

## The Power of Qur'an to Heal Physical and Mental Illness

Pauline Hapsari<sup>1</sup>, Darodjat<sup>2</sup>, Titik Kusumawinakhayu<sup>3</sup>

<sup>1,2</sup> Faculty of Islamic Study, Muhammadiyah University of Purwokerto, Indonesia

<sup>3</sup> Faculty of Medicine, Muhammadiyah University of Purwokerto, Indonesia

Corresponding Email: [hapsaripauline@gmail.com](mailto:hapsaripauline@gmail.com)

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### ABSTRACT

All Muslims consider Quran as spiritual and moral guidance. In the past 1400 years, Al-Quran has shown its role as a means of treatment and therapy to treat human illness known as Syifa. The purpose of this study was to find out other important choices of spiritual therapeutic verses in Quran and determine which parts (juz) and verses (ayat) stated as the keywords and phrases concerning with Quran as a medication for every illness. Currently, Islamic medicine is used as a therapeutic treatment for both physical and mental illnesses. Islamic medicine practitioners usually incorporate specific Quranic verses into their treatment through a variety of methods. This study used the systematic review approach to gather information from the texts of previous and current scholars and then analyzed the data using a PRISMA methodology. Through comprehensive study among mufasssiriin and modern experiments, Quranic verses have had great impact as a treatment or therapy for human ailment, both physically and mentally. As a result, instead of traditional medicine, this technique should be acknowledged and adopted as a supplementary therapy among Muslims

## INTRODUCTION

Al-Quran is a Muslim holy book that includes the phrases of Allah. Beginning with the role of Quran in Islamic religion, the role of Quran in human life and the role of Quran as a repository of scientific fields, Quran thus contains the fundamentals of Islamic jurisprudence that benefit every Muslim. Globally, the function of Al-Quran is as a principle of every science in human language in the past, present and future (Djamdjuri & Kamilah, 2021). One of the issues that Quran discusses related to the world affairs is the issue of medication. Talking about medication, in Quran, there are two forms of medication. The first is medication for diseases of the human soul (mental). The second medication is for diseases of the human body (physical) (Sukmal et al., 2019).

Qur'an is the shape of Allah's mercy. Mercy in Arabic is called rahmah. This term carries connotations of "Riqqah taqtadli al-Ihsan ila al-Marhum". The dictions are listed in the book entitled Ibid, page. 471, a subtle feeling (love) that encourages giving kindness to the beloved. Islam is a living organism, so when it is declared in the past 1400 years to be a mercy for all nature, it means that religion actually loves and gives kindness to all nature. The paradigm of Islam as a religion of mercy is in line with the paradigm of divinity in Islam in verse 107 of QS. Al-Anbiya. It is emphasized that Islam is a mercy for all nature (al-'alamin). The paradigm of Qur'an, Islam is the religion of mercy. With that understanding, the expression of Islam, which is in accordance with Qur'an, both in thought and deed, and in fellowship or community, is an expression that provides real goodness for

life, especially humans. For this reason, the truth in the values of Qur'an is seen as an absolute truth, although the factor of balance becomes urgent for humans in confirming themselves in a more special area. And the process of achieving it can be categorized as grace (Latif, 2014).

In general, all science that has existed since the revelation of Quran to Muhammad PBUH was not newly created, including medical science. Quran does not go into depth on illness and therapeutic approaches. Yet, several verses are connected to the goals of medical knowledge, known as "syifa", which implies healing. Quran and Sunnah emphasize the importance of illness healing using Surah Fussilat 41:44 and Surah Al-Isra' 17:82. In these verses, Allah revealed to human that the entire Quran is a remedy (syifa) for all illnesses, both physical and mental. As a result, those verses represent the beginning of a discussion between Quran and medical sciences (Ibrahim et al., 2017). Allah has mentioned many evidences in Qur'an that Allah has the ability to cure all illnesses, such as in surah Asy-syu'ara ayat 80:

“وَإِذَا مَرَضْتُ فَبُهِدْتُ فَهُوَ يَشْفِينُ”

Which means “And when I am ill, it is He (Allah) who cures me”. Most of mufassirin trust that Allah is the one who cures all illnesses. As stated in Quran, it definitely pertains to Ibrahim ‘Alaihissalaam, who was respectfully praying to Allah when he was afflicted. There is also another proof in surah Al-Anbiya ayat 83, related to prophet Ayub ‘Alaihissalaam when he got ill, Allah mentions in this verse:

“وَأَيُّوبَ إِذْ نَادَىٰ رَبَّهُ أَنِّي مَسَّنِيَ الضُّرُّ وَأَنْتَ أَرْحَمُ الرَّاحِمِينَ”

“And (remember) Ayub, when he cried to his Lord: Verily distress has seized me, and you are the Most Merciful of all those who show mercy”. Not only stated in Qur'an, it is also narrated in the Hadist of Rasulullah PBUH. As narrated from Abu Hurairah RA, Rasulullah PBUH said:

حَدَّثَنَا مُحَمَّدُ بْنُ الْمُثَنَّى، حَدَّثَنَا أَبُو أَحْمَدَ الزُّبَيْرِيُّ، حَدَّثَنَا عُمَرُ بْنُ سَعِيدٍ بْنُ أَبِي حُسَيْنٍ، قَالَ حَدَّثَنِي عَطَاءُ بْنُ أَبِي هُرَيْرَةَ - رَضِيَ اللَّهُ عَنْهُ - عَنِ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ " مَا أَنْزَلَ اللَّهُ دَاءً إِلَّا أَنْزَلَ لَهُ شِفَاءً " "رَبَّاحٍ، عَنْ أَبِي

Narrated by Abu Huraira: The Prophet (ﷺ) said, "There is no disease that Allah has created, except that He also has created its treatment." (Sahih al-Bukhari 5678). As shown by proof from Quran and hadist, it must be obvious to all Muslims that the remedy is entirely from Allah, and mankind shall make every effort to heal the illness with complete trust in Allah (Ibrahim et al., 2017). Positive faith-based coping serves as an important part in the everyday lives of Muslims when facing life pressures. Islamic positive faith coping is a problem-solving method based on the belief that God's strength and love are far stronger than the issues that mankind faces. Allah has stated in Qur'an, Surah Al-Baqarah:155–156, that every human will be challenged with certain difficulties, but Allah will deliver good tidings to His followers who remember Allah when difficulties arise (Fitri & Nashori, 2021).

As Allah has commanded, mankind must always be patient when facing misfortune, whether they are tests, trials, or warnings from Allah. If patience means peace, Allah will manifest his kindness, allowing human to understand the advantages behind all of this. Psychological health is a state that allows humans to optimize their physical, cognitive and spiritual aspects while remaining in balance with their surroundings. Every individual requires mental well being, which will subsequently contribute to both mental and physical growth in order to live in harmony. Humans in general want to be healthy, both mentally and physically, and Quran contains guidance that can be a cure for the diseases that afflict humanity both physically and mentally (Hibban, 2022)

## METHODS

Literature review is a type of academic work that summarizes what is currently known related to a certain subject. The rationale behind a systematic review is that it is a type of research that can be improved by using appropriate and clear techniques (Zawacki-Richter et al., 2020). Users should

be able to judge the reliability and relevance of the review findings by reading detailed reports on the procedures followed and the outcomes of systematic reviews. In order to promote clear and comprehensive reporting of systematic reviews, the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) statement was created. It has now been modified (to PRISMA 2020) to take into account new developments in systematic review, vocabulary and methodology. Regardless of the design of the included research, PRISMA 2020 declaration has been developed particularly for systematic reviews of studies that assess the effectiveness of health interventions (Page et al., 2021).

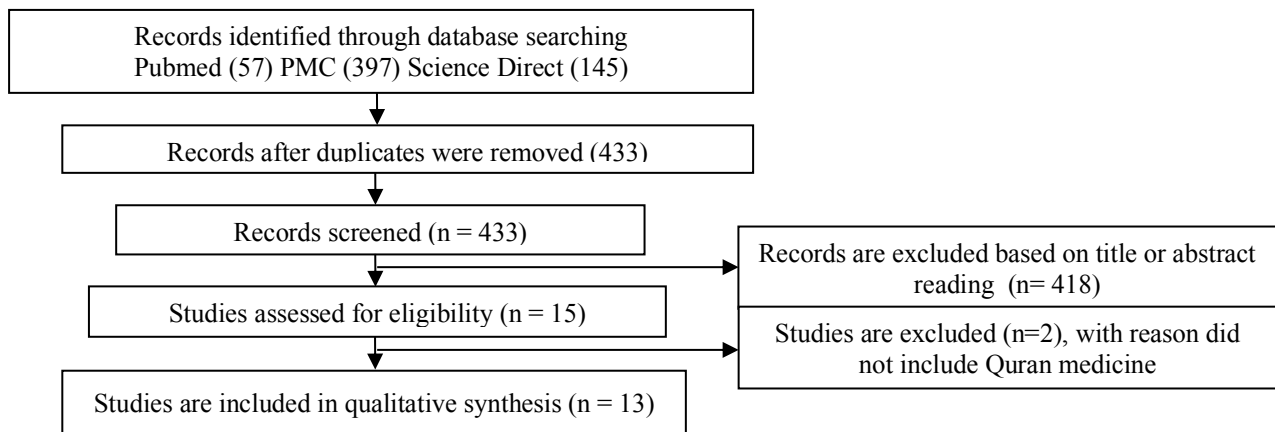


Figure 1. Preferred reporting items for Systematic Reviews and Meta-Analysis (PRISMA) flow diagram (Banyumas, Indonesia, 2023).

This systematic review delved into the power of Qur'an to heal physical and mental illness. Information database which were searched comprised of PubMed, PMC, and Science Direct. English keywords which are carefully vetted for research purposes are "Qur'an Medicine". 433 articles were found as a result of this search. This research was conducted from 2019 until 2023. After applying inclusion and exclusion criteria, 13 articles were finally made to the study. The inclusion criteria applied include the article which must discuss how Quran can be used to cure physical and mental illnesses. The article must include scientific evidence that supports the use of Quran for physical and mental healing. This can include scientific research showing the positive effects of Quran on health, or case reports showing the successful use of Quran to cure specific illnesses. The exclusion criteria applied include articles which should not discuss other alternative treatments, such as acupuncture or herbal remedies. The focus of the article should be on the use of Quran as a source of healing. The article should not compare other religious understandings, as it may take away from the article's focus on the Quran's power for healing. The article should not impose a particular belief on the reader. The article should not make claims that cannot be scientifically proven or do not have sufficient evidence.

## RESULTS AND DISCUSSION

A total of 433 studies were found by searching database on the initial search. Duplicates were removed in 166 cases and 433 were screened. A total of 418 studies were excluded based on their title and abstract. Meanwhile, 15 studies were evaluated for the eligibility based on their title. Only 13 of these were included for data synthesis, while the remaining 2 were excluded for the reason stated in the Preferred Reporting Items for Systematic Review and Meta-Analysis (PRISMA) flow chart. 13 journals processed using PRISMA Meta-Analysis Systematic Review have been attached in the form of a table containing each title and research results.

### The Qur'an as a Cure for Physical Illness

Treatment with the Qur'an is incredibly compelling, especially for serious illnesses that medical experts cannot heal. Because Qur'an is a "miracle" that is not restricted to religious studies

but also other global studies that can address all human issues. It may have a significant effect on the organs of the human body (Ansari, 2022). Thus, we can understand that the use of Quran as a treatment therapy for physical illnesses has a significant and positive impact on the recovery. One of the functions of holy Quran is as *asy-syifa* (medicine). It is called so because it can be a medicine that heals various diseases. This phrase is found in Surah Fussilat: 44; Yunus: 57; and al-Isra: 82 (Syukran, 2019).

Qur'an is "syifa", which has a two-sided assessment. First, the Qur'an shows the meaning of "syifa" as a guide to the general meaning. Second, it is a guide to the specific meaning. The first meaning provides an overall picture of the Qur'an. Every component in Qur'an has the potential for healing or treatment (Latif, 2014). In accordance with the words of Allah in Surah Al-Israa' verse 82, which is as follows:

وَنُنَزِّلُ مِنَ الْقُرْآنِ مَا هُوَ شِفَاءٌ وَرَحْمَةٌ لِّلْمُؤْمِنِينَ ۚ وَلَا يَزِيدُ الظَّالِمِينَ إِلَّا خَسَارًا

"And we sent down some of the Qur'an as a remedy and a mercy for those who believe."

According to letters (surah) from the Quran, Yunus (10:57), Al-Isra' (17:82), and Fussilat (41:44), all mufasssirin understand the word "syifa" as referring to the Quran. The variation in perception between mufasssirin is based on whether the problem is mental or physical (Ibrahim et al., 2017). Ayat of the Quran that treat physical illnesses could be evidenced by Allah's words: "Verily, there has come to you from your Lord and a healing for the diseases (that are) in the chest and guidance and mercy for people who believe." (Surah Yunus, verse 57). Every illness has a Quranic verse associated with it. The Quran, that is intended for healing remedies, can also serve as a worship to cure disease. The Quran likewise acts as a stimulant in pharmaceuticals. So, when sufferer is drinking water, air shouted Quranic phrases might be a healer. This is due to the fact that the Quran may be assimilated into the patient's physical health, so it decreases the pain in his physique (Yusuff et al., 2019).

There is a positive impact of reciting the Quran on coma patients in a hospital in the Klang Valley. The patient was identified using Glasgow Coma Scale (GSC), and his vital signs were measured (blood pressure, pulse rate, and breathing rate) as an indication of response before and after 30 minutes of listening to Al-Quran (audiotherapy treatment). As an outcome, the patient's blood pressure returns to normal. Muktadin did another research study on the therapy of mental illnesses by reciting Quran. This research is related to the process of KH Himamuddin in Central Jawa, who used verses from the Quran such as Al-Fatihah, Yasin, ayat Al-Kursiyy, Al-Kahfi, and Al-Baqarah. The research was conducted in a daycare clinic for psychiatric patients and was overseen by KH Himamuddin. The conclusions of this investigation show that this strategy has a positive influence on patients treated with certain schedules and approaches (Ibrahim et al., 2017).

Listening to Quran will give a calm effect because it has a relaxing effect even though it is only listened to once. It can be seen from the Encephalograph (EEG) recording which shows that the average Al-Quran listening therapy is dominated by the emergence of delta waves of 63.11% in the human brain. These waves appear in the left and right frontal regions of the brain. This shows that someone who listens to Quran is in a very calm condition, just like a picture of someone who sleeps deeply (Aprilini et al., 2019). According to research conducted by Qolizadeh et al (2019), the use of Quranic recitation and its effects on the vital signs of the neonates treated in the NICUs were evaluated. Based on the findings of this study, in this case, listening to Quranic recitation is an effective technique (Qolizadeh et al., 2019). In order to lessen discomfort and enhance the evaluation of painful behaviors, religious and spiritual treatments are crucial alternative pain treatment strategies (Desmawati et al., 2019). Throughout patients' period of reduction in the intensive care unit, a study was conducted to observe the impact of listening to recited Holy Quran aloud on respiratory-related health indicators. It showed a beneficial impact and an improvement in physical indicators (Yadak et al., 2019). The recitation of Quran influences the state of awareness in unconscious patients being treated in the ICU and causes a gradual improvement in consciousness of these patients (Naseri-Salahshour et al., 2018).

According to a research by [Rahman et al \(2020\)](#) memorizing the Quran may prevent brain shrinkage. The Quran is memorized in its entirety by those who memorize it, unlike those who only memorize parts of it or do not memorize it at all. This is because the more the brain works, the more probable the brain cells will be kept. The cerebral activities of a person reduce and their alpha strength rises as they listen to Quran recitation. Research findings indicates that those who memorized the verses had more readily brain cells compared to those who did not. This implies that Quran memorization can reduce intellectual deterioration, which could potentially result in neurological problems. In conclusion, to maintain healthy cognition as they age, individuals should be encouraged to engage in text memorization. Further research should investigate subcortical networks linked to cognition and brain connections. It is predicted that this method will be able to educate and explain the relationship between brain visualization biomarkers and memory ([Rahman et al., 2020](#)).

These research investigations have frequently examined how memorizing the Quran affects cognitive processes including focus, calmness, blood pressure, and diabetic. Researchers have also examined how these consequences influence treatment challenges associated with autism and help stroke victims in living better lives. Listening to the words and rhythm of the Quran can also give impact on enhancing focus, memories, boosting intellect and relaxing. It was also suggested that memorizing and listening to the Quran might help alleviate autistic problems and broaden the spectrum of electroencephalogram (EEG) alpha components. Another study covered the impact of memorizing the Quran on enhancing the brain's capacity to remodel interbrain connections in patients with stroke. In general, it was found out that stroke patients' standard of living was enhanced by learning the Quran. However, these investigations have produced some important informations regarding the consequences of memorizing the Quran ([Akbari et al., 2022](#)).

### **The Qur'an as a Cure for Mental Illness**

Qur'an can be used as a means of healing by listening, reading, and always being close to the Quran. Allah SWT explains this in Surah Al-'Araf verse: 204: "And when the Qur'an is recited, then listen carefully, and pay attention quietly so that you get grace". (Q.S. Al-'Araf: 204). The Qur'an is a panacea for every illness, whether it is physical or mental illness. Qur'an is like a complete collection of medicines. There are four stages. First, Qur'an prohibits everything that causes illness, just like a doctor. Thus, the Qur'an is a "mau'idhah" (sermon/value). Second, Qur'an gives medicine to cure the illness like a doctor. When it comes to a damaged Aqidah (principle faith), people can get illness. The way to eliminate this illness is by removing reprehensible character traits so that good advice can reach the heart. Third, Qur'an will convey instructions that are impossible to convey before the second stage is carried out. In this case, the rational spirit will receive something holy. At the fourth stage, the soul reaches a higher degree and is able to illuminate all parts of the soul as the sun illuminates the whole nature. This means that at this peak, Qur'an has become part of a person so that it can make him much better, both in physical and spiritual aspects ([Hajar & Novanto, 2021](#)).

According to At-Tabariyy ([as cited in Al-Harastaniyy et al., 1994](#)) and Kathir (2005), the Quran is a cure for mental illnesses and according to Ar-Raziyy, Az-Zamakhshariyy ([as cited in Al-Zamakhshariyy & Mahmud, 1998](#)) and Hamka (1990), the Quran is also a cure for physical disorders. Notwithstanding the two perspectives, the mufasssirin agree that Quran is a treatment for mental disorders experienced by Muslims, such as anxiety, stress and depression. All of these disorders can be treated, particularly by reading and listening to the Quran. At-Tabariyy, Kathir, Al-Maraghiyy, Sayyid Qutb, and Hamka ([as cited in Ibrahim et al., 2017](#)) tend to claim that the Quran has a benefit as a treatment.

As explained above, the Quran has a function as a medicine for both mental and physical illnesses. Related to the Qur'an as a medication for mental illness, in the book of Tafsir Muyassar, Al-Qarni stated that Allah has given Qur'an to humans as the best instruction to lead and advice against every shape of bad things. The Qur'an includes the best instruction, the greatest advice, and the most helpful things for individuals with pure heart. According to [Katsir \(2008\)](#), the remedy for the ailment in the chest refers to the disease that resides in the human soul or mental ([Sukmal et al.,](#)



2019; Katsir, 2008). Scientific evidence has shown that the recitation of the Qur'an has a beneficial impact on individuals facing spiritual and psychological challenges (Saged et al., 2020).

Two methods or treatments that can be utilized to encourage spiritual and physical healing are Qur'anic recitation and prayer. It has been proven that reading and reciting the Qur'an may calm the people who read it and help them feel better. Guidance and healing methods provided by Allah SWT through the Al-Qur'an and dhikr can heal the readers, particularly Muslims. It can also increase contentment and overcome worrisome in a range of dangerous or uncomfortable situations (Hidayat et al., 2023). Dhikr is an activity that involved reciting Qur'an on it. It is also part of Qur'anic medicine. Dhikr treatment has various advantages, such as helping persons with anxiety problems and serenity of mind, pushing them to develop themselves, and fostering consciousness of themselves. It assists sufferers to recognize the power of God, maintain faith and obey His directives. Dhikr also fosters tranquility, harmony, and happiness; therefore, it can reduce mental tension and internal conflicts. Patients may conquer anxiety problems and enhance their mental well-being by doing dhikr on a daily basis (Maslahat & Laila, 2022). Dhikr treatment helps alleviate anxiety among cancer patients. It shows a significance of meeting spiritual needs and an advancement of religious counseling in treating cancer patients (Sulistyawati et al., 2019).

Qur'an offers guidance on how to live a full life in all categories. The physical and mental well-being of a person is one of the most significant elements of life. Likewise, the Messenger of Allah also taught Sunnah. Sunnah (Hadith) and Qur'an have both given specific guidance on how to maintain a physically and mentally healthy lifestyle. Since we have adopted the Prophet's way of life and adhered to Islamic rules, we have put many aspects of a healthy lifestyle into action (Hibban, 2022). On the other hand, psychologists and experts say that memorizing Quran is a powerful stress reliever. With palliative radiation treatment patients, listening to Quran increases quality of life and survival rates. Memorizing ayat of Quran is strongly correlated with high blood pressure, diabetes, and depression. This indicates that individuals who memorize a significant portion of Qur'an have a lower likelihood of experiencing severe illnesses (Rozali et al., 2022). The technique of focusing mind on reciting the Holy Qur'an has proven effective in disrupting the cycle of negative thoughts. Concentration of mind through Quranic recitation therapy, known as Murottal Al-Qur'an therapy, can be implemented. This particular case study addresses a unique situation of anxiety among patients undergoing hemodialysis and examines the impact of administering Murottal Al-Qur'an therapy on anxiety levels among patients in North Sumatra Hospital Medan (Agusmita & Effendy, 2019).

Moreover, individuals attempting to quit smoking often experience heightened levels of anxiety. It is postulated that reciting Al-Quran can also aid in reducing cravings among smokers aiming to quit. This finding suggests that the recitation of Quran is a promising approach to enhance smoking cessation efforts, particularly due to its ability to diminish cravings, which are strongly associated with relapse. Stress reduction achieved through reciting Quran can translate into a decreased appetite and be reflected in the decreasing number of cigarettes smoked (Zainudin et al., 2018). There is a significant reduction in anxiety levels among athletes who recited the Al-Quran before tournaments. Additionally, it is also found out that recitation of the Quran helped alleviate anxiety among women awaiting a cesarean section and notably decreased the pulse and respiratory rates of patients preparing for heart surgery (Zainudin et al., 2018). The act of listening to the recitation of Quran, particularly Surah Ar-Rahman, has the potential to reduce anxiety experienced by pregnant women during the labor process, leading to potential benefits such as improving cortisol levels and making labor duration shorter (Irmawati et al., 2020).

Prayer (shalat) practice has shown to considerably improve quality of life. All believers were expected to recite Quranic passages aloud during shalat while remaining silent. According to research, doing 8 rakaat of salat dhuha in a day for 6 weeks can considerably decrease oxidative tension and improve antioxidant defense in aged women (Boy et al., 2023). Additionally, prayer (shalat) has the following benefits, as follows: (a) it fosters a sense of solidarity; (b) it stimulates welfare; (c) it strengthens faith; and (d) it enhances purposeful mindfulness. The results show that praying requires consciousness and has a significant impact on mental health (Callender et al., 2022). Understanding

and reflecting on Allah's words from both the Kauliyah (the Quran) and the Kauniyah (the universe or creation) might help one remember Allah or do Dzikr. In terms of standard of living, adherence to treatment and recovery time spent, Dzikr may help people with cancer feel less anxious. According to several studies, dhikr treatment helps people with cancer calm down and get easily deal with anxiety (Sulistyawati et al, 2019).

The results show that doing salat and dhikr on schedule and consistently has a good impact on both mental and physical health. One of the processes connecting Muslim religious devotion to health and mental wellness is interpersonal reconciliation, which is improved by spiritual treatments (Irawati et al., 2023). Memorizing, reading, or listening to Quran can assist Muslims reducing tension, depression, and nervousness while also enhancing their quality of life. The positive and significant impact is the shape of the effectiveness of the Qur'an medication effect, as compiled in this systemic investigation (Rozali et al., 2022).

Certainly, sickness is a trial from Allah to bring us back to Him. Reciting Quran passages thoroughly is such an approach to heal the illness. Reciting Quran verse vibrations might cause a person's heart to become calm. It is because the good vibration in verses will transform a person's bad aura. According to Imam Malik, Ibn Shihab, Urwah bin Zubair, and Aisha, once the Prophet of Allah suffered of illness, he recited to him from Al-Falaq and An-Naas and blew on him (on the sore spot) (Bahraen, 2017). Surah Al-Fatihah proves that this verse can heal various illnesses remarkably and this verse is the mother of the Quran. Surah Al-Fatihah is a chapter containing numerous virtues, particularly in the field of Islamic medical practice. Quran and medicine have become inextricably linked. Mental illness can even be healed by reciting Quranic verses, which is the most efficient and widely used approach for treating mental illnesses (Yusuff et al., 2019).

### **Purpose and Benefits of Quranic Medicine**

Islamic health is essentially focused on the idea of balancing both the prevention and treatment of illnesses. Ibn Sina's concept of being healthy as a "state of proportion" or "balance and harmony" (i'tidal) is consistent with this (Avicenna, 1973). This is consistent with Qur'an, which contends that because man is formed in a harmonious (just) state, he or she is susceptible to disease if that state is out of balance. In his work Thibun Nabawy, Imam Ibnul Qayyim al Jauziyah claims that diseases can be divided into two categories: mental (metaphysical) diseases and bodily (physical) diseases (Avicenna, 1973). The holistic nature of Islamic approach to health is attributed to its inclusion of metaphysical and cosmological ideas, which see the individual as a whole with a tight relationship between the body and the soul as well as a realization of health via balance and harmony. The most priceless blessing of Allah SWT in this life is having a good state of mental and physical health (Hibban, 2022).

Among the purposes and advantages of Quranic medicine that can be derived from this source is to provide Islamic healing to individuals who struggle with life's problems. The next step is to embrace those among our brothers and sisters who are unaware of Islamic law (sharia) so that they can overcome these difficulties by returning to the Qur'an, which can protect one from unwanted things. Finally, we have to resolve the issue by either not creating new issues through the methods of defamation and syubhah (doubt) desire, defamation, insult, misinterpretation, inequity, and ignorance that can harm wisdom, views, understanding, and belief in Allah (Kamus, 2016). Imam Ibn Al-Qayyim Al-Jawzi (may Allah have mercy on him) said, "The Quran provides the best medicine for all illnesses of the physical and mental body, in addition to the miseries of this world and the next." Therefore, not everybody is qualified for Allah's guidance to accomplish the cure with the Quran; however, if a person treats his illness with the Quran which means with his belief and repentance, submission and complete conviction in Allah, while also fulfilling other conditions, Allah will cure their illness." (Yusuff et al., 2019).

The truth in the values of Qur'an is seen as absolute truth. As Muslims, the Qur'an must be the main guide in living all aspects of life. In the Quran, there are so many verses that command humans to think, read, and reflect on the verses and everything around them. Everything is a sign of the power

of Allah (SWT). Because Islam as a religion that pays attention to human existence, Islam unfolds a very firm concept of a healthy life to humans, for example regarding what life is and where it is headed. The Qur'an takes an important position in terms of physical strength. Basically, the Qur'an is a holy book that explains the problems of belief and guidance, shari'a law, and morals; but in it, there are many verses that show various scientific properties that encourage humans to study, discuss, and understand them. The function of the Qur'an is indeed to cure people whose hearts there is illness, but it should be noted that protracted mental illness can also cause physical illness and vice versa. Although many scholars of Tafsir understand the word "syifa" in the Qur'an as an antidote for all kinds of illnesses (Latif, 2014).

The phrase "Living Quran" is conceptually derived from two distinct words, namely "living," which denotes life, and "Qur'an," which refers to Muslim holy book. As a result, it is typically understood to refer to Qur'an as it exists in modern society. In a culture where the Qur'an serves as a moral code, the phrase "living Quran" is often used. They live by obeying the Qur'anic commands, abstaining from the forbidden, and demonstrating the Qur'anic values in many aspects of their daily lives (Hibban, 2022).

## CONCLUSION

As a result of the above discussion, we can see that the scope of Islamic knowledge is very broad. One of which is Islam's detailed discussion of medical science and everything related to it. This is because Islam will always lead to all best goals in life, including paying attention to its followers' health. Islam has presented the best way to achieve these health goals by providing the best healing therapies and following the Islamic rules contained in the Qur'an and Sunnah. Thus, the best way of life for mankind will be achieved. Through the term "syifa" in the Quran, it gives awareness to all humans that the Quran is the main source for humans in the field of health and medicine. The Quran is much more than a holy book; it is also a highly helpful book or a magnificent resource for humans. Living with faith in the Quran will provide us with a better and more serene existence. That is an Al-Quran blessing and mercy. The Quran represents a blessing for us since it contains all we need.

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