

An Example of Preventative Medicine in the Teachings of the Quran

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Abstract:

Background: The most important pillar of Islam is the teachings of the Holy Quran, and although the rules and regulations of Islam haven't had detailed emphasis, there are many verses in the Quran about the role of a mother's breast milk. In this paper, the benefits of breast milk as a type of preventative medicine are discussed.

Methods: With reference to resources and various databases such as Ovid, Cochran, Medline all available published articles were studies about the effects of breastfeeding in prevention of diseases.

Results: In different articles breast milk was studied from different angles including the composition of milk during different conditions and different times, the rate of secretion based on the need of children, the impact of the duration of breastfeeding on the future of the child and the mother, and also its effects o infectious and non-infectious diseases and other issues that research can total them into two categories: the effect of mother's breast milk on the child and the impact on the child's mother; all of which have been mentioned in the articles.

Conclusion: breast milk is considered as a complete, indisputable and appropriate food for all children no matter their condition, and a suitable method for prevention of common fatal contagious diseases in childhood and non-contagious fatal diseases in adulthood.

Keyword(s): Breast Milk, Quran, Prevention