی و قرآنی با همکاری یکدیگر به استخراج سایر جلوه های شفابخشی قرآن بعنوان یک روش غیر دارویی، کم هزینه، مفید جهت درمان سایر بیماریها بپردازند.

کلمات کلیدی: شفا، درمان، قرآن.

# دیدگاه قرآن در مورد تغذیه سالم

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## چکیده:

خداوند در قرآن، هر بار که مواد خوراکی سخن به میان آورده، میوه و سبزیجات را مقدم بر گوشت مطرح کرده است. بنا به توصیه متخصصین تغذیه، بهتر است میوه را قبل از غذا تناول کرد. زیرا خواص میوه‌ها (از قبیل حضور ویتامین‌ها و تصفیه دستگاہ گوارشی و بدن از مواد زاید و برقراری تعادل فیزیولوژیکی در ترکیبات خون)، با معدوی خالی بیشتر ظاهر می‌شود تا بعد از غذا و معدہ پر. در آیات ۲۰ و ۲۱ سوره واقعه، آیه ۲۲ سوره طور، آیات ۱۳ و ۱۴ سوره نحل خداوند مصرف میوه را بر گوشت مقدم دانسته و بیشتر از سبزیجات یاد می‌کنند تا از گوشت. نتایج بررسی محققین علوم قرآنی نشان داد که نام ۳۰ نوع میوه و گیاه (انگور، انجیر، عدس، کدو، خرما و سیب) در آیات قرآنی ذکر شده است. همه این موارد نشان می‌دهند که میوه‌ها و سبزیجات از دیدگاه قرآن از نظر فواید غذایی در رشد و سلامتی انسان مفیدتر میباشند. تعدد اشارات قرآن به مبحث سلامتی انسان و اختصاص دادن حجم نسبتاً زیادی از آیات به انواع گیاهان و سبزیجات همگی تائیدی دیگر بر جامع بودن مباحث قرآن مجید و ارتباط علم پزشکی (تغذیه) با قرآن میباشد. در انتها به سایر محققین علوم قرآنی و پزشکی پیشنهاد مینمائیم که در راستای کاوش پاسخ به مجهولات پزشکی (اعم از پیشگیری و یا درمان انواع امراض) به تفسیر هرچه دقیقتر آیات قرآن بپردازند.

کلمات کلیدی: قرآن، تغذیه، سلامت

## Strategies for Developing Quran Activities in Healthcare Centers

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### Abstract:

Quranic activities can play a significant role in the cultural and social upliftment of medical university staff and students. Depending on the nature of the activities undertaken by these employees, the Quran can play a crucial role in fostering peace and enhancing service delivery. This study was conducted to gain a better understanding of how to enhance Quranic activities at Lorestan University of Medical Sciences. **Materials and Methods:** This qualitative research was conducted in the spring of 2023. Semi-structured interviews were carried out with employees from various departments of the University of Medical Sciences, employing the purposeful sampling method. The collected data were analyzed using the qualitative content analysis method. **Findings:** A face-to-face interview was conducted with 15 employees. From the analysis of the interview texts regarding professors' opinions on strategies for developing Quranic activities in health-therapeutic centers at Lorestan University of Medical Sciences, three main themes were extracted: 1: The field of training and providing human resources: Empowerment of employees in the field of Quran and Atrat, empowerment of active manpower in the Quranic department of the centers, establishment of a manpower evaluation system based on the performance reward system. and support for elites and Quranic activists. 2: The field of financing: Strengthening and developing mechanisms for the financial participation of employees in Quranic affairs, targeting the university's financial support for employees' Quranic activities with an infrastructural support approach. 3: Administrative and managerial area: supporting the establishment of specialized Quranic institutions in the university, creating a centralized policy-making center for Quranic affairs, coordination and strategic supervision in Quranic affairs at the university, and forming a coordination council for Quranic affairs at the highest level of the university. To enhance Quranic activities in universities of medical sciences, it is essential to formulate appropriate policies aligned with the human resources structure within these centers. The active participation of all employees in program implementation, coupled with consideration for their interests and cultural diversity, can prove effective in augmenting Quranic activities in centers affiliated with universities of medical sciences.

**Keywords:** Activity, Quran, Medical Sciences

## Analysis of the Quranic Methods of providing the mental health of Muslims against the issue of martyrdom

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### Abstract:

در آیاتی از قرآن با موضوع بلاها، مصیبت ها، اتفاقات ناگوار و جنگ ها روبه رو هستیم که مواجه شدن با آن ها برای هر انسانی سخت و دشوار است و به همین خاطر خداوند در برابر آن ها به بندگان خود دلداری داده است. خداوند در امتحانات، بلاها، مصیبت ها و جنگ ها، راهکارهایی را به بندگان خود ارائه می دهد تا از آن سربلند و پیروز بیرون آیند. مرگ نیز نوعی بلا است که برای خود انسان و اطرافیانش بسیار سخت است؛ با این وجود، جهاد در راه خدا، وظیفه‌ای است که نمی توان آن را کنار گذاشت و در شرایطی بر مسلمانان واجب است؛ از این رو خداوند برای کاهش و رفع اندوه و ترس ناشی از درگذشت افراد در جهاد فی سبیل الله، مسلمانان را دلداری داده تا حدی که مرگ در راه خدا را به معنای نیستی و هلاکت ندانند؛ بلکه آن را به معنای شروع زندگی سعادت‌مندانه بدانند. پژوهش حاضر با هدف شناخت شیوه های تامین سلامت روان مسلمانان در مواجهه با مسئله شهادت نگارش شده است و قصد دارد با جستجو در آیات قرآن و به روش توصیفی تحلیلی، محتوای آیات مربوط به جهاد و شهادت را از دید شیوه های تامین سلامت روان تحلیل کند. با جستجو در پژوهش های مربوط به سلامت روان، پژوهشی در این موضوع یافت نشد؛ هرچند که پژوهش هایی در زمینه نقش قرآن و مذهب در تامین سلامت روان بود اما اختصاص به سلامت روان در زمینه شهادت نداشت. همچنین پژوهش هایی مربوط به سلامت روان بازماندگان شهدا بود که از دید قرآن بررسی نشده است. در این پژوهش ابتدا آیات مربوط به شهادت، دسته بندی شده و سپس با استفاده از نظرات مفسرین تحلیل می شود که خداوند برای دلداری مجاهدان فی سبیل الله که با از خودگذشتگی خود را در معرض شهادت قرار می دهند و علاوه بر آنان همدلی با داغدیدگان و بازماندگان شهدا، چگونه مسئله شهادت را تبیین می نماید تا آنان به ارزش جهاد پی برده و از مرگ در این راه باکی نداشته باشند. نتایج بدست آمده حاکی از آن است که این شیوه ها عبارت است از: ۱- توصیه به کمک گرفتن از صبر و نماز و توکل، ۲- وعده همراهی با صابران و بشارت به آنان، ۳- تصریح بر زنده بودن شهدا و توصیف احوالات خوش آنان پس از شهادت، ۴- تصریح بر آزمایش بودن و خیر بودن سختی های جهاد و شهادت، ۵- بیان پاداش مجاهدان و شهدا که عبارت است از بهشت، رستگاری، سعادت، کرامت و درجات، ۶- نهی مجاهدان و بازماندگان شهدا از سستی و حزن، ۷- تصریح بر بی فایده بودن ترک جهاد به بهانه گریز از مرگ و شهادت و ۸- تمجید و مدح مجاهدان و شهدا.

کلمات کلیدی: جهاد، سلامت روان، شهادت، قرآن، مسلمانان، مرگ



In the verses of the Quran, we are faced with the subject of calamities, calamities, unfortunate events and wars, which are difficult and difficult for any human being to face, and for this reason, God consoled his servants against them. In tests, calamities, calamities and wars, God offers solutions to His servants so that they can come out of it proud and victorious. Death is also a kind of calamity that is very Nevertheless, ;difficult and even scary for the person and the people around him Jihad in the way of God is a duty that cannot be left out and becomes obligatory on Muslims in certain circumstances. For this reason, God has comforted Muslims and believers to the extent that they do not consider death in the way of God to mean nothingness and destruction, in order to reduce and even remove the sadness and fear caused by the death of people in Jihad in the name of God. Rather, consider it as the beginning of a happy life with God. After searching in research related to mental health, the author did not find any research in the field of ways to provide mental health for Muslims against martyrdom; Although there were some studies on the role of the Quran and religion in providing mental health, it was not dedicated to mental health in the field of martyrdom. Also, there were studies related to the mental health of the survivors of the martyrs, which had not been examined from the perspective of the Qur'an. The present study was written with the aim of knowing the methods of ensuring the mental health of Muslims in the face of the issue of martyrdom, and it intends to analyze the content of the verses related to jihad and martyrdom from the point of view of the methods of providing mental health by searching the verses of the Qur'an and using a descriptive analytical method. slow In this research, the verses related to martyrdom are first categorized and then analyzed using the commentators' opinions that God comforts the Mujahideen in the cause of Allah who sacrifice themselves to martyrdom and in addition to empathize with How does he explain the issue of martyrdom to the bereaved and survivors of the martyrs so that they realize the value of jihad and do not fear death in this way. From this research, the author came to the conclusion that the Quranic methods of providing mental health for Muslims against the issue of martyrdom include: 1- advice to seek help from patience, prayer and trust, 2- promise to accompany the patient and give good news to them, 3 - Clarifying that the martyrs are alive and describing their happy conditions after martyrdom, 4- Clarifying that the trials and hardships of jihad and martyrdom are good, 5- Expressing the reward of the mujahids and martyrs, which consists of heaven, salvation, happiness, dignity and ranks. 6- Forbidding Mujahideen and the survivors of martyrs from laziness and sadness, 7- Emphasizing the futility of abandoning Jihad under the pretext of avoiding death and martyrdom, and 8- Praise and praise of Mujahideen and martyrs.

**Keywords:** jihad, mental health, martyrdom, Quran, Muslims, death

## Investigating of the impact of dog on human health from the perspective of medical bacteriology and Islam

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### Abstract:

**Background:** One of the animals whose impurity has been discussed a lot in Islamic jurisprudence is the dog. Most Islamic schools have accepted dog impurity, although there are differences regarding the impurity of dogs such as whether hair, wool, bones and teeth are also impure. On the other hand, various bacterial diseases can be transmitted to humans through dogs and cause diseases such as leptospirosis, campylobacter and salmonella, which is a reason for the validity of the issue of dog impurity in Islam from the point of view of medical bacteriology.

**Methods:** The current study aims to be compiled in two parts using a descriptive-analytical method. The first part deals with the view of religious jurists about dog impurity, and the second deals with the impact of dogs on human health from medical bacteriology and Islam point of view.

**Results:** Consistent with the religious traditions about dogs, despite the fact that dogs are loyal animals and all animal rights must be respected, their impurity is undeniable, and if there is a ruling on this issue, there are many reasons and wisdoms in it.

**Conclusion:** Many parasitic diseases in humans, such as leptospirosis, campylobacter and salmonella etc., can be transmitted to humans through the feces, urine and saliva of dogs. Therefore, regarding dog impurity, it is suggested to pay attention to religious and health points. Key words: Impurity, Dog, Medical bacteriology, Islam

**Keywords:** Impurity, Dog, Medical bacteriology, Islam

## Quran and healing of mental and physical diseases

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### چکیده:

سابقه و هدف: قرآن کریم کتاب هدایت است؛ از این رو، در آیات مختلف، شفابخش خوانده شده است. حال، مسئله تحقیق این است که آیا قرآن تنها شفای روح و درمان کننده بیماری‌های اعتقادی و اخلاقی است یا برای جسم انسان‌ها نیز شفابخش است؟ پژوهش حاضر به هدف بهره‌گیری از قرآن در درمان و بهبود بیماری‌های روحی و جسمی، شفابخشی قرآن را از نگاه عقل، آیات و روایات و نیز شواهد تجربی و یافته‌های پزشکی بررسی و ارزیابی کرده است. تأکید بیشتر تحقیق بر اثبات شفابخشی قرآن برای بیماری‌های جسمی است. مواد و روش‌ها: در این تحقیق از روش توصیفی-تحلیلی استفاده شده است؛ نخست «آیات شفاء» در قرآن و نیز دیدگاه مفسران درباره آن بررسی شده و سپس روایات مربوط به مسئله و شواهد تجربی و یافته‌های پزشکی درباره شفابخشی قرآن در بیماری‌های جسمی، مورد بحث و تحلیل قرار گرفته است. یافته‌ها: شفابخشی قرآن کریم هم برای روح و هم برای جسم انسان قابل اثبات است؛ اما شفابخشی قرآن برای جسم انسان، به معنای کنار گذاشتن اسباب مادی و داروها و درمان‌های طبی نیست، بلکه برای درمان بیماری‌ها باید هم از اسباب ظاهری کمک گرفت و هم به اسباب معنوی و دعا و قرآن تمسک جست. در شفابخشی قرآن، ایمان به خدا و آموزه‌های وحیانی و نیز ایمان و اعتقاد به شفابخش بودن قرآن، نقش دارد. افزون بر این، در بهره‌گیری از شفای قرآنی، التجاء و ارتباط با خدا و توسل به قرآن تأثیرگذار است و این ارتباط معنوی نیاز به خلوص و ظرفیت ایمانی بالایی دارد. بنابراین، شفایابی جسمی به صورت خارق‌العاده، امری همگانی نیست که عموم مردم به آسانی به آن دست یابند؛ البته تأثیرگذاری قرآن در حد آرامش و تسکین دردها، برای عموم مردم ممکن است: قرآن کریم هم شفای بیماری‌های روحی است و هم شفای بیماری‌های جسمی؛ برای شفابخشی قرآن نسبت به روح انسان جای بحث و تردید نیست، چون رسالت اصلی آن هدایت بشر و درمان دردها و بیماری‌های اعتقادی و اخلاقی اوست؛ اما شفابخشی قرآن نسبت به بیماری‌های جسمی نیز از نظر عقلی ممکن بوده و از نظر نقلی، برخی آیات قرآن و روایات بر آن دلالت دارند و جمعی از مفسران نیز به آن تصریح کرده‌اند و نیز تجربه‌های مؤمنان از صحت آن حکایت دارد و آزمایش‌های بالینی پزشکی در مواردی، تأثیرگذاری آن را بر آرامش و تسکین دردها تأیید کرده است.

**کلمات کلیدی:** شفاء، شفابخشی قرآن، آیات شفاء، بیماری روحی، بیماری جسمی.



## **Obstacles of Quranic-religious activities from the perspective of employees of Lorestan University of Medical Sciences: a qualitative study**

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### **Abstract:**

In order to avoid superficiality and simplification of the impact of Quranic-religious activities in the university environment, the environmental characteristics of the university and students should be carefully designed. The purpose of the present study is to identify the challenges and obstacles of Quranic-religious activities and the necessary solutions to solve them from the perspective of the staff of Lorestan University of Medical Sciences (LUMS).

**Keywords:** Obstacles, Challenges, Staff, university

## The effect of listening to recitation of Holy Quran on vulnerability to risky behaviors in students of Khoy University of Medical Sciences

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### Abstract:

The prevalence of high-risk behaviors among adolescents and young people has become a social issue in recent years and has caused deep concerns at various managerial, academic and general levels in the society. Risky behaviors including alcohol consumption, smoking and unsafe sexual relations, theft, aggression, running away from home, etc. increase the possibility of negative, unpleasant and destructive physical, psychological and social consequences in young people. The religion of Islam introduced the Quran as the last divine book and states that this book has defined the way of guiding mankind in all personal and social dimensions. The young generation without religious beliefs can be easily infiltrated and there are grounds for moral deviation in them. Therefore, this study was conducted with the aim of determining the effect of listening to recitation of Holy Quran on vulnerability of high-risk behaviors in students of Khoy University of Medical Sciences. Methodology: This research is semi-experimental with a pre-test-post-test design. The statistical population includes all students of Khoy University of Medical Sciences. The sample size is 40 people who were selected through convenience sampling and then randomly assigned 20 to intervention group and 20 to control group. Iranian Adolescent Risk Scale (IARS) was administered as a pre-test for both groups. This scale includes 38 items and 7 domains of risky behaviors. Then the students participated in the Quran recitation sessions which were held weekly as a cultural program by Khoy University of Medical Sciences for 8 sessions and each session was one hour from 7 to 8 in the morning. After the completion of the course, Iranian Adolescent Risk Scale was again implemented as a post-test in both groups in order to examine the effect of listening to recitation of the Quran. Data analysis was done using SPSS version 21 software. Findings: The pre-test mean scores in the control group was (43.25±4.6) and in the intervention group is (37.82±2.7), which showed a significant difference ( $P \leq 0.001$ ) and indicates the positive effect of listening to recitation of the Quran. Risky behaviors in the domain of tendency to alcohol, tendency to drugs, and tendency to dangerous driving decreased in the intervention group, but this decrease was not significant, however it was significant in tendency to drugs, alcohol, violence, and relationship with the opposite sex ( $P \leq 0.001$ ). Students are one of the main groups exposed to high-risk behaviors, emphasis on religious counseling in line with the importance of personal and social application of the Holy Quran, as well as familiarity with the Quran in the formation of behaviors and the need to adapt behaviors based on the teachings of holy book can be a good starting point in relation to the prevention of risky behaviors.

**Keywords:** Holy Quran, vulnerability, risky behaviors, students.

# The relationship of intimacy with the Quran and the psychological health of people in society: a systematic review

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## Abstract:

**Background and Objective:** Today, many studies have investigated the role of people's lifestyles in the way of psychological health. Religion, as a lifestyle, can be effective in dealing with mental problems such as stress and anxiety actively. The purpose of this study is to systematically investigate the effects and role of Quranic intimacy on the psychological health of people in society. **Materials and Methods:** In this systematic review, we searched for the original articles published in online databases (such as ProQuest, PubMed, Web of Science, Magiran, Civilica, ISC, and SID) until November 2023 using relevant keywords (“Quran” and “Mental health”) in Persian and English languages. Exclusion criteria included articles that did not focus on this field. Also, any books, book chapters, letters to the editor, and conference abstracts were excluded from the study. Data collection was done using a researcher's checklist using Excel version 2019 software. Also, a qualitative content analysis was performed using ATLAS.ti8 software. **Findings:** In people, intimacy with the Quran may happen in three fields: heart, intellect and behavior. The result showed that religious beliefs and activities help people in controlling emotional stress and physical discomfort. In many studies, it was shown that the sound of the Quran, recitation of the Quran, intimacy with the Quran has an effect on reducing depression and anxiety. The sound of the Quran has a positive effect on the anxiety and pain of patients undergoing surgery or diagnostic tests. In six studies, it was stated that there is a positive relationship between religious beliefs and general mental health. The belief of Muslims is the religion of Islam, through the Quran, provides the most complete and healthy lifestyle for humanity. So that, its rulings and orders cover wide moral, interpersonal, health, and social domains. In this study, the relationship between intimacy with the Quran and mental health was examined. The result of the studies showed that the effects and role of the Quran in public health seems to be a basic necessity, because there is a direct connection between intimacy with the Quran and mental health. Therefore, it is necessary for more public and government institutions to work in the field of promoting the Qur'an and intimacy **with it.**

**Key Words:** Quran, Intimacy, systematic review



## Effect of Spiritual Care on Chest Tube Removal Anxiety and Pain in Heart Surgery in Muslim Patients (Shia and Sunni)

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### Abstract:

The process of removal of a chest tube can cause pain and anxiety. Spiritual care can be considered as a component of nursing care, especially in the pain and anxiety relating to such procedures. This study was a randomized clinical trial. Eighty patients completed the study. The findings showed significant differences in anxiety and pain between groups ( $p = 0.001$ ). Spiritual care reduced anxiety and pain caused by chest tube removal in patients (Shia and Sunni Islam) undergoing heart surgery.

**Keywords:** Shia and Sunni-Spiritual care-anxiety- chest tube removal- heart surgery- pain.

# The importance of breastfeeding according to the Qur'an and hadiths of Islam: a review study

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## Abstract:

Breast milk is one of the most complete types of food for babies, which has very important benefits for both the mother and her child. In 2022, the most common cause of child death is malnutrition (34%). The benefits of breast milk that have been proven in scientific research include reducing intestinal infections, reducing diabetes, blood pressure, respiratory diseases, heart diseases, risk of asthma, obesity and overweight, otitis and sudden infant death, reducing pain in babies and reducing Ovarian and breast cancer in women. Breast milk and its benefits are mentioned in different verses in the Holy Quran. Also, there are many hadiths related to the importance of breast milk, exclusive breastfeeding, etc. Materials and methods: In this study, we checked Pubmed, SID, Magiran and Google Scholar databases. The keywords are breastfeeding, nutrition, Islam, Holy Quran, Islam, breastfeeding, holy Quran. The extracted studies were screened and then their methodology and findings were examined. Most of the studies were published in the last 10 years. As it is known, many years ago, the Qur'an spoke about all the issues related to breastfeeding and also mentioned the rights of women during breastfeeding. Also, the Prophet of Islam and imams have spoken many times in different traditions and hadiths about the best type of nutrition, which is mother's milk, and they have always encouraged women to feed their babies with their own milk, because no milk is better than mother's milk And this problem has been proven many times in scientific texts and scientific research

**Keywords:** breastfeeding, Quran, Islam, nursing mother



## Explaining the experiences of Muslim patients in the field of religious practices in the hospital

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### Abstract:

Explaining the experiences of Muslim patients in the field of religious practices in the hospital Authors: Seyed Hamzeh Hosseini Motlagh, Khadijah Nasiriani Address: Spiritual Health Research Center, Shahid Sadoughi University of Medical Sciences, Yazd, Iran Abstract:: Spiritual and spiritual needs must be taken into consideration in health-therapeutic environments. The majority of people in our country are Muslims. Therefore, special importance should be given to the observance of mandatory religious rules for patients, because observance of religious customs can speed up recovery while giving comfort to patients. The present study was conducted with the aim of explaining the experiences of Muslim patients hospitalized in the field of Religious practices in the hospital. Methodo: This was a qualitative study of data contract content analysis. The studied samples were 30 patients hospitalized in the internal-surgical departments of Shahid Sadoughi Hospital in Yazd, who were selected purposefully. Data were collected using semi-structured interviews and qualitative data analysis was done. Based on the findings, the four main categories of desire for education and guidance about religious practices in the inpatient ward, access to appropriate means and place to do religious practices in the inpatient ward, respect for personal privacy and adequate clothing, and observance of Religious rulings of the dying person were obtained. Conclusion: Based on the findings, the patients have a desire to observe Sharia rituals in the hospital and they expressed it as a source of comfort and convenience. Therefore, it seems that the hospitals should support, support and provide the field of observing and helping to perform the main religious practices of hospitalized Muslim patients, and the necessary training should be provided to the hospital staff.

**Keywords:** Keywords: patient, Muslim, Religious practices, hospital

## The effect of intimacy with the Quran on the physical and mental health of Muslims: a systematic review

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### Abstract:

The Quran is the holy book of Muslims. In many studies, always listening, memorizing the Quran, and following its instructions have been suggested to improve the mental, physical, and well-being of Muslims and ultimately improve the quality of life (QoL). The purpose of this systematic review was to investigate the effect of intimacy with the Quran on mental and physical health. Search Method: In this systematic review, we searched for the original articles published in online databases (such as ProQuest, PubMed, Web of Science, Magiran, Civilica, ISC, and SID) until November 2023 using relevant keywords (“Quran”, “mental health”, and “physical health”) in Persian and English languages. Exclusion criteria included articles that did not focus on this field. Also, any books, book chapters, letters to the editor, and conference abstracts were excluded from the study. Data collection was done using a researcher's checklist using Excel version 2019 software. Also, a qualitative content analysis was performed using ATLAS.ti8 software. Findings: The findings showed that listening, reciting, or memorizing the Quran has a favorable effect on the mental and physical health of people. Several studies have shown the reduction of depression, anxiety, and the improvement of physiological parameters, QoL, quality of sleep and intelligence due to intimacy with the Quran. Many studies have stated that reciting the Holy Quran and listening to it reduces anxiety, such as the anxiety burden of pregnant women facing the process of childbirth. Several studies have also pointed out the effect of listening to the recitation of the Holy Quran in reducing the symptoms of depression in hemodialysis patients, chronic patients, etc. For example, listening to Surah Yasin has a great psychological effect on creating peace in the mind. In addition to the spiritual dimension of man, Islam also gives importance to his/her physical dimension. There are many studies about certain acts of worship such as prayer and fasting, which include the Quran's emphasis on the health of the body. Emphasis on the consumption of foods such as dates, honey, figs in the verses of the Quran has been expressed by many studies, which conveys the importance of the health of the human body to the Quran. Intimacy with the Quran affects human health. Intimacy with the Quran has a favorable role in dealing with issues related to mental and physical health. Unlike many other religions, which only cultivate the soul and do not attach importance to the body, Islam does not separate these two dimensions of existence and emphasizes the health of the body.

**Keywords:** Quran, Mental health, Physical health, Systematic review

## تحلیل شیوه های قرآنی تامین سلامت روان مسلمانان در مواجهه با مسئله شهادت

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### چکیده:

در آیاتی از قرآن با موضوع بلاها، مصیبت ها، اتفاقات ناگوار و جنگ ها روبه رو هستیم که مواجه شدن با آن ها برای هر انسانی سخت و دشوار است و به همین خاطر خداوند در برابر آن ها به بندگان خود دلداری داده است. خداوند در امتحانات، بلاها، مصیبت ها و جنگ ها، راهکارهایی را به بندگان خود ارائه می دهد تا از آن سربلند و پیروز بیرون آیند. مرگ نیز نوعی بلا است که برای خود انسان و اطرافیانش بسیار سخت است؛ با این وجود، جهاد در راه خدا، وظیفه ای است که نمی توان آن را کنار گذاشت و در شرایطی بر مسلمانان واجب است؛ از این رو خداوند برای کاهش و رفع اندوه و ترس ناشی از درگذشت افراد در جهاد فی سبیل الله، مسلمانان را دلداری داده تا حدی که مرگ در راه خدا را به معنای نیستی و هلاکت ندانند؛ بلکه آن را به معنای شروع زندگی سعادت‌مندانه بدانند. پژوهش حاضر با هدف شناخت شیوه های تامین سلامت روان مسلمانان در مواجهه با مسئله شهادت نگارش شده است و قصد دارد با جستجو در آیات قرآن و به روش توصیفی تحلیلی، محتوای آیات مربوط به جهاد و شهادت را از دید شیوه های تامین سلامت روان تحلیل کند. با جستجو در پژوهش های مربوط به سلامت روان، پژوهشی در این موضوع یافت نشد؛ هرچند که پژوهش هایی در زمینه نقش قرآن و مذهب در تامین سلامت روان بود اما اختصاص به سلامت روان در زمینه شهادت نداشت. همچنین پژوهش هایی مربوط به سلامت روان بازماندگان شهدا بود که از دید قرآن بررسی نشده است. در این پژوهش ابتدا آیات مربوط به شهادت، دسته بندی شده و سپس با استفاده از نظرات مفسرین تحلیل می شود که خداوند برای دلداری مجاهدان فی سبیل الله که با از خودگذشتگی خود را در معرض شهادت قرار می دهند و علاوه بر آنان همدلی با داغدیدگان و بازماندگان شهدا، چگونه مسئله شهادت را تبیین می نماید تا آنان به ارزش جهاد پی برده و از مرگ در این راه باکی نداشته باشند. نتایج بدست آمده حاکی از آن است که این شیوه ها عبارت است از: ۱- توصیه به کمک گرفتن از صبر و نماز و توکل، ۲- وعده همراهی با صابران و بشارت به آنان، ۳- تصریح بر زنده بودن شهدا و توصیف احوالات خوش آنان پس از شهادت، ۴- تصریح بر آزمایش بودن و خیر بودن سختی های جهاد و شهادت، ۵- بیان پاداش مجاهدان و شهدا که عبارت است از بهشت، رستگاری، سعادت، کرامت و درجات، ۶- نهی مجاهدان و بازماندگان شهدا از سستی و حزن، ۷- تصریح بر بی فایده بودن ترک جهاد به بهانه گریز از مرگ و شهادت و ۸- تمجید و مدح مجاهدان و شهدا.

کلمات کلیدی: جهاد، سلامت روان، شهادت، قرآن، مسلمانان، مرگ

## Factors of achieving a healthy heart in Nahj al-Balagha

Mohammad Reza Pircheragh<sup>1</sup>, Zeinab Aghaei\*<sup>2</sup>

### Abstract:

The heart has a fundamental importance in human existence and human humanity. The heart is the center of human spiritual guidance, in fact, all human actions are caused by the desire of the heart, and so it is of great importance. All heavenly and even non-heavenly religions have dealt with human hearts and heart disease has been clearly mentioned in religious teachings. Keeping the heart healthy is a difficult matter because internal and external causes take people out of their pure and healthy nature, and the heart loses its original nature and function and becomes incapable of perceiving the facts and being flexible against it. From these religious teachings, they emphasize on maintaining the health of the heart and strengthening it, until reaching the status of a healthy heart (pure and healthy) and suggest ways to strengthen and maintain it. Hazrat Ali (peace be upon him) considers the owner of a healthy heart to be someone who follows guidance such as scholars, the Holy Book, and the Sunnah of the Prophet (PBUH) and avoids misleading and finds the path to health with the help of someone who makes him seen the current research, the factors of obtaining a healthy heart have been investigated from the perspective of Nahjul Balagha.

**Keywords:** Heart, healthy heart, Nahj al-Balagha, spiritual health

## Relationship between mental health and religiosity of women with practical tendency to wear hijab

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### **Abstract:**

Religion Hijab is one of the symbols of Islamic religiosity, which can cause changes in the fabric of people's lives and behavior, which marks their mental health. Religion can be an effective control of mental and physical impulses. Religion is the cornerstone of social order and is a source of social values and affects individual choices and many areas of daily life. materials and methods In order to investigate the relationship between mental health and religiosity of unmarried women with a practical tendency to wear hijab between the ages of 20 and 30 in Quds city, 356 people were included, who scored high scores through the questionnaire of attitudes towards hijab (Karimzadeh 2013) and using Morgan's table 85 People were selected as the sample size.findings The research findings show that there is a significant relationship between religiosity and mental health of women with a practical tendency to wear hijab: ( $p < 0.0001$ ) In other words, there is a significant relationship between the religiosity of the researched women and the components of mental health (social functioning, depression, anxiety, physical health). Religion and religiosity give meaning to a person's life. Having meaning and purpose in life shows mental health. One of the manifestations of religiosity is the belief and practical commitment to hijab in society. Set an example in the society so that, away from any excesses, women adhere to this divine command with all their heart.

**Keywords:** Mental health, religiosity, hijab and chastity, social injuries, women

## نقش معنویت در زندگی افراد دارای ناتوانی

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### چکیده:

ناتوانی نوعی تجربه انسانی است که برخی افراد در زندگی خود با آن مواجه هستند یا تحت شرایط مختلفی با آن مواجه می شوند. براساس مطالعات گذشته، معنویت و ناتوانی دو تجربه در هم تنیده هستند که ارتباط بین آن ها می تواند زندگی افراد با ناتوانی را تحت تاثیر قرار دهد. از اینرو هدف از مطالعه حاضر، بررسی و مرور مطالعات موجود در مورد نقش معنویت در زندگی افراد با ناتوانی و ارتباط بین معنویت و ناتوانی بود. روش جستجو: این مطالعه مروری با جستجو در بانک های اطلاعاتی EMBASE, Web of Science, Pub Med, Scopus با استفاده از کلید واژه های معنویت، ناتوانی، توانبخشی و معادل انگلیسی آن ها شامل Spirituality, Disability و Rehabilitation در بازه زمانی بین سال های ۲۰۰۰ تا ۲۰۲۲ انجام شد. از مجموع ۱۳ مقاله به دست آمده از جستجو و با حذف مقالات تکراری و نامرتب و نیز براساس معیارهای ورود و خروج، در نهایت ۶ مقاله در این مرور وارد و مورد بررسی قرار گرفت. یافته ها: مطالعات محدودی به بررسی نقش معنویت یا تاثیر آن بر زندگی افراد با ناتوانی پرداخته اند که در این مطالعات، معنویت به عنوان عاملی مهم در ایجاد معنا و هدف در زندگی افراد با ناتوانی معرفی شد. در این مطالعات معنویت نقشی کاربردی در فراهم ساختن یک منبع قدرت برای رویارویی با چالش ها داشته و به توانمند ساختن این افراد برای تحمل دردهای جسمانی و عاطفی ناشی از زندگی با ناتوانی کمک می کرد. یافته های حاصل از این مطالعات نشان داد که تحقیقات بیشتری برای بررسی ماهیت و تمرکز معنویت در زندگی افراد دارای ناتوانی نیاز است. همچنین نیاز به تحقیق گسترده در مورد چگونگی کاربرد معنویت در درمان و توانبخشی افراد دارای ناتوانی وجود دارد. به نظر می رسد معنویت می تواند راهی برای تطابق بهتر و موفق تر با ناتوانی باشد و با ایجاد معنا و حمایت روحی روانی برای افراد دارای ناتوانی، قدرت پذیرش ناتوانی را در آن ها افزایش دهد.

کلمات کلیدی: معنویت، ناتوانی، توانبخشی

## تاکید قرآن بر ارزش دارویی و غذایی گیاهان دارویی: یک مطالعه مرور سیستماتیک

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### چکیده:

کتاب مقدس قرآن حاوی مطالب علمی آموزشی و توصیه ای فراوانی در حوزه سلامت می باشد. استخراج این آموزه ها نقش مهمی در ارتقا سواد سلامت جامعه مسلمانان دارد. آموزه های قرآنی در زمینه یکی از اصلی ترین نیاز های بشر یعنی غذا و درمان بیماری ها راه گشای دستیابی به جامعه ای سالم خواهد بود. این مطالعه با هدف مرور سیستماتیک داده های موجود در زمینه مطالعات صورت گرفته در زمینه ارزش دارویی و غذایی گیاهان دارویی از منظر قرآن کریم و جمع بندی این اطلاعات انجام شد. روش جستجو: در این مطالعه جستجو در پایگاه های اطلاعاتی " SCOPUS ", " Google Scholar ", " PubMed " و " SID Web of Science تا ژانویه ۲۰۲۴ با استفاده از کلیدواژه های مرتبط انتخاب شدند. بر اساس معیارهای ورود و هدف مطالعه تعداد ۱۱ مقاله جهت مرور سیستماتیک انتخاب شدند. یافته ها: بررسی مطالعات صورت گرفته نشان داد در زمینه استخراج اطلاعات علمی گیاهان دارویی ذکر شده در قرآن مطالعات کمی صورت پذیرفته است و اکثر پژوهش ها بر خواص درمانی و غذایی تمرکز داشتند. آیه های قرآنی متعددی در زمینه تاکید ارزش غذایی و دارویی میوه ها و گیاهان در قرآن وجود دارد که در منابع علمی دینی مورد تفسیر قرار گرفته اند. در مطالعات بررسی شده بیشترین اشارات به زیتون، انجیر، انگور، سیر، انار، پیاز، خرما در قرآن بعنوان میوه های دارای ارزش غذایی بالا و همچنین بیشترین گیاهان دارویی مورد اشاره دارای ارزش دارایی شامل سدر، خردل، کافور، دارچین، ریحان و حنا بود. نتیجه گیری: ذکر گیاهان دارویی در آیات قرآن، اهمیت ارزش غذایی و دارویی این ترکیبات را نشان می دهد و از آنجا که برخی از ارزشهای غذایی و درمانی این گیاهان و میوه ها امروزه از نظر علمی آنها به اثبات رسیده است لذا پیشنهاد می گردد تحقیقات وسیع تر بر روی خواص داروشناسی این انواع انجام شود و فرآورده های غذایی و دارویی نوین بر پایه آنها تولید و برای مصرف عموم عرضه گردد. از سوی دیگر معرفی و ذکر این گیاهان دارویی در علوم طب سنتی و اسلامی بعنوان مرجع و اشاره به آیات قرآنی مرتبط در تحقیقات مرتبط بر این گیاهان دارویی بر غنای علمی این مطالعات خواهد افزود.

کلمات کلیدی: گیاهان دارویی، ارزش دارویی، ارزش غذایی، قرآن کریم

## The barriers and challenges of the Islamic Lifestyle and suggestions for practical implications

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### **Abstract:**

The barriers and challenges of the Islamic Lifestyle and suggestions for practical implications Mehrdad Kazemzadeh Atoofi Clinical Psychologist, MSc, Ph.D., MPH Spiritual Health Research Center, School of Behavioral Sciences & Mental Health, Tehran Institute of Psychiatry, Iran University of Medical Sciences. Tehran, Iran. Background Scientific evidence confirmed that; Islamic lifestyle is associated with all dimensions of life and can play an important role in maintaining health. Various and numerous factors have been studied as challenges and obstacles to the Quranic lifestyle. Considering that, the identification and analysis of factors related to the subject can be useful to determine the approach and adopt useful programs. This study was conducted to investigate the barriers and challenges of Islamic lifestyle and to provide suggestions for practical implications. Materials and methods Preset research is an analytical study that is based on desk review and library resources. Through this review, first by referring to the main axis of Islamic Lifestyle, A search strategy was developed based on the roots of related keywords and Persian, English and Arabic synonyms. Then, more than electronic searched sources, referring to the Holy Quran and other valid sources of narration and interpretation, the related subjects in the Holy Quran and Hadith were found. And the possibility of adapting the found information with the topic of the research was followed through content analysis method. Findings one of the most fundamental factors determining the lifestyle is attitude towards existence and deep worldview approaches. Ideas and attitudes change a person preference's and determine his choices of behaviors. Based on this, the root of the incentives, barriers and challenges of behavior will be in different religious, personal, family and social dimensions. One of the most important barrier of Islamic lifestyle is request to knowledge and deep understanding of the it's concepts that can be achieved in the best way through vast training and advocacy of the Holy Quran and the Sunnah of the Prophet (PBUH) and the Imams (AS) and favorable consequence. Identifying targeted trends to conquer public minds and cultural invasion is also one of the most important factors that requires a comprehensive and all-round plan. The findings of the study, could be used for better policymaking and intervention in control and management of barriers of the Islamic Lifestyle and promotion of interventions. It seems that the missing link of human connection with the philosophy of self-creation, family and society, which has been neglected, has had profound effects on the approach to human lifestyle. Belief in God and the purpose of creation is a reliable support that leads to choosing the best and healthiest lifestyle through strengthening effective motivation. Key words barriers, challenges, Islamic Lifestyle, spiritual health

**Keywords:** Key words barriers, challenges, Islamic Lifestyle, spiritual health



## بررسی ارتباط فریضه نماز با میزان افسردگی و نوع سبک های هویتی دانشجویان

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### Abstract:

**Background:** Considering the many stress-causing factors in medical students' working environment and the destructive effects of depression and lack of identity on their personal and work life, and given the profound effects of religious practices and, most importantly, prayers on the mental health of the students and the importance of considering the paradoxical issues in this regard, the researchers decided to design and carry out this study with the aim of determining the relationship of prayers with depression and the type of identity styles of the students of Kashmar University of Medical Sciences.

**Methods:** In this cross-sectional descriptive-correlational study, 129 students of Kashmar Health Education Complex, who met the inclusion criteria, were included in this study in 2018. The method of data collection was completed by explaining the research objectives, a demographic information questionnaire, Student Depression Questionnaire (USDI) and Identity Styles Questionnaire (ISI-6G) by the person under study. Data were analyzed by relevant statistical tests. Descriptive statistics and correlation coefficient were used for data analysis. In this study, all the ethical considerations were observed and the authors declared no conflict of interest.

**Result:** According to the result, the mean score related to depression was  $63.18 \pm 26.99$ . The highest score in the identity styles was in the items related to the informative and normative identity styles with the scores of  $40.55 \pm 6.0$  and  $33.22 \pm 5.24$ , respectively. There was a significant relationship between the variables of saying prayers, the obligation to say prayers and participating in congregation prayers and the degree of depression and normative identity style of the students; the students who were saying their prayers had a lower level of depression and had a high level of identity. Also, the students who participated in congregation prayers on a regular basis received the lowest level of depression and the highest informative, normative, avoidance and commitment Items of identity.

**Conclusion:** According to the result, based on the relationship between prayers and depression and identity styles of students, it is possible to promote the level of identity and reduce the level of depression of students by taking effective policies in creating the culture of saying prayers in universities.

**Keywords:** Depression, Identity styles, Prayers, Student

## Requirements of urban life in Islamic society based on Quranic lifestyle

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### Abstract:

**Background:** The geographical expansion of today's settlements, along with its advantages, also brings many challenges. The principles of architecture, social customs and customs in Islamic societies, which are always emphasized by the teachings of the Qur'an, should not limit the limitless expansion of urbanization and limit the supply of life.distance from the Quranic lifestyle. The purpose of this research is to examine the requirements of urban life in Islamic society based on the Quranic lifestyle. Search method the method of this research is documentary and the use of related study sources.

**Results:** the all-round progress of the Islamic society depends on having an Islamic lifestyle, which is derived from the teachings of the Quran. And it is influenced by religious learning and it can be found in paying attention to the correct patterns of Islamic life and reviving the Islamic lifestyle. The correct lifestyle is the main essence of a good life, and the good life is reflected in the material and spiritual creations and reserves of human society, in the form of a lifestyle. Therefore, the art of urban living is to be closer to the Quranic teachings.

**Conclusion:** According to the Quranic lifestyle, architecture and the principles of urbanization should be in accordance with the Quranic teachings. The absence of gross discrimination in class gaps, the benefit of the general society from justice and social welfare, special attention to vulnerable groups such as the disabled, design urban furniture should be close to Islamic standards. In addition to the appropriate design of recreational areas, religious, educational, medical, and service facilities, cultural education and Islamic customs of citizenship should not be neglected for the members of the society.

**Keywords:** Quranic lifestyle, Islamic society, urban life

## The effect of description on mental health

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, Roghayye Heidari<sup>2</sup>, Abraham Fallah<sup>3</sup>

### Abstract:

In the era of modernity and the attractions of material life and the psychological complexities of human issues in terms of mental health, it is necessary to maintain mental health in the field of individual and social life, and the provision of this need and its importance towards mental peace in individual and social mental crises are doubly visible, so that in this field Man considers himself to be in need of moving towards spirituality and the perfection of the soul, and it is necessary to explain Sadr. Sadr al-Sadr is a key word in the Qur'an which means the development of the soul or the same spiritual capacity. is achieved, therefore, its application in the field of personal and social life, including management, ethics, psychology and As an effective index, there is a deep and direct link between the description of the head and mental health, so in this research, it has been explored in a descriptive-analytical method, relying on the Qur'anic verses, narrations, and the opinions of psychologists in the field of mental health and interpretive sources. It indicates that the first description of the development of the soul, which is the same spiritual capacity as a general concept that contains many underlying concepts and as a super attribute based on the levels of faith can be manifested in every human being, and this manifestation through monotheism in A unified human being, who are perfect examples of the Prophets and the Infallible Prophets (pbuh), has the greatest share

**Keywords:** Description of Sadr, health, psyche, psychology, Quran

## ترنجبین از دیدگاه قرآن کریم، احادیث و مطالعات جدید

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### چکیده:

سابقه و هدف: قرآن کریم به عنوان کلام خداوند و معجزه پیامبر اسلام و به عنوان دستورالعمل صحیح زندگی، همواره در میان دانشمندان و عالمان دینی و سایر علوم مورد توجه بوده است. گیاهان دارویی و مواد غذایی از جمله مواردی است که در این کتاب الهی بارها به آنها اشاره شده است. از جمله این موارد "مان" یا ترنجبین می باشد که ۳ بار در قرآن کریم به آن اشاره شده است. هدف از این پژوهش، بررسی اشارات قرآن کریم و احادیث درباره "مان" و کاربردهای درمانی آن از دیدگاه طب ایرانی و طب نوین می باشد. روش جستجو: روش جمع آوری اطلاعات در این پژوهش بر اساس مطالعات کتابخانه ای شامل قرآن کریم، منابع تفسیری و روایی معتبر، مقالات فارسی و انگلیسی از پایگاه های داده علمی از جمله PubMed, Google scholar, Science Direct با کلمات کلیدی من، مان، ترنجبین، و معادل انگلیسی آنها و به صورت توصیفی-تحلیلی بوده است. یافته ها: از کلمه "من" سه بار در قرآن کریم به عنوان غذایی پاکیزه نام برده شده است. گرچه تفاسیر و مطالعات جدید در مورد گونه گیاهی تولید کننده "مان" ذکر شده در قرآن اختلاف نظر دارند، اما همگی بر این نظر اتفاق دارند که منظور از "مان" صمغی گیاهی می باشد که ساختار هیدرات کرینه داشته و مطالعات جدید خواص ملین، ضد باکتری، مدر و کاهش زردی نوزاد آنرا تایید می نماید. درعین حال احتیاط مصرف و تداخلات دارویی این صمغ گیاهی نیز باید مد نظر قرار گیرد. مطالعه حاضر با جمع بندی موارد ذکر شده در قرآن کریم، منابع تفاسیر و احادیث و درعین حال بررسی مطالعات جدید پزشکی، مرجع کاملی در خصوص گیاهشناسی، ساختار شیمیایی ترنجبین، کاربردها، عوارض و تداخلات دارویی این صمغ گیاهی را ارائه می دهد. واژه های کلیدی: من، مان، ترنجبین، قرآن

کلمات کلیدی: من، مان، ترنجبین، قرآن

## Social health from the point of view of the Quran

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### Abstract:

Background and purpose: Social health as a fundamental and key principle has a significant contribution to the improvement, excellence and effective performance of any society. Social health means how a person evaluates his performance in society. In the Qur'anic perspective, the health of the individual and the society finds meaning in interaction with each other and in the light of revelation. In this research, social health and its dimensions are examined from the perspective of the Qur'an, in order to improve the social health of the society. Search method: This study was done in a review form using data available in databases and library resources. Findings: In 67 surahs (58.77%) of the surahs of the Holy Quran, especially Surah Kahf, one, two or all three main dimensions of health (physical, mental and social) are specifically mentioned. The total number of verses regarding the three main dimensions of health was 264 verses with a share of 38.26 percent (101 verses) for social health. According to the Qur'an, social health has two dimensions, individual and collective. In the individual dimension, spiritual health means belief in monotheism, resurrection, prophecy and the meaning of the universe, behavioral health means avoiding vices and getting closer to virtues, and physical health means preserving life and proper nutrition. In the collective dimension of health, issues such as family health, local health, organizational health and environmental health have been investigated. In the Qur'anic view, society is considered healthy when the prerequisites for individual and social perfection are available. Therefore, it is suggested that the officials of the country, especially the community health planners, should think about planning regarding awareness and ground-building in the direction of smoothing the criteria of social health with Quranic indicators so that the society suffers the least social damage. Keywords: social health, Quran, individual health, Surah Kahf

**Keywords:** social health, Quran, individual health, Surah Kahf

## Some points about "MANN and SALVA" and its nutritional importance in the Quran

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### Abstract:

Some points about "MANN and SALVA" and its nutritional importance in the Quran  
Abstract: and purpose: All the plants that grow from the earth are important in every way and a clear sign of God's greatness. The plants that are mentioned in the Holy Quran are of special importance both in terms of their properties and uses, and also in terms of referring to the events that come with the names of these plants. Because the names of these plants are mixed with divine words, they appear valuable and important. One of them is Mann and Salva (Al-Baqarah/57). Methodology: The research method in this study was a library review and based on a search in sites such as: Medline, Pubmed, and books of interpretations and botany, and the contents were analyzed. Findings: The word "Mann" along with "Salva" is mentioned in three verses of the Holy Quran: verse 57 of Surah Baqarah, verse 167 of Surah A'raf and verse 80 of Surah Taha. In the Torah, "Mann" is also mentioned in verse 15 of the 16th chapter of Safar. The exit has been mentioned. Different meanings have been given in dictionaries and interpretations for the word and the nature of "Mann" and in general they have considered it the same as Gazangbin (Tranjbin) or Mann. Conclusion: According to research and scientific sources and the opinion of the majority, it is based on the fact that the semen mentioned in the Qur'an is from two types of plants, one called "Al-Hajj" or (Kharshotor), which is also found in Sinai and Syria, and the second plant is Gazangbin ( Tamarix manifera) which exudes semen and is sweet. Semen obtained from kharshotor and gazangbin are named "Tranjbin and gzanjbin" respectively. Regarding "Selva" scholars also believe that bird meat (preferably the name of quail is mentioned in many sources) and therefore a balanced and complete food composition including sweet carbon hydrates (mann) and protein and fatty substance (salva) has been revealed for the Israelites. Key words: Quran, Torah, plants, Mann and Selva, Israelites, food value

**Keywords:** Key words: Quran, Torah, plants, Mann and Selva, Israelites, food value

## Which sports have been recommended in Islam? A review of English scholar literature

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### Abstract:

**Background:** Regular physical activity and sports are proven to help prevent and manage non-communicable diseases such as heart disease, stroke, diabetes, and several cancers. It also helps prevent hypertension, maintain a healthy body weight, and can improve mental health, quality of life, and well-being. As Islam is a world-class religion and English language is the most important international language, It is necessary to know Islamic recommendations about specific sports in English scholarly literature.

**Methods:** We searched Google Scholar and Pubmed as 2 comprehensive and easy-access English scholar databases with different combinations of related keywords including sport, Islam, health, and holy Koran to find appropriate entities that focused on Islam recommendations on specific sports.

**Results:** we found 35 related types of research about Islamic recommendations about specific sports. The main findings of this research are: \* Islam favors all those actions and deeds which are pro-health and advantageous for the human beings \*Walking, running, wrestling, swimming, archery, spear-throwing, horse racing, and camel racing have been emphasized in Islam. \* A few Islamic guidelines concerning sports participation have been recommended. These include, 1. To cover all the obligatory parts of the body during playing, 2. To avoid mixing of the males and females during playing and 3. To pay due attention to offer daily prayers and Ramadan fasting. \*Female participation in sport without Hejab is also allowed provided it is carried out in privacy and wherein no male interferes in the conduct and organization of the activity.

**Conclusion:** Regarding the Islamic recommendations about sports participation which are against the common sports practices even in Islamic countries, it is the responsibility of Islamic researchers to explain and justify the Islamic rules about sports participation in English scholarly literature.

**Keywords:** Islam, Koran, exercise, health



## **A healthy person and a healthy personality from the perspective of the Holy Quran**

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### **Abstract:**

Healthy people try to understand what they know and do not stop until they understand it. They may consider many (probabilities), they evaluate by observing, listening and finally understanding - by reasoning and referring to their own nature - and distinguish right from wrong, good from bad, legal from illegal. Give, and in the shadow of such an understanding, they continue to move towards the goal. Healthy people finally understand the truth of existence, that is, the meaning of creation and life. They hear the whispering of the song of existence and suddenly feel that they have joined them. They hear the hymns and glorification of the creation and suddenly cry out from the depths of their hearts, God, you did not create all this in vain.

**Keywords:** Quran, personality, healthy person



## The Quran pray and Postpartum Depression

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### Abstract:

One of the important roles within the family is the role of the mother. The mother's health, significantly impacting the child's well-being, fostering talents and abilities, and facilitating a harmonious and adaptive interaction with the child's environment (1). Consequently, the physical, mental, and emotional health of a woman during pregnancy plays a crucial role in the health of the fetus, the success of natural childbirth, and the breastfeeding process (2). Impact of Pregnancy and Childbirth on Mothers includes postpartum depression, which can have negative effects not only on the mother's health but also on family relationships and, on the training and growth of the child (3). Given the multifaceted dimensions of postpartum depression and its diverse effects on the mother, child, family and finally, influence in society, thinking more about this complication is essential (4). This paper aims to investigate the influence of the Quran on postpartum depression. Body: Psychological, biological, social, and cultural factors influence a woman's perception of the intensity of childbirth pain and subsequent discomfort and spirituality being one of the impactful positive factors (5). In Islamic teachings, various methods are highlighted to address depression. The main factor to achieve peace is faith in God. For the treatment of postpartum depression, both pharmacological and non-pharmacological methods are available. Antidepressant medications often lead to unintended side effects (6). Non-pharmacological methods are generally safe, and spiritual health is one such approach. It includes the following aspects: 1- Quran Recitation the musicality arising from the recitation of the Quran is considered one of the most magnificent dimensions of the Quran's miracles (7). In Islam, there are solutions for alleviating mental distress, and one of them involves reciting specific verses or chapters of the Quran which is The Healing Prescription (8). 2- Prayer: In Islam, prayer is unique both in form and spiritually. In Surah Al-Ma'arij, verses 11 to 22, God states: "Indeed, mankind was created anxious, when evil touches him, impatient, and when good touches him, withholding [of it], except for those who pray, those who are constant in their prayer" (9). This signifies the power and miracle of prayer, bringing tranquility to the worshipper. Prayer also contributes to stability, as reflected in the supplication mentioned in verse 154 of Surah Al-Baqarah: "Our Lord, pour upon us patience and plant firmly our feet." (10) Furthermore, the physical and physiological benefits of prayer are extensive, which will be thoroughly addressed in the complete article.

**Result:** This article explores the impact of listening to the Quran, reciting Quranic verses, and prayers on postpartum depression. The findings indicate that religious rituals play an effective role in improving the quality of life and combating postpartum depression. The well-being of mothers, especially in the postpartum period, is ensured through the utilization of spiritual aspects, which, in turn, influences the health of the child and, ultimately, the well-being of society, particularly in the growth and development of the country's future.

**Keywords:** Quran. Prayer. Postpartum Depression, music therapy. Quran recitation .yoga

## The Effect of Listening to Holy Quran Recitation on Preoperative Anxiety among Patients Undergoing Surgery: A Systematic Review

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### Abstract:

Preoperative anxiety is a common issue among patients undergoing surgery. This systematic review aims to investigate studies that have evaluated the effects of listening to Holy Quran recitation as a non-pharmacological intervention in reducing preoperative anxiety. Search Method: A systematic review was conducted using various databases, including Pubmed, Web of Science, Scopus, Google Scholar, SID, and IranDoc, to find relevant studies. Randomized controlled trials that focused on the effects of listening to Holy Quran recitation on preoperative anxiety were selected based on inclusion and exclusion criteria. The PRISMA checklist was used to report the review. Findings: Out of the initial search result, 19 studies were identified as relevant and non-repetitive. Most of these studies were conducted in Muslim Asian countries. Standard questionnaires were used to measure preoperative state anxiety before and after the intervention. The result showed statistically significant differences between the experimental and control groups in almost all studies ( $p\text{-value} < 0.05$ ), indicating that listening to Holy Quran recitation had a significant effect in reducing preoperative anxiety among patients undergoing surgery. The findings suggest that listening to Holy Quran recitation can be considered as a simple, non-invasive, practical, and side-effect-free treatment for decreasing preoperative anxiety in patients. Further randomized clinical trials are needed to assess the impact of listening to Quran sound in different types of surgery, both in Muslim and non-Muslim countries, to reduce anxiety before surgery.

**Keywords:** Holy Quran, Preoperative Anxiety, Surgery, Systematic Review

## Guidelines of the Holy Quran for physical and mental health with emphasis on healthy nutrition: a systematic review

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### Abstract:

Nutrition is one of the important factors of health, which has a great emphasis on the growth and perfection of the human body and soul. Based on this, in Islam and the Holy Quran, a lot of attention has been paid to healthy eating. The purpose of this study is to systematically review the guidelines of the Holy Quran for physical and mental health with an emphasis on healthy nutrition. Search Method: This systematic review study was conducted with the aim of examining the guidelines of the Holy Quran for physical and mental health with an emphasis on healthy eating until January 2023 and based on the guidelines of PRISMA. We extracted all relevant articles published in English through a systematic search in the online databases of Google Scholar, Noormags, and Magiran. In the search strategy, a combination of Persian keywords nutrition, Quran, treatment, health, healing, and wellness were used. Two researchers independently reviewed the titles and abstracts, and then the full texts were reviewed and evaluated based on the eligibility criteria. Any disagreement between researchers was reviewed by a third researcher to resolve inconsistencies. The inclusion criteria included articles published in Persian language and articles related to the purpose of the study. Exclusion criteria included letters to the editor, abstracts, and lack of access to the full text of the articles. Findings: In our initial search, 241 records were identified in the databases. After removing duplicate articles and checking inclusion and exclusion criteria, finally 27 articles were included in the study. According to the reviewed sources, 22.22% of the articles referred to the therapeutic and nutritional properties of dates, 14.81% of the articles referred to the properties of olives, and 7.40% of the articles referred to the properties of pomegranate. Emphasis on the health effects of fruits, especially dates, was evident in verses and hadiths. Based on the evidence obtained, in addition to the mentioned fruits, the Quran has emphasized the use of honey as a healing agent and has given priority to the consumption of fruits over meat. Based on the result obtained, 14.81% of the articles mentioned the effect of halal nutrition on physical and mental health. From the Quran's point of view, halal food will lead to mental health indicators such as righteous deeds. In other articles, it was mentioned about nutritional health, the eating style of not consuming haram meat such as pork meat. In general, the use of fruits and vegetables and halal food is emphasized in the verses and hadiths and is one of the most important guidance programs of the Quran. The references of the Holy Quran to healthy eating and the application of these recommendations in life will solve many physical and mental problems.

**Keywords:** Nutrition, Holy Quran, Health

## Importance of nutrition from viewpoint of Quran and Islam

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### **Abstract:**

Human health is directly affected by nutrition, which is paid much attention by the Islamic religion. The Holy Quran, traditions and narrations of the Ahlal-Bayt (PBUT) represent instructions related to nutrition, which can help physical health. The objective was to investigate the Quran viewpoint on human nutrition and foods, including fruits and vegetables, dates, grapes, figs, meat and fish, honey, milk, grains, including wheat. Also, the wheat storage method and its effect on wheat quality to prevent losses caused by transportation, unloading and transferring wheat from silos to flour mills and the storage life of wheat in silos have been discussed. Searching method: In this review, selected Islamic texts and all articles registered in reliable scientific databases including Google, Google Scholar, Sid, magiran and Civilica using Persian keywords like Quran, nutrition, fruit, Islam and grains, individually or in combination, Persian articles published from 2015 to 2022 and English articles from 1971 to 2021 were examined. The interpretation books, Quran and traditions were also studied. Findings: The examination showed that the foods consumption including fruits and vegetables, dates, grapes, figs, meat and fish, honey, milk, grains, including wheat, as recommended by the Quran, could be a large part of the human nutrition pattern. However, it should be noted that the excessive consumption of the mentioned foods is harmful to health. Islam has recommended foods based on human needs, emphasizing some food groups. Hence, health and diseases depend on the types of foods and drinks consumed.

**Keywords:** Keywords: Islam, Nutrition, Grains, Quran, Food groups.

# The effect of hijab on the health of the family and society: A systematic review

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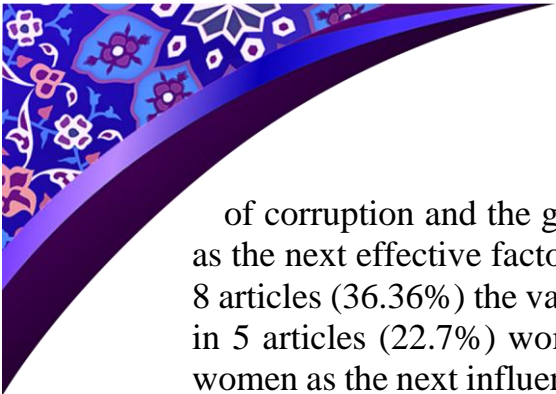
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## Abstract:

Covering and hijab is a ray of God's creation, whose existential philosophy is to preserve the status and material and spiritual space of men and women and lay the foundation for their growth and perfection to the highest levels of humanity. One of the divine laws is the issue of hijab, and the creator of mankind, who knows all the secrets of the world's creation, has considered the beauty, security, growth and excellence of human beings, especially women, in hijab. The necessity of wearing the so-called hijab of a woman in front of a foreign man is one of the self-evident rules in Islam, and it is repeatedly emphasized in the Holy Quran. Therefore, this research was conducted in order to investigate the studies conducted in the field of hijab, so that we can understand the individual and social effects of chastity and hijab, what role does it play in ensuring the health of the family and society? Search Method: The current research is a review study that was conducted by searching Persian articles using the keywords "hijab", "health in society" and "health in the family" without a time limitation, in Noormags, Magiran, SID, and Google scholar databases. After receiving the studies according to the inclusion and exclusion criteria, and removing duplicates, 160 articles were reviewed, and finally 22 studies were included in the final review. The items "author's name" and "title" and "the effects of hijab on society and its social aftermath" and "the effects of hijab on the family and its individual" were taken from the studies. Findings: The period of 22 articles found was between 1385 and 1402. The years 2018, 2019 and 2011 had the highest number of articles (3 printed articles). In 16 articles (72.7%), the strength of the family institution was mentioned as the most effective factor of the effect of hijab in the social dimension, and in 12 articles (54.54%) it was mentioned about the creation of mental peace in the society as well as the reduction



of corruption and the growth of virtues. Ethics in society (50%) were mentioned as the next effective factors in the social dimension. In the individual dimension, in 8 articles (36.36%) the value and dignity of women as the most effective factors and in 5 articles (22.7%) women's immunity and peace as well as the human view of women as the next influential factors in the dimension a person was mentioned. One of the true philosophies is the obligation of hijab, keeping women calm, protecting society from corruption, and giving depth and meaning to social security by developing it, because a person's soul is a wavy sea of his desires, which is undoubtedly the highest desire. Men are attracted to women. Presenting the beauty and positions of a woman's body fuels men's lust and greed and turns them into a serious center of danger, which leads to the deprivation of women's peace and social security. What can prevent this insecurity is the full Islamic hijab.

**Keywords:** Hijab, Family health, Social health



## The role of healthy nutrition in children from the perspective of the Holy Quran

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### **Abstract:**

Children are one of the vulnerable groups of society and their mortality rate is considered as one of the most important socio-economic indicators of societies. Childhood is one of the stages of human development. The importance of this stage is to the extent that Quranic teachings pay special attention to it; because the future of every person depends on his childhood. Social scientists have also paid special attention to this issue; the material and spiritual development of human societies depends on paying full attention to children. Paying attention to children's health from the point of view of Islam is related to even before marriage and birth. In Islamic tradition, especially in the religion of Islam, the necessity of using halal foods and not using haram foods has been emphasized, which can influence the behavior and upbringing of children. May it be based on monotheism in creation, all creatures are striving to feed man and man benefits from them for the health of body and soul. One of the topics mentioned in the Holy Quran is nutrition, especially healthy food. The purpose of this study is to examine the guidelines of the Qur'an regarding the healthy nutrition of children and its role on health aspects.

**Keywords:** Child, Quran, nutrition, health, role

## مقاله مروری: "تغذیه سالم از منظر قرآن کریم: راهنمایی‌های الهی برای سلامتی جسمانی و روحانی"

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چکیده:

سلامت انسان جایگاه والایی در قرآن و آموزه‌های اسلامی دارد. تغذیه سالم یکی از مهمترین ارکان در حفظ سلامت جسمانی و روانی انسان است این مقاله به بررسی آیات قرآنی مرتبط با تغذیه پرداخته تا رویکرد قرآن به تغذیه سالم را برای اجرای بهتر آن در زندگی روزمره معرفی نماید. مواد و روش‌ها: در این پژوهش که یک مطالعه مروری و کتابخانه‌ای است جستجو در قرآن با ریشه‌های غذایی، طعم، شهی، اکل، ذوق، شرب، برای یافتن آیات مرتبط با تغذیه انجام شد. آیات مرتبط با استفاده از ظاهر آیه، روایات ذیل آیات، کتب تفسیر و شواهد طبیبی موجود مورد تحلیل و بررسی قرار گرفت. یافته‌ها: در قرآن کریم در بیش از ۳۵ آیه به مفردات غذایی یا آداب تغذیه اشاره مستقیم شده است. این مفردات در دسته‌های غذایی شامل غلات، حبوبات، لبنیات، گوشت، میوه جات و شیرینیجات قرار می‌گیرند. حب یا دانه‌ها را می‌توان شامل حبوبات، گندم، جو و برنج دانست. در بین لبنیات از شیر نام برده شده است. گوشت‌ها شامل دریازبان، پرندگان و چهارپایان همچون گوسفند، بز، گاو و شتر می‌گردند. در میان میوه‌ها از انگور، خرما، انار، موز، انجیر و زیتون نام برده شده است. از بین شیرینیجات نیز می‌توان به عسل و خرما اشاره نمود. از میان این مفردات غذایی جهت حفظ سلامتی انسان، بر اساس منابع طبیبی بر مصرف متعادل نان گندم، گوشت گوسفند یا بز یکساله، انگور، انجیر و خرما تأکید بیشتری می‌شود. مفردات غذایی خیار، سبزی، سیر، پیاز و عدس در مقابل غذای بهتر یعنی من و سلوی پست تر شمرده شده‌اند. در خصوص آداب تغذیه به توجه همه جانبه به غذای مصرفی، استفاده از غذاهای طیب، حلال و پاکیزه تر، نام خدا را بر غذا بردن، شکرگزاری و دوری از اسراف پرداخته شده است. بر اساس منابع طبیبی رعایت اعتدال در حجم، دفعات و زمان غذای مصرفی از مهمترین عوامل اثرگذار در حفظ سلامتی و پیشگیری از بیماری است. پرخوری از بدترین اسباب ایجاد بیماری و پرهیز از پرخوری از قوی ترین اسباب جلوگیری از ایجاد بیماری به شمار می‌رود. خداوند مواد غذایی مناسب برای استفاده انسان را در قرآن کریم نام برده است. اما شرط بهره‌مندی از سلامت در استفاده از این غذاها رعایت آداب خاص مذکور در قرآن حین تهیه و مصرف غذاست. عمل به دستورات خداوند در قرآن منجر به تأمین، حفظ و ارتقاء سلامت به مفهوم جامع آن یعنی سلامت جسمی، روانی، اجتماعی و معنوی می‌گردد.

کلمات کلیدی: قرآن، سلامت، تغذیه، غذا



## نحوه تحقق انسان سالم از نگاه قرآن، احادیث و طب سنتی ایرانی

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### چکیده:

"نحوه تحقق انسان سالم از نگاه قرآن، احادیث و طب سنتی ایرانی" زمینه و اهداف: انسان سالم، یکی از اهدافی است که در خلقت بشر مورد توجه بوده است. برای دستیابی به این هدف، پیشگیری از بیماری‌ها و تحقق سلامت جسمی و روانی اهمیت بسیاری دارد. در این راستا، رعایت تغذیه سالم و متوازن، ورزش منظم، استراحت کافی و مدیریت استرس، بررسی‌های پیشگیرانه و درمانی و ایجاد فرهنگ سلامت در جامعه ضروری است. حفظ محیط زیست سالم، نیز در این مسیر اهمیت دارد. مواد و روش‌ها: این پژوهش یک مطالعه مروری و کتابخانه‌ای با تمرکز بر متون تفسیری و علوم قرآنی، در کنار مباحث حفظ سلامتی در متون اصلی طب سنتی ایرانی می‌باشد. یافته‌ها: در قرآن آمده است که جسم انسان از نعمت‌های الهی است که باید به آن احترام گذاشته شود. همچنین، قرآن به اهمیت اخلاق و ارزش‌های انسانی اشاره داشته و یکی از اصول دستیابی انسان‌ها به سلامت کامل اخلاقی و روحانی است. از این رو، در قرآن به مسائلی مانند صدق و امانتداری، بخشش و عدالت، دلسوزی و مراقبت از دیگران و دیگر ارزش‌های انسانی اشاره شده است. بنابراین از دیدگاه قرآن، انسان سالم آن کسی است که به دستورالعمل‌های الهی در مسیر رسیدن به سلامت جسمی، روحی، و اخلاقی پیروی می‌کند و در کنار این کار، محیط زیست را نیز حفظ و حراست می‌کند. از دیدگاه قرآن انسان سالم مطلوب خداوند به اینگونه بیان شده است: "وَلَا تُلْقُوا بِأَيْدِيكُمْ إِلَى التَّهْلُكَةِ" (سوره بقره، آیه ۱۹۵)، "يَا أَيُّهَا الَّذِينَ آمَنُوا ادْخُلُوا فِي السِّلْمِ كَافَّةً" (سوره بقره، آیه ۲۰۸). همچنین در آیات دیگری بر مسائلی مانند حفظ سلامت جسم و روح، ارزش‌های انسانی اشاره دارند که می‌توانند به درک بهتر مفهوم انسان سالم از دیدگاه قرآن کمک کنند. بهره‌وری از احادیث پیامبر اسلام (صلی الله علیه وآله وسلم) می‌تواند نمونه‌ای دیگر از دیدگاه اسلام در مورد انسان سالم و مطلوب خداوند را نمایان کند. برخی از احادیث مرتبط عبارتند از: انسان سالم و مطلوب خداوند کسی است که قوی و سالم در جسم و روح خود باشد، به دیگران کمک کند و از اخلاق و ارزش‌های انسانی پیروی کند و همچنین از محیط زیست حفاظت کند. در طب سنتی ایرانی، انسان سالم به عنوان فردی که دارای تعادل در ابعاد مختلف جسمانی، روحانی، و روانی است، تعریف می‌شود. طب سنتی بر اصولی مبتنی بر تعادل عناصر در بدن انسان استوار است. بر اساس این اصول، حفظ سلامت جسمی از طریق تغذیه سالم، فعالیت بدنی منظم، اصول صحیح پاکسازی بدن، حفظ تعادل حالات روحی و روانی، خواب منظم و با کیفیت و هوای مناسب محقق می‌شود. نتیجه‌گیری: طب سنتی ایرانی به اهمیت تعادل و هماهنگی بین اجزای مختلف انسان، از جمله جسم، ذهن، و روح، تاکید می‌کند تا انسان بتواند سلامتی کامل را تجربه کند. به نظر می‌رسد با به کارگیری اصول الهی در حفظ سلامت انسان بتوان قدمی موثر در مسیر رسیدن به انسانی سالم برداریم.

کلمات کلیدی: انسان، سلامت، قرآن، احادیث، طب ایرانی

# The components of health from the perspective of the Qur'an and Etrat at the glance

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## Abstract:

The word health refers to a state of complete emotional, mental, and physical well-being. The health of the body and the soul are intertwined to a great extent, therefore, educational teachings in the religion of Islam regarding the comprehensive health of a human being begin from the very beginning of the formation of the zygote. The present review study was conducted with an overview of health components such as heredity, upbringing, nutrition, hygiene and environment from the perspective of the Holy Quran and Islam Prophet's etrat in order to achieve the Quranic teachings for human health. Human behavioral characteristics are a mixture of heredity and environmental influences, therefore human education and upbringing is one of the important goals of the mission of divine prophets. Healthy eating is one of the most basic ways to achieve health. Proper eating and drinking, followed by gratitude for God's blessings, is considered a part of worshiping the God of sustenance. One of the characteristics of Islam is to encourage people to take care of health. Mental health plays a role in maintaining health as much as physical health, and mental health is ensured when a person is mentally at peace. One of the most important ways to ensure peace is for a person to know that he is a creation of God, the unique, the Wise, the Mighty, and everything he has is from God. A healthy environment is also one of God's blessings. Therefore, corruption in the environment is condemned in Islam.

**Keywords:** Health, Hygiene, Upbringing, Quran, Etrat

## تبیین شاخصهای روانی و رفتاری ارتقاء سلامت انسان با تاکید بر معناکاوی آیات مشتمل بر عبارت " و لا خوف علیهم و لا هم یحزنون "

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چکیده:

از آنجا که قرآن کریم تبیان لکل شیء است و خداوند در جای دیگری از قرآن می‌فرماید "و ما فرطنا فی الکتاب من شیء" بایسته است اصول سلامت روحی و جسمی انسان از مجموع آیات قرآن کریم فهم گردیده و استخراج شود. از این رو هدف این پژوهش پرداختن به مجموعه ای از آیات قرآن کریم است که مشتمل بر عبارت " و لا خوف علیهم و لا هم یحزنون " می‌باشند تا بتوان شاخص‌های روانی و رفتاری افراد مورد نظر در این آیات را به عنوان الگوی سلامت در این حوزه معرفی نمود. مواد و روش‌ها: این پژوهش یک مطالعه مروری و کتابخانه‌ای با تمرکز بر متون تفسیری و علوم قرآنی از جمله تفسیر المیزان علامه طباطبائی، در کنار مباحث اعراض نفسانی در متون اصلی طب سنتی ایرانی از جمله قانون فی طب و ذخیره خوارزمشاهی می‌باشد. کلیدواژه‌های خوف و حزن در آیات قرآن مورد جستجو قرار گرفت. یافته‌ها: بر اساس مطالعات انجام شده آنچه را که خداوند در قالب آیات قرآن کریم به عنوان عوامل عدم وجود حزن و خوف در انسان بیان می‌فرماید، شامل این موارد می‌باشد: برطرف کردن حس بیگانگی و غربت انسان نسبت به جهان هستی، وارد شدن در دایره ولایت الهی، ایجاد امنیت الهی، نگاه مثبت به مرگ و معاد، ایجاد حس رضایت با انجام عمل خیر، لذت بخش کردن حس تسلیم و تواضع در برابر خداوند در کنار اعمال خیرخواهانه، خارج کردن نفس از خودخواهی و شهرت طلبی، بسط دگردوستی از طریق انفاق، برطرف کردن حب ریا و تقویت حس نوع دوستی از طریق بذل و بخشش پیوسته مال به صورت پنهانی و آشکار و عدم انتظار تقدیر و تشکر از سوی جامعه، تقویت رابطه قلبی انسان با خدا در بستر نماز و ایجاد حس مثبت نسبت به پرداخت زکات ایجاد، ایجاد حس مثبت نسبت به بذل جان در راه خداوند، ایجاد حس امید نسبت به مغفرت و رحمت الهی از طریق اصلاح رفتارهای مذموم، تقویت حس خویشتن داری و احساس موفقیت در کنترل نفس، تقویت حس دوستی و خودمانی شدن با خداوند تقویت اراده و استقامت بر انجام اعمال خیر و تحمل سختی‌ها و مصائب در راه خداوند می‌باشند. در واکاوی متون طبیبی اصیل نیز می‌توان این موارد را هرچند گاهی با خوانش‌های متفاوت یافت. از دیدگاه حکمای طب ایرانی نیز عدم پرداختن بیش از حد به اموری که فاقد اهمیت هستند و موجب آزردن خاطر شدن فرد می‌گردد یکی از اصول پیشگیری از بروز حالات روحی و روانی منفی است. آیات مشتمل بر عبارت " و لاخوف علیهم و لا هم یحزنون " دلالت‌های مهم و برجسته‌ای در حوزه سلامت دارند که می‌توان در حوزه روانشناسی ایمان به عنوان سرفصلی جدید در طب به آن پرداخت و این دلالت‌ها خود بیانگر اهمیت و شاخص بودن قرآن به عنوان کتابی نه تنها در حوزه سلامت ایمانی بشر بلکه کتابی جامع در حوزه سلامت جسم و روان است که پژوهش‌های بیشتر در آن را می‌طلبد.

کلمات کلیدی: سلامت، قرآن، ترس، غم

## نظام جامع سلامت و بهداشت در منظر اسلام، الگوی تحقق انسان سالم و مطلوب قرآنی

Mohamad Ali Akhavan\*<sup>1</sup>

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### چکیده:

ویژگی‌ها و صفات انسان کامل از نگاه قرآن، همواره مورد توجه اندیشمندان اسلامی بوده است. انسان مطلوب در نگاه قرآن تنها در سایه ایمان و باور توحیدی و رهبری امام عصر ممکن خواهد بود. نظام جامع سلامت و بهداشت در اسلام، نظام واره‌ای از مسائل علم طب است که چهار چوب آن اصول و قواعد برگرفته شده از منابع دینی، و نظام مسائل آن در میدان عمل، روایات طبی تجربه شده، تجربه حکماء و علوم جدید قطعی بشری می‌باشد. از این رو ضمن جامعیت نظام این طب در پیشگیری و علاج، مکمل خوبی برای همه شیوه‌های طبی دیگر نیز خواهد بود. تبیین و بازشناسی این نظام جامع در واقع یک آینده پژوهی جامع است که به تبیین ویژگی‌ها، ظرفیت‌ها و فرصت‌های فرهنگ و تمدن اسلامی به عنوان نقشه راهی در مسیر تحقق انسان کامل و سالم می‌پردازد. هدف از پژوهش حاضر بررسی موضوع تحقق انسان مطلوب قرآنی در سایه نظام جامع سلامت است، که با روش توصیفی و با استناد به منابع کتابخانه‌ای صورت گرفته است. یافته‌های بدست آمده حاکی از آن است که سبک زندگی مبتنی بر قواعد جامع طب اسلامی و همچنین توصیه‌های روایی معصومین علیهم السلام نقش موثری در تحقق انسان مطلوب قرآنی دارد. چه بسا در دوران طلایی ظهور، بخش زیادی از علوم جدید مورد تایید و استفاده قرار گیرد، به عبارت دیگر طب اسلامی زمانی جامع و مانع است که با نگاه غیر متعصبانه نسبت به علوم سنتی یا جدید از دریچه امام به تحولات علوم بنگرد.

## Acquaintance and recognition of Quranic gems and its impact on the daily life activities of medical students

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### چکیده:

مقدمه: قرآن کتاب آسمانی و شفابخش در همه حال و برای همه افراد راهگشا می باشد. در این پژوهش سعی بر آن شده است که میزان کاربرد زرنگاره های قرآنی که به عبارتی منظور عبارات کوتاه و آموزنده قرآنی می باشد در بین دانشجویان علوم پزشکی بررسی گردد. دانشجویان مجموعه پزشکی و اختلالات روانی در میان دانشجویان علوم پزشکی نگران کننده است؛ و آنان به طور مستقیم و غیرمستقیم در خصوص سلامتی مردم در محیط های پر استرس و تنش زا نقش ایفا خواهند نمود که برای سلامت روان مضر است، از طرفی در برخی مطالعات انس با قرآن کریم عاملی در بهبود سلامت روان و جسم معرفی شده است؛ لذا در این مطالعه به مرور مطالعات مربوطه پرداخته و در خصوص نتایج مربوطه و عوامل موثر بررسی صورت می پذیرد. روش مطالعه: این مطالعه مروری به منظور ارتباط و شناخت میزان آموزه های قرآنی و کاربرد و تاثیر پذیری آن بر فعالیت روزانه دانشجویان علوم پزشکی می باشد. برای جمع آوری مستندات و منابع در پایگاه های Web of Science، Scopus، SID، Magiran، IranDoc و با کلید واژه های دانشجویان، علوم پزشکی، عبارات قرآنی، آیه شفابخش، جستجو صورت پذیرفت. پس از بررسی عنوان مقالات و بررسی چکیده و متن کامل برخی از متون ۳۰ مقاله انتخاب و مورد بازبینی قرار گرفت. نتایج: بر اساس نتایج تحلیل شده مطالعات و پژوهش موجود بطور کلی حضور قرآن و انس با آن در سلامت روان دانشجویان کادر پزشکی تاثیر مثبت و معناداری داشته است. اما هدف از این مطالعه میزان شناخت عبارات قرآنی مانند آیه الکرسی، آیه فالحه خیر حافظا و هو الرحمن الرحیم و .... می باشد. بر این اساس مطالعه ای که بطور اختصاصی پرداخته باشد وجود ندارد. نتیجه گیری و بحث: نیاز چنین مطالعه ای و شناخت عبارات قرآنی می تواند تاثیر به سزایی در رفتار و عملکرد دانشجویان کادر پزشکی داشته باشد. برخی از مطالعات اشاره نموده است که آیه الکرسی از سوره مبارک بقره در شروع فعالیت پزشکی دانشجویان بسیار پرکاربرد و شناخته شده می باشد. پیشنهاد این مرور می تواند زرنگاره های قرآنی کوچک بصورت تابلو یا دیوار نوشته و یا بصورت یک واحد درسی به همراه تفسیر و معانی آن در اختیار دانشجویان علوم پزشکی که به عنوان گنجینه مهم برای جامعه سلامت و الگوی همگان هستند

کلمات کلیدی: قرآن، زرنگاره قرآنی، آیه، دانشجو، علوم پزشکی



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**Abstract:**

Abstract mental health as a complete state of comfort and biological prosperity, mental with spirituality as a word in social discourse, is widely used and has a valuable position in the field of crime prevention. Mental health and spirituality in Islam are derived from the teachings, or the dos and don'ts of Islamic ethics, which are discussed in practical ethics. Despite the differences with criminal law in terms of goals and approaches, both have common points that provide the basis for interaction between the two. The purpose of the current research is to investigate spirituality and mental health in crime prevention using a descriptive-analytical method. The findings of this research show; The brilliance of spirituality and mental health lies in the fact that if it is promoted, valuable result are obtained, which is of great importance to those involved in social affairs, especially in organizing community security and crime reduction.

**Keywords:** Spirituality, mental health, criminology, crime prevention.



## Good food according to Quran

Mohammad Taqi Qazi\*<sup>1</sup>

### **Abstract:**

One of the most important pillars of human life is nutrition, and in today's world, humans are faced with different and delicious foods, but the question is whether all and every type of food is useful for humans or not? And if it is not useful, then how can we live a good and healthy life? That's why this research was written to find the answer to the question of which food is useful for the health of the human body. The method of this research is analytical-descriptive in order to solve this problem the verses of the Holy Qur'an should be used for help, and after examining the verses of the Qur'an, we understood that healthy eating was God's command and choosing to eat healthy is the character of the Prophets and saints.

**Keywords:** healthy nutrition, rules of human nutrition, Holy Quran

## The concept of a healthy heart from the perspective of the Holy Qur'an and the traditions of Ahl al-Bayt

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### **Abstract:**

Considering the importance of a healthy heart and the role that this concept has in guiding spiritual health and the effect it has on reducing mental crises and issues arising from it in society, especially in the conditions of increasing psychosomatic diseases that have a mental origin and physical manifestation. In this study, an attempt has been made in this direction to determine the concept of a healthy heart and its interpretation and definition from the perspective of the Holy Qur'an and the hadiths and (narrations) of the Infallible Imams, and to find consensus and theoretical unity regarding this meaning among the verses of the Holy Qur'an, the narrations of the Ahl al-Bayt and the interpretation of great commentators was achieved. Research method: In this study, as a library research, the key word "healthy heart" in addition to "Qur'an" and "narrations" and "hadiths" in the text of the Quran, hadith books and articles prepared in this field in the valid information database was provided. Heart has different meanings in the word, including intellect and understanding. The root of this word means change and transformation, and since human thought and intellect are constantly changing, it is called the heart. The word "healthy" is also taken from the word "health" and when health is mentioned absolutely, it includes any physical, moral and religious illness. In the Qur'an, however, the heart has different meanings, including intellect and understanding, soul and soul, and the center of human emotions. And in the verses that refer to a healthy heart, he has introduced it as a heart cleansed of idolatry and the only useful baggage of a person on a day when there will be no useful possessions. The commentators have considered the meaning of the heart in the statements of the Qur'an to be the human being himself, that is, his self, his soul, and his soul. In the narrations of Ahl al-Bayt, a healthy heart is a heart reserved for the believers and the enlightened who meet God, while there is no one but Him in it, and those who have pure and pure intentions have been introduced as the owners of a healthy heart. Although the best blessing is health, the best health is the health of the heart, and the worst calamity is the disease of the heart. Conclusion: Therefore, the heart in the term of the Qur'an means "soul and intellect" and a healthy heart is a pure and healthy soul that is free from any kind of idolatry, doubt and corruption. The word "healthy" which is from the root of "health" has a comprehensive concept of all aspects of health of the body and soul and the metaphor of a healthy heart means a heart that is away from any disease and moral and religious deviation and focuses its attention and focus on May God bless him and the owner of a healthy heart in this world, his heart is empty of ungodly matters. Because things like selfishness, power-seeking, extravagance, moral abnormalities, etc. are not compatible with a healthy heart. key words: healthy heart, concept, Qur'an, imams, Ahl al-Bayt, Hadith

**Keywords:** healthy heart, concept, Qur'an, imams, Ahl al-Bayt, hadith



## The role of hijab in the health of society and the impact of social processes on it (review study)

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### **Abstract:**

Hijab, as a religious norm, is one of the most important religious orders in the public sphere of society. The effects of disobeying this religious command are seen in the increase of social corruption and the decline of women's personality. Considering the importance of the topic, the current review study in 1402, by searching in reliable scientific sources, investigated the role of hijab in the health of society and the impact of social processes on it. Search method: This study is a review of articles. The search for articles published in the last 10 years was done in reliable databases, the main keyword was hijab and chastity, and it was searched in combination with the words social health, spiritual health, attitude, and tendency. Entry criteria: 1. Articles published in The case of hijab and chastity 2. Articles in Persian and Latin, 3. Quantitative, qualitative, mixing and educational intervention articles. Exclusion criteria were: 1) duplicate articles in different databases 2) non-original studies, including editorials, short articles and letters to the editor. Findings: The result of a qualitative study have shown that women who don't wear the hijab, in a social process of diminishing the importance of the hijab in their minds, observe their hijab incompletely and consider the hijab to lack social and individual functions. It was that the society is going towards less hijab, so they act in the direction of blending in with the society. The result of the analytical study showed that the most important variable affecting the tendency to wear the hijab was the variable of the tendency to feminism. Other effective variables were: social driving factors, socio-economic base, lifestyle and place of residence. In 4 studies, a significant relationship was shown between the level of education and spiritual health with students' attitudes towards the hijab, so that high school girls believed in wearing the hijab in public places more than university girls, and the academic semester of the students and their living conditions had a statistically significant relationship with had a hijab, and in another study, there was a direct and significant relationship between variables such as occupation, level of religiosity, family upbringing, and age with the attitude towards the category of hijab. In the latest study, the result indicated that social health has a significant effect on strengthening the values of hijab and chastity culture. It should be noted that the issue of hijab and the health of society are two issues that affect each other. By analyzing the above result, it seems that the low importance of the hijab in the minds of women and the idea that the society is moving towards less hijab, along with the false culture of having to be of the same color as the congregation, and the tendency towards feminism are some of the negative social processes affecting hijab and chastity, and health Social, spiritual health and level of religiosity, correct family upbringing positively affect the issue of hijab, and developing solutions and educational interventions in these cases can be useful for promoting the culture of hijab and chastity, although the influence of age and occupation, place of residence and Ignored education.

**Keywords:** Hijab, health of society, social processes.

## The role of man's central monotheism in cultivating a healthy heart and guiding spiritual health

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### **Abstract:**

The human heart is one of the noblest aspects of his being, which is called a healthy heart at its highest level. A healthy heart plays a significant role in the formation, strengthening and guidance of spiritual health. What becomes important in nurturing and exalting the human heart is paying attention to monotheism and monotheism as the central point in life. The purpose of the current research is to investigate the issue of cultivating a healthy heart with emphasis on the principle of monotheism as a guide to spiritual health from the perspective of the Holy Quran, which was done in a descriptive-analytical way. In this article, an attempt has been made to explain and examine the path to achieving a healthy heart while analyzing the principle of monotheism as a pillar of spiritual health in verses and traditions. The findings indicate that the monotheistic approach, by placing hope, trust, peace, love and forgiveness, causes heart health, and a healthy heart plays a role in guiding and promoting spiritual health with the flow of these components in life.

**Keywords:** Oneness-healthy heart-mental health-Axial monotheism

## The effect of teaching ways of hope and life satisfaction based on Quranic teachings on the level of happiness of nursing students in 1401

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### Abstract:

Hope and satisfaction with life causes happiness and helps people to feel better, also to strive for better existential values and to have a better life, and to show better physical and mental performance. Since the divine verses have provided solutions regarding hope and life satisfaction, the purpose of this study is to investigate the effect of teaching ways of hope and life satisfaction based on Quranic teachings on the level of happiness of nursing students in 1401. Methods: This study is a semi-experimental study with a pre-test and a post-test with a control group, which was held in the form of group counseling in 6 sessions, during six weeks and each session was one hour, and 34 students were divided into two intervention and control groups and the research tools are demographic information form and Oxford happiness questionnaire and SPSS version 24 was used for data analysis. The data analysis of this study showed that the average happiness score in the intervention group was  $78.5 \pm 18.1$  before the intervention, and this score changed to  $105.4 \pm 16$  after the intervention. Based on these result, these courses Education has had a positive effect on students' happiness. ( $P < 0.001$ ) Conclusion: Considering that using the verses of the Holy Qur'an about ways to hope and be satisfied with life has an impact on the happiness of students, it is suggested that these training courses during the students' education in order to increase happiness and better physical and mental performance for students to be implemented.

**Keywords:** Quranic teachings, hope, happiness

## The comprehensive system of health and hygiene in the perspective of Islam, the model of realizing a healthy and desirable human being according to the Qur'an

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### Abstract:

The characteristics and attributes of a perfect human being from the perspective of the Qur'an have always been the focus of Islamic thinkers. According to the Qur'an, a desirable person will only be possible under the shadow of monotheistic faith and belief and the leadership of the Imam of the Age. The comprehensive system of health and hygiene in Islam is a system of problems of medical science, the framework of which is the principles and rules taken from religious sources, and the system of problems in the field of practice, experienced medical traditions, the experience of sages and new definitive human sciences. Therefore, in addition to the comprehensiveness of this medicine system in prevention and treatment, it will be a good supplement for all other medical methods. The explanation and recognition of this comprehensive system is actually a comprehensive future study that explains the features, capacities and opportunities of Islamic culture and civilization as a road map on the path to the realization of a complete and healthy human being. The aim of the current research is to investigate the issue of the realization of the desired human being in the shadow of the comprehensive health system, which was done with a descriptive method and citing library sources. The obtained findings indicate that the lifestyle based on the comprehensive rules of Islamic medicine as well as the narration recommendations of the innocents, peace be upon them, has an effective role in realizing the ideal human being according to the Qur'an. Perhaps in the golden age of emergence, a large part of the new sciences will be approved and used, in other words, Islamic medicine is a comprehensive and barrier time to look at the developments of sciences with a non-biased view of the traditional or new sciences through the lens of the Imam.

**Keywords:** medicine-healthy person- Comprehensive Islamic medicine- desirable person-perfect human- Quranic desirable person



## **Investigating the relationship between attitude towards hijab and general health of students of Kermanshah University of Medical Sciences**

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### **Abstract:**

The general health of students is an important health matter that affects various aspects of performance and quality of life and academic progress of students, and according to various studies, Islamic clothing is one of the components that affect health. This study was conducted with the aim of investigating the relationship between the attitude towards covering and the general health of the students of Kermanshah University of Medical Sciences. **Materials and Methods:** This study is of a descriptive-analytical type and was conducted on 350 students of Kermanshah University of Medical Sciences who were enrolled in the study in a random stratified method, and the data collection tools included the Karimzadeh Hijab Attitude Questionnaire and the General Health Questionnaire. GHQ is a 28-question and demographic information form, and finally, descriptive-analytical statistics and spss 24 were used to experiment and analyze the data. **Findings:** The result of this study showed that 36.5% of the students had a positive attitude and 29.7% had a negative attitude towards the Islamic hijab, and it was determined that there is a significant relationship between the attitude towards the hijab and general health among the students. Considering the significant relationship between the attitude towards hijab and public health, it is suggested that educational workshops and challenge solving and free thinking sessions be held in order to clarify the hijab and its definition for students and pay attention to different aspects of public health.

**Keywords:** Hijab, public health, quality of life

## Nutrition from the perspective of the Holy Quran

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### چکیده:

تغذیه از منظر قرآن کریم زهرا رضایی<sup>۱</sup>، مریم راعی<sup>۲</sup>، 1. دانشجوی کارشناسی ارشد پرستاری داخلی جراحی، کمیته تحقیقات دانشجویی، دانشگاه علوم پزشکی شهید صدوقی یزد، ایران. 2. دانشجوی دکترای عمومی داروسازی، کمیته تحقیقات دانشجویی، دانشگاه علوم پزشکی شهید صدوقی یزد، ایران سابقه و هدف: قرآن کریم برنامه ای متقن و جامع بوده که همه ی ابعاد زندگی را در بر گرفته است. تمسک جستن از قرآن و راهنمایی های آن باعث نجات و هدایت بشریت خواهد بود. یکی از مواردی که به طور جدی در قرآن از آن بحث به میان آمده، تغذیه و آداب آن می باشد. همانطور که گفته اند عقل سالم در بدن سالم است و بدن سالم نیاز به تغذیه ای صحیح دارد. باتوجه به اهمیت تغذیه در پیشگیری از آسیب های جسمی، روانی و اجتماعی، مطالعه حاضر با هدف بررسی تغذیه از منظر کلام وحی با مروری بر متون و مطالعات انجام شده است. روش جستجو: مطالعه انجام شده یک مطالعه مروری بوده که با جستجو در متون ارزشمندی چون قرآن کریم، تفاسیر المیزان، نور، نمونه، مبین و با جستجوی کلید واژه های تغذیه، غذا و قرآن کریم در پایگاه های اطلاعاتی SID، Google Scholar، Noor Mags در بازه زمانی ۲۰۱۵ تا ۲۰۲۳ انجام شده است. در نهایت با در نظر گرفتن معیار های ورود و خروج ۳۰ مقاله از این بین مورد بررسی قرار گرفت. یافته ها: نتایج بررسی ها حاکی از آن است که در قرآن کریم بیش از ۲۵۰ آیه در مورد اهمیت تغذیه به صورت مستقیم و غیر مستقیم وجود دارد. قرآن کریم به چگونگی پیدایش غذا و خوراکی ها، اهمیت نگرستن به غذایی که انسان مصرف می نماید، طیب و حلال بودن غذا و تفکیک این دو از هم، نام بردن از انواع خوراکی ها و تکرار و تاکید بر بعضی، زمان مصرف غذا، اعتدال در استفاده و پرهیز از اسراف و حتی از تغذیه شیر خوار و اهمیت شیر مادر برای وی و مدت استفاده نیز سخن به میان آورده است. قرآن بعضی از خوراکی ها را به عنوان شفا معرفی کرده و بر بعضی دیگر قسم یاد نموده که حاکی از اهمیت و فواید آن است. همچنین قرآن کریم غذا را وسیله ای جهت آزمایش و نشانه ای الهی جهت تفکر و تعقل انسان معرفی کرده است. بر طبق آیات، خداوند غذا را به صورت عادلانه در میان بندگان خود تقسیم کرده و بر اطعام فقرا نیز تاکید نموده است. تغذیه اگر از منبع سالم، طیب و حلال باشد علاوه بر بعد جسمی بر روان انسان نیز اثر گذار بوده و عمل صالح را در پی دارد. قرآن کریم در مبحث تغذیه به صورت تخصصی و در بعضی موارد با جزئیات به بیان آیات پرداخته است. تا جایی که پس از گذشت چند هزار سال از نزول این کتاب آسمانی، مواردی که در آن بیان شده است امروزه با تحقیق و پژوهش دانشمندان در حال اثبات می باشد. با توجه به مواردی که ذکر شد، انسان باید علاوه بر دقت در غذای خود جهت کسب سلامتی، به دستورات قرآن کریم نیز عمل نموده و این کتاب مقدس را راهنمای زندگی خود در دنیا قرار دهد.

کلمات کلیدی: تغذیه، غذا، قرآن کریم

## گستره مفهوم سلامت از منظر اسلام و پزشکی نوین

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### چکیده:

مفهوم سلامت از کلیدی ترین مفاهیم زندگی انسان به شمار می رود و همواره مورد توجه علوم و مکاتب فکری مختلف بشر بوده است. این مقاله به مقایسه مفهوم سلامت در چارچوب نظری اسلام و پزشکی نوین پرداخته است. مواد و روش ها: با بررسی متون معتبر مکتب فکری اسلام و دانش و فلسفه پزشکی نوین، چارچوب نظری هر یک از این دو حوزه در ارتباط با موضوع حیات انسان استخراج گردید. سپس در هر یک از این چارچوب های نظری، موضوع سلامت انسان تبیین شده و نتایج آن با یکدیگر مورد مقایسه قرار گرفت. یافته ها: طبق تعریف سازمان جهانی بهداشت، سلامتی حالتی از رفاه (well-being) کامل جسمی، روانی و اجتماعی است و نه صرفاً فقدان بیماری یا ناتوانی. از سوی دیگر فلسفه پزشکی نوین، ادامه حیات انسان پس از پایان زندگی دنیوی را از منظر علم تجربی قابل تحقیق و اظهار نظر نمی داند و یکی از بنیادی ترین پیش فرض های دانش پزشکی نوین، فرض محدود بودن بازه زمانی زیست انسان به دوره ای است که از حیث تجربی قابل مطالعه است. لذا سلامتی از این منظر، رفاه کامل جسمی، روانی و اجتماعی در محدوده دوران زیست دنیوی انسان در نظر گرفته می شود. اسلام نیز به سلامت انسان در حوزه های بدنی، روانی و اجتماعی توجه بسیار نموده و همواره مشوق توسعه علوم تجربی مفیدی همچون علم پزشکی و سلامت بوده است. با این حال، تمایز بنیادین چارچوب نظری اسلام نسبت به پزشکی نوین را می توان نگاه امتدادی - و نه انقطاعی - به حیات انسان دانست. در منظر اسلام، انسان حیاتی ابدی داشته و مرگ دنیوی تنها به معنای تغییر بستر حیات انسان می باشد. در این دیدگاه افق سلامت انسان، در تمام گستره حیات ابدی وی امتداد یافته، و بایسته ها و عوامل موثر بر آن در این افق ابدی تبیین می شوند. لذا اصول اعتقادات، اخلاق و احکام اسلامی، همگی قواعدی در راستای تامین رفاه انسان در تمام گستره حیات وی - و نه صرفاً حیات دنیوی او - می باشند. این گستره ابدی حیات همچنان شامل ابعاد مختلف بدنی، روانی و اجتماعی بوده و تذکرات قرآن و روایات درباره تنعمات یا عذاب های بدنی، روانی و اجتماعی در حیات اخروی، و تبشیر و انذار نسبت به عوامل زمینه ساز آن ها، ناظر به همین گستره ابدی سلامت است. این گسترده ابدی حیات انسان، در منظر نخست امتدادی زمانی - در معنای دنیوی زمان - به نظر می رسد؛ اگرچه در نگاهی ژرف تر به معنای مراتب وجودی بی انتهای هر یک از انسان ها، فوق گستره زمان و ماهیات دنیوی، و در مرتبه علل آن ها است. فلاسفه مسلمانی چون ملاصدرا وجود ابعاد گوناگون حیات اخروی انسان و امکان سلامتی یا اختلال در آن ها را ذیل مباحثی مانند معاد جسمانی و عالم مثال، به طریق عقلی اثبات نموده اند. این در حالی است که پزشکی نوین، اساساً مرگ دنیوی را خاتمه حیات انسان دانسته و تلاشی برای تبیین سلامت انسان در حیات اخروی وی نمی نماید. نتیجه گیری: دیدگاه اسلام در تحلیل افق و مراتب حیات انسان بسیار جامع تر از پزشکی نوین بوده و از این منظر می توان اسلام را راهگشای "سلامت حقیقی" انسان، و قرآن را "کتاب جامع سلامت ابدی" انسان دانست.

کلمات کلیدی: سلامت، اسلام، طب نوین، زندگی پس از مرگ، معاد جسمانی

## سلامت معنوی و صلاحیت حرفه ای در ارائه مراقبت معنوی در پرستاران شاغل در

### مراکز درمانی ایران: مروری سیستماتیک

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#### چکیده:

معنویت و صلاحیت مراقبت معنوی به عنوان بخشی جدایی ناپذیر از مراقبت های بهداشتی و همچنین جزء مهمی از عملکرد پرستاری در ارائه مراقبت با کیفیت می باشد. لذا این پژوهش با هدف بررسی سلامت معنوی پرستاران و صلاحیت حرفه ای آنان در ارائه مراقبت معنوی به بیماران بستری در مراکز درمانی ایران با مروری بر مطالعات پیشین انجام گرفت. روش جستجو: در مطالعه مروری سیستماتیک حاضر جستجو در پایگاه های PubMed، Google Scholar، Scopus، ScienceDirect، SID با کلمات کلیدی انگلیسی "spiritual health، Spirituality، spiritual care، nurses" و کلمات کلیدی فارسی پرستاران، معنویت، سلامت معنوی، مراقبت معنوی در بازه زمانی ۲۰۱۵ تا ۲۰۲۳، انجام گرفت. در جستجوی الکترونیک ۸۶۲ مقاله یافت شد. پس از حذف مقالات تکراری و غیر ایرانی، نتایج مقالات انگلیسی و فارسی زبان که کلمات کلیدی در عنوان یا چکیده مقاله وجود داشت و فایل کامل مقاله در دسترس بود (۲۴ مقاله) مورد ارزیابی قرار گرفت. یافته ها: یافته های مقاله نشان داد که بین سلامت معنوی و صلاحیت ارائه مراقبت معنوی پرستاران ارتباط مثبت و معناداری وجود دارد. بنابراین تقویت بعد معنوی زندگی پرستاران منجر به ارائه مراقبت پرستاری جامع با توجه به نیاز های معنوی بیماران می گردد. یافته های ۹ مقاله نشان داد که سطح سلامت معنوی پرستاران ایرانی متوسط و مطلوب می باشد. همچنین سطح صلاحیت حرفه ای پرستاران ایرانی در ارائه مراقبت معنوی در ۱۳ مقاله در حد متوسط، ۹ مقاله در سطح مطلوب و ۲ مقاله ضعیف گزارش شده بود. یافته های ۵ مقاله حاکی از آن بود اگرچه پرستاران صلاحیت قابل قبولی در ارائه مراقبت معنوی دارند اما کمتر از مراقبت های معنوی به صورت قانونی استفاده می کنند. از موانع اصلی در ارائه مراقبت معنوی می توان به حجم کاری زیاد، کمبود پرسنل پرستاری، کمبود آموزش در زمینه اهمیت مراقبت معنوی، نبود انگیزه کافی، تنوع نیاز های معنوی بیماران اشاره کرد. یافته های این مطالعه نشان می دهد که نه تنها لازم است برای بهبود در رویکرد مراقبت های بهداشتی، مداخلاتی در جهت افزایش صلاحیت ارائه مراقبت معنوی پرستاران انجام شود، بلکه هر اقدامی در جهت بهبود سلامت معنوی کارکنان نیز باید مورد استقبال قرار گیرد. با توجه به اینکه صلاحیت مراقبت معنوی و سلامت معنوی با یکدیگر رابطه مثبت و معناداری دارند لذا تلاش در جهت بهبود یکی از این دو مولفه می تواند بر دیگری تأثیر مثبتی داشته باشد.

کلمات کلیدی: مراقبت معنوی، سلامت معنوی، معنویت، پرستاران



## The effect of the sound of the Quran and virtuality on the level of satisfaction of nursing students in the nursing principles and skills unit

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### **Abstract:**

Students to do practical and clinical for the first time and experimental experience, more than this experiment has an effect on the general health and the level of education and academic progress of students, and according to various surveys to reduce consumption in students, the purpose of doing this work. The component is to investigate the impact of Quranic audio and virtual reality on the health of nursing students in the nursing principles and skills unit. Findings: The findings indicated that the average anxiety score of both groups was significantly high before the intervention. And no significant difference was found between the effectiveness of the two interventions, and both groups' anxiety was reduced after the intervention. Considering that the control of students' anxiety has increased and the result of this study do not show a significant difference in the use of this intervention and the high costs of using virtual reality glasses, it is recommended to use the recitation of the Holy Quran to reduce students' anxiety

**Keywords:** virtual, Quran, students, nursing

# Scrutinizing the use of the word Ghalb in Quran as a place of thinking and decision making instead of the brain and its relationship with spiritual health

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## Abstract:

Qur'anic revelations and traditions are used in such a way that the human heart is referred to as the place of thinking and decision-making instead of the brain. The word "Ghalb" is mentioned many times in the Holy Quran. A healthy Ghalb not only conveys the meaning of physical health, but also plays an important role in the spiritual dimension. Therefore, in spiritual literature, "heart" means the emotional and spiritual center of a person. The current research aims to analyze the concepts related to the use of the heart from the perspective of the Holy Quran, of which the "Ghalb Salim" and the "Ghalb Monib" are one of their types. Materials and methods: The current research is in the field of qualitative research and was done with thematic analysis method. Findings: After collecting the Quran revelations related to the Ghalb and its applications, the obtained concepts were categorized and compiled in Tables. Then, according to the meanings of the revelations and interpretations of the Holy Quran, the concepts are briefly analyzed and the different uses of these words and their relationship with the concept of thinking and spiritual health are examined and presented. The word "Ghalb" is used in many Arabic-speaking societies and under the influence of Arabic, even in medicine, to mean "Heart". However, this is a specific usage and should not be confused with its Qur'anic usage. The heart in the Qur'an refers to the turning point of man, that is, the place where man can decide what is good and what is bad. It is not just decision-making, but the whole muscle of human will. As such, it is a combination of human physics as well as an unknown part of the human soul, which is collectively used to create changes in human existence, both physical and non-physical.

**Keywords:** Heart, brain, spiritual health, Quran

## "Investigation of the effect of recitation of the Holy Quran on the anxiety of pregnant mothers with a history of abortion referring to the obstetrics and gynecology department"

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### **Abstract:**

Anxiety is one of the most common problems of pregnant mothers, especially pregnant mothers who had a history of miscarriage and had many tensions and triggers for anxiety during pregnancy, which affected their quality of life and mental and physical condition. One of the ways to reduce anxiety is using music therapy and reciting the Holy Quran. The purpose of this study is to investigate the effect of the sound of the Holy Quran on the anxiety of pregnant mothers with a history of abortion referring to the obstetrics and gynecology department. Materials and methods: This semi-experimental study was conducted on 30 pregnant mothers with a history of abortion who referred to the Department of Obstetrics and Gynecology in Kermanshah province. For these mothers, Surah Yasin was played for 2 minutes, and Spielberger's manifest anxiety questionnaire was used before and after reciting the Holy Quran. Findings: The result of the study showed that the anxiety level of pregnant mothers with a history of miscarriage was significantly high, the percentage was 62.8, which decreased to 43.6 after reciting the Holy Quran, and there was a significant difference. The result of the study showed that reciting the Quran for the clients of the obstetrics and gynecology department who experience high anxiety can have a positive effect on reducing anxiety and its side effects and calming mothers. Keywords: pregnancy, anxiety, music therapy

**Keywords:** pregnancy, anxiety, music therapy

## The effectiveness of holding Qur'anic sessions to interpret the verses related to the description of Sadr on the mental health of blind people

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### Abstract:

The effectiveness of holding Qur'anic sessions to interpret the verses related to the description of Sadr on the mental health of blind people Background and purpose. The purpose of this research is to investigate the effect of A part of holding Quranic sessions is the interpretation of verses related to the description of Sadr on the mental health of blind people in Tehran. materials and methods The research method is semi-experimental with a pre-test and post-test design. The statistical population includes all blind people between the ages of 20 and 50 in Tehran, of both sexes, in the number of 455 people, and with the sampling method, 70 blind people were divided into two experimental (35 and contro (35) groups. ) became peers. Then the experimental group participated i 22 sessions of Qur'anic sessions on the interpretation of verses related to Sharh al-Sadr. findings Based on the statistical result of conducting Qur'anic sessions on the interpretation of the verses related to the description of the Sadr on the mental health of blind people (experimental group), there is a significant relationship with the scales of anxiety, social functioning, and depression, but no significant relationship was found with physical symptoms. Discussion Since Among the positive effects of the interpretation of the verses related to Sharh al-Sadr, one can count increasing patience in the face of suffering and problems, believing in the wisdom of having any kind of divine judgment and destiny, strengthening spirituality and closeness to the Lord, all of which have positive effects in improving mental health

**Keywords:** Mental health, blind people, Quranic sessions, Sharh al-Sadr

**Title: Examining the pronunciation of the Holy Quran on the academic stress of Kermanshah University of Medical Sciences students**

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**Abstract:**

Academic stress is more or less a dangerous factor affecting academic progress, quality of life and health among students, and considering the factors influencing stress, we can mention religion and religious beliefs, and this component aims to investigate the effect of phonetics. The Holy Quran was conducted on the academic stress of Kermanshah University of Medical Sciences students. Materials and methods: This is a semi-experimental study that was conducted by examining 80 students of Kermanshah University of Medical Sciences in two intervention and control groups, and in the intervention group, Surah Baqarah was played for 15 minutes every day for 3 weeks and after For one month, the stress of both the intervention and control groups was examined using the ASQ academic stress questionnaire, and spss24 was used for analysis. Findings: The findings of the study showed that the average stress score before and after the intervention of the intervention group was significantly lower than the control group and there was a statistically significant difference ( $p < 0.001$ ) and the effectiveness of reciting the Holy Quran between Different groups in the midwifery group had a magical effect on stress compared to other groups. Considering that the sound of the Holy Quran reduces stress, the sound of the Holy Quran is a non-medicinal and safe method. The daily broadcast of the Holy Quran for students can be effective on their academic stress. Key words: the sound of the Holy Quran, academic stress, students

**Keywords:** the sound of the Holy Quran, academic stress, students

## **Title: Investigating the relationship between spiritual health and quality of life and hemodialysis patients in Sanghar city**

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### **Abstract:**

Patients with end-stage renal failure need hemodialysis and hemodialysis can have negative effects on the quality of life of these patients, and quality of life is one of the important indicators of health, various factors can affect the quality of life of patients, and this study The purpose of investigating the relationship between spiritual health and quality of life of hemodialysis patients in Sanghar city has been done. Materials and methods: This is a descriptive and correlational study in which 90 patients with renal failure and hemodialysis were included in the study and the tools used to collect information were the demographic information form, the Polotzin and Ellison spiritual health questionnaire, and the quality of life questionnaire.were SF\_36 and after collecting the data, they were entered into spss24 for analysis. Findings: According to the result of this study, the average score of spiritual health (40.89+5.16) and quality of life (25.60+18) was average, and the average age of the subjects included in the study was (48+0.5) years. About 63% were men and 37% were women, and there was a significant and positive correlation between this average score of spiritual health and quality of life ( $p < 0.001$ ). The result of this study showed that according to the factors affecting the quality of life of hemodialysis patients and their quality of life, the factor of spiritual health and its strengthening has an effect on the quality of life of these patients, and it is suggested that educational programs in order to improve the spiritual health of patients be considered.

**Keywords:** spiritual health, quality of life, hemodialysis patients

**Title: Investigating the effect of spiritual intelligence on the general health of nurses working in Kermanshah**

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**Abstract:**

Nurses as human resources in the health care system are considered as the largest group of service providers in the health care system, and their general health is affected by various factors that affect their work process, quality of life, and job burnout. The importance of spiritual intelligence and spirituality can affect public health, and this study was conducted with the aim of investigating the impact of spiritual intelligence on the public health of nurses working in Kermanshah. Materials and methods: This study is descriptive-analytical and the target population was all nurses working in hospitals of Kermanshah province, 350 nurses were included in the study by stratified random sampling method, and the data collection tools were the demographic information form and King's spiritual intelligence questionnaire. And the GHQ general health questionnaire had 38 questions and the data were entered into spss24 for analysis after collection. Findings: The result of this study indicated that there were 210 women and 140 men, and the average age of the nurses was 36.29, and most of them had a bachelor's degree, and their average general health score was 5.54, and between spiritual intelligence and health the general staff had a positive and significant relationship. The positive effect of spiritual intelligence on the general health of nurses is suggested to help strengthen the spiritual intelligence of nurses by holding training courses on spiritual intelligence and public health in line with the effectiveness of this principle of general nurses.

**Keywords:** spiritual intelligence, nurses, public health

## Investigating the effect of the educational intervention of strategies to overcome blame and hope based on Quranic concepts on the self-esteem of students in Sanghar and Kaliai cities in 1401

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### Abstract:

The self-esteem of students is very effective in terms of life expectancy and higher physical and mental performance and role-playing and self-knowledge in this age group, and considering that the Quranic concepts on the necessity and importance of blame and hope on self-esteem have a special focus on self-esteem. The intervention was carried out with the aim of investigating the effect of the educational intervention of overcoming blame and hope based on Quranic concepts on the self-esteem of Sanghar and Kaliai students. **Methods:** This semi-experimental study was conducted for 48 students in two control and intervention groups, and for the intervention group, a training course on strategies to overcome blame and hope for 6 weeks, 2 sessions for 30 minutes each week, was implemented for the students. The data collection tool was the Cooper Smith demographic and self-esteem form. SPSS version 24 was used to analyze the data. The result of this study showed that there was a significant and positive increase in the students' self-esteem scores after the implementation of the training course, and the average students' self-esteem score changed from 22.5 before the intervention to 38.4 after the intervention. **Conclusion:** Considering the necessity and importance of self-esteem in students and the low average score of students' self-esteem and the positive effect of these training courses, it is suggested that schools use these courses during the students' academic career.

**Keywords:** Quranic teachings, self-esteem, students





## Investigating the effect of spiritual therapy educational intervention on spiritual intelligence and anxiety of nursing students of Kermanshah University of Medical Sciences

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### **Abstract:**

Nursing students having spiritual intelligence for socialization and better performance in different dimensions of life has a significant impact and anxiety in students can affect the general health and quality of life and academic progress of the individual and the purpose of this study is to investigate the effect of therapeutic spirituality on intelligence. Spirituality and anxiety of nursing students of Kermanshah University of Medical Sciences. Materials and ways This semi-experimental study was conducted as pre-test-post-test on 45 eligible students in 1401. And to collect information, King's spiritual intelligence and Spielberger's anxiety questionnaire and demographic information form were used. And the spirituality training course was held for 4 weeks and 2 times a week for 1 hour. And spss24 was used to analyze the data. Findings According to the result of this study, after the spiritual therapy course, the average score of spiritual intelligence and anxiety of the students had changed significantly ( $p=0001$ ) and the average anxiety of the students changed from 1.68 to 3.50 and the average spiritual intelligence from 42.5 had changed to 59.3. Considering the importance of spiritual intelligence and anxiety control of students and the effectiveness of this educational method, it is suggested that spiritual therapy training courses be held continuously for students. Key words: spirituality, spiritual intelligence, anxiety, students

**Keywords:** spirituality, spiritual intelligence, anxiety, students

## Qur'an-Therapy in the Mirror of Scientometrics: A Review of Articles Indexed in Scopus Citation Database

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### Abstract:

Scientometric studies are designed with the purpose of expert evaluation of dynamic aspects of science. Valuable concepts extracted from the holy book of the Qur'an cover all aspects of human life. Many researchers have studied the effects of the Quran on the healing and treatment of diseases. The current research examines the trend of scientific publications in the field of the Quran therapy, at the world level using scientometric techniques. This is an applied research that has been done with the scientometric method. The statistical population includes 1446 articles indexed in the Scopus citation database in the years 1970-2023, that were extracted by searching for keywords in the subject areas of "Quran therapy". Findings Despite the high fluctuations, the trend of document publications in the research period was upward. The number of articles in 2019 and the number of citations to articles in 2020 showed a jump, and in 2022 the number of articles and citations are expected to peak. Among authors "Tedi Supriyadi", from Indonesia, was the most prolific author with 8 articles. Geographically, the United States of America, Malaysia, Indonesia, Iran, England, and Saudi Arabia had the highest number of indexed documents in that order. The International Islamic University of Malaysia ranks first among the world's universities in publishing articles in the field of Quran therapy. Tehran University of Medical Sciences in Iran also has this rank in this field. The Journal of Religion and Health has published the largest number of articles on "Quran therapy" and has received the largest number of citations. Also, the general keywords of Islam, patient, treatment, and specific keywords of anxiety, depression, stress, covid, cancer, epilepsy, and blood pressure have the most co-occurrences in this field. The result of this research emphasize the global extent of research in this subject area of "Quran therapy" and its importance for health and medicine. It also shows the increasing interest of researchers in this topic during the research period. Learning about these result can be useful for treatment staff, policy makers, researchers, and planners.

**Keywords:** Quran therapy, healing, treatment, science

# Investigating the effect of Quranic nutrition and health medicine training course on nutrition attitude of nursing students of Kermanshah University of Medical Sciences

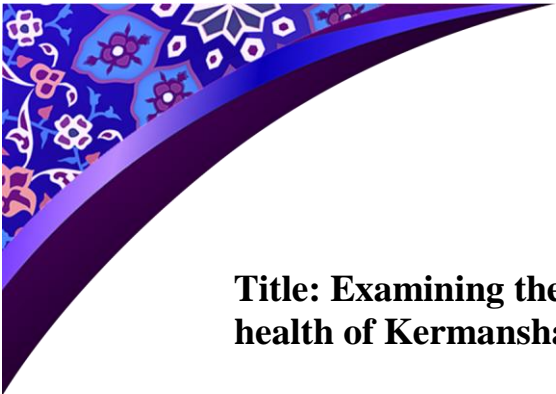
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## Abstract:

Issue Investigating the effect of Quranic nutrition and health medicine training course on nutrition attitude of nursing students of Kermanshah University of Medical Sciences Abstract: and goal One of the most important reasons for non-observance of diet and healthy nutrition is the lack of energy and inappropriate attitude towards nutrition, and nursing students must have sufficient, nutritious and desirable nutritional patterns in order to provide services and perform properly, and considering that in the Quran And the principles of religion have given special importance to nutrition and its place. This study aims to investigate the effect of the training course. Quranic health and nutrition has been done on the attitude towards nutrition of nursing students of Kermanshah University of Medical Sciences. Materials and ways This study is semi-experimental and 20 nursing students were randomly selected into two intervention and control groups, and for the intervention group, a training course on health medicine and Quranic nutrition was held for 2 weeks, 3 sessions of one hour each week, and before and after The intervention was used to collect information from the Corner Nutrition Attitude Questionnaire and SPSS24 was used to analyze the data. Findings The average age of the participants was 5.25 years and their BMI was average, and the amount of physical activity and mobility of both intervention and control groups was exceptionally similar, and there was a significant difference in the score of attitude towards nutrition between the intervention and control groups after the training course. It was found ( $p=0.001$ ) and the score of attitude towards nutrition changed from 5.42 to an average of 60.7 before the intervention. Considering the importance of nutrition and the attitude towards nutrition in students and the impact on the educational course of medicine and health and Quranic nutrition, it is suggested that these courses be held continuously for students and that more attention be paid to this topic in the nutrition and nutritional therapy unit. .

**Keywords:** nutrition in Quran, students, attitude to nutrition



**Title: Examining the relationship between general health and spiritual health of Kermanshah University of Medical Sciences students in 1401**

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**Abstract:**

From the point of view of the World Health Organization and Islam, spirituality has an impact on various dimensions of health and is considered one of the dimensions of health, and since the general and spiritual aspects of students have an effect on their academic performance and quality of life, the present study aims to investigate the relationship between General and spiritual health was conducted among the students of Kermanshah University of Medical Sciences. Methods: The present study is a descriptive and analytical type, which was conducted cross-sectionally in 1401 in Kermanshah province, and 450 students were included in the study by stratified random sampling method, and the data collection tool included a researcher-made demographic information form and a health questionnaire. General GHQ was 28 questions and Polotzin and Ellison's spiritual health, and data analysis was done using spss24 software and Pearson's correlation tests. Findings: The average score of spiritual health of students was 22.69 and the average score of general health was 48.51% in the state of disorder and there was a significant relationship between the score of spiritual health and general health of students. The result of this study showed that the general health status of medical students and the spiritual health of dental students were not suitable, and considering the effect of spiritual health on the general health of students, conducting training classes and strengthening spiritual health can affect the academic progress and quality of life and mental health of students.

**Keywords:** Keywords: public health, spiritual health, students

# Investigating the effect of the health education course from the perspective of the Holy Quran on the general health of patients with hypertension

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## Abstract:

Patients suffering from chronic diseases such as blood pressure are exposed to problems such as physical, mental and spiritual health that affect their performance and affect the progress of the disease and considering the spiritual dimension and the importance of religion and the Holy Quran In different dimensions of health, the aim of this research is to investigate the effect of the health education course from the Quran's point of view on the general health of patients with high blood pressure  
Materials and ways: This study is semi-experimental and 42 patients with blood pressure were randomly selected in two intervention and control groups, and for the intervention group, a health education course from the perspective of the Holy Qur'an for 2 weeks and 3 times a week for 45 GHQ-28 general health questionnaire and demographic information form were used to collect data before and after the intervention, and for the control group, the routine health education class was used, and spss24 was used to analyze the data. Findings : According to the result of this study, there was a significant change in the intervention group before and after the health education class, and the general health score changed from an average of 5.42 to 4.68. And also, the general health score after the intervention of the health group from the perspective of the Holy Quran was higher than the normal group. Considering the importance of general health in all patients with high blood pressure and the effectiveness of health training courses from the perspective of the Holy Quran, these training courses are recommended in hospitals and health centers on a continuous basis in order to increase general health and quality of life and modify lifestyle. The life of these patients.

**Keywords:** public health, patients, blood pressure, Quran



**Title: Investigating the relationship between spiritual well-being and general health and quality of life of Kermanshah University of Medical Sciences students in 1400**

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**Abstract:**

Considering that the general health and quality of life of students during their study period affects their academic and overall progress and maintaining and creating spiritual well-being plays a vital role in adapting to pressures and tensions, the present research by examining the relationship between spiritual well-being and General health and quality of life of students of Kermanshah University of Medical Sciences has been done. Materials and methods: This is a descriptive-analytical and cross-sectional study in which 370 students of the University of Medical Sciences were included in the study in a random way, and the data collection tools were the SWBS spiritual well-being questionnaire and the 28-question GHQ general health questionnaire and the S-F36 quality of life questionnaire. The demographic information form was created by the researcher and the data analysis was done using statistical tests of analysis of variance and spss24. Findings: The result showed that the mean scores of spiritual well-being variables are 9.78, general health is 5.58, and quality of life is 4.53, and there was a positive and significant relationship between spiritual well-being and general health, spiritual well-being and quality of life, and the impact of well-being Spirituality was more on the scores of female students than boys ( $p < 0.001$ ). Based on the result of this study, there was a positive and significant relationship between spiritual well-being and general health and quality of life of students, and by strengthening spiritual well-being, the average scores of general health and quality of life can be increased. Keywords: quality of life, general health, spiritual well-being

**Keywords:** quality of life, general health, spiritual well-being

## Investigating the effect of health and nutrition education intervention from the perspective of the Holy Qur'an on the level of blood sugar control of diabetic patients who refer to Bistun Hospital, Kermanshah.

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### Abstract:

Diabetes is considered a health problem and diabetic patients need education and follow-up to control blood sugar and prevent important and dangerous complications such as eye and vascular. Blood sugar control of diabetic patients who refer to Bistun Kermanshah Hospital Method: This semi-experimental study was conducted on 30 diabetic patients who referred to Bistun Hospital in Kermanshah, and for the patients for 8 weeks and twice a week for 1 hour health and nutrition training course from the perspective of the Holy Quran and Czech The diet compliance list was created by the researcher and was controlled before and after the training course, as well as with the researcher's follow-up of the patients' blood sugar, and spss24 was used to analyze the data. Findings : The result of this study indicated that the patients who used and followed the nutrition principles of the training course significantly controlled their blood sugar and kept it below the normal limit, and the average blood sugar changed from 225 fasting to 148 and the remarkable thing is that there was a continuous change within two months. Considering the effectiveness of the health and nutrition training course from the perspective of the Holy Quran and patients' compliance with these principles in controlling their blood sugar and understanding the necessity of this important matter, it is suggested that this training course be implemented in hospitals and health centers for the target group.

**Keywords:** Quran, nutrition, blood sugar, diabetes

## Analytical comparison of the effects of care methods based on contemplation of Quranic verses on human spiritual health

Sahand Faridi\*<sup>1</sup>

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### **Abstract:**

Human spiritual health is considered one of the most important factors in a person's health today; because the role of spirituality in mental illnesses and following that, human physical health, is undeniable. In the Mobin religion of Islam, much attention has been paid to the use and application of spiritual and divine solutions. The most important dimension of human existence, which has an effect of infinity and can interact with others, is having a spiritual and healthy heart. The absence of a conscious heart today has put the human psyche at risk due to the lack of attention to passive states and threatens people's daily life. In this sense, a person needs studies in this field to solve this problem, according to the verses of the Holy Qur'an, which clearly state the right to All of humanity has also healed and preached verses, and by pondering the true and deep meaning of the verses of this heavenly book, one can achieve peace of mind. By applying practical instructions, participating in Quranic gatherings, and taking advice from Quranic stories. And interpreting the Holy Qur'an and reciting this divine book and seeking advice, one can take steps towards the health of the heart and the creation of piety of the heart in the path of true faith, which leads to the achievement of the highest morals and degrees of man, and in fact to achieve self-confidence, psychological and happiness. It is spiritual. In this research, four components, namely the use of the method of interpretation and deliberation in the meanings of the Holy Quran, the use of recitation and recitation of the Quran, the use of examples and stories of the best word of God, and the implementation of scientific and practical instructions in having a healthy body and soul were investigated. Considering the completeness and comprehensiveness of the word of revelation and the absence of any defects in this divine book, the comparison of the method of doing according to the different methods of using the Holy Quran with consideration and its effect on spiritual and heart health can be concluded that the effect of listening to recitation and Constant connection with the Quran and the continuation of this practice will have a greater impact, and after that, the use of Quranic stories, and in the third place, the use of scientific and practical instructions based on the health of the body and soul, and in the fourth place, the use of interpretation and reflection on the deep meanings of this sea. It can be better and more comprehensive. Keywords: spiritual health, meditation, verses, healing, soul

**Keywords:** spiritual health, meditation, verses, healing, soul





**Title: Investigating the effect of spiritual health on the academic progress of talented students of Kermanshah University of Medical Sciences in 1401**

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**Abstract:**

Students of brilliant talent are of great importance as an important and influential capacity on the process of growth and development in society, and their academic progress is considered an effective process on their performance, and spiritual health can be effective on the academic progress of students and This study was conducted with the aim of the effect of spiritual health on the academic progress of talented students of Kermanshah University of Medical Sciences in 1401. Materials and methods: This study is a cross-sectional descriptive study in which 186 gifted students were included in the study using the census method, and the data collection tools were the spiritual health questionnaire of Polotzin and Ellison, academic progress using students' GPA scores and the researcher's demographic information form.and spss24 software was used to analyze the data. Findings: The result of the study showed that the average age of the students was 4.21 years and there was a positive and significant relationship between the spiritual health of the students and their academic progress in different groups, and the average score of the spiritual health of the students was 45.71 and the highest impact of spiritual health and Educational progress is in the nursing group and the least impact is in the pharmacy group. Considering the effect of spiritual health and academic progress of students, it is possible to influence the academic progress of gifted students by holding spiritual health classes and paying attention to this important aspect of health. Keywords: spiritual health, academic progress, gifted students

**Keywords:** spiritual health, academic progress, gifted students

## The effect of pomegranate as a Quranic fruit on blood pressure: a systematic review of meta-analyses

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### Abstract:

Pomegranate is mentioned three times in the Quran under the name of ‘Ar-Rumman’. It is also referred to as ‘the best fruit’ in Ahadith. Pomegranate has many properties, one of which is its effect on blood pressure. The current systematic review aims to assess the meta-analyses of experimental studies that evaluated the effect of pomegranate products on blood pressure. Search Method: PubMed, Web of Science, and Scopus were searched using the relevant keywords until November 23, 2023. All English-language meta-analyses that evaluated the effect of pomegranate products on blood pressure in humans were included. Findings: After screening, five meta-analyses with a total of 38 RCT or cross-over studies were included. Four studies examined the effect of pomegranate juice, and one study investigated the effect of pomegranate juice or extract. In two studies, pomegranate juice significantly reduced both systolic and diastolic blood pressure. In one study, a significant reduction in systolic blood pressure was observed in the participants following pomegranate juice consumption. Moreover, in another study, consumption of pomegranate products caused a significant reduction in diastolic blood pressure. In only one study, pomegranate juice consumption had a non-significant effect on systolic or diastolic blood pressure. The result of this systematic review showed the positive effect of pomegranate on blood pressure. The scientific discoveries mentioned in the Quran align with modern scientific findings, which confirms the validity of the Quran’s scientific miracles. This highlights the importance of paying more attention to the Quran, its concepts, and its commentary.

**Keywords:** Pomegranate, Blood Pressure, Systematic Review, Meta-Analysis

# Expansion of Quranic programs at academic institutions and medical facilities, counseling via public relations departments: a systematic review study

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## Abstract:

The issues facing Quranic institutions and activists are the development of Quranic activities in accordance with the growth of society. For this reason, strategic documents in its various fields have reached the country's policy-making institutions. Which requires financial resources, equipment and human resources. One of the most important resource strategies is people's participation, in which the public relations of a person and the best methods of information exchange and communication have been established, it can attract people's participation in various Quranic activities from different activities. According to the relationship to this issue, a study titled Expansion of Quranic programs at academic institutions and medical facilities, counseling via public relations departments: a systematic review study was designed and implemented. strategy Search A systematic review was conducted independently by two individuals based on PICO criteria and aligned with the research aim using Google Scholar, PubMed, CINAHL, Medline, Web of Science and SID databases and Boolean operators. The time limitation was set between 2015 and 2023, using the MESH keywords " Quran," "public relations"," Quranic activities ", and "university". After checking the inclusion and exclusion criteria and critically evaluating the quality of the selected articles, a total of 15 articles were included in the study. Findings Fifteen full-text studies underwent a final review after the search and review of 78 articles were finished. The following are the findings of the analysis of the research on the difficulties posed by Quranic activities in significant scientific institutions: 1. The managers of the institutions have a limited range of Quranic activities; 2. There are no active individuals in the field training those who memorize the entire Quran and are not familiar with the concepts and Quranic education in academic centers; or 3. There are no spontaneous activities in the field. 3. Absence of course materials on the institutionalization of conduct in the workplace that is grounded in Islamic texts, the teachings of the Holy Quran, and the opinions of religious leaders 4. The absence of an effective and sincere system for training managers and planners in the Quran, the importance of entertainment in the atmosphere, the virtual nature of society, and the disregard for religious matters among the majority of the younger generation. 5. The incapacity of Quranic scientists and scholars to collaborate and disseminate



their research findings to the nation's scientific community. In considering the study's findings and PR's goal of spreading knowledge, it is recommended that Quranic initiatives like the following be implemented: 1. Putting in place an extensive framework for instructing and assessing broad Qur'anic literacy, 2. Dividing the roles and objectives of the institutions' national and Koranic governance in accordance with the radical rebuilding of the nation's cultural frameworks, 3. Expanding the staff members' expertise, 4. The incompatibility of Quranic obligations and objectives with work parallelism, 5. Applying techniques for instituting ethical conduct that are grounded on Islamic writings, the teachings of the Holy Quran, and the opinions of religious leaders, 6. Elements, constituents, and markers of the student body's professional behavior model, particularly with regard to the aspects of religious conduct and political ideology.

**Keywords:** public relations, Quranic activities, university, academic institutions

# Islam and specific attention to oral health: A review of studies on effects of *Salvadora persica*

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## چکیده:

گیاه سواک (*Salvadora persica*) که اولین بار توسط پیامبر اسلام (ص) جهت تمیز کردن، استحکام و جلوگیری از پوسیدگی دندان توصیه شد، در طی سال ها در بسیاری از کشورها به طور رایج توسط مسلمانان به کار برده می شود. اخیراً سازمان بهداشت جهانی استفاده از سواک را به عنوان ابزار مؤثری برای سلامت دهان توصیه کرده است. هدف از انجام مطالعه حاضر، مروری جامع بر تاثیر استفاده از سواک (*Salvadora persica*) بر سلامت دهان در سراسر جهان با توجه به توصیه آن در آموزه های اسلامی بود: جستجو در پایگاه داده PubMed با کلید واژه های "Salvadora persica" "Oral health"، بدون محدودیت زمانی انجام گردید. در این مطالعه مروری فقط مطالعات کارآزمایی کنترل شده تصادفی وارد شدند. سایر معیارهای ورود شامل داشتن متن کامل انگلیسی و شفافیت روش انجام مطالعه و متغیرهای مورد بررسی بود. همچنین مطالعات آزمایشگاهی و مطالعات مربوط به فاز اول و دوم کارآزمایی بالینی، مطالعات پروتکل و مطالعات پایلوت از مطالعه خارج شدند. انتخاب مطالعات توسط دو محقق، به صورت مستقل، در سه مرحله و بر اساس عنوان، چکیده و متن کامل مقاله صورت گرفت. یافته ها: نتیجه اولیه جستجو شامل ۳۵ مقاله بود. در مرحله اول، ۲۲ مقاله با عنوان مرتبط انتخاب گردید. پس از بررسی چکیده این مقالات، ۱۹ مقاله با چکیده مرتبط مورد ارزیابی قرار گرفت. در انتها، ۱۴ مقاله با عنوان، چکیده و متن کامل مرتبط بررسی شدند. نتایج ۷ مطالعه نشان داد که استفاده از سواک کاهش قابل توجهی در میزان باکتری های مختلف داشت، به طوری که در ۳ مطالعه کاهش استرپتوکوک موتانس، در ۳ مطالعه کاهش اکتینومایسیس کومیتانس و در یک مطالعه کاهش استرپتوکوک فوکالیس مشاهده گردید که استفاده از مسواک معمولی این کاهش را نشان نداد. همچنین، در یک مطالعه دیگر نشان داده شد که استفاده از سواک باعث تغییر باکتری های بزاق به نفع گونه های غیرپوسیدگی زا گردید. علاوه بر این، کاهش قابل توجهی در میزان پلاک (۸ مطالعه)، کاهش التهاب لثه (۴ مطالعه)، و کاهش خونریزی لثه (۲ مطالعه) پس از استفاده از سواک نشان داده شد. نتایج یک مطالعه نیز نشان داد که استفاده از سواک منجر به کاهش قابل توجهی در جرم دندانی و بیماری های پیشرفته لثه در مقایسه با مسواک معمولی گردید. با توجه به نتایج یک مطالعه دیگر، افرادی که از سواک برای بهداشت دهان استفاده می کردند، سطح نیاز کمتری به درمان بیماری های لثه داشتند. یافته های مطالعه حاضر نشان داد که سواک (*Salvadora persica*) دارای اثرات ضد میکروبی و بازدارندگی در رشد باکتری های پاتوژن دهان و اثرات ضد پوسیدگی بود. همچنین، این ابزار بهداشتی می تواند به عنوان وسیله ای جهت کنترل پلاک و بیماری های لثه مورد استفاده قرار گیرد. واژه های کلیدی: مرور دامنه ای، سلامت دهان، سواک (*Salvadora persica*)

کلمات کلیدی: مرور دامنه ای، سلامت دهان، سواک (*Salvadora persica*)

## Association between religious beliefs and mental health: A scoping review

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### چکیده:

مطالعات متعدد نشان داده است که مذهب تأثیر بسزایی بر سلامت روان دارد. هدف مطالعه حاضر مروری بر بررسی وضعیت اعتقادات مذهبی در سراسر جهان و ارتباط مذهب با سلامت روان بود. روش جستجو: جهت دستیابی به شواهد موجود، جستجو در پایگاه داده PubMed با کلید واژه‌های “religion”، و “mental health” در بازه زمانی ۲۰۱۹ تا ۲۰۲۴ انجام گردید. معیارهای ورود مقالات شامل چاپ مقاله به زبان انگلیسی و شفافیت روش کار و متغیرهای مورد بررسی بود. مطالعات مقطعی، مطالعات مداخله‌ای، طولی و مروری در مطالعه وارد شدند. مطالعات کیفی، مطالعات طراحی و/یا ارزیابی پروتکل، مطالعات پایلوت و اسنادی که به صورت نامه به سردبیر، گزارش، خبر و اظهار نظر بودند، از مطالعه خارج شدند. انتخاب مطالعات توسط دو محقق، به صورت مستقل، در سه مرحله و بر اساس عنوان، چکیده و متن کامل مقاله صورت گرفت. یافته‌ها: نتیجه اولیه جستجو ۳۵۷ مقاله بود. در مرحله اول ارزیابی مقالات، ۷۰ مقاله با عنوان مرتبط انتخاب گردید. پس از بررسی چکیده این مقالات، ۲۳ مقاله با چکیده مرتبط مورد ارزیابی قرار گرفت. در انتها، ۹ مقاله با عنوان، چکیده و متن کامل مرتبط بررسی شدند. به طور کلی، نتایج نشان داد که مذهب و معنویت در تمام سنین با سلامت روان ارتباط داشت، اما در افراد مسن این ارتباط قوی‌تر بود. افراد دارای باورهای مذهبی و معنوی احساس امنیت بیشتر، شدت افسردگی کمتر، و اضطراب اجتماعی کمتر را تجربه کردند. از سوی دیگر، عدم برخورداری از باورهای مذهبی با سطح بالاتر افسردگی، اضطراب، و استرس، و کیفیت زندگی جسمی و روانی ضعیف‌تر مرتبط بود. یافته‌های دو مطالعه نشان داد که هر چه فعالیت مذهبی افراد بیشتر باشد، احتمال ابتلا به افسردگی کاهش می‌یابد. همچنین، در یک مطالعه نشان داده شد که هر چه سطح اعتقادات مذهبی بالاتر باشد، اضطراب مرگ کمتر می‌شود. با این وجود، در یک مطالعه شرکت در فعالیت‌های مذهبی با سطح بالاتر اضطراب ارتباط داشت. یافته‌های این مطالعه نشان داد که افراد دارای باورهای مذهبی و معنوی از سطح بالاتری از سلامت روان برخوردار می‌باشند. انجام فعالیت‌های مذهبی منجر به کاهش احتمال ابتلا به افسردگی، اضطراب و استرس شده و در نهایت کیفیت زندگی افراد را بهبود می‌بخشد. واژه‌های کلیدی: مذهب، سلامت روان، مرور دامنه‌ای

کلمات کلیدی: واژه‌های کلیدی: مذهب، سلامت روان، مرور دامنه‌ای

## A research on the necessity of religious and religious activities in the department of child cancer patients in medical centers

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### **Abstract:**

Incurable diseases such as cancer are one of the most important and fundamental problems of health and treatment all over the world and one of the most common causes of death, which challenges a person's life and creates many problems for him. An important issue regarding these diseases is to adapt to the disease and bear the pain and accept the unfavorable prognosis and even death. Adaptability means maintaining a positive attitude towards oneself and the people around and the world despite having physical problems and weakness in it with poor consequences in Health goes hand in hand. Compatibility causes mental peace and facilitates pain tolerance. Adaptation to the disease can be effective on the level of pain tolerance in patients. The purpose of this study is to investigate the relationship between the religious beliefs of the patient and the parents and the compatibility and acceptance of malignant diseases in the parents of sick children, continuation of treatment, death and related issues. Method: Some of Children suffering from malignant diseases were examined in Hazrat Ali Asghar Children's Hospital in Tehran in 1401. Findings: According to the study conducted based on the author's interview with parents in different stages of treatment, such as obtaining informed consent, permission to perform treatment procedures, permission to perform invasive procedures or chemotherapy, announcing a bad prognosis despite treatment, requesting discharge with personal consent and continuing treatment. At home and finally announcing the death and acceptance of the parents with the issue of death, it seems that there is a connection between the religious beliefs of the parents and adaptation to the situation and cooperation with the doctor in the matter of treatment and proper behavior of the parents with the child, patient fatigue, tolerance of side effects, etc. On the other hand, some parents need help in this field. The presence of a suitable place in the hospital for counseling, the presence of a person who is knowledgeable and proficient in religious matters, who can also communicate with parents and children in the above conditions from a psychological perspective. Group sessions with parents with similar problems, prayer sessions, and special ceremonies are necessary. Also, the treatment staff, considering the difficulty of work and dealing with situations such as death and illness that are beyond the natural ability of humans, even if they don't realize it themselves, they need help in this field. religious adaptation methods, the level of beliefs in religious people and the help of trained people in making them stronger in medical centers, in enduring malignant diseases, compatibility and calmness, help. And the presence of a knowledgeable person in the religious and psychological field can help the patient, parents and even the treatment staff.

**Keywords:** Key words: cancer, child, parents, religion, Quran, compatibility,

## The effect of hijab and chastity on mental health and happiness

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### **Abstract:**

In today's society, the discussion about hijab and chastity is often complex and diverse, which result in a wide range of views and understandings. While these ideas may be seen as limiting or oppressive by some, it is important to consider the potential positive impact they can have on one's mental and emotional health. Our goal in writing a review article is to examine the psychological and spiritual advantages of hijab and maintaining chastity. Implementation method: This study was conducted as a review by searching in English and Farsi databases and search engines, focusing on the articles of recent years about hijab and its effect on mental health with the time efficiency of 1399 to 1402. Findings: Based on the findings, hijab and chastity have a positive effect on mental health by strengthening the sense of identity and belonging, increasing self-confidence, reducing body image problems, protecting against unwanted attention, and considering the subjective nature of mental health. And happiness, hijab and chastity may be affected by personal beliefs, cultural background and individual differences. The effect of hijab and chastity on mental health and happiness is a complex and multifaceted issue. While the findings show the positive impact of hijab and chastity on mental health, factors such as social acceptance, non-judgmental attitudes and personal acceptance can also play a role in promoting positive mental health and happiness. Therefore, it is important to consider individual experiences and social factors. Keywords: hijab, chastity, mental health, happiness

**Keywords:** Keywords: hijab, chastity, mental health, happiness



# The Relationship between Envy, Anger, and Despair with Physical/Mental Illnesses in Human Societies

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## Abstract:

The Stressful Conditions of Contemporary Societies Have Led to Various Physical and Mental Illnesses Endangering Many Lives Annually in Both Industrialized and Developing Countries. Therefore, Considering the Importance of Diseases and Their Relationship with Human Temperament, the Present Study Aims to Investigate the Relationship Between Envy and Anger on Physical and Mental Illness from the Perspective of Verses, Narrations, and Thinkers. Method: This Research is an Analytical-Review Study Conducted by Searching Several Databases Using Persian Keywords Religion, Islam, Moral Vices, Envy, Anger, Despair, Hopelessness, Physical and Mental Diseases, and English Keywords Religion, Islam, Despair, Physical Diseases, Mental Diseases, Anger, Envy. Findings: In Total, 32 Articles Were Found with the Desired Keywords that Could Justify the Research Objective. The Result Indicate that Envy Involves a Complex Set of Emotional Reactions Stemming from a Multidimensional Assessment. Some Researchers Have Categorized Envy into Malignant and Benign Types, Causing Various Problems Addressed in Verses and Narrations. Psychological Studies Showed a Direct Relationship Between Increased Aggression in Individuals and Poorer Mental Health. The Relationship between Anger, the Concept of Hostility, and Health is Multifaceted, Operating through Various Simultaneous Mechanisms. Despair Negatively Affects both Personal and Social Life. Overall, This Research Demonstrates the Need for Tailored Solutions to Improve Envy, Anger, and Despair. Despair Can Be Treated Through Thinking, Trust and Seeking Refuge, Patience, Reflecting on the Lives of Great Personalities, and Recalling Their Sufferings, and Seeking Forgiveness. The Best Strategy for Maintaining Optimal Relationships is Controlling Anger and Avoiding Envy.

**Keywords:** Keywords: Physical Illness, Mental Illness, Envy, Anger, Despair

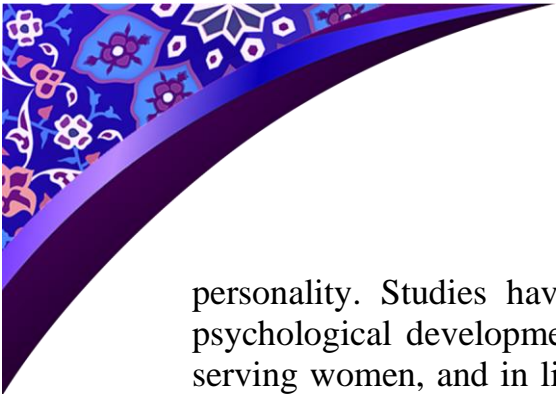
## Survey the role of hijab and chastity in the mental health of the family and society

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### Abstract:

Hijab and covering, as an important Sharia and religious principle, have very positive effects on a woman's soul and spirit. Chastity and covering for women is like a protection that keeps a woman away from psychological and social harm. Man can reach mental health and peace when he lives in the shadow of faith and morality. By creating this mental peace, hijab can play a significant role in creating mental health in the family and society. Therefore, the present study was conducted with the aim of investigating the role of hijab and chastity in the mental health of the family and society. Methodology: The study was conducted as a review of several articles between 2010 and 2023. Research was done in databases: SID, margin, irandoc, PubMed, Google Scholar, with keywords such as hijab, chastity, mental health, women, family and society. The articles were first reviewed and the title and abstract were reviewed. Then duplicate and unrelated articles were removed. In the second stage of screening, the articles were reviewed and the complete articles were reviewed and matched with the research objectives. In the third step, data extraction was done through a data checklist including authors' names, year, title and result. Finally, the result were systematically analyzed and graded. The result show that the most important achievement of hijab is mental peace. If women wear hijab, both men will remain healthy in terms of purity of soul and body, and family health will be maintained in the society. Observance of chastity and Islamic hijab can preserve the dignity, high position and dignity of man and woman and put them in a position in peace and security to rely on their own power and capacities to play their influential role in the family and society well. To perform another mental health effect of hijab and chastity in the family and society is security. In the term of behavioral psychologists, hijab becomes a differentiator to strengthen women's inner desires, which is a sign of chastity, righteousness and loyalty. One of the important result of wearing the hijab, which has a direct effect on a woman's mental health, is the maturity and development of a woman's mental and



personality. Studies have shown that women who have reached the stage of psychological development and maturity are constructive, scholarly, selfless and serving women, and in life and social behavior, they live much more simply than other women, and their mature personality is not captive to attracting others. In terms of the mental health of the society, the presence of women and men in the society in such a way that no sexual provocation and suspicion is associated with it, strengthens and strengthens that society. In general, the chastity of men and women in the study and work environment will be the basis for the health, progress and excellence of the society. Conclusion: Considering the importance of hijab and chastity on the mental health of the family and society, it seems that special attention should be paid to the issue of hijab in order to help improve the mental and spiritual health of the family and society.

**Keywords:** hijab, chastity, mental health, women, family and society

## بررسی تاثیر حجاب در امنیت و سلامت اجتماعی زنان: مطالعه مرور نظامند در زنان ایرانی

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### چکیده:

حجاب به عنوان یک خواسته فطری است که محدود به اسلام نیست. خالق بشر که بر تمامی اسرار و رموز آفرینش، عالم است، زیبایی، امنیت، رشد و تعالی انسان ها به خصوص زن را در عفاف و حجاب دانسته است. این مطالعه با هدف بررسی تاثیر حجاب در امنیت و سلامت اجتماعی زنان یک مطالعه مرور نظامند در زنان ایرانی می باشد، انجام گرفت. روش جستجو: پژوهش حاضر یک مطالعه مرور نظامند است که از بین ۳۸ مقاله مورد بررسی در نهایت ۱۲ مقاله مرتبط با هدف مطالعه، انتخاب شدند. برای دستیابی به اطلاعات مورد نیاز، جستجویی از متون فارسی و انگلیسی در پایگاههای دادهای Science Direct، Pub Med، Google Scholar، SID، MagIran انجام شد. جستجوی مقالات با استفاده از کلید واژه ها: حجاب، امنیت اجتماعی، سلامت اجتماعی، نگرش به حجاب، زنان، مصونیت اجتماعی، ایران انجام شد. یافته ها: نتایج مطالعات نشان دادند. پوشش اسلامی یک حفاظ ظاهری و باطنی در برابر افراد نامحرم، به شمار می رود که باعث تهذیب، تزکیه نفس و معنویت، مصونیت اخلاقی و خانوادگی شده و از هر گزند اجتماعی پیشگیری می کند و نهایتاً به امنیت اجتماعی ختم می شود. حجاب به عنوان شکلی از احترام به ارزش ها و مقدسات دینی و فرهنگی، از توانایی زنان در ایجاد تعادل و هماهنگی اجتماعی حمایت می کند. و به حفظ شخصیت و هویت اجتماعی زنان کمک و در مقابل تبعیض و سوءاستفاده ها محافظت می کند. و باعث اجتماعی شدن مناسب زنان و در بهبود روابط خانوادگی، اجتماعی و حفظ ارتباطات سالم تاثیر دارد. که همه این موارد در سلامت اجتماعی زنان موثر است حجاب، از اصول مهم در تحقق امنیت و سلامت اجتماعی است که برای نهادینه کردن آن در جامعه باید فرهنگ سازی شود. برنامه ریزی درست و ترویج فرهنگ عفاف و حجاب و رعایت آن توسط زنان، می تواند ضامن سلامت و امنیت اجتماعی در جامعه باشد.

**کلمات کلیدی:** واژه های کلیدی: حجاب، امنیت اجتماعی، سلامت اجتماعی، زنان، مطالعه نظامند

## The Impact of Fasting on Health: Investigating Cellular and Molecular Effects

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### Abstract:

Islam, as a religion, emphasizes the benefits of fasting for the health of both the body and soul, with direct references found in Quranic verses and many Islamic traditions. Fasting can influence various gene expression and molecular pathways, and researchers have identified specific genes and molecular pathways that respond to changes in nutritional status. Search Method: This review study involved searching Google Scholar, SID, Iranmedex, and Pub Med with keywords such as fasting, dietary restriction, Ramadan, fasting, and molecular changes. Findings: Fasting can induce autophagy, a cellular recycling process, by regulating genes like ATG5 and ATG7, which remove damaged cellular components. Fasting also activates SIRT1, a family of genes involved in metabolism, DNA repair, and lifespan, contributing to increased flexibility and overall health. FOXO genes, which regulate programmed cell death and stress resistance, are activated by fasting, promoting cellular protection and longevity. Fasting also activates AMPK, a key regulator of cellular energy balance, accelerating energy preservation and survival during low-energy periods. Fasting can increase the activity of PGC-1 $\beta$ , enhancing mitochondrial biogenesis and energy production. Fasting also activates Nrf2, a transcription factor that regulates genes involved in antioxidant defense, helping the body cope with oxidative stress and maintain cellular integrity. Finally, fasting can stimulate the expression of FGF21, impacting glucose and fat metabolism. Fasting has extensive effects on gene expression and cellular processes related to metabolism, cellular protection, and lifespan regulation. Fasting influences various genetic and metabolic aspects that may contribute to improving health and increasing lifespan.

**Keywords:** Fasting - cellular and molecular - autophagy - metabolism - antioxidant

## The positive effect of listening to the Qur'an on the immune system: a spiritual and scientific review

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<sup>1</sup>Thalassemia and Hemoglobinopathy Research Center, Health Research Institute, Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran

### Abstract:

The Quran emphasizes the concept of self-preservation in Surah At-Tariq (86:4), stating that every individual possesses an inherent protective force, including the immune system. This defense mechanism protects against external and internal threats, contributing to overall health. Numerous scientific studies have shown positive outcomes of listening to Quranic recitation on the immune system. Search Method: The research aims to examine the effects of Quranic recitation on the immune system, utilizing databases and articles in Persian and English, focusing on relevant topics. Findings: Listening to the Quranic recitation can have positive effects on individuals, including stress reduction, increased meditative states, and positive mental effects. Studies show that listening to Quranic verses can reduce stress and anxiety levels, enhance meditative states, and dispel negative thoughts, potentially leading to positive effects on the immune system. The recitation of the Quran can induce feelings of peace and tranquility, which can directly impact the immune system. Exposure to the melodious recitation of the Quran has been associated with increased levels of significant immune components, including C3, C4, and IgG antibodies. The verse 49 of Surah Aal-e-Imran promises to cure those born blind and afflicted with leprosy (vitiligo), indicating that faith and sincerity can lead to healing from any affliction or disease. Listening to Quranic recitation can enhance psychological and spiritual aspects, making it recommended to incorporate religious beliefs and teachings in clinical settings, especially for immunocompromised patients.

**Keywords:** Immune system, Vitiligo, Surah al-Tarq, Surah Al-Imran, Complement system

## Moral values of nursing in Quran and Hadith

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<sup>3</sup>دکتر محمود شمسی پوردهکردی. دانشگاه علوم پزشکی شهرکرد. دکترای عمومی

### Abstract:

The findings show high moral values from the perspective of the Quran and Hadith, including: service to fellow human beings, kindness and friendship, charity, gentleness and tolerance, the superiority of caring for the sick over praying in the mosque, providing for the psychological and emotional needs of patients, providing peace of mind for patients, providing for the needs religious, educational and psychological services for patients, kindness and tolerance, gaining trust and confidence, providing the basis for patients' recovery, heart Seeking from the patient, hoping for the patient's health, relieving the patient's pain, relieving the patient's worries, belittling the disease when confronting the patient, informing the patient of God's rewards, strengthening the spiritual spirit of the patient, speaking slowly with the patient, not eating in the The presence of a patient who is prohibited from consuming food, secrecy and keeping the secrets of the patient, accountability, work conscience, justice in service, commitment, honesty and loyalty, maintaining the patient's privacy, trustworthiness, promoting scientific and practical qualifications, mutual respect, proper communication with The patient is respect for the individual independence of the patient, accuracy and correctness of action, spirituality, responsibility, independence and discretion.

**Keywords:** Moral values, nursing, Quran, Hadith

## Health from the point of view of Imam Sajjad (AS)

Seyyed Hessemuddin Hosseini Irani\*<sup>1</sup>, Maryam Elsadat Mousavizadeh<sup>2</sup>

<sup>1</sup>سید حسام الدین حسینی ایرانی دانشگاه آزاد اسلامی واحد علوم و تحقیقات کارشناس ارشد اندیشه سیاسی  
در اسلام

<sup>2</sup>مریم السادات موسوی زاده دانشگاه آزاد اسلام خمینی شهر دانشجوی کارشناس ارشد رشته مشاوره خانواده

### Abstract:

Ten fundamental issues are studied and studied in Safiha Sajjadiyeh under the headings: heart health, healthy leisure, self security, and value of health, spiritual comfort, complete comfort, life dynamics and children's health, warriors' health, spiritual security, heart confidence. Sahifah Sajjadiyeh is a book of life that transcends the boundaries of time and space and becomes more fresh and new every day. All the topics of healthy life in this immortal work, which was issued from the perfect human being, Imam Sajjad (AS), have been discussed with coherence, beauty, depth and comprehensiveness, and have been of interest for a long time. Sahifah Sajjadiyeh introduces four general solutions to improve mental health: 1-Vision solutions: untying knots by God, understanding God's reasons, paying attention to God's power and believing that God is a refuge. 2-Secretary solutions: Anas by praying and Anas by mentioning blessings. 3-motivational solutions: optimism for the future and hope for the answer to prayer. 4-Active solutions: doing the duties and doing the recommended things. According to the supplications in the book of Sajjadiyeh, it is clear that all aspects of health, including physical, psychological, social, emotional, and spiritual, have been emphasized in this book. At the same time, governance has a spiritual dimension. Like the Holy Qur'an, "prevention is the method of prevention before treatment". And deals with the issue of health in an active manner. From the point of view of Imam Sajjad (a.s.), the maximum health that a person can ask God for is the form of Kanald Baldin, that all aspects of the body and organs should be in maximum health, and if an injury occurs, the speed of recovery should be very high, and the health achieved today can be It should be established in such a way that the next day's health will be more perfect than the previous day, and this health will guarantee Tayyabalah's life in this world and salvation in the hereafter.

**Keywords:** Spiritual health, health, body and soul health



## Health from the point of view of Imam Sajjad (AS)

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<sup>3</sup>نصرت سیفی نیا

### Abstract:

Ten fundamental issues are studied and studied in Safiha Sajjadiyeh under the headings: heart health, healthy leisure, self security, and value of health, spiritual comfort, complete comfort, life dynamics and children's health, warriors' health, spiritual security, heart confidence. Sahifah Sajjadiyeh is a book of life that transcends the boundaries of time and space and becomes more fresh and new every day. All the topics of healthy life in this immortal work, which was issued from the perfect human being, Imam Sajjad (AS), have been discussed with coherence, beauty, depth and comprehensiveness, and have been of interest for a long time.

**Keywords:** Spiritual health, health, body and soul health

# The Concept of Healing in the Qur'an: A Systematic Review.

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## Abstract:

The Qur'an, the holy book of Islam, contains a deep and comprehensive understanding of healing that goes beyond the physical realm. In the verses of this heavenly book, teachings and principles for the health of the body, mind and soul are stated. When it comes to health and healing, many people turn to different sources for guidance. One of the most often overlooked sources is the Qur'an, the holy book of Islam, which provides guidance for achieving holistic health that includes health of body, mind, and spirit. The present study was conducted with the aim of determining the concept of healing in the Qur'an through a systematic review.

**Keywords:** healing, holy book, a systematic review



## **Childbearing and its role in the development and progress of Islamic society: a systematic review.**

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### **Abstract:**

In Islamic society, having children has an important role that goes beyond the simple act of reproduction, so that having children in Islamic society is considered as a sacred duty and a means to ensure the continuity of the ummah (society). The desire to have children is a deeply personal decision that is influenced by various factors such as cultural, religious, economic norms and individual aspirations. However, beyond the personal realm, the importance of having children extends to the social, economic, and emotional fabric of a society. So that improving the national indicators and achieving the future goals of a country depends on the development of the population and the age composition of the population of that country.

**Keywords:** having children - Development and progress - A systematic review

## The role of spiritual health in parents' desire to have children: a systematic review.

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### Abstract:

Having children is considered as a conscious and purposeful choice of parents, which is influenced by countless factors, including social, cultural, economic, personal and spiritual beliefs. The relationship between spirituality and the decision to have children is a multifaceted and delicate field of study that has implications for individuals, families, and society. Examining the relationship between parents' spiritual health and their willingness to have children is important to gain a deeper understanding of the factors that shape fertility choices and family dynamics. The present study was conducted with the aim of determining the role of spiritual health in parents' willingness to have children through a systematic review.

**Keywords:** spiritual health - Desire to have children - A systematic review

## The effect of teaching healthy eating sessions from the Quran's point of view on the nutritional behavior of deaf high school students

Mohamadreza Nouroozi\*<sup>1</sup>

<sup>1</sup> senior expert in the philosophy of education, education and upbringing, Kahrizak

### **Abstract:**

Due to the type of disability, deaf people have major problems in their lifestyle, especially in nutrition. The purpose of this research is to investigate the effect of teaching healthy eating sessions from the Quran's point of view on the nutritional behavior of deaf high school students in Tehran. Methodology: This research is a post-test and pre-test type. 60 deaf middle school students who have a file in the Iranian Deaf Association were selected through available sampling and divided into two equal groups. For 18 sessions, the experimental group was taught the principles of healthy eating from the Quranic point of view by a nutrition and traditional medicine expert with the help of a deaf guide. Based on the findings of the research, the significant relationship of teaching healthy eating sessions from the perspective of the Qur'an on the nutritional behavior of deaf high school students was proven. Hearing loss affects human adaptation to the environment and may lead to psychological complications such as behavioral disorders such as nutritional behavior. Therefore, it is necessary to teach deaf students, along with other training, their nutritional behavior in accordance with He did not ignore the Quranic verses.

**Keywords:** Deaf student, healthy eating, Quran, nutritional behavior

## Nutrition from the perspective of the Quran and Islamic medicine

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<sup>1</sup> Department of pathobiology, Urmia University.

### **Abstract:**

**Background and purpose:** In the field of human sciences, medicine is the leader of all sciences, because the philosophy of other sciences is to benefit from the gifts of life, and this goal is only possible in the shadow of the health of the body and soul. This is why Imam Muhammad Baqir, peace be upon him, says: Know that there is no knowledge like the search for health, and no health like the health of the heart. God also clearly says in the eleventh verse of Surah Mubarakah WA Mutbaraka Nahl: Date trees, olives and grapes will grow for you by the water of God. Indeed, in this matter there is a clear sign for those who think. The present study has investigated various dimensions and important points of nutrition from the point of view of the miracle of the Holy Prophet (PBUH), i.e. the Holy Quran, in order to be effective in improving the health and longevity of Muslims and to analyze its dimensions. **Materials and methods:** The source of the research was the Holy Quran translated by Ayatollah Makarem Shirazi, and the method is content analysis to examine it with scientific sources. **Discussion and conclusion:** Scientific sources show that ginger, date, olive and grape plants, which are discussed in the Holy Quran, have effective preventive and therapeutic effects. Therefore, it is possible to mention the regulation of blood sugar and prevention of hyperglycemia by olives, the neutralization of free radicals by pomegranates, and the improvement of digestion and absorptive function of the digestive system by regular consumption of dates and figs. Therefore, it is suggested that Muslims prevent the occurrence of physical and mental diseases by placing the nutritional teachings of the Holy Quran on the top of the list. **Keywords:** Quran, nutrition, medical sciences, Islamic medicine.

**Keywords:** Quran, nutrition, medical sciences, Islamic medicine

## A healthy heart and spiritual health from the perspective of Islam

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### **Abstract:**

The important goal of religious teachings in all divine religions is to ensure the mental health of people, which result from the existence of spirituality. Spiritual health has a direct and positive relationship with physical health. Although more than five decades have passed since the topic of spiritual health was discussed, everyone has tried to define according to the paradigm that governs their worldview. This study was conducted with the aim of a deeper investigation of Islam's perspective on spiritual health. Search Method: This study was carried out by searching in available internal and external citation databases and authentic Islamic sources (Quran, Hadiths, Sahifa Sajjadiya ...) using the keywords of "Islam", "spiritual health", and "healthy heart". The result of this review article are reported below. Findings: The important issue of spirituality in the health field has been the main concern of Muslim thinkers for many years, and they have concluded that having good health without considering the spiritual and spiritual dimensions is meaningless. Islam recognizes spiritual health as the basis of physical and mental health and believes that the integrity of the human body, soul and mind is tied to the rich foundation of spirituality. What is obtained from the available religious sources is that in Islamic culture, spiritual health is rooted in the word "heart". The last divine book mentions "healthy heart" in Surah al-Shaara and presents itself as a cure for sick hearts. Also, in Surah Al-Saffat, God Almighty praises Prophet Ibrahim for having a healthy heart; because he remained safe from any kind of polytheism at any time and only worshiped God. In Islamic hadiths, a healthy heart is God's safe sanctuary. Quranic commentators have also dealt with the semantics of heart and health. According to them, the Qur'anic thought sees spiritual health in the form of epistemic (cognitive), emotional, behavioral (practical), and consequence (performance) components. These components are also mentioned in the statements of Imam Sajjad (a.s) in the Sahifa Sajjadiya. Health provides a great opportunity for the flourishing of human capacities. An integral part of the health strategy is the spiritual dimension. In Islamic texts, moral and spiritual diseases are attributed to the heart. Strengthening spiritual aspects leads to the physical and mental health of people and ultimately to the health of human society.

**Keywords:** Islam, Spiritual health, Healthy heart



## The concept of healing in the Qur'an

Roya Amani\*<sup>1</sup>

<sup>1</sup> Roya Amani

### **Abstract:**

The Qur'an has a special view on the issue of human health, and even his recovery after illness or improvement of human health should be according to rules and laws that are compatible with human creation; If a person has the faith that is meant by the Qur'an and puts himself on the path of divine healing and removes the obstacles on this path, he can be among the righteous. Therefore, healing is a high and high order that God has promised to the believers and makes them benefit. The believers who have been healed by the Qur'an are always with the truth, so they are an example of the truth, and wherever they are present, falsehood is destroyed. . The horizon and end of this stage is to have a healthy heart, and a person who has a healthy heart means that he has reached what was intended by his creator.

**Keywords:** Quran, healing, illness, health



# The effect of listening to the Qur'an on physical and mental health: a systematic review

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<sup>1</sup> PhD in knowledge and information science (information and knowledge retrieval),  
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<sup>2</sup> Instructor, Department of Education, Gonabad University of Medical Sciences, Gonabad,  
Iran.

## Abstract:

Since its revelation more than 14 centuries ago, the Holy Quran is considered as the holy book of Muslims, and it is believed that it brings physical and mental healing benefits to its readers and listeners. Based on this, conducting scientific research in this regard has attracted the attention of researchers and many researches have been conducted in this field. According to the mentioned cases, the present study investigated the effect of listening to the Quran on physical and mental health by using the method of systematic review of published researches. Search method: The present article is a systematic review study that was conducted using the Prisma method. For this purpose, scientific databases, including PubMed, Scopus and Web of Science, have been used to retrieve articles on January 14, 2024. After searching the published articles using the appropriate search strategy in the databases, the study data were extracted. Then the selected articles were evaluated by using the screening process including the selection of research related to the effect of listening to the Quran on physical and mental health using the selection criteria. Findings: Based on the search, 73 articles were retrieved from the databases, and after the screening process, 25 articles were selected for review in the study. Based on the findings, various researches have shown that listening to Quran recitation has a positive effect on EEG and ECG signals and has created a more relaxed state in the participants. The positive effects of reciting the Quran on increasing the level of awareness and the partial effect of reciting the Quran on heart blood pressure have also been confirmed by research. Also, studies have shown that reciting the Quran can create positive effects at various times in life, including while driving and during illness and treatment. According to the result obtained from the systematic review of the present study, listening to the Quran as an essential aspect of religious activities can significantly affect the physical and mental health of people. These scientific documents not only point to the importance of listening to Quran recitation in managing stress and anxiety, but also in improving the quality of life and general health. Therefore, listening to the Qur'an can be considered as a simple and effective way to increase individual physical and mental health. Accordingly, it is recommended that more research be done in this field to obtain more information about the exact mechanisms of these effects and how to best use this religious practice in daily life.

**Keywords:** Quran, physical health, mental health, treatment, life.

## Explanation of scientific paths in the field of Quran and health: a scientometric study

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### Abstract:

In recent decades, the field of Quran and health has been considered as a research field. This field is known as an important aspect in the field of health by examining the relationship between Quranic concepts and mental and physical health. With the aim of scientometric analysis of scientific productions in the field of Quran and health, this article has shown patterns and scientific paths in this field. Methodology: This study is of an applied research, which was carried out using the scientometric method with an analytical approach. All the scientific productions of researchers in the field of Quran and health were extracted from the Scopus database on January 16, 2024 using the appropriate search strategy. Excel software and Bibliometrix software package in R programming language were used for data analysis. Findings: The result of the analysis show that 118 related scientific productions in the field of Quran and health have been retrieved from Scopus. The scientific productions extracted were published in the period between 1990 and 2024, and the trend of its publication has increased since 2015. Scientific productions in the field of Quran and health were mostly research articles with 78% and reviews with 12%. Countries that produce research articles in the field of Quran and health are also mainly located in the Middle East region and Islamic countries. Based on this, Malaysia with 110 cases, Iran with 105 cases and Indonesia with 45 cases had the highest amount of scientific productions in this scientific field. The best institutions in the field of Quran and health scientific productions are Mashhad University of Medical Sciences with 16 cases and University of Malaysia with 11 cases. Also, various thematic clusters have been determined based on the co-occurrence analysis of words, including the thematic areas of the effects of the Qur'an on mental and physical health, nutrition, prayer, and the miracles of the Qur'an. The result of this study have shown a clear picture of scientific productions in the subject area of Quran and health. The result of this study have shown that this scientific field is a dynamic field with a variety of studies. Based on the result of this article, it is suggested that prominent institutions have a more active presence in this field, and there is also a need for more international cooperation in scientific productions to make research more effective. The result of this study can help policy making in the future research in the field of providing appropriate orientation of scientific productions in the field of Quran and health.

**Keywords:** Quran, health, scientific productions, scientometric



## The concept of healing in the Qur'an

Roya Amani\*<sup>1</sup>

### **Abstract:**

The Qur'an has a special view on the issue of human health, and even his recovery after illness or improvement of human health should be according to rules and laws that are compatible with human creation; If a person has the faith that is meant by the Qur'an and puts himself on the path of divine healing and removes the obstacles on this path, he can be among the righteous. Therefore, healing is a high and high order that God has promised to the believers and makes them benefit. The believers who have been healed by the Qur'an are always with the truth, so they are an example of the truth, and wherever they are present, falsehood is destroyed. . The horizon and end of this stage is to have a healthy heart, and a person who has a healthy heart means that he has reached what was intended by his creator.

**Keywords:** Quran, healing, illness, health

## Analytical comparison of the effects of care methods based on contemplation of Quranic verses on human spiritual health

Sahand Faridi\*<sup>1</sup>

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### Abstract:

Human spiritual health is considered one of the most important factors in a person's health today; because the role of spirituality in mental illnesses and following that, human physical health, is undeniable. In the Mobin religion of Islam, much attention has been paid to the use and application of spiritual and divine solutions. The most important dimension of human existence, which has an effect of infinity and can interact with others, is having a spiritual and healthy heart. The absence of a conscious heart today has put the human psyche at risk due to the lack of attention to passive states and threatens people's daily life. In this sense, a person needs studies in this field to solve this problem, according to the verses of the Holy Qur'an, which clearly state the right to All of humanity has also healed and preached verses and by pondering the true and deep meaning of the verses of this heavenly book, one can achieve peace of mind. By applying practical instructions, participating in Quranic gatherings, and taking advice from Quranic stories. And interpreting the Holy Qur'an and reciting this divine book and seeking advice, one can take steps towards the health of the heart and the creation of piety of the heart in the path of true faith, which leads to the achievement of the highest morals and degrees of man, and in fact to achieve self-confidence, psychological and happiness. It is spiritual. In this research, four components, namely the use of the method of interpretation and deliberation in the meanings of the Holy Quran, the use of recitation and recitation of the Quran, the use of examples and stories of the best word of God, and the implementation of scientific and practical instructions in having a healthy body and soul were investigated. Considering the completeness and comprehensiveness of the word of revelation and the absence of any defects in this divine book, the comparison of the method of doing according to the different methods of using the Holy Quran with consideration and its effect on spiritual and heart health can be concluded that the effect of listening to recitation and Constant connection with the Quran and the continuation of this practice will have a greater impact, and after that, the use of Quranic stories, and in the third place, the use of scientific and practical instructions based on the health of the body and soul, and in the fourth place, the use of interpretation and reflection on the deep meanings of this sea. It can be better and more comprehensive.

**Keywords:** Spiritual health, contemplation, verses, healing, breath



## Harmony in Health: Bridging the Holy Quran Wisdom with Modern Nutrition for a Balanced Lifestyle

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### Abstract:

In the context of modern nutrition, this text interprets the holy Quran guidance to align with contemporary dietary practices. Addressing the relevance of cleanliness and health in today's lifestyle, it explores how Islamic principles can inform choices in a rapidly evolving food landscape. Method: Applying the holy Quran verses to current dietary trends, the text outlines a method for navigating the modern food environment. It integrates traditional principles with contemporary nutritional science, emphasizing the importance of clean, wholesome, and sustainable food choices. The outcomes highlight the application of Islamic teachings to address present-day dietary challenges. It suggests that permissible foods extend beyond traditional categories, encompassing considerations of food safety, ethical sourcing, and nutritional value. The text encourages mindfulness in food consumption, acknowledging the impact of dietary habits on individual well-being and the environment. Conclusion: In conclusion, the text proposes a synthesis of the holy Quran principles with modern nutritional understanding. It advocates for a balanced, mindful, and health-conscious approach to diet. Emphasizing the adaptability of Islamic guidance to contemporary dietary needs, it provides a framework for individuals striving to make informed, ethical, and health-focused choices in their food consumption, fostering a connection between spiritual values and the demands of modern life.

**Keywords:** Modern Diet, Lifestyle, Balanced Eating, Islamic Principles, Islamic Well-being, Harmony diet

## Survey the Quranic lifestyle

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### **Abstract:**

Today, contrary to the progress of science and technology, mankind faces all kinds of religious and cultural invasions, creating an identity crisis and finally making him wander in life. Studies have shown that people took refuge in the Qur'an when faced with temptations and hardships. Quran is the best speech because it is the speech of God and it originated from His infinite knowledge and power. Therefore, imitating the Quranic lifestyle can have beneficial and lasting effects on human life. Therefore, the present study was conducted to investigate the Qur'anic lifestyle. **Methodology:** The present study was conducted as a review of several articles between 2010 and 2023. The research was done in databases: SID, margin, irandoc, PubMed, and Google scholar with keywords such as lifestyle, Quranic life, women, and family. The articles were first reviewed and the title and abstract were reviewed. Then duplicate and unrelated articles were removed. In the second stage of screening, the articles were reviewed and the complete articles were reviewed and matched with the research objectives. In the third step, data extraction was done through a data checklist including authors' names, year, title, and result. Finally, the result were systematically analyzed and graded. The result show that the Quranic lifestyle, that is, the life derived from Quranic teachings, is rooted in divine values. In the Qur'anic view, man is a being with a divine mission and responsibility for the reconstruction and development of the earth to achieve perfection. One of the important characteristics of a lifestyle is its selectiveness. In the field of lifestyle, there are various criteria for choosing, which from the perspective of the verses of the Holy Quran, a reason based on revelation is the best criterion for choosing lifestyle. This lifestyle is based on the foundations and components that represent the particular worldview of Islam and the Qur'an in all areas of life, including politics, economy, society, culture, etc. The Islamic way of life is to pay attention to the implementation of Islam with all its dimensions in all areas of human life, and it is possible to build a pious life in a specific category and considering the triple relationships of man with God, himself and creation, and relying on the text of the words and the way of the innocents. He learned to live. Considering the important role of the Quran in life and its style, the Quranic way of life can be used to improve the way of life and use its teachings. Also, it can also be extended to other political and social issues.

**Keywords:** Lifestyle, Quranic life, women, family

## The influence of Islamic fasting on human health

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### Abstract:

Islamic fasting refers to the practice of refraining from eating or drinking from dawn to dusk during the holy month of Ramadan. It is observed by millions of Muslims worldwide. Islamic fasting is similar to alternate day fasting, with an average of 12 hours of fasting and 12 hours of feasting periods. The health benefits of Islamic fasting include a reduced risk of cardiovascular diseases, diabetes, cancer, hypertension, and asthma. Search methods In this systematic review, we employed specialized databases, namely Google Scholar, Science Direct, Elsevier, Springer, Scopus, and PubMed, to conduct a comprehensive literature search. To focus our search on the most recent findings, we utilized the following keywords: “Islamic fasting,” “health,” “cardiovascular diseases,” and “immune system”. Finding Fasting has been shown to have various positive effects on human health. It can help optimize energy metabolism, prevent obesity, and improve brain health and immune function. Fasting is also associated with an increase in overall and healthy lifespan, delaying the onset of disease and slowing the progression of aging biomarkers. It has been found to improve insulin signaling, blood glucose control, and reduce inflammation. Fasting can also have positive effects on lipid metabolism, glucose metabolism, protein metabolism, and neuroendocrine metabolism. Additionally, fasting has been shown to protect against various diseases, including neurodegenerative diseases, metabolic disorders, and cancers. On the other hand, it has been found to positively influence body weight, lipid and glucose levels, and exert antioxidative effects. This review summarizes the health specific effects of these Islamic fasting and provides suggestions for future research. Overall, fasting has the potential to delay aging, prevent and treat diseases, and enhance longevity.

**Keywords:** Keywords: Islamic fasting, health, cardiovascular diseases, immune system

## The Qur'an's point of view about hijab and chastity in terms of physical and mental

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### Abstract:

The Qur'an's point of view about hijab and chastity in terms of physical and mental Elham Emaratkar<sup>1</sup>, Majid Noghani<sup>1</sup>, Abbas Hasheminejad<sup>1</sup>, Sedighe Talebi<sup>1</sup>, Zahra Aghabeiglooei<sup>1\*</sup>, Hasan Namdar<sup>1\*</sup> 1. Department of Traditional Persian Medicine, School of Persian Medicine, Shahed University, Tehran, Iran. Corresponding author: Hasan Namdar Email: h.namdar@shahed.ac.ir Zahra Aghabeiglooei Email: com.gmail@Aghabeiglooei Abstract Background: Hijab is an external matter and chastity is an internal and sensual state. Women's clothing is very important not only for the mental health of the individual and society, but also for maintaining the physical health of people. In this study, hijab and chastity have been investigated using religious sources and Iranian medicine and new findings. Methods: In this review, verses related to hijab and chastity were examined. Then, the information of reliable sources of Iranian medicine was extracted and analyzed using Noor software. Then, by searching in reliable databases such as SID, Scopus, PubMed and Web of Science, the evidence in new scientific sources was checked. In the blessed verse 60 of Surah Noor, God says about the hijab: "And it is good for him." The word "good" which means profit and benefit, due to its application, includes both material benefit and spiritual benefit. The Holy Qur'an has expressed the final result of chastity with expressions such as "good for them", "purification of your hearts and hearts" and "Azki Lahom", which prevents prostitution and leads to a healthy heart. Hijab has two positive and negative aspects. Its positive aspect is the obligation to cover the body and its negative aspect is that showing off is forbidden for non-mahrams. In the Holy Qur'an, other types of hijab are mentioned, such as the hijab in looking and speaking, and it is emphasized that the hijab brings peace and confidence to the heart, personality balance, and family strength. According to neurocognitive research, visual inputs in humans, the highest inputs are between 68 and 81%. According to research done in neurobiology, there are important centers such as the emotional control center (amygdala), the decision-making control center (prefrontal) and the memory formation center (hippocampus) in connection with the process of chastity and hijab. In Iranian medicine, women are colder and more humid than men, and their body tissue is more porous, so it is more important for women to have appropriate clothing. Conclusion: According to this study, it can be said that hijab and chastity have a direct and indirect effect on the human soul and body, and their presence has a positive effect on physical, mental, social and spiritual health, and their absence has a negative effect. The health of the individual, family and society plays an important role. Due to the mentioned cases, it is necessary to pay more attention in the field of health

. **Keywords:** Iranian medicine, hijab, chastity, health, Quran



# Promotion of pro-environmental behavior in dormitory students based on the teachings of the Qur'an and etrat: A theory-based educational intervention

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## Abstract:

Environmental pollution is one of the main threats to human health. Individual behavior is widely recognized as a major contributor to numerous environmental pollutions. On the other hand, Religiosity is one of the most prominent and extensive social factors influencing one's behavior; therefore, the adoption of pro-environmental behaviors (PEBs) is essential for health promotion and development of more sustainable societies. The aim of this study was Promotion of pro-environmental behaviors in dormitory students based on the teachings of the Qur'an and etrat. Methods: This study was a randomized controlled experimental trial (RCT) of pre-post-test type with a control group, which was conducted on 120 students of Qazvin University of Medical Sciences that divided through Random Allocation into two groups of intervention and control. Data collection tools included demographic questions and self-reporting questionnaires to measure theory of planned behavior (TPB) related constructs including attitude, subjective norms, perceived behavioral control, and intention based on the teachings of the Qur'an and etrat. The educational intervention program consisted of 4 sessions of 60 minutes for each experimental group (six groups of 10 students). Data was analyzed by Chi-square, independent and paired sample T-test using SPSS software version 26. Findings: The findings showed that before the educational intervention, the two groups did not have significant differences in terms of demographic variables and mean scores of the constructs of the theory of planned behavior. But after the implementation of the educational intervention, the result showed a significant difference for the mean of attitude, subjective norms, perceived behavioral control and intention in the intervention and control groups. Also, after the educational intervention based on the teachings of the Qur'an and etrat, pro-environmental behaviors in the intervention group was significantly increased ( $p < 0.05$ ). The result showed that the educational intervention based the teachings of the Qur'an and etrat has a positive effect on promoting pro-environmental behaviors among the dormitory students.

**Keywords:** Keywords: Qur'an and etrat, Pro-Environmental Behavior, Theory of Planned Behavior, Health promotion

## Healing in the Quran

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### Abstract:

Originally, healing means calmness, peace and healing, and it also means opening up and getting rid of tightness and pressure. The verse of Mubarakeh Isra', which can be referred to as the verse of healing, mentions the word healing against loss, loss, regret, and lack of profit, growth, and benefit(1). If this word is translated to cure, it is because when a sick person receives treatment, he feels an indescribable growth and benefit, and when he is sick, he is overcome by a state of regret and severe loss. If this word is translated to treatment, it is because when a sick person receives treatment, he feels an indescribable growth and benefit, and when he is sick, he is overcome by a state of intense regret and loss. The purpose of this research is to examine the broad word healing, its meaning and practice in the Muslim holy book. From this discussion, it can be concluded that the health and well-being of a person depends on firm belief and faith in God and adherence to the Qur'an. Therefore, if someone asks for healing from the Qur'an out of sincerity and firm belief, he will be given health and wellness, that's why the Qur'an is more than a great healer. The Quran is a complete cure for all physical diseases and all worldly and hereafter pains. Of course, it is not to think that the medicine and the doctor are useless, but the doctor and the medicine are a means of healing, and according to verse 44 of Surah Al-Fazlat, faith is a condition for benefiting from the guidance and healing of the Qur'an

**Keywords:** Quran, healing, mercy

## An analytical study of healthy heart from the perspective of the Holy Qur'an in understanding its role in guiding spiritual health

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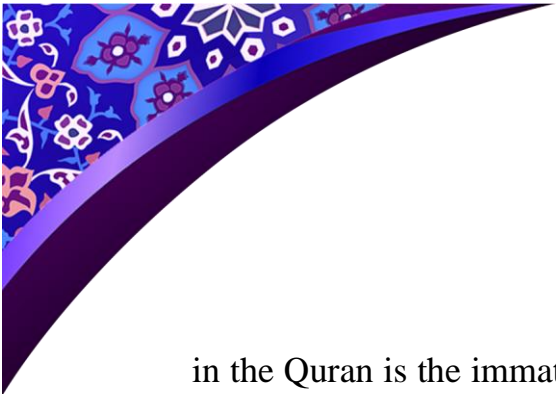
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### **Abstract:**

The role of spiritual health in providing and maintaining human health and its complementary role in the physical health of people has caused the discussion of spiritual health to be of considerable importance in human life. A case that has been the focus of the World Health Organizations in recent years. After recognizing the importance and extent of this influence, what is important is the concept of a healthy heart and its role in managing spiritual health. In Quranic literature, mental and spiritual health has a deep connection with the keyword "heart" and a healthy heart and a sick heart are mentioned in the Quran. In this regard, the present study tries to analyze the semantics of a healthy heart as the main indicator of spiritual health, to be an Abstract: to studying the effect of healthy heart indicators on the level of spiritual health under international standards. Therefore, considering the origin of the revelation of the Quran and the high position of its revealed teachings in the direction of the guidance and happiness of mankind, the main goal of this research is to discover and explain the indicators of a healthy heart from the perspective of the Quran and its role in guiding spiritual health. Method: In this study, as a library research, the content analysis method was used and the search was carried out using the keywords "healthy heart", "spiritual health", "meaning", "Quran", in the form of a combination of different arrangements among the articles and other scientific productions of reliable scientific databases as well as reliable Islamic sources of interpretation of the Quran and Hadith have been made. After collecting the required sources and data, the collected materials were subjected to content analysis to reach a comprehensive and common point of view. After summarizing the information obtained regarding the concept of a healthy heart and its signs, the result indicated that the meaning of the heart in the statements of the Qur'an is the human self and the human soul. In the Qur'an, in the mentioned verses, a healthy heart is introduced as a heart cleansed of polytheism, which has some spiritual signs, including the Abrahamic heart, pious, gentle, admirable, humble, fearful, guided and open. Conclusion: In summarizing the above result, it can be stated that the heart



in the Quran is the immaterial soul of man, and a healthy heart means the health of the human soul and its freedom from moral and religious deviations. A pious soul who has focused his attention and concentration on the only main axis of existence and has emptied his heart of non-godly things; A person with such spiritual and religious characteristics has the highest levels of spiritual health, and the hardships and adversities of life that disturb and disturb the existence of others are not capable of harming them. Maintaining this part of health has a great effect on the provision and durability of the other half of health (physical health), which continuously reveals new aspects of its impact on humans.

**Keywords:** healthy heart, spiritual health, semantics, Quran,

## مطابقت سازه های مدل اعتقاد بهداشتی با کتاب قرآن در مورد سلامت و پیشگیری: مطالعه

### مروری

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#### چکیده:

قرآن، به عنوان کتاب مقدس اسلام، نه تنها یک راهنما و هدایت‌گر در امور عبادی و اخلاقی است، بلکه به صورت گسترده‌تر نیز به موضوعات دیگری از جمله سلامتی و بهداشت توجه می‌کند. در حقیقت، قرآن کتابی است که شامل اصول و راهکارهای دقیقی درباره سلامتی جسمی و روحی انسان می‌باشد. این مطالعه با هدف مروری بر اهمیت سلامت و پیشگیری در قرآن بر اساس مدل اعتقاد بهداشتی انجام گرفت. روش جستجو: برای بررسی میزان تطابق آیات قرآنی با مدل اعتقاد بهداشتی از روش تحلیل محتوی استفاده گردید. این پژوهش بر مبنای روش تحلیل محتوای کیفی به شیوه تحلیل و تفسیر مفهومی از متن قرآن و تفاسیر در جهت رسیدن به الگویی کاربردی از بکارگیری سازه های مدل اعتقاد بهداشتی در قرآن انجام گرفته است. در این مطالعه از نمونه گیری هدفمند به عنوان روش رایج در تحلیل محتوای کیفی به استخراج واحدهای معنایی استفاده شد. که به توصیف ساختارهای مدل اعتقاد بهداشتی در بحث سلامت و پیشگیری می پرداخت. یافته ها: بر اساس نتایج بدست آمده در قرآن کریم به تمامی سازه های مدل اعتقاد بهداشتی: حساسیت و شدت درک شده، موانع و منافع درک شده، خود کار آمدی و راهنمای عمل اشاره شده است. بطوریکه اهمیت توجه به جسم و روان در ارتقای سلامت به حساسیت درک شده، پندارها و اخطارهای انجام شده از سوی آیات قرآنی به شدت درک شده، رسیدن به سعادت و بهشت برین به منافع درک شده، کارهای کم ارزش بسیار بها دادن و به کارهای بسیار با ارزش اهمیت ندادن به موانع درک شده، توانایی افراد به عنوان ایمان آورندگان به خودکارآمدی درک شده، و نهایتاً عمل به توصیه ی پیشروان دینی و قرآن با راهنمای عمل مدل اعتقاد بهداشتی همسانی دارند قرآن کریم به عنوان راهنمای سعادت انسان ها در این دنیا و آخرت به همه ی عوامل فردی و اجتماعی که منجر به سعادت می گردد توجه ویژه ای داشته است و مدل های انسان ساخته ای که برای ارتقای سلامت افراد است، همسانی دارد و می توان گفت به همه ی آیتم ها و عوامل موثر بر سعادت فردی و اجتماعی انسانها است اشاره داشته است.

**کلمات کلیدی:** مدل اعتقاد بهداشتی، کتاب قرآن، سلامت، پیشگیری، مطالعه مروری

# Healing Shine: Exploring the Spiritual Meaning of Healing in the Qur'an

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## Abstract:

This article explores the deep concept of healing as described in the Qur'an, beyond the conventional understanding of physical health. This was a narrative review study that was conducted with the aim of examining healing in the Qur'an. Methods: A comprehensive search was conducted on Persian databases, including SID (Scientific Information Database) and Magiran, and English databases, including PubMed, ScienceDirect, and Google Scholar, was performed using keywords "healing"+" Quran" within 2000 to 2023. Findings: The article begins with the recognition of healing as a divine gift, which is depicted in the verses of the Qur'an as heavenly light. An effort is made to open the spiritual depth of this concept and provide Quranic insights as a source of comfort for seekers. Qur'anic verses not only emphasize the physical aspects of healing, but also support beneficial practices such as proper nutrition, physical activity, and medical knowledge as tools to achieve wellness. Beyond the physical realm, the Qur'an clarifies the interrelationship between physical and mental health. Concepts such as faith, humility, and connection with God are examined as essential components for spiritual fulfillment and healing. The Quran emphasizes the importance of moral life as the cornerstone of human happiness. Virtues such as justice, compassion, and gratitude are highlighted as effective factors in improving the social and spiritual aspects of life. The Qur'anic view of healing reveals a path for improvement and transformation in all aspects of life. By embracing the concept of healing as depicted in the Qur'an, individuals can begin a spiritual journey toward light, peace, and holistic well-being.

**Keywords:** Healing, Quran, narrative review

## Nature's spring: The Secret of Healing Plants in the Qur'an

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### Abstract:

The Quran, as a timeless guide, not only imparts spiritual wisdom but also offers insights into the secrets of nature. This literature review aims to explore the references to medicinal plants in the Quran. The aim of this study was identified the healing properties of plants mentioned in the Quranic verses, drawing insights from both Persian and English scholarly articles. Methods: A comprehensive search was conducted on Persian databases, including SID (Scientific Information Database) and Magiran, and English databases, including PubMed, ScienceDirect, and Google Scholar, was performed using keywords "Medicinal Plants"+" Quran" within 2000 to 2023. Findings: Quranic verses highlight the olive tree as a divine gift with miraculous properties. Olive oil, mentioned as one of nature's wonders, is explored for its therapeutic benefits, serving not only as a dietary staple but also as a holistic health enhancer. Indirect references in the Quran hint at a musical tree, symbolizing the joy and well-being found in nature. These verses suggest a connection between nature's harmonies and human mental and physical health, emphasizing the divine blessing of music for overall well-being. The Quran acknowledges the consumption of barley grains, emphasizing their energy-boosting qualities. Beyond mere sustenance, barley plays a role in heart health, stress reduction, and promoting youthful vigor according to various verses. In addition to the explicit mentions, the Quran indirectly alludes to the therapeutic properties of various other plants. Notable examples include roses, figs, olives, dates and pomegranates, mint, and turmeric, each possessing unique healing characteristics as corroborated by modern medical knowledge. The Quranic verses about medicinal plants offer profound insights into the harmonious relationship between nature and human health. Understanding and embracing the healing properties of these plants, as guided by the Quran, aligns with both spiritual wisdom and contemporary medical knowledge. The divine revelations serve not only as a source of spiritual guidance but also as a timeless prescription for a healthy and balanced life. Keywords: Plants, Quran, Healing, Literature Review

**Keywords:** Plants, Quran, Healing, Literature Review

## بررسی ارتباط بین سلامت معنوی و پیشرفت تحصیلی در دانشجویان ایران: مطالعه مرور سیستماتیک

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### چکیده:

سلامت معنوی یکی از ابعاد سلامتی جهت روبه رو شدن با اضطراب و استرس در طول دوره تحصیلی در دانشجویان است. مطالعه حاضر با هدف بررسی ارتباط بین سلامت معنوی و پیشرفت تحصیلی در دانشجویان ایران: مطالعه مرور سیستماتیک انجام گرفت. روش جستجو: پژوهش حاضر یک مطالعه مرور سیستماتیک است که از بین ۵۰ مقاله مورد بررسی در نهایت ۱۲ مقاله مرتبط با هدف مطالعه، انتخاب شدند. برای دستیابی به اطلاعات مورد نیاز، جستجویی از متون فارسی و انگلیسی در پایگاه‌های داده‌های Science Direct، Pub Med، Google Scholar، SID، MagIran انجام شد. جستجوی مقالات با استفاده از کلید واژه‌ها: سلامت معنوی، بهزیستی معنوی، پیشرفت تحصیلی، عملکرد تحصیلی، خود کار آمدی تحصیلی، موفقیت تحصیلی، دانشجویان انجام شد. یافته‌ها: یافته‌های مطالعات مورد بررسی نشان داد سلامت معنوی دانشجویان با مولفه‌های تحصیلی دانشجویان شامل پیشرفت تحصیلی، خود کار آمدی تحصیلی، انگیزش تحصیلی، موفقیت تحصیلی و عملکرد تحصیلی در یک ارتباط دوسویه و متقابل می باشد. در اکثر مطالعات انجام شده همبستگی مثبت قوی بین سلامت معنوی با پیشرفت تحصیلی در دانشجویان رشته‌های مختلف مشاهده شد. نتایج پژوهش‌های حاضر نشان داد که بیشتر دانشجویان از سطح سلامت معنوی متوسطی برخوردار بودند. با توجه به ارتباط معنادار سلامت معنوی با پیشرفت تحصیلی پیشنهاد میشود به منظور بهبود عملکرد تحصیلی دانشجویان در جهت ارتقای سلامت معنوی آنها برنامه ریزی شود.

**کلمات کلیدی:** سلامت معنوی، پیشرفت تحصیلی، دانشجویان، مرور سیستماتیک



## Impact of Hijab on Family and Community Health: a narrative review

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### Abstract:

This article deals with the multifaceted role of hijab (Islamic hijab) and its profound implications for the health of families and communities. Beyond its religious significance, the hijab acts as a unique socio-cultural phenomenon that can significantly affect various aspects of individual well-being and social dynamics. Methods: This study uses a comprehensive approach that uses religious texts, sociological analysis, and empirical research to reveal the diverse ways in which hijab interacts with family and community health. It examines its impact on mental health, interpersonal relationships, social harmony, and women's empowerment within the framework of Islamic teachings. Findings: This paper presents a wide range of findings, including the potential protective role of the hijab in maintaining mental health by fostering a sense of modesty and self-esteem. Explores how the hijab can help build stronger family bonds, promote community cohesion, and challenge stereotypical narratives surrounding Muslim women. In addition, the empowerment of women through hijab is discussed in terms of increasing self-esteem and autonomy. This article ends by emphasizing the central role of hijab in the formation of a healthier and more harmonious society. By recognizing and appreciating the multifaceted benefits of hijab, individuals and communities can create an environment that respects diversity, promotes well-being, and challenges common misconceptions. Keyword: Hijab, Islamic hijab, family health, community health.

**Keywords:** Hijab, Islamic hijab, family health, community health

## انسان سالم از دیدگاه قرآن

محمد هادی یدالله پور ام الهدی کاوه سوادکوه محمودتنها\*

### چکیده:

یکی از مباحث بنیادین در انسان شناسی در جهان معاصر ، شناخت انسان سالم است انسان به سبب دارا بودن ویژگی‌های خاص خود، همواره به‌نوعی محور توجه دانشمندان بوده و هر گروه از آنان با توجه به بینش‌های خاص خود، شناخت انسان را مورد بحث و بررسی قرار داده است چنان که ادیان توحیدی و مکاتب فکری، پیشوایان دینی و اجتماعی، هر کدام به گونه‌ای، این مساله را در نظر داشته و درباره آن ها سخن گفته اند. پژوهش حاضر تلاش دارد تا به بررسی ابعاد وجودی انسان سالم از نگاه قرآن بپردازد. مکتب تربیتی اسلام همان گونه که زندگی دنیا را مقدمه ای برای زندگی جهان آخرت دانسته است، سلامتی شخصیت انسان را نیز مقدمه سلامتی برای آن زندگی برشمرده است و از سویی در موارد مختلف نگاه جامعی به عنوان نعمت قابل سپاس ذکر کرده و در موارد دیگر نیز زینت دنیا و (نصیب) شخصی از دنیا را مطلوب و لازمه رشد شخصیت انسان قلمداد کرده، و همگان را به توجه به آن فراخوانده است . از آنجایی که هدف پژوهش معرفی شخصیت از دیدگاه قرآن است، این مقاله به روش تحلیلی- توصیفی با تاکید بر آیات صورت گرفته است و مطالعه حاضر نشان داد که انسان همان گونه که باید از جسمی سالم برخوردار باشد، بایستی از حیث معنوی از سلامت بالایی برخوردار باشد.

**کلمات کلیدی :** انسان، سلامت معنوی، انسان سالم، قرآن

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**Abstract:**

A healthy person from the perspective of the Qur'an One of the fundamental topics in anthropology in the contemporary world is the knowledge of a healthy human being. Due to the fact that humans have their own characteristics, they have always been the center of attention of scientists, and each group of them discusses and examines the knowledge of a human being according to their own insights. It has been given that monotheistic religions and schools of thought, religious and social leaders, each in a way, have considered this issue and have spoken about it. The current research tries to examine the existential dimensions of a healthy person from the perspective of the Qur'an. Just as the Islamic school of education considers the life of this world as a prelude to the life of the hereafter, it also considers the health of the human personality as the prelude to the health of that life, and on the one hand, in various cases, a comprehensive view has been mentioned as a blessing to be appreciated, and in other cases also He considered the adornment of the world and a person's (destiny) from the world as desirable and necessary for the development of human personality, and called everyone to pay attention to it. Since the purpose of the research is to introduce the personality from the perspective of the Quran, this article is done in an analytical-descriptive way with an emphasis on the verses and the present study showed that just as a person should have a healthy body, he should be of high spiritual health.to haveand Islamic spirituality to promote health in human societies

**Keywords:** Keywords: human, spiritual health, healthy human, Quran

# Examining the Association between Prolonged Breastfeeding and Childhood Intelligence: A Systematic Review Supporting Islamic Guidance

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## Abstract:

Breastfeeding provides health benefits for both mothers and infants by boosting immunity and aiding development. WHO recommends exclusive breastfeeding for 6 months and continued breastfeeding up to 2 years. Some studies find benefits beyond 6 months, while others argue benefits stop after 1 year. Current guidelines and Islamic teachings, especially verse 233 of Surat Al-Baqarah, encourage breastfeeding until two years of age or longer. This review examines if prolonged breastfeeding is linked to increased intelligence and cognitive development in children. Search Method: A comprehensive search of databases from 2012-2022 was conducted for studies assessing intelligence in children breastfed for 24 months or more, controlling for maternal intelligence and socioeconomic factors. Findings: Twenty-three observational studies from developed and developing countries were included. In developed countries, longer breastfeeding was associated with slightly higher IQ scores (0.19-0.96 points per additional month). One RCT in Iceland found no effect of breastfeeding for 4 vs 6 months on intelligence. In developing countries, results on cognitive development were inconsistent, though partial breastfeeding under 1 year was linked to lower IQ. Children breastfed over 24 months consistently performed better than those breastfed shorter or not at all. The review found longer breastfeeding duration is significantly associated with improved childhood intelligence, confirming guidelines and Islamic teachings. These findings support policies promoting and facilitating breastfeeding globally. Extending breastfeeding seems to enhance cognitive development. Public health organizations should encourage exclusive breastfeeding for 6 months and partial breastfeeding up to 2 years for optimal developmental outcomes.

**Keywords:** Keywords: Extended Breastfeeding, Child Intelligence, Systematic Review, Cognitive Development, Public Health Policy

# Development of health communication theory in the Holy Quran

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## Abstract:

In today's societies, despite the increase in the welfare of life, the human society has suffered cultural loss and deidentification, and the mental and spiritual health and security of the citizens has been jeopardized to a significant extent. Because the ultimate goal of creation, which is to achieve divine perfection and reach a "healthy heart", has been forgotten. At this time, the Qur'an, with its revealed strategies, wants to engineer the health of the society in such a way that the human social life takes the tune of perfectionism and the people are ascribed to God's good names. The Holy Quran has presented its own view and method to establish a healthy society on the way to eternal happiness, which is different from social and human sciences. The health communication that has been developed is dominated by the western perspective in which there is a lack of religious values. While among Muslim scholars, the concept of health communication has not been systematically developed. This is because health communication is a field that has started to develop in the contemporary era and health communication methods have not made significant progress. With the development of science and information technology, the role of health communication plays a significant role in Islamic society. This article examines the Quranic terms about health communication and their ideology. Materials and Methods: It has been done with the library method of Quranic verses and their interpretation as the main data. Then the data was analyzed using the semiotic analysis of Charles Saunders Peirce (1914-1839) through semantic, syntactic and pragmatic analysis of meanings. Findings: The result indicate that the terms quwwah, ithma'anna, taharah, tazkiyyah, maridh, adza, rijsun, saqiyyun, and syifa are terms that mean health. After performing Peirce's semiotic analysis, these terms express the elements of health and communication where the terms are regularly structured into a set of verses whose meanings are holistically and systematically arranged. Therefore, pragmatically, it contains ideology or guidance that can be developed in terms of health communication. In line with the existing theories in health communication, there is the innovation diffusion theory, which emphasizes the internal human factors for the implementation of health communication, and the convergence theory, which emphasizes the importance of external factors (environment) to support the process of implementing health communication to the individual and society.

**Keywords:** Health communication, Quran, Pierce semiotics

# The effects of date fruit consumption in pregnant women from the perspective of the Quran and conventional medicine


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## Abstract:

Dates are one of the oldest medicinal foods that have been of interest to medical and nutrition researchers since the past. It is one of the fruits that has been emphasized in the Holy Quran and mentioned 42 times, and according to the beneficial effects of dates this research was done during pregnancy. Search method: In this review article, the book of the Qur'an was examined, and in this regard, a search was made in Pubmed, Sid, Magiran, ScienceDirect, Scopus, and Web of Science, Google Scholar databases using the keywords date, pregnancy, and pregnant women. And it was done in the period from 2010 to 2023, and according to the entry criteria, 17 sources were included in the study and their texts were fully examined. Findings: This article has evaluated the antioxidant and anti-inflammatory effects of dates on the health of pregnant mothers, the role of this fruit in hormonal balance and blood glucose control. It also shows the positive effects of date consumption in weight management during pregnancy. In addition, dates, as a natural energy source, increase the energy level of pregnant mothers and can accelerate childbirth and reduce the bleeding caused by it, and also reduce fetal problems. Dates can be used as a food supplement during pregnancy

**Keywords:** Quran, dates, pregnancy, pregnant women



## A Review on Hijab and Mental Health

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### **Abstract:**

Hijab means covering the entire body and its protrusions, except for the face and hands from the wrists down, along with behavior and speech that does not lead to showing off. Hijab is one of the most important laws of Islam, and its realization, in all its dimensions, is the biggest step in the path of human evolution, and not realizing it creates a great defect in human spiritual perfection. Hijab improves women's self-esteem and acts as a symbol of commitment. Since observing hijab can reduce the risk of harassment of women, the soul and spirit of veiled women will be calm and relaxed.

**Keywords:** Hijab and chastity, mental health

## The ways and effects of achieving mental health from the perspective of the Holy Quran

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### چکیده:

سلامت یعنی عدم بیماری و بیماری یعنی عدم سلامت. براساس تعریف سازمان جهانی بهداشت سلامت عبارت است از تامین رفاه کامل جسمی، روانی و اجتماعی و نه فقط نبودن بیماری و نقص عضو. لذا سلامت یک واژه چند بعدی است. اگر در آیات قرآن بیاندهشیم پی می بریم که اسلام به موضوع سلامت بسیار اهمیت داده است. در قرآن آمده است که یکی از نام های مبارک و زیبای خداوند سلام است. یعنی پروردگار در ذات و صفاتش از هر عیب و نقصی به دور است و منبع سلامتی برای جهانیان می باشد. هدف از این پژوهش بررسی راه های سلامت و صحت روانی- جسمانی انسان با توجه به آیات و رهنمودهای قرآن برای انسان ها است. از این پژوهش می توان نتیجه گرفت که آن چه باعث که باعث آرامش روحی و روانی در انسان است در آیات قرآن و روایات معصومین به کرات و به وضوح ذکر شده است. لذا سر نهادن به آنچه پروردگار فرمان داده تضمین کننده سلامت و صحت روانی و جسمانی انسان خواهد بود. چرا که ناگفته پیداست که خداوند که خالق انسان است اشراف کاملی به نیازها و خصوصیات کامله انسانی دارد و فقط اوست که توانایی آن را دارد که با ارائه اوامر الهی انسان را به آزمایش واقعی برساند.

کلمات کلیدی: سلامت، روح و روان، قرآن



## حقوق سالمندان در قرآن و روایات، مقاله مروری سیستماتیک

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### چکیده:

سالمندی پدیده‌ای است که به وسیله تغییرات بیولوژیک، فیزیولوژیک، بیوشیمی و آناتومی در سلول‌های بدن ایجاد می‌شود. متأسفانه سالمندان به وفور در جامعه و مراکز درمانی و مراقبتی مورد غفلت قرار می‌گیرند. مطابق برخی مطالعات انجام گرفته نسبت به آنها سوء رفتار هم صورت می‌گیرد. قرآن و آموزه‌های اسلامی به ضرورت رعایت حقوق سالمندان اشاره کرده‌اند، هدف این مطالعه مروری بر حقوق سالمندان در قرآن و روایات می‌باشد. روش جستجو: در این مطالعه مروری سیستماتیک جستجو در پایگاه‌های اطلاعاتی انگلیسی شامل Science Direct, Pubmed ProQuest, Web of science و موتور جستجوی Google scholar با استفاده از کلیدواژه‌های "Human Rights", Elderly, Quran" در عنوان و چکیده مقالات و واژگان کلیدی فارسی سالمند، حقوق، قرآن صورت گرفت. خلاصه مقالات منتشر شده بررسی شد و در نهایت ۲۱ مقاله نهایی برای بررسی جامع و استخراج داده‌ها انتخاب شدند. یافته‌ها: آیات قرآن و آموزه‌های اسلامی حاکی از آن است که فرمان‌های ساحت پروردگار از نظر تشریح و رهبری بشر به انتظام زندگی و سعادت در دو جهان، امر به احسان و خوش‌رفتاری فرزندان نسبت به پدران و مادران سالخورده بر حسب گفتار و رفتار و معاشرت و برآوردن حاجت و نیازهای آنان در دوران سالمندی است. خداوند بدان جهت که انسان در سالمندی تنها و بی‌یاور نماند، با تأکید دستور داده است که باید به والدین سالخورده احسان نمود. آنان را از خانه‌ی خود نرانید، به آنان بد نگویید، با کمال احترام با آنان سخن بگویید، نیازشان را برآورده سازید، در برابر آنان خاضع و متواضع باشید و همیشه آنان را دعا کنید؛ تا هنگامی که خود پیر شدید، فرزندانان فرهنگ مهرورزی به والدین سالمند را به خوبی از شما آموخته باشند و بدان عمل نمایند رعایت حقوق سالمندان را می‌توان جزء اساسی وظایف خانواده و جامعه به حساب آورد، اما نسبت به حقوق مادی آنها نیز رعایت مواردی الزامی است از جمله اینکه: برای کمک به سالمندان در خانواده لازم است که به میزان کافی خوراک، پوشاک و خدمات بهداشتی درمانی در اختیار آنها قرار گیرد و در صورت ابتلا به بیماری یا ناتوانی آنها اسباب درمان و مراقبت آنها فراهم شود و هیچگونه اجحافی در حق آنها صورت نگیرد.

کلمات کلیدی: قرآن، حق، سالمند

## آثار روانشناختی مهدویت در سلامت و بهداشت روان

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### چکیده:

سلامت افراد تحت تأثیر اعتقادات دینی و رفتارهای برآمده از آموزه‌های دینی آن‌هاست، اعتقاد به مهدویت همانند سایر مؤلفه‌های اعتقادات دینی آثار تربیتی و روانی در فرد و جامعه به دنبال دارد و توجه به نقش آموزه‌های مهدویت در اخلاق، رفتار فردی و اجتماعی کارکردهای بسزایی دارد. مهدویت از طریق تقویت جنبه‌های مثبت زندگی مثل آینده‌نگری، پارسایی و اخلاق‌مداری، تقویت عقلانیت، افزایش امید، مسئولیت‌پذیری و غایت‌نگری از اختلالات و بیماری‌های روانی مانند اضطراب، استرس و افسردگی که ناشی از بی‌هدفی و نقص و هیجان‌کاری زندگی است، پیشگیری می‌نماید و با تعالی بخشی به اهداف و آرمان‌های زندگی در جهت کمال و رشد نهایی بشریت، سلامت و بهداشت روان افراد معتقد به مهدویت و منجی باوری را ارتقا می‌بخشد. باور داشت مهدویت و سبک زندگی انتظار محور دارای کارکردهای روانشناختی مهمی برای انسان و ارتقا سلامت، بهداشت روان هست و موجب می‌شود انسان درک بیشتر و عمیق‌تری از خود و خدای خود داشته باشد و این موجب انگیزش برای رفتارهای متعالی می‌شود، به فرد نیرو می‌دهد و به معنای زندگی دست پیدا می‌کند، هیجان‌ات مثبت را تجربه می‌کند. همچنین عامل‌هایی نظیر نگرش مثبت به زندگی، تجربه احساس معنوی و کاهش استرس و شیوه‌های مناسب برخورد با بحران و تلاش در جهت جلب رضایت امام عصر (ع) از جمله عواملی هستند که در ارتقای سلامت و بهداشت روان مؤثر هستند.

**کلمات کلیدی:** مهدویت، بهداشت روان، سلامت.

## تأثیرات سبک زندگی قرآنی - اسلامی در سلامت انسان

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<sup>1</sup>تأثیرات سبک زندگی قرآنی - اسلامی در سلامت انسان

### چکیده:

اسلام و دستورات آن کامل ترین آموزه ها برای حفظ سلامت جامعه را دارد. این آموزه ها از قرآن و زندگی تمامی ائمه معصومین قابل استخراج است؛ بنابراین می توان گفت بزرگ ترین مشکل جامعه امروز که سبب بروز چنین ناپایداری در جامعه شده است، نبود شناخت صحیح و فراموشی مسیر اسلامی است؛ بنابراین در این زمانه انسانها بیش از هر زمان دیگری نیازمند چراغ هدایت اسلامی قرآنی هستند. در قرآن، سبک زندگی ویژه برای انسان ها با عنوان حیات طیبه یاد شده است و سبک زندگی صحیح در قرآن بر اساس توحیدمداری است. سبک زندگی قرآنی یعنی زندگی برآمده از آموزه های قرآنی که جامعه را به سمت زیست قرآنی رهنمون می سازد و ریشه در ارزش های الهی دارد. انسان در نگرش قرآنی، موجودی با ماموریت و مسئولیت الهی برای بازسازی و عمران و آبادانی زمین در راستای دست یابی به کمال شایسته و بایسته و وظیفه خطیر خلافت الهی است. سبک زندگی قرآنی - اسلامی، توجه به اجرای اسلام با همه ابعاد آن در تمام عرصه های زندگی آدمی است و می توان در دسته بندی مشخص و با ملاحظه ارتباطات سه گانه انسان با خدا و خود و خلق، زندگی پرهیزگاران ای ساخت و با تکیه بر متن سخن و سیره معصومان شیوه زیستن را مشق کرد. و در صورتی که سبک زندگی قرآنی در جامعه نهادینه شود آن وقت است که جامعه به مدینه ی فاضله تبدیل می شود.

**کلمات کلیدی:** سبک زندگی قرآنی - اسلامی، سلامت، انسان

## نقش شادی و نشاط از دیدگاه قرآن و احادیث و تأثیر آن در سلامت اجتماعی

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### چکیده:

از دیدگاه سازمان جهانی بهداشت، سلامتی به مفهوم رفاه کامل جسمی، روانی و اجتماعی است و از منظر اسلام، این ابعاد در همسویی با آموزه‌ها و رهنمودهای قرآنی است که ضامن حرکت تکاملی و سلامت روحی انسان می‌شود. لذا با توجه به طرح و استفاده روزافزون از سلامت اجتماعی در جهان، به‌عنوان معیار موجهی برای ترسیم وضعیت توسعه‌ای و رفاهی کشور، شایسته است پژوهشگران کشور ما، با انجام مطالعات روی سلامت اجتماعی بر ارتقای کمی و کیفی این حوزه شاخصی منطبق با قرآن و آموزه‌های دینی تبیین کنند. در همین راستا به نظر می‌رسد، یکی از عوامل مؤثر در سلامت اجتماعی، شادی و نشاط است. شادی، نشاط و تفریح از جمله نیازهای روحی و فطری انسان دانسته شده است که در بسیاری از جنبه‌های حیاتی وی نقش مؤثری ایفا می‌کند. دین اسلام به شادی و نشاط که نیازی فطری و موردقبول دانشمندان و نیز امامان معصوم (ع) است، نگاه ویژه دارد. آیات قرآن درباره شادی و نشاط دودسته‌اند؛ دسته‌ای از آیات مؤمنین را به شادی دعوت نموده‌اند و دسته‌ی دیگر شادی را نکوهش می‌کنند. در اسلام، شادی در دل جای دارد، حال آنکه مشکل بسیاری از اشخاص در قرن اخیر این است که شادی را در دنیای بیرون جستجو می‌کنند. در آموزه‌های دینی به جایگاه و اهمیت شادی در زندگی و علل و آثار آن توجه ویژه‌ای شده؛ تا آنجا که مکرر در دستورات اسلامی و احادیث و روایات ائمه معصومین (ع) به شادی‌های مثبت و هدفمند توصیه شده است. قرآن کریم، شادی را که نیاز فطری بشر است، تأیید کرده و جهت می‌دهد و راهنمایی‌های لازم را برای بهره‌گیری از نشاط ارائه می‌کند. بررسی مفهوم شادی و نشاط در قرآن کریم مبین آن است که اسلام برای ایجاد شادی و نشاط پایدار در وجود انسان‌ها، علاوه بر راهکارهای اعتقادی، همچون: داشتن و تقویت ایمان، توکل و رضایتمندی، راهکارهای عملی، مانند پرداختن به تفریحات سالم، انواع ورزش‌ها، خوردنی‌ها، استفاده از رنگ‌های شاد و متنوع، عطر و ... را نیز پیشنهاد داده است که با به کار بستن آن‌ها شاهد جامعه‌ای شاد و بانشاط خواهیم بود. در روایات پیشوایان دینی، نحوه تقسیم اوقات و ساعات شبانه‌روز به بخش‌های مختلف، موردعناایت قرار گرفته است که یکی از آن بخش‌ها به نشاط و شادی و لذت‌های روانی اختصاص دارد. این امر دلیلی بر مثبت بودن شادی و نشاط و ضرورت آن برای انسان از دیدگاه پیشوایان دینی است. در مجموع از نظر قرآن کریم و روایات، مهم‌ترین معیارهای شادی و نشاط ممدوح را با محوریت توحید، دوری از گناه، احیای ارزش‌ها، شاد کردن دیگران و شادی با معصومین (ع) تبیین کرده و شادمانی برای گناه، افراط در شادی، دروغ شادی‌آور و شادمانی کاذب را از مصادیق شادی مذموم دانسته و درنهایت، مهم‌ترین عوامل شادی‌آفرین را با تأکید بر قرآن و روایات در پرهیز از گناه و آزار مؤمن و اجتناب از لهو تبیین برشمرده است. در قرآن و روایات اسلامی، به برخی از عوامل نشاط‌آور و شادی‌آفرین مانند سیروسفر، تفریح و تفرج، ورزش و دیدار دوستان، با دید بسیار مثبت نگریسته شده است. تأکید اهل‌بیت علیهم‌السلام و پیشوایان دینی به آموزش برخی از ورزش‌ها به فرزندان و برشمردن ثمرات و فواید سیروسفر و تفریح، دلیلی قطعی بر مطلوب بودن آن‌ها در دین است و برای رسیدن به شادی درنهایت به آرامش واقعی، باید به بزرگ‌ترین منبع آرامش، خدا مرتبط شد.

کلمات کلیدی: شادی و نشاط، قرآن و احادیث، سلامت اجتماعی.

## شخصیت مطلوب خداوند از نگاه قرآن و حدیث

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### چکیده:

روانشناسی شخصیت سالم یکی از مقولات بنیادین در اندیشه معاصر است. در نگاه برخی روانشناسان، ویژگی شخصیت سالم تحت تأثیر متغیرهایی چون عوامل فرهنگی و تربیتی، شرایط اجتماعی و اقتصادی و عوامل روانشناختی قرار دارد. درحالی که قرآن به تمام ابعاد و شئون وجودی انسان توجه نموده و او را موجودی دوبعدی «روحانی - جسمانی» معرفی نموده است. شخصیت سالم از منظر قرآن نیز برای همه انسان‌ها و در همه مکان‌های جغرافیایی، ویژگی‌های یکسانی دارد؛ اگرچه فرهنگ و باورهای آنان، دآوری دیگری داشته باشد. این ویژگی‌ها تابع متغیرهای مختلف نیست. امروزه اکثریت قریب به اتفاق نظریه‌پردازان روان‌شناسی موجودیت فرد را شامل سه بعد زیستی، روانی و معنوی می‌دانند. از دیدگاه اسلام نیز شخصیت سالم تضمین‌کننده رسیدن به سعادت و خوشبختی هست. درنهایت هدف انسان‌ها قرب الهی و دست‌یابی به رحمت الهی هست و انسانی که هدف نهایی‌اش قرب الهی است، میان اندیشه، گفتار و رفتارش هماهنگی وجود دارد که نشان‌دهنده برخورداری از سلامت شخصیت هست. شخصیت سالم بر اساس احادیث و روایات حول ابعاد شناختی، عاطفی، اخلاقی هست که بعد شناختی شامل: شناخت و ایمان به خدا، شناخت نسبت به جهان هستی و شناخت خود. بعد عاطفی شامل: اعتدال، آرامش روان، مهار خشم و خشونت، عدم حسادت، دوری از تملق‌پذیری و محبت و دوستی. بعد اخلاقی شامل: صبر و شکیبایی، رعایت قانون، حقیقت‌جویی، دوری از تعصب، آرامش در رفتار، سخاوتمندی، دفاع از حق، امانت‌داری، حفظ عفت، حفظ کرامت، تعاون و همکاری، وفای به عهد و حسن معاشرت را در جریان شخصیت سالم مورد توجه قرار داد.

**کلمات کلیدی:** شخصیت مطلوب، خداوند، قرآن، حدیث.

## قلب سلیم و نقش آن در راهبری سلامت معنوی

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### چکیده:

سلامت از دیدگاه سازمان جهانی بهداشت به معنای رفاه جسمی، روانی و اجتماعی است و از دیدگاه قرآن هویت حقیقی انسان در گروه پرورش همه‌جانبه ابعاد وجودی انسان\_تن، روان و روح\_هست. خدا انسان راه‌یافته به بارگاه الهی را با نفس مطمئنه یاد می‌کند و انسان رها از خسران را دارای قلب سلیم می‌داند. قلب سلیم در تضاد با قلب دچار بیماری‌های روانی فراوانی است که می‌توان به قساوت قلب؛ قلب مطبوع و قلب غبارگرفته اشاره کرد. سلامت معنوی در جهان امروز دارای اهمیت فراوانی است به‌گونه‌ای که بحران معنویت به‌عنوان یکی از بزرگ‌ترین بحران‌هایی است که انسان امروز به‌شدت گرفتار آن است. سلامت معنوی یعنی دریافت معناداری بودن، ماندن و رفتن است. بیم و امید، وصال و هجران و غم و شادی و دیگر حالات روانی همه به زمینه‌های سلامت روانی وابسته است. آن‌چنان که رسم است نخست باید درد را شناخت، آنگاه در پی دارو رفت و سرانجام به درمان پرداخت. در این گفتار با نگاهی دوباره به برخی آیات قرآنی و شناسایی بیماری‌های درونی به ارائه راه‌های درمان آن‌ها می‌پردازیم و از جایگاه والای سلامت معنوی و نقش آن در زندگی اصیل انسانی سخن به میان می‌آید.

**کلمات کلیدی:** نفس مطمئنه، قلب سلیم، سلامت معنوی

# The spiritual health model of the Qur'an Foundation for children with cancer

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## Abstract:

In addition to affecting the physical aspect of a person, the disease also affects other dimensions of existence, including his spiritual well-being, and creates disturbances in the four relationships of a person with himself, others, existence, and God. This becomes especially important in children because they are more susceptible to the disease due to the special conditions of physical and mental development, lack of endurance and lack of experience in facing the hardships of life, fear and apprehension towards the treatment system and identity crisis. And their personal and social growth is formed along with the disease. Method: The present research was conducted with three methods of phenomenology, Frank's content analysis, and inference, and qualitatively. Findings: Since the Qur'an is the most important source of spirituality available to humans, in this research, after examining the spiritual needs of these children, based on the phenomenological approach of spiritual care, interventions are presented to improve their spiritual life and finally According to the clinical result of spiritual care, a model for the spiritual health of children suffering from serious and chronic diseases is developed. As the result show, children with cancer have special spiritual needs, and by responding based on the spiritual health of the Quran Foundation, a foundation can be provided for them to regain their spiritual health and achieve to grow after the accident, reach a higher level of excellence and spiritual well-being.

**Keywords:** Quran Foundation spiritual health, spiritual well-being, spiritual needs, post-traumatic growth, children with cancer.

## Challenges facing the health and spiritual care of Quran Foundation in Iran

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### Abstract:

Spiritual health is one of the main missing things of man in today's world, which has caused him to experience meaninglessness and identity crisis. When a person is faced with some kind of crisis and suffering such as hard-to-treat diseases, his spiritual health is more endangered and needs spiritual care. Method: Therefore, in this research, the conceptual network of the spiritual care of the Quran of the Foundation is explained first, and then, the challenges facing the spiritual care of the Quran of the Foundation in Iran are examined using the data research method of the foundation. Findings and result The findings and result of the research show ambiguity in the basics and concepts, change and improvement of spiritual attitude levels in the audience, jurisprudential challenges, educational challenges, different levels of providing spiritual care services of the Quran Foundation, discussion about difficult complications. Illness, especially the issue of death from the perspective of the Quran, the scope of the disease on all aspects of the patient, many guardians and ambiguity in the health and spiritual care centers in the country, the ambiguity of the contribution of different scientific fields in health and spiritual care and the time of spiritual care of the Quran Foundation, the main challenges Spiritual care in Iran has been categorized and discussed in the two axes of theoretical challenges and operational challenges.

**Keywords:** Spiritual health of Quran Foundation, spiritual care of Quran Foundation, spiritual health challenges, spiritual health center



