



# EXPLORING ALTERNATIVE MEDICINE THROUGH PROPHETIC MEDICINE: A SYSTEMATIC REVIEW

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## Abstract

*Alternative medicine has garnered considerable interest in modern healthcare discourse, with prophetic medicine emerging as a unique domain rooted on the teachings of Prophet Muhammad (PBUH). Notwithstanding its historical importance, a comprehensive understanding of prophetic medicine within the wider framework of alternative medicine remains insufficiently examined. This study seeks to address this gap by performing a systematic literature review (SLR) in accordance with the PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) protocol to analyze the conceptual framework, academic discourse, and integration potential of prophetic medicine within contemporary alternative medicine. A thorough search was performed in prominent academic databases, such as Scopus and Science Direct, resulting in an initial collection of 1,727 articles. Following the application of inclusion and exclusion criteria, the elimination of duplicates, and a comprehensive full-text analysis, 21 studies were chosen for qualitative synthesis. The findings underscore several theme domains, encompassing religious and spiritual methodologies on health, traditional and cultural viewpoints on medicine, and public health and epidemiological research. The study highlights deficiencies in current research, especially regarding methodological rigor and multidisciplinary integration, emphasizing the necessity for more empirical investigations to bolster its legitimacy in academic and medical discussions. The study indicates that prophetic medicine, when rigorously examined, provides significant insights into holistic health methodologies while requiring important interaction with modern scientific frameworks. This review enhances academic discourse by delivering a systematic synthesis of current literature, establishing a basis for future research on the function of prophetic medicine within alternative medical frameworks.*

**Keywords:** *Prophetic medicine; Alternative medicine; Systematic Literature Review.*

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## INTRODUCTION

Alternative medicine has garnered considerable attention as a vital component of worldwide healthcare systems, complementing conventional medical practices (Quezada et al., 2016; Rao et al., 2021). Despite advancements in modern medicine, there persists a significant interest in enduring traditional healing approaches. Prophetic Medicine (al-Tibb al-Nabawī) is a distinctive and historically significant framework based on the teachings and practices of Prophet Muhammad (PBUH). Grounded in Islamic tradition, Prophetic Medicine includes diverse health-related information, such as food advice, herbal treatments, spiritual healing, and preventive measures. (Junaid & Ahmed Usmani, 2019; Nagamia, 2010). It provides a comprehensive strategy that addresses physical problems while also prioritizing mental, emotional, and spiritual well-being.

Prophetic Medicine is not only a compilation of previous medical practices; it embodies a worldview that synthesizes divine insight with empirical observations. (Ismail & Asnawi, 2021; Ozturk, 2016).

The discussion over its significance has markedly progressed, particularly due to contemporary scientific developments. As modern medicine becomes more data-driven, scientists and researchers have started to critically assess the compatibility of Prophetic Medicine with present medical knowledge. Although several components conform to evidence-based medicine, others necessitate more empirical validation (Orayj, 2022). The study of Prophetic Medicine within the wider framework of alternative medicine is crucial for comprehending its effectiveness, safety, and possible contributions to world healthcare.

Historically, Prophetic Medicine has been documented in various classical works, most notably *al-Ṭibb al-Nabawī* by Ibn Qayyim al-Jawziyyah (Mohd Hamdan et al., 2023). These works elucidate the medical teachings of the Prophet Muhammad (PBUH), imparting guidance on nutrition, hygiene, disease prevention, and treatment methodologies. Although certain treatments recommended in Prophetic Medicine, including honey, black seed (*Nigella sativa*), and cupping therapy (*hijāmah*), have received scientific validation for their possible health advantages, a thorough analysis is essential to differentiate cultural influences from authentic Prophetic guidance (Mohd Hamdan, 2023).

The integration of Prophetic Medicine into contemporary healthcare systems offers both opportunities and challenges. It provides a complementary viewpoint that corresponds with the growing global inclination towards natural and holistic health methods (AlRawi et al., 2017). Conversely, there is an urgent necessity for thorough scientific investigation to validate its assertions and guarantee its safe implementation in modern medical practice. The investigation of alternative medicine via the perspective of Prophetic Medicine requires an interdisciplinary methodology, incorporating Islamic studies, medical sciences, pharmacology and history.

This article seeks to objectively examine the significance and usefulness of Prophetic Medicine as an alternative medical approach. It aims to reconcile traditional Islamic healing with modern scientific progress by examining historical roots, scientific assessments, and contemporary viewpoints on Prophetic Medicine. This research contributes to the discourse on alternative medicine's role in global healthcare, highlighting the need for a balanced, evidence-based approach to integrate traditional healing techniques with contemporary medical knowledge.

## LITERATURE REVIEW

Prophetic medicine, based on the teachings and practices of Prophet Muhammad, has been progressively investigated for its possible therapeutic advantages in various medical conditions. Recent research have underscored its effectiveness in addressing hematological disorders, with interventions such as *Nigella sativa*, honey, and camel milk demonstrating potential in controlling conditions like anemia and blood malignancies through the modulation of immune functions and the reduction of oxidative stress (Mogharbel et al., 2023). Additionally, the amalgamation of prophetic medicine with contemporary therapeutic practices has been proposed to improve treatment outcomes without detrimental side effects, especially during the COVID-19 pandemic, where substances such as *Nigella sativa* and honey have been recognized for their supportive functions (Kabir & Osman-Gani, 2021a). The holistic approach of prophetic medicine, which includes nutrition and lifestyle guidance while combining physical, mental, and spiritual wellness, corresponds with contemporary health paradigms that prioritize complete healthcare treatments (Aleem, 2020; Idriss et al., 2020).

In addition, the potential of prophetic medicine in treating cancer has remained of interest with evidence showing that it is a functional food constituent capable of modulating signaling pathways and enabling the enhancement of the effectiveness of conventional cancer therapy (Sheikh et al., 2017). Scientific evidence has supported the antitumor and chemopreventive nature of these remedies, projecting them as efficient adjuvant therapy for cancer treatment (Sheikh et al., 2017). The epistemology of prophetic medicine that tries to harmonize religious teachings with evidence-based medical practice presents a distinct approach that has the potential to facilitate the bridging of the gap between conventional and alternative medical practice (Orayj, 2022). The approach not only accommodates the nature of the cultural and religious aspects of healing but is also encouraging the scientific investigation of these

remedies as evident with the extensive research devoted to the validation of *Nigella sativa* against its extensive range of therapeutically valued properties (Hussain et al., 2018). In general, incorporating prophetic medicine within modern healthcare systems has the potential to offer an alternative conduit that accommodates cultural traditions but upholds scientific evidence.

One of the most outstanding prophetic components is Thymoquinone, an active substance of *Nigella sativa* that exhibits a broad array of pharmacological activities such as anticancer, antidiabetic, and hepatoprotective properties (Khan, 2019). Prophetic medicine is not just limited in individual health advantages but extends its reach to societal benefits such as the potential to provide cost-effective and accessible therapy solutions for chronic diseases such as diabetes mellitus (Hussain et al., 2018; Sheikh, 2016). Further, the hypoglycemic properties of prophetic plants like honey have been reported as improving glycemic status in diabetes mellitus and hence their utilization in the management of chronic diseases (Hussain et al., 2018; Sheikh, 2016). Prophetic foods such as the ones used in the diet of the Prophet Muhammad have been shown by scientific evidence to prevent and treat long-term diseases with minimal side effects and hence their potential as functional foods for international health (Greer et al., 2016; Iqbal et al., 2021). Prophetic medicines' utilization in the treatment of long-term disease not only offers an alternative therapy but is more advantageous as a more holistic approach that addresses both physical and spiritual health. As the evidence of the prophetic remedies' advantages is confirmed by further research, the scope of the utilization of prophetic remedies is bound to grow in managing long-term diseases with a new potential for improving outcomes and patients' quality of life.

In addition, treatment methods such as al-ḥijāmah (wet cupping therapy) are attracting interest for their capacity to augment immunity and eliminate pathological materials from the body as a complementary treatment for hyperlipidemia and hypertension among other diseases (Sayed et al., 2014). Most importantly, prophetic medicine advocates the utilization of natural ingredients that the Prophet used and suggested for their curative nature (Hamdan et al., 2024; Mohd Hamdan, 2023). Not only are these natural ingredients embraced for their curative qualities but also for the religious grounds as they appear in the hadiths, the sayings of the Prophet. This belief in both physical as well as religious cures is a distinguishing factor of prophetic medicine from other medical schools of practice (Nagamia, 2010).

Another core feature of prophetic medicine is its focus on prevention and cleanliness. The Prophet Muhammad promoted cleanliness and prevention as integral parts of keeping people healthy. These include habits involving frequent washing, dietary rules, and applying particular prayers and supplications as defensive measures against sickness (Aleem, 2020; Hashmi, 2024). The incorporation of these into everyday life indicates the holistic nature of prophetic medicine, as it aims to avoid sickness before it arises and ensure good health in general.

Prophetic medicine also includes aspects of divine direction and independent reasoning, or *ijtihad*. This school of thought integrates revelations received by the Prophet and the application-based implementation of medical science at that time (Hamdan et al., 2024; Mohd Hamdan, 2023). Prophetic teachings in prophetic medicine are deemed certain and divinely inspired and express a unique view that integrates spiritual wisdom and sensible remedy recommendations. This integration through revelation and reasoning is noted by Islamic thinkers as a unique attribute of prophetic medicine and distinguishes it from all other schools of medicine (Sheikh, 2016). Prophetic medicine is a viable source despite being ancient and is used by those who want a holistic form of health integrating traditional wisdom and current scientific knowledge.

In addition to prophetic Medicine, also highlights the role of a balanced diet in preserving health and warding off illnesses. This is in line with modern nutritional principles that call for moderation, balance, and consumption of nature-based foods (Mateen et al., 2024; Yargatti & Muley, 2022). Prophetic foods suggested by Prophet Muhammad (Peace Be Upon Him), including dates, olive oil, and honey, have been proven through science to possess healing properties (Mohideen et al., 2022). These and others form part of ḥalālān ṭayyiban (acceptable and good) food principles that form part of Islamic food practices. The principles of moderation and nature-based remedies in Prophetic Medicine align with

modern integrative and holistic healthcare principles and reflect the timeless appeal and utility of teachings towards wellness promotion (Mateen et al., 2024).

The incorporation of Prophetic Medicine principles into modern nutritional therapy is an insightful addition to healthier dietary lifestyles. Research indicates that plant-based food diets similar to those suggested in Prophetic Medicine have been seen to decrease significantly the risk associated with non-communicable diseases such as cardiovascular disease and cancer (Cena & Calder, 2020). The Mediterranean diet is a case in point as it is similar to Prophetic dietary patterns in focusing on whole cereals, fruits and vegetables, and healthy fats. Studies propose that using such principles in modern healthcare applications is likely to improve health and achieve holistic wellness (Yargatti & Muley, 2022). Integrating these ancient practices into modern healthcare is still fraught with challenges, so more research is needed into how they apply in practice and their viability. Generally speaking, convergence in Prophetic Medicine and modern nutritional therapy highlights its capacity to shape and improve existing dietary recommendations.

In terms of epidemic management, Prophet Muhammad's teachings establish etiquette and prevention protocols that reduce disease transmissibility (CA et al., 2020). Recent research has looked into the application of prophetic medicine to treat severe acute respiratory syndromes such as COVID-19 and indicated possible advantages through nature-based remedies with few adverse consequences (Kabir & Osman-Gani, 2021b; Zayed, 2022). The incorporation of prophetic medicine into modern healthcare formats might provide an integrative model for patient management through a combination of orthodox treatments and complementary therapies. Such an integrative model highlights the physician-patient relationship and individualized attention as particularly important during outbreaks when psychological and spiritual health is also compromised (Alsanad, 2025).

Incorporation of prophetic medicine into healthcare systems today presents a complementary alternative for chronic disease and epidemic management based on safety, cost-effectiveness, and efficacy. The integrative aspect of prophetic medicine through diet and living recommendations is congruent with modern-day health practice based on patient participation and self-management. Prophetic medicine is different from other ethnomedicines in its religious underpinnings and its focus on spiritual health in relation to physical health (Hashmi, 2024). Although studies on prophetic medicine are increasing, further research is necessary to fully establish its efficacy and areas of application in various areas of medical specialization (Mogharbel et al., 2023). In spite of all this, prophetic medicine is a resource that is valuable for providing holistic and context-specific healthcare solutions for people who require it, especially in the case of Muslims. Its incorporation into conventional medicine holds significant promise for a more inclusive and patient-focused healthcare system (Khalil et al., 2018).

## RESEARCH QUESTION

Research questions play an essential role in a systematic literature review (SLR) because they form and guide the entire reviewing process. They define and direct the scope and focus of the SLR and determine whether to select and exclude certain studies, obtaining a review that is specific and meaningful to the subject matter of interest. An explicitly stated research question guarantees an exhaustive and systematic literature search that includes all pertinent studies addressing salient features of the subject matter. This reduces bias and ensures an exhaustive overview of the evidence in existence. Research questions also allow for data from included studies to be categorized and synthesized, offering a structure for analyzing and synthesizing findings to conclude in an informed manner. Research questions also increase clarity and specificity and avoid vagueness and lose focus, making findings more implementable and meaningful. Research questions also increase transparency and replicability as others can trace following an identical process to replicate and confirm them or expand on them to areas related to theirs. Research questions also ensure that the review is in agreement with the study's general goals since it might be aimed at indicating gaps in studies, assessing whether an intervention is effective, or understanding trends in a particular subject matter, making them the framework of a methodological and focused and meaningful systematic literature review.

Specifying the Research Questions (RQs) is the most important activity at the planning stage but also the most important part of any SLR, because it drives the entire review methodology (Kitchenham, 2007). Considering that the goal of our SLR is to identify and analyze the state of the art in. The PICO framework is a mnemonic style used to formulate research questions, particularly in qualitative research proposed by (Lockwood et al., 2015) was applied in this study. PICO stands for Population, Interest, and Context. Here's what each component means:

1. Population (P): This refers to the group or participants of interest in the study. It specifies who the research is focused on, such as a specific demographic, patient group, or community.
2. Interest (I): This represents the main focus or phenomenon of interest in the study. It could be a particular experience, behavior, intervention, or issue that the research aims to explore or understand.
3. Context (Co): This defines the setting, environment, or specific context in which the population and interest are situated. It might refer to geographical location, cultural or social settings, or any other relevant backdrop for the research.

Using the PICO framework helps in structuring research questions clearly and systematically by breaking down the key elements of the study into these three components. This approach ensures that the research is focused and the questions are well-defined, making it easier to search for relevant literature or design a study. This study achieved three research questions as below;

1. How do religious and spiritual aspects of prophetic medicine influence health-seeking behaviors among Muslim communities?
2. What are the similarities and differences between prophetic medicine and other traditional medical systems in terms of therapeutic principles and cultural perceptions?
3. How can principles of prophetic medicine contribute to contemporary public health strategies, particularly in disease prevention and health promotion?

## METHODOLOGY

For systematic literature reviews, PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) is a well-established standard that ensures transparency, completeness and consistency through the process by (Page et al., 2021). The accuracy and rigor in analysis could be enhanced by researchers with adherence to PRISMA guidelines that prescribes how to identify and screen studies and include them in their review systematically. PRISMA also stresses the importance of randomised studies in reducing bias and developing strong evidence for the review. Two prominent databases, Scopus and Science Direct, were utilized during the analysis due to their comprehensiveness and strength.

The PRISMA process is broken into four main steps: identification, screening, eligibility, and data abstraction. Through identification, databases are searched for all included studies. Screening follows with their evaluation against inclusion criteria to exclude irrelevant or poor-quality research. In the eligibility step, included studies are carefully evaluated to establish whether they satisfy inclusion criteria. Last but not least is data abstraction to extract and synthesize data from included studies, a necessary action to derive meaningful and dependable conclusions. The rigorous approach in following this method ensures that systematic review is done methodically and produces results that are trustworthy and useful for guiding future practice and study.

### Identification

In this study, essential steps of the systematic review process were employed to collect a significant amount of relevant literature. The process started with the selection of keywords, followed by

identifying related terms using dictionaries, thesauri, encyclopedias, and previous research. All relevant terms were identified, and search strings were formulated for the Scopus and Science Direct databases (as shown in Table 1). This initial phase of the systematic review resulted in 1727 publications relevant to the study topic from the two databases.

Table 1. The search string

Scopus	-ABS-KEY ( ( health AND ( islam* OR prophetic ) AND medicine AND disease ) ) AND ( LIMIT-TO ( PUBSTAGE , "final" ) ) AND ( LIMIT-TO ( SUBJAREA , "MEDI" ) OR LIMIT-TO ( SUBJAREA , "SOCI" ) OR LIMIT-TO ( SUBJAREA , "ARTS" ) OR LIMIT-TO ( SUBJAREA , "PSYC" ) ) AND ( LIMIT-TO ( SRCTYPE , "j" ) ) AND ( LIMIT-TO ( DOCTYPE , "ar" ) ) AND ( LIMIT-TO ( PUBYEAR , 2022 ) OR LIMIT-TO ( PUBYEAR , 2023 ) OR LIMIT-TO ( PUBYEAR , 2024 ) )
	Date of Access: Feb 2025
Science Direct	health AND ( islamic OR "prophetic tradition" ) AND medicine AND disease AND cure AND treatment AND prevention AND alternative
	Date of Access: Feb 2025

### Screening

Potentially pertinent research items are assessed in the screening step to make sure they support the predetermined research question or questions. During this stage, choosing research topics is frequently done using prophetic medicine. At this point, none duplicate documents are eliminated. After 1640 publications were initially discarded, 87 papers were left for additional analysis in accordance with particular inclusion and exclusion standards (refer to Table 2). The literature was the first criterion because it is the primary source of useful advice. This includes book series, book reviews, meta-syntheses, meta-analyses, conference proceedings, and chapters that were not included in the most recent study. Only English-language publications from 2022 to 2024 were included in the review.

Table 2. Selection criterion

Criterion	Inclusion	Exclusion
Language	English	Non-English
Time line	2022 – 2024	< 2022
Literature type	Journal (Article)	Conference, Book, Review
Publication Stage	Final	In Press
Subject Area	Medicine, Social Sciences, Arts and Humanities, Psychology	Besides Medicine, Social Sciences, Arts and Humanities, Psychology

### Eligibility

In the third step, known as the eligibility phase, 87 articles were prepared for review. During this stage, the titles and key content of all articles were carefully examined to ensure they met the inclusion criteria

and aligned with the current research objectives. Consequently, 66 articles were excluded as they did not qualify as due to the out of due to the out of field, title not significant, abstract not related on the objective of the study, no full text access founded on empirical evidence. As a result, a total of 21 articles remain for the upcoming review.

### Data Abstraction and Analysis

An integrative analysis was used as one of the assessment strategies in this study to examine and synthesise a variety of research designs (quantitative methods). The goal of the competent study was to identify relevant topics and subtopics. The stage of data collection was the first step in the development of the theme. Figure 2 shows how the authors meticulously analysed a compilation of 21 publications for assertions or material relevant to the topics of the current study. The authors then evaluated the current significant studies related to prophetic medicine. The methodology used in all studies, as well as the research results, are being investigated. Next, the author collaborated with other co-authors to develop themes based on the evidence in this study's context. A log was kept throughout the data analysis process to record any analyses, viewpoints, riddles, or other thoughts relevant to the data interpretation. Finally, the authors compared the results to see if there were any inconsistencies in the theme design process. It is worth noting that, if there are any disagreements between the concepts, the authors discuss them amongst themselves.

Table 3. Primary Studies Database

No.	Authors	Title	Year	Scopus	Science Direct
1	Lamin R.A.C.; Wong Y.Y.; Zahid E.S.M.; Saad M.C.	Knowledge In Dealing With The COVID-19 Based On The Guidance Of Al-Quran And Al-Sunnah: A Cross-Sectional Survey Among The Pharmacy And Health Sciences Diploma Students In Malaysia	2022	/	
2	Rab M.A.A.; Ismail A.M.; Awang H.; Hoque M.; Aljabri N.A.; Alshibli A.A.S.	Alternatives For Psychological Illness Treatment And Prevention In Malaysia From The Perspective Of Shariah	2024	/	
3	Ayinde O.O.; Fadahunsi O.; Kola L.; Malla L.O.; Nyame S.; Okoth R.A.; Cohen A.; Appiah-Poku J.; Othieno C.J.; Seedat S.; Gureje O.	Explanatory Models, Illness, And Treatment Experiences Of Patients With Psychosis Using The Services Of Traditional And Faith Healers In Three African Countries: Similarities And Discontinuities	2023	/	
4	Tan M.M.; Musa A.F.; Su T.T.	The Role Of Religion In Mitigating The COVID-19 Pandemic: The Malaysian Multi-Faith Perspectives	2022	/	

5	Shadkam Z.; Kydyrbayeva U.; Tuyakbayev O.	Prayer, Vird And Zikr In Central Asian Folk Medicine; [Orta Asya Halk Hekimliğinde Dua, Vird Ve Zikir]	2023	/
6	Rosyanti L.; Hadi I.; Akhmad; Faturrahman T.; Hidayat A.	Changes In Brain-Derived Neurotrophic Factors In Schizophrenic Patients With Spiritual Psychoreligious Therapy	2024	/
7	Almaghasla D.; Alsayari A.; Wahab S.; Motaal A.A.	Knowledge, Attitudes And Practices With Regard To Prophetic Medicine During The COVID-19 Pandemic In Saudi Arabia	2023	/
8	Isgandarova N.	Clinical Interpretation Of Jinn Possession And Cultural Formulation Of Mental Illness	2022	/
9	Holloway P.; Gibson M.; Nash S.; Holloway T.; Cardwell J.; Al Omari B.; Abu- Basha E.; Mangtani P.; Guitian J.	A Cross-Sectional Study Of Q Fever In Camels: Risk Factors For Infection, The Role Of Small Ruminants And Public Health Implications For Desert-Dwelling Pastoral Communities	2023	/
10	Iswanto A.H.; Zainal A.G.; Murodov A.; Baker El-Ebiary Y.A.; Sattarova D.G.	Studying The Role Of Islamic Religious Beliefs On Depression During COVID-19 In Malaysia	2022	/
11	Abdullah A.H.; Dehiol R.K.	Traditional Cauterization Among Children In Bint Al-Huda Hospital In Al-Nasiriya City, Iraq	2022	/
12	Rab M.A.A.; Hasan B.M.M.; Gunardi S.B.; Hoque M.	Shariah And Medical Measures To Prevent The Emerging Covid-19: An Analytical Study	2022	/
13	Işık Z.	Sufism In The Sense Of Folk Medicine In Ottoman Society; [Osmanlı Toplumunda Halk Hekimliği Bağlamında Sufilik]	2022	/
14	Bakur K.H.; Al- Aama J.Y.; Alhassnan Z.N.; Brooks H.; Clancy T.; Manea W.; Takroni S.A.; Ulph F.	Exploring The Role Of Islam On The Lived Experience Of Patients With Long QT Syndrome In Saudi Arabia	2022	/



15	Harahap J.; Destiwati R.	“Hijrah Medicine”: A Study Of The Transition Of Medicine From General To Islamic-Based Medicine In Indonesia	2023	/
16	Khalesi Z.B.; Pourmohammad M.	Tool For The Assessment Spiritual Care After The COVID-19 Pandemic: A Sequential Exploratory Study	2022	/
17	Kamaludin I.; Hakim F.N.R.; Shifa Nisrina S.	The Revival Of Islamic Traditional Medical Method Among Muslim Society During Covid-19 Pandemic	2022	/
18	Alsayari A.; Almaghaslah D.; Almathami E.; Alsalem A.; Zaitoun M.; Al- Alsheikh K.; Alyahya S.	Use Of Complementary And Alternative Medicine Among Hemodialysis Patients In The Southern Region Of Saudi Arabia: A Cross-Sectional Study	2022	/
19	Alotaibi M.J.	Means Of Achieving Health Security In The Umayyad Era (41-132 AH/661-750 AD)	2023	/
20	Tarabeih M,Marey- Sarwan I, Awawdi K	‘I Prefer To Die At Home With Dignity’: Perceptions Of Death Rituals Among Religious Muslim Kidney And Liver Transplant Patients With COVID-19	2023	/
21	Sarman A,Uzuntarla Y	Attitudes Of Healthcare Workers Towards Complementary And Alternative Medicine Practices: A Cross-Sectional Study In Turkey	2022	/

### Quality of Appraisal

According to the guidelines proposed by Kitchenham et al. (2007), once we had selected primary studies (Primary studies refer to the original research articles, papers, or documents that are directly included in the systematic review after the initial selection process. These studies are considered the primary sources of evidence that are analyzed, assessed for quality, and compared quantitatively or qualitatively to answer the research questions defined for the review.), we have to assess the quality of the researches they present and quantitatively compare them. In this study we apply quality assessment from Anas (Abouzahra et al., 2020) which consist of six QAs for our SLR. The scoring procedure for evaluating each criterion involves three possible ratings: "Yes" (Y) with a score of 1 if the criterion is fully met, "Partly" (P) with a score of 0.5 if the criterion is somewhat met but contains some gaps or shortcomings, and "No" (N) with a score of 0 if the criterion is not met at all.

- QA1. Is the purpose of the study clearly stated?
- QA2. Is the interest and the usefulness of the work clearly presented?
- QA3. Is the study methodology clearly established?
- QA4. Are the concepts of the approach clearly defined?
- QA5. Is the work compared and measured with other similar work?
- QA6. Are the limitations of the work clearly mentioned?

The table outlines a quality assessment (QA) process used to evaluate a study based on specific criteria. Three experts assess the study using the criteria listed, and each criterion is scored as "Yes" (Y), "Partly" (P), or "No" (N). Here's a detailed explanation:

**1. Is the purpose of the study clearly stated?**

- This criterion checks whether the study's objectives are clearly defined and articulated. A clear purpose helps set the direction and scope of the research.

**2. Is the interest and usefulness of the work clearly presented?**

- This criterion evaluates whether the study's significance and potential contributions are well-explained. It measures the relevance and impact of the research.

**3. Is the study methodology clearly established?**

- This assesses whether the research methodology is well-defined and appropriate for achieving the study's objectives. Clarity in methodology is crucial for the study's validity and reproducibility.

**4. Are the concepts of the approach clearly defined?**

- This criterion looks at whether the theoretical framework and key concepts are clearly articulated. Clear definitions are essential for understanding the study's approach.

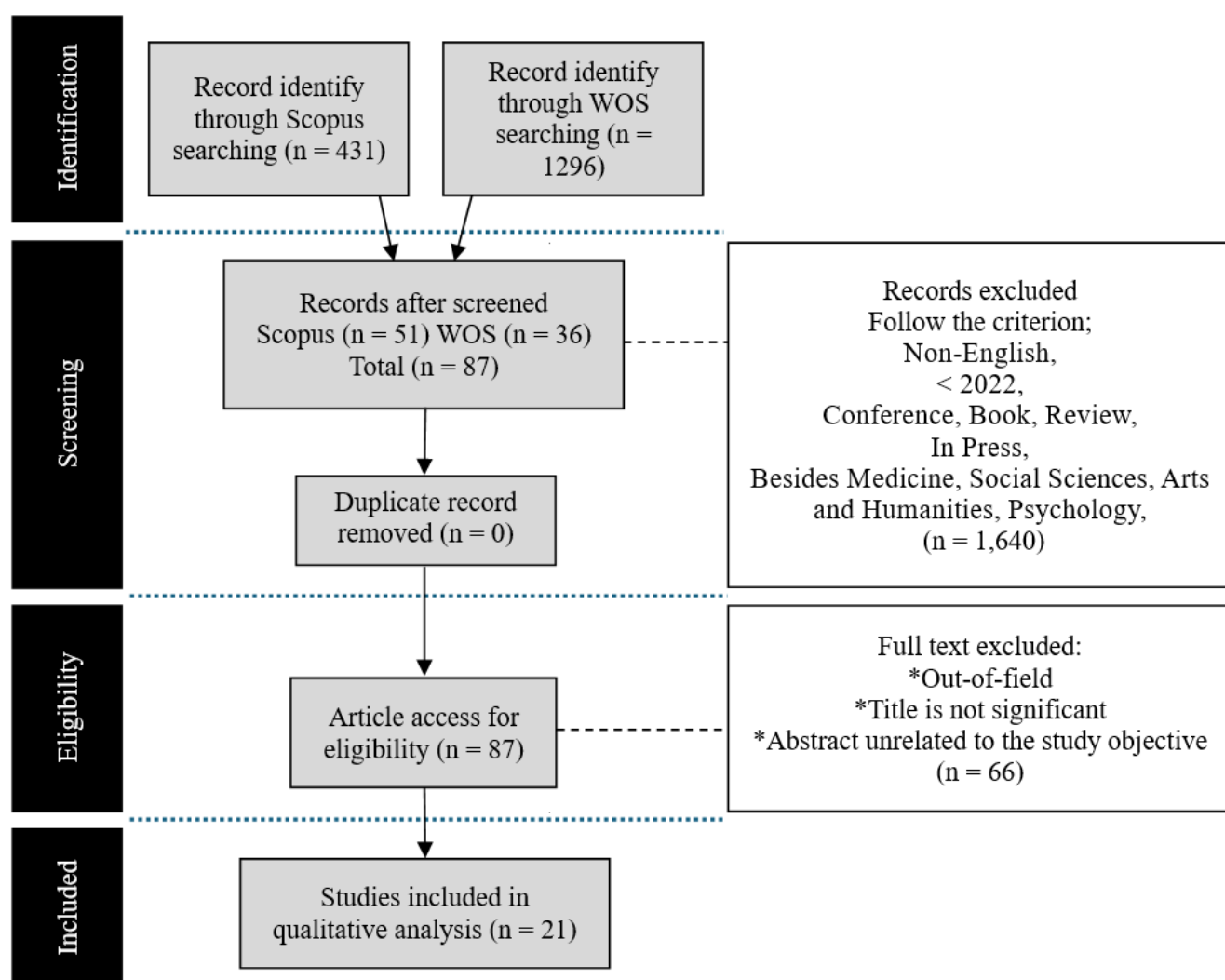
**5. Is the work compared and measured with other similar work?**

- This evaluates whether the study has been benchmarked against existing research. Comparing with other studies helps position the work within the broader academic context and highlights its contributions.

**6. Are the limitations of the work clearly mentioned?**

Each expert independently assesses the study according to these criteria, and the scores are then totaled across all experts to determine the overall mark. For a study to be accepted for the next process, the total mark, derived from summing the scores from all three experts, must exceed 3.0. This threshold ensures that only studies meeting a certain quality standard proceed further

Figure 1. Flow Diagram of The Proposed Searching Study



## RESULT AND FINDINGS

Based on quality of appraisal, Table 4 shown the result of assessment performance for selected primary studies. The table assesses the quality of appraisal for 21 articles (PS1–PS21) based on six quality assessment criteria (QA1–QA6), with scores ranging from 0.5 to 1 per criterion. The total marks vary between 3 and 4.5, translating into percentage scores from 50% to 75%. The highest-performing articles (PS10, PS16, PS17, and PS19) achieved 75%, while the lowest (PS4 and PS14) scored 50%. Most articles scored between 58.33% and 66.67%, indicating moderate overall quality, with some variation in specific criteria.

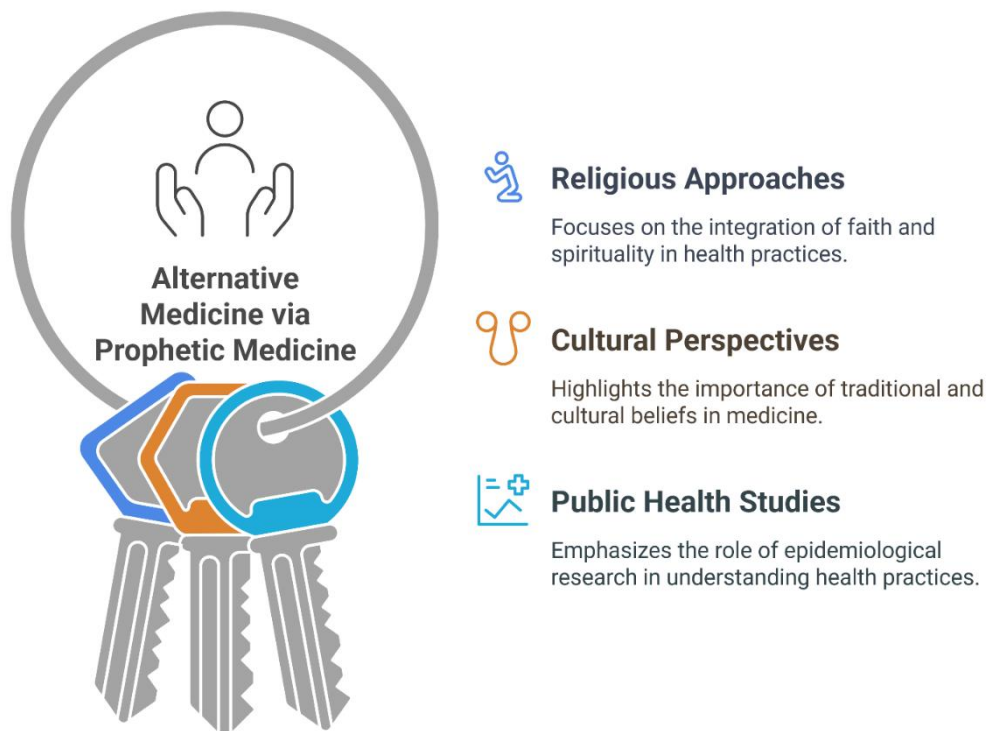
Table 4 : Quality of Appraisal

PS	QA1	QA2	QA3	QA4	QA5	QA6	Total Mark	Percentage (%)
PS1	0.5	0.5	1	0.5	0.5	0.5	3.5	58.33%
PS2	1	0.5	1	0.5	0.5	0.5	4	66.67%
PS3	0.5	0.5	1	1	0.5	0.5	4	66.67%

PS4	0.5	0.5	0.5	0.5	0.5	0.5	3	50.00%
PS5	0.5	0.5	1	0.5	0.5	0.5	3.5	58.33%
PS6	0.5	0.5	1	0.5	0.5	0.5	3.5	58.33%
PS7	0.5	0.5	1	0.5	0.5	0.5	3.5	58.33%
PS8	1	0.5	0.5	0.5	0.5	0.5	3.5	58.33%
PS9	1	0.5	0.5	0.5	0.5	0.5	3.5	58.33%
PS10	1	1	1	0.5	0.5	0.5	4.5	75.00%
PS11	1	0.5	0.5	0.5	0.5	0.5	3.5	58.33333
PS12	1	0.5	0.5	1	0.5	0.5	4	66.66667
PS13	1	0.5	1	0.5	0.5	0.5	4	66.66667
PS14	0.5	0.5	0.5	0.5	0.5	0.5	3	50
PS15	1	0.5	0.5	1	0.5	0.5	4	66.66667
PS16	1	0.5	1	1	0.5	0.5	4.5	75
PS17	1	0.5	1	1	0.5	0.5	4.5	75
PS18	0.5	0.5	0.5	1	0.5	0.5	3.5	58.33333
PS19	1	1	0.5	1	0.5	0.5	4.5	75
PS20	0.5	0.5	1	0.5	0.5	0.5	3.5	58.33333
PS21	1	0.5	1	0.5	0.5	0.5	4	66.66667

The produced themes were eventually tweaked to ensure consistency. The analysis selection was carried out by five experts, one in public health (Razrim Rahim—expert general surgeon), one in prophetic medicine (Muhammad Akmalludin Mohd Hamdan), one in library and information management (Mohamad Hafizuddin Mohamed Najid) and the other in islamic studies to determine the validity of the problems. The expert review phase ensures the clarity, importance, and suitability of each subtheme by establishing the domain validity. The authors also compared the findings to resolve any discrepancies in the theme creation process. Note that if any inconsistencies on the themes arose, the authors addresses them with one another. Finally, the developed themes were tweaked to ensure their consistency. To ensure the validity of the problems, the examinations were performed by two experts, one specialising in prophetic medicine and the other in public health. The expert review phase helped ensure each sub-theme's clarity, importance, and adequacy by establishing domain validity. Figure 2 presents the themes derived from the findings of the analysed articles.

Figure 2. Themes for this Study



### Religious and Spiritual Approaches to Health

The incorporation of spiritual and religious aspects in health practices is an area that is increasingly being studied, especially within prophetic medicine contexts. Many studies have focused on the role played by spiritual practices like prayer, recitation, and religious rituals in maintaining mental and physical health. Rab et al. (2024) focus on the effectiveness of prophetic spiritual treatments, including Ruqyah and supplications, in reducing symptoms of mental distress. Research indicates that those who practice them experience less anxiety and depression symptoms and thus propose a complementary application for prophetic medicine in conventional treatments for mental disorders. Similarly, Ayinde et al. (2023) find that traditional healing practices that originate within religious belief are accountable for the promotion of a healthy sense of well-being among patients affected by epidemic sicknesses.

Relationships between religious observance and resilience to health have been studied further in relation to pandemics. Tan et al. (2022) discuss how religious participation during the COVID-19 crisis contributed significantly towards reducing psychological stress. They find that people who participated actively in religious observances, including collective prayers and scriptural reading, report greater emotional stability than others who did not. Shadkam et al. (2023) shed more light on evidence by studying Dhikr (remembrance of God) and its role in the management of stress. They show that formal religious observances involving daily invocations result in significant cortisol level decreases that act as indicators of stress.

The biological effect of spiritual practice has been studied as well in relation to neurobiological changes. Rosyanti et al. (2024) studied how prophetic medicine-related spiritual practice affects brain-derived neurotrophic factors (BDNF), factors essential for neuroplasticity and cognitive functioning. Their evidence shows an increase in BDNF in people who commit to meditation, Quranic recitation, and prayers on a regular basis to support the rationale that religiosity enhances neurological health. Additionally, research conducted by Shadkam et al. (2023) supports their findings that engagement in spiritual practice creates cognitive resilience, especially among older populations.

The collective data emphasizes the applicability of religious and spiritual aspects to health and wellness. The inclusion of prophetic medicine in modern healthcare paradigms is an emerging path with the capability to integrate holistic health methodologies. Combining spiritual practice with traditional medical therapies allows for a greater understanding of patient care and enhances both psychological and physical well-being.

### **Traditional and Cultural Perspectives on Medicine**

The integration of prophetic medicine within traditional and cultural healthcare frameworks remains a topic of growing academic interest. Numerous studies have investigated how complementary and alternative medicine (CAM) is perceived and utilized in different regions, especially in terms of acceptance among both healthcare professionals and patients. This literature review brings together findings from several research efforts, with a particular focus on attitudes toward, usage trends of, and the clinical relevance of prophetic medicine and other CAM practices.

One study by Alsayari et al. (2022) examined the use of CAM among hemodialysis patients in southern Saudi Arabia. Their research found that more than half of the participants incorporated alternative therapies into their treatment routines, with herbal medicine being the most frequently used (80%). Faith-based practices also featured prominently: Quran recitation (40.8%), consumption of Zamzam water (29.9%), and the use of honey (24.5%) were commonly reported. These findings point to a strong preference for spiritually rooted healing methods, highlighting the importance for healthcare providers to engage in open conversations about the potential benefits and risks of integrating such practices with standard medical care. Similarly, Sarman & Uzuntarla (2022) reported that 57.9% of healthcare workers in Turkey personally used at least one form of CAM, and 84.4% recommended it to others. This high level of endorsement, despite differences in formal training, suggests that prophetic medicine continues to hold significant cultural and therapeutic value within traditional medical contexts.

In addition, Isgandarova (2022) explored how clinical interpretations of jinn possession influence mental health care. This study sheds light on how cultural understandings of mental illness often involve traditional healing practices, including those rooted in prophetic medicine. Healthcare professionals frequently encounter patients who believe their conditions stem from supernatural causes, making it essential to approach treatment with cultural sensitivity. Likewise, Sarman & Uzuntarla (2022) noted that treatments like leech therapy, cupping, and ozone therapy were among the most well-known CAM modalities among Turkish healthcare providers. Their continued use underscores the lasting influence of these methods in medical traditions and supports the argument for developing integrative approaches that combine conventional and alternative practices.

From a broader perspective, the findings of these studies collectively highlight the necessity for increased awareness and structured educational programs regarding prophetic medicine and CAM. The data suggest that patient reliance on these therapies is often rooted in cultural beliefs and accessibility rather than empirical validation. Therefore, healthcare practitioners should be equipped with adequate knowledge to guide patients in making informed decisions regarding CAM use. By understanding the role of prophetic medicine within cultural contexts, medical professionals can better facilitate dialogues that respect traditional beliefs while ensuring safe and effective patient care.

### **Public Health and Epidemiological Studies**

The integration of prophetic medicine into public health strategies has become a significant focus in recent research, especially during the COVID-19 pandemic. Numerous studies have explored how prophetic medicine influences health-related behaviors, responses to disease outbreaks, and public attitudes toward medical interventions. A central theme in this body of research is how prophetic teachings have shaped public health actions and their perceived effectiveness in preventing and managing illness.

A study by Almaghasla et al. (2023) examined the knowledge, attitudes, and practices surrounding prophetic medicine among the Saudi population during the COVID-19 outbreak. The results showed a strong awareness of, and adherence to, prophetic health recommendations—especially those tied to

hygiene and disease prevention. Participants widely supported preventive measures such as quarantine, travel limitations, and handwashing, pointing to a deep cultural and religious acceptance of these practices. Many also embraced other prophetic teachings, including walking regularly, maintaining social distance, wearing masks, and getting vaccinated, with high levels of compliance. These findings highlight how prophetic medicine has played a supportive role in encouraging behaviors that closely align with modern public health guidelines for managing infectious diseases.

Another important dimension of prophetic medicine's role in public health relates to how it influences people's perceptions of medical care and hospitalization. Tarabeih et al. (2023) investigated why some devout Muslim kidney and liver transplant patients were reluctant to go to the hospital after contracting COVID-19. The study found that many of these patients were concerned about hospital policies that might prevent religious death rituals, prompting them to remain at home even when facing serious health risks. This reveals how deeply religious beliefs can impact medical decisions, particularly in life-threatening situations. The researchers emphasized the importance of collaboration between healthcare providers and religious leaders to create culturally and religiously sensitive policies that better address patients' spiritual and medical needs.

Taken together, these studies highlight the significant influence of prophetic medicine on health behaviors and public perception, especially during health crises like pandemics. The widespread adoption of prophetic guidance on hygiene and prevention shows a strong alignment between faith-based teachings and current public health practices. At the same time, challenges persist—especially when religious concerns intersect with clinical care in hospital settings and end-of-life decisions. Overcoming these challenges will require a coordinated effort involving medical professionals, policymakers, and religious scholars to ensure that healthcare delivery remains both scientifically effective and culturally respectful.

## CONCLUSION

The incorporation of spiritual and religious elements—particularly within the framework of prophetic medicine—has gained growing recognition for its psychological and physiological benefits. Practices such as prayer, supplication, and Quranic recitation have been found to ease psychological distress, lower levels of anxiety and depression, strengthen emotional and cognitive resilience, and help regulate stress-related biomarkers. These effects suggest that spiritual practices may serve as valuable complementary tools in modern healthcare. Their impact is especially notable in managing chronic illnesses and during health crises, where structured religious routines often promote emotional stability and coping. Culturally, prophetic medicine continues to shape healthcare choices, particularly in regions where traditional healing practices are deeply rooted—such as Saudi Arabia and Turkey. In these contexts, both patients and healthcare professionals frequently turn to complementary and alternative medicine (CAM), even when they may lack formal training. This widespread use highlights the urgent need for structured education and training to ensure CAM therapies are safely and effectively integrated into clinical care. Traditional treatments like cupping and leech therapy also remain commonly used, pointing to the importance of culturally sensitive healthcare that respects long-standing beliefs while upholding clinical standards. During the COVID-19 pandemic, public adherence to prophetic medical guidance—including practices related to hygiene, quarantine, and vaccination—reflected a strong alignment between religious teachings and public health objectives. Nevertheless, certain challenges persist, especially in areas like end-of-life care, where religious beliefs can at times conflict with standard medical protocols. Addressing these complexities calls for a collaborative, multidisciplinary approach that brings together healthcare professionals, policymakers, and religious scholars. Such cooperation is essential to bridge the gap between scientific progress and cultural or religious expectations—ultimately supporting the development of a more holistic, inclusive, and patient-centered healthcare system.

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