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The effect of Quran human spiritual health

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ABSTRACT

Nowadays the effect of Quran on human health especially on spiritual health has improved. Many spiritual problems which can cause some spiritual illness are: fear, anxiety, negative thinking, panic, tension headache and etc. The main aim in this research is evaluating the role of Quran on the spiritual health and the research society in this research is Honameh village. The method is descriptive-analytic. The needed data has gathered both surveying and documentary manner. In this research researcher has used questionnaire as research tools. The result shows that Quran has an important effect on human's spiritual health.

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INTRODUCTION

Quran knows the center of human being as heart and this statement isn't about the material heart but it refers to the spiritual dimension of humanity and the center of sensation and compaction an all of body organs are controlled by the heart. Human is like a sea and this sea is connecting with streams as: compassion, sensations, and thoughts. This sea is called the health. The spiritual states are appearing in the health. Fears and happiness has effect on this heart. Quran concern the positive and negative state to this heart. The man who his heart is clear and contains has an impression from a close link between body and soul.

One of the way to get spiritual and psychotically health is having aim in the life which is concern to knowing creator of world and own as a part of this system. Goal in life is the things that we live for it. Living for an idea and opinion is the best object and meaning that religion gives human so it is better we choose some Goals which can gain in our life time otherwise we involve temptation (Yaqubi, A., 2013). Nowadays because of scientific improvement about medical physician and psychotherapy is some of great scientist has emphasized on the affect of religious on the human spiritual. Quran about spiritual health has a lot of comments humans are not the same and everyone has different contain and all of them involve spiritual problems in the different situations. In the recent word medical science for dealing with illness but it doesn't pay attention to the spiritual causes that is the main causes of illnesses (Karami, j and *et al.* 2006).

Despite of fast improvement of medical science about caring some physical illnesses human couldn't take a good solution to eliminate the spiritual problems. While these kinds of problems have a great role on creating physical illness. In addition there are a lot of problem that has impression on human spiritual illness. Here we want to study the effect of Quran on humans' spiritual problems.

History of research:

Humans spiritual health has been paid attention science old ages. Quran is and or gain for this kind of regarding healing of Quran and the ways that are pointed in Quran to solution of human spiritual solution studied by many scientists some of them are:

A research by the name of Quran and spiritual sanitation shows some of aspects of healing of Quran. Study by the name of the role of Quran on human health reveal that trust to Quran can make human calm and it is the way to curing the human's spiritual health. An article by the name of Quran view show that the Quran view about physical health. A result of search about the role of Quran on human spiritual health shows that Quran can help to cure and eliminating spiritual illness. And getting help from Quran and religious faith full give meaning to human lives and it can make human calm and confident.

The researcher has suggested getting help of Quran as a way for caring spiritual illness (<http://www.shefanews.com>). A study by the name of the Quran view about human's physical and spiritual

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health shows that. Despite Quran is book for virtual guides there is many recommends about paging attention to sanitation and improving physical heal the of human is pointed. In Quran has pointed to many recommends which improve human and social helps (Bahramkhani, f., 2012).

An article by the name of the effect of Zikr cause human make a link between himself and origin of world and it cause to remembers the power of Allah and the is unlimited favorers. Zikr like Namaz, Doa and reading of Quran cause these good properties emerge in human life and people with this properties is a person with spiritual and physical health. (<http://www.rasekhood.net>)

West psychologists in the recent gear has performed many researches a bout spiritual sanitation and gain many positive results some of this results are:

- 1-worship makes power againt illnesses.
- 2-faith fall peoples have more long lives.
- 3-fait fall people's bodies have a strong defending system against sickness.
- 4-they are more active than the other people.

Method of research:

This research has done in descriptive- analyzing and data has gathered from some scientific articles, and documentary and surveying manner .the social of research is settlement hesar-Honameh.the number of social research is 100 but based on Morgans table the sample is 80 person ted and the question air were distributed and in form random .question air has 19 questions which is a bout the effect of Quran on humans spiritual situation.

Spiritual calmness:

Human kind may face to some problems a long his life. These problems make him anxious. in that time he may by depress and the term of this problems and anxieties are depended on to the problems which human has experienced .if this problems improve they make cause some others spiritual problems and illnesses.

So that many people in industrial countries go to bed with drug and wake up by it. Psychologist believes depression is a kind of spiritual illness which is originated from modernism and side effect of it. And you people especial America which improving of technology is more than the other parts of the world are Involve to depression from the ages. (Mohammad Mahmood, M.) When human can do his personal ,social and religious duties can experience calmness and confidence. If human don't mind those duties involves to spiritual illness. Being unfaithful to Allah make human ill so that Quran mentioned the temperance of Allah cause confidence. (<http://www.rasekhood.net>)

Spiritual health in Quran:

Understating of the secret of calmness and confidence in different aspects is one of the most miracles which hasn't faith to Quran .Quran has a strung effect on curing of illness so that some people in many countries has believe that spiritual illness can be treated by Doa and Quran. Today this property of Quran has confirmed by many research. (Quran Karim, Sura Baqara,) Everyone who doesn't mind to my remembrance involves to hardness in life.

Friends hip with Quran and spiritual sanitation:

Surly friend ship with Quran has an strong effect on human personality there is a strong power in Quran that cause spiritual calmness waking up conscience, spiritual clarity reading of Quran increase level of thinking and under standing and make in sight. Some great people like Salman, Abuzar, Meqdad, Ammar and... have grown up in Quran schools. Friend ship with Quran can cause a calmness that any drug and pain killer cant. Bused on Quran view the unbeliever people are sick and they Quran people with spiritual health. (Sadeqzadeh Qamsari, A., 2001)

Quran therapy:

Quran therapy means applying of Quran for healing and curing illness. Indeed Quran therapy is using Quran regularly in order to helping sick people to improve their spiritual and physical sanitation. In recent gear Quran therapy are developed in many countries in whole the world and it is emphatically that this kind of curing is more useful Quran introduce Allah as remedy and therapist. (Quran Karim,Sura Unos,)

Solutions of Quran for having spiritual sanitation:

The solution of Quran is divided to foul sections:

1-cognitive solutions, which conclude some **concepts** like the role of faith and trusting to Allah, believing mad, having positive believe to death, refusing of desperate and believing on fate.

2-behaviors solutions like making a linked with the origin of existence, the law of stopping and controlling of instincts.

3-social solutions: as economic supporting of poor people, parentless children virtual patients

4-affection solution like kindness to parents, recommending to patience and penitence. (Janbozorgi, M., 1999)

Quran believes that normal character is the result of making equivalence between spiritual and physical aspect of human. And faithful people are the same that has equivalence between these aspects. Quran emphasized on eliminating these kinds of imbalances and based On Quran believe the people with imbalance spiritual and physical aspect are ill.

And this is the why it has a lot of recommends to making balance the two aspects of human therefore Quran is a drug an therapist for healing of this kinds of illness. Allah sags: We sent whatever is cure and forgiveness. (Quran Karim, Sura Baqara) The best way to making balance physical and spiritual aspects of human is self satisfaction both virtual and physical aspects based on religious believes and refuse any self indulgences and take a moderation manner. In this way it is possible make a balance between physical and spiritual demands. And a bout this subject Allah says: Seek for the other world and don't forget to enjoy of the world. Quran trigs to make a balance for spiritual and physical aspects' of human and save him from anxiety and involves .Quran regards to all of human instants and this the reason that Allah sags Quran is a cure and drug for healing of human patients and know the remembrance of Allah as the final nailing prescription for eliminating anxiety then with recommends and constructions try to make human with normal character. (Bahramkhani,f., 2012)

The area of research:

Honame as the center of Sivkanlu vill has located in north of Shirvan and the distance between Shiran and the vill is 15 kilometers and has a strong historic background and one of the historic ecotourist attraction s the man made caves which have recorded in world attraction the number of .people in this area is 700 people and their religion is Islam (Shea). Languge of the People is Kormangi.

Aerial photograph of the Hesar Honameh and Rahim Abad:



Google earth (2014)

Results:

Based on a surveying from the settlers the results as the following table

View points	much	Normal	little	Very little
Effect of Quran on controlling anger :	%48	%32	%14	%7
Effect of Quran on controlling worry :	%42	%28	%22	%8
Effect of Quran on controlling anxiety:	%64	%22	%14	%0
Effect of Quran on controlling less sleeping:	%32	%39	%19	%10
Effect of Quran on controlling tension headache:	%21	%48	%18	%13
Effect of Quran on controlling negative thinking:	%51	%35	%14	%0
Effect of Quran on controlling bordering:	%31	%40	%17	%12
Effect of Quran on controlling desperate:	%62	%27	%11	%0
Effect of Quran on controlling hearth beating:	%35	%34	%19	%12
Effect of Quran on controlling blood pressure:	%27	%22	%33	%18
Effect of Quran on controlling concentration:	%27	%39	%21	%13
Effect of Quran on controlling whim:	%30	%35	%19	%16
Effect of Quran on controlling fear:	%58	%20	%15	%7
Effect of Quran on controlling healing:	%64	%22	%14	%0

Effect of Quran on controlling spite:	%19	%27	%39	%15
Effect of Quran on controlling jealous:	%24	%23	%34	%19
Effect of Quran on controlling patient:	%19	%43	%21	%17
Effect of Quran on controlling feeling absurd:	%31	%29	%20	%20
Effect of Quran on controlling power of making decision:	%51	%19	%21	%9

Data analyzing:

Based on the data has gained from questionnaire the role Quran on the spiritual health was like the follow:

-the rule of Quran on controlling of people anger was more effective. This means that the relation between settlers and Quran can moderate theory thinking and lead them to perfect behaviors and untimely it can corrects their action with the society.

-Quran has a god effect on reading of wornness so having relationship with Quran can make them brave. Quran has a strong effect on panic there fore the other factors which spoil spiritual of human are so much because if human see himself lonely of course he or she will be panic .the people with spiritual illness involve less sleeping, worship and reading of Quran can improve their spiritual health. However the effect of Quran on the settlers is normal.

The people who study Quran has suffered tension headache less. And this means that having relation with Quran on this illness in normal.

-negative thinking can cause many problems and finally it lead the people to some illness and involvements, the result shows that people could benefit from Quran for controlling of negative thoughts.

-faith full men believe that the world is directing by Allah and there fore he doesn't see himself in the impasse so the effect of Quran on hopeless is so much.

-the effect of Quran on heat beating has been so much. Quran has many recommends for human for in stale getting marry is a way to control the spiritual problem when human is lone negative thinking surround him. And this is the why single people may experience high beating hearth and high blood pressure.

-One of the humans needs is feelin security. Security is the base of spiritual health and the people who study Quran have experienced less fear Quran believers believe that there is another life after the material life so they don't fear have any fear from death and they feel scarcity a long their life time many people in the study area have believed that the effect of Quran is so mach.

-Having relationship with Quran can eliminate the spite from Islamic social because the Qurans massage is brother hood and equality and that the effect of Quran on removing jealous and spite so mach however the people be lived this effect isn't so mach bat the real is vice versa.

-people with having relation with Quran believe that the word has a director who is Allah, therefore the world has created with an important goal so the in gradients of the word has goals .based on the peoples opinion this relation has mach effect on improving this bad felling of meaning less.

-faithful people who study Quran have a different view a bout life so they can make decision with regarding to all aspects of the problems so they can make decision more better than the people. Based on the settlers' opinion the effect of Quran on concentrating and making diction was mach.

Conclusion:

Roused on the result in this research shows that there are many factors and mechanism which can create spiritual health and human needs a strong force for going to improving. The result which gained from the questionnaire show that effect of Quran on the controlling anger, anxieties ,stresses ,feeling of meaning less making ,decisions ,controlling of negative thin king, reducing of fear and felling more security and regulating of heat beat beating-improving hope.

These factors are among the most factors which have more effects on creating of spiritual calmness .and the rating each of the spoil the others. but the effect of Quran on some problem like, tension head ache and barding, consent elation, whim, spite, blood pressure is so much how every the people who filled the questionnaire be lived the effect of Quran on the recent problem is nearly normal but it seems the effect of Quran on these kind of spiritual illness has proved but the people halt familiar with the benefits of Quran.

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