

Hygiene

Welcome to the first in the Health series presentations delivered by **Lajna Health & Fitness department UK** in association with **Ahmadiyya Muslim Medical Association (AMMA)**. This presentation shall cover the essentials which were covered in the Regional events.

If you have any comments or questions please direct them to either of the below:

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All references can be found
at the end of the presentation

Hygiene

Conditions or practices conducive to **maintaining health** and preventing disease, especially **through cleanliness**.

Oxford dictionary, 2015

ہائجین کا مطلب اپنی زندگی کو حفظان صحت کے اصول کے مطابق گزارنا ہے۔

تاکہ ہم ذہنی، جسمانی اور روحانی طور پر ایک صحت مندانہ زندگی گزار سکیں۔



Hygiene in Islam

The Holy Qur'an



- *“...Allah loves those who turn to Him and loves those who keep themselves clean”*

Holy Qur'an: Chapter 2: verse 223

- *“O ye who believe! when you stand up for Prayer, wash your faces, and your hands up to the elbows, and pass your wet hands over your heads, and wash your feet to the ankles....”*

Holy Qur'an: Chapter 5: verse 7

Hygiene in Islam

Hadith and Sayings

- Holy Prophet (saw) says:

“Cleanliness is half of faith”

Sahih Muslim, Volume 2



- Sayings of the Promised Messiah (as):

“The Holy Quran pays so much attention to the reform of the natural state of man and gives directions with regard to everyone of his actions, his laughing..., outward cleanliness, bathing.... It affirms that man’s physical condition affects his spiritual condition deeply.”

The Philosophy of the Teaching of Islam, page 19

Personal Hygiene in time

- At different points in our life we may need to focus on one aspect of hygiene a bit more than another.
- The following is a brief summary of what was discussed.

Personal Hygiene in time

- **Infant hygiene** requires focus on clean nappy, maintaining oral hygiene and a safe environment.
- **Childhood hygiene** requires focus on hand hygiene and refraining from bad habits.
- **Teenage hygiene** requires focus on hygiene during puberty and mental purity.
- **Adult hygiene** requires focus on physical fitness and food hygiene.
- **Hygiene of motherhood** requires focus on cleanliness of herself and her house and children and being a role model.
- **Married life hygiene** requires focus on cleanliness, a healthy mentality and following Islamic teachings in marital relationship.
- **Old age hygiene** requires focus on physical hygiene and maintaining mental acuity.
- **Food hygiene** and **environmental hygiene** (including maintaining a safe and productive atmosphere) need constant attention.

Impacts of Poor Hygiene

Poor hygiene causes:

- x Bad odours
 - x Bad breath
 - x Body odour
- x Time off or ineffective education
 - x Difficulty concentrating due to Stomach aches
 - x Days off due to sickness
- x Infections
 - x Frequent infections
 - x Contract diseases eg flu, cold, E coli, Salmonella
 - x Skin diseases such as ring worm, scabies.
- x Foot infections: fungal/bacterial
- x Nail infections
- x Eye infections
- x Genital infections
- x Teeth
 - x Tooth decay
 - x Bleeding gums
- x Hair
 - x Head lice, hair loss and dandruff
- x Ear wax
 - x Risk of ear infection

Rules of Personal Hygiene

Hand washing

- Watch this: <http://www.wash-hands.com/>
- *Next*: how to wash your hands properly and effectively



(a) Wet hands under running water



(b) Apply soap and rub palms together to ensure complete coverage



(c) Spread the lather over the backs of the hands



(d) Make sure the soap gets in between the fingers

How to wash your hands

How to wash your hands cont.



(e) Grip the fingers on each hand



(f) Pay particular attention to the thumbs



(g) Press fingertips into the palm of each hand



(h) Dry thoroughly with a clean towel

Rules of Personal Hygiene

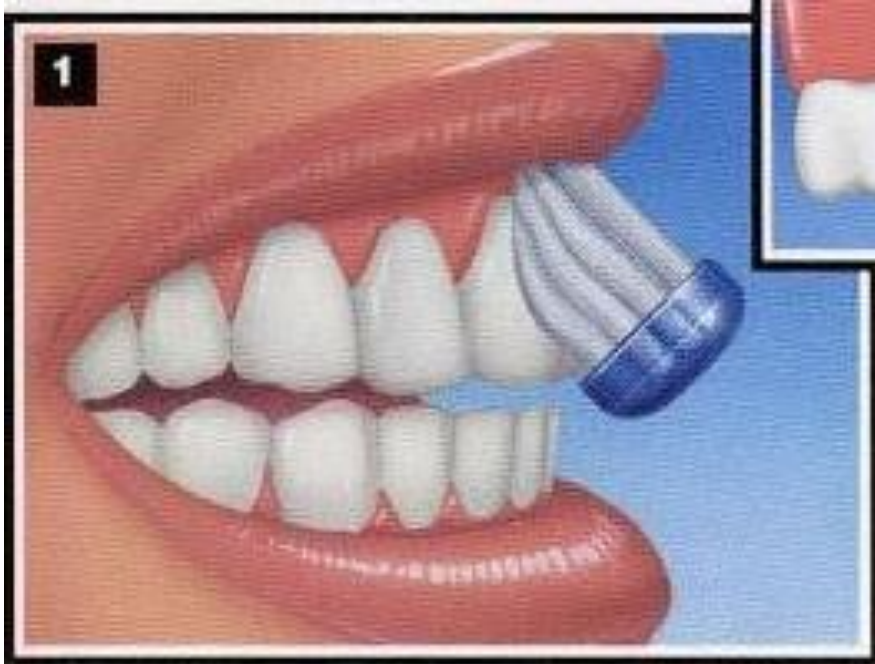
Cleaning teeth

- Watch this:
<http://www.colgate.com/app/CP/US/EN/OC/Information/Video-Library/How-to-Brush.cvsp>
- *Next*: how to brush your teeth correctly

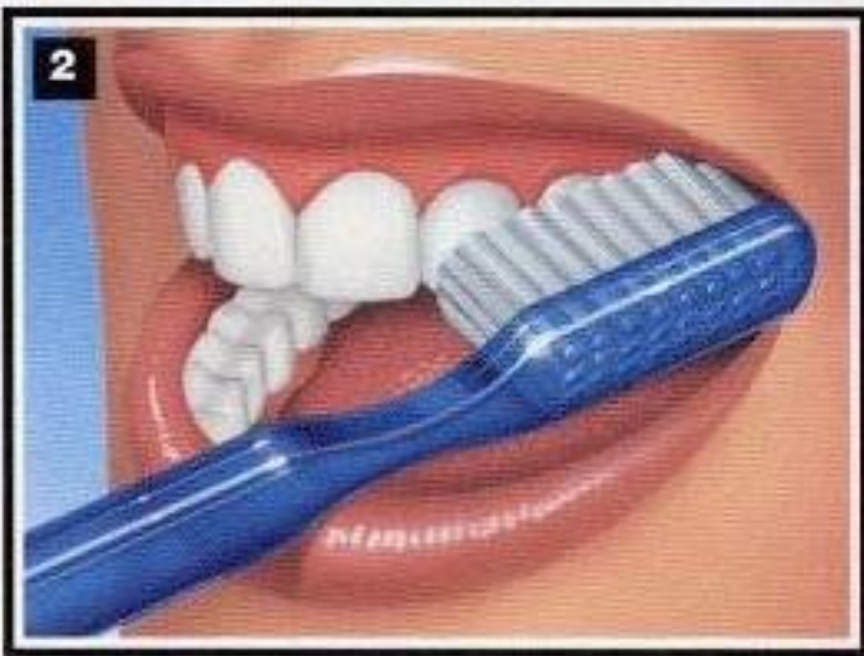
Hadith: **“Were it not for the fact that I did not want to make things too hard for my ummah, I would have commanded them to use the muswaak at every time of prayer.”**

Bukhari

Brushing your teeth properly



Place bristles along the gumline at a 45° angle. Bristles should contact both the tooth surface and the gumline.

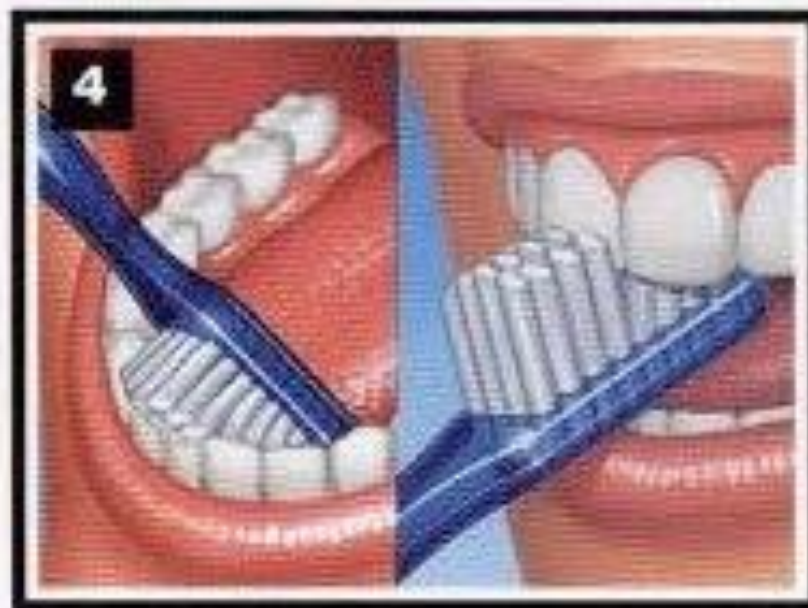


Gently brush the outer tooth surfaces of 2-3 teeth using a vibrating back, forth & rolling motion. Move brush to the next group of 2-3 teeth and repeat.

Brushing your teeth properly cont.



Maintain a 45° angle with bristles contacting the tooth surface and gumline. Gently brush using back, forth & rolling motion along all of the inner tooth surfaces.



Tilt brush vertically behind the front teeth. Make several up & down strokes using the front half of the brush.

Brushing your teeth properly cont.



Place the brush against the biting surface of the teeth & use a gentle back & forth scrubbing motion. Brush the tongue from back to front to remove odor-producing bacteria.

Rules of Personal Hygiene

Nail health: cutting your nails

- Watch this: <http://www.howcast.com/videos/217198-How-to-Clip-Your-Own-Nails>
- *Next:* how to cut your nails properly

Cutting your nails

YOU WILL NEED

Fingernail clipper

Toenail clipper

Rubbing alcohol

Nail file

Trash can

Optional:

Tissues or paper towels

Hand cream



1. Choose the correct nail cutter

The blades on fingernail cutter are slightly curved (seen on the left in the above image), while toenail cutter are bigger and feature straight blades.

Cutting your nails cont.



2. Clean the cutter

Before you begin, clean the cutter by rinsing them in rubbing alcohol or other disinfectant, even if you're the only one who uses them.

Cutting your nails cont.

3. Decide a length

Look at all your fingernails carefully and decide how short you want to cut them.

Tip-Keep your nails short enough so that you can see just a little bit of the white part at the top.



4. Position and cut

Position the cutter at one side of the fingernail you're going to cut first, so that the curve of the cutter is in line with the curve of the nail. Squeeze the nail cutter until it cuts through the nail.

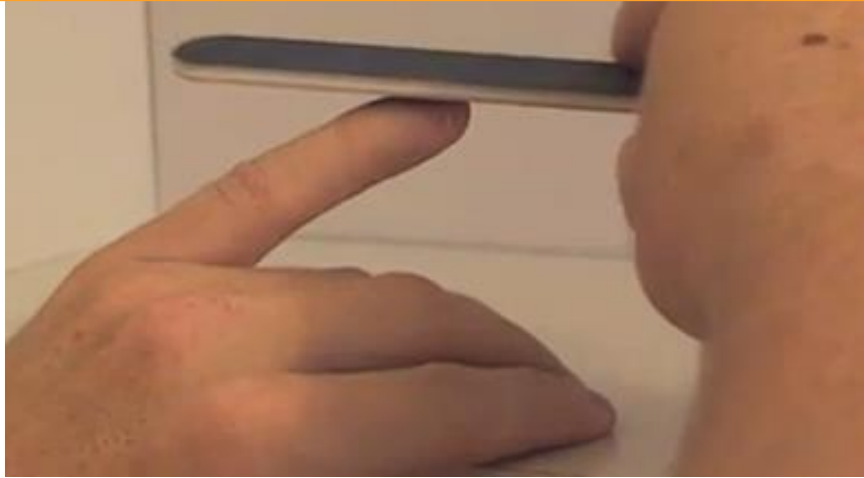
If you nick your skin, press on the spot firmly with a tissue or paper towel to stop any bleeding.

5. Follow the curve

It should take two or three separate cuts per nail to trim the whole thing. Carefully follow the curve of the nail with each snip.

A good time to trim your nails is after a bath or shower, when they're a little soft.

6. File the edges Gently use a nail file or emery board to smooth any sharp or uneven edges. File straight across and in one direction, not back and forth.



Cutting your nails cont.

8. Use lotion on cuticles

Rub a little hand cream onto each cuticle, which is the skin between your nail and your finger. It's there to protect your nails from infection; when it gets dried out, it can let germs in.

7. Toenails

To trim your toenails, sit on a chair or the floor and bend your knee so that you can reach your foot. Using toenail cutters, trim each nail straight across, which prevents ingrown toenails—when the nail grows into the skin of the toe.

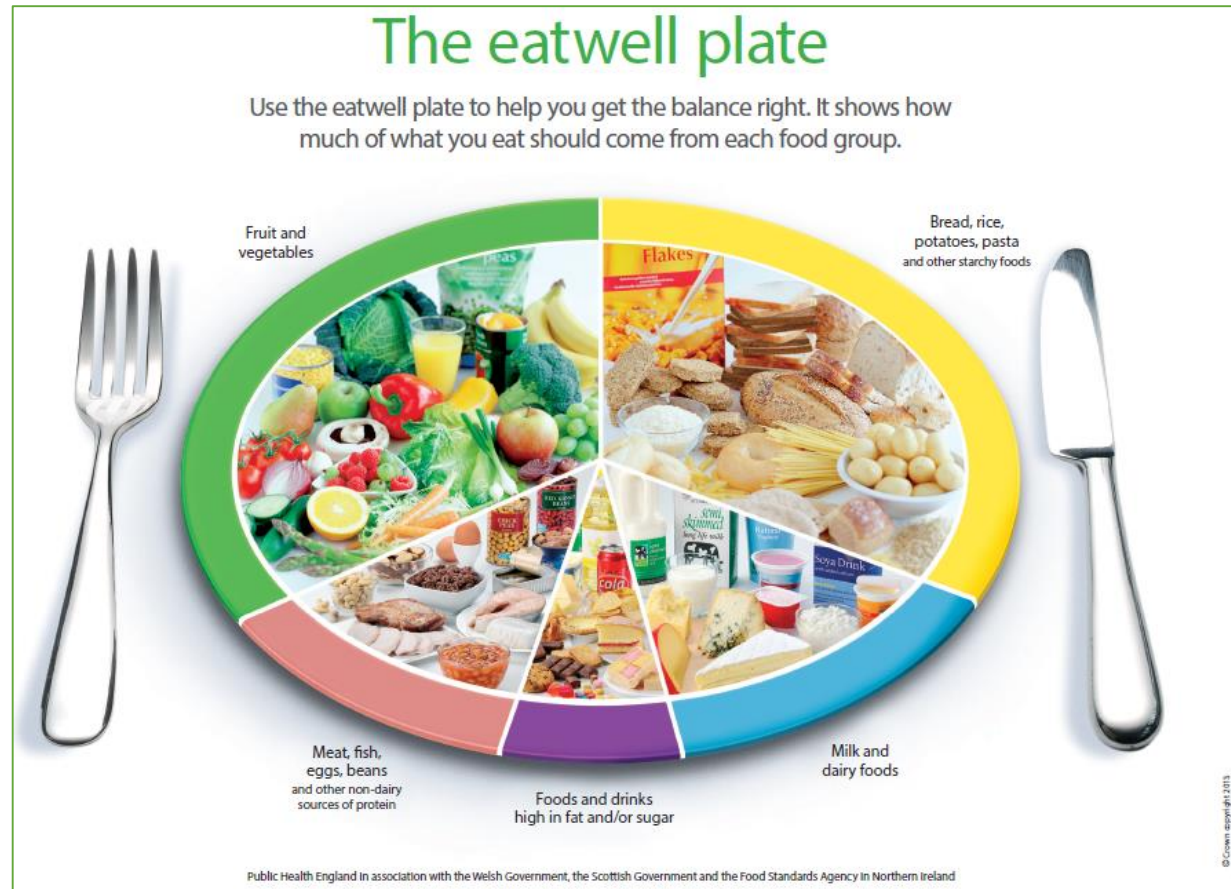


Rules of Personal Hygiene

- Foot health: cleanliness
- Spitting:
 - If you need to spit, do it in the bin or into a tissue and throw the tissue in the bin NOT in your pocket/purse.
- Bathing and removing body hair in places where there is a chance of unhygienic conditions developing.

Rules of Personal Hygiene cont

- Food hygiene
 - Keep food and drinks covered
 - Drink water in three breaths. Do not breathe into your food/ drink.
 - Avoid uncooked food
- Lunch box hygiene
 - Ensure you pack a balanced and healthy meal, as shown in this diagram



Menarche and Puberty

Puberty is a sign that you are growing up and becoming a woman. Along with starting your period, your body is changing. You've begun to develop breasts, pubic hair, and underarm hair.

- First menstrual cycle (first menstrual bleeding).
 - From both social and medical perspectives, it is often considered the central event of female puberty, as it signals the possibility of fertility.
- Usually these days last for 5-7 days.
- When periods initially begin there maybe some irregularity in the cycle, mother and daughter should not worry as this usually becomes regular.
 - They should not use unnecessary treatment including herbal and homeopathic remedies.
 - If this persists, then contact your GP.

Menarche

Types of Hygienic pads

- Girls should use Hygienic pads (available in market) with well fitting and supportive underwear, they should not be using ribbons or ties. Don't use nylon or old clothing, these can lead to complications in later life.

Commercial sanitary pads

- Difference of different types of sanitary pad / tampons should be told to the girls.
- Mother should be supportive and buy these together with their daughters.
- Pad should be changed often, do not wait till it smell! Girls should wash their hands thoroughly every time they change.

Washing and bathing

- There is no restriction of bathing but unnecessary bathing should be avoided.
- Girls should keep necessary padding in their bag prior to periods, to avoid any kind of stress or spoiling of clothes and embarrassment.

Conclusion

JazakAllah for watching

In accordance to the wishes of our beloved Hudhur (aba) we are trying to promote health through these presentations, combining medicine and our Islamic teachings.

Useful Links

- <http://www.wash-hands.com/>
- NHS Interactive tools
- NHS Choices website
 - Search: teeth cleaning guide, care of kids teeth
- Kids health website

References (as of 14th February 2015)

- Hand washing images: <http://cdiffoundation.org/2013/06/>
- Brushing teeth images: [Idrennendrind.com](http://idrennendrind.com)
- Cutting nails images and text: <http://www.howcast.com/videos/217198-How-to-Clip-Your-Own-Nails>
- The following images were used:
 1. Quran in Arabic: <http://corpus.quran.com/>
 2. Mohammed in Arabic: <http://imgarcade.com/1/muhammad-in-arabic/>
 3. Eat well plate: <http://www.food.gov.uk/northern-ireland/nutritionni/eatwellplate>

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The resources used here are for informative purposes only.



Tools

Interactive tools, smartphone apps and podcasts

Home hygiene self-assessment

Brush your teeth with fluoride toothpaste twice a day for about two minutes to help keep your teeth and mouth healthy.

Plaque is a film of bacteria that coats your teeth if you don't brush them properly. It contributes to [gum disease](#) and [tooth decay](#). Tooth brushing stops plaque building up. Try to make sure you brush every surface of all your teeth.

When should I brush my teeth?

Brush your teeth for about two minutes last thing at night before you go to

A screenshot of the KidsHealth website. The page title is 'Why Do I Need to Wash My Hands?'. The site logo 'KidsHealth from Nemours' is at the top left. Navigation tabs for 'For Parents', 'For Kids', and 'For Teens' are at the top right. A search bar is on the left. A sidebar menu on the left lists various topics like 'Kids Home', 'How the Body Works', 'Puberty & Growing Up', 'Staying Healthy', 'Recipes & Cooking', 'Staying Safe', and 'Health Problems'. The main content area features a large illustration of hands being washed with soap and water. At the bottom of the article, there is a 'Listen' button and a small audio player interface.

arrangement of long and short round-ended bristles is fine. Medium or soft bristles are best for most people.