



Science Behind Sajda

In: Knowledge, Religious

Sajdah is a unique position as this is the only position in which brain (or head) becomes lower than the heart and hence for the first time the blood gushes towards the brain with full force whereas in all other positions (even when lying) brain is above the heart when it has to work against gravity to send blood to the brain.

In the position of Sajdah due to the increased blood supply the brain receive more nourishment and it has good effect upon memory, vision, hearing, concentration, psyche and all other cognitive abilities. People who offer their prayers regularly have more will power and can cope with the difficulties of life in a much better manner. They have less incidence of headaches, psychological problems and other defects of cognitive function. In the unique position of Sajdah the neck muscles get best exercise. They have to bear the load when the forehead lies at the ground hence the neck muscles become stronger. One can note the tense pressure at the neck muscles in the position of Sajdah specially the active motion of the neck and the facial muscles when the head is being lifted. (e.g. one inch above the ground) and it will be noticed that they are in a very active motion.

More strong cervical muscles mean the cervical vertebra will be better protected. Strength of cervical muscles is important as the head rests upon cervical vertebra supported by cervical musculature.

In fact head performs rotator movements over the cervical vertebra. In any accident cervical neck examination is especially important to the physicians because of its extraordinary importance.

It is uncommon that a person who offers his prayers regularly will get the usual neck myalgias or cervical spondylosis as the neck muscles particularly become very strong due to the 34 sajdahs offered daily in five prayers.

Position of Sajdah is also said to be a good treatment for the retroversion of uterus, a disease of women.

Most of us do not know that the position of Sajdah is an excellent exercise for men (for manpower). It may be a good information to the Viagra dependents. While getting up from Sajdah the perineal muscles are one of those muscles which have to pull the trunk back to sitting position and they contract actively. Similarly while standing up from Sajdah the perineal muscles are again actively mobilised and this gives much strength to the muscles important for manpower.

The unique position of Sajdah also has positive effects upon the back muscles as while going into Sajdah and getting up from it the back muscle contract actively and they become stronger. Probably it is because of this reason that a person who is regular in prayers will uncommonly get backache.

After performing Sajdah either the musalli stands up or he sits to pray Attahiyat. In this position

the person sits calmly while his hands rest at his thighs which are folded backwards. This is much similar to the relaxation position of Yoga and has soothing effect upon one's health and mentation.

The Prophet Muhammad (sallAllaahu 'alayhi wa sallam) used to elongate the position of Ruku (bending) and Sajdah positions and he advised to do so. In the light of the above facts it is appropriate to say that from medical point of view as well this advice is a golden rule for health.

Finally it must be reminded that prayer is not meant to be an exercise. However there are a lot of medical advantages associated with it.

Still the best blessing is the peace of mind, which a person derives by the accomplishment of his duty to Allah by fulfilling an obligation.

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{Invite (mankind, O Muhammad) to the Way of your Lord (i.e. Islam) with wisdom (i.e. with the Divine Inspiration and the Qur'an) and fair preaching, and argue with them in a way that is better. Truly, your Lord knows best who has gone astray from His Path, and He is the Best Aware of those who are guided.} (Holy Quran-16:125)

{And who is better in speech than he who [says: "My Lord is Allah (believes in His Oneness)," and then stands straight (acts upon His Order), and] invites (men) to Allah's (Islamic Monotheism), and does righteous deeds, and says: "I am one of the Muslims."}] (Holy Quran-41:33)

The prophet (peace and blessings of Allah be upon him) said: "By Allah, if Allah guides one person by you, it is better for you than the best types of camels." [al-Bukhaaree, Muslim]

The prophet (peace and blessings of Allah be upon him) also said, "Whoever calls to guidance will have a reward similar to the reward of the one who follows him, without the reward of either of them being lessened at all." [Muslim, Ahmad, Aboo Daawood, an-Nasaa'ee, at-Tirmidhee, Ibn Maajah]
