

## **Quranic Context Of Hygiene And Cleanliness: An Imperative Study**

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### **ABSTRACT**

Human Being is highly valued as a masterpiece of Allah's imagination and he is blessed in this world as a Caliph of Almighty. Almighty Allah the ruler of mankind ensures physical, mental and spiritual health before assigning man the role of vicegerent. Thus the human character is highlighted by focusing on promoting physical health, which naturally depends on cleanliness. The current research work is based on Quranic framework for human health and hygiene. Social hygiene as well as personal hygiene is essential for the well being of entire society. This study is conducted through Quranic injunctions that purity guides us to avoid diseases of body and soul both. The present work has been conducted through primary and secondary sources Holy Quran, Ahadith, Articles and research papers published in various journals. The main objective of this research work is to examine the significance of health and hygiene in the Quranic context so that knowing the importance of cleanliness the believers can complete half of their faith according to the Quran and Sunnah.

**Keywords:** Ummah, Quran, Cleanliness, Hygiene, Purity.

### **INTRODUCTION**

Health and well-being of human being have paramount position in all the cultures of the world, the general impression is that not having the disease brings health. A person who is generally

free from major and minor ailments is said to be physically healthy. In the last few decades, it has been circulating in the society that health is basically a social right of human being and it has been emerged as a social cause around the world. Health and wellness are directly related to social relations and human rights so that all human beings can benefit from this basic blessing and live a good quality life. WHO defines health in the year of 1948, “Health refers to the complete physical, mental and social well-being of a person without any illness and it is multi-dimensional”. There are basically three types of health as defined by the WHO, like physical, mental and social types as well as spiritual, emotional and political. Holistic health founders and advertisers pay close attention to the spiritual side of health. (WHO, 1978) Spiritual health is actually the health in which a person lives a strong and conscious life while controlling his self. Ethics, courage, peace and security are the basic elements in the goals of metaphysical purpose of life. The time has come to emphasize the need and importance of physical health as well as spiritual health. Finding and striving for good health is the ascension of the believer and in it is the good of the world and the hereafter. The Holy Quran Says about it:

“O! You believer, fear Allah and let every soul look to what it sends forward for the marrow and fear Allah, He is aware of what you do, and be not as those who forget Allah so he caused them to forget their own souls. These are the transgressors”. (Al-Hashr, 59: 18-19)

The Quran is basically a source of spiritual, mental and physical well-being. The Quran draws the attention of mankind to research and science so that the scholars and intellect can explore the universe with wisdom and understanding. We should all fulfil our responsibilities in the best possible way and consider it as a sacred trust. The Quran is basically a program related to the path of spiritual, mental and physical fitness of men.

The Holy Quran mentions:

“Do you see that Allah has made subservient to you everything in the heavens and the earth and has made his bounty flow to you in exceeding measures seen and unseen”. (Luqman,31:20)

Through the Quran, Allah has issued many commands regarding cleanliness. Physical health is one of the blessings bestowed on man by Allah and Allah has commanded him to take serious care of it. Allah Says:

“Eat and drink and be not prodigal” (Al-Ahraf, 31)

According to the parallel principles of health, it is important for every human being to eat a balanced and essential diet. Holy Prophet (SAW) said:

“The strong believer is better and more loved by Allah than the weaker one”. (Bukhari, Hadith#1828)

It is said in Shahi Tirmazi:

“The most beloved by Allah of things He is asking to grant us a good health” (Tirmazi Hadith#3481)

Illness is the opposite of health, a condition in which a person is unable to perform his physical and mental functions properly is called illness. The Quran and the Ahadith Nabvi (SAW) contains cures for many mental and physical ailments through various spiritual and material methods and approaches.

Allah says in the Quran:

“And we reveal of the Quran that which is healing and a mercy of believers”. (Al-Isra, 17: 82)

The Holy Prophet said: that whatever disease there is, Allah has created a cure for it. The Prophet of Allah commanded the Muslims to use all kinds of medicines except those which contain Haram elements. Furthermore, Islam places special emphasis on individual and collective hygiene. There are two main aspects of the health sciences that revolve around the principles of living a full life. Household cleaning and cleaning makes life better and free of illness. Personal hygiene revolve around bath, washing hands and toenails, proper cutting of nails, holding hands or handkerchief while spitting or sneezing. By adhering to these principles, from an early age to school life and beyond can lead to a healthier life. In the present life these habits are known to be the product of modern world but from Islamic point of view in Sahih Bukhari, it is stated that Allah is pure and He likes pure human beings, this makes the importance of cleanliness even clearer. The holy soul is present in holy body, internal and external purity can be achieved by adopting proper cleanliness. The Holy Prophet (SAW) said, No prayer is acceptable without purification, while charity from haram earning is also not acceptable. Thus, there are many aspects of cleanliness that need to be examined from an Islamic perspective.

## **PHYSICAL HYGIENE IN THE LIGHT OF QURAN AND SUNNAH**

In Islam, it is obligatory on every Muslim to perform ablutions repeatedly before each prayer. This proves how important it is to get rid of nasty diseases and for this, washing hands and keeping them clean is the first condition. The Holy Quran places special emphasis on personal and environmental cleanliness.

“O! You believe! When you prepare for prayers, wash your hands, face and arms unto elbows, rub your hands with water and wash your feet to the ankles”. (Al-Maida, 5: 6)

This is ablution as we do five times a day, if your hands are clean; you are less likely to get sick because most of the germs get into the mouth from the hands. There are different stages of ablution in which the first stage is hand washing, after that it is commanded to wash the mouth three times, because the mouth is the breeding ground for germs. This is also the main gate for the entry of germs; from here all the germs and infections go to the stomach and intestine. Three types of micro organisms cause's sore throat, it is important to gargle three times a day to avoid this. Cleaning five times a day can easily get rid of dust and harmful bacteria and also prevent infections.

It is Sunnah to brush one's teeth before praying, Holy Prophet (SAW) said that your mouth is the way to recite the Quran, so it is very important that it be pure. It is not at all difficult for my

followers to use tooth stick before prayers. Importance of the oral hygiene can be determined by this statement. The next step is to perform mouth wash, face is washed from forehead to chin, eyes are also get cleansed, by mouth washing dust washed away from eyes, nose and mouth, in this way the sweat on the face is also cleared. If face is not properly washed so skin easily get victimized of many skin diseases. Ablution not only refreshes the skin but also eliminates the possibility of wrinkles. After this stage of ablution, it is necessary to wash the arm up to the elbow. At this stage, various layers of sweat and dust are washed away and there is no skin infection. The next step is to wipe the head, which includes the back of the neck along with the head and earlobes, dust here is also washed away and cleaning the neck can prevent itching and allergies. Then foot washing stage comes, in which toes are also washed thoroughly. It also eliminates foot odour and nail fungus. Apart from ablution, bathing and washing is also one of the essential daily activities. Bathing gives complete cleansing. In Islam, there are some special bathing methods, first washing the hands three times, and then washing the sensitive parts, then perform complete ablution, then pour water on the whole body three times. Both man and women have the same bathing method, but the habits of bath may vary, such as one takes a bath every day, one after two days and one once in a week. Bathing has a special significance in Islam, women are allowed to take bath on certain days of menstruation and postpartum, if they are cleansed, bathing becomes obligatory. In Surah Al-Mudassir of the Holy Quran, Holy Prophet (SAW) has specifically commanded purity and cleanliness. Muslims have a special command to clean up even after defecation. Cleaning the sensitive parts with water is given more priority than tissue paper. Hazrat Ayesha (May Allah be pleased with her) said that the Prophet of Allah always used right hand for food and ablution while his left hand was always used in the toilet. It is very important to understand that hygiene is so important in Islam that if even a drop of urine falls on the clothes then ablution is not performed and body and clothing are not considered pure. It has also been scientifically proven that people who use toilet paper instead of water for cleaning, more prone to anal genetical infection.

Clipping of fingers and toenails are one of the holiest Sunnah's of Holy Prophet. If the dust particles that accumulates in the nail layers are not removed and cleaned, it is against the principles of hygiene and it can cause a variety of infections. Regular hands and toenails are trimming not only makes your look beautiful but also helps to prevent from many diseases. Our Holy Prophet used to trim his nails on Thursday or Friday. Islam has laid down very simple and clear principles by which a simple and dignifies life can be lived. In it lie the glorious principles of Islam, shame and modesty, health and cleanliness. Appearances are strictly forbidden in Islam when it comes to clothing, because such arrogance and conceit weakens a person psychologically and it also contradicts the principles of masculinity. Allah Almighty has also strictly forbidden the appearance of man in the matter of clothing, in Islam, man is forbidden to use various things like silk cloth and gold. While these things are considered Halal for women in Islam, but it does not mean that women should start dressing like men. The religion of Islam is very sensitive in the matter of dressing, because it is the dress that determines one's personality.

“In fact, the Quran calls back things the beautiful gifts of God and reproaches, those who look upon them as forbidden”. (Al-Ahraf, 7:47)

## **ISLAMIC UPBRINGING OF CHILDREN**

The upbringing and education of children is the foremost responsibility of parents, according to Quran and Sunnah, it is the primary duty of parents to ensure that their children's upbringing is not compromised and work hard with diligently in this matter. In Islamic society, parents try to keep their children close to Islamic teachings. When a child reached the age of seven, it is the duty of parents to explain and teach him the method of ablution and also explained how the prayer is performed and what the correct method according to Quran and Sunnah is. Parents should first perform ablution in front of their children and offer prayers so that all the steps could be clear to the child. As well as the right way to dress and cover the sensitive parts, explaining all this to children, is one of the basic duties of the parents.

This proves that Islam requires parents to adhere to the principles of child hygiene, Mankind has claimed that it has brought human civilization to its peak, but the other side of the picture screams that this is the man who has taken civilisation to the brink of decline with his own hands, which he attributes to so-called development. Although human beings are also responsible to the huge increase in pollution. Man, who is Allah's Caliph in the world, has a responsibility to take care of all creatures, but he has forgotten all his duties and is only engaged in earning and accumulating wealth. The concern of environmentalists is sending a message to the world that we need to focus on environmental cleanliness as well as individual. Islam encompasses the all aspects of the universe and the lives of mankind, sets the standard of living for all believers, in which relationships with all human beings, society and the material world. We are fully aware of the fact that speaking and coughing causes saliva and sputum of the mouth and affects the people who are photogenic, It is dangerous from them and surrounding. For this purpose, it is very important to keep the handkerchief on the face. The Quran is not only a complete book for the welfare of Muslims but is also contains a lot of guidance on medicines. There is dire need to make full use of these instructions,

Allah Almighty says:

“O! Mankind, there has come unto you a direction from your Lord and healing from the disease in your heart and for those believes a guidance and mercy”. (Yusaf, 12: 57).

## **ROLE OF RELIGIOUS INSTITUTIONS**

There is no denying the importance of cleanliness in a society, health and hygiene is of key importance in Islam. Special emphasis laid on health and hygiene in Holy Quran. Allah Almighty says;

“Truly! Allah loves those who turn to him constantly and He also loves those who keep themselves pure and clean”. (Albaqrah,2:222)

In it (mosque) are men who love to clean and to purify themselves and Allah loves those who make themselves pure and clean Given the significance of cleanliness in Islam, it is a moment of reflection that in our society there is not so much emphasis on health and cleanliness. In this regard, religious institutions played an important

role. In the light of Islamic teachings, it is the duty of religious institutions to pay more attention to the practice of healthcare. Through sermons, mosques, madrassas and religious institutions can highlight the importance of individual, collective and environmental health and hygiene.

The main religious institutions like Wefaq-ul-Madaris, Weefaq ul Madaris Al-Salafia, Tanzim-ul-Madaris and Rabta-tul-Madaris-al-Islamia etc are of the view that religious purity and hygiene can only be obtained through the following of Holy Quran and Sunnah. In this regard, although no significant success is being achieved, but over time, religious purity will be promoted.

### **HYGENIC POINT OF VIEWS OF ULAMA'S**

Ulama is an Arabic word derived from knowledge, Ulama,s are basically the heirs of Islam. As far as, the religious knowledge is concerned, they are specialized in the study of literature. Consensus of scholars is that the mental and heart hygiene should be preferred first. This means that we must stay away from negative thoughts, and our hearts should be filled only with obedience and submission to Allah. With regard to health and hygiene, scholars have unanimously stated that eating etiquette should be thought to children from infancy. Food should not be spilled on cloths while eating and hands should also not be cleaned with clothes. Special attention should be paid to the hygiene of clothes in the house as well as outside. National meeting of religious scholars discussed women's inheritance, pollution and health hygiene In which the scholars issued statements regarding health and hygiene in the light of Quran's and Sunnah. (Ali, 2012) In the light of which, soul also remains unclean and impure due to lack of purity and holiness and there is no peace or blessing in any work. It is important to wash ours hands before starting daily activities, especially before eating.

In Holy Quran :

“Allah doesn't intend to inconvenience you, but he intends to purify you and perfect His favour to you, so that you may give thanks”. (Almaida5, 6)

Moreover, Islam has ordered Muslims to cleaning up the roads and streets, it is conserved charity to remove impurities and filth from the streets and roads. The Holy Prophet [PBHU] has strongly warned that trash should not be thrown away and more attention should be paid to cleanliness of the environment. He said beware of the three things cause you to hear the curse of the people, dirt and trash should be avoided in watery areas, footpaths and shaded places. (Abu-Dawood,Hadith#2641)

We get to know all these religious kindness only through the scholars and Ulema's, those who, after working day and night and studying for years, grand us endless treasures of knowledge. In Islam Ulema's are not limited to the interpretation of Holy Quran and Sunnah, but they are also expert in different fields such as engineering, sciences, politics and education because all divine knowledge is given by Allah Almighty.

### **CLEANLINESS: AS A HALF FAITH**

Cleanliness is the main part of believer's life, Islam is a universal religion that takes into account human needs for a balance between physical, emotional and spiritual health and well-being. Both hygiene and cleanliness, keeps the body and mind free from disease. Cleanliness is an integral portion of the high standards and values that are inherent in Islam. Holy Prophet (SAW) said:

“Cleanliness is our half faith”. (Sahih Muslim,Hadith#2541)

In another place He said:

“The key to the prayer is cleanliness, its beginning is Takbeer (saying Allah-o-Akbar) and its ending is Salam (Salutation)”. (Abu Dawood,Hadith#2541)

The reward of purity and chastity is so great that the reward can reach half as much as believing. Faith is formed by outward acknowledgement of the affirmation of the heart and pure deeds. Purity is basically a prayer that is the greatest form of outward submission. Abu Malik Al-Ashari quoted Holy Prophet in such words:

“Purity is half faith and the balance is filled with the praise of Allah, Hamad and glorification fill that which lies between the heavens and earth. He considered prayer as Light, charity is proof and patience is the greatest weapon of believers”. (Shahi Muslim,Hadith#1654)

Cleanliness is the right and absolute path to health and strength.

Holy Quran says:

“You are the best Ummah that has been created for human beings you can only differentiate what is right and wrong, thus believe in Allah” (Younas 10:57)

Under certain conditions, formal purification can be achieved without water, this is called Tayammum or dry ablution. If water is not available in abundance, for example, the use of water would be dangerous, if a person is injured or he is very sick therefore, clean land can be used immediately. The tayammum is performed by lightly tapping the hands on the clean ground and then moving the palm of both hands on the back of others. After that the dust is blown and the hands are put on the face, these processes are conducted instead of Wuzu or Ghusal.

“If you are sick or on a journey or one of you responds to the call of nature or you have had intercourse with women and you do not get water then perform Tayammum with fresh water. Rub your hands and face with mud. Allah does not want to put you in trouble but He wants to purify you and fulfil His favour on you so that you may be grateful”. (Almaida, 5:6)

The Holy Quran states that Allah Almighty has given relaxation to believers in various hardships and troubles which clearly shows that Islam is a very simple and dignified religion whose teachings cover not only the human race but the whole universe.

## CONCLUSION

Islam is a universal and farsighted religion, whose teachings are for the entire world and human beings. In the modern world, hygienic principles are needed to be address for the sake of healthy community and human life. The Holy Quran contains many important instructions regarding hygiene, Through the Holy Quran, Islam has guided mankind towards eating, drinking, sleeping, personal and environmental hygiene. Furthermore raising children from infancy to school age, The Holy Quran has laid down comprehensive principles for the education and upbringing of children and laid much emphasize on the mantle and physical hygiene of young ones.

Various religious institutions are working for the promotion of religious education and Islamic social and moral trainings of the Ummah. Their role and functions are impressive while this is the need of the hour that religious organizations run health and hygiene awareness campaigns among children. Ulema's who played a key role in shaping and modifying the society and try to bring Islamic peace and prosperity into a society, they can play a vital role in the propagation of cleanliness and hygiene. Though cleanliness is our half faith, by living in the realm of health and hygiene, a Muslim can lead a very good and sound life. Faith is completed in the life of a Muslim as long as he takes care of his health and cleanliness. Without cleanliness a Muslim's faith is not completed and without faith there is no blessing. In the affairs of daily life and taking care of physical hygiene and health a full and prosperous life can be lived.

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