

Losses And Preventive Measures Of Depression (A Research Study In The Light Of Islamic Teachings)

**Dr. Shahzada Imran Ayub¹, Dr. Shams ul Arifeen², Muhammad Saad Dehlvi³,
Muhammad Rizwan⁴**

¹Assistant Professor, Dept of Islamic Studies, The University of Lahore, Lahore.

²Assistant Professor, Dept of Islamic Studies, The University of Lahore, Lahore.

³Ph.D Scholar, Dept of Islamic Studies, The University of Lahore, Lahore.

⁴Ph.D Scholar, Dept of Islamic Studies, The University of Lahore, Lahore.

ABSTRACT

Depression is a mental stress due to which a person suffers from sadness and grief for a long time and it often happens when something happens against the wishes of a person, so a person suffering from depression not only deteriorates his health but also suffers from many deadly diseases. According to experts, depression is more common in women than men and there are several reasons for this, the main reason being that women are deprived of social support to a great extent, while the case of men is slightly different. However, prevention from depression, if possible, is in following the sayings of the Prophet (PBUH). In the same way there is peace in the hereafter and also in the worldly life. The measures suggested by experts to prevent depression are to adopt sightseeing, arrange good food and restful sleep, keep oneself physically busy, keep a friend who can deal with one's problems to be shared, not to despair and despair of Allah's mercy, to have complete trust in Allah, to have firm faith in destiny, to observe five daily prayers, to engage oneself in the remembrance of Allah, al-Kuhul and all other types of drugs should be avoided and in any case, all un-Islamic habits should be abandoned.

Introduction to depression

Depression is the name of such a physical state and mental stress due to which a person becomes a victim of despair and sadness and his lack of interest in all his activities increases continuously. This condition affects it in various ways, for example, how you feel about things, from what point of view you think about things and how you treat people. In fact,

depression is nothing but helplessness, anxiety and despair. It can be understood that a person thinks something about a work and then plans it in a better way but the result is not as he thought and the result is the opposite. has a negative effect on the self and he starts blaming himself for his failure or other people become guilty in his eyes, then he takes his failure on his nerves to such an extent. Takes that his health deteriorates and gets sick.

In the Holy Qur'an, Allah Almighty has also mentioned this despair of man, so it is said in Surah Hud that:

((وَلَئِنْ أَدْخَلْنَا الْإِنْسَانَ مِنَّا رَحْمَةً ثُمَّ نَزَعْنَاهَا مِنْهُ إِنَّهُ لَكَفُورٌ))¹

“And if We bless man with Our mercy and then deprive him of it, he becomes disappointed and ungrateful.”

He said in another place:

((وَإِذَا أَنْعَمْنَا عَلَى الْإِنْسَانِ أَعْرَضَ وَنَأَىٰ بِجَانِبِهِ ۗ وَإِذَا مَسَّهُ الشَّرُّ كَانَ يَئُوسًا))²

“And when We reward a man, he turns away and turns away, and when hardship comes to him, he despairs.”

In another place it is said that:

((لَا يَسْأَلُ الْإِنْسَانُ مِنْ دُعَاءِ الْخَيْرِ وَإِنْ مَسَّهُ الشَّرُّ فَيَئُوسٌ قَنُوطٌ))³

“If a person prays for goodness, then he does not get tired, and if he gets hurt, he becomes disappointed and gives up.”

So this attitude is not correct that we give up hope and lose courage in times of difficulty and trouble, but the correct attitude is that we keep patience in every difficulty and every trouble and face it with courage. Those who face the sufferings and difficulties of life with courage and accept them as a test from Allah and His judgment, then these are the people who do not suffer from pride and arrogance on the occasions of happiness and joy and do not suffer from sorrow and trouble. They are not disappointed and changeable in the circumstances.

However, the American Psychiatric Association defines depression as:

((Depression is extreme sadness or despair that lasts more than days. It interferes with the activities of daily life and can cause physical symptoms such as pain, weight loss or gain, sleeping pattern disruptions, or lack of energy.))⁴

Symptoms of depression

Depression is much more severe and painful than normal grief and sadness, which lasts for months. Some of the important symptoms of depression described by psychologists are mentioned below:

- Feeling sad and depressed all the time or for a long time.
- Not getting interested in activities that were previously interesting.
- Inability to concentrate on daily tasks.
- Feeling tired as well as physically or mentally weak.
- Loss of self-esteem and feeling inferior to others, worthless and ineffective.
- Blaming yourself for even the smallest things in the past.
- Disillusionment with the future.
- Suicidal thoughts or suicide attempts.⁵

It should be clear here that all these symptoms are not necessarily present in every patient, but according to some of them or some experts, the presence of at least four symptoms is also a proof of depression.

Losses of depression

Depression is very damaging mentally and physically, it is a disease that negatively affects a person's daily life for a long time. The losses and consequences that such people have to face are as follows:

- **Physical pain:** If there is pain in the body due to some exertion, it is not unusual, but if the same physical pain and pain occurs without any reason, it can be due to depression. Back pain, muscle pain or Unexplained pain anywhere in the body is a sign of depression. According to medical experts, pain attacks the body according to mood, if you are mentally frustrated or worried, the feeling of pain is more, while in a happy state, pain is not felt. In such a condition, a person becomes very irritable and does not want to do anything, nor does he like anything, and he is cut off from daily life.
- **Boredom with life:** A person suffering from this disease becomes bored with life because there is no purpose in life, so sorrows and problems are constantly imposed on such a person. The result is that even the successful and enviable people from the worldly point of view become bored with life. If these people were to be patient, look right and left and get familiar with other people's problems, other people have more problems than them, are in bed for years, are in jails, are in debt and other problems. If they are suffering from it, they would definitely find themselves many times better than them and would come out of this disease without despair.
- **Weight loss or gain:** Depression also affects the hormones that control appetite, meaning you may feel more hungry or not feel like eating anything, resulting in people either eating too much or not. or stop eating altogether, then weight loss or gain occurs.

Now, if weight increases due to this disease, the risk of diabetes, heart diseases, blood pressure, liver diseases and kidney diseases etc. increases, while weight loss causes bone weakness, stomach and intestinal problems. During this time, the immune system of the body is also subjected to severe pressure. Therefore, it is necessary to avoid depression in order to restore physical strength and health. Indeed, health is a great blessing, which is also mentioned in the hadith. It is said that "There are two blessings which most people suffer by neglecting them; One is health and the other is leisure."⁶

- **Despair and hopelessness:** The biggest loss that a depression patient suffers is that he becomes disappointed and hopeless with life, unable to do anything, instead of positive thinking, he is prone to illusions and worries and this despair. It also forces him to take a serious step like suicide.⁷ Islam encourages us to be grateful to Allah always and in every situation while discouraging despair and has promised more blessings on thanks.⁸ Therefore, a person should always count the blessings of Allah instead of calculating the troubles and confusions and be thankful, in this case he can have a happy life.
- **Lack of sleep:** In addition to fatigue and physical weakness, a patient with depression also has difficulty in sleeping at night. This is the reason why psychologists have also mentioned insomnia among the symptoms of depression. The result of this is that the person becomes a victim of mental pressure and nervous weakness, because for the patient of depression, a good and peaceful sleep is the means of reducing his illness.
- **Lack of decision-making power:** A depressed person also loses decision-making power because he is always in a lot of confusion. The result of which is that sometimes it becomes difficult to make small decisions such as whether to drink tea or water, what clothes to wear, what to eat, etc. Even if such people go to the doctor, they cannot tell him about their pain.
- **Lack of interest in work:** One of the major disadvantages of depression is the loss of interest in any work, which results in a person not being able to concentrate in his daily work, not being interested in any work, and then he faces numerous mistakes in whatever he does.
- **Skin diseases:** Hormones that cause mental stress also damage the skin, the amount of these hormones increases a lot during depression, as a result of which many patients experience nail acne, psoriasis and itching. According to medical experts, skin diseases also disappear with the use of medicines prescribed by the doctor for depression.
- **Gastrointestinal disorders:** Heartburn, constipation, cholera, and vomiting can also be associated with depression, especially for those who suffer from anxiety or depression. It reacts according to the conditions of human mood. Otherwise, it may suffer from various problems and in some cases it may even develop ulcers, sometimes due to various reasons such ulcers form on the wall of the stomach. In such a case,

when the patient eats food, after that he feels pain in the upper part of the stomach from the navel.⁹

- **Dental diseases:** Depression also affects oral health. As a result, the risk of tooth wear and tooth loss increases, due to which mood disorders make daily activities difficult. As a result, people are not able to pay attention to the proper cleaning of their teeth due to which they fall victim to dental diseases.
- **Irritability and reluctance:** One of the disadvantages of this disease is that the person becomes irritable, the result of which is that the person starts getting angry about things. He starts fighting with others over small and minor matters and sometimes the element of hesitation overcomes him to such an extent that he can neither do anything nor say anything in front of anyone.
- **Migraines:** Like physical pain, migraines can also be associated with depression. Depression not only causes headaches, but it is common for its patients to complain of half-headaches. Due to constant headaches, the arteries of the brain begin to swell, due to which they can burst, and persistent headaches can also cause neck stiffness and vision changes, so immediate treatment is essential.
- **End of endurance:** To move forward in the world, it is necessary to have endurance in a person, but a patient with depression loses this strength and when a person loses endurance, he is always ready to fight with someone. Perhaps it is the lack of endurance that most killings and accidents happen in Pakistan. Undoubtedly, a rash and hasty person can never be successful. And if a person has endurance, he can achieve great success.
- **Thought of suicide:** If depression increases, a person becomes disgusted with his life as a result of which he commits suicide. Since four out of every five people who commit suicide initially suffer from major depression, it would not be wrong to say that people who think about suicide are suffering from depression.

Preventive measures against depression

The teachings of the Prophet (PBUH) are a source of blessings in every sense, if it is possible to prevent depression in today's age, then it is possible only by following these principles that the Prophet (PBUH) has told to live, it is possible to get rid of psychological diseases through them. The guidance that exists in the life of the Prophet (PBUH) is a very effective means of saving people from all their diseases and sufferings. Health and strength of the body, maturity and purity of the soul, purity and gentleness of the mind, improvement of intentions and exaltation of the character are the necessary fruits of the pure life of the Prophet (PBUH). Psychologists have described all the preventive measures to prevent depression, all of them, but more than that, are present in the Prophet's instructions. In the

following lines, a brief review of protective measures derived from psychologists and Islamic teachings is being presented:

Tourism: Tourism is the best remedy for mental stress, anxiety and depression. Through this, the growth of dopamine and serotonin hormones in the body is promoted, due to which there are very good effects on health. A person engaged in tourism explores new areas, new cultures and new ways of life, with this engagement his mind is diverted from painful problems, which significantly reduces his depression. In many places in the Holy Qur'an, the words ((سِيرُوا فِي الْأَرْضِ))¹⁰ "Roam in the Earth" are seen encouraging towards the same purpose of traveling. One of the benefits of which is to see the signs of God's power in the earth, the other benefit is to have positive effects on human health.

Arrangement of good food and peaceful sleep: The patient of mental stress has also suffered physical and mental weakness due to lack of food and drink. Therefore, the use of fresh fruits, vegetables and a balanced diet is also useful as a treatment for this disease. Along with this, such a patient also faces the problem of not getting sleep due to mental problems, so getting enough sleep for him and choosing a quiet place for him can reduce this disease. In particular, it should be arranged to go to bed early at night and wake up early in the morning so that while one can get a peaceful sleep, on the other hand one can observe the duties. The Islamic Shari'ah also encourages the same and prohibits sleeping before Isha prayer and talking after it.¹¹

Physical activity: Physical activity includes exercise, which has been given great importance in preventing depression. If regular exercise is done, the mind starts to think positively, which significantly reduces the causes of depression, so every day some exercise and walking should be done even if it is for half an hour. By doing this, where a person's health will be better, he will also develop physical strength, and in a hadith, it has been encouraged to gain physical strength as follows: "A strong believer is better than a weak believer and Allah Almighty is more like it."¹² Apart from this, by keeping oneself busy in some work or the other, one's mind is saved from scattered thoughts and worries and thus one is protected from many psychological diseases. Imam Ibn Qayyim has quoted the saying of some Salaf that "Love is the work of an empty heart."¹³ What is meant is that when a person's heart is empty, diseases like love will arise in it, and when a person engages his heart in the remembrance of Allah and keeps himself busy in some work, along with physical and mental agility, It will also prevent many diseases.

Keeping a confidant: Sharing your feelings and inner states with someone is also an important strategy to prevent depression. Undoubtedly, if someone receives news of a tragedy and keeps worrying about it in his heart, he may develop depression, so a person should have a close friend with whom he can share his worries. can lighten the burden. The

religion of Islam has encouraged us to share our problems with Allah, so Hazrat Yaqub (AS) said these words when his sons were taken away: "I am crying out to Allah for my problems and sorrow." ¹⁴

Do not despair: A major cause of depression is despair and hopelessness. Therefore, if one wants to avoid depression, it is very important that he does not allow himself to be disappointed and always be optimistic about the mercy of Allah. That is why Allah SWT also said: ((لَا تَقْنَطُوا مِنْ رَحْمَةِ اللَّهِ)) "Do not despair of the mercy of Allah."¹⁵ And at another place, despair has been described as a characteristic of infidels.¹⁶ Therefore, in order to get out of depression, it is necessary to leave hopelessness and be optimistic and thank Allah for the blessings He has given, and one of the best ways is to look down instead of looking up, that is, to see such people those who are less than you in wealth, less in position, less in health and fitness and who have more problems than you. Only then can a person become grateful to Allah Almighty and return to a hopeful life.

Trust in Allah: It means firm trust in Allah and belief that Allah will surely listen to us and will surely deliver us from these troubles. The stronger the trust and confidence in Allah, the stronger will be the strength to face the sufferings and help will come from Allah. Therefore, Allah SWT says: ((وَمَنْ يَتَوَكَّلْ عَلَى اللَّهِ فَهُوَ حَسْبُهُ)) "Whoever puts his trust in Allah, then Allah is sufficient for him."¹⁷ Undoubtedly, this was the trust that Hazrat Ibrahim (AS) demonstrated when he was being thrown into the fire, then he said: "Allah is sufficient for me and He is the best doer."¹⁸ Fire was also made cool and safe for him.

Strong faith in fate: To prevent depression, a person should understand the truth of the value of faith, because if a person continues to blame himself or his family members in problems or in various types of accidents and tragedies, then his depression will continue to increase. But if he thinks that everything is from Allah, that which Allah had already written in destiny, that no one could avoid it, then his worry will definitely decrease. This is the reason why the Prophet (PBUH) said, "If any harm befalls you, do not say: If only I had done this, this harm would not have happened, or this would have happened, etc. Rather, say that it was in the destiny of Allah." And what Allah willed was done, surely the word if makes Satan's work easier.¹⁹ Similarly, in the Holy Quran, there is a mention of good news and mercy from Allah for those who are patient with sufferings and believe that they are from Allah.²⁰ And there is a clear statement of the Prophet (PBUH) about those who show impatience instead of faith in the destiny during the time of difficulties: "Such people have nothing to do with us."²¹

Obligation of prayer: A person who is obliged to pray also remains at peace at all times because his heart is always attached to the mosque and his relationship with Allah remains strong. No problem can get on his nerves. That is why prayer has been made obligatory on

Muslims so that they go out of the house five times a day, gather together in one place, meet others, know each other's affairs and help each other. Undoubtedly, a person who does this five times a day gets rid of many psychological problems and when his attention and thoughts are directed towards other people's problems, he is diverted from his own problems and this is the main point by which a person can avoid depression. So prayer is not only a restriction, but it is an excellent physical exercise for Muslims as well as a cure for many psychological diseases.

Involvement in the recitation of the Qur'an and remembrance of God: The Holy Qur'an is not only a book of guidance but also a source of healing for spiritual and physical ailments. As Allah SWT said: ((قُلْ هُوَ لِلَّذِينَ آمَنُوا هُدًى وَ شِفَاءً)) "O Prophet! Say, this Qur'an is guidance and healing for the believers."²² Therefore, it is very useful to turn to the Holy Qur'an in times of sorrow and pain, hold it tightly and recite it day and night. This is the word of Allah through which the nations get honor, rise and dominance and by leaving it, humiliation and degradation also become destiny. Engaging oneself in the remembrance of Allah through the recitation of the Qur'an and other deeds and duties is an excellent remedy for depression, because sometimes hardships and difficulties in life are caused by neglecting the remembrance of Allah, as Allah Almighty says that: ((أَعْرَضَ عَنْ ذِكْرِي وَمَنْ)) ((فَإِنَّ لَهُ مَعِيشَةً ضَنْكًا))²³ "and whoever turns away from my remembrance, his passage will be difficult."²³ What is meant is that the life of such a person will suffer from hardship. Therefore, in order to save life from hardship and bring it to ease, it is necessary to keep oneself busy in the remembrance of Allah as much as possible, so that one's attention is diverted from the causes of depression and he returned to his normal life.

Drug withdrawal: Many people who are addicted to alcohol or other drugs also suffer from depression and sometimes it is difficult to diagnose that depression is the cause of their addiction. Or the cause of depression is drug addiction, however, there is a deep relationship between the two and such people sometimes suffer from depression and take measures like suicide. Therefore, to prevent depression, it is important to avoid alcohol and drugs at all costs.

Avoidance of un-Islamic habits and manners: Adopting un-Islamic ways and lifestyles in general is also an important cause of depression, such as backbiting and slander, suspicion, spying on others for no reason, hatred for others in the heart for no reason. Holding grudges, gluttony, lack of sleep, bad company, materialism and always cursing each other instead of trusting in Allah on the occasion of a breakdown in affairs, etc. All these are habits and behaviors that are prohibited by Sharia, but when people oppose it, problems, mental diseases and depression become their destiny. Therefore, to prevent depression, it is important to leave un-Islamic ways and adopt Islamic habits.

Summary Discussion

Depression is a mental stress due to which a person suffers from sadness and grief for a long time and it often happens when something happens against the wishes of a person. So a person suffering from depression not only deteriorates his health but also suffers from many deadly diseases. The social life of a depression patient is also badly affected and its treatment also takes a lot of time. But it is very good to consult a doctor in time. According to experts, depression is more common in women than men and there are several reasons for this, the main reason being that women are deprived of social support to a great extent, while the case of men is slightly different. They talk openly about their business problems, domestic problems, even marital issues, while the condition of women is not like that, so they remain lonely at home. However, the summary discussion is that prevention from depression, if it is possible, is to follow the sayings of the Prophet (PBUH). Through this means one gets peace in the worldly life and the hereafter. Psychologists have also explained its various measures. The result of all these measures is to adopt sightseeing, to arrange good food and restful sleep, to keep oneself physically busy, to have a confidant with whom to share one's troubles, by the mercy of Allah. Do not be hopeless and disappointed, have complete trust in Allah, have firm faith in fate, observe five daily prayers, engage yourself in the remembrance of Allah, avoid alcohol and all kinds of drugs and in any case, all non-Islamic habits and customs should be abandoned. Only then can a person avoid depression and other fatal diseases and lead a healthy life.

References

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³ Fussilat: 49

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¹⁵ Al-Zumar: 53

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¹⁷ Al-Talaq: 3

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²⁰ Al-Baqarah: 156-157

²¹ “**Sahih Al-Bukhari**”, Kitab al-Janayz, bab Laysa Minna Man Darab Al-Khudood, hadith no: 1235

²² Fussilat : 44

²³ Taha: 124