

# **Implementation of Ruqyah Syar'iyah Alternative Medicine in Gowa Regency**

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**Abstract:** The Qur'an is the perfect medicine and antidote for all diseases of the heart and body, as well as the diseases of this world and the hereafter. But not everyone is able and has the ability to do healing with the Koran. If the healing treatment is carried out properly for the disease based on trust and faith, full acceptance, definite belief, and fulfilled the conditions, then no single disease can fight it. The purpose of this study was to determine the implementation of Ruqyah Syar'iyah Alternative Medicine in Gowa Regency.

The type of research used by the researcher is qualitative research. This research was conducted by the Heart Rehab Foundation of Gowa Regency. The approach used is a psychological approach, guidance and da'wah. The instrument used was an interview guide that was conducted by the researcher directly. Deductive to inductive data analysis. The result of the research is that the community can carry out the implementation of Ruqyah Syar'iyah Alternative Medicine independently at home. The stages of implementing ruyah are in addition to ruyah the patient is given an understanding of getting closer to the Koran and delivering material about tazkiyyah an-nafs. The technique of implementing syar'iyah ruqyah treatment carried out by the Heart Rehab Foundation in Gowa Regency, namely through the preparation stage, the implementation stage of ruqyah, the practices of care after ruqyah and consumption of sunnah herbal medicines.

## **1 INTRODUCTION**

Humans basically want a peaceful and happy life and life, although this desire and desire will not always be achieved. Because in this life humans are constantly experiencing a problem that comes and goes. In fact, these problems overlap, as if they had been hit by a ladder. According to Salihun, these problems that come over and over again can disrupt a person's psychology and body (Salihun and Nasir, 2003).

Humans are often faced with complicated problems in this life which does not rule out the possibility of disturbing the stability of the human soul itself, so that great strength is needed so that humans are able to face these obstacles and obstacles. This power is only obtained in aqidah and faith in Allah SWT (Yusuf Qhardawi, 2000). The form of our faith in Allah is to always carry out His commands and stay away from His prohibitions. This can be achieved by making the Koran as a way of life and guidance

for humans which can be a solution for humans in living this life.

If a servant performs treatment with the Qur'an properly, surely he will see its amazing effect in providing fast healing. Likewise with ruqyah syar'iyah which is taken from the legitimate hadiths of the Prophet Sallahu'alaihi Wasallam, it is one of the useful medicines (Ana Noviana, 2010)

One example of ruqyah syar'iyah is as experienced by Ibnul Qayyim quoted by Said Bin Ali Al-Qhatani.

Ibnul Qayyim said I once fell ill when I was in Mecca, and I did not find a healer or medicine. Then, I treated myself with surah Al-Fatihah. I saw an astonishing effect. I took a glass of zam-zam water, then I recited Al-Fatihah to him repeatedly, then I drank it. Apparently, with that I found perfect healing. After that, I often did the same thing when facing various illnesses (Al-Qathani, 2017).

In fact, treatment with ruqyah syar'iyah can be carried out with 2 (two) conditions. The first

requirement is from the patient's point of view whether he is serious in presenting himself to Allah Subhanahu wa Ta'ala. Fully convinced that the Koran is a healer and a mercy for those who believe. The second requirement is from the side of the practitioner. Ibnu Tiin Rohimahullah said, ruqyah with ta'awudz recitation and the names of Allah is spiritual medicine. If it is read by the tongues of good people, surely healing will be obtained with Allah's permission. Therefore, there is no doubt that treatment using ruqyah syar'iyah taken from the Qur'an Al-Karim and the legitimate history of the Prophet Sallahu'alaihi Wasallam is a perfect treatment (Al-qohtoni, 1997).

Then, the Rehab Hati Foundation, which is engaged in the social field of da'wah, is present as a training synergy that combines tazkiyyah an-nafs and Koranic therapy, combines the Koran and Sunnah in achieving healing, even changing a human's life. The Hati Rehab Foundation also provides a place dedicated to the development and coaching of alumni of the Hati Rehab training, the place is called Rumah Rehab. The Rehab House is a place for training alumni who want to train themselves to become ruqyah syar'iyah practitioners by applying all the healing methods in thibbun nabawi with the guidance of expert practitioners mandated from the Central Rehab House. In this rehab house, a person will be coached on how to escape from hereditary jinn, magic and various psychic or even psychosomatic disorders and other difficulties by using the tazkiyyah an-nafs and ruqyah syar'iyah methods (Rehab Hati Foundation, 2015).

The purpose of this study is to describe the ruqyah syar'iyah treatment technique by the Rehab Hati foundation in Gowa Regency and the supporting and inhibiting factors of practitioners in implementing the Ruqyah Syar'iyah treatment method by the Rehab Hati Foundation in Gowa Regency.

## **2 METHODS**

The type of research used by researchers is qualitative research. According to Lexy J. Moleong, qualitative research methods are research methods that aim to understand empirical phenomena holistically by describing them in the form of words and language, in a specific context by utilizing various scientific methods (Lexy J. Moleong, 2005).

Another view states that, qualitative research is research that is descriptive in nature and uses analysis with an inductive approach. The qualitative research method is also a research method based on the philosophy of postpositivism which views social reality as a whole, complex, full of meaning, dynamic and interactive symptom relationships (Sitti Mania, 2013).

Based on the views above, the qualitative research in this paper is intended to explore a fact, then provide an explanation related to the various realities found. Therefore, the researcher directly observed events in the field that were directly related to the ruqyah syar'iyah treatment method provided by the Rehab Hati social missionary foundation.

This research was conducted by the Gowa Regency Liver Rehab Foundation. The research approach used is a psychological and therapeutic approach as well as da'wah. The instruments used in this field research included researchers, observation guides, lists of questions as interview guides, cell phones for taking pictures and recording sound, pens and notebooks. Data Collection Methods with observation, interviews and documentation. Data analysis went through 3 stages, namely data reduction, data presentation and drawing conclusions.

## **3 RESULTS**

Rehab Hati is a global network with the Da'wah Social Foundation platform that operates with one vision, namely towards the young generation of Indonesians who believe in monotheism in 2020. One of the missions of this foundation is to introduce sunnah that is almost extinct in society in a specific field, namely ruqyah syar'iyah which is packaged in Rehab Training Heart. Heart Rehab is also a synergy between Tazkiyyah An-nafs and Quran Therapy. The Heart Rehab Foundation was formed in 2010 and its founder is Ust. Nuruddin Al-Indunisy.

Heart Rehab is a synergy between Tazkiyyah An Nafs and Al Qur'an Therapy. This concept is realized in a short two-day training with a portion of the material (theory and applicability) of 70% on purification of the soul from its impurities (tazkiyyah an nafs), then the remaining 5% is therapy of the Qur'an (ruqyah syar'iyah), 15% independent therapy and 10% is migration.

Tazkiyyah An Nafs (70%) includes; purification of faith and monotheism, re-understanding the essence of healing, purification of the soul from its impurities (syubhat & lust, major sins, shirk and bid'ah in worship, hasad and its manifestations in the form of love of the world) to return the soul to its healthy nature and has strength to walk towards their Lord. The therapy of the Qur'an (5%) or better known as Ruqyah Syar'iyah, includes; comprehensive understanding of the meaning-history-theorem and law of ruqyah syariyyah (definitively, logically, scientifically, sunnah and divinely based on the Qur'an and Sunnah and the doubts that contaminate them), introduces the differences between ruqyah syariyyah-syirikiyyah and magic, causes and characteristics of jinn disorders, theory of sound therapy and arguments for therapy of the Qur'an, secrets of healing with the Qur'an, simulation and demonstration of therapy of the Qur'an, practice and followed by mass therapy for all participants.

Ruqyah Mandiri (15%); After the participants experienced the direct benefits of Al-Qur'an therapy, practice and then complemented by discussion, then the participants were trained so that they were willing and able to do independent therapy (50 independent therapy techniques) as provisions at home. Participants were introduced to the Nature and Techniques of Ruqyah Mandiri, Mixing and Meruqyah Herbal, Rituals of the Sunnah Fortress of the Ghaib, and motivated all to become ruqyah practitioners at their homes (one home one doctor). When the vibrations of the sound of the Qur'an have not yet penetrated the soul, these sunnah herbs full of blessings cannot be rejected by the body.

The concept of Heart Rehab is realized in a short training for two days with a portion of material (theory and applicative) of 70% on purification of the soul from its impurities (tazkiyyah an-nafs), then the remaining 5% is Quranic therapy (ruqyah syariyyah), 15% independent therapy and 10% is migration which is the main goal of this movement. Invite the soul to return, to its nature which is calm, happy, radiant and has the strength to walk towards its Lord.

## **4 DISCUSSIONS**

Currently the Rehab Hati Foundation has 120 branches throughout Indonesia, this is marked by the existence of a Rehab House branch. The Rehab

House is a representative and halfway house for the extended families of Indonesian heart rehabilitation training alumni (ruqyah training participants who have participated in tazkiyyah and Koran therapy). This coaching, cadre and medical treatment program is free, as a form of realizing the vision and mission and this commitment and offering is for the ummah.

Field facts as found by researchers, that the implementation of ruqyah syar'iyah carried out by the Rehab Hati Foundation in Gowa Regency is emphasized in the form of da'wah so that the focus of its implementation is carried out in the form of training, with the hope that people or communities are able to apply Islamic medicine in their lives, namely with ruqyah syar'iyah.

In simple terms, the main point that the Heart Rehab Foundation in Gowa Regency wants to achieve through this ruqyah syar'iyah is, in addition to introducing medicine according to the Sunnah, it is also to bring people closer to the Koran and give them confidence that the Koran is the only miracle that can heal humans both physically and mentally. psychologically and physically.

So through the concept of the training, Iqbal Abu Falah put forward some of the materials that would be delivered which included ruqyah syar'iyah therapy in it namely First, inviting patients to recognize disease in the concept of the essence of healing, essentially understanding that this disease actually comes from human activity itself such as love of the world, a soul full of lust, shirk or because of other sins. Second, introducing ruqyah syar'iyah starting from the definition, the arguments, the history of the Prophet's time. Then, introduce about Jin, Magic and Ain. Third, carry out simulations or therapy of the Koran by teaching ruqyah methods that can be done, both for oneself and for others. And finally, the material for Tazkiyyah An-Nafs by providing analogies, knowledge, charity, the point of which is to bring patients closer to Allah. And closed with a ruqyah demonstration, namely patients will be ruqyah en masse.

Heart Rehab Qur'ani is a healing technique by synergizing Heart Rehab training and Al-Qur'an Therapy. In which there are 5 basic concepts, namely Tazkiyyah, Theory of Healing (Theoretical, Scientific Logic and Proposition), Healing Demonstration, Simulation & Practice, Al-Qur'an Therapy, Interactive Discussion and Self Healing Training (Iqbal Abu Falah, n.d.).

Tazkiyyah includes; Purification of Faith and Monotheism, Restoring the Fitrah of the Heart, Changing the Orientation of Life, Repentance, Hijrah from Jahiliyah to Sunnah. Al-Qur'an therapy or better known as Ruqyah Syar'iyah, includes; The Nature of Al-Qur'an Healing, Recognizing the Causes and Characteristics of Jin Disorders, Theories and Propositions of Al-Qur'an Therapy, Demonstrations of Al-Qur'an Therapy, Simulation and Practice, Mass Therapy, Applicative Discussion and Training "50 Independent Ruqyah Techniques" or Self Healing for recovery and healing at home after training.

The techniques used to achieve healing both mentally and physically, are as follows: First, the Preparation Stage; the two stages of Ruqyah Implementation Stage.

The preparation stage consists of preparing the location with the conditions that it is clean, cool and calm and that there are no statues, paintings or photographs in it. And the place has been protected by reading the verse chair. Convincing patients/participants that the Koran is a healer. Allah did not send down a healing drug that covers more of all diseases, is more useful and more effective in eliminating diseases than the Qur'an (Al-Jauziyah, 2016). The next stage is to provide tazkiyyah annafs as a healing factor that is quite large in the concept of healing the Heart Rehab Foundation, namely as much as 70%. Make ablution and then pray two cycles of prayer.

The Ruqyah Implementation Stage consists of the Ruqyah Preamble, which is carried out by reading ta'awudz, basmalah, creed, sholawat, and beristighfar. Then pray for strength to Allah, then read "Yaa Hayyu Yaa Qayyum" or "Hasbunallah Wani'mal Vice Ni'mal Maula Wani'mannasir"; Reading Prayers for healing; Read ruqyah intention; Touch the right palm on the part of the body that

hurts then recite the verses; Consumption of herbal medicine.

## 5 CONCLUSIONS

Based on the descriptions and explanations in the previous chapters, in this chapter the researcher will put forward several conclusions from the research. The technique of implementing ruqyah syar'iyah treatment carried out by the Hati Rehab Foundation in Gowa Regency, namely through the Preparation stage, the Ruqyah Implementation stage, the practice -practice of guarding after ruqyah and consumption of sunnah herbal medicines.

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