

## The Role of the Quranic Dietary System in Spiritual Health

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Enayat Sharifi \* 

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### Introduction

Spiritual health, as one dimension of overall health, alongside physical, psychological, and social well-being, has been acknowledged by many systems and schools of thought. The Holy Quran, by outlining a cognitive and epistemological system called the "dietary system," which consists of three interconnected and cohesive elements—goals, foundations, and principles—aims to ensure and promote spiritual health. The goals are the ultimate destination, which can be divided into intermediate and final goals. The foundations form the intellectual structure from which principles are derived. The principles are the rules and guidelines inferred from the foundations .

### Research Methodology

This study employs a descriptive-analytical method. The main concepts of this research—namely, the cognitive roles of the Quranic dietary system, the behavioral roles of the Quranic dietary system, and spiritual health—are carefully evaluated. This method of analysis enables us to delve deeper into the cognitive and behavioral roles of the Quranic dietary system in relation to spiritual health .

### Research Findings

The findings indicate that the Quranic dietary system, through its three interconnected and cohesive elements—goals, foundations, and principles—affects spiritual health via both cognitive and behavioral roles .

### Conclusion

The Quranic dietary system influences spiritual health through cognitive and practical roles. Enlightenment, attention to God's provision, free will, human nature, and human dignity are among the most important cognitive aspects of the Quranic dietary system that impact spiritual health, with each of these elements contributing to spiritual well-being.

\* Professor, Department of Islamic Studies, Faculty of Theology and Islamic Studies, Allameh Tabataba'i University, Tehran, Iran (Author Corresponding). [enayatsharifi@atu.ac.ir](mailto:enayatsharifi@atu.ac.ir)



Paying attention to one's food and being warned of the consequences of consuming ill-gotten wealth are key components of spiritual health awareness. Acknowledging God's role as the Provider and Creator of sustenance also brings peace and spiritual health, while accepting one's free will helps individuals achieve spiritual well-being. Humans are naturally inclined toward spiritual health, which is why they seek the purest foods. According to the Quran, both innate and acquired forms of human dignity influence spiritual health. Adherence to pure and lawful foods, avoidance of impure and forbidden foods, gratitude, moderation in eating, and fasting are among the most important practical roles of the Quranic dietary system.

**Keywords:** Quranic dietary system, spiritual health, cognitive roles, behavioral roles, Quran

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