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Holistic approach to personalised medicine: A focus on halalopathy

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Abstract

Halalopathy, a revolutionary healthcare paradigm, aims to innovate personalised medicine by combining medical interventions with individual lifestyle choices, values and energy. This holistic approach recognises the multiple influences on health, including lifestyle factors and environmental aspects. The inadequacy of conventional medicine in addressing the impact of lifestyle and personal values often leads to suboptimal outcomes for patients. Halalopathy applies a comprehensive methodology that combines medical interventions, lifestyle changes and immune system activation to address the root causes of disease and improve overall well-being. Halal-Toyyib principles strengthen the therapeutic alliance and ensure customised interventions and optimal therapeutic results. The placebo effect, the compatibility effect and the synergy effect enhance the effectiveness of halalopathy and lead to remarkable healing results. In summary, halalopathy is an inspiring, personalised and holistic approach that harmonises medicine with lifestyle, optimises therapeutic outcomes and introduces a new era in healthcare.

1. Introduction

Personalised medicine, a transformative paradigm shift in healthcare, is moving away from a one-size-fits-all approach towards tailored care that considers the unique characteristics of each individual (Stefanicka & Kurpas, 2023). By embracing a comprehensive approach encompassing genetics, lifestyle, environmental influences, and individual preferences, personalised medicine offers targeted and precise treatments that optimise patient outcomes and revolutionise healthcare delivery (Qoronfleh *et al.*, 2020). Contrary to the common misconception that personalised medicine solely focuses on genetic testing and gene therapies (Fournier *et al.*, 2021), it goes beyond genetics and deeply delves into the intricacies of an individual's lifestyle, environmental factors, and personal preferences (Goetz & Schork, 2018). By integrating these multifaceted variables, personalised medicine crafts individualised treatment plans that meticulously consider the complex interplay of factors that influence an individual's health. This holistic approach, recognising the need for comprehensive healthcare, holds immense potential for improving patient outcomes (Stefanicka & Kurpas, 2021).

The intricacies of human personality and lifestyle are deeply intertwined, mutually influencing and shaping one another. Personality, encompassing our psychological traits, behaviours, and thought patterns, shapes our daily choices and habits, while lifestyle, in turn, moulds our personality development and expression. Healthy lifestyle choices foster well-being and promote positive personality traits, while unhealthy choices can contribute to negative ones. Recognising

this dynamic interplay is crucial to aligning lifestyle with desired personality characteristics and overall well-being (Alzeer & Benmerabet, 2023).

In pursuing enhanced treatment efficacy and personalised healthcare, the convergence of medicine and lifestyle has emerged as a transformative paradigm shift for healthcare. This approach acknowledges that physical factors do not merely define health but are profoundly influenced by lifestyle choices and beliefs. The ultimate aim is to deliver comprehensive and personalised healthcare that encompasses every facet of an individual's life, from dietary preferences and social connections to cultural and spiritual values (Beach & Inui, 2006). By considering these factors when designing treatment plans, personalised medicine ensures that medical interventions are compatible with an individual's lifestyle, enabling them to adopt healthy practices and achieve better health outcomes (Chiapperino & Testa, 2016).

This article will introduce halalopathy as a transformative approach to personalised medicine (Alzeer, 2018; Alzeer, 2019). Halalopathy aims to create a harmonious relationship between medical treatments and individual lifestyles, respecting our cultural and religious practices and adapting treatments to our unique preferences. This approach offers a fresh perspective on personalised medicine by emphasising the importance of lifestyle in overall health and wellness. It recognises that each individual has unique needs and preferences and strives to create treatment plans that seamlessly fit into their daily lives. This personalised approach can potentially improve patient outcomes and foster a more holistic approach to healthcare.

2. Materials and methods

A comprehensive methodology was employed to carry out this review. A literature search was conducted to gather relevant information from various sources, including scientific articles, research papers, and scholarly publications. Logical thinking and idea comparison were employed to analyse and synthesise the gathered information, identifying patterns and drawing parallels between medication and beliefs/lifestyles in the Halal context.

Analogy thinking drew insights from related fields and concepts, expanding the understanding of halalopathy. Data analysis techniques were employed to examine empirical evidence and evaluate the impact of medication on individuals' beliefs and lifestyles. Additionally, conceptual idea generation was employed to contribute to the current body of knowledge and identify potential areas for future research.

The methodology employed in this study aimed to delve into the compatibility between medication and the beliefs/lifestyles of individuals within the Halal context. By examining the interplay between medication and personal beliefs/lifestyles, we seek to understand the concept of halalopathy and its implications for healthcare. Furthermore, we aim to explore how entropy and potential energy can provide insights into the mechanisms underlying halalopathy, shedding light on its holistic approach to personalised medicine.

3. Halalopathy

In the realm of healthcare, halalopathy emerges as a relatively new concept that blends the Arabic words "halal" (permissible) and "pathy" (study of nature and its healing properties), signifying a holistic approach to well-being that aligns with life sciences and Islamic principles. Unlike conventional medicine, which primarily focuses on physical health, halalopathy encompasses the interconnectedness of physical, mental, emotional, and spiritual well-being. This holistic perspective, rooted in Islamic principles, encompasses preventive measures and curative interventions (Alzeer, 2018; Alzeer, 2019). It embraces the concept of duality, recognising the harmonious coexistence of opposing yet complementary forces within the body, echoing the ancient principles of yin and yang in traditional Chinese medicine (Huang *et al.*, 2018). At the heart of halalopathy lies a delicate balance between opposing forces, namely potential energy and entropy, akin to the dynamic forces that maintain equilibrium within the body. The harmonious interplay of these opposing forces is crucial in maintaining optimal health and preventing disease. Potential energy, analogous to the "yang" force in traditional Chinese medicine, drives the body's restorative processes, stimulating the immune system and promoting growth. On the other hand, entropy, representing the "yin" force, plays a vital role in health maintenance by driving the breakdown of complex molecules, releasing energy for cellular processes and generating heat to regulate body temperature.

Halalopathy's essence lies in its emphasis on homeostasis, the body's natural state of equilibrium (Alzeer, 2023d). This harmonious balance encompasses a multitude of elements, both physical and non-physical: excitatory and inhibitory neurotransmitters, potential energy and entropy, and anabolic and catabolic metabolic processes. Values within the body may manifest in material and non-material forms, while behaviours can be categorised as permissible or prohibited. Halalopathy aligns with personalised medicine principles by recognising the profound impact of individual lifestyle choices, including

dietary restrictions and religious practices. This personalised approach fosters trust and harmony in the healing process, improving patient engagement and adherence to personalised treatment plans.

In essence, halalopathy represents a paradigm shift from symptom-centric conventional medicine to a holistic approach that nurtures the inherent balance within the body. This paradigm recognises the profound influence of spirituality on overall well-being, fostering tranquillity within the body, thereby adjusting the delicate balance and activating the inherent potential to combat and cure diseases. Despite its promise, halalopathy faces several challenges. These challenges stem from the need for scientific validation, harmonising diverse beliefs, integrating with conventional medicine, navigating religious sensitivities, and establishing standardised practices. Successfully navigating these challenges requires continuous research, constructive dialogue, and collaborative efforts within the healthcare community to ensure the effective and ethical implementation of halalopathic principles. By addressing these challenges, halalopathy can fulfil its potential as a valuable and accessible form of healthcare, not just for Muslims but for individuals of all backgrounds seeking a holistic approach to well-being.

4. Holistic approach to prevention in Islam

In Islam, health is paramount, recognising the profound connection between physical and spiritual well-being. Islam emphasises our responsibility towards our bodies, advocating for their care and preservation. A *hadith* of Prophet Muhammad underscores this importance:

"Your body has a right over you".

To achieve this, Islam provides a comprehensive framework of guidelines, guiding individuals towards a harmonious path of physical and spiritual well-being. These guidelines encompass a preventive approach to health, aiming to preserve and enhance overall well-being. By adhering to these principles, individuals can aspire to achieve a balanced and harmonious health, as Islam envisioned.

Islam advocates for an anabolic mindset, fostering positivity, optimism, and resilience in the face of adversity. While Islam provides valuable guidance for maintaining good health, it also acknowledges the importance of physical well-being. In this regard, Islam emphasises the advantages of certain natural substances scientifically proven to promote health and prevent diseases. These include dates (Al-Mamary *et al.*, 2014), pumpkin (Valdez & Ramírez, 2019), pomegranate (Braidy *et al.*, 2016), grapes (Pezzuto *et al.*, 2022), olives (Angeloni *et al.*, 2017), figs (Byeon & Lee, 2020), ginger (Mashhadi *et al.*, 2013), and bananas (Dita *et al.*, 2018), all of which offer valuable nutrients and medicinal properties (El-Seedi *et al.*, 2019). Furthermore, Islam encourages the consumption of specific drinks known for their health-promoting properties. Milk (Kaplan *et al.*, 2022), honey (Pena *et al.*, 2022), and vinegar (Altizer *et al.*, 2014) are among the recommended beverages that contribute to overall well-being (Etera & Najafi, 2013; Anwar *et al.*, 2015). Including these drinks and natural substances in Islamic teachings highlights the importance of incorporating physical elements into a comprehensive approach to health and wellness. By embracing these principles and integrating them into our daily lives, we can cultivate a balanced and nourishing lifestyle that resonates with our faith and promotes optimal health. Through the harmonious integration of information and natural products, we can

nurture a healthy body and strive towards holistic well-being as guided by Islam (Alzeer & Abou Hadeed, 2020; Alzeer, 2021).

5. Holistic approach to cure in Islam

Islam recognises the importance of a comprehensive approach to healing that encompasses both spiritual and physical aspects. This holistic approach, rooted in Islamic principles, emphasises integrating two crucial elements: information and medicine.

5.1 Information: the foundation of healing

In Islam, information is considered an essential tool for promoting cure. Three sources of information are particularly emphasised: supportive information, positive expressions, and recitations from the *Qur'an*.

5.1.1 Supportive information

Supportive information provides a balanced perspective on a situation, acknowledging its positive and negative aspects. This balanced approach helps maintain a healthy mental state, promoting excitatory and inhibitory neurotransmitter activity. Islam discourages excessive consumption of information that exclusively promotes either excitatory or inhibitory neurotransmitters, as this can lead to anxiety or depression (Alzeer, 2022b). Instead, Islam encourages individuals to adopt a positive mindset and avoid dwelling on negative emotions. The *Qur'anic* verse from *Surah Fussilat* (*Qur'an*, 41:30) highlights the comforting message delivered by angels to those who proclaim:

"Our Lord is Allah, and follow a righteous path. The angels descend upon them, urging them not to fear or grieve but instead rejoice in the glad tidings of the paradise that has been promised to them".

5.1.2 Positive expressions

Positive expressions are significant in the healing process. As stated in the *Qur'an*:

"O humanity! Good advice has come to you from your Lord, and a cure for what is in your hearts, as well as guidance and mercy for the believers (Qur'an, 10:57)."

Positive expressions, referred to as "*kalimah toyyibah*" in Islamic tradition, act as a remedy for the ailments that reside within our hearts. They promote anabolic thinking, which enhances potential and fosters productivity. Negative expressions, on the other hand, accelerate catabolic processes and increase entropy (Alzeer, 2020; Alzeer, 2022e; Alzeer et al., 2021; Alzeer, 2022c; Alzeer, 2022a). Islam compares positive expressions and a productive tree with solid roots and spreading branches, symbolising their ability to enrich potential and foster a harmonious environment. "A goodly word is like a goodly tree, whose root is firmly fixed, and its branches reach to the heavens, from its Lord" (*Qur'an*, 14:24).

5.1.3 Recitations from the *Qur'an*

The *Qur'an*, considered the ultimate source of information in Islam, encompasses supportive and positive elements that can enrich individuals, promote tranquillity, and strengthen

spirituality. Two verses from the *Qur'an* highlight the healing and guiding qualities of the *Qur'an*:

"We have revealed the Qur'an as a cure and a source of mercy for the believers, but for the unjust, it only leads to their destruction" (Qur'an, 17:82)

And also:

"Say, it is a guidance and cure for those who believe, but for those who do not believe, it is deafness in their ears and blindness for them. They are being called from a far-off place (Qur'an, 41:44)."

5.2 Medicine: complementary to information

Information is a powerful tool to enhance the body's inherent healing abilities. Information can effectively prevent and cure diseases by stimulating the immune system's defence mechanisms (Alzeer, 2022f). In simple cases, information alone can lead to complete recovery. However, for complex ailments, additional intervention is required. Islam recognises this need and advocates for integrating medicine into the healing process (Alzeer, 2022d). *Qur'an* draws attention to honey's medicinal qualities, using it as an example of natural medicine prepared through a classical method. *Surah Al-Nahl* (*Qur'an*, 16:69) states:

"You (bees) shall eat from the flowers and fruits, and follow the path your Lord has made easy for you. From the bellies of the bees comes a drink of different colours, which contains a cure for humanity."

This verse highlights the remarkable process by which bees extract important metabolites from flowers and formulate them within their stomachs to create the semi-solid substance we know as honey. The *Qur'an* emphasises that honey's therapeutic properties are activated when consumed as a drink. Therefore, honey should be dissolved in water to benefit fully from its healing potential. The *Qur'anic* verse acknowledges the diverse colours of honey, which can range from light to dark depending on the source of nectar. Each hue reflects the unique combination of floral elements contributing to its medicinal properties. Honey is not merely a sweet treat but a natural remedy bestowed upon humanity by the divine.

Islam's holistic approach to healing emphasises the integration of information and medicine to achieve comprehensive well-being. By incorporating supportive information, positive expressions, *Qur'anic* recitations, and physical medicine, individuals can tap into their innate potential for healing and experience the profound interconnectedness of mind, body, and soul.

6. Personalised medicine

The pharmaceutical market offers a diverse array of drugs. However, often, when new medications are developed and compared to existing ones, there is a lack of significant improvement in therapeutic effect. As a result, it becomes crucial to explore avenues for enhancing the effectiveness of existing medicines (Alzeer & Benmerabet, 2023a). A potential solution to consider involves establishing a solid connection between the field of medicine and an individual's lifestyle. This connection can pave the way for a more personalised approach

to healthcare and treatment, tailoring medical interventions to suit each person's unique needs and circumstances. Within any society, many individuals with varied lifestyles and dietary preferences exist. Some may adhere to gluten-free, lactose-free, or glucose-free diets, while others follow vegetarian or vegan principles. Religious backgrounds can also influence lifestyle choices, such as observing halal practices (Alzeer & Abou Hadeed, 2016; Alzeer *et al.*, 2020). For Muslim patients, providing medicines that align with a halal-toyyib lifestyle (Alzeer *et al.*, 2018), containing permitted (halal) ingredients, and adhering to pure and clean (toyyib) manufacturing processes can foster a sense of trust. By labelling these medicines as halal-toyyib, patients can have confidence that their nutritional requirements are met and that the medication has been produced consistently with their values. This compatibility creates a harmonious system in which patients can be confident that their medications are consistent with their lifestyle preferences (Edwards, 2012).

Integrating medicine and lifestyle this way creates a more profound and meaningful connection between patients and their treatment (Figure 1). This personalised approach not only addresses the physical aspects of healthcare but also acknowledges and respects individuals' cultural and religious beliefs. It recognises that patients' well-being is not solely dependent on the therapeutic properties of the medication but also its alignment with their broader lifestyle choices. Halal-toyyib-labelled medicine illustrates this integration, instilling a profound sense of reassurance and confidence among Muslim patients concerning their treatment. By integrating medicine and lifestyle as described, in addition to experiencing a therapeutic effect, we can unlock the healing potential. The trust placed in patients through the use of halal-toyyib medicines can even create a placebo effect, where the patient's belief in the treatment contributes to their recovery. When combined with the drug's compatibility with lifestyle and its inherent therapeutic properties, the placebo effect can synergise to produce an enhanced effect, surpassing the independent effects of any single factor. Similar to a miraculous phenomenon, this synergistic effect can lead to remarkable and complete recovery (Saniotis, 2012; Alzeer, 2023a).

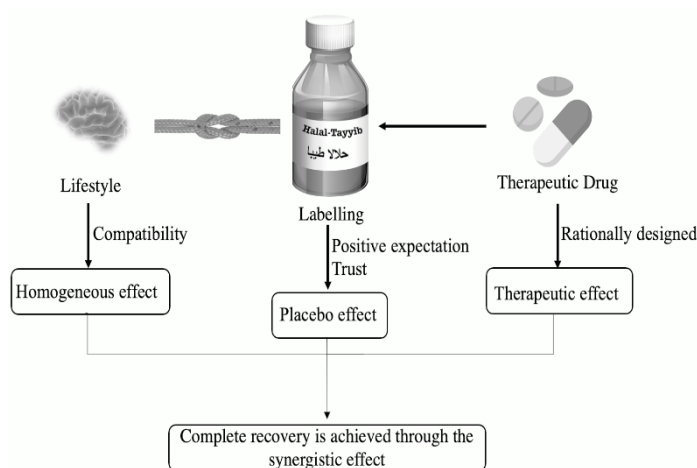


Figure 1: The pathway to complete recovery through personalised medicine.

The principle of synergy, deeply embedded in biology, highlights the remarkable outcomes that can arise from various factors' combined and cooperative action. When medicine and lifestyle converge, this synergistic effect unleashes a transformative power, propelling individuals towards a state of well-being far exceeding the capabilities of either component alone. It is as if we unlock a hidden potential reservoir and witness this integrated approach's extraordinary potency (Alzeer, 2023c; Alzeer, 2023b).

7. Discussion

Islam encourages Muslims to embrace a holistic approach to well-being, encompassing both spiritual and physical aspects. This approach emphasises the importance of preventive measures, such as eating nutritious foods and engaging in regular exercise, as well as curative interventions, such as using natural remedies and pharmaceutical medicines and seeking medical attention when necessary.

Central to the concept of halalopathy is the profound belief that the human body inherently possesses the remarkable ability to heal itself. This natural healing power can be amplified by cultivating a positive mindset and embracing a lifestyle that embodies Islamic principles. Spirituality, which fosters a profound connection between the individual and the divine, cultivates tranquillity within the heart, thereby enriching the potential required to activate the body's defence mechanisms. Without serenity and composure in the heart, individuals risk either dissipating or suppressing their innate healing potentials, activating the body's 'fight or flight' responses. This hinders the immune system's effectiveness and diminishes its ability to combat disease (Alzeer, 2022f).

Muslims are encouraged to use halal-toyyib medicine, which is produced in a way that is consistent with Islamic principles. This means that the ingredients used in the medicine are halal or permissible, and the manufacturing process is toyyib, or pure and clean. Halal-toyyib medicine is not merely a therapeutic tool but a gateway to a harmonious balance between Islamic teachings and medicine. By using halal-toyyib medicine, we can enrich our spiritual connection and empower ourselves to unlock the full potential of our bodies' healing mechanisms.

Halalopathy encourages Muslims to explore a comprehensive range of healing options, encompassing not just natural remedies but also rationally designed medicines developed by pharmaceutical companies. While acknowledging the benefits of natural remedies, halalopathy emphasises the importance of these medicines adhering to halal-toyyib principles, ensuring a harmonious synergy that activates the body's innate healing potential. By integrating halal-toyyib medicine into an overall holistic approach to well-being, Muslims can cultivate holistic health that encompasses physical and spiritual well-being. This synergistic approach aligns with Islamic principles, emphasising the interconnectedness of the body, mind, and soul.

8. Conclusion

Halalopathy emerges as a transformative paradigm in healthcare, offering a personalised, holistic approach that respects and aligns with individual values and beliefs. This integrative approach harmonises medical interventions with lifestyle choices, values, and energy, recognising the intricate interplay of factors influencing health. By integrating halal-toyyib principles into medicine, halalopathy fosters a deep

connection between patients and their treatment, promoting patient adherence and enhancing therapeutic outcomes. Additionally, halalopathy activates the compatibility effect, stimulating the patient's potential energy and bolstering their immune system. This personalised approach extends beyond mere treatment efficacy, encompassing holistic well-being. By promoting confidence, activating potential, and harnessing the placebo effect, halalopathy empowers individuals to take charge of their health and well-being. The adoption of halalopathy marks a new era in healthcare, signifying a departure from conventional medicine's limited focus on symptoms and towards a holistic approach that addresses the root causes of diseases and promotes optimal health and well-being. By harnessing the synergistic effects of various values, we can optimise the efficacy of medicines and pave the way for a truly transformative and seemingly miraculous path to recovery. This integrated approach respects the duality of physical and non-physical elements in healthcare and acknowledges the impact of diverse lifestyles and dietary preferences on personalised treatments. Through halal-toyyib labelling, we can connect medicine and lifestyle, integrating the physical aspect of medicine with the non-physical aspect of information. This connection embraces the therapeutic effect of aligning treatments with our deeply held beliefs and values, further promoting the healing process through the placebo effect and the homogeneous effect. By embracing this synergistic approach, we can witness the remarkable potential of our bodies and the miraculous outcomes that can be achieved, leading to a more inclusive and patient-centred healthcare system that prioritises the holistic well-being of individuals.

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