

## LITERATURE REVIEW

### “QURAN PERSPECTIVE IN STROKE PREVENTION”

Imam Aufa Fuadi<sup>1</sup> Syufian Noor<sup>2</sup> Anna Martiana Afida<sup>3</sup> Abd. Basid<sup>4</sup>

Faculty of Science and Technology, Nursing Study Program at Cahaya Bangsa University

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#### ABSTRACT

**Background:** Stroke is a non-communicable disease that can attack anyone, especially the age factor. The older you get, the more risk you are suffering from a stroke. This happens if you ignore your lifestyle and daily habits. Islam has a book called the Qur'an, which contains instructions in the form of obligatory and sunnah worship and prohibitions that can prevent strokes. **Objective:** Review the journal literature and theories on stroke prevention and how the Qur'anic perspective views and implements it. **Methods:** This research method uses a literature review using 11 journals searched through Google Scholar. **Results:** Based on the results of 11 journals, the book of the Al-Qur'an contains the propositions of instruction and prohibitions related to stroke prevention, namely prevention through prayer movements, especially during prostration, fasting, not drinking alcohol, managing stress, and maintaining a balanced diet.

**Keywords:** Al-Qur'an Perspective, Prevention of stroke

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#### INTRODUCTION

World Stroke Organization data shows that every year, 15 million people worldwide suffer a stroke. Of these, 5 million died, and another 5 million became permanently disabled, burdening families and communities. Strokes are rare in people under 40; when it does, the leading cause is high blood pressure. (WHO, 2021). "As many as 10.9 per 1,000 Indonesian population had a stroke in 2018. This figure decreased from the previous five years, in 2013, which was 12.10 per 1,000 population, and increased compared to 2007, which was 8.3 per 1,000 population. (Ministry of Health, 2018)

According to data from the Ministry of Home Affairs for adherents of religion/belief in Indonesia (June 2021), 86.88% of Indonesia's population is Muslim. Based on data from the Directorate General of Population and Civil Registration (Dukcapil) of the Ministry of Home Affairs, the total population of Indonesia was 272.23 million in June 2021. Of these, 236.53 million people (86.88%) are Muslims. This means that the majority of Indonesia's population is Muslim. (Budy Kusnandar, 2021a)

From data on the population of South Kalimantan by religion/belief (Jun 2021), the majority of South Kalimantan's population is

Muslim. The Directorate General of Population and Civil Registration (Dukcapil) of the Ministry of Home Affairs (Kemendagri) noted that the population of south Kalimantan was as many as 4.1 million people in June 2021. Of that number, 3.98 million people, or 97.02% of the population of South Kalimantan, are religious Islam. (Budy Kusnandar, 2021b)

The occurrence of stroke is closely related to the risk factors owned by the sufferer. Stroke risk factors are divided into non-modifiable and modifiable risk factors. Non-modifiable factors include age, race, gender, genetics, and modifiable risk factors such as hypertension, heart defects, diabetes, dyslipidemia, smoking, obesity, etc. (Harsono, 2005)

The results of research conducted by Liong & Budiyanto show that the many verses of the Qur'an and Hadith history about health indicate that humans are ordered to pay more attention to matters related to health in the context of self-effort to carry out a series of worship to Allah. (Liang & Budiyanto, 2020)

Based on the high incidence of stroke, the Qur'an has a discussion about stroke. So the researcher is interested in finding journal literature and theories related to stroke

prevention and how the Al-Qur'an perspective views and implements it.

## METHOD

This research is research using a literature study method or literature review. A literature review describes theories, findings, and other research articles obtained from reference materials to be used as the basis for research activities. A literature review can be used to develop a clear frame of mind from the formulation of the problem to be studied. A literature review can also be said as an analysis in the form of criticism of research being carried out on specific topics in Science. A literature review contains reviews, summaries, and the author's thoughts on several sources of literature (articles, books, slides, information from the internet, etc.) on the topics discussed (O'Connor dkk., 2017)

This research was conducted using a *literature review* carried out in April 2021. The purpose of the literature review is that the purpose of conducting literature review is to obtain a theoretical basis that can support solving the problem being researched.

The reason for the researcher choosing a literature review research study was to find data sources related to the theme of the perspective of the Koran in stroke prevention. The second reason the researchers chose literature review as the research design was because it coincided with the literature review period as the research design because it coincided with the current Covid 19 period, which consequently affected research activities so that the research method shifted towards literature review to stay in line with health protocols.

In conducting this research, the researcher searched for verses related to stroke prevention, then clarified and explained more deeply using 11 research journals obtained from the internet using the Google Scholar search engine. In conducting this research, the researcher searched for verses related to stroke prevention, then clarified and explained more deeply using 11 research journals obtained from the internet using the Google Scholar search engine.

## RESULTS

Table 4.1 Journal Results *Literature Review*

No.	Researcher Name	Research Title	Research methods	Results
1	Mahdi Fani, Morteza Abdoljabbari, Foroozan Atashzadeh-Shoorideh, Marzieh Karamkhani(2017)	The criteria of healthy humans from the perspective of religious texts.  Healthy human criteria in terms of religious text.	In this descriptive study, content analysis was used to study the verses of the Qur'an and the interpretation of religious experts against the verses about human health. In addition, the narrative is related with the interpretation of Ahl al-Bayt Prophet Muhammad based on the Qur'an, especially regarding dimensions spiritual human health investigated	Based on the results obtained, humans can be said to be healthy in two dimensions: materialistic and spiritual. It should be noted that the two are independent of each other. In other words, humans may be healthy physically but unhealthy spiritually. On the other hand, a person may be spiritually healthy but physically unhealthy. Spiritual health plays a more significant role in human happiness.
2	Minoan Asadzandi(2018)	Effect of spiritual health (Sound Heart) on the other health dimensions at different prevention levels.	In nine phases of research in 16 years, after designing and validating the "Conscience Model."	Given the significant impact of spiritual health on other aspects of health at all levels of prevention, it is vital that students and healthcare staff, regarding these concepts, undertake spiritual treatment/counseling.

		Influence of spiritual health (Healthy Heart) on other health dimensions at various prevention levels.	Spiritual problems of healthy patients and clients are determined.	
3	Fajrusalam, Hisny Imaniar, Adinda Fadya Isnaeni, Aisyah Septrida, Cantika Vivi Nur(2022)	The scientific view of prayer for health	Qualitative research type with literature review method	The prayer movement has calm innate, many times, and involves all the joint muscles, so this movement can maintain the proportion of body strength, flex the joint muscles, and accelerate blood flow throughout the body; it is crucial to the brain because the brain is at the top, so the heart wants the ability which adds to supply blood to the brain at the top.
4	Sri Jumini, Chakimatul Munawaroh(2018)	Vector analysis in the prayer movement	This study uses a qualitative research approach where the research type is a library.	1) According to the perspective of Science, a vector with prayer gestures, in several vectors can be added to become a vector called the resultant vector. The resultant vector can be obtained by several methods, namely the triangular method and the bowing motion. The parallelogram method, such as the movement during prostration, the polygon method is the same as the bowing movement and the movement towards tidal, and analytical, namely calculations using the 2-way resultant formula. 2) According to the perspective of the Qur'an, when looking for the resultant force on a vector, the value and direction must be known. It is the same with prayer. When we want our prayer to be valid and accepted, it must be under the conditions and pillars, including one of the pillars, namely facing the Qibla, the movement of one cycle of prayer equals one rotation of 360o. (3) The benefits of the prayer movement for health are in every correct and perfect movement, such as standing with a straight back, straight legs, bowing by straightening the back ribs, and prostration with seven attached members. Then if this is done continuously and continuously, many benefits that the body can feel. Say
5	Wulandari, Endah Alpha(2016)	The effect of Ramadan fasting on blood lipid profile	This research uses a cross-sectional approach	Decrease in blood cholesterol levels after fasting. Decrease in HDL levels after Ramadan fasting.
6	Indah Maulidiyah, M.Nasip, Marlenywati(2016)	Factors associated with the incidence of ischemic stroke	The method used is An analytic observational design is	The research results show that there is

		in inpatients at Soedarso Pontianak Hospital	research that observes and analyzes the relationship between risk factors and effects through hypothesis testing with a case-control design (case-control).	a significant relationship between family history of the disease (p-value = 0.022; OR = 3.343), diet (p-value = 0.033; OR = 3.266), smoking (p-value = 0.032; OR = 2.883), alcohol consumption (p-value = 0.003; OR = 6.155), blood pressure (p-value = 0.001; OR = 4.833), with the incidence of ischemic stroke in inpatients at Soedarso Hospital, Pontianak.
7	Khairatunnisa, Dian Maya Sari(2017)	Risk factors associated with the incidence of stroke in hospitalized patients h. Sahudin Kuta cane Southeast Aceh District	This type of research is analytic observational with case-control study design	Smoking, obesity, alcohol consumption, and family history have no relationship with the incidence of stroke in patients at H. Sahudin Hospital Kutacane
8	Yana Setiawan(2018)	Factors related to the incidence of stroke at a young age in the Wijaya room at the Bekasi City Hospital	Population This research was carried out using quantitative analytic data the cross-sectional design of data from 57 hemorrhagic and non-hemorrhagic stroke patients using univariate and bivariate data analysis who were hospitalized in RSUD Kota.	The results of this study indicate that there is a relationship between the incidence of non-stroke Hemorrhagic The related variables were sex (p-value = 0.003 and OR = 6.476) and stress (p-value = 0.006 and OR = 5.431), and obesity (p-value = 0.027 and OR = 4.950) and lifestyle (p-value = 0.007 and OR = 0.182). Physical activity (p-value = 0.015 and OR = 0.214). Conclusion
9	Puspita Ayu Ramadhani, Merryana Adriani(2017)	Correlation between Stress Level, Sodium Intake, and Food History with Stroke	This is an analytic observational study with a case-control design conducted at the Neurology Polyclinic at Airlangga University Hospital.	The research results show a significant relationship between the level of sodium sufficiency (p = 0.032; OR = 0.083) and eating history with the occurrence of stroke (p = 0.003; OR = 45,000). No significant relationship exists between stress level and stroke occurrence (p = 1,000). Need
10	Nurhikmah, Sumardi Sudarman, Aswadi(2021)	The Relationship between Diet and Behavior with Stroke Incidence at Lanto Daeng Pasewang Hospital, Jeneponto Regency	Retrieval method the sample is purposive sampling, and the research instrument is a questionnaire.	The research results show that there is a relationship between the type of eating and the incidence of stroke (value p = 0.013), there is a relationship between the number of meals and the incidence of stroke (p = 0.006), and there is no relationship between the frequency of eating and the incidence of stroke (p = 0.416), there is a relationship between physical activity and the incidence of stroke (p-value = 0.001), there is a relationship between smoking and the incidence of stroke (p-value = 0.036)
11	Wira Maria Ginting, Etti Sudaryati, Sorimuda Sarumpaet(2018)	The Effect of Protein Intake and Salt Intake on the Incidence of Hypertension in	This study uses a case-control design. Deep sample	Bivariate analysis (simple logistic regression) of protein intake (0.003) and intake of salt (0.000). Multivariate (multiple logistic regression) there is

Women of Reproductive Age with Obesity in the Work Area of the Patumbak Health Center in 2017	This study comprised 104 obese WUS (52 cases and 52 controls).	a significant effect between protein intake ( $p = 0.009$ , $OR = 27.66$ , $95\% CI = 0.762-73.65$ ), versus gram ( $p = 0.000$ , $OR = 977$ , $95\% CI = 41.58-22965$ ). It is recommended for WUS to control their weight and check their blood pressure regularly as well diet education.
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## DISCUSSION

### a. SALAT

Prayer is the worship that His servant performs to His Lord. The obligatory prayer for every Muslim is the five daily prayers.

Allah SWT. said in Q.S An-Nisa (4) Verse 103

فَإِذَا قُضِيَتْ الصَّلَاةُ فَادْكُرُوا اللَّهَ قِيَامًا وَقُعُودًا  
وَعَلَى جُنُوبِكُمْ ۚ فَإِذَا اطْمَأْنَنْتُمْ فَأَقِيمُوا الصَّلَاةَ  
إِنَّ الصَّلَاةَ كَانَتْ عَلَى الْمُؤْمِنِينَ كِتَابًا مَوْفُورًا

Meaning: When you have finished the prayer, remember Allah (remember and mention Him), whether you are standing, sitting, or lying down. When you feel safe, perform the prayer (perfectly). Indeed, the prayer is an obligation whose time has been determined for the believers.

Based on research by Hisny Fajrussalam et al. (2022) regarding the "Scientific view of prayer for health," The prayer movement has a calm nature many times and involves all joint muscles so that this movement can maintain the proportion of body power, flex joint muscles, accelerate blood flow throughout the body, the importance to the brain because the brain is at the top, so the heart wants the added ability to deliver blood to the brain at the top. The benefit of the prostration movement is that it can increase blood flow and oxygen to the brain or head to the whole body. During prostration, the blood flows in the body and to the brain. This is very important because, in the brain, there are parts that cannot flow with blood, except when in a prostrate position. That part is the pineal gland. This gland is tiny, about 5-8 mm, like a grain of rice. It is located in the middle of the brain. Prostration makes the pineal gland work properly and kills diseases that attack the body, while prostration can make the small blood

vessels in the brain unobstructed so that blood flows to the brain vessels properly and can prevent strokes.

Prayer movements can treat the proportions of the body and brain. When you prostrate, your head is lower than the heart. Blood will flow to the brain to the tiny glands in the brain and can make the small blood vessels unobstructed, thereby preventing strokes.

Based on the results of research (Jumini & Munawaroh, 2018a) on "Vector Analysis in Prayer Movements." When a person performs a prostration movement correctly between his knees straight and his back towards the ground, it will form an angle (direction) of 450, providing benefits.

The prostration movement will increase the resistance of blood vessels in the brain. This is because the position of the head is lower than the heart, causing blood to collect in the brain's blood vessels. This indirectly trains a Muslim's brain blood vessels so he is not prone to strokes. In addition, in a prostration position, the blood vessels in the brain are trained to receive an ample supply of oxygen. At the time of prostration, the heart's position is above the head, allowing blood to flow optimally to the brain. That is, the brain gets a supply of oxygen-rich blood, which stimulates the work of its cells.

### b. FASTING

Fasting is one of the worship performed by Muslims. According to terms, fasting means holding back, abstaining, or controlling oneself from eating, drinking intercourse, and other things that cancel one's self from sunrise to sunset. (Sharifuddin, 2003)

Evidence of obligatory and sunnah fasting: Reasons for Ramadan Fasting QS Al-Baqarah (2) Ayat: 183

يَا أَيُّهَا الَّذِينَ آمَنُوا كُتِبَ عَلَيْكُمُ الصِّيَامُ كَمَا كُتِبَ  
عَلَى الَّذِينَ مِنْ قَبْلِكُمْ لَعَلَّكُمْ تَتَّقُونَ

Meaning: O you who believe fasting is prescribed for you as prescribed for those before you so that you may be pious.

Tafsir Al-Mukhtasar: O people who believe in Allah and follow His Messenger, it is obligatory upon you to fast as it was obligatory upon the people before you so that you may fear Allah, that is, by creating a barrier between you and Allah's punishment, through good deeds. One of the most essential righteous deeds is fasting.

Based on Endah Wulandari's research, Alfiah on "The Effect of Ramadan Fasting on Blood Lipid Profiles," Fasting shows an increase in triacylglycerol levels and HDL levels, on the other hand, a decrease in LDL and cholesterol levels.

1. Increased triglyceride levels after fasting

Triglycerides are energy substances. Fat is stored in the body as triglycerides, and when cells need energy, the lipase enzyme in fat cells will break down triglycerides into glycerol and fatty acids and release them into the blood vessels. The cells that need these components are then burned and produce energy, carbon dioxide, and water.

2. Decrease in blood cholesterol levels after fasting

The decrease in blood cholesterol after fasting can be caused by a decrease in endogenous cholesterol circulating in plasma lipoproteins formed by the liver. Much cholesterol is used as a constituent of cell membranes throughout the body. Reducing cholesterol ingested daily during fasting reduces its concentration in the blood.

3. Decrease in blood LDL levels after Ramadan fasting

The decrease in LDL levels is due to the endogenous pathway; triacylglycerol and cholesterol synthesized in the liver are secreted as VLDL, or triacylglycerol in LDL undergoes hydrolysis by LPL enzymes

and changes to IDL, which undergoes hydrolysis to LDL.

Low LDL in fasting conditions indicates a small amount of LDL in the blood will prevent deposition on blood vessel walls and prevent blockage of blood vessels in the form of plaque. This can avoid blocking blood flow to the heart and prevent stroke.

4. Increase in HDL levels after Ramadan fasting.

Increased blood HDL levels are obtained because nascent HDL originating from the small intestine and liver approach macrophages to take up cholesterol to form large HDL. The increase in HDL helps transport more cholesterol levels, so there was a decrease in cholesterol levels in this study.

HDL in fasting conditions serves to provide blood vessels from excess cholesterol. HDL has a stabilizing effect and plaque regression, preventing the formation of emboli, and inhibiting plaque reformation or regression in blood vessels.

There are obligatory fasts such as Ramadan fasting, sunnah fasting such as Ashura fasting, David fasting, and Monday and Thursday fasting. When a person fasts, it increases triacylglycerol and HDL levels, otherwise decreasing LDL and cholesterol levels and thereby avoiding strokes.

## ALCOHOL

God forbids drinking kamar (liquor) and commands us to stay away from it as the word of God swt.

Q.S. Al-Maidah (5) ayat 90:

يَا أَيُّهَا الَّذِينَ آمَنُوا إِنَّمَا الْخَمْرُ وَالْمَيْسِرُ وَالْأَنْصَابُ  
وَالْأَزْلَامُ رَجْسٌ مِّنْ عَمَلِ الشَّيْطَانِ فَاجْتَنِبُوهُ لَعَلَّكُمْ  
تُفْلِحُونَ

It means: O you who believe, indeed, alcohol, gambling, (sacrifice to) idols, and casting lots with arrows are heinous acts (and) including the acts of the devil. So, stay away from those (deeds) so that you will be lucky.

From Indah Maulidiyah research, et al. (2016) regarding the factors associated with the incidence of ischemic stroke in inpatients at Soedarso Pontianak Hospital. Based on the research, the results showed that there was a significant relationship between family history of disease (p-value = 0.022; OR = 3.343), diet (p-value = 0.033; OR = 3.266), smoking (p-value = 0.032; OR = 2.883), consumption alcohol (p-value = 0.003; OR = 6.155), blood pressure (p-value = 0.001; OR = 4.833), with the incidence of ischemic stroke in inpatients at Soedarso Hospital, Pontianak.

That there is a relationship between alcohol and stroke, so it is stated that there is a relationship between alcohol consumption and the incidence of ischemic stroke. The research that has been done and the results of previous studies support that there is a significant relationship between alcohol consumption and ischemic stroke. The role of alcohol in its contribution as a risk factor for stroke is still controversial and is thought to depend on the dose consumed. Alcohol has almost the same effect as carbon monoxide, which can increase blood acidity. The blood becomes thicker, and the heart is forced to pump blood even harder so that enough blood reaches the tissues.

Increased consumption of alcohol in the long term will affect the increase in cortisol levels in the blood so that the activity of the renin-angiotensin-aldosterone system (RAAS) will increase, which is a hormone system that regulates the balance of blood pressure and fluids in the body. In addition, if someone consumes alcohol, the body's volume of red blood cells will increase. This will increase the viscosity of the blood, which can increase blood pressure. (Wahjoe Pramono, 2005). Alcohol can increase the risk of stroke if you drink it in large quantities. However, the habit of consuming alcohol in large quantities can be one of the triggers for hypertension which contributes to risk factors for stroke.

### c. MANAGING STRESS

Allah SWT's advice about avoiding and managing stress is evident, as outlined in the letter of Ali 'Imron (3) verse 139, namely

وَلَا تَهِنُوا وَلَا تَحْزَنُوا وَأَنْتُمْ الْأَعْلَوْنَ إِنْ كُنْتُمْ مُؤْمِنِينَ

Meaning: Do not (feel) weak and do not (also) be sad, even though you are the highest (degree) if you are a believer.

In detail, several ways of managing stress that Islam has taught are as follows ((Yuwono, 2010); (Father, 1991); (Hawari, 1997); (Heru, 2006)

#### a. Sincere intentions.

Islam has taught us always to intend to be sincere in trying, with the aim that the business value is high in the eyes of Allah SWT, and he gets peace if the business does not work as expected. This calm comes from motives only because of Allah, not because of anything else, so failure will always be returned to Allah SWT.

#### b. Patience and Prayer.

Patience in Islam is being able to hold fast and follow the teachings of religion to face or oppose the urge of lust. Patients people can make decisions in the face of existing stressors. As in verse 155 of the letter Al Baqarah in front, which emphasizes patience will be able to face the trials given.

#### c. Be grateful and surrender to God.

One of the keys to dealing with stressors is always to be grateful and accept all the gifts from Allah SWT.

Allah SWT has taught in Al Qur'an Surat Al Fatihah verse 2 and Al Baqoroh

الَّذِينَ إِذَا أَصَابَتْهُمْ مُصِيبَةٌ قَالُوا إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ

(Namely) those who, when afflicted with calamity, say "Innā lillāhi wa innā ilaihi rāji'ūn" (truly we belong to Allah and verily to Him alone, we shall return)

d. Prayer and Dhikr.

As human beings of faith, prayer, and dhikr are a source of strength for us in trying. There is high hope rested on Allah SWT, so even if there is concern about a threat, rely on Allah SWT always through prayer and dhikr. Through dhikr, feelings become more calm and solemn, which in turn will improve concentration, the ability to think clearly, and emotions more controlled. Outbursts of anger and sadness or excessive joy can always be adequately controlled.

e. Dietary habit

God created various foods and drinks on this earth: water, vegetables and fruit, animals on land and in the sea.

God swt. also ordered to eat good food and not excess.

Q.S A'raf (7) : 31

﴿يٰٓاَيُّهَا اٰدَمُ خُذْ زِيْنَتَكَمْ عِنْدَ كُلِّ مَسْجِدٍ

وَكُلُوْا وَاشْرَبُوْا وَلَا تُسْرِفُوْا اِنَّهٗ لَا يُحِبُّ الْمُسْرِفِيْنَ

Meaning: O children of Adam, wear your beautiful clothes at every (entering) mosque and eat and drink, but do not overdo it. Indeed He does not like those who are excessive.

Based on research by Nurhikmah et al. (2021), A healthy diet to prevent or overcome strokes is food that is low in fat, low in sugar, and low in cholesterol. Consumption of risky food types can increase blood fat levels, causing respondents to be at risk of stroke. Often consume other foods as a distraction, such as ready-to-eat food, or because of the excessive eating frequency, so it can also trigger a stroke. Cholesterol can interfere with health if the level is too high. The condition when cholesterol levels are too high is called high cholesterol.

## CONCLUSION

The literature review found that the contents of the Al-Qur'an, which Allah revealed to the Prophet Muhammad, saw. In addition, there is stroke prevention through

prayer movements, especially when prostrating, fasting, not drinking alcohol, managing stress, and maintaining a balanced diet.

## SUGGESTION

Hopefully, this research will add insight to nursing students, the government, and the community in efforts to prevent stroke through a spiritual approach. The results of this literature review need further research with a more detailed discussion to obtain more accurate results.

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