

PEDIATRICS AND NEONATOLOGY

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Beneficial use of Islamic lifestyle for child health

Mohammad Rabbani Khorasgani

University of Isfahan , IRAN

Human lifestyle is considered today than ever before, because the positive or negative consequences of the life style have been uncovered. Lifestyle strongly affects human health aspects such as child health. On the other hand, lifestyle is influenced by different cultural, social and economic factors. Religion may be affect lifestyle strongly. In this article, some aspects of Islamic lifestyle that directly or indirectly affect child health are presented as the following:

1. The importance of marriage in Islam and emphasis on rational, physical and mental health of couples
2. Islamic lifestyle in sex relationships and prohibition of unlawful and illicit relationships
3. Powerful influences of Inheritance on body and spiritual qualities
4. Islamic lifestyle in pregnancy and emphasis on maternal and child health care during pregnancy, including: physical, psychological and spiritual aspects
5. Breastfeeding: The necessity of breastfeeding, the duration of breastfeeding, Islamic lifestyle in breastfeeding(Preparation of suitable conditions for breastfeeding by mother, spiritual cares during breastfeeding, Beginning of breastfeeding immediately after delivery to get the baby from the colostrum, desirable nutrition of mother with clean, quality and "Halal" foods ...)
6. Spiritual closely relationships between mother and baby
7. Diet and nutrition lifestyle
8. Entertainment, recreation and lifestyle
9. Family lifestyle
10. Islamic lifestyle in housing
11. Clothing style
12. Islamic lifestyle in social interactions and communications

It is hoped that by research, explaining and well presentation of various aspects of Islamic life style, the progress toward child health improvement could be achieved.

Biography:

Mohammad Rabbani Khorasgani is an Associate professor of Microbiology, in University of Isfahan, IRAN. He has DVM and PhD in Microbiology degrees. He has published more than 70 articles about infectious diseases, evaluation of natural materials effects for prevention and control of diseases especially infectious diseases . Many of his researches has focused on probiotics. He has some interdisciplinary articles also.