

BENEFITS OF WALKING



Benefits of Walking

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اَلْحَمْدُ لِلّٰهِ رَبِّ الْعٰلَمِيْنَ وَالصَّلٰوةُ وَالسَّلَامُ عَلٰى خَاتَمِ النَّبِيِّنَ
اَمَّا بَعْدُ فَاَعُوْذُ بِاللّٰهِ مِنَ الشَّيْطٰنِ الرَّجِيْمِ بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِيْمِ

Benefits of Walking

Prayer of Attar: O Allah Almighty! Whoever reads or listens to the 23-page booklet, ‘Benefits of Walking’, grant them the ability to do health-improving actions with the intention of gaining strength for worship, and forgive them along with their parents without accountability.

اٰمِيْنُ بِجَاهِ خَاتَمِ النَّبِيِّنَ صَلَّى اللّٰهُ عَلَيْهِ وَاٰلِهٖ وَسَلَّم

Blessing of *Ṣalāt*

Write or have someone write this *ṣalāt* whilst in a state of *wuḍū* :

اَللّٰهُمَّ صَلِّ عَلٰى سَيِّدِنَا مُحَمَّدٍ طِبِّ الْقُلُوْبِ وَدَوَائِهَا وَعَافِيَةِ الْاَبْدَانِ وَشِفَائِهَا وَنُوْرِ الْاَبْصَارِ وَضِيَّائِهَا وَعَلٰى اٰلِهٖ وَ
اَصْحَابِهٖ وَبَارِكْ وَسَلِّمْ

Dissolve it in water and give it to the patient to drink. Keep doing this action continuously until recovery; بِاِذْنِ اللّٰهِ (by the Command of Allah Almighty), it is beneficial for every illness except death.¹

صَلُّوْا عَلٰى الْحَبِيْبِ صَلَّى اللّٰهُ عَلٰى مُحَمَّدٍ

The one who Confronted 400 Horsemen On Foot (An event)

There was a settlement four to five miles away from al-Madinah al-Munawwarah named ‘Ghābah’. Some camels belonging to the beloved and final Prophet صَلَّى اللّٰهُ عَلَيْهِ وَاٰلِهٖ وَسَلَّم used to graze there. 400 robbers arrived riding horses, martyred the

¹ Madani Panj Surah, pp. 116-117

Companion رَضِيَ اللَّهُ عَنْهُ who was grazing the camels of the noble Prophet صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ, and took all the camels away. The Companion of the Prophet, Sayyiduna Salamah bin Akwa رَضِيَ اللَّهُ عَنْهُ, was walking somewhere at that time with a bow and arrows. His age at that time was approximately 12 years. Suddenly, his eyes fell upon those robbers. He was famous for running so fast that he could catch a running horse, yet a horse could not catch him. He was also known for his archery skills.

Climbing a hill and facing towards al-Madinah al-Munawwarah, he announced that the camels had been stolen. Then, he himself chased those robbers with his bow and arrows. Reaching near them, he started shooting arrows so rapidly that they thought a large group of people were after them. Whenever someone came back, he would hide behind a tree and shoot an arrow at the horse, injuring it. The rider would think, 'If the horse falls, I will be caught.' Sayyiduna Salamah رَضِيَ اللَّهُ عَنْهُ states, "They kept running and I kept chasing them until I recovered all the camels they had stolen from the Prophet صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ."¹

The Best Amongst Those Who Walk on Foot

The actual name of Sayyiduna Salamah b. 'Amr b. Akwa رَضِيَ اللَّهُ عَنْهُ was Sinān b. 'Abdullah, and his famous teknonym was 'Abū Iyās'. The Noble Prophet صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ stated regarding him:

خَيْرُ رَجَالِنَا سَلَمَةُ بْنُ الْأَكْوَعِ

Meaning: "The best of our infantry is Salamah b. Akwa."²

The beloved Prophet صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ took the oath of allegiance (*bay'ah*) from Salamah b. Akwa رَضِيَ اللَّهُ عَنْهُ three times in one gathering.³

The Imam of the Ahl al-Sunnah, Imam Aḥmad Riḍā Khan رَحْمَةُ اللَّهِ عَلَيْهِ states: "The secret behind taking the oath of allegiance repeatedly was that he used to always

¹ Ṣaḥīḥ Muslim, pp. 772-775, Hadith: 4678

² Usd al-Ghābah, vol. 2, p. 494

³ Ṣaḥīḥ Muslim, p. 772, Hadith: 4678

fight on foot in the way of Allah.”¹ He passed away in 74 AH at the age of approximately 80 in al-Madinah al-Munawwarah.²

May Allah Almighty have mercy upon him and forgive us without accountability for his sake!

امِينُ بِجَاهِ خَاتِمِ النَّبِيِّينَ صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ

The blessed life of the Companion of the Prophet, Sayyiduna Salamah b. Akwa‘ رَضِيَ اللهُ عَنْهُ, contains a beautiful description of courage, bravery, and loyalty. May Allah Almighty grant us the ability to follow in his footsteps! A special virtue mentioned about him is that he used to walk very fast, and he was granted the title of “The best of our infantry” by the blessed tongue of the noble Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ.³

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللهُ عَلَى مُحَمَّدٍ

Importance of Walking in Religion

Dear Islamic brothers! Having good health is necessary to gain strength for worship and to perform religious activities with energy. Walking is very beneficial for staying healthy. In order to make people pious and regular in performing prayer, to strive in calling towards righteousness, and to spread the ‘Fill the Masjid Movement’ from house to house, shop to shop, and street to street, one should have the habit of walking. If one completely lacks the habit of walking and relies solely on a motorbike or car for every task, then one may be deprived of many great tasks of calling towards righteousness.

Strange Human Being

Dear Islamic brothers! How strange a human being is! First, he strives to earn money. Then, after working day and night to build a decent bank balance, he often

¹ Malfoozat-e-A'la Hazrat, p. 229

² Usd al-Ghābah, vol. 2, p. 495

³ Usd al-Ghābah, vol. 2, p. 494

ruins his health. Now, he spends the money he gathered through hard work to improve his health. If, right from the beginning, alongside keeping himself reasonably occupied in seeking lawful sustenance, he commits to obligatory and compulsory acts of worship like prayer and fasting, and builds a habit of doing some exercise or walking, his health can remain good alongside earning wealth.

Is New Technology Good or Bad?

In the current era, diseases are increasing greatly due to the rising use of fast food, fried items, and cold drinks. Physical activity is also decreasing due to new technology. While various scientific inventions have made many tasks easy, they have also changed many habits. Previously, some tasks were done by walking. Now, fans, home lights, and even doors have sensors. As a result, all tasks are done automatically or while sitting using a remote control. Who knows how much artificial intelligence (AI) and robots will take over human activities in the future, practically rendering humans physically inactive. **الآمان والحفيظ**

In earlier times, people travelled on camels, horses, or on foot. Because of this, it took many days or even months to reach one city or country to another. Today, a journey of months is covered in days, and a journey of days in hours. In the past, people performed hard physical work with their own hands, due to which they enjoyed excellent health even in old age. Even today, elderly people who do hard physical work, or those elders living in villages, countrysides, and mountains, possess health and strength that would make youth who dwell in the cities feel ashamed.

Since this is the era of technology, leave aside doing hard manual labour, if many of our youth have to go even a short distance, they use their motorbike instead of walking. A bicycle was somewhat better because pedalling provided some exercise for the legs, but the car has made many people inactive. Unfortunately, today, people cannot walk even two steps. Consequently, prolonged sitting is causing obesity and various other diseases to spread very rapidly.

In such circumstances, making daily walks and exercise part of our routine is essential. With good intentions, such as wishing well for the devotees of the holy

Prophet, the correct method of walking and its medical benefits are presented below. Act upon them with good intentions, such as gaining strength for worship and earning lawful sustenance, and perform good and permissible matters of religion and the world effectively.

Walk for 45 Minutes Daily

The Amīr of Ahl al-Sunnah, Mawlānā Muhammad Ilyas ‘Aṭṭār al-Qādirī رَحِمَهُمُ الْعَالِيَةُ writes: “To reduce mental stress and nervous tension, alongside mental exercise, one should walk continuously for three-quarters of an hour (45 minutes) daily. Keep reciting *ṣalāt* and walk continuously. Whilst walking, try to place a little weight on the toes.¹

(However, for some people, a heel-to-toe walk is better. Patients with knee, back, or foot pain should consult their doctor.)

The Best Way to Walk

The best way to walk is to walk slowly for the first 15 minutes so that the body gradually becomes ready for walking. In medical terminology, this stage is called a ‘warm-up’. After this, walk briskly for 15 minutes; this increases the heart rate and blood circulation in a balanced manner. Finally, reduce the speed again for 15 minutes to bring the body back to its normal state; this is called a ‘cool-down’. Exercising in this sequence does not place unnecessary pressure on the organs, and the body gradually relaxes. However, for elderly individuals over 60 years of age, walking at a normal pace for 25 to 30 minutes daily is beneficial. If possible, use special walking shoes, as they help you feel less tired.

The Blessed Manner of Walking of the noble Prophet صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ

The beloved Prophet صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ walked as though descending from a height. His blessed steps leaned forward. He صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ walked with composure and dignity. He صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ took short steps and did not walk with an arrogant gait.² May our

¹ Khudkushi ka Ilaj, pp. 71-72

² Al-Shamā’ il al-Muhammadiyah, p. 87

walking, moving, eating, drinking, sitting, and standing be in accordance with the Sunnah!

3 Best Times to Walk

1. The best time for walking (oxygen-changing time) is after *Fajr*, because the environment at that time is free from vehicle smoke and dust, and the atmosphere is pleasant.
2. The time after *ʿAsr* prayer is also beneficial for a walk.
3. Walk after eating dinner (even if it is for only 10 to 15 minutes), because sleeping immediately after dinner can be severely harmful to health. It is not suitable to walk briskly immediately after eating; instead, walk 15 to 20 minutes after eating so the stomach can engage in digesting the food. If this light walk (stroll) becomes a regular habit, it will reduce the risk of many diseases and promote peaceful sleep at night.

Walking is an Invaluable Blessing

Diabetes, high cholesterol, and fatty liver are actually diseases caused by our inactive lifestyle, and their best treatment lies in walking rather than medication. For individuals suffering from these illnesses, walking is nothing short of an invaluable blessing. If the habit of walking daily is adopted consistently, the level of these diseases can decrease within a short period. According to research, if a person walks approximately 7,000 steps daily, the risk of several diseases is significantly reduced.

7,000 to 10,000 Steps Daily

According to the World Health Organization (WHO), 7,000 to 10,000 steps daily are best for health. 7,000 steps, which is approximately 5.25 kilometres, is a very good target for a healthy human being. If a person walks at a moderate pace, completing 7,000 steps can take approximately 55 to 70 minutes; however, the time may increase or decrease based on speed and stride length.

Benefits of Walking

According to a study, for a person walking 5,000 to 7,000 steps daily, the risk of cancer can be reduced by approximately 37%, dementia by 38%, heart disease by 25%, and type 2 diabetes by 14%. ¹

In a research study involving data from approximately 96,000 individuals, it was revealed that walking 5,000 steps daily reduces symptoms of depression, whereas walking 7,000 steps daily can reduce the risk of depression by approximately 42%, as walking produces feel-good hormones (dopamine) in the brain. ²

A large study in Hong Kong stated that people who walk at a brisk pace were found to have a reduced risk of lung cancer by up to nearly 50%. This research was proven through the experience of approximately 400,000 individuals. ³

Diabetes Was Controlled by Walking

There was a person living in America whose blood sugar had risen to a dangerous level. He was admitted to the hospital. Then, following doctor's advice, when he changed his lifestyle alongside walking daily, he lost 20 kilograms of weight and was practically not in need of any medication.

A person living in the UK developed type 2 diabetes at a young age, weighing approximately 120 kilograms. He made it a routine to walk 10,000 steps daily. As a result, his weight was reduced to 79 kilograms; not only this, but his blood sugar improved and his medication was reduced significantly.

Improvement in Diabetes, Cholesterol, and Fatty Liver Through Walking

A morning or evening 45-minute walk is an excellent and inexpensive way to protect the blessing of health given by Allah Almighty. During walking, the body muscles use excess sugar present in the blood as energy, which lowers blood sugar levels and improves insulin sensitivity. Similarly, regular walking leads to an

¹ www.yourlocalguardian.co.uk/news/national/uk-today/25336750.walking-7-000-steps-day

² www.verywellhealth.com/walking-cuts-depression-risk-8765835

³ www.m.ed.hk.hk/en/news/press/20250915-hkum-ed-study-finds-that-fast-walking-can-reduce-lung-cancer-risk-by-50

increase in good cholesterol (HDL) and a decrease in bad cholesterol (LDL). As a result of reduced fat accumulated in the arteries, excess fat in the body—especially around the liver—gradually turns into energy. Consequently, a noticeable improvement occurs in fatty liver, and one can be saved to a great extent from the risk of heart attack and stroke.

A continuous walking habit keeps blood sugar levels balanced and improves the natural insulin system in the body. Triglycerides are reduced. Continuous walking preserves bone density, forms natural lubrication (synovial fluid) in the joints, and strengthens the muscles of the back and legs. An increased metabolism burns calories, keeps weight under control, and can protect against the affliction of obesity.

During a morning walk, Vitamin D is absorbed from sun rays, which is necessary for bone strength. Walking in open green spaces or fresh air refreshes the lungs and increases the level of a protective antibody named IgA, which strengthens immunity.

If patients with diabetes, cholesterol, or fatty liver keep their latest test report in view, start walking for 45 minutes daily, and get tested again after three to six months, a clear difference will appear in the reports by the mercy of Allah Almighty, **رَحْمَةُ اللَّهِ عَلَيْكَ**. This is a free, safe, and extremely beneficial treatment that has no side effects, **الْحَمْدُ لِلَّهِ**! However, trying it is a condition.

Light Exercise

Hāfiẓ-e-Millat, Mawlānā Shāh ‘Abd al-‘Azīz Muḥaddith al-Murādābādī **رَحْمَةُ اللَّهِ عَلَيْكَ** states: “Exercise is necessary for physical strength, and *Tahajjud* is necessary for spiritual strength.”¹

Moving your arms in an appropriate manner during a morning or evening walk on an empty stomach is also immensely beneficial. This improves joint movement,

¹ Sawanih Hafiz-e-Millat, p. 76

reduces pain, creates mobility in the shoulders, and strengthens the respiratory system. Exercise protects against diseases and brings the blessings of good health.

Acting upon the grand statement of the noble Prophet ﷺ:

خَيْرُ النَّاسِ مَنْ يَنْفَعُ النَّاسَ

“The best of people is the one who benefits people.”¹

It is suggested that you book an appointment with a good physiotherapist, learn light exercises suited to your physical condition, and perform them from time to time. **إِنْ شَاءَ اللَّهُ**, you will find it medically beneficial.

Good Intention in Walking and Exercising

The Amīr of Ahl al-Sunnah **دَامَتْ بَرَكَاتُهُمُ الْعَالِيَةِ** stated a good intention for walking via a voice message: “I am developing the habit of walking so that, by the mercy of Allah Almighty, if I am blessed with the privilege of performing Hajj and Umrah, I am prepared for the walking required during *Tawāf*, *Saʿy*, and because accommodations (i.e., hotels) are sometimes several miles away from the Two noble Masjids (i.e. al-Masjid al-Ḥaram and al-Masjid al-Nabawī). I am practicing for this.” Furthermore, at the time of exercising in a permissible manner (with Islamic and customary precautions), make this intention: ‘I will gain strength for worship through this.’

A Healthy 60-Year-Old

Some time ago, the author (Abu Muhammad Tahir al-‘Aṭṭārī **رَحِمَهُ اللَّهُ**) met an elderly person who was approximately 60 years old. During the conversation, he disclosed, “I do some exercise daily; if an 80-year-old person does this exercise, he can easily run alongside walking.” When he demonstrated a few exercises to me, I was amazed that even at 60 years of age, his body was quite flexible, and he was doing various

¹ Shu‘ab al-Īmān, vol. 6, p. 117, Hadith: 7658

exercises by easily moving his hands and feet.

Those who do not have a habit of exercising from their youth may experience pain initially, but once it becomes a habit, the body loosens and can bend to a certain extent, just as that gentleman's body was moving up and down like rubber even in old age. Remember! The more movement the body receives, the more benefit it gains, but up to a certain limit.

Deep Breathing

Dear Islamic brothers! Perhaps most people do not know how to breathe correctly. We use only one-third of our lungs for normal breathing, whereas during deep breathing, all of the lungs are utilised. One should also practice deep breathing early in the morning in a clean atmosphere, as it has immense medical benefits. Deep breathing means taking deep breaths in which the lungs are fully filled with air and then slowly released. The World Health Organization (WHO) states that breathing exercises are essential for mental health. (American Lung Association)

Among the benefits of complete breathing is that when we do not breathe this way in our normal routine, air does not reach the lower part of the lungs, causing bacteria to develop that can gradually harm the lungs. Look at the majesty of Allah Almighty; freedom from bacteria in the lower part of the lungs is achieved simply through taking a full breath—the blessing of natural air! In any case, keep practicing deep breathing in clean and open air. Taking long and deep breaths improves lung performance, increases the amount of oxygen in the body, and provides mental relief. This exercise has beneficial effects on both the heart and nerves.

Method of Deep Breathing

The easy method is to take a slow, deep breath through the nose. Whilst breathing in, the abdomen should expand outwards. (If comfortable) hold the breath for 3 to 5 seconds, and then slowly release it through the mouth or nose. Perform this action 12 times daily during your walk. **إِنْ شَاءَ اللَّهُ**, it will help reduce mental stress, anxiety,

and restlessness, help maintain heart rate and blood pressure levels, improve lung and brain performance, and supply more oxygen to the body.

Important Note: If anyone has asthma, COPD (a lung disease), severe heart disease, or any specific respiratory problem, they must consult their doctor before starting this breathing exercise.

Pas-e-Infas

Mufti Aḥmad Yār Khān al-Naʿīmī رَحْمَةُ اللَّهِ عَلَيْهِ writes: Some ‘Ārifīn (i.e., pious elders رَحْمَةُ اللَّهِ عَلَيْهِم who possess recognition of Allah Almighty) practice Pas-e-Infas, meaning the remembrance of Allah becomes active in their breathing. ¹

The method for this is taking a deep breath along with the remembrance of Allah Almighty: saying ‘Allah’ whilst inhaling and ‘Hū’ whilst exhaling. This has been the practice of the Sufis رَحْمَةُ اللَّهِ عَلَيْهِم, which is beneficial for both body and soul.

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللَّهُ عَلَى مُحَمَّدٍ

Islamic Method of Digesting Food

The final Prophet صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ stated:

مَنْ شَبِعَ وَنَامَ قَسَا قَلْبُهُ

“Whoever eats to his fill and sleeps, his heart becomes hard.” ²

In another Hadith, the chosen Prophet صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ said:

¹ Mir’āt al-Manājīḥ, vol. 7, p. 485

² Iḥyā’ ‘Ulūm al-Dīn, vol. 3, p. 105

أَذْيَبُوا طَعَامَكُمْ بِالدِّكْرِ وَالصَّلَاةِ وَلَا تَنَامُوا عَلَيْهِ فَتَقْسُو قُلُوبَكُمْ

“Digest your food with the remembrance of Allah and prayer, and do not sleep upon it, lest your hearts become hard.”¹

Explanation of Hadith: Imam ‘Abd al-Ra’ūf al-Munāwī رَحْمَةُ اللهِ عَلَيْهِ, explaining this Hadith, writes:

This refers to the food you have eaten at lunch or dinner. After eating, perform the remembrance of Allah Almighty and offer prayer, because performing remembrance and offering prayer after eating generates heat inside the body. When this natural body heat rises, it helps digest the food and move it down from the stomach. (Remember) Whatever becomes a burden on the stomach becomes an even greater burden on the heart. Do not sleep immediately after eating; that is, do not sleep until the food is digested from the upper part of the stomach and moves down. Otherwise, your hearts will become hard, darkness and rust will cover them, and the greater the hardness of the heart, the greater the distance from Allah.²

How Is it to Sleep After Eating?

Imam Muhammad al-Ghazālī رَحْمَةُ اللهِ عَلَيْهِ writes:

It is better for a person not to sleep on a full stomach; rather, he should offer prayer or sit and perform the remembrance of Allah Almighty, as this is closer to offering gratitude for His blessing (i.e., food). After eating food, one should offer at least four *raka‘āt* of Salah.³

In another place, he states:

At the start of every task, one should seek blessings with the Name of Allah Almighty. Some pious servants of Allah Almighty, whenever they ate or drank water, would offer two *raka‘āt*. Similarly, whatever matter presented

¹ Al-Mu‘jam al-Awsaṭ, vol. 3, p. 404, Hadith: 4952

² Al-Taysīr, vol. 1, p. 135

³ Iḥyā’ ‘Ulūm al-Dīn, vol. 3, p. 118

itself to them, they would offer two *raka'āt* of prayer at that time.¹

May Allah Almighty have mercy upon them and forgive us without accountability for their sake!

امِينُ بِجَاهِ خَاتِمِ النَّبِيِّينَ صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ

Eating More Should Lead to Worshipping More

When Sayyidunā Sufyān al-Thawrī رَحْمَةُ اللَّهِ عَلَيْهِ ate to his fill at night, he would stay awake at night in worship. When he ate to his fill during the day, he would offer prayer and perform remembrance afterwards. Sometimes (out of humility), he would say, “Feed the donkey to its fill and tire it out with work (i.e., worship).”²

May Allah Almighty have mercy upon him and forgive us without accountability for his sake!

امِينُ بِجَاهِ خَاتِمِ النَّبِيِّينَ صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ

A Faith-Threatening Disease

Dear Islamic brothers! For a Muslim, the command of his beloved, final Prophet صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ: “Do not sleep after eating food” is sufficient,³ along with such a stern warning that the heart becomes hard because of it. Remember! Hardness of the heart is not a small illness; rather, it is a major spiritual disease. Due to hardness of the heart, instead of advice affecting the heart, the desire of the carnal-self to commit sins increases further. Then, there is no remorse over committing sins, nor is attention directed towards repentance. Due to hardness of the heart, one's heart is not inclined towards worship. This illness deprives one of performing good deeds and even from listening to words of goodness. Some physical illnesses are life-

¹ Iḥyā' 'Ulūm al-Dīn, vol. 1, p. 277

² Iḥyā' 'Ulūm al-Dīn, vol. 3, p. 118

³ Al-Mu'jam al-Awsaṭ, vol. 3, p. 404, Hadith: 4952

threatening, whereas hardness of the heart is a spiritual illness that can be faith-threatening. The misfortune of hardness of the heart is stated in the noble Quran in this manner:

فَوَيْلٌ لِلْكَافِرِينَ قُلُوبُهُمْ مِّنْ ذِكْرِ اللَّهِ

*So woe to those whose hearts are hardened against the remembrance of Allah.*¹

Medical Harms of Sleeping After Eating

What Allah's beloved and final Prophet ﷺ stated fifteen hundred years ago, and what the pious predecessors رَحِمَهُمُ اللَّهُ عَلَيْهِمُ stated centuries ago regarding the harms of sleeping after eating, non-Muslim scientists and doctors today are also supporting in their research. Doctors state that lying down immediately after eating causes stomach acid to rise, which is called acid reflux or heartburn. This can become a permanent illness.

At night, body movement stops while sleeping, causing food to be stored as fat. Blood sugar rises before sleeping, affecting the insulin system, which can later cause diabetes. The risk of heart attack and stroke increases in those who sleep immediately after dinner. As the digestion process continues, sleep is neither complete nor deep, and fatigue is felt in the morning. At night, the liver performs cleansing work; but if it becomes engaged in digesting food, this function is affected. Therefore, sleeping without digesting food can cause a person to be affected by stomach ailments, weight gain, diabetes, heart disease, and burden on the liver.

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللَّهُ عَلَى مُحَمَّدٍ

Importance of Health in Islam

¹ Al-Quran, Surah al-Zumar, verse 22; translation from Kanz al-'Irfān

Allah Almighty's beloved and final Prophet ﷺ stated:

الْمُؤْمِنُ الْقَوِيُّ خَيْرٌ وَأَحَبُّ إِلَى اللَّهِ مِنَ الْمُؤْمِنِ الضَّعِيفِ

“A strong believer is better and more beloved to Allah Almighty than a weak believer.”¹

Explanation of Hadith: Qāḍī ‘Iyāḍ رَحْمَةُ اللَّهِ عَلَيْهِ states:

A strong believer and a weak believer are equal in goodness due to faith, but Allah Almighty has set separate ranks for both of them in His Paradise and granted one elevation over the other in degrees. A strong believer is that person who is financially strong and spends greatly in the way of Allah Almighty.²

Imam Sharaf al-Dīn al-Nawawī رَحْمَةُ اللَّهِ عَلَيْهِ writes:

A strong believer is one who strives greatly in enjoining good and forbidding evil, shows patience over the troubles faced in all these tasks, and possesses energetic desire and consistency towards fasting, prayer, remembrance, and all acts of worship.³

Health is a Thousand Blessings

Dear Islamic brothers! Among the great blessings of Allah Almighty, one blessing is health and fitness. The body and organs Allah Almighty has granted us are His trust. On the Day of Judgment, questions will be asked about these organs regarding what they were used for.⁴ If these organs were used in worshipping Allah Almighty to attain His pleasure, there will be reward upon reward. If you want to know the value of health, take a round of a hospital; then you will realize what a great blessing the breathing of air through the nose without a machine is. Visit a dialysis centre;

¹ Ṣaḥīḥ Muslim, p. 1098, Hadith: 6774

² Ikmal al-Mu‘lim, vol. 8, p. 157

³ Sharḥ Muslim li al-Nawawī, part 16, vol. 8, p. 215

⁴ Tafsīr Ṣiraṭ al-Jinān, Para 15, Surah Banī Isrā’īl, under Ayah 36

then you will know what a great blessing it is for water to enter through the mouth and be excreted without any pain.

If you want to experience the blessing of legs, look at a patient sitting in a wheelchair; then you will understand what a great gift walking on your own feet is. In short, looking at patients with diabetes, blood pressure, etc., reveals what a great blessing good health is. This is why it is said, 'Health is a thousand blessings.' To protect this blessing, build a habit of regular light exercise or walking, and develop a passion for serving the religion and spreading the *sunan* of the beloved Prophet ﷺ.

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللَّهُ عَلَى مُحَمَّدٍ

5 Opportunities for Walking or Physical Activity

When a person makes a firm resolve to do a task and tries, Allah Almighty creates paths for him. If you wish to improve your health, dedicate a specific time for a proper walk and walk in a calm and pleasant environment. If possible, organise your daily routine in such a way that it includes some physical activity. Start doing some of your everyday tasks on foot. Unfortunately, the habit of doing every task via phone, WhatsApp, or remote control whilst sitting can render the body lifeless (useless). Give your body some movement and keep moving around; sitting all the time leads to laziness as well as obesity, which frequently becomes a breeding ground for diseases in the body. Here are some opportunities for physical activity that, if you mindfully adopt them, will provide some activity on these pretexts:

1. **Office workers should take note:** Do not keep water, light switches, printers, scanners, etc., so close to your desk that you never have to stand up. Instead, keep these items at a slight distance so you get to walk when drinking water, turning lights on or off, getting a printout, or scanning a paper. Besides, for those working continuously on computers, it is better for eyesight to move their eyes away from the screen for a few seconds every hour to give the eyes some comfort.

2. **Build a habit of fetching household goods on foot:** For bringing household necessities (such as groceries, meat, milk, vegetables, medicine, etc.), habituate yourself to walking to nearby shops.
3. **Use stairs instead of the lift:** Where there is a lift at home, office, etc., make it a habit to use the stairs instead. Climbing and descending a few floors of stairs is an excellent physical exercise that helps strengthen the heart, lungs, and leg muscles. Sometimes, the benefits of climbing and descending stairs even exceed those of walking.
4. **Make Talk Time Walk Time:** Instead of sitting down to talk on the phone or to check and reply to WhatsApp messages, walk around in the room or courtyard. In this way, you converse and walk at the same time. However, do not become so absorbed in using the mobile phone that you fall into a pit, stumble, or collide with passersby.
5. **Build a habit of doing some work with your hands:** Although a fan at home can be turned on or off with a remote, get up yourself to do this work sometimes. Islamic sisters at home should build a habit of doing some tasks with their own hands instead of having maidservants do everything. Cleaning the house, washing dishes, or washing floors provides good exercise for the hands. How beautifully someone said:

Be kar ma bash kuch kiya kar

Kapray hi udher kar siya kar

Meaning of the poetic couplet: A person should not remain idle; he should keep doing something or other. There is a famous idiom: ‘Movement brings blessings.’ Read an interesting event narrated by the Amīr of Ahl al-Sunnah دَامَتْ بَرَكَاتُهُمُ الْعَالِيَةِ:

Became Angry Upon Hearing About Heart Problems (Event)

I read in a medical book that an elderly man was wiping dust off items with a cleaning cloth in his hand. Someone asked: “Respected elder! For how many years have you been doing this work?”

The elder replied: “For many years.”

The questioner asked: “Respected elder! Have you ever had heart pain?”

Hearing this strange question, the elder became angry and said in a harsh tone: “Why would I have heart pain?”

The author of that book cited this incident and wrote: “Because this elderly man worked and kept moving his hands, his hands received exercise; in this way, blood did not stop in the veins, and he was protected from heart problems.”

Bahādur Shāh Zafar has a couplet:

*Mehnat say hai azmat keh zamane mein negin ko
Be kawish-e-seenah nah kabhi namwari di*

Meaning of the couplet: Respect, greatness, and fame in the world are achieved only through hard work. Just as a precious gemstone becomes valuable only after cutting, polishing, and hard work, a human being also achieves success and fame through continuous effort and hard work.

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللَّهُ عَلَى مُحَمَّدٍ

Egg Parāthā and Stomach Ache (Incident)

A young man came to a physician complaining of stomach ache. The physician asked him: “What did you eat for breakfast this morning?” He replied: “An egg and a parāthā.” The physician said: “This is food for hard labourers, especially farmers who work in the fields all day and perform strenuous physical labour. You ate this heavy food and then sat idle, even coming here on a ride; so what else do you expect other than a stomach ache!”

This incident is not just about one young man; it may represent many of us. Previously, when people walked and travelled on horses and camels, these rides

kept the whole body in movement, as if providing physical exercise automatically. Today, many of our illnesses are the result of seeking comfort.

Virtue of Walking to and from the Masjid

Instead of going on a motorbike or car, walk from home to the masjid for prayer, even if the masjid is at some distance; this is an act of immense reward. For every step walked in the way of Allah, one good deed will be written and a sin forgiven.¹ Additionally, you will get some walking in on this pretext. Take small steps while going to the masjid so the steps are more and the good deeds earned are also greater.

As the Companion of the Prophet, Sayyiduna Zayd b. Thābit رَضِيَ اللهُ عَنْهُ states: “I used to go to offer prayer with Allah's noble Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ. He صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ used to walk with medium steps. Once, the noble Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ asked me: ‘Do you know why I walk with medium steps?’

I replied: ‘Allah Almighty and His Messenger صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ know best.’

He صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ stated: ‘I walk with medium steps so that I may walk more steps in pursuit of prayer.’”²

Did Not Take a House Near the Masjid

Sayyiduna ‘Abdullāh b. ‘Abbās رَضِيَ اللهُ عَنْهُمَا states: “The homes of the *Anṣār* Companions رَضِيَ اللهُ عَنْهُمْ were somewhat distant from al-Masjid al-Nabawī al-Sharīf. When they intended to take up residence near al-Masjid al-Nabawī, this noble verse was revealed:

وَنَكْتُبُ مَا قَدَّمُوا وَآثَارَهُمْ ط

And We record that which they have sent forth and the traces they have left behind.

¹ Ṣaḥīḥ Muslim, p. 261, Hadith: 1506

² Majma‘ al-Zawā‘id, vol. 2, p. 151, Hadith: 2092

³ Al-Quran, Surah Yāsīn, verse 12; translation from Kanz al-‘Irfān

In one narration, the noble Prophet ﷺ said to them: “News has reached me that you intend to move near the masjid.”

They replied: “Yes, O Messenger of Allah ﷺ!”

So he ﷺ stated twice: “Remain in your homes, because good deeds are written for your every step.” The Companions رَضِيَ اللَّهُ عَنْهُمْ from the Banū Salamah tribe state: “(Hearing these grand glad tidings of reward from the Noble Prophet ﷺ, we felt such joy that) even if we had changed our houses, we would never have attained such happiness” ¹

Mufti Ahmad Yār Khan رَحْمَةُ اللَّهِ عَلَيْهِ writes:

(Steps are written) for reward in your book of deeds because every step towards the masjid is worship; or the mention of your exertion will be written in books of Hadith and compositions of scholars, and preachers will deliver sermons upon it. Those who hear your accounts and come to the masjid from afar will all earn reward, and you will receive the same. Keep in mind that a home being far from the masjid is a cause of reward for a person who fears Allah Almighty, as he will come for congregational prayer from afar; but for the heedless, it is a deprivation of reward, as they will offer prayer at home due to the distance. ²

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللَّهُ عَلَى مُحَمَّدٍ

Encouragement to Walk for Friday Prayer

Dear Islamic brothers! In many acts of worship, performing the worship on foot rather than on a conveyance carries greater encouragement and virtue. For instance, a person attending a funeral may use a conveyance due to a valid excuse, but going on foot without an excuse is superior. Similarly, the reward for coming to the masjid on foot to offer Friday Prayer is also greater.

¹ Ṣaḥīḥ Muslim, p. 262, Hadith: 1519

² Mir'āt al-Manājīḥ, vol. 1, p. 434

The Final Prophet ﷺ stated: “Whoever arrives early and walks by foot on Friday and does not ride, sits close to the Imam, listens attentively, and does not engage in anything offensive, will receive the reward of a whole year’s deeds—fasts and night worship—for every step.”¹

Mufti Aḥmad Yār Khan رَحْمَةُ اللهِ عَلَيْهِ, explaining the portion of the Hadith ‘walks on foot and does not ride’, states: “So that good deeds are received for every step. Going on foot to the prayer ground on the day of Eid is also better. Going to the Eid prayer ground on foot and using a different route when going and when returning is a Sunnah.”²

Reward for Performing Hajj On Foot

It is narrated from Sayyiduna ‘Abdullah b. ‘Abbās رَضِيَ اللهُ عَنْهُمَا:

Whoever performed Hajj on foot until he returned on foot, seven hundred good deeds from the good deeds of the *Haram* are written for his every step, and every good deed of the *Haram* is equal to one hundred thousand good deeds.³

Seventy Million Good Deeds for Every Step

Imam Aḥmad Riḍā Khan رَحْمَةُ اللهِ عَلَيْهِ states:

If possible, go on foot (from Makkah al-Mukarramah to Mina, Arafat, etc.), for until you return to Makkah al-Mu‘azzamah, seventy million good deeds will be written for every step. These good deeds roughly calculate to seventy-eight trillion four hundred billion, and the grace of Allah Almighty upon this Ummah for the sake of His Prophet ﷺ is boundless.⁴

The Amīr of Ahl al-Sunnah دَامَتْ بَرَكَاتُهُمُ الْعَالِيَةِ states: “Now, since tunnels have been

¹ Musnad Imam Aḥmad, vol. 5, p. 465, Hadith: 16173

² Mir’āt al-Manājih, vol. 2, p. 337

³ Al-Mustadrak, vol. 2, p. 114, Hadith: 1735

⁴ Fatāwā Riḍawīyah, vol. 10, p. 746

bored through the mountains from Makkah al-Mukarramah to Mina Sharif, making the path shorter and easier for pedestrians, a difference will occur in the number of good deeds accordingly.”

وَاللَّهُ وَرَسُولُهُ أَحَدَمَ عَزَّوَجَلَّ وَصَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ

Angels Embrace the Pilgrim on Foot

The beloved Prophet ﷺ stated: “When pilgrims arrive riding, angels shake hands with them; and when they arrive walking on foot, angels embrace them.”¹

Priceless Advice for Parents

The Proof of Islam, Imam Muhammad al-Ghazālī رَحِمَهُ اللَّهُ عَلَيْهِ, regarding keeping children healthy and fit, addresses parents:

Prevent children from sleeping during the day, as daytime sleep causes laziness in children; however, do not prevent them from sleeping at night. Forbid children from soft beds so that their limbs remain firm, and do not let children's bodies become fat; otherwise, they will not be able to refrain from overeating and over drinking. Instead, accustom children to simplicity in sleeping, clothing, and food.

Stop children from doing any task secretly, because they perform tasks secretly that they consider bad. When parents build the habit of stopping them from doing those tasks secretly, children will never perform that bad deed in front of anyone. Accustom children to walking and exercising at some time of the day so that laziness does not overcome them. Tell children not to expose their (private) body parts (to anyone). Forbid them from taking anything from their friends. If they are well-off, explain to children that greatness lies in giving, not taking, whereas taking brings disgrace and humiliation. If they are poor, explain to them that greed and asking for things cause disgrace and humiliation, and it is a habit of a dog that wags

¹ Ithāf al-Sādah, vol. 4, p. 465

its tail in greed and expectation of a morsel.¹

Fatwa of Imam Aḥmad Razā Khan رَحْمَةُ اللهِ عَلَيْهِ Regarding Going on Foot to Call Towards Righteousness

The summary of a question and answer from *Fatāwā Riḍāwiyyah*, Volume 5, Page 117, is presented here in simple words. A question was posed to Imam Aḥmad Razā Khān رَحْمَةُ اللهِ عَلَيْهِ:

Some poor Muslims, in order to call people to offer prayer, went on foot outside the city in the heat and thirst, without any worldly gain, solely for the pleasure of Allah Almighty, waking up at midnight and returning the next day. Due to their call towards righteousness, approximately one hundred Muslims became ready to offer prayer. What reward is there for them, so that their enthusiasm increases further for the future?

The noble Imam رَحْمَةُ اللهِ عَلَيْهِ replied:

There is an immense reward for those people upon their good intentions. The Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ states: “If Allah Almighty guides one person through you, it is better for you than gaining dominion over the entire earth.”²

For every step they took while coming and going to call towards righteousness, there are ten good deeds for each step. Then, he mentioned this noble verse:

وَنَكْتُبُ مَا قَدَّمُوا وَآثَارَهُمْ ط

*And We record that which they have sent forth and the traces they have left behind.*³

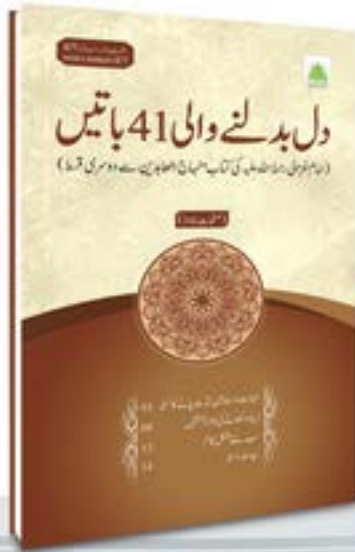
صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللهُ عَلَى مُحَمَّدٍ

¹ Iḥyā' 'Ulūm al-Dīn, vol. 3, p. 90

² Al-Jāmi' al-Ṣaghīr, p. 444, Hadith: 7219

³ Al-Quran, Surah Yāsīn, verse 12; translation from Kanz al-'Irfān

Next Weekly Booklet



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