

J Midlife Health. 2013 Jan-Mar; 4(1): 65.

doi: [10.4103/0976-7800.109645](https://doi.org/10.4103/0976-7800.109645)

PMCID: PMC3702073

Health and Islam

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Dear Editor,

We read with interest the article on Vedic inspiration in patient-centered care and patient education.[1] Islam also emphasizes the importance of health and promotes activities enhancing the health of individuals. Quranic verses and Hadiths are filled with references to health promoting activities. Spreading health awareness among Muslims patients and doctors by the use of these scriptures is likely to carry a strong influence on their behaviors. Some of such verses and Hadiths are reviewed here.

PERSONAL HYGIENE

Quran (5:6)

O you who believe, when you get up to observe the Salat, you shall wash your faces and your arms to the elbows, and wipe your heads and your feet to the ankles.

STRESS MANAGEMENT

Hadith: Abu Dawood 4759

The Prophet (Peace Be Upon Him) said, “If anyone suppresses anger when he is in a position to give vent to it, Allah, the exalted, will call him on the Day of Resurrection over the heads of all creatures, and ask him to choose any of the bright and large eyed maidens he wishes.”

HEALTHY EATING

Quran (2:233)

The mothers shall give such to their offspring for 2 whole years, if the father desires to complete the term. However, he shall bear the cost of their food and clothing on equitable terms.

Quran (7:31)

Eat and drink healthy and be not prodigal.

Quran (20:81)

Eat and drink, but avoid excess.

IMPORTANCE OF HEALTH

Hadith

Narrated by Usamah Bin Shareek (may Allah be pleased with him): ‘I was with the Prophet (PBUH), and some Arabs came to him asking, “O Messenger of Allah, should we take medicines for any disease?” He said, “Yes, O You servants of Allah take medicine as Allah has not created a disease without creating a cure except for one.” They asked which one. He replied “old age.”

Hadith

The Prophet (PBUH) said: “There are two blessings which many people do not appreciate: Health and leisure.”

Quran (2:195)

And make not your own hands contribute to (your) own destruction (harm).

FOR THE PHYSICIAN

Quran (5:32)

And if anyone saved a life, it would be as if he saved the life of the whole people.

All the Quranic verses and Hadiths referenced above put forward the Islamic concepts of healthcare. These can be used to encourage healthy activities in the Muslim community, which forms a large part of the world's population.

REFERENCE

1. Kalra S, Magon N, Malik S. Patient-centered care and therapeutic patient education: Vedic inspiration. *J Midlife Health*. 2012;3:59–60. [PMCID: PMC3555025] [PubMed: 23372318]

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