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Prayer and Science (Research on the Main Prayer Movement)

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Abstract

Prayer is very important, special and unique for Muslims. If implemented properly, then it will have a positive effect on the body. This research is to study how movements in prayer can affect the human body according to scientific studies. Among the questions that are often a matter of the situation is whether the effect of the prayer movement on the human body? How do prayer movement properly so that health of the body can be treated? The researchers have used secondary data to obtain information related to topics such as using reference books and surfing the internet.

Keywords: Prayer, Scientific, Health Body

Introduction

Prayer? What is prayer? What is the relationship between prayer and science? So here the researcher will explain and clarify that we can maintain a healthy body better with prayer based on scientific studies. Prayer in language defined as seeking or ask for welfare and praise. According to *ulama fiqh* in Islamic terms, prayer is in orderly or composed of a number of specific words and deeds that starts with takbeer and ends with greetings from following certain conditions.

Moreover, according to *ulama tasawwuf*, prayer is the soul to Allah which can bring fear of Him and give the feeling of greatness, glory, majesty, His perfection and power in the human soul. Therefore, every Muslim must perform the prayers with full concentration and be present the fear of Allah SWT.

In terms of etymology or language, science derived from the Latin word, *scientia*, which means knowledge. In addition, by *Kamus Dewan* (2000), the word science means knowledge that is systematic which can be tested or verified. Whereas, according to Zain (1987), science is the

analysis of the phenomenon of systematic, logical and objective with specific verifiable methods to accumulate knowledge that can be trusted.

Perfect prayer can prevent and treat a variety of physical and spiritual illness. This is because while praying, mostly muscle and joint are in motion from head to toe. According to Baharom (2009), the movement of prayer that is done every day is composed of 17 cycles which is equivalent to 119 physical postures or 3570 posture per month and 43,435 posture annually. The amount of this movement will grow if we perform *solat sunat*.

Research Methodology

The research methodology is the part that explains how researcher obtain information related to the topics discussed. Therefore, researcher have used secondary data to search for and obtain information related to the topics discussed, namely prayer and science. The secondary data used by the researcher is a references at library and internet content.

Through a literature review, researcher has made reference of some books to obtain more detail information about prayer and science. Whereas, over the internet, researcher has also been looking for and get information about the relationship between prayer and science. Researcher has downloaded some relevant information as well as important related topics such as journals as a guide in producing and completing assignment (Mokhtar, 2017; Razak, Johari, Mahmud, Zubir, & Johan, 2018).

Findings and Research Discussion

The major movements in prayers consist of standing (*qiyam*), bowing, *sujud* and sitting and in every movement prayers have readings that have been set.

a) Stand (*Qiyam*)



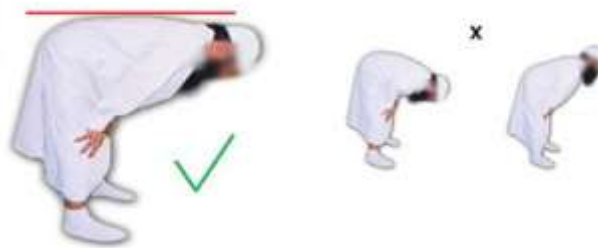
Stand upright is mandatory in prayer for those who able to do it. For those who can not stand in prayer, Islam has given option to these people to perform prayers in a sitting position. If unable to perform prayers in a sitting posture then pray can be perform by lie down. This has been stated in the hadith of the Prophet Muhammad SAW:

“Standing up when you pray and if you are unable, do it by sitting down and if you are unable too as well, then do it by lie down.”

Narrated by al-Bukhari (1066)

When standing upright during prayer, hand position must be in the condition where the right hand is on the left hand. Both hands must be above the umbilicus. When both hands are in an embrace position, this shows that both hands are in the position of the most relax and perfect break. According to the theory of physiologists, in such condition, the elbow joint, wrist joints and muscles of both hands are at fully rest. This will make a joint movement more smooth and thus would prevent ourselves from various joints diseases such as rheumatoid arthritis or stiff joints.

b) Ruku'



Ruku' is lowered the body by 90 degrees, both hands hold the knee while stretch and press the fingers so that the back becomes straight and eyes look towards the prostration place. When ruku', head can not be at higher or lower level than shoulder level. Prophet Muhammad SAW also taught and commanded his followers to straighten the spine while praying and he said: *“If you ruku', put both hands on both knees, then stretch your fingers and then calm it until your spine is steady at its place”*.

Narrated by Ibn Hibban and Ibn Khuzaimah

The perfect ruku' is when the spine is straightening in a state of 90 degrees and when a cup of water is placed on back of the body, the water will not fall and spill. Benefits of ruku' movements that have been taught by the Prophet Muhammad is to avoid and cure disease of the vertebrae. Among the diseases that can be prevented or cured is low back pain, arthritis, muscle spasms and pain in the neck. Moreover, according to Abidin (2008), the position of the ruku' can unleash the flow of the blood to the brain because the heart is in the straight line during this position to pump the blood to the brain. Besides, according to Hashman (2011), ruku' movement can stretch the spinal vertebra by manipulating the flow of cerebrospinal fluid in the brain and spinal cord.

c) Sujud



Sujud in prayer starts with placing the knee and then followed by placing a hand on the floor. When performing a sujud in worship, there are seven body parts that touch the floor surface. Among them is the forehead, both hands, both knees and both ends of the toe that has to be bent. This can be proven by the hadith of the Prophet Muhammad SAW, which means:

“I was ordered to sujud to concentrate on the seven-member body: the forehead and the Prophet pointed to his forehead (including nose), both hands, both knees and both ends of the toes.”

Narrated by al-Bukhari and Muslim

When *sujud*, both hands have to stretch from the body but, for women, hands must not be stretched and must be near to the body. Whereas, elbow is raised so that it will not touch the floor. The forehead and face are in between both hands and fingers are tightened together and the forehead pressed to the point of sujud while raise the bottom. This has been explained in the hadith of the Prophet Muhammad SAW on the position of a woman's hand when sujud. The Prophet Muhammad SAW said:

“And women do not have to stretch her arm out of her ribs.”

Narrated by Abu Dawood



When doing sujud, it activates blood circulation to the brain because the heart is at higher level position than the head. The longer the sujud, the more the brain receives oxygen. As soon wake up from sujud, the head will feel very roomy and light. This is because the brain has received a lot of oxygen and adequate when the sujud. However, when the brain is not getting enough oxygen, the brain will be weak to work according on it functions.

According to Ibrahim (2009); Al-edenat, Alhawamdeh, (2018), when sujud, blood vessels such as arteries, veins and lymphatic veins will be such in massage condition. Therefore, this condition

can prevent shrinkage of the vessel wall (arteriosclerosis) which can lead to blood does not run smoothly. So this will helps the blood to flow smoothly throughout the body. She also said that when sujud, the chest cavity will expand and lungs will develop well and can prevent the body from lung diseases.

d) Sit

There are two types of sit in prayer which are *duduk antara dua sujud* or *tahiyat awal* and *tahiyat akhir*.



i) *Duduk antara dua sujud or tahiyat awal*

Duduk antara dua sujud or tahiyat awal is sitting *iftirash* which is the left foot is being seated by our body and becomes *Firash* to the bottom. Meanwhile, right foot is upheld on the floor and bend your toes facing the right direction of *kiblat* and both palms are placed on the thighs while the fingers in calm position. This was mentioned in a hadith:

“When the Prophet SAW was sitting on two rakaat, then he sat on his left leg and uphold the right foot.”

Reported by Al-Bukhari

When sitting in this posture, the Prophet SAW put both palms and elbows in the thigh while the tip of the finger touch the knees. According to Hashman (2011), when *duduk di antara dua sujud or tahiyat awal*, this may prevents the body from a neurological disease and prostate groin. In addition, the study done by Ibrahim (2009) found that this sitting position is the therapy and treatment to reduce various of diseases such as heart disease, gout and stroke. This is because cholesterol and fat body of uric acid can be reduced.

ii) *Duduk tahiyat akhir*



Putting all bottom seated on the floor is the position named *tawaruk* or *duduk tahiyat akhir*. The left leg is folded and inserted into the lower right leg and the right leg is established where the toe is bent over towards the right direction of *kiblat*. Hadith below illustrates how the Prophet Muhammad SAW sat *tahiyat akhir*:

“Until when the Prophet SAW was in the last sujud that have taslim (give the closing prayer), he released his legs (not sitting on her feet) and sits on left knees.”

Narrated by al-Bukhari and Ibn Hibban

According to Ibrahim (2009); Papavasileiou (2018), she said that when the movement from *sujud* to *tahiyat akhir*, it will activate the pelvic floor muscles. In addition, *duduk tahiyat akhir* will also improve blood circulation to flow back to the heart.

Conclusion

In conclusion, there are various studies have been conducted by researchers out there in proving the wisdom and reveals the movement in prayer. Prayer is not only make the people closer to their Creator, prayers are also able to help the body become more fresh, energetic and healthy the body. This is because movements in prayer capable in acting as a medical therapy which can prevent and treat a variety of diseases that exist in the body, whether internal or external. Scientific research is not the basis and foundation of our compliance to perform prayers but prayers is an absolute command from Allah SWT to His servants. So, let ourselves become honest to pray because Allah SWT and ask Allah SWT to give the well-being and good health of the body to us.

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