



CERTIFICATE

No. 078 /SM/FIMA/XII/2021

proudly present to


Dr. M. Yanis Musdja

as **Oral Presenter** at FIMA Scientific Meeting 2021
in Conjunction with the 38th FIMA Convention and the 40th FIMA Anniversary


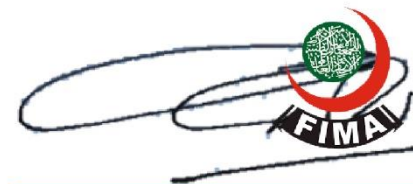
Abstract title:

“THE ROLE OF DHIKR (ZIKIR) JAHAR TO COMBAT COVID-19: COMPARISON ANALYSIS OF SOME RESPIRATORY PARAMETERS BETWEEN QORI & QORIAH AND NON QORI & NON QORIAH IN BINTAN ISLAND, RIAU ISLAND PROVINCE, INDONESIA”

DECEMBER 23-24, 2021



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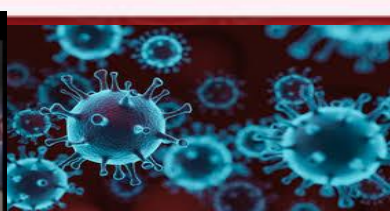
**THE ROLE OF DHIKR (ZIKIR) JAHAR TO COMBAT COVID-19:
COMPARISON ANALYSIS OF SOME RESPIRATORY PARAMETERS
BETWEEN QORI & QORIAH AND NON QORI & NON QORIAH IN
BINTAN ISLAND, RIAU ISLAND PROVINCE, INDONESIA**

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HIGHLIGHTS

- Some COVID-19 patients rapidly evolve to acute respiratory distress syndrome (ARDS).
- COVID-19 can cause diffuse alveolar damage (DAD) and thrombotic events.
- Temporal heterogeneity of lung damage is caused by SARS-CoV-2.
- Doing lots of dhikr jahar (breathing exercise) will build antibodies and good lungs
- Jahar dhikr increases oxygen intake and increases the number and volume of mitochondria
- Jahar dhikr can prevent and speed up recovery from Covid-19

The degree of health of a person can be determined from the ratio of the total volume of the lungs to the volume of the body with a spirometer



Exercise aims to build mitochondria in cells
Dhikr Jahar is a breathing exercise

The greater the total volume of the lungs compared to the volume of the body, the stronger and better the person's health status

THE MORE DOING Zikir Zahar will increase the ratio of the volume of the lungs compared to the volume of the body, the more mitochondria in the cells and the stronger the person is both in terms of physical and antibody





Mitochondria as central hub of the immune system

Cristiane Naffah de Souza Breda^{a,1}, Gustavo Gastão Davanzo^{b,1}, Paulo José Basso^a,
Niels Olsen Saraiva Câmara^{a,**}, Pedro Manoel Mendes Moraes-Vieira^{b,*}

- **THE NUMBER & LARGE VOLUME OF MITOCHONDRIA IN CELLS ARE THE MAIN PARAMETERS OF B & T CELLS AND OTHER ANTIBODY FRAGMENTS TO MAKE MORE ANTIBODIES**
- **BECAUSE THE MITOCHONDRIA IS THE MAIN SOURCE OF ENERGY PRODUCING, TO INCREASE VARIOUS ANABOLISM REACTIONS ESPECIALLY TO MAKE ANTIBODIES AND OTHER COMPOUNDS NEEDED THE BODY**

Membaca Al Quran dg Tartil adl Zikir Jahar atau olah raga pernapasan yg meningkatkan ambilan oksigen oleh tubuh dan membangun mitokondria

(Recitation the Quran with Tartil is Zikr Jahar or breathing exercises that increase oxygen uptake by the body and build mitochondria)



Ada sekitar 38 ayat utk perintah Zikir dlm Al Quran

There are about 38 verses for commandment of Dhikr in the Qur'an

Zikir adl satu-satunya ibadah yg tdk dibatasi oleh Allah dan disuruh sebanyak mungkin utk melakukannya

Dhikr is the only worship that is not limited by Allah and is ordered as much as possible to do it

Recitation (Reading) the Qur'an

Recitation (Reading) the Qur'an is different from ordinary reading, where reading the Qur'an must be in accordance with tartil (slowly) in accordance with the rules of tajwid.

وَرَتِّلِ الْقُرْآنَ تَرْتِيلاً

"And read the Qur'an with tartil (slowly with recitation)"

"Dan bacalah Al-Qur'an itu dengan tartil (perlahan-lahan dengan tajwid)"

— QS. Al-Muzammil : 4

Benefits of Dhikr Jahar

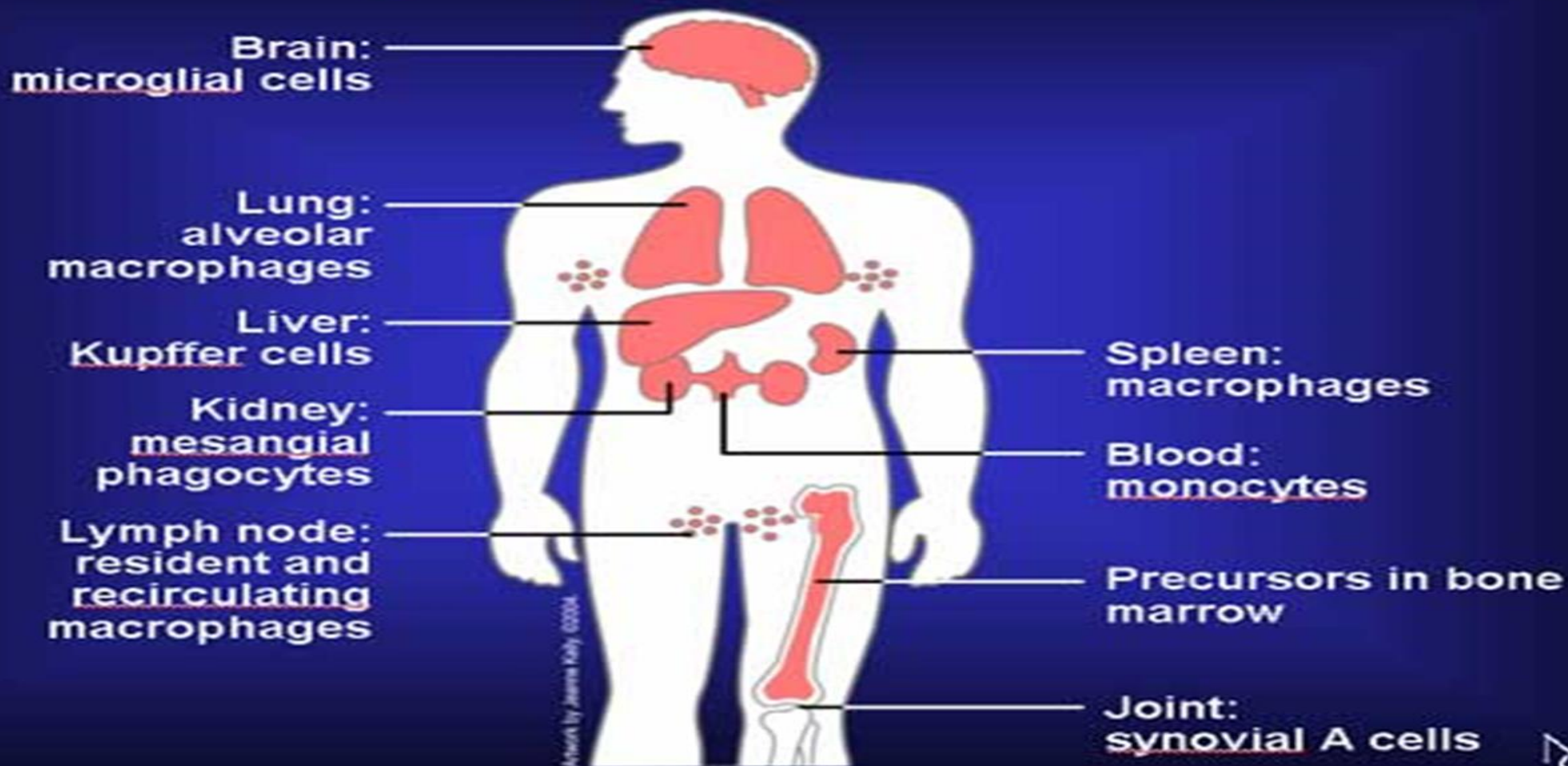
The movement of breathing in quickly in large numbers and exhaling slowly and rhythmically can practice good control and efficiency of breathing and make the airways flexible.

reading the Qur'an (Dhikr Jahar) according to the science of recitation for about 30 minutes for 6 consecutive days can improve lung function

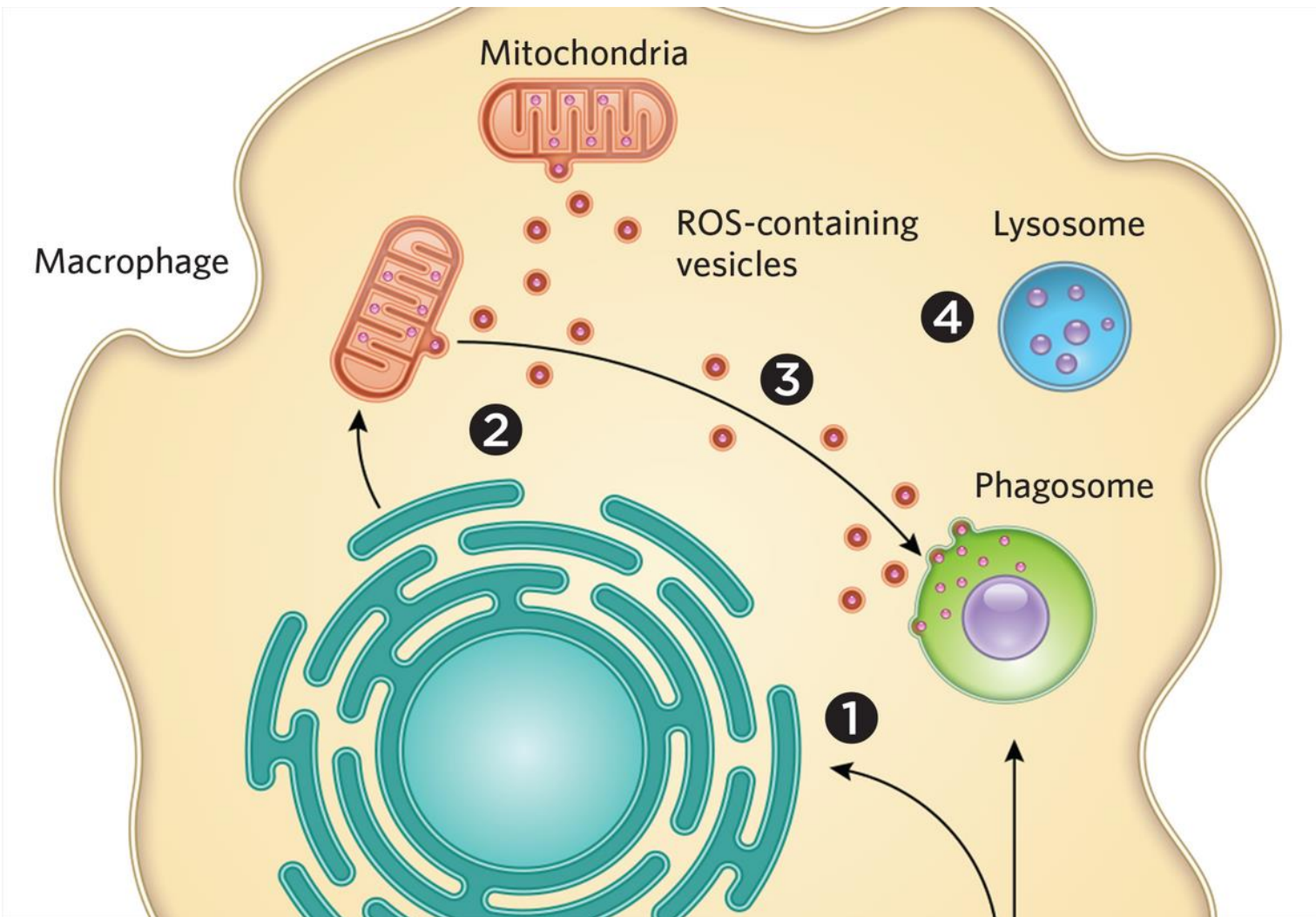
(Bonilha et al., 2008; Saud, 2010)

Lung alveolar macrophage cells are the first cells to work in consuming Virus (COVID-19) in the lungs and their work depends on the number of mitochondria in macrophage cells.

Phagocytes in the Body



Macrophage Cell paru adalah sel yg bekerja memakan virus (Covid-19) dan aktifitas serta kapasistasnya untuk makan virus sangat ditentukan oleh mitokondria



Macrophage Lung cells are cells that work to eat viruses (Covid-19) and their activity and capacity to eat viruses are largely determined by the mitochondria.

Research Objectives

1. Comparing the Forced Vital Capacity (FVC) of qori'/ah at Darul Qur'an Islamic Boarding School and non-qori'/ah at MTs At-Taqwa Bintan.
2. Comparing the forced expiratory volume in one second (FEV1) for qori'/ah at Darul Qur'an Islamic Boarding School and non-qori'/ah at MTs At-Taqwa Bintan.
3. Comparing the vital capacity (VC) for qori'/ah at Darul Qur'an Islamic Boarding School and non-qori'/ah at MTs At-Taqwa Bintan.
4. Comparing the expiratory reserve volume (ERV) on qori'/ah at Darul Qur'an Islamic Boarding School and non-qori'/ah at MTs At-Taqwa Bintan.

LUNG VOLUMES AND CAPACITIES

كيف حاله

IRV
INSPIRATORY
RESERVE VOLUME

VT
TIDAL VOLUME

ERV
EXPIRATORY
RESERVE VOLUME

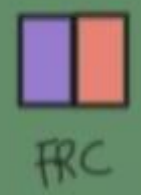
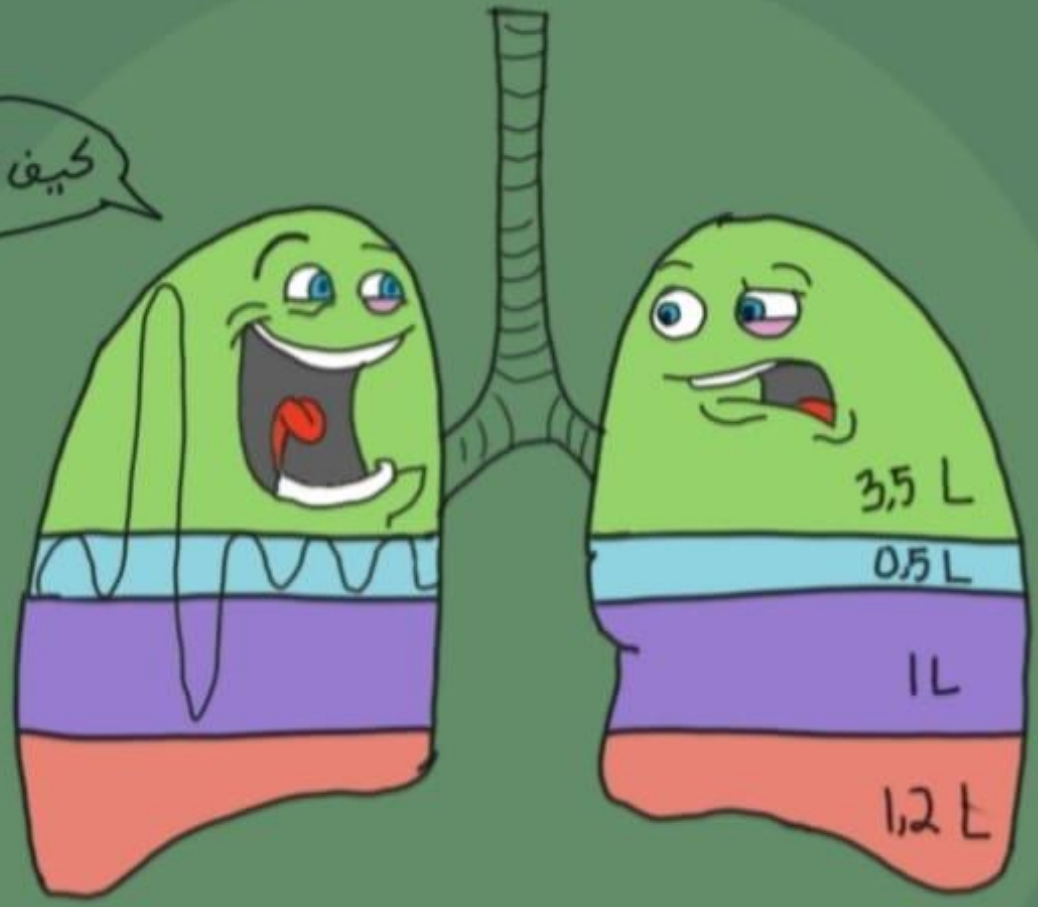
RV
RESIDUAL VOLUME

IC
INSPIRATORY
CAPACITY

FRC
FUNCTIONAL
RESIDUAL CAPACITY

VC
VITAL CACACITY

TLC
TOTAL LUNG
CAPACITY



□

The image features a white background with several green decorative elements. At the top center, there is a light green circle. Below it and to the right is a large, dark green shape that resembles a teardrop or a large, irregular circle. On the far left, a thin green line forms a partial arc. The text 'Research' and 'methodology' is positioned on the right side, overlapping the dark green shape.

Research
methodology

Inclusion Criteria

Qori'/ah at Darul Qur'an Islamic Boarding School and non-qori'/ah at MTs At-Taqwa Bintan:

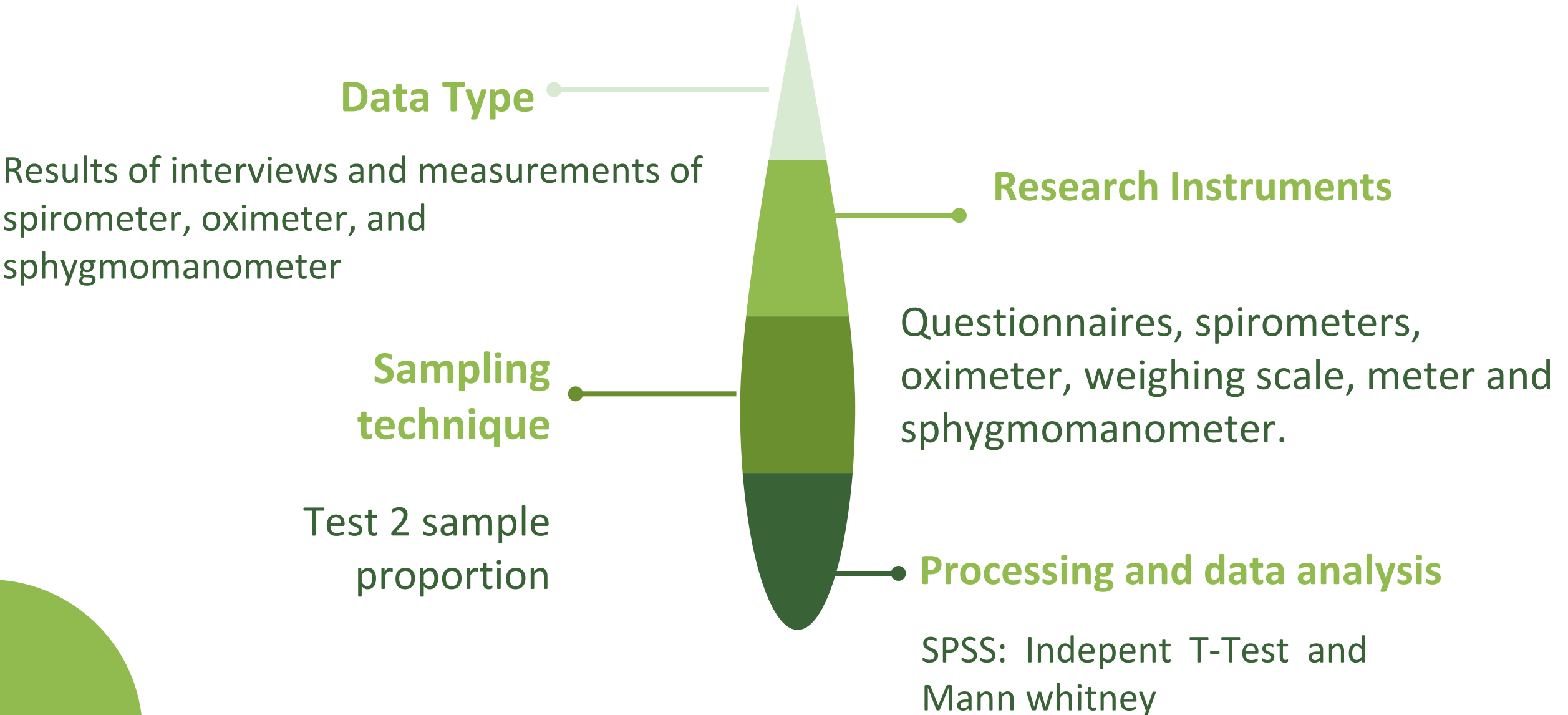
- 12-14 years old
- Willing to be a research subject
- No history of lung disease
- Do not have anemia
- Have normal values of oxygen saturation, pulse, and blood pressure.

Exclusion Criteria

Qori'/ah at Darul Qur'an Islamic Boarding School and non-qori'/ah at MTs At-Taqwa Bintan:

- Athlete
- Have a smoking habit

Metode Pengumpulan Data



Instrumen Penelitian

Spirometer



Oximeter



sphygmomanometer



Weight scale



centimeter measuring tool



KUESIONER PENELITIAN

Studi Komparatif Berbagai Parameter Pernapasan Paru-paru pada Quer'ah di Pondok Pesantren Darul Qur'an dan Suni Qur'ah di MTs Al-Taqwa Bintan Tahun 2021

Azzafanulakum Wp. Wp.

Saya Nurfaidah Haibuan, mahasiswa Farnasi Fakultas Ilmu Kesehatan Universitas Islam Negeri Syarif Hidayatullah Jakarta. Saat ini saya sedang melakukan penelitian dan pengumpulan data sebagai salah satu bahan dalam penyusunan tugas akhir (skripsi). Semua data dan informasi yang saudara berikan akan dijaga kerahasiaannya dan kuesioner ini akan dimusnahkan apabila tidak digunakan lagi. Atas perhatian dan kerjasamanya saudara, saya ucapkan terimakasih.

Wassalamu'alaikum Wp. Wp.

Berkas ini adalah kuesioner terkait identitas responden yang berhubungan dengan faktor-faktor yang mempengaruhi berbagai parameter pernapasan paru-paru.

IDENTITAS RESPONDEN

I. Identitas Responden

- No. Responden : _____
- Nama : _____
- Tanggal lahir : _____
- Usia : _____ tahun
- Kelas : _____



Results and Discussion

Univariate Analysis

Sample Description Based on Qori'/ah and Non-qori'/ah Categories

Categories	N	%
Qori'/ah	22	50
Non qori'/ah	22	50
Total	44	100

Based on the table above, it is known that the sample for the qori'/ah categories are 22 people (50%), and the sample for the non-qori'/ah categories are 22 people (50%).

Univariate Analysis

FVC, FEV1, VC, and ERV values of Qori'/ah

Variabel names	Mean	Median	Minimal	Maximal	N
FVC	102.5	103.8	90.0	125.2	22
FEV1	118.2	114.7	100.7	169.5	22
VC	108.2	104.2	90.5	165.3	22
ERV	218.5	227.5	125.6	288.3	22

Based on the table above, it can be seen that the description of the average (mean), median, minimum value and maximum value on the results of the FVC, FEV1, VC, and ERV measurements of qori'/ah.

Univariate Analysis

Values of FVC, FEV1, VC, and ERV of non Qori'/ah

Nama Variabel	Mean	Median	Minimal	Maximal	N
FVC	86.1	86.7	80.0	90.8	22
FEV1	100.3	101.6	80.5	139.2	22
VC	89.5	89.85	80.6	98.3	22
ERV	136.8	135.0	92.0	213.0	22

Based on the table above, it can be seen that the description of the average (mean), median, minimum value and maximum value on the results of measurements of FVC, FEV1, VC, and ERV in the non-qori'/ah category.

Univariate Analysis

- Data Normality Test (P value > 0,05 = normal)

Variabel Dependenden	Variabel Independen	N	P Value	Description
FVC	Qori'/ah	22	0.091	Normal
	Non qori'/ah	22	0.092	Normal
FEV1	Qori'/ah	22	0.001	Not normal
	Non qori'/ah	22	0.163	Normal
VC	Qori'/ah	22	0.001	Not normal
	Non qori'/ah	22	0.617	Normal
ERV	Qori'/ah	22	0.093	Normal
	Non qori'/ah	22	0.228	Normal

Univariate Analysis

- Statistic test (P value < 0,05 = there is a relationship)

Variabel Independen	Statistic test	N	P Value	Description
FVC	Indepent T-Test	44	0,000	There is a difference in FVC between qori'/ah and non qori'/ah
FEV1	Mann whitney	44	0,000	There is a difference in FEV1 between qori'/ah and non qori'/ah
VC	Mann whitney	44	0,000	There is a difference in VC between qori'/ah and non qori'/ah
ERV	Indepent T-Test	44	0,000	There is a difference in ERV between qori'/ah and non-qori'/ah

The Values of FVC, FEV1, VC and ERV

- The average value (mean) of FVC in the qori '/ah group is 102.5 % and in the non qori '/ah group is 86.1%
- The average value (mean) of FEV1 in the qori'/ah group is 118.2% and in the non-qori'/ah group is 100.3%
- The average value (mean) of VC in the qori'/ah group is 108.2% and in the non-qori'/ah group is 89.5%
- The average value (mean) of ERV in the qori'/ah group is 218.5 % and in the non qori'/ah group is 136.8%

- Nilai rata-rata (mean) FVC pada golongan qori'/ah adalah 102,5 % dan pada non qori'/ah adalah 86,1 %
- Nilai rata-rata (mean) FEV1 pada golongan qori'/ah adalah 118,2 % dan pada non qori'/ah adalah 100,3 %
- Nilai rata-rata (mean) VC pada golongan qori'/ah adalah 108,2 % dan pada non qori'/ah adalah 89,5 %
- Nilai rata-rata (mean) ERV pada golongan qori'/ah adalah 218,5 % dan pada non qori'/ah adalah 136,8 %

CONCLUSION

The results of the bivariate analysis showed that the p value <0.05 , meaning that there was a significant difference in the measurement results. These results confirm the hypothesis that the value of forced vital capacity (FVC), forced expiratory volume in one second (FEV1), vital capacity (VC), and expiratory reserve volume (ERV) for qori'/ah at Darul Qur'an Islamic Boarding School is greater than non qori'/ah at MTs At-Taqwa Bintan