Islam Is All about Health and Wellbeing

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( Bringing Islam to the World One Concept at a Time!
Taking the Qur’an to Every Home and Heart that Needs It --
And which One Does Not?)

Humanity was sick, Islam came to heal it.

Humanity is back to being sick again. It needs Islam, once again, to make it well and whole.

It needs the Qur’an.

Allahu Akbar, should that alone not wake up human beings today to the truth of Islam – to the fact that this Islam could only be from Allah?

And that this system of Islam could not by any stretch of the imagination be a human concoction?

Should everyone then not rush to embrace this divine message of Islam, regardless of all the doubters and naysayers around?

For, this Islam guarantees a cure for all that ails your body, mind and soul.

How could it be otherwise?

Allah made the human body. And by the very nature of its composition, that body is frail and weak.

And by that same token, it is open to all kinds of attacks and predations from all kinds of pathogens and negative agents and influences in the environment – from food to water to air to everything else.

So let us just accept the following proposition: To Be Sick Is Human.

That means if you have a body, you are a prime candidate for all kinds of diseases and ailments.

It is the way we are made by God.

But to heal all those diseases and ailments is also from God. For, that is who he is: the Great Healer.

That is why God sent down the Qur’an, he says: to heal human beings from all that ails and hurts and harms them – and negatively impacts their lives.

Listen to the Qur’an say it:

Yaa ayyuhannaasu, qad jaa-atkum mawu’izwatun minr rabbikum wa shifaa-un limaa fis-sudoor (10:57).

“O People!”

Right there is your first lesson in health – mental and spiritual health, if you will, which will then redound to your physical wellbeing.
“O People!” It is your God calling – calling you, did you know that? Did anyone ever tell you that?

What do you think of that? That alone should make the whole world Muslim, don’t you think?

But Muslims don’t tell and non-Muslims don’t ask – and the world goes on, the way it is, on its less than merry way.

So, let me paraphrase the rest of that aayat or passage of the Qur’an: “O People, direction and admonishment and good counsel have come to you from your Lord and Master, and a cure for all that ails your hearts.”

That is what the Qur’an says about itself. And that indeed the Qur’an is: a perfect remedy for all human ailments and frailties.

And it is not just your body, but also your mind and your soul that hurt – and become sick, is it not so?

So, once again, if it is human and mortal to ail, and to hurt and to be sick, where will health and wellbeing come from?

Just like we said earlier: from God Almighty, of course. That is who the source of all health and wellbeing is – or can be.

Who else?

And we are not just talking your body, we are also talking something called the mind.

Anybody seen it? The mind I mean. No one has. So what?

Extreme behaviorists – certain kind of psychologists that is – would deny the mind even exists, but, again, so what?

You do feel sad or happy or upset or angry sometimes, don’t you? Take it from me, it is your mind – somehow. It is not your bones, or your hair, or your blood – or your pinky or your toenails.

No one has seen the mind, but it is there.

No one understands it perfectly, but still, it is there – tucked away in some part of your body. Your mind I mean.

And just like the body, the mind too gets sick – very, very sick.

Mental health is a serious problem in today’s world. Unattended to, undiagnosed and untreated in most instances.

While all the experts run around trying to get rid of bodily diseases like malaria, dengue and cholera, not enough attention is paid to the many, many ailments of the mind that afflict humanity today, everywhere.

I am no expert – on anything – but I have a suspicion that quite possibly one half of humanity is affected by one form of mental health issues or another – in probably every part of the world, from the least to the most developed.

You can count among them any and all of the following: depression, excessive sadness, anger,
jealousy, greed, hate, prejudice, racism, sexism and everything else of that nature.

Here is the bottom line on the subject of mental health: *If you have a mind, you are a candidate for mental disease.*

So also, there is something else inside your body: *Your Soul.*

That is right, something called soul. The Qur’an calls it *Rooh.*

No, you don’t see the soul either, any more than you see your mind. But it is there. Signed and sealed: right inside your body.

Diffused who knows where – and in what form.

That is what the Qur’an says, so that is the end of the story so far as the soul is concerned.

Hear the Qur’an say it:

*Wa nafakhtu feehi min rooh ee...* 

"And when I breathed in him my spirit" ... in the human body that is.

And just like the body and the mind, the soul can be sick too. And in many instances it is.

Alas, does anyone pay any attention to how many sick souls are milling around in our midst?

All the killers; all the rapists; all the haters; all the pathological liars; all the thieves; all the perverts of all kinds; all the merchants of death and disease and destruction to the innocent and the weak and the unsuspecting?

Who do you think these people are, if not the sick of the soul and the sick of the mind?

They all need someone to help them. And they all need something to cure them.

They all need Islam. For, Islam is the cure.

And they all need the Qur’an. For, the Qur’an is the answer to their problems.

Qur’an is the cure to all that ails their hearts – minds and souls.

And their bodies as well.

For, Islam is, and Qur’an is, the perfect message of health for them – and for everyone else: bodily health; mental health; and spiritual health – from the maker of body, mind and soul.

And it is the most complete message and program of peace and joy for all – for, that is the perfect state of health and wellbeing.
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