



Healthy Living

Published By:



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HUMANITARIAN CENTRE
GUIDANCE • UBUNTU • EMPOWERMENT

Every human desires good health and wellness. Islam promotes healthy living and taking care of one's health by adopting a healthy lifestyle.

HEALTHY LIVING

Good health is indeed a great blessing bestowed by Allah Ta'ala upon mankind. Islamic teachings are a guide to every aspect of a Muslim's life. Maintaining a healthy lifestyle is essentially prescribed as a means to worship Allah. A healthy Muslim who is strong in body and mind can fulfil the commands of Allah and the teachings prescribed by our beloved Nabi ﷺ

THE HUMAN BODY

The human body is a composition of the physical and spiritual dimension. Our bodies need oxygen, water and food to survive. At the same time what we consume impacts on our health and general wellbeing.

Keeping our bodies in good physical condition also means we can lead a healthier life.

THE BODY HAS A RIGHT

Nabi ﷺ said, **"The body has a right over you."** (Bukhari)

Allah has bestowed to us this body as an amanah (trust). Hence, we ought to look after it to the best of our ability.

Nourishment of good and wholesome food is essential, at the same time, it is necessary to abstain from haram (unlawful) food, drink and all substances that may cause harm to the body and mind.

MEDICAL HELP

It is advisable to seek medical help in order to nurture and care for the body and restore good health. Ultimately, Allah Ta'ala Alone is the curer of all ills. Nabi ﷺ advised, **"Allah sends down both the sickness and the cure; and He has assigned for every sickness a remedy, so seek treatment, but not by prohibited means."** (Abu Dawood)

PREVENTION IS BETTER THAN CURE

Islam is foremost in preventative methods of ills, misfortunes and sicknesses. Nabi ﷺ said, **"Whatever causes harm to people should be removed."** (Ahmed)

This can refer to many things, inter alia, polluted air, toxic food, unclean water, etc. Allah says in

Surah 4 Verse 29, **"And do not kill yourselves (nor kill one another). Surely, Allah is Most Merciful to you."**

Hence, all things that may cause harm to you or the environment should be avoided at all costs. The Shariah admonishes Muslims to abstain from all things that are harmful to health.

Apart from seeking medical help, the verses of the Noble Quran contain great healing powers. Allah Ta'ala elucidates, **"And we send down from the Quran that which is a healing and a mercy to those who believe"** (Surah 17, Verse 82)

DIETARY RULES

As the saying goes, "A man is what he eats" hence, Allah Ta'ala has prescribed the best and made unlawful for us to consume intoxicants like alcohol, etc.

The intake of prohibited food and drink is a principle cause of a man leading to vice.

Further, while one consumes Halaal (permitted) food, the acquisition of food must also be through rightful and lawful earnings.

THE SUNNAH

Indeed, there are great blessings and benefits in following the Sunnah of our Nab ﷺ - The Sunnah is the best way of life for a Muslim.

For example, Islam has placed great emphasis on purification and cleanliness of the body and the mind.

Allah Ta'ala says in the Noble Quran, "In it are men who love to clean and to purify themselves. And Allah loves those who make themselves clean and pure." (Surah 9, Verse 108)

SPIRITUAL WELL-BEING

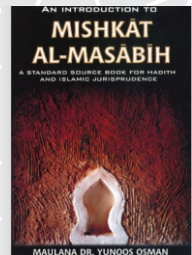
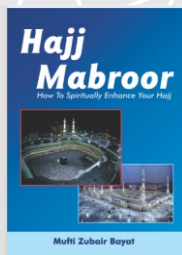
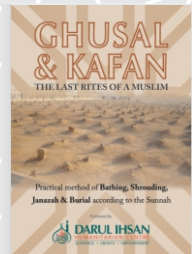
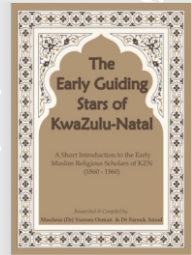
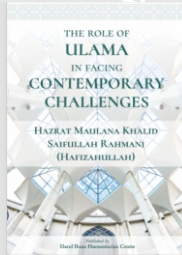
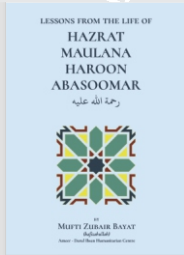
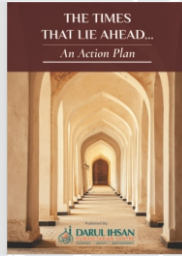
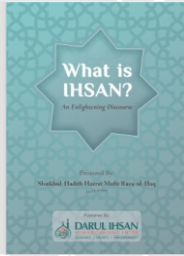
One cannot neglect one's spiritual well-being for a healthy life. Personal spiritual growth and reformation is equally important, in fact greater than looking after the physical body.

Hazrat Abu Hurayrah ؓ narrates that Rasulullah ﷺ was asked, "What enters a person into Jannah? It is Taqwa (i.e. fear of Allah) and good character and He iji was asked what generally takes people to Jahannam? He said, the mouth and private parts." (Tirmizi)

REMEMBER ALLAH TA'ALA IS THE GREATEST

Hazrat Abu Hurayrah ؓ narrates that Rasulullah ﷺ said, "Allah Ta'ala says that when My servant remembers Me and moves his lips for My Dhikr, then I am with him (i.e. I help him, grant him ability and have mercy and consideration for him)." (Bukhari - Ta'leeqan)

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About Darul Ihsan

Darul Ihsan Humanitarian Centre provides education, guidance, social, empowerment and welfare services to the community. In providing this service, we adopt a holistic approach, that gives due importance to basic needs as well as human rights and dignity of those that we serve.

Founding Philosophy

Darul Ihsan Humanitarian Centre is a multi-purpose, humanitarian-services providing organisation. 'Ihsan' means compassion towards mankind and to act with excellence. The Centre was established in the year 2000 with the primary objective of serving humanity and alleviating poverty and hardship locally and abroad. Since its inception, it has developed and established many humanitarian projects and provides a variety of free services to the community.

Key Objectives

One of the key objectives of the Centre is to promote a better understanding of humanity and peace, thereby serving as a bridge-builder between faiths and communities. Through guidance, Ubuntu and empowerment, the organisation hopes to train and develop the youth to become torch bearers of hope, peace and compassion to humanity.

