

## Book Review “Panduan Mengubati Penyakit Jiwa” (Malay Version)

Johor Bahru: Perniagaan Jahabersa, 1995. 134 pp.

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Written by Zuhriah Mohd Juoi, society now cannot run away from mental illness. Individuals cannot avoid themselves from mental illness. Among them is boredom for life, disappointment, restlessness, despair, disorder of mind, low self-esteem, loneliness even when overwhelming, tense feelings, and more pains. In addition, humans cannot run away from malicious illnesses, malicious thought, cruelty, arrogant, crazy world, anger, ripple, endlessness, revenge, and so on. No one can deny this fact and ensure he survives one of these diseases. People who suffer from mental illness are more numerous than those who suffer from physical illness. However, unfortunately, the available expertise is not used to seriously consider this. They are more focused on physical care only. Those who suffer from illness never commit suicide and kill others. However, how many people suffer from mental illness, it is likely to commit suicide or kill others. The proof of seeing the society today, the killing problem has become a habit. That is why a society is in a messy state.

Treating serious diseases seriously is more important than treating a disease born. The book tries to describe how to find a way to solve the problems of inner illness. Islam tells us to reflect on ourselves that is our heart. Tell her and try to cure her pain. Only good heart is able to know God and his greatness. A hearty heart will find light of happiness and serenity. That is heaven that God hastened on this world again before heading to eternal paradise in the hereafter. That is what God promised to those who try to cure the mental illnesses that are in his heart. Each limb is made for a specific act. The pain of the limbs made it difficult to do something special for him. Until that act does not arise from it. If it appeared, it was not perfect. For example, if we are sick, it will be a pain to us. Eye pain makes it difficult to see. Similarly, if it hurts. Converting a special act to the heart. The heart is made for knowledge, wisdom, interpretation, and love and worship of God. The function of the heart should give priority to that above all other desires. Ask for help with all the wishes and limbs in reaching the above matters. In each

limb, there is a benefit. The benefits of the heart are wisdom and interpretation. Nutrition for human beings is the heart that distinguishes humans from animals. Humans are no different from eating, having sex, seeing, and others. The heart is to know everything according to the truth. Whoever has something to him, which he loves more than God, then the heart of the person is in pain. These are signs of pain for the liver.

To cure the illness that affects the body, at least we are dealing with two things, that is, we will deal with the bitterness of the drug, and we have to be patient with what is the desire of lust. Usually for sick people, things are prohibited by doctors from eating them. The two things we face in the time of treatment are extremely tough. If we are impatient with tiredness and bitterness when curing the disease, we will be negligent in the treatment. This disease will increase significantly. The doctor told us to take medicine, we did not want to, just because the medicine was too bitter. When doctors banned from eating it and this, we cannot wait. If the birth disease continues and grows heavily, it will reach the end of all illnesses that die. This means that when this borne illness is negligent to treat it, there will be a conclusion. All these diseases can lead to death. It is not an easy thing to cure this mental illness. As we are cured of curing diseases, we are also very cured of treating mental illness.

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