Dementia Theory from the Perspective of Islam

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ABSTRACT

Objectives: Islam acknowledges the possibility of recognition by the soul and introduces "revelation epistemology" as the basis for knowing the soul and the unseen world. The purpose of this study was "investigating the dementia theory from the perspective of Islam.

Methods: In this qualitative evolutionary study, a systematic and targeted review was conducted to answer the question "what are the spiritual causes of dementia in Islam? Articles published between 1990 and 2018 were extracted in the Pub Med, science direct, Google scholar, SID, and Cochrane databases. At the same time, Islamic religious evidence (Quran and habits) was investigated for understanding the concept and cause of the dementia. The "Shia Seminary" research methodology was used to avoid interpretations of the Quran verses and to ensure the authenticity of the Habits. Five commentary books and three authentic Shi'a narrative books were used. The spiritual causes of the dementia were obtained from the "religious evidence" with sound heart model approach.

Results: From the perspective of Islam, perception, cognition, memory, emotions and behavioral control are performed by the soul (heart).The truth of worship is the source of spiritual health (sound heart).The sound heart owners only know God as the owner of world. They are safe from the fear of the future and regret the past. They always remember God and live without anxiety; depression, anger and grudge. They ignore the mistakes of others and forgive them. They do not "ruminate" at bedtime. By self-purification, achieve true dream and find the illumination of science in their heart. But spiritual distress such as hatred and revenge lead to rumination, anxiety, depression, sleep disorders and impairment of data transmission from short-term memory to long-term memory, exposing the individual to dementia.

Discussion: Due to the increasing frequency of dementia, it is essential for therapists to pay attention to the effect of spiritual distress on brain function. Therapists can treat patients' spiritual distresses (grudge, hatred, jealousy, revenge) by faith. They can reduce the risk of dementia by teaching the spiritual skill of forgiveness and treating "rumination" and providing proper sleep.

Keywords: *Islam; Dementia; sound heart; spiritual health*

INTRODUCTION

God defines humans life between two stages of weakness (childhood and aging) to prevent humans from arrogance:" Allah is the one who created you from weakness, then made after weakness strength, then made after strength weakness, He creates what He wills" (Sura-Rum/ verse 57) (Tabatabaee, 2017).

In Qur'an, older age is called the lowest stage of life, because it is accompanied by forgetting knowledge and past experiences. "And among you, is he who is returned to the most decrepit [old] age so that he knows nothing, after [once having] knowledge," (Sura Hajj / verse 5) (Pour yourself, 2004). Science calls this situation as" dementia" which is the progressive degeneration of cognitive functions due to brain disease.

This chronic and sometimes acute disorder is accompanied by memory, judgment, thought and speech impairment, changes in personality, psychological changes, confusion and lack of ability to perform daily activities (Sadook, 2017).

Dementia Theory from the Perspective of Islam

The Quran knows the human's value in the light of his knowledge, wisdom and intellect (Gheraati, 2006) and considers the senses and wisdom as the instrument of knowledge and introduces thinking as a worship (SurahYounes / 101, Ghaasheh / 17-21,Tariq / 5, Ma'ida /105) (Tabatabaee, 2017).Islam invites people to think about the universe and the wonders of human existence (Surah al-Zarit / 21, al-Imran / 190 191) (Pour Yousef, 2004).The Prophet recognizes self-knowledge as the introduction of theology (Motahari, 1986).

That's while the sensational European philosophers such as Hume, John Locke, Hobbes, only accepted the sense as a recognition tool and introduce the inductive method as the only way of knowing. From Plato's point of view, wisdom is the only tool for recognizing the whole (Hussain al-Hashemi, 1996). Some scholars consider experimentation and testing as cognition tools, and believe in experimental findings. The Aristotle and his followers, regard the senses and wisdom as the means of knowing which can identify details and generalities as subjects of recognition (Motahari, 1983). The mystics, like Alexis Carl,

Bergson, William James, accepted the heart as a tool of cognition. They acknowledged the intuition, the discovery and the illumination, as valid findings (Carrel, 2007).

Islam acknowledges the possibility of recognition by the soul (Asadizandi, 2018a) and introduces "revelation epistemology" as the true basis of science, for knowing the soul and the unseen world (Asadzandi, 2018b).In fact the Qur'an, not only confirms all these instruments for recognition the natural world, which is the world of time and place and movement(Sura-Nahl/ verse 78), but also orders man to study about the history of nations (Motahari, 1983).Muslim scholars believe that : epistemology leads to different philosophical views, knowledge and assumptions, and creation of various theories (Motahari, 1983). The scientific epistemology emphasizes on experience, rational reasoning, hypothesis, and empirical experiment, therefore, science is incapable of knowing the spiritual dimension of human (soul). But the revelation epistemology provides the possibility of knowing the spirit (Asadzandi, 2017a).
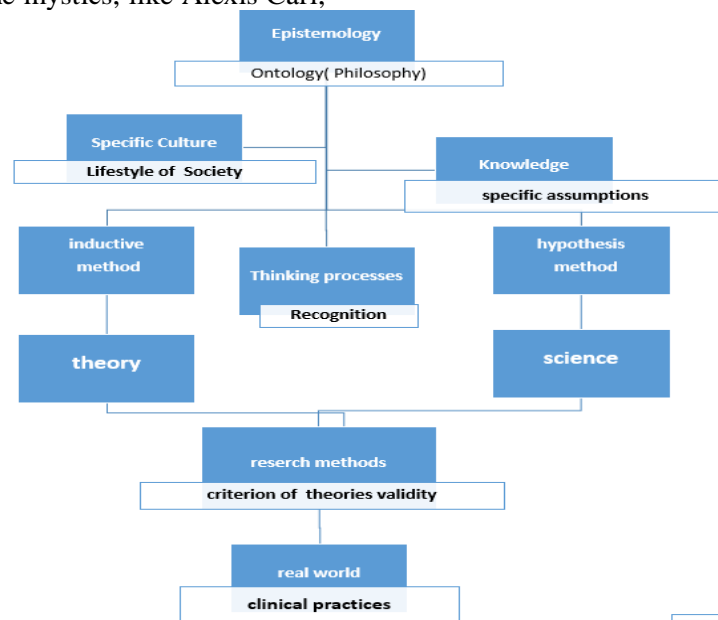
Islam introduces the Prophets as the perfect men and role- models (Surah al-Hazab/ 21) (Asadzandi, 2017b), which their life style and behavioral principles are the source of knowledge (Gheraati, 2006b). Introduces the Quran and narratives as the reliable, comprehensive and complete religious evidences (Surah Najm / 1-4) (Asadzandi, 2014) that express everything for the guidance of humans (Majlisi, 1699a, Motahari, 1984).

The Qur'an orders that wisdom must follow the faith. Muslim scholars must obtain their

"assumptions" from religious evidence (Asadzandi, 2019). But unfortunately, religious evidence has not been considered by scientists. For example: Several verses of the Qur'an have been introduced the "dementia in old age." Such as: Hajj/5, Nahl/70, Yassin's/68 (Ma- Kareem Shirazes, 2016). But these evidences had ignored before the introduction of Alzheimer disease by Professor Alzheimer. The purpose of this study was "investigating the dementia theory from the

perspective of Islam based on the Sound Heart Model approach.

METHODOLOGICAL APPROACH

Ten Stages of the Investigation Taken Over One and Half Decades

- Vienna's psychotherapy theories, systemic theory, homeostasis and quantum theory, rules of physics, humans' needs, characteristics of a perfect human in psychology as assumptions of nursing care models, were studied(Asadzandi , 2007).

- Seven universal care models were analyzed based on total ratio analysis that is comparable to the perceptual analysis and communication analysis of Carly in nursing (Asadzandi, 2001).

- Meta-paradigmatic concepts of the model were defined. The concept of soul was extracted from the paradigm of Abrahamic religions, and the concept of sound heart was adopted from Quran and had its based on the adapting concepts method (Asadzandi, 2014b).

- The spiritual care model of sound heart was developed, by using grounded theory method (Asadzandi, 2015).

- To examine the concept of sound heart in real situations and define experimental parameters and themes of that concept, propositions were extracted through interviewing with patients and their family, clinical observations over the professional life of the researcher, field notes, interviewing with clinical nurses, nursing professors, and clinical psychologists. The client and patients' spiritual reactions to diseases were developed by using the extracted propositions (Asadzandi, 2017a).

- Religious evidence based spiritual care guidelines were designed and validated (Asadzandi, Eskandari, Khadem, Ebadi, 2018, 2017a, 2017b and Asadzandi, 2018f).

- Descriptive theory was developed and examined (Asadi, Asadzandi, Ebadi, 2014, 2014b, Saeidi-Taheri, Asadzandi, Ebadi, 2013, 2014, Akbarpour Mazandarani, Asadzandi, Saffari, Khaghanizadeh, 2017, 2018).Health education models and motivation theories were content analyzed. They were used in clinical research: including health belief model in diabetic patients (Farsi, Asadzandi, Najafi, 2010), health promotion model in soldiers with high-risk behaviors (Asadzandi, Sekarifard, Ebadi, Morovvati, Salari, 2014), precede-precede model for primary sleep disorder of military

nurses (Sayari, Asadzandi, SanayiNasab, Ebad, 2009). After focus group meetings with professors of health education, nursing, and psychology, all relevant concepts for implementing the training model were extracted and then organized as a relevant whole within a model. The spiritual care consulting model was developed by using the Walker and Avant three-step of theory synthesis (Asadzandi, 2018e).

- Considering the constructs of spiritual care consulting model of Sound Heart, after obtaining appropriate themes and clinically use of prominent models, "Parent's Spiritual Empowerment Program" was extracted from previous research findings and was accredited by ten professors of the Academy of Medical Sciences, pediatric oncology specialist, nursing and health education professors in three rounds of Delphi (Asadzandi ,2018g).

- Based on the findings of the previous steps, Inter professional spiritual healthcare education program for Students of Health Sciences was designed (Asadzandi, 2018h).

- According to the characteristics of the sound heart owner's in the Quran and the properties of "perfect man" (Asadzandi, 2017b), the concept of spiritual health was investigated from the perspective of the Islam.

This evolutionary study (Richey, Klein & Nelson, 2012) has focused on this question: "what are the spiritual causes of dementia in Islam? The religious and scientific evidences were analyzed based on the Walker and Event content analysis method to promote and complete the available knowledge by using a systematic, scientific, and justifiable process.

Inclusion Criteria for Selecting Evidences and Articles Included

Persian or English articles that focus on (dementia) available in internal and external information databases (Request Pub Med, Google Scholar, Elsevier, SID, Cochrane, Magi ran).

Articles have to be written in 2005-2018 with the key words: dementia, dreaming, dream theory, sleep. Amnesia, Alzheimer disease.

Essay based on evidence-based pyramid in order of priority from the systematic review studies, meta-analysis, clinical trial tests, cohort, case study, case report, laboratory studies, as well as opinions of specialists and experts.

- According to the Inclusion criteria and "targeted sampling"12 papers of54 full paper were selected that formed the sample size of the study.

- Verses interpretations have been collected from the authentic reference books.

- Islamic evidences were taken from the verses and narrations related to the word "soul, forgetfulness", using al-Mu'ayyim, authentic Shi'a commentary books, related reliable had it's from Bihar al-Anwar, Kofi principles.

- Articles that did not have entry criteria were not included in the study from the beginning, so there were no exclusion criteria in this study.

Accuracy and Reliability of the Qualitative Data Analysis

The following items were performed to determine accuracy and reliability of the qualitative data analysis: 1-Long-term engagement and continuous observation 2-Integration 3-Peer review 4-Search for contrary evidence 5- Review by participants 6-Determination (Streubert, 1990).

FINDINGS

In the philosophical view of Islam, human being has a soul (heart) from the unseen world, which gives him existence (Asadzandi, Eskandari,

Khadem, Ebadi, 2017). Cognition, awareness, judgment, decision-making, perception, feeling, movement, consciousness and will, are capabilities that originate from the soul (Dastghaib, 1963, Asadzandi, 2018c).The soul as the commander of the body, is responsible for commanding and forbidding the members, and through that man contemplates and understands (Dastghaib, 2001). Imam Sadiq (as) said: "science is the light that enters into the heart of person who God wants to guide him. So if anyone wants science, he must seek the "truth of worship" at first stage. By doing the science findings, seeking science. Ask God for understanding, so that God will answer and explain to him" (RamezaniGilani, 2012).The truth of worship is the source of spiritual health (sound heart).The sound heart owners only know God as the owner of world. They are safe from the fear of the future and regret the past. They always remember God and live without anxiety, depression, anger and grudge. They ignore the mistakes of others and forgive them. They do not "ruminate" at bedtime. By self-purification; find true dream and the illumination of science in their heart. But spiritual distress such as hatred and revenge lead to rumination, anxiety, depression, sleep disorders and impairment of data transmission from short-term memory to long-term memory, exposing the individual to dementia.
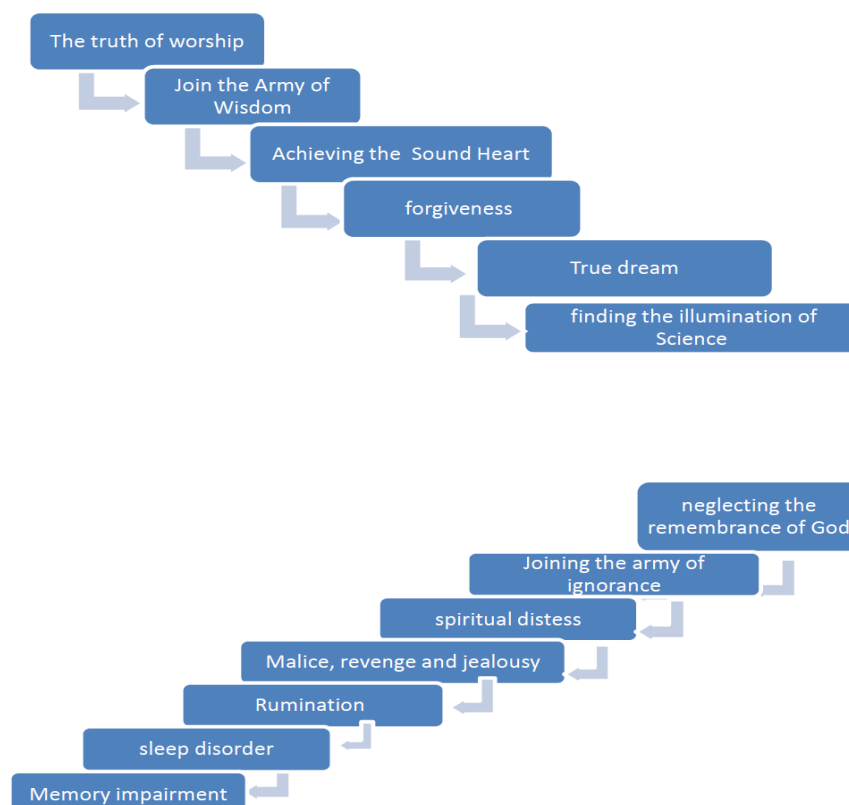
DISCUSSION AND CONCLUSION

Medical science and psychiatry consider the processes of cognition and thinking as brain functions, seeking to understand the causes and treatment of dementia based on this theory. While from the perspective of Islam, the processes of cognition and thinking are the functions of the soul and the cognitive impairment is related to the states of the soul (heart).

All Muslims believe that: God as the first human teacher has taught humans through revelation with kindness (Surah al-Rahman) what they did not know (Surah Baqarah/30-38) (Tabatabaee, 2017).Prophet Muhammad (peace be upon him) is obligated Muslims to study science by purification of the soul (Majlisi, 1699a),"Everyone who purifies his intention in all things for God for 40 days, God brings the springs of wisdom from his soul into his tongue." (24 Majlisi, 1699a). Imam Baqir (pbuh) said:"When God created the wisdom (the ability to recognize and perceive) said: I swear that I did not create anyone better than you; I gave you only to those who love them completely"(Koleini, lunar year 324).

Imam Sadiq (as) said: "God did not send His messengers to His servants except to be wise from Allah. Receive their information from the Book of Heaven and the life-style of the prophets. God created the wisdom of his light and said:" I have given you more honor and mercy than all my creatures. Then God set up 75 divisions for wisdom. Mankind was appointed Minister of Wisdom. And faith, hope, acknowledgment of truth, justice, thanksgiving, hope for God's mercy, trust in God, softness, grace, kindness, knowledge, intelligence, purity, piety, good behavior, humility, silence, submission of right, patience, pardon, remembering, keeping in mind, ….are the light armies. These traits are totally gathered in the Prophets and those who are tested by God. God created ignorance with 75 armies (such as: wrath and grief, rebellion and jealousy, disappointment, anger, fear, anxiety, sorrow and disobedience, and so on (Mousavi Khomeini, 2012).

 The sound heart owners are hopeful, calm, optimistic and kind (Abolghasemi, Asadzandi, 2018). Their soul (Spirit) can relate them to God. During sleep, their'template of a higher universe" travels to the unseen world and divine guidance can be provided. Believers can control the type of their dream, and solve problems by guidance of God (Asadzandi, 2018b, Asadizandi, Saayari, Sanayi, Ebadi, 2018).

Sound heart owners perform the Islamic rituals of sleeping, talking and eating. Eatingmust be "halal" and if it is "bastard", it causes spiritual distress. In speaking, the heart must be clear and the intention must be correct. Tell it for God's sake. Otherwise, silence will be better. At bedtime the grudge, revenge and jealousy should not be in the heart (Asadizandi, 2018d).

Conversely, negligence there membrane God causes the spiritual distress (Asadzandi, 2018e).People with spiritual illness have fear and anxiety about the future and the grief and passion of their past events (Akbarpour Mazandarani, Asadzandi, Saffari, Khaghani zadeh, 2017, 2018). They are arrogant, jealous, hateful and revengeful (Asadzandi, 2018f).They cannot forgive others and suffer from rumination, particularly at bedtime. "Rumination" is defined as resistant and recurring thoughts that surround a common theme. These thoughts deliberately enter into consciousness and divert attention from the issues of current goals (Jorman, 2006). Many studies show a close relationship between rumination thoughts and various types of emotional disturbances (Nullen Hoeksma, 1991) which cause sleep disorders (Asadizand, Sayari, Sanayinasab, Ebadi, Rahmati, Chavoshi 2014) and inhibited the transmission of sensory perceptions to long-term memory and this process leads to "forgetfulness" (dementia).

CONCLUSION

Due to the increasing frequency of dementia, it is essential for therapists to pay attention to the effect of spiritual distress on brain function. Therapists can treat patients' spiritual distresses (grudge, hatred, jealousy, revenge) by faith. They can reduce the risk of dementia by teaching the spiritual skill of forgiveness and treating "rumination" and providing proper sleep by spiritual care methods.

DECLARATIONS OF INTEREST

There is no conflict of interest

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