

Makkah A Religious and Medical Spot for Muslims around the World

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Sir,

I just want to remind the readers about the fact of influence spirit and the psychic status on the health of the body. As a matter of fact World Health organization has defined health as physical as well as mental well-being.

There is a clear relationship between religion and health¹⁻⁴. There are also bonds between health and religiosity in the cure process and diseases treatment³.

Several investigations show that religious participation is related with better outcomes for persons who are recovering from physical and mental illness, also the psychology science have committed special issues to positive correlations between religious belief and practice, mental and physical health and longevity³.

For Islam as one of the major religions in the world, all Muslims whether patients or non-patients, feel happy and relaxed when visiting Makkah.

Makkah also spelled "Mecca", is a city in western part of Saudi Arabia. Figure.1 shows the location of Makkah in Saudi Arabia map. Its resident population in 2012 was roughly 2 million. This city is regarded as the holiest place in Islam⁵.

As per the faith of Islam, every Muslim must visit this city, if he or she is capable to do so, once in the life time, in a ritual call "Hajj" .An event which occurred in a specific period each year according to the Islamic calendar. This event had been occurring annually for more than 14 centuries. It was estimated that more than 3 million from all over world performed Hajj last year.

In additions Muslims visit this city any time during the year to perform another ritual called "Omrah".

Muslims direct their faces in the direction of holy mosque in, Makkah as they pray five times a day.

In the holy mosque, There is a spring water called "Zamzam" 'which is believed to be very valuable .There is a saying from Prophet Muhammad peace be upon him which mentioned in its meaning that this water can substitute food and can cure the diseases for those who drink from it.

Many Muslims drink Zamzam water for use either medicinally or religiously. Millions of pilgrims drink it and take bottles of it to their home countries. A study on cancer patients in Saudi Arabia ⁶, showed that large numbers of them drink zamzam for therapy as a complementary and alternative medicine .The study pointed to the strong influence of religion on peoples' lives, especially when people are faced with life-threatening illnesses.

Recent researches suggested that, the alkalinity of Zamzam water and the presence of certain concentration of trace elements may cause the healing power⁷.

There are several major governmental hospitals in Makkah and Saudi government provides free medical care to the visitors of this city.

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Figure.1: The location of Makkah in Saudi Arabia map.

