Hygiene and Health in Quran and Science

Mira Bajirova*

Associate Professor, Consultant Ob-Gyn, IVF, Paris, France

*Corresponding Author: Mira Bajirova, Associate Professor, Consultant Ob-Gyn, IVF, Paris, France.

Received: December 04, 2017; Published: January 02, 2018

Abstract

“The religion holds the key to the mystery of existence”, concluded Arnold Toynbee. Allah in Quran told: “And I did not create the jinn and mankind except to worship Me”. Allah sent the last Messenger as an example to the mankind, who taught also the health and personal hygiene to follow. Wudu (ablution) and prayer have health benefits and it is a direct connection with Allah. The Prophet Muhammad said: “Cleanliness is half of faith”, taught us everything including hygiene of different parts of the body, oral hygiene, menstrual hygiene, sexual hygiene, toilet hygiene, sleep hygiene, environment hygiene. Following our Creator and His last Messenger, we protect ourselves from the diseases, calamities and prepare for the final destination, Paradise, by God’s will.

Keywords: The Mystery of Existence; Quran; Messenger of Allah; Prayer Health Benefits; Oral Hygiene; Menstrual Hygiene; Sexual Hygiene; Toilet Hygiene; Sleep Hygiene; Environment Hygiene

British historian, Arnold Toynbee, studying the history of man, summarized: “I have come back at the belief that religion holds the key to the mystery of existence” [1].

The universe is a mysterious one, that man himself is not the greatest spiritual presence. There is One greater than man. Man’s goal is to seek communion with this absolute Reality, and to achieve this the human must rid itself of its innate self-consciousness. In so doing he gives his life a new center, the Absolute Reality.

Allah wrote: “And I did not create the jinn and mankind except to worship Me” (Quran 51:56).

The Quran is not a book of medicine or of health sciences, but in it there are hints which lead to guidelines in health and diseases. Prophet Mohammed (pbuh-piece and blessing upon him) has set as an example to the mankind, so his traditions in matters of health and personal hygienic are also a guide for his followers [2].

The pathology (disease) is defined by the famous pathologist William Boyd as physiology (natural state) gone wrong. It is our tampering with natural process that leads to unnatural outcomes [3].

According to scholars, cleanliness is of three kinds, purification, or ritual washing in order to perform prayer; keeping the body, clothing, and environment clean [4].

Prophet Muhammad (pbuh) said: “Cleanliness is half of faith” (Sahih Muslim).

“Allah loves those who are constantly repentant and loves those who purify themselves” (Quran 2:222). “O you who have believed, when you rise to (perform) prayer, wash your faces and your forearms to the elbows and wipe over your heads and wash your feet to the ankles” (Quran 5:6).
**Benefits of Wudu (Ablution) in Hadith [5]**

The Prophet Muhammad (pbuh) said: “He who performs the Wudu perfectly, his sins will depart from his body, even from under his nails” (Muslim).

The Messenger of Allah (pbuh) said, “When a Muslim or a believer washes his face in ablution, then every sin that he committed with his eyes will be washed away with the last drop of water. When he washes his hands, then every sin that he committed with his hands will be washed away with the last drop of water. When he washes his feet, then every sin that he committed with his feet will be washed away with the last drop of water, until he emerges purified from sin” (Muslim).

“He who performs Wudu like this, his previous sins will be forgiven and his Salat and walking to the mosque will be considered as supererogatory act of worship” (Muslim).

“When one of you awakens from his sleep, then let him perform ablution and sniff water into his nose three times. Verily, Satan spends the night in the upper part of his nose” (Al-Bukhari 3121).

“Whoever of you performs Wudu carefully and then affirms: Ash-hadu an la ilaha illallah wa ash-hadu anna Muhammadan abduhu wa Rasuluhu (I testify that there so no true God except Allah Alone, Who has no partners and that Muhammad is His slave and Messenger), the eight gates of Jannah are opened for him. He may enter through whichever of these gates he desires (to enter)” (Muslim).

**Health benefits of Wudu (Ablution) in Science**

1. Wudu with water helps to prevent germs from the body thus promotes good health.
2. Ablution stimulates biological active spots similar to Chinese Reflexo-Therapy, which has beneficial therapeutic effects.
3. Ablution helps to relax the nervous system and eases tension, stress and anxiety.
4. Washing hands five times a day before prayer is an effective way to keep germs away.
5. Gargling during Wudu is very important as it helps to remove germs, allergens and dust particles, the rest of the food between the teeth, contribute to the better Health and Hygiene.
7. Nose cleansing during Wudu removes dusts, allergens and contaminated matter; helps to minimize the infections such as flu, sinusitis.
8. Nasal cleaning with water overcomes nasal congestion and clear sticky matter in the nose.
9. Nasal cleaning helps to treat allergic rhinitis, good for nasal dryness and improves breathing.
10. Face washing during ablution is very beneficial for refreshing as well as improving the facial complexion.
11. Face washing reduces acne, pimples, wrinkles.
12. Ear cleaning prevents wax accumulation, removes dust and germs.
13. Washing the feet removes dirt, fungus. As lots of acupressure points are present in the upper and lower parts of toe regions and pressing them can reduce pain (back pain, arthritis, joints pain).
14. Offering Salat has many benefits such as spiritual, religious, physical, mental, social.

**HYGIENE OF DIFFERENT PARTS OF THE BODY**

**Hair and Nail care**

**Removing unnecessary body hair [6]**

The hair under your arms and around your private parts can be a source of bad odor, mixed with moisture can be ideal environment for bacteria to grow.

---

*Citation*: Mira Bajirova. "Hygiene and Health in Quran and Science". *EC Gynaecology* SPI.1 (2018): P44-P55.
Hygiene and Health in Quran and Science

The Prophet Muhammad (pbuh) said: "Five practices are characteristic of the fitra (the natural state, or tradition of the prophets): circumcision, shaving the pubic hair, cutting the moustache short, clipping the nails, and removing the hair of the armpits" (Al Bukhari).

Hair wash

The best for washing hair and body is using a shower containing Negative Ions which has many health benefits [7]. Shampoo, gel or other hair products contain chemicals and their use should be limited. Baking soda can be used with many benefits [8]. Hair washes twice per week or even once per week. The vitality of your hair improves with the Negative Ions, correction of Vitamin D deficiency, Thyroid problem, Anemia and healthy food, drink, healthy lifestyle.

Hair combing

The Prophet (pbuh) tells us to take care of our hair; meaning to comb and ensure it does not look scruffy. In one incident, the Prophet (pbuh) was in the mosque, when a man with unkempt hair and an untidy beard came in. The Prophet (pbuh) pointed to him, as if indicating to him that he should tidy up his hair and beard. The man went and did so, then returned. The Prophet (pbuh) said, “Is this not better than that any one of you should come with unkempt hair, looking like the Shaytan?” (Muwatta). Haircut and style is under Sunnah regulation.

Nail

Fingernails may harbor dirt and germs and can contribute to the spread of some infections, such as pinworms. Fingernails should be kept short, and the undersides should be cleaned frequently with soap and water. Avoid biting or chewing nails, cutting cuticles, as they act as barriers to prevent infection. Nail polish contains toxic chemicals. Hair and Nail can be used for Black Magic; the best is to burn them after cutting.

Eye

The Prophet (pbuh) said: “Among the best types of collyrium you use is antimony (ithmid): it clears the vision and makes the hair [eyelashes] sprout and increases the power of sexual intercourse” (Hadith 3869).

Ibn Al Qayyim (Rahimahullah) suggests a kohl, Ithmid, which strengthens the optic nerve, detoxifying eye moisture and eases congestion in tear ducts, helps natural cleansing and protection of the eyes from dust, and brightens one’s sight, relaxes eyestrain [9].

Makeup contains chemicals which can cause [10]:

- Irritation which can lead to dry eyes, itchy eyes, watery eyes and puffy eyes
- Infections: conjunctivitis, blepharitis and keratitis,
- Allergic conjunctivitis

Wear Sunglasses to prevent cataracts, macular degeneration and wrinkles around eyes.

The Computer and Mobile Screen can cause: eyestrain, blurry vision, trouble focusing at a distance, dry eyes, headaches, fatigue, neck, back, and shoulder pain.

Rubbing your eye can result in corneal abrasion. The injury can come from dirt on your hands or from aggravating a particle that is already inside your eye. Rubbing your eyes can do more harm than good [11]. Rubbing your eyes can contribute to dark circles, infections, cornea damage. If the itchiness is caused by allergies, rubbing can release more histamine (allergen) into the area around your eyes, and make the itchy feeling worse.

Ear

For ear-related problems, the books based upon the works of Ibn Al Qayyim (rahimullah) have prescribed the use of onions in nearly all cases [12]. It is important to note that an infected ear should be kept as dry as possible while healing takes place, as infections are usually started by increased moisture in the ear canal, or fluid trapped in the middle ear. Each ear should be carefully dried with a warm

Citation: Mira Bajirova. "Hygiene and Health in Quran and Science". EC Gynaecology SPI.1 (2018): P44-P55.
towel after washing. Nothing should ever be pushed into the ears (Q-tips or cotton swabs). Pumpkin skin, also essential oil of coriander and grounded black seeds (black cumin seed) can also be used to help reduce ear infection.

**Face**

The skin of the face reflects what’s happening on the inside. The condition of the face depends from your general health, from the food, drink and lifestyle. Doing Wudu 5 times per day with face washing three times in each Wudu, keeps the face refreshing, removes the dust, dirt, bacteria. The best for washing is to use Negative Ions shower which has antibacterial effect. Avoid or reduce the sugar, chocolate, junk, fried, spicy food, food in the cans, bottles, coffee.

**Oral Hygiene**

Lipstick contains toxic chemical and shouldn’t be used on regular basis.

“When the Prophet (pbuh) got up in the night, he would rinse out his mouth” (Agreed upon).

When coughing, sneezing or yawning, a Muslim covers his mouth and nose with a handkerchief or tissue, or his hand.

The Prophet (pbuh) said, “The *miswak* cleanses and purifies the mouth and pleases the Lord” (An-Nasa'i and Ibn Khuzaimah). “Were it not that I might overburden my followers, I would have commanded them to use the *miswak* before every prayer” (Al-Bukhari and Muslim).

Miswak is a superb antimicrobial toothbrush for dental hygiene and gum infection cure, teeth whitening and relieving smelly breath, whilst giving you a nice mouth odor, minimize plaque and gingivitis. It has established that the Miswak has effective ingredients, salvadorine and trimethylamine, which aren’t present in toothpastes, with anticariogenic and anti-inflammatory, hypoglycemic functions [13].

Aisha (may Allah be pleased with her) has reported that: “The prayer before which the Miswak is utilized is 70 times more superior to that before which it is not used”.

Abu Darda (may Allah be pleased with him) states that: “Make Miswak a must do not be headless as there are twenty four benefits in Miswak, the greatest benefit is that Allah (SWT), becomes pleased, there is increase in wealth, it freshens the breath, it strengthens the gums, it relieves headaches, it relieves toothache and due to the light from the face and teeth the angles shake hands”.

**Miswak Health Benefits in the Science:**

- Enhances the memory.
- Eliminates slime.
- Produces aroma in the mouth.
- Strengthens the gums.
- Blocks tooth decay. Stops further grow of decay.
- Remedy for headaches.
- Helps relieving toothaches.
- Triggers the teeth to sparkle.
- Eliminates the yellowishness of the teeth.
- Improves the eye-sight.
- Helpful for the health of your whole body.
- Helps the process of Digestive function.
- Treatment for a specific mouth disease called Qilaa.
- Clears the voice.
- Trigger the appetite.
- Boosts the eloquence of one’s speech.
- Improve the Intelligence.

**Citation:** Mira Bajirova. “Hygiene and Health in Quran and Science”. *EC Gynaecology* SPL1 (2018): P44-P55.
Hygiene and Health in Quran and Science

Religious Benefits

- Creates lustre (Noor) on the face of the one who regularly employs it.
- A remedy for all disease except Death.
- Multiplies the Thawaab (reward) of Salat (prayer) from 70 times to 400 times (HADITH).
- A thing that will bring in greater rankings in Jannat for those who uses it.
- The Angels sing the praises of the person who uses the Miswak.
- Make use of the Miswak displeases Shaitaan.
- Use of the Miswak graces one with the company of the Angels
- The greatest advantage of using the Miswak is the achievement of Allah Ta’ala’s Pleasure.

Etiquette of Miswak

- Rub the Miswak on the gums at least 3 times and dip it in water every time.
- Place the Miswak upright when not being used.
- The Miswak should not be thicker than the ring finger and longer than the hand
- Use the right hand to use Miswak.
- Clean your miswak at least 3 times a day.
- Don’t use Miswak in an up or down motion but apply it from right to left since there is a chance of harming the gums.
- It is disliked to use the Miswak in the washroom.
- Don’t use it whilst lying since there is a possibility of bad temper.
- Use the Miswak from one end and not both.
- Cut the bristles (tip) of the Miswak every 1 - 2 days and begin fresh by biting to make it soft.
- To use the Miswak after meal, you will get the benefit of liberating 2 slaves.

“Good dental health is more than the absence of disease or tooth decay in your mouth” says David Kennedy, “It is an integral part of your wellbeing” [14]. Teeth play an important function in the digestive process, in speaking and in upholding one’s facial structure. While chewing food, small pieces tend to become stuck between teeth. In Wudu rinsing many times the mouth, many small food pieces can come out and then the remaining can be removed by flossing, tiny brushes. Leaving those pieces for a long time attract bacteria that dig holes in the teeth and creating other health problem (heart).

Hand

The hand hygiene is one of the most important steps to avoid getting sick and spreading germs to others [15].

Prophet Muhammad (pbuh) advised his followers to wash their hands, before praying, before and after eating and upon waking up in the morning.

- Before, during, and after preparing food
- Before and after eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet

Citation: Mira Bajirova. “Hygiene and Health in Quran and Science”. EC Gynaecology SP1.1 (2018): P44-P55.
Hygiene and Health in Quran and Science

- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage.

The Prophet (pbuh) said: “He who goes to sleep with his hands smelling of grease and suffers something evil in consequence shall have no one but himself to blame” [Ibn Majah].

“Perfect your ablution and wash in between your fingers” [Ibn Majah].

Feet
The Prophet (pbuh) would “rub in between his toes with his little finger when he performed ablution” (Abu Dawud).

In Wudu rub under and between the toes with the little finger of the left hand, drawing it from the little toe of the right foot and between each toe in succession. Always dry with the towel/paper between the toes after washing.

The bad odor coming from the feet and shoes is related to the bacteria between the toes due to the humidity. Baking soda foot spa is the best, in alkaline the bacteria cannot multiply and leave your body. Use shower with Negative Ions which has antibacterial effect [7]. Negative Ions (Anion) pantilyner in your shoes will remove the odor by antibacterial effect [22].

HYGIENE AND DIETARY LAWS

Overeating is not healthy

The Prophet (pbuh) to protect from diseases caused by eating and drinking, said: “The son of Adam does not fill any vessel worse than his stomach. It is sufficient for the son of Adam to eat a few mouthfuls, to keep him going. If he must do that (fill his stomach), then let him fill one third with food, one third with drink and one third with air” (Al Tirmidhi).

“The believer eats in one stomach whilst the kaafir eats in seven” (Al Bukhari).

Overeating weighs a person down, makes him lazy and stops him from achieving his goals and shaytan is closer to obese people. Allah told in Quran 2:195 “Do not cast yourselves into destruction by your own hands”. Obesity has serious consequences: Increased risk of diabetes, heart disease, stroke, arthritis, some cancers and other conditions. Fertility rates are decreased in obese people.

Fasting

“O you who have believed, decreed upon you is fasting as it was decreed upon those before you that you may become righteous” (Quran 2:183).

Obligatory fasting (Ramadan) and voluntary fasting (Mondays and Thursdays and 3 days of Full Moon) have multiples health benefits, rejuvenation, anti-aging effects. Remarkable studies about the health benefits of Autophagy were done by Japanese Professor Mizushima [16].

Halal and Haram

“Forbidden to you (for food) are: dead meat, blood, the flesh of swine, and that on which hath been invoked the name of other than Allah” [Al-Qur’an 5:3].

Eating of pork causing more than 70 diseases [17]

A person eating pork can have various helminthes like roundworm, pinworm, hookworm, etc. One of the most dangerous is Taenia Solium, which is called tapeworm. It harbors in the intestine and is very long. Its eggs enter the blood and can reach almost all the organs

Citation: Mira Bajirova. “Hygiene and Health in Quran and Science”. EC Gynaecology SPL.1 (2018): P44-P55.
of the body. If it enters the brain it can cause memory loss. If it enters the heart it can cause heart attack, if it enters the eye it can cause blindness, if it enters the liver it can cause liver damage. Another dangerous helminthes is Trichura Tichurasis.

Pork has fat building material which deposited in the vessels can cause heart attack.

Pig is one of the filthiest animals on earth, lives and thrives on muck, feces and dirt.

“Say, “I do not find within that which was revealed to me (anything) forbidden to one who would eat it unless it be a dead animal or blood spilled out or the flesh of swine - for indeed, it is impure - or it be [that slaughtered in] disobedience, dedicated to other than Allah. But whoever is forced (by necessity), neither desiring (it) nor transgressing (its limit), then indeed, your Lord is Forgiving and Merciful” (Quran 6:145).

Alcohol

“They ask you about wine and gambling. Say, “In them is great sin and [yet, some] benefit for people. But their sin is greater than their benefit” (Quran 2:219).

“O you who have believed, indeed, intoxicants, gambling, (sacrificing on) stone alters (to other than Allah), and divining arrows are but defilement from the work of Satan, so avoid it that you may be successful” (Quran 5:90). The Messenger of Allah (pbuh) said: “Allah has cursed alcohol, the one who drinks it, the one who pours it, the one who sells it, the one who buys it, the one who squeezes it (squeezes the grapes, etc), the one for whom it is squeezed, the one who carries it and the one to whom it is carried” (Al Albaani in Saheeh Abi Dawood).

Prophetic food

Messenger of Allah (pbuh), said: “Mention Allah’s Name (say Bismillah before eating), eat with your right hand, and eat from what is near you” [18,19]. “Do not eat with your left hand, for the Satan eats with his left hand”. “I do not eat reclining” (Al Bukhari).

The Prophet (pbuh) said: “Who eats 7 pressed dates in the morning, will not be inflicted with witchcraft or poisoning that day” (Abu Dawood). Dates are the fruit of Paradise, “Bread of desert”, have multiples health benefits.

The Black seed is “a remedy for all diseases except death”.

“Eat the olive oil and apply it (locally), since there is cure for seventy diseases in it, one of them is Leprosy”.

“And your Lord inspired to the bee, “Take for yourself among the mountains, houses, and among the trees and (in) that which they construct. Then eat from all the fruits and follow the ways of your Lord laid down (for you)”. “There emerges from their bellies a drink, varying in colors, in which there is healing for people. Indeed in that is a sign for a people who give thought” (Quran 16:68, 69).

Other food used by the Prophet: fig, grapes, pomegranate, melon, meat, milk, barley, vinegar...

Alcohol, Smoking, junky, fried food, food in the cans, tins, and bottles, carbohydrates, sugar put our body in acidity, inflammation, the main cause of almost all diseases.

Drink alkaline warm water 3 - 4 liters per day, eat healthy food, drink. Antioxidant food, alkaline water put your body in alkaline improving your immunity, protecting you from the diseases.

TOILET HYGIENE

The Messenger of Allah (pbuh) said: “These toilets are haunted (inhabited by devils), so when anyone of you goes to the toilet let him say, ‘A’oodhu Billaahi min al-khubthi wa’l-khabaa’ith (I seek refuge Allah from the male and female devils) [20].”

“This place is where the shayateen gather”. The Messenger of Allah (pbuh) entered the toilet; he would put on his shoes and cover his head (Habib bin Saleh). Enter with left foot and leave the toilet, with the right foot reciting Dua [21].

Citation: Mira Bajirova. “Hygiene and Health in Quran and Science”. EC Gynaecology SPL.1 (2018): P44-P55.
Use your left hand to clean your private parts from front to back, wipe three times (or an odd number greater than three) until no trace of impurities can be seen on the toilet paper. After cleaning with water, dry off to prevent humidity causing the infection. Wear cotton underwear which 'breathes' and dries more quickly than made from man-made materials such as nylon or polyester. Change the underwear every day. Wash your hands after using the toilet.

The Messenger of Allah (pbuh) said: "When any one of you cleans himself, he should not use his right hand, he should use his left hand" (Ibn Maajah, 308).

The Messenger of Allah (pbuh) passing through a graveyard heard the voices of two persons who were being punished in their graves. "Yes! (They are being tortured for a major sin) Indeed, one of them never saved himself from being soiled with his urine while the other would go about with backbiting (to make enmity between friends)" (Ibn 'Abbas).

Urinate sitting to avoid splashing the urine on your clothes and body.

"Most of the punishment of the grave will be because of urine" (Ibn Maajah, 342).

The Prophet (pbuh) said: "If any of you want to defecate, he should not face the Qiblah, nor have his back to the Qiblah ..."

Talking, answering greetings or greeting others in the toilet is heavily disliked by Allah.

Do not tell anything related to Quran, Hadith, Zhikr or Dua, do not talk.

It is recommended to cover yourself as much as you can when are fulfilling your need.

**MENSTRUAL HYGIENE**

The Traditional Sanitary Napkins are made from recycled paper treated by bactericide, pesticide, bleached by chlorine, dioxin, other chemical products like polyester, adhesive, polyethylene, polypropylene from petrol industry, containing also industrial glue. These toxic products can cause allergy, infection, infertility and even cancer.

**Negative ions, Anion, Napkins** releases 20% of Oxygen and 6090 Anion/cm² creating alkaline atmosphere, suppressing the multiplication of bacteria, virus, with many health benefits [22]:

- To Respiratory system: improves lung function by inhaling 20% more oxygen and exhaling 15 % more carbon dioxide.
- To Cardiovascular system: reduces high blood pressure, improves cardiac muscle function, and facilitates the dilation of capillary vessels.
- To Nervous system: improves mental energy, intellectual capacity, memory, improves sleep quality.
- To Metabolism: activates different enzymes, reduces blood sugar, cholesterol, increases blood calcium, accelerates bone growth etc. Excellent for the digestion, constipation
- To Blood: increases the number of white and red blood cell, hemoglobin, reticulocyte, blood platelet, globin, alkaline body.
- To Immune system: improves reflex system and endothelial system, enhances body's anti-disease ability, anti-bacterial, anti-viral, anti-cancer effects
- Anti-Allergy, Anti-Asthma
- Natural Painkiller, producing Endorphin and encephalin, with anti-inflammatory effect
- Enhance Bio-Energy
- Increasing Brain Serotonin, reducing anxiety, stress, fatigue, depression, migraine,
- better sleep, relaxation
• Balance the Autonomic Nervous System, regulate the heart rate, digestion, respiratory rate, pupillary response, urination, and sexual function
• Improves Skin condition, Against Hair Loss
• Anti-Aging, Rejuvenation
• Improve Fertility in women and men.

Negative Ions, “Nature’s Battery Chargers”, are a major natural element that provides energy to the human body. Negative ions are actually oxygen atoms with extra-negatively-charged electrons. They are created in nature as air molecules break apart due to sunlight, radiation, and moving air and water. The degree to which negative ions contribute to overall well-being and health is scientifically proven by keeping our body alkaline, reducing inflammation, reviving all functions.

The remarkable study of Dr Sang Lo Byung Sa: “Science: Power of Negative Ions - Restorative Medicine of Nature” https://www.youtube.com/watch?v=PTRtKby8P80 [23].

<table>
<thead>
<tr>
<th>Environment</th>
<th>Anion (/cm$^3$)</th>
<th>Relation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Forests and waterfalls</td>
<td>&gt; 10000</td>
<td>Cure disease</td>
</tr>
<tr>
<td>Alpines and sea sides</td>
<td>2000 - 10000</td>
<td>Against disease</td>
</tr>
<tr>
<td>Parks of cities</td>
<td>500 - 1000</td>
<td>Keep healthy needs</td>
</tr>
<tr>
<td>Houses of cities</td>
<td>40 - 100</td>
<td>Cause some diseases</td>
</tr>
<tr>
<td>Air conditioning</td>
<td>0 - 25</td>
<td>Disease can flourish</td>
</tr>
</tbody>
</table>

Vaginal douching is not recommended as can adversely impact the natural balance inside the vagina, causing dryness, irritation, itching. Douching can encourage the bacteria to move into the uterus, Fallopian tube. The vulva and vagina naturally cleanses itself by normal vulvo-vaginal flora. In case of vaginal symptoms the infection screening should be done as different bacteria has different treatment. Feminine Hygiene Products: the deodorants, wipes, sprays, soaps, cleansers and gels remove vulvo-vaginal physiological flora, which has regeneration effect, causing dryness, irritation, itching, allergy etc. Use only water for cleaning this sensitive area and dry. If local medication is prescribed, the use of vulval cream should not exceed one week.

And they ask you about menstruation. Say, “It is harm, so keep away from wives during menstruation. And do not approach them until they are pure. And when they have purified themselves, then come to them from where Allah has ordained for you. Indeed, Allah loves those who are constantly repentant and loves those who purify themselves” (Quran 2:222).
There are the medical reasons prohibiting the intercourse during menstruation, mostly to avoid the infections with possible risk of infertility, ectopic pregnancy, miscarriage, preterm birth.

Menstruation blood is considered impure from ritual aspect [24].

**SEXUAL HYGIENE [25]**

"Whenever a person makes love to his wife, Satan is present. Then, if the name of Allāh (SWT) is remembered, Satan goes far from there, but if the act occurs and the name of Allāh (SWT) is not taken, Satan takes part in that he is one with the sperm" (Imam as-Sadiq).

Before engaging in the intercourse, start with: 'A'udhu billahi min ash-Satan ir-rajeem” (I seek refuge with Allah from the accursed Shaytan).

Cleaning the teeth and private parts are recommended before the intercourse. Another safe sex practice is urination right after sexual intercourse. This simple habit can help get rid of bacteria in the urethra and bladder. Washing from front to back and dry. Ghusl (body ablation) is obligatory immediately after intercourse.

Do not clean private part with right hand. Do not hold your penis in the right hand. Do not look at your penis as there is a chance of the memory becoming weak.

The intercourses during the menstruation are prohibited: "It is harm, so keep away from wives during menstruation” (Quran 2:222), to avoid the infections with possible risks of infertility, ectopic pregnancy, miscarriage.

Anal intercourse is disliked by our Creator. The anus lacks the natural lubrication, natural protection. Penetration can tear the tissue allowing bacteria and viruses to enter the bloodstream, spreading sexually transmitted infections including HIV, HPV. The anus was designed to hold in feces and full of bacteria. Repetitive anal sex may lead to weakening of the anal sphincter, making it difficult to hold in feces [26].

For the Unlawful Sexual Intercourse or Zina (adultery, fornication, prostitution, rape, homosexuality) the God prescribed the punishment the Day of Judgement. The Unlawful Sexual Intercourse increases the risk of sexually transmitted diseases.

**KEEP ENVIRONMENT CLEAN**

“Beware of the three acts that cause you to be cursed: relieving yourselves in shaded places (that people utilize), in a walkway or in a watering place” (Al Albani).

The Prophet warned: "Be careful of the 3 cursed things, urinating, defecating, (and flatulating), and spitting (with phlegm) in any sources (rivers, seas, oceans, wells etc) and in the middle of the road (where people walk) and from under the shade” (Abu Dawood).

Imam Nawawi said: “It is not allowed to defecate or urinate or throw dirt in the places where people benefit from’.

Public pathways and shaded areas are two areas where people would be offended from excrement and filth because they use them so often. The same curse would apply to those who leave filth behind for the next person. The curse, in this context, has two meanings: people are cursed by the one who has to deal with the dirt they left behind and they are cursed by Allah for their careless and disgusting habits.

The Messenger of Allah (pbuh) forbade anyone to urinate into stagnant water (Muslim, 423), and because this makes the water impure and harms those who use it.

**SLEEP HYGIENE [27]**

The Prophet (pbuh) told him, “Whenever you go to bed, perform ablution like that for the prayer, and lie on your right side”.

Early bedtime and early wake up time. The Prophet (pbuh) encouraged his companions not to be involved in any activity after Isha prayer, “One should not sleep before the night prayer, nor have discussions after it”.

---

Hygiene and Health in Quran and Science

“Sleeping on one's back is the sleep of the prophets, who contemplate the creation of the heavens and earth; sleep on the right side is the sleep of scholars and worshipers; sleep on the left is the sleep of kings to digest food; and sleeping on one’s face is the sleep of devils and the unbelievers” (Al-Bariqa al-Mahmudiyya).

Sleeping on the stomach is the position of the people of the Hellfire.

Modern medical studies have concluded that infants who sleep in the prone position have a seven-fold increased risk of sudden infant death syndrome.

“Whoever recites the last two verses of Surat al-Baqarah at night, it will suffice him” (Al Bukhari).

“When you go to your bed, recite Ayat-al-Kursi, (Quran 2:255) for then there will be a guard from Allah who will protect you all night long, and Satan will not be able to come near you till dawn” (Abu Huraira).

The Prophet (pbuh) said, “When any one of you goes to bed, he should take hold of the hem of his lower garment and then should clean (his bed) with the help of that and then should recite the name of Allah”.

Modern scientific studies have suggested a beneficial effect of right lateral decubitus position on the heart. Science indicated that cardiac vagal activity was greatest when subjects were in the right lateral decubitus position.

The Prophet (pbuh) said, “Put out lamps when you go to bed, shut the doors, and cover water and food containers” [SB 5301].

“Sleeping early in the day betrays ignorance, in the middle of the day is right, and at the end of the day is stupid” (Fath Al-Bari).

Scientific studies have shown that short daytime naps, Qailulah, (after lunch and before Asr prayer) improve vigilance and cognitive functions, and are beneficial for memory consolidation.

“And We have made the night and day two signs, and We erased the sign of the night and made the sign of the day visible that you may seek bounty from your Lord and may know the number of years and the account (of time). And everything We have set out in detail” (Quran 17:12).

“And it is He who has made the night for you as clothing and sleep [a means for] rest and has made the day a resurrection” (Quran 25:47). The Quran stresses the importance of the daily pattern of light and darkness and considers the cycle of night and day as a mercy from Allah. It is important to respect Circadian rhythm.

The Prophet did not sleep after Fajr prayer and told: “early morning work is blessed by Allah”.

Our healthy body is a gift from God, we should not misuse it, following our Creator and His last Messenger, we protect ourselves from the diseases, calamities and prepare for the final destination, Paradise, by God’s will.

Bibliography

2. Health Guidelines from Quran and Sunnah
3. Words of Wisdom from the Writings of Sir William Boyd.
5. Benefits of Wudu (Ablution), Research Center For Hadith.

Citation: Mira Bajirova. “Hygiene and Health in Quran and Science”. EC Gynaecology SPI.1 (2018): P44-P55.
Hygiene and Health in Quran and Science

7. Winalite Anion Healthy Must Use Shower Head.
10. Danger that hides in make-up.
11. Rubbing Your Eyes Can Do More Harm Than Good.
15. Hand washing: Clean hands save lives. "When & How to wash your hands".
17. Zakir Naik. “Why is the eating of pork forbidden in Islam?”
19. The Book About the Etiquette of Eating.
20. Etiquette of going to the toilet.
24. Why Can’t A Menstruating Woman Touch the Qur’an? Islam’s Perspective on Menstruation.
25. From Marriage to Parenthood The Heavenly Path. “Sexual Etiquette in Islam”.

Volume SPI Issue 1 January 2018
©All rights reserved by Mira Bajirova.