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Handbook of Religion and Mental Health

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20 - Religion and mental health from the muslim perspective

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Publisher Summary

This chapter discusses the religion and mental health from the Muslim perspective. Islam is the most rapidly growing religion in the United States, and if this trend continues, Islam will become the second largest religion in the country. Islam, in addition to being a religion, is also a sociopolitical system which offers a comprehensive methodology of solving mankind's spiritual, intellectual, and day to day problems. Allah is the absolute transcendent creator and the master of all things. The Islamic strategy for the promotion of mental health and well-being is based on the recognition of the inherent human defects and calls for systematic and constructive enactment to overcome the problems. Most often, Muslims patient tries religious approaches to achieve mental health concurrently with the modern methods. This should not be resisted or discouraged. If a faith healer is involved, work with that faith healer. Muslims believe in the existence of the supernatural beings called the Jins who are made of fire and have powers of metamorphoses into different shape and form. And this chapter summarizes that Islamic traditions contain a very elaborate system of health care which promotes

that Islamic traditions contain a very elaborate system of health care which promotes mental health and prevents mental illness.

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