

## **Al-Asror Prayer Water Therapy Method in an Effort to Treat Diseases**

**Nia Rosita<sup>1</sup>, Yumna<sup>2</sup>**

<sup>1,2</sup>Department of Sufism and Psychotherapy, Faculty of Ushuluddin,  
UIN Sunan Gunung Djati Bandung  
niarst1105@gmail.com<sup>1</sup>, yumnarais1966@gmail.com<sup>2</sup>,  
diansitinurjanah@uinsgd.ac.id<sup>3</sup>

### **Abstract**

Alternative treatment is not intended to replace conventional treatment, but it is as a companion because each treatment has advantages so that it will produce a powerful treatment. This study aims to determine how the impact of Al-Asror prayer water therapy treatment on internal medicine clients. The method that will be used in this research is qualitative is a descriptive approach with the type of case study. Invocation water therapy is a treatment method that used water which has been given an invocation as a treatment medium. There are various kinds of diseases which have given a positive response while given invocation water therapy treatment; it is including internal diseases such as Immunology, Gastroenterohepatology, Geriatrics, Renal Hypertension, Hematology, Medical Oncology, Cardiology, Endocrine Metabolism, Psychosomatics, Pulmonology, Rheumatology, Tropical Infections. After conducting interviews with therapists and 5 clients who underwent the treatment at Al-Asror's invocation water therapy, the researchers has concluded that Al-Asror's invocation water therapy has an effect in helping to treat internal diseases.

**Keywords:** Internal Disease; Prayer Water Therapy; Water Institute Al-Asror

### **Introduction**

During the Renaissance, science began to progress, including medical science, because they valued freedom of thought. The world of pharmacy has also experienced rapid development, especially with the discovery of new plants from explorers to foreign countries. New drugs continue to be discovered and make doctors increasingly make them a mainstay to treat their patients. With the discovery of various kinds of drugs, it makes a sense of optimism as if western medicine can cure various diseases. But in fact, it

makes germs more and more resistant so that it makes the battle between drugs and germs, eventually the body loses the power to heal itself.

In this period of confusion, medical experts finally thought about ways to strengthen the immune system so that they no longer needed to look for new drugs to get rid of germs. The idea was first realized by Louis Paster with vaccinations to treat a deadly disease outbreak and dr. Samuel Hahnemann who reused the Homeopathic way. This is where alternative medicine is used again. Alternative medicine is a method of traditional medicine that is being used again as an alternative to conventional medicine. Blackwelder said that the link between conventional and alternative medicine has begun to open up into Complementary and Alternative Medicine (CAM). That's why alternative medicine is not intended to replace conventional medicine but as a companion because each has advantages so that it will produce a powerful treatment. Alternative medicine has many varieties, one of which is prayer water therapy.

Discussions about the benefits of prayer water therapy have been widely discussed, some of which are: First, Nurul Aisyah's thesis with the title "Pengaruh Terapi Air terhadap Pengobatan Penyakit (Study Kasus di Desa Sukamantri Kecamatan Paseh Kabupaten Bandung)." The use of prayer water as a medium for healing diseases was initially considered magical by the surrounding community until there was a scientific explanation that water can improve wave disturbances in the body and can improve body performance functions from Masaru Emoto. This study uses a quantitative method with the object of research being the Sukamantri Village community who have been treated with Water Therapy, using a questionnaire as a medium to obtain data from 25 respondents (Aisyah, 2017).

The second thesis belongs to Moh. Subhan Hermawan with the title "Pengaruh Terapi Air Karomah Sunan Gunung Djati terhadap Peziarah: Penelitian di Kompleks Pemakaman Sunan Gunung Jati, Gunung Sembung Desa Astana Gunung Jati Kecamatan Gunung Jati." According to the thesis, there is continuity between the beliefs of pilgrims who believe that the Wali gets Karomah and the quality of the water that has received the chanting of prayers from pilgrims, thus making the water healthy for the body. According to Masaru Emoto's theory that water given positive words will also have a positive effect on the water in front of him. With the data that has been obtained in a pre-experimental one-shot case study on water, the researchers also conducted research on 3 respondents regarding the effect of Sunan Gunung Jati karomah water, of the three getting changes indicating that Sunan Gunung Jati karomah water has an influence on the health of pilgrims. At the end of the thesis discussion, the researcher gives advice to other researchers who will research to use other methods such as

Quasi Experiments or even true experiments in order to get more valid and accurate results (Hermawan, 2018).

Elsa Lestari's third thesis entitled "Wudhu sebagai Terapi Air untuk Mengatasi Strees pada Mahasiswa Tingkat Akhir." This study raises the theory of an American doctor named Simon Baruch who explained that if the skin temperature and water temperature are the same it will give a calming effect, also Emoto's theory which says that water given a positive sentence will form beautiful crystals that will make the water happy and healthy. provide a healing effect. Using qualitative research methods, the writer hopes that the research conducted will provide a clear picture of the phenomenon being studied. By analyzing the results of interviews, observations and reviewing documents to 10 respondents, it was found that water ablution therapy has proven to be effective as a therapy to treat stress because it provides calm and a sense of relaxation to the body. At the end, the researcher gives suggestions if you want to research more about the benefits of ablution water therapy in order to expand the reach so that you get a more diverse perspective (Lestari, 2021).

The fourth article was written by Sri Rijati Wardiani and Djarlis Gunawan with the title "Aktualisasi Budaya Terapi Air sebagai Media Pengobatan oleh Pesantren Suryalaya Pagerageung Tasikmalaya," *Jurnal Aplikasi Ipeks untuk Masyarakat*. Lifting the theory from Masaru Emoto which states that water has resonance and waves both inside and outside the body, this is the basis of treatment. So, when the body is disturbed, the way to do it is to rebalance the waves by water which is given the same wave frequency as the body. The research method used is a qualitative and descriptive analytical method with inductive reasoning. The study concluded that the Suryalaya Islamic Boarding School had implemented the teachings of TQN in its activities so that it made the water a means of treatment (Wardiani & Gunawan, 2017). The five articles belonging to Andri Styorini and Adelia Riza Ihfi Fauzi with the title "Pengaruh Terapi Rendam Kaki dengan Air Garam Hangat terhadap Tingkat Strees pada Lansia Wanita di Puskesmas Dlingo II Kabupaten Bantul Yogyakarta," *Jurnal Kesehatan Al-Irsyad*, 2019. The design of this research is Pre-Experimental Design: One Group Pretest Posttest, which is a design that has no comparison. With the final conclusion that there is an effect of foot soak therapy using warm salt water on stress levels in elderly women in the working area of the Dlingo II Health Center, Bantul, Yogyakarta (Styorini & Fauzia, 2019).

Massaru Emoto conducts water research at the University of Yokohama Japan. The results obtained from the study said that water can respond to words. If water is given a positive word then the water will form beautiful crystals, otherwise if the water is given negative words it will not form crystals. The experiment was repeated by saying the word Arigato

(Thank you in Japanese) in front of the bottle, the water returned to form beautiful crystals. Then try again by confronting Arigato's writing, crystals form the same beauty. Next faced with the word demon crystal badly shaped. When Mozart's Symphony is played, crystals appear in the shape of flowers, and when heavy metal music is played, the crystals shatter (Emoto, 2006).

After knowing the various benefits of water therapy, researchers also want to know whether Al-Asror Water Therapy also has benefits in an effort to help treat internal diseases. Therefore, there is an important question to be asked, namely how is the impact of Al-Asror prayer water therapy treatment on internal medicine clients, which aims to find out whether there are benefits from Al-Asror prayer water therapy treatment for internal medicine clients. This is a medium of information about Al-Asror water therapy treatment and its benefits for readers.

### **Research Method**

The method that will be used in this research is qualitative. Qualitative methods are used for research that intends to find out what is experienced by research subjects such as motivation, perception, behavior and action but is described through language and words. In a natural context by utilizing natural methods too (Moleong, 2013). The approach used in this study is a descriptive approach with a case study type. This research method has the aim of knowing an in-depth and complete picture of social reality and various phenomena that occur in society as research subjects so that later they will have an overview of the characteristics, characters, traits, and models of these phenomena. This method is used to find out a detailed description of Al-Asror prayer water therapy.

An important step that must be taken in research is data collection and then used as analysis material either through primary data sources or secondary data sources. When collecting data, it must be directed, systematic, and in accordance with the research problem being carried out. There are several ways that will be done in this study to obtain data including: first, observation, which is a complex process composed of biological and psychological aspects. Observation and memory are two important things from an observation. Data collection techniques using observation are carried out when dealing with work processes, human behavior, natural phenomena and if there are not too many respondents observed. In this study the authors used observation techniques to observe directly how the water therapy method was carried out at the Al-Asror prayer water therapy. The second is the interview, which is asking questions related to questions that have been formulated, such as the profile of the Al-Asror prayer water therapy institution, the treatment process for Al-Asror prayer water therapy and the impact felt by patients who have

undergone water therapy. 'a Al-Asror. The third process in collecting data is copying documents by investigating documents that can support research results, in the form of books, journals and other reading materials that can be used as reference sources.

## **Results and Discussion**

### **1. Therapy**

According to the KBBI, therapy is an effort to restore the health of people who are sick, treatment of disease, treatment of disease (KBBI, 2021). According to (Subandi, 2002), therapy is a mental effort, a sense effort, a mental effort and a process of interaction between two or more people, one person acts as a professional helper and the other acts as a helper, with a note that this activity aims to cure disease. Based on the Decree of the Minister of Health in 2003 regarding the implementation of traditional medicine, including traditional medicine is a type of treatment that uses drugs or methods of treatment through the results of experience, skills passed down from generation to generation or is the result of learning and training, in accordance with regulations that develop in the community (Satria, 2013).

While the purpose of therapy is divided into six parts, including providing motivation to make the right decisions, the method used by giving simple advice or by giving hypnosis, aims to encourage clients to be able to make the right decisions. Second, reducing emotional pressure on the client with catharsis, through this method the client will get new experiences so that it is easier for him to express and develop his potential in a more positive direction. Third, give the client time to change habits (from negative to more positive behavior). Fourth, changing the client's cognitive structure, a problem that often arises because there is a gap between the client's cognitive structure and the world he experiences, therefore it is necessary to change the cognitive structure in accordance with the client's reality. Fifth, increasing self-knowledge, the client will understand more about his condition, what he feels, thinks or wants to do and the reasons why he takes the action. This situation will make the client more rational in making decisions that will be made in the future, things that were previously not realized as conflicts will be realized and then will know what decisions must be taken for his good. Sixth, changing somatic processes in order to reduce pain and increase individual awareness. So it can be concluded that the goal of therapy is to make the client's situation better, the client can find out the problems he faces, develop himself, and can reduce anxiety by using relaxation. In this case the counselee must hold fast to what is the goal of therapy in helping to restore the client's condition

so that changes in the client's circumstances can be realized to reduce the level of problems that arise (Aziz, 2001).

## **2. Prayer Water Therapy**

Water is the main constituent of life for all living things on earth, especially humans. Human civilization will develop if it is in an area where there are springs. Apart from being used for daily living such as drinking, bathing, eating, water is also a constituent of the human body. Compared to other substances, water has more content. Without water it is impossible for humans to carry out their activities. Awareness of the importance of water in their lives is now increasing. There have been many studies conducted by researchers related to the use of water for humans. One of the most famous discoveries today is the use of water as a medium for treating disease. Water turns out to have a good impact on healing human diseases. The use of water as a treatment medium has been going on for a long time and differs from one tribe to another, tradition, place, region or country, especially in the world of medicine or alternatives. The methods used by the village community, such as praying for water to be used as medicine, giving incantations, spells, and others to ward off various diseases, both physical and non-physical, have been passed down from generation to generation and continue to this day.

Masaru Emoto, a scientist from Japan, strengthened research on water as a healing medium in a book *The Message from water*, he stated that water has basic principles as a healing medium because water has waves and resonances both inside and outside the body. In addition, Emoto also said that if the body is sick, it is a sign that the waves are experiencing disturbance, and the way to fix it is to balance the waves with water with the same frequency as the body. The study says that water plays a very important role in human life. According to Emoto's Findings, all objects have hado (waves). The energy formed can be positive or negative, and can be transferred to other objects, including water. As discussed above, when a positive word is given, it will have a positive wave and vice versa. The first step that must be taken to make water a medium for treatment is to examine the hado of a sick person, then prepare the water to be used to receive information (the patient's body to be treated) from the hado instrument. The function of the water is to treat the body that is sick (Emoto, 2006).

Although the research was only carried out several decades ago, Islam has provided information about the benefits of water through the Qur'an which reads:

وَأذْكُرْ عَبْدَنَا أَيُّوبَ إِذْ نَادَىٰ رَبَّهُ أَنِّي مَسَّنِيَ الشَّيْطَانُ بِنُصْبٍ وَعَذَابٍ ارْكُضْ بِرِجْلِكَ هَذَا مُغْتَسَلٌ  
بَارِدٌ وَشَرَابٌ

Meaning: And remember Our servant Ayyub when he called his Lord: "Indeed, Satan has plagued me with hardship and torment" (Allah says): "Smash your feet; this is cool water for bathing and for drinking."

Water therapy, also known as hydrotherapy, is a method of treatment and healing using water as a medium to achieve therapeutic effects. There are many types of water therapy, including the first is water immersion, this type of therapy is done by immersing certain body parts in a container or pool filled with water with a certain temperature for at least 10 minutes. The second type is whirlpool, how to use it by using various jet tools that can add pressure to a specially designed pump with adjustable pressure and temperature as needed. The third type is a water shower, this therapy uses shower water and a certain temperature that has been adjusted as a therapeutic medium. The fourth type of cold and hot water therapy, this therapy uses two types of water temperatures that are carried out alternately as a therapeutic medium. The fourth is prayer water therapy, which is a treatment method that uses water that has been given prayer as a healing medium.

When carrying out prayer water therapy, the therapist and client should leave the client's healing to Allah SWT, because the therapy being undertaken is only a form of endeavor while the absolute only Allah SWT can heal. Likewise, the readings used should use the holy verses of the Qur'an or good sentences in order to have a positive effect on the water that will be used for therapy.

### 3. Internal Disease

Internal medicine is a medical field that specializes in treating the internal organs of adults. Broadly speaking they work for adults but they also work for teenagers and the elderly. Internal medicine is divided into 11 specialties, including:

First, immunology is a science that deals with the immune system which functions to protect a person's body from various infections through a defense. If the immune system is not functioning properly it will cause various diseases. As for some diseases in allergies and immunology, namely bronchial asthma, allergic rhinitis, drug allergy, urticaria and angioderma, systemic lupus erythematosus (LES), and immunodeficiency disease, rheumatoid arthritis, multiple sclerosis, antinuclear antibody test (ANA) scleroderma (Widodo & Ahmad Bagus Setiawan, 2017).

Second, gastroenterohepatology is a branch of medicine that deals with the normal function and various diseases of the entire digestive tract including the gallbladder, esophagus, stomach, pancreas, bile duct, small intestine, large intestine (colon), liver, rectum and anus. Some of the diseases that can be diagnosed by gastroenterology are: Appendicitis, celiac disease and food intolerance, chronic gastroparesis, Colorectal Cancer, Cholecystitis and Cholecystitis, Liver diseases including cirrhosis and fatty liver, Diverticulitis, Ischemic bowel disease and diverticulosis, Esophageal cancer, Gastrointestinal disease functional digestion including vomiting diarrhea, belching, bloating and constipation, Geriarti gallbladder disease such as stones and cancer, gastrointestinal infections caused by bacteria, viruses or fungi, Heartburn and gastroesophageal reflux disease (GERD), inflammatory diseases Inflammatory bowel disease (IBD) including ulcerative colitis and Crohn's disease, Irritable bowel syndrome (IBS) Obesity, malnutrition and malabsorption, Pancreatitis (acute or chronic), Peptic ulcers and Helicobacter pylori, Colorectal polyps, cancer stomach, viral hepatitis (docdoc, t.thn.).

Third, geriatrics is a branch of medical science that studies specifically about the health of the elderly, both in improving health and improving health after illness (Fajriyan, Supriyadi, & Trilistyo, 2012). In fact, the elderly will experience a decrease in the quality of vision, hearing, body fatigue, loss of sharpness of mind and even diabetes and heart disease, so they need special care. In addition, elderly people usually have a history of more than one disease, such as heart disease, diabetes, arthritis, Alzheimer's disease, or high blood pressure (Halodoc, t.thn.).

Fourth, kidney hypertension where hypertension or also known as high blood pressure has been associated with many causes of damage to many organs, including the kidneys. Hypertension is characterized by blood pressure above 140/90 mmHg. Kidney failure occurs when the kidneys cannot function properly. There are two kinds of kidney disease caused by high blood pressure, namely benign nephrosclerosis (malignant nephrosclerosis) (Setiawan Dalimartha, 2008). According to the American Heart Association, some of the symptoms of hypertension that cause kidney failure that we should pay attention to are: Decreased amount of urine, difficulty urinating or urinating too often, especially at night, edema (fluid retention) which is characterized by swelling of some parts of the body. especially in the lower limbs (Adhi, 2020).

Fifth, medical oncology hematology. Hematology comes from the Greek words Haima which means blood and Logos which means learning or knowledge. So hematology is a science that studies blood and its components and all the problems in it. Some of the diseases included in Hematology are bleeding disorders such as hemophilia, blood cancers such as leukemia or lymphoma, blood disorders caused by genetics such as sickle



cell anemia or purpura and systemic blood infections such as sepsis or septic shock (Swari, 2021).

Sixth, cardiology is a branch of medical science that treats disorders of the cardiovascular system such as the heart, blood vessels, and arteries. Some of the diseases treated by cardiologists are atherosclerosis (narrowing and hardening of the arteries), swelling of blood vessels, blood clots in deep veins, swelling of arteries, and inflammation of blood vessels or vasculitis, heart disease that is congenital, abnormalities of the coronary circulation including syndrome of acute coronary heart disease (ACS), cardiac insufficiency (ischemia), atherosclerosis (plaque buildup in blood vessels), coronary heart disease, myocardial infarction and stenosis (narrowing of the coronary arteries), abnormalities of the heart valves including aortic, mitral, and aortic valves pulmonic (pertaining to the lungs), and sticuspid, disorders of the myocardium (heart muscles) such as cardiomyopathy (weakening of the heart muscle) and myocardial rupture, disorders of the pericardium (outline of the heart) including pericardial fluid loss, and pericarditis, disorders of the pericardium (outline of the heart) associated with or potentially having a heart attack, including asystole (absence of electrical activity), pulseless ventricular tachycardia (no pulse) and ventricular fibrillation, heart failure, heart tumors, left and right ventricular enlargement (docdoc, Apa itu Kardiologi: Gambaran Umum, t.thn.).

Seventh, endocrine metabolism is a branch of medical science that deals with disorders of metabolic processes or the body's hormone system. Some of the diseases treated are Diabetes, hormone disorders and high cholesterol, infertility, menopause, thyroid disease, adrenal gland disorders, pituitary gland disorders, osteoporosis, weight problems & metabolic disorders, high blood pressure (Alodokter, 2018).

Eighth, psychosomatic, it comes from the word psyche which means physical and soma which means body. Psychosomatic is a physical disease that occurs due to the psychological state of the sufferer (Hanavy & Agustin, 2019). Clients who experience psychosomatic symptoms usually experience different symptoms, for example, the sensation of butterflies flying in the stomach, the heart beating faster than usual, sweaty palms, tense body muscles resulting in muscle pain. In addition to the general symptoms above, there are usually differences in symptoms depending on gender. If women usually feel tired quickly despite getting enough sleep, irritability, flatulence, and irregular menstrual cycles, if men experience chest pain, increased blood pressure, and decreased sex drive (Puji, 2021).

Nine, pulmonology is a medical science that focuses on healing disorders of the respiratory system such as the lungs, bronchi, bronchioles, and alveoli. The diseases that can be handled by the field of pulmonology are asthma, lung infections (including pneumonia, bronchitis, and lung abscesses), bronchiectasis, chronic obstructive pulmonary disease (COPD),

pulmonary embolism, pulmonary tuberculosis with or without complications, bronchopulmonary dysplasia, aspiration pneumonia, Pleural effusion, Atelectasis, Pneumothorax, Pulmonary edema, Cystic fibrosis, Sleep apnea, Pulmonary emphysema, Interstitial lung disease, Lung cancer, and Respiratory failure (Indah, 2021).

Ten, rheumatology is a medical science that studies inflammation in bones, muscles and joints. More specifically, Rheumatology also aims to diagnose and treat more than 100 kinds of common rheumatic diseases, including arthritis or arthritis. Broader Rheumatology also includes various diseases such as a wider spectrum, such as systemic lupus erythematosus, systemic sclerosis, to Sjogren's syndrome. Some of the common conditions included in the treatment of Rheumatology are Osteoarthritis, Osteoporosis, Rheumatoid arthritis, Gout (gout), Back pain, Myositis, Fibromyalgia, Tendonitis, (Tendinitis), Vasculitis, Musculoskeletal pain disorders, Autoimmune diseases such as lupus, antiphospholipid syndrome, to scleroderma (Resna, 2021).

Eleventh, tropical infection is a branch of medical science that discusses various diseases that occur in the tropics such as malaria, elephantiasis (filariasis) and dengue fever (Alodokter, 2021).

Based on some of the internal diseases above, a psychological approach is needed to help clients heal with a Hydrotherapy approach accompanied by prayers so as to increase motivation and enthusiasm in achieving healing. Among them are treatment through Al-Asror Water Therapy.

#### **4. Al-Asror Prayer Water Therapy Institute Profile**

Al-Asror water therapy is located on Jalan Cipadung Kompleks Kopedi Rt. 04 Rw. 04 Palasari Cibiru Bandung, the location can be seen through a Google Maps search, a place that is far from the highway makes the location difficult to access, along the way there are also no gates or road signs that give directions, but if we ask about the place, many residents will direct it, because it is already well known. The manager said the reason for the lack of directions was that God would directly guide the client to get to the place, this is the background for the naming of Al-Asror which means a secret matter. When undergoing Al-Asror prayer water therapy you will meet Abah Sudaryono or more familiarly called Abah Lubis, this man who was born in Bandung on May 4, 1952 is the only therapist in the Al-Asror water therapy place. A very friendly person, kind and simple. While carrying out the therapy process, Abah Lubis was assisted by Teh Uun who was none other than his son-in-law.

Abah got this therapy from Abun, a therapist from China who lives in his area, Abun teaches this therapy for free because he sees Abah Lubis' character who is good and has potential. As for spiritual Abah studied with

Sheikh Ibrahim Bonjol. This therapy place has been established since 2006 for approximately 15 years, many patients have undergone therapy in this place, ranging from patients with mild to severe disease. Some of the patient's diseases that Abah has treated are Kidney, Heart, Stroke and others.

##### **5. Al-Asror Prayer Water Therapy Method to Treat Internal Diseases**

When carrying out therapy, the client will undergo several series, including: First, Teh Uun prepares a bucket that has been filled with warm water and then inserts a dipper which is connected by a battery clamp with a cable to keep the water warm. Second, clients will be given instructions to soak their feet in a bucket, but for some clients they will be asked to soak their hands, according to Abah Lubis' directions. Third, while holding the client's feet or hands, Abah Lubis will give a prayer. Fourth, the client will be given instructions to soak the feet or hands for 1 hour until the water changes color, generally the water will turn cloudy but there will be differences in the condition of the soaking water according to the client's illness.

When carrying out therapy, Abah also reads several prayers including Saying Bismillah, Solawat of the Prophet and then praying for the patient's recovery to Allah SWT, because in essence only Allah SWT can provide health. According to Emoto's theory that water given a kind word will form perfect crystals and make it positive. There is no special prayer that you use, according to you, all prayers are the same, the most important thing is our sincerity and surrender to God who will make the prayer arrive.

One of Abah's clients who have felt the benefits of Al-Asror Water Therapy is Mrs. D (38 years old), the condition of her immersion water is bottle green, when checked it turns out that she has complaints of not being able to defecate for 1 month (including colon disease, Gastroenterohepatology) , and has carried out conventional treatment to 4 hospitals but has not been able to pass stool smoothly, after being treated for 6 times from August 24, 2021 – August 30, 2021, he can defecate normally again.

Another client named Ibu I (48 years old) undergoing therapy from September 20, 2021 – September 26, 2021, also has complaints of not passing stools, including colon disease-Gastroenterohepatology, which makes her chest tight, the condition of the water bath is yellow bubbly, After undergoing the fourth therapy, the stools are smooth and the stomach is no longer distended, but must continue to undergo therapy until the sixth day in order to give maximum results.

There is also a client named Mr. R (50 years old) who has undergone hemodialysis (therapy for dialysis outside the body, generally carried out by people with kidney disease) is included in the specification for Kidney

Hypertension, but was given advice by the Hospital to undergo complementary treatment in Water Therapy Al-Asror to help the healing process, the condition of the soaking water is yellowish green, although in the end it did not make Mr. R recover completely but did not have many complaints of diseases caused by kidney disease.

The fourth client named Mrs. R (50 years old) has gastric disease (Gastroenterohepatology), she often undergoes therapy in this place because she has felt the benefits of therapy, the condition of the yellow water is bubbly.

The last client to be interviewed was Mr. P (50 years old), the condition of the yellow water was bubbly, often felt sore according to the results of this interview, this occurred as he got older (Geriatrics), the client also often did therapy at Al-Asror Water Therapy because of the benefits it feels right away, including the body becomes fresher and not stiff, according to his confession if the body is not fit then the healing must be treated.

In order to maximize the results of therapy, Abah will give medicine in the form of herbal ingredients such as: Radish pieces, Carrots pieces, Lember 1, Chinese sweet potato cm boiled using 3 cups of water until boiling and then drunk 3 times a day. Of the five clients who were interviewed, all of the clients knew about this water therapy place from their neighbors or friends, this also gave positive suggestions to the clients that they would also be healthy because they saw firsthand the client's neighbors and friends were healthy again.

So it can be concluded that this study supports the results of previous studies regarding the benefits of water therapy. An update from this journal is in the appointment of the therapeutic method used, namely soaking the limbs in water while being given a prayer, even though in general the way to apply prayer water is by drinking it.

## **Conclusion**

After conducting interviews with the therapist and five clients who underwent treatment at the Prayer Al-Asror Water Therapy, the researchers concluded that the Al-Asror Prayer Water Therapy has an effect in helping treat internal diseases. Therapy with prayer water can cure disease, this is because the patient gets suggestions for healing and prayer has an element of spirituality. In the form of a request for healing to Allah SWT. Prayer is believed by Muslims as a cure for all diseases. Prayer is believed to be a spiritual teaching in Islamic teachings. While it is a medium to deliver prayers to patients. This research is expected to have benefits for the development of the treasures of Islamic spirituality so that it can be used for healing human beings physically and mentally. The researcher realizes that there are still shortcomings in this study, therefore, for further researchers

to pay attention to the process of developing client treatment every day so that the data on the client's changes to recovery are more detailed.

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