Contributions of Muslim Scientists to Medicine and Related Sciences

Abdi O. Shuriye
Raihan Othman

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Editors
Abdi O. Shuriye
Raihan Othman

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CHAPTER TEN

CONTRIBUTIONS OF ASHRAF ALI THANWI TO MENTAL DISEASE TREATMENT

Abdulateef Ayodele Isqee1, Jamal I. Daoud
Fac. of Eng., International Islamic Univ. Malaysia (IIUM), Jalan Gombak, 53100 Kuala Lumpur, Malaysia.

10.1 INTRODUCTION

The methodology adopted in this chapter is library and internet based. The data used were collected from dependable sources. The understanding of Ashraf Ali Thanwi work in psychology was investigated and the scope is to examine and explain Islamic psychology as viewed and practiced for treatment of maladjusted person by Ashraf Ali Thanwis. The significance of this chapter is the usefulness of Thanwi’s methodology in healing through Islamic perspective. Psychology is the science of the mind and behavior. The word "psychology" comes from the Greek word psyche meaning "breathe, spirit, soul", and the Greek word logia meaning the study of something. According to Medilexicon's Medical Dictionary, psychology is "The profession (clinical psychology), scholarly discipline (academic psychology), and science (research psychology) concerned with the behavior of humans and animals, and related mental and physiologic processes" (http://www.medilexicon.com/medicaldictionary.php).

Research in psychology seeks to understand and explain thought, emotion and behavior. Applications of psychology include mental health treatment, performance enhancement, self-help, ergonomics and many other areas affecting health and daily life (http://psychology.about.com/od/psychology101/f/psychfaq.htm). However, many people hold the view that the ultimate aim of psychology is to benefit the society (Coon, D.; Mitterer, J.O, 2008, pp.15–16.). From Islamic point of view, psychology is based upon looking at ways to cure and heal, rather than merely theorize. One of the Islamic scholars of the twenty century who practiced and taught psychology from Islamic perspective is Maulana Ashraf Ali Thanwi (1863-1943) referred to by many South Asian Muslims as ‘Physician of the Muslims’ [Hakim al-ummat] and ‘Reformer of the Nation’ [Mujaddid al-Millat], is a towering figure of Islamic revival and reawakening of South Asia in the Twentieth-Century. (http://www.islamandpsychology.blogspot.com/2009/02/muslim-in-psychology.html)

He was an eminent Muslim theologian, a Sufi mystic, and a prolific author of numerous Islamic texts. His followers claim that his distinguishing mark and guiding principle was his remarkable sense of balance and straightforwardness, this is evident in his writings, speeches, and training of scholars and Sufis. Thanwi is conceived by his followers as a reformer of the masses, an exemplary spiritual guide, a successful author, a spiritual jurist, an intellectual sage, and a fortifier of Islamic tradition.