

15th OCTOBER 2012 is: GLOBAL HANDWASHING DAY THE MIRACULOUS ISLAMIC PRESCRIPTION ON HANDWASHING

We all use our hands frequently during the day and at night for hundreds of tasks and reasons, especially in cooking, eating, cleaning, in work and in touching a lot of things which were touched by other people before us.

There is no doubt that the hands, if not washed frequently and properly, can be the source to a lot of infections (caused by bacteria, virus, parasite...) which can cause many diseases.

These are the common diseases which can bring to us and to others if our hands are not clean and not washed frequently:

Shigellosis, Typhoid, Cholera, Flu/Influenza, Respiratory diseases, Food poisoning/Gastroenteritis, diarrhea, rotavirus, Hepatitis A, skin diseases, MRSA/superbugs and Swine flu....

Public at large is not aware of the many dangers and serious outcomes which can result from unclean hands full of bacteria and virus.

Contamination by Faeces/excreta is one of the major source of infections.

Not washing after coming out of the toilet and before eating or cooking are major sources for infection today.

There are today many WORRYING FACTS and FIGURES which we all are not aware of it and which came in recent studies:

- A single gram of human faeces can contain 10 million viruses and one million bacteria. And there is one billion germs per gram in faecal matter in another study.
- Faecal matter can be found on just over a quarter of our hands
- Faecal bacteria is present on 26% of hands in the UK, 14% of bank notes and 10% of credit cards
- 11% of our hands are so "grossly contaminated" they are carrying as many germs as a dirty toilet bowl. It's the same for 8% of cards and 6% of notes. We already know faecal matter can be found on one in six mobile phones.

- The average person's hands carry at least 3,000 different bacteria
- They belong to more than 100 species
- Everyone has a unique bacteria "fingerprint"
- You can identify a person from the bacteria they leave behind after touching an inanimate object
- Bacteria can remain unchanged on an object after two weeks at room temperature
- British men were the worst in washing their hands, women were better than men in handwashing..
- The average person's hands probably carry at least 3,000 different bacteria belonging to more than 100 species
- The two most crucial times during the day are after toilet use and before eating. The study of bank notes and credit cards suggest only 39% of people wash their hands before tucking into some food.
- Other Common sources for acquiring some infections in our hands:

Touching the handles of doors/door bells, the taps in the sink, the handles in the toilets for flushing, touching newspapers and magazines touched and red by other people before, touching the dog, some cats or animals.

Hand washing can prevent the transmission of a variety of pathogens, it may be more effective than any single vaccine. Promoted on a wide enough scale, hand washing with soap can be thought of as a "do-it-yourself" vaccine (natural /safe/free/easy to have). Ingraining the habit of hand washing could save more lives than any single vaccine or medical intervention

The UN says washing hands is the most cost-effective intervention for the worldwide control of disease. It estimates hand washing could save more than a million lives a year from diarrheal diseases and prevent respiratory infections, one of the biggest causes of child mortality in developing countries.

References:

-BBCNews on 15 October 2012

-Hygiene experts from Queen Mary, University of London (QMUL) and the London School of Hygiene & Tropical Medicine (LSHTM).

-Global Handwashing Day: www.globalhandwashingday.org.uk

THE HYGIENIC MIRACLE OF HANDWASHING IN ISLAM:

Amazingly, Islam, more than 1400 years ago, has put the solid and permanent foundations for daily HANDWASHING, to be done frequently and on a lot of occasions, before any medical or health discovery; ACCORDING TO THE TEACHINGS OF THE FINAL PROPHET MUHAMMAD (peace be upon him), in his Sayings and Actions and behaviour: Any practicing Muslim man or woman should wash his/her hands frequently during the day/night and on these occasions:

- Before the 5 daily prayers(washing for ablution/Wudu),the hands are washed 3 times before each prayer(all are 15 times/day),plus the washing of the nose, throat, face, ears, arms, feet, the front hairs in the head with the brushing of the teeth(Miswak)/teeth hygiene too(more extra hygiene and cleanliness).
(And if a Muslim does more prayers (sunan),so more ablution and more washing of the hands will occur).
There are fascinating Prophetic instructions regarding the proper and full washing of one's hands!
- Just after waking up(with the washing of the nose too, which was found today to be a healthy habit),with teeth brushing
- After coming out from the toilet
- Before eating
- After eating
- After touching one's genitals or anus(or those of others,like the patients in hospitals)
- When one is having a shower/bath after: sexual intercourse, at end of the period or before Friday prayer.
Washing of the hands will be done frequently.
- after touching a dead body(like dead patients in hospitals)
- after touching a dog(to wash 7 times,one by sand/mud)
- after touching any dirty suspicious thing.

All to be done with a clean hygienic safe water(TAHIR).

No doubt a lot of these repeated hand washing practices will be very useful for Muslim medical students, doctors, nurses, patients etc to avoid cross infections and most MRSA(superbug in hospitals) especially as we have today a serious crisis among doctors in hospitals who do spread a lot of infections to other patients because they rarely or do not wash their hands...this will be also great preventative measures for our all health and to avoid a lot of infections and diseases.

Latest psychological studies have shown that frequent hand washing helps in decision making too.

Amazingly, on top of all these hygienic healthy measures, an extra bonus is given to us by Almighty ALLAH:

A reward for each of the acts of hand washing mentioned above and done for obeying ALLAH Almighty and our beloved prophet Muhammad(peace be upon him)!

OTHER PRESCRIBED PROPHETIC HYGIENIC MEASURES ARE:

Food and drink , house and shop and mosque all should be all clean and hygienic.

We are ordered also to cut our nails frequently which are a big and hidden sources for germs/under the nails, to use always the left hand to clean oneself in the toilet and when touching dirty unclean things.. and to use the right hand always for :shaking hands, eating, drinking , touching good clean things ,touching the Holy Book AL QUR'AN , family members etc...

Also ,we are requested by the prophet to brush our teeth, at least 5 times/day, especially before the 5 daily prayers in ablution and to shave frequently: the pubic and axillary(arm pits) hairs..

(tissues/toilet paper can be used with the water for cleaning up after in the toilet).

ALL MUSLIMS SHOULD STICK TO THESE GREAT SUPERIOR PROPHETIC HYGIENIC MEASURES FOR THEIR OWN HYGIENE/CLEANLINESS/HEALTH AND SURVIVAL AND TO PROTECT THE HEALTH OF ALL THE MEMBERS OF OUR SOCIETY.

Amazingly, only the practicing Muslims in the world, are implementing and celebrating daily: GLOBAL HAND WASHING DAY, without having any medical explanation or scientific study!

The HIGHEST number of hand washing/day is done only by the practicing Muslim man or woman, more than any doctor or hygienist, especially among those who follow SUNAN/behaviour of the model and teacher Prophet Muhammad(peace be upon him).

Muslims are "deeply in love" with water/cleanliness and handwashing and have also "HEALTHY ADDICTION" for hand washing!

Hand washing is IBADA(worship) too.

We really like to offer this Divine Islamic Prescription on HANDWASHING to every man/woman and child on this planet, For their own health and survival and for the health and survival of all the members of our society!

TRULY YOU PROPHET MUHAMMAD... TRULY YOU ARE THE PHYSICIAN/HYGIENIST TO MANKIND AND TRULY YOU ARE THE TRUE PROPHET OF ALLAH!

Dr A.Majid Katme(MBBCh,DPM)

Spokesman: Islamic Medical Association/Uk
Weekly TV and Radio Broadcaster

Tel: 07944 240 622

Address: 31 North Circular Road Palmers Green London N13 5EG