

## Better Prevention of COVID-19 and Infectious Diseases in Islamic Culture: A Study of Islam and Health

\*Md. Abdul Qader<sup>1</sup>, Mir Rumi Mustafizur Rahman<sup>2</sup>, Mokter Hossain<sup>3</sup>

<sup>1</sup>Department of English, Tarash Honours College National University, Bangladesh

<sup>2</sup>Department of English, King Khalid University Abha, Saudi Arabia

<sup>3</sup>Department of Computer Science Kennesaw State University Marietta, GA 30060, United States

\*aksarker48@gmail.com

**ABSTRACT:** *This manuscript aims at delineating the significance of Islamism in health science, especially in the contemporary pandemic of COVID-19. The first and foremost objective of this research work is to find out that the daily practice of Islam is better prevention for the people to be exempted from the diseases that occurred by COVID-19 and other disease-bearing viruses. It also observes that the daily activities in the Islamic religion always keep a man clean and danger-free from coronaviruses that have become a triumphant spirit on the medical science and technology in this digital world. This article is also eager to investigate and accumulate the Islamists' regular practices which act for them as the medicine of their viral diseases like COVID-19. The research work is done by the qualitative method. To make this research authentic, information has been collected from different primary and secondary sources: the holy Quran, Hadith, Islamic books, articles from newspapers, journals, etc. Here in the manuscript, the authors have desired to make a result that people should not avoid and ignore Islamism which can keep all human beings lucid, clean, and free from viral diseases, especially COVID-19. Finally, the study gives some recommendations on Islam which is scientifically and logically proven and considered the best religion for keeping health safe and sound in the viral diseases of the contaminated world.*

Naskah ini bertujuan untuk menggambarkan signifikansi Islamisme dalam ilmu kesehatan terutama pada pandemi kontemporer COVID-19. Tujuan pertama dan terpenting dari penelitian ini adalah untuk mengetahui bahwa amalan Islam sehari-hari adalah pencegahan yang lebih baik bagi orang-orang untuk dibebaskan dari penyakit yang disebabkan oleh COVID-19 dan virus pembawa penyakit lainnya. Ia juga mengamati bahwa aktivitas sehari-hari dalam agama Islam selalu menjaga manusia tetap bersih dan bebas bahaya dari virus corona yang telah menjadi semangat kejayaan ilmu dan teknologi kedokteran di dunia digital ini. Artikel ini juga ingin menyelidiki dan mengakumulasi praktik rutin para Islamis yang bertindak bagi mereka sebagai obat penyakit virus mereka seperti COVID-19. Pekerjaan penelitian dilakukan sesuai dengan metode kualitatif. Untuk membuat penelitian ini otentik, informasi telah dikumpulkan dari berbagai sumber primer dan sekunder: Al-Qur'an, Hadits, buku-buku Islam, artikel dari surat kabar, jurnal, dll. tidak menghindari dan mengabaikan ajaran Islam yang dapat membuat seluruh umat manusia tetap jernih, bersih, dan bebas dari

penyakit virus khususnya COVID-19. Akhirnya, penelitian ini memberikan beberapa rekomendasi tentang Islam yang terbukti secara ilmiah dan logis dan dianggap sebagai agama terbaik untuk menjaga kesehatan tetap aman dan sehat dari penyakit virus dunia yang terkontaminasi.

**Keywords:** Covid-19, Infectious Diseases, Islam, Health.

*Received:* April 6, 2022; *Revised:* May 3, 2022; *Accepted:* May 12, 2022

## I. INTRODUCTION

Islam is the complete code of life not only for Muslims but also for all human beings. Its rules of lifestyle are personally, socially, economically, politically, and even scientifically proved very helpful for all living beings. The holly Quran is an experimented medical indication that the Holy Allah the Almighty said in verse 82 of Surah Bani Israel:

وَنُنَزِّلُ مِنَ الْقُرْآنِ مَا هُوَ شِفَاءٌ وَرَحْمَةٌ لِّلْمُؤْمِنِينَ وَلَا يَزِيدُ الظَّالِمِينَ إِلَّا خَسَارًا

*“And We send 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 losses.”* (QS. al-Israa' [17]: 82).

Abu Hurayra ra said that Prophet (Saw) said:

مَا أَنْزَلَ اللَّهُ دَاءً إِلَّا أَنْزَلَ لَهُ شِفَاءً

*“There is no disease that Allah sent without sending for it a cure.”* (Bukhari, Volume 7, Book 71. Number 582).

Jabir reported Allah's Messenger said:

لِكُلِّ دَاءٍ دَوَاءٌ فَإِذَا أُصِيبَ دَوَاءُ الدَّاءِ بَرَأَ بِإِذْنِ اللَّهِ عَزَّ وَجَلَّ

*“Every disease has a cure. If a cure is applied to the disease, it is relieved by the permission of Allah.”* (2204 Sahih Muslim, Book 39, Hadith 95) (Muslim, 2000).

At present, the world is now fighting against the tremendous pandemic aggression of Covid-19 in a tragic circumstance turning the world into an epidemic cemetery. Approximately 3,026,333 people have already reached their afterlife through unexpected demises and funerals that are incessantly creating horror among the rest of the people in the world (WHO18/04/2021). Even 141,407,599 plus of mankind is instantly bearing this Covid-19 tested medically in their bodies, and counting down the moment of their terrible departure from the lovely planet, the earth (18/04/2021).

Besides, large scales of them are suspected to have been affected by the heartbreaking virus because they are untested for resource constraints and are shifted to home quarantine or isolation. The whole world is about to be locked down and the rest of the people are trembling with the fear of being affected by the triumphant fatal virus. About more than 205 countries of the world are now affected cruelly and the worst-affected regions: China, Italy, Spain, France, the US, UK, Germany, Iran, Japan and

recently India and Bangladesh have become “*The Burial of the Death*” in “*The Waste Land*” of T.S Eliot.

Hospitals and even total medical sciences have flopped down to produce antidotes for the affected people. The government and administration of the above countries have already surrendered to the virus and spiritually depended on the Almighty Creator. The superpower of the world, the president of the USA is crying in a press briefing and the president of well-developed Italy is lying on the ground and yelling to God. The doctors are mainly prescribing them to follow some rules of behavioural terms: hospital quarantine, home quarantine, isolation, frequently washing hands and face with soaps or liquid, enhancing stamina by physical exercise, and they are also writing prescriptions with some nominal medicines for them.

But here in this circumstance, the change of behavioural customs in daily life is predominant that is similar to the usual activities of Muslims. Some scholars and experts said that the practice of daily activities of Muslims may protect the Covid-19 and other contagious or viral diseases. Many countries dangerously affected by Covid-19 have been attracted to Islamism. China, Spain, Italy the USA, and India are at this moment going to appreciate and support the practice of Islam. They have already realized the impact of health science on Islam and that of Islam on health science. Most researchers have found the terms of preventing coronavirus and other viral diseases in the practice of Islam: washing hands and face frequently during a day, quarantine or home quarantine, isolation, increasing immunity, etc.

In this material world, human beings have become dependent on the scientific reality that is always controversial to almost all religions. They are in the belief of nature except supernature integral to religions. In this circumstance, the religion Islam proves that the religion is not only supernatural but also natural and scientific, and the practice of Islamism is proved and approved by medical science. In the remaining Covid-19 pandemic in the world, people are always suggested to be fresh and clean by frequently washing hands and face to avoid coronavirus and other viral diseases. This system of washing hands and face frequently, quarantine, the isolation during the epidemic of contagious diseases is advised to be done by the great prophet Muhammad (Saw) before the 14th century. So, to practice Islamic activities daily is to avoid Covid-19 and other viral diseases.

## II. METHOD

In this study, both qualitative and quantitative method (mixed method) was applied to find out problems and draw solution, but the qualitative method was predominating. The questionnaire, survey, and document observation were applied in the research work. The reason why the survey method was selected for the research is survey results provide a snapshot of the attitudes and behaviours including thoughts, opinions, and comments about the target survey population. Data were collected both in qualitative and quantitative methods: data from existing documents or discourses were systemized through discourse analysis.

As a part of the thesis, the researchers collected data through a survey applying some questionnaires carried out among 40 participants including 20 Islamic scholars, and 20 doctors performing their duties in Covid-19 units in the hospitals.

A questionnaire or survey method is applied to prepare this research paper as it was done in a short period. Data were elicited through the use of questionnaires. The questionnaire had two versions. The first version was designed for Islamic experts and the second version for doctors. The questionnaire includes open-ended and close-ended multiple-choice questions. The primary data was collected from the questionnaires, the Holy Quran, Sahih Hadiths and the documents of WHO announcing Covid-19, and the secondary data were collected from many books and articles on religion and health, websites, newspapers, magazines, etc. that made the article very practical in mode.

For the study, simple random sampling has also been used for surveying because in random sampling each individual is chosen by chance to get more authentic results. After collecting data, it has been systemized and analyzed by applying MS Excel and MS word programs and the citation was done in APA style.

### III. RESULT AND DISCUSSION

#### Results

The above-stated preventions of Covid-19 declared by WHO and many medical specialists and other institutions are seen available in the daily activities of a pure Muslim (Habersack & Luschin, 2013). Let us state the Muslim activities that are performed by the rules of the holy Quran and Hadith:

#### Washing Hands and Face Frequently in a Day in Islam

To avoid the coronavirus, wash your hands and face with warm water and soap at least 20 times a day. Rub the skin on the wrists, between the fingers, and under the fingernails. In the Islamic religion, this method of purification is known as "Oju". As in the Holy Quran, Allah Almighty said:

يَا أَيُّهَا الَّذِينَ آمَنُوا إِذَا قُمْتُمْ إِلَى الصَّلَاةِ فَاغْسِلُوا وُجُوهَكُمْ وَأَيْدِيَكُمْ إِلَى الْمَرَافِقِ وَامْسَحُوا بِرُءُوسِكُمْ وَأَرْجُلَكُمْ إِلَى الْكَعْبَيْنِ ۚ وَإِنْ كُنْتُمْ جُنُبًا فَاطَّهَّرُوا ۚ وَإِنْ كُنْتُمْ مَرْضَىٰ أَوْ عَلَىٰ سَفَرٍ أَوْ جَاءَ أَحَدٌ مِّنْكُمْ مِنَ الْغَائِطِ أَوْ لَامَسْتُمُ النِّسَاءَ فَلَمْ تَجِدُوا مَاءً فَتَيَمَّمُوا صَعِيدًا طَيِّبًا فَامْسَحُوا بِوُجُوهِكُمْ وَأَيْدِيكُمْ ۗ إِنَّ اللَّهَ لَيَجْعَلُ عَلَيْكُمْ مِنْ حَرَجٍ وَلَكِنْ يُرِيدُ لِيُطَهَّرَكُمْ وَلِيُتِمَّ نِعْمَتَهُ عَلَيْكُمْ لَعَلَّكُمْ تَشْكُرُونَ

“Believers! Wash your faces and hands up to the elbows, wipe your heads, and wash your feet up to the ankles as you rise for prayer. Purify yourselves if you are in a state of ritual impurity (by taking a bath). If you're sick, travelling, or have had contact with women and can't locate water, wipe your faces and hands with clean soil. Allah does not wish to put you through any suffering; rather, He wishes to cleanse you and complete His blessings so that you may express gratitude.” (QS. al-Maaidah [5]: 6).

'Maybe there is a revelation to be gained here; if one key to halting transmission of the virus is hand washing, would a spiritual community whose members ritually wash before five-times-a-day prayers have anything to teach the rest of us?' said Trevor Phillips in an editorial accompanying the story.' (Phillips, 2020).

Soap bars were first manufactured in the Middle East around the 10th century, during what is known as the Islamic Golden Age. A Persian physician, alchemist, and philosopher known in the West as Rhazes or Rasis recorded various soap-making formulas. Soap manufacturing had expanded across the region by the 13th century (Three Islamic inventions leading the global fight against Covid-19, 2020).

For Muslims, washing one's body with water before prayer may be a very spiritual exercise. Muslims wash frequently, even after going to the restroom with water. *Wudu* rests in its symbolic purification. It does not always purify the bodily parts that are "physically implicated in the polluting act." (Aslan, 2020).

### **Keeping Always Clean and Good Hygiene in Islam**

Islam places a high value on cleanliness, both physically and spiritually. To prevent the transmission of coronavirus, health organizations and experts encourage people to wash their hands often for at least 20 seconds. Cleanliness is so highly valued in Islam that it is considered a component of the faith. Prophet Muhammad (Saw) said:

*"The key to the prayer is cleanliness, its beginning is Takbir (saying Allahu Akbar) and its ending is Salam (salutation)." (Abu Dawud).*

Thus, Islam has always encouraged the believer to be in a state of cleanliness both physically and spiritually (How coronavirus challenges Muslims' faith and changes their lives, 2020).

A virus that causes severe acute respiratory syndrome is likely to be transferred most easily via respiratory droplets. Droplets from an infected person's cough or sneeze travel a short distance (up to 3 feet) through the air. When a person contacts a surface or object infected with infectious droplets and subsequently touches his or her mouth, nose, or eye, the virus can spread. Islam is referred to as the religion of cleanliness.

إن الله يحب التوابين ويحب المتطهرين

*"Truly, God loves those who turn unto Him in repentance and loves those who purify themselves." (QS. al-Baqarah [2]: 222).*







Because cleanliness is stated as half of faith in Prophet Muhammad's (Saw) traditions, it is necessary to maintain the body fresh and clean, and Islam insists on certain rituals to help with this. After using the restroom, Muslims must wash their private parts, and Muslims must be especially clean before praying. They wash their hands, faces, arms, and feet five times a day, including cleaning their mouths and noses. Before praying, before and after eating, and after waking up in the morning, Prophet Muhammad (Saw) urged Muslims to wash their hands (Stacey, 2009).

### **Taking Daily Physical Exercise for Stamina in Islam**

The frequent movement of our limbs is referred to as physical exercise. To fight against the coronavirus, health professionals are putting a greater emphasis on intensive physical training to build physical strength. Salat is the most effective kind of physical activity. Many academics across the globe believe that if Muslims performed the Salat five times a day, it would be the ideal physical exercise for everyone. As a result, each Muslim is required to execute 119 postures every day, 3750 postures per month, and 42,840 postures per year (Ghazal, 2020).

Salat postures are comparable to yogic poses, therefore while salat is performed as a religious duty, it may also provide all of the advantages of yoga to the salat. The influence of seven salat postures on the neurological system is profound. Salat is a sort of stretching exercise in which the physical acts are moderate, uncomplicated exercises ideal for people of all ages and conditions. A goniometer, a tool for measuring angles, was used to study the various postures of salat and to assess a variety of joint movements. By enhancing blood flow and developing musculoskeletal fitness, the physical activities involved in performing salat aid in the rehabilitation process in crippled elderly patients (Imamoğlu, 2016).

**Table 1. A table of some important physical exercises in Salat (Prayer)**

<i>Takbir</i> (standing)	<i>Qiyam</i> (standing)	<i>Ruku</i> (bowing)	<i>Sajdah</i> (prostration)	<i>Tashahhud</i> (sitting)	<i>Salam right and left</i>
					
Bend your elbows and gently extend your shoulder joint. With the core muscles engaged, the shoulder blades and lower back are pulled into a beneficial neutral posture. Your physiotherapist can show you exercises to strengthen these muscles, which will help you maintain excellent posture.	Hands are brought to the waist, shoulders are relaxed, and calm breathing is encouraged. Equal weight should be distributed evenly between both feet, and core muscles should be engaged.	As the waist is bent, the muscles of the lower back, back of the thighs, and calves are fully stretched. Controlling the lower back and hips while bending and recovering to a standing position engages core muscles.	With the lower back contracted, the postural neck muscles strive to maintain a neutral head posture when lowering and subsequently raising off the floor. Weight transfer via the arms necessitates adequate shoulder blade control and the utilization of shoulder-stabilizing muscles.	With toes extended, knee and hip flexed, muscles at the front of the ankle and foot are stretched. Maintaining excellent posture in the lower back will assist to improve core muscles.	<b>Physical Benefits:</b> Neck range of motion is improved by turning the head to each side and stretching muscles with moderate repetitive motions.

Prophet Muhammad (Saw) advised his followers, to work, be energetic, and start their day early, all of which are conditions for a healthy body. Sakhr ibn al-Ghamidi reported: The Messenger of Allah, peace and blessings be upon him, said,

عَنْ صَخْرِ الْعَامِدِيِّ قَالَ قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ بَارِكْ لِأُمَّتِي فِي بُكُورِهَا

“O Allah, bless my nation in their early morning.” (1212) (A.-T., 2000).

Obesity or an inadequate diet, laziness and weakness are all afflictions for which we will be called to account. Even though preventing illness or injury is often out of our control, there are many conditions brought on or made worse by our lack of attention to diet and fitness.

Prophet Muhammad (Saw) said:

*"Any action without the remembrance of God is either a diversion or heedlessness excepting four acts: Walking from target to target [during archery practise], training a horse, playing with one's family, and learning to swim."* (Tabarani, 2017).

*"The Prophet went by some persons from the tribe of Aslam as they were engaging in archery," according to a narration preserved by Imam Bukhari (a scholar who collated Prophetic Traditions) (in the market). 'One of the two teams in the room came to a halt. 'the Prophet inquired. 'How could we shoot when you're with them,' they said (the other team). 'He then said, 'Shoot and I am with you all.' (Beekun, 2011).*

### **Maintaining Isolation and Home Quarantine in Islam**

Isolation (self-quarantine) and house quarantine safeguard the general public. Quarantine is the process of separating and restricting the movement of persons who have been exposed to a contagious illness. In the current coronavirus epidemic, all health professionals have stressed isolation and home quarantine. Prophet Muhammad (Saw) recommended it before the 14th century. *"Those with infectious diseases should be kept apart from those who are well,"* He (Saw) said. (Bukhaari -6771 and Muslim - 2221) (Times, 2020). *"Those who stay at home to protect themselves and others are under the protection of Allah (Musnad Ahmed, Saheeh)"* (Premeh, 2021).

Prophet Muhammad (Saw) advised quarantining to contain a deadly outbreak. He said:

إِذَا سَمِعْتُمْ بِالطَّاعُونَ بِأَرْضٍ فَلَا تَدْخُلُوهَا، وَإِذَا وَقَعَ بِأَرْضٍ وَأَنْتُمْ بِهَا فَلَا تَخْرُجُوا مِنْهَا

*"If you hear of an outbreak of plague in a land, do not enter it; if the plague breaks out in a place while you are in it, do not leave that place."*

A timely hadith in light of Covid-19. The 14-century-old sayings of Prophet Muhammad, which advocated for hand washing, self-isolation, & avoiding physical contact, have attracted the attention of world media amid the coronavirus pandemic. Aside from a prescription for public health, this hadith imparts two moral responsibilities: to avoid endangering your health and to prevent endangering others' health.

Quarantine was a mandatory practise in hospitals across the Islamic world to prevent the spread of leprosy. Ibn Sina was the first to designate a method to avoid contagion through 40-day sanitary isolation. He called the method "*al-Arba'iniya*" (the fortieth), translated literally to "*quarantine*" in the early Venetian language (Rachel Hajar, 2011).

### **Prohibition of Smoking & Alcohol in Islam**

World Health Organization (WHO) urges people to stop smoking and drinking alcohol. Smoking contributes to lung disease, cancer, and cardiovascular disease; these diseases are all linked to smoking. Alcohol is linked to chronic liver disease, malignancies, cardiovascular disease, and acute alcohol poisoning (i.e., alcohol toxicity) (Anonymous, 2006).

The Islamic regulations of the Quran, Hadith, Izma, and Qius are particularly strict when it comes to smoking and drinking, which are prohibited. According to the rule of the Holy Quran and Hadith, drinking and smoking are profane and must be avoided at all costs. As the Almighty Allah said, they ask you (O Muhammad Saw) concerning alcoholic drink and gambling. Say:

يَسْأَلُونَكَ عَنِ الْخَمْرِ وَالْمَيْسِرِ ۖ قُلْ فِيهِمَا إِثْمٌ كَبِيرٌ وَمَنَافِعُ لِلنَّاسِ وَإِثْمُهُمَا أَكْبَرُ مِن نَّفْعِهِمَا ۗ  
وَيَسْأَلُونَكَ مَاذَا يُنْفِقُونَ قُلِ الْعَفْوَ ۗ كَذَلِكَ يُبَيِّنُ اللَّهُ لَكُمْ آيَاتِهِ لَعَلَّكُمْ تَتَفَكَّرُونَ

*"In them is a great sin and (some) benefit for men, but the sin of them is greater than their benefit."* (QS. al-Baqarah [2]: 219).

In 43 ayat of surah Nisa the Almighty Allah said:

يَا أَيُّهَا الَّذِينَ آمَنُوا لَا تَقْرَبُوا الصَّلَاةَ وَأَنْتُمْ سُكَارَىٰ حَتَّىٰ تَعْلَمُوا مَا تَقُولُونَ وَلَا جُنُبًا إِلَّا عَابِرِي سَبِيلٍ حَتَّىٰ تَغْتَسِلُوا ۗ وَإِنْ كُنْتُمْ مَرْضَىٰ أَوْ عَلَىٰ سَفَرٍ أَوْ جَاءَ أَحَدٌ مِّنْكُمْ مِنَ الْغَائِطِ أَوْ لَامَسْتُمُ النِّسَاءَ فَلَمْ تَجِدُوا مَاءً فَتَيَمَّمُوا صَعِيدًا طَيِّبًا فَامْسَحُوا بِوُجُوهِكُمْ وَأَيْدِيكُمْ ۗ إِنَّ اللَّهَ كَانَ عَفُوًّا غَفُورًا

*"O ye who believe! Approach not prayers with a mind befogged, until ye can understand All that ye say, nor in a state of ceremonial impurity (Except when travelling on the road), until after washing your whole body. If ye are ill, or on a journey, or one of you cometh from offices of nature, or ye have been in contact with women, and ye find not water, then take for yourselves clean sand or earth, and rub therewith Your faces and hands. For God doth blot out sins and forgive again and again."* (QS. an-Nisaa' [4]: 43).

Abdullah Ibn `Umar narrated: 'Umar stood up on the pulpit and said:

عَنِ ابْنِ عُمَرَ . رَضِيَ اللَّهُ عَنْهُمَا . قَامَ عُمَرُ عَلَى الْمِنْبَرِ فَقَالَ أَمَّا بَعْدُ نَزَلَ تَحْرِيمُ الْخَمْرِ وَهِيَ مِنْ خَمْسَةِ الْعِنَبِ وَالنَّمْرِ وَالْعَسَلِ وَالْحِنْطَةِ وَالشَّعِيرِ، وَالْخَمْرُ مَا حَامَرَ الْعَقْلَ

*"Now then, prohibition of alcoholic drinks has been revealed, and these drinks are prepared from five things, i.e... Grapes, dates, honey, wheat or barley and an alcoholic drink are that that disturbs the mind."* (5581) (A.-B., 2000c).

### Keeping Social Distance in Islam During Pandemic

Prophet Mohammad (Saw) preceded on:

إِذَا سَمِعْتُمْ بِالطَّاعُونَ بِأَرْضٍ فَلَا تَدْخُلُوهَا، وَإِذَا وَقَعَ بِأَرْضٍ وَأَنْتُمْ بِهَا فَلَا تَخْرُجُوا مِنْهَا . فَقُلْتُ أَنْتَ سَمِعْتَهُ يُحَدِّثُ سَعْدًا وَلَا يُنْكِرُهُ قَالَ نَعَمْ.

The Prophet (ﷺ) said, *"If you hear of an outbreak of plague in a land, do not enter it; but if the plague breaks out in a place while you are in it, do not leave that place."* (5728) (A.-B., 2000b).

In this coronavirus pandemic, social media experienced a spike in "stay at home" hashtags on a global scale, and officials have emphasized the necessity of social distancing. Prophet Mohammad (Saw) was 14 centuries ahead of both in terms of illness prevention. To contain a dangerous epidemic, he (Saw) suggested quarantining.

The individual should avoid the pain and suffering those results from some contagious and fatal diseases. The proof for that is the word of the Prophet (blessings and peace of Allah be upon him):

وَعَنْ أَبِي سَلَمَةَ، سَمِعَ أَبَا هُرَيْرَةَ، بَعْدُ يَقُولُ قَالَ النَّبِيُّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ " لَا يُورَدَنَّ مُمْرَضٌ عَلَى مُصِحِّحٍ

*"No sick (camel) should be put with healthy (camels)." (5771) (A.-B., 2000a).*

### **Taking Halal Foods**

Islam indicates some useful foods and some that are harmful. The basic material we feed our body is used to make our muscles, bones, lungs, liver, brain, and secretions. The factory will not make sturdy bones, strong muscles, good pumps (heart), or clean pipelines (vessels) if we feed it garbage raw materials (Khan, 2021).

كُلُوا وَاشْرَبُوا مِنْ رِزْقِ اللَّهِ وَلَا تَعْتُوا فِي الْأَرْضِ مُفْسِدِينَ

*"O mankind, eat of that which is lawful and good on earth." (QS. al-Baqarah [2]: 60).*

Forbidden to us are dead meat, blood, and flesh of swine (see al-Maaidah [5]: 3) and intoxicants (al-Maaidah [5]: 91, 92, and al-Baqarah [2]: 219).

The Quran encourages us to eat in moderation, but do not waste by going overboard, for God despises wasters - Muhammad bin Saqib al-Hussein. Moderation in the lawful is the second component in nutrition (after permission of the lawful and probation of the unlawful). Obesity is a significant American tragedy that affects millions of individuals of all ages. As Allah (Swt) said:

كُلُوا مِنْ طَيِّبَاتِ مَا رَزَقْنَاكُمْ وَلَا تَطْغَوْا فِيهِ فَيَحِلَّ عَلَيْكُمْ غَضَبِي ۖ وَمَنْ يَحِلَّ عَلَيْهِ غَضَبِي فَقَدْ هَوَىٰ

*"Eat of the good things we have provided for your sustenance, but do not overindulge, lest my wrath justly." (QS. Thaha [20]: 81)*

Fruits are low in calories, abundant in vitamins and minerals, and contain fructose rather than sucrose as fibre and sugar. In a recent study by Dr Anderson, fructose was found to not affect blood sugar levels and even helped diabetics with high blood sugar. Fructose is found in honey. Halal meals or goods may be advertised in the newspaper, on television, radio, the internet, or via any other medium of communication that might impact Muslims' level of knowledge regarding halal cuisine (Anderson, 1997).

### **Using Personal Protective Equipments**

عَنْ أَبِي هُرَيْرَةَ، أَنَّ النَّبِيَّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ كَانَ إِذَا عَطَسَ غَطَّى وَجْهَهُ بِيَدِهِ أَوْ بِتَوْبِهِ وَعَضَّ بِهَا صَوْتَهُ

*“Prophet (Saw) while sneezing, would cover his face with his hand or with his garment.”* (Dawud & Tirmidhi).

Besides, the significance of the curtain in Islam knows no bounds. The system of the curtain for man and woman in Islam is significant not only in religion but in society and health science because the curtain acts as PPE in viral impact on the environment.

Before the germ theory of disease, epidemics were conceptualized as a pestilential corruption of the air. The quintessential premodern Islamic PPE was the talismanic shirt – a cloth garment inscribed with holy text. Some medieval Islamic thinkers also thought the plague was caused by black angels shooting invisible arrows. Talismanic shirts from the 15th and 16th centuries display the entire text of the Quran. Other common medieval Islamic PPEs included the miniature talismanic scroll on affordable block-printed paper. The Garden of Names, or Jannat al-asma' in Arabic, is a circular amuletic design that contains 19 letters and numbers (Aslan, 2020).

### **Avoiding Religious Gathering in Pandemics**

In a pandemic situation, religious gatherings like conferences, performing hajj, Juma prayer and salat with Jamat in the mosque may be stopped for the time being. If a man has a contagious disease, then he is excused for not attending Jumu 'ah (weekly prayer on Friday) and prayers in the congregation. The Islamic religion is neither hard nor harsh but its rules are very flexible. In the pandemic situation, religious gatherings such as conferences, and performing hajj, may be suspended temporarily. Our creator, Allah said in the Holy Quran:

وَمَنْ أَحْيَاهَا فَكَأَنَّمَا أَحْيَا النَّاسَ جَمِيعًا

*“And whoever saves one’s life, it would be as if he saved all of mankind.”* (QS. al-Maaidah [5]: 32).

Moreover, the Prophet (Saw) said:

*“The entire earth has been made a Masjid, except graveyards and washrooms.”* Tirmidhi (al-Salaah, 291).

Let us discuss the subject: The Prophet (blessings and peace of Allah be upon him) said:

لَا يُورِدُ مَرِيضٌ عَلَى مُصِحٍّ

*“No sick one should be put with a healthy one.”* (Sahih Muslim 2221) (M., 2000).

### **Using Black Cumin in Viral Diseases**

Manuka Honey and Black Seed Oil are one of the most versatile and beneficial compounds in existence. The good news is, at Nature's Blends, we've just launched our line of this most useful of medicines (Bold, 2019). N. Sativa (also known as black seed) is native to South and Southwest Asia. Contains fixed oil rich in unsaturated fatty acids and proteins, alkaloids and saponins. Nigella sativa seeds have been widely

used in traditional medicinal applications (Rajabian & Hosseinzadeh, 2020). The seeds of *Nigella sativa* L., commonly known as black seed, have been used in traditional medicine. The seeds of this plant are the most extensively studied, both phytochemically and pharmacologically. They are used to treat headaches, coughs, abdominal pain, diarrhoea, asthma, rheumatism and other diseases (Gali-Muhtasib, El-Najjar, & Schhneider, 2006).

TaibUVID is a promising evidence-based approach to rescue lives, decrease fatalities and put a rapid end to the Covid-19 pandemic. We introduce novel *Nigella sativa* oil for local treatment of pneumonia or bronchopneumonia. Oral honey exerts potent antiviral effects, enhances immunity and exerts tissue-protective effects (Sayed et al., 2020).

Finally, it is noted that the scientific name of black cummin is *Nigella sativa*. It contains two extracts called nigelidine and alpha heredine. According to a recent study by researchers Selim Bushetov and Nuruddin Masum, a compound of this extract and some drugs, if applied to the Covid-19 virus, produces energy that is closer to chloroquine and higher than hydroxychloroquine. Therefore, there is a good chance that the treatment of Covid-19 will be effective.

Besides the research, our prophet (Saw), before the 14th century, suggested to use of black cummin in infectious diseases and some of his Hadith were given: Abu Hurayrah (R.) narrated that the Prophet (Saw) said:

عَنْ أَبِي هُرَيْرَةَ، أَنَّ النَّبِيَّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ عَلَيْكُمْ بِهَذِهِ الْحَبَّةِ السَّوْدَاءِ فَإِنَّ فِيهَا شِفَاءً  
 مِنْ كُلِّ دَاءٍ إِلَّا السَّامَ

“Use this Black Seed regularly, because it is a cure for every disease, except death.”

### Data Analysis

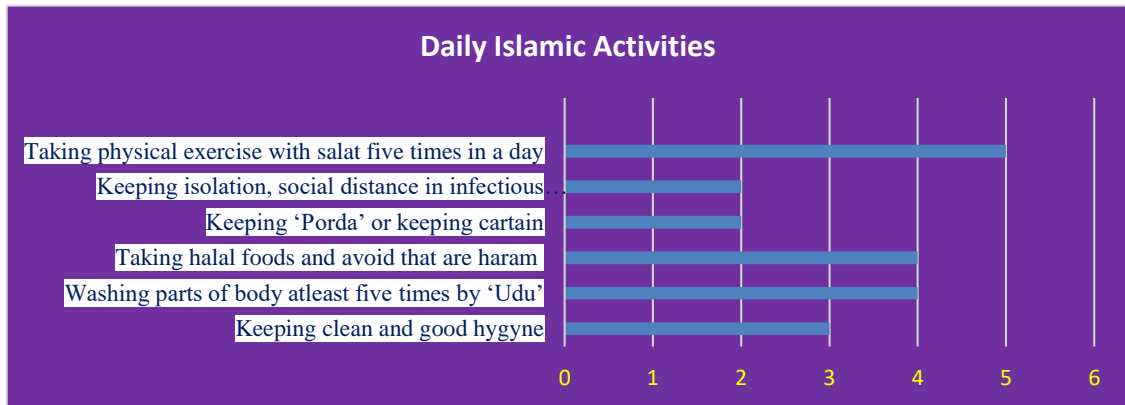
This sole fraction of the research work presented data collected from various types of participants and settings and analyzed the collected data statistically through Excel and SPSS. The primary data was composed of the questionnaires, the Holly Quran, Sahih Hadiths and the documents of WHO broadcasting on Covid-19, and the secondary data was collected from numerous books and articles on religion and health, websites, newspapers, magazines, etc. that made the article very practical in mode. Totally 12 questionnaires and the results of the questionnaires with analysis were chronologically stated: 6 questionnaires for Islamic scholars, and 6 for doctors. The data were analyzed here in the research work statistically and then descriptively which made it authentic and acceptable.

### Questionnaires for Islamic Scholars

**Table 2. Questionnaires 1 for Islamic Scholars**

1. Questionnaire	Response Rate					
	Participant	Keeping clean and good hygiene	Washin g some parts of the body at least five	Taking halal foods and avoiding that is haram	Keeping 'Porda' or keeping certain	Keeping isolation, and social distance in infectious pandemic

			times by 'Udu'				times a day
What are the daily religious activities of a Muslim	20	3	4	4	2	2	5

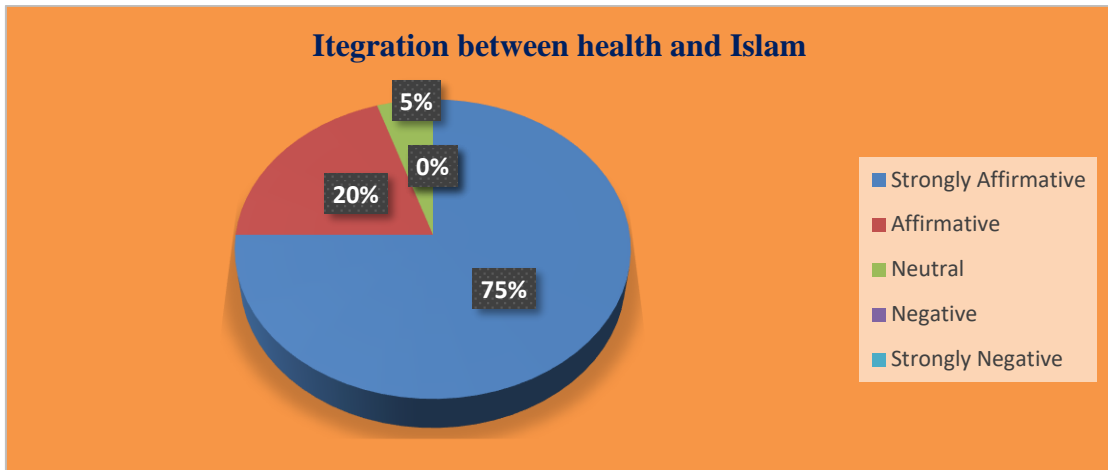


**Figure 1.** Daily Islamic Activities

In this survey, 20 participants from Islamic scholars were selected to find out the authentic result. Through this statistical figure-1, it is observed that 5 participants answer Taking physical exercise with salat five times a day, 4 participants answer Keeping isolation, social distance in the infectious pandemic, 4 participants answer washing parts of the body at least five times by 'Udu', 3 participants answer keeping clean and good hygiene, 2 participants answer Keeping 'Porda' or keeping curtain and another 2 participants answer Keeping isolation, social distance in the infectious pandemic. In this survey, all the daily activities of a Muslim are clear in the answers of the participants.

**Table 3. Questionnaires 2 for Islamic Scholars**

2. Questionnaire	Participants	Response Rate				
		Strongly Affirmative	Affirmative	Neutral	Negative	Strongly Negative
Do you think that Health and the Islamic religion are integrated?	20	15	4	1	0	0

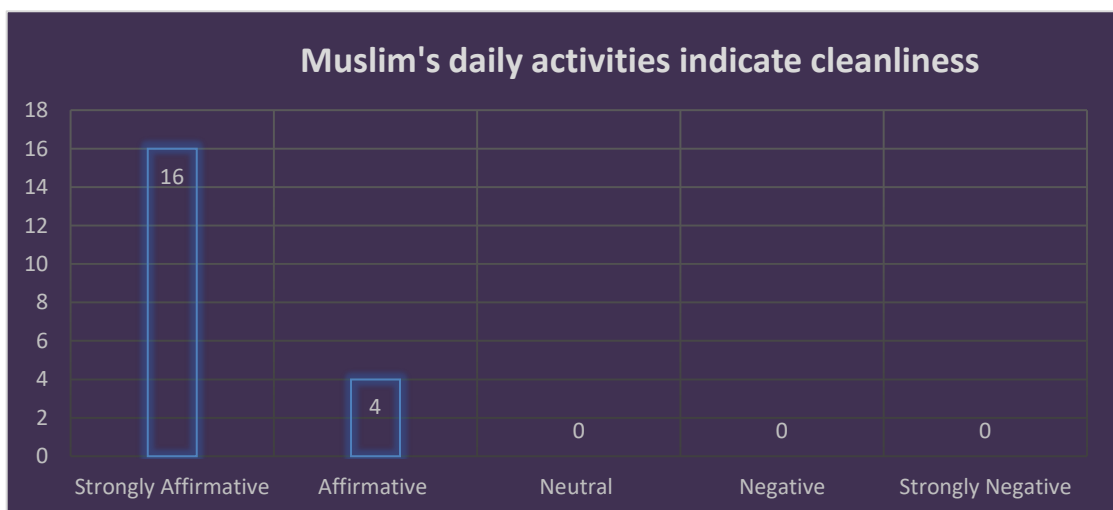


**Figure 2.** *Integration between health and Islam*

In this study, 20 participants from Islamic scholars were selected to find out a reliable outcome. Through this statistical figure-2, it is observed that 75% of participants are strongly affirmative of the fact that health and the Islamic religion are integrated, 20% are affirmative, and 5% are neutral. 95 % are affirmative of the questionnaire. On the contrary, no one is negative about it.

**Table 4. Questionnaires 3 for Islamic Scholars**

3. Questionnaire	Participants	Response Rate				
		Strongly Affirmative	Affirmative	Neutral	Negative	Strongly Negative
Do you think the above daily religious activities of a Muslim indicate cleanliness?	20	16	4	0	0	0



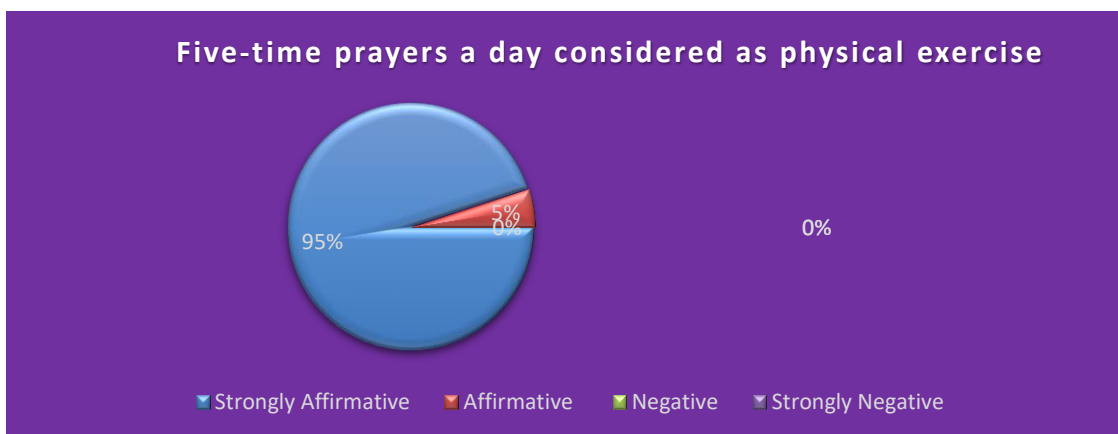
**Figure 3.** *Muslim's daily activities indicate cleanliness*

In this study, 20 participants from Islamic scholars were selected to find out a reliable outcome. Through this statistical figure-3, it is observed that 75% of participants are strongly affirmative of the fact that health and the Islamic religion are integrated, 20%

are affirmative, and 5% are neutral. 95 % are affirmative of the questionnaire. On the contrary, no one is negative about it.

**Table 5. Questionnaires 4 for Islamic Scholars**

4. Questionnaire	Participants	Response Type and Rate			
		Strongly Affirmative	Affirmative	Negative	Strongly Negative
Do you think that five-time prayers in a day can be considered physical exercise?	20	14	6	0	0

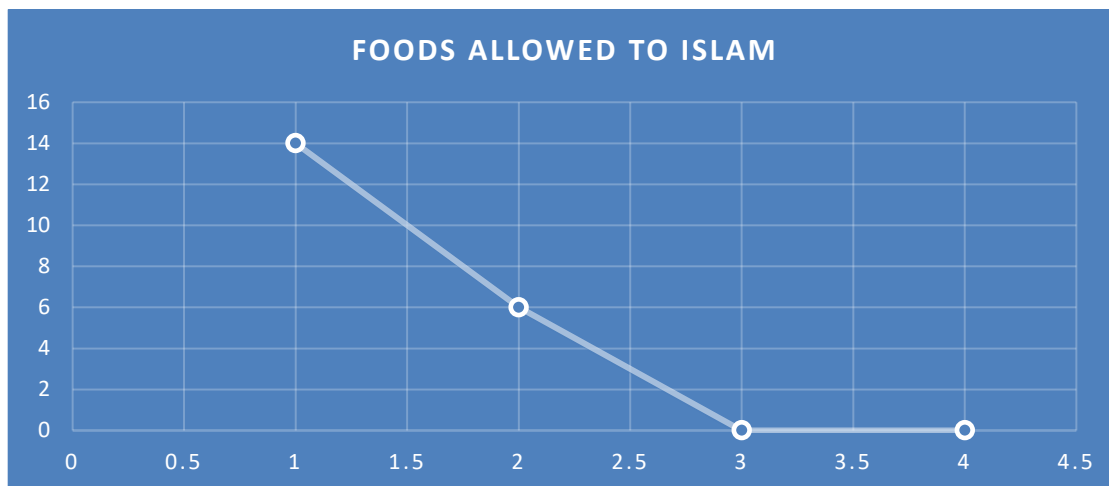


**Figure 4. Five-time prayers a day are considered physical exercise**

In this study, 20 participants from Islamic scholars were selected to find out reliable results. In this statistical figure-4, it is observed that 95% of participants are strongly affirmative of the fact that five-time prayers in a day can be considered as physical exercise, and 5% are affirmative. So, all participants are affirmative to the questionnaire. On the contrary, no one is negative about it. 100% of the participants are positive.

**Table 6. Questionnaires 5 for Islamic Scholars**

5. Questionnaire	Participants	Response Rate			
		Strongly Affirmative	Affirmative	Negative	Strongly Negative
Do you think that foods: halal foods, honey, dates, black cumin etc. are extremely allowed in Islam?	20	14	6	0	0

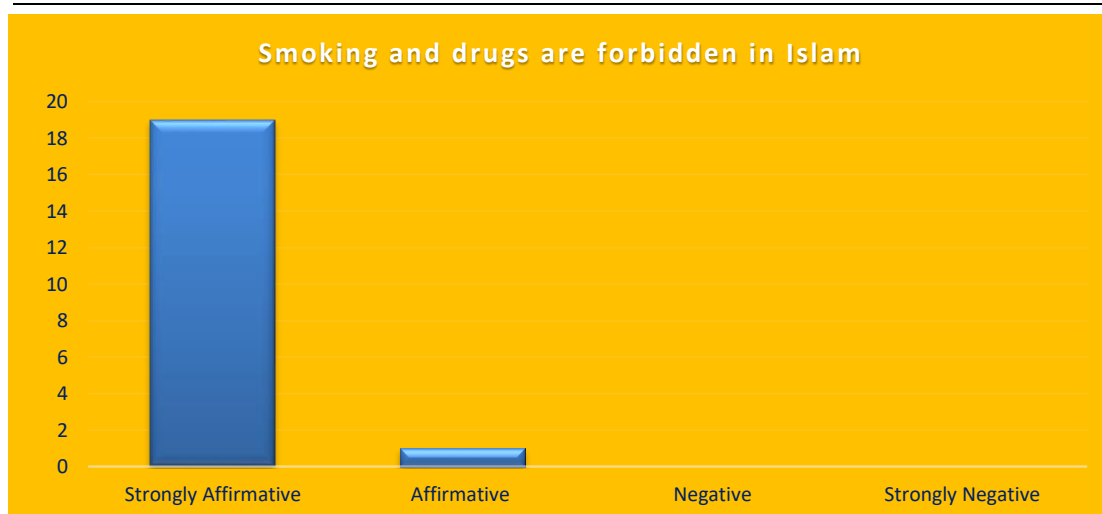


**Figure 5.** *Foods allowed to Islam*

In this study, 20 participants from Islamic scholars were selected to find out the consistent outcomes. In this statistical figure-5, it is obvious that 14 out of 20 participants are strongly affirmative of the fact that halal foods, honey, dates, black cumin etc. are extremely allowed in Islam, 6 are affirmative. So, all participants are affirmative to the questionnaire. On the contrary, no one is negative about it and 100% of the participants are positive about the fact.

**Table 7. Questionnaires 6 for Islamic Scholars**

6. Questionnaire	Participants	Response Rate			
		Strongly Affirmative	Affirmative	Negative	Strongly Negative
Do you think Smoking and drug addiction that decreases the immunity power of the body is forbidden in Islam?	20	19	1	0	0



**Figure 6.** *Smoking and drugs are forbidden in Islam*

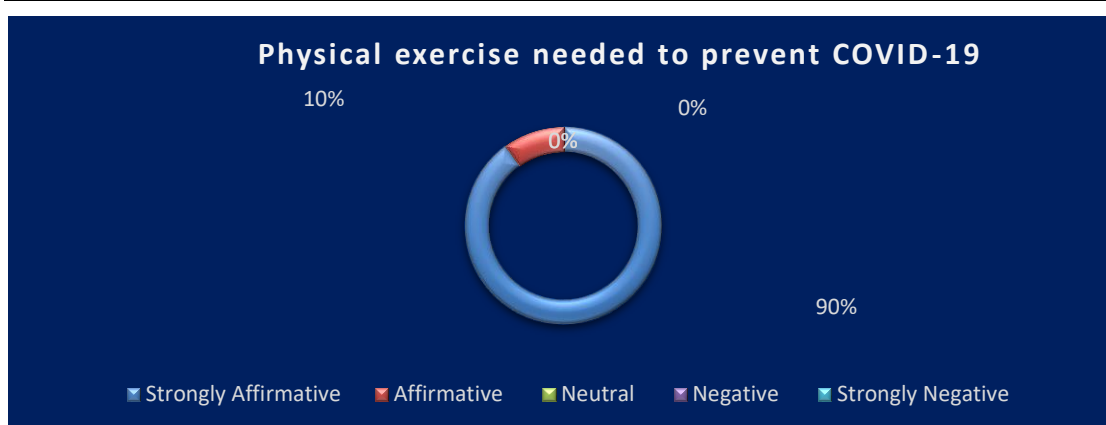
In this study, 20 participants from Islamic scholars were selected to find out the consistent outcomes. In this statistical figure-6, it is obvious that 19 out of 20

participants are strongly affirmative of the fact that smoking and drug addiction that decreases immunity power of the body is forbidden in Islam, and 1 participant is affirmative. So, all participants are affirmative to the questionnaire. On the contrary, no one is negative about it and 100% of the participants are positive about the fact.

**Questionnaires for the Doctors**

**Table 8. Questionnaires 1 for the Doctors**

1. Questionnaire	Participants	Response Rate				
		Strongly Affirmative	Affirmative	Neutral	Negative	Strongly Negative
Do you think Physical exercise producing immunity power is needed to prevent COVID-19?	20	18	2	0	0	0

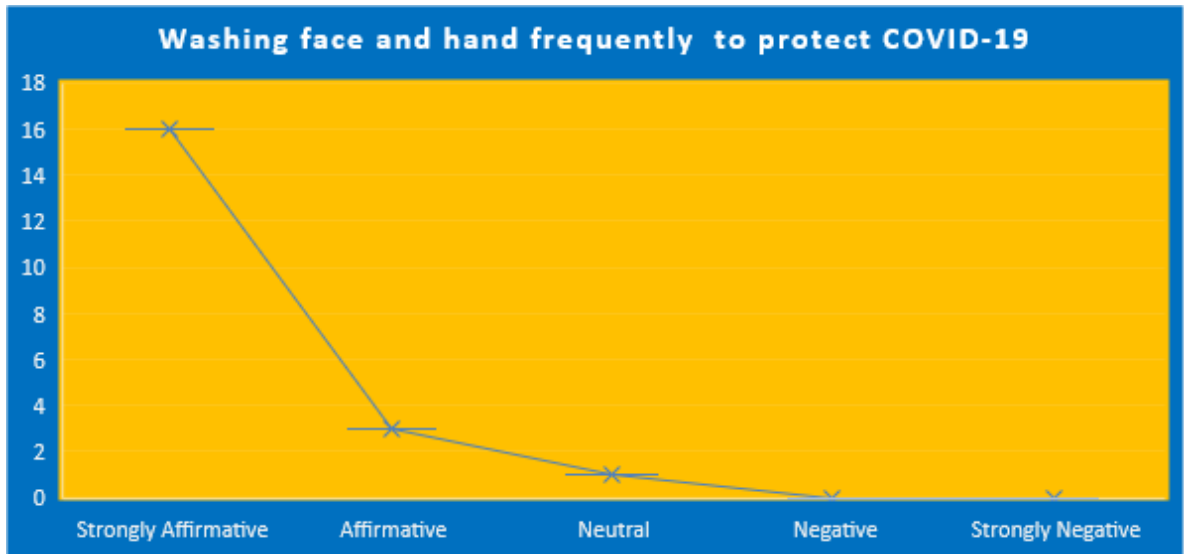


**Figure 7. Physical exercise needed to prevent Covid-19**

In this study, 20 participants from doctors working in the above two Upazilas were selected to find out the consistent outcomes. In this statistical figure-7, it is observed that 18 out of 20 participants are strongly affirmative of the fact that physical exercise producing immunity power is needed to prevent Covid-19, and 2 participant is affirmative. So, 100% of participants are affirmative of the questionnaire. On the contrary, no one is negative about it.

**Table 9. Questionnaires 2 for the Doctors**

2. Questionnaire	Participants	Response Rate				
		Strongly Affirmative	Affirmative	Neutral	Negative	Strongly Negative
Do you think washing face and hands frequently during the day is an emergency to protect against Covid-19?	20	16	3	1	0	0

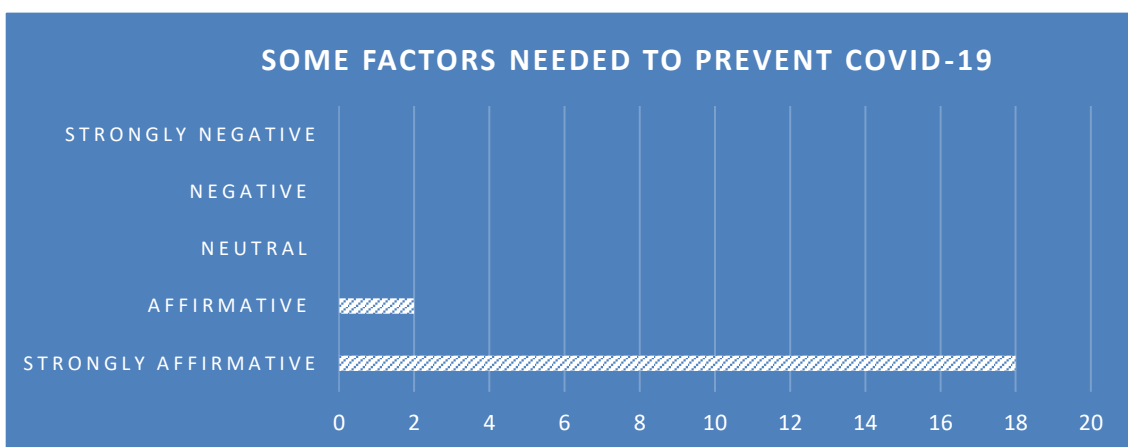


**Figure 8.** *Washing face and hands frequently to protect against Covid-19*

Here in the line chart, 20 participants from doctors working in the above two Upazilas were selected to find out the consistent outcomes. In this statistical figure-8, it is observed that 16 out of 20 participants are strongly affirmative of the fact that washing face and hands frequently in a day is an emergency to protect against Covid-19, 3 participants are affirmative and 1 participant is neutral. So, 95% of participants are affirmative of the questionnaire. On the contrary, no one is negative about the questionnaire.

**Table 10. Questionnaires 3 for the Doctors**

3. Questionnaire	Participants	Response Rate				
		Strongly Affirmative	Affirmative	Neutral	Negative	Strongly Negative
Do you think social distance, isolation, home quarantine and avoiding religious gatherings are needed to prevent COVID-19?	20	18	2	0	0	0

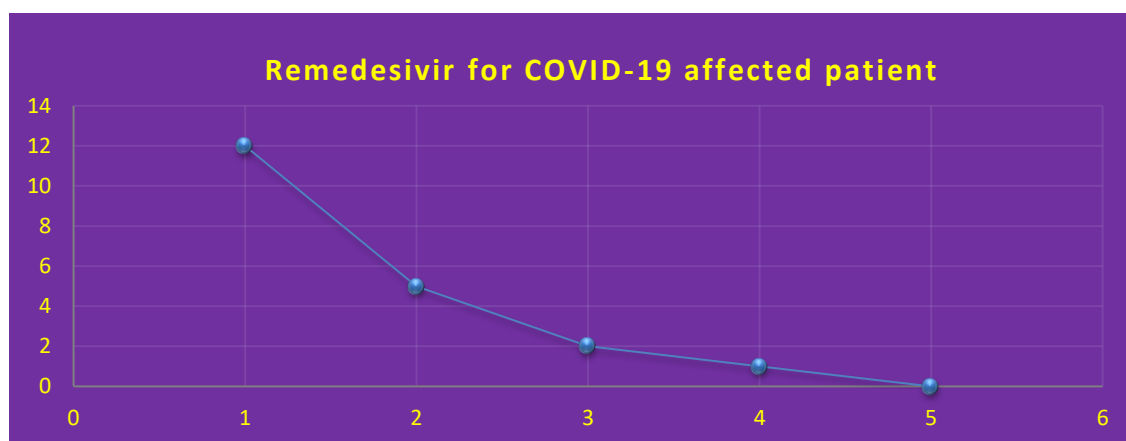


**Figure 9.** *Some factors needed to prevent Covid-19*

In this study, 20 participants from doctors working in the above two Upazilas were selected to find out reliable results. In this statistical figure-9, it is observed that 18 out of 20 participants are strongly affirmative of the fact that social distance, isolation, home quarantine and avoiding religious gatherings are needed to prevent Covid-19, 2 participants are affirmative. So, 90% of participants are affirmative of the questionnaire. On the contrary, no one is negative about the questionnaire.

**Table 11. Questionnaires 4 for the Doctors**

4. Questionnaire	Participants	Response Rate				
		Strongly Affirmative	Affirmative	Neutral	Negative	Strongly Negative
Do you think Remedesivir is preferably prescribed for COVID-19 affected patients?	20	12	5	2	1	0

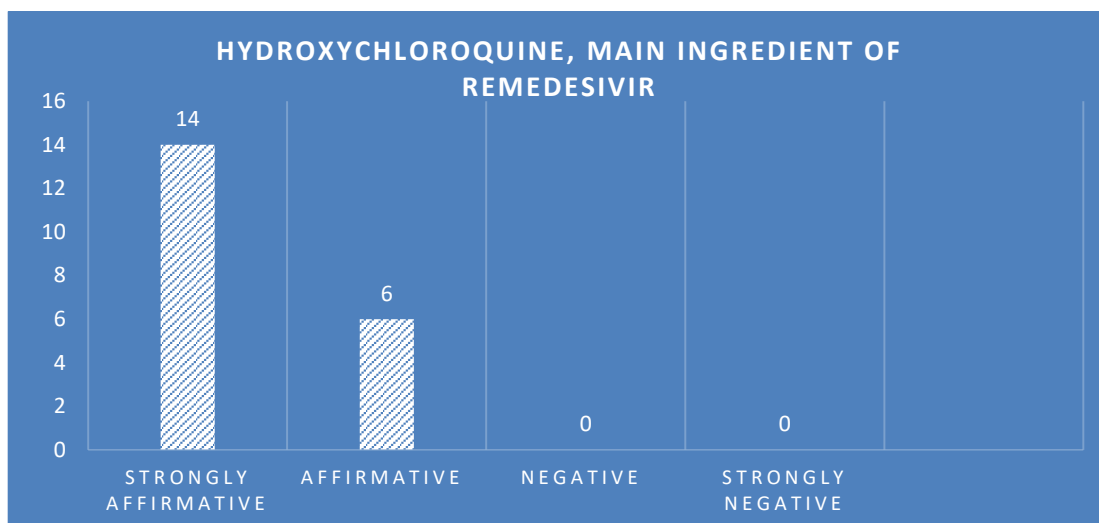


**Figure 10. Remedesivir for Covid-19 affected patient**

In this survey, 20 participants from doctors working in the above two Upazilas were selected to find out the dependable outcomes. In this statistical figure-10, it is observed that 12 out of 20 participants are strongly affirmative to the fact that remedesivir is preferably prescribed for Covid-19 affected patients, 5 participants are affirmative, 2 participants are neutral and 1 is negative. So, 85% of participants are affirmative of the questionnaire. On the contrary, 15% are neutral and negative to the questionnaire.

**Table 12. Questionnaires 5 for the Doctors**

5. Questionnaire	Participants	Response Rate				
		Strongly Affirmative	Affirmative	Neutral	Negative	Strongly Negative
Do you think hydroxychloroquine is the main ingredient of Remedesivir?	20	16	3	1	0	0

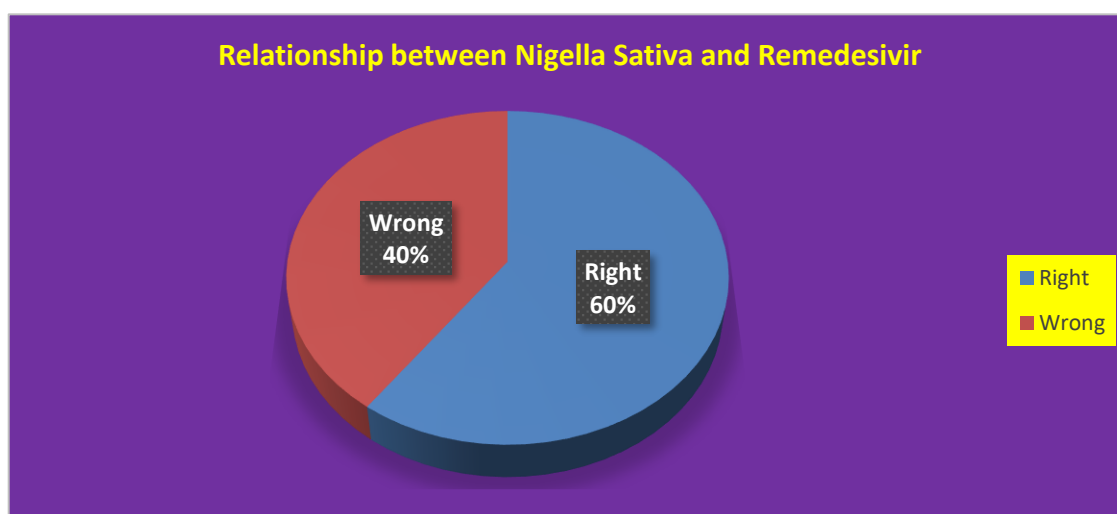


**Figure 11.** *hydroxychloroquine, the main ingredient of Remedesivir*

In this survey, 20 participants from doctors working in the above two Upazilas were selected to find out the authentic outcomes. In this statistical figure-11, it is observed that 14 out of 20 participants are strongly affirmative of the fact that hydroxychloroquine is the main ingredient of remedesivir, 6 participants are affirmative. So, 100% of participants are affirmative of the questionnaire. On the contrary, no one is negative about the questionnaire.

**Table 13. Questionnaires 6 for the Doctors**

6. Questionnaire	Participants	Response Rate	
		Right	Wrong
Nigella sativa contains two extracts: nigelidine and alpha heredine. According to a recent study, if a compound of these extracts with some drugs is applied to Covid-19 patients, it produces energy that is closer to chloroquine and higher than hydroxychloroquine. Is it right or wrong?	20	12	8



**Figure 12.** *Relationship between Nigella Sativa and Remedesivir*

In this survey, 20 participants from doctors working in the above two Upazilas were selected to find out the authentic outcomes. In this statistical figure-12, it is observed that 12 out of 20 participants answer right to the fact that *Nigella sativa* contains two extracts: nigelidine and alpha heredine. According to a recent study, if a compound of these extracts with some drugs is applied to Covid-19 patients, it produces energy that is closer to chloroquine and higher than hydroxychloroquine. So, 60% of participants are affirmative of the questionnaire. On the contrary, 8 participants answer wrong to the above fact.

## **Discussion**

The research work is conducted in two methods: quantitative and qualitative in which data and information are collected through the answers of some logical questionnaires by some Islamic scholars and doctors engaging themselves in Covid-19 units of different hospitals, and from the holy Quran, Hadiths, and various articles on this respect in journals, magazines, famous online portals and so on.

From the answers to the questionnaires for the Islamic scholars in quantitative data analysis, it is obvious that the daily religious activities of a Muslim are keeping clean and good hygiene, washing some parts of the body at least five times by 'Udu', taking halal foods and avoid that is haram (forbidden), keeping 'Porda' or keeping certain, keeping isolation, social distance in an infectious pandemic, taking physical exercise with salat five times a day. These are inevitable for a man to protect against infectious diseases, especially Covid-19.

The rules of keeping good health are almost related to the physical rules of the Islamic religion and the daily religious activities of a Muslim are integrated with cleanliness that can fight against virus diseases. Besides, five-time prayers in a day can be considered a physical exercise that enhances the immunity power of a person to prevent diseases. The foods that Islam has extremely allowed and emphasized, are halal, honey, dates, black cumin etc. which are very beneficial for the human body. On the contrary, smoking and drug addiction that decrease the immunity power of the human body and create or increase various types of disease are extremely forbidden in the Islamic creed and culture.

From the answers to the questionnaires for the doctors also in quantitative data analysis, it is vivid that physical exercises producing immunity power in the human body are needed to prevent Covid-19. It has been expanded and described in Imamoglu's research in 2016. Moreover, washing the face and hands frequently in a day is an emergency to protect against Covid-19 according to the physicians, and the Udu for five-time prayers of a Muslim in a day involves washing the face, hands, head and legs frequently. According to physicians and doctors, social distance, isolation, home quarantine and avoiding religious gatherings are needed to prevent Covid-19 as well as prophet Muhammad (Saw) also indicated these activities during the epidemic and pandemic 1400 years before.

It is noted by the physicians and doctors that the medicine, Remedesivir is preferably prescribed for Covid-19 affected patients and this medicine is produced with the mani ingredients hydroxychloroquine. It is acknowledged that *Nigella sativa* contains two extracts: nigelidine and alpha heredine. According to a recent study, if a compound of these extracts with some drugs is applied to Covid-19 patients, it produces energy that is closer to chloroquine and higher than hydroxychloroquine. In this respect, prophet

Muhammad (Saw) said, “Use this Black Seed regularly, because it is a cure for every disease, except death”.

Finally, from the qualitative data analysis of the holy Quran, Hadiths and various articles on this respect in journals, magazines, famous online portals and so on, it is found that the daily religious activities in Islamic culture are integrally related to the activities that can save a person from various infectious diseases like fatal disease Covid-19.

The existing Theory of Servier and Toslima Nasreen is not acceptable and perfect. In the 21st century, Islam allows modern culture and society, economics, political democracy, science and technology especially medical science (Servier, 1924);(Nasreen, 2016). All religious works in the daily life of a Muslim can be considered as protective actions against various infectious diseases especially the existing heinous pandemic like Covid-19. Thus, the hypothesis that the daily religious activities and behaviours of Muslims can protect against various contagious diseases, especially Covid-19, is approved. So, we can consider that Islam is not beyond health science.

#### IV. CONCLUSION

It is important but difficult to study and explore all aspects of protecting human beings from various types of viral diseases especially the pandemic Covid-19, which has turned the world into an unexpected graveyard. Islam must not be ignored in any way. It is scientifically, socially, and politically justified that Islamic religion is the best universal religion in the world although other religions should not be ignored. This manuscript aims at delineating the significance of Islamism in health science, especially on the contemporary pandemic of Covid-19. The primary and most important goal of this study is to determine whether or not daily Islamic practice is a better way to protect individuals from illnesses caused by Covid-19 and other disease-causing viruses. It has also been noticed that a man's everyday actions in the Islamic faith keep him clean and safe from coronaviruses, which have become a triumphant spirit in medical research and technology in our digital era. This essay also seeks to examine and compile the Islamists' routine activities, which serve as a treatment for viral infections such as Covid-19.

Finally, no significant viral sickness will affect or afflict a clean Muslim who goes about his regular religious duties. May Allah the Almighty again guide us all to the dignified speech of Prophet Muhammad (Saw):

حَدَّثَنَا مُوسَى بْنُ إِسْمَاعِيلَ، حَدَّثَنَا دَاوُدُ بْنُ أَبِي الْفَرَاتِ، حَدَّثَنَا عَبْدُ اللَّهِ بْنُ بُرَيْدَةَ، عَنْ يَحْيَى بْنِ يَعْمَرَ، عَنْ عَائِشَةَ - رَضِيَ اللَّهُ عَنْهَا - زَوْجِ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَتْ سَأَلْتُ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ عَنِ الطَّاعُونَ، فَأَخْبَرَنِي " أَنَّهُ عَذَابٌ يَبْعَثُهُ اللَّهُ عَلَى مَنْ يَشَاءُ، وَأَنَّ اللَّهَ جَعَلَهُ رَحْمَةً لِلْمُؤْمِنِينَ، لَيْسَ مِنْ أَحَدٍ يَفْعُ + لِطَّاعُونَ فَيَمَكُثُ فِي بَلَدِهِ صَابِرًا مُحْتَسِبًا، يَعْلَمُ أَنَّهُ لَا يُصِيبُهُ إِلَّا مَا كَتَبَ اللَّهُ لَهُ، إِلَّا كَانَ لَهُ مِثْلُ أَجْرِ شَهِيدٍ ".

“I asked Allah's Messenger (ﷺ) about the plague. He told me that it was a Punishment sent by Allah on whom he wished, and Allah made it a source of mercy for the believers, for if one in the time of an epidemic plague stays in his country patiently hoping for Allah's Reward and believing that nothing will befall him except what Allah has written for him, he will get the reward of a martyr.”

## V. REFERENCES

- [1] A.-B., S. (2000a). 76 Medicine (Vols. Book 76, Hadith 85). Retrieved from <https://sunnah.com/bukhari:5771>
- [2] A.-B., S. (2000b). Book 76, Hadith 43. Retrieved from <https://sunnah.com/bukhari/76>
- [3] A.-B., S. (2000c). باب الخمر من العنب Drinks (Vols. Book 74, Hadith 7). Home » Sahih al-Bukhari » Drinks - كتاب الأثرية » Hadith 5581. Retrieved 6 9, 2021.
- [4] A.-T., S. (2000). 1212. Retrieved from <https://www.abuaminaelias.com/dailyhadithonline/2013/07/29/ummah-blessed-morning/>
- [5] Anderson, E. W. (1997). Customer Satisfaction, Productivity, and Profitability: Differences Between Goods and Services. *Marketing Science*, 16(2), 97–181. <https://doi.org/https://doi.org/10.1287/mksc.16.2.129>
- [6] Aslan, R. A. (2020). The Conversation. Retrieved May 20, 2020, from <https://theconversation.com/long-before-face-masks-islamic-healers-tried-to-ward-off-disease-with-their-version-of-ppe-138409>
- [7] Beekun, R. (2011). The Islamic Workplace. Retrieved December 1, 2011, from <https://theislamicworkplace.com/2011/12/01/follow-the-sunna-of-the-prophet-s-how-exercise-benefits-the-brain-and-overall-performance/>
- [8] Bold, C. C. (2019). Nature's Blends. Retrieved September 6, 2019, from <https://www.naturesblends.com/>
- [9] Gali-Muhtasib, H., El-Najjar, N., & Schneider, R. (2006). The medicinal potential of black seed. (M. K. (Eds.), Ed.) *Advances in Phytomedicine*. [https://doi.org/10.1016/S1572-557X\(05\)02008-8](https://doi.org/10.1016/S1572-557X(05)02008-8)
- [10] Ghazal, K. (2020). Physical Benefits of Prayers Strengthen your Faith and Fitness. *Journal of Novel Physiotherapies*, 10(6). <https://doi.org/10.4172/2165-7025.1000440>
- [11] Habersack, M., & Luschin, G. (2013). WHO-definition of health must be enforced by national law: a debate. (B. a. Nature, Ed.). *BMC Medical Ethics*, (24). <https://doi.org/doi.org/10.1186/1472-6939-14-24>
- [12] Imamoğlu, O. (2016). Benefits of Prayer as a Physical Activity. *International Journal of Science Culture and Sport*.
- [13] Khan, A. (2021). Prophet Muhammad's teachings regarding pandemics. Retrieved January 3, 2021, from <https://www.alhakam.org/prophet-muhammads-teachings-regarding-pandemics/>
- [14] M., S. (2000). In-book reference: Book 39, Hadith 143. USC-MSA web (English) reference : Book 26, Hadith 5510. Retrieved from

- <https://sunnah.com/muslim:2221a>
- [15] Muslim. (2000). *Sahih Muslim: The Book of Greetings, Chapter: For Every Disease There Is A Remedy, And It Is Recommended To Treat Disease*, English Arabic. Retrieved from <https://sunnah.com/muslim:2204>
- [16] Nasreen, T. (2016). quran is unscientific ideas that cant survive criticism ridicule must be weak taslima nasreen. Retrieved from [https://zeenews.india.com/news/india/quran-is-unscientific-ideas-that-cant-survive-criticism-ridicule-must-be-weak-taslima-nasreen\\_1879256.html](https://zeenews.india.com/news/india/quran-is-unscientific-ideas-that-cant-survive-criticism-ridicule-must-be-weak-taslima-nasreen_1879256.html)
- [17] Phillips, T. (2020). Mail Online News. Retrieved April 20, 2020, from <https://www.dailymail.co.uk/news/article-8236303/Ethnic-minority-areas-make-three-quarters-Englands-coronavirus-hotspots.html>
- [18] Prempeh, C. (2021). Religion and the state in an episodic moment of COVID-19 in Ghana. *Social Sciences & Humanities Open*, 4(1). <https://doi.org/https://doi.org/10.1016/j.ssaho.2021.100141>
- [19] Rachel Hajar, M. (2011). The Air of History (Part V) Ibn Sina (Avicenna): The Great Physician and Philosopher. *Heart Views*, 14(4). <https://doi.org/10.4103/1995-705X.126893>
- [20] Rajabian, A., & Hosseinzadeh, H. (2020). Dermatological Effects of *Nigella sativa* and Its Constituent, Thymoquinone. *ScienceDirect*. <https://doi.org/https://doi.org/10.1016/C2018-0-03983-3>
- [21] Sayed, S. M. El, Almaramhy<sup>4</sup>, H. H., Aljehani<sup>5</sup>, Y. T., Okashah<sup>6</sup>, A. M., El-Anzi<sup>7</sup>, M. E., AlHarbi<sup>8</sup>, M. B., ... Alhadramy<sup>13</sup>, O. (2020). TaibUVID for Minimizing COVID-19 Fatalities and Morbidity: An Evidence-based Approach for Better Outcomes (A Treatment Protocol). *American Journal of Public Health Research*, 8(2), 54–60. <https://doi.org/10.12691/ajphr-8-2-3>
- [22] Servier, A. (1924). ISLAM and And The Psychology of the Musulman. *Newyork, US: Springer US*, 5(30). Retrieved from <https://www.springer.com/gp/book/9781504109741>
- [23] Stacey, A. (2009). *The Religion of Islam*.
- [24] Tabarani. (2017). About Islam. Retrieved from <https://aboutislam.net/muslim-issues/science-muslim-issues/prophetic-sunnah-sports/>
- [25] Times, T. (2020). Tehran Times. Retrieved from <https://www.tehrantimes.com/news/446500/Prophet-Muhammad-s-advice-against-contagious-diseases>