

Life-Style from the Perspective of Islam and Modern Medicine

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Abstract: Introduction Islam is compatible with the creation of man and nature and teachings and life style reasonable model for growth and prosperity, he presented the material and spiritual talents and personal and social development in humans provide. The aim of this study was to evaluate and compare the life style of modern medical science has been done. Materials and Methods in this review article, through access to reliable sources in the form of a descriptive article, practical strategies of islam for achieving healthy life style development for fighting diseases, are investigated. In so doing, by applying appropriate keywords to electronic and manual search in reliable islamic and medical resources, data were collected and the central research question was addressed. Results based on the results of the reviewed studies, instructions and ideas of islam on healthy life-style reconstructing in dimension of personal, mental and social, observing personal health, priority of health to treatment, and so forth have practical implications for prevention of disease so that if there had been commitment to islam, so much disease might never have developed. Conclusion noticing the availability of resources and instructions in islam on health and medicine for prevention and fight against diseases, such ideas can be utilized for preventing the emergence and development of other new diseases. Hence, Islamic instructions can be presented to the world as practical strategies for achieving healthy life-style development.

Key words: Healthy Life Style • Islam • Diseases • Personal • Social

INTRODUCTION

In Islamic thinking, man and his life structure is such that the social and individual behaviors, like eternal happiness, we need divine guidance and regulations that is provided by God through revelation to man, by having the faith-life balance create and spirituality in all aspects of the life of the current material [1].

Values and norms that Islam available to human beings, tastes, attitudes and perceptions affect her life and finally, stylized drawing and promote leading to the formation of a religious life style and behavior [2].

Behavioral science and psychology experts believe that a major impact of life style on people's mental and physical health of the person to do the religious teachings are find more calmer [3, 4].

Choose healthy life style in which different aspects such as honesty, responsibility, purposeful, accuracy, ethics, determination, effort, perseverance, all of whom are considered to be in a position to play a role in society.

So when the World Health Organization emphasized the existence of health for all people in physical, psychological, social and spiritual. In realization of this principle should be the most important life style modification method which consists of strategies is true. Genetic, environmental, behavioral and access to services crucial to determine the public health and genetic factors 20%, environmental factors 20%, the availability of services 10% and 50% of the causes of behavioral factors as the most important influence on their health does that if there is a correction in the behavior of the vast majority of health care will be provided [5, 6].

Comparing life styles in recent decades, one can get the speed of these changes. The problem in today's society has become a vast scale and scale life style of the individual, family, social and increasingly distanced from Islamic criteria.

Islam is compatible with the creation of man and nature and teachings and life style of a model for growth and prosperity, he presented the material and spiritual

talents and personal and social development is appropriate. For different aspects of life and social communication applications and regulations for each objective has provided models. The aim of the present study was point of view Islamic medical life style.

MATERIALS AND METHODS

This study was a review study with review of the literature, the role of Islamic teaching about a healthy life style and to compare these guidelines hands with modern medical science.

In this study, the search strategy was developed with the following question: Islamic life style extent consistent with the recommendations of modern medicine?

In this study, the authentic books in the field of Islamic religious orders, including the Holy Qur'an, verses and sayings of the Mohamed Pary and peace upon him have been studied.

To conduct a literature review of the keyword "Life-style", "Medical Education", "Quoran", "Islamic", "And" Medical History of Islamic "was used alone or in combination in databases. English sources in Pubmed, Proquest, Blackwel, Ovid, Ebsco, Google-Schoolar and other databases Medline studied and the corresponding keyword to search electronic databases Persian sources, including the Ministry of Health (Medlib.ir), Scientific Information Database (SID), the bank's articles of Medical Sciences (Iranmedex), Institute of scientific Information and Documentation (IranDoc), Country Review Information Bank (Magiran) were searched.

Search electronic journals also refer to the archive, library and study resources available commands and teachings of Islam in Persian in conjunction with life style and also published articles in scientific journals, including the Journal of Islam and health-related research and ethics journals Medical history and Islamic and national and international seminars and conferences in this area was the Quran and medicine.

The literature review conducted showed that generally less material to study Islamic life style and compare it with the new texts were discussed. The aim of this study was to analyze the content of each resource based on the central questions of this research paper is based on the assumption that the central framework was developed the same question. The texts were selected and their topics in relation to the following:

- Cognitive aspects of life from the perspective of Islam
- Islam recommendations regarding any aspect of life style
- Compare the views and recommendations of Islam with new medical texts in the context of a healthy life style. In the first case discussed above and then compare Islam with new texts medical advice iodine has been investigated.

RESULTS

Based on the literature review conducted in accordance with the recommendations of numerous religious references to Islam in the light of human life on the basis of the theory of Islamic life style in 5 different levels (Individual, family, community, government and international) to considers that in this study to compare the life style of the individual, family and social life of Islam and medicine are discussed.

The Scale of Individual Life Style: Life style on a scale of one to affairs that person as the person realizes such as nutrition, health, worship, spirituality, the building, some moral traits, etc. and to respect the dignity of all persons subjected to family or society or the government does not have a direct relationship.

Dimension of Worship and Spirituality: Worship and spirituality that defined the 3 branches of worship and spirituality, worship and spirituality concomitant behavioral outcomes in later life worship and spirituality divided.

The Definition of Worship and Spirituality: as stated in the Holy Qur'an is the purpose of the creation of Allah. Allah in the Quran purpose of the creation of man and all creatures are central to worship and unity, saying: the verses in Holy Quran: "I created the jenii and the men except for worship" and another place "Every nation who serve Allah and the prophet raised the rebel withdrawal [11].

Some of guided and some others were appointed error". For example, ablution philosophy from the perspective of health science include ablution makes the man's inner purity and enlightenment and spiritual state in humans that causes happiness is the soul and the spiritual, because with the intention of closeness to God.

a lot of the issues that the provisions of the ablutions, the taste of water and inhale a few times and even wash part of the nose during ablution, is recommended.

One of the most important ways of preventing transmission of respiratory infections, or to put it more simply, the body's first line of defense against these infections, which are cilia are present in the nasal mucosa and contact with humid air and as a barrier in passing germs and waste to the respiratory act [8].

Nutrition and Health: Since the Quran is complete and all the important commands for a healthy and beautiful life to live in this world it is based on a special importance given to nutrition and health:

Holy Quran: People have to food, feed and what eats note that any comments clean, lawful, legitimate and eat and pay for health care should be sufficient to eat what is healthy and what is not in terms of appearance and the interior infected. Who is right not to eat and what eats attention enough to eat and do what you eat, food is?

Also see the creation of what in the creation of this food has different elements and forces have been used to feed current. Moreover in the Quran to establish health and a healthy environment says:

People of what God created on earth, lawful and good things to eat and the steps (Signs and symptoms) do not follow the devil. It follows from the Qur'an, Allah and Islam represents for human health and commands a very rich man should be pointed out that food contamination, food, living, learning and generally all the ugliness and stay away evil spirits away and not inadmissibility (the verses in Holy Quran).

In Islamic culture in many cases such as vegetables, fruits, poultry, fish, cooking and brief evening meal and chew food well, eating hot food, not rushed while eating, washing hands before and after food and drink order is small [9].

In the case of some foods are lawful to eat and unlawful to eat said: Allah does not forbid eating and drinking or solvents except for benefit or harm to human health [10].

Today, medical science is also a lot of attention to healthy eating, because any deviation from normal feeding alarm for diseases such as cardiovascular disease, hypertension, diabetes, osteoporosis, cancer and malnutrition are.

Eating healthy and natural and avoid human nutrition additives such as health that ensures every person throughout life and can be considered a sign of health and medical science is considered in Islam [11].

Body Health: Body wash important factor of health is one of the rites and rituals of different and important occasions such as Friday Prayers and nights are long and the days of festival (Eid in Islam) emphasized [12].

The verses in Holy Quran: God says in the Quran: sent to you by where you will find blue sky and clear away the evil [13-15]. One of the simplest things in personal hygiene, hand washing. One of the most effective methods of preventing the transmission of infectious diseases and infection control and hand washing [16, 17].

The Prophet Mohamed peace upon him about the importance of brushing says, if the nation was difficult to carry on, I would have to accompany every prayer brush [18]. Needless to say that all of the above in medicine today is also emphasized.

Sleep Hygiene: Sleep plays an important role in human health, relaxation and recuperation are. In the quran sayes: sleeping for you were stillness ans it is better to sleep on the natural order. Do they not see that we created night and day for seeing to it relaxation. Moreover in narratives enough sleep, defecate and Early bedtime order [14].

The Prophet said: also a lot of sleep is forbidden and God's servant of Labor and oversleeping enemy states [19, 20].

In terms of modern medicine, adequate sleep for good health and maintaining normal activity of the nervous system is necessary. According to the findings by the International Agency for Research on Cancer of the World Health Organization, women who work night shifts are at a greater risk for breast cancer and prostate cancer in men who work at night increases. Sleep at night is a divine blessing that God has given to man and God in verse 23 of Surah Romm sayes, sleep in the night as one of the verses revealed to people. He asks people in this regard, the Research and Research Therefore, to know how much sleep is effective for human perfection and success [21].

Physical Activity: Sport and Recreation with effect on body and soul it can provide proper health workers have health and vitality in their work and better able to perform their job duties. The cases in the Qur'an for the development of science and body, Games and horse recommended [10]. Islam as the most perfect divine religion has stated directives and recommendations for physical activity by playing, racing, dealing with some exercise and avoid the others. In addition, aspects such as health-related physical activity is recommended. In Islam

there is no modern sports and activities just like horse riding, shooting and swimming were introduced [22]. Today medical science positive effects of exercise on the risk factors for diseases show that some of the effects are:

- An increase in HDL- C (5-3%)
- Reduction in LDL-C (6-3%)
- Reduction of TG (7-2%)
- Reduction in systolic pressure (4/7 6/2)
- Decrease in diastolic blood pressure (8/6 8/1)
- Decreased insulin resistance
- Reducing the risk of type II diabetes
- Lose weight or maintain a healthy weight
- Reduction or cessation of smoking [23].

Sedentary life style and living of the leading causes of death, disease and disability. Approximately 2 million deaths per year are attributable to physical inactivity [23, 24].

Risk Behaviors: Islam for the protection of individual and social health and the prevention of damage to health and risk behaviors hidden and obvious evil deeds is known and being banned in different verses such as wine and intoxicating substance, adultery and promiscuity, theft and murder direct orders data as well as moderation in behavior, non-violence and aggression and irritability with colleagues order [24]. Habits and inappropriate behavior such as drinking, gambling and illicit relations play an important role in the occurrence of fatal accidents, suicide, murder, theft and also in the development of many diseases, particularly cardiovascular disease and some cancers have. In particular, due to misconceptions in some workplaces, people are unhealthy, long-term work and work problems, separation from families and single workers and even the workplace, as well as normal conditions and lack of appropriate environment work, some people are inclined to use drugs and harmful consequences such as increased violence, job dissatisfaction, breaking the law and willingness to do the crime, impaired job performance and accidents due to loss of consciousness followed and therefore, as an important social issue raised and the World Health Organization considers it risky behavior and health against [25-27]. In today's society as well as the most important threat to public health risk behaviors are present, the prevalence of high-risk behavior, especially among young people, as one of the most important and most widespread community concerns about human society and in spite of the activities of the past three decades risky behaviors

worldwide has been exponential growth eventually risky behavior prevalence of some diseases such as AIDS is incurable and gripped the modern man that if the teachings of Islam and the Islamic way of life there adherence today in the third millennium man gripped by the disease was [28-30].

The Impact of Religion on Social Relations:

Prayer, praying and participating in religious ceremonies in addition to increasing incentives for individuals, improve their social relationships and reduce depression and prevent the isolation of patients. Also performing Friday Prayers and prayer, pilgrimage to Mecca, a holy ritual, feasts, processions, pilgrimages to holy places, doing good and so strengthen the social ties people.

Today, because of developments in scientific, industrial and technological progress of human society unfortunately stress has increased. Due to the fact that problems such as addiction, divorce, conflict is more individual and, in this regard is very important to mental health for body and soul like the fabric are intertwined and if one of them will suffer additional damage.

In the Islamic tradition of visiting and maintaining ties with family life is increased. Psychologists believe that the lack of the need for mental health damage [31].

Economic Dimension: Islam is one of the important measures to secure the lives of the Muslim community and prevent poverty, provide accurate consumption patterns Muslims.

Moderation in the cost of living, so it is important that the prophet of Allah said: "None more popular than it is generous with moderation" [30].

Therefore, if Muslims to complete such a program intended for them is the Quran, as well as act, not only poverty be eliminated from society, but also in all aspects of their lives (Both mental and physical) to arrive moderation.

Life Style (Scale Family): Things like sexual behavior, leisure and comfort spouses and children, parents and task of the things that the Islamic life style in the family, not the individual scale extensional position for which there is not in the social scale, the tasks for there are family members of a family, even if it quiet environment such as forest, desert and the life of society and social institutions is quite far.

Each of the above fine accommodate many issues that Islamic scholars should go to them in detail. Sexual instinct instincts that God put humans; this instinct,

natural vitality is a divine gift. God put humans sexual instinct; this instinct, natural vitality is a divine gift. Quran, male and female attitudes to each other, one of the requirements. However, in Islam sexual interest not only incompatible with spirituality, but the disposition and the creation of the prophets. Prophet Allah, peace be upon them, the works that have great traditions, love and interest in women said they were in perfect clarity and contrast, of those who desire to find his frock they were denounced hard.

However, in our modern society due to many problems and new cultural conditions there are extremely high age of marriage for boys and girls. This is a very big factor for the development of adultery that are destructive and negative effects not only in the life of a person already quite visible but his future life at risk and its damaging effects on the social dimension of size is too large during the research the most important factor not married marry their late teens or economic issue that has not resolved the problem, these numbers are added on a daily basis [31].

The Role of Religion in Mental Health: Since Islam as a religion in the sight of God to all aspects of human life is the most complete, comprehensive instructions, the Prophet Allah his prophet to complete the introduction. In fact the individual moral and religious acceptance act religious orders and accepts that promotion life style of his physical and mental health. The Qur'an affirms that God is the creator of man from a rich natural and man as a creature is always inherent poverty, hence their relevance in this case because of factors not show anywhere, it will impair. However, this disorder does not lead to total annihilation, but in life or the hereafter is a bottleneck [32-34].

Medical science today psychiatrists mentally healthy person knows that the balance between treatment and control in the face of social problems exist. From this perspective, human behavior in general considered to be a device that operates on the basis of mutual interaction qualities [35].

DISCUSSION

The results of this study, all cases about cleanliness and health of the Lord and of the Prophet Muhammad had been issued, in a healthy life style and prevention of disease has a significant impact [29-30]. Islam is based on the word of God and of the Prophet and the Infallible Imams as the actual patterns of humanity according to the

value of human existence and necessity of life, health and dignity he guidelines for healthy life and work, on the prevention and correction life style and avoidance of sin has stressed to the person applying them to better track its evolution travel. Reward and punishment as well as the support it has considered [3, 4, 35, 36]. The belief system and practical teachings of Islam can be at the forefront of efforts to promote a healthy life style is cultural. Religious values ??and human health is one of the characteristics of the believer. "God is with those who are seeking God's sake, to secure roads and health leads them from darkness to light by His will and to realize the right path".

Purity and cleanliness introduction of worship and maintain purity in all areas and the prevention of pollution of their villages have been part of religious duties. Due to lack of awareness at the time, the Prophet and the Imams by way of reward and punishment or the evil people to observe health invited [10].

Given the importance of prayer and the role of mental health education in culture and education, health behaviors and appropriate slogans raised in prayer and physical health [12]. One of the most perfect prayers that according to health promotion and health education as a health immortal slogan stated, the prayer Imam Sajjad: Allah bless Muhammad and his family and gave me enough Give Peace first, healer, increasingly better and better early in my health and the health of the world [37]. The World Health Organization in the past decade, the issue of using religious teachings on modification of life style communities, especially Muslim countries put on their agenda. The organization to reduce risk factors for chronic diseases (Obesity, diabetes, hypertension, osteoporosis and cancer) and life style modification based on religious teachings, responsible for planning programs offers Johannesburg, planning and implementation of the Islamic countries of the Mediterranean it assigned [38-40]. According to reports on the impact of religious teachings on different aspects of life, studies have been limited and fragmented in the world, but in our country, has such a comprehensive study has been done that will include all aspects of life [40, 41]. Several studies have been conducted in the field of nutrition, for example Mussap [42] study in 2009 showed that religious teachings with the culture of consumption and nutrition in the Australian Muslim women in the age group 18-44 years there is a significant relationship. In a study by Kim [43] in 2007 in the United States was feeding one of the universities indicated that religious beliefs are more effective in weight control than men and women religious can be used to control the weight of this group of the population.

Korner *et al.* [44] and colleagues conducted a study concluded that nutrition should be given to moral and religious aspects. Alton in their study reported that in a lot of different religions recommendations on fruit and vegetable consumption and between teaching there is a significant relationship between religious and low-fat diet [45]. The role of mobility (Physical activity) in reducing chronic diseases and increase physical and mental performance, many studies have been conducted in various parts of the world including John and colleagues to study, Morrow [46] and colleagues (2004) and the World Health Organization (2003 and 2006) pointed [47-48]. In connection with many of the recommendations stress that Islam is a psychology experts have also emphasized, because stress is one of the most common diseases of machine life, so that according to World Health Organization estimates about 6% of the world's population suffering from mental illness and 80 percent of their starting physical ailments associated with stress [49].

CONCLUSION

Islam is the best and highest origins of the human knowledge of the Holy Quran and in providing directives for healthy life style s and the development of effective and valuable role, but has been says that the Qur'an not only to the human spirit comprehensive book. It is very important to the human body and medical commands Islamic faith and virtue and purification of morality based on spirituality and education, including general instructions in its natural health and indeed the great Islamic philosophers of this school education and with the help of human knowledge and human connection to the divine school for health and safety and have the gift of healing and now they are imitating the many achievements in the form of life style and health promotion, presented.

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