



# MUAZZIN



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## Excerpt from Monthly Bayan:

The bayan was given by Dr. Mufti Rizwan. The topic of discussion was 'Benefits of Commands of Allah and Sunnah'. Dr. Sahib said that Allah has given us a holistic deen, and following the commands of Allah and Sunnah benefits us in this life and the hereafter, physically and spiritually, with or without our knowledge. Science has always been busy in looking at the wisdom behind Islam and Sunnah, but it cannot find every reason because Allah has said that We have given you very little knowledge. So being a Muslim, we should follow the Sunnah as it only benefits us. He further explained the benefits with the examples of our daily routine.

The first thing after getting up is we use the bathroom. It was the practice of Prophet Muhammad (PBUH) to cover his head and wear shoes while using bathroom. The wisdom behind it is that there are worms in the bathroom because of stool and they get attached to our feet and eventually enter our system and are harmful to it. Wearing shoes obstructs these worms to get attached. He said Prophet Muhammad (PBUH) always emphasized on cleanliness and said one should save himself from drops of urine. Always use the bathroom while sitting as it causes pressure on the bladder and it empties well. Hazrat Ayesha (RA) said that Rasool Allah (PBUH) has also separated the use of his hands. With the right hand he used to eat, make wudu, and drink water, and with the left hand he used to remove dirt from his body.

The second thing we do is brush our teeth. American Dental Association advices to brush the teeth twice a day. Ullemah say that Prophet Muhammad (PBUH) used to brush 16-18 times in a day. The first thing he used to do after getting home was miswak. Prophet Muhammad (PBUH) said that a prayer after doing miswak is 70 times better than a prayer without miswak. Before sleeping and after having the first meal in the morning are the ideal timings for brushing the teeth. If we follow the Sunnah of miswak, In Sha Allah, we will never need to go to the dentist as this habit will keep our teeth healthy.

The third thing we do after waking up is eating breakfast, and from Sunnah we get to know how to eat and how much to eat. Rasool Allah (PBUH) always emphasized not to eat too much. Now a days, people die because of eating a lot. Rasool Allah (PBUH) said, "A person should eat that much so he can stand up afterwards easily". He also said never eat leaning back because this way you wouldn't feel full and eat more. Always eat leaning forward and to 1/3 of your stomach capacity. Also drink 1/3 of your stomach and in 3 sips. The scientific reason behind this is a gas which helps to digest the food will not have sufficient space to enter the stomach, and it goes up to the chest which causes heart burn. Similarly drinking water in one sip weakens the liver, muscles, stomach and kidney.

Moreover, every aspect of Prophet Muhammad's (PBUH) life is completely beneficial for us. Even memorizing the Quran benefits us in so many ways. The person who memorizes a lot has a bigger hippocampus (part of the brain), which releases hormones that keeps our mood happier. Meditation is good for health, and in salat we meditate, which keeps our thoughts and behavior in good shape. Similarly, Prophet Muhammad (PBUH) always slept on his right side and the reason behind is that our heart is on the left, and sleeping on the left side exerts pressure on the heart.

In short, Sunnah is the perfect example of living life in a healthy and good manner. Whether science provides reason or not for everything, Sunnah only has benefits in it for us. May Allah grant us hidayah, and make us able to follow the Sunnah. Ameen!

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