

Mental Health Through the Prism of Islam

Khazin Munir

Phd Scholar in kashmir university.

Abstract

In the modern society, mental health has become a crucial component of overall well being. Even while mental health has become more widely recognized in recent decades, conversations about it sometimes ignore the ways in which cultural, spiritual, and religious viewpoints affect mental health. Every society has a different impact on its citizens , and this behavior has a major role in forming the mental well being of the people who are subjected to these conditions. This essay investigates the importance of mental health in the context of Islam, looking at both the cultural customs and theological teachings that support psychological health. With more than 1.8 billion adherents worldwide, Islam places a high value on people's mental, emotional, and spiritual well-being. Islam promotes a comprehensive approach to mental health that strikes a balance between the social, spiritual, emotional, and physical facets of life through a combination of Islamic therapeutic practices, the teachings of the Quran, and the sayings of the Prophet Muhammad (PBUH).

Keyword: Mental health, Islam, Hadith, Quran.

Introduction:

As the prevalence of mental health illnesses like anxiety, depression, and stress-related disorders rises in modern countries, mental health has drawn more attention in the international conversation. Mental health problems are not specific to any one faith or society but generally its forgotten that Islam, a significant global faith, has a long history of fostering mental and emotional well-being and support. Islamic teachings on happy life style and peaceful mind places a strong emphasis on the value of community support, spiritual serenity, and emotional equilibrium. In spite of this, mental health concerns continue to be stigmatized and misinterpreted in many Muslim countries, both culturally and spiritually. The Qur'an and Hadith both discuss many aspects of mental health, including emotional pain, worry, sadness, stress and the value of inner calm, peace and contentment. Mental health is a significant component of overall well-being. Many verses of Quran and sayings mentioned in hadith provide insight on preserving psychological balance, emotional resilience, and spiritual health, even though the terms "mental health" and "psychology" as we use them today are not employed explicitly.

1) Mental wellbeing and Psychological Peace:

The Qur'an provides consolation to anyone facing emotional or mental difficulties and highlights the value of calm and internal harmony for the soul.

- **Surah At-Tawbah (9:51):**

Qul lany-yuseebanaaa illaa maa katabal laahu lanaa Huwa mawlaanaa; wa 'alal laahi fal yatawakka lil mu'minoon.

"Say, 'Never will we be struck except by what Allah has decreed for us; He is our protector.' And upon Allah let the believers rely."

This verse recognizes that adversity, particularly that which affects mental health, is a necessary component of Allah's ultimate will and exhorts people to rely on Allah (SWT) in trying times. It is possible to feel less anxious and more at ease by putting your trust in Allah's will.

- **Surah Ash-Sharh (94:5-6):**

Fa inna ma'al usri yusra . Inna ma'al 'usri yusra.

"For indeed, with hardship [will be] ease. Indeed, with hardship [will be] ease."

This verse serves as a reminder to believers that ease and hope can come even in the most trying circumstances. It promotes forbearance and resilience, which aids in overcoming depressing or anxious emotions.

2) Handling Depression, Anxiety, and Sorrow:-

Emotional challenges such as melancholy, loss, and panic are recognized in the Qur'an and Hadith as a natural part of the human existence. But they also offer advice on how to deal with these emotions.

- **Surah Al-Ra'd (13:28):**

Allazeena aamanoo wa tatma'innu quloobuhum bizikril laah; alaa bizikril laahi tatma'innul quloob

"Those who have believed and whose hearts are assured by the remembrance of Allah. Unquestionably, by the remembrance of Allah hearts are assured."

This verse emphasizes how quiet and soothing it is to turn to Allah, especially when doing Dhikr (remembering Allah). It suggests that engaging in spiritual activities helps ease tension and foster mental tranquility.

- **Surah Al-Baqarah (2:286):**

Laa yukalliful-laahu nafsan illaa wus'ahaa

"Allah does not burden a soul beyond that it can bear."

According to this scripture, no one is ever given a weight that is too great for them to bear, not even when it comes to mental or emotional difficulties. It promotes self-compassion and the understanding that one can overcome obstacles with faith and tenacity.

- **Hadith (Sahih Muslim, 2573):**

"When a servant of Allah is afflicted with a trial, and he says: 'Inna Lillahi wa inna ilayhi raji'un' (Indeed, to Allah we belong and to Him we return), Allah makes a recompense for him greater than what he had before."

This hadith emphasizes how crucial patience is under trying circumstances. It promotes remembering Allah and admitting that hardships, such as mental and emotional difficulties, can lead to spiritual development and fulfillment.

3) The Value of Social Assistance:-

In addition to personal efforts, community and assistance are crucial for mental well-being.

- **Surah Al-Hujurat (49:10):**

Innamal mu'minoona ikhwatun fa aslihoo baina akhawaykum wattaqul laaha la'allakum turhamoon

"The Believers are but a single Brotherhood: So make peace and reconciliation between your two (contending) brothers; and fear Allah, that ye may receive Mercy."

For mental health, the idea of communal harmony and social cohesion is crucial. Healing emotional or psychological suffering frequently depends on having strong social bonds and support networks.

- **Surah Ash-Shura (42:38):**

Wallazeenas tajaaboo li Rabbihiim wa aqaamus Salaata wa amruhum shoora bainaahum wa mimmaa razaqnaahum yunfiqoon

"And those who have responded to their lord and established prayer and whose affair is [determined by] consultation among themselves..."

- **Hadith (Sahih Bukhari, 5650):**

"A believer to another believer is like a building whose different parts reinforce each other."

This hadith emphasizes how crucial it is to offer others social and emotional assistance. It promotes mutual assistance among believers during trying times, which is essential for preserving mental well-being.

4) The Worth of Optimism and Perseverance:-

Islam emphasizes the virtue of patience (Sabr), especially when navigating life's challenges, including mental health issues.

- **Surah Al-Asr (103:2-3):**

Innal insaana lafee khusr . Illal lazeena aamanoo wa 'amilus saalihaati wa tawaasaw bilhaqqi wa tawaasaw bissab.

"Indeed, mankind is in loss, except for those who have believed and done righteous deeds and advised each other to truth and advised each other to patience."

This brief portion serves as a reminder to muslim's that although life is full of setbacks and damages, people can find the fortitude to endure and survive if they have belief, behave morally, speak the truth, and have patience.

5) Maintaining Physical and Mental Health

- **Hadith (Sahih Bukhari, 5650):**

"A believer to another believer is like a building whose different parts reinforce each other."

This hadith emphasizes how crucial it is to offer others social and emotional assistance. It promotes mutual assistance among believers during trying times, which is essential for preserving mental well-being.

- **Hadith (sahih Bukhari, 2664)**

"A strong believer is better and more beloved to Allah than a weak believer, while there is good in both." (Sahih Muslim).

- **Surah Al-Araf (7:31)**

Yaa Bannee Adama khuzoo zeenatakum 'inda kulli masjidinw wa kuloo washraboo wa laa tusrifoo; innahoo laa yuhibbul musrifeen.

"Eat and drink, but do not waste by extravagance."

- **Surah Al-Ma'idah (5:32):**

Min ajli zaalika katabnaa 'alaa Banee Israaa'eela annahoo man qatala nafsam bighairi nafsin aw fasaadin fil ardi faka annammaa qatalan naasa jamee'anw wa man ahyaahaa faka annamaaa ahyan

naasa jamee'aa; wa laqad jaaa'at hum Rusulunaa bilbaiyinaati summa inna kaseeram minhum ba'da zaalika fil ardi lamusrifoon.

On that account: We ordained for the Children of Israel that if any one slew a person - unless it be for murder or for spreading mischief in the land - it would be as if he slew the whole people: and if any one saved a life, it would be as if he saved the life of the whole people. Then although there came to them Our messengers with clear signs, yet, even after that, many of them continued to commit excesses in the land.

The value of maintaining one's physical and mental well-being as well as the sacredness of life are emphasized in this verse. It is believed that taking care of oneself is a big duty.

Stigma attached to Mental Health:-

Even though Islamic teachings place a strong emphasis on mental health, stigma and misconceptions about mental health concerns persist in many Muslim communities. Because of cultural and religious misconceptions, there is frequently a reluctance to publicly discuss mental health. Because of this stigma, people may be discouraged from getting professional assistance, which could result in mental health issues going untreated. Mental illness is frequently viewed as a sign of vulnerability or a punishment from Allah. Such ideas can make those who are struggling with mental health issues feel even more alone and miserable. However, lowering stigma and encouraging candid discussions about mental health can be greatly aided by Islamic teachings on empathy, compassion, and asking for help. In Islam, asking for assistance is not a sign of weakness. The significance of helping people in their time of need—whether it be psychologically, emotionally, or physically—is emphasized in the Qur'an and Hadith. Seeking mental health care is viewed as a responsible step toward preserving one's health and carrying out one's obligations to oneself and others, not as a sign of weakness.

Conclusion

Islam provides a comprehensive foundation for comprehending and advancing mental wellness. Islam offers helpful resources for preserving mental health through its teachings on spiritual activities, emotional fortitude, and the value of social support. Muslim communities may address the escalating mental health epidemic with a comprehensive, faith-based strategy by fusing Islamic customs with contemporary mental health care methodologies. Furthermore, in many Islamic countries, there is a pressing need to lessen the stigma associated with mental health concerns and to encourage people to get professional assistance when necessary. In order to provide a complete approach to mental health care, it is critical to acknowledge the relationship of belief, society, and psychological wellness as mental health becomes a more significant worldwide concern.

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