

A Literature Review of Islam Recovery Treatment in Drug Addiction

Farisha Irwayu Abdullah¹, Ahmad Faizol Ismail¹, Berhanundin Abdullah^{1,2}, Abdul Qahhar Ibrahim^{1,2},
Zawawi Yusoff^{1,2}, Noorsafuan Che Noh^{1,2*}

¹Research Institute for Islamic Products and Malay Civilization (INSPIRE), University Sultan Zainal Abidin (UniSZA), Gong Badak Campus, 21300 Kuala Nerus, Terengganu, MALAYSIA

²Faculty of Islamic Contemporary Studies, University Sultan Zainal Abidin (UniSZA), Gong Badak Campus, 21300 Kuala Nerus, Terengganu, MALAYSIA

*Corresponding Author

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ABSTRACT

The drug addiction issue in this country Malaysian is increasingly spread. This study was conducted in Malaysia as a Muslim country and focuses on this article examines the Islamic approach used in some rehabilitation centers. Objective articles identify with rehabilitation centers that use the approach. And this article also listing Islamic treatments that affect addicts. Therefore, the method used by this article is analysis of existing documents. This study was conducted in Malaysia as a Muslim country and focused on Islamic recommendations and good spiritual.

Keywords: Islamic approach, Drug addiction, rehabilitation centers

INTRODUCTION

Drugs have been around since the early 19th century. Drug abuse is rampant and has become a critical crime in every country around the world. Poor behavior resulting from drug abuse is detrimental to society and is a problem or burden that can affect the development of the country's economic, political, and social system. To date no drugs and vaccines have been able to cure and restore drug abuse (Kearney et al, 2019). Drug-related bans have also been adopted by all religions of the world. Every religion considers drugs to be more harmful than good. Islam has clearly stated that drug use is illegal. (Wan Mohd Nasir, 2011). Drug addiction is contrary to the five important demands of a sharia *maqasid* called *al-Maqasid al-Kubra*, *al-Kulliyat al-Khams* or *Dharurat al-Khams* (Shalaby. 2006). These five essentials are assurance of religion, self, intellect, lineage, and property. The ban on drugs has been increased with alcohol prohibition. Allah Almighty says: 90. O you who have believed, indeed, intoxicants, gambling, [sacrificing on] stone alters [to other than Allah], and divining arrows are but defilement from the work of Satan, so avoid it that you may be successful.

Every problem faced has a solution. Drug addiction has a healing effect from a religious point of view, which is an alternative applied by some rehabilitation centers in addressing drug addiction prevalence among the public.

Definition From an Islamic Perspective and The Effect of Drug Addiction

Drugs in Arabic is defined as *al-Mukhaddarat*, derived from the word mukhaddara, which is a substance that can cause loss of judgment and mental health due to drugs such as marijuana and morphine. According to the study of Islamic scholars and medical practitioners, the use of cannabis or soy has a similar effect that can be intoxicating and cause mental illness to disappear control (al-Marbawi, 1998).

According to the book Islamic Anti-Drugs (Anti-Drugs, 1993) drugs are active psychoactive substances that have the most harmful effects on the human nervous system such as intoxication, delusions, addictions, and behavioral disorders and so on. Its continuous use poses a great deal of harm to us, our families, our community, and our nation.

Drugs are dangerous substances that can destroy their practice. There are several features of the drug (AADK 2013):

- (a) Has the most impact on the central nervous system (brain and spinal cord).
- (b) It is not used for medical purposes and its use is prohibited.
- (c) Obtained illegally.
- (d) Leading to physical and psychological dependence and increasing drug resistance.
- (e) To bring adverse and harmful effects on one's health and social functioning.

In the book "Family Drug Abuse Treatment" states that consumption of these substances will cause consumers to become delusional, addictive and suffer from depressive or withdrawal syndrome that may lead to prolonged dependence that may affect daily routine such as learning, work, home and social relationships (Heller 2013).

In addition, drugs also cause damage and alterations to the physical shape and endurance of the addict body (Shalaby, 2006). Addicts are vulnerable to a variety of diseases such as barrenness and skin diseases. This is because, often, addicts make the dirty environment a place to get drug supplies. Its use and sharing of dirty and rusty needles for the purpose of inhalation and injection can also contribute to bacterial infections that can lead to viral hepatitis. Here are some of the effects of drug addiction:

1. Effects on Self and Family.

It is found that an addict will lose their dignity and lack of respect for their parents (According to al-Hadi et al, 1997). They lose their sanity and dignity as they make dirty places their home, no longer maintain personal hygiene, cleanliness and are often involved in stealing and committing crimes. According to the study of John Don (2000), involvement in drug addiction will encourage them to commit crimes in three situations:

- i. The effects of drugs will cause addicts to commit crimes because their minds and emotions are unstable.
- ii. The relatively high cost of drug use has led them to commit crime to keep the drug (drug) in themselves.
- iii. From the point of view of drug suppliers, they are also a cause to them committing crimes.

In addition, physical changes such as skinny, impatience, violent acts of addiction and addicted to drug addiction occur in drug addicts. They will also be exposed to HIV disease where they share needles between them and practice free sex.

Addicts also have a devastating effect on their family members. What is clear is that drug addicts are causing their family members' names and descendants to become contaminated in the community. In addition, they are a burden to their families, as they are an inconvenience and have to spend a lot of money due to the extreme addiction to drugs. It also causes divorce within the household.

2. Impact on Society and Country

The main factor affecting society is the harmony of life that is largely disrupted by billing. There are also cases of murder and rape crimes committed by addicts. Meanwhile, drug dealers are also trying to find new distributors among teenagers. This causes parents to worry about the safety of their children. Symptoms of drug addiction also have a huge impact on the country. These include:

- i. The country faces productive energy losses to help develop the country. Involvement of young people and youth in billing has left countries scarcely in the world of leadership to find those who are charismatic, insightful, and responsible in the trusts they provide.
- ii. Countries incur costs for the prevention, enforcement, and rehabilitation of drug addicts.
- iii. The country's image is also affected and tainted.
- iv. The country's tourism revenue has also decreased because of criminal threats and has led to the spread

of illicit drugs.

Definition Of Islamic Treatment

Islamic treatment is a form of medicine that has been interpreted and developed by them (Muslims) of various races and ethnicities from the earliest days of Islam to the present (2019). He cites Roland Wenner's (1983) view that explains that Islamic medicine is an attempt by Muslim scholars to deal with illness and health problems that is in line with the view that God, man, nature, and society relates to one another in a very harmonious way. Even Islamic medicine is a manifestation of Islamic culture in its spiritual, moral, and ethical aspects (Azizan Baharuddin, 1993).

Islamic treatment refers to a system of treatment which is founded on the preservation of human well-being and complements the existing system but emphasizes *Shari'ah* which is the fundamental principle in the practice of rehabilitating patients or addicts. It has been defined as the "Islamic Medical Center" as a place to carry out treatment and provision of disease treatment services. It is even the focus of many people seeking a place for healing (Khadler Ahmad, 2014).

This treatment is based on the principles of Islam. Islamic treatment is based on the following characteristics: [First] Uses readings of rukyah which refers to the Quran, Sunnah and prayers. [Second] There is a method that follows the Sunnah of the Prophet Muhammad and does not violate Islamic law and is not doubtful. [Third] Uses clean and pure treatment materials from things that are banned or defiled. [Fourth] Emphasizing Islamic Sharia from every practical aspect of treatment including the preservation of genitalia, not alone between male and female patients, practicing the concept of helping Muslims (Khadher Ahmad, Abdullah Yusuf & Mohd Farhan Md Ariffin, 2014).

Islam Recovery Treatment Applicable for Drug Addicts

Baitul Taubah: Baitul Taubah (BT) uses the Thoriqot Wan Naqsabandiyyah (TQN) treatment method at the Indonesia Suryalaya Inabah Center. The establishment of BT incorporates aspects of spirituality as well as management under one goal. BT is in Kelantan in the Pasir Puteh area and the Civil Defense Department training camp and has been operating since 16 January 2008 (Jacob 2012).

Hydrotherapy and abstinence are two things that are mandatory for the addict for one of their remedies. his bath is a symbol of the purification of the soul for the purpose of facing Allah s.w.t. The practice of remembering whether a specific number or not is compulsory for all builders to produce a clean and strong heart. This method proves that it provides comfort in their recovery process. As well as the physical aspects of the body are also exposed and applied, the physical training revealed at BT consists of wire, sports, agriculture, skills, and livestock. The proceeds raised are used for the development and use of BT's architecture to meet the needs of recovery. It is the latest Islamic-based rehabilitation center with high participation of addicts (Jacob, 2012).

Inabah Youth Cottage: Inabah adolescent (PRI) is a Private Drug Recovery Center (PPDP). PRI is one of the PPDP's providing drug rehabilitation treatment to recover addicts from recurring billing and to guide them in the way God sees fit in the Qur'an and the Sunnah. According to Sabir and Fadzli (2011), they have described the treatment of recovery using the method used by the PRI's Thoriqot Qadiriyyah Wan Naqsabandiyyah (TQN). This method is used as a practice whereby practicing the practice of remembrance, prayer, repentance and the guidance of the Quran and al-Sunnah will transform the builder.

Rehabilitation treatment in PRI begins after adoption. The treatment received by the architect is the basic treatment for the first six months and undergoing further treatment for six months. The method in PRI is practiced by the penitent bath every morning for forty consecutive days. This is aimed to ensure that the blood vessels build up on the surface of the body and stimulate the flow of blood to the brain and heart which produce feelings, emotions, tranquility, and drug addiction that can leave drug addiction (Su'dan, 1987).

The addict will perform the prayer until the time of dawn and remembrance. Remembrance is used to bring the addict to God. This in turn can prevent and keep abusers from being neglected and continue to be addicted to drugs (Fadzli & Sabir, 2011).

The guidance of the Qur'an and Fardhu Ain is led and guided by the ustaz or the addict in charge. Teaching, guidance, and instruction are needed to increase knowledge and motivate the addict to change. Some of them also lack knowledge of religion and apply spiritual practices to themselves. Some of the less well-known guidance of the addict is related to the intention, the Sufism, the Muamalat and monthly (Shafie, 2006).

As a result of the research conducted, the effectiveness of the implementation of Islamic approach based on the PRI approach has found that the child underwent basic treatment through prayer, remembrance, and penance baths that had transformed the body during the healing process (Sabir, 2013).

Modul Isra': This rehabilitation treatment program was introduced by AADK. *Inabah* programs utilize social psychiatric and spiritual approaches that integrate elements of cognitive behavioral therapy and psycho education in helping residents or clients experience change and recovery at the institution and hopefully stay afloat while undergoing a community recovery process (AADK, 2017).

The *Isra'* module approach is a psycho-spiritual approach in which *Inabah* and psychosocial models are developed to provide programs and activities based on spiritual treatment and recovery (AADK, 2017). This module of *Isra'* is applied for drug addicts as it has elements that emphasize the *Fardhu Ain* as well as the spirituality of the soul that can cure them.

Pengasih: Charity is a non-governmental organization (NGO) actively involved in the treatment and recovery of drug addiction problems. These NGOs also have their own activities and programs to help drug addicts recover. In fact, they are aiming to bring together the former recipients of the whole person's recovery and return to the family circle. Their experience is used to help recover former drug addicts who have the potential to recoup their drug addiction (Khairul Hamimah, 2018).

The program of Compassionate treatment and rehabilitation programs is Community Therapy which focuses on basic family values, role models, peer pressure guidance, and coping skills. Pengasih only provide tools and guidelines to help them correct mistakes they have made (Yunus Pathi, 1999).

The Community Therapy module focuses on emphasizing mindset, management & emotional balance, behavioral change, and spiritual application of the resident (addict). Self-reliance depends on the addicts themselves. Islamic values are instilled in the addict for the development of good behavior (Yunus Pathi, 1999). Among Islamic values that play a role in life from the inside out:

1. Value of Trust: Trust plays a role for residents to avoid all restrictions and carry out the instructions given by Allah Almighty. They will be ashamed when they make mistakes and ban Allah Almighty.
2. Value of Responsibility: The responsibility of forming a resident strengthens faith in God and His Messenger by always doing good and avoiding forbidden acts.
3. Sincere Value: To produce a clean, pure soul, and to set the goal of worship and worship solely because of Allah (Mustafa Kamal Pasha, 2002).
4. Dedicated Value: The value of dedication builds the soul of the resident who dares to face challenges and pressures. Dedicated residents can fulfill their assigned tasks.
5. Simple Value: Moderate in every case and not too open to all corners of life. Maintain worship, speech and conversation. Don't waste your time managing your expenses.
6. Valuable Value: Be careful when doing work, not underestimating things, solving problems without upsetting others, not being tough at work, always passionate and highly motivated. This creates a high degree of self-confidence.
7. Net Value: Maintain cleanliness from spiritual and physical aspects. The purity of these two aspects must be considered as they affect the spiritual and physical well-being of the resident.
8. Discipline value: To produce a resident who can manage himself, time, worship, and life. Having religious discipline is important for educating residents to fulfill their religious obligations without complaint or dispute.

9. Cooperation Value: The partnership educates the residents, helping each other in their efforts to develop the personality of their residents and Muslims.
10. The value of Your Majesty: This value creates a resident who is not only virtuous but also virtuous toward God and His Messenger. They seek to distance themselves from the things which can bring about the wrath of God.
11. Grateful Value: Produce a resident who is always grateful to God, family, friends, employers in appreciation, sharing the goodwill. They do not misuse the favors given and ensure that the income derived from it is based on Islamic law.

Implementing Islamic values within these residents can prevent them from repeating their billing. This Community Therapy module creates resilience and has a clear purpose in life.

Repent

Applying the value of repentance is the basis for change for drug addicts. It is a process that involves purification of the heart which establishes the relationship between God and his servant. Repentance is defined by the meaning of returning to God by abandoning what is forbidden and doing what God pleases (Hajah Noresah Baharom, 2010). In addition, repentance is to return to God from past sins and to return to God from sin (Ibn Manzur & Fayruz Abadi, 1993).

Maintaining the mind is important in the *Shariah maqasid*. When taking drugs in life it can damage and hurt one's individual mind. In fact, they do things that are forbidden by Islam and damage the *maqasid* sharia. The sinner will feel his soul is restless and affects the mind of the individual. To make the mind active and clean from the illicit things it is necessary to practice repentance (Sukamdi, 2010).

The focus on treating and rehabilitating drug addicts is on the spiritual aspect of purifying the inner (heart). The beginning of change for drug addicts is the basis of self-cleansing by implementing repentance. In Islam, drug addiction does not only harm the addict but also causes spiritual illness (Dara Aisyah, 2013).

In the efforts of self-improvement and purification of the soul to abstain from drug addiction, repentance plays an important role in addiction recovery. An important indicator for addicts to change is to migrate to a place far from the village and easy access to drugs (Sukamdi, 2010). Because these migrations help addicts to change and abandon drug addiction and the atmosphere that creates a positive attitude towards them. Immigration is also necessary for migration not just for migration. This migration needs to be consistent to achieve the purpose of change. The addict needs to isolate himself or herself and go to a place that helps to improve. From a psychological point of view, this unique or solitary way of doing things has a positive effect on people, especially in treating people with problems.

In the process of change, drug addicts make a living by going to places that help them improve themselves and keep away from drugs. Spiritual patients are those who are unable to solve the problems they face, to distance themselves from the evil that is necessary to help them to strengthen their relationship with God and to fear the rejection that has taken place.

CONCLUSION

Drug addicts are a compulsive group of people who need help to change their knowledge of God and avoid what is forbidden. These groups need appropriate guidance to recover from drug addiction. The treatment and recovery in Islam is an attempt to recover the addict from a spiritual or internal point of view. Islam has provided a guide to follow. And in every PPDP, it uses Islamic treatment and recovery as a method of dealing with drug addiction.

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