

## A survey on utilization of Nahjul-Balagha in scientific output of medical sciences

Aram Tirgar<sup>\*1</sup>, Zahra Aghalari<sup>2</sup>

1- Social Determinants of Health Research Center, Health Research Institute, Babol University of Medical Sciences, Babol, Iran.

2- Student Research Committee, School of Allied Medical Sciences, Babol University of Medical Sciences, Babol, Iran.

\*Correspondence should be addressed to Mr. Aram Tirgar; Email: [a.tirgar@mubabol.ac.ir](mailto:a.tirgar@mubabol.ac.ir)

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### Abstract

**Background and Objectives:** Nahjul-Balagha, after Quran, is an important reference for humanity and a book of guidance that carries useful messages about health. The present study aimed at measuring the utilization rate of this book in the scientific output of medical sciences.

**Materials & Methods:** The current cross-sectional study has been conducted on a portion of medical science's scientific outputs (medical and dental dissertations as well as journals and articles in the field of medical sciences) and a 16-year interval of conferences on environmental health. Data was collected with citation analysis technique and using a researcher-made checklist. Descriptive and inferential statistical indicators were used for data analysis. In this study, all relevant ethical issues were considered.

**Results:** A survey on 20,776 references from 511 dissertations has shown that Nahjul-Balagha was not used in any of them. In addition, findings of 19,069 references used in 876 published scientific articles in Persian journal of Babol University of Medical Sciences have showed that, the utilization rate of Nahjul-Balagha was 2 times over a 22-year interval. The abstract of only 1 article had been attached to Nahjul-Balagha issue in a 16-year interval of survey on 2928 articles presented in environmental health conferences.

**Conclusion:** Though the important role of religious recommendations and especially useful written advice in Nahjul-Balagha on health, the utilization rate of this valuable book among articles of medical sciences, is rare.

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### Summary

**Background and Objectives:** Nahjul-Balagha is the most valuable book of spiritual guidance after the Holy Quran (1). The one reading Nahjul-Balagha gets familiar with theology in addition to other topics such as social and political issues, and principles related to health (2). The health components mentioned in Nahjul-Balagha include good deeds and good economic activities (3-4), a sense of self-worth (5), position, role and status (6), consistent social relations (7) and the piety of the heart (8).

Nowadays, many universities, including the Universities of Medical Sciences, are considered as one of the main centers of scientific productions in the field of health, and their output is considered as a reference

of knowledge expansion and as the main platform of the development of societies (9). However, journals, articles and scientific conferences are responsible for expanding knowledge at the national, regional and international levels as one of the main ways of presenting the results of scientific studies, (10). Writing a scientific work, arguments are supported by other references (11), or this way, the reader gets familiar with other related references. As a result, at least, we as Muslims and Shiites should take advantage of relevant cases, and at the same time referrals to other references, and the content of valuable books such as Nahjul-Balagha to explain the importance of the issue or support the conclusions and refer the reader to such valuable references.

Due to the importance of using Nahjul-Balagha as a valuable references, especially to expand human knowledge in terms of health and health promotion and

on the other hand the absence or lack of published information, this study presents the results of some studies and investigates the amount of using Nahjul-Balagha in the scientific output of Medical Sciences.

**Materials and Methods:** The current study is comprised of several cross-sectional and independent studies conducted since 2011 to 2015.

In the first study, all the theses written by the students of Medicine and Dentistry at Babol University of Medical Sciences for over five years of using Nahjul-Balagha as one of the most cited references were studied (12). A citation analysis technique and the instrument used in similar studies were used to collect data (13-14).

In the second study, during twenty-two years (since 1991 to 2013), all the articles of the scientific Journal of Babol University of Medical Sciences were examined (15). In this study also a citation analysis technique was used to collect data.

In the third study, during two years, all the Persian articles of the journals of the Universities of Medical Sciences were studied in terms of using the words such as Allah, the Qur'an, Nahjul-Balagha, verses and hadiths, dua (prayer), prayers, fasting, faith and religion in the titles, abstracts and keywords (16).

In a cross sectional but unpublished study, the abstracts of the articles of Environmental Health Conferences for a 16-years period from the first year of holding up to 2013 in terms of paying attention to Nahjul-Balagha were studied. A researcher-made form was used to collect data and different parts of the abstracts of the articles including the title, abstract and key words in terms of using the word Nahjul-Balagha were investigated.

In another cross-sectional study during 2015, the approved research projects of a University of Medical Sciences (with an emphasis on keyword Nahjul-Balagha) were studied through the research website of the University.

**Results:** The data from studying 511 theses (356 Medical theses and 155 Dentistry theses) showed that on the whole, 20,776 references were used, but none of them was devoted to the valuable book of Nahjul-Balagha.

The results of data processing of the Journal of Babol University of Medical Sciences also showed that during twenty-two years, among 876 published articles, a total of 19069 references were cited. There were only two cases using of Nahjul-Balagha as the cited reference.

Studying the use of religious keywords in the titles, abstracts, and keywords of over 13000 published articles by 126 titles of Persian Journal affiliated with 47 Universities of Medical Sciences during 1391 and 1392 indicated that in 82 works (0.6 percent of all the articles) the selected religious key words were used and the highest frequency belonged to the Quran with a frequency of 19 times (0.1 percent) but the amount of enjoying Nahjul-Balagha was only in 3 cases.

Using in 2928 abstracts of the articles during 16 consecutive quarters of annual conferences of

Environmental Health showed that only one abstract of the articles was associated with the subject of Nahjul-Balagha.

Investigating the approved projects of a University of Medical Sciences in terms of the number of the approved projects by the keyword of Nahjul-Balagha showed that among the 1830 approved projects during 10 years (since 2005 to the end of 2014), only one project related to Nahjul-Balagha has been approved.

**Conclusion:** Nahjul-Balagha is one the important references for us as Muslims to explain the importance of different subjects; therefore, it is expected that this valuable book be used in scientific articles of the related cases. Against the expectations, using this reference was not significant in the articles of Medical Sciences.

Although Nahjul-Balagha is not concerned with health issues, it gives valuable recommendations about physical, mental, and social health in many cases, such as the avoidance of overeating, consumption of foods like dates, the avoidance of self-underestimation, arrogance, injustice, surveillance, ridicule, inequality and discrimination, also being qualified with good ethics and patience (18-17).

Probably "one of the reasons for such a weakness is the unfamiliarity of researchers of health and medical sciences with the correct ways to extract the contents of such references (19); therefore, holding workshops is recommended to promote the knowledge of students and lecturers about Nahjul-Balagha and make them familiar with research methods and principles about this valuable book.

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## الإنتاجات العلمية للعلوم الطبيّة من منظور التمتع بنهج البلاغة

آرام تيركر<sup>١\*</sup>، زهرا آقالري<sup>٢</sup>

١- مركز البحوث للعوامل الاجتماعية المؤثرة على السلامة، معهد بحوث صحة، جامعة بابل للعلوم الطبيّة، بابل، إيران.

٢- لجنة البحوث الطلابيّة، كُليّة شبه الطبيّة، جامعة بابل للعلوم الطبيّة، بابل، إيران.

\* المراسلات موجهة إلى السيد آرام تيركر؛ البريد الإلكتروني: [a.tirgar@mubabol.ac.ir](mailto:a.tirgar@mubabol.ac.ir)

## الملخص

## معلومات المادة

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## الألفاظ الرئيسيّة:

التحليل الاستنادي

العلوم الطبيّة

تقييم العلم

نهج البلاغة

**السابقة و الأهداف:** إنّ نهج البلاغة بعد القرآن الكريم أحد الكتب الهامة جدّاً لإرشاد الإنسان وتوجيهه كما هو مليء بالوصايا المرتبطة بالسلامة. الهدف من هذا البحث هو تعيين كمّيّة التمتع بهذا الكتاب القيم في الإنتاجات العلميّة للعلوم الطبيّة.

**الموادّ و الأساليب:** قد تمّ هذا البحث بشكل مقطعيّ على قسم من إنتاجات العلوم الطبيّة (أطروحات طبيّة، وأطروحات طبّ الأسنان، ومجالات ومقالات العلوم الطبيّة) وأيضاً على فترة ١٦ سنة من عمر مجموعة مؤتمرات الصحة البيئية. تمّ جمع المعطيات بطريقة التحليل الاستنادي وبمساعدة القائمة المرجعيّة المحقّقة، كما قد استفيد من المؤشرات الإحصائيّة الوصفية والاستدلالية لتجهيز المعطيات. هذا البحث مشتمل على جميع الجوانب الأخلاقيّة المرتبطة.

**المكتشفات:** تكشف دراسة ٢٠٧٧٦ مصدرًا مستفادًا في ٥١١ أطروحة علميّة أنّ نهج البلاغة ما استفيد منه في أيّ من المصادر. تبين المكتشفات الحاصلة من استخراج ١٩٠٦٩ مصدرًا مستفادًا في ٨٧٦ مقالة منشورة طوال ٢٢ سنة، في المجلة الفارسيّة بجامعة بابل للعلوم الطبيّة، أنّ نهج البلاغة قد استفيد منه في مقالتين فقط. وأيضاً تكشف دراسة ٢٩٢٨ ملخصاً من المقالات المقدمة في فترة ١٦ سنة من عمر مجموعة مؤتمرات الصحة البيئية، أنّ ملخصاً واحداً انتشر بموضوع مرتبط بنهج البلاغة فقط.

**النتيجة:** رغم دور الوصايا المذهبيّة المؤثرة على السلامة، خاصّة ما أكّد أو أشير إليه في نهج البلاغة، إنّ حصّة التمتع بهذا الكتاب القيم في مقالات العلوم الطبيّة قليلة.

يتم استناد المقالة على الترتيب التالي:

Tirgar A, Aghalari Z. A survey on utilization of Nahjul-Balagha in scientific output of medical sciences. J Res Relig Health.2017;3(1): 30- 41.

## تولیدهای علمی علوم پزشکی از نظر بهره‌گیری از نهج‌البلاغه

آرام تیرگر<sup>۱\*</sup>، زهرا آقالری<sup>۲</sup>

۱- مرکز تحقیقات عوامل اجتماعی مؤثر بر سلامت، پژوهشکده‌ی سلامت، دانشگاه علوم پزشکی بابل، بابل، ایران.

۲- کمیته‌ی تحقیقات دانشجویی، دانشکده‌ی پیراپزشکی، دانشگاه علوم پزشکی بابل، بابل، ایران.

مکاتبات خطاب به آقای آرام تیرگر؛ پست الکترونیک: a.tirgar@mubabol.ac.ir

## اطلاعات مقاله

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## چکیده

**سابقه و اهداف:** نهج‌البلاغه پس از قرآن کریم، یکی از کتاب‌های بسیار مهم برای هدایت و انسان‌سازی؛ و سرشار از توصیه‌های مربوط به سلامت است. هدف این پژوهش، تعیین میزان بهره‌گیری از این کتاب ارزشمند در تولیدهای علمی علوم پزشکی است.

## واژگان کلیدی:

تحلیل استنادی

علم‌سنجی

علوم پزشکی

نهج‌البلاغه

**مواد و روش‌ها:** پژوهش حاضر به‌صورت مقطعی، روی بخشی از بروندهای علوم پزشکی (پایان‌نامه‌های پزشکی و دندانپزشکی، مجله‌ها و مقاله‌های علوم پزشکی) و همچنین یک دوره‌ی ۱۶ ساله از سلسله همایش‌های بهداشت محیط، انجام شده است. داده‌ها به‌روش تحلیل استنادی و به‌کمک چک‌لیست محقق‌ساخته جمع‌آوری؛ و برای پردازش داده‌ها از شاخص‌های آماری توصیفی و استنباطی استفاده شده است. این پژوهش تمام موارد اخلاقی مرتبط را رعایت نموده است.

**یافته‌ها:** بررسی ۲۰۷۷۶ منبع استفاده‌شده در ۵۱۱ پایان‌نامه، نشان داده که در هیچ موردی، از نهج‌البلاغه استفاده نشده است. همچنین یافته‌های حاصل از استخراج ۱۹۰۶۹ منبع استفاده‌شده در ۸۷۶ مقاله‌ی منتشرشده طی ۲۲ سال، در مجله‌ی فارسی دانشگاه علوم پزشکی بابل، گویای این است که فقط در دو مقاله از این کتاب استفاده شده است. بررسی ۲۹۲۸ خلاصه‌ی مقاله‌ی عرضه‌شده در دوره‌ی ۱۶ ساله‌ی همایش بهداشت محیط، نیز نشان داده که فقط یک خلاصه‌ی مقاله با موضوعی مرتبط با نهج‌البلاغه منتشر شده است.

**نتیجه‌گیری:** با وجود نقش اثرگذار توصیه‌های مذهبی بر سلامت، به‌ویژه آنچه در کتاب نهج‌البلاغه بر آن تأکید یا به آن اشاره شده، سهم بهره‌گیری از این کتاب ارزشمند در مقاله‌های علوم پزشکی بسیار اندک است.

استناد مقاله به این صورت است:

Tirgar A, Aghalari Z. A survey on utilization of Nahjul-Balagha in scientific output of medical sciences. J Res Relig Health.2017;3(1): 30- 41.

## مقدمه

کتاب شریف و نفیس نهج‌البلاغه که آن را «تالی‌القرآن» و «اخ‌القرآن» می‌خوانند همانند اقیانوس بی‌کرانی است که گوهرهای ارزشمندی در اعماق خود نهفته دارد (۱ و ۲). نهج-