



Cleanliness and Hygiene

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The Holy Quran

- Allah **loves** those who keep themselves clean." (2:223)
- "O ye who believe! approach not Prayer when you are not in full possession of your senses, until you know what you say, nor when you are **unclean**, except when you are travelling along a way, until you have bathed.(4:44)
- "O children of Adam! We have indeed sent down to you raiment to cover your shame, and to be an elegant **dress**; but the raiment of righteousness — that is the best. That is *one* of the Signs of Allah, that they may remember. " (7:27)



The Holy Prophet (Peace be on him)

- Cleanliness is half of faith.
- Cleanliness is a requirement of faith. (Muslim)
- Purification is the key of prayer. (Tirmadhi)
- When a friend gives perfume as a gift, one should accept it and indeed use it.



The Promised Messiah (as)

- According to the Holy Quran the natural state of man has a very strong relationship with his moral and spiritual states, so much so that even a person's manner of eating and drinking affects his moral and spiritual states. **If the natural state of a person is subjected to the control of the directions of divine law it becomes his moral state and deeply affects his spirituality**
- The Holy Quran has laid stress on **physical cleanliness** and postures, and their regulation in relation to all worship and inner purity and spiritual humility.



Hadhrat Khalifatul Massih V (AT)

- Islam enjoins taking of bath at the very least each Friday and ablution before Salat and endorses using perfume before going to mosque or large gatherings.
- Most Muslims know and often quote the two Ahadith citing cleanliness as 'a part of faith' and alluding to it 'as half of faith', however, **it is sad that this is not so visible in practice**



Rules of Islamic Hygiene According to Hadith

- Ten Things are part of human nature: trimming moustaches, keeping beard, doing miswak (cleaning teeth), cleaning nose with water, trimming nails, keeping the fingers clean, trimming under arm hair, trimming pubic hair, cleaning after using toilet (with water) and (narrator said he might have forgotten but the tenth thing was perhaps) swishing mouth with water after eating. (Muslim)
- Brushing the teeth keeps the mouth clean and pleases Allah (Nissai)
- He who does not shave off superfluous body hair and does not trim his nails and moustaches is not one of us.
- He who goes to sleep while his hands smell of food, has only himself to blame if harm should befall him.
- A weekly bath is obligatory upon each muslim, when he must wash his head and whole of his body.
 - Explanation: water in desert Arabia 14 centuries ago was very scarce! In modern times, more frequent bathing should be practiced



Rules of Islamic Hygiene According to Hadith

- The Holy Prophet (saw) used water for cleaning after using toilet.
- The Holy Prophet (saw) used to urinate sitting down (Tirmadhi)
- Put on your garments and do not issue forth uncovered.
- Wear loose trousers for they cover the limbs effectively.
- Ibne Hajar says that I appeared before the Holy Prophet (saw) and my hair were hanging over my shoulders. When he saw me he said: it is displeasing. I turned back, had my hair cut and went to him next day, He said: I had not meant to find fault with thee needlessly, but this is much better.
- When you visit your brethren tidy up your clothes and your mounts for Allah does not like dirt and untidiness.



Dress Etiquettes for Salat

- During Prayer, one's body should be decently covered, particularly the private parts and the areas around them. In case of men, this can be defined as an area of body beginning from the navel down to the end of the knee-cap.
- According to Islam, the absolute minimum covering for men in public is from navel down to knee-cap. Anything less is not allowed.
 - Khuddam should be careful when choosing shorts for sports
- Moreover, as a matter of respect for Islamic tradition and Salat, proper dress should be worn. Eg trousers instead of shorts.



SCENARIO 1

- ***Ahmad's at school and is in a big hurry, but needs to go to the restroom. Should he use the urinals?***
 - A) Sure. A man's gotta do what a man's gotta do!
 - B) Ahmad should realize that
 - Urinals offer little *privacy*, and Islam emphasizes privacy and shame with respect to private parts
 - Urinals don't give an opportunity to clean after going. This makes the clothes dirty and unfit for Prayers
 - Splashes can also make clothes dirty
 - Sunnah is to relieve oneself while sitting
 - In public restrooms, sometimes the stalls are more dirty than urinals, and in such cases urinals do offer more cleanliness than the stalls!



SCENARIO 2

- ***Ahmad's is at the ijtema and went to the restroom. In a hurry to get back to the game, he made a mess on the floor. What should he do?***
 - A) Sneakily walk out of the restroom and hope that the Akbar in the Waqar e amal team will clean it up!
 - B) Ahmad should clean up his own mess. Get help from the waqar e amal team to get the supplies to clean if needed.



SCENARIO 3

- **Kashif is at the school gym. His coach tells the team to go take a shower in the locker room. It is a public shower and everyone's naked. What should he do?**
 - Don't shower, and run away!
 - Kashif need not be ashamed of his body!
 - If Kashif didn't blend in by showering naked himself, his friends will think he is a weirdo
 - Kashif should realize that
 - Allah has commanded Muslims not to reveal their private parts to anyone except spouses. Doctors in medical necessities is also allowed. He should not shower naked.
 - He can wear shorts in the shower.



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