

# The Role of Nutrition in Ethics and Sanity in the Islamic Lifestyle Approach

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To talk about health and its dimensions has caught the attention of scholars and experts of dietetics and medicine. Scientific advances and modern technologies have well approved the tie of a set of factors to health. Due to the conscientious empirical and revealed reasons, the pattern of nutrition wields its influence on man's body and soul and thus it forms the foundation of a happy life along with creativity and perseverance. In this regard, the faithful lifestyle has tied the pattern of nutrition with monotheistic values and approach and thus prepares the ground for man's psychological health and perfection.

In their research, the authors have aimed to study the role of nutrition in sanity in the framework of Islamic lifestyle. The required data are collected from references of tradition and exegesis. As to the analysis of data and to answer the questions, they made use of referential-semantic analysis method. Findings show that careful choice of healthy diet pattern based on revealed teachings wields positive influence on health indexes such as: peace, abstention from anger and irritation, prevention of depression, being good-tempered and well-conditioned. Furthermore, the confirmation of soul-body relation and the necessity to meet bodily needs along with psychological needs sanitation sanity and taking heed of the special value of nutrition in the Islamic lifestyle are other findings of this research.

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