



Executive Summary

The Future of Islamic Spiritual Medicine

A Vision for the International Research
Institute of Islamic Spiritual Medicine (IRIISM)

www.iriism.org

Executive Overview

Human health is increasingly understood as a multidimensional concept encompassing physical, psychological, social and spiritual wellbeing. Across cultures and healthcare systems, there is growing recognition that spirituality can influence resilience, coping, recovery and quality of life.

Within the Islamic tradition, this understanding has existed for more than fourteen centuries. Islamic Spiritual Medicine encompasses a broad range of disciplines, including spiritual care, Qur'anic healing (ruqyah), prophetic health practices such as hijama (wet cupping), traditional remedies, lifestyle guidance, ethical healthcare and contemporary practitioner observations.

Millions of people around the world utilise these approaches every year.

Yet despite their widespread use, there is currently no internationally recognised research institute dedicated to advancing Islamic Spiritual Medicine through coordinated scientific research, ethical governance, interdisciplinary collaboration and responsible innovation.

This document presents the vision for establishing the International Research Institute of Islamic Spiritual Medicine (IRIISM)—an independent international research institute dedicated to developing Islamic Spiritual Medicine into a mature academic and clinical discipline.

IRIISM is not proposed as an alternative to conventional healthcare.

It is proposed as a partner in advancing knowledge, improving understanding and strengthening holistic approaches to human wellbeing through rigorous research and international collaboration.





Why This Matters

Islamic Spiritual Medicine represents one of the world's largest yet least coordinated fields of complementary healthcare.

Across the Muslim world and beyond, practitioners provide spiritual care and traditional therapeutic interventions to millions of people every year.

However, the field currently faces significant challenges:

Research remains fragmented.

International collaboration is limited.

Terminology is inconsistent.

Clinical governance varies widely.

Practitioner observations are rarely documented systematically.

Opportunities for interdisciplinary research remain underdeveloped.

Few international standards exist.

These challenges are not evidence of failure.

They are evidence of a discipline that has yet to benefit from dedicated research infrastructure.

The Opportunity

Every mature healthcare discipline has benefited from institutions that coordinate research, develop standards, educate future leaders and facilitate international collaboration.

Islamic Spiritual Medicine has reached a similar point in its development.

The establishment of IRIISM would provide the infrastructure necessary to:

Coordinate international research

Strengthen collaboration between universities,
hospitals and practitioners

Promote ethical governance

Support responsible innovation

Develop professional standards

Educate future researchers

Generate evidence capable of informing healthcare,
education and public policy.

Rather than replacing existing organisations, IRIISM seeks to connect them through a shared commitment to advancing knowledge.





The Vision

IRIISM is envisioned as the world's leading research institute dedicated to Islamic Spiritual Medicine.

Its mission is:

To advance the understanding and responsible application of Islamic Spiritual Medicine through world-class research, ethical governance, international collaboration, education and innovation for the benefit of patients, practitioners, healthcare systems and society.

The Institute will serve as an international platform connecting:

Universities
Hospitals
Researchers
Islamic Scholars
Healthcare Professionals
Practitioners
Governments
Philanthropists
Communities

Together, these partnerships will create a collaborative ecosystem capable of advancing research across multiple disciplines within Islamic Spiritual Medicine.

Strategic Priorities

IRIISM proposes an initial research agenda encompassing:



Spiritual wellbeing and health



Ruqyah and spiritual interventions



Prophetic health practices,
including hijama



Traditional remedies and
complementary therapies



Mental health and spiritual care



Chronic illness and supportive care



Clinical governance and
professional standards



Education and workforce
development



Healthcare integration



Responsible innovation and
emerging methodologies

Research will be guided by ethical governance, scientific integrity and intellectual humility.



Why an International Institute?

Scientific progress depends upon institutions capable of supporting long-term collaboration.

IRIISM seeks to become that institution.

Its role is not to own Islamic Spiritual Medicine, but to enable its responsible development.

The Institute will:

- coordinate international research
- establish shared methodologies
- facilitate multicentre studies
- publish evidence and guidance
- support postgraduate education
- convene international conferences
- encourage interdisciplinary collaboration
- strengthen public understanding

By doing so, IRIISM aims to transform fragmented knowledge into a coordinated global research programme.

The Founding Host Nation Opportunity

The establishment of IRIISM presents a unique opportunity for one nation to become the founding home of an emerging international discipline.

Hosting IRIISM offers the potential to:

1

Establish global leadership
in Islamic Spiritual Medicine

2

Attract international
researchers and academic
partnerships

3

Strengthen national
universities and healthcare
institutions

4

Host international
conferences and scientific
meetings

5

Support educational
exports and postgraduate
programmes

6

Stimulate healthcare
innovation

7

Enhance international reputation

8

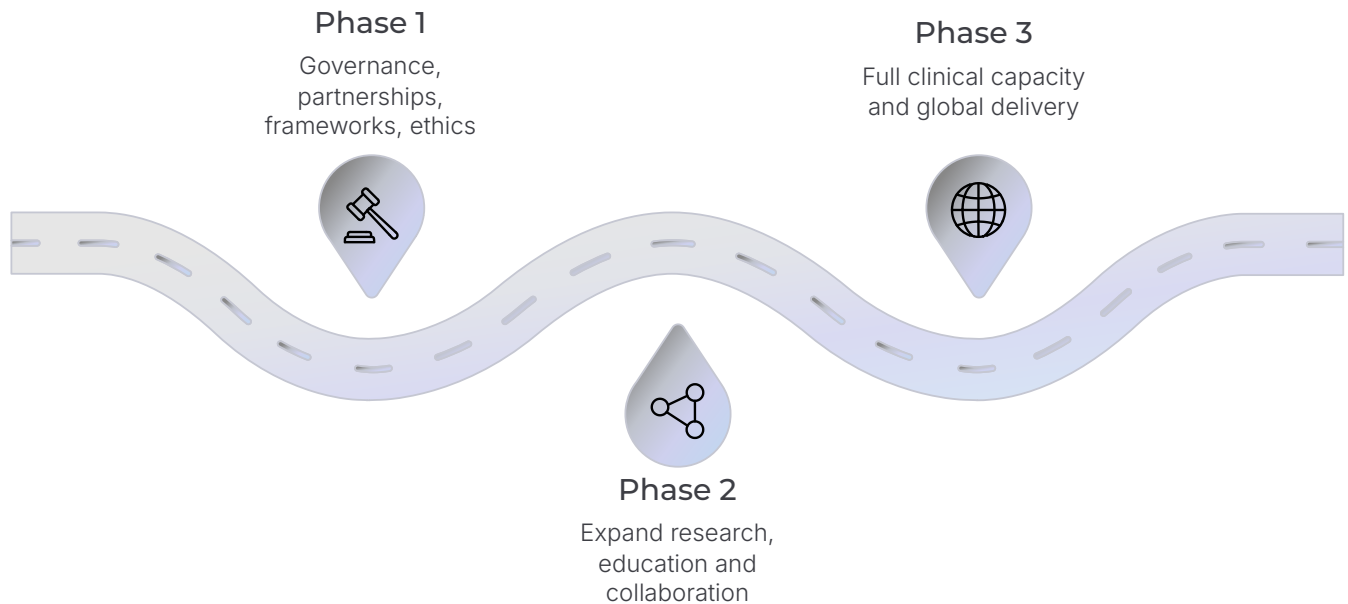
Contribute to the development of evidence-
informed approaches to holistic healthcare

The founding host nation would play a historic role in shaping the future of Islamic Spiritual Medicine while positioning itself at the centre of an international research network.

A Phased Approach

IRIISM is proposed as a staged initiative.

Rather than attempting to establish a fully operational institute immediately, development would occur through progressive phases.



The initial phase focuses upon establishing governance, international partnerships, research frameworks, ethical oversight and organisational infrastructure.

Subsequent phases would expand research programmes, educational initiatives, international collaboration and clinical research capacity.

This phased approach enables sustainable growth while maintaining high standards of governance and scientific integrity.

An Invitation to Shape the Future

The advancement of healthcare has always depended upon those willing to invest in knowledge before its full benefits become visible.

The future of Islamic Spiritual Medicine requires more than individual researchers or isolated organisations.

It requires an institution capable of connecting ideas, people, disciplines and nations.

IRIISM represents an opportunity to create that institution.

The vision presented in this Executive Summary is not simply the creation of another research centre.

It is the beginning of an international movement dedicated to advancing knowledge responsibly, strengthening healthcare through collaboration and contributing to the wellbeing of humanity.

We invite universities, governments, healthcare organisations, researchers, philanthropic partners and practitioners to participate in shaping this future together.

Advancing Knowledge. Serving
Humanity.

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