

Eat and drink, but be not excessive. Indeed, He likes not those who commit excess.” (31-7)

عن المقداد بن معد يكرب أن رسول الله صلى الله عليه وسلم قال: " ما ملأ ابن آدم وعاءاً شراً من بطنه، بحسب ابن آدم لقيمات يقمن صلبة فإن كان لا يد فاعلاً فثلث لطعامه وثلث لشرابه وثلث لنفسه " (رواه الترمذي وحسنه)

“Son of Adam does not fill bowl worse than his stomach, small bits are enough for him, but if he has to fill it, then, one third for his food, one third for his drink and one third for his breath.”

Narrated and corrected by al-tirmizi.

C- Gnomonic words

" نحن قوم لا نأكل حتى نجوع و إذا أكلنا لا نشبع "

“We are people who do not eat until being hungry and if we eat we do not eat to the extent of satisfaction,”

عن أبي هريرة رضي الله عنه عن النبي صلى الله عليه وسلم أنه قال: " إذا أوى أحدكم إلي فراشه فليضع علي شقه الأيمن، ثم ليقل باسمك ربي وضعت جنبي و بك أرفعه إن أمسكت نفسي فارحمها" (رواه البخاري و مسلم و أبو داود)

“If one of you shelter to his bed, he has to **Sleep on his right side**, then say: “By Your Name, my Lord I put my side and By Your Name I raise it up, if you hold my soul have mercy on it.”

Narrated by Bukhari, Muslim and Abu Dawood.

Halitosis

Halitosis: is bad breath can result from poor dental health habits (Figure 3) and may be a sign of other health problems as sinusitis, caries, smoking and alcohol or as a result of eating some foods like onion or garlic [6].

How does Islam treat this problem?

By three instructions

1) Frequent use of SEWAK (or mistake):

It’s a toothbrush-like tool of plant origin with good flavor and anticaries effects (Figure 4). Its scientific name is **Salvadora persica**.

The World Health Organization (WHO) recommended the use of the *miswak* in 1986 [7].

In 2003, a scientific study comparing the use of *miswak* with ordinary toothbrushes concluded that the results clearly were in favor of the users who had been using the *miswak*, provided they had been given proper instruction in how to use it [8].

قال رسول الله صلى الله عليه وسلم لولا أن أشق على أمتي لأمرتهم بالسواك عند كل صلاة " (متفق عليه)

The Prophet, peace is upon him, said: “Unless it will be difficult for my people, I’ll order them to use sewak at every prayer”.

Narrated by al bukhari and Muslim

2) Advises Muslims not to eat onion or garlic before meetings.

قال رسول الله صلى الله عليه وسلم: " من أكل ثوما أو بصلا فليعتزلنا، أو ليعتزل مسجدنا، وليقعده في بيته " (رواه البخاري).

The Prophet, peace is upon him, said: “Whoever eats garlic or onion he must avoid us or avoid our mosque, and stay in his home” Narrated by al bukhari



Figure 3: Poor dental health habits.



Figure 4: Meswak is toothbrush-like tool of plant origin.



Figure 5: Islam is prohibiting smoking and alcohol.

3) Prohibit Smoking and Alcohol (Figure 5).

Quran Kareem:

"يا أيها الذين آمنوا إِنَّمَا الْخَمْرُ وَالْمَيْمِرُ وَالْأَنْصَابُ وَالْأَزْلامُ رِجْسٌ مِنْ عَمَلِ الشَّيْطَانِ فَاجْتَنِبُوهُ لَعَلَّكُمْ تُفْلِحُونَ " (المائدة - 90)

“Ye who believe: intoxicants and gambling, (dedication of) stones, and (divination by) arrows, are an abomination, of Satan’s handiwork: eschew such (abomination), that ye may prosper.” (5-90)

Critical Question??

If this is true...Why many Muslims suffer from these diseases?

This is because not all Muslims follow strictly these instructions.

On the contrary, if non-Muslims follow these instructions they will not only cure from these diseases but get protected also.

To summarize these details, the Islamic instructions related to:

1) Sinusitis: Excessive and frequent nasal wash during wudoo (ablution).

2) Obstructive sleep apnea (OSA): Encouraging weight reduction and lateral sleep positions.

3) **Halitosis:** Frequent use of sewak and mouth rinsing during wudoo together with prohibiting smoking and alcohol and avoidance of eating garlic or onion before meetings.

Recommendations

Although the effects of these instructions were fully investigated, this is an open invitation for both supporters and opponents to do more and more scientific researches, because these which will be done by the supporters will verify and ensure the effectiveness of these Islamic instructions. While those which will be done by the opponents will avoid religious bias which we may be accused.

Conclusion

Muslims or Non-Muslims, if they did not follow these instructions, they must blame no one except themselves.

Muslims or Non-Muslims, if they follow these instructions strictly, they will gain, much more than they expect...I promise.

References

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