

The principles of prevention and traditional medicine from the Holy Qur'an

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Abstract:

Introduction

Iranian Traditional Medicine is derived from the knowledge and effort of Islamic philosophers (Hakim). On the one hand, the knowledge of philosophers is based on the Qur'an and the Prophets and the Imams, on the other hand, their efforts, studies, research and experiences are the best ways to cure people and save their life. Relationship between human knowledge and taking advantage of commandments in this way has trained the famous scholars like Avicenna. After studying the results and ideas of healers of our body and soul, we can observe some principles conforming to Qur'an as methods and rules of life: weather, sleeping and awakening, eating and drinking, moving and resting, Evacuation and Retention, emotional and psychological effects. The Divine Book of the Qur'an has guidance in all aspects of life, especially mental and body health: "and we reveal of the Qur'an that which is healing and a mercy for believers though it increase the evil doers in naught save ruin, let man consider his food, how we pour water in shower...". This article has matched and compared six rules of lifestyle and prevention ways of Iranian traditional medicine with the Holy Qur'an. Also it has been used to development physical and mental health of human.

Materials and methods

In this article, library studies have been used and then by using the Qur'an and traditional medicine sources of Iran, internet has been chosen the right title. After that, two topics have been compared; all information has been collected and concluded.

Conclusion:

Apart from the Islam which is the best guide to define the root of each science, traditional medicine can be more effective. Quran is so comprehensive that pays attention to our soul and body. Its medical commands which is based on spirituality, reliance and moral refinement, include health orders and their treatment. In this way, many Islamic philosophers have educated to cure human and give the health and peace. Nowadays, they are our model to have a healthy life.

Keywords: Quran, traditional medicine, prevention

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