

## The Conceptual Framework of Spiritual Health in Islamic Resources (the Quran and Nahjul-Balagha)

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### Abstract

**Background and Objectives:** Since spiritual health is proposed in the field of social health, the researchers have not been able to achieve a single concept of spiritual health. Even, researchers of the same religion and culture have different ideas; therefore, it is important to propose a conceptual framework from the perspective of the holy religion of Islam and determine the indices of spiritual health based on the single concept.

**Materials & Methods:** This study is analytical–descriptive. An explicit and implicit content analysis was done to analyze the data, and to extract the structural characteristics of spiritual health in Islamic texts (Quran and Hadiths), a content analysis of the verses and narratives about the spiritual health was carried out ... . In this study, all relevant ethical issues were considered.

**Results:** The findings of this study include the relativity, priority and originality of the health concept. Furthermore, it has been found that health has a high status in Islamic texts, and spiritual health has a higher rank in comparison with other aspects of health. The results show three aspects of the concept of spiritual health (attitude-based, emotion and behavior-based), the relationship between the various aspects of health and spiritual health, the interaction between the aspects, the goal-oriented nature of spiritual health in Islam, and in Islamic texts (the Quran and Nahjul-Balagha) existential health is necessary for religious health.

**Conclusion:** The findings of this study revealed that it is not possible to achieve a clear concept of the spiritual health and define its parameters in Islam regardless of the conceptual framework of the spiritual health. The structural characteristics and spiritual health play a role even in the context of spiritual health according to Islam. It affects the field of spiritual therapy and ultimately the field of education..

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### Summary

**Background and Objectives:** Health has attracted humans' attention since a long time ago and its guaranteeing and threatening factors have always been one the important concerns of humans. Over time, various dimensions of human health are recognized and the World Health Organization has considered three dimensions of physical health, mental health, and social health for the

human. In the past quarter century, the scientists have considered a new dimension of health called spiritual health. The researchers in the field of health have found that metaphysical factors affect mental health in addition to the physical health greatly. Factors such as faith in God, Dua (praying) and trust are considered as health factors causing the necessity of conducting studies entitled Theosomatic (GOD Body Medicine) among the researchers in the field of health. Although the number of studies in this field is

few, studies on spiritual health is increasing and growing, and the scientists are attracted to this area. The spiritual health is associated with the human soul. The complexity and greatness of the human soul is to the extent that humans have difficulty understanding the soul without the aid of revelation, they face problems even in giving solutions to mankind about the spiritual health.

Furthermore, the Holy Quran says, "people ask you (the Prophet) about the soul. Tell them that soul is a command by Allah the Almighty and I am given a little knowledge in this case" about understanding the soul(1).

To understand and have first-hand knowledge of the views in Islam, the researcher referred to reliable resources in this study; thus, the Quran, the main written source of Islam originated from the revelation, and tradition, representing the Quran and consisting of reliable Hadiths narrated by the Prophet (pbuh) and Imams (AS) especially, Imam Ali Ibn Abi Talib (AS) were used in this study.

To explain spiritual health, its principles, and its indices according to Islam, the conceptual framework of spiritual health must be investigated so as to achieve a clear concept of spiritual health, and determine the indices of spiritual health based on the single concept.

**Materials and Methods:** This study is analytical--descriptive. An explicit and implicit content analysis was done to analyze the data (2). At first, the verses using the word "Salama"(the root of the word "health"), and its derivations such as "Salim", "Salem" and "Salam" were investigated. The verses such as the 16<sup>th</sup> verse of the Surah "Ma'idah" which says "Allah (swt) guides those following the things pleasing Allah to healthy ways and removes them from darkness into light" were used as a guide to determine the indices of spiritual health and extract the structural characteristics of spiritual health. Furthermore, the researcher has tried to use reliable hadiths and the evidence of Quran to verify the accuracy of the data.

**Results:** Based on this study it became clear that the concept of spiritual health from an Islamic perspective is a concept beyond the material life and it reaches the eternal life of the humans; therefore, it is not possible to define the spiritual health in this world regardless of considering the eternal life of the humans. Thus, "Health" is a goal-oriented concept in Islam which means the meaningfulness of "health" especially "Spiritual Health" refers to its goal. Moreover, health is a noble and sacred concept from an Islamic perspective because it is originated from the sacred nature of the Lord; one of the sacred names of Allah is "Salam"(3) in the Holy Qur'an, and He is the source and developer of health and each health is originated from Him and it is returned to Him. So, health is a transcendent concept and it is intertwined with the Divine nature of Allah (swt) continuity, and every effort to achieve the different dimensions of health is sacred.

Another point is that Islam holds a comprehensive view on health meaning it considers the various

dimensions of health (physical, mental, social, and spiritual) as interconnected and one affects the other.

Regarding the goal-oriented nature of health according to Islam, Islam considers health in this world as non-absolute and relative meaning that health is combined with pain and disease in this world while it is free of pain and disease in the Hereafter; therefore, "Dar-Al-Salam" (4) is where absolute health is fulfilled taking place in the eternal life of the humans but pain and diseases are combined with this world (5).

**Conclusion:** The findings of this study revealed that it is not possible to achieve a clear concept of the spiritual health and define its parameters in Islam regardless of the conceptual framework of the spiritual health. As a result, without a clear definition of the real indices based on an Islamic perspective, it is not possible to reach an agreement in the field of spiritual therapy and it is also impossible to explain and develop spiritual health. In addition, explaining the structural characteristics of spiritual health will play an important and effective role in the content of spiritual health and providing the curriculum of spiritual health.

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