

‘Islamic Cardiology’ – truly deceitful!

The level of **‘Islamic Infiltration’** into numerous aspects of everyday British life is truly astonishing. If you saw a glossy magazine called **‘The British Journal of Cardiology’** would you ever suspect that it would be a vehicle for allowing **Islamic ideology** to be promoted under the guise of a medical publication claiming to represent the **‘British Association for Cardiovascular Prevention and Rehabilitation’**?

In Volume 20 Issue 3: July – September 2013 on pages 90-91 there is an article entitled **‘Islam and the cardiovascular patient – pragmatism in practice’**. It was written by Hassam Chamsi-Pasha described as Director of Non-Invasive Cardiology and based at the King Fahd Armed Forces Hospital, Jeddah, Saudi Arabia.

In this article I want to cite some portions of what Mr Chamsi-Pasha wrote and then comment upon them.

After a brief introductory paragraph talking about the worldwide diversity of those who are Muslims Mr Chamsi-Pasha then wrote –

‘The heart is extensively described in multiple Qur’anic verses and prophetic traditions both as an organ of psyche, intelligence and emotion, as well as an important organ that can be harmed by several factors. The prophet Muhammad, Peace Be Upon Him (PBUH) stated “Beware! There is a piece of flesh in the body if it remains healthy the whole body becomes healthy, and if it is diseased the whole body becomes diseased. Beware, it is the heart” (Bukhari: Book 2; Hadith 49). This tradition holds true if taken either literally or spiritually’.

In some respects what has been written here mirrors what the Bible teaches about the human heart – that it is a ‘material’ organ of the body but that it is also referred to as the seat and source of ‘spiritual’ realities. This quote suggests that it is a matter of caring for the heart that we are born with in order to produce good results, both physical and spiritual. Physically this is true but not so when it comes to ‘things spiritual’. Trying to control and nurture our old ‘spiritual heart’ in order to produce good ‘spiritual results’ will never work.

God's only inspired written Word, the Bible, tells us in **Jeremiah 17:9** **'The heart is deceitful above all things and desperately wicked; who can know it'?**

Matthew Henry in his excellent commentary on this verse wrote the following –

'The heart, the conscience of man, in his corrupt and fallen state, is deceitful above all things. It calls evil good, and good evil; and cries peace to those to whom it does not belong. Herein the heart is desperately wicked; it is deadly, it is desperate. The case is bad indeed, if the conscience, which should set right the errors of other faculties, is a leader in the delusion.

We cannot know our own hearts, nor what they will do in an hour of temptation. Who can understand his errors? Much less can we know the hearts of others, or depend upon them. He that believes God's testimony in this matter, and learns to watch his own heart, will find this is a correct, though a sad picture, and learns many lessons to direct his conduct. But much in our own hearts and in the hearts of others, will remain unknown. Yet whatever wickedness there is in the heart, God sees it. Men may be imposed upon, but God cannot be deceived.'

The Lord Jesus Christ in **Matthew 15:19-20** identified what flows quite naturally from the 'spiritual' heart that we are born with when he said –

"Out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies: These are the things which defile a man".

The 'spiritual' heart of man is the seat and source of actions that lead to 'spiritual' ruin. Trying to care for it and nurture it will never produce actions that result in 'spiritual' fruit and blessing. The truth is that the 'spiritual' heart that we are born with is 'stone-dead' as is confirmed by the Apostle Paul in **Ephesians 2:1** **"And you hath he quickened who WERE DEAD in trespasses and sins"**.

Sinful, fallen man, as-born, desperately needs a 'spiritual' heart-transplant and that's exactly what God does when He sovereignly saves someone. Listen to God's promise to this effect in **Ezekiel 36:25-27**

“Then will I sprinkle clean water upon you and ye shall be clean from all your filthiness; and from all your idols will I cleanse you. A NEW HEART also will I give you and a new spirit will I put within you: and I will take away the STONY HEART out of your flesh and I will give you a heart of flesh. And I will put my spirit within you and cause you to walk in my statutes, and ye shall keep my judgments and do them”.

The writer to the Hebrews confirms what God does to those whom He saves and brings to ‘spiritual’ life – **Hebrews 8:10 “I will put my laws into their mind and write them in their hearts” (see also Hebrews 10:16).**

What Mr Chamsi-Pasha wrote holds true concerning the ‘physical’ heart that we are all born with but appears to fall well short of what the Bible teaches concerning the ‘spiritual’ heart that we are all born with.

Mr Chamsi-Pasha then moved on to address possible cardiovascular problems that might arise or happen to Muslims observing fasting during **Ramadan** or to those taking part in the pilgrimage known as **The Hajj** - he wrote –

‘Fasting Ramadan and performing Hajj (Pilgrimage) may pose problems to patients with cardiovascular disease, hence, it is important for the physician to have some sort of guidelines to help him in decision making when consulted about these matters’.

Most of the rest of the section on **Ramadan** does deal with ‘matters medical’ but Mr Chamsi-Pasha does also include this Qur’anic comment

‘Fasting does not apply to all Muslims. If it is considered to be detrimental to an individual’s health then the Qur’an states fasting should be avoided – “Allah intends every facility for you; He does not want to put you to difficulties” (Surah 2:185). It is entirely left to the discretion of the treating physician to decide whether his patient is allowed to fast or not.

In the section on **The Hajj** Mr Chamsi-Pasha does highlight numerous medical risks associated with participating in it both for those with or without cardiovascular problems alike and advises them to **‘perform some rituals by proxy’.**

Mr Chamsi-Pasha, as a faithful Muslim, clearly believes that participation in these religious rituals will result in some ‘spiritual’ blessing and reward. God’s only inspired written Word, the Bible, tells us that such effort to ‘court spiritual favour’ with God by engaging in what could be termed as ‘works of righteousness’ is absolutely futile – we read in **Titus 3:5**

“Not by works of righteousness which we have done (fasting, pilgrimage etc) but according to his mercy HE SAVED US by the washing of regeneration and renewing of the Holy Ghost”.

‘Spiritual regeneration/salvation’ is ALL of God with NO INPUT by us.

We then come to Mr Chamsi-Pasha’s final section headed **‘Cardiovascular risk factors’** and I plan to quote it in full –

‘Although not outwardly mentioned in the Qur’an and prophetic traditions, the lifestyle that the Qur’an encourages drastically decreases the chances of individuals developing cardiovascular diseases via the following ways: engaging in spiritual activities, moderate eating, physical labour and abstention from forbidden foods and drinks. Overeating has been strongly condemned and prohibited in the Qur’an “Eat and drink, but be not excessive. Indeed, He does not like those who commit excess” (Surah 7:31).

Furthermore, the prophet Muhammad (PBUH) encouraged the consumption of foods such as olive oil and whole-grain bread; “Eat olive oil and anoint it upon your bodies since it is of the blessed tree” (Muhammad bin Elsa: Hadith no. 1852) and we currently know that olive oil consumption and Mediterranean diet is associated with a decreased risk of cardiovascular mortality and overall mortality.

Though we do not find much in the Qur’an about specific exercise recommendation, Islamic teachings encourage Muslims to teach their children swimming, archery and horse-riding.

The Islamic prayer is performed at least five times a day and consists of a series of movements entailing standing, prostrating and sitting. When performing prayer, the Qur’an discourages lazily performing prayer as performed by the Hypocrites, thus, a lethargic and careless approach to prayer neither obtains any spiritual nor physical benefit to the state of health.

The physical movements during prayer with repetitive standing-sitting actions throughout the day also help prevent deep vein thrombi.

The lifestyle prescribed by these Islamic traditions promotes longevity of life, prevention of cardiovascular diseases, and discourages risk factors associated with such diseases.

In addition the Qur'an states 'Truly it is in the remembrance of God that the hearts find peace' (Surah 13:28).

Clearly Mr Chamsi-Pasha believes that the 'repetitive' physical movements associated in particular with 'Islamic prayer' can have physical (cardiovascular) benefits for those who 'perform' Islamic prayers provided they are not 'performed' either 'lazily' or with 'a lethargic and careless approach'.

Apparently such wrong ways of 'performing repetitive prayer' will also result in no 'spiritual... benefit'.

Such 'repetitive performances' of prayers will never bring any 'spiritual' benefits to anyone whether 'performed' 'lazily, lethargically or carelessly' or whether performed presumably 'energetically, enthusiastically and carefully'.

When someone wishes to engage in prayer (not 'perform' prayer) the Lord Jesus Christ made His views known on the absolute 'spiritual' worthlessness of 'repetitive' prayers. In **Matthew 5:6** – He said

"When you pray, use not VAIN REPITITIONS, as the heathen do; for they think that they shall be heard for their much speaking".

Just as an aside, and, perhaps I'm being a little bit cynical, but I was amused to a degree when I read where Mr Chamsi-Pasha wrote – '**Islamic teachings encourage Muslims to teach their children swimming, archery and horse-riding**' – When Islamic armies were sweeping across North Africa in conquest and then invading Spain I somehow think that being proficient in those disciplines would have been rather useful (I now have images of Charlton Heston and battle scenes from the movie 'El Cid' in my mind's eye!).

Mr Chamsi-Pasha quoted from some of the Islamic ‘Hadith’ (These are writings by Muslim scholars, separate from The Qur’an, but nevertheless recognised to be of value and authority) when advocating items beneficial to a healthy diet – such as ‘olive oil’ and ‘whole grain bread’.

I notice however that he didn’t include the following from **Bukhari: Vol 7:590**

‘The prophet ordered them to follow his camels, and drink their milk and urine, so they followed the camels and drank their milk and urine till their bodies became healthy’

Finally I want to comment upon this statement by Mr Chamsi-Pasha when he wrote – **‘The lifestyle prescribed by these Islamic traditions promotes longevity of life’**.

Reading that, all I could think of is the never-ending conveyor belt of worldwide death and destruction rolled out remorselessly by those who devoutly adhere to other **‘Islamic traditions’** sanctioned by both the Qur’an and the Hadith –

‘O ye who believe! Fight the unbelievers... let them find firmness (harshness) in you and know that Allah is with those who fear Him’ (Surah 9:123)

‘Fight those who believe not in Allah nor the last day... Nor acknowledge the religion of truth (Islam). (even if they are) of the people of the Book (Christians and Jews) until they pay Jizya (tribute tax) with willing submission and feel themselves subdued’ (Surah 9:29)

‘O ye who believe! Take not the Jews and the Christians for your friends and protectors. They are but friends and protectors to each other. And he amongst you that turns to them (for friendship) is of them. Verily, Allah guideth not a people unjust’ (Surah 5:51).

‘The person who participates in Holy Battles in Allah’s cause and nothing compels him to do so except belief in Allah and His Apostle, will be recompensed by Allah either with a reward or booty (if he survives) or will be admitted to Paradise (if he is killed) (Bukhari: Vol 1: 35)

I wrote of 'the never-ending conveyor belt of worldwide death and destruction' and it truly is shocking. A web site dedicated to documenting these atrocities makes sobering reading and it is located on <http://thereligionofpeace.com/>

Mr Chamsi-Pasha concluded his article with these words – **'In addition the Qur'an states 'Truly it is in the remembrance of God that the hearts find peace' (Surah 13:28).**

The 'God' of the Qur'an and the Hadith brings no true and lasting peace and those who, like Mr Chamsi-Pasha, believe that he does are victims, just like those led astray by false religious leaders and spoken of in **Jeremiah 6:13-14 "From the prophet even unto the priest every one dealeth falsely... saying Peace, peace when there is no peace"**.

True, genuine and lasting peace is found alone and uniquely in **"the Prince of peace" (Isaiah 9:6)** the Saviour, the Lord Jesus Christ, described by the Apostle Paul in these terms in **Ephesians 2:14 "He is our peace"**.

Only true Christians can engage in meaningful prayer with the only true and living God of the Bible and when they do, it truly does their **"heart"** good and with this I close –

"Be careful (anxious) for nothing but in everything by prayer and supplication with thanksgiving let your request be made known unto God. And the PEACE of God which passes all understanding shall keep your HEARTS and minds through Christ Jesus".