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## Healthy Lifestyle of Prophet Muhammad S.A.W.

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### Abstract

This study aims to analyze and identify a healthy lifestyle of Prophet Muhammad S.A.W. that should be practiced in our daily life. This method of Healthy Lifestyle of Prophet Muhammad S.A.W. is one of approaches that is identifying, collecting and analyzing the lifestyle that related with primary sources. To avoid getting any harmful illness, lifestyle habits should be changed in the right way. The question that relate with situation are; how healthy lifestyle is it that we need? Firstly, the purpose of this journal is to identify the healthy lifestyle practiced by the Prophet Muhammad S.A.W. in his life. Second, to analyze data that can be used. This qualitative study uses library method and data obtained by using content analysis like journal. The results of the study that will be obtained at the end of the discussion is that we get new knowledge about the healthy lifestyle practices of Prophet S.A.W. and to practice with it in our daily life.

**Keywords:** Healthy Lifestyle According Prophet Muhammad S.A.W, Primary Sources

### Introduction

Many people dream of having an ideal weight but not many of them that concerned about health. Health is the greatest gift of God to His servant, as well as the most precious gift of God, even its value. Health and safety are ultimately more than anything else. If a person has a strong faith will surely strive to preserve this great God's favor by preserving anything that can disturb his health. Narrated by Al-Bukhari in Sahih from Ibn Abbas r.a that the Prophet Muhammad S.A.W. had said "Two forms of enjoyment which often neglected most of mankind namely health and spaciousness (time)". There are also some of the As-Salaf states that, that is what is meant from Allah swt. Which means, "Then you will be asked that day about pleasure." The pleasure that is mentioned is to mean the goodness of health. There are also many traditions that teach us to continue to ask for the health of the body healthy.

To get healthy health, a healthy lifestyle should be in the right way. Islam also emphasizes the healthy lifestyle in everyday life. By adopting a healthy lifestyle, our daily lives will be more

productive and prevent any illness. There are also those who use the wrong initiative solely for the health of the body at a rapid rate.

Some of the most stressful aspects of a healthy lifestyle are closely related to health care and nutritional intake. Health and nutrition are closely related to each other because good and halal food can guarantee good health. When a person practices a balanced diet directly has health care because it is a nutrition that determines the level of one's health and avoids harmful illness.

This healthy lifestyle is difficult because there are many factors that affect it. Lack of knowledge in a healthy lifestyle is also the factor that causes a person not to maintain health. Time constraints are too busy with everyday affairs so some do not eat directly and it's easy to get gastric disease. Non-religious food intake, and ignoring aspects of hygiene and healthy are also often faced by individuals.

### **Research Methodology**

To make a study, research methodology must be applied. The importance of research methodology is to produce a study in a proper way. From the application of research methodology, right findings can be found (Mokhtar, 2017).

To achieve the objective of this study, qualitative method was used. Document method was used for data collection. From the obtained data, the data was analyzed. Data was analyzed by using the content analysis method. The conclusion was made from the analyzing data (Mokhtar, 2017).

### **Findings and Research Discussion**

For the purpose of discussing of the "Healthy lifestyle according Prophet Muhammad S.A.W." can divided into two categories which is definition of health and practices that apply by Prophet Muhammad S.A.W.

#### **Definition of Health**

The World Health Organization (WHO) defines health as a level or condition in which an individual is physically, mentally and socially healthy and not just when he is spared from a disease. According to the Chamber Dictionary, health is in relation to healthy, freshness, goodness of body condition and others. This means that good health will be able to get good care.

#### **Definition of Health in Islam**

Health can also be interpreted in Islam is a situation where an individual is safe and prosperous living a spiritual life (al-Din), physical (al-Nafs), mental (al-Aql), descent (al-Nasl), dignity (al-Irdh) and a valid character under Shariah. In general, with good health it is able to bring stability and smoothness to the individual to live a daily life and to interact with the Creator and the people around it. In the Smart Healing book, Islam embraces holistic health including physical, mental, spiritual, and social health. Most of us are just trying to get sick if we get physical illness. However, there are also people suffering from mental illness. Instead, spiritual illness is also not so great that the patient themselves can't know that they are attacked by spiritual illness.

### **Trust that Everything from Allah**

The Messenger of Allah (S.A.W.) was very strong in his submission to Allah for his life. Everything that happens in mini-style is a provision from Allah s.w.t. Every individual can not escape this fact. Everything that happens is God's design and this design is the best for us. Man's duty is simply to take care of the given fate and to give full hope to Allah s.w.t This is the life of the Prophet S.A.W. and also what He teaches to His people.

From Abu Sufyan r.a , Prophet Muhammad S.A.W. had state which meaning; “Enter the entire of Islam you will be safe”. The survival of this hadith embraces the world and the hereafter. The submission in the above hadith must be complete by accepting all the provisions of Qada 'and Qadar from Allah s.w.t (Al-Sayuti, 1987: 184). This submission will bring meaning to peace and calm in the face of misfortune and be grateful for acceptance as all is essentially from Allah s.w.t. The complete surrender and submission to Allah s.w.t after doing a complete effort is among the very special S.A.W. Prophet's practice.

### **Personal Management Practice**

According to the study, most of the practice of the Prophet Muhammad S.A.W. teaches us to keep clean. The practice taught can prevent the disease from being attacked by an individual. Maintaining cleanliness also symbolizes the religious values and personality of a person. The sole purity of the body and the one that is the basis of the practice of the Prophet Muhammad S.A.W. There are ten things that are the main focus of His S.A.W. in maintaining the personal health that is included in the sunan fitrah. It is the practice of the Prophets aforesaid and has become a syariah agreement on the matter. His claim is based on the natural human nature (Ibn-Hajr, 1379H: 10: 339).

These types of Sunan Fitrah are based on the hadith of Prophet Muhammad S.A.W.; Which means: "From Aisyah r.a. said the Prophet Muhammad S.A.W. had said: "The ten things of nature are to cut the mustache, to keep the beard, to brush, to put water into the nose, to cut the nails, to wash between the fingers and toes, to pull the armpits "(Muslim)

The above hadith is explained and contained in one of Professor Dr. Syahathah from the Faculty of Medicine, the University of Alexandria confirms breathing water through life while being able to clean the nose from the germs while removing water from the nose can remove the germs to reduce the risk of infection.

### **Food and Beverage Selection Practices**

Many people practice unbalanced diet. They eat a variety of foods to the shortage of nutrients needed. Prophet Muhammad S.A.W. often reminds us to control appetite and drink. From the passages of al-Quran in Surah Al-A'raf: 31 it clearly shows that God teaches His servants to eat and drink something that can strengthen the body and always energize. However, it really depends on the body of the individual itself in terms of quality as well as the quantity of food and drink needed. If a person takes excessive food it can cause undiluted health and can directly lead to illness.

The quote of the al-Quran is reinforced by the Messenger of Allah (may peace be upon him) said, "It is not good to eat whatever you want." The Prophet Muhammad S.A.W. controls his diet perfectly until the end of his life. The weight of the Prophet Muhammad S.A.W. is also always ideal. Studies show that death risk increases by 18 percent for overweight by 20 percent. When weight is 30 percent higher than ideal weight, risk of death increases by 45 percent and so on. Thus, the greater the difference between ideal weight and weight, the higher the risk of sudden death. This nutritional valuation is based on what God s.w.t stated in the Qur'an and al-Sunnah. Among these foods are milk, honey, dates and Black Seed.

### **Milk**

There are verses of the Quran and al-Hadith that recommend choosing milk as a daily essential beverage. Allah s.w.t said: Which means: "Indeed, on the cattle, you have learned lessons. We give you drink from what comes out of its belly, which is born from the food of the blood; the pure milk, which is easy to drink, it tastes good for those who drank it." (Surah al-Naḥl, 16: 66) Through the verse above Allah s.w.t mentions the milk that is clean and suitable for drinking. This signifies the advantages of milk as a health drink.

The Messenger of Allah (may Allah be pleased with him) also narrated this with his saying as Ibn Abbas ra: That is: "Only milk can replace food and drink" (Abu Dawud, Kitab al-Ashribah, Bab ma yaqul idha shariba al-Laban, no Hadith: 3730: 411). Hadith Ḥasan (alAlbani, Ṣaḥīḥ wa Dac if Sunan Abi Dawud: 8: 230). Goat milk is the best milk after mother's milk because it is alkaline while other milk is asidik. In addition, goat's milk also has a very fine protein and protein molecule, which is easy to grind as it has selenium minerals and bioorganic sodium (Hypo-allergenic and therapeutic significance of goat milk. YM Park.1994). The above above explains how much milk daily nutrition is why newborn babies are given the first drink to drink milk. Generally milk is a drink that is always taken by him when he gets it regardless of certain time.

### **Honey**

Honey is an important diet for preventing illness and maintaining self-health. Honey is one of the foods favored by the Prophet Muhammad S.A.W. Aisyah r.a narrated; It means: "Prophet Muhammad S.A.W. likes sweets and honey bee" (alBukhari, Kitab al-Ṭalaq, Bab al-Halwa' wa al 'Asal, No. Hadith: 5115: 1342). Become the practice of the Prophet Muhammad S.A.W. drinking honey mixed with water. Sometimes the Prophet Muhammad S.A.W. treats someone with honey and asks his people to take care of the honey. Ibn al-Qayyim states the treatment of physical illness with honey while a mental illness with the Quran (Ibn-Qayyim, 1990; Idris & Noh, 2018).

### **Dates**

Dates one of the important foods in the meal of His son S.A.W. is dates. Given his special properties encouraged him to make dates as a main dish of breaking and sowing during fasting. Salman bin Amir narrated that the Prophet (S.A.W.) said: "Take a breakfast with dates because it is a blessing from Allah" (Kitab al-Zakah). It is clear that dates are essential food items in the life of the Prophet S.A.W. which help to improve his health S.A.W..



### **Habbah al-Sawda'**

"Habbah al-sawda' cure for most diseases except al-sam, asked what is al-sam, the answer is death." (al-Bukhari) . It is understood from these two hadiths ḥabbah al-sawda' good to treat most diseases. This is also contained in the nutrition of Rasulullah S.A.W.

### **Eating and Drinking Practices**

The eating and drinking practices practiced by the Prophet S.A.W. seem to be the guardian of self-improvement. It includes meal times, meals with whom, rates, current and after meals. Washing the Second Hand Before Eating Become the practice of the Prophet S.A.W. when he began to take some food, the Prophet S.A.W. washed his hands first as his narration from Aisha said: "The Prophet S.A.W. when he was about to sleep, while he was dying, he would abstain and when it comes to eating washed both hands "(Abu Dawud, Kitab al-Aṭ c house, Bab man qala: la yanam al-Junub ḥatta yatawaḍḍa 'wuḍu'ahu li al-Ṣalah, no Hadith: 584: 415). This Hadith is Sahih (al-Albani, Ṣaḥīḥ wa Dac if Sunan al-Nisa'i: 1: 400). The above hadith shows the practice and the rules before eating the Holy Prophet S.A.W. which is very special because humans at that time did not understand the true meaning of health.

### **Didn't Lean**

Among the practices that the Prophet did not like during his meal was lean his back and forth. What is meant by leaning is to escort half of the body to the left or right while clinging to something and if it is pulled out something is a person going to fall. On this subject the Prophet had once narrated that narrated from Abu Jahifah ra: Meaning: "Surely I do not eat in the more quantity" (alBukhari, Kitab al-Ṭibb, Bab al-Akl muttaki'an, no Hadith: 503: 1375). According to Ibn al-Qayyim the word al-ittika in the hadith gives three meanings ie sitting cross-legged, escorting half of the body to the left or right while clinging to something and full-fledged (Ibn al-Qayyim al-Jawzi, 1996, 3: 102). The Prophet S.A.W. does not like to sit in this way because it is the practice of arrogant and superstitious (al-Bayjuri, 2002: 194).

One of the Prophet's teachings is to drink a sip of a sip of water gradually. Through this practice, water absorption is even better. The liver is also healthier, quicker to quench and more refreshing.

### **Suitable Rest Practices**

Rest is very important in building self-health. Sleep is the ultimate break for rebuilding self-vitality. In this regard two very special Prophet S.A.W. practices are:

#### **Taking a Brief Rest (At Midday)**

Taking a brief rest (at midday) or qaylulah is sleep when between sunrise and sunset either before or after a little (Wizarah al-Awqaf Wa al-Shu'un al-Islamiyyah, 1983: 35: 21). Anas r.a. states that Rasulullah S.A.W. said: "Do Qaylulah because the devil does not rest" (Narrated by Al-Tabarani (28) in Al-Mu'jam Al-Awsat). It was narrated from Ibn 'Abbas that the Prophet (ﷺ) said: "Seek help by eating Suhur for fasting that day, and by taking a brief rest (at midday) for praying at

night.” (Narrated by Ibn Majah, 1693; Masengeli, Kiragu, Kamau, 2018). Through the above two hadiths, the Prophet S.A.W. practiced sleep during the day and urged the ummah to practice it with certain goodness, especially in terms of health.

The qaylulah sleep duration can be divided into three stages:

- a. Length of up to 30 minutes
- b. Moderate between 5 to 30 minutes
- c. Short of less than 5 minutes

But the best period is around 15 to 20 minutes. The most important time is after the sun at around 1.00 to 3.00 pm (<http://www.jamaataleman.org>).

### **Early Sleep at Night and Early Waking Up**

Being the sunnah of the Prophet S.A.W. stay away from the night after Isyak without any important affairs to disturb early night for qiamullail. Abu Barzah narrates a hadith from Baginda S.A.W.: Scientifically, qaylulah can increase energy, focus and productivity and creativity to solve higher problems (Napping News, Scientific Proof Confirms: Napping Enhances Worker Productivity, from eFuse, 1999). 773 Meaning: “Rasulullah S.A.W. forbid (makruh) to sleep before the prayer of Isyak and to chant afterwards.” (Al-Bukhari, Kitab Mawaqit al-aalah, Bab ta’khir al-Zuhr ila alcaşr, No. Hadith: 522: 146). The above prohibition is for those without the essentials to be resolved at that time. Even if there is a need like learning science is not included in the ban.

On the rise of the morning of the Prophet S.A.W., Aisha was once asked about the matter, he explains; It means: "It is the custom of the Prophet S.A.W. wake from sleep when the chicken crows early in the morning" (al-Bukhari, Kitab Mawaqit al-aalah, Bab al-Qaşd wa al-Mudawamah ‘ala al ‘amal, no. Hadith: 6096: 1608). Actually, if you are aware that this practice is enough, it helps to build your own health.

### **Sleeping Right Side and Ablution**

It is the custom of the Holy Prophet when he sleeps in the night. He sleeps on his right side, ablution and on a fairly hard bed by some of his companions, among whom from al-Barra’ bin ‘Azib, the Prophet said: “Before sleep abstain as ablution for prayer then lie down by the right side.” (al-Bukhari, Kitab al-Wuđu’, No. Hadith: 244: 71). Aisyah r.a also narrated; It means: “The Prophet S.A.W. every night when to sleep, he read al-Ikhlās, surah al-Falaq and al-Nas and then blows on both hands and then plucked into his entire hands reachable. This is done three times.” The inadequate sleep will cause a heart attack and a weak defense system (Lancet, Impact of Sleep May Speed Aging Process, October 22, 1999; Malik & Manaf, 2018).

Sleeping bed does not cause much bone pressure like neckbone (Danial Zainal Abidin, Islamic Medicine and Modern Science Evidence). In another Hadith, Aisyah ra states: “The mattress of the Messenger of Allah (S.A.W.) from the dry bones filled with the veil of palm-leaf” (al-Bukhari, al-Raqa’iq, no. Hadis: 6091: 1373). The practice of the Prophet S.A.W., despite the fact that it brings the meaning of sunnah it also contains very effective health-development tips proved to him that he is very healthy and fit for life. Obviously Muslims know the practices of the Prophet S.A.W. with the hope of following them in order to obtain the benefit of the world, namely to

develop self-health and the benefit of the hereafter that is rewarded for following the sunnah of the Prophet S.A.W.

### Conclusion

Health care is a living demands for every human being, even its care is included in the maqasid al-Shariah. Good health will help towards the formation of excellent society, not to mention that the concept of healthcare is an adaptation of the Prophet's lifestyle practice that puts a more holistic context by taking on the role of human events that include spiritual, spiritual (al-Din) health (al-Nafs), mental (al-Aql), descent (al-Nasl), dignity (al-Irdh) and high morals according to Shari'ah. The Prophet S.A.W. always celebrated a practice in accordance with his time, a life based on nature and a high life discipline led to the development of ideal health. Hence, it provides an alternative in modeling a wholesome healthy lifestyle towards perfect healthcare that should be the attention and guidance of the parties seeking a healthy lifestyle model.

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