

## The Essence And The Place Of Hifzosseha From The Islamic Point Of View, Specifications And Aims

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**Introduction:** Hifzosseha (Health protection) of the body and the spirit is the prime article for the man's felicity. The primary step to understand the pleasure of living in this world is to have Hifzosseha. A man with Hifzosseha may enjoy out of his worldly contribution.

**Aim:** The health is a price. To keep the health of body and the spirit and to protect the man's honor is mandatory for every Muslim. The faithful and the believers of Allah are indeed meritorious, comparing the others as far as better existence, health and the life style concerns. The prerequisite of worshipping Almighty Allah is to be healthy. Hifzosseha is considered as a religious value for a faithful person.

**Findings:** Hifzosseha is antecedent to treatment in Islam. As it has come from the religious doctrine, to spend for the treatment is not what prodigality is called. The importance of Hifzosseha is such a way that it bears the satisfaction of Almighty Allah, exhilaration of the angles and solidity in religion is based upon the health of body and the spirit.

**Conclusion:** Hifzosseha is religiously mandatory and no one is allowed to contravene it. Islam as the most comprehensive and heavenly religion, has proposed very deep and precise doctrine for Hifzosseha. This is therefore that the traits of Islamic Hifzosseha are illustrious than other health methods.

**Keywords:** Hifzosseha, Islam, Quran, Health.