

## Research Article

# Characteristics of Sound Heart Owners as Islamic Spiritual Health Indicators

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**\*Corresponding author:** Minoo Asadzandi, Department of Anesthesiology, Nursing Faculty, Baqiyatallah University of Medical Sciences, Tehran, Iran and Founding Member of Spiritual Health Research Center, Qom University of Medical Sciences, Qom, Iran**Received:** January 25, 2019; **Accepted:** February 27, 2019; **Published:** March 06, 2019**Abstract****Background:** Achieving the highest quality of life means, "Pure Life" is a consequence of spiritual well-being or having a Sound Heart. This study was conducted to "investigate the characteristics of Sound Heart Owners as Islamic Spiritual Health Indicators".**Methods:** In this qualitative study, a systematic and targeted review was conducted to answer the question "What are the spiritual health indicators in Islam? What are the characteristics of Sound Heart Owners? Scientific and religious evidence was analyzed by using the content analysis method. Articles published between 1990 and 2018 were extracted from the PubMed, science direct, google scholar, SID, and Cochrane databases. The key words were: perfect human, spiritual wellbeing, and spiritual health indicators. At the same time, the religious evidence (Quran and Hadiths) by "Shia Seminary" research methodology was investigated. The characteristics of Sound Heart Owners was determined.**Results:** Sound Heart Owners cultivate their "divine nature". They follow the spiritual life of the prophets with "refining the soul" and spiritual conduct in the levels of faith by spiritual self-care and daily calculation. They have moral virtues: Wisdom, Chastity, Courage, Justice, Generosity and forgiveness, Kindness, dignity, and the intercession. They get rid of fear and anxiety about future events, sadness about their past life. They live in the present time, with patience and thanksgiving of blessings. They achieve to the highest quality of life means "clean life" by faith and doing righteous deeds.**Conclusion:** Intentions and thoughts reforming, stress management, having a healthy lifestyle and behavior, are the consequences of spiritual health in the owners of Sound heart that improves physical-social-psychological health. Thus in holistic approach, healthcare team must learn and perform spiritual care/counselling for patients and clients.**Keywords:** Sound heart; Spiritual health; Characteristics; Indicators

## Introduction

The humans' health, and their sense of peace and security are threatened by numerous factors [1]. Many people suffer from fear and anxiety from future or sadness and regret of the past life events [2]. All scientists have tried to relieve these sufferings and dangers. After renaissance, psychiatrists and health scientists tried to identify the factors that threaten humans' health and welfare in order to promote health and improve the quality of humans' life [3].

In the Vienna School of Psychotherapy, at first Freud introduced man as a "pleasure-seeking creature" who suffers from "unconscious conflicts" which create anxiety and depression. In the Secondary School of Psychotherapy, Adler introduced the human being as a captive to the humiliation complex, who is seeking power and domination [4]. Finally, Frankel introduced the human being as a "wandering inventory" "who is looking for a logos to give meaning to his life [5].

At the same time, in medicine, Pasteur introduced infectious diseases as the only type of disease in the single-factor theory of

diseases. He considered pathogen microorganisms as the cause of human illness [6]. Decades later, with the introduction of psychosomatic diseases, 80% of the diseases were diagnosed due to the effect of psychological stress [7]. Today, in the perspective of psycho-neuron-immune-endocrinology, psychological stresses and spiritual distress are effective on the humans' health and welfare [8].

In this millennium, in addition to inheritance and environment, lifestyle, unhealthy habits, destructive excitement are considered as health threats [9]. Again after decades, all scientists focus on spirituality and the impact of religious beliefs on health promotion [10]. Today, health and disease are introduced as "Social concepts" that affected by the culture [11]. Due to the influence of philosophy on culture [12], medicine is linked to religion.

In fact, the humans' philosophical attitude toward human beings and the world, the purpose of creation, the cause of life events, is effective on health and disease, particularly on the spiritual dimension of health which can describe the philosophical reasons for the disease based on the beliefs of religious followers [13]. But it should be noted that the definition of spiritual health is different in various

**Table 1:** Indicators of perfect man with spiritual well-being.

		Achieving features like:
1. Wisdom	Acceptance of religion with research and thought (surrender of right)	Thinking in the religion and avoiding blind imitation Science, Understanding and perception, Wisdom, Remember, Keep in mind, Intelligence, Knowledge, cognition, Moderation
2. Chastity in behavior and speech:	Believing religion with heart (faith)	Manage the excitement of lust: Hijab, Make up for the/husband wife, Cleanliness and Health, Dignity and Calm, To have peace of mind, Precision, Self-care and protection
3. Courage, agility	Behave based on faith (piety)	Manage the excitement of wrath and anger: Contenance, Patience ,Drowning wrath, Care for God, Humility and fraternity, Benevolence, Collaborate with people, Truthfulness, Honesty and honesty, Keeping borrowings, Return the loan to its owner, Vow to the promise
4. Justice in behavior and speech:	non-dependence on the world (devoutness)	Correction of Social Violations Encourage good things, Preventing Misconduct, Not helping the oppressors, Helping the suffering people, Judging by right, Pay the rights of others, Friendship with believers, Enemy with the wrongdoers, Advocate of the right, Maintaining the covenant
5. Generosity and forgiveness for the servants of God:	Confidence and serenity without fear and worry (Certainty)	Love the creation of God, Helping the needy, simple life, Piety and righteousness, Lack of attachment to the mortal world, Contentment, Not worrying about the deal, Thanks for the blessings of God, Give khoums Paying zakat, Saving, Trying to get solvent
6. Kindness, Dignity of the soul	Only to live for God's sake (purity of purpose)	No violence or harshness, Goodness, Kindness and mercy, Affection, tolerance with people, Maintaining the secrets of others, Hide others' mistakes, Good behavior, Conceal the defects of others, Encourage others to make mistakes, Pardon and forgiveness, Respect others, goodwill, Being compassionate, Smiling, Socializing with your parents, relatives and people, Wish for others what they like
7. The intercession, Attaining the position of God's friendship:	The emergence of divine attributes (intercession)	Joy and mirth, happiness, Feel safe and comfortable, Hope for God's mercy, Optimistic to the future, Satisfaction of fate, Satisfaction of divine justice, Rich other than God, Surrender to divine orders, Permanent obedience and obedience to God, Humiliation against God's commands

philosophical and religious views [1].

Religion of Islam is an integrated collection of beliefs, behavioral and verbal instructions, and moral virtues based a certain philosophical attitude, worldview and ideology [14]. The levels of faith in Islam has a spectrum as: - Acceptance of religion: with a linguistic confession to monotheism, prophecy and resurrection. Faith: with "heart belief" after recognizing God and confessing to his uniqueness in the creation and guidance of the universe. Virtue: that is the appearance of faith in thoughts, speech, and behavior and mood. Asceticism: with an abandonment of the "worship of the world", stinginess, greed and excess. Confidence: as a sustained in faith without doubt. Sincerely: means doing anything solely for the God' sake and giving the divine colors to all life events) [15].

Islamic spirituality is a set of traits and actions that create a strong, intense, logical and correct spiritual attraction in man. Leading the human being, moving toward the only and most beloved God of the universe. This inner state is manifested by various backgrounds in humans and depending on the severity and weakness of them, the speed and degree of closeness to God will be realized. The basic issue in spirituality is paying attention to God, and acting only to the satisfaction of God. Spirituality, means to observe God in intention and in action with the inner state of man that causes one to do anything with the intention of obtaining God's consent [16].

Islam, confirms all Abrahamic religions and introduces human beings with the spirit (soul or heart) from the unseen world which has immortal life and can communicate with God. The spiritual health means having a sound heart [17]. Spiritual health is the result of the connection of the soul with God by faith and doing good deeds as the main pillars of spiritual well-being [18]. Sound Heart owners achieve to the highest quality of life, called "clean life." On the contrary, spiritual distress and illness is caused by the neglect of God's remembrance and the disappointment of his mercy, which creates a life full of difficultness and suffering [19].

The aim of this study was conducted to "investigate the characteristics of Sound Heart Owners or Spiritual Health Indicators"

in Islam.

## Methods

In this qualitative study, a systematic and targeted review was conducted to answer the question "What are the spiritual health indicators in Islam? Scientific and religious evidence was analyzed by using the Walker Evants content analysis method. Articles published between 1990 and 2018 were extracted in the PubMed, science direct, google scholar, SID, and Cochrane databases. The key words were: perfect human, spiritual wellbeing, and spiritual health indicators. At the same time, the religious evidence (Quran and Hadiths) by "Shia Seminary" research methodology was investigated. The characteristics of Sound Heart Owners was determined.

### The religious evidence of this research includes:

- Five commentary books and three authentic Shi'i narrative books,
- The sermon of Hammam Nahj al-Balagha in the expression of the righteous traits,
- The Army of the Wisdom and ignorance Hadith "in the characteristics of the Prophet and his household, as well as the characteristics of the devil,
- The verses of Surah Nour (35 to 50),
- The Envan Basree hadith, about the truth of worship,
- "The Divine Love Hadith "in expressing the stages of spiritual conduct.

### Accuracy and reliability of the qualitative data analysis:

The following items were performed to determine accuracy and reliability of the qualitative data analysis: 1-Long-term engagement and continuous observation 2-Integration 3-Peer review 4-Search for contrary evidence 5- Review by participants 6- Determination [20].

## Results

From the point of view of the Holy Quran, spiritual well-being

means having a sound heart that promotes the proper connection of man with himself and mankind and nature through faith in God and gives the divine direction to the thoughts, emotions, behaviors and intentions of man [21] (Table 1).

## Discussion

Recent researches strongly suggest that: spirituality as a source of peace, power, and flexibility has been endorsed by many of the theorists [22]. Many scientists believe that, spiritual care is an important dimension of holistic care [23]. It is an integral part of human beings which affects other aspects of health dimensions, intentions, emotions, verbal and non-verbal behaviors through relation with God, self, environment, and others [24]. Thus if a health system tries to provide comprehensive care, spiritual care is an essential part [25]. From the perspective of Islam the goal of spiritual care is achieving the Sound Heart. In the process of spiritual care or counseling, anxiety, fear, sadness and frustration of the patient and family must be turned into a sense of security and trust in God, optimism, self-confidence, hopefulness, surrender, and satisfaction with destiny. Spiritual care is necessary for clients and patients (outpatient, hospitalized, severely ill and dying) at all levels of prevention [26]. Islam confirms that any interruption of communication with God, causing unhealthy lifestyle, hazardous habits, destructive excitement, spiritual distress with inappropriate individual and social behaviors, and inappropriate moral attributes which lead to the sick heart [27]. Thus As the body needs care, the soul needs spiritual care to prevent its disease. In case of spiritual illness, it needs spiritual therapy to restore its health. Lack of spiritual care in the health and disease of the body, causing spiritual sickness [28].

From the point of view of the hadiths, the soul is called "self" after the connection to the body. Self has different states such as: Commanding evil, Deception, Blaming and inviting to repent, Guided by God to recognize good from evil and finally sound heart (calm and confidence soul), with the special meaning of the Lord [29]. Based on Quran verses, the sound heart owner, is satisfied with the divine destiny, and the Lord is pleased with him [30]. They have a tranquil and trusting spirit, with confidence and hopeful heart. They get rid of: fear and anxiety about future events, sadness about their past life, they live in the present time, with patience and thanksgiving of God's blessings [31,32].

They only try to obtain God's satisfaction and by good judgment in God, consider all events of life under God's permission. Within each traumatic event, see a huge blessing [13]. With optimism, believes that any event, such as wealth, health, illness, poverty and.. is a divine tradition [34]. All events of life are manifested by God's will, until God can measure, the degree of honesty of the words of his servants in expressing faith, rewarding his servants, disposing of them, and calling them for his love. (Sura al-Baqara, 257) [35]. With faith in God, they are free from the feeling of inferiority and by assigning things to God, surrender to the will of God [36]. They are pleased with the divine judgment, because God regards all creatures as praiseworthy, so they coordinate their self with the whole universe. Come along with the praise of creatures [37-39]. So God brings life to those who believe in God and do "righteous deeds" with a new life other than that which they have given to others called "pure life" [30]. In fact, clean life is the highest quality of life. A stronger and more

enlightened life with more positive outcomes. That the sound heart owners have achieved with the truth of worship. They follow God's commands and God gives them a clean life.

## Conclusion

Intentions and thoughts reforming, stress management, having a healthy lifestyle and behavior, are the consequences of spiritual health in the owners of Sound heart that improves physical-social-psychological health. Thus in holistic approach, healthcare team must learn and perform spiritual care / counselling for patients and clients.

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