

ISLAMIC EDUCATION IN HEALTH

Fathul Khair¹, Natsir Mahmud², Abdul Rahman Sakka³, & Purniadi Putra⁴

^{12,3,4}Universitas Islam Negeri Alauddin Makassar, Indonesia

Correspondence Email: khoir@stikmuhptk.ac.id

ABSTRACT

Islam is a religion that provides comprehensive guidelines for all aspects of life, including worship, social interactions (muamalah), and health maintenance in daily living. Islam views health as one of the greatest blessings from Allah SWT, which must be preserved and appreciated. From an Islamic perspective, health encompasses not only physical well-being but also spiritual, mental, and social dimensions. Therefore, discussing health within an Islamic framework is crucial, particularly in relation to Islamic education on health. This article employs a qualitative approach by reviewing and analyzing various relevant sources and literature to produce an in-depth discussion. The findings highlight that Islam offers education and guidance on cleanliness, healthy living, preventive and curative health measures, and maintaining a balance between physical and spiritual well-being.

Keywords: Islamic education; health

1) INTRODUCTION

Islam, as a comprehensive guide to life, places great emphasis on health. In the Islamic perspective, health is one of Allah's most valuable blessings, and maintaining it is a human obligation and a form of gratitude to Allah. Islam does not view health solely as a physical necessity, but also as a spiritual, social, and moral responsibility (Kaelany, 2005). Islam's respect for health reflects its recognition of it as an immeasurable blessing that must be preserved and cared for, especially by Muslims. As the Prophet Muhammad SAW said in a hadith narrated by Ibn Abbas RA (Fathul Bari, 5933):

نِعْمَتَانِ مَغْبُورٌ فِيهِمَا كَثِيرٌ مِنَ النَّاسِ الصِّحَّةُ وَالْفَرَاغُ

"There are two pleasures that are often forgotten by many people: health and free time" (HR. Bukhari).

The hadith in question reminds us of the importance of health as one of God's blessings that is often overlooked or underappreciated until a person falls ill. It contains deep lessons about the need to cherish and be grateful for health as a divine gift. Good health enables a person to live daily life well, perform acts of worship, work, and interact with others. When illness

strikes, activities become limited, and only then does one truly realize how valuable a healthy body is. Islam teaches that the blessing of health must be appreciated by maintaining the body through a balanced diet, regular exercise, adequate rest, and using one's physical strength for beneficial purposes, such as worship and helping others. Health is a profound blessing from Allah that must be preserved and honored.

In Islam, health is not merely seen as a state of physical well-being but also as a means to lead a productive and devout life. It is an asset that allows a Muslim to live meaningfully, filled with blessings and benefits. By maintaining our health, we not only express gratitude for God's blessings but also fulfill His command to care for the trust He has given us our bodies. A healthy body enables a person to worship with sincerity, work effectively, and contribute positively to both family and society. Therefore, this divine gift must be protected and used wisely. Maintaining health is a tangible expression of a servant's gratitude and responsibility to the Creator.

Muslims are encouraged to be proactive in maintaining their health before illness strikes, including through preventive measures such as maintaining cleanliness, avoiding harmful foods, and adopting a healthy lifestyle (Moh. Mashadi, 2020). A healthy body is the primary means to perform various acts of worship optimally, such as prayer, fasting, and Hajj. Thus, maintaining health is part of preparing oneself to fulfill obligations to Allah SWT.

In addition to health, the hadith also mentions free time as a blessing that is often neglected. Both health and free time should be used for positive purposes, such as gaining knowledge, worshiping, and performing good deeds. Health is an invaluable treasure that is often truly appreciated only once it is lost. Therefore, maintaining one's health is not only a form of gratitude to Allah but also a key responsibility of every Muslim in leading a purposeful and meaningful life.

2) METHODS

The qualitative approach in this discussion aims to gain an in-depth understanding of aspects related to the topic, with a focus on collecting and analyzing non-numerical data such as texts, documents, and literature. This approach is essential for exploring topics comprehensively, particularly those involving conceptual and interpretive dimensions. By utilizing data from multiple sources, it enables rich and relevant analysis, supporting a deeper understanding of the themes being studied. Through this method, the article seeks to produce a comprehensive and meaningful review, grounded in data interpretation and the relationships between concepts. This involves gathering relevant data from primary literature such as books, scientific journals, and articles related to the theme as well as secondary literature, including reviews and interpretations that support the research context, along with other relevant documents. The qualitative approach described here is intended to provide a detailed and insightful review by analyzing data within a conceptual framework. The main focus lies in interpreting data and examining the interrelationships among concepts, using various types of literature to strengthen the discussion. The use of primary and secondary sources, along with other supporting

documents, ensures the quality of the review, the accuracy of the information, and the relevance of the discussion to the raised themes.

The sources that ensure the data obtained are rich in perspective and context require data analysis. The analysis described emphasizes the importance of a systematic approach in data collection and processing, with the main goal of ensuring the quality, relevance and meaningfulness of the results. This approach aims to produce in-depth and reliable understanding. Thematic analysis: identifying the main themes that appear in the literature, Information synthesis: connecting data from various sources to produce a comprehensive understanding, critical interpretation: Assessing validity and the relevance of each piece of information, as well as constructing logical and well-founded arguments. Data Validation: comparing various sources to ensure consistency of information, using triangulation, which is a different approach to looking at the same issue. Presentation of Results: identification of relevant matters, in-depth discussion, conclusions and implications (Arikunto, S, 2014). This process produces a review that is not only comprehensive but also perspective-rich, relevant, and applicable. With these steps, the results of the discussion will be structured, in-depth, and provide added value in both academic and practical contexts. Validation and critical interpretation ensure that the resulting data is of high quality and supports logical arguments.

Through this qualitative approach, the article is expected to produce a review that is not only strong from an academic standpoint but also relevant to practical applications and contextual understanding. It aims to bridge the gap between theory and practice, delivering insights that are both conceptually rich and applicable to real-world settings. In this way, the article contributes not only to the development of academic knowledge but also offers direct benefits to readers and users of the research findings. The ultimate goal is to create a work that holds high academic value while maintaining practical relevance. This approach responds to the need for in-depth analysis that not only advances theoretical understanding but also provides tangible benefits in a broader context.

3) RESULTS AND DISCUSSION

Islam has a significant and active role in providing health-related education. Islamic teachings not only provide guidance regarding physical health, such as maintaining cleanliness, eating *halal* and good food, and exercising, but also emphasize the importance of mental and spiritual health. Islam encourages its followers to maintain a balance between body, mind and soul, and apply the principles of healthy living in everyday life. By following these teachings, Muslims are taught to maintain overall health, which can improve the quality of life and draw closer to Allah. Health education in Islam not only aims to protect the body from disease, but also to create a harmonious balance of life between the physical and spiritual (Asy'arie, 2012). Health education in Islam creates a holistic and integrated approach, where physical, mental and spiritual health are considered as parts from God's trust that must be maintained. The main goal is not only to protect the body from disease, but also to create a harmonious life balance, where the physical and spiritual support each other. In Islam, health is a blessing that must be grateful for and well maintained, and is an integral part of achieving happiness in this world and the hereafter. This is reflected in several discussions as follows:

A. Awareness of Maintaining Cleanliness

Islam places great emphasis on cleanliness as part of the faith. This is reflected in various recommendations, such as: *Wudu* and *Ghusl*. Cleanse the body before performing worship. Environmental cleanliness: Keeping the environment clean, free from dirt and pollution. Food and drink hygiene: Avoid food and drinks that are not halal or dangerous. Rasulullah SAW said (Abdul Rosyad Siddiq, 2008):

الطُّهُورُ نِصْفُ الْإِيمَانِ

Meaning: "*Cleanliness is part of faith*". (HR. Muslim).

The expression cleanliness is part of the faith is a statement that emphasizes the importance of cleanliness in Islamic teachings. Physical cleanliness is important in creating a clean and comfortable personality in interacting with the community and the surrounding environment.

Cleanliness is a part of faith, which is reflected in various teachings and practices of daily life. Cleanliness is not only considered a physical aspect, but is also closely related to the spiritual aspect, as part of the people's awareness of the greatness and commands of Allah. The following is an explanation of several aspects of cleanliness taught in Islam:

- 1) Ablution and Bathing: ablution as preparation for worship: one of the main ways to maintain cleanliness in Islam is through ablution, which is the process of cleansing parts of the body with water (washing hands, face, mouth, nose, arms, head and feet). Ablution is performed before performing prayers, which shows that body cleanliness is the main requirement for praying well and solemnly. *Wudhu* teaches Muslims to maintain physical and spiritual purity before facing Allah in prayer.
- 2) *Ghusl* after menstruation, postpartum or *junub*: Obligatory bathing (*ghusl*) is an obligation for someone under certain circumstances, such as after sexual intercourse, menstruation or postpartum. This bath aims to cleanse oneself of major *hadas* and purify the body so that one can carry out worship validly.
- 3) Environmental Cleanliness: first, Keeping the Surroundings Clean: Islam teaches its followers to keep the environment around them clean. Cleanliness is not only limited to individual bodies, but must also be applied to residential environments, mosques, markets, roads and other public places. Second, Avoiding Dirt and Pollution: In Islam, throwing rubbish carelessly, polluting the environment, or destroying nature is considered inconsistent with religious teachings. Islam encourages people to keep nature clean and create a healthy and comfortable environment to live in. Third, Maintaining Cleanliness in Worship: Islam also emphasizes cleanliness in every aspect of worship. For example, in mosques or other places of worship, Muslims are taught to maintain cleanliness, so that the place becomes a holy and comfortable place to worship.

B. Healthy Lifestyle in Islam

Islam provides clear guidelines for living a healthy lifestyle by emphasizing balance, caution, and moderation in all aspects of life, including food and drink consumption. Islamic teachings encourage followers to consume food and beverages that are *halal* (permissible) and

thayyib (good and clean), while also promoting a diet that avoids excess and anything harmful to the body. Furthermore, Islam emphasizes the importance of maintaining cleanliness of the body, the environment, and the soul which collectively supports the achievement of holistic health encompassing physical, mental, and spiritual well-being.

With this balanced approach, Islam encourages its followers to live healthily, protect themselves from habits that harm the body, and live a life rooted in awareness and responsibility towards themselves, others, and Allah. Islamic teachings promote a holistic approach to healthy living, emphasizing the importance of caring for the body, mind, and spirit. Followers are urged to cultivate healthy habits, avoid behaviors that endanger their well-being, and act with a sense of accountability in all aspects of life. In this context, health is not viewed solely from a physical perspective but also includes mental and spiritual dimensions. By maintaining balance in food consumption, lifestyle choices, and acts of worship, Muslims are taught to lead a blessed life, preserve their health, and build harmonious relationships with both Allah and His creation. The concept of healthy living in Islam is reflected in several positive and practical behaviors, such as:

- 1) Consuming sufficient food is an attitude exemplified by the Prophet Muhammad and should serve as the main model in this matter (Andriyani, 2019). This highlights how a proper diet can support both physical and spiritual health while emphasizing caution in consumption. In Islam, a good diet is not only beneficial for physical well-being but also contributes positively to spiritual health. Islam teaches its followers to consume food that is *halal* (permissible) and *thayyib* (pure and good), and underscores the importance of moderation and mindfulness in eating and drinking. By avoiding foods that may harm the body such as those containing harmful substances or forbidden (*haram*) ingredients Muslims are reminded to care for their bodies as a trust from Allah. A healthy diet fosters emotional and spiritual stability, as a sound body supports devoted worship and a clear, focused mind. Moreover, by adhering to principles of moderation and caution in consumption, Muslims are encouraged to maintain balance in life, avoid excess, and nurture good relationships with Allah, others, and the environment. The Prophet Muhammad SAW himself exemplified moderation in eating:

مَا مَلَأَ آدَمِيٌّ وَعَاءَ شَرًّا مِنْ بَطْنٍ بِحَسْبِ ابْنِ آدَمَ أَكَلَاتُ يُقَمِّنُ صُلْبَهُ فَإِنْ كَانَ لَا مَحَالَةَ فَتَلْتُ لِطَعَامِهِ وَتَلْتُ لِشَرَابِهِ وَتَلْتُ لِنَفْسِهِ

Meaning: "There is no worse vessel for the son of Adam to fill than his stomach. A few mouthfuls are sufficient to keep his back straight." (HR. Tirmidhi) (*Jaami' Al-'Ulum wa Al-Hikam*. Cet 10, Tahun 1432 H).

The meaning of "There is no worse vessel for the son of Adam to fill than his stomach. A few mouthfuls are sufficient to keep his back straight" is taken from a hadith narrated by Imam Tirmidhi, which underscores the importance of maintaining a wise and moderate diet in Islam. This hadith emphasizes that the stomach representing human desire for food can become a source of significant problems if not properly controlled.

- 2) Maintaining a healthy lifestyle in Islam includes avoiding harmful substances that can damage the body and impair the mind, such as alcohol, drugs, and other toxic substances. Islam strongly emphasizes the importance of protecting both physical and mental well-being, and therefore strictly prohibits the consumption of anything that could lead to harm. Substances like alcohol and drugs are forbidden because they negatively impact

physical, mental, and spiritual health. One of the primary ways to uphold a healthy life is by steering clear of these harmful elements. Allah SWT clearly prohibits such substances in the Qur'an, as stated in Surah Al-Ma'idah (5:90):

تُفْلِحُونَ لَعَلَّكُمْ فَاجْتَنِبُوا الشَّيْطَانَ عَمَلٍ مِّن رَّجْسٍ وَالْأَرْزَاقُ وَالْأَنْصَابُ وَالْمَيْسِرُ الْخَمْرُ إِنَّمَا أَمْثَلِ اللَّهُ الَّذِينَ يَأْتِيهَا

Meaning: "O you who believe, indeed *khamr* (alcohol), gambling, (sacrificing to) idols, and *azlām* (darts for betting) are dirty (unclean) from the actions of the devil. Therefore, stay away from these actions so that you will be lucky." (QS. Al-Ma'idah: 90).

This verse clearly prohibits Muslims from consuming alcohol and other substances that can lead to destructive behavior. Alcohol is described as an act of the devil because it can impair the human mind and behavior, thereby disrupting one's relationship with Allah, fellow human beings, and the environment (H. M. Hasballah Thaib & H. Zamakhsyari Hasballah, 2007). This prohibition also extends to other harmful substances that damage the body and mind, such as drugs. The Prophet Muhammad SAW said: "Every intoxicant is *khamr*, and every intoxicant is *haram*." (Narrated by Muslim). Like alcohol, drugs fall under the category of intoxicants that can damage the brain, harm bodily organs, and lead to dangerous and detrimental addiction (Iman Jauhari, 2006). The following section provides a further explanation of this issue:

- a) Alcohol and Drugs in Islam: Alcohol and drugs are two examples of substances that are clearly prohibited in Islam due to their severely harmful effects on both the body and mind. These substances can cause serious physical damage, including liver failure, nervous system disorders, and decreased functioning of other vital organs. Moreover, alcohol and drug use can impair a person's ability to think clearly, often resulting in behavior that harms both the individual and those around them. Beyond physical harm, drugs like alcohol have a profound impact on mental and spiritual well-being. Drug use frequently leads to addiction, which diminishes a person's capacity for sound judgment, weakens the quality of worship, and distances the individual from a meaningful and righteous life. In Islam, taking proactive steps to protect oneself from such dangers is highly emphasized and considered a crucial part of maintaining overall health and faith.
- b) Adverse Impact on Physical, Mental, and Spiritual Health: Physical Health: Alcohol and drug use can damage many body organs, such as the liver, kidneys, heart and brain. Abuse of these substances also risks causing chronic diseases and serious body system disorders, even premature death. In addition, drug use can affect sleep quality, disrupt the body's metabolism, and weaken the body's resistance to disease. Mental Health: Alcohol and drugs can cause damage to brain function, reduce thinking capacity, alter perception, and damage emotional balance. This causes loss of self-awareness, depression, anxiety, and other mental disorders that can affect a person's ability to interact healthily with the social environment and family. Spiritual Health: In a spiritual context, the use of this dangerous substance can make a person far from Allah, reduce piety, and interfere with concentration in worship. Conditions resulting from alcohol or drug consumption often reduce a person's awareness of religious values and cause behavior that is far from Islamic principles.

Avoiding dangerous substances such as alcohol, drugs and other substances that damage the body is highly emphasized as part of the responsibility towards the body's trust

given by God. Physical, mental, and spiritual health are a unity that must be well maintained. Islam encourages its followers to avoid all forms of habits that can damage themselves, whether in the form of consuming dangerous substances or other habits that can disturb the balance of life, in order to maintain a better and more useful quality of life.

- 3) Fasting in Islam is not only considered a spiritual worship, but also has many health benefits for the body and soul. Rasulullah SAW taught the importance of fasting, and apart from being a form of worship, fasting also has a positive impact on physical and mental health. Fasting in Islam is a worship that contains spiritual, physical and mental benefits. Rasulullah SAW taught the importance of fasting as a form of getting closer to Allah as well as practicing self-control. On the other hand, fasting provides scientifically proven health benefits, such as body detoxification, metabolism regulation, and improved mental health. Thus, fasting becomes a form of worship that reflects the perfection of Islamic teachings in maintaining a balance between physical and spiritual needs. Rasulullah SAW said from Abu Hurairah radhiallahu 'anhu:

تَسْتَغْنُوا وَسَافِرُوا تَصِحُّوا، وَصُومُوا تَغْنَمُوا، اغْزُوا

Meaning: *"Fight and you will get booty, fast and you will be healthy, and travel and you will be rich."*

This hadith shows that fasting has extraordinary benefits for the body's health. Here are some of the benefits of fasting based on the health perspectives:

First, body detoxification: Fasting helps the body's detoxification process, namely the removal of toxins and dangerous substances that have accumulated in the body. When fasting, the body is not busy digesting food and can focus more on the process of eliminating toxins through organs such as the liver and kidneys. **Second**, improving the function of the digestive system: Fasting gives the digestive system time to rest and repair damaged cells. This can prevent digestive disorders such as flatulence, constipation and gastric disorders. **Third**, reducing the risk of disease: Several studies show that fasting can help reduce the risk of various diseases, such as diabetes, heart disease and obesity. Fasting can lower blood sugar, cholesterol and blood pressure levels, and improve heart health. **Fourth**, maintaining ideal body weight: Fasting helps regulate calorie intake and improves the body's metabolism. During fasting, the body tends to burn existing fat as an energy source, which can help in maintaining a healthy body weight. **Fifth**, improving mental and spiritual health: Apart from physical benefits, fasting also provides benefits for mental and spiritual health. Fasting teaches patience, self-control, and increases closeness to Allah. Fasting can also help reduce stress, anxiety, and increase mental calm. **The last**, regulating the diet: Fasting teaches Muslims to be more disciplined in managing their diet and to appreciate food more. Fasting also reminds Muslims not to overdo it in eating and drinking, to follow the sunnah of the Prophet Muhammad to eat in moderation (Yohanes sunardi, 2020).

Fasting in Islam carries broad dimensions not only as a form of spiritual worship but also as a means to improve physical and mental health. The Prophet Muhammad (SAW) exemplified the importance of fasting, both through obligatory fasts such as those during Ramadan and

recommended fasts like those on Mondays and Thursdays. The following is an explanation of the benefits of fasting from various perspectives:

a) Spiritual Dimension: Closeness to Allah

- Fasting is a form of worship that trains a Muslim to restrain desires, including hunger, thirst and negative emotional impulses.
- Through fasting, a Muslim learns to be patient, disciplined, and draw closer to Allah. This strengthens the spiritual connection and awareness of the blessings that God has given.
- Rasulullah SAW said: "Fasting is a shield." (HR. Bukhari and Muslim). Fasting is a protection from sin and temptation, as well as a way to strengthen faith.

b) Physical Health Benefits

- Body Detoxification: When fasting, the body takes a break from the constant digestive process. This gives the body a chance to remove toxins and cleanse the body's system.
- Weight Management: Fasting helps in controlling calorie intake and can help maintain a healthy weight. It is also beneficial for preventing obesity and related diseases.
- Metabolic Balance: With a regular eating pattern during sahur and breaking the fast, fasting can help regulate blood sugar levels, increase insulin sensitivity, and reduce the risk of type 2 diabetes.
- Heart Health: Research shows that fasting can help lower bad cholesterol (LDL) levels and improve overall cardiovascular health.

c) Mental Health Benefits

- Reducing Stress and Anxiety: Fasting helps calm the mind and promotes inner calm. This is because fasting directs a person to focus on worship and distance themselves from things that trigger stress.
- Improving Concentration: When fasting, the body reduces heavy digestive activity, so that energy can be diverted to supporting brain function and improving concentration.
- Practicing Self-Control: By curbing hunger and thirst, fasting teaches self-control that can be applied in other aspects of life.

d) Fasting as a Multifunctional Worship

- Spiritual Worship: Apart from getting closer to Allah, fasting is also a means of introspection and improving the quality of other forms of worship, such as prayer, reading the Koran, and praying.
- Life Balance: Fasting teaches balance between physical and spiritual needs, so that a Muslim can live more consciously and regularly.
- Social and Caring: By feeling hungry while fasting, a person is more able to feel the suffering of less fortunate people, thereby increasing empathy and the urge to give charity.

C. Disease Prevention

Islamic education in health can be viewed from two interrelated aspects: the development of individuals who are physically, spiritually, and socially healthy. Islam not only provides spiritual guidance but also offers principles that support physical and mental well-being through its comprehensive teachings. Preventive measures are strongly encouraged in Islam as part of teaching the importance of disease prevention and avoiding transmission, as emphasized by the Prophet Muhammad (SAW), who said:

مُصِحِّ عَلَى مُمْرَضٍ يُورَدَنَّ لَا وَسَلَّم عَلَيْهِ اللَّهُ صَلَّى النَّبِيُّ قَالَ

Meaning: "Do not mix the sick with the healthy." (HR Bukhari and Muslim from Abu Hurairah)

Preventive or prevention measures are among the principles highly emphasized in Islam, particularly in maintaining health and preventing the spread of disease. This principle aligns with the concept of *Maqashid Sharia*, one of which is the protection of life (*hifz an-nafs*) (Imam Al-Ghazali, 1st ed., 1996).

Islam in health offers a holistic approach that includes physical, spiritual and social aspects, with the aim of creating overall healthy individuals. Islamic teachings not only focus on humans' relationship with Allah, but also regulate a healthy lifestyle that supports physical, mental health and social interactions.

1) Physical Health:

- Healthy Living Guide: Islam teaches the importance of taking care of the body as a trust from Allah. This is reflected in various worship services that require physical cleanliness, such as ablution, mandatory bathing, and maintaining *halal* food and *thayyib*. "Eat and drink, but do not overdo it. Indeed, Allah does not like people who overdo it." (QS. Al-A'raf: 31). This verse teaches the importance of moderation in consumption to maintain a healthy body.
- Sports and Physical Activities: Rasulullah SAW also encouraged physical activities such as swimming, archery, and horse riding, which show the importance of maintaining physical fitness.

2) Spiritual Health

- Worship as Spiritual Therapy: Prayer and *dhikr* are ways to maintain spiritual health. Through worship, a Muslim can reduce stress, increase mental peace, and draw closer to Allah.
- Avoiding Heart Disease: Islam teaches to cleanse the heart of envy and revenge, which can damage mental health. This cleansing of the heart is the basis for achieving inner peace.

3) Social Health

- Positive Interaction: Islam encourages friendly attitudes, helping each other, and maintaining friendship to build healthy social relationships. This is not only beneficial for strengthening relationships between individuals, but also contributes to the general well-being of society.

- Empathy and Solidarity: Fasting, *zakat*, and alms are the examples of Islamic teachings that foster a sense of empathy towards others. This supports social balance and creates harmony in society.

4) Islamic Principles that Support Health

- Cleanliness: Islam emphasizes cleanliness as part of the faith, both personal, environmental and food cleanliness.
- Healthy Lifestyle: Islam prohibits the consumption of dangerous substances, such as alcohol and drugs, which can damage physical and mental health.
- Moderation: In all aspects of life, Islam teaches not to overdo it, both in eating, drinking and daily behavior.

D. Physical and Spiritual Balance

Islam teaches that physical health must be balanced with spiritual health. This can be achieved through *dhikr* and prayer which can foster mental calm which has a positive impact on mental health. It is also part of a harmonious way of life. This principle is reflected in worship practices such as *dhikr* and prayer, which not only bring a person closer to Allah but also have a positive impact on mental and physical health. As Allah SWT says in QS. Ar Ra'd verse 28;

الَّذِينَ ءَامَنُوا وَتَطْمَئِنُّ قُلُوبُهُمْ بِذِكْرِ اللَّهِ ۗ أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ

Meaning: "(Namely) those who believe and their hearts become peaceful by remembering Allah. Remember, only by remembering Allah can the heart become peaceful."

With *dhikr* and prayer, Islam offers a holistic guide to maintain mental and physical health. When a person makes it a part of his life routine, he not only improves his spirituality but also gets deep peace of mind. This forms a solid foundation for facing life's challenges with strength, wisdom and unwavering faith. Peace of mind is the essence of overall health, connecting the body, mind, and spirit in perfect harmony, as taught in Islam. The lesson from it all is:

1) Doing *dhikr* to foster peace of mind

Dhikr, which means remembering Allah, is one of the main ways to achieve peace of mind. In the Qur'an it is stated: *dhikr* helps reducing stress, anxiety, and tension by bringing thoughts to positive things and increasing feelings of gratitude.

2) Prayer as Spiritual Therapy

- Effect on the Mental: Regular prayer movements, such as bowing and prostrating, have a calming effect on the nervous system. In addition, prayer also provides time for reflection and getting closer to Allah, which helps overcome anxiety and depression.
- Tranquillity through Prayer: In prayer, a Muslim surrenders all matters to Allah. This feeling of surrender provides calm and helps reduce the burden on the mind. Rasulullah SAW said: "Pray as you see me praying." (HR. Bukhari). By praying fervently, a person can feel a direct connection with the Creator.

3) Positive Impact on Mental Health

- Reducing Stress and Depression: *dhikr* and prayer involve full concentration, which can reduce stress activity in the brain and increase the feeling of peace.
- Increasing Gratitude: By reciting *dhikr* and prayer, a person is taught to always be grateful for the blessings given by Allah. This helps shift the focus from worldly problems to the positive aspects of life.
- Improving Emotional Balance: Regularity in worship helps a person regulate their emotions, so they are better able to face the stresses of life.

4) Balance Physical and Spiritual Health

- Physical Health: Islam teaches that the body is a trust that must be looked after properly. A *halal* and *thayyib* diet, exercise, and avoiding dangerous substances are part of this teaching.
- Spiritual Health: Spiritual health is obtained through regular worship, such as *dhikr* and prayer, which helps a person feel peace, control emotions, and keep the mind focused on goodness

5) Physical and Spiritual Harmony

Islam teaches that a healthy body influences the strength of worship, while a calm soul supports physical health. By taking care of both, a person can live a balanced and productive life.

Naturally, this can also help reduce emotional tension and prevent stress from dominating the mind, thereby fostering inner peace and comfort. When emotions are well managed through Islamic teachings, a person not only attains peace of mind but also enhances their overall quality of life. This principle reflects the harmony between the physical, mental, and spiritual dimensions taught in Islam (Afif Nur & Bahary Ansor, 2020).

Through *dhikr* (remembrance of Allah) and prayer as central practices for cultivating inner peace, Islam offers a comprehensive guide to life. This balance not only promotes good physical health but also nurtures mental resilience and spiritual serenity. By performing acts of worship consistently, a Muslim not only draws closer to Allah but also strengthens their mental well-being, enabling them to face life's challenges with greater calmness and confidence. Islam teaches that peace of mind is essential to maintaining overall health, integrating the body, mind, and spirit in perfect harmony

4) CONCLUSION

Islamic education in health is a holistic effort that integrates religious principles with the awareness to maintain physical, spiritual, and mental well-being. Islam regards health as a divine gift that must be preserved through worship, healthy living practices, and disease prevention. Through Islamic education, Muslims are taught to maintain cleanliness as a part of faith including personal, environmental, and food hygiene adopt a healthy lifestyle by eating in moderation, avoiding harmful or prohibited substances, and balancing physical activity with

worship. Preventive and curative measures are also emphasized, such as supporting medical interventions like vaccination, quarantine during outbreaks, and seeking appropriate treatment. Furthermore, Islam promotes harmony between physical and spiritual health through acts of worship such as prayer, fasting, and dhikr, which nurture mental and spiritual strength. In this way, Islamic health education not only cultivates physically healthy individuals but also fosters piety, moral responsibility, and a deep awareness of the body as a trust from Allah, laying a vital foundation for a healthy, civilized society grounded in balance and holistic well-being.

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