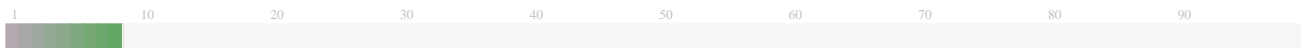


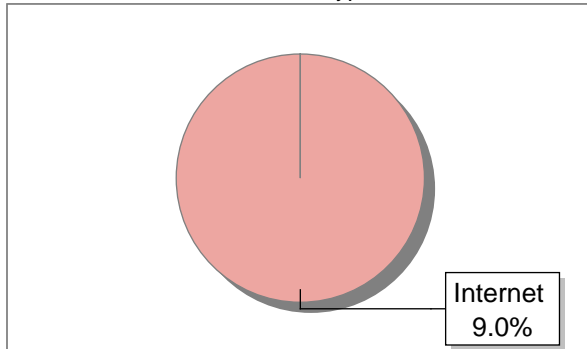
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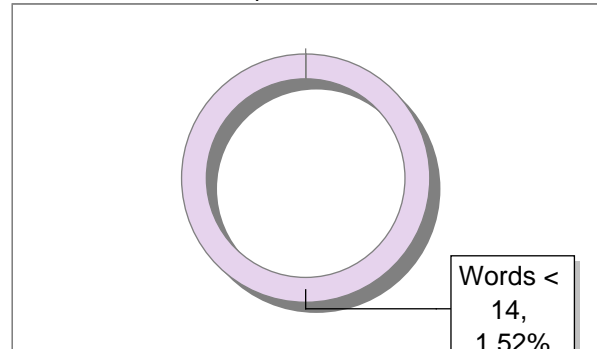
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[Integration of Scientific and Islamic Perspectives as an Effort to Prevent the Incidence of Dementia Among the Elderly Population](#)

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Abstract: (106 Views)

Background: Dementia is a disease that is the main cause of disability and dependency in elderly people throughout the world and involves a decline in memory, thinking, behavior and abilities which has a major impact on daily activities. Allah SWT shows His power and human helplessness by creating them from a weak state to being strong again to being weak until they experience senility. Prevention of dementia in the advanced stages is essential. In carrying out prevention, knowing the risk factors that cause the disease is necessary. This research aims to analyse the integration of scientific and Islamic perspectives to prevent the incidence of dementia in the elderly population.

Methods: The method used is a literature review with a comprehensive strategy. The database searches used include Publication on MEDLINE Complete, MEDLINE With Full Text, Academic Search Complete, Professional Development Collection, OmniFile Full Text Select (H.W. Wilson), and Newspaper Source, APA PsycArticles. The keywords used in the search were dementia and faith, prayer, reading the Qur'an, dhikr and fasting in the title column. The number of articles obtained was 274 articles, but those that qualified were only 17 articles, further after reading in detail 10 articles were included in the analysis.

Results: The efforts that can prevent the incidence of dementia among the elderly population from scientific and Islamic perspectives were classified as



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[10.32598/JRH.14.5.2425.1](https://doi.org/10.32598/JRH.14.5.2425.1)



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 Integration of Scientific
 and Islamic
 Perspectives as an
 Effort to Prevent the
 Incidence of Dementia
 Among the Elderly

comorbid therapy (hypertension, diabetes mellitus, stroke), neurodegenerative delay (stress reduction (faith, religious activities such as prayer, reading the Koran, dhikr and fasting), not consuming alcohol and cigarettes, avoiding traumatic brain injury (TBI) and stimulus neuroplasticity (education, physical activity) and regulating eating and sleeping patterns (reducing obesity, fasting).

Population. J Research Health 2024; 14 (5) :3-3
URL:
<http://jrj.gmu.ac.ir/article-1-2499-en.html>

Conclusion: The scientific and Islamic perspectives approaches are related to each other. The elderly population should pay attention not only to physical health but also to spiritual health, both of which have a close relationship and influence each other.

Keywords: [Risk factors](#), [Preventive](#), [Dementia](#), [Elderly](#), [Islamic](#)

4 Type of Study: [Review Article](#) | Subject: [Disease Control](#)
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