



Namaz Is a Very Good Exercise for Whole Some Development

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ABSTRACT

Namaz is a science as well as an art of healthy living physically, mentally, morally & spiritually. It is not limited by age & sex can be practiced by those who want to have a more meaningful life. It is a 'science' which provides a logical step by step process for a new understanding of ourselves and of the universe around us. This study aims to discuss about namazi technique and how namaz is benefited to the humans in many ways such as stress reduction, emotional wellness, improve flexibility & strength, enhancement of the immune system & improve balance & postural alignment. This study concludes that by namazi technique will improve moods, strengthen their body, relieve stress and improve concentration & coordination, enhancement preventive of diseases & good hygienic & healthy skillful life.

KEYWORDS : Namaz, Health, Fitness, Immune system.

INTRODUCTION

Islam is the only religion where physical movements of prayers (Namaz) are combined with spiritual exercise. The analysis has been made in light of the present day medical knowledge that how namaz can have positive effects on health. Being Muslims we believe in everything that Allah has said we blindly follow the orders. But it will gives us even more happiness & solitude by knowing that namaz is not just a religious obligation but a sure path towards better health & fitness As proven by the 21 St century science.

Now in the 21 St Century we know that washing hands, face & other parts of the body is prevent disease. But 1400 years ago when there was no microscopes, Allah advised the Muslims a set of washing movements before every prayer (Namaz) so that they remain free of disease & ill health

Salaat (Namaz) has six postures, and they all have a strong relationship with spiritual, mental & physical well being. The benefits of specific movements come from correct rendition of the position or action, the length of time the position is held and by careful and correct recitation.

NATURE AND TIME OF NAMAZ

1. Fajar Namaz - It is dawn prayer: Man is still inactive as a result of sleep.
2. Zuhar Namaz- It is noon prayer: The zenith of the working day & vitality.
3. Asar Namaz – It is afternoon prayer: After man becomes tired of work.
4. Maghrib Namaz-It is sunset prayer: End of the hectic day.
5. Asha Namaz- It is evening prayer: The time of rest & sleep.

POSITION AND PROCEDURE OF NAMAZ

Keep the feet straight towards qibla. Do not place them at an angel to the legs. Bend completely straight, with extended arms holding the knees during Ruk' u. Do not hurry and do it calmly. Pause a while after coming back from Ruk's in sajdah do not rush- prolong your sajdah- would you not like to be close to Allah for a longer time? Pause in jalsa and try to recite the special dua's of jalsa while making salam ensure that the person sitting behind you can see the complete sides of your face.

PSYCHOLOGICAL VALUE OF NAMAZ

Psychological benefits ultimate satisfaction- peace of mind! Mental relaxation sense of self- control, reduced stress & tension, increased ability to concentration. Improved appearance, reduced depression & resistance to get upset better sleep. Increased mental alertness & comprehension. Increased intelligence & learning ability. Enhanced self regard & esteem.

PHYSIOLOGICAL VALUE OF NAMAZ

Namaz improves posture, increased the intake of oxygen and enhances the functioning of the respiratory, digestive, endocrine and reproductive and excretory system. It's effect on the emotions are equally beneficial by calming the mind and diminishing insomnia caused by mental restlessness. Even while properly bending with the back & elbows straight there is a squeezing pressure(just like pressing a sponge to release water) on the kidneys by the muscles of the back & abdominal wall that results variation in blood flow mechanical pressure on the excreta forcing it into the ureters and bladder. On standing back the pressure is suddenly relieved and the kidney assume their normal blood flow thus in the process of Ruk' u kidney undergo a sort of massage.

EFFECT OF NAMAZ ON PERSONAL HYGIENE

Correct & complete wudu is an essential pre-requisite of performing Namaz. It's very important for personal hygiene. Such as-

Hands- Always wash in between the fingers and rub the surface & edges of the nails. Hand washing is the single most important means of preventing the spread of infection. Hands are the main contact part of our body with the outside world. They attract Germs & Parasites- ova/ egg all the time if not washed these germs can cause various infections of skin and other parts of the body contact infections.

Mouth Cavity- Gargle at least once along with the routine 'kuli'. Mouth is the main door of our body. Everything we eat or drink pass through (every time we eat we are exposed to the bacteria in our mouth). Even the air we breathe has to pass through it (carrying germs & allergens & dust particles).The surface of the mouth cavity (throat/tonsils) is covered by very fine cells called 'Epithelium'. Dust particles & germs from air food are deposited on them and if these germs are allowed to stay there for long periods they multiply & can cause infections. During wudu gargling is taking the water to the back of the throat- Not just the mouth cavity! Rinsing it well one can use his/her fingers or if available a miswak or brush to further rub and clean the teeth & remove food particles sticking in between the teeth. Mouth washing 15 gargles/ day (5 x 3 times) ensures that no foreign particles like food, germs, etc remain stuck in the ridges of the tongue. This improves sense of taste. Also reduces "Bad Breath".

Nose- With conscious effort inhale water up to the upper bony part and then will the little finger of left hand dislodge any sticking substance. Nasal irrigation benefits clear out sticky, persistent mucus and help reduce nasal congestion. Cleanse & rid the sinus cavities of allergens, irritants, and contaminants. Treat chronic sinusitis. Treat allergic rhinitis. Prevent common colds & flu. Relieve nasal dryness & Improves breathing. Reduce symptoms like cough of post nasal drip. Treat acute bacterial rhino-sinusitis. Specially beneficial to people with allergies, asthma, sinusitis & deviated nasal septum.

Face- Ensure that water has touched and flowed over the whole face from below the chin to the top of forehead & up to both the ears. Face washing (without soap) do not leave even a space equal to a hair follicle invigorates the facial skin cells and prevent early wrinkles. Promotes good skin and complexion Removes oily skin conditions & retard acne or pimple growth.

Ears & Nape of neck- Rub wet fingers both on the inside & outside of the ears. It is help effectively removing wax. Regular done 5 times a day ensures its minimal accumulation. Give a soothing and relaxing feeling. Neck is an exposed area of the body that gathers dust massage helps in cleaning and also reduces stress. In fact many stress therapists strongly recommend similar motion to reduce stress. For head, fingers are passed through the hair touching the scalp. This motion removes dust. It is a mild massage of the head (helps in stress reduction also). Prevents or slow down the process of baldness.

Feet- Always wash in between the toes by crisscrossing the fingers of your hands in them. Germs accumulate in between the toes. During the day feet remain bound in the socks & shoes. This can cause infection incl. fungus, athlete's foot, etc. So wudu benefits include are eliminates germs & reduces infections, increased blood circulation, freshen up the body as a whole also specially helpful for diabetics & reduces formation of warts on the feet.

EFFECT OF SAJDHA ON HEALTH

Sajdah has positive effects on brain, lungs muscle, various joints & backbone- vertebral column etc. that has a great psychological advantage. It gives relief to the person concerned as life is full of worries and in this position he gets at least a transient refuge from the agonizing problems. In sajdah increased blood flow forcibly flushes the brain cells, replenishing oxygen supply & nutrients to the brain. Blood flow to the pituitary and pineal glands in the brain is also increased. These two glands monitor the functioning of all glands in the body and play key roles in metabolism, growth, health and vitality.

EFFECT OF SALAM ON HEALTH

Salam is turning to your side so that the side of your face can be seen is the person sitting behind. This complete movement is excellent neck exercise in which the cervical vertebrae (the neck bone) rotate on each other neck muscles (Sterno-Caedo-Mastoid/Trapezius) are stretched. A squeezing & twisting pressure is applied on the carotid arteries and veins. Bilateral movement of both eyeballs focusing on the shoulders. This is a movement that we don't normally make during the day-but only in namaz.

EFFECT OF ISLAMIC YOGA ON HEALTH

Muslim prayers (Namaz) can be called Islamic yoga as through them the same benefits can be availed that the yoga practitioners recommend through regular practice of yoga. Yoga consists of a number of 'asana' or body positions, which one retains for a desired length of time while either reciting 'mantras' or breathing in a rhythmic manner. It's benefits have been researched by many doctors who now recommend it to their patients. Namaz (Islamic yoga) helps such as stress reduction, emotional wellness, flexibility and coordination, enhancement of the immune system & improved balance & postural alignment. Islamic yoga releases them from this tension & enhances their memory. Even each prayer (namaz) positions-corresponding yoga position and the positions together "activate" all seven "chakras" (energy fields) in the body-as per yoga practices. Each of the chakras correlates to major nerve ganglia that branch forth from the spinal column. Important to perfectly & precisely perform all the movements, rather haphazardly rushing through them which makes a sound mind and sound body.

EFFECT OF NAMAZ ON SPIRITUAL HEALTH

Spiritual health may mean something like religious beliefs, personal philosophy or a state of mind. It is necessary for every man to know and understand the basic purpose of life and to experience things with an equanimity of mind. Exploring one's self (mind), meditating, experiencing

divine feeling, enjoying beauties of the universe, and taking pleasures and pains as part of life, are constituents of spiritual health. Also it is possible by namazi activities.

NAMAZ IS MILD EXERCISE

Namaz is also a form of a mild exercise. It involves movements of all body parts & some such unusual movements that we normally don't make during routine course of the day done 5 times daily at regular intervals it helps to maintain the body round the clock without causing any strain or tiredness regularity is the key.

PHYSICAL BENEFITS OF NAMAZ

Namaz is an excellent form of exercise to prevent indigestion. In the morning when stomach is empty, a Muslim is required to offer fewer number of Rak'at whereas in the evening after the dinner we offer an extra number of Rak'at.

By offering Takbir at the beginning of namaz, we move hand & shoulder muscles thereby increasing the flow of blood towards torso. Akamat performs a similar function.

In tashah'ud position, our hip, elbow, knee joints, backbone, wrist joints move in a way that it provides a form of relaxation to our entire body. Pressure is applied on the body parts as if it was a kind of massage which releases tension.

The Heart is the most important organ in the body. It supplies fresh blood to all body tissues. These body movements performed during Namaz are an excellent source of exercise for our heart as well. According to a Hadith of the Holy Prophet, "There is an organ in the body, when it is healthy, the whole body is healthy, and when this is sick, the entire body becomes sick". It is the heart.

A remarkable tissue in our body is cartilage. It is unique in being a living tissue with no direct blood supply. The only way it received nutrients and oxygen is by movements of the joints. The pumping effect forces blood into the joint area which would otherwise be bypassed. Those who sit at the terminals are in greater danger of ending up with dead cartilage tissues that will subsequently wear away. This will leave us with arthritis, painful joints and paralysis. Bacteria & viruses find safe haven in joints for this reason as no blood cell can get at them and in most cases neither can antibodies. Namaz therefore, has many orthopedic benefits for all people.

Various physical movements some of them we normally do not make otherwise during our day to day life. Movements are mild, uniform, and involve all muscles & joints. During namaz muscles in the body contract both isotonically & isometrically. Blood flow is increased to the muscles and muscle tone is also increased.

Regular namazi exercise reduces cholesterol in the body. Cholesterol causes heart failures, strokes, diabetes and many other ailments. It is known fact that people in profession where exercise is required have less amount of cholesterol in their bodies.

Namaz is a haemo-dynamic exercise which improved co-ordination, circulation. Good Posture, balance and well being. This technique burning off calories and losing weight maintaining and body composition. Increased aerobic capacity & reduces incidence of brain hemorrhage & stroke.

Conclusions

A sound body with sound mind is essential for every man to achieve the goal. Namaz coordinates the actions of body & mind of people.

The science of Namaz is a powerful stream of knowledge which enables the practitioners to achieve radiant physical health, serene mind, continuous spiritual uplift, and creates the ability for harmonious social living.

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