

WORLD HEART DAY: 29 September 2013

THE HEART IN ISLAM:



The heart is the centre of life for all the organs in the human body.

The heart beats 100 000 times/day and pumps 23 000 litres around the body.

Every one heart starts beating 23 days after fertilisation when one was in the womb of the mother.

It carry on beating after **NON STOP** till the natural moment of death.

The heart is mentioned 137 times in the Qur'an, mainly as QALB, sometimes as Fouad ot Sadr.

Recently it was found that some nerve connection exists between the heart and the brain.

Amazingly many Ayat talk about the heart as a centre for reasoning/AQL.

This Aya gives us some light about this idea.

"So have they not traveled through the earth and have hearts by which to reason and ears by which to hear? For indeed, it is not eyes that are blinded, but blinded are the hearts which are within the breasts.
[Quran, 22: 46]

The final Prophet Muhammad(peace be upon him) described the heart in this significant way:

"Truly in the body there is a morsel of flesh which, if it be sound, all the body is sound and which, if it be diseased, all of it is diseased. Truly it is the heart"

We know medically today if the heart is affected by any disease ..the organs in the body will suffer and will not function properly.

*The heart is very much linked to the **soul** and to the **emotions/love** towards others.*

*By mentioning the Name of ALLAH , the heart will get **TRANQUILITY**(like sedation)*

*The centre of **TAQWA**/high spirituality(fear/consciousness of ALLAH) is in the heart as the Prophet Muhammad mentioned in a Hadith.*

*Sins will affect the heart and **BLACKENS** it.*

One of the beautiful Aya on the heart:

"When the only one who will be saved is the one who comes before Allah with a heart devoted to Him."
[Quran, 26:89]

And one of the famous QURANIC DU'A is:

"Who say, Our Lord, let not our hearts deviate after You have guided us and grant us from Yourself mercy. Indeed, You are the Bestower". [Quran, 3:8]

There are many **psychological diseases** we find in our hearts, like jealousy, envy, greed, lust, and showing off.

These special diseases of the heart are unfortunately not known in the west.

(Ref: www.understandquran.com)

WE LIKE NOW TO MENTION THE PHYSICAL DISEASES AND THE RISK FACTORS WHICH ARE AFFECTING THE HEART TODAY ON WORLD HEART DAY(29 September 2013)

WORLD HEART DAY (29 September 2013)

Heart disease, or coronary heart disease, is the single biggest killer in the UK. It's a heart problem where the arteries that supply blood to the heart become blocked.

There are about **159,000 deaths each year from hear diseases**.

Every seven minutes someone dies of a heart attack in the UK

The cost of premature death, lost productivity, hospital treatment and prescriptions is estimated at **£19 billion**.

There are nearly **2.3 million people** living with coronary heart disease in the UK

Heart diseases kill over 17.3 million people /year

Most heart disease is preventable, and knowing your risk factors is the first step to taking control.

Cholesterol – the key risk factor for heart disease.

High cholesterol can contribute to heart disease by causing the build-up of fatty deposits in your arteries. This narrows the arteries and makes it more difficult for your heart to pump blood around your body.

Cholesterol results from the consumption of saturated fat like: lard in pork, fat from the cow(Ghee) or sheep..

It is more healthy to eat unsaturated fat like Olive oil or vegetable oil

The only way to find out your cholesterol level is to have it checked. If you do have high cholesterol (a total cholesterol of 5mmol/L and above is considered high), simple changes to your diet and lifestyle can help.

RISK FACTORS IN HEART DISEASES:

- **High blood pressure (BP):** Raised blood pressure is easy to detect and can often be managed with a healthy diet and lifestyle.

Too much SALT is very much linked to high BP.

High BP is the main cause for **Stroke** today and can cause brain haemorrhage.

There are over 152,000 strokes in the UK each year which kill over 42 000 people.

There are many people and Muslims have got high blood pressure and they do not know it. We request every one to check his/her BP with the GP.

Diabetes: Diabetes affects your heart health and can worsen the effects of high blood pressure, cholesterol, smoking, and obesity.

Also many people have got Diabetes and do not know it?
Important to do this easy free test(at GP surgery/chemist) to check the blood sugar/glucose

Ethnicity: People of certain ethnicities are at higher risk of heart disease.
South East Asians are more likely to suffer from Diabetes.

- **Obesity Overweight:** Being overweight increases the likelihood of risk factors for heart disease, like high blood pressure, high cholesterol and diabetes.
- **Family history/Genetic:** If your father, mother, brother or sister has heart disease, this is a risk factor.
- **Smoking:** Having even a few cigarettes a day can affect your heart health and could increase your risk of coronary heart disease by as much as 50%.

Unfortunately we do have a very high rate of smoking among the Muslims in Britain (Bangladeshis , Pakistanis , Arabs...)

Our Muslim doctors and Imams should do better job to educate the Muslims about the many diseases and harms resulting from smoking , especially when Muftis/Ulamas announced that : SMOKING IS HARAM.!

- **Alcohol:** Drinking too much can increase the risk of high blood pressure, abnormal heart rhythms and weight gain.

Alhamdulillah almost all Muslims do not drink alcohol as it is HARAM.. but unfortunately we are discovering that some young Muslims are drinking alcohol today?.

- **Stress/ frequent anger/anxiety:** can contribute to heart disease.

Salat/prayer and Meditation do help a lot to reduce stress

(Ref: www.flora.com)

Amazingly almost all these **Risk factors affecting the heart are PROHIBITED and PREVENTED** in the proper Islamic behaviour.

However as a lot of Muslims today are affected by heart diseases, we like to request every Muslim to practice Islam properly in order to avoid most of the risk factors which can give us heart diseases.

It is an Islamic duty on every Muslim to PROTECT THE HEART and every organ in the human body.

On the Day of Judgement, everyone will be asked if he/she neglected the safety and health of the heart and all other organs in the body.

Finally: We like to APPEAL to all Imams in Britain to raise this issue in coming Friday prayers One can read this healthy statement in the sermon on Friday. We like also to APPEAL to all MUSLIM DOCTORS and organisations to organise a **NATIONAL HEALTH EDUCATION PLAN** in the mosques about Heart diseases, Diabetes, Smoking , pregnancy etc... And to organise also **FREE TESTS** for the Muslims in the mosques/centres/schools in the weekend or in the evenings: for high blood pressure (BP), blood sugar in the blood/urine, weight etc...

This is a famous website on the diseases of the heart and how to keep a healthy heart.

British Heart Foundation: www.bhf.org.uk

Dr A Majid Katme (MBBCH, DPM)

Spokesman: Islamic Medical Association/UK

Weekly TV Presenter of a health show

NB: Available for interview/ tel no: 07944 240 622