

# *THE WORTHY*

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***ISLAM & MEDICINE***

# Ideas

**, We will talk about medicine in islam**

- ❑ Drinking water while sitting**
- ❑ Sleeping on the right side position**
- ❑ Dogs' saliva**
- ❑ Problems with pork**

# *INTRODUCTION*

- وما ينطق عن الهوى “ ”
- Purpose of tibb - el-nabawi and quran is to emphasize that they are complete code of medicine both for health and physical fitness

## *DRINKING WATER WHILE SITTING POSITION*

□ عن ابى هريرة \_ رضى الله عنه \_ قال رسول الله \_ صلى الله عليه وسلم  
\_ ” لا يشربن احد منكم قائما، فمن نسى فليستقئ ”

- It is permissible to drink both sitting and standing, although drinking while sitting is better, and it is what the Prophet (blessings and peace of Allah be upon him) did most often.



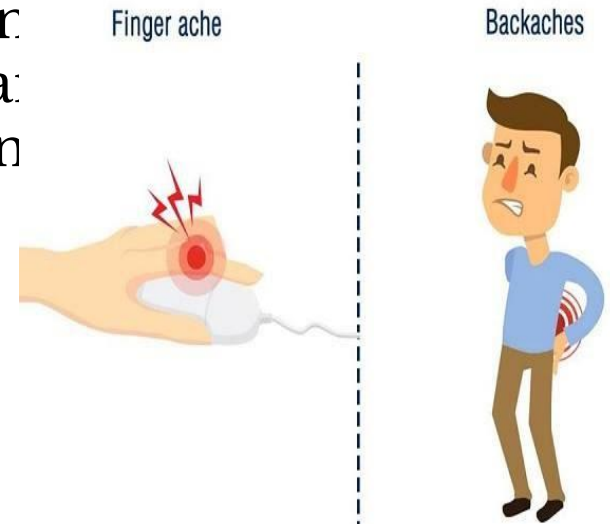
## *DRINKING WATER WHILE SITTING POSITION*

- Drinking while standing has numerous negative effects, one of which is that it does not fully quench the thirst and does not settle in the stomach so that the liver can distribute the nutrients to other parts of the body.
- Rather it comes to the stomach with speed and force, and there is the fear that it will cause a chill or disturbance, and may pass quickly to the lower parts of the body without moving gradually.

## *DRINKING WATER WHILE SITTING POSITION*

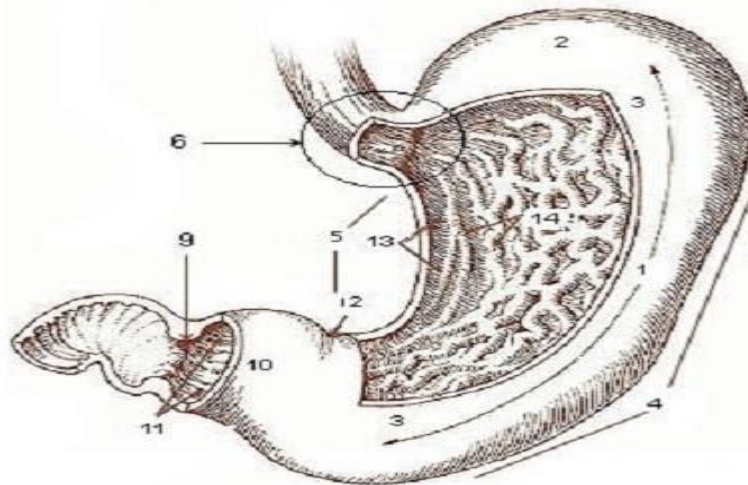
### ❖ *Disadvantages of drinking water while standing :*

- ❑ **Standing and drinking water can cause arthritis**
- This may come as a greater shock to you if you have been in a practice of drinking water in standing position, for you may well be affected by arthritis later in life. By drinking water standing, a balance of fluids in a the body, a greater accumulation of fluids in triggering arthritis.



## *DRINKING WATER WHILE SITTING POSITION*

- ❑ **Water splashes on the stomach wall when had standing:**
- Health experts have it that by having water fast and in a standing position, you let it flow to your gut while splashing on the stomach wall. This shock from the splashing of water can cause long term damage to the digestive system as it harms the stomach wall and the gastrointestinal tract.





## ***DRINKING WATER WHILE SITTING POSITION***

### **□ You remain thirsty when you drink water standing**

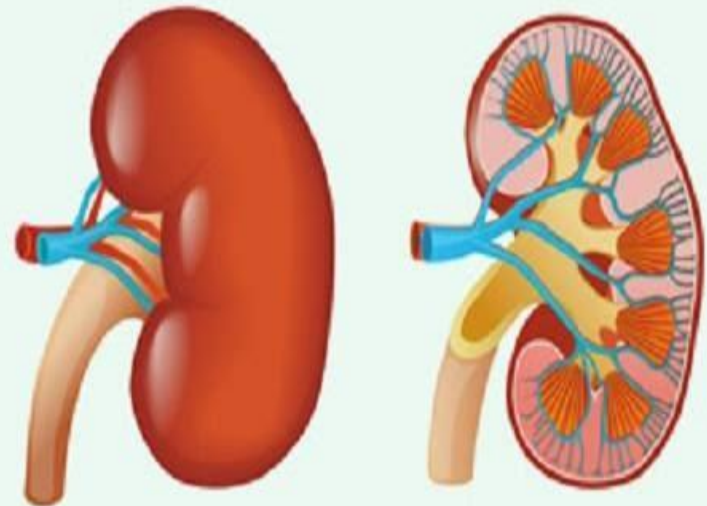
- Your thirst is never fully quenched when you drink water in a standing position. You feel like drinking more water very frequently. It is better to sit in a place and have smaller sips to truly quench your thirst.

### **□ You always suffer indigestion when you drink water standing**

- When you drink water sitting down your muscles and nervous system are much more relaxed and it triggers the nerves to quickly digest the fluid and with it other food items.

## *DRINKING WATER WHILE SITTING POSITION*

- ❑ Your kidney doesn't filter water properly when had in standing position:
- Drinking water in a standing position doesn't help the filtration process of water by the kidneys. Often impurities remain in the kidneys and bladder which can lead to urinary tract disorder and even permanent damage to the kidneys.



## *DRINKING WATER WHILE SITTING POSITION*

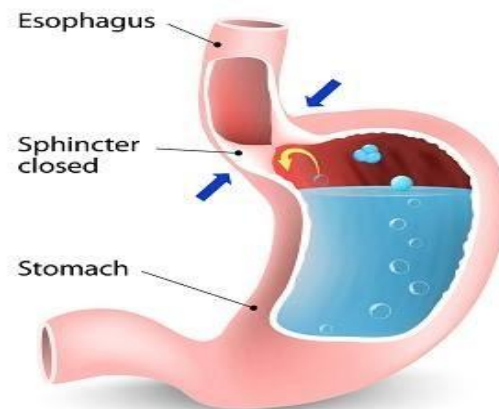
- ❑ Drinking water in standing position doesn't dilute the acid levels in the body
- Even Ayurveda mentions it that water must be consumed in slow, small swigs while sitting down. This helps to properly dilute the acid levels in the body by getting combined with the necessary proportion of water
- ❑ **Your nerves are tense when you drink water standing :**
- When you drink water standing, a 'fight and flight system' is activated which causes nerve tension in the body. But when you sit down and sip water, a parasympathetic system also referred to as the 'rest and digest system' comes into fray, this one helps to calm your senses and ease the process of digestion

## *DRINKING WATER WHILE SITTING POSITION*

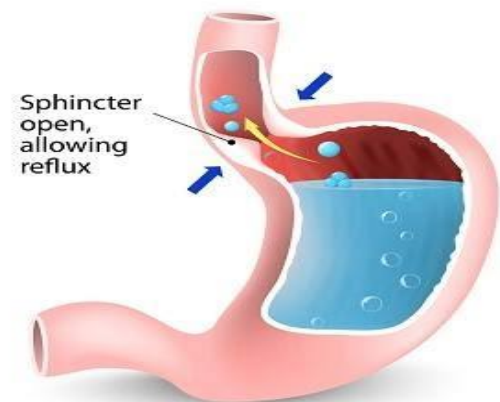
❑ Drinking water by standing causes ulcers and heartburn :

- When you drink water in a standing position it ends up splashing the lower half of the esophagus very hard. This in return can disturb the sphincter, which is the joint between the stomach and esophagus, and as a result the esophagus experiences burning sensation because of the acids in the stomach flowing backward

### **Gastroesophageal reflux disease**



**Healthy**



**GERD**

## *DRINKING WATER WHILE SITTING POSITION*

### ❖ *Benefits of drinking water while sitting position :*

- ❑ Drinking water while sitting and slowly, prevent digestive system from getting harmed .
- ❑ Help in maintaining the balance of fluids in the body .
- ❑ Keep your nervous system and muscles relaxed .
- ❑ Always try to drink water while sitting because it can make your kidney perform well for a long run .

## ***SLEEPING ON THE RIGHT SIDE***

- According to a saheeh hadeeth narrated from al-Baraa' ibn 'Aazib, the Prophet (peace and blessings of Allaah be upon him) said: “When you go to bed, do wudoo' as if for prayer, then lie down on your right side...”
- So if you sleep on your right side you gain benefit from it. This is also good



## ***SLEEPING ON THE RIGHT SIDE***

- ❑ Sleeping on just the left side can be bad for your heart or it can make sleep better by giving your body a better ability to function.
- ❑ Sleeping on your left side may be bad for your heart. This is especially true for those who are suffering from chronic heart failure or have had a heart attack. Sleeping on your left side will decrease the sympathetic nervous activity



النوم على الجانب الأيسر - مضاره

القلب حينئذ سيفقد تحت ضغط الرئة اليمنى ، و التي هي أكبر من اليسرى مما سيؤثر في وظيفته و يقلل من نشاطه و خاصة عند المسنين  
تضغط المعدة الممتلئة عليه فتزيد الضغط على القلب و الكبد

normally controls  
rate.

## ***SLEEPING ON THE RIGHT SIDE***

- ❑ When lying on your right side, you may lower your blood pressure and heart rate, which is good for individuals suffering from heart conditions.
- ❑ . Sleeping on your left side will decrease the sympathetic nervous activity in your body. This activity normally controls blood pressure and the heart rate.
- ❑ Doctors recommend that patients with a heart condition, especially chronic heart failure, should be sleeping on their right side if possible for the patient .





## ***SLEEPING ON THE RIGHT SIDE***

### ❑ **Pregnancy Benefits :**

- Avoid the left: Whenever possible, avoid sleeping on the left side of your body.
- You place a lot of strain on the heart, as well as your lungs, stomach and liver.
- Some of these organs can press into the heart's region, making it even more difficult to work properly.



## DOGS ' SALIVA

□ عن ابى هريرة \_ رضى الله عنه \_ قال : قال رسول الله \_ صلى الله عليه وسلم \_ "من اتخذ كلباً الا كلب ماشية أو صيد إلا انتقص من أجره كل يوم قيراط"

- Traditionally, dogs have been seen as impure, and the Islamic legal tradition has developed several injunctions that warn Muslims against most contact with dogs.
- Unfortunately, many Muslims have used this view to justify the abuse and neglect of dogs, even though cruelty contradicts the Qur'an's view that all animals form "communities like you." We are pleased to present several articles examining the place of dogs in Islam.

## *DOGS ' SALIVA*

- **Why are dogs as pets considered haram ?**
  - Islam gives permission to keep dogs for certain purposes, such as hunting, guarding livestock and protecting crops .
  - The only thing that it is considered haram in Islam is to grow up the dog inside the house because of **its saliva**. The saliva of dogs often contains microscopic worms, science has shown. Dogs are not to be kept inside the house at all times. They should be kept outside.



# WHY YOU SHOULD **AVOID PORK**



# ***PROBLEMS WITH PORK***

- ❑ Pork is the most widely eaten meat in the world, making up about 38 % of meat production worldwide.
- ❑ It's especially popular in East and Southeast Asia, Europe, Sub-Saharan Africa, North America, South America, and Oceania.
- ❑ The Old Testament God warned us that the pig was an unclean animal. Why? Because the pig is a scavenger and not meant for human consumption.
- ❑ pigs are rather dirty animals.
- ❑ They're considered the garbage and waste eliminators of the farm, often eating literally anything they can find.
- ❑ This includes not only bugs, insects and whatever leftover scraps they find laying around, but also their own feces, as well as the dead carcasses of sick animals, including their own young.

# *Why You Should Avoid Pork ?*

## *□ The Pig's Problematic Digestive System:*

- A pig digests whatever it eats rather quickly, in up to about four hours.
- During the digestive process, animals (including humans) get rid of excess toxins as well as other components of the food eaten that could be dangerous to health.
- Since the pig's digestive system operates rather basically, many of these toxins remain in its system to be stored in its more than adequate fatty tissues ready for our consumption

# ? *Why You Should Avoid Pork*

## □ *Increased Cancer Risk from Bacon and Other Processed Pork :*

- According to the World Health Organization, processed meat like ham, bacon and sausage causes cancer .
- The International Agency for Research on Cancer actually classifies processed meat as a carcinogen, something that causes cancer.
- Researchers found that consuming 50 grams of processed meat each day raises your risk of colorectal cancer by a very significant 18 % .

# ? *Why You Should Avoid Pork*

## □ *Swine Flu in Humans :*

- The swine flu is another virus that has made the leap from pig to human.
- Influenza or flu viruses can be directly transmitted from pigs to humans, from humans to pigs and from humans to humans .
- Human infection with flu viruses from pigs are most likely when humans are physically close to infected pigs.
- According to the Centers for Disease Control and Prevention, H1N1 and H3N2 are swine flu viruses that are “endemic among pig populations in the United States and something that the industry deals with routinely.” Outbreaks can occur year-round. H1N1 has been observed in pig populations since at least 1930, while H3N2 began in the United States around 1998.



# ? Why You Should Avoid Pork

## □ *Trichinosis Dangers :*

- Pigs carry a variety of parasites in their bodies and meat.
- These parasites are difficult to kill even when cooking.
- One of the biggest concerns with eating pork meat is trichinosis or trichinellosis.

## □ *Pigs Harbor Common Viruses and Parasites :*

- Pigs carry many viruses and parasites with them.
- Pigs are primary carriers of :
  1. *Taenia solium* tapeworm
  2. Hepatitis E virus (HEV) — In developed countries, sporadic cases of HEV genotype 3 have occurred in humans after eating uncooked or undercooked pork.
  3. Porcine reproductive and respiratory syndrome, aka blue-ear pig disease

Thanks!