Use of Quranotherapy in patients with cancer

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ABSTRACT

The In this article, we discuss use of Quranotherapy (or Quranic therapy) in patients with cancer to draw attention to use of the Quran in therapy. Quranotherapy (or Quranic therapy), a modality of transcendental meditation, involves reciting, reading and listening to the Quran to improve physical, social, mental, spiritual, and/or religious health. Murottal Quran is defined as listening to the recorded audio of the Quran recited by a Qori (reciter of the Quran). The studies showed that murottal Quran decreased pain, stress, and anxiety levels and incidence of chemotherapy-induced nausea and vomiting in patients with various types of cancer. Quranotherapy may also reduce morbidity and mortality rates by positively affecting the physical, social, mental, spiritual, and religious health of cancer patients. Randomized controlled studies containing both adult and pediatric patients on this subject should be conducted in societies with different cultures and religious beliefs.

Keywords: Meditation, Quran, therapy, patient, cancer

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