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## The Benefit of Fasting Spritual or Economic

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### Abstract

Islam is the religion which was brought by the Prophet of end times, the Prophet Muhammad as a closer of a treatise before. The Prophet Muhammad had brought many leasson for Muslem's life. One of them is Fasting. Fasting is a training for every Muslem to treatment their selves, which is they do for the things to rise they religion, to upper degrees, motivation, and keep away for the things can be destroyed. And so to be stronger the will, strengthen willing, to recover do physical, to cure from the sickness, and bring a servant to his Lord. With him are various kinds of sins and mistakes will be forgiven, various goodness will be growing, and the position would be even higher. In the condition of fasting can be rise our body's immune, the other things fasting at around 65% there is significant improvement of mental condition. Various other studies show it turns fasting also reduce the risk of complications of obesity, protects the body from kidney stones, dampen sexual turmoil among the young and other woods disease that much more., and there is economic benefit of fasting?. Indirectly fasting can save much energy and resources.

Key word : Benefit , fasting, save, economic

### I. Introduction

Fasting is a form of religious worship that has existed since ancient times even before the coming of Islam brought by Nabi Muhammad saw. Fasting in Islam has an idea and rules that are specific, detailed and is a vital part of the Islamic religion because it is one of the pillars of the Five Pillars of Islam.

Fasting activities not only in the month of Ramadan, many committed outside the sunnah fasting month of Ramadan such as fasting six days in the month of Shawwal, fasting Arofah Day, Muharram fasting, fasting Assyura ', fasts of Sha'ban, the month of fasting Harom ( month respected), fasting on Mondays and Thursdays, fasting three days each month,

fasting Dawood. Human need food for maintaining energy however Subandi (2012) said "Aspects relating to sustaining and maintaining the existence of life of organism or living creatures are the metabolism. Biologist says one of the characteristic of life is metabolism. Organisms require energy for maintaining their life. The autotrophy is self-producing energy organism, organism classified as the vegetations.

Fasting in the language is to refrain from something, such as a person to refrain from speaking or not eat, and those who did it called "Shaimun" (the fasting person).

Meanwhile, according to the terms is restrained from anything that broke the fast

by fasting with the intention for the person who has been required since the dawn until sunset with certain conditions.

In Personality ', in the book Fathul Qorib explained that:

و شرعاً لما ساك عن فطره ذيمذ صو صةجم يعنها  
ر

That is, in Personality ', fasting is to refrain from things that break the fast, with a certain intention, from the rising of the dawn till sunset..

In addition to the worship of fasting proved to have many benefits and virtues, therefore, an understanding of fasting obligatory for the perpetrators to be understood in the run got a lot of useful discourse both in terms of health, deeds and mental and spiritual development. And are directly able to alter the spirit and personality into good moral soul.

## II. Method

**This study** is descriptive explanative study. The idea and thought are initialed from the teaching of Islam. The teachings are initited by any preaches from some resources: may from television, radio broadcaster, books, and discussions. The secondary data are from literatures and the first data are from empirical sight and hearing of discussion and interviewing some souce person.

## III. Result and Discussions

There are a lot of references to the pursuit of knowledge in the Qur'an. Allah orders us to travel through the earth even to the outer space (if we afford) to see how Allah originated creation (interpretation of

verse 33 Ar-Rahman chapter). In the sight of Allah people are equal. However, Allah describes they are not equal between a knowledgeable person and an ignorant person, they are in opposite positions, they are different (Subandi,2012b; Subandi, 2007)

For knowledgeable person fasting is a good method to make changes. Among the great benefits of fasting are as a means of preparing a Muslim with a force that makes it able to make changes himself. He can exercise through daily fasting so that he can refrain from every thing he liked and loved.

Fasting also we can apply to children at an early age so that later they are adults have become accustomed to fast. Relating to the method of habituation children to fast, consider the following matters among others,

- Explaining the virtues of fasting to them, that it was included because entry into heaven. In Heaven there is a door, called Ar-Rayyan which only fasting people who enter into it.
- Previous Allowing for fast like the fasting month of Sha'ban some caution in order not to be surprised by the fast in Ramadan
- Fasting on most daytime, and add to the time little by little end a dawn until late in the evening, it helps their fast during the day
- Encourage them to fast by giving a gift is given every day or every week
- Flatter them in front of family during iftar, when dawn. It can raise the spiritual spirit.
- Encouraging the spirit of racing when he has many children without having to denounce left.
- Neglect hunger with sleep or with toys that do not require power permissible. As of the Companions of noble conduct towards their children. There is a children's

program proper. Cartoons on Islam reliable channel can occupy them.

Preferred that the father took his son -Special after Ashar- to the mosque to join the prayer, attending recitals, remained in the mosque to read the Qur'an and dhikr of Allah Ta'ala. In Fasting month muslim are encourage to recite the Holy Qur'an as Subandi (2012a); Subandi and Humanisa (2011) said Generally, in Indonesian society, which we grew up almost all we are muslim, we recite the Qur'an at the least once a week, and usually in the eve of Friday, and almost every evening in more religious families, and we read the Qur'an in a language we don't understand. We recite Qur'an following the *'ilmu al-Tajwid* and even many of muslims learned reciting following the *qiraatu as-sab'ah* reading. We merely chant it in Arabic, which we have learned to read mechanically, but whose meaning we don't know.

- Specialized visit during the day and night to families whose children are fasting to encourage them continue fasting
- Rewarding them with permissible outing after iftar or cook her favorite foods and pastries, fruit and juice.
- Noteworthy them if the children feel the fatigue very, not be forced to complete his fast. It was not to make because he hated worship or the cause lie or illness. Because basically, he does not include mukallaf (exposed to liability burden).

Benefits of fasting in terms of health aspects

Basically, the fasting person just skipped at lunch and accelerate time to eat breakfast. Fasting people just do not drink for 8 to 10 hours and it is not harmful to health and does not cause dehydration which is bad for the human body. In contrast, mild dehydration and water retention in the body can increase the chance of life.

Another positive impact for the body, fasting can lower blood sugar levels, cholesterol and controlling blood pressure. That is why fasting is highly recommended for the treatment of those suffering from diabetes, obesity and high blood pressure. Under certain conditions, a patient is even permissible to fast, except those who suffer from diabetes who have severe pain, coronary heart disease and kidney stones.

Fasting can keep our stomach caused a lot of eating is the main cause for various diseases, especially obesity that cause other diseases. Then your fast is the only way to preserve limbs than all diseases because through toxic elements in foods can be neutralized after combined among each other. Indeed, the impression of hunger in the deed is better than the use of drugs.

Effect of fasting on physical health mechanisms covering various aspects of health, such as:

- ✓ Provide an opportunity break the digestive tract, On the days when he was not fasting, the digestive system in the body to work harder, therefore it is appropriate that the digestive apparatus are given a break.
- ✓ Clean the body of toxins and impurities (detoxification). By fasting, means limiting the calories in our body to produce antioxidant enzymes that can cleanse the substances are toxic and carcinogenic and remove it from the body.

- ✓ Increase the number of white blood cells. White blood cells serve to ward off disease so that with the addition of white blood cells can automatically boost the immune system
- ✓ Balancing the acid and alkaline levels in the body, Fix function of hormones, rejuvenate the body's cells,
- ✓ Improve the function of organs

Fasting also prevent more toxic substances that enter the body. In this case the liver can metabolize toxins and spending more effectively. The immune system is also a break from the task expel toxins from food, water, or air.

According to Jalal Saour that: reduced fluid in the fasting will reduce heart rate or cardiac work, prevention of blood clots that include serious causes of heart panyakit.

Benefits of fasting for physical and mental

Indeed, the essence of fasting is to restrain the passions, which lust is the enemy of every human being righteous. And from fasting, there are a lot of lessons to be found and studied, particularly in physical terms, ie physically healthy man, also in psychiatric problems. Some of the lessons that have been researched and proven to be true is as follows.

#### 1. Benefits of Fasting For Physical Health

Fasting in terms of physical health, full of wisdom or benefits. Nabi Muhammad SAW, said, "Fast you, surely you will be fine" for the health benefits of the berry fasting can be empirically proven scientifically, although they had to resist eating and drink about 12-24 hours. When people are hungry, her stomach would provide a physiological reflex to the brain. With the earlier notification, the brain will tell abdominal glands to secrete digestive

enzymes. These substances will cause pain, especially for people with ulcers. But, for people who are fasting, the pain does not arise because the brain does not govern the abdominal glands to secrete enzymes earlier.

From various studies, fasting proved to give a chance to rest for the digestive organs, including the system of enzymes and hormones. In the fasting state, the digestive system continues to be active in the stomach digest food, so no time to rest. The remaining dregs accumulate and can be toxic to the body. During fasting will rest the digestive system and provide an opportunity for the cells of the body, especially the digestive tract to improve.

Eventhough living organism need supply of food for energy and development of body and maintain the health (Subandi, 2005; Subandi and bdelwahab, 2014)

Fasting can also keep us from a potential heart attack. Because of the fast will break the occurrence of elevated levels of catecholamine hormones in the blood due to the ability to control themselves during fasting.

#### 2. Fasting For Health Benefits psychic (Psycho)

Fasting is an effective means to review renovate souls Its almost mired All Holes denial hearts, purify Yourself From spread the sins of ignorance. In other words, fasting will can Raised Right One Who Has hearts immoral wallowing Towards Human nature as alone.

In addition to obligatory fasting can Also Being a training tool to be able to control the self, self adjusting, as well as patient against impulses or impulses aggressiveness That Came From Self hearts. "Tis is a prayer One fasting wisdom in the field of mental health," said Dr. H. Dadang Hawari. For example, issuing a harsh word, NO profanity And galling (verbal abuse).

One characteristic of a Healthy life is the ability to control Yourself Someone's review. Self-Control OR self-control so Important for mental health so that durability hearts Facing different life INCREASED hence the stress of life. When fasting, kita practice adaptability Yourself Against these pressures, so kita MORE Being steadfast and resistant against different pressures.

Fasting as the training to regulate the intake of food could also maintain the available of food so it is saving and economical activity.

#### IV. Conclusion and Suggestion

As a servant of Allah, Let Us Always execute his commands, as fasting in the holy month of Ramadan and fasting Sunnah.

The benefits of fasting are:  
digestive organs and cleaning Maintaining Physical Health

As a spiritual cleansing (Spiritual) Self control Namely, Holding lust, train Yourself to review patient

To foster a sense of solidarity shown to the indicated Fellow especially to the poor.

Save food in case of difficulty of resources.

#### Suggestion

Let us multiply Again worship Commandments SWT.dan How to run away from his ban Everything. And fasted with sincere heart so that the charity received at the other kita fasting Allah. And so fast you feel "khusyu" good industrial kita know What is fasting and What Are The Benefits Contained hearts fasting.

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