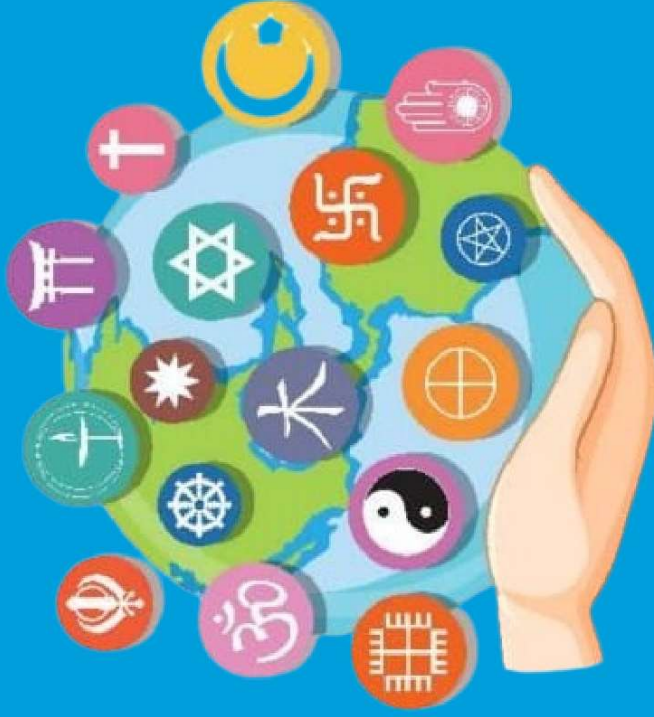


Ecological Paradigms: Religious Cultural and Environmental Interfaces



Edited By

Prof. H.M. Arif
Dr. Aareena Nazneen
Dr. Vanya Srivastava

Ecological Paradigms: Religious
Cultural and Environmental Interfaces

● Prof. H.M Arif ● Dr. Aareena Nazneen ● Dr. Vanya Srivastava



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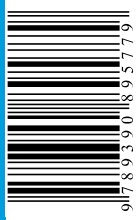
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Islam and Health: Exploring Connections

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Fourteen centuries in the past, the Quran has been found out from Allah to all mankind as a book of guidance. Prophet Muhammad (PBUH) will continue to be as the best man to observe in all elements of human life. We have to no longer misuse or need to no longer provide the incorrect merchandise for the body but we must take tremendous preservation of this delicate and touchy device in a good way to revel in it. It is the field of our spirit. Islam is primarily based on five principles and those aren't most effective spiritually but physically too. These concepts are also scientifically demonstrated to be effective. The Quran provides all the essential factors of managing a wholesome thoughts and frame. Science has confirmed some of them inside the beyond time and the rest might be made positive within the future. If technological know-how has no longer been showed yet, it is important to take a look at the records, or perhaps repeat the experiment in place of wondering the validity of the Quran. The Quran isn't a text of medicine or of health sciences; however, there are other indications that result in suggestions in clinical technique to many factors as well. Prophet Mohammed (PBUH) has been sent as an example to mankind. So, his (PBUH) traditions in matters of health and private hygiene also are a guiding principle for his followers. In Islam, the concept of health is visible as encompassing not only the bodily well-being of individuals however additionally their intellectual, social, and spiritual states. Islamic teachings provide suggestions and practices which can be believed to give a holistic approach to health:

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I) Salat (Islamic Prayer)-There are numerous fitness aspects of 'salat'. They are as follows:

1. Wudu-According to Islam, washing all of the exposed areas of the body, hand and toes, face, mouth, nose, and so forth for five times a day is a preventive system to be healthy. Washing the parts frequently makes us easy and forestalls us from many sicknesses too. 'Wudu' and its washing techniques are very crucial and ordered inside the Quran. And for whole hygiene of the body bathing is recommended. As is quoted:

O ye who believe! When ye prepare for prayer, wash your faces, and your hands (and arms) to the elbows; rub your heads (with water); and (wash) your feet to the ankles. If ye are in a state of ceremonial impurity, bathe your whole body. (Q 5:7)

Scientific research confirms that washing fingers is beneficial because it offers humans a feel of excellent psychological motivation whilst making decisions and psychologically makes them very comfortable.

2. Recitation of the Holy Quran- The effects of the sound and meaning to the listener's ear consisting of their brain has very healthful benefits. Every letter of the Quran in its Arabic shape resounds unto the echoes to the coronary heart and to the pineal gland within the brain. Listening to the recitation of the Quranic verses reduces the secretion of cortisol, the stress hormone and it additionally heals the anxiousness of human lives.

3. Prostration Cures Nervous Tension-Prostration alternatively is any such form of exercise that offers us more electricity, stimulates circulation, improves awareness, and trains guys to be affected person and calm. More prostration cures frustration and makes human beings greater patients in existence. Medical technology proved that the recovery rates of the sickness in sufferers who perform 'salat' (prayer)

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are quicker than others who do not, where peace of mind, mental and spiritual consolation, and sinking hearts of faith and optimism result in reactivate the immune gadget and enhance the body's resistance.

4. Postures of Salat and Their Health Benefits-Through 'Allahu Akbar,' Muslims use to start their 'salat'. When one begins with 'Allahu Akbar,' his/her body feels loss of weight and each toes additionally experience comfortable. Straightening again is effective enough to enhance posture. It teaches us the approach to manipulate our mind through mind. Focusing at the floor sharpens human imagination power, where the head prostrates. Upper and lower muscular tissues of the body are loosened. It also unites the pinnacle and backside of the mind to form unity of purpose and lots of extra advantages as well.

- A. During Recitation of Surahs of the Qur'an- These recitations lengthen attention, motive relaxation of the legs and back elements of the body, and boost up feelings of humility and piety. In reciting verses, nearly all the sounds that arise in the Arabic language are uttered and it stimulates the dispersion of each of the ninety-nine divine attributes in the degree of control absolutely throughout the body, mind, and spirit. The vibrating sounds of lengthy vowels ā, ī, or ū stimulate the coronary heart, lungs, thyroid, adrenal glands, pineal gland and pituitary. It facilitates to purify the level of them all.
- B. Rukū (Kneeling)- Physical advantages get their complete pace thru 'ruku'. Bending at the waist stretches the muscle tissues of the lower part again, such as calves and thighs. This position tones the belly, kidneys and abdominal muscle groups. During 'ruku' blood makes use of to be pumped to the upper torso. With the passage of time, it improves internal harmony, personality, firmness of the body and producing kindness.
- C. Qauma (Rising from Kneeling)- 'Qauma' is the standing role between 'ruku' and 'sajda' for about two or three seconds. At

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time of 'Qauma', the sparkling blood pumped to the torso within the preceding role gets returned to its original place. It restores the body to relax and also releases Tension.

- D. Sajda (Prostration)- At the time of 'sajda', ft use to be connected at the floor along with knees and each hand are being touched such as brow at the center of fingers for few seconds. As a result, 'sajda' allows stomach muscle groups to increase and prevent sagging increase in the midsection, which increases blood flow to the higher regions of the body mainly the top including the eyes, ears, nose and lungs. Prostration allows intellectual pollutants to be cleansed thru the blood, maintains the perfect function of the fetus in pregnant ladies, reduces excessive blood pressure, increases the flexibility of the joints, annihilates selfishness and will increase the staying power and reliance on God.
- E. Quūd (Assuming the sitting Position after Prostration)- 'Quud' is the sort of role of sitting for guys, wherein the heel of the right foot is curled up and the weight of the leg and a part of the body rests upon it. The posture enables to get rid of pollutants from the liver and via stimulating peristaltic motion of the big intestine. But women hold each foot, soles up underneath their own bodies. For a girl, the body returns to extra rest of the equation and attitude enables digestion by way of forcing the belly contents to the lowest.
- F. Repeat of Sajda or Prostration - The frequency of deep prostration within a few seconds cleanses the circulatory, breathing and frightened system. It promotes lightness of the frame and emotional happiness¹⁴. This accomplishes oxygenation inside the complete frame. That also results in a stability of sympathetic nervous system.

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II) Fasting throughout Ramadan (Sawm): The month of Ramadan entails fasting from sunrise to sunset. As is quoted, “O ye who believe! Fasting is prescribed to you as it was prescribed to those before you, that ye may [learn] self-restraint”. (Q. 2:183)

This exercise isn't only a spiritual obligation however is also considered as a possibility for strength of will, cleansing, and improved mindfulness. When achieved with interest to dietary needs, fasting could have potential health blessings. The month of Ramadan includes fasting from sunrise to sunset. This exercise isn't only a religious duty however is likewise viewed as a possibility for strength of will, detoxing, and expanded mindfulness. When carried out with attention to dietary desires, fasting may have potential health benefits.

III) Dietary Guidelines: Islamic nutritional legal guidelines, as outlined inside the Quran, consist of concepts of moderation and particular prohibitions (e.g, pork and alcohol). Following those pointers is thought to make a contribution to a balanced and wholesome lifestyle. As is quoted, “O ye people! Eat of what is on earth, Lawful and good”. (Q. 2:168)

IV) Mental Well-Being: Islamic teachings inspire believers to are trying to find intellectual properly-being via staying power (Sabr), gratitude (Shukr), and reliance on Allah. The concept of Tawakkul (reliance on God) is intertwined with dealing with pressure and anxiety.

V) Social Support and Community (Ummah): The Muslim network, called the Ummah, presents a social help network. Communal prayers, gatherings, and charitable activities are vital to Islamic exercise and make contributions to social nicely-being.

VI) Emphasis on Compassion: Islamic teachings emphasize compassion, kindness, and worrying for others. Engaging in acts of charity (Sadaqah) and assisting those in need are taken into consideration virtuous and make contributions to usual emotional well-being.

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VII) **Balanced Lifestyle:** Islam advocates for a balanced way of life, discouraging excess and extravagance. The precept of moderation (Itidal) applies to diverse components of life, such as eating regimen, work, and leisure.

The physical well-being methods in Islam are in particular derived first from the holy Quran and second from the lifestyle of Prophet Muhammad (PBUH). Furthermore, there are many remarkable scientists who've evolved the information and method of sound fitness and physical treatment. Eventually, a number of the Islamic advises concerning fitness issue is greater medical than we typically understand and that is why we call a religion as a way of entire lifestyles. Islamic religious lifestyle isn't only very much medical in terms of healthcare technique however additionally in lots of different approaches too. A healthy body is a present from Allah and the way to keep it healthy is likewise given through the identical Allah. As a Muslim or a human being, all we should do is to observe the prescribed methods and we will definitely enjoy that anticipated wholesome lives as well. As a religion, Islam is very medical in its health-related factors and people like us may additionally comply with the prescribed guidelines of Islam with a purpose to preserve our healthy lives in this scientific world.

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