



Resuscitation in the Holy Quran

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One of the most important and primary steps in the process of understanding cardiopulmonary resuscitation (CPR) is the historical steps evolving to the present situation (1-3).

1. The History of Modern Resuscitation

This history is related to a few decades ago in 1966 when consensus standards for resuscitation were announced (2, 4) and appeared in the medical literature. But, the great role of resuscitation has been mentioned in previous texts including the Holy Biblical ones (1, 3-5).

It was in 1768 that the rules related to CPR were introduced and disseminated (4) and in 1889 the invention and introduction of low pressure cuffed endotracheal tubes led to reduced airway injuries (1); while in the mid-20th century, Safar could examine the airway management techniques using a methodological approach (1, 6).

2. Ancient History of Resuscitation

2.1. Islamic Evidence

The Holy Quran which gives a lot of advice to Muslims for their daily life, mentions resuscitation in a few verses.

In the first example Quran says: "... it should be considered as though he had killed all mankind; and that who ever saved it should be regarded as though he had saved all mankind ..." (7). This approach to the resuscitation considers the mankind life much worthy and also, considers resuscitation an invaluable duty.

In another part, the Quran says "Allah sends down water from the sky with which he revives the earth after its death. Surely, in this there is a sign for people who listen" (8). Also, the Quran says "... Allah sends down from heaven with which the earth is revived after its death..." (9). Also, says "... you see the earth humble; then when

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he sends down rain upon it, it quivers and swells..." (10).

It seems from these verses that about 14 centuries before, the Holy Quran has stressed on the value of human resuscitation and has demonstrated a few other examples regarding this issue to declare how resuscitation works, in sensible examples, so the people who read it can understand resuscitation much more clearly. This issue demonstrates how resuscitation efforts done for the mankind can have beneficial effects exactly the same as rain would make the earth "alive".

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