

A Scientific Approach to the Quran's View of the Health Role of Water in Human Life

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Abstract

Background and Objective: Water is a reviving and nutritious fluid and a unique natural wealth. God invites the men of wisdom in the Qur'an to meditate on their revelations, one of which is water. The present study was an attempt to demonstrate the importance of creation of water from the perspective of the Holy Quran and to identify the biological and medical properties and features of natural waters.

Methods: This is a review study conducted in two stages. In the first phase, special software of the Qur'an was used and verses were selected based on general keywords water and drink. Then, out of the selected verses, the ones with keywords of Tahour, Haye, Resgh, Forat (fresh water), Melh Ojaj (salty and bitter water), Alfolk (Ship), Ghosle (taking a shower), and Lahhme (meat), and the importance of water creation was examined from the Qur'an's perspective. In the second stage, scientific texts were used to investigate the biological and therapeutic properties of natural waters. In the present study, the authors reported no conflicts of interest.

Results: The findings showed that God has mentioned the word 'water' in the Qur'an more than 65 times, and each time He provides wise descriptions for water. The Holy Quran describes water in eight different contexts including revival, purity, its healing power, creating attachment between the people, nutrition, freshness, commerce, and its controlling role in the Earth's environmental cycles categorizing it into three types: pure (Tahour) water, fresh water and salt water. According to scientific sources, natural waters have different physical, chemical, biological and therapeutic properties. These properties are due to the hydrogen bonds, the molecular structure of water and the type and amount of mineral compounds. Therefore, these agents provide different functions for natural water types.

Conclusion: The existence of water in the universe is essential and without it the universe is impossible. The importance of water is due to its molecular structure and its hydrogen bonds and inorganic constituents provide it with a very important role and mission in the universe such that it has influenced the political, economic, cultural, social, and environmental activities of the world, making it one of the great signs of creation.

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Summary

Background and Objective

Water is a vital fluid in the world, without which no creature can live. This very important nutrient for the

body makes up over 60% of the human body weight. Water plays a vital role in homeostasis, and is essential for maintaining hydroelectric balance, acidic and alkaline balance and also for heat balance and metabolic processes. Water is an unparalleled natural wealth with an important role in the geopolitical makeup of the world (1).

Water is a vital element with unique characteristics that are of particular importance in the Qur'an. God mentions certain descriptions about water in numerous verses and invites people to think about the greatness of water and thank them for this great blessing.

In the Qur'an, God does not regard water only as the right of man but the right of other plants and animals as well, and he considers provision of safe water to other creatures' as an important task for human beings, thus inviting humans to manage resources. This article seeks to highlight the importance of water creation as one of God's great signs.

Methods

This paper is a review study conducted in two stages. In the first step, using the Qur'an's special website, the related verses were specified based on the keywords water and drink, and, then, out of the selected verses, the ones based on the keywords: Tahour, Haye, Resgh, Forat, Melh, Ojaj, Alfolk, Ghosl, and Lahme, which corresponded with the subject under discussion, were selected and their concepts were used (2). In the next phase, to have a better understanding of the Quranic concepts under investigation, scientific sources were used to show the biological features and healing power of waters and the greatness and glory of creation of water as one of the great miracles of God.

Results

Based on the findings, water has been used in the Holy Quran at least 67 times in the word water (Maa) and 7 times in the word drink. In this article, the role and importance of water from the perspective of the Qur'an are stated in 45 verses and in eight different attributes including revival, purity (Tahour), healing power, developing attachment between human beings, nutrition, freshness, commerce and its controlling role in the earth's environmental cycles. From the Qur'an's point of view, natural waters are divided into three categories: pure water, fresh water, and salt water.

Natural waters consist of two major parts: water and mineral compounds. Their mineral constituents are derived from the soils in which water infiltrates and is stored. Mineral compounds have a great influence on the physical and chemical properties of natural waters. Natural waters are classified into different types based on physical properties including total soluble solids, temperature and freezing point. They are classified, based on the total dissolved solids (in milligrams per liter), into 'very light,' 'light,' 'medium' and 'heavy.' They are also classified into hot and cold water based on their source temperature and, based on their freezing point, into three types: hypotonic, isotonic, and hypertonic. The freezing point of water is affected by osmotic pressure and mineral concentration.

Natural waters are divided into bicarbonate, sulfate,

sulfur, sodium chloride, iron, fluorine, calcium and magnesium waters, and waters with radioactivity characteristics based on their chemical properties. The criterion for this classification is their predominant form of ionic compound.

One of the nutritional properties of natural waters is their freshness. The freshness of water is a good proportion between the water-soluble compounds, which exist in the form of ions and inorganic molecules. An important part of the mineral nutrients required by the body is provided by water consumption, each of which has important biological functions. Elements such as calcium, magnesium, chlorine and sodium are the most abundant of the elements in water.

Natural waters have many biological and therapeutic effects based on their physical and chemical properties, so they are classified into diuretic waters, laxative waters, waters with anti-inflammatory medical properties and medicinal waters such as iron water.

Conclusion

The existence of water in the universe is essential and without it the universe is immortal. Water's properties are attributed to its molecular structure and hydrogen bonds, which define a very important role and mission for it in the universe such that it influences the world's biological, economic, political, cultural and social activities. One can almost surely say that the role of no other creation is as fundamental. Water is undoubtedly one of the divine verses that have leave the men of wisdom baffled about its mystery. When water has such an important role in the universe, then, what is the role of man as God's representative, and what are the dimensions of this role?

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Conflict of interest

The authors declared no conflict of interest.

Authors' contributions

Research Background, Data Collection and Explanation Discussion and Conclusion: First Author; Explanation: Second Author; Analysis of findings: Third Author.

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دور صحة المياه في حياة الانسان من منظور قرآني

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الملخص

خلفية البحث وأهدافه: إن الماء عنصر حيوي وثروة طبيعية لا نظير لها. ان الله تعالى يدعو اولي الالباب في القرآن الكريم إلى التأمل في آيات خلقه حيث ان الماء يعتبر احدى آيات الله سبحانه. الغرض من الدراسة هذه، معرفة اهمية خلق الماء من منظور القرآن الكريم وفهم الخصائص البيولوجية والعلاجية للمياه الطبيعية.

منهجية البحث: لقد اجريت هذه الدراسة الإستعراضية في مرحلتين؛ ففي المرحلة الاولى تم استخدام برنامج خاص للقرآن الكريم وتم اختيار الآيات القرآنية المبتنية على الكلمات الرئيسية "الماء والشراب". وبعد تحديد الآيات المختارة، تم اختيار الآيات القرآنية المبتنية على الكلمات الرئيسية التالية: ظهور، حي، رزق، فرات، ملح اجاج، فلك، غسل، لحم وبعد ذلك تمت دراسة أهمية خلقه الماء من الرؤية القرآنية. وفي المرحلة الثانية تم استخدام النصوص العلمية والتحقق في الخصائص البيولوجية والعلاجية للمياه الطبيعية.

الكشوفات: اثبتت هذه الدراسة أن الله سبحانه قد ذكر في القرآن الكريم أكثر من ٦٥ مرة كلمة الماء وفي كل مرة بين له خصائص مليئة بالحكمة. وصف القرآن الكريم الماء في ثمانية مجالات مختلفة بما في ذلك أن في الماء حياة ونقاء وشفاء وانه يربط بين البشر وفيه تغذية وأنه عذب ويستخدم في التجارة وله دور اساسي في نظم البيئة الأرضية. وقد قسمه القرآن الكريم الى ثلاثة انواع وهي المياه الطهورة والمياه العذبة والمياه المالحة. وفقا للمصادر العلمية، إن للمياه الطبيعية خصائص فيزيائية وكيميائية وبيولوجية وعلاجية مختلفة وهذه الخصائص ناتجة عن الترابط النيوتروجيني والتركيب الجزئي للماء ونوعه ومكوناته المعدنية. لذلك توفر هذه العوامل وظائف مختلفة لأنواع شتى من المياه الطبيعية.

الاستنتاج: ان وجود الماء في العالم ضروري والحياة بدونه لا تتصور. ترجع أهمية الماء الى بنيته الجزيئية والترابط الهيدروجيني ومكوناته المعدنية حيث بدور أساسي ورسالة مهمة في العالم وبالتالي يؤثر على جميع الأنشطة السياسية والاقتصادية والثقافية والاجتماعية والبيئية في العالم حيث يعتبر ضمن أكبر آيات الخلق العظمى.

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بررسی علمی دیدگاه قرآن درباره‌ی نقش سلامتی بخش آب در زندگی بشر

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چکیده

سابقه و هدف: آب مایعی مغذی و حیات‌بخش و ثروت طبیعی بی‌نظیری است. خداوند در قرآن صاحبان خرد را به تفکر در آیات خود دعوت می‌فرماید که آب یکی از این آیات است. هدف از این مطالعه شناخت اهمیت آفرینش آب از منظر قرآن کریم و شناخت خواص و ویژگی‌های بیولوژیکی و درمانی آب‌های طبیعی است.

روش کار: این مقاله مطالعه‌ی مروری است که در دو مرحله انجام شده است. در مرحله‌ی اول از نرم‌افزار ویژه قرآن استفاده شد و آیاتی بر اساس کلیدواژه‌های کلی ماء و شراب انتخاب شد. سپس از آیات منتخب، آیاتی بر اساس کلیدواژه‌های طهور، حی، رزق، فرات، ملح أجاج، الفلک، غسل و لحم انتخاب شد و اهمیت آفرینش آب از منظر قرآن بررسی شد. در مرحله‌ی دوم از متون علمی استفاده شد و خواص بیولوژیکی و درمانی آب‌های طبیعی بررسی شد. مؤلفان مقاله هیچ‌گونه تضاد منافعی درباره‌ی این پژوهش گزارش نکرده‌اند.

یافته‌ها: این مطالعه نشان داد که خداوند در قرآن بیش از ۶۵ بار لفظ آب را بیان کرده و در هر بار اوصاف حکمت‌آمیزی برای آن برمی‌شمارد. قرآن مجید آب را در هشت زمینه‌ی مختلف شامل حیات‌بخش بودن، طاهر بودن، شفابخش بودن، پیونددهنده‌ی انسان‌ها، تغذیه، دلپذیر (گوارا) بودن، تجارت و نقش اداره‌کنندگی چرخه‌های زیست‌محیطی زمین توصیف می‌کند؛ و آن را به سه دسته‌ی آب طهور، آب دلپذیر (گوارا) و آب شور تقسیم می‌کند. بر اساس منابع علمی آب‌های طبیعی ویژگی‌های فیزیکی، شیمیایی، بیولوژیکی و درمانی مختلفی دارند. این ویژگی‌ها مرهون پیوندهای هیدروژنی و ساختار مولکولی آب و نوع و مقدار ترکیبات معدنی آن است. از این‌رو، این عوامل کارکردهای متفاوتی برای انواع آب‌های طبیعی فراهم می‌نماید.

نتیجه‌گیری: وجود آب در جهان هستی ضروری است و زندگی بدون آن تصورشدنی نیست. اهمیت آب مرهون ساختار مولکولی و پیوندهای هیدروژنی و ترکیبات معدنی آن است تا برای آن نقش و مأموریت بسیار مهمی در عالم هستی به وجود آورد و این‌گونه فعالیت‌های سیاسی، اقتصادی، فرهنگی، اجتماعی و زیست‌محیطی جهان را تحت تأثیر خود قرار می‌دهد و آن را در ردیف یکی از آیات بزرگ آفرینش قرار می‌دهد.

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