

## CLASS 8

## FORGOTTEN SUNAN RELATED TO HEALTH

## SLEEP

## Early bedtime and early wake up time

Muhammad ﷺ encouraged his companions not to be involved in any activity after *Isha* prayer (darkness prayer, which is around 1.5-2 hours after sunset). The Prophet ﷺ said, *“One should not sleep before the night prayer, nor have discussions after it”* [Sahih Bukhari]. Additionally, Muslims are required to wake up for Fajr prayer, which is about one hour before sunrise. The Prophet did not sleep after Fajr prayer. In addition, the Prophet ﷺ told his companions that early morning work is blessed by Allāh.

Many articles available pointing at the benefits of sleeping early in the night and getting up early. Apart from health it is also narated that starting to work early will InshaAllah bring in better results.

## Sleep position

In Islamic culture, some sleep positions are encouraged while others are discouraged based on the practice (*Sunnah*) and recommendations of the Prophet Muhammad ﷺ. Thus, many Muslims sleep on their right side, particularly, in the initial part of sleep. Muhammad ﷺ said, *“Whenever you go to bed, perform ablution like that for the prayer, and lie on your right side”* [Sahih Muslim 2710]. In description of the sleep of the Prophet ﷺ, a *Hadith* states, *“When the Prophet ﷺ wants to go to sleep, he puts his right hand under his cheek”* [Sahih Muslim].

Modern scientific studies have suggested a beneficial effect of right lateral decubitus position on the heart. does not let the weight of stomach & intestine to suppress heart, hence blood circulation is not affected.

By sleeping on the right side, the heart remains in the topside, one will not have a deep sleep. A little noise can prepare someone to face any contingency. It also develops the habit of early morning rise.

Sitting & rubbing the eyes for a while after awaking adjusts the heartbeat according to the new posture hence it has positive impact on the heart.

Sleeping on the tummy is discouraged in the Islamic literature, even for infants. The Prophet ﷺ told a man who was lying on his stomach, *“Allāh and his Prophet dislike this position”* [Sunan Al-Tirmidhi 2768]. Modern medical studies have concluded that infants who sleep in the prone position have a seven-fold increased risk of sudden infant death syndrome (SIDS). This has led to “back to sleep” campaigns in Britain (1991) and in the United States (1994).

Napping after lunch helps to prevent burden on coronary artery. According to cardiologist, having a nap after lunch produce positive effect on heart.

## EXERCISE

Though we do not find much in Quran about specific exercise, recommendation, the Prophet's Fife was full of recommendations.

He advised all Muslims to teach their children swimming, archery and horse riding. He, himself used to walk at a fast pace even race with his wife, Aisha (may Allah be pleased with her).

Most importantly, he used to work with his hands whether at home, in the kitchen, or with his companions collecting wood for fire, fighting during wars etc.

It is a pity that Muslim men and women have become sedentary and, because of the excessive consumption of starches, obesity has crept into them. We should keep ourselves fit to go for Jihad and feel healthy in peacetime.

## CUPPING

Abdullah ibn Abbas (may Allah be pleased with him) reported that the Messenger of Allah ﷺ said,

- *"I did not pass by an angel from the angels on the night journey except that they all said to me: Upon you is cupping (Hijama), O Muhammad."* [Sunan ibn Maajah 2477]
- *"Cupping treatment /Hijama is the most helpful procedure for human beings to cure themselves."* [Sahih Bukhari 5357] [Sahih Muslimi 1577]
- *"If there is any good in your medical treatments, it is in the blade of the cupper, drinking honey."* [Sahih Bukhari 5356] [Sahih Muslimi 2205]

Hijama helps in detoxifying the blood and stimulating the formation of new blood. We suffer from increased accumulation of toxins as we age that stem from poor diet and our lifestyle as well as pharmaceutical drugs resulting in different diseases. Some conditions in which Hijama was proven as an effective treatment are lower back pain, repetitive strain injury, sports injuries, poor circulation, varicose veins, emotional and psychological disorders like depression, stress and anxiety. Disorders of the bones, muscles, joints and nervous system, such as arthritis, carpal tunnel, neuralgia, migraine headaches, insomnia, dizziness and low back, neck and shoulder pain.

Hijama is a successful treatment for constipation, diarrhea, headache, backache, injuries, depression, skin problems, arthritis, weight loss and much more.

## SIWAAK

There are many ahadeeth mentioning the importance and virtues of using the siwaak such as the hadeeth of Ibn Abbass that the Prophet ﷺ said : *“I was ordered with the siwaak until I thought that something would be revealed in the Qur’aan in regards to it”* [Musnad Ahmad no.2125, Ahmad Shaakir graded the isnaad Saheeh]; however the medical benefits are derived from the hadeeth where Aa’ishah reported that the Prophet ﷺ said *“The siwaak is purifying for the mouth and pleasing to the Rabb”* [Sunan An-Nasaa’ee no.5, Shaykh Al-Albaani graded it saheeh]

- Due to its known antibacterial qualities siwaak is very good for killing bacteria build up in the mouth
- Stops bleeding and purifies the gums.
- Fights gum disease
- Creates a pleasant smell in the mouth
- Removes bad breath and odour from the mouth.
- And fights plaque effectively

### When to use Siwak?

- Before every salah
- When entering the house
- When getting up from sleep
- When the taste or smell of the mouth changes

## EATING

### Eating Less – The Solution To Many Problems

Abu Juhayfah said:

“A man burped in the presence of the Messenger of Allaah ﷺ and he said: *“Keep your burps away from us, for the one who eats his fill the most in this world will be hungry for the longest time on the Day of Resurrection.”* (al-Tabaraani–Saheeh)

After hearing that Abu Juhayfah RA did not eat his fill until he departed from this world; if he ate breakfast he would not eat dinner and if he ate dinner he would not eat breakfast, and he said: “I have not filled my stomach for thirty years.”

Yet, we force our kids to eat, to finish their plate or just simply stuff themselves until they are full. And we do the same ourselves. What we don't realize is that, not only is this bad for health, and against the wise teachings of our beloved Prophet ﷺ, but it is this excessive eating that is keeping us away from the sincere and focused worship of Allaah that we are searching for.....that Khushoo'....that Sakeena, the peace that should be there in all our Ibadaat.

This is because eating one's fill makes the body heavy, which leads to yawning and laziness in worship and work.

The Prophet ﷺ said, "*A believer eats in one intestine, and a kafir (unbeliever) or a hypocrite eats in seven intestines.*" (Bukhaari)

That means; a believer is satisfied with a little food, while an unbeliever or a hypocrite eats too much to satisfy himself.

The Prophet ﷺ also 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 morsels to keep him alive. If he must fill it, then one-third for his food, one-third for his drink, and one-third for air.*" (al-Tirmidhi –saheeh by al-Albaani)

Eating too much also makes the heart hard and heedless of Allaah. And that is why the Prophet ﷺ and his companions used to go hungry quite frequently, even in the presence of abundant food.

Some people argue that as long as what they are eating is Halaal, they can eat whatever they want, whenever they want and in whatever quantity they want. But Allaah condemns everyone who is extravagant, even in things that are permissible.

Umar (RA) said: By Allaah, if I wanted I could wear the finest clothes among you, and eat the best food, and have the most luxurious life. But I heard that Allaah will condemn people for some of their actions and said:

*"You received your good things in the life of the world, and you took your pleasure therein. Now this Day you shall be recompensed with a torment of humiliation, because you were arrogant in the land without a right, and because you used to rebel against Allaah's Command (disobey Allaah)"* [al-Ahqaaf 46:20]

Ibrahim ibn Adham said: "Any one who controls his stomach is in control of his deen, and anyone who controls his hunger is in control of good behavior. Disobedience towards Allah is nearest to a person who is satiated with a full stomach, and furthest away from a person who is hungry."

The Ulama enumerate multiple benefits of eating in moderation. Eating less keeps the body healthy and light, keeps the heart soft, increases memory, weakens desires, and disciplines the soul while excessive eating brings about the opposite of these praiseworthy qualities..

The best and most perfect diet is to follow the Sunnah of the Prophet ﷺ. For, indeed, it is only his way that is the best and his guidance that is perfect.

## HEALTHY FOOD AND BENEFITS FROM SUNNAH

## Olive

*“And a tree (olive) that springs forth from Mount Sinai, that grows oil, and (it is a) relish for the eaters.” [23:20]*

From Abu Hurayrah from the Prophet that he said:

*“Eat the olive and anoint (yourselves) with it, for indeed it is from a blessed tree.” [Tirmidhi 1853, Ahmed 497/3]. This hadeeth has also been recorded by Haakim hadeeth #122/4 and Ibn Maajah hadeeth #3319].*

## HONEY

QURAN: *“There comes forth from their bellies, a drink of varying colour wherein is healing for men. Verily, in this is indeed a sign for people who think. [16:69]*

## HADEETH:

It is reported that the Prophet (upon be salah and salah) said: *“Cure is in three (things): a drink of honey, a slash of the knife used in Hijaamah and branding (cauterizing) by fire. And I prohibit my nation from cauterizing.” [Bukhaaree (5356)]*

In another hadeeth, it states: *“Upon you is the two cures: the honey and the Qur’aan” [Ibn Maajah (3452), Shaykh al-Albani graded this hadeeth weak and said that it is authentic as a statement of Abdullah Ibn Mas’ood]*

- Burns, cuts and wounds – the antiseptic and antibacterial properties in honey are good in treating burns, skin ulcers, and other wounds. It prevents the growth of bacteria and is soothing to the skin. It speeds up the healing process and by regulating the collagen production it minimises scars.
- Enuresis (Bed-wetting) – Due to its water-holding and sedative properties honey is able to absorb large amounts of water and retain it for long periods of time. Hence making it an excellent remedy for involuntary bed wetting especially for children since it has no side effects.
- Skin care – Honey is an essential ingredient in skincare products. It can be mixed with other ingredients to treat acne, abscesses, and other skin conditions. It can also be mixed with other ingredients to make facial masks, facial toners, facial creams and moisturizers. It is known to delay the appearance of wrinkles when utilized daily in one of the above mentioned forms.

- Diarrhea and stomach ulcers – The prophet prescribed honey for the man who was having stomach problems. Studies indicate that honey shortens the duration of diarrhea.
- General health – studies suggest that honey may increase the populations of probiotic bacteria in the gut which can help strengthen the immune system, lower cholesterol, prevent colon cancer and improve digestion.
- Gastroenteritis – a clinical study where patients were given a bland diet and 30ml of honey three times a day proved to be an effective remedy for 66% of the patients, it relieved a further 17% and corrected anemia in 50%!
- Oral Health – due to its antibacterial properties honey can aid in treating mouth ulcers, gum disease and other areas of oral health. The Honey Research Unit in the University of Waikato, Hamilton, New Zealand has written about the potential of honey for therapeutic usage in dentistry.

### Cautions

Sometimes honey can be contaminated with the spores of bacteria that can cause Infant Botulism (a very rare but fatal infection where the spores produce toxins in the intestines, after the age of one, children develop a defence against the spores). It is advised that children under the age of 12 months should not be given honey. Other than this, honey has no known side effects

### HENNA

Umm Salma (May Allah be pleased with her) said: *“Allah’s Messenger ﷺ, never suffered from a wound or a thorn without applying henna to it.”* [Reported by Imam Trimidi (with a hasan isnaad) and Imam al Baihaqi in their sahih]

*“Whenever somebody came to Prophet Muhammad ﷺ with complaints of headache, he directed him to undergo cupping and whosoever complained of pain in the legs, was advised to apply Henna.”* (Narrated in Sunan Abee Dawud)

- Cooling affect – it reduces the body temperature
- Used as a coagulator for open wounds
- A poultice (soft mask used for inflammation of the skin) made with Henna soothes burns and certain eczema
- Relaxing – when applied to the palms which contain numerous nerve endings, henna relaxes the body
- Antiperspirant – when made into a plaster and applied to areas of the body it causes tightening of the pores, this also results in antibacterial characteristics in that it reduces bad odour
- Reduces headaches when applied mixed with vinegar to the head

## BLACK SEEDS

On the authority of Abu Hurairah that the Prophet said “*Use the black seed, because it contains a cure for every type of ailment except death.*” (Al-Bukhari, Muslim, At-Tirmidhi and others)

The black seed can be used in various medical formulas to cure numerous ailments. From its usage is a list below of simple remedies for common nuisances and illnesses, bear in mind that an alternative formula can be used to achieve similar results (as are found in various books on the black seed).

1. *Curing dandruff*- crush black seed with vinegar and apply to the sculp this should relieve the ailment (for acne, mix the black seed with a little vinegar to form a paste and apply to the affected region)
2. *Improving memory*- take a teaspoon of blacked oil with a glass of pure orange juice every morning for a period of 10 days
3. *Backache and muscular pains*- mildly heat a little black seed oil and then massage into the affected area alternatively powder equal quantities of asparagus seeds, black cumin, fenugreek and caraway. Take ¼ teaspoon of powder every morning with a glass of water.
4. *Sleeping disorder*- mix a teaspoon of black seed with some honey and water and drink before retiring to bed
5. *Asthma and bronchial and respiratory problems*- mix a teaspoon of black seed oil in coffee, and take twice a day. Also rub the chest with black seed every night and inhale the vapour of black seed in hot water
6. *Hair loss*- massage lemon juice into the hair and leave for 15-20 minutes, wash out thoroughly with shampoo, then apply black seed oil into the sculp and continue for a period of 20 days
7. *Eye infection, pain and weak sight*- apply the oil around the eyes and on the eyelids before retiring to bed, and take ½ a teaspoon of black seed oil mixed with carrot juice, for weak sight continue this treatment until there is improvement
8. *Flu and nasal congestion*- insert four drops of black seed into each nostrils to relieve from nasal congestion and head cold distress
9. *Toothache and gum*- cook some black seeds in vinegar then add black seed oil. Rinse the mouth with this combination to ease toothache and help gums (or even simpler mix a half a teaspoon of black seed oil with warm water and gargle in the mouth, apply oil on the affected tooth for quick relief)
10. *Healthy complexion*- mix black seed oil with an equal amount of olive oil, massage into the face and leave for an hour, then wash out with soap and water
11. *Diabetes*- grind together equal amounts of black seed and watercress (or mustard seed as an alternative) with half its amount of pomegranate peel and fumitory. Take ½ a teaspoon of the

mixture together with a teaspoon of black seed oil daily before breakfast, continue treatment for a period of one month.

12. *Increase in flow of breast milk*- mix together 250 grams of black seed with 250grams of pure honey, stir and take one tablespoon with black seed oil twice a day
13. *Vomiting*- take half a teaspoon of fresh ginger juice mixed with equal amount of black seed oil, twice a day

## VINEGAR

*"A household which has vinegar will never suffer from poverty"*. (Narrated by Umm, Tirmidhi, Baihaqi)

*"Vinegar is a comfort for man"* Narrated by Muslim.

*"Allah has put blessing in vinegar, for truly it was used by the Prophets before me."* Narrated by Muslim and Ibn Maja.

- As soon as you take vinegar, it starts to eliminate fatigue.
- It detoxifies the liver
- Performs the role of disinfectant for the intestines".
- A combination of apple cider vinegar and honey – has been widely used to dissolve painful calcium deposits in the body, for arthritis-like pains and for other health problems such as hay fever.

## AJWA DATES

Narrated by Saud; the Messenger ﷺ said, *"If Somebody takes seven 'ajwa dates in the morning, neither magic nor poison will hurt him that day."* [Sahih Bukhari, Book #71, Hadith #664 (also 663, 672)]

The Messenger ﷺ said, *"Ajwa dates are from paradise."* [Tirmidhi (2068) he said hasan Saheeh and it was authenticated by Shaikh al-Albaani]

Referring to eating seven Ajwa dates, the Messenger ﷺ said, *"He will not be harmed by anything until he reaches the evening."* [Sahih Muslim (2047)]

A'isha reported Allah's Messenger ﷺ as saying: *"The 'ajwa' dates of 'Aliya' contain heating effects and these are antidote in the early morning."* [Sahih Muslim, Book #023, Hadith #5083]



**Ajwa is good to use for following**

1. Effective in preventing abdominal cancer.
2. To prevents anemia.
3. To strengthen nervous system and in energy production.
4. For the treatment of hypertension.
5. For healthy bones.
6. For healthy skin and eyesight.
7. Protecting from pellagra, a disease which is manifested as dermatitis.
8. To treat dementia and fatigue.
9. To reduce triglycerides and cholesterol levels (LDL) in the blood.
10. To protect the heart and circulatory system.
11. For protection against atherosclerosis and heart problems, and for protein metabolism.