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Mental Health from the Perspective of Religious Teachings

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Abstract

The realm of religion and its teachings all dimensions of human life and human society is the most important of which is due to physical and mental health. The enlightening school of Islam, no man is allowed to do useful things and leave harmful to their physical and mental health damage. Considering that health is an important issue for both the individual and for society and the individual and social concerns of the disease threatens all societies, it seek to uncover the causes and the disease and always the human healthy troubleshooting the body and mind. The Quran is the only way to salvation and happiness of human beings in cultivation and refinement of the human psyche knows and says: " length and height of the pile I Desha (1) everyone purify their souls of sin, surely prosper. And everyone will make it to the sin filthy, job losses will come. "And in Islamic teachings have been given great importance to physical and mental health. Imam Ali (AS) said: "I appreciate the Cannes Fi Al-Nimeh ignorance Ally; (2) Everyone has the comfort and luxury, it does not know how Bella and involvement. "So the leaders infallible in conduct behavioral and practical Muslims to respect and maintain the health of body and soul have order and to protect the health guidelines have suggested that the most important word in this article we will discuss it.The hope is that true followers of Islam favored by the Ahlul-Bayt (AS) is.

Keywords: Mental Health, Physical And Mental Health, Psychological Trauma, Social Support, Hope, Prayer

Introduction

Without a doubt, human life over time, with a variety of events and the issues faced, and the many wishes and dreams will not always spin the globe and, of course, to wish him and the blessings and tool life, will always be with some exclusions. In addition, with the adversity and pressure, without Safari, cruelty and oppression and of inhuman acts and natural disasters, the conflict is internal and psychological, as far as he could, not justice, accountability and basically, the life, the emptiness and purposelessness. With this misconception, light to dark night, and gradually her with despair and consequently at risk of depression, anxiety and psychological distress and physical, which may lead to a very dangerous stage.

Communicate and interact with others

The success of the human family, friends, mate choice, and job activities. . . To how to communicate with others. The emphasis on the Holy Quran Muslim interact with each other on the one hand, they encourage

the growth of affection and devotion and respect for each other's interests, and on the other hand undermining passive modes of hatred, malice and cruelty to be motivated.

From the perspective of religious thought, the role of communication in such a way that it would organize and maintain health and safety will be in life. Its importance and role of mental health consequences in terms of religious teachings Suffice to say that Imam Sadiq (AS) communicate and interact with others providing health and human affairs has introduced Bless all. (3) We have relationships with others plays an important role in mental health and loving relationships with people in God's wisdom, secret and sealed Tatf greedily saying. Islam also due to some trauma to suspicion, jealousy, hatred and despair saying all this because of the establishment of mutual relations and the human kind of gone and spirit of the damage and grief Dysphonic save Partly cloudy.

The Prophet (pbuh) said: "Among the people most enjoy a jealous little benefit and always worried. "(4)In relation with family, relatives, neighbors, friends and other people groups and a strong emphasis is suitable to interact emotionally.

Social support

One factor that plays an important role in reducing the problems of life, "social protection" is. The purpose of social protection is of assistance from other people's offers.

Supporters with their social support can provide growth and perfection of other people and in helping people to cope with stressful events and their role.

In terms of religious observance and bears one of the components is the support of relatives. In religious thought we Muslims, preserve, develop and deepen relations between the family of such importance that the Prophet (pbuh) described it as faith and purpose of their mission after breaking the idols to serve God and bears has been introduced. (5) The Imam Ali (AS) says: "Nikki to his relatives and his patient Ratzym now, without foolish in front of them show tolerance and their Brgrftaran permissive, because they best support you in trouble , problems and even joy and peace will be. "(6)

Imam Sajjad (AS) said: "SlvaArhamkm even Baltslym; (7) with their relatives and keep away as much as a hello. »Contact with family and relatives is very helpful in reducing stress, because who does not have family and social nature, he finds himself mentally fiat. But if in the face of events and problems have family support, sees his powerful and not to be anxious and feeling alone and social pressure can harm him.

Working

Islam in order to achieve the objectives of the life of man to try to encourage a useful and productive. In this context the Holy Quran says: "And we tried licking Ella (8) people without work and effort than enjoyed."

Work to ensure the health of individuals and society, thus addressing the economic activities of the most prominent leaders of the features infallible, respectively. His practical life it shows that your life personally bore and never to provide the necessities of life, they were not dependent on others. This indicates that the chosen approach to the world and its relation to life and asceticism CRM deviant ideas that work and produce with the perfections of the moral and material considered eternal conflict, give the lie takes.

"Ana's" says: When the Messenger of Allah (SAW) returned from the battle of Tabuk on, "Saad al-Ansari," one of the workers came to the city to welcome him. When the Messenger of Allah (PBUH) said

he felt that his hands are rough! Holy Prophet (PBUH) asked: Why are your hands so rough? Said: O Messenger of Allah! The violence and roughness of my hands to work with shovels and ropes to support my family.
Prophet kissed his hands and said: The hand that hell will not touch it. (9)
When various aspects of personality such as Imam Ali (AS) were studied, we see that he's yet to his time, the most active as well.
Employment and training takes moral deviation and moral deviation creates employment creation and against the occupation, prepare the bed of sin.
Unemployment not only undermines economic impact on individuals and society, but also a greater risk of loss and trauma and psychological attention, because human dignity and degrades the character of happiness and he will not makes. The human suffering of their profession and provide for her family, a great value to God: "Allah Amin" (10) and on the contrary, it is one that can work and expenditures on impose another, called cursed.
Imam Muhammad Baqir (AS) condemning bum said: rid of me and I indeed was a tiny bit Ali right; (11) Avoid sloth and depression, because these two keys all are bad, lazy man does not deserve to be achieved and people are depressed cannot work right shall tolerance. "
By studying the economic behavior of leaders infallible can be achieved in the field of general principles.
Imam Kadin (AS) in the field of educational and psychological effects work said: "The believer that people have lost hope and renounces wealth and to be satisfied and the spirit of sportsmanship and dignity of religion has strengthened. Such a man of great people and the relatives will be respected and the family environment with solemnity and grandeur. "(12)

Recreation

Another important teaching in mental health, healthy entertainment. Basically, one of the causes of premature aging physical and psychological use of recreation, as a result of ongoing business activities, physical and mental pressure on the person and to the daily hard work that the spirit of the amplifier and to comfort him. The things that we call it recreation,
Broad scope that includes joking, sports, travel . . . is. Leader's infallible people were joking and joking, because Islam is a religion of affection and always invites Muslims to intimacy and serenity.
Imam Ali (as) about happiness and joy said: "Morin epidermis Hunch per image and per plow; (13) the joy and grief in the hearts of believers in his face. "This means that the believer always keeps to his grief. But openness in social interactions with others will share their joy. This speech not only Ahlul-Bayt (AS), but also on the honorable behavior can be seen as a clear and objective. Contrary to what is established in some minds, leaders infallible not only the people happy and joking with the others, but the others had recommended it and glad the heart of the believer and wipe his face Sjyh of Ghbarghm moral knew. Prophet's hadith says: "provinces except indeed, (14) I'm joking, but I do not say the right thing."
One of the companions of Imam Sadiq (as) that one day he said to me: joking with each other, how are you? I answered and I said: a little. He said: 'Why do not you joking with each other? Joke out of good mood and happy because of your Muslim brother. Then Imam Sadiq (AS) said:
Prophet Muhammad (PBUH) that is droll, and with this they wanted to make others happy. (15)

Another example of sports recreation. Exercise increases oxygen consumption over a long period helps to reduce blood pressure, weight control and cardiovascular effects are tremendous boost. Exercise your mind and body training and background to the growth and prosperity of human beings.
The Messenger of Allah (PBUH) said: "Teach your children swimming and shooting. "16 He also said:" Walking is the best medicine for bile and soda.

Patience

One of the ways of dealing with trauma and mental hardship and suffering, to enjoy the spirit of patience, patience man strong, reliable and relies on its own Imam Ali (as) patience and endurance factors Health soul knows and says: ". . . And upon neophyte I Jasid and Lakhyr per body Laras La Faye community and faith Lasbrmh (18) wait for faith is like a human head.
The body does not use, as the faith is nothing without patience. "
Wait a valuable addition that works for human life, God's rewards are incalculable consequences. In this context the Holy Quran says: "Enema other accounts (19) have not only tolerant people are rewarded."
Wait important teachings of Muhammad leader's infallible and divine authority. Prophet Muhammad (pbuh) endured the hardships and tragedies over the neglect and malice and hatred, and ignorance of the teachings of the divine in their practical life used.
Imam Ali (as) about the problems with the mission of the Prophet (SAW) said: ". . . The Prophet (PBUH) went down hard in the way of satisfaction to the palate of any problems and bad cup drink to sip. His relatives once fought hypocrisy and hatred and malice and enmity against him were united aliens. "(20)
In many verses of the Quran, we find that he has the patience to have a variety of "less patience (21) O Prophet! Do you like the prophets arch be patient and do not rush to punish people. "So the Prophet (PBUH) in conducting the affairs of the people had the most patience, his Holiness said:" I am excited to focus tolerance, knowledge mining and housing my patience. "(22)

Trust

One of the crucial tasks is anxious man. When someone wants to act important, because it positive results in significant loss of life and Ndadnsh has to do with doubt, skepticism and apprehension, and he feels a lot of pressure on the psyche. At this time looking for a trusted support him in doing it is friend and supporter.
The lever and fulcrum (trust in God), which has a significant impact on mental health. Trust in people to give courage to take action. In this context the Holy Quran says: (23) so as to decide what to do, trust in Allah, for Allah loves those who trust. "
His lawyer put his trust in God and to His will provided for without any anxiety. One of the signs of man's belief in God is that he does not trust.
If a person acknowledges the divinity of Lord of the universe and believes that he is under the control of the government and only one worthy of worship, God, do not allow yourself to another god go and seek help, but are always Just trust God and ask him for help.
The Prophet (pbuh) narrated that Allah has sworn to honor and glory to God, which hope and trust someone who is confident and hopes, become the despair. "(24) in the Holy Quran and the traditions of the Infallible Imams (as) about this valuable content is entered, that the close and rely on but God will cause disappointment.

Hope

One of the most important and efficient processes in the proper upbringing of hope. Hope mental health plays an important role and give meaning to life and an influx of difficulties, hardships and sorrows of the human nervous breakdown prevent and overcome despair and discouragement barrier on the man.

Hope is the belief that herbs such as a light in the darkness of night life offers hope for a better tomorrow. It can be said that every living creature in the hope of reaching the destination and purpose of the move and tries. Research has proven that if the animal tries in vain to reach your goal, it takes the efforts and activities and the disappointment and frustration with it. (25)

Say the joy of living and dying and suffering is a source of peace and stability. The move is hoped that the wheel of life turns, and if one day hope to be eliminated from human life, the wheel of life from standstill and during the pacification and human affliction comes.

Mother is a symbol of affection, but what makes a mother's kindness and his compassion pouring rain, it is hoped. If you ever hope to get from him, even now will not give your baby milk. (26) If there is hope in the human heart, the source will work. Do the right deed is the hallmark of hope in God.

A person who after numerous attempts, to experience defeat many attempts, with no success, with helplessness and despair. Quran on the prohibition of despair says, "or ritual least (28) O My servants who have wronged themselves and extravagance, do not despair of God's mercy. "In another verse despair of the mercy of God strongly condemned, and it introduces the same error: 'I desire mercy, and I Ella (29) and the perverts who despair of the mercy of the Lord. ?!? "

Hope your man will not be in deadlock and has been living in the depths of darkness into the light moves and everyone hopes to recover the lost and modification work, about the future of fear and anxiety end.

Prayer

There is no human involvement in life and not have problems. Mental disasters threaten all human beings, so the best and most complete example of spiritual connection with God is prayer. Praying man nearer to God. The Quran says: ". . Youtoo fast. . . (30) Read me, I will answer you. "Imam Sadiq (AS) said:" pray, because to heal all suffering. "31 people to strengthen the worship of religious feeling and the relationship between man and his God makes strong. When people ask what the holder of all perfection is and communicate with him, the feeling of joy and a photo when something other than God asks,

The feeling of humiliation. This sense of pride and pleasure can impact on mental health. God’s eternal sanctuary man be?

Human history has acknowledged the fact that the call of God, and the ravages of unevenness smoothly and problems are solved. Islamic teachings that some difficulties when they despaired of all material causes, they are supernatural being, but he was hardly subsided, the state of neglect of God to them. But some people are always seeking God. The Holy Quran says:

"Vaza copper Alzr Dana Ljnbh his parachute he QaymaQada (32) when the person harmed, we read in the sitting and standing. "One of the psychologists said today one of the psychiatric teaches that the prophets taught the same things, because psychiatrists have found that prayer, prayer and a strong faith in religion, worry, anxiety and fear. that most of our problems, solve. "(33)

Man must pray for peace in life and took refuge in God, because if prayer is not answered, or relax in the human psyche. Prayer and reading God two important effects on the human psyche is calm:

Interest to know, his prayer will be answered in resolving grief, so that God about Prophet Job (peace be upon him) said:"Devotional addition that grief is gone, the heart and mental strength and confidence of a

number of psychological effects on the human psyche is the most important of which are the liberation of the alone alienation blind- reduce discomfort, vitality, growing concentration of mind, having a spiritual pleasures and out of negligence.

Conclusion

With reference to religion and religious teachings, it becomes clear that the only thing that can be the root of the disease in human nature John straw, relieve anxiety and depression and mental insecurities and concerns to restore security and peace, religion and religious teachings. For a religious person does not feel alone and feeling of emptiness in life. Never failed to see the events. Suicide in his vocabulary does not mean there is a dead end for him. Obviously, such a faith can save him from many worries.

Fortunately, in recent years among psychologists, according to religion to mental health and mental illness treatment has increased. They believe in the extraordinary power of faith and trust in God, that a man gives spiritual strength to endure the hardships of life and helps him psychological damage that the majority of the time we are risk makes away.

Footnotes:

1. Surah Shams, verses 9-10.
2. Bharalanvar, clutches, vol 78, p 115.
3-same, vol 74, p 277.
4. The same, vol 70, p 250.
5. Ibid., Vol. 38, issue 65, Hadith 49.
6. Ghrralhkm and Drralklm, vol. 2, 2458 tradition.
7. Principles enough, Klein, vol. 2, p. 158.
8. NajmSura 8, verse 39.
9. Asdalghabh, Ibn al-Athir, vol. 2, p. 169.
10 items Shia, privacy factor, vol. 12, p. 13.
11 -ThfAlqvl, Ibn branch Harran, Page 295.
12. Bihar al-Anwar, vol. 72, p. 108.
13. Nahjolbalaghe, translated by Mohammad Dashti, aphorisms, No. 333, p. 708.
14. Description of Nahj, Ibn Abi al-HadidMu'tazili, vol. 6, p. 330.
15. Shakir al-Akhlaq, Razi Uddin Tabarsi, p. 21.
16. Usul al-Kafi, vol. 6, p. 47.
17. Bihar al-Anwar, vol. 59, p. 127.
18. Nahjolbalaghe, aphorisms, No. 82, p. 640.
19. SuraZumar, verse 10.
20. Nahjolbalaghe, Sermon 194, Page 407.
21. Engulfed by darkness, verse 35.
22. Bihar al-Anwar, vol. 71, p. 423.
23. Surah Al-Imran, verse 159.
24. Cui path friend, Mohammad TaqiMesbah-Yazdi, p. 19.
25. Introduction to the theory of learning, Ali Akbar Saif, vol. 2, p. 221.

26. Bihar al-Anwar, vol. 77, p. 173.
27. Surah Kahf, verse 110.
28. SuraZumar, verse 53.
Stone Chapter 29, verse 56.
30. Surah Ghafir, verse 60.
31. The al-MohammadiReyshahri, vol. 3, p. 284.
32. Yunus, verse 12.
33. Interpretation example, NaserMakaremShirazi and others, vol. 1, p. 642.
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