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HUMAN LIVER IN CONTEXT OF QUR'ANIC VERSE [90:4]

Indeed, we have created a man in affliction. [Quran, 90:4]

In his living man is involved in various troubles and problems. He is suffering, stress affects him, problems are imposed to him, He is forced to look for solutions. It seems that there is no moment when he leads a carefree life of pleasure, free from pain, sorrow and worry. In reality, creational structure of man is that he just can not find the salvation of all these misfortunes. He is left only to strive to overcome them / accept them, or to surrender.

By creating, according to the above quoted verse, man is placed in a position that is constantly in an need and squeeze. In order to survive, he must be interacting with the environment, with people, nature and animals. He is under constant pressure, and if he does not know how to master it, it largely reflects on his health.

Tafsir al-Jalalayn, regarding interpretation of the above verse, states the following: "We have indeed created man in toil, (state) of effort and difficulty, struggling with the tribulations of this world and the future."

Tafsir Ibn Kathir reads: "We are creating a man that is trying, that is grappling with difficulties," and further explains that "according to second explanation means "upright", "because the word "*kebed*" means uprightness so that these words mean: We created man to walk upright."

According to the Qur'an dictionaries, dictionaries of the Arabic language, especially Lexicon Lane, infinitive *kebede* means to feel pain in the liver, the liver hit, hit hard, manage, find a difficulty, to cope with adversity.

Kebed is a verbal noun, and in turn it means trouble, filing, coping, tribulation, interior, center, etc. Google's translator *kebed* translates as liver, but in this case, the translation does not match the intent of the verse.

As for the Russian translation of the Qur'an we find that *kebed* as the difficulty translated Kuliev, Krachkovski, Osmanov and Porohova, while Sabljikov translated it as "frivolous." As for translations of the Qur'an into English, of the 21 tested translation we found that only three translators *kebed* turned into an infinitive or imperfect present and said that man was created to fight, torture and try.

Conducted exegesis of verse 90:4 clearly indicates the relationship of the human liver with all possible strikes that life brings us. The first organ through which all our problems are to reflect is precisely the liver. She is extremely sensitive and its state of our health depends. After the brain, the liver is the main organ of our body.

The importance and function of the liver

The liver is the largest chemical factory or laboratory that could be imagined. At the time of human life in every moment the liver plays a large number of chemical, rather biochemical reactions. Any delay, any disturbance in liver function, reflects in work of other organs or whole body in general. Because of that the liver should be treated reasonably. It should not be often tempted, because the liver is not programmed for temptations. To lead a moderate life in everything, is the best prerequisite for a good universal state of the organism, and especially the liver.

The liver is fully automatic, and of that automaticity depends the whole organism. Automaticity of the liver depends on many factors: the food supply, demand in the periphery, vitamins, hormones, nervous system, etc.

The earliest visible sign of liver disease or liver problems is yellow color in the first place white sclera, the visible mucous membranes and skin, then high blood pressure, also the content of cholesterol, chronic fatigue syndrome: fatigue quickly, often great fatigue and lethargy, indigestion, cellulite, eczema, acne rosacea-e, pimples, irritable bowel syndrome, depression, irritability, dark (liver) spots on the skin, weakening of the pancreas, itching of the skin and joint pains, nausea, pain may occur in the area of the liver, elevated body temperature, urine usually becomes darker, the dream is bad regularly, often uneasy, especially in the morning, what can increased with the liver damage.

Emotional stress and liver

When it comes to stress, there is no doubt that it harms the liver function. Stress is defined as a physical sensation that is a reaction to everyday tensions and pressures. Change in lifestyle, illness, **injuries** and careers, are common causes of stress. Feelings such as impatience, anxiety, fear or anger, directly affects nerve impulses and muscle tension. In response of the body and mind to the pressure that disturbs the normal balance, stress occurs when people are not able to manage responses to experiences. When the reaction is experienced as resistance, tension or frustration, there is an imbalance in a person that becomes a source of many health problems.

Many people do not know how for the benefit of the same liver it needs to be rid of stress. We all live under some degree of stress, but have different tolerances.

Stressful lifestyle can alter the natural flora (bacterial population) of bile, causing the formation of gallstones in the liver. One of the leading factors that cause stress is not having enough time for yourself. If you do not give yourself enough time for things you need or want to

do, you'll feel the pressure. The continuous pressure causes frustration, and frustration eventually turns into anger.

The effect of congestion, as a result of the stress, gives rise to a disturbance at the cellular level and feels like an emotional turmoil. Researches show that chronic stress or, rather, an inability of man to cope with stress, is responsible for 85% to 95% of all diseases. They are commonly referred to as psychosomatic illnesses. Stress caused by an obstruction not only require a deep physical cleaning such as cleaning the liver, gallbladder, colon, kidney, but also require actions to encourage relaxation. During relaxation, the body, mind and emotions are transferred to a mode that supports and enhances all body functions. Constrict blood vessels re-open, the digestive juices flowing, the hormones are balanced, and the waste is eliminated more easily.

Liver and anger

Health of the liver is associated with anger and aggression. Situations that insert us into rage, negatively affect the liver. What emotion is associated with any organ? This question corresponds to the sentence: "you are hitting my liver." It accurately describes what happens when you are angry - anger generates a kind of disturbance in our energy system, and exactly in the liver. At this point, the liver does not receive energy well and the energy used previously is being blocked and retained. As if we have breathed fresh air in, but not out. So, no matter how cool the air was, we have to exhale it. Does that mean we should ignore the anger? No, because emotions can not be simply deleted. They occur as a result of our life. But if instead of being angry or suppress anger, we choose to take some action, as a result of these actions negative energy will flow out of the body and the body will come into a harmonious state. So, we must not go into angry reaction to something, because it does not even arise. Clearly, people who suppress anger (and keep it latent) can easily trigger severe illnesses such as liver disease or tumors. Tumors, a taboo topic of today's man, it's easier to fight when we understand the importance and impact of emotions on our energy system. Exhausted people and those who have constant need for sleep also have problems with the energy of the liver.

Anger is an indicator of severe stress, which has a strong effect on the body, which can be measured by the amount of adrenaline secreted into the blood by the adrenal glands. Under severe stress or excitement hormones speed up, increasing blood pressure, constrict blood vessels of endocrine glands in the digestive system. In addition, they restrict the flow of digestive juices, including gastric acid and bile, peristaltic movements and dispose of food absorption, inhibit the secretion of urine and feces. When food does not digest properly, significant amount of waste is not thrown out of the body, each body part will feel it, including the liver and gall bladder.

Frequent sadness or excessive ecstasy lead to imbalance of the heart meridian. People who are easily moved may seem gentle and desirable, but that imbalance is in no way lighter than the imbalance of the liver. While the weeping is socially more acceptable than anger, both are almost equally harmful to the body. People with such behavior risk heart disease, diseases of pericardium, stomach and throat.

Liver in balance and imbalance

One of the most important liver function is ensuring the smooth flow of energy through our body, and also the flow of thoughts. If the liver is in harmony, one should not have the stress and pressure. People with "healthy" liver are calm, very easy make the right decisions and they good as leaders in society.

The most common symptoms of liver imbalance are manifested as menstrual problems, fatigue, tension, body stiffness, pain below the rib cage, allergies, "dumplings in the throat" (without obvious physical obstruction), rage, anger, changing mood ...

Some of the first signs of disharmony of the liver are associated with anger, rage, pride, stubbornness, violence... If these emotions are expressed, then they can lead to depression or frequent changes of mood, such as when a person 'bursts suddenly.'

There are many physical symptoms that can indicate liver disharmony. Symptoms can be mild and superficial, but deeper and more serious.

If the liver blood is deficient signs may be of dizziness, dry eyes, night blindness, tinnitus, dry and brittle nails, night sweats, numbness of body, irregular menstrual cycles...

All that was said could help us, listening to our body, recognize signs of our liver. You can imagine what ourselves should do to contribute to improving our situation.

A natural liver cleanse? Yes!

If you had any stressful period in your life or keep the current difficulty in calming or relaxing, you will have great benefit if you do a series of cleansing the liver.

If you have gallstones in the liver (which is almost certain), it will itself be a major cause of constant stress in the body. If this happens, your liver will appreciate your every effort to eliminate stress and bring your body and mind into balance. When you eliminate stones naturally you will become calm and relaxed. You will also discover that once your liver is clean, you become far less angry or upset in various situations, regardless of the circumstances. Stones from the liver and gallbladder anyone can throw out in a painless procedure which can be comfortably called "operation without a knife."

This cleaning method has been tested, safe, and if it is done by prescribed schedule, necessarily successful. The liver cleanse is the best thing "ever" that you can do for your own health.