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Halalopathy: Integrating Halal Pharmaceuticals for Holistic Healing

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ABSTRACT

Introduction: Halalopathy is a novel approach to therapeutic medicine that emphasizes the compatibility between medication and beliefs/lifestyles of patients.

Aim of Work: To investigate the compatibility between medication and beliefs/lifestyles of patients in the context of Halal lifestyle, and to understand the concept of Halalopathy in terms of entropy and potential energy.

Material and Methods: A literature search, logical thinking, idea comparison, analogy thinking, data analysis and conceptual idea generation were used to gather information, identify patterns, draw parallels, test hypotheses and generate new ideas to contribute to the current body of knowledge and identify potential areas for future research.

Results and Discussion: The research found that compatibility between medication and patients' beliefs/lifestyles results in increased trust in treatment, stimulation of the placebo effect and a harmonious relationship between the mind and medication. Halalopathic medicine, a holistic approach that incorporates material, human, moral and spiritual values, is based on the principles of entropy and potential energy. This approach improves prevention and recovery by understanding the body in terms of entropy and potential energy and using this understanding to deliver the most appropriate treatment for each individual patient.

Conclusion: Halalopathy represents a new therapeutic concept that aims to enhance the compatibility between human's belief/lifestyle and therapeutic drugs, leading to a more effective treatment. The research demonstrates the importance of evaluating ingredients and closely monitoring production processes to ensure adherence to Halal guidelines in order to achieve compatibility and more effective treatment.

1. Introduction

The human body is a complex organism that requires proper care and attention in order to perform optimally. The maintenance of good health is an integral aspect of human life and is essential for leading a fulfilling existence and contributing to the growth and development of society. The relationship between health, food, and security is widely recognized as important

in determining the standard of living for individuals and societies (Jaron, 2009).

Health is defined as a state of physical and mental well-being and is considered a fundamental human right that must be protected and maintained (Krennerich et al. 2017). Food is an important component of survival, while security provides peace, happiness and serenity. On the other hand, illness is a temporary

condition in which the body is unable to perform its functions effectively. In some cases, the immune system is weak or treatment is inappropriate, worsening the symptoms of a disease. Recent medical advancements have led to the development of personalized therapy, and extensively in the hopes of offering more effective and efficient treatments for various health conditions (Wu et al. 2022).

Halalopathy is a comprehensive and synergistic form of medicine that combines the aspects of physical, mental, and spiritual health (Alzeer, 2018b, 2019, 2021a). This unique approach to healthcare is about promoting harmony and incorporating lifestyles, or religious beliefs into the treatment of disease (LeDoux et al. 2019). The focus of Halalopathic medicine is to prevent and treat disease by strengthening the body's immune system and promoting a harmonious balance between a person's lifestyle, values, and energy (Alzeer, 2023). However, more research needs to be conducted to confirm its potential and effectiveness before Halalopathic medicine can be widely adopted. In turn, this research will help to provide guidelines for implementation in clinical practice. According to Halalopathy, all aspects of drug preparation must be in line with lifestyle preferences. In the case of the Halal lifestyle, Halal and Tayyib principles prescribing the origin of ingredients, their safety and toxicity, manufacturing processes, and packaging must be properly implemented (Norazmi, 2015). This is highly essential to establish a link between medicines and lifestyle, which in turn creates a compatible system that plays an important role in activating the potential for prevention and healing.

2. The Significance of Tranquillity, Positive Expression, and Healing Substances in Islamic healthcare

The field of medicine has come a long way in recent years, with developments in psychological, medical and physiological research providing a deeper understanding of health and illness (Schneiderman, 2005). This research has shown that health and illness are not just determined by biological factors, but also by behavioural and social elements. For example, stress, lifestyle choices, and social circumstances can all impact an individual's health.

The concept of healing is also a central theme in Islam, which places a strong emphasis on

new frontier in medical treatment that focuses on providing the correct remedy for each individual, at the correct dose, and at the right moment (Panovska, 2022). This approach is being researched.

maintaining a positive outlook and using natural healing substances to promote well-being. In addition, Islam recognizes that stress (Zaman et al. 2022), anxiety, and other negative emotions can take a toll on one's health and therefore encourages individuals to cultivate a peaceful and tranquil state of mind to support physical and mental healing (Alzeer, 2022b). Tranquillity refers to a state of mind characterized by peace and absence of fear and grief (Herzog, 1998). This state is more likely to be achieved in environments that are calm and quiet. Chronic fear and grief can have negative effects on an individual's health and well-being (Westoby et al. 2022). The Qur'an recognizes this and takes a strong stance against such negative emotions. It promotes positivity, optimism, and peacefulness as a means of promoting good health.

The Qur'an explicitly states that fear should not be directed toward other people or worldly things, but instead towards God. It states, "It is only Satan who frightens you with his followers. So, have no fear of them, but fear Me, if you are indeed believers" (Al-Imran 3: 175). The Qur'an also promises that those who remain steadfast in their faith and follow God's guidance will receive good news and a sense of peace and tranquillity. The Qur'an states, "When those who say 'Our Lord is Allah' and then act with integrity, the angels will descend upon them, saying: 'Fear not, nor grieve, but receive the good news of the paradise that has been promised to you.'" (Fussilat 41: 30). The renowned physician and philosopher, Ibn Sina, held a deep understanding of the crucial role that tranquillity plays in the healing process. In his book "canon of medicine", he emphasized the need to cultivate a peaceful state of mind before and during treatment, recognizing it as a fundamental aspect of effective treatment. In his words, "Panic is half of the ailment, calmness is half of the cure, and patience is the starting point of recovery."

Ibn Sina's insights demonstrate a holistic approach to healing, recognizing that both the mind and the body play important roles in promoting health and well-being (Wishah, 2018). By advocating for calmness and

tranquillity, he emphasized the importance of addressing not just the physical symptoms of illness, but also the emotional and psychological factors that contribute to one's overall state of health. With his emphasis on the central role of peace and calmness in the healing process, Ibn Sina remains a revered figure in the history of medicine, and his teachings continue to inspire contemporary physicians and healers (Gharayaq Zandi, 2020).

The Qur'an places great importance on the power of positive expression and constructive words in promoting health and well-being. The Qur'an states, "O humanity! Good advice has come to you from your Lord, and a cure for what is in your hearts, as well as guidance and mercy for the believers" (Yonus 10: 57). This passage highlights the transformative impact that positive words and thoughts can have on an individual's overall health and well-being.

The importance of building tranquillity and potential in the healing process is emphasized twice in the Qur'an: "We have revealed the Qur'an as a cure and a source of mercy for the believers, but for the unjust, it only leads to their destruction" (Al-Isra' 17: 82) and "Say, it is a guidance and cure for those who believe, but for those who do not believe, it is deafness in their ears and blindness for them. They are being called from a far-off place" (Fussilat 41: 44). While these elements create a conducive environment for healing, they are not enough to eradicate complex illnesses completely. The Qur'an recognizes the importance of not only promoting positivity and tranquillity in the healing process but also acknowledges the healing properties of natural substances. It highlights the therapeutic benefits of honey and other products sourced from flowers and fruits. This serves as a third aspect in the pursuit of cure and recovery. The Qur'an states, "You (Bees) shall eat from the flowers and fruits, and follow the path your Lord has made easy for you (Bees). From the bellies of the bees comes a drink of different colors, which contains a cure for humanity" (Al-Nahle 16: 69). This passage highlights the Qur'an's holistic approach to healing, recognizing the importance of positive expression, tranquillity and natural substances in promoting health and well-being.

The Qur'an provides comprehensive guidelines to avoid the spread of disease, including what is and is not considered permissible to consume, utilizing the concept of Halal-Tayyib. The Qur'an states, "O humanity, eat from the pure and good things on earth, and do not follow the

footsteps of Satan, for he is indeed a clear enemy to you" (Al Baqarah 2: 168). This verse emphasizes the importance of consuming only pure and lawful foods, in accordance with the Qur'an's teachings.

In Islamic teachings, tranquillity is closely connected with spirituality. Spirituality is understood as a combination of positive emotions, a deep understanding of one's relationship with the Creator, and a sense of satisfaction and success. This state of spirituality can be achieved by following the recommendations of Allah and fulfilling one's religious duties, such as prayer and charity. It is believed that spirituality enriches tranquillity and plays a significant role in creating a state of the heightened potential for healing.

Overall, the Qur'an's teachings promote a holistic approach to health and well-being, emphasizing the importance of pure and lawful food, positive expression, tranquillity, and spirituality in the healing process. By following these guidelines, individuals can achieve a state of balance and harmony that promotes physical, mental, and spiritual well-being. The Qur'an emphasizes the power of Allah in the healing process and reminds believers that every illness has a cure. The verse, "And when I am ill, it is He who cures me" (Al-Shuara 26: 80) highlights the belief that healing ultimately comes from Allah. This is further supported by the saying, "Every illness has a cure, and when the proper cure is applied to the disease, it heals by Allah's Will" (Sahih Muslim).

These teachings have inspired Muslim scholars and scientists to pursue knowledge and advance the fields of medicine, psychology, and physiology. By embracing the Qur'an's holistic approach to health and well-being, these individuals aim to improve human health and better understand the interplay between biological, behavioural, and social factors in the healing process.

3. Holistic healing and the role of Halal pharmaceuticals

Effective healing requires the patient's participation and a connection between the treatment and their lifestyle. Different individuals have unique lifestyles, dietary restrictions, and cultural beliefs that can affect their health. By aligning treatment with the patient's lifestyle, trust and confidence in the treatment is increased, leading to a personalized approach and enhanced healing. This approach,

known as Halalopathy, emphasizes the use of lifestyle-compatible medicines and a holistic, integrative approach to achieve complete recovery, rather than simply inducing remission (Alzeer, 2022d). This method not only utilizes the therapeutic effects of drugs, but also aims to activate the immune system and reduce entropy to promote healing.

The connection can be created by linking the therapeutic drug to the patient's lifestyle, which can vary greatly from person to person (Figure 1).

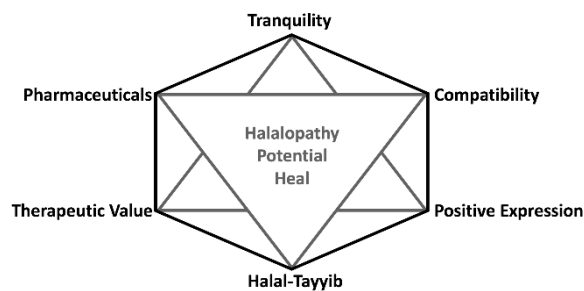


Figure 1. Key Components of Halal Pharmaceutical Compatibility for Holistic Healing

By creating a connection, a personalized health system can be established, which can increase trust and confidence, improve communication between the brain and the body, and activate the placebo effect. Halalopathy, a holistic approach to healing, goes beyond the curative effects of drugs and focuses on creating the optimal conditions for the body to heal itself, resulting in complete recovery. Halalopathy medicine is suitable for individuals following various lifestyles and dietary restrictions, such as gluten-free, glucose-free, lactose-free, vegetarian, vegan, kosher, and Halal (Alzeer et al. 2020c). Specifically, for those following a Halal lifestyle, the medicine must be produced in accordance with the principle of Halal-Tayyib (Alzeer et al. 2018a). This principle requires that all aspects of the medicine's production, from the ingredients used to the processes employed, must adhere to Islamic laws and be free from any non-Halal components (Ramli et al. 2012). This ensures that the medicine is not only effective in treating illnesses, but also aligns with the individual's religious beliefs and values (Alzeer et al. 2016). This results in a more integrated and orderly system, improving the body's defence mechanism and leading to more effective treatment. Halal-Tayyib labelling (Ningtyas et al. 2022) of medicines promotes confidence and strengthens the belief that the cure is compatible with one's lifestyle (Alzeer,

2020b). Taking non-Halal medicines can have a negative impact on the effectiveness of the treatment and cause discomfort. To adhere to the Halal-Tayyib principle, all ingredients must be closely monitored and evaluated during manufacturing (Alzeer et al. 2021b). This approach promotes stronger communication between mind and body, enriches tranquillity and leads to improved treatment outcomes that inspire hope rather than despair (Abullah et al. 2022). Further research is needed to fully understand the potential of Halalopathy and to improve Halal and Tayyib standards in the pharmaceutical industry (Kasri et al. 2023).

4. Discussion

Halalopathy, commonly referred to as permissible medicine, is a holistic and integrated approach to healthcare that aims to improve the prevention and treatment of disease (Alzeer, 2022e). It considers the interconnection of physical, mental, and spiritual well-being and takes into account the role of good lifestyle practices in maintaining health. Halalopathy incorporates the values of religion and lifestyle with the benefits of modern science, using a comprehensive approach and emphasizing the curative power of tranquillity and positive expression. Halalopathy focuses on preventing diseases by strengthening the immune system's fight mode and curing diseases by creating a compatible system (Alzeer, 2022f). The fight mode can be activated by reducing fear and grief, and enriching tranquillity and potential. The concept of Halalopathy emphasizes the importance of maintaining balance and homeostasis in the body through a combination of lifestyle, values, and energy. Halalopathy places great importance on the body's buffer capacity as a means of maintaining health and preventing disease. Just as buffers in a solution help to regulate pH, the body's own buffers, such as blood, energy, metabolic processes, and neurotransmitters, help to maintain a stable internal environment (Alzeer, 2023). By improving the buffer capacity through a healthy lifestyle and stress reduction, the body is better equipped to maintain balance and resist illness.

Halalopathy, considers entropy and potential energy as fundamental concepts for understanding the physical properties and natural processes of all objects. These two forces exist in every object and play a crucial role in Halalopathic medicine (Alzeer, 2020a). Entropy, which is also referred to as spontaneous energy,

is the negative form of energy that leads to an increase in heat (Alzeer, 2022c). On the other hand, potential energy is the highest form of positive energy, manifesting as work. Thus, entropy represents the passive and negative side of matter, while potential energy represents the active and positive side. Moreover, entropy and potential energy are interdependent and cannot exist without each other. Entropy moves in all directions randomly, while potential energy moves linearly and in an organized manner. In the mind-body perspective, factors such as knowledge, moral and spiritual values, and supportive information contribute to an increase in potential in form of voluntarily acquired energy, whereas material values and distracting information contribute to an increase in entropy in form of involuntarily acquired energy (Alzeer, 2022a).

From an Islamic perspective, Halalopathy is firmly rooted in the principle of Halal-Tayyib, which assures that all the ingredients, processes, and practices involved in the production of medicines are devoid of any impurities and abide by the dictates of the Shari'ah. The conjunction of medical therapy with spiritual convictions forms a more synchronized and well-ordered system, leading to a promoted immune response, enabling the body to be harmonized with labelled Halal-Tayyib drugs which will minimize the rejection process of the immune system, augment the duration of the drug's effect, and attain more effective treatment outcomes. Halalopathy is an important aspect of personalized medicine, where treatments are tailored to the specific needs of each patient and take into account their individual lifestyle. This approach is not limited to individuals who follow the Halal lifestyle but also takes into account those who adhere to other religions such as Buddhism, Christianity, Hinduism, and Judaism by avoiding ingredients that may conflict with their faith (Farouk et al. 2014). The use of medicines that are incompatible with an individual's lifestyle can have serious consequences, such as discontinuation of therapy, recurrence of symptoms, prolonged hospitalization, or even death (Sattar et al. 2004). By incorporating the principles of Halalopathy into personalized medicine, treatments can be designed to fit the patient's lifestyle, increasing the likelihood of successful outcomes and improving the patient's overall health and well-being (Elgharbawy et.al 2022).

5. Conclusion

Halalopathy is a novel approach to healthcare

that prioritizes the holistic well-being of individuals by taking into account the interconnection of physical, mental, and spiritual health, and the impact of good lifestyle practices. It combines the values of religion and lifestyle with the benefits of modern science and focuses on preventing diseases by strengthening the immune system and curing diseases by creating a compatible system. The principles of Halalopathy can be incorporated into personalized medicine, leading to treatments that are tailored to the specific needs of each patient and increasing the likelihood of successful outcomes. Medicines labelled with the Halal-Tayyib are highly desirable and preferred by many patients, especially in Muslim countries. The "Halal-Tayyib" label guarantees that the medicines have been manufactured under strict hygiene standards, with minimal contamination, and comply with Halal regulations. This labelling has a positive and comforting effect, reducing anxiety and creating favourable circumstances for more effective treatments.

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Conflict of interests

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Halalopatija: Integracija halal farmaceutskih proizvoda za holističko liječenje

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Pregledni rad

PODACI O RADU SAŽETAK

Ključne riječi:
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Integrativna
medicina,
Učinkovito
liječenje,
Personalizirana
terapija, Energija

Uvod: Halalopatija je novi pristup terapijskoj medicini koji naglašava kompatibilnost između lijekova i uvjerenja/životnog stila pacijenata.

Cilj rada: Istražiti kompatibilnost između lijekova i uvjerenja/stilova života pacijenata u kontekstu halal načina života, te razumjeti koncept Halalopatije u smislu entropije i potencijalne energije.

Materijal i metode: Pretraživanje literature, logičko razmišljanje, usporedba ideja, analogno razmišljanje, analiza podataka i generiranje konceptualnih ideja korišteni su za prikupljanje informacija, identifikaciju obrazaca, povlačenje paralela, testiranje hipoteza i generiranje novih ideja za doprinos trenutnom korpusu znanja i identificirati potencijalna područja za buduća istraživanja.

Rezultati i rasprava: Istraživanje je pokazalo da kompatibilnost između lijekova i uvjerenja/životnog stila pacijenata rezultira povećanim povjerenjem u liječenje, stimulacijom placebo učinka i skladnim odnosom između uma i lijekova. Halalopatska medicina, holistički pristup koji uključuje materijalne, ljudske, moralne i duhovne vrijednosti, temelji se na načelima entropije i potencijalne energije. Ovaj pristup poboljšava prevenciju i oporavak razumijevanjem tijela u smislu entropije i potencijalne energije i korištenjem tog razumijevanja za pružanje najprikladnijeg tretmana za svakog pojedinog pacijenta.

Zaključak: Halalopatija predstavlja novi terapijski koncept koji ima za cilj poboljšati kompatibilnost između čovjekovih uvjerenja/stila života i terapijskog lijeka, što dovodi do učinkovitijeg liječenja. Istraživanje pokazuje važnost ocjenjivanja sastojaka i pomnog praćenja proizvodnih procesa kako bi se osiguralo pridržavanje halal smjernica kako bi se postigla kompatibilnost i učinkovitiji tretman.
