



AENSI Journals

Journal of Applied Science and Agriculture

ISSN 1816-9112

Journal home page: www.aensiweb.com/jasa/index.html

The role of Namaz on human's health

Mohammad Mohammad, Mohsen Motamedi, medi vatan parast, Aziz Saeb Honameh

Department of Geography, shirvan Branch, Islamic Azad University, Shirvan, Iran.

ARTICLE INFO

Article history:

Received 28 February 2014

Received in revised form 19

April 2014

Accepted 23 April 2014

Available online 15 May 2014

Key words:

Namaz, healthy, soul, human.

ABSTRACT

Namaz is one of the important subject that human has forgotten it for recent century especially in the recent decades. But now he has found that Namaz has a strong impression on some illness like anxiety and another spiritual illness. Some problems as developing civilizations and technology cause more problems and so it can generate anxiety, stress and some other illness. Spiritual security is one of the problems which have forgotten by human and it has taken easy by human. This term (SPIRITUAL SECURITY) more definitions and every individuals and groups applied it for stating their goals. Now this is the question: what is the impression of prayer on human health. Based on this research it was obvious that prayer has a strong impression on human health .human can get calmness, happiness and confidence only with virtual Namaz.

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To Cite This Article: Mohammad Mohammad, Mohsen Motamedi, medi vatan parast, Aziz Saeb Honameh., The role of Namaz on human's health. *J. Appl. Sci. & Agric.*, 9(5): 2161-2164, 2014

INTRODUCTION

When human involves and has some problems in his life, needs a power to help him. Everyone has experienced many troubles along his or her life (Ardestani Ahmad, 1995). Today each person knows that human health especially spiritual and physical health and is depended to virtual objects and religion. As it is necessary having physical health to have happy life and also it is necessary having spiritual health for being satisfy. Spiritual security is one of the greatest favors of Allah. Spiritual illness has an increasing trend in human society today. And there are less people that have perfect spiritual health. Today spiritual stress has threaded human's health and people need to come back to his soul and his virtual needs. Now this is the question: what is the best way to do this? (Shirvani Ali, 2008). As it mentioned before the answer is Namaz. Islam as a religion ordered its followers to do Namaz and the religion is the most perfect religions and Namaz IS THE base OF Islam. Therefore muslims have to try to do Namaz. it isn't exaggeration if we say Namaz is the greatest agent for getting spiritual security for human that sometime feeling of useless and desperate feeling surround him (Badiie Mohammad, 1998). Namaz make human happy with remembrance of God as the most powerful creator of the human and every things else in the whole of the word and makes human more powerful to remove big barriers from his way .based on some researches the students that prayer has experience less anxiety (Sargolzari Mohammad Reza, 2003).

Method:

The data needed for doing this research has gathered in the documentary manner and then they have been analyzed in analytic-descriptive manner. In fact this article is a reviewing study and the kind of research has done in descriptive- analytic and resources are Quran and some other book and articles.

History of research:

Many researches show that religious activities can reduce the tensions in human societies, which some of them are :

-Imam Khomeini in his book by the name of "ceremonial of Namaz" has mentioned to some narrative saying about the importance of Namaz an finally he has invited prayers to virtual Namaz. He believes that dire thoughts and loving of the word is two origins that cause anxiety and the best treatment is doing real Namaz. (Imam khomeini, Ruh- Allah, 1994)

A group of medical psychologists in faculty of Equal Lahuri in Pakistan in 1985 AD had founded Namaz and Zikr has significant influents on treatment of depression.

Corresponding Author: Mohammad Mohammad, Department of Geography, shirvan Branch, Islamic Azad University, Shirvan, Iran.
E-mail: motamedi45@gmail.com

Mohammad Reza Salarifar in 2011 in his book by the name of “study of human spiritual health” refer to humans character and finding the nature of human which is formed with Namaz and the relation between human and God is the base of his virtual character (Sadeqi ArdestanAhmad I., 1995).

Fairede Babai in 2008 A.D in her article by the name of “the role of Namaz on spiritual of human mentioned doing Namaz in the first of morning is one of the significance methods to treatment of depression .

Mohammad Jalilvand in 1997 in a research about the effect of Namaz on anxiety had showed that there are a negative and meaningfully relation between doing Namaz and anxiety. And also namaz has a great effect on human’s spiritual health.

Professor Alex Karle hasn’t find any solution for treatment of the destructive aspects of new civilization and he mentioned Namaz give human power to tolerant sadness .He said if you do Namaz truly you will see your life will change profoundly.

Dial Carnegie the American psychologist have said; not understand the secret of Namaz and this cant be a reason not to use the benefit of Namaz. Namaz and strong faith can treatment more than half of our anxieties (kargar Rahim, 1998).

Professor Tomas Hislop believes that the best way to treatment of less sleeping is Namaz. And it is the best solution to treatment psychological illness. In the other word the best way to getting calmness and confidence is Namaz.

Detention of Namaz:

The word of Namaz means worship, begging and stoop for a favor form Allah and it is one of the virtual activities for Muslims .the words of Namaz has derived from old word Name which means bending and begging, then little by little it has changed to Namaz (Khazaeli Mohammad, 1979).

Spiritual health:

This term means the reflection of human’s character in the different situation which directs all of the behaviors of human against the internal and external pressure and sadness. (Shamlu saeed, 2001)

Human life has a lot of troubles if the hustler aspects of material life occupy him and his life. Some people regret about their past life and the others are uncertain about their future. Some people are suffering from their spiritual and physical weakness and have involved to absurd matter and have captured nightmare, material problems and sadness. Finally these problems threat human’s confidence (Ardestani Ahmad, 1995).

The spiritual and physical impression of Namaz:

Human needs to direct his spiritual dimension may leave the material living and go to the virtual and truth living. The he can avoid from immoral and crimes and get some useful aspects of humankind as: loving, compassion and happiness. Many psychologists, sociologist and exports of train believe that this humankind loving is originated of virtual and religious source. Henry lank the famous English psychologist after study on about 10000 depresses and a gulag person has written as the follow:

Now I can understand the religious believes in the people lives and all of my tests has show that everyone who has religions believe and ritual relation has a more better character. (Tayyare Anif, 2000) Allah has said the remembrance of me is the origin of calmness and do prayer until you remember me. There are some problems that are the main obstacle to do the real Namaz. And it is necessary to know the obstacles and trying to eliminate them some of these problems are mentioned in the following sentences (Sadeqi ArdestanAhmad I., 1995).

1- Only paying attention to the appearance of Namaz. Appearance of Namas is good but it isn’t enough. Because concentrating on the meaning and truth of Namaz is so important for having a strong power to direct human’s life and only by minding the virtual aspect of Namaz. The impression is not prefect therefore some favorits of Namaz like hopeful aspects aren’t gain. (Imam khomeiny, Ruh- Allah, 2008)

2-pharisaic Namaz: the value of every work is the honesty and pureness and Imam Ali (Good bless him) has said: certainly to kind of people from my followers prayer and their look and sound is the same but the difference between the miss like the distance between the earth and the sky (Khazaeli Mohammad, 1979).

We don’t believe profoundly that the cause of our deliverance we know Namaz just as a forced duty.

(1) beware hearts are confidence with the Gods memoires. Ayah (28) One of the individual benefit of Namaz is increasing spiritual forces which are gained by establishing continual relationship with the origin of universe. Quran says every one doesn’t mind my membrane so has haled conditions in the life. Ayah(124).

Namaz and spirited refreshment and the impression of Namaz clearly appear on the faces of the prayers. Because they have a confidence based on their faith to Namaz and never has anxiety and feeling of depression in their lives because they get help from the creator of universe. Holy Quran has said to his prophet Mohhamad Mostafa(Sallallahu alayhe va Alehi) : do prayer for my remembrance Ayah (14).

Waking up with Morning Prayer and starting day with Namaz gets a refresh feeling and happiness and it cause a refresh feeling and happiness and it cause to prepare for doing activities. Waking up in the morning and feeling sadness in the time of sundown is the sights of depression.

Donor prophet, Mohhamad Mostafa(Sallallahu alayhe va Alehi) said: faithful man is the man who is smiling and has good humouredly but feudist is immoral and moody. Medical sociologists improved the people who are happy and has giant (laugh) are less involve with physical and spiritual illness than the moody people.

Human in prayer concentrates with all of feeling to Allah and turn his face back from the life involvements and this feeling makes him confidence and calm and this statement has a great impression on his spiritual and physical health and also it reduce the tension and pressure along the days (Khalili Zahra, 2012).

Loving of Allah is the cause of happiness and hopeful. In praying a faithful guy enjoys his or her worship. Allah makes me happy me with worth ship to you (Qaraati Mohsen, 1989). Namaz reduce stress and anxiety.

Anxiety is feeling that make people worry and not confidence and change their normal state. The environmental problems can't be the main reason for this kind of feeling because if it is so, it means that It isn't an abnormal problem and it is useful like the anxiety in the examination time or getting on Tim to train station or airport.

3).human has a lot of needs in his mind and this is the main reason for his anxiety .if human parys and make worship along his life and doesn't pay attention to the other un real needs those needs make him sad and in the other hand if he try to parts all of his times again he will be sad and the reason for occurring of this imbalance and anxiety is decreasing of virtual forces. (Motahhari Morteza, 1997)

If human devotes some his times to worth ship make his spirit and soul clear of sins and the harmful thoughts will get out .one of the other impression of Namaz is making calmness. Making calmness by religious is a favorite way to reducing human's pains and one of the best method make human's calms is Namaz.

This kind of getting calmness is so important from psychologist view point. As well faithful Muslim fallows his prayer with Dua and this can help him to getting more calmness. Human experiences a lot of stress in his life. These conflicts against them make him weaker and make him sick. So human has to mind worship and make a powerful link between him and origin of creation. Then make him powerful against killer stress and anxieties. The effect of religious faithful or human health has beloved science many geese ago but in the recent gears psychologist could support this idea with some experiences (Jomepoor Hamid, 2002).

Treatment of negative thoughts

Our thoughts and dreams may grow up but these dreams and thought are returning like a hard wheel frame one side to the other side which can change our spirits and souls. But we can control it of course with spending time and avoiding of evil thought. and it is may not happen only by avoiding sins and praying. (Khazaeli Mohammad, 1979). remembrance of Allah is the best solution to getting confidence and calmness and eliminating anxieties and problems and this is the why Allah recommend to get handle him by patient and prayer . Therefore it was clear that human really needs worth sip and today there is lots of psychotic hospital full of the people whodunit pay attention to spiritual diminution. And they turned their faces back from worship.

Conclusion:

Researches s bout Namaz show that prayer has an intensive impression on human's spiritual health and it make his life confidence and claim and also increases his life time.

Human can get many of his needs by worship and prayer. Namaz also leads his thought to Allah and make his life with spiritual and psychotic calmness so he doesn't have any fear from the others except Allah. He is hopeful and confidence and satisfies because of getting help from unlimited power of Allah.

Human can get calmness and confidence just with concentrating on worship and prayer and Dua. Otherwise needs and deficiencies can mislead human to detours and depression. So we as human need to worship to get calmness and confidence but we have to remember that making a border between physical and mental demands is necessary. We can see it by reviewing of human's life in the past century. You can see this kind of material view point that causes many physical problems and material view point has formed in the recent century, especially in the recent decades so the recent decades can be named the era of anxiety and stress. On the other hand one of the main accept of the recent century is improving of technology so it is the main obstacle for human to spend enough time to prayer, worship and Dua.

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