دستورات خود مراقبتی از منظر قرآن و آموزه های اسلامی و تطبيق آن با
دستورات بهداشتی در دانش پزشکی نوین
شیم امیدوار

1–دانشگاه علوم پزشکی بابل–دانشکده پزشکی–دانشگاه

چکیده
سابقه و هدف: خودمراقبتی، رفتاری است که فرد با اتّکا به دانش، توان و مهارت خود از سلامت خویش، مراقبت میکند. در دانش سلامت و پزشکی نوین بر خودمراقبتی تاکید بسیاری شده است. قرآن کریم که رسالت اصلی خود را در هدایت بشر به سوی کمال خلاصه کرده و سلامت و مرور و روح را در قلب اخلاق و ا.Connect to the full text at http://irj.mshahr.ac.ir/article-abstract/102201
Self-care according to Quran and Islam and its compatibility with modern medical science
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Abstract
Introduction: Self-care can be defined as measures one takes to safeguard their health using their knowledge and abilities. In the modern medical sciences, self care has been of great importance. The holy Quran whose main goal is to guide mankind to perfectness point out that the health and development of the soul exists in belief and the health of the body which is a stepping stone for the health of the soul, has had a great attention from the holy Quran. One of the main attention points of Muslims life is self care and health as the holy Quran being the perfect and the most complete religion, and the prophet and leaders words offers biased explanations for health and self care. Hence, by collecting the health recommendations of Quran and comparing them with the modern medical sciences recommendations we can have a better approach and understanding regarding self-care.
Methodology: The research was done bibliographically with the sources being the holy Quran and other trustworthy sources to find Islam rules and the leaders' recommendations regarding health and self-care in fields related to nutrition and eating, sleeping, physical activity and exercising, individual health as well. Then the recommendations were compared with the scientific recommendations for health and self-care.
Results: Islam pays special attention to self-care and health. It has highly scientific and perfect recommendations for self-caring behaviors. The religious leaders had been always into recommendations in order to improving followers' lifestyle. The medical facts mentioned in the holy Quran prove to be miraculous for the knowledge of mankind in those times.
Conclusion: All of the recommendations are matched with the modern medicinal sciences. The rules and recommendations of the holy Quran are in competence with nature's laws and the health of mankind.

Keywords: self care| Quran| Islamic teachings| health sciences