



SUPERIOR
UNIVERSITY

Newsletter

Issue No. 06 | August 28 2024

"Islamic Perspective on Medical & Health Sciences: A Panel Discussion"



ICCIS

1st INTERNATIONAL CONFERENCE
ON CONTEMPORARY ISLAMIC SCIENCES



Chaudhry Abdul Khaliq
Center for Contemporary
Islamic Sciences

الشوډرى عبڊا الخالق
مركز العلوم الاسلامية المعاصرة

“Islamic Perspective on Medical & Health Sciences: A Panel Discussion”

Overview:

The discussion was held at 10 AM on August 28, 2024, at the CAKCCIS Conference Hall, Superior University. The panel explored the intersection of Islamic principles with modern advancements in medical and health sciences, focusing on how Islamic teachings can provide valuable insights and guidance in the rapidly evolving field of healthcare.

Key Points Discussed:

1. Dr. Naveed Babar

- Dr. Naveed Babar emphasized that many modern medical concepts have long been present in Islamic teachings. From maintaining hygiene to balanced diets, Islamic scripture has laid down principles that science is only now beginning to recognize.
- He pointed out that the increase in modern diseases such as diabetes, hypertension, cholesterol, obesity, and heart conditions is largely due to lifestyle choices. The sedentary lifestyle, combined with the consumption of unhealthy, fatty, and oily foods, has led to an alarming rise in these conditions.
- He stressed that lifestyle diseases are largely preventable through dietary changes and increased physical activity - concepts that are deeply rooted in Islamic teachings of moderation and self-care.

2. Dr. Atta-ur-Rehman

- Drawing on his extensive experience in Saudi Arabia and abroad, Dr. Atta-ur-Rehman shared insights on how the world is now returning to simpler and more natural dietary practices after many scientific experiments.
- He noted that as a Muslim nutritionist, it is sometimes embarrassing to see that our research lags behind international standards, even though our religious texts contain rich guidance on nutrition and health.
- He urged Muslim researchers to delve deeper into the study of traditional dietary components and natural remedies, many of which align with both Islamic teachings and modern nutritional science.

Event Details:

Date: 12th March 2024

Venue: CAKCCIS Conference Hall

Hosted by: Chaudhry Abdul Khaliq Center for Contemporary Islamic Sciences (CAKCCIS)

Host:

Dr. Ali Akbar Al-Azhari,

Panelists:

Dr. Atta-ur-Rehman

Consultant Nutritionist
Chairman-SIGNS International

Dr. Naveed Babar

Dean, Faculty of Allied Health Sciences, Superior University

Dr. Muhammad Asad Raza

HOD Internal Medicine
(Mafaza Tul Hayat Hospital)

Dr. Nadia Alam

Assistant Professor, Green International University, Lahore

Dr. Peer Tariq Sharifzada

Seerat Expert

3. Muhammad Asad Raza

- Dr. M. Asad Raza discussed the importance of integrating Islamic ethical principles and spiritual well-being into the field of healthcare.
- He highlighted how Islamic beliefs promote a holistic approach to health, combining physical, emotional, and spiritual well-being. This balance is key in addressing not only physical ailments but also mental and emotional health, which is increasingly recognized as critical in modern medicine.

4. Dr. Nadia Alam:

- Dr. Nadia Alam focused on disease prevention, stating that while modern science has developed numerous methods for preventing and managing diseases, Islam has long emphasized the importance of balance, moderation, and preventative care.
- She explained that Islamic teachings on cleanliness, dietary restrictions, and maintaining a healthy body and mind provide a solid foundation for modern health practices. She urged the integration of these principles into public health policies, particularly in Muslim-majority societies.

5. Dr. Peer Tariq Sharifzada:

- Dr. Peer Tariq Sharifzada discussed the deep connection between spiritual and physical health. He explained how Islamic teachings encourage a balanced life, with regular spiritual practices like prayer, fasting, and meditation contributing to overall well-being.
- He emphasized that physical health is not just the absence of disease but includes spiritual and emotional well-being, both of which are central to Islamic teachings. He encouraged the medical community to take a more holistic view of patient care that includes spiritual dimensions.

Additional Points Raised:

- The discussion highlighted that Islamic principles of health and well-being are not in conflict with modern medical science. In fact, they often complement scientific advancements. For instance, the Prophet Muhammad (PBUH) advised moderation in eating, and modern nutritionists confirm the benefits of such practices in maintaining good health.
- There was a consensus among the panelists that more research is needed to explore the overlap between Islamic teachings and contemporary medical practices. This includes studying traditional remedies mentioned in Islamic texts and their relevance in modern medical science.
- The panelists also discussed the growing field of mental health and how Islamic spirituality can play a role in coping with stress, anxiety, and other mental health challenges. The focus on gratitude, prayer, and mindfulness in Islam has proven benefits for mental health, and these aspects should be incorporated more into healthcare models.

Conclusion:

The panel discussion concluded with a strong affirmation of the relevance of Islamic teachings in the modern world of medical and health sciences. By combining the wisdom of Islamic teachings with the latest scientific advancements, healthcare providers can offer a more holistic approach to patient care that addresses not only physical but also mental and spiritual well-being. The event was a step forward in bridging the gap between traditional Islamic knowledge and modern health sciences, offering a comprehensive framework for future research and practical applications in healthcare.

