

The Role of Islam in the Health of Pregnant Women

Mahnaz Nosratabadi 

Department in Midwifery, School of Nursing and Midwifery, Dezful University of Medical Sciences, Dezful, Iran.
*Correspondence should be addressed to Ms. Mahnaz Nosratabadi; Email: Nosratabadi.m@DUMS.ac.ir

Article Info

Received: Dec 2, 2020

Received in revised form:

Jan 14, 2021

Accepted: Jan 28, 2021

Available Online: Sep 23, 2021

Keywords:

Health

Islam

Pregnant Women

Spirituality

Abstract

Background and Objective: Pregnancy and childbirth are associated with traditional religious beliefs and practices in many countries. Religious beliefs have led to improved health, quality of life, and increased reliance on God. Relationship between religious beliefs and faith has a proven relationship with physical and mental health. Given these beliefs, it can be helpful for the mother to cope with pregnancy related anxieties under optimal health conditions and to improve her safety during pregnancy, child delivery, and after delivery. The aim of this study was to investigate the role of Islam in the health of pregnant women.

Methods: In this narrative review study, a comprehensive review was carried out using ScienceDirect, Pubmed Google Scholar and SID international databases from 1940 to 2019 and only Persian and English articles were reviewed. The keywords applied included Islam, health, pregnant women, spirituality. The inclusion criteria included clinical, experimental, cohort, cross-sectional, and review studies and the assumptions about the health of pregnant women. The exclusion criteria included duplication and irrelevance of the text of the articles to their title. The author has not reported any conflicts of interest.

Results: The findings of the present study showed that happiness in pregnancy has reduced depression and anxiety, and the longer the time spent with the Quran and religious activities of pregnant women, the higher the level of happiness. Reciting and listening to the Quran has reduced the anxiety and pain of pregnant women. Pregnant mothers who had higher spirituality were also less anxious.

Conclusion: Considering that religion is one of the most effective psychological supports in our society, it is an important aid for the individual in difficult and critical times to reduce anxiety and fear of childbirth and have successful delivery. It is natural to combine pregnancy care with Islamic approaches using powerful factors such as faith in God, being with the Quran, and religious and spiritual activities. Spirituality is an essential element in preparing a woman for childbirth. Prenatal education based on religious teachings increases pregnant mothers' awareness of prenatal care, childbirth, and breastfeeding.



 <https://doi.org/10.22037/jrrh.v7i3.29008>

Please cite this article as: Nosratabadi M. The Role of Islam in the Health of Pregnant Women. Journal of Pizhūhish dar dīn va salāmat. 2021;7(3): 140-156. <https://doi.org/10.22037/jrrh.v7i3.29008>

Summary

Background and Objective

Pregnancy and childbirth are associated with

religious and traditional beliefs and practices in many countries (1). Many cultures, in addition to medical therapies, have other methods for treating human physical and mental illnesses. In this way, religious beliefs and faith have always been

important, and healing based on belief in God as a supernatural force has a long history among the followers of various religions (2). Mental changes occur naturally during pregnancy, but sometimes become pathological and serious (3).

Feelings of belonging to a great resource, hope for God's help in stressful living conditions, and spiritual support are resources that religious people can use to help them cope with problems, suffer less harm, and have better mental health (4). Pregnant women's awareness of religious and health teachings and advices will help them receive more and better care and reduce their anxiety and psychological distress (5). Today, researchers believe that religiosity should be a key component of health care education, meaning that health care providers can provide more comprehensive care by understanding the religious needs of their clients (1). Numerous studies not only have shown a positive relationship between religion and mental health, but also confirm the effect of religion on physical health (6). In this regard, it is possible to help pregnant mothers to cope with the anxieties of pregnancy safely and under maximum health conditions all through the prenatal or pregnancy, postnatal and postnatal periods. The aim of this study was to investigate the role of Islam in the health of pregnant women.

Methods

In this narrative review study, a comprehensive review was carried out using ScienceDirect, Pubmed Google Scholar and SID international databases from 1940 to 2019 and only Persian and English articles were reviewed. The keywords included Islam, health, pregnant women, and spirituality. The inclusion criteria included: clinical, experimental, cohort, cross-sectional, and review studies and the assumptions regarding the health of pregnant women. The exclusion criteria included duplication and irrelevance of the text of the articles to their title.

Results

Religion and religious beliefs are very important and influential factors in mental health (7). Happiness in pregnancy reduces depression and anxiety, and happy women are better able to control pain due to their high self-esteem and higher sense of personal control (8). Spiritual intelligence has a great impact on the mental health of pregnant women and increases their happiness and reduces stress (9). Also Islamic teachings describe the supernatural effects of maternal nutrition not only during pregnancy but

also before and after it. In Islamic hadiths, it is recommended to eat quince during pregnancy (10). Hearing the sound of the Quran by the pregnant women who had been hospitalized for childbirth reduced their anxiety levels (11). Many pregnant women who have gone through the stages of natural childbirth have considered religious beliefs and reliance on spirituality to be the main factor in reducing labor pains (12). Evaluation of sexual issues is an important part of health care. Islam recommends having sex even during pregnancy. On the other hand, in the religion of Islam, it is recommended to abstain from sexual intercourse for 40 days after delivery. Islam considers sexual intercourse during vaginal bleeding harmful to a woman's health. However, if there is no vaginal bleeding during this period, it is permissible to have sex (13). The Quran as the main source of Islamic law, provides a broad perspective on women's reproductive and sexual rights. The results of research on all verses of the holy Quran showed that more than 21 chapters and 81 verses of this heavenly book deal with various aspects of reproductive and sexual rights (14).

Conclusion

The present review is the first study that comprehensively assesses most of the religious factors related to the health of pregnant women from the perspective of Islam. Mental health needs the support of religion to achieve all its goals and at all levels of primary, secondary and tertiary prevention (15). According to a study conducted in Italy on 27,100 patients, the percentage of recovery of the patients who believe in religion is higher (4). Hall and Taylor have identified religion as the most powerful element in reducing labor pain (16). The results of a study in 2015 showed that increasing women's religious awareness and attitude reduces postpartum grief and perpetuates the effect of postpartum education (17, 18). The religion of Islam has emphasized the use of breast milk in the verses of the Holy Quran and the hadiths of the infallible imams long before the results of the studies are known. In several verses of the Holy Quran, the issue of breast milk is directly mentioned, among which we can mention verse 15 of the chapter of Al-Ahqaf, verse 14 of the chapter of Luqman and verse 233 of the chapter of Al-Baqarah. Reading the Quran before childbirth (third trimester of pregnancy) reduces the pain of childbirth and makes this pain tolerable due to the effect that the Quran has on spiritual memory (19). In a clinical trial study, it

was found that the recitation of the Holy Quran has been an effective non-pharmacological treatment to reduce maternal anxiety before cesarean section (7). The results of research on sexual intercourse in pregnancy show that sexual orientation in pregnancy is related to women's attitudes and religious, social and cultural beliefs (20). The results of research on all the verses of the Holy Quran have shown that more than 21 chapters and 81 verses of this holy book have dealt with various aspects of reproductive and sexual rights (14).

Pregnancy education based on religious teachings has increased the awareness of pregnant women about prenatal, delivery, and postnatal care. Considering the positive effects of religious practices and Quran teachings on promoting mental health, especially reducing anxiety, depression and increasing happiness in pregnant women and given the effects of during-pregnancy education on prenatal, delivery, and postnatal care, we can enrich pregnancy care with Islamic approaches and using strong factors such as belief in God, familiarity with the Quran, and religious and spiritual activities to reduce anxiety and fear of childbirth to help women successful natural childbirth and breastfeeding.

Acknowledgements

The author of this article express her gratitude to Dezful University of Medical Sciences for providing access to electronic resources and various databases.

Funding

The author of the article declared no sponsorship for this research and has been carried out at personal cost.

Conflict of interest

The author declared no conflict of interest.

References

1. Aziato L, Odai PN, Omenyo CN. Religious beliefs and practices in pregnancy and labour: an inductive qualitative study among post-partum women in Ghana. *BMC pregnancy and childbirth*. 2016;16(1):1-10.
2. Ghodrati F, Mokhtariyan T, Akbarzadeh M. Islamic based preventive strategies for postpartum blues. *Scholars Journal of Applied Medical Sciences*. 2016;4(3E):954-8. (Full Text in Persian)
3. Azizi S, Pelarak F, Mohagheghi J. Effectiveness of religious teachings in reducing anxiety in pregnant women. *Religion and Health*. 2017;4(2):46-55. (Full Text in Persian)
4. Ahmari Tehran H, Seidi M, Abedini Z. Assessment of the knowledge and attitude of the pregnant women who referred to Iran University of Medical Sciences in 2005 toward Islams hygienic instructions during their pregnancy and breast feeding periods. *journal of shahrekord university of medical sciences*. 2007;9(1): 29-37. (Full Text in Persian)
5. Mokhtarian T, Ghodrati F. The effect of religious educationsrelated to pregnancy, childbirth and breastfeeding onthe religious awareness of pregnant women. *Figh of Medical Journal*. 2017;8(28,29):105-36. (Full Text in Persian)
6. Tavan B, Jahani F. The effect of familiarity with the Quran workshops on mental health nurses in teaching hospitals of Arak University of Medical Sciences. *Journal of Gorgan University of Medical Sciences*. 2010;4(2):235-40. (Full Text in Persian)
7. Golmakani N, Asl H, Marzieh B, Sadjadi SA, Pourjavad M. Investigating the factors associated with labor pain and coping behavior. *The Iranian Journal of Obstetrics, Gynecology and Infertility*. 2012;15(24):17-25. (Full Text in Persian)
8. Abdollahpour S, Khosravi A. Relationship between spiritual intelligence with happiness and fear of childbirth in Iranian pregnant women. *Iranian journal of nursing and midwifery research*. 2018;23(1):45-50.
9. Namazi Zadegan S, Ghayour-Mobarhan M HS, Shamsoddin Dayani M. Effects of eating frankincense, dates and quince during pregnancy and lactation on the mood, mental and behavioral health of children according to the Quran, narrative and Medical Sciences. *The Iranian Journal of Obstetrics, Gynecology and Infertility*. 2018;20(11):93-105. (Full Text in Persian)
10. Kadkhodaei F, Mansouri A, Hajar S, Abak F, Pour BK, Nehbandani S. A Comparative Study on the Effect of the Voice of the Holy Quran and Arendeshine Music on the Anxiety of the Primiparous Women of the Natural Provisional Candidate. *Asian Journal of Pharmaceutical Research and Development*. 2019;7(3):31-5.
11. Boryri T, Noori NM, Teimouri A, Yaghobinia F. The perception of primiparous mothers of comfortable resources in labor pain (a qualitative study). *Iranian journal of nursing and midwifery research*. 2016;21(3):239-46.
12. Al Bustan MA, El Tomi N, Faiwalla MF, Manav V. Maternal sexuality during pregnancy and after childbirth in Muslim Kuwaiti women. *Archives of sexual behavior*. 1995;24(2):207-15.
13. Janghorban R, Latifnejad Roudsari R, Taghipour A, Abbasi M. A Review of the Concept and Structure of Sexual and Reproductive Rights in International

Human Rights Documents. The Iranian Journal of Obstetrics, Gynecology and Infertility. 2014;17(100):16-26. (Full Text in Persian)

14. Rabie Siahkali S, Avazeh A, Eskandari F, Ghahremani Z, Nematikhah M, Aghvamy M. Association between Religious Beliefs With Anxiety and Depression in Family Members of Hospitalized Patients. Journal of Zanjan University of Medical Sciences & Health Services. 2014;22(90): 45-52. (Full Text in Persian)

15. Hall J, Taylor M. Birth and spirituality. Normal childbirth: Evidence and debate. 2004;41-56.

16. Akbarzadeh M, Mokhtaryan T, Amooee S, Moshfeghy Z, Zare N. Investigation of the effect of religious doctrines on religious knowledge and attitude and postpartum blues in primiparous women. Iranian journal of nursing and midwifery research. 2015;20(5):570-6.

17. Mokhtaryan T, Ghodrati F, Akbarzadeh M. The Relationship between the Level of Religious Attitudes and Postpartum Blues among Pregnant Women. Journal of health sciences and surveillance system. 2016;4(2):103-4.

18. Mohammaditabar S, Rahnama P, Kiani A, Heidari M. Effect of Quran citation during third trimester of pregnancy on severity of labor pain in primiparas women: a clinical trial. Payesh-Health Monitor. 2012;11(6):901-6. (Full Text in Persian)

19. Jessup D, Powers D. Lactation and its effects on sexuality. Journal of pediatric & perinatal nutrition. 1987;1(1):43-9

دور الإسلام في صحة المرأة الحامل

مهناز نصرت آبادي ^{id}

قسم التوليد، كلية التمريض والتوليد، جامعة ديزفول للعلوم الطبية، ديزفول، إيران.

* المراسلات الموجهة إلى السيدة مهناز نصرت آبادي؛ البريد الإلكتروني: Nosratabadi.m@DUMS.ac.ir

معلومات المادة

الوصول: ١٦ ربيع الثاني ١٤٤٢

وصول النص النهائي: ٣ جمادى الأولى ١٤٤٢

القبول: ١٤ جمادى الثاني ١٤٤٢

النشر الإلكتروني: ١٦ صفر ١٤٤٣

الكلمات الرئيسية:

الإسلام

الصحة

المعنويات

النساء الحوامل

الملخص

خلفية البحث وأهدافه: يرتبط الحمل والولادة بالمعتقدات والأعمال الدينية والعرفية في كثير من الدول. حيث تؤدي المعتقدات الدينية إلى تحسين الصحة وكيفية المعيشة وزيادة الاعتماد على الله. وقد تم إثبات علاقة الإيمان والمعتقدات الدينية بصحة الجسم والروح. وبملاحظة هذه المعتقدات فإنه يمكن مساعدة الأم كي تواجه اضطرابات فترة الحمل بأعلى درجة من السلامة، كي تتجاوز فترة الحمل والولادة وما بعد الولادة بصورة آمنة.

منهجية البحث: تعتبر هذه الدراسة من النوع التصفحي الروائي، حيث تم فيها تصفح شامل للمقالات الفارسية والإنكليزية من خلال الاستعانة بالمواقع العالمية (ساينس دايركت و بواب مد وغوجل العلمي و اس.آي.دي) من عام ١٩٤٠ حتى عام ٢٠١٩. وكانت الكلمات الرئيسية الإنكليزية تشمل: Islam, Spirituality, Pregnant Women, Health وشملت الكلمات الرئيسية الفارسية: الإسلام، والصحة، والمرأة الحامل، والمعنويات. وقد كانت معايير الورد عبارة عن الدراسات السريرية، والتجريبية، وكوهورت، والمقطعية، والتصفحية، والفرضيات المطروحة في مجال صحة النساء الحوامل. بينما كانت معايير الخروج عبارة عن: التكرارية، وعدم مناسبة نص المقالات مع العنوان المطروح. ولم يلحظ مؤلف المقالة أي تضارب للمصالح.


المعطيات: أشارت نتائج الدراسة الحاضرة إلى أن السعادة في فترة الحمل تؤدي إلى تقليل الكتابة والاضطراب، وأنه كلما زادت مدة أنس النساء الحوامل بالقرآن والنشاطات الدينية فإن مستوى سعادتهن يكون أعلى. كما أن تلاوة القرآن وسماع صوته أيضاً يؤدي إلى تقليل الاضطراب وآلام ولادة النساء الحوامل. كما أن النساء الحوامل اللواتي كن يتمتعن بمستويات معنوية أعلى قد عانين من اضطرابات أقل.

الاستنتاج: باعتبار أن الدين يعتبر في مجتمعنا من أكثر العناصر مورد الاعتماد في المجال النفسي، ويقدم للأشخاص معونة مهمة في الظروف الصعبة وخلال الأزمات؛ فمن أجل تقليل الاضطرابات والخوف من الولادة ونجاح الولادة الطبيعية؛ فإنه يمكن مضافاً إلى الإرشادات الرقابية المعروفة أثناء الحمل الاستفادة بنحو متزامن من التوجيهات الإسلامية والاستعانة بالعوامل المؤثرة مثل الإيمان بالله والانس بالقرآن والنشاطات الدينية والمعنوية. فالمعنويات تعتبر عنصراً مهماً لتهيئة المرأة لمراحل الولادة. كما أن النصائح والتوجيه خلال فترة الحمل طبقاً للتعاليم الدينية يؤدي إلى زيادة وعي النساء الحوامل بالإرشادات المرتبطة بفترة الحمل والولادة والإرضاع.

يتم استناد المقالة على الترتيب التالي:

Nosratabadi M. The Role of Islam in the Health of Pregnant Women. Journal of Pizhūhish dar dīn va salāmat. 2021;7(3):140-156. <https://doi.org/10.22037/jrrh.v7i3.29008>

نقش اسلام در سلامت زنان باردار

مهناز نصرت آبادی 

گروه مامایی، دانشکده پرستاری و مامایی، دانشگاه علوم پزشکی دزفول، دزفول، ایران.

*مکاتبات خطاب به خانم مهناز نصرت آبادی؛ رایانامه: Nosratabadi.m@DUMS.ac.ir

اطلاعات مقاله

دریافت: ۱۲ آذر ۱۳۹۹

دریافت متن نهایی: ۲۵ دی ۱۳۹۹

پذیرش: ۹ بهمن ۱۳۹۹

نشر الکترونیکی: ۱ مهر ۱۴۰۰

واژگان کلیدی:

اسلام

زنان باردار

سلامت

معنویت

چکیده

سابقه و هدف: بارداری و زایمان با باورها و اعمال مذهبی و سنتی در بسیاری از کشورها در ارتباط است. باورهای مذهبی به بهبود سلامتی، کیفیت زندگی و افزایش اتکا به خدا منجر می‌شود. رابطه ایمان و اعتقادات مذهبی با سلامت جسم و روان رابطه اثبات شده‌ای است. با توجه به این عقاید می‌توان به مادر کمک کرد تا با حداکثر سلامت در برابر اضطراب‌های دوران بارداری مقابله کند و دوران بارداری، زایمان و پس از زایمان ایمنی را پشت سر بگذارد. مطالعه حاضر با هدف بررسی نقش اسلام در سلامت زنان باردار صورت گرفته است.

روش کار: این مطالعه از نوع مروری روایی است که در آن مروری جامع بر مقالات فارسی و انگلیسی با استفاده از پایگاه‌های بین‌المللی ساینس دایرکت، پابمد، گوگل اسکولار و اس.آی.دی از سال ۱۹۴۰ تا ۲۰۱۹ صورت گرفته است. کلمات کلیدی انگلیسی شامل Islam, Spirituality, Pregnant Women, Health و کلمات کلیدی فارسی شامل اسلام، سلامت، زنان باردار و معنویت بود. معیارهای ورود مطالعات بالینی، تجربی، کوهورت، مقطعی، مروری و فرضیات مطرح شده در زمینه سلامت زنان باردار و معیارهای خروج تکراری بودن و تناسب نداشتن متن مقالات با عنوان مربوطه بود. مؤلف مقاله تضاد منافی گزارش نکرده است.

یافته‌ها: نتایج مطالعه حاضر نشان داد که شادمانی در بارداری موجب کاهش افسردگی و اضطراب شد و هرچه مدت زمان انس با قرآن و فعالیت‌های مذهبی زنان باردار بیشتر بود، سطح شادمانی بالاتری داشتند. تلاوت و شنیدن صدای قرآن نیز موجب کاهش اضطراب و درد زایمان زنان باردار شد. همچنین مادران بارداری که معنویت بالاتری داشتند، اضطراب کمتری را تجربه کردند.

نتیجه‌گیری: با توجه به اینکه در جامعه ما دین از مؤثرترین تکیه‌گاه‌های روانی به شمار می‌رود و در مواقع سخت و بحرانی کمکی مهم برای فرد است، جهت کاهش اضطراب و ترس از زایمان و موفقیت زایمان طبیعی می‌توان مراقبت‌های بارداری را همراه با رویکردهای اسلامی و با استفاده از عوامل قدرتمندی مانند ایمان به خدا، انس با قرآن، فعالیت‌های مذهبی و معنوی همراه کرد. معنویت عنصری اساسی برای آماده‌سازی زن برای مراحل زایمان است. آموزش‌های دوران بارداری بر مبنای آموزه‌های دینی موجب افزایش آگاهی‌های مادران باردار درباره مراقبت‌های دوران بارداری، زایمان و شیردهی می‌گردد.

استناد مقاله به این صورت است:

Nosratabadi M. The Role of Islam in the Health of Pregnant Women. Journal of Pizhūhish dar dīn va salāmat. 2021;7(3):140-156. <https://doi.org/10.22037/jrrh.v7i3.29008>