



In the first phase of Islam, it was common practice for Muslims to take a bath daily before the fajr (dawn) prayers



الطهور شطر الإيمان



*Cleanliness is part of faith*

# HYGEINE IN ISLAM

FROM THE QURAN  
AND SUNNAH

## CLEANLINESS IN ISLAM

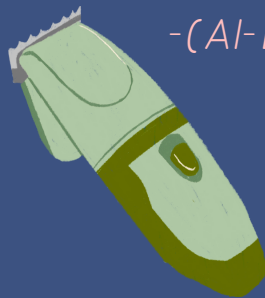
Because cleanliness is seen as a symbol of confidence, Islam has placed a great deal of importance on it. Among Islam's remarkable omissions are cleanliness and purification. Regardless matter whether cleanliness is physical or otherworldly, it is extremely important in Islam. The cleanliness consideration is a criterion that was novel to other religions prior to Islam. Although most people view cleanliness and hygiene in Islam, or decontamination, as an attractive aspect, Islam requires it, making cleanliness an essential aspect of the religion. An essential aspect of Islamic living is hygiene.



*Abu Hurairah (may Allah be pleased with him) reported that the Prophet (peace and blessings be upon him) said:*

**“Five practices are of the fitrah (natural disposition): circumcision, shaving the pubic region, clipping the nails and cutting the moustaches short.”**

*-(Al-Bukhari and Muslim)*



## 3 FUN FACTS!

### Wudhu

Without this pre-prayer wash, Salah will not be counted. It is said that salah is the key to paradise, and the key to Salah is wudhu

### Miswak

Comes from a specific tree in the Arabian peninsula. Used to brush the teeth and contains multiple health benefits like whiter and stronger teeth!

### Clothes

in Islam, clothes have to fit the guideline. These include covering the ‘awrah (private parts) and being pure. It is also important to always dress properly for yiu are in the presence of Allah. The clean Muslim is the true Muslim!

