

Management Qur'anic Healing as a Complement to Medical Therapy

Puput Mulyono^{1*}, Singgih Purnomo²

^{1,2} Universitas Duta Bangsa Surakarta, Indonesia

Corresponding author: puput_mulyono@udb.ac.id *

Abstract: *Background: Present day clinical remedies are only symptomatic, requiring complementary therapies to cure the patient. Purpose: The reason of this have a look at is to find out how analyzing and being attentive to the Qur'an is used as remedy or Qur'anic remarkable recovery. Methods: This studies makes use of a qualitative technique with a form of library studies (look at Library). Results: The first studies degree explains the meaning of reading and listening in addition to the manners in studying and taking note of Qur'an. The second one degree is set the idea of Qur'anic wonderful restoration, 0.33 level is explaining the shortcomings and blessings of Qur'anic first-rate recovery to complement clinical therapy. The remaining stage closes with conclusions and hints. Conclusion: Taking note of the Qur'an as a therapy by analyzing the verses of the Qur'an with fami bi shaqin or Qur'anic tremendous recuperation technique, the verse signals that we see will input the mind then the meaning of the verse occurs. The interpretation of the verse that is seen contains the content of spiritual values in the Al-Qur'an surah which teaches a positive attitude that recognizes Allah, gratitude, compassion, optimism, humility, and mental toughness in facing trials from Allah SWT will be processed in the brain in such a way as to produce positive reactions that make a person steadfast and optimistic so that health conditions improve.*

Keywords: Healing, Qur'anic, Management

1. BACKGROUND

Speedy-paced lifestyles and opposition in the generation of the economic revolution 4.0 have resulted in an unbalanced food plan containing artificial chemical substances, loss of exercising, long running hours, and pressure. As a result, the body experiences physical and psychological disharmony, leading to ulcers, stroke, high blood pressure, obesity, and others. These diseases are not only transmitted to those who have money, but also to the poor in the villages. Modern medical treatment is only symptomatic or temporary (Mulyono, 2016). Contrast of classical music remedy with Qur'anic or murotal therapy on preoperative anxiety in person patients in Indonesia indicates that murotal remedy is more powerful in lowering preoperative anxiety in grownup sufferers in Indonesia suggests that murotal therapy is extra powerful in lowering tension than classical song (Faradisi, 2024). Music therapy has been widely applied as an alternative to accelerate healing, but not many people know that Qur'an recitation therapy or murotal can also help the healing process.

2. METHODS

This studies uses a qualitative approach with a type of library studies (study Library).

3. RESULTS

The Qur'an is likewise a medication, even the most important and the primary medicinal drug is the Qur'an. Qur'anic splendid recovery is the therapy of reading and paying attention to the Qur'an. analyzing the Qur'an orally will strengthen the which means of the Qur'anic verses. Because the implus (stimulus) not only comes through the visual cortex but also through the auditory cortex. This strengthening of meaning will increase the quality of positive emotions of the reader (Pedak, 2024). Listening to Qur'anic murottal can reduce stress levels characterized by a decrease in stress hormones and an increase in brain alpha waves (Yunus, et al., 2021).

Al-Qur'an murottal remedy is one of the non secular healing procedures that has a healing effect on absolutely everyone who listens to it. Al-Qur'an murottal remedy includes remedy that includes auditory stimulation thru the strains of murottal sounds or recitation of Al-Qur'an verses. in step with professionals, the sound stimulation happens in brain features that regulate emotions via the vagus anxious gadget and limbic device. The stimulation via hearing, by using paying attention to the holy verses of the Qur'an will stimulate an boom inside the formation of endorphin hormones in the descent manage gadget. This boom causes rest inside the muscular tissues, in order that the ache felt can be diverted or reduced. similarly, Qur'anic therapy will stimulate the hypothalamic machine to provide neuropeptides, ensuing in a lower inside the hormones cortisol, epinephrine, norepinephrine, and dopamine, which gives the impact of a sense of comfort in a single's frame. Qur'anic non secular therapy turns into a remedy and antidote for a person whose soul is experiencing tension, unstable and mentally bad. Sound enters the brain through the auditory machine, in the form of vibrations, and when the patient listens to the verses of the Qur'an, the vibrations that reach the mind have a advantageous effect on the cells within the body (Rosyanti & Akhmad, 2022).

The weak point of the Qur'an top notch recuperation therapy is that once taking note of the Qur'an murottal, a clean net sign is required to run the Muslim pro limited utility. If the internet sign is interrupted, the audio playback can be interrupted. the next weak point is that if the affected person can not study the Qur'an. The blessings of Qur'an superb healing therapy are studying and taking note of the Qur'an, reading the Qur'an turns into a medium for breathing physical activities for recuperation. Reading the Qur'an becomes a medium for breathing exercises because in the Qur'an there are rules such as waqaf and washal. Through waqaf and washal, the breath will be regular and longer when reading the Qur'an. This is very beneficial for breathing because in ordinary breathing not all the air in the lungs comes out when exhaling,

therefore the remaining dirty air that has not been released when exhaling will be released when reading the Quran (Mas'udi & Istiqomah, 2017).

4. DISCUSSION

Qur'anic awesome recuperation remedy is useful for calming the heart and thoughts thru the absorption of superb meanings that are absorbed thru the nerves while reading and paying attention to the Qur'an. Positive meanings such as teaching attitudes of humility, optimism and mental toughness from Allah will have an extraordinary effect on the inner atmosphere of the reader or listener so as to increase the body's immune system (Khalifah & Lutfiah, 2016). Reading and listening to the Qur'an certainly have a close relationship with each other. When we read the Quran with a good and melodious voice, it will have a positive effect on our psychology. Healing through sound is derived from the understanding that everything in this world is vibration. This vibration will be felt by the human body by being seen, felt or heard. Therefore, healing through sound is to use vibrations combined with music or elements to enhance healing. So by reading the Qur'an, vibrations will arise from the sound and rhythm of tilawatil Qur'an which will make the listener feel calm and relaxed in the nervous muscles. Now not best with breath education media and healing songs that could support analyzing and listening may be used as therapy, there are also manners in studying and being attentive to the Qur'an as the subsequent guide.

Recovery by reading and listening to the Qur'an might be maximized if being attentive to the manners of analyzing and being attentive to the Qur'an also can add to the perfection of recovery. The life of adab-adab in studying and taking note of the Qur'an ambitions to allow humans to engage with the Qur'an they examine of their hearts. When all the meanings of the Qur'an that he reads can be understood, responses will arise from the body such as emotion, regret and so on and with the existence of adab-adab reading and listening to the Qur'an we always try so that we can do it sincerely in order to get the pleasure of Allah swt for the meanings contained in the Qur'an we can feel spiritual benefits, psychological benefits and benefits for health (Pedak, 2010). R

reading and being attentive to the Qur'an is capable of create calmness to conquer sickness complaints which might be useful for the recuperation manner (Wihartati, 2022).

When we recite the Qur'an, the sound implus (stimulus) could be acquired by means of the reader's earlobe. Then the ear starts offevolved the listening technique. The body structure (workings) of hearing is the device by way of which the ear receives sound waves, distinguishes

frequencies, and sends statistics to the applicable nervous system. Any sound produced by way of a sound deliver or air vibration may be obtained via the ear. those vibrations are transformed into mechanical impulses (inside the middle ear) and converted into electric powered impulses (inside the inner ear) which can be forwarded through the auditory nerve to the auditory cortex inside the mind. The recitation of Al-Quran murottal consists of factors of human sound that is an extraordinary recuperation tool because of the truth it can lessen stress hormones, spark off natural endocrine hormones and can boom emotions of relaxation (Aprilini, et al., 2019).

This feeling of relaxation produces psychological energy, psychological power is a hard and fast of concepts and strategies for using the frame's energy gadget to improve conditions of notion. Psychological energy is an energy medicine, which is an emerging science that utilizes the various energy fields of the body and various electromagnetic waves to help heal the soul and body. The way psychological energy works is based on the principle that the health of the body, mind and spirit is rooted in the body's energy system. Nurturing the balance and capabilities of these energies can increase vitality, effectiveness and joy in life. Many studies of Qur'anic therapy to cure spiritual disorders using methods such as reading the Qur'an as a prayer or ruqyah method.

However, in this study the researcher raises a different discussion with previous research which is an aspect of novelty, namely regarding the healing method to overcome psychological disorders and physical disorders by reading and listening to the Qur'an or Qur'anic Super Healing. The Qur'an is the words revealed to the Prophet Muhammad with the intercession of the angel Gabriel. It starts from Surah Al-Fatiha and ends with Surah Anas to reach the hands of people as a guide for people. This is the most concise definition of the Quran explained by scholars who serve as guidance for humans (Hasibullah, 2023).

Being attentive to the recitation of the Qur'an from a reciter who recites the Qur'an melodiously, can provide a sense of calm, can reduce stress hormones, activate natural endorphins and create a relaxed atmosphere (Ridwan, et al., 2022). Listening and reading the Qur'an as a complement to medical therapy or Qu'anic Super Healing by reciting the Qur'an in one week. The method to protect the Qur'an in one week is known as fami bi syauqin, which means that my lips always long to read the Qur'an (Jiyanto, 2019). The word fami bisyauqin is actually an abbreviation. Each letter is the limit of the daily muraja'ah. Here are the details:

- a) Fa (first day) from Surah Al-Fatihah to the end of Surah An-Nisa'.
- b) Mim (second day) from Surah Al-Maidah to the end of Surah At-Taubah.
- c) Ya' (third day) from Surah Yunus to the end of Surah An-Nahl.
- d) Ba (fourth day) from Surah Bani Israel (al-Isra') to the end of Surah

5. Al-Furqan.
 - e) Shin (fifth day) from Surah Ash-Shu'ara' to the end of Surah Yasin.
 - f) Waw (sixth day) from Surah Was Shaffat to the end of Surah Al-
6. Hujurat.
 - g) Qaf (seventh day) from Surah Qaf to Surah An-Nas (Ilyas, 2020).

The Qur'an as the holy book of Muslims is a revelation from Allah SWT. which become found out to the Prophet Muhammad noticed. Qur'an functions as an Islamic Syiar which contains life guidelines for mankind to be successful in pursuing life and life. Al-Quran. Islam provides guidance to its people to pay attention to the existence of this holy book by reading, studying, practicing and even preaching its contents so that it becomes a blessing to all nature. In reality, not all Muslims give real attention to the Quran by reading, studying, practicing and preaching it. Only a few of the Muslims give intensive attention to the Quran. Therefore, it is important for Muslims to understand the position and manners of the Koran, so that it can have a positive influence on the essence and existence of the Koran as the authority of Islamic law and as a guide to life that is a mercy for the universe (Pasmadi, 2021) When reading the Qur'an, it should be preceded by ta'awudz and basmalah (Hariandi, 2019).

The human mind greatly affects a person's physical health, because in the view of neuroscience the human mind will directly affect the emotional center and the emotional center will affect the physical hormonal system which affects the tendency to be healthy and healthy behavior and so on will cause a healthy physique as well (Rahmah, 2019). Psychologically, people who practice Qu'anic Super Healing therapy as a whole can increase the body's immunity as a complement to medical therapy. Reading the Qur'an is a medium for breathing exercises for healing (Warsono & Y, 2016). The benefits of breathing relaxation exercises include self-healing (Namuwali, 2017). Reading the Qur'an is a medium for breathing exercises because in the Qur'an there are rules such as waqaf and washal (Na'im & Fatah, 2023).

5. CONCLUSION

Being attentive to the Qur'an as a therapy by read the verses of the Qur'an with the fami bi shaqin or Qur'anic high-quality recovery method, the verse indicators that we see will input the brain then the that means of the verse occurs. The interpretation of the verse that is seen contains the content of spiritual values in the Al-Qur'an surah which teaches a positive attitude that recognizes Allah, gratitude, compassion, optimism, humility, and mental toughness in

facing trials from Allah SWT will be processed in the brain in such a way as to produce positive reactions that make a person steadfast and optimistic so that health conditions improve.

REFERENCES

- Aprilini, M., Mansyur, A., & Rifdah, A. (2019). Efektivitas mendengarkan murottal Al-Qur'an dalam menurunkan tingkat insomnia pada mahasiswa. *Jurnal Psikologi Islami*, 1(2), 146–154.
- Faradisi, F. (2024). *Mengatasi rasa sakit dengan suara: Keajaiban murrotal Al-Qur'an dalam penurunan nyeri dan kecemasan*. Jakarta: NEM.
- Hariandi, A. (2019). Strategi guru dalam meningkatkan membaca Al-Qur'an siswa di SDIT Aulia Batanghari. *Jurnal Gentala Pendidikan Dasar*, 4(1), 10–21.
- Hasibullah, M. (2023). Pengembangan seni membaca Al-Qur'an dengan metode tartil dan tilawah pada santri di Pesantren Miftahul Ulum. *Jurnal Al-Ijtima*, 2(3), 318–327.
- Ilyas, M. (2020). Metode muraja'ah dalam menjaga hafalan Al-Qur'an. *Jurnal Al-Liqo'*, 1(5), 1–24.
- Jiyanto, W. (2019). Implementasi metode Fami Bi Syauqin dalam memelihara hafalan Al-Qur'an pada hufadz di Ma'had Tahfidzul Qur'an. *Jurnal Studi Al-Qur'an*, 2(15), 185–200.
- Khalifah, S. N., & Lutfiah, N. (2016). Religiopsikoneuroimunologi Al-Qur'an. *Jurnal Psikologi UGM*, 1(18), 19–28.
- Mas'udi, & Istiqomah. (2017). Terapi Qur'ani bagi penyembuhan gangguan kejiwaan. *Jurnal Bimbingan Konseling Islam*, 1(8), 133–150.
- Mulyono, P. (2016). Terapi holistik bagi penyembuhan penyakit. *Jurnal The Shine Cahaya Dunia Keperawatan*, 2(1), 1–10.
- Na'im, M. A., & Fatah, A. (2023). Comparative study of waqf signs between the Qur'anic manuscripts. *Jurnal Kajian Al-Qur'an dan Tafsir Al-Misykah*, 14(1), 1–14.
- Namuwali, D. (2017). Pengaruh teknik relaksasi nafas pada penderita TB paru di Balai Kesehatan Paru Masyarakat (BKPM) Magelang. *Jurnal Info Kesehatan*, 15(1), 1–15.
- Pasmadi, A. (2021). Keutamaan dan adab terhadap Al-Qur'an. *Jurnal Didaktika*, 2(12), 133–151.
- Pedak, M. (2010). *Qur'an super healing* (1st ed.). Semarang: Pustaka Nun.
- Pedak, M. (2024). *Mukjizat terapi Al-Qur'an untuk kesuksesan hidup* (1st ed.). Semarang: Wahyu Media.
- Rahmah, M. (2019). Sufi healing dan neuro-linguistic programming. *Jurnal SY'AR*, 2(2), 104–123.

- Ridwan, R., et al. (2022). Pengaruh mendengarkan murottal Al-Qur'an terhadap peningkatan kemampuan konsentrasi pada santriwati Madrasah Aliyah. *Jurnal Medical Facumi*, 2(2), 811–818.
- Rosyanti, L., & Akhmad, A. (2022). Kesehatan spiritual: Terapi Al-Qur'an sebagai pengobatan fisik dan psikologis. *Jurnal Health*, 1(8), 89–114.
- Warsono, W., & Y., F. (2016). Peran latihan pernafasan terhadap nilai kapasitas vital baru. *Jurnal Ilmiah Ilmu Kesehatan*, 3(4), 132–148.
- Wihartati, W. (2022). *Psikologi kesehatan berbasis unity of science* (1st ed.). Yogyakarta: Lawwana.
- Yunus, E., Arismunandar, P., & Rukanta, D. (2021). Pengaruh mendengarkan murottal Al-Qur'an terhadap tingkat stres orang dewasa. *Jurnal Integrasi Kesehatan & Sains*, 1(3), 110–119.