



Health and hygiene in Islamic perspective

Waseem Hassan Raja

Research scholar of Department. Of Arabic Language and Literature , IUST Awantipora J&K

ABSTRACT

Being a primordial regional Islam stands for an ideology and civilization represent the values of reason, values and development while guiding and proving ethics to all walks of life. In case of health and hygiene it has a holistic approach where the physical, emotional and spiritual health can not be spared. Many of the principles of Islam call upon people to look after their health and avoid health hazards and to raise the standards of hygiene. Furthermore hygiene in Islam is not first a concept rather it is a major and essential condition for the performance of some forms of worship, such as prayer which is preceded by wudu (ablution) we can then say, cleanliness is actually a act of worship in Islam. The Islamic jurisprudence is dynamic and takes into consideration the two important factors of time and place when the process of ijlihad is practiced in order to resolve the difficulties of a Muslim community logically Islam jurisprudence had made the foundation for the cleanliness and hygiene of the human environment through a network of rulings and specification. The glorious Quran, The Prophet's tradition, sunnah, old practices and legislations adopted by Muslims will represent the major sources for such an investigation. It has found that the Islamic jurisprudence had recognized the importance of purity, cleanliness and hygiene. It had established rules for the protection of health and maintaining hygiene long before other cultures. The Islamic medical jurisprudence is progressive and paves the road of health promotion, hygiene and medical development if it is applied properly. Therefore this paper tries to highlight some Islamic teachings and practices discussed by the Islamic jurisprudence about the importance of health and hygiene and their relevance in the contemporary period.

Keywords: Health, hygiene, cleanliness, ablution, purity,