RUQYAH, JINN POSSESSION AND MENTAL HEALTH

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DEFINITION OF MENTAL HEALTH

Definition by WHO

Mental health is an integral and essential component of health. The WHO constitution states: "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." An important implication of this definition is that mental health is more than just the absence of mental disorders or disabilities.

Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community.

Source: https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response
DEFINITION OF MENTAL DISORDERS

Definition by WHO

Mental disorders comprise a broad range of problems, with different symptoms. However, they are generally characterized by some combination of abnormal thoughts, emotions, behaviour and relationships with others. Examples are schizophrenia, depression, intellectual disabilities and disorders due to drug abuse. Most of these disorders can be successfully treated.

Source: https://www.who.int/mental_health/management/en/
DEFINITION OF POSSESSION

Definition in International Classification of Diseases

6B63 Possession trance disorder in ICD-11

“Possession trance disorder is characterized by trance states in which there is a marked alteration in the individual’s state of consciousness and the individual’s customary sense of personal identity is replaced by an external ‘possessing’ identity and in which the individual’s behaviours or movements are experienced as being controlled by the possessing agent...

... The symptoms are not due to the direct effects of a substance or medication on the central nervous system, including withdrawal effects, exhaustion, or to hypnagogic or hypnopompic states, and are not due to a disease of the nervous system or a sleep-wake disorder. The symptoms result in significant distress or significant impairment in personal, family, social, educational, occupational or other important areas of functioning.”
DEFINITION OF JINN POSSESSION

Definition: The presence of jinn in the body.

Some characteristics of Jinn:

- Invisible being
- Body made of matter still unknown to science and can transform from one form to another
- Mukallaf i.e. has intellect and freedom of choice and will be accountable for their actions
- Spiritually has many similarities with human
- Different species have different characteristics, have different abilities and can cause different diseases or disorders to human
DEFINITION OF RUQYAH

Ruqyah means incantation

Two categories of ruqyah

1. Ruqyah shar’iyyah
   - Incantations that are shari’ah-compliant e.g.
     - Quran
     - Du’a
     - Salawat
     - Anything that does not contain shirk

2. Ruqyah shirkiyyah
   - Incantations that contains shirk

Usage of ruqyah:
- For diagnosis of jinn possession by observing negative reactions
- For treatment of jinn possession

Disadvantages of ruqyah as diagnosis
- Can trigger the jinn to overpower the patient
- The patient may not be in a state that he or she is ready to handle the confrontation
- This can lead to the patient becoming worse or dysfunctional
NEGATIVE REACTIONS TO RUQYAH

1. Vomiting
2. Screaming
3. Eyes rolling (all white)
4. Burning hot
5. Abusive language
6. Heavy breathing
7. Involuntary movement of body parts
8. Jinn speaking
9. Sinister laughter
10. Strong pulse in stomach
11. Very painful / sharp pain
12. Aggressive (or want to be)
13. Eyes flickering
14. Struggled to vomit
15. Struggle to say shahadat
16. Fainted
17. Felt movements in body
18. Dizzy / headache
19. Excessive burping
20. Sleepy
21. Felt hot
22. Pain
23. Unexplained sadness / crying
24. Anxious
25. Itchiness
26. Jinn communicated through thoughts
27. Excessive yawning

Negative reactions are indicators of jinn possession

- Strong indicator
- Weak indicator

Null hypothesis: someone with jinn possession will not experience any negative reaction to ruqyah

Alternative hypothesis: someone with jinn possession will experience one or more negative reactions to ruqyah

Test null hypothesis. If there is no reaction, null hypothesis is not accepted and alternative hypothesis is accepted.

Note: May not work on very old people or very young children
EXAMPLE OF EFFECT OF RUQYAH ON PATIENT WITH SCHIZOPHRENIA

Before ruqyah

After ruqyah

Thermal images of patient

Colour spectrum coding: White is hottest and black is coldest
PREVIOUS TALKS

- Spiritual Illness and Prophetic Medicine (45 min)
- Jinn possession: Myth or Reality? (1 hr 50 min)
- The difference between jinn possession and mental disorder (1 hr 20 min)
- Understanding jinn possession (1 hr 10 min)
- Psychosis: Jinn related and psychological (30 min)

Website: www.pisang.uk

Pisang YouTube channel
https://www.youtube.com/channel/UClYMzT2xb1olV21Qz2S-YxQ
SCOPE OF THIS PRESENTATION

- Jinn possession model
  - How jinn possession can affect mental health

- Knowing symptoms of jinn possession for
  - Early intervention to avoid jinn possession
  - Identifying if need to seek therapy

- Therapy for jinn possession
  - How it differs from Western model
  - Pisang therapy

Early intervention can avoid:

- Severe physical illnesses
- Severe mental disorder
- Loss of freedom (jailed for crime committed)
- Loss of life (suicide, murder, terrorism)
- Loss of aqidah (apostasy)
### SOURCE OF KNOWLEDGE

#### ISLAMIC FRAMEWORK

**Source of knowledge:**
- Naqli (divine revelation)
- Aqli (logic, science etc)

**Existence of beings**
- Visible
- Invisible (jinn, angels)

#### WESTERN FRAMEWORK

**Source of knowledge:**
- Aqli (logic, science etc)

**Existence of beings**
- Visible
## Human Composition

### Western Framework

<table>
<thead>
<tr>
<th>Tangible</th>
<th>Intangible</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soma (body)</td>
<td>Psyche (mind)</td>
</tr>
</tbody>
</table>

### Islamic Framework

<table>
<thead>
<tr>
<th>Tangible</th>
<th>Intangible</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jasad (body)</td>
<td>Ruh (spirit)</td>
</tr>
<tr>
<td></td>
<td>Aql (intellect faculty)</td>
</tr>
<tr>
<td></td>
<td>Qalb (cognitive faculty)</td>
</tr>
</tbody>
</table>
**JINN POSSESSION AND MENTAL DISORDERS**

<table>
<thead>
<tr>
<th>Western framework</th>
<th>Islamic psychology based on Western framework</th>
<th>Islamic Framework</th>
</tr>
</thead>
</table>
| **Human composition** | ▪ Soma (body)  
  ▪ Psyche (mind) | **Human composition** | ▪ Jasad (body)  
  ▪ Ruh, Aql, Qalb (psyche/mind) |
| **Jinn possession** | ▪ Jinn does not exist  
  ▪ Jinn possession does not exist  
  ▪ Mental disorders are not caused by jinn | **Jinn possession** | ▪ Jinn exist  
  ▪ Jinn does not play a role in mental disorders |
| **Jinn possession:** | ▪ Jinn can enter human body  
  ▪ Jinn cause diseases or disorders |}
Western framework

Islamic psychology based on Western framework

Islamic framework

The most accurate model for the cause of the disorder will lead to the best intervention and brings the best result.
- *Jasad* is vehicle for existence on earth
- Jinn and human differs in material component of *jasad*
- Jinn is *mukallaf*, similar to human i.e. jinn has psyche/mind (*aql* & *qalb*)
- Existence of jinn in human *jasad* means that there will be human psyche and jinn psyche in human *jasad*
- Conflicts can also happen between psyche/minds
- Inter-psyche conflicts define severity of jinn possession
### DIAGNOSIS FOR TREATMENT

#### Stage 1
Is there an underlying element of jinn possession that causes the disease / disorder?
- Symptoms
- Narratives
- Negative reactions to ruqyah
- Scale for jinn possession

#### Stage 2
Why did the jinn enter?
- Difficult to confirm the cause
- Can narrow down possible causes so that can focus on relevant treatment
- Doesn’t matter if actual cause is not established. The main aim is to get rid of the jinn

#### Difference between disease and disorder
- Disease is when the aetiology is known
- Disorder is when the aetiology is unknown

#### Causes of jinn possession

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Sihr (sorcery)</td>
</tr>
<tr>
<td>2.</td>
<td>Susuk (beauty charm needles)</td>
</tr>
<tr>
<td>3.</td>
<td>Revenge</td>
</tr>
<tr>
<td>4.</td>
<td>Evil / malicious intention</td>
</tr>
<tr>
<td>5.</td>
<td>To deviate human</td>
</tr>
<tr>
<td>6.</td>
<td>Inviting jinn e.g. Ouija board</td>
</tr>
<tr>
<td>7.</td>
<td>Some martial arts</td>
</tr>
<tr>
<td>8.</td>
<td>Jinn falling in love with human</td>
</tr>
<tr>
<td>9.</td>
<td>Hereditary jinn</td>
</tr>
</tbody>
</table>
EXAMPLE OF SIHR (PATIENT WITH 2000 NAILS)

EXAMPLE OF SUSUK


# OVERLAPPING SYMPTOMS OF JINN POSSESSION & MENTAL DISORDER

Often the cause of disputes whose diagnosis is right.

Need to scrutinise the symptoms.

How do you explain the symptoms?

<table>
<thead>
<tr>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feeling suicidal</td>
</tr>
<tr>
<td>Seeing things</td>
</tr>
<tr>
<td>Hearing voices</td>
</tr>
<tr>
<td>Paranoid</td>
</tr>
<tr>
<td>Loner</td>
</tr>
</tbody>
</table>
## 34 SYMPTOMS ASSOCIATED WITH JINN POSSESSION

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Symptom</th>
<th>Symptom</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inability to fall asleep</td>
<td>Dream of strange features</td>
<td>Sleep paralysis</td>
</tr>
<tr>
<td>Frequent headaches</td>
<td>Dream of poisonous animals</td>
<td>Laughing during sleep</td>
</tr>
<tr>
<td>Aversion from remembering Allah</td>
<td>Dream against Islam</td>
<td>Crying during sleep</td>
</tr>
<tr>
<td>Absent-mindedness</td>
<td>Seizures</td>
<td>Grinding teeth during sleep</td>
</tr>
<tr>
<td>Laziness</td>
<td>Extreme anger</td>
<td>Moaning during sleep</td>
</tr>
<tr>
<td>Seeing things</td>
<td>Extreme tiredness</td>
<td>Sleepwalking</td>
</tr>
<tr>
<td>Hearing voices</td>
<td>Loss of meaning of life</td>
<td>Feeling suicidal</td>
</tr>
<tr>
<td>Paranoid</td>
<td>Loss of appetite</td>
<td>Ill thoughts</td>
</tr>
<tr>
<td>Dream of falling from a high position</td>
<td>Loner</td>
<td>Doubtful of Islam</td>
</tr>
<tr>
<td>Dream of filthy place</td>
<td>Loss of ability to focus</td>
<td>Strong feeling towards non-Islamic elements</td>
</tr>
<tr>
<td>Dream of deserted road</td>
<td>Unconsciousness</td>
<td></td>
</tr>
<tr>
<td>Dream of ghosts</td>
<td>Frequently anxious</td>
<td></td>
</tr>
</tbody>
</table>

Wahid Baly  | Haron Din  | Agreed by Wahid Baly & Haron Din  | Extra by PISANG  

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*PISANG*

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20
DIAGNOSIS USING 23 SIGNIFICANT SYMPTOMS*

**Scary dreams**
- Dream of falling from high place
- Dream of poisonous animals
- Dream against Islam
- Dream of filthy place
- Dream of strange features
- Dream of ghosts
- Dream of deserted road

**Sleep disturbances**
- Crying during sleep
- Laughing during sleep

**Hallucinations**
- Seeing things
- Hearing voices

**Abnormal thoughts**
- Paranoid
- Ill thoughts
- Loner
- Inability to focus

**Faith delusion**
- Doubtful of Islam
- Strong attachment towards non-Islamic elements
- Loss of meaning of life
- Feeling suicidal

**Low mood**
- Extreme tiredness
- Aversion from remembering Allah
- Laziness
- Absent-mindedness

## SIGNIFICANCE OF THE 23 SYMPTOMS

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Loading</th>
</tr>
</thead>
<tbody>
<tr>
<td>Paranoid</td>
<td>.684</td>
</tr>
<tr>
<td>Ill thoughts</td>
<td>.628</td>
</tr>
<tr>
<td>Loner</td>
<td>.560</td>
</tr>
<tr>
<td>Inability to focus</td>
<td>.484</td>
</tr>
<tr>
<td>Doubtful of Islam</td>
<td>.683</td>
</tr>
<tr>
<td>Strong feeling towards non-Islamic elements</td>
<td>.643</td>
</tr>
<tr>
<td>Feeling suicidal</td>
<td>.544</td>
</tr>
<tr>
<td>Loss of meaning of life</td>
<td>.526</td>
</tr>
</tbody>
</table>

### Calculating score for jinn possession

Add the loading values of all symptoms that are present.
### Scale for Jinn Possession

<table>
<thead>
<tr>
<th>Scale diagnosis</th>
<th>Ruqyah diagnosis</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Negative</td>
<td>Negative</td>
<td>True Negative</td>
</tr>
<tr>
<td>Negative</td>
<td>Positive</td>
<td>False Negative</td>
</tr>
<tr>
<td>Positive</td>
<td>Positive</td>
<td>True Positive</td>
</tr>
<tr>
<td>Positive</td>
<td>Negative</td>
<td>False Positive</td>
</tr>
</tbody>
</table>

#### Score range

- **0.44** (1 symptom – confirm no jinn possession)
- **14.16** (23 symptoms – confirm jinn possession)

#### Strong points

- Diagnosis of jinn possession without having to do ruqyah
- Can be more accurate than ruqyah diagnosis
- Can be used by health professionals as a tool for referring suspected cases of jinn possession for complementary therapy of jinn possession
PISANG THERAPY

- **Ruqyah**
  - Changes power balance by weakening / expelling the jinn
  - Getting rid of inter-psych conflicts
  - Quran as weapon and for shifa'

- **Islamic Existential Psychotherapy**
  - Purpose of life
  - Meaning of life
  - Challenging and correcting false belief
  - Getting rid of intra-psych conflicts

- **Tasawwuf** (Actualisation of spiritual potential)
  - Acquiring knowledge, understand the whole process
  - Having hope and building coping mechanism
  - Building resilience / defense mechanism
  - Building discipline for compliance and consistency
  - Gratification - feeling of satisfaction all along

**Pisangtherapy Retreats**
- 3-day residential
- Over 170 retreats since Dec 2013
- Kick-start therapeutic process

**Target**
- Shifa'
- Self-esteem

**Monitoring progress via symptoms**
- Reduction in severity of symptoms
- Reduction in frequency of symptoms
- Reduction in number of symptoms
Q & A