

# The Effect of Sound of the Quran on Hygiene, Mental Health, and Physiological Functions: A Systematic Review

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## Abstract

**Background and Objective:** Sounds or voices influence the soul and the body of all creatures from humans to flora and fauna. The harmonious song of the Holy Quran and its agreeable sound is a pleasant mystical music. Basically, the most magnificent miraculous dimension of the Quran is its harmony with sweet melodies and great songs. Furthermore, one of the aspects of the miracle of the Quran, which has been neglected, is hidden in the sound of the Quran. In this systematic review, we investigated the Quranic sound and its effects on hygiene, mental health and physiological functions.

**Method:** Information databases that we searched included: SID, Magiran, Irandoc, Noormags, Iran Medex, Cochrane, Google scholar, Scopus. Keywords (English/Persian) used for search were: Sound, Voice, Quran, Holy book, Physiologic, Mental health, Hygiene and a combination of these were used with high degree of sensitivity. All ethical issues were observed in this study and the authors of the article have not reported any conflicts of interest.

**Results:** In our quest, we found 471 articles. Following our inclusion and exclusion criteria, 40 articles made it to the final analysis of the study. Most of the articles were omitted due to lack of information about the miracle of sound of the Quran and the lack of overlap between the two categories of the sound of Quran and mental health and physiological functions.

**Conclusion:** The results showed that the sound of the Quran can significantly play a role in reducing the amount of anxiety, mental health, pain intensity, improvement of patients' health, signs and physiological function of different tissues of the body, immune system, and patients' levels of satisfaction.

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## Summary

**Background and Objective:** The harmonious song of the Holy Quran and its agreeable sound is a pleasant mystical music. As a general rule of thumb, the most magnificent, miraculous dimension of the Quran is its harmony with agreeable melodies and great songs (1).

Many verses emphasize the healing of the Holy Quran (2). Teaching the healing from Holy Quran is a fact which Allah has pointed out in the text of the Quran, and has introduced it as the healing, mercy and guidance of believers towards the right. Many researchers have found that the sound of Quran could be an innocuous and effective intervention in psychological and physiological characteristics. In this

systematic review, the Quranic sound and its effects on hygiene, mental health and physiological function were investigated.

**Method:** This systematic review delved into the effect of the Quranic sound on hygiene, mental health and physiological function. Information databases which were searched comprised of SID, Magiran, Irandoc, Noormags, Iran Medex, Cochrane, Google scholar, and Scopus. Keywords -either English or Persian- used with the purpose of research were Sound, Voice, Quran, Holy book, Physiologic, Mental health, Hygiene and also a combination of them which were meticulously checked. 471 articles were found as a result of this search. After applying inclusion and exclusion criteria, 40 articles finally made it to the study.

**Results: Effect of Quranic sound on mental health:** Mental health is a very important issue in Islam, because of its importance in people's balance of personality. With that being said, doing worship has a great influence on the mental health of humans (11). Through a good number of studies, investigators and medical specialists have concluded that there is a significant relationship between the effect of the Quranic sound and mental health.

**Effect of Quranic sound on fetus and mother:** According to the findings of different studies (3-17), this conclusion can be drawn that the sound of the Holy Quran has had a positive effect on intrauterine conception of sperm, reduction of labor pain, lowering the anxiety of mothers before cesarean operation, improvement of vital signs and neonatal Apgar score and physiological responses of premature infants.

**Effect of Quranic sound on surgery and its anxiety:** Many studies have demonstrated (18-21) that there is a significant relationship between the Quranic sound and patients' anxiety before surgery. In addition, in Rezal et al's study (22), the Quran's read versus music showed a higher autonomy response. Rafati et al (23) came to the conclusion that the systolic blood pressure of patients who listened to the Quranic verses had a significant reduction compared to their pre-operative systolic blood pressure.

**Effect of Quranic sound on Immune System:** Pejhan et al. showed in their study that listening to Quranic sounds can increase immune factors (24). Through analyzing the effect of hearing the Holy Qur'an on human immunodeficiency factors in humans and their comparative study between chamber and thrill recite, Pejhan et al. stated that hearing a recite of the house increases immunity in components of the third and fourth components of complement and immunoglobulin G. In addition, listening to a tartil will result in an increase in immunoglobulin G and the third component of the complement (24).

**Conclusion:** Our results showed that the sound of Quran was significantly effective in reducing the degree of anxiety, mental health, pain intensity, improvement of patients' health, signs and physiological function of different tissues of the body, immune system and the level of satisfaction among

patients. The Holy Quran with its expressive statements and agreeable sound can influence every kind of listener (25).

### Ethical Considerations

#### Compliance with ethical guidelines

In conducting this research, there was no need to follow the ethical guidelines.

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#### Conflict of interest

The authors declared no conflict of interest.

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