

Using Positive Language for Impact on individuals' Behaviour in Medical Profession in the Light of Quranic Ethics

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Abstract

This qualitative study is based on philosophical analysis (interpretive) that focuses on discussing the relationship of medical science with Islamic teachings to clarify the importance of Islamic rules and laws in the medical profession and the impact of these principles to promote good health and positive behavior. The medical profession and life sciences are proving all those facts today that came through Islam more than 1400 years ago. This study throws light on those universal golden rules given by the Quran in the perspective of medical science, health & hygiene and better mental health to be followed by the medical professionals and the fellow beings around. Quran gives easy and simple guidelines to maintain better health and behavior promoting the ultimate standards in the fields of medical and life sciences. These sciences should be based on Islamic principles to get most of the benefits out of it.

Keywords: Language, Quran, Medical Science, Islamic Teachings

Introduction

Islam is the religion that can truly be called a living religion. According to the survey, the estimated Muslims (practicing Islam) in 120 Islamic and Non-Islamic countries are more than one Billion worldwide (Narayanasamy & Andrews, 2000). Despite such a large Muslim population around the globe, very little research has been done or published based on the novel and scientific Islamic concepts especially in the field of medicine, with Muslims' perception (Rassool, 2000). This Islamic health care system and getting experience is the need of the day (Mohammadi, 2008).

Islam is a religion that has immense focus on each aspect of life. Man is Allah's representative on earth according to Quran thus giving him the best status over all the creatures,

"And indeed we honored the children of Adam and taken them on the land and the sea, and gave them the nice things, and we have preferred them over most of those we created with an appropriate excellence."(Al-Asra: 70).

This preference is due to the power of reasoning bestowed on the human that makes him better than other creatures of Allah. Since Allah grants a high rank to man in Holy Quran, Allah commanded all types of angels to bow in front of him as this earth was made for him so that he may be built for himself and cultivate on it. Quranic verses confirm about the status and value of human being and his life as important as it states, *"if anyone kills a man, unless for a soul or any mischief on the earth, it would be equal to killing the whole humanity/all the men"* (Sura Al-Maida: V32). This importance reveals that there is something special about humans and the special characteristic that makes him better than other creatures is the reasoning ability, using language, and knowledge. *"Allah, The Most Gracious, One who taught (gave knowledge) of Quran. He created the man, and taught him how to speak"* (Sura al-Rehman: V: 1-4). This reveals that Allah has blessed man with the ability to learn and speak which is the basis of knowledge and science. Thus, making Allah made man responsible for all the matters on earth to resolve with his reasoning powers. Man is advised and ordered to observe, experiment, and act according to the results this whole process is called science.

Man works with all these faculties and most important of his knowledge is the Science of medicine, wellbeing, and protection of other people and creatures of Allah. The true meaning of science makes it contributes to the faith by proving the reality of Almighty to mankind and true faith

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gives probability to science. Islam focuses and desires such knowledge of science that strengthens faith. Islam anticipates science to work in the light of faith. Quran directs in this regard, "*Read! (for) in the name of thy lord and supporter who (is the creator) created*" (Sura Al-Alaq: V 1). Thus, Quran affirms reading to a definite provision that it is obligatory to read 'in the name of Allah' so that the learning is directed toward the right way.

In the fields of different sciences, medical science is the vital one for living beings as life is all about health and issues related to health, eating habits, different aspects to remain healthy and scientific ways to grow food all come under medical and life sciences. There are ethical and moral values attached to every situation, if such ethics are followed according to the situation, they would bring positive behaviors and betterment in the fields of medical science. While the Quran directs man to read in the ways of his Lord, it means that Islam gives all the perspectives, rules, principles, and true pieces of advice regarding human health and medical sciences. Quran and Sunnah guide in all matters of life as it discusses every aspect of life in true sense, life and death, knowledge and learning, personal and family life, social and cultural principles, justice and peace, health and wellbeing, Quran says,

"O you! who believed, be persistently stand firm for Allah, witness in Justice and dealing fairly and do not let the bad feeling about the people make you away from justice (swerve to wrong and). Be just, and fear Allah. Indeed, Allah is acquainted with everything/all what you do" (Surah Al-Maida: V 8).

So, humans are bound to be just in every matter as justice and honesty are the pillars of a successful social life. This honesty and justice develops positivity and trust among fellow beings. Positive behaviors are necessary to keep oneself and others healthy as W.H.O focuses on the objectives regarding health must include optimal health, that includes prevention from the disease or illness along with positive psychological and spiritual aspects.

Literature Review

Researches have been made in modern life sciences and medical sciences to get better standards and behaviors in life. There are always certain points in such studies that relate to Quranic teachings and prove the truth of Allah's words in front of those who do not believe in Him. Muslims sometimes do not know how to implement the simple and beautiful rules of Islam in their everyday life for better health, but when science proves the same rules, they start following that happily. It means that Islamic teachings and scientific knowledge are a part and parcel of each other and cannot be separated. So, the researcher is working on this aspect and trying to root this false concept out of people's minds that Quranic/Islamic teachings and Sciences are contradictory. Quran invites and motivates to explore, discover, search, research, experience/experiment, and getting to the conclusions. This whole process is the true procedure that comes under any definition of science. Quran encourages in almost 750 verses to think and understand about the universe, all the phenomena about it, and everything that is created by the Almighty within it. Getting knowledge of the universe is scientific that is ordered in the Quran. Quran stressed on seeking knowledge, relationship of human with reasoning, learning, research, and brought science and scientific knowledge into being as Quran says,

"Verily, Allah conferred on the believers, a great, when He sent a Messenger (Muhammad) among them from (among themselves), reciting His Verses to them, and purifies them (from sins) and instructing them about the Book (Quran) and brings them to the ways of wisdom (Al-Hikmah) and the Sunnah of the Prophet, although, before that they had been in manifest error" (Sura Al-e-Imran: V 164).

This perspective of love for knowledge and seeking knowledge in the Quran shows that Islamic teachings are based on learning and all the learning is scientific in general. So, Islam presents complete rules and ethics for a healthy life. There are some studies conducted in this regard that show the importance of Islamic teachings and values in the perspective of health and medical science. But it is the need of the day to research and incorporate medical science with Islamic teachings and the health care system (Rassool, 2000).

Alimohammadi and Taleghani (2015) conducted a philosophical inquiry on '*Health and healthy human being in Islamic thought: Reflection on application for the nursing concept*' based on philosophical analysis of Islamic concepts and ideas on health and nursing. Their results conclude that human health is holistic in Islamic concepts and it should be taken care of in all perspectives of social and personal wellbeing.

Nikfarid, Hekmat, Vedad, and Rajabi (2018) researched meta-paradigm in the field of nursing and the concepts about caring people theory related to the Persian mysticism. This competitive study was conducted on the ways of treatment of the nurses and the focus was mysticism. The results showed that real care and healing need spiritual and inner wellbeing and connection to God. *Most of such studies as described above, are based on Nursing and academic perspective. Whereas, the current study is based on exploring the ethics given by Islam that should be practiced by medical officials to promote positive behaviors among fellow beings and society.*

Methodology

This research is based on Qualitative research, since the *Qualitative/interpretive research proves to be valuable if the research aims to investigate, interpret or discover different concepts and themes with relationships of easy and understandable ways rather than generalized findings. Such qualitative research has the purpose to decipher phenomena rather than taking samples from the population with analytical induction of data rather than deductive methods. Thus the presentation of such data analysis is not statistical but narrative basically. In a qualitative study, the research focus tends to sharpen "and methods tend to evolve as understanding of the research context deepens" (Gay & Airasian, 2003). According to Gall, Gall, and Borg, (2003) "...it is not necessary to adhere to any particular tradition in doing qualitative research" (p. 435).*

Problem Statement

Today, the most common health issues are related to mental problems that are caused by the carelessness of the persons who belong to the medical profession and not following the principles of care, justice, and honesty. Mostly, people having small physical or Psychological issues have to face two kinds of unjust behaviors that make their conditions worst. They have to face superstitious behaviors of the ignorant family members regarding their sickness or disease as they are not educated enough to follow scientific or logical ways of handling the matter rather they use traditional and superstitious rituals to heal the patient. After that, if they get a chance to go to the scientifically specialized doctors with an expectation to have their problem sorted out in a better way, the materialistic behaviors of the medical staff put them in a condition of stress that manifolds their issues. Quranic teachings are needed in all these matters to solve the problems in the best scientific and natural way bringing forth peace and positive behaviors among people resulting in a peaceful society.

Research Questions

- i. What are the ethics presented by the Quran in the perspective of medical science?
- ii. How Quranic teachings help in developing positive behavior while practicing medical sciences?

Research Tool

The philosophical analysis in this study is based on 4 principles of philosophical analysis by Morse (2000). These broad principles are, i) Linguistic ii) Epistemological iii) Pragmatic and iv) logical. These four principles are used as a research tool to assess, determine and evaluate the state or way of the science that is surrounding that certain concept. Quranic concepts have universal ways of understanding, this philosophical analysis and its principle are used in this study just to give it a theoretical background and a research design for methodology. The Verses from the Holy Quran are taken for analysis to explore ethics in the field of medical science and positive behavior.

Research Design

Keeping Morse's (2000) method of analysis in mind, this study focuses to generate a provisionally theoretical explanation for bringing forth the Islamic concepts of health, social and professional ethics regarding health, physically and mentally healthy persons. Islam considers the Humans as a whole being. So the focus of attention is on the sound and healthy human being with the viewpoint of holism, which is relevant and following the aims and goals of holistic aspects in medical science. Islam defines a human broadly and accurately as a comprehensive whole and his health is seen on a holistic basis. That is why Islamic and Quranic teachings are based on the best and proper philosophical practices for taking care of the patients holistically. Thus, Islamic teachings put some obligations on the medical professionals as their social and professional roles that they should take

care of all the aspects with ethical values toward a patient's health and wellbeing physically, spiritually, mentally, and psychologically.

Limitations

In the course of conducting this study, some limitations were faced such as the language. In the perspective of utilizing the precious (religious) text of the Quran and Hadith, the English translations had to be used (not being expert in the Arabic language).

Analysis with Discussion

This study aims at exploring the ethical values of Islam and the Quran and discussing the impact of those values on the health and behaviors of the patients. The issue related to professional ethics cannot be solved by only talking about them or taking an oath. It needs a lot more than a course or training. There are a lot of responsibilities and moral sensibility attached to cure a patient. The Physician or a medical officer faces verities of different situations during daily or routine practice. These matters require him to consult or talk to his conscience as his decisions would be influenced by the level of his commitment to his Allah, his Lord. His judgments would be based on the words of Allah. The patient-doctor relationship is the most important one. If the Physician is not nice or understanding, the patient does not feel good and this stress affects him badly instead of healing him. Thus, Islamic ethical values along with medical sciences can help in evoking nice and positive behaviors.

Ethical Values and Morals in Islam/Quran

There are ethical and moral obligations for all in Islam given in Quran, explained and enjoined with hadith and practice (Sunnah) by the Holy Prophet Muhammad (PBUH). Some major ethical values are discussed here based on these 4 principles of Philosophical analysis given by Morse (2000) respectively. These broad principles are,

- i) Linguistic
- ii) Epistemological
- iii) Pragmatic
- iv) Logical

Concept and Idea of Duty

Islamic conceptual and practical approach about duty is that a person must work for the will of Allah and not for anyone else. Quran says, *"Indeed, all of my prayer (calling out to Allah) and act of sacrifice (as a slave), my life and death all are only for Allah, the caregiver/cherisher of all the (creatures and) worlds"* (Quran S.6: V.162). This concept makes a professional person (especially in the field of medicine) work with pure devotion. Then the doctor should start the examination with the name of Allah to ensure that he is working under the commands of his Lord.

Sense of Right and True Path

"And spend in Allah's way and don't put yourselves into destruction with your hands [by refraining]. And Do good; indeed Allah loves and likes those whose deeds are good" (Quran S.2: V. 195)

This is the most important and Nobel sense that Islam focuses upon everyone as this sense and understanding of following the right path makes one do good and right with everyone in every situation. This ethical value brings some other ideals and traits that are vital to follow and evoke positivity in the society such as;

Forbearance and Patience

"And be ready/steadfast to keep patience for undoubtedly, Allah will never lessen the reward of (righteous) and those who do well" (Quran S. 11: V.115). This is the golden quality of humans if they keep it in their daily life, most of the issues will be resolved. Those who are related to the Medical profession need to practice and keep patience so that they may work better with those who are hurt, suffering, and upset.

Smiling, Using good Words with Radiant Countenance

"Keeping a smile before (while meeting) your brother is considered as alms", and "charitable words are alms" and "good/nice deed, pleasant countenance and tolerance are the best aspects of the characteristics of prophethood" (3-4). These traits make a Physician a healer and his nice behaviors automatically positively impact the patients thus, cutting short their pains and stress into peace and calm.

Kindness, Compassion, and Modesty

"Every religion in the world has some specific ethic: the basic ethical values of Islam (for the Muslims to follow) is prudence". (6-7) and "no Muslim is allowed to frighten another Muslim (fellow)" (3-8) and "Allah shows love and care to those (from among his servants) who are obedient/compassionate" and

"(the person) who wants others to stand up (in respect) if he comes, will have his place in the fire of hell"(3-4). These characteristics make a Physician humble, nice, and down to earth that not only makes him respectable for others but also impacts others behaviors nicely.

Averting Eyes Decently

"Say! To those men who believe (in Allah) to keep their gaze lower and guard/check their modesty/respect that will result in greater purity for them" (Quran 5: V.30)

This clearly shows that this ethical principle puts the patient at ease when the Physician does not try to see the patient as his prey instead he checks/examines the patient's private parts with permission. The physician must only examine what is required. Such kind of modest behavior of the physician builds more confidence of the patient in his physician and there is no stress or negativity between the two. So, these ethics help to maintain a positive social environment.

Developing Will Power and Avoiding Despair

"When you go to visit some patient, make him feel that he would live longer, ' this may not bring change to the situation but it will be soothing for him". (4-6). Islam Does not allow anyone especially a doctor to put a patient in pessimistic thinking by telling him about his deteriorating condition (other than some contagious condition or infection) because it would make him lose all hope and he can get panic or feel despair. Along with medicine and scientific methods, such motivational and nice behavior makes the patient strong and develops his will power that counts positively into his wellbeing and maintaining good health mentally plus physically. But in case of infectious/contagious disease, the Physician must tell him about necessary care and make the patient quarantine himself to prevent others from that epidemic/disease. Here the welfare of the community comes first.

Keeping Secrets

"Whoever keeps the secret of a Muslim fellow, Allah will keep his secret in this life and on resurrection day". A physician, during his practice, is exposed to the privacy issues and secrets of his patients. Strict confidentiality is required by the doctor as the Holy Prophet (PBUH) said, "the man who is a consultant for others, is greater of confidence" (3-4-11). Therefore, Islam's honor bound the Physician to keep trust that is an act of honesty to the profession and a way of relaxation for the patients.

Avoiding Harassment

These days, there are most of the harassment cases are reported from the doctors and physicians. Such issues are not only reported in patient-doctor relationships but most of the other illegal nearness of males and females is the cause of more than 80% physical, emotional, psychological, and behavioral issues around the world. That is a grievance issue but Islam gives an easy solution to avoid such untoward incidents. The Holy Prophet (PBUH) said, *"No (one/ male) man is allowed with a woman alone except some closest relative present there"*

Female Physicians and doctors should only attend or examine a female patient. And if it is necessary to get a female examined by a male physician, an immediate relative should be present there with the patient.

Avoiding the Forbidden

"Allah did not place cure for you in those things that are forbidden for you". Modern medical science allows everything that can be thought of as beneficial but the certain things that are forbidden or 'haram' in Islam are not beneficial for human wellbeing as the current situation proved that the coronavirus was spread due to Haram eating. The nations that think and believe that every animal on the planet can be eaten, but the whole world in this pandemic. In the same context Abortion and tattooing are forbidden and medical science has proved that both of these are harmful for human beings. Tattooing is harmful for the skin as it may cause skin cancer and dangerous in a lot of social affairs.

Best Practices with Experience and Good Will

"No one can be wise except through (high) experience"(1-4), said by the Holy Prophet (PBUH). Islam wants a doctor or Physician to be an expert in his work before treating. He should respects his

professional specialization and practice keeping in pace with the words of the Holy Prophet, "one who exercises the medical ways of treatment without having the necessary/required expertise would be held responsible for any loss of the patient.

Updating Scientific Knowledge

"wisdom/reasoning is the lost wealth (treasure) for the believer, he seeks/searches for it whither he may get it", Holy Prophet (PBUH). The doctor needs to maintain and upgrade his scientific knowledge and competence by keeping himself in constant practices of learning and teaching. This is considered vital by the Holy Prophet (PBUH) as his (medical) profession is not only for himself but it impacts others' life. Along with updated knowledge, he needs to be socially strong to play his role in making a positive society.

Being Socially Strong

A socially strong person is that who follows the Islamic ethics and values with his (medical) colleagues and avoid backbiting or negativity for anyone and disparagement with others, " (he should) neither, nurture hatred among each other, nor the feeling of jealousy, nor the enmity to become (behave) as fellow brothers".

Advisor/ Helper

He must give a piece of advice to those who need it. As the "religion is counsel" (1-2). He would struggle to help his those fellows/colleagues who are not much experienced".

"I commend that you must show generous care for any man who (might) come from The East to learn from you".

Not being Authoritative

He should not behave as a Lord or authoritatively to the younger colleagues and others. "Those who are not nice/compassionate to their younger ones and do not respect the elders, do not belong to us"(3-4).

Always Present for Help

The person knowing medicine (or any other) should use it to benefit anyone who is in need, patient, diseased or sick person, he should always offer his help. As the Prophet Muhammad (PBUH) said, "O my Lord (Allah), I refrain from any (such knowledge of) science that does not bring any good/ benefit for the people"... "whoever (having knowledge) conceals his knowledge from his fellows/people will be bridled with a bit of fire on the Day of Judgment."

New Discoveries should be Shared Publically

New scientific discoveries and ways of treatment/cures must be made public and spread awareness to all concerned institutes and the fellow beings around. The physician should never hide or keep some new techniques of cure to himself only to make money, if he does so it is considered as a sin. Islam always teaches for the benefit and wellbeing of humanity without any materialistic gains, as the Holy Prophet (PBUH) stated, "no one monopolizes except a sinner". So, it is a matter of high moral value to share knowledge (that is beneficial) with all who need it to use or implement.

Honoring the Dead

Islam focuses on the highest moral values to respect humans even after death. Islam stresses on the Physician and medical staff to pay sacred honor to the dead persons. These are the best ways of civilized society that Islam practices and advice to be followed by those who are related to the medical profession. The holy Prophet (PBUH) addressed to the Ka'ba, " the (true) believer has a right of sacredness greater than that bestowed to you (Ka'ba)"

He (PBUH) explained about the honor of the dead, "the sin/guilt of (harming) breaking the bones of a dead person is equal to the sin/guilt of (harming) breaking the bones of alive person" (6-7). This is the last best thing in a human's honor that Islam presents to be followed by all especially those who are medical professionals to honor him even after his death.

Conclusions

The above-given references are only a pinch of salt from a great treasure. Islam and the Quran are enriched with such ethical values and teachings that are working for the wellbeing of humans and developing nice social practices to enhance positive behavior among the people of a society. Broad horizons of Islamic teachings and all good practices aim at human (physical, mental, psychological) health, safety, comfort, and benefit. Islam incorporates at every step with the medical and modern sciences that gives the Muslim physicians all the possibilities of working for the benefit of humanity.

The philosophical analysis above presents the answers to the questions of this research and helps to meet its objectives. The ethics from the Quran and Islamic teachings are present here to answer how Quranic ethics are incorporated with Medical science to make it more effective. And how these practices are helpful to promote positive behavior among the masses. Today, while the medical scientists working in the field of health, World Health Organization raises a slogan, "Health is the complete comfort in all physical, psychological and social aspects and is not only lack of illness and defect." More than 1400 years ago, Islam came with these golden and authentic rules working for all these purposes and telling the duties of medical professionals to work for their duty honestly, updating their scientific knowledge and sharing it with others, taking care of the patients and their honor in every aspect, treating them with full care without being pressurized by anyone and keeping Allah's will in mind, keeping their secrets and being polite, taking every possible care of the living ones and honoring the dead as well. All these are the ethical values given by Quran if incorporated with the modern medical sciences can bring very positive change and betterment in the field of medical science. The religious and divine philosophy of Islam should be combined with the medical profession that is called the profession of 'Masiha' as Prophet Jesus was sent with the trait of treating the ailing people. Healthy is not only regarded as a responsibility and a social commitment but it is an altruistic and holy job. Along with scientific and modern techniques, the duties of medical professionals are the acts of benevolence, generosity, empathy, and benevolence that are considered as the highest forms of Ibadah /worship. The need of the hour is to combine these Islamic thoughts and concepts of humanity and humans' (physical, psychological and spiritual) requirement with modern sciences to make a great set of values and methods to cure the disease and bring a nice wave of peace among society thus, letting the people adopt positive behaviors after experiencing the nice and positive behaviors of the medical professionals. Islamic concepts and ethical principles provide the proper guidance in the practices, manners, and treatment methods of the doctors and paramedics with clients/patients to make the idea of full devotion, implementation of attention and care possible as a whole along with interaction with the whole environment, surroundings, and universe.

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