



THE CONCEPT OF SELF HEALING PERSPECTIVE OF THE QUR'AN AND HADITH

Muhammad Iqbal Ansari
Universitas Islam Kalimantan Muhammad Arsyad Al Banjari
muhammadiqbalansari13@gmail.com
Waluyo Satrio Adji
UIN Maulana Malik Ibrahim Malang
Waluyo.satrio.adji@uin-malang.ac.id
Raidah
Sekolah Tinggi Ilmu Al-Qur'an Amuntai
raidahstiq27@gmail.com

Abstract

Lately, mental health is often discussed because the number of mental disorders in Indonesia has increased quite large in each period. Considering that alternative medicine is rarely used because of the rapid development of the times, this research has the aim of opening up people's minds to alternative medicine, including the Qur'an. This research is library research by analyzing several sources such as books, scientific articles and others. The independent variable in this study is self-healing, while the dependent variable is self-healing from the perspective of the Qur'an and Hadith. In the span of 14 centuries, healing with the Qur'an has become something that is already known to the Muslims. They treat all diseases with the Qur'an because they believe in the word of Allah SWT related to healing. In fact, one narration explains that, the Prophet Muhammad SAW had meruqyah himself when he was sick by reading the letter al-Mu'awwidhatain, namely the letter al-Falaq and the letter an-Nas. Further research can be carried out by examining several suras, certain verses that are believed by Muslims to be very effective drugs against various diseases, especially mental illnesses.

Keywords: Concept, Self Healing, Al-Qur'an Hadith

INTRODUCTION

Humans live side by side with each other, both with other people, animals, plants and the whole universe. Coexistence between oneself and the universe requires a good balance and compatibility. In fact, between individuals and other individuals can not be separated from the existence of a problem. Problems arise because of the differences caused by each individual

which has its own form and impact. In general, problems will result in yourself by blaming yourself, hurting yourself, even to the point of feeling a large enough fear and emptiness caused.¹

Lately, mental health is often discussed because the number of mental disorders in Indonesia has increased quite large in each period. One of the causes of mental disorders is rapid social change, starting from changes in lifestyle, modernization of technology and information, which causes individuals to have to adapt to the various demands of life.

Not all individuals have much influence because of social changes, but in some individuals it can cause anxiety, fear, stress, and even more severe mental disorders. The example of social changes may appear as diversity of religions, economics, races, and politics in the society.² Therefore, maintaining mental health needs to make self-healing efforts when negative psychological conditions arise such as stress, anxiety and fear so that they do not continue to a more severe level such as depression, because it can create negative behavior changes to others.

Therefore, psychotherapy is very necessary because it is used to help maintain and develop mental integrity to continue to grow healthy and be able to adapt more effectively to the environment.³

Health problems are not only characterized by physical illness. People suffering from physical pain also found that his soul was in an unstable (mental) state due to shock, changes in perception and reduced interest.⁴ There are also other health disorders which are characterized by a feeling of being disturbed physically, mentally and spiritually. Disturbance in the environment is also one of the health problems that can cause health problems such as illness. Health is a healthy state, both physically, mentally, spiritually and socially that can help a person to live socially and economically productive.

The problem is from cases that already exist, such as from cases relating to the individual and himself, the individual and the Creator, the individual and his or her environment, both the family environment, the work environment, and other social environments. Physical and mental health are two conditions that are interrelated with each other, meaning that if one feels disturbed or sick, it will affect the other.

¹ Diana Rahmasari, *Self Healing Is Knowing Your Own Self* (Surabaya: UNESA UNIVERSITY PRESS, 2020).

² Waluyo Satrio Adji, dkk, "Analisis Kelayakan Video Pembelajaran IPS Jenjang MI/SD di Platform Youtube pada Materi Keragaman Agama di Indonesia", *Jurnal Muallimuna* Vol. 6, No. 2, April (2021).

³ Ashadi Cahyadi, "Psychotherapy in Islamic View" Vol.5, No.11 (2016).

⁴ Ibin Hasani, "Therapeutic Communication of Islamic Spiritual Nurses in the Healing Process of Patients at Ciamis Hospital" Vol.2, No.2 (2018).

There are many conflicts that humans must face in life, such as disease. Starting from mild illness to critical illness, even to the point that it cannot be cured with various treatments. To get a balance between body and soul or in other words to be healthy physically and mentally, a person must have four keys to health. As written by the psychiatrist, among others: physically healthy (physical/biological), psychologically healthy (psychiatric/psychological), socially and spiritually healthy (religious/religious).

In fact, it has been a topic of discussion for a long time until many have conducted research on the relationship between psychological and religious therapy and physical illness. In the book Dadang Hawari 2004: 174), an Islamic Psychiatrist on Heart Disease in Psychoreligious Dimensions, In addition to treatment, prayer and psychoreligious therapy in the form of cycles, suffering from illness, strengthening the patient's immunity, creating hope (optimism) and regaining self-confidence (confidence), and abilities, overcoming suffering (ability to cope) in turn until speed up the healing process.⁵

The main key so that mental health can be maintained properly is in yourself (self). So that you can take care of your own mental health. Self-healing is referred to as a series of practical exercises that are done independently for about 15-20 minutes and should be done 2 times a day (Redhokk, 2019). One of the most effective self-healing methods according to Islam is to read the Qur'an and understand its contents because it can make the heart calmer and can draw us closer to Allah SWT. Everyone's ability is different in applying self-healing depending on the suitability of the self-healing model being carried out.

In particular, the Qur'an can be a *syifa'* (antidote or solution provider) that can treat physical or non-physical ailments. One of the verses that can be a medicine for *meruqyah* sick people is the letter Al-Fatihah.⁶

In a narration, it is explained that the Prophet Muhammad had *ruqyah* himself when he was sick by reading the letter *al-Mu'awwidhatain*, namely the letter al-Falaq and the letter an-Nas. From the description of the history, it can be understood about the *fadilah* or the benefits and privileges of certain letters or certain verses contained in the Qur'an which are believed to be the real medicine. In addition, the Qur'an is also used by the community to be a solution to problems in their lives such as problems in the economy, namely to facilitate the arrival of sustenance, bring glory and blessings to those who read it.

⁵ Yuliyatun, "The Contribution of Islamic Counseling in Healing Physical Diseases" Vol.5, No.2 (2018).

⁶ Fuji Lestari, "The Qur'an and Healing (Study of the Living Qur'an on Alternative Medicine Practices Bengkel Menongso in Hamlet Jaten, Pedurungan Tengah Village, Pedurungan District, Semarang)" (Semarang, Faculty of Ushuluddin and Humanities, Walisongo State Islamic University, 2018).

In previous research, it has been mentioned that one of the Islamic boarding schools in West Java, namely the As-siraj Al-Hasan Islamic Boarding School, Kalimukti Village, Kec. Pabedilan Kab. Cirebon which enforces provisions in the form of ritual readings of certain verses, such as Surah al-Waqi'ah every day by Ustadz and their students which are carried out at certain times, with certain numbers and certain goals.⁷

The general objective of this research is to analyze the concept of self-healing based on the Qur'an and Hadith by reviewing it from several sources such as books, scientific articles, theses and others. From this research, it is hoped that it can increase knowledge about self-healing.

RESEARCH METHODS

This research uses a qualitative approach and the type of research used is library research. Literature study is a collection of data or literature (library) on the subject of a research that has been read, studied, and recorded from books, scientific papers, and other documents related to the subject of this research. So that the data collection in this study is based on literature sources that have been studied in accordance with information related to the topic of discussion, namely self-healing.

RESULTS AND DISCUSSION

Self-healing is a process of intrapersonal communication, giving space and time to heal inner wounds. Self-healing not only heals the wounds of the soul, but also our bodies. One effort to reduce anxiety can be done by self-healing. Self-healing is a term that uses processes and has the principle that the human body can be repaired and healed by certain natural ways (Bahrien & Ardianty, 2017).⁸

The purpose of self-healing itself is to heal wounds, sadness, trauma in oneself as a process of recovery from traumatic events that occur in the individual (Effiah, 2020). Self-healing is one of the phases applied to the self-healing process from disasters, catastrophes, traumatic

⁷ Didi Junaedi, "Living Qur'an: A New Approach in the Study of the Qur'an (Case Study at As-Siroj Al-Hasan Islamic Boarding School, Kalimukti Village, Pabedilan District, Cirebon Regency)" Vol.4, No.2 (2015).

⁸ Yogi Noviariski, "The Role of Intrapersonal Communication as Self Healing" Vol. 2, No. 2 (2021).

events and mental illness, driven, directed and carried out by instincts, and motivation is considered a major asset. (Hasan, 2013).⁹

The stages of self-healing therapy are as follows:

1. Knowledge stage or knowing yourself
2. Stages of repentance or self-acceptance
3. Stages of 'Awaq or introspection
4. Stages 'Awarid or let go
5. Bawa'its or motivating stages
6. Stages of Qawadih or reflecting
7. Gratitude Stages.¹⁰

In practice, self-healing is a term, one of which uses a process based on the principle that the human body is actually something that is capable of repairing and healing itself through certain natural ways..¹¹

We can get various kinds of drugs or antidotes for diseases anytime and anywhere. Each healing also has different ways. Since thousands of years ago, in various places and in various ways, humans have been looking for various (methods) of healing. Among them there are those who argue that healing can be obtained by worshiping Allah, worshiping Allah's creations such as worshiping the sun, moon, stars, fire or taqarrub to idols (statues) and other false beliefs. However, when the Prophet Muhammad came, he explained about the correct way to seek healing, so Allah SWT sent down the Qur'an to the Prophet as a medicine for those who believe.

Through healing the Qur'an can make life more meaningful. Many people do not know about the rich content or message of the content in the Qur'an, what is known is only about religion. When there is alternative healing, people realize that it is a loss for humans if they do not practice the contents of the Qur'an, which in the Qur'an has explained about the world and the hereafter clearly and in detail.¹² There are several things we should know about the Qur'an, among others:

1. Al-Qur'an as a guide for life

⁹ et al. Alsheta Marcha Nurriyana, "Overcoming the Loss Due to Death of Parents: A Phenomenological Study of Self Healing in Adolescents" Vol.8, No.3 (2021).h.47

¹⁰ Andri Yulian Christyanto, "Self Healing Method in the Book of Minhajul 'Abidin Imam Al-Ghazali" Vol.6, No.2 (2021).

¹¹ Budiman Septi Ardianty, "Effectiveness of Self Healing Therapy Using Reiki Energy on Anxiety Facing Thesis Examination" Vol.4, No.1 (2018).

¹² sustainable, "The Qur'an and Healing (Study of the Living Qur'an on the Practice of Alternative Medicine at Menongso workshop in Jaten Hamlet, Pedurungan Tengah Village, Pedurungan District, Semarang)."

The Qur'an provides guidance in matters of creed, sharia, and morals by laying out the basic principles regarding these matters, and Allah commissioned the Messenger of Allah, peace be upon him, to give a complete account of these principles.¹³

2. Al-Qur'an for our daily life
3. Al-Qur'an as shifa 'or medicine

Healing with the Qur'an is very convincing, even for chronic diseases that cannot be cured by medical personnel. The Qur'an can have an influence on the members of the human body because the Qur'an is an 'ijaz (miracle) which is not only limited to the religious sciences but also other world sciences that can answer all human problems.¹⁴

Treatment with the Qur'an has been done long ago, in the span of 14 centuries, healing with the Qur'an has become something that is well known to Muslims. They treat all diseases with the Qur'an because they believe in the word of Allah.

"O mankind, indeed there has come to you a lesson from your Lord and a cure for diseases (which are) in the chest and guidance and mercy for those who believe."(Surah Yunus [10]: 57)

Islamic self-healing therapy is treatment by strengthening the heart, relying on God, putting your trust in God, seeking protection, showing humility. And gentle, it is an action that aims to achieve effect, devote to God to heal by demonstrating and instructing the patient to do the treatment. These include pain, prayers, healing memories, and the wisdom and benefits of drinking zam-zam water.¹⁵

Ibnul Qayyim al-Jauziyah recounted, when he was sick while in the city of Mecca and at that time he did not find a doctor and medicine. So he took Zamzam water by reciting Surah Al-Fatihah several times, then he drank. After that, he lost his pain, and since then when he was sick he always drank Zamzam water by reciting Surah Al-Fatihah.¹⁶

Prophet Ibrahim said blessings come from Allah swt. When it comes to illness, it's because giving benefits is a commendable thing. Therefore, it is natural to rely on Allah swt. However, disease is something that can be said to be bad so it is not natural to rely on Allah swt. Prophet Ibrahim taught that all beautiful things that are worthy of praise come from Allah swt,

¹³ Moh Matsna, Al-Qur'an Hadith Madrasah Aliyah X (Semarang: PT. Karya Toha Putra, 2016).H.49

¹⁴ Abd. Daim al-Kaheel, Recitation of the Qur'an for Healing (Yogyakarta: Pustaka Pesantren, 2012).

¹⁵ Errick Endra Cita, Yuni Permatasai Istanti, "Islamic Self Healing Therapy on Quality Of Life in Chronic Kidney Failure Clients With Hemodialysis Therapy," tt

¹⁶ Qindil Abdul Mun'in, The Healing Book Revealing the Medical Content of the Qur'an (Yogyakarta: Qudsi Media, 2018).h.195

while for reprimands and negative things you must first find the cause yourself. Healing emphasized by Prophet Ibrahim does not mean that human efforts for healing are no longer needed, there are many hadiths of the Prophet Muhammad that commanded treatment. Thus the meaning explained by Prophet Ibrahim is that the cause of all causes is Allah SWT.¹⁷

The Qur'an is a cure for all human ailments, whether medical, psychiatric, diseases caused by jinn, magic and others. As in the word of God:

"And We have sent down from the Qur'an something that is an antidote and a mercy for those who believe and the Qur'an does not add to the wrongdoers other than loss."(Surah Al-Isra'[17]: 82)

The verse can be used to treat patients by being recited when the patient is treated by a healer. The verse is recited while holding the sick part of the body. Then the word syifa' is recited three times, after that it is also read on the water that has been provided to drink at home.

To deal with non-physical ailments such as calming people who are in a trance, people who are lazy to work or lazy in studying, then by reading to the patient, among others are the Yasin letter and the verse of the chair.¹⁸

Rasulullah saw. Many show examples of how humans overcome a disease they suffer, one of which is physical disease. He is not a healer who specializes in the medical world, but he does physical treatment to friends and the community at that time, for example he was visited to ask for advice on the diseases he was experiencing such as pleurisy, dizziness, epilepsy, eye diseases (Salim, 2009: 343-348). For all suffering, the Prophet gave knowledge of the causes and methods of medical and religious healing. For example, dizziness when cupping or just tying the head, depending on the degree of pain (In a hadith narrated by Bukhari, that the Messenger of Allah did cupping on his head when he was in ihram). One thing to note is that the Prophet did not stop teaching that the cure for all ailments is patience and prayer. Patience and Prayer are beliefs - very closely related. Such strong faith will not happen unless it is obtained by mentally ill people, weak people, people who are not easily determined, people who are sad, people who are easily afraid, people who are afraid. In fact. This weak state of mind includes frequent physical stress. By physically, there are already medical personnel who treat patients with different treatments and treatments according to medical rules. But Psychological, not All patients receive treatment or psychotherapy.¹⁹

¹⁷ Rahmasari, Self Healing Is Knowing Your Own Self.

¹⁸ sustainable, "The Qur'an and Healing (Study of the Living Qur'an on the Practice of Alternative Medicine at Menongso workshop in Jaten Hamlet, Pedurungan Tengah Village, Pedurungan District, Semarang)."

¹⁹ Yuliyatun, "The Contribution of Islamic Counseling in Healing Physical Diseases."

Uthman bin Abu Al'Ash Ats-TsaQafi narrated that he had complained of pain since he converted to Islam to the Messenger of Allah. The story was later narrated in a hadith narrated by Imam Muslim.

ورويانا في صحيح مسلم رحمه الله، عن عثمان بن أبي العاص رضي الله عنه، أنه شكَا إلى رسول الله صلى الله عليه وسلم وجعا يجده في جسده، فقال له رسول الله صلى الله عليه وسلم ضَعْ يَدَكَ عَلَى الَّذِي تَأَلَّمُ مِنْ جَسَدِكَ، وَقُلْ بِسْمِ اللَّهِ ثَلَاثًا، وَقُلْ سَبْعَ مَرَّاتٍ أَعُوذُ بِاللَّهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا أَجِدُ وَأُحَاذِرُ

It means, "It was narrated to us in Sahih Muslim rahimahullah, from Uthman bin Abil 'Ash RA that he complained to the Messenger of Allah about the disease he felt in his body. The Messenger of Allah then said to him, 'Put your hand on the part of your body that feels pain. Read three times, 'Bismillah.' Then read seven times, 'A'ūdzu billāhi wa qudratihī min syarri mā ajidu wa uhādziru (I seek refuge in the majesty and power of Allah from all the bad things that I get and what I fear.'" ²⁰

CONCLUSION

The purpose of self-healing in general is to heal wounds, sadness, trauma in oneself as a process of recovery from traumatic events that occur in the individual. Self-healing with the Qur'an has the aim of achieving inner and outer peace within oneself by using self-healing methods.

SUGGESTIONS AND RECOMMENDATIONS

Considering the method of healing with the Qur'an is rarely done among medical personnel because of the rapid development of the times in medical treatment that relies on chemical substances, so that doctors managed to achieve glorious success in the field of medicine. Further researchers can develop research by analyzing several surahs, verses of the Qur'an which are strongly believed by many people, especially for Muslims for healing in diseases for which there is no medical cure, such as mental and emotional wounds.

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²⁰ Sa'id Abdul Azhim, To Make the Heart More Lively (Jakarta: Cakrawala Publishing, 2011),p.259

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