Voice of Quran and health: A review of performed studies in Iran

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Abstract

Introduction: The human nature has an inner tendency toward harmony and rhythm and enjoys order and coordination. The Holy Quran has an eloquent expression, a fluent style and an enchanting song that affects the audience. During the past two decades, research in the area of Quran lilt and medical science in Iran has been seriously followed. The present study has been conducted aiming at investigating and analyzing the studies undertaken in relation with the Holy Quran lilt and the health domain in Iran.

Conclusion: The valuable results of the influence of Quran lilt especially in the area of mental health are obvious and clear. Physicians, nurses and sociologists, beside the psychological and medication methods, can use the inspiring words of revelation to reduce their patients’ problems and ask clients to have religious behaviors such as Quran reading in their life schedule to reduce their stress and worries.

Keywords: the Holy Quran, Iran, Health Services

Introduction

In several verses, the Quran has been mentioned as a "cure", sometimes it is known a heart healer (Asra’; 82) and some other times it is known as the source of guidance and cure (Younes; 57). The Quran is the light in which there is no darkness. It is the light that its brightness does not decline; it is a string with strong cords; it is a shelter with high peaks; it is the sea that thirsty people cannot drink its water entirely and it is a healer that cures all terrible diseases. The Quran is like the spring that rejuvenates the heart, the fountain of knowledge, Source of truth, and the river of justice. Therefore, seek your cure through Quran. Ask for help from the Quran in time of hardship and ask for your needs through Quran and seek the God through Quran and go toward the direction of God through Quran because there is no better way for servants to approach the God than Quran (Nahjolbalaghe, 176 and 198).

Many contemporary western scholars emphasize that the problem of contemporary human is basically related to the religion and moral values [1]. Divine religions with different pretexts have entered the human life and are going to affect and guide humans. Among these, the last religion i.e. Islam has this claim more than other religions and perhaps has known humans responsible of this issue to a great extent. The Quran is a book for human beings and is the book of anthropology and its content is in line with the concepts of human growth and evolution.

This comprehensive vision has wide variety of effects and functions in the personal and social life of the human and the issues of social and psychological function are not exceptions [2]. The spiritual exercises based on voice, go back to thousands years ago in East, and to religions such as Buddhism and Islam [3]. The Quran is full of verses in which relaxation and the way of achieving it has been mentioned.

Also, The Quran is full of stories in which people are placed in stressful situations and has dealt with specific strategies. Generally, the Quran invites people to calmness and tranquility (Ebrahim, 45, Tobeh, 103, Fath 4). There are many solutions and guidelines of mental health in Quran verses with different psychological categories.

For the purpose of providing mental health which is the purpose of cognitive methods of coping with stress, epistemological strategies deal with the approach and view of people toward the universe, the beginning and end of the world, life and its meaning and their effects regarding the increase or decrease of mental pressure and providing mental health [4].

Currently, the most important action to promote Quran culture in medical science and teaching various aspects of the Holy Quran in different aspects of health is giving information to people on one hand and educating the health care staff on the other hand. In addition, gathering data on this issue can help the policy makers for taking further steps in order to functionalize this issue. In this review study the available documents in the time period of 1996 to 2010 were investigated. These articles had assessed the effect of the Quran voice in a scattered manner, except for some of them. Among 43 found articles, 23 articles were in accordance with the purpose of this research. It should be mentioned that in some cases,
articles were related to congress and seminars and having access to the whole text of these document was impossible and therefore the abstracts were used. The healing issue of Quran has attracted the attention of Iranian researchers. Comparing the conducted studies on the effect of Quran voice on physiological symptoms, pain and psychological problems of patients and other people show that the most conducted research are related to the effect of Quran on the stress, anxiety, pain, physiological symptoms and fertilization. The current research has been conducted in the field of the effect of Quran voice on health dimensions and different related factors in Iran.

The Holy Quran and Stress

Research shows that faith and spirituality are lost in today world. In some conducted research, the effective role of maintaining and reading the Quran, has been specified in reduction of depression and documentary studies has been done regarding the spiritual issues [5]. There is relationship between stress and religious beliefs in people. Ghoori et al. report that the economic level of male and female students is effective on their religious beliefs that show the interaction of religious beliefs and stress resulted from it [6]. According to the results of Taghiloue et al., learning the Quran recitation is effective on the reduction of stress in youngsters and adolescents [7]. Kazemi et al. report the effect of Quran voice on mental health of nursing students as positive [8]; Mahmodiyan et al., in a quasi-experimental study state that learning life skills with approach to Quran is effective on reducing depression in students [9]; Khatoon, considers the voice of Quran effective on the anxiety of hospitalized patients especially in the Intensive Care Unit [10]; Yousefi Loope et al. report that reciting Quran is effective on reducing people’s anxiety and depression.

[11], Jahanmiri et al. [12], Moghadamnia and Maghsoodi [13], Mosavi et al. [14] also, in their studies report the positive effect of reciting Quran on the amount of depression, anxiety and stress. The effectiveness and the healing effect of Quran are noteworthy in all mentioned cases. Excessive stress can make the body ready for physical or mental diseases through reducing its resistance [15]. The results of study of Ansari et al. shows the positive effect of voice of Quran on depression of patients hospitalized in psychiatry departments, that is in accordance with the results of other studies that had been conducted previously. Psychological treatment in Iran has been medical so far. Although medicine is very important in psychology, it cannot reply all the therapeutic needs [16].

The Holy Quran; fertilization and fertility

Studies on the healing role of the Holy Quran in physical and psychological domains do not contain all the essential components of health system although having valuable results. For example, regarding fertility that is of high value in different cultures, few studies have been conducted [17]. Khadem et al. have reported that Quran voice is more effective that music Therapy in the infertility treatment. Sound therapy is one of branches of alternative medicine. The theoretical base of this type of treatment is based on this principle that body organs and cells extend in a special manner and pattern. In many cases of voice therapy the specialist tries to save and strength health fluctuations with conducting harmonizing waves through injured points [3]. Khadem Azghadi shows that the rate of survival of infants born after 28 weeks of fertility suddenly increases compared to the time before the mentioned gestational age that is in consistency with the concept of verses of Quran and confirms the miracle of this issue expressed fourteen centuries ago [18]. The voice of Quran has a significant effect on physiological replies such as blood oxygen saturation level, the respiratory rate and heart rate in preterm infants [19]. Therefore, the voice of Quran can be used for reducing the stress and improving the physiological situation of preterm infants as a protective care [20]. The study of Tahrmasebi, also shows that listening to the Quran reduces the delivery pain, but this effect is independent from the religious approach [21]. Mirmolaeel et al. also, express that both voice of Quran and music reduce the delivery pain and provide more comfort at the time of delivery till at least four hours after active phase. However, the Quran voice is said to be more effective [22].

Quran, surgery and anxiety

Research shows that listening slow music reduces the activity of sympathetic system. Ildarabadi et al. by investigating the effect of Quran voice on patients’ vital signs before open heart surgery, report that listening to the voice of Quran reduces body’s physiological response to stress [23]. At present, different medical and non-medical methods such as sports, nutrition, appropriate diet, relaxation,
relaxation techniques and calming music are used for reduction of sympathetic reactions. More than 82% of patients who undergo the angiographic operation are anxious. This operation is unenviable and essential in some occasions. Since the voice of Quran is effective in reducing the anxiety of patients under the coronary angiography and considering the advantages of this method such as its low cost and safety, this non-medical method can be used for reducing the patients’ anxiety before surgical operations and aggressive diagnostic methods. In the study of Mirbagher et al. regarding the effect of Quran voice on anxiety of mothers before cesarean operation, the amount of anxiety showed significant reduction in the group of mothers who have listened to voice of Quran [24]. Generally speaking, each surgical operation is accompanied by anxiety and agitation. The prevalence of anxiety in women is double compared to men because of conclusive stresses such as pregnancy and delivery [19, 20] and the existence of anxiety in pregnancy and delivery has negative effects such as reduction of oxygen supply of the uterus, pattern of abnormal fetal heart rate and early delivery [3]. Attari et al. express that the amount of anxiety is less among patients who listen to voice of Quran before induction of anesthesia [25]. Nasrabbadi reports that listening to voice of Quran is effective in reducing the diastolic blood pressure. This is while Nikbakht [26] reports this factor non-effective [27]. The research of Heidari also confirms the results of Nikbakht’ study [25]. In contrast, the study results of Tajvidi et al. about the effect of Quran voice on reducing the anxiety of patients before open heart surgery, confirms the study results of Nasrabbadi [28]. The study results of Majidi report the positive effect of listening to Quran in reducing the amount of personal and situational blood pressure and systolic and diastolic blood pressure, the pulse rate and respiratory rate in patients hospitalized for angiography [29].

**Quran and Hemodialysis**

Living with dialysis, is a consistent challenge in patients with the renal failure that makes changes in the activities and causes limitation of diet. In recent decades, Middle-aged individuals’ risk of end stage renal disease has been increased. Dialysis patients have many problems that cardiovascular disorder, severe abnormalities in physical and mental performance can be mentioned [30]. Therefore, the quality of dialysis has is of double value in these patients. In study of Hojjat et al, the effect of Quran voice in normal condition, silence, Arab and Iranian music has been compared on the adequacy of dialysis that none of mentioned conditions have shown effect on improving the adequacy of dialysis. However, the calculated adequacy shows a non-significant improvement in Quran lilt condition [31].

A further study is recommended on the effect of Quran lilt on dialysis emergency condition, since the probability of increasing the dialysis adequacy is more than normal situation due to the probable reduction of anxiety, agitation and stress in patients.

**Conclusion**

The growing trend of studies on the effect of Quran voice and its advices in Iran shows that paying attention to this issue has been extended among researchers more than before and these studies have been published gradually in internal and external journals. It seems that this attention and interest of researchers has consistency with new scientific bases especially complementary medicine and they are in the same direction and it’s a good opportunity for Ministry of Health, Treatment and Medical Education in making caring policies based on Quran issues and operating the results of these researches in decision making. Presenters of health services can also apply religion and the literature of Quran in hospital and society environment. In addition, investigation of different dimensions and details of the way of effecting of the voice of Quran in different teaching, caring and treating domains are suggested to be considered in the agenda of further studies.

**References**

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