



# The Impact of Islam and Its Teachings on Preservation of Individual and Public Health



# The purpose of the hygienic regime

- The purpose of the hygienic regime in Islam is to create a community which is healthy and immune against infectious diseases, and the healthy individual (in body and mind) .
- Prophet Muhammad says: Hygiene is a part of faith (*Imaan*).



# CLEANLINESS, PURIFICATION AND ABLUTION

- **Body Cleanliness:** Islam recommends bathing for twenty three reasons.
- **Hands Cleanliness:** Prophet Mohammed (PBUH) Says 'Wash thy hands before and after eating', Readds "Wash thy hands after awakening. No one knows where his hands lay during his sleep."
- Islam recommends **clothing cleanliness** and elegance "Ameliorate thy clothing and thy mount".



## **CLEANLINESS, PURIFICATION AND ABLUTION (cont.)**


- **Food and drink cleanliness:** Orders for protecting food from dust and insects, the prophet says "Cover thy vessels and drinks"
- **Residence cleanliness:** "It is charitable to remove harms from the road."
- **Cleanliness of water sources:** urinating and defecating are forbidden in any of them "Avoid three evils; defecation in water sources, shades and in the road."



# ISLAM'S GENERAL CONCEPTS IN MEDICINE

- The Prophet says: Do not neglect having your diseases treated, for God does not send a disease for which He will not send a cure except for old age

**Quarantine:** "If you hear of an outbreak of plague in a land, do not enter it; but if the plague breaks out in a place while you are in it, do not leave that place. "



## ISLAM'S GENERAL CONCEPTS IN MEDICINE (cont.)

- On cases such as lepers ...“Leave a space of a spear or two between ye and the leper”
- Dental care: “If it did not place an excessive burden upon my community, I would command them to clean their teeth with *miswak* [a tooth stick] before each of the five daily prayers.”



## **NUTRITION IN ISLAM**

- Forbidding the harmful food.
- Acquainting the Muslim with the beneficial food.
- Rectifying his eating habits.



## Forbidden Items

- FORBIDDEN TO YE ARE: DEAD MEAT, BLOOD, THE FLESH OF SWINE, AND THAT BEEN INVOKED THE NAME OF OTHER THAN GOD, THAT WHICH HATH BEEN KILLED BY STRANGLING OR BY A VIOLENT BLOW OR BY A HEADLONG FALL, OR BY BEING GORED TO DEATH; THAT WHICH HATH BEEN PARTLY EATEN BY A WILD ANIMAL; UNLESS YOU ARE ABLE TO SLAUGHTER IT IN DUE FORM.





## Unforbidden Food

- Islam keeps pace with natural disposition.
- Islam recommends certain foods for their nutritional benefit such as olives, black cumin, chicory, endive fenugreek, ginger, marjoram, saffron, vinegar, and watercress.



## Timing and Quantifying Meals

- Islam prompts people not to be extravagant in eating
- The Quran says “Eat and drink but be not prodigal. Lo! He loves not the prodigals”



## **Timing and Quantifying Meals (cont.)**

- The Prophet (PBUH) says "The stomach is the worst vessel to fill"
- The Prophet says "In eating, apportion a third of your stomach to food, another third to water, and leave the last third empty. The bowl most distasteful to God is a full stomach."



## **Timing and Quantifying Meals (cont.)**

- Islam is against doctrines which urge people to discard food or to overfast to the extent of weakness.
- He (PBUH) declares "Every morsel a Muslim eats is a deed of charity"



# SPORTS

- Islam attaches much importance to sports in order to create a physically powerful generation.
- "Teaching thy children writing swimming and shooting is a duty" He (PBUH) also adds "Teach thy children shooting and train them on horsemanship till they excel"



# Reference:

- <http://www.islamset.com>
- <http://www.ymsite.com/books/infinitelight/infpg23.html>
- <http://www.islamonline.net>