

## Influence Giving Dhikr Therapy in Lowering Pain in Gastritis Patients: Literature Review

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### ABSTRACT

Gastritis is an inflammatory condition of the stomach that often causes pain and discomfort. Dhikr therapy, which is a spiritual practice, is expected to provide psychological and physiological benefits for patients. The method used in this study was a quasi-experimental design with inclusion criteria that included patients with gastritis and full text articles. Data search was carried out through an electronic database with the keywords "Influence", "Dhikr Therapy", "Gastritis", and "Pain", with article filters in the last five years (2020-2024). The search results show five relevant articles analyzed by author name, title, purpose, research method, and results. Data were extracted to identify the effect of dhikr therapy on the reduction of pain levels felt by patients. The results of the study show that dhikr therapy can function as an effective non-invasive method in managing gastritis pain, both as a primary and adjunct therapy to conventional treatment. This research provides new insights into a holistic approach in the management of gastritis pain and emphasizes the importance of integrating spiritual practices in healthcare. It is hoped that the results of this study can be a reference for health workers in providing more comprehensive therapy to gastritis patients.

**Keyword:** Influence; Dhikr Therapy; gastritis; Pain

## INTRODUCTION

Gastritis means that an inflammatory process in the stomach causes the gastric mucosa as a result of which often People with gastritis can cause symptoms such as nausea, vomiting, and pain in the upper abdomen. The impact of this condition is to cause a recurrence of the disease (Meliani, 2017; Febryanti, et., al 2023).

Untruthfulness in diet is a major factor for individuals suffering from gastritis who have digestive problems. Especially in the elderly, they must carefully pay attention to the type of food they consume (Muhith & Siyoto, 2017; Febryanti, et., al 2023). In addition to wrong eating habits, excessive activity also has an impact on the digestive system. For gastritis sufferers, stress can also be a trigger for a sustained recurrence, because psychological factors can trigger a recurrence of the symptoms of the disease (Kurniawan & Kosasih, 2017 in Mutia Febryanti, et., al 2023).

In the world, the incidence of gastritis disease is around 1.8-2.1 million people every year, the incidence of gastritis disease in Southeast Asia is around 583,635 of the total population every year According to data from the World Health Organization (WHO), the incidence of gastritis in the world is from several countries, namely the United Kingdom with a percentage of 22%, China with a percentage of 31%, Japan with a percentage of 14.5%, Canada with a percentage of 35% and France with a percentage figure of 29.5% (WHO, 2019)

According to data from the Indonesian Ministry of Health, the percentage of gastritis incidence in Indonesia is 40.8%. The incidence of gastritis in several regions in Indonesia itself is quite high with a prevalence percentage of 274,396 cases from 238,452,952 residents (Health of the Republic of Indonesia, 2020). Research conducted by the Indonesian Ministry of Health on the incidence of gastritis in several cities in the

Indonesia has a high of 91.6%, namely in the city of Medan, then in several other cities such as Surabaya 31.2%, Denpasar 40%, Jakarta 50%, Bandung 32.5%, Palembang

35.35%, Aceh 31.7%, and Pontianak 31.2% (Prasetyo, 2016). Gastritis in West Java Province reached 31.2% and in the Bandung City area itself, gastritis patients reached 15.37% (Ministry of Health, 2015; Maidartati, et., al 2021).

According to data from the Ministry of Health of the Republic of Indonesia (Kemenkes RI), the prevalence of gastritis in West Java Province reached 31.2%. In the city of Bandung, the incidence rate of gastritis was reported to be 15.73%. In addition, another study stated that the incidence rate of gastritis in West Java was 33.1%, with the prevalence in the city of Bandung reaching 17.1%.

Symptoms in people with gastritis include abdominal discomfort, flatulence, headache and nausea that can interfere with daily activities, discomfort in the epigastrium, nausea, vomiting, stinging or pain such as burning in the upper abdomen which can get better or worse when eating, loss of appetite, belching, and bloating. It can also be accompanied by fever, chills (chills), hiccups If this gastritis disease continues to be left unchecked, it will get worse and eventually stomach acid will make wounds (ulcers) known as gastric ulcers. It can even be accompanied by vomiting blood (Agus, 2018 in M. Agung Akbar, et., al 2021).

One of the nursing actions that can be done to reduce pain in gastritis patients in two ways, namely by Therapy Pharmacology and Non-Pharmacological Therapy. Pharmacological therapy uses drugs that can overcome the pain of increased stomach acid such as, Ranitidine, Famotidin, Samotidine, omeprazole, Gastrucid (Agus, 2018).

Some independent actions that nurses can take to help clients are by using Pain Management to relieve or reduce pain and increase comfort (Akbar, 2019). Using therapeutic communication to find out the patient's pain experience, namely distraction techniques, namely relaxation dhikr therapy (Using deep breathing), efflurage massage, dimaginary guide, warm water compresses, deep progressive muscle

relaxation techniques, finger grasp relaxation (Fadli et al., 2019).

Research conducted by Fadli et al., (2019) stated that there is The influence of dhikr therapy (Asmaul Husna) on the patient's pain intensity scale gastritis. Analysis of the data used namely the Mann Whitney test was obtained (p=0.001) Research related to therapy dhikr is very important to do in non-pharmacological therapeutic treatment. In this study, researchers tried in patients suffering from gastritis in reducing the intensity of pain.

Physiologically, spiritually therapeutic by dhikr or remembering asthma Allah will cause the brain to work. When the brain gets stimulation from outside, the brain will produce substances endorphins which provide taste comfortable. After the brain produces substances that, then this substance will enters and is absorbed in the body who will then provide bait return in the form of pleasure or comfort (Sastria, 2019).

Dhikr, or spiritual practice remembering the name of Allah, produces physiological response in the brain. Brain releases neuropeptides, which is a hormone that makes people feel calm and comfortable, in response to stimuli external (Fadli et al., 2019).

## METHOD

### Data Source

The methods used in searching and searching for data sources in this literature review using database search consist of Google Scholar, Garuda Portal and Crossref. Articles were selected based on inclusion criteria and conducted *a critical appraisal* of each article using the framework of *The Preferred Reporting Items for Systematic Review and Meta Analysis (PRISMA)*.

### Search Strategy

Article search using 3 databases, namely Google Scholar, Garuda Portal and Crossref. The electronic-based data search was carried out on December 24, 2024. The keywords used in the search were "Influence" and "Dhikr Therapy" and "Gastritis" and "Pain". The compiler

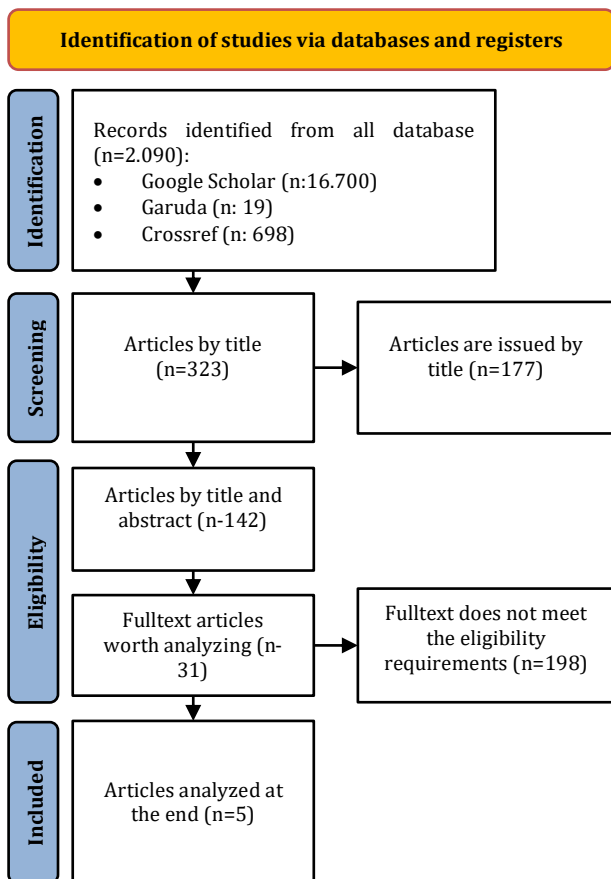
selected articles related to the effect of dhikr therapy in reducing pain in gastritis patients and then reviewed the articles obtained. In the search process until getting relevant articles, a filter was carried out with the last 5 years with the period 2020-2024. Clinical questions to guide strategy search using the PICO format consisting of P (Participant), I (Intervention), C (Comparison), and O (Outcomes). The clinical question formulated was "The effect of dhikr therapy in reducing pain in gastritis patients".

**Table 1. Research Questions (PICO Framework)**

Components	Description	Terms
P (population)	Gastritis Patients	Gastritis
I (intervention)	Dhikr Therapy	Psychological, Spiritual, and physiological.
C (comparison)	Dhikr Therapy with Other Relaxation Therapies	Dhikr therapy can be seen as an effective and non-invasive method in managing gastritis pain, both as a primary and complementary therapy conventional treatment.
O (outcome)	The effect of dhikr therapy in reducing pain in patients gastritis	Decrease in the level of pain felt by the patient after receiving dhikr therapy.

### Selection Criteria

Studies are eligible for inclusion if they meet the inclusion criteria: (a) Quasi-Experimental design; (b) patients with gastritis; (c) Full text articles. Exclusion Criteria: (a) articles that do not meet the components or articles that are not good consist of abstracts, introductions, methods, results, discussion, implications, and references; (b) articles that are reviewed; (c) the content of the article is not related to the topic.



### Search Results

Based on the search results set 5 articles with qualitative descriptive design method case study from three databases regarding articles related to the effect of giving dhikr therapy pharmacotherapy on reducing pain in gastritis patients. Furthermore, data extraction is carried out, this data extraction is carried out by analyzing data based on the author's name, title, purpose, research method and results, namely by grouping important data on the articles that have been taken. The results of data extraction can be seen in table 2.

Figure 1 PRISMA Flow Diagram

## RESULT

**Table 2. Data Extraction Results**

No	First author	Year	Research Design	Number of Samples	Objectives and Results
1.	Fadli	2019	Quasi experiment	299 people	<p><b>Objectives:</b> Knowing the Effect of Dhikr on Gastritis Pain</p> <p><b>Results:</b> there was a difference in pain scale before and after intervention</p>
2.	Tiara Bella Karoline	2023	Quasi experiment	38 people	<p><b>Objectives:</b> Knowing the Effect of Dhikr and Deep Breath Therapy on Gastritis Pain</p> <p><b>Results:</b> from the results of the study, it was found that there was an effect of giving dhikr and deep breathing co-therapy on reducing the level of pain experienced by patients gastritis</p>
3.	Mutia Febryanti	2023	Quasi experiment	32 people	<p><b>Objective:</b> To find out whether the combination of dhikr therapy and onion compress affects pain levels in people with gastritis.</p> <p><b>Results:</b> The results of the study show that The effect of the combination of dhikr therapy and onion compress on the level of pain in gastritis sufferers. Based on the Wilcoxon test, a p-value = 0.000 is obtained, which is less than alpha (0.05).</p>
4.	Yogi Kusprayogi	2021	Quasi experiment	16 people	<p><b>Objectives:</b> To find out the influence of Islamic-Integrated Cognitive Behavioral Therapy (Islamic-CBT) On improving subjective well-being in students suffering from gastric disease or gastritis-type dyspepsia.</p> <p><b>Results:</b> Research results shows that Islamic</p>

			Integrated Behavioral Therapy (Islamic CBT) significantly improves subjective well-being in students with gastric disorders.
5.	Syamdarniati 2024	Quasi experiment	17 people
			<b>Objective:</b> To find out whether the combination of dhikr therapy and warm water compresses affects pain levels in people with gastritis. <b>Results:</b> The results of the study showed that warm compresses were effective in lowering pain. The action of warm compresses significantly reduced pain, with the result that 18 respondents (60%) felt no pain, 12 respondents (40%) experienced mild pain, and no respondents experienced moderate pain or severe unbearable pain.

## DISCUSSION

Based on the results of the analysis of the 5 articles above regarding dhikr therapy interventions, in gastritis patients, it can be seen that the intervention of dhikr therapy in overcoming gastritis pain has been proven to be effective in reducing pain intensity.

This research is in line with Nasriati et al., (2015) in Tiara Bella et al., (2023) stating that dhikr meditation is a form of relaxation that can reduce the scale of pain.

Research conducted by (Rudyana & Bangun (2014) in Fadli (2019) stated the effect of dhikr therapy (Asmaul Husna) on the pain intensity scale of postoperative laparotomy patients. The analysis of the data used, namely the Mann Whitney test, was obtained ( $p = 0.001$ ) which means that there was a significant difference in pain intensity between after being given dhikr therapy intervention (Asmaul Husna) in the intervention group and the control group.

This study is also in line with the research of Fadli et al., (2019) in Tiara Bella et al., (2023) which states that the administration of dhikr therapy which is carried out 5-6 hours after the administration of medication as a companion or independent activity of the nurse, from the observation of the respondent's pain response shows a change in pain response in the form of comfort and reduced pain.

The results of this study are also in line with Thahir, (2018) in Tiara Bella et al., (2023) with the title The Effect of Deep Breathing Relaxation on Pain Intensity in Gastritis Which Appears to Have a Relaxation Effect to patients experiencing a decrease in pain scale between 3-4 with a moderate and moderate pain scale.

## CONCLUSION

This study shows that dhikr therapy has a positive effect on reducing pain in gastritis patients. The results of the analysis of the five articles studied indicated that dhikr therapy interventions can significantly reduce the intensity of pain felt by patients. Dhikr therapy not only serves as an effective non-invasive method, but can also be integrated as part of a holistic approach in pain management, along with conventional treatment. Thus, the application of dhikr therapy in clinical practice is highly recommended to improve patient comfort and speed up the healing process. Further research with a larger sample and longer duration is needed to reinforce these findings and explore the long-term effects of dhikr therapy. In addition, the combination of dhikr therapy with other interventions, such as meditation or yoga, may also be an interesting research area to improve the effectiveness of pain management in patients with gastritis and other gastrointestinal conditions.

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