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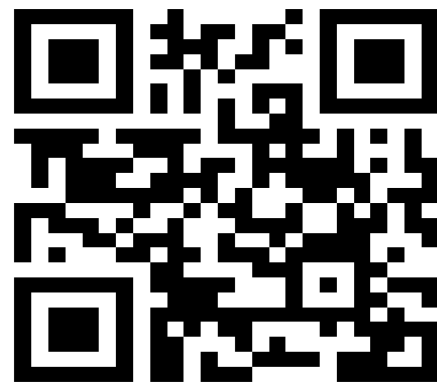
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### Indexing & Abstracting Agencies

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# **Tears and their Role in Eye in Accordance with the Qur'ān and Medical Science**

## **Abstract**

*Praise to Allah Blessing peace be upon our prophet Muhammad. All kinds of knowledge are important, but the most important science that contains the Glorious Qur'ān. According to this study, crying or shedding tears is the best approach to let go of unpleasant feelings like grief, anguish, and despair. It is occasionally also a means for people to express their happiness and satisfaction. In accordance with scientific perspectives, when tears are shed emotionally, levels of prolactin, manganese, potassium, and certain proteins are higher than when tears are just watering the eyes. Some fascinating new insights about crying are being provided by certain studies. The only animals who have evolved the capacity to cry when under emotional stress are humans. In accordance with Islamic perspectives, the Almighty Allah mentioned crying in the Holy Qur'ān as well. Tears and cries purify the soul of burden and grief as well as transgressions. It lets go of bad energy, and the tears wash away the dirt and injury.*

**Key words:** *The Holy Qur'ān, Medical Science, Crying, Tears, Effects.*

## **Methodology**

This analysis employed a qualitative methodology, which is based on observations of the Qur'ān and medical science regarding people's bodily behaviors in consequence of shedding tears from eyes. This study used content analysis as its methodology. Research using primary sources from books typically focuses on the interpretation of passages pertaining to the research topic. Books, research concepts, articles in scientific journals, posts, and other research-related materials are examples of primary sources. Descriptive analysis is another analytical technique it employs to try to understand or characterize something as it is.

## **Study Questions**

1. Does medical science today also describe the same thing about tears that the Qur'ān revealed 1400 years ago?
2. Is crying really necessary in our life, and does it reveal any flaws in our moral fiber?
3. Does crying have a beneficial or negative outcome in the end?

## **Discussion**

### **Introduction**

The term "crying of outstretch" refers to the sloppy tears that flow from the eyes of someone who is grieving and crying because they are unable to fulfill their obligations. The majority of this pain is expressed without words or tears<sup>1</sup>.

Tears falling freely from the eyes are a sign of sorrow and an incapacity to perform one's duties. The words "Crying and weeping" from the Qur'an, spoken by the Almighty God, introduce the concept.

***“When the verses of the Most Merciful were recited to them, they fell in prostration and weeping”. (al- Qur’ān, Maryam 19:58)***

Sobbing is the soul's way of expressing emotion, say some psychologists. The eyes and chest sighing, rapid breathing, elevated heart rate, and the drive of dread, despair, or ecstasy are among the human body parts impacted.

### **Tears are Allah’s Gift to Mankind: A Scientific Interpretation**

Both Islamic traditions and science have placed a high priority on weeping and crying. stated the Prophet Muhammad (May Peace and Blessings be upon him).

*“Truly, tears are a mercy that Allah has placed in the essence of his servants (the human beings)”<sup>2</sup>.*

Tears are secreted by your lacrimals, which are tiny, sponge-like glands situated within the frontal bone above and against the eye socket. Tears constantly moisten your corneas, the transparent "windows" of your eyes. This stops your eyes from drying out, which can cause blindness if left untreated, and helps eliminate unwanted things like dust, which is a frequent component of air<sup>3</sup>.

Manganese, a mineral that affects mood, can be found in tears up to thirty times higher than in blood serum. Crying by itself lowers the body's manganese levels. Additionally, they found that tears resulting from emotional variables include 24% more albumin protein than tears resulting from ocular irritations<sup>4</sup>. A thin layer of oil keeps the exposed eye hydrated and supple, preventing tears from drying out. The oil in your eyes is produced by the Meibomian glands in your lids.

### **Shedding Tears of Belief is a Sign of Wisdom**

The Qur'an praises the earlier nation's cry of fear for Allah and gives them instructions for the sons of the Islamic people to follow. It extols this scream.

Almighty Allah declares,

***“And they say: Glory be to our Lord! Most surely the promise of our Lord was to be fulfilled. And they fall down on their faces weeping, and it adds to their humility”. (al- Qur’ān, Bani Isra’il (al-Isra’) 17:108-109)***

One startling discovery is that crying can really be a coping mechanism for emotional problems. According to this research, there is some truth to the proverb "To cry it out helps a person feel better." Studies have shown that those who weep experience improvements in their bodily and biological states, whereas those who suppress their emotions experience worsening of these states<sup>5</sup>.

Cry, as some people would think, is a show of weakness. In actuality, sobbing is a normal response and a secure method for people to let go of mental stress.

Everybody needs to occasionally let go of their tears, regardless of age, gender, or sexual orientation.

### **Tears are a Sign of Allah's Mercy**

“Imam 'Ali (as) through Amir al-Mu'minin said, “Among Allah's blessings and mercies are the tears of the eyes and the fear of the heart (for Allah's sake)”<sup>6</sup>.

Aqueous fluid secreted by the lacrimal gland coats the surface of the eye in a layer known as tears. The tear film protects, nourishes, and lubricates the eyes' internal bacteria. Generally speaking, the lacrimal gland releases three types of tears: emotional, reflex, and basal tears<sup>7</sup>.

Normal tears are secreted to lubricate and nourish the eyes, whereas reflex tears are secreted in response to external stimuli, foreign substances, or discomfort<sup>8</sup>. Tears are a natural bodily fluid that people use to communicate their emotions.

### **Tears Soften the Heart and Bring Prosperity**

In his last will and testament to Imam 'Ali (as), the Prophet of Allah (S) said,

*“O 'Ali! There are four notable signs of misfortune and wretchedness: lack of tears, hardness of the heart, unrealistically drawn out hopes, and desire to live forever”<sup>9</sup>.*

According to reports, most people feel happier after crying<sup>10</sup>. This result is in line with a study that discovered that 88% of participants' moods improved somewhat after crying.

### **The cry of Grief and Regrets When it is too Intended**

The hadith also mentions the prophet Muhammad PBUH sobbing.

*“The Messenger of Allah (صلى الله عليه وسلم) visited his son Ibrahim (may Allah be pleased with him) as he was about to pass away. The Messenger of Allah (صلى الله عليه وسلم) started misting up. May Allah be pleased with him, 'Abdur-Rahman bin 'Auf remarked, "O Messenger of Allah, you too weep?" "O Ibn 'Auf!" exclaimed he (صلى الله عليه وسلم). It is kindness. “The eyes are shedding tears and the heart is grieving, and we will not say except what pleases our Rubb, “he stated, breaking down in sobs. Oh Ibrahim! Yes, we are saddened by your leaving”<sup>11</sup>.*

It can stand for a variety of human emotions and actions, such as pain, happiness, rage, empathy, and yawning, smiling, sneezing, and crying. The aforementioned hadith make it clear that the Prophet cried because he had sympathy for the child who was about to die. Aside from being a sign or signal of human emotion, crying aloud has several good advantages.

Because tears remove elements that the body has collected during stress, the scientists concluded that tears actually alleviate stress. These include the hormone prolactin, which regulates the production of milk in mammals, and the endorphin leucine-enkephalin, which relieves pain. It was found that the most important of those chemicals that eliminated tears was adrenocorticotrophic hormone (ACTH), one of the best indicators of stress.

Suppressing tears increases stress levels and has been related to heart problems, high blood pressure, and peptic ulcers that worsen under stress<sup>12</sup>.

Tears can be produced by infections, illnesses, or mechanical eye discomfort in addition to strong emotions. Reflex or irritating weeping appears to be "designed... as an emergency... mechanism" since the lacrimal glands immediately provide the appropriate quantity of lubrication and protection when needed. On average, blinking happens every two to ten seconds<sup>13</sup>. With every blink, the eyelid carries this amazing fluid over the surface of your eye.

Tears often flow continuously into the lacrimal punctum, a little dot seen at the nasal border of the lower eyelid. The overflow of tears that trickles down the cheek as a result of tear production exceeding the drainage system's capacity is evident by the obvious flow of tears on the cheeks.

#### **Impact on Human Well-being**

Weeping is a normal and healthy occurrence. According to William Frey's scientific study from the University of California, a man's weeping can provide solace. Tears purge the body of substances associated with the demands of life.

Investigating the chemical makeup of emotional tears, researchers discovered that prolaktin hormone and bad electrons produced by pressure exposure are abundant in the blood. As a result, crying protects the body from dangerous substances and the tears facilitate the movement of the upper and lower eyelids. Our bodies will act as a cleaning instrument for us once we cry and mourn. The tears will actually strengthen the eyelids, clean the cornea, shield it from dryness, improve visual clarity, and lower pressure in the eyes, which will benefit other psychological systems like arteries and nerves that get stiff due to emotional cases<sup>14</sup>.

#### **Impact on human psychology:**

Psychological anguish is a common occurrence for humans in their day-to-day lives. As always, crying is the appropriate approach to let out your frustration. According to the scholar's scientific research, 73% of males and nearly 85% of women in America reported feeling relieved after crying (Fray). Additionally, he stated (Fray), "It appears that crying relieves stress and is particularly beneficial for health, as well as a cure for mental disorders and diseases"<sup>15</sup>.

Holding back our tears till it's over is wrong. Crying is interpreted as a sign of weakness in infants since it is a necessary part of adjusting to daily life without losing the capacity for psychological comfort. The tears you shed will bring you comfort. Tears drawn from our depths to burden the mentally fragile. So, it's the most effective method for releasing the massive amount of negative emotional energy.

Tears flowing from the eyes are actually cleansing and bathing the eye and its components. Additionally, it is meant to purge the same anxieties, sadness, and depression. For instance, the holy Qur'ān explicitly describes in verses a story about a comrade who was unable to carry out jihad.

***“Nor [is there blame] upon those who, when they came to you that you might give them mounts, you said, 'I can find nothing for you to ride upon.' They turned back while their eyes overflowed with tears out of grief that they could not find something to spend for the cause of Allah”. (al- Qur’ān, at-Tawbah 9:92)***

They wept bitter disappointment at not being able to take up arms and accompany the prophet onto the war. Maybe this is how the Qur’ān described them clearly—the hammering tears lessened their tragedy and lifted their heavy load. ***“They turned back, sobbing uncontrollably, because they were so distraught that they had nothing to give (to the cause of Allah)”***.

#### **Healing of the Eyes of Hazrat Yaqub:**

God said recently about Prophet Jacob pbuh;

***“And he turned away from them and said, 'Oh, my sorrow over Joseph,' and his eyes became white from grief, for he was [of that] a suppressor”. (al- Qur’ān, Yūsuf 12:84)***

***“Go with this shirt of mine, and cast it over the face of my father, he will become clear-sighted, and bring to me all your family”. (al- Qur’ān, Yūsuf 12:93)***

Grief and white water have a relationship. Anxiety is known to increase adrenaline, which is regarded as the anti-hormone insulin. In addition to causing blood sugar to rise, which is one of the elements that contributes to opacity, this continual rise in adrenal hormone also synchronizes tears of grief with crying.

The first cataract drop was made by Egyptian scientist Prof. Dr. 'Abdul Basit Muhammad Sayyid, who was inspired by the garment of the Prophet Yusuf (peace be upon him)! Dr. Sayyid explains, saying, “After thinking about it for a while, we were able to think of nothing except sweat”. The components of human sweat were the main focus of our investigation. We noticed that opaque lenses that had been removed from eyes by traditional surgical methods eventually began to turn transparent after being submerged in perspiration. "Did sweat work in this instance as a whole, or just one of its components?" was the second question. By separating them, one of the basic components—the chemically produced molecule urea—was obtained.

The findings of testing the drops showed that “the amount of light passing through [the lens of the eye] increased from 2 percent to 60 percent in a quarter of an hour... and to 99 percent after an hour”<sup>16</sup>.

#### **Conclusion**

The research comes to the following conclusion:

First of all, crying is a universal human emotion. It is the language used by humans to communicate their happiness, pleasure, or misery. No person died without experiencing these emotions. From birth to adulthood, truth and tears are a part of humanity.

Second: Despite what some people may think, crying is not a sign of weakness; rather, it is a healthy way for people to express their own

psychological feelings. Whether they are young or old, male or female, humans need to let go of their tears occasionally.

Third: The Qur'ān commends the earlier nation for their outcry of fear towards Allah and commands them to encourage the sons of the Islamic country to do the same.

Forth: Weeping and crying have been shown to protect the body and the eyes from damaging hormones, according to contemporary science. Additionally, it purges illness, releases strain from our lives, and gets closer to true worship of God.

## Recommendations

The researcher advised Muslims to worship Allah the Almighty with reverence and to cry in order to fulfill their desire for that interest. If Muslims are unable to cry, the researcher also advised parents to teach their sons and daughters to cry out of fear of Allah Almighty.

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