



Sunnah of Physical Health

Uswa Hasana – Perfect Example of Holy
Prophet Muhammad صلى الله
عليه وسلم

Tarbiyyat Presentation – January 2020

Topics to be covered today



CLEANLINESS



DIET



EXERCISE

Cleanliness

- He was particular about his personal hygiene especially about shaving his armpits, trimming his moustache and cutting his nails. The Holy Prophet Muhammad صلى الله عليه وسلم said, "Seeing grime in the nails fills me with apprehension." [Muhammad The Perfect Man, p. 895]
- He used to brush his teeth several times a day and was so keen on the practice that he used to say that were he not afraid that the ordinance might prove onerous, he would make it obligatory upon every Muslim to brush his teeth before every one of the five daily prayers. [Life of Muhammad, p. 196]
- He always washed his hands before and after each meal and, after eating anything that had been cooked, he always rinsed his mouth and considered it desirable that every person who had eaten anything cooked should rinse his mouth before joining in any of the prayers. [Life of Muhammad, p. 197]

Diet

- When he sat down to a meal, he paid attention to the food placed before him and used to say that he did not like an attitude of indifference towards food as if the person eating was above paying attention to mere matters of food and drink. [Life of Muhammad, p. 198]
- It is frequently mentioned in the Traditions of the Holy Prophet that not only did he pronounce the name of Allah before eating and drinking, but he also used to enjoin his Companions to do the same. The conduct and traditions of the Holy Prophet carry very fine points of wisdom. Food not only affects the spiritual and physical state of man, but it also affects his mental state. Whatever is dominant in the mind at the time of eating or drinking affects the heart and soul as well. If the mind is inclined towards Allah and becomes a nucleus of purity, the effect of the food consumed in that state will also be righteous. The proof of this preposition is also available from medical research. Medical practitioners, when advising frail and weak patients, advise them to resist irritation and remain happy while eating their meals so that food can be digested in better manner. [Steps to Exercise, pp. 15-16]

Diet - Continued

- The Holy Prophet of Islam was highly against impatience and unseemly haste [in matters of eating/drinking]. Besides being bad manners, haste and impatience adversely affect the digestive system. Even doctors advise their patients suffering from digestive problems to eat slowly and chew their food properly. [Steps to Exercise, p. 20]
- He always ate and drank with his right hand and always stopped three times to take breath in the middle of a drink. One reason for this may be that if a person who is thirsty drinks water at one stretch, he is apt to drink too much and thus upset his digestion. [Life of Muhammad, p. 201]
- Abu Huraira (ra) relates that the Holy Prophet صلى الله عليه وسلم never ate his fill even of barley bread. [Life of Muhammad, p. 198]
- He always admonished his Companions to stop before they had eaten their fill and used to say that one man's food should always suffice for two. [Life of Muhammad, p. 199]
- Miqdam bin Ma'dikarib said: "I heard the Messenger of Allah صلى الله عليه وسلم saying: 'The human does not fill any container that is worse than his stomach. It is sufficient for the son of Adam to eat what will support his back. If this is not possible, then a third for food, a third for drink, and third for his breath.'" [Jami` at-Tirmidhi 2380]

Exercise

- He was unmatched in his cleanliness and refinement, yet he used to perform the daily chores with his own hands. He used to repair his own shoes, mend his own clothes and perform the household duties like an ordinary human being. [Steps to Exercise, p. 23]
- Adopt the Habit of Working with Your own Hands. It is well known that the Holy Prophet ﷺ used to work with his own hands and this was the practice of his companions as well. This is such a clean habit that it keeps your body fit and alert and sloth and laziness cannot come anywhere near you. Even if you have no other physical exercise, this practice is good enough substitute. [Steps to Exercise, p. 32]
- Hadhrat Abu Huraira says that... he had never seen anyone walk faster than him. His gait seemed as if the whole world was swiftly folding under his feet and we used to continue to try and catch up with him. His walk was effortless and without formality with just natural fluency. [Steps to Exercise, p. 24]
- Adopt the Habit to Walk Fast. It has been recorded many times about the Holy Prophet that he used to walk often and used to walk fast. His gait was such as if he was descending from high to low level, but his feet always were firmly grounded. If there is no other physical exercise, then the above habits and the habit of walking fast can prove sufficient exercises for keeping fit. The experts say, 'Walking is the best physical exercise'. [Steps to Exercise, p. 32]
- Narrated Aisha, Ummul Mu'minin: while she was on a journey along with the Messenger of Allah (sa): I had a race with him (the Prophet) and I outstripped him on my feet. When I became fleshy, (again) I had a race with him (the Prophet) and he outstripped me. He said: This is for that outstripping. [Sunan Abi Dawud 2578]
- Narrated Ali ibn Rukanah: Ali quoting his father said: Rukanah wrestled with the Prophet ﷺ and the Prophet ﷺ threw him on the ground. [Sunan Abi Dawud 4078]

Call for action to follow the Sunnah of Holy Prophet

صلى الله
عليه وسلم



Brush our teeth before every
Salaat



Eat a bit less in each of our
meals



Become more active, go on
walks or any weight training

MKA Talks
Program –
January 31st
2pm to 3pm EST

Join us to learn more on this topic
at our monthly MKA Talks Program
at the end of this month.



Please join our
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