

# PROMOTIVE AND PROPHYLACTIC HEALTH ASPECTS BASED ON ISLAMIC TEACHINGS.

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## ABSTRACT

Health is basic need of human being and everybody intends to remain healthy. As far Islam is concerned, its faith is not merely upon spirit, but also it has given proper place to the physical health. It is a fact that the revaluation in the preserving and restoring health of psychic as well as physical is a gift of Islam. Clearcut guidelines have been given not only for correction of spiritual life, but promotive health aspects have also been prescribed at length. In this way the glimpses of promotive and prophylactic health aspects based on Islamic teachings have been given in this article.

Health is basic need of human being and everybody intends to remain healthy. Consequently search of effective therapeutics and promotive/prophylactic health measures became main objective of medicine right from beginning. Effort in this regard is continued and definitely will remain continue. As for Islam is concerned, its faith is not merely upon spirit, but also it has given proper place to the physical health. No doubt if the angel of thinking is proper, the physical health may play important role for the upliftment of the spirit. Need not to mention that Prophet Mohammad (P.B.U.H.) gave immense stress to the health care. These teachings are rich with the hygienic fundamentals. It is a fact that the revaluation in the preserving and restoring health of psychic as well as physical is a gift of Islam. Almighty Allah has given noblest creative status to the human being on the global level with the aim to build an ideal and healthy society in the universe which become model through practical demonstration of its

followers quoting prophet's (PBUH) saying " the strong believer is better and more loveable to allah than the feable believer."

Clearcut guidelines have been given not only for correction of spiritual life, but promotive health aspects have been also described at length. We can maintain not only our personal cleanliness, but also we may keep clean all of our enviroment. As such a healthy and pollution free environment may be arrived easily. The following are glimpses of promotive and prophylactic Health aspects based on Islamic teachings.

### **Sanitation and Personal Hygiene:**

Clear cut instructions and significant guidelines have been given particularly regarding the following main categories:

1. Cleanliness of the body in general and of even the minute parts e.g. teeth, nails and hairs in particular.
2. Cleanliness of the fabrics, food and bewarages.
3. Cleanliness of roads, houses and cities.

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4. Cleanliness of the sources of water i.e. river, ponds and wells in order to check pollution.

As for a cleanliness of the body is concerned, priority has been given in Islam quoting the following verse from Surat Baqara:

"Allah loves those who turn to him consequently and relieves those who, keep themselves pure and clean"

The objective of cleanliness and purity in Islam is to keep the human being neat and clean consciously or unconsciously. Consequently the cleanliness becomes part and parcel of the human life. Wazoo atleast for five times of salat, bath, to keep clean the cloth and body and to keep neat and clean the place of salat, are not merely worship or part of worship. The aim is to keep the individual neat and clean every thime. Stress has been also given to keep the teeth neat and clean. Hundreds of physical and spiritual benefits regarding the use of Miswak has been given in Islamic teachings, which are self explanatory, cutting of nails particularly on Friday and cleanliness and maintenance of hairs have been also covered by islamic teachings.

Cleanliness of the dress is also must, quoting the following verse, from Holy Quran.

"Keep your clothes clean and leave all kind of dirt and filths."

As for as beverages and nutrients is concerned, the guidelines and instructions described in the books of Hadis and Fiqh are of high significant. It is noteworthy that the mode of utilisation of these life based articles as per Islamic teachings are but natural and quite scientific. Few

examples as follows.

**Water:** It is well known fact, that the importance of water is next to oxygen. Its chemical value also has one molecule of oxygen. Islam has also given it great importance, that is why stress has been given on cleanliness and purification of water.

As Prophet Mohammad (PBUH) restricted to utilise the water of well located in ruin condition in the area of since long depopulated. It is established fact that the water of such type of wells becomes poisonous and number of people reportedly succumbed soon after getting down in the well located in the ruined area. Subsequent medical reports confirmed the presence of poisonous gas in the well (carbon monoxide).

Theologians have described at length the conditions of pure and impure water. According to them, if the colour of the water has been altered due to mixing up the impurity, the same may not be utilised for the purpose of cleanliness.<sup>13</sup>

Likewise He (PBUH) warned his people not to leave their vessels open, for that would lead to pollution. This is clearly evident that muslims did think about microbes.

**Diet:**

Food has been given third grade in hygiene and health, clean and hygienic diet also plays important role in the improvement / maintenance of health. There are numerous verses in Holy Quran which instruct us towards the holy / and right direction of health e.g.

○ mankind! Eat of that which is lawful and ! wholesome in the earth."

"O ye messengers enjoy (All) things good and pure. and work righteousness:

for I am well-acquainted with (all) that ye do."

The Islamic recommendation and restriction rules have firm medical ground; some rules are clear and others may become clear with the development of medical science. Some reasons confirmed so far may be concluded as following:

(a) Promotive and Prophylactic aspects are most common, reasons may be clearly evident through the following:

i) Exhortation to eat clean and wholesome food, but in moderation

ii) Avoidance of the following; harmful and toxic food.

alcohol and other intoxicants, carrion and blood that flows out (because of their greater liability to deteriorate and carry harmful contaminations).

b) Extension of anti idolatry measures into food rules which prohibit the consumption of food dedicated to idols and to any one other than Allah.

c) avoidance of fraternization and close social mixing with non believers, apostates and others who may exert undesirable influence on believers.

In Islam not only personal but also environmental hygiene has been given importance taking into consideration the pollution control. Physical as well as surrounding cleanliness are desired in Islam. Prohpt Mohammad (PBUH) says;

"Allah is good and likes goodness, clean and likes cleanliness, generous and likes generosity, munificent and likes munificence, therefore clean your entrances and yards and do not simulate the jews who collect trash in their homes."<sup>15</sup>

Taking into consideration the environmental cleanliness, Prophet

(PBUH) adopted the parameters himself. Consequently he used to seek isolated places located distant from population for evacuation. He directed his followers not to evacuate on frequently visited places, like roads and shady areas.<sup>16,15</sup>

Perfumes also play important role in the environmental cleanliness which is liked by Prophet (PBUH). According to Shah Saheb, consequent upon application of perfumes, human being feels eternal inspiration and he remain prone towards the cleanliness and he feels strong spiritual awaring and alertness.<sup>4</sup>

#### **Discussion and conclusion:**

It is not possible to cover all the Prophet's medical sayings in this paper. In Holy Quran too, significant directions have been given in this regard, which are, no doubt, beneficial even inevitable for the health of human being.

These are few glimpses of health care in the light of Islamic teachings. In brief even the western scientists are of the opinion regarding the medieval Arabs, that "their cities e.g. Makka, Madina Damascus, Baghdad, Cordova and Constantinople were kept quite neat and clean. This is the main reason why the Muslim World, so long as it implemented these teachings in health and spirit, were not affected with serious epidemics as have occurred in different parts of the world killing large number of people."

Great impact of Islamic teachings particularly with regard to the promotive and prophylactic health aspects may be seen in the legacy of Islamic medical science e.g. Firdausul-Hikmat, Al-Havi Fit Tibb, Kamil us Sanaah, Al-qanoon Fit Tibb, Mualejat-e-Buqratiya, Kitabuz-

Zakhira, Kitabut-Tasreef Kitabal-Kulliat, Kitabut Tafseer, Kitabal-Mukhtarat etc. Need not to mention that Islamic teachings and medicine became model for all the subsequent ages of the modern medicines. This is an universal truth that if the Islamic teachings as a whole adopted, natural age of the life along-with improved health may be achieved easily. These teachings may also prove barrier between human being and ailments.

Besides above points, the following problems have been also elucidated in

relevant Islamic teachings;

1. Epidemics
2. Dietetics: Quality and quantity of food.
3. Fasting.
4. Sex hygiene
5. Rest and exercise
6. Sleeping and awakening etc. etc.

For discussion of significant points under above headings and thier correlation with the modern medicine requires volumes of work and space of time. It is not possible even to conclude the Islamic teachings in this paper.

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सारांश

## इस्लामी शिक्षा पर आधारित स्वास्थ्य संवर्धक एवं रोगनिरोधी पक्ष

- के.ए. शफरवत आजमी

स्वास्थ्य मानव की मूलभूत आवश्यकता है तथा प्रत्येक व्यक्ति की यह प्रबल इच्छा होती है कि वह स्वस्थ रहे। इस्लाम धर्म में आत्मा के साथ साथ शारीरिक स्वास्थ्य को भी उचित स्थान दिया गया है। वस्तुतः मानसिक एवं शारीरिक स्वास्थ्य रक्षा तथा उसके प्रत्यवस्थान का पुनर्मूल्यन इस्लाम का उपहार है। केवल आध्यात्मिक जीवन के सुधार के लिए ही नहीं अपितु स्वास्थ्य के संवर्धक पक्षों के विषय में भी सुस्पष्ट निर्देशक तत्त्व विस्तार से निर्धारित किये गये हैं, जिनकी झलकियों को इस लेख में प्रस्तुत किया गया है।