Conceptual development of the components of spiritual health with emphasis on Avicenna, Rhazes and Al-Rohawi

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Abstract

Civilizational investigation of the opinions of Iranian scholars from the 3rd to the 5th century A.H., especially Avicenna, Rhazes and Al-Rohawi in different areas of physical, mental and psychic health can yield a network of opinions of these thinkers and the relationship between them in the field of spiritual health components. This will make comparative analysis of the mentioned opinions possible. Furthermore, the scope of the components and concepts of spiritual health, will be more comprehensiveness and inclusive than the existing definitions. Finally, the purpose of this research is to develop the concept and improve the definition of spiritual health based on the opinions of these three thinkers. The method of this research is of analytical-adaptive type. In the first step, the definitions of spiritual health were searched and presented from reliable databases and domestic and foreign journals. Additionally, the opinions of Avicenna, Rhazes and Al-Rohawi were extracted from their works and examined separately. Finally, the findings were analyzed according to the goals and research questions. Examining and applying opinions of Avicenna, Rhazes and Al-Rohawi in the three categories of spiritual health (cognitive, emotional and practical) showed that their opinions are more sophisticated and comprehensive compared to contemporary opinions when the concept of spiritual health was highlighted. Emphasizing the opinions of these thinkers will correct and develop the views of today's experts on the conceptual expansion of spiritual health with the aim of promoting the environmental health of the individual and the society. Simultaneous attention to the category of body and soul and the health of both, is more prominent in the works of these three scholars compared to contemporary opinions. Reviewing these opinions can help theorists in the field of spiritual health in order to develop the concepts of this category and the health of the individual and society.

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