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Significance of Personal Hygiene from Islamic Perspective

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Abstract: Good physical and emotional health helps our bodies and minds function properly without pain, anxiety, depression or discomfort. Improper hygiene can cause diseases, which can negatively impact our physical & mental well-being. Poor hygiene causes us to smell bad (due to bacteria), develop infections, and contract diseases such as flu, common cold, *Escherichia coli*, *Salmonella sp.*, and skin diseases such as ring worm, and scabies. Other problems such as tooth decay, lice in the hair, and foot infections are also caused due to poor hygiene. Not only this but some prescription like circumcision helps to keep human beings away from many cancerous diseases. The choice of foods which may keep us away from many diseases blood free flesh much fatty foods etc. need to be adopted to save one's life from dangerous diseases. Scientists are astonished to discover that the Qur'anic revelation more than 1400 years ago on certain themes are turning out to be scientifically established truths. The degree of concordance between Qur'anic revelation and corresponding scientific discoveries is increasing progressively with rising sophistication in scientific techniques. Islam encourages scientific methodology and way of progress. In Quran the word *al-mushahida* (observation or Investigation) encourages scientific temperament and logical explanations (*al-Tafsir al Muntaqi*) of the observed phenomenon. Islam holds the cause of personal hygiene and emphasized much upon its maintenance. The paper tries to highlight some Islamic teachings and practices about importance of personal hygiene and their relevance in contemporary period.

Keywords: Hygiene, *al-Mushahida*, personal hygiene, fasting, obesity, circumcision, penile cancer, AIDS, ablution,
