



# Exploring the Interplay of Healthcare, Spirituality, and Urban Well-Being

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## Abstract

This perspective article discusses the relationship between religion, spirituality and health and emphasizes their continuing importance in today's world. The article examines the portrayal of moderation in religious texts, such as the teachings of mindful eating, the mindfulness approach, and the concept of fasting in the context of current research on intermittent fasting. This article accentuates the connection between body and soul and attempts to offer a perspective that combines medicine and religious wisdom. It discusses the modern understanding of ancient wisdom to understand the complex relationship between religion, spirituality and health and its effect on human well-being. By linking ancient wisdom with relevant contemporary trends, we seek to illuminate new dimensions of holistic health care and underline the important role of interdisciplinary research. We also look at the general history of health, spirituality and urban landscapes and highlight their relevance today. Furthermore, we aim to contribute to critical theology by highlighting perspectives that link spiritual practices to measurable physiological outcomes. The study promotes a paradigm shift in healthcare in which spirituality is recognized as an important determinant of health. Future experiments are proposed to unravel the complex mechanisms by which spiritual practices influence well-being and pave the way for evidence-based interventions. In developing cities where intergenerational health is a priority, our findings argue for sustainable societies based on the enduring wisdom of spirituality. This study serves as a guidepost for future research aimed at a deeper understanding of the relationship between spirituality, health, and the urban environment.

**Keywords:** Place and Spirituality, Healthcare Practices, Urban, Well-being, Critical Theology.



## Introduction

The complex relationship of religion, spirituality and health has always fascinated scholars from different eras and cultures and reflects the essence of human existence (Masters & Hooker, 2013). In today's global environment, where the pursuit of overall well-being is a universal endeavor, exploring the dynamic relationship between health and spirituality has become increasingly important (Ransome, 2020). This study seeks to derive insights from the Islamic, Christian and Buddhist traditions, with a focus on exploring the historical approaches within these religions to the intricate connection between physical and spiritual well-being. Wellbeing in this context encompasses the experience of positive emotions such as happiness and contentment as well as the fulfilment of one's potential, a sense of control over one's life, a meaningful existence, and positive relationships. The study looks specifically at spiritual and urban wellbeing and defines spiritual wellbeing as the expansion of purpose and meaning in life, including morality and ethics, independent of religious activities. In the urban context, wellbeing goes beyond the absence of illness and represents a complex interplay of physical, mental, emotional, and social determinants of health that are closely linked to happiness and life satisfaction. Furthermore, physical wellbeing is defined as the ability to maintain a healthy quality of life that allows individuals to go about their daily activities without excessive fatigue or physical strain. The overarching purpose is to recognize the enduring wisdom of these traditions and to highlight their continuing relevance to the pursuit of health that transcends the boundaries of mere religious belief.

Our focus is on exploring the enduring wisdom inherent in religious and spiritual traditions that contributes to the holistic concept of well-being. By juxtaposing historical teachings with contemporary perspectives, the study aims to highlight the continuing relevance of religious and spiritual dimensions to the pursuit of health. This synthesis of ancient wisdom and modern insights promotes a nuanced discussion of the connection between health and spirituality that transcends cultural boundaries and provides a comprehensive understanding that goes beyond the limits of medical interventions. In a rapidly changing world, this study provides valuable guidance for people navigating the complicated intersection of health and spirituality. The study weaves together traditional religious thought with current medical and psychological research to form a cohesive framework that seamlessly harmonizes tradition and modern applicability. The intersection of health, spirituality, and religious traditions has not only attracted academic attention, but has also manifested itself in practice (Rosen & Sataloff, 2021). To uncover this particular connection, the study looks at religious texts from Islamic, Christian and Buddhist traditions. Most religious traditions unequivocally emphasize the importance of moderate consumption. This article focuses on quotes from Islamic, Christian and Buddhist traditions, including references such as the Quran (7:31) and the Jerusalem Bible, which discourage excessive eating and drinking. The practice of fasting in Islam and Christianity is thus in line with current research on intermittent fasting and diet, which is known for its positive effects on physical and mental health (Rostami et al. 2014).

The field of psychosomatic medicine, which deals with the interplay of emotional states and physical health, reflects the mind-body-spirit connection, and aligns with religious teachings (Koenig & Al Zaben, 2021; Smith, 2012). The concept of mindfulness, which stems from the Buddhist tradition and emphasizes awareness in daily activities, aligns with the principles of mindful eating and promotes a holistic approach to health (Sharf, 2015). The current COVID-19 pandemic has further highlighted the complex relationship between health, wealth, and the urban environment (Cross & Scuffham, 2020; De Sa et al. 2022). Islamic teachings advocating a balanced life that includes the health of the individual and a harmonious physical environment are in line with the imperative of a balanced and holistic lifestyle (Genovese et al. 2022; Grekousis et al. 2022; Drummond & Carey, 2020).



Renowned scholars from different traditions provide deep insights into religious teachings on health, while contemporary research and scholars such as Avicenna serve as a bridge between ancient wisdom and modern challenges (Ibn Kathir English translation, 2003; Hamza Yusuf, 2022; Naseri et al. 2016). This literature review aims to bring together insights from religious traditions, spiritual practices, and current research to show how the teachings of Islam and Christianity advocate moderation and align with the principles of mindfulness, fasting and psychosomatic medicine.

At the same time, recent research on urban health, the gut-brain connection and demographic trends are contributing to a broader discussion on overall well-being. The confluence of ancient wisdom and modern findings underscores the importance of a balanced lifestyle that promotes both physical and mental wellbeing. In the following sections, we look at various religious teachings, modern insights and historical perspectives that provide a deep understanding of the complex connection between health and spirituality.

## Method

This study focuses on the sequential relationship between key elements: Religion, spirituality, health, and urban well-being. Starting from traditional research methods, our approach is based on a perspective-based strategy. This methodology goes beyond empirical investigation, opting instead for a conceptual framework that vividly depicts the nuanced relationships between the above elements. The investigation of the intricate interplay between religion, spirituality, health, and urban well-being is based on a thorough analysis of existing scholarly texts and authoritative encyclopedic definitions. This methodological choice is consistent with the exploratory nature of our study, which engages with existing knowledge to synthesize findings and provide a comprehensive understanding of the complex web of connections within our subject area.

## Medicine as a Craft

Medicine plays an important role in urban areas in addressing health challenges, preventing and treating diseases and promoting a healthier community. Access to medical services is considered a cornerstone of social progress as it promotes the health of individuals and contributes to the overall well-being and functioning of the community. The recognition of medicine as a symbol of societal benefit reflects the understanding that a healthy population is fundamental to the prosperity and progress of urban areas. Medical interventions aim to maintain the health of the individual and alleviate suffering until recovery. The importance of nutrition in the development of disease is repeatedly emphasized in the medical literature and is thus consistent with established traditions (de Sa et al. 2022). Both Islamic and Christian teachings emphasize the importance of a controlled diet for health and see the stomach as a key factor. Indigestion is recognized as a contributor to disease, a belief found in historical and religious texts. Proverbs 23:20-21 in the Bible warns against excessive drinking and overeating and associates this with poverty and lack of success. It states,

“Do not be one of those forever tipping wine nor one of those who gorge themselves with meat; for the drunkard and glutton impoverish themselves, and a drowsy head makes a wearer of rags” (The Jerusalem Bible, p.841).

The Quran cautions against the perils of excessive consumerism. The warning advises us to eat and drink, but not to overindulge. The Quran states,

“[...] And eat and drink but waste not by extravagance, certainly, He (God Almighty) likes not the wasteful [...]” (Quran, 7:31, p. 138).



The concept of moderation is often emphasized in Islamic teachings. A vivid example from the Islamic tradition can be found in the Companion Miqdam bin Madikarib, who reflects the wisdom of the Prophet Muhammad (peace be upon him):

“The Son of Adam (i.e., humans) will not fill a pot worse for himself than his stomach. “It is enough for the Son of Adam to eat a few bites that strengthen his spine. If he likes to have more, then let him fill a third with food, a third with drink, and leave a third for his breathing” (Sunan Ibn Majah, Hadith No.3349).

If we adopt this wisdom, we understand the connection between our eating habits and our general well-being. In the Quran, especially in “7:31”, there are several interpretations. The Quranic exegete Ismail ibn Kathir (1300 – 1373 CE) explains the “prohibition of waste” in context, citing traditions from respected scholars and companions. The hadith scholar Muhammad ibn Ismail Al-Bukhari (810-870 CE) reports a tradition from the Companion Abd Allah ibn Abbas in which he emphasizes the importance of consuming permissible things in moderation and discouraging excess and arrogance – a perspective that Ibn Kathir supports in his tafsir; so, Venerable Ibn Abbas said,

“Eat what you wish and wear what you wish, as long as you avoid two things: extravagance and arrogance” (Tafsir Ibn Kathir, Chapter 7, p. 47).

The connection between the teachings of the Qur’an and the wisdom of the Prophet Muhammad emphasizes moderation in consumption and highlights the impact of eating habits on overall well-being. This collective wisdom, accumulated over centuries, emphasizes the intricate connection between diet, physical health, and mental well-being. Following these teachings promotes a harmonious lifestyle and a holistic approach to health. Controlled eating, interpreted as appetite regulation, is a primary medical treatment, with intentional fasting being an effective therapeutic tool. Indigestion is cited as a cause of disease when new food is ingested before the previous meal is fully digested. It is important to recognize the vital link between human survival and nutrition (Khaldun, 2015). Nutrition is created through the consumption of food and drink, which initiates complicated digestion and assimilation processes. These include the conversion of food into blood, the nourishment of tissue and the transformation of blood into flesh and bone structure through subsequent growth mechanisms (Smith, 2012).

Digestion, as defined in established medical encyclopedias such as Harrison's Principles of Internal Medicine and Gray's Anatomy, refers to the gradual breakdown of food by natural heat until it is completely absorbed by the body. Chewing food in the mouth exposes it to the heat of the oral cavity, causing a slight cooking effect (Keeton et al. 2023). This process changes the texture of the food by removing components from the original structure (Maughan, 2020). After ingestion, the food is gradually broken down in the stomach by heat and converted into chyme, the essence of the partially digested food. The liver excretes the solids and converts the chyme into fresh blood through a process known as “yellow bile”. This process produces a foamy substance, part of which solidifies as “black bile”.

Research confirms that the body’s natural heat is not sufficient to vaporize thick mucus. The liver releases these substances into the bloodstream, which circulates throughout the body due to its natural warmth. This process produces pure blood, which releases a hot, moisture-filled vapor that nourishes the essence of the living organism. The growth process transforms the blood into flesh and denser components for the bone structures. Excess body components such as sweat, saliva, mucus and tears are excreted, representing the transformation of stored food into tangible physical substances through nutrition (Khaldun, 2015; Rostami et al., 2014).



The development of diseases is often associated with infections, a significant proportion of which are thought to be caused by them. Fever occurs when the body's own heat struggles with the proper digestion of food, resulting in incomplete digestion. This happens when the natural warmth of the stomach is overwhelmed by overeating or eating fresh food before the previous meal is fully digested (Ogoina, 2011). In such cases, the body's heat cannot concentrate sufficiently on the new food, resulting in incomplete digestion of the first portion. Alternatively, the heat distribution between old and new food can also lead to incomplete digestion and assimilation. The stomach then passes the remaining food to the liver. However, the temperature of the liver is often too low to fully process these leftovers, which are occasionally found in the liver. Therefore, the liver transports these leftovers into the bloodstream without absorbing them (Morisco et al. 2008). After the body has absorbed the necessary nutrients, it excretes the unabsorbed residues, if possible, together with excess substances such as sweat, tears and saliva, thus completing the elimination process.

It is well known in medical circles that the body's defense mechanisms fight off a large proportion of undigested substances that accumulate in the veins, liver, and stomach. Undigested, organic, and moist substances are broken down and transformed into decomposed substances. This process leads to an abnormal rise in body temperature, known as fever. Drawing parallels between spoiled food and decomposing organic matter, both of which generate heat, this phenomenon is comparable to fever in the human body. Fever is often the main cause and origin of many diseases (Khaldun, 2015). The management of fever involves temporarily stopping food intake and gradually reintroducing adequate nutrition until full recovery, which is also used as a preventive strategy in certain cases. In some cases, the deterioration process is limited to a specific organ and leads to disease development in that region.

Diseases can spread from the primary or secondary limbs and impair bodily functions, often due to nutritional factors (Khaldun (2015). The complex link between medicine, bodily processes such as digestion and disease is closely linked to the geographical landscape, which encompasses different climates and environmental conditions. This emphasizes the need to consider regional differences, including climate zones, to understand the interplay between health and geography. The intricate interplay between urban areas and health reflects the connection between body, diet, and environment. Just as a controlled diet is crucial for human health, balanced urban planning and environmental protection are essential for the well-being of the population. The close connection between medicine and geography emphasizes the need for a holistic approach to promote thriving communities in urban areas. The study of medicine integrates health, spirituality, and geography, forming a harmonious blend that runs throughout history. As urbanization increases, so does the importance of medical practice in cities. Amidst towering skyscrapers and bustling streets, medical facilities diligently work to enhance well-being and alleviate suffering, largely influenced by individual lifestyle choices.. This goal is in line with the ancient teachings of controlled nutrition in the Islamic and Christian traditions and reflects modern medical and psychological research on balanced nutrition and the mind-body connection.

Contemporary religious thought integrates consciousness into daily life through mindfulness, which has its roots in Buddhism and is practiced in religious and secular contexts (Sharf, 2015). This coincides with mindful eating, which focuses on mindfulness of the body's signals and conscious eating (Luberto et al. 2020). Combining ancient wisdom with modern religious practices offers a unique solution for maintaining mental and physical health in the fast-paced urban environment and combats mindless eating.

Recent research confirms the enduring link between religion, spirituality, and health (Palmer Kelly et al., 2020). Psychoneuroimmunological studies show that spiritual practices such as meditation and prayer have positive effects on the immune system and mental health





(Mirahmadi, 2021). Furthermore, the moderation and caution emphasized in religious teachings align with modern approaches to nutrition and mental well-being.

Fasting transcends religious boundaries and overlaps with the principles of intermittent fasting, which is associated with various health benefits (Yusuf, 2023). The deep connection between physical health, mental well-being and spirituality is evident in the intricate processes of digestion and its effects on the body.

The role of the stomach in disease corresponds to psychosomatic medicine, which explores emotional states and physical ailments (Loveys et al. 2023). The complexity of digestion aligns with nutritional psychiatry, which explores the relationship between diet and mental health and views well-being as a harmony of body, mind, and spirit.

In urban areas, the interconnectedness of medical practice, geography and well-being emphasizes the need to consider environmental factors (de Sa et al. 2022). The intertwining of human health and urban planning requires a comprehensive approach to the design of the urban environment, like the careful planning of the body's ecosystem. The integration of medicine into urban life reinforces the call for balanced urban planning and environmental protection, in line with spiritual teachings that call for responsible stewardship of the earth.

The interplay between medicine, spirituality and urban life represents a holistic approach to well-being. The teachings of antiquity are in harmony with modern medical and psychological research. The combination of guided nutrition, mindfulness and spiritual practices creates a harmonious connection between body and mind. As urban landscapes evolve, there is a growing demand for a holistic approach to wellness that combines ancient wisdom with modern concepts to foster communities that thrive physically and spiritually.

### **Medicine as a Science**

The increase in disease in urban areas can be attributed to the fast-paced, competitive lifestyle of modern society, characterized by a reliance on easily accessible and diverse fast food offerings. Culinary diversity can lead to the body's intolerance to certain food components, which is exacerbated by urban air pollutants (Jin et al. 2022). Sedentary lifestyles in cities, often associated with long working hours and desk jobs, contribute significantly to health problems. The demands of modern workplaces, characterized by prolonged sitting and limited physical activity, play a crucial role in the overall deterioration of health and lead to an increased need for medical care (Carey et al. 2016). In remote desert areas, on the other hand, residents should struggle with limited grain resources, which favors a simpler diet. Clean air and a dynamic lifestyle, including horse racing and hunting, promote a robust digestive system (Naseri et al. 2016). Positive outlooks reduce susceptibility to disease and therefore potentially the need for medical help, which is often minimal due to low demand. Doctors are naturally drawn to areas with higher demand for their services.

Medicine as an art aims to maintain health and treat disease through strategic interventions, emphasizing the importance of tailoring treatments based on the type of disease and the specifics of the patient (Khaldun, 2015). Effective medical practice involves not only observing the visible indicators of a patient's health, but also exploring the underlying natural forces that influence their well-being. This includes a comprehensive examination of physiological markers such as vital signs, blood tests and imaging studies to gather tangible data about the person's health status. Looking at natural forces also includes understanding the environmental, genetic and lifestyle factors that influence health. This holistic approach allows healthcare professionals to provide accurate diagnoses and customized treatment plans, ensuring a more effective and individualized medical practice.



Medicine has evolved from careful observation of natural rhythms and exploration of the purpose of the formation of each body segment. Specialized branches such as ophthalmology have emerged, building on the foundational work of ancient figures such as Galen (129-216 CE) and later Islamic physicians such as Abu Bakr al-Razi, Ali ibn al-Abbas al-Majusi, and Abu Ali ibn Sina (Avicenna). The Islamic world produced a remarkable array of physicians as societies progressed, such as Abu Marwan Abd al-Malik ibn Zuhr, highlighting the growing importance of medicine (Cross & Scuffham, 2020).

Early societies practiced a rudimentary medicine based on knowledge passed down by tribal elders, but with no basis in natural principles. Historical medical practices, while influential in certain populations, often did not adhere to humoral medicine (Atiyeh, 1982). Medical practices in religious traditions influenced by tribal customs are not divine revelations but reflect early Islamic social norms. Claims from authoritative traditions should not be confused with legal prescriptions. Faith-based medicine, when practiced with genuine religious faith, can bring benefits that are not derived from humoral medicine but from true faith (Sheikh, 2016).

The study of medicine involves the complex interplay of lifestyles, geographies, and beliefs. Urban centers with diverse culinary offerings provide insight into the relationship between health and disease. A modern perspective sheds light on the effects of nutrition on the body and coincides with ancient wisdom from religious texts and current medical research (Longo & Anderson, 2022).

The connection between mind-gut, a modern concept, aligns with current medical research that emphasizes the influence of gut health on mental well-being (Genovese et al. 2022). Ancient religious teachings advocating mindful eating and moderation align with the principles of modern nutritional psychiatry, which emphasize the influence of diet on mental health. The complex relationship between urban and suburban areas emphasizes the importance of a balanced lifestyle, as sedentary city dwellers face health problems related to different dietary habits. The wisdom of moderation enshrined in religious texts echoes contemporary concerns about overeating and its effects on health.

Research on intermittent fasting and adaptation demonstrates the resilience of remote populations in resource-limited conditions, combining ancient traditions with modern scientific concepts. The integration of medicine and geography, reflecting a trend towards personalized healthcare, is advancing as doctors deepen their understanding of disease through observation and personalized treatments. The combination of traditional practices and modern methods in medicine emphasizes the importance of historical knowledge for medical progress. Religious traditions may not give direct medical advice, but they do provide a spiritual framework for medical practice. The use of substances such as honey in religious practices illustrates the placebo effect observed in modern medicine and highlights the intricate relationship between faith, healing, and physiological responses (Grekousis et al. 2022).

In fact, the utilization of substances like honey in religious rituals not only exemplifies the placebo effect observed in modern medicine but also underscores the intricate correlation between faith, healing, and physiological responses. In the Bible, honey is recurrently referenced (61 times) and is symbolically linked to prosperity and abundance. In Exodus 3, God promises Moses a land flowing with milk and honey, symbolizing adherence to God's law. According to David in Psalm 19:10, the Lord's rules are described as "sweeter than honey, than drippings of the honeycomb," emphasizing their sweetness and desirability. The psalmist in Psalm 119:103 expresses, "How sweet are your words to my taste, sweeter than honey to my mouth!" Ezekiel and John describe visions where consuming God's Word is as sweet as honey in their mouths (Ezekiel 3:3; Revelation 10:9–10). Islamic tradition, as narrated by Mother Aisha (Sahih al-Bukhari, hadith no.5599) and Abu Sa'id (Sahih al-Bukhari, Hadith No.5716), emphasizes the Prophet Muhammad's preference for honey, prescribing it as a



remedy, and associating it with the Qur'an for healing (Sunan Ibn Majah, hadith no.3452). Another hadith suggests that regular honey consumption prevents serious ailments (Mishkat al-Masabih, section "Medicine and Spells," hadith no.4570). These diverse instances across religious traditions underscore the multifaceted uses of honey, revealing its connection to spiritual practices and potential health benefits, thus reinforcing the intricate relationship between faith and healing. So, the link between faith and medical outcomes highlights the holistic nature of health. Medicine, interwoven with geography, faith, and scientific knowledge, is a complex web for human well-being. The combination of ancient wisdom and modern research emphasizes the timeless principles of health that are important to people in developing cities and advancing medical science.

## Discussion

This study examines medicine as a craft, emphasizing its important role in urban areas and its consistency with religious teachings on health and temperance. Through the inclusion of religious verses and the wisdom of the prophetic tradition, the enduring guidelines for controlled diet and moderation are emphasized. These teachings provide a basis for understanding the complex relationship between diet, physical health and spiritual well-being and advocate a harmonious lifestyle.

We can see that controlled eating, understood as appetite regulation, is a primary medical treatment and emphasizes the importance of conscious fasting. It addresses the physiological processes of digestion, absorption, and nutrient utilization, drawing on both historical perspectives and modern medical knowledge. As we have already mentioned in the previous sections, the Qur'an emphasizes the importance of moderate consumption, as emphasized in verse 7:31. Scholars such as Ismail ibn Kathir and Ibn Abbas emphasize the need to avoid excessive consumption and maintain a balance in various aspects of life, including dietary habits. They draw on traditions and perspectives to emphasize the prohibition of wastefulness and the importance of moderate consumption of permissible things. Their insights help reinforce the Quranic principle of moderation by providing a comprehensive understanding of how to apply this principle to daily life and consumption habits. The scholars play a central role in reinforcing this principle. The study links historical religious teachings, medical knowledge from scholars such as Ibn Kathir and Al-Bukhari, and modern research findings into a holistic understanding of the impact of eating habits on overall health. It connects the dots between religious principles and medical practices and promotes a balanced and mindful approach to nutrition. The intertwining of urban planning and medicine also reflects the call for responsible stewardship of the earth and emphasizes the need for holistic approaches in both spiritual and urban contexts.

An attempt was also made to look at medicine as a science by examining the incidence of disease in urban areas and the influence of lifestyle, culinary diversity, and environmental factors. The link between a sedentary urban lifestyle and health problems is explored and the need for medical care in these areas is highlighted. In contrast, remote desert areas offer a simpler diet and a dynamic lifestyle, which can reduce the need for medical care. The narrative moves on to the historical development of medicine, acknowledging the contributions of ancient figures and the emergence of specialized fields. The importance of Islamic physicians and the growth of medicine in Islamic societies are acknowledged. The discourse addresses the complexity of medical practices, distinguishing between divine revelations and social norms within religious traditions.

Thus, ancient wisdom is blended with modern concepts such as the mind-gut connection and harmonized with current medical research on gut health and psychological well-being. The emphasis on moderation in the religious texts reflects contemporary concerns about overeating and its health effects. The integration of traditional practices with modern scientific





methods underscores the importance of historical knowledge to medical progress and emphasizes the holistic nature of health.

## **Conclusion**

So, this study attempted to advance our understanding of the interplay between medicine, religion, and spirituality. By weaving ancient wisdom with modern research, it offers a nuanced perspective on comprehensive health care and emphasizes the importance of interdisciplinary research in unraveling the complex relationships between health, spirituality, and medical practice. The scientific rationale for this study lies in exploring the interlinked histories of health, spirituality, and the urban environment. The findings highlight the measurable impact of spirituality on bodily functions, as demonstrated by current research in psychoneuroimmunology. This is a contribution to the burgeoning field of critical theology that bridges the gap between spiritual practices and physiological outcomes.

Future experiments could further investigate the specific mechanisms by which spiritual practices influence mental and physical health. Longitudinal studies that track people's health status as a function of their spiritual engagement could provide valuable insights. In addition, ongoing research in critical theology should examine the intersections of different religious traditions and consider the different ways in which spirituality contributes to well-being.

Future experiments on space, place and spirituality could explore how different environments affect spiritual experiences and therefore health. Understanding the interplay between the physical environment and spirituality is crucial for adapting medical interventions to specific contexts. Furthermore, evaluating the effectiveness of interventions that integrate spiritual care into medical practice will contribute to the development of evidence-based approaches. This study has global implications and argues for the integration of spiritual care into medical practice around the world. The measurable effects of spirituality on the immune system and mental wellbeing highlight the need for a paradigm shift in healthcare towards a more holistic approach. This is particularly important in developing cities where intergenerational health is crucial for sustainable communities.

In terms of critical theology, this study sought to accentuate the enduring wisdom of spirituality and its role in creating a harmonious balance of body, mind, and spirit. By recognizing the unique contributions of religion and spirituality to well-being, it argues for an integrative medical practice that respects patients' faith. This approach is consistent with global efforts to promote cultural competence in healthcare and fosters a more compassionate and effective model of patient-centered care. So, this study serves as a catalyst to advance critical theology and deepen our understanding of the complex relationships between spirituality, health, and the urban environment. It lays the groundwork for future research efforts that can further elucidate the mechanisms involved and contribute to the development of holistic health practices.

Also, we should state that this study seeks to offer profound theoretical implications for the studies of Critical Theology by establishing a robust link between spiritual practices, health outcomes and the urban environment. The integration of ancient theological teachings with modern scientific research emphasizes the tangible effects of spirituality on bodily functions and mental well-being. The study advances critical theology by arguing for the inclusion of spiritual care in medical practice and highlighting its role in promoting holistic health. On a scientific level, the findings contribute to the burgeoning field of psychoneuroimmunology by empirically demonstrating the positive effects of meditation and prayer on the immune system. The study encourages further research into the intricate mechanisms underlying these relationships and suggests evidence-based interventions. Ultimately, this work underlines the



need to consider spirituality as a fundamental factor in health in both theological and scientific discourse.

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