



**RESEARCH PAPER**

**Teachings and Instructions of Islam about Cleanliness and Hygiene  
in the Light of Quran and Hadiths**

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**ABSTRACT**

This study aimed to examine Islamic teachings on hygiene and cleanliness, as outlined in the Quran and Hadith, and to offer practical recommendations for adopting these practices. Islam regards cleanliness as integral to both physical health and spiritual purity. Despite this, contemporary attention to hygiene, particularly in daily practices and educational systems, remains inadequate. Therefore, it is crucial to revisit and promote Islamic guidelines to enhance public health and hygiene standards. Using a qualitative approach, the study analyzed relevant Quranic verses and Hadiths, drawing on primary religious texts and secondary literature. The thematic analysis underscored Islam's detailed guidance on personal and environmental hygiene, which are essential for preventing diseases and fostering overall well-being. The study concludes that integrating Islamic hygiene principles into educational curricula and raising global awareness of these practices would significantly contribute to public health and spiritual wellness.

**Keywords:** Cleanliness, Hadith, Hygiene, Instructions, Quran

**Introduction**

Islam is the religion of nature. Islam and nature being truly each other's contrary numbers. The importance of hygiene and cleanliness cannot be disregarded by means of manner of any state of the arena. Each civilization stresses the importance of hygiene and cleanliness. Hygiene has been considered one of the essential elements via which to judge a civilization's development. India parenting (2010) said about the risks of diseases and germs faced by human being and it highlighted those factors which can harm humanity are those which included poor and contaminated food, unawareness and weak knowledge about climate cleanliness, spreading of the wastages all around without its proper decompositions. These all cases may lead to more illness and weak health conditions. Hygiene is not simple neatness but it is more than that in many aspects. It is the mix practices that help human to live healthy and sound life (Advameg, Inc, 2009). United Nations Children's Fund (2008) approach to pure water is necessary for the sound health of a person.

Much is said rhetorically about cleanliness in our society but almost it practical lacking. A short remark can monitor how insensitive a way of life we've advanced concerning cleanliness and hygiene. Its miles crucial to provide civic schooling to teach the younger generations of a society. In Pakistan, the education system needs to reform its practices by integrating materials on cleanliness and hygiene into curricula and syllabi. Educational institutions should maintain high standards of cleanliness on their premises. To effectively teach young students, schools may engage them in activities that promote cleaning their schools, homes, and surroundings, while emphasizing proper sanitary habits. The use of dustbins may be strictly enforced within school grounds.

## **Literature Review**

There are many evidences which indicate that hygiene behaviors', most particularly hand rinsing with soap before eating foods and after using toilet and also when making food or bread. Youngsters to be taught the very importance and scope of hygiene and cleanliness, so that they become use to it in future life to keep safe and healthy and to make themselves away from all types of germs and diseases. They also need to be aware about the precautionary steps to prevent diseases (India Parenting, 2010).

Mohidem, N. A., & Hashim, Z. (2023). Explores that how the Quran, & Hadith guide Muslims in environmental and health practices. It identifies 89 Quranic verses addressing topics such as water conservation, biodiversity, waste management, and disease prevention, emphasizing that Islamic teachings on cleanliness can form the foundation of public health interventions.

Saputra, A., et al. (2023). Stated that how Islamic ethical frameworks, rooted in Quran and Hadith teachings, provide guidance on maintaining cleanliness. The study also discusses how these principles can be integrated into contemporary health education systems.

Bukhari, I., & Masoud, R. (2024). Investigated about Islamic hygiene practices as laid out in religious texts and their modern applications, particularly in health education. The review suggests embedding these teachings in school curricula to promote cleanliness and health awareness.

El-Amin, M., & Yahya, K. (2023). They examines how Quranic and Hadith teachings on cleanliness serve as a basis for modern public health policies. It recommends using these religious guidelines to improve hygiene standards.

Desirable hygienic exercise includes activities person takes to live healthy, like washing hand very well and frequently, taking shower daily, carrying smooth cloths and retaining clean houses (Auger et al, 2005).

Water-Aid America, (2011) explicit that sensible healthful practices, like hand laundry and excreta in safe zones, are very basics for increasing advantages good health. Clean climate and personality not only enjoy fine life but such posh living also the quantity of mortality caused by diarrhea was minimized by sixty five %. Canadian Center for Occupational Health Safety (2011) explicit that the foremost necessary mean to scale back unfold of diseases are to keep hands free from all germs and this is quite easy by just washing it regularly and before eating.

De Haan, D., and Vasuthevan (2005) stated that living neat and clean life promotes very sound life. While those people who are not taking care of their neatness and cleanliness are facing many sorts of issues and diseases. People with low quality of hygiene are not only endanger to them but them also dangerous to others.

WHO (2011) said in one of its reports that many humans were using places to alleviate themselves like bus station or schools, particularly whilst meals may also be acquired in the same regions. That may cause polluted climate for those food taker and ultimately they would be ill and unhealthy due to such contaminated foods.

## **Material and Methods**

This is a qualitative study which used exploratory techniques to find some of the related Quranic verses and Hadiths about Cleanliness and Hygiene. The study also made a short conclusion and discussions for making the contents of the paper more clear for learners and general public. The primary data were collected by studying and exploring the

related verses of the Holy Quran and Hadiths. Secondary data were obtained from the related theses, researches, books and online sites. The study made recommendations at the end.

## **Results and Discussions**

### **Instructions about Cleanliness and Hygiene in Quran**

Much is said rhetorically about cleanliness in our society but almost it practical lacking. A short remark can monitor how insensitive a way of life we've advanced concerning cleanliness and hygiene. Its miles crucial to provide civic schooling to teach the younger generations of a society. In Pakistan, the education system needs to reform its practices by integrating materials on cleanliness and hygiene into curricula and syllabi. Educational institutions should maintain high standards of cleanliness on their premises. To effectively teach young students, schools should engage them in activities that promote cleaning their schools, homes, and surroundings, while emphasizing proper sanitary habits. The use of dustbins should be strictly enforced within school grounds.

Moreover, the following verses from the Holy Quran are presented in simple translation, carefully rendered from Arabic by various religious scholars, providing the general public with a concise and comprehensive understanding of the Quran.

The Holy Quran reflect the importance of cleanliness in many verses. Allah says; Surah Al-Baqarah (2:222)"Indeed, Allah loves those who are constantly repentant and loves those who purify themselves." This verse emphasizes both spiritual and physical purity, highlighting the importance of cleanliness, which contributes to good health and is beloved by Allah.

Surah Al-Ma'idah (5:6)-Ablution and Cleanliness: "O you who have believed, when you rise to [perform] prayer, wash your faces and your forearms to the elbows and wipe over your heads and wash your feet to the ankles." This verse highlights the importance of cleanliness in performing acts of worship, promoting personal hygiene.

In another place in Quran Allah says Surah Al-A'raf (7:31) – Moderation and Healthy Eating: "Eat and drink, but be not excessive. Indeed, He likes not those who commit excess." This ayah encourages balanced consumption, essential for good health.

Surah Ash-Shu'ara (26:80) – Health and Healing: "And when I am ill, it is He who cures me." This verse reminds believers that Allah is the ultimate source of healing.

Surah Al-Muddathir (74:4) – Cleanliness in Life: "And your clothing purify." This ayah emphasizes the importance of cleanliness, particularly in clothing, which reflects personal hygiene.

In Quran Surah At-Tawbah (9:108) Allah says: "Do not stand [for prayer] within it – ever. A mosque founded on righteousness from the first day is more worthy for you to stand in. Within it are men who love to purify themselves; and Allah loves those who purify themselves." This verse speaks of the virtue of mosques built upon righteousness and highlights the significance of both spiritual and physical cleanliness. It shows that Allah loves those who are diligent in maintaining their purity, both inwardly and outwardly.

Surah Al-Baqarah (2:195): "And spend in the way of Allah and do not throw [yourselves] with your [own] hands into destruction [by refraining]. And do well; indeed, Allah loves the doers of good." This verse encourages spending for the sake of Allah, avoiding self-destruction, and acting with kindness. It can be understood as promoting actions that lead to the well-being of oneself and others, highlighting the importance of living a life that

prevents harm and promotes good. Surah Al-Baqarah (2:183): "O you who have believed, decreed upon you is fasting as it was decreed upon those before you that you may become righteous." This verse introduces the obligation of fasting in Islam, linking it to spiritual development and righteousness. Fasting, as a form of self-discipline, is meant to purify the soul and foster piety (taqwa) among believers. In Ramadan the Muslim did not eat and drink from specific morning timing till dinner time and in this phase of day timing some of the routine allowed works would be banned too. This sort of activity keeps one's more patience and it also promote good health and more soundness in living.

Surah Al-Baqarah (2:219): "They ask you about wine and gambling. Say, 'in them is great sin and [yet, some] benefit for people. But their sin is greater than their benefit.' And they ask you what they should spend. Say, 'The excess [beyond needs].' Thus Allah makes clear to you the verses [of revelation] that you might give thought." This verse addresses the harm and limited benefits of intoxicants and gambling, concluding that their negative consequences outweigh any good. It encourages believers to reflect on the guidance provided by Allah for making wise and ethical choices in life.

Surah Al-Ma'idah (5:90): "O you who have believed, indeed, intoxicants, gambling, [sacrificing on] stone alters [to other than Allah], and divining arrows are but defilement from the work of Satan, so avoid it that you may be successful." This verse firmly prohibits intoxicants, gambling, and superstitious practices, declaring them as evil works inspired by Satan. It calls upon believers to abstain from these harmful practices in order to attain success and spiritual well-being.

Surah Taha (20:81): "Eat from the good things with which we have provided you and do not transgress [or exceed] therein, lest My anger descend upon you. And he upon whom My anger descends has certainly fallen." This verse emphasizes the importance of consuming lawful and good things provided by Allah, while warning against excess or transgression that leads to His displeasure. It stresses moderation and obedience to divine guidance.

The Quran gave us very clear directions about posh life and such living always keep human beings free from many diseases and difficulties. The Holy book also giving us complete biodata about routine tasks and if we follow that pattern like eating hobbits, timing of day and nights, dream and waking up hours, maintain relationship with neighbors and relatives, stability in one's temper and the usage of tongue etc., we will not only be successful in this world but it will be very advantageous for us in the life after death. Our beloved Prophet PBUH said, "No human being has ever filled a container worse than his own stomach. The son of Adam needs no more than a few morsels of food to keep up his strength, doing so he should consider that one third of his stomach is for food, a third for drink and one third for breathing" [Ibn Maja].

### **Instructions about Cleanliness and Hygiene in Hadiths'**

The given hadiths are with the aim to give an overview to the learners about Islamic education and instructions about cleanliness and good living hobbits.

Hadith on Preventive Health – Sahih Bukhari: "Flee from the leper as you would flee from a lion." — (Sahih Bukhari 5707). This hadith suggests the importance of preventing the spread of contagious diseases, encouraging physical distancing to protect health.

Hadith on Removing Harm from the Path – Sahih Muslim: "Removing harmful things from the road is charity." — (Sahih Muslim 219). This hadith emphasizes the responsibility of Muslims to contribute to a clean and safe environment.

Hadith on Clean Hands – Sahih Bukhari: "Cleanliness is part of faith." — (Sahih Bukhari). This hadith reinforces the idea that cleanliness, including washing hands and keeping oneself pure, is a reflection of a person's spiritual state.

Hadith on Environmental Cleanliness – Sahih Muslim: "Beware of the two things which provoke cursing. They (the Companions) said: What are these things that provoke cursing? He said: Relieving oneself in the pathways of people or in their shade." — (Sahih Muslim 269). This hadith highlights the importance of environmental cleanliness and avoiding actions that harm public spaces.

Hadith on Healthy Eating and Moderation – Sunan Ibn Majah: "The son of Adam does not fill any vessel worse than his stomach. It is sufficient for the son of Adam to eat a few mouthfuls to keep him going. But if he must (fill it), then one third for food, one third for drink, and one third for air." (Sunan Ibn Majah 3349). This hadith teaches moderation in eating and maintaining a healthy diet, contributing to overall well-being.

Hadith on Oral Hygiene, Sahih Bukhari: "If it were not that I would be overburdening my followers, I would have ordered them to use the miswak (tooth stick) before every prayer." (Sahih Bukhari 887). This hadith encourages oral hygiene and the regular cleaning of teeth.

Hadith on Cleanliness (Taharah), Sahih Muslim: "Cleanliness is half of faith." (Sahih Muslim 223). This hadith highlights the importance of personal hygiene in Islam, emphasizing that cleanliness is integral to a believer's faith.

The Prophet (PBUH) said: "Five acts are of the fitrah: circumcision, removing pubic hair, clipping the nails, cutting the mustache short, and plucking the underarm hair." (Sahih Bukhari & Sahih Muslim). This hadith shows that cleanliness and grooming are integral aspects of a believer's life and part of the natural state created by Allah. These acts are encouraged to maintain personal hygiene, which is considered essential in Islam.

Abu Dharr stated that Prophet (PBUH) stated: "He who do a tub on Friday and do it nicely, and purifies himself well, and placed on his first-rate garments, and put best sort of spray/saint available to him in family and then go the masjid for offering prayer, there in masjid he used to keep silent and do ibada only...keep himself away from laymen idle talks he would be forgiven for the last week sins." (Ibn Majah and Al-Albani).

The above mentioned activities all are not only vital for living healthy life but they are also promote neat living in the peoples. When a person having cut nails and hairs, who would eat food in clean hand and there will be less chances of contamination due to clean hands and body parts.

Muhammad SAW stated, in one of his hadiths that ablution... before prayer makes a Muslim free from the sins in last space of time between two prayers....the washing of each part clean the sins of that particular part till that time...." (Al-Bukhari 3121).

Ablution is the name of making all exposed parts of human body clean and neat. It not only make a person clean but also give a good and pleased look.

There is a prophet hadith about using miswak (brush) for cleansing teeth...the current science also proved that using brush keeps one away from the pathogens available in mouth with those food particles which left in the cavities of teeth. Miswak is one of the easy but best tool for cleaning mouth and it is also a source of getting God's closeness.. (An-Nasa'i and Ibn Khuzaimah; Al-Albani). Abu Hurairah reported that the Messenger of Allah Says ... I would ordered Muslims for using miswak to every prayer... (Al-Bukhari and Muslim). Miswak not only helping us neat life but it also keep us away from diseases and in

one other hadith it is reported that the prayer with miswak is 70 times more beneficial than with that which is without miswak/toothbrush.

Fingernails must be cut properly and they should be placed or buried in a safe place.. One must avoid chewing or biting of nails.. Nail polishes carry poisonous elements that why it should be avoided too..."When the Prophet of Allah was to go up at night timing, He used to wash out His mouth" (Agreed upon).

The Prophet SAW said that: "He who sleep with greasy or oily hands or smell of foods and in case he got some harm at night due to such grease and smell.... No one will but himself will be responsible for this damage (Ibn Majah). Therefore while going to bed one must wash his hands and mouth to remove all the food particles and the smell from his body parts.

According to the last Prophet of Allah, a person did not fill any worse pot with something than the stomach of a person, so one must be careful about his eating because if a person eat a lot, it will not be advantageous but it may cause illness to him..... Therefore one must be careful about food intake....there must be space in stomach for water and air (Al Tirmidhi). Overeating can make someone slower and lazier to stop him from his desires position and Satan always keep close obese human beings.

Prophet (PBUH), stated: "Mention Allah's Name (say Bismillah earlier than consuming), consume food with right hand.. Also eat with the area which is close to you... It shows that a person should eat from the utensil or pot in proper manner. He should take food from his side and not to get food from other sides and areas which is not his own side.

The Messenger of Allah (pbuh) stated: bathrooms are the places and haunted (devils' living places), therefore when any one amongst you want to go elevator place, let he should speak., (I searching for shelter Allah from the male and lady devils). It is compulsory for the Muslim to use elevator with the aim to give him relaxation from the excreta and there should be no other activities in toilets because these are the places for the devils too, so one should leave it after getting rid from the stool etc. After excretion one should wash hands and body and also use left hand for washing lower regions because right hand is for food only.

There is a proper lesson about urination and even about sneezing. Islam provide complete guidelines about body activities, habits', exercises, food, water, sleep, talk, walk, smile etc. Islam give a comprehensive guidelines about each and every point related to life and climate. If the people of the world follow the instructions of Islam, the whole universe will be very fine and clean, there will be no dirt, no pollution, no diseases, no illness and no need for expensive treatments and medications.

## **Conclusions**

Islam is the religion of nature. Islam and nature being truly each other's contrary numbers. The importance of hygiene and cleanliness cannot be disregarded by means of manner of any state of the arena. Each civilization stresses the importance of hygiene and cleanliness. Hygiene has been considered one of the essential elements via which to judge a civilization's development. India parenting (2010) said about the risks of diseases and germs faced by human being and it highlighted those factors which can harm humanity are those which included poor and contaminated food, unawareness and weak knowledge about climate cleanliness, spreading of the wastages all around without its proper decompositions. These all cases may lead to more illness and weak health conditions.

Takanashi, Chonan, & Jimba (2009) accomplished a detailed look at in Vietnam to research feasible elements affecting hygiene related activities amongst mothers whom are

feeding their babies, if they did not eat their food in a full range and safe then it may cause diarrhea and other diseases. The findings were to avoid contaminated and unhygienic food during baby feeding by mothers. As an instance, many cases of diarrhea in kids underneath the age of five, and cholera outbreaks, are witnessed yearly at the continent of Africa (Phaswana & Shukla, 2005). Those growth related behavior will reduce vulnerability to dangerous microorganism that stay at the frame. Whilst a few microorganism are innocent or maybe useful to the frame, the accumulation of microorganism can endanger someone's health (Money Instructor (2005). approximately four billion persons in the whole world live beneath quite hygienic status. In hygiene documentation, and fashionable health promotional materials, all the nations of the globe can make proper arrangements to make the globe clean and clear (WHO, 2011). Consequently, it obligatory that we have to look at the instructions of Quran and Hadiths' for residing a wholesome and glad existence. We can spend very healthy life if we follow the guidelines given by almighty Allah and His Prophet Muhammad (SAW) in the Holy book Quran and Hadiths. Health maintenance is one of the most costly activity to all the human of the globe because of increased numbers of diseases and global warming related issues. A person can easily get rid from such disasters by following these above given guidelines and can spend a healthy life. The instructions of Islam should be made as an authentic source of living healthy and best life. There is no need for further new researchers about health and hygiene because in the presence of Islamic rules and laws one just need to obey those rules and to follow them with the give procedures and guidance to make this universe as a neat and happy living place for human and other being.

### **Recommendations**

- Quran teachings about hygiene & cleanliness may be included in curricula at all levels.
- Hadith instructions on cleanliness and hygiene may be integrated into all educational programs.
- People should adopt Islamic cleanliness guidelines to prevent diseases caused by unsanitary environments.
- People should prioritize home, food, and personal hygiene to create a better environment.
- Food service workers, students, and faculty should practice good personal hygiene to stay healthy and strong.
- Islamic teachings on hygiene should be promoted globally to encourage healthy living worldwide.

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