
The Spiritual and Medical Benefits of Ramadan Fasting

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Ramadan is a time of fasting, reflection, kindness and sacrifice devoted by Muslims around the world. The word “Ramadan” itself is derived from the Arabic word “parched thirst” and “sun-baked ground”. Muslim devotes by fasting in Ramadan express their hunger and thirst felt by them during that period. Many spiritual and medical benefits have been observed [1].

Provides Tranquility of the Heart and Mind

Ramadan has spiritual value during that duration one finds more connected to Allah thus helping to build self control. It helps in practicing good manners, good words and developing healthy life style. There is a custom of gathering around the Iftar table along with their family and community members which fosters a feeling of brotherhood and sisterhood in this inharmonious society. Eventually, this habit makes one calm, peaceful and self-satisfied [2].

Improves Blood Fat Levels

A study conducted in 1997 in the Annals of Nutrition Metabolism demonstrated that fasting lowered bad “LDL” cholesterol levels by 8 percent, triglyceride by 30 percent, and increased good “HDL” levels by 14.3 percent thereby protecting our heart from cardiovascular disease [3].

In Ramadan, people prefer to eat home cooked meals, dates, nuts, lentil soup which are very healthy. Studies have shown that consumption of fast food, saturated fat found in butter, fatty meat are reduced. Apart from

this, the night prayers of “tarawih” may supply plenty level of good exercise equivalent to moderate physical activity which is beneficial for health.

Helps to Overcome Addictions

Addictions can come in all shapes and forms i.e smoking, lying, eating chocolates, gossiping. Ramadan ameliorates to say good-byes to these things. It teaches us to be self-restrained making us realize that forgoing our addiction might not be as hard as we think. So, choose one addiction to drop out in Ramadan [4].

Promotes Fat Breakdown and Weight Loss

Calorie consumption is overall decreased so helps to lose weight. During fasting the main source of energy is fat so Ramadan helps in burning it out. Trying to stay slightly active during the day promotes even more fat break-down [5].

Fasting helps to control cravings. Ramadan might be the perfect opportunity to re-train yourself, say no to tempting food and acquiring healthy food habits.

So, Ramadan not only provides us opportunity to spread message of love, peace, humanity, to be generous, understand the feeling and sorrow of people who don't have food but has a lot of medical benefits as well.

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