

The role of nutrition in health with the approach of revelation

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Abstract:

Background and objective: Islam considers the great value of excellence in health. The Quran is introduced as the Guidance and health book. In this way; in the health care it provides different guidelines. One of the guidelines of the Qur'an in numerous verses is nutritional advices. The aim of this study was to extract and identify the role of revelation nutrition in regard to health.

Methods: This review study is based on analytical and conceptual documents. In this regard, we attended to original references, as well as searching databases such as Sid, Magiran, Noormags, iranmedex to collect data and then clarified them according to the objectives and the research questions. Then, the collected materials were analyzed.

Findings: In regard to healthy nutrition, the teachings of revelation considers all aspects of health. Regarding to physical health, it proposes the diversity of food and its safety or "Tayyeb". It considers by Halal and haram foods and also accepting God as true Razzaq, spirituality in health. The spiritual attitude, mental health indicators, such as peace, ethical, and Salih practice is followed. By Feed to the poor and equitable distribution of food in the community, is other Qur'anic teaching which followed social health.

Conclusion: Since the teachings of revelation consider the indicators of physical, spiritual, mental and social health in nutrition. It is essential to World Policymakers of fed to attend Islamic approach of Nutrition to be achieved true health.

Keywords: Nutrition, Health, spirituality, mental, Tayyeb food

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