

Criteria for Spiritual Health in Five Realms of Man Based on the Teachings of the Qur'an

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Abstract

Background and Objective: Spiritual health is one of the dimensions of health that affects other dimensions. The definition and consequently the criteria of spiritual health are different in different worldviews. The question addressed in this study is “what are the criteria of spiritual health from the perspective of the Qur'an?”.

Methods: This is a content analysis study that categorizes prohibitions based on the promise of torment, will and repetition, as well as matters based on repetition in the Qur'an and is abstracted from the affairs of time and place. Criteria were extracted. The authors declared no conflict of interest in this study.

Results: The extracted criteria include valuing life, accepting and rejecting propositions with reason, accepting useful propositions and rejecting useless ones, learning related propositions, believing in God and not disbelieving in Him, believing in monotheism and abstinence from polytheism, belief in the entertaining nature of life in this world and the real life in the hereafter, regarding all human beings as equal and similar, regarding believers in God as brothers, not thinking badly of others, regarding the nature as a sign of God, having the love of God in heart, being calm by remembrance of God, not rejoicing over achievements and not grieving over the loss of possessions, not liking praise for what s/he has not done, loving other people, having empathy and sympathy, not being jealous, bearing no grudge, alignment of man's will with that of God, not wanting worldly life and its adornments and wanting the hereafter, being benevolent to other human beings, not lying about God, not bothering God and the Prophet, not making fun of others and not calling them with bad titles, not spreading immorality, telling the truth, being obedient to God, not deviating people from the path to God, desires management, not having hypocrisy, not creating sedition, protecting people's property, not killing humans, not harming humans, being fair and supportive, developing the land, not doing corruption on the earth, avoiding extravagance, not killing or harming animals and helping the animals.

Conclusion: The higher the spiritual health is, the greater the degree of fulfillment of the criteria in human being. Therefore, we should try to adorn ourselves with the mentioned criteria as much as possible in human society.



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Summary

Human health has been one of the concerns of social reformers because it is in the light of human health that a desirable society is created and

Background and Objective

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relations between human beings are organized. One of the important questions is who a healthy person and is what his / her characteristics are. For a long time, health was measured based on three dimensions: physical, mental and social. Studies have shown that spiritual health is one of the basic foundations of health and without spiritual health, other biological, psychological, and social dimensions will not function properly; As a result, about a century ago, the spiritual dimension was included in the definition of health (1). The question is what is spiritual health and what are the characteristics of a person who is spiritually healthy and how can it be measured? The definition, purpose and criteria of spiritual health are different in every worldview. In the Islamic worldview, the goal is to train human beings to approach God, and this goal affects all aspects of human existence. As a result, one has spiritual health to strive for that goal, and those who turn away from that goal have a disease in their heart that God increases (2).

Man is composed of five realms of ideas and beliefs, feelings, emotions and excitements, wants and desires, speech and action. Three realms are internal and the other two realms are external. From a religious point of view, a person who is spiritually healthy has a specific framework for his behavior in each realm. In this study, the criteria of spiritual health are presented in five realms from the perspective of the Qur'an.

Methods

The present study is a content analysis. In order to extract the criteria of spiritual health, one must refer to the commands and prohibitions of the Qur'an and their wisdom should be abstracted from the affairs of the time, and that wisdom becomes a general principle that can be applied at any time and place.

Results

After analyzing the verses of the Qur'an according to the aforementioned methodology, the criteria related to human health were extracted in five realms, which are stated below.

A) The criterion of human health in the field of ideas and beliefs:

1. Valuing life: Valuing one's life requires one to follow rules in one's beliefs, some of which are:

* Accepting and rejecting propositions with reason

* Accepting useful propositions and rejecting useless ones

* Learning related propositions

2. Believing in God and not disbelieving in Him
3. Believing in monotheism and abstinence from polytheism
4. Belief in the entertaining nature of life in this world and the real life in the hereafter
5. Regarding all human beings as equal and similar. Equality between human beings has certain consequences including giving others the same rights as ourselves, not being arrogant, avoiding coercion, understanding the feelings, emotions and excitements of other human beings, helping other people, and not oppressing them.
6. Regarding God believers as brothers
7. Not thinking badly of others
8. Regarding the nature as a sign of God

B) The criterion of human health in the field of emotions, feelings and excitements:

In this realm, a person with spiritual health in the four relationships must follow the following rules:

1. Having the love of God in one's heart
2. Being calm by remembrance of God
3. Not rejoicing over achievements and not grieving over the loss of possessions
4. Not liking praise for what s/he has not done
5. Loving other people
6. Having empathy and sympathy
7. Not being jealous
8. Bearing no grudge

C) The criterion of human health in the field of desires and wants

1. The alignment of man's will with that of God
2. Not wanting worldly life and its adornments and wanting the hereafter
3. Being benevolent to other human beings

D) Criteria for human health in the field of speech

1. Not lying about God
2. Not bothering God and the Prophet
3. Not making fun of others and not calling them with bad titles
4. Not spreading immorality
5. The right word must be conscious, soft, fair, firm, simple, expressive, beautiful, with the best words, famous and gracious.

E) The criterion of human health in the field of action

1. Being slave and obedient to God
2. Not stopping people from the path to God
3. Not prohibiting the remembrance of God in mosques
4. Not destroying the mosques
5. Not keeping people away from Hajj
6. Desires management means managing sexual, visual and eating and drinking desires
7. Not having hypocrisy
8. Not creating sedition
9. Protecting people's property by avoiding underselling, theft, usurpation, underemployment, avoiding deception in trade and use of property in illegal ways
10. Not killing humans
11. Not harming humans
12. Being fair
13. Being supportive
14. Developing the land
15. Not doing corruption on the earth
16. Avoiding extravagance
17. Not killing or harming animals
18. Helping the animals

Conclusion

Muslim thinkers have enumerated various dimensions for spiritual health. Esmaeili et al. (2) in an article entitled "The conceptual structure of spiritual health in Islamic sources (Qur'an and Nahj al-Balaghah)" proposed three dimensions of attitude, emotional and behavioral to spiritual health. Apart from the three mentioned realms, man has other realms that have not been considered in Esmaeili's study. In an article entitled "The Concept of Spiritual Health Based on the Qur'an and Sunnah", Tayebnia (3) mentioned three dimensions of intellectual and epistemological health, emotional health and behavioral health. The dimensions he mentions also do not cover all realms of man. In an article entitled "A Study of the Anthropological Foundations of Spiritual Health in the Qur'an", Zakavi et al. (4) considered the components of science, faith in God, and righteous deeds for spiritual health simply categorizing the examples and not paying attention to human realms.

Spiritual health is one of the dimensions of health that affects other dimensions of health and mental and social health are not possible without spiritual health. Everyone meets the criteria depending on their benefit from spiritual health. One who is nearest to God has higher amount of the criteria in him. The realms of speech and action are the manifestation of the three inner

realms of man, and as a result, deviation in the mentioned criteria in the realms of speech and deed indicates deviation in the other three realms. Realms also have a causal effect on each other, and deviations from health in one realm lead to deviations in other realms.

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Ethical considerations

According to the authors of the article, this research is extracted from the research project entitled "Providing solutions to improve spiritual health from the perspective of the Qur'an" with the design code of 8179. The Research Ethics Committee of Mazandaran University of Medical Sciences has confirmed this study with the ethics code IR.MAZUMS.REC.1399.512.

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Conflict of interest

The authors declared no conflict of interest.

Authors' contribution

Writing the article: first author; extracting information from the Quran: second author.

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معايير الصحة المعنوية في الأبعاد الخمسة للإنسان بناءً على التعاليم القرآنية

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الملخص

خلفية البحث وأهدافه: تعتبر الصحة المعنوية أحد أبعاد الصحة، وهي تؤثر على سائر الأبعاد الأخرى. ويختلف تعريف الصحة المعنوية وبالنتيجة معاييرها بين الرؤى الكونية المختلفة. والسؤال الذي يواجهه هذا التحقيق يدور حول معايير الصحة المعنوية من منظور القرآن؟

منهجية البحث: يعتبر التحقيق الحاضر من نوع تحليل المضمون. وقد تم تصنيف النواهي على أساس الوعيد بالعذاب والويل والتكرار، وكذلك الأمر في الأوامر حيث تم تصنيفها على أساس التكرار في القرآن، وتم تجريدتها من الزمان والمكان. وقد تم في النهاية استخلاص معايير الصحة المعنوية في الأبعاد الخمسة للإنسان. ولم يلحظ مؤلفو المقالة أي تضارب للمنافع.

المعطيات: كانت المعايير عبارة عن: اعتبار عمر الإنسان ذا قيمة، قبول القضايا وردّها بناءً على دليل، تقبل القضايا المفيدة ورفض القضايا غير المفيدة، تعلم القضايا المرتبطة، الإيمان وعدم الكفر، الاعتقاد بالتوحيد واجتناب الشرك، الاعتقاد بكون الدنيا لعباً وأن الحياة الحقيقية هي الآخرة، التساوي وتمائل الناس فيما بينهم، اعتبار المؤمنين إخوة فيما بين بعضهم بعضاً، عدم سوء الظن بالآخرين، واعتبار الطبيعة آية، حب الله في القلب، الاطمئنان بذكر الله، عدم الفرح بسبب ما يحصل عليه المرء وعدم الحزن على ما يفقده من أشياء، حب المدح على الأمور التي لم يفعلها، حب الناس، التعاطف، عدم الحسد، عدم الحقد، توجيه إرادة الإنسان لتكون في مسير إرادة الله، طلب الآخرة وعدم حب الدنيا، حب الخير للناس الآخرين، عدم الكذب على الله، عدم إيذاء الله والنبي، عدم السخرية بالآخرين وعدم التنازع بالألقاب، عدم إشاعة الفحشاء، القول الصادق، العبودية وإطاعة الأوامر، عدم منع الناس من طريق الله، السيطرة على القوى، عدم النفاق، عدم إيقاع الناس في الفتنة، حفظ مال الناس، عدم قتل الناس، عدم إيذاء الناس، العدالة، الدفاع، إحياء الأرض، عدم الإفساد في الأرض، عدم الإسراف والتبذير، عدم قتل الحيوانات وعدم إيذائها ومساعدتها.

الاستنتاج: كلما كان الإنسان يتمتع بدرجة أعلى من الصحة المعنوية فإن ميزان تحقق المعايير يرتفع عنده. وبناءً على هذا، لا بد من السعي لرفع درجة تحلي أفراد المجتمع أكثر فأكثر بالمعايير المذكورة.

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ملاک‌های سلامت معنوی در پنج ساحت انسان مبتنی بر آموزه‌های قرآن

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چکیده

سابقه و هدف: سلامت معنوی یکی از ابعاد سلامت است که بر ابعاد دیگر تأثیر می‌گذارد. تعریف و در نتیجه ملاک‌های سلامت معنوی در جهان‌بینی‌های مختلف متفاوت است. پرسش این پژوهش این است که ملاک‌های سلامت معنوی از دیدگاه قرآن کدام است؟

روش کار: پژوهش حاضر از نوع تحلیل محتوا است که به نهی‌ها بر اساس وعده عذاب، ویل و تکرار و همچنین امرها بر اساس تکرار در قرآن دسته‌بندی و از امور زمان و مکان تجرید شده و در نهایت برای سلامت معنوی در ساحت‌های پنج‌گانه انسان ملاک‌هایی استخراج شده است. مؤلفان مقاله تضاد منافی گزارش نکرده‌اند.

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