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THE VECTOR OF PRAYER MOVEMENT TO HEALTH

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ABSTRACT

The prayer movement is an alternative exercise in endurance that is appropriate for Muslims to face the development of a world that is demanded with speed and endurance demanded with excellent muscle speed and endurance. Psychotherapy as a health worker has an important role in the effort to provide health services per its field, namely developing, maintaining, and restoring movement and body functions in life which includes impairments, functional limitation, and disabilities, which have a comprehensive, integrated, and sustainable nature involving roles. Some of the prayer movements that can be analyzed in the vector are the takbiratul ihram movement, the ruku' movement, the i'tidal movement, and the prostration movement. Prayer is any word or deed that will form the essence of praying to Allah. If one of these pillars does not exist, then prayer is not considered syar'i nor can it be replaced by prostration. Prayers are not only the main practice in the hereafter but the most proportional prayer movements for the anatomy of the human body. Even from a medical point of view, prayer is a storehouse of medicine for various types of diseases. Allah, the Creator, knows exactly what His creation, especially humans really need.

Keywords: *prayer, movement, health*

Background

Prayer is the first practice to be carried out on the Day of Judgment. If the Prayer is good, then the whole practice is considered good. Prayer is also a pillar of religion, including the five pillars of Islam. In fiqh terms, Prayer is worship which consists of several words and actions that begin with takbir and end with greetings.¹ Islam is founded on five pillars (pillars), one of which is Prayer, so that whoever performs Prayers, then establishes religion (Islam), and whoever leaves Prayer, he destroys religion (Islam).² This prayer is an obligation that must be performed without exception for Muslim converts who are healthy or sick. Apart from obligatory prayers, there are also sunnah prayers.³

Prayers are not only the main practice in the hereafter but the most proportional prayer movements for the anatomy of the human body.⁴ Even from a medical point of view, prayer is a storehouse of medicine for various types of diseases. Allah, the Creator, knows exactly what His creation, especially humans, really need. All of His commands are not only of piety value but also have great benefits for the human body itself. The prayer movement is an alternative exercise in body endurance that is appropriate for Muslims to face the world's development that is demanded with excellent muscle speed and endurance.⁵ Psychotherapy as one of the health workers has an important role in the effort to provide health services by its field, namely developing, maintaining, and restoring movement and body functions in life which includes impairments, functional limitation, and disabilities, which have a comprehensive, integrated and sustainable nature involving roles community.⁴

If it is related to health, we pay attention to the movements of our prayers, consciously or not, provide important stimuli for the work of various human body systems in synergy and harmony. When performing the prayer movement, there is a fundamental motivation within us not only spiritually in the form of the need to realize all gratitude to Allah SWT but also a deep awareness of all the pillars of prayer, including the pillars of Ablution. As an example, have you ever observed that after you finish praying you to feel fresher and fitter? Is it because the water of ablution is used or the prayer movements are like aerobic exercises? If this is what we think, then why do you feel tired, even sleepy, after you shower sometimes. Or if you finish doing aerobic exercise, you feel tired.⁶

First, starting from standing, which functions in the cervical spine, the upper joint is stretched, the vertebrae experience an improvement in the location of the flow of the system, and the nervous pattern to become smooth. Second, takbiratul ihram functions to control the breath makes contact between the lungs and the heart, and this contact can control the heart rate. Third, the bow functions to flex the spine and is useful for pulling the lumbar muscles so that it can prevent back pain and prevent symptoms of kidney disease. Fourth, it does not function for the back muscles, the waist is active and is contracted with all the tissues in the back and thighs.⁷ Fifth, prostration functions to increase the flow of blood as well as oxygen to the brain, calm the mind, and prevent death due to the rupture of blood vessels in the brain.⁸ Sixth, sitting between two prostrations serves to prevent groin disease and prevent hemorrhoids (piles). Seventh / lastly, salam functions for muscles and nerve tissue to relax, blood circulation becomes smooth, oxygen to muscles becomes smooth, the mind is clear, neck and nape muscles become strong, and blood circulation is good.⁹

Methods

This study is a literature review. The data taken in this journal were secondary data which was obtained through previous journals accessed from the internet. The journals that we take were journals published in the last 10 years. The method used in the review literature was a comprehensive strategy, such as searching for articles in research journal databases, searching through the internet and reviewing it. The database search used include google scholar. The keywords were used in the search for articles namely vector of Muslim prayer, vector of Muslim prayer, health and Muslim prayer.

Result and Discussion

The procedure for our prayers must be under the guidance of the Prophet SAW. All forms of addition and subtraction from the procedures for prayer are insanity. Whatever the intention, whatever the purpose and benefit, it is still a bid'ah that must be thrown away. Lau kaana khairan lasabakuunaa ilaihi (if the action was good, of course, the friends would have preceded us in practicing it).¹⁰ The Prophet SAW has described the procedures for prayer:

1. Intention
2. Stand up
3. Takbiratul Ihram
4. Read Al-Fatihah
5. Rukuk
6. I'tidal
7. Prostration
8. Sitting between two prostrations
9. Tuma 'ninah when bowing, prostrating, standing, and sitting
10. Rose from prostration
11. Early Tasyahud
12. Final Tasyahud
13. Greetings

Some of the prayer movements that can be analyzed in the vector are as follows:

1. Takbiratul ihram movement

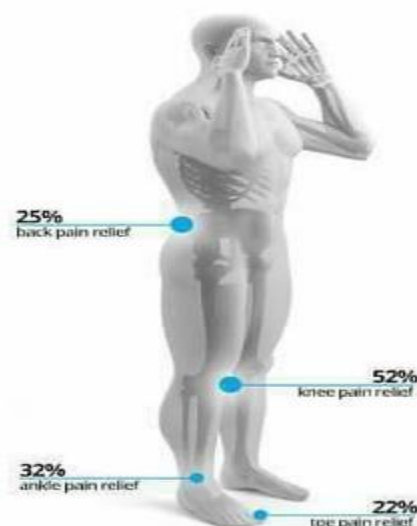


Figure 1. Prayer Movement

When both hands or arms are lifted right and left of the body in takbir, the chest muscles will expand passively, by expanding these muscles the lung organs in them will also expand steadily following It means that after saying takbir, thoughts should not be emitted anywhere, but solely because of Allah. The law of negative pressure so that air or oxygen can enter optimally to the smallest pulmonary vessels. In this condition, the burning process (metabolism) becomes optimal, including the work of the body's immune system organs. Therefore, orderly movements performed in prayer are useful to minimize the possibility of getting sick.¹¹

This optimal oxygenation is also felt by the brain, as the main center for regulating all activities of the human body. When the pulmonary organs expand, the heart organs in between them get a little free space to beat, with the optimal entry of air (oxygen) into the lungs, the body's oxygen levels are transported with red blood cells to be distributed to cells and tissues as well. In other words, that: the body's oxygen becomes optimal, then the body's metabolism is also optimal.¹²

2. Ruku Movement

The meeting of two perfectly perpendicular lines, the perfect angle of 900 on the bow 'is shown that the Messenger of Allah when prayed his back was flat. If you put a glass of water on it, it won't spill. This straight back is likened to an X-direction vector and the leg that is perpendicular to the top of the thigh is described as Y, while the butt is the meeting between the straight line of the thigh and the straight line of the back which forms an angle of 900. This perfect meeting of two lines makes for a strong position so that many architects

and builders build a corner with a 90° angle. This angle will also often be found in most corners of doors and windows, this is a sturdy and strong position.¹²

When the bow is complete, the spine becomes relatively straight and when the armpits have completely exposed the vertebrae are stretched. In other words, approaching a straightened position, where this condition causes the spinal cord fibers to experience relaxation, including a series of autonomic nerves (sympathetic and sympathetic) which are a third of a chain extending on the outer (right-left) side of our spine.

Autonomous nerves play a role in regulating the work rhythm of the organs in our body (heart, lungs, intestines, reproductive organs, genitals, etc.) whether the work rhythm will increase or decrease. Increasing or decreasing the work rhythm of this organ is a warning to us about a disturbing body condition. When bowing will cause increased pressure in the spinal canal (where the spinal cord is located) which is continued to the cavity of the head. For women who are about to give birth, a perfect bow position will reduce the possibility of abnormalities in the position of the baby's head or things that interfere with the smooth delivery of the baby.¹¹

3. I'tidal Movement

I'tidal or movement after bowing is a movement back to an upright position. This position helps the brain and heart metabolism work optimally. Therefore, in I'tidal the blood flow that was focused on the head after bowing will go down to the body according to gravity. The takbir movement together with the straightening of the body when I'tidal, causes a stimulus to the large nerve branches in the axillary shoulder which are the branches of the nerves that serve the heart, lungs, and some digestive organs. Besides, when lifting both arms, the lungs will expand causing the incoming oxygen to increase when the two arms move down to be on the right and left sides of the body, then the negatively charged combustion or metabolism is released along with the breath.¹¹

4. Bowing Movement

The back straight down is compared to the X direction vector and the knee straight to the thigh is represented as Y, while the buttocks are the meeting between the back which is straight down and the upright knees form an acute angle of 45°. Causing a stretch of the nerve knots that are on the inner and outer sides of the ankle (under our eyes inside and outside), while the five toes are bent and pressing on the base of the prayer mat will cause a reflection effect on the nerve endings that are there. The prostration movement will make the chest muscles and the muscles between the ribs become strong so that the chest cavity is large and the lungs will develop properly and be able to absorb air. A knee that is at a

right angle allows the abdominal muscles to develop and prevents the midsection. Increases blood flow to the upper part of the body (especially the eyes, ears, and nose) and the lungs, allowing toxins to be cleared by the blood.¹¹

For pregnant women, this prostration movement is also useful in maintaining the correct position in the fetus. Reducing high blood pressure, increasing the elasticity of the bones themselves. Get rid of egoism and pride. Increase patience and trust in God Almighty. Raise the spiritual station and generate high mental energy throughout the body. This position shows submission and high humility (submission). Therefore, it is not surprising if someone performs prayers when they are tired, sleepy, and weak and after prostration, they will generally feel refreshed.¹³

Fiqh Worship Perspective

Worship in the language means a road that has been traversed by many people. This means that as servants we should submit 100% to what Allah determines. So the name "Abdun" followed by the name Allah is one of the best names because it means servitude to Allah. For example Abdullah, Abdurrahman, Abdurrazzaq, etc. The more we humble ourselves before Allah, the closer we will be to Him, as in the hadith of Abu Hurairah, that the Prophet sallallaahu 'alaihi wa sallam said, which means : "Indeed, the closest time a servant to his Lord is the leader of the prostration, so multiply the prayer when prostrate" (Narrated by Muslim)

What is meant by harmonious prayer is every word or action that will form the essence of prayer. If one of these pillars does not exist, then prayer is not considered syar'i nor can it be replaced by prostration. Leaving the pillars of prayer takes two forms.

1. Leave it on purpose. In this condition, prayer is invalidated and invalid with the agreement of the scholars.
2. Leave it because you forgot or don't know. Here are three details,
 - a. If you can find this pillar again, it is obligatory to do it again. This is based on the agreement of the scholars.
 - b. If they are unable to get it anymore, then their prayer is canceled according to the Hanafiyah scholars. Meanwhile, the jumhur ulama (the majority of scholars) argue that the raka'at that has missed the rukun are lost.
 - b. If what is left is takbiratul ihram, then his prayer must be repeated all over again because he did not enter the prayer correctly.

Conclusion

Prayer turns out to be not only the main practice in the hereafter, but the prayer movements are most proportional to the anatomy of the human body. Even from a medical point of view, prayer is a storehouse of medicine for various types of diseases. Allah, the Creator, knows exactly what His creation, especially humans, really need. Raise the spiritual station and generate high mental energy throughout the body. This position shows submission and high humility (submission). Therefore, it is not surprising if someone performs prayers when they are tired, sleepy, and weak and after prostration, they will generally feel refreshed.

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