



*Tips to*  
**REMAIN**  
**HEALTHY**



Translated into English by  
Translation Department (Dawat-e-Islami)

Shaykh-e-Tareeqat, Ameer-e-Ahl-e-Sunnat  
Founder of Dawat-e-Islami, Allamah Maulana Abu Bilal

**MUHAMMAD ILYAS**  
Attar Qadiri Razavi 

تندرست رہنے کے فارمولے

Tandrust rehney kay Farmulay

# Tips to remain healthy

THIS booklet was presented in Urdu by Majlis Al-Madina-tul-‘Ilmiyyah. **Translation Department (Dawat-e-Islami)** has translated it into English. If you find any mistake in the translation or composing, please inform the Translation Department on the following postal or email address with the intention of earning reward [Sawab].

## **Translation Department (Dawat-e-Islami)**

Aalami Madani Markaz, Faizan-e-Madinah, Mahallah Saudagran,  
Purani Sabzi Mandi, Bab-ul-Madinah, Karachi, Pakistan

**UAN:** ☎ +92-21-111-25-26-92 – Ext. 7213

**Email:** ✉ translation@dawateislami.net

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ وَالصَّلَاةُ وَالسَّلَامُ عَلَى سَيِّدِ الْمُرْسَلِينَ  
أَتَابَعْدُ فَأَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

## Du'a for Reading the Book

**R**ead the following Du'a (supplication) before you study a religious book or an Islamic lesson, you will remember whatever you study, بِإِذْنِ اللَّهِ:

اللَّهُمَّ افْتَحْ عَلَيْنَا حِكْمَتَكَ وَأَنْشُرْ  
عَلَيْنَا رَحْمَتَكَ يَا ذَا الْجَلَالِ وَالْإِكْرَامِ

### Translation

O Allah Almighty! Open the doors of knowledge and wisdom for us, and have mercy on us! O the One Who is the Most Glorious and Honourable! (*Al-Mustatraf, vol. 1, p. 40*)

#### Note:

Recite Salat upon the Prophet ﷺ once before and after the Du'a.

## Tips to remain healthy

An English translation of ‘Tandrust rehmay kay Farmoulay’



ALL RIGHTS RESERVED

Copyright © 2022 Maktaba-tul-Madinah

---

No part of this publication may be reproduced, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior written permission of Maktaba-tul-Madinah.

---

**1<sup>st</sup> Publication:** Shaban-ul-Mu’azzam 1443, AH – (March 2022)  
**Publisher:** Maktaba-tul-Madinah  
**Quantity:** -  
**ISBN:** -

### SPONSORSHIP

Please feel free to contact us if you wish to sponsor the printing of a religious book or booklet for the Isal-e-Sawab of your deceased family members.

### Maktaba-tul-Madinah

Aalami Madani Markaz, Faizan-e-Madinah Mahallah Saudagran,  
Purani Sabzi Mandi, Bab-ul-Madinah, Karachi, Pakistan

✉ **Email:** [global@maktabatulmadinah.com](mailto:global@maktabatulmadinah.com) | [feedback@maktabatulmadinah.com](mailto:feedback@maktabatulmadinah.com)

☎ **Phone:** +92-21-34921389-93

🌐 **Web:** [www.dawateislami.net](http://www.dawateislami.net) | [www.maktabatulmadinah.com](http://www.maktabatulmadinah.com)

## Table of CONTENTS

<b>Tips to remain healthy</b> .....	1
Du'a of Attar.....	1
Excellence of Salat upon the Prophet.....	1
Health is a compendium of blessings.....	1
The importance of fresh air.....	4
The importance of extractor fans and precautions regarding them.....	4
Making use of sunlight.....	7
The benefits of eating peanuts.....	8
The benefits of eating fish.....	9
Tips to remain healthy in old age (in fact, at any age).....	12
Have your blood tested.....	15
The types of blood tests you should take.....	15
The benefits and etiquettes of Miswak.....	16
Two blessed Hadith of the Messenger of Allah ﷺ.....	17
Some etiquettes relating to Miswak.....	17
How to protect yourself in hot weather.....	19
The irreparable damage caused by misusing social media.....	21
Tip to remain healthy.....	24

أَلْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ وَالصَّلَاةُ وَالسَّلَامُ عَلَى سَيِّدِ الْمُرْسَلِينَ  
أَمَّا بَعْدُ فَأَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ط

## Tips to remain healthy

### Du'a of Attar

O Lord of Mustafa! Whosoever reads or listens to the 25-page booklet, 'Tips to Remain Healthy', grant them good health so that they may worship You, and allow them to spread the call to righteousness far and wide, and forgive them without accountability.

أَمِينٌ بِجَاهِ النَّبِيِّ الْأَمِينِ صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ

### Excellence of Salat upon the Prophet

The final Prophet of Allah صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ stated: "Whosoever encounters any difficulty should recite Salat upon me in abundance, for reciting Salat upon me removes problems and calamities."<sup>1</sup>

### Health is a compendium of blessings

Generally speaking, 80% of illnesses come about from issues

---

<sup>1</sup> Al-Qaul al-Badi', p. 414

relating to the stomach; be it an upset stomach, over-eating, or simply eating anything and everything a person finds in front of him. Rather than oily chips, chocolates, fried kebabs, samosas, and substandard restaurant foods, we should make use of in-season fruits, dry fruits, and vegetables. In fact, we should eat food which is prepared at home, as this is normally of good quality. However, the homes within which oil and vegetable ghee are used extensively, such homes are more likely to suffer from heart-related disease. According to medical research, heart disease, stroke and brain haemorrhages are directly linked to overusing oil in foods.

In the same way, overuse of salt can lead to illnesses. There are many ways through which salt is overused in our foods. For example, during the winter, boiled eggs are generally eaten with salt. Aside from necessary foods, by eating salted nuts and overeating, we ingest an excess amount of salt. The kidneys are then forced to work hard in order to remove this salt from the body, but some residual salt will still gather within the kidneys. Gradually, this build-up of salt in the kidneys leads to illnesses and potential kidney failure, leaving a person dependent on dialysis.

If salt is used sparingly, high blood pressure can be lowered. On some occasions, a person does not even realise, and their blood pressure spikes. This can lead to brain haemorrhages and a host of other fatal issues. Being overweight, as well as overconsuming oil, ghee, and fried foods, all generally lead to high blood pressure. Likewise, drinking sweet tea or eating an excessive quantity of sweet foods can lead to diabetes. I have

Tips to remain healthy

noticed that foods prepared in homes are usually overly sweet; they use double or triple servings of sugar, which results in diabetes and other illnesses. I have mentioned these issues countless times during the Madani Muzakarah, so the *ummah* may benefit from them.

الْحَفِذُ لِلَّهِ, there is probably a group of people who, after listening to these health-related issues discussed during the Madani Muzakarah, try to act upon what was said. Their mindset becomes inclined towards taking precautions in regards to their diet. As such, these precautions should be undertaken with the intention of gaining strength to perform worship. If one's health is good, he shall find himself more interested in Salah, and he will be able to observe fasts, and carry out other acts of worship easily. He will be able to make efforts to serve the religion of Allah Almighty, and travel alongside devotees of the Prophet in Madani Qafilahs, in order to learn Sunnahs. If one's blood sugar and cholesterol levels are high, or he suffers from other illnesses, he will feel lazy and he will not be interested in serving the religion or doing any worldly work. May Allah Almighty allow us to safeguard our health, with good intentions.<sup>1</sup>

اٰمِيْنَ بِجَاہِ النَّبِيِّ الْاَوْمِيْنَ صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ

---

<sup>1</sup> This discourse was extracted from the Madani Muzakarah of 5<sup>th</sup> Rabi-ul-Awwal, 1439 AH. After gaining help from what was discussed in that particular Madani Muzakarah, the Ameer of Ahl al-Sunnah دَاعِيَةُ بَرَكَاتِهِمُ الْعَالِيَةِ offered further advice and guidance in presenting this article hereupon.



(This article has been proof-read and authenticated from a medical perspective by Dr. Kamran Ishaq Attari.)<sup>1</sup>

## **The importance of fresh air**

Many forms of bacteria die when exposed to sunlight or fresh air. Homes which always have their windows closed, due to fear of dust entering the home, do not receive adequate amounts of sunlight or fresh air. Bacteria then multiply, and cause all forms of illnesses. Therefore, during a large part of the daytime, the windows of a home should be kept open.

In each room, two windows should be built facing one another. In this way, fresh air will enter through one window and leave through the other. It is not sufficient to open only one window in the home. If these windows cannot be made to face one another, the windows and doors should be structured in such a way that fresh air enters through one and leaves through the other.

## **The importance of extractor fans and precautions regarding them**

Extractor fans should be installed in bathrooms, kitchens and any other room which requires them. However, a small, 4-inch plastic fan will not be sufficient. This fan should be made from metal and be of an appropriate size. For example, the kitchen

---

<sup>1</sup> *Mahnama Faizan-e-Madinah, May. 2021*

Tips to remain healthy

within a home should have a 12-inch metal extractor fan installed. Plastic fans do not last very long and extract comparatively less air.

The wall to which the extractor fan is affixed, or all four walls should not have even the slightest of holes or gaps. If the doors of rooms are kept open to allow air through, this shall suffice in ensuring that fresh air enters a room whilst the exhaust fan is operating. Make sure to keep the doors of rooms fully or slightly open, so fresh air may flow freely in and out. If room doors are kept closed however, the extractor fan will remain incapable of functioning properly.

According to the size of the room, 18-inch and even 24-inch extractor fans can be installed. In large halls, extractor fans of appropriately large size can be installed facing one another, from across the room. One of these fans should face the direction of the wind; for example, in Pakistan, one of these fans should be affixed upon the western wall (towards the *qibla*). In this way, fresh air will enter through one fan and be extracted through the other, ensuring a consistent flow of air.

If needed, more than two fans may be installed for this task. If all the windows of the hall are kept closed as these fans operate, nobody shall be prone to suffocation or extreme humidity within the hall. Adding to this, the atmosphere and air flow within the hall (or large room) will be cool due to the influx of fresh air. If there is a gap around the parameters of the

extractor fan, or if windows are left open or there is a gap in the walls, it is possible that the fans will not work as intended.<sup>1</sup>

The sun is one of the great bounties of Allah Almighty, and many benefits have been placed in its light. Sunlight plays an important role in the health of human beings. Regarding this, there is a proverb which says: “The home in which the sun does not enter, a doctor enters instead.” There are countless bacteria which die when exposed to sunlight and fresh air.

- ❖ When the sun’s ultraviolet rays fall upon the human body, dormant vitamin D within the skin is activated. This then transforms into vitamin D3, and is absorbed into the bloodstream. There, it assists in the absorption of calcium and phosphorus from the intestines and into the bloodstream. Both of these minerals are extremely important in the growth and development of our bones.
- ❖ Sunlight which enters a home through a window does not contain the type of ultraviolet rays which activate dormant vitamin D and cause it to become beneficial for the body.
- ❖ From six months to two years of age, the bones of children grow at an exponential rate. If the growth of their skeleton is not properly maintained, they may end up suffering from rickets (a condition that effects bone development in children). One of the main factors for this condition being

---

<sup>1</sup> Mahnamah Faizan-e-Madinah, Zul-Hijjah-tul-Haram 1440

Tips to remain healthy

found in children is living in overcrowded or small spaces, in high-rise residential areas. Due to this, the sun's ultraviolet rays are unable to reach their bodies in the sufficient amount, leading to children developing this condition.

- ❖ To safeguard children from future complications or problems in this regard, expose them to an appropriate amount of suitable sunlight (not blazing heat or hot temperatures). From the age of four months, include egg yolk in their diet.
- ❖ Due to a lack of vitamin D3, hipbones may not grow properly; rather than expanding, they shrink instead. This can lead to all kinds of difficulties and complications for women during childbirth, and eventually leads to an operation taking place.

### **Making use of sunlight**

Immediately after sunrise and in the final moments of sunset, lay or seat children in a place completely covered in sunlight for at least twelve minutes (adjust timings according to the weather). Although especially important for children, it is necessary for people of all ages to get enough sunlight. In accordance with the aforementioned timings, everyone should stay in a place completely covered with sunlight, until their skin is warmed up by it.

The timings mentioned are the best in this regard, but a person may also spend any time of the day absorbing sunlight for an appropriate amount of time. Do not sit partially in the shade and sunlight at the same time. One should either sit fully in the sunlight or fully in the shade; but never both at once. If a person is sitting in a shaded place, with sunlight beginning to approach, he should either leave from there or sit in one of them (sunlight or shade) fully. The final Prophet of Allah ﷺ has stated: “If anyone from among you is sitting in the shade, and then the shade moves from him, such that part of his body is in sunlight and part is in shade, he should move from there.”<sup>1</sup>

### The benefits of eating peanuts

We are currently experiencing the winter, and just as clothing is used to protect oneself from the cold weather, certain foods are eaten to bring about warmth in the body, like peanuts. Peanuts are considered a dry fruit, although technically categorised as a plant from the *legume* family. They are eaten with great fondness, and its oil is also extracted, which is then used in a multitude of foods, bread, cake, medicines, etc. Peanuts are eaten raw, roasted or boiled, and utilised in a huge variety of foods, particularly sweet dishes. They also have countless medical benefits:

---

<sup>1</sup> Abu Dawood, vol. 4, p. 338, Hadith 4821; Mahnamah Faizan-e-Madinah Jamadi al-Awal 1440

Tips to remain healthy

- ❖ Peanuts contain protein, calcium, vitamins E, B1, B6 and phosphorus.
- ❖ Consumption of peanuts can strengthen the nervous system.
- ❖ Peanuts are beneficial for those who are underweight or prone to weakness,
- ❖ Peanuts contain iron, which aid in the process of making new cells within the body.
- ❖ A handful of peanuts are sufficient.
- ❖ The vitamins and minerals present in peanuts strengthen bones and teeth.
- ❖ From a dietary perspective, peanuts contain more antioxidants than beetroot, apples and carrots.

**Precautions:** A pregnant woman should abstain from consuming peanuts, as there is danger of her developing an allergy. Also, if somebody has a rash, they should avoid eating peanuts.

**Madani advice:** Eat roasted peanuts, as opposed to raw ones.<sup>1</sup>

### The benefits of eating fish

- ❖ Fish is a very important food for a person's health.

---

<sup>1</sup> *Mahnamah Faizan-e-Madinah, Jamadi al-Awal 1439*

- ❖ Fish contains iodine, which carries great importance in maintaining good health. A lack of iodine can disrupt the balance of the glandular system, leading to thyroid issues in the central gland of the throat. When this happens, a person can then suffer from a host of physical problems.
- ❖ People who include fish in their diet have longer lifespans.
- ❖ According to one medical study, fish is the best treatment for the cough suffered due to cold temperatures.
- ❖ Fish is very beneficial for those who suffer from heart-related diseases and illnesses. Experts state: “It is necessary for fish to be eaten at least twice a week.”
- ❖ Introducing large amounts of fish into the diet has the ability to stop the spread of bladder cancer throughout the body.
- ❖ Soup or broth made from the head of a fish can help with weak eyesight and many other illnesses.
- ❖ Consistently consuming this soup can prove to be so beneficial that a person may eventually not require glasses to aid their vision.
- ❖ Soup made with the head of a fish can offer benefits for those suffering from: stroke, facial paralysis, sciatica, weakness of the nerves or muscles, symptoms of old age whilst still being young, joint pain, tension in the body or nerves, and it also aids in strengthening the memory.

Tips to remain healthy

- ❖ If an individual has no memory power at all, or is close to having no memory, they should ensure that they consume this soup. This is applicable for all ages, whether young or old.
- ❖ If you find it difficult to consume during warm weather, consume it during the winter instead.
- ❖ Even if you do not suffer from any of the illnesses mentioned above, and you still consume fish head soup for a while, **إِنْ شَاءَ اللَّهُ**, you will be safeguarded from these illnesses.
- ❖ A doctor mentions: “Whilst abroad, I met a person from the Indian state of Kerala. He told me that the people of Kerala have great proficiency and expertise in mathematics, algebra, geometry, and other difficult secular sciences. When I asked him why, he said it was due to their consumption of fish and the head of fish.”

**Madani parable:** Hamzah bin Aabid, a 3<sup>rd</sup> year student of Jamia-tul-Madinah, Faizan-e-Bilal, Bab-ul-Madinah (Karachi), states: “My vision was weak, and I would use glasses with lenses at the number of 2.5. When I read *Wonders of Fish*, a booklet of Maktaba-tul-Madinah, I began practicing the tips that were mentioned in it (regarding soup or broth made from the head of a fish, and how consistent consumption of this is



beneficial for those with weak eyesight). **أَلْحَمْدُ لِلَّهِ**, my vision is completely fine as of now, and I do not require glasses at all.”<sup>1</sup>

### **Tips to remain healthy in old age (in fact, at any age)**

There is a saying, **كِبَرٌ بِمِثْلِ مِائَةِ مَرَضٍ**. Meaning, old age is equal to 100 illnesses, and it is a reality that a person is subject to many difficulties in old age.

In order to ensure you can live a relatively stress-free life during old age (or any age, in fact), try to act upon the advice you find here. **إِنْ شَاءَ اللَّهُ**, you will see many benefits:

- ❖ If the amount of food containing flour, oil and sugar is restricted in one’s youth, this will lead to ease in old age. However, if your blood sugar levels are high or low, you should act upon your doctor’s advice in regards to sweet foods.
- ❖ Always use a small amount of oil and spices in your food.
- ❖ Consuming milk is beneficial for people of all ages. If a person were to make use of pure milk up until the age of around 25, it can protect them from bone-related diseases.
- ❖ Always chew food properly when eating; do not force the stomach to perform the work of the teeth.

---

<sup>1</sup> *Mahnamah, Faizan-e-Madinah, Jamadi al-Saani 1440*

Tips to remain healthy

- ❖ Stop eating whilst you are still hungry. Discard the habit of always eating until your stomach is full.
- ❖ Eat simple foods, and make use of fruit and vegetable in abundance. Avoid eating meat in large quantities.
- ❖ If beef or lamb is made at home frequently, try to eat medium sized servings (do not eat too many portions at once).
- ❖ Try not to eat unless you are very hungry.
- ❖ Sugary fruit juices should be avoided.
- ❖ Avoid ice cream, cold carbonated drinks, fried foods, pakoras, kebab, samosas, junk food, overly lavish food at weddings or other places, parathas, chocolates, smoking cigarettes, gutka (chewing tobacco), supari (areca nuts eaten alongside betel leaves, which carry a host of dangers with frequent usage), and tobacco, etc. Your health will remain in a good state, **إِنْ شَاءَ اللَّهُ**.
- ❖ Reduce your consumption of tea, and for the tea that you drink, replace the sugar with jaggery or honey.
- ❖ If you prepare something sweet, make use of jaggery or honey. However, do not eat this in excess too.
- ❖ Walk continuously for at least half an hour daily, and with the advice of a physiotherapist, you should also exercise every day.

- ❖ The one who has reached old age should continue to perform household tasks. For example, sweeping up and vacuuming the home, dusting the windows and doors, going shopping, etc. In this way, **إِنْ شَاءَ اللَّهُ** the muscles will remain strong, and if Allah Almighty wills, he will also remain healthy.
- ❖ In order to save yourself from displeasing Allah Almighty and His Messenger, and to ensure you spend your old age in good health, you must save yourself from the illness of sins right from the start. Sayyiduna Abu Tayyib Tabari **رَحِمَهُ اللَّهُ عَلَيْهِ** lived for over 100 years, yet he remained physically healthy and mentally strong until his final breath. When asked the secret behind his good health in old age, he said, “I have never disobeyed Allah Almighty with a single body part of mine.”<sup>1</sup>

May Allah Almighty allow us to safeguard our health with good intentions.<sup>2</sup>

اٰمِيْنَ بِجَاةِ النَّبِيِّ الْاَمِيْنَ صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ

---

<sup>1</sup> Siyar 'Alam al-Nubala', vol. 13, p. 439

<sup>2</sup> This information was taken from 'Buzurgon ki Eid Ameer-e-Ahl-e-Sunnat ke saath', which was aired on Madani Channel on the 2<sup>nd</sup> of Shawwal-ul-Mukarram, 1441 AH, and from material in 'Islamic manners of eating'. It is being presented after further consultation with the Ameer of Ahl Al-Sunnah **دَامَتْ بَرَكَاتُهُمُ الْعَالِيَةِ**. (Mahnamah, Faizan-e-Madinah, Rabi' al-Awal 1442 H)

Tips to remain healthy

## Have your blood tested

- ❖ A healthy person should have a blood test conducted every six months. A sick person should be tested regularly, in accordance to the advice of his doctor.
- ❖ Some people avoid having blood tests, thinking if the results highlight any problems, they will then have to seek treatment and medical help. Considering this a potential burden, they avoid blood tests entirely. This is not wise, as illnesses cannot be treated by ignoring them.

## The types of blood tests you should take

1. **Lipid profile** – (this also checks cholesterol levels). It is necessary to not eat anything for 12 to 14 hours before taking this test. If possible, keep a fast for the pleasure of Allah Almighty, and then take this test after ‘Asr Salah. Otherwise, eat dinner early in the evening and have this test taken in the morning, before breakfast.
2. **Glucose.**
3. **Uric acid.**
4. **Serum urea/creatinine** - If the kidneys have any problems or are at risk of failing, it can be identified through this test, and treatment can be promptly administered. This is especially important nowadays, as cases of kidney failure are becoming more frequent.

5. **Urine DR** - this is also an important test to find out the state of the kidneys.
6. **Blood CP** – this is a fundamental blood test.
7. **SGPT** – a primary and important test related to the liver.

The results of your blood test should be shown to your doctor, and if any negative results are displayed, take his medical opinion and act upon it.

**How much should you weigh?** - For men, in accordance to their height, they should weigh 1kg for every inch. For example, a man of 5 and a half feet should weigh around 66 kg, whereas a woman whose height is 5 and a quarter feet should weigh around 59kg.

Madani words of wisdom: The cure to majority of ailments is precaution. (In order to find out more, please refer to the chapter ‘Manners of eating’ of the first volume of *Faizan-e-Sunnat*.<sup>1</sup>

### The benefits and etiquettes of Miswak

Using Miswak is a beautiful Sunnah of the final Prophet of Allah ﷺ. With good intentions, not only will a person earn great reward for acting upon this Sunnah, but he will also get countless worldly and health-related benefits too.

---

<sup>1</sup> *Mahnamah, Faizan-e-Madinah, Shawal al-Mukharram, 1439*

Tips to remain healthy

Let us read some benefits and etiquettes of using Miswak, whilst making an intention to gain its benefits, and acting upon its etiquettes.

## Two blessed Hadith of the Messenger of Allah ﷺ

1. Performing Miswak and offering 2 Rak'ah is more superior to offering 70 Rak'ah without Miswak.
2. Make the usage of Miswak mandatory upon yourself, for it is a means of cleansing the mouth and pleasing Allah.<sup>1</sup>

Sayyiduna ibn Abbas رضى الله عنهما narrates that there are 10 qualities found in Miswak: It cleans the mouth, strengthens the gums, improves the vision, removes mucus, eliminates bad breath, it is in accordance to the Sunnah, the angels become happy when it is used, Allah becomes pleased, good deeds increase and the stomach becomes healthy.<sup>2</sup>

Imam Shafi'i رحمه الله عليه states: 'Four things increase a person's intellect: Refraining from useless talk, using Miswak, adopting the company of the pious, and acting upon one's knowledge.'<sup>3</sup>

## Some etiquettes relating to Miswak

If possible, have pockets made on both sides of the chest of

---

<sup>1</sup> Musnad Imam Ahmad, vol. 2. p. 438, Hadith 5849

<sup>2</sup> Jam' al-Jawami', vol. 5, p. 249, Hadith 14867

<sup>3</sup> Hayat al-Hayawan, vol. 2, p. 166

your shirt, and also have a small pocket made towards your heart (i.e. the left side) to hold your Miswak. In this way, the beautiful Sunnah of our beloved Prophet ﷺ will always be carried close to your heart.

- ❖ Keeping the Miswak upwards (meaning, vertically) is Sunnah.<sup>1</sup>
- ❖ There is danger of falling into insanity for the one who does not care to keep the Miswak upright, and instead leaves it to fall upon the floor. Sayyiduna Sa'eed bin Jubayr رَحْمَةُ اللهِ عَلَيْهِ, who was from amongst the Tabi'een, once said: "Whosoever places the Miswak upon the floor and becomes insane, should not blame anyone other than himself."<sup>2</sup>
- ❖ Just as it is bad manners to put an Islamic book upon the floor, Miswak should also not be placed on the floor.
- ❖ There is no issue in keeping the Miswak laid flat in an elevated place that is free from dirt or rubbish.
- ❖ The fibres of the Miswak and the Miswak which is no longer able to be used should not be thrown away, as it was a means to act upon an esteemed Sunnah. Put it away in a safe place, bury it, or tie it to a heavy stone and place it in the ocean. Also, Dawat-e-Islami's Majlis Tahaffuz-e-

---

<sup>1</sup> Derived from *Mirat al-Manajih*, vol 1, p. 372

<sup>2</sup> *Miswak kay Fazail*, p. 30

Tips to remain healthy

Auraq-e-Muqaddasah (Department for preserving sacred texts) have special boxes placed in various locations. Another possible solution is to place the fibres of the Miswak or the used Miswak in such boxes.

May Allah Almighty grant us the honour of using Miswak with the intention of acting upon the Sunnah, and may He allow us to encourage others to do the same.<sup>1</sup>

اٰمِيْنَ بِجَاةِ النَّبِيِّ الْاَمِيْنَ صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ

## How to protect yourself in hot weather

- ❖ Try to keep your eyebrows moist with water as much as possible.
- ❖ Make less usage of the stove.
- ❖ Keep a small towel with you, which you can wet and place upon your head.
- ❖ Avoid going into the sun. If this is unavoidable, cover your head and neck, or make use of an umbrella.
- ❖ Use sunglasses when in sunlight, as these save the eyes from any negative effects which may come about from the light.
- ❖ Make an effort to avoid sleeping on foam mattresses.

---

<sup>1</sup> Mahnamah Faizan-e-Madinah Rajab-ul-Murajjab 1440



- ❖ Drink at least 12 glasses of water a day, or 14, if possible.
- ❖ Also, drink Sattu (a mixture of ground pulses and grains which are dried, crushed, then drank after mixing with sugar and water), cucumber juice, coconut water, pure sugar cane juice, water which is mixed with honey, lemon water and salty buttermilk (or *lassi*).
- ❖ Increase the amount of white pumpkin (*kaddu*), aubergine, beetroot, radish and other vegetables in your diet.
- ❖ Instead of using spices which are warm by nature, use ingredients which have a cool quality. For example, turmeric, cinnamon, tomatoes, yoghurt, potatoes, green coriander, etc.
- ❖ If you are to use hot spices, only use a small amount of black pepper, green chillies, crushed red chillies, etc.
- ❖ Rice should be eaten frequently in hot weather (the most suitable are boiled rice).
- ❖ Yoghurt is one of the best summer foods.
- ❖ Mangoes, peaches, apricots, guava, watermelon, coconuts and other seasonal fruits should be consumed.
- ❖ In order to maintain correct water and salt levels within the body, make use of ORS (oral rehydration solutions). (People suffering from high blood pressure should act upon the advice of their doctor).

Tips to remain healthy

- ❖ Keep consumption of hot and spicy food, sugary drinks and foods, cold drinks, oily foods, and foods which take long to digest, to a bare minimum. In fact, try not to eat them at all. The same applies to food which contains caffeine, like chocolate, etc.
- ❖ Make use of perfumes and fragrances with cooling qualities, such as Shamama-tul-Amber, Hina, rose, sandalwood, Motia, Khus, Kewra, or Champa.
- ❖ It is more suitable to use fragrances with warm qualities in the winter. For example, musk, oud, deer musk (Kasturi), ambergris, and saffron.
- ❖ Bathing twice daily is very beneficial.<sup>1</sup>

## **The irreparable damage caused by misusing social media**

Although technological advances have made certain aspects of life much easier, but there are a number of people who instead of using new technology in a good manner or when necessary, use it in an evil way or unnecessarily.

The internet and social media are also a result of these advances in technology. To keep people engaged in it, new additions are introduced in them every now and then. Society

---

<sup>1</sup> Derived from 'Garmi say hifazat kay Madani Phool', pp. 7-12, published by Maktaba-tul-Madinah; Mahnamah Faizan e Madinah Shaban al-Mu'azam, 1438

at large finds itself so heavily involved in the misuse of the internet and social media that the *ummah* may one day face a situation where there is a lack of experts in every field. Perhaps great doctors, scientists, philosophers and thinkers will not be seen again, **مَعَادَ اللَّهِ**, it is possible that the number of people with eyesight issues will increase. The cost of glasses may also rise due to the growing amount of people wearing them. It is also possible that people will leave other paths, and more people will start establishing businesses in this field, and the number of eye specialists will increase.

The brilliant minds and sensitive eyes of students are now focussed on social media. In order to stop young children crying, mobile phones and tablets are put in their hands. Even amongst the religious demographic, there are many people who are heavily engaged in social media. Adding to this, time has become an increasingly rare commodity; those desiring to rectify this situation do not have time themselves, nor do youngsters have time to seek blessings from their elders by adopting their company.

Experienced and erudite scholars and Muftis do not give much time to social media. They are reluctant to even give it a small amount of attention, as this small amount may eventually grow, and their fear is that if they were to spend their time on

Tips to remain healthy

social media, it would be difficult for them to maintain their services to knowledge.

The members of public who always remain busy with social media should ponder; they probably do not have any interest in performing Salah or reciting the Holy Quran, nor do they have time for litanies and invocations. Some individuals probably spend their time using social media even whilst at work. Accidents have also occurred due to people using it whilst driving, which leads to people suffering from disabilities, or even losing their lives. Some security guards spend their shifts using their phones, lost in the world of social media. For these very reasons, some companies ask for their employees to hand in their phones before working, so that their complete focus is upon their work.

O devotees of the Prophet! Rid yourselves from this improper usage of social media and the Internet, and strive to fulfil your religious and worldly responsibilities instead. Do not fall short in fulfilling the ultimate goal of your life, which is to worship Allah Almighty. Keep a simple phone, if possible, but if you are to use social media via a smart phone, appoint a specific time for it. This will lead to safety in avoiding the potential harms of social media, and also protect you from spending all your time on it; this is what sensible and wise individuals do. For example, between Asr and Maghrib, or after Isha, set a fixed time to use social media in accordance with Shari'a, and with

good intentions. Once the time has passed, move the phone away from yourself, and intend to use it in a good way again the next day.

However, those suffering from this addiction to social media will find it very difficult to do this. They feel restless at all times and constantly check to see who has messaged them. In order to explain this further, the example is presented of a person who has made a firm intention to offer Salah. As soon he sets out to do this, his phone beeps, and the notification of an audio message or post arrives. If these notifications show a message from a normal person, he is able to show some patience, and decides to look at it later. However, if the message is from a person that he considers special, he will not be able to control himself from looking at it or listening to it.

In this manner, he will become engaged in messaging and miss the congregational Salah, or **مَعَادُ اللَّهِ**, miss Salah altogether. May Allah Almighty have mercy upon our state, and save us from every calamity.

اٰمِيْنَ بِجَاہِ النَّبِيِّ الْاَوْمِيْنَ صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ

### Tip to remain healthy

Sayyiduna ibn Saalim **رَحِمَهُ اللهُ عَلَيْهِ** states: “If a person were to eat dry wheat flatbread (*roti*) with the proper etiquettes, he will not be subject to any illness besides death. Meaning, he will

Tips to remain healthy

never fall ill.” It was asked: “What are these etiquettes?” He replied: “Eat it when you are hungry, and lift your hand (stop eating) before you are full.”<sup>1</sup>

امِين بِجَاهِ النَّبِيِّ الْأَمِينِ صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ

---

<sup>1</sup> *Mahnamah Faizan-e-Madinah, Zul-Qa'dah al-Haram 1441 H*

## The Beloved Prophet ﷺ said

‘Man does not fill anything worse than his stomach. A few morsels are enough for a person to keep his back straight; if he cannot do this, then one third should be for food, one third for water and one third for air.’

*(Ibn-e-Majah, vol. 4, p. 48, Hadith 3349)*



Aalami Madani Markaz, Faizan-e-Madinah, Mahallah Saudagaran  
Purani Sabzi Mandi, Bab-ul-Madinah, Karachi, Pakistan

UAN: +92 21 111 25 26 92 | Ext: 7213

Web: [www.maktabatulmadinah.com](http://www.maktabatulmadinah.com) | E-mail: [feedback@maktabatulmadinah.com](mailto:feedback@maktabatulmadinah.com)