

## ***Indices of a Healthy Society according to the Quran: Health Promotion Guidelines***

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### ***Abstract***

**Background & Aim:** Quranology and medicine necessitate the investigation of the indices of a healthy society in order to promote physical and mental, inner and outer as well as spiritual and material health; in fact the very aim of sending down the Quran was to bring up healthy individuals and consequently materialize a healthy society. A healthy society's indices based on the Quran depend on the evolutionary principles of one's mental health manifesting in their relationship with God and with other people. The present study investigates the strategies and guidelines to promote the all-encompassing health of individuals and families, to promote public health and to realize a healthy society and a utopia based on the Quran, accordingly.

**Methods:** This study has been done via descriptive analysis and is based on religious studies, scientific authorities of the Quran, the Hadith i.e. one of the various reports describing the words, actions, or habits of the Islamic prophet, and through the investigation of reliable Hadith resources in the literature.

**Results:** According to Islam and its teachings 'health' refers to not only bodily health but also spiritual health. According to the Quran and the Hadith, the reality of the Quran is 'Shifa' meaning healing. And this divine law is the guiding light for realization of real health. Faithfulness and its effects make a healthy person in a healthy society. Worship is both the secret to human creation and the guarantee to all-encompassing health of individuals and the society. The meaning and pervasiveness of spiritual health and its symbols are quite clear in the Quran and the Hadith. Recognition of the essence of spiritual health indicates healthy individuals and healthy societies. Imamate – leadership in Shia Islam – is the right path to Hayat-e Tayiba (i.e., noble life) and to thorough, individual, domestic and public health.

**Conclusion:** The Islamic Republic has aimed to make an all-encompassing material and spiritual health for both individuals and societies. Understanding the indices of a healthy person necessitates the proper understanding of a healthy society's guidelines and health promotion. The Islamic Republic of Iran's nursing and medical system should seriously pay attention to the comprehensive meaning and philosophy in Islamic teachings in order to increase the health rate throughout the country.

**Keywords:** The Quran, Hayat e Tayiba, Qalb-e Salim (spiritual health), Health, Healthy Society