

QURAN, SCIENCE AND HIFZAN-E-SEHAT

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What may be your reaction if I tell you that the Holy Quran and Islam plays an important role in preventing nearly all kind of diseases? Some of you must be surprised but believe me this is truth. Islam, indeed teaches us how to effectively control many faecal borne, air borne and water borne diseases.

INTRODUCTION

Control of faecal borne Diseases

It is one of the commonest routes of transmission of diseases like typhoid, dysentery, poliomyelitis, viral hepatitis. Islam teaches us to use the left hand to clean and wash after defecation and urination so that no contaminated particles reach to mouth. The right hand is always kept clean for eating.

Let us first take Wazoo (ablution), which is a practice of washing exposed parts five times a day and three time in each sitting before Namaz. Washing hand so regularly prevents disease transmission by faeco-oral route.

Control of Air-borne Diseases

Many infective diseases can be transmitted by breathing or blowing droplets into the water we drink or the food we eat. Influenza, herpes simplex, poliomyelitis, mumps, rubella, common cold. Accordingly it is highly indicated not to breathe or blow in what we drink or to cover our face with cloth or hands while breathing or yawning.

Namaz-A gift of Allah to humans

Its beneficial effect on human body both physical; y as well as mentally cannot be doubted. Namaz maim aim the proper blood circulation throughout the body, which is necessary to keep us healthy. During Namaz as the person bends down, the blood supply to upper half of the body including brain, ear, nose, face and apical region of the lungs increases. This can help to keep these parts healthy and properly functioning. This also helps to prevent infections like tuberculosis. Tuberculosis generally starts from the apical region of the lungs as TB bacteria has higher chances to live there due to high O₂ content and less perfusion of antibiotics in that region. Moreover increased blood supply to face during namaz

makes the face more lively and energetic. Namaz is the best exercise as it is the complete exercise of all the muscles and joints of the body. This prevents joint stiffness and low backache.

Quranic teachings on intoxicants

Alcohol is declared Haram (prohibited) for Muslims. This is again a very good to general health of a person. Alcohol causes fatty liver syndrome. It reduces the ability of intestine to absorb glucose, amino acid and vit-B 12 etc. gastritis and peptic ulcers are common in alcoholics.

Islamic teachings on sex

Islam prohibits (haram) the extra-vaginal coitus, homosexuality and extramarital sex. This prevents the transmission of sexually transmitted diseases like syphilis, AIDS, gonorrhea, lymphogranuloma venereum, herpes, hepatitis-B etc.

Benefits of Fasting (Roza)

In a whole year there is a month of fasting in Islam in which the Muslims do not eat or drink anything for the whole day. Fasting is a method of healing. Fasting brings about a kind of correct adjustment of the load. In fast the stomach and digestive tract consumes what has stuck (fats) during the year. The body metabolizes free fatty acid present in the blood which in turn protects the human body against the coronary artery diseases. Fasting also increases the power of concentration. It improves mental and spiritual strength. It also increases peace of mind, will power, confidence and courage. Apart from all these it also gives a chance to the: digestive system to have a bit of rest.

Quranic teaching on Breast feeding

In 1920s, in the US while discharging the patients from obstetric wards, it was routine for the doctors to

prescribe a formula to be given to the body. In 1940s more than 3/4th of all the babies were bottle fed even before leaving the maternity ward. The trend towards artificial feeding spread fast for example in the Philippines in 1950s 90% of the babies were breast fed while in 1970s only not more than 20% were breast fed. And these 20% were those who could not afford an artificial composition. Research during the past 10 years has given us much knowledge regarding the properties of human milk and its superiority has been so well established that even in the most developed countries mothers are again breastfeeding their babies.

Various biochemical advantages of Human

Low sodium concentration in breast milk protects the body against dehydration and hyponatremia.

- 50%-70% iron is absorbed from human milk compared to 10%-30% from cow's milk.
- The ratio of calcium to phosphorus in breast milk is more suitable for bone mineralization than the ratio in cow's milk.
- The cholesterol content in human milk is higher than cow's milk.
- Essential fatty acid content is higher in human milk.
- Substantial amount of epidermal growth factor are present in human milk.
- Presence of lymphocytes, neutrophils and macrophages in human milk, contributes to anti-infective properties.
- Human colostrum has IgA, lactoferrin, lysozyme and interferon. Interferon inhibits viruses.

These are the benefits which science is discovering now. Moreover medical science says 6 months breast feeding is a must but up to 2 years it is very desirable.

Now let's see what the Holy Quran says regarding breast feeding. Allah says in Al-Baqra of Holy Quran. "Mothers shall feed their children for two whole years i.e. for those who wish to complete their feeding." The duty of feeding and clothing nursing mothers in a seemly manner is upon the father. Further in the Hadith, the Prophet (PBUH) insisted that mothers should

Whenever possible should breast feed their children,

A manual for the treatment of acute diarrhea of the \ program for the control of diarrheal diseases (WHO) states exclusive breast feeding for 4-6 months offered as often and as freely as the infant desires it and \ continued breast feeding up to at least two years of age are most important in the prevention of infantile diarrhea. In short, the west, after exhausted investigations, has come to a conclusion what was ordered 1400 years ago in the Holy Quran.

Now let us see what Holy Quran says regarding peace of mind

The Holy Quran says in chapter 13, verse 28 "only in the remembrance of Allah the heart find peace". According to

results compiled by David B. Larson and his team at the national institute of healthcare research comparison Atherosclerotic heart diseases for men who attend regular prayers was just 60% for men who were infrequent in praying Allah.

To sum up I would like to say that intensive studies and reasoning done today to reveal benefits of media science to health has already been revealed by Allah. The whole thing is to read it and to understand it. What we are discovering today is nothing new and has come to our knowledge 1400 years ago in the Holy Quran.