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HEALTH BENEFITS OF SALAT (PRAYER);

Neurological rehabilitation

drmisbahghous@gmail.com

Dr. Misbah Ghous[1], Dr. Arshad Nawaz Malik[2]

1. DPT, MSNMPT
Lecturer
Riphah College of Rehabilitation & Sciences, Riphah International University Islamabad
2. BSPT, PPDPT, PHD*
Associate Professor
Riphah College of Rehabilitation & Sciences, Riphah International University Islamabad

Correspondence Address:
Misbah Ghous
H # CB 481, Street # 1 Allahabad
Westridge III Rawalpindi
drmisbahghous@gmail.com

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Science and religion have always been considered as separate entities. Man's thinking has always been very shallow, he never overthinks. The things said 1400 years ago were never believed outside the Muslim world but now science is proving them right via logic. Religion is the key to soul and a person can only be healthy when one is having healthy soul and eternal peace. Islam as a major religion followed by well over a billion people has made its impact very obvious in this aspect by alleviating physical and mental afflictions among its followers. Advances in science and technology have fueled both our quest for knowledge and the mechanisms available to obtain and retrieve it. One manifestation derived from these discoveries has been our ability to engage new ways of exploring Salat activity and its influence on our nervous system. Salat (prayer) performed by Muslim worshippers five times a day is second pillar of Islam and is regarded as an essential ritual. Salat is spiritual and physical act in where, nearly all muscles of human body become more active than any kind of physical exercise without muscle fatigue and induces serenity on body and soul. Scientific evidence also supports the notion that even moderate intensity activities, when performed daily, can have some long-term health benefits.

The major function of rehabilitation and physical medicine specialists is to provide the proper therapy that helps in improving the physical activities of impaired and disabled persons through improvement in their muscle strength. In performing their function, the rehabilitation team should always take heed of the social and mental well-being of such patients. When the different aspects of Salat were studied, it concluded that heart, spine, memory, concentration, psyche, cognitive impairments, not only these, in fact the whole body is affected by the cumbersome beneficial effects of different postures of Salat.[1] Salat activity helps in the rehabilitation process in patients with neurological deficits and musculoskeletal impairments as it imparts minimum effort and is proficient for mental and physical health.[2] Different Postures of salat (standing, bowing, prostration and sitting), are against the synergistic patterns which diseased patient adopt after neurological insult. The standing posture in salat helps to regain static and dynamic balance. Double leg stance brings equal weight bearing with activation of joint proprioceptors. After standing bowing is done by forward movement of the trunk which builds strength in lower limb and trunk muscles. The act of prostration is done from standing position to kneeling, putting the head down and touching the ground with the forehead, with the palms remaining parallel to the ears, and touching the ground with flexed elbows. Postural reflex and tonic labyrinthine reflex are initiated which

brings the contraction of the limb extensor muscles.[3] During salat eyes are fixed on the site of prostration. This visual fixation together with proprioceptive systems, vestibular systems, and the various postures provide a complex positional sense in the brain stem and cerebellum, the two important areas which are usually affected. After prostration, sitting is done on the left leg knee flexed with the inverted dorsi flexed ankle and flexed right knee and metatarsophalangeal joint for a couple of minutes. Salat is concluded by looking over one's right and left shoulder .During which neck rotational movements take place, which further contributes to neuromuscular fitness.[4] The above documented therapeutic efficacies of salat bring the need of incorporating it in rehabilitation as an activity.

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"Fear Kills more dreams than failure ever will."

Unknown

AUTHORSHIP AND CONTRIBUTION DECLARATION

No.	Author-s Full Name	Contribution to the paper	Author-s Signature
1	Dr. Misbah Ghous	Study conception and design, Acquisition and compiling of Data while writing manuscript	
2	Dr. Arshad Nawaz Malik	In study conception In drafting the manuscript or revising it critically for important intellectual content	