

## INTEGRATIVE MEDICINE THROUGH ISLAMIC PERSPECTIVE IN RESPECTING PANDEMIC COVID-19

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### ABSTRACT

One of the problems in the world today is the outbreak of the coronavirus pandemic case. The case of this pandemic outbreak also cannot be separated from the problems known to Muslims. Overall, Al-Quran and al-Hadith explain about many stories that we might be able to take the event of Ibrahim. Islam's perfection has provided many solutions to various kinds of problems that arise by a Muslim, including the coronavirus pandemic, which is of considerable concern to humans worldwide.

Muslim needs to have his own perspective in responding to this coronavirus outbreak's pandemic incident. So that we can do our best to overcome the pandemic case of the coronavirus outbreak by "making peace" with microorganisms, which are also God's creatures, we can contemplate answering questions related to this, for example, why is this outbreak the case of the current pandemic? The perfect guide to life, namely the book of Allah Al Quran, already has the answer.

**Keywords :** integrative medicine, perspective, Covid-19.

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### 1. Introduction

In general, humans often give a universal label for germs. Microorganisms are often seen as 'the source of disease'. Even though Allah SWT has created everything precisely as it is by nature, it is He who places and determines everything so that all His creatures can live in harmony, side by side with each other, including the microorganisms.<sup>1</sup> This also includes all balance and harmony in the human body, both on the surface of the skin, in the respiratory tract, in the digestion tract and throughout the systems of the human body.<sup>2</sup> Therefore, we should not allow a reductionist inclination to occupy our minds, namely by labelling all these microorganisms as the source of all diseases, mostly when they spread massively with other colonies such as; viruses, bacteria, and fungi.<sup>2</sup>

A Muslim needs to have his perspective in responding to the pandemic incident of this coronavirus outbreak. In this way, we can do our best to overcome the pandemic case of the coronavirus outbreak by making peace with microorganisms which are also God's creatures. At least we don't blame the microorganisms first, but we as creatures who have self-righteous introspection for our mistakes as humans who are not aware of having made a mistake on this earth. Thus, we can contemplate answering questions concerning this matter under a perfect way of life, namely, Holy Qur'an and Sunnah.

## 2. Discussion

There are several verses from the Qur'an that we should unveil, especially to the current global epidemic, including:

1. All blessings must come from Me (Allah) (Surah An-Nahl: 53).
2. (Azab) that is due to the deeds of your own hands, and that Allah does not persecute His servants (Surah Ali Imran: 182)
3. It has appeared that the actions of human hands caused the damage on land and at sea so that Allah will feel for them a part of (the result) of their actions so that they will return (to the right path). "(Surah Al-Rûm: 41)

As a believer, self-reflection is the primary effort that must be made in responding to the pandemic case of the coronavirus outbreak by repenting first. Allah SWT with His Rahman and womb characteristics wants us as humans who knowingly or without realizing it has done much damage on this earth so that we can return to the right path through the incident of this pandemic coronavirus outbreak.<sup>3</sup>

The impact of the coronavirus outbreak occurred in various sectors. Both positive and negative impacts can be viewed from different perspectives. Tracing the history of quarantine in tackling the spread of disease outbreaks, Islam has introduced it since the time of the Caliph Umar Ibn Khattab RA. The incidence of the Tha'un plague was stopped when Amr bin Ash RA served as Governor of Syria. He led Sham with his intelligence and saved many people because of his closeness to nature. Amr bin Ash made a solution, kept his distance from the crowd, and refrained from staying at home when the Tha'un plague occurred in the land of Sham. Amr bin Ash said: "O people, this disease is spreading like wildfire. Keep your distance and part by placing yourself in the mountains".

At present, we are also being called on about the social distancing method which has become a health regulatory policy in various countries, including Indonesia. The effort to carry out social distancing is an effort to prevent the spread of the coronavirus outbreak. However, the application of social distancing also has an impact on the weakening of the economic sector which directly causes stress events in some people who are directly affected by this situation.<sup>4</sup>

However, it would be wise if we make the phrase social distancing in the sense of maintaining the distance between humans who do not leave their nature as a social being. Amid an epidemic, however, the relationship between humans can still be close, it is just a different way as WHO (World Health Organization) changes the phrase "social distancing" to "physical distance" (physical distancing). This is done to encourage the community to stay connected without having to involve physical meetings.<sup>4</sup>

Along with the development of the current era of the industrial revolution 4.0, the idea of "physical distancing" is very appropriate because this can further clarify our understanding that government policy for people to stay at home during the current coronavirus outbreak, does not cut off friendship contact with relatives, neighbours and many people. This "distancing" effort is only to maintain physical distance to ensure disease outbreaks do not spread. So that steps to maintain physical distance by self-quarantine are solely to prevent the spread of the coronavirus, not to create people become socially isolated, significantly until the relationship is cut off. Society is required to be smart in responding to the current situation by continuing to carry out social interactions by utilizing information technology through social media to develop and

strengthen the potential of the people in various fields. Including the delivery of information related to the field of health, education and economy.<sup>5</sup>

This is one of the lessons of the many pearls of wisdom behind the outbreak of the coronavirus that has spread, which has given birth to big ideas to unite society, especially the potential of Muslims to jointly revive the syiar of education, social sensitivity among others by the re-prospering waqf, infaq and sadaqah and strengthening the potential of the people to build commerce according to sharia muamalah based on information technology (social media). This effort can easily connect many people, even in the economic sector, being able to connect suppliers of basic daily needs with consumers without having to meet physically. Although in this case, the priority of attention from start-up businesses in this country must also think about the safety of transportation service couriers who support this information technology start-up-based commerce system so that they can also be equipped with personal protective equipment (PPE) that conforms to standards.<sup>6</sup>

From a broad perspective, the economic sector should not experience a sharp decline at this time, because physical distancing is not an obstacle for people to remain productive even though they are at home.<sup>7</sup> A person with a positive mind and a calm soul will be able to give birth Innovative ideas and ideas to create a creative economy for the micro, small and medium enterprises (UMKM) sector from within their homes and remain productive even though they work from home (WFH). Be thankful we live in this country. Indonesia with its natural wealth is known to have the second-largest mega biodiversity in the world, God willing, by the nation's children who are intelligent and faithful will be able to manage the natural potential of this country independently.<sup>6-8</sup>

However, in some people in this country, the pandemic of the coronavirus outbreak has caused a phenomenon of stressful events. So it is necessary to make multi-disciplinary handling efforts. So that it is not only experts and intellectuals who are required to be able to act, the scholars are also needed to come down to the middle of society, especially for Muslims. The latter make up the majority of the population in this country. They must continue to be equipped with sharia knowledge so as not to experience excessive anxiety in facing financial status problems that are affected by the policy of self-quarantine at home.

Feelings of fear arise because they are triggered by anxiety that cannot be controlled by a person, so this negative feeling shackles his thoughts and emotions so that he becomes obstructed from doing something productive. Even though fear is humane, do not let the fear of Thabi'iy (character) make a Muslim experience prolonged stress which denies faith so that he forgets to rely on Allah SWT. This is what will cause dangerous liver disease because over time; it will erode the faith of a Muslim.<sup>9-10</sup>

As fellow Muslims, no matter what kind of profession we take, we must be able to remind our brothers and sisters with truth and patience. The events of stress that occur in the ummah today indirectly illustrate the weak faith of the Muslims. So that we must not remain silent, allowing our brothers and sisters to experience prolonged stress. Various approaches must be made. One of the approaches in the health sector is through counselling, information and education (IEC), which is part of health promotion that must be carried out continuously to all levels of society. Because stress naturally occurs in every individual as a person's response both physically and emotionally to the changes that occur in the environment, thus requiring a person to adjust. If the process of adjustment

(adaptation) to these changes fails, the stressful event that occurs will last a long time and cause health problems

The integrative medicine approach includes bio-psycho-socio-spiritual aspects. Referring back to the World Health Organization, WHO (World Health Organization), which defines "Health as a perfect state of physical, mental, social, not only free from disease or weakness." Thus, the meaning of health does not only cover physical health, but mental and social aspects must also be considered. Thus, in the last decade or so, integrative medicine was born as a combination of traditional, complementary and alternative medical sciences which are also synergized with conventional (modern) medical science. 8 Integrative medicine has also adopted traditional medical science from various traditional medical histories, such as Ayurveda, Greek, Roman, Egypt, Thibbunnabawi, Traditional Chinese Medicine and others. So that integrative medicine presents participatory health services that educate and encourage an individual to carry out self-healing efforts.

Integrative medicine provides an affordable system of care. It combines a scientific approach with a health education program that encourages the mindset of patients to take responsibility for their health through the modification of a healthy lifestyle that is balanced and harmonious, which promotes holistic health and supports an individual's immune system to maintain his health. Thus, the integrative medicine approach is considered ideal to pay attention to the aspects of "wellness" and "healing" for each individual as a whole because it includes bio-psycho-socio-spiritual aspects.

Integrative medicine, from an Islamic perspective, respond to stressful situations undergoing "physical distancing" amid the current coronavirus outbreak.

An integrative medicine approach in an Islamic perspective can be made through the Thibbunnabawi approach. This effort refers to the actions and words (hadith), and behaviour (As-Sunnah) of the Prophet Muhammad SAW in overcoming illness, through methods of treatment that do not violate the Shari'a, maintaining cleanliness by washing, to eating, drinking, sleeping and waking activities exemplified by Prophet Muhammad SAW. The term Thibbun Nabawi was raised by Islamic medical figures around the 9-13th century AD who advanced Islamic civilization through medical sciences that were within the frame of faith in Allah SWT. <sup>11</sup>

The integrative medicine approach, which is based on an Islamic perspective (Thibbunnabawi) is more focused on resolving the root problems that trigger these stressful events whose causes are multi-factorial. From various medical, scientific research, it is proven that stress quickly occurs in someone who has a trauma background that has not been appropriately handled in the past, such as; childhood trauma, domestic violence, loss of loved ones in the family or financial crisis problems. These are the things that cause a person to experience prolonged stress easily, resulting in excessive psychological responses to the situation. Generally, the manifestation seen is an overly anxious response to the sudden change he is experiencing. <sup>12-15</sup>

When anxiety strikes, spiritually, we must also understand that Satan will immediately enter and frighten the human mind when he is afraid or anxious. So that Allah reminds His servants, "Surely the demons only frighten those who are under their leadership, therefore do not be afraid of them, but fear Me, if you are true believers" (QS. Ali Imran [3]: 175).

There is no other choice, except to increase faith by getting closer to Allah SWT. A series of worship services is the best way to deal with stress and anxiety. The efforts of Tarbiyah (education), Ruhiyah (spirit) through Tazkiyatunnafs to our brothers who are afflicted with stress must be made.

Besides, physically, we also have to be able to deal with stress, so we must understand that stress is caused by the failure of the brain nerve cells to adapt to control thoughts and emotions in response to sudden changes. Stress can change the communication flow of nerve cells in the brain circuits. This changes specific brain structures that control emotions. This particular brain structure was initially formed from genetics and family parenting. The stress response begins when a person feels danger, so there is a part of the brain called the amygdala that helps emotional processing, sending alarm signals to a part of the brain called the hypothalamus. As a command centre, the hypothalamus will activate the sympathetic nervous system. This part of the autonomic nervous system leads to the release of a stress hormone called adrenaline (also known as epinephrine) from the adrenal's kidney (adrenals) glands into the bloodstream throughout the body. All of this happens in a fraction of a second resulting in a rapid pulse rate. After this process, the second phase of the stress response occurs, namely the connection of the hypothalamic-pituitary-adrenal (HPA) brain axis which triggers the adrenal kidney (adrenal) glands to release the hormone cortisol to maintain the sympathetic nervous system which makes a person alert when faced with situations which are threatening. The increase in the hormone cortisol will gradually affect insulin resistance so that sugar levels in the blood increase.

An individual should be able to organize his mind and heart, in order to eliminate the threat (anxiety) he feels. In order to activate the parasympathetic nervous system, which is the autonomic nervous system that works to relax the body. So that the previously increased stress hormone will be able to return to normal levels.<sup>15</sup> On the other hand, if a person fails to adapt to coping well with stress, there will be no relaxation phase of the stress response so that this situation has turned into a chronic stressful state. This prolonged stressful state will have an impact on one's body, namely the emergence of chronic diseases in the body (physical). Among them; elevated blood sugar levels cause diabetes mellitus due to insulin hormone disorders, atherosclerosis and cholesterol disorders (dyslipidemia), which cause kidney disease-hypertension to stroke and coronary heart disease.

As a result, the widespread impact of the coronavirus outbreak is no longer just the transmission of the plague if it is like this. Excessive fear will plague the wider community, giving birth to a series of health problems that are even wider with the emergence of chronic degenerative diseases which are motivated by the stress factors of society itself. If this happens, then Muslims who are the largest society in this country will suffer from two dangerous diseases, namely liver disease due to weak faith due to excessive fear and chronic degenerative disease which will reduce the quality of life and daily productivity.

Islam has prepared a solution through the perfect way of life, namely; Kitabullah Al Quran and hadith.<sup>13</sup> As God believes creatures, we must believe that every test presented by Allah SWT, including the coronavirus outbreak, will not exceed our capabilities as His servants. Islam is the solution to all problems, including dealing with stress amid the current epidemic. Because Allah SWT Himself advises His servants not to



become weak; as Allah says in the Al-Qur'an; "Do not be weak, and do not (also) be sad, even though you are the people of the highest (degree) if you are believers." (Q. S. Ali Imran: 139) [1]. This is where Allah calls Muslims who believe. Believers are distinguished from Muslims because the believer is a Muslim who has a strong faith so that for a believer he will be able to respond wisely to all the trials that come to him by not being weak and sad.

This disease epidemic test is not to be mourned, mourned for, or even regretted. Every test must be faced with faith because it is with faith that a believer can take lessons from every incident. Allah bestows wisdom upon whom He wills. "And whoever is gifted with wisdom, he has been awarded many gifts. Moreover, only those who are wise can take lessons (from the word of God). " (Surah Al-Baqarah: 269). May Allah guide us always to be able to take wisdom, so that we can take lessons to be able to Istiqomah in faith and truth.

For this reason, it is not true that we, as believing Muslims, have the highest degree of intelligence and believe in Allah SWT, then waver in facing the problem of the current coronavirus outbreak. Therefore, we must be competent in managing and overcoming the stress that is whacking by trying to get through it steadfastly. A believing Muslim, remember QS. Ar Ra'ad: 28. "(That is) those who believe and their hearts will be at ease by remembering Allah. Remember, only by remembering Allah can the heart be at peace."

Scientific research has examined the benefits of sound waves from reciting verses of the Quran heard by the five senses of hearing captured by the brain in the form of delta and theta waves.<sup>15</sup> These delta and theta waves are able to stimulate the release of happiness hormones in the brain that trigger activation. Thus, the people whom Allah guides are people whose hearts feel at ease by remembering Allah, praying and Tahmid to Allah, while reading and hearing His verses, remember that peace of mind is manifested by remembering Allah.

The integrative medicine approach in an Islamic perspective is ideal for paying attention to the aspects of "wellness" and "healing" for each individual as a whole because it includes bio-psycho-socio-spiritual aspects. The following are steps that can be taken to respond to the current pandemic coronavirus outbreak, namely: "Increase taqwa and get closer (Taqqarrub) to Allah SWT through a series of Fardhu and sunnah prayers. Prayers, dhikr, prayers, fasting, sadaqah, and reading the Koran will add to the peace of mind and strengthen our sense of patience when we experience very tough tests.

Remember, QS. Al-Baqarah Verse 153; "O you who believe, be patient and pray as your helper, Allah is with those who are patient." By getting closer to Allah SWT and always Tawakal and putting Tawheed above everything, a Muslim will always carry out all His commands and try to stay away from all His prohibitions. When a Muslim has pious, remember the words of Allah SWT in the Quran: "If anyone is obedient to Allah, He will make a way out for him. Moreover, provide sustenance from a direction that he does not expect." (Surah Ath-Thalaaq: 2-3) [1]

Through the Thibbunnabawi approach, a Muslim will be able to maintain his health by imitating Uswatun Hasanah (the best exemplary human), Rasulullah SAW. So by understanding the life pattern of the Prophet Muhammad, starting with arranging the best time to sleep After Isya time, waking up in a third of the night to uphold Qiyamul Lail (midnight prayer), not sleeping again after Fajr, praying Dhuha, drinking honey, consuming dates, olive oil, Habbatussaudah and patterns, eating balanced nutrition that

is halal and comes from the earth (natural food), as well as adopting a clean lifestyle by always purifying and maintaining ablution, regularly performing sunnah fasting, and performing Hijamah on the sunnah date, then these are a series of integrative efforts for every Muslim to maintain his health naturally.

Carrying out activities following the interests and abilities to generate innovative ideas and ideas to encourage enthusiasm to be productive in building entrepreneurs in the form of micro, small or medium enterprises (MSMEs) from within the home (work from home). Because "Allah will not change the fate of a people until they change themselves" (Surah Ar-Ra'd: 11).

Keep in touch with family, relatives and neighbours through social media to build an excellent Islamic brotherhood. Remember the following authentic hadith, "Who wants to expand his sustenance and have a long life, and he should stay in touch." (Narrated by Bukhari).

Remain Istiqomah (stay on the right path) according to the guidance of Islam. So that we can maintain the mindset to continue to think positively in responding to physical distancing amid the current coronavirus outbreak, Al Quran and hadith are the best guidelines for us to organize a calm heart (Qolbun Salim). Remember one hadith, when Rasulullah SAW said: "Remember that in the body there is a lump of flesh. If it is good, then the whole body is good. If it is damaged, then the whole body is also damaged. Know that a lump of meat is a heart (Qolb)" (Narrated by Bukhari no. 52 and Muslim no. 1599). So, a Muslim must arrange his heart as well as possible so that his body (body) can produce happiness hormones in the brain, wherein the part of the brain called the hypothalamus as the central command centre for the nervous system, heart, immune system, hormones, respiration, digestion and other organ systems that must function in harmony.<sup>17</sup>

### **Balance and harmonization of human body systems ala thibbun nabawi**

We as one of His creatures have a duty to maintain the balance of all systems that have been bestowed in this body with the guidance of the Shari'ah, as is taught in prophetic medical practice (Thibbunnabawi).<sup>11-15</sup>

Rasulullah SAW as uswatun hasanah and friends are the most instrumental in our lives. His words, actions and all his temperaments in medical matters are called Thibbun Nabawi. So that Muslims who believe must have faith in the words and deeds of the Prophet SAW, including in medicine or medicine.

Indeed, Allah SWT has given every human body the power of nature, so that because of this, it can heal itself naturally. This natural force is understood as the concept of balance that Allah has given to each of His creatures. In the al-Qur'an it is mentioned; "Who created you, then perfects you, then makes your (body composition) balanced" (Surah Al-Infithar: 7). In this verse, Allah SWT explains that humans are actually created with full perfection, compared to other creatures that were created first. They have a balanced system that should always be maintained.

So because of that in Surah Qs. At-Tin; 4, Holy Qur'an reaffirmed that humans are the best of His creatures, which are bestowed upon him various kinds of systems, including the balance system of the body and nature.

With this perfection and balance, it is hoped that humans can understand that humans are chosen beings who carry out a noble task as caliphs on earth who are created with a balanced body. This is evidence of the Oneness and strength of Allah Subhanahu Wa Ta'ala.

The laws of nature show that basically the universe is governed by Allah Subhanahu Wa Ta'ala, who has one of the Asma'ul Husna, "Al Qayyum" (The most managing all things) with "balance". This makes us have to be able to think, that in fact in the creation of everything in this universe, both events in the body; the sun, moon and stars are all in an exact and balanced working system. One example of God's creatures in the category of single-celled creatures, namely; Microorganisms (microorganisms) which in the reductionist perspective (narrow-minded), microorganisms are often considered as the leading cause of infectious disease in humans. This fact is where a change in perspective on microorganisms needs to be changed with a scientific and very holistic perspective of the Islamic scientific world.

Trying to think "Out of the box" makes us learn to see phenomena from a broader (holistic) perspective. Do we understand that as humans, Allah SWT has determined the number of microorganisms that live in our bodies to live in peace? One thing that should be considered is that in our bodies there are microorganisms with ten times the number of cells, which are also not small. How we with the reductionist view (narrow view) often blame microorganisms which are categorized as microorganisms that Allah created as the leading cause of human disease.

Humans as the bearers of the caliphs on this earth must first self-reflection themselves. We must be able to lead the 100 trillion cells of our bodies in a state of fitrah with sufficient raw materials for our body cells from natural nutritional raw materials that Allah has spread on the face of the earth. Efforts to eat foods that are halal and tayyib, as well as those that grow on earth (Surah Al-Baqarah: 168), is our endeavour to maintain the best fitrah nutrition intake to maintain the balance of our bodies.

Thus we can maintain our immune system optimally so that the coronavirus does not have the ability and opportunity to enter the body's cells to carry out the infection process into the body of a healthy believer. Change our mindset as believers, that looking at a process of infection by microorganisms, not tiny creatures who harm humans. However, they become tiny creatures who have the opportunity (opportunists), to enter the cells of the human body when the human body's defence system is weak. So go back to the guidance of Islam which always has a solution in medicine, such as the authentic hadiths about hijamah (cupping), drinking honey, and hundreds of hadiths about the guidance of eating and drinking based on the sunnah have become an approach in Islamic medicine.<sup>16-17</sup> God willing, by consuming honey, dates, habbatussaudah, olive oil, talbinah and other sunnah food products, as well as a balanced lifestyle that has been exemplified by Rasulullah SAW all of which will bring benefits to increase our immune system to eradicate the epidemic of diseases caused by the current coronavirus.

Also, since 1400 years ago, Rasulullah ﷺ has said that Allah SWT does not bring down the disease unless He also lowers the medicine (Bukhari). So, Muslims should not give up in dealing with this coronavirus outbreak. Because there will be a cure for every disease as long as it is right. So that, automatically, this event will encourage the advancement of science in the health sector for experts to carry out much integrated medical research to eradicate this pandemic coronavirus outbreak.<sup>18,19</sup>



In the book of Fiqh, the thaharah chapter also explains the guidelines for purification in Islam. One of them is by doing ablution. Maintaining ablution can be one of our efforts to reduce exposure to dirt on the surface of the body. And now, all health providers also urge the public to always have a clean and healthy lifestyle starting from themselves and the surrounding environment, as an effort to prevent the spread of the coronavirus that is increasingly widespread.<sup>20</sup>

### 3. Conclusion

Islam is a perfect religion. Islam does not only present natural and scientific solutions. However, Islam presents a divine solution to strengthen the emotional and spiritual aspects of its people. So prayer is a weapon of Muslims. Prayers, trust, be patient and devote to Allah SWT as our endeavours to perform munajad and ask for the best provisions from Allah SWT.

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