

JIBAS (The International Journal of Islamic Business, Administration and Social Sciences) (Quarterly) Trilingual (Arabic, English, Urdu) ISSN: APPLIED FOR (P) & (E)

Home Page: <http://jibas.org>

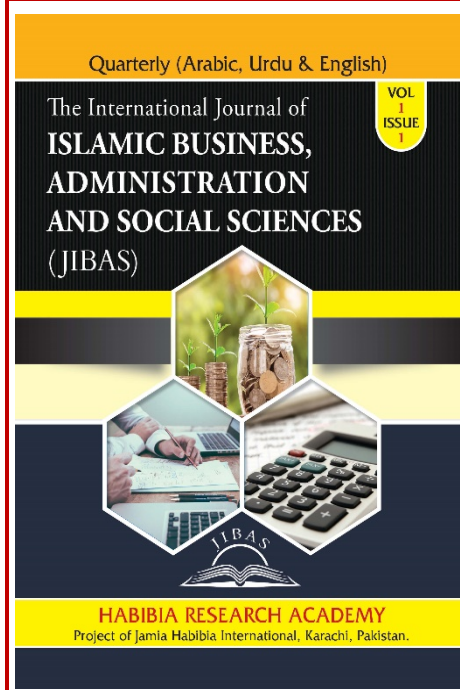
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Indexing: IRI (AIU), Australian Islamic Library, Euro pub.

PUBLISHER HABIBIA RESEARCH ACADEMY
Project of **JAMIA HABIBIA INTERNATIONAL**,
Reg. No: KAR No. 2287 Societies Registration
Act XXI of 1860 Govt. of Sindh, Pakistan.

Website: www.habibia.edu.pk,

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TOPIC:

BLESSING OF THE INCOME AND SCIENTIFIC IMPORTANCE OF PRAYERS

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How to Cite: Hasan, Ahmed. 2021. "BLESSINGS OF INCOME AND SCIENTIFIC IMPORTANCE OF PRAYERS". The International Journal of Islamic Business, Administration and Social Sciences (JIBAS) 1 (1):1-08.

URL: <http://jibas.org/index.php/jibas/article/view/3>.

Vol. 1, No.1 || January –March 2021 || P. 1-8
Published online: 2021-03-15

QR. Code



BLESSINGS OF INCOME AND SCIENTIFIC IMPORTANCE OF PRAYERS

Ahmed Hasan

ABSTRACT

The world of today only believes in facts and science. Our Prophet (P.B.U.H) 1400 years ago told things that are completely in line with the science of today; which is a proof of the fact that his words and deeds were from Allah (The Master & Creator of All). Hence, Islam is the only religion that should be followed for our salvation on the final Day of Judgment. In this research I want to aware the readers that if they believe that science and technology is beneficial in every way possible so they should also be aware of some Islamic perspectives such as Prayers, Fast, and Zakat etc. In this paper I want to aware peoples about one of the pillars of Islam that is prayers and how beneficial can it be from a scientific point of view.

KEYWORDS: *Blessings of Income, Scientific Importance, prayers, final day of judgment.*

INTRODUCTION:

The first and foremost duty in Islam after one has faith in God and Prophet Mohammad (S.A.W) is prayers, which is one of the pillars. It is a special prayer which is informed to the Prophet Mohammad (S.A.W.) through exposure and its limitations and forms are determined. It is the most essential worship of Islam. Islam teaches discipline and saved the endless conscious of the existence of Allah by setting it as a necessary duty for Muslims. Prayers guide a Muslim for a healthy and well-ordered disciplined life by praying five times a day. It is acknowledged as refreshing and cleaning practice which is performed by hygienic water. There are several verses of the Quran and the ethnicity of the Prophet enjoining the prayers on us. It has been describe as the pillar and the basis of the faith.

1. IMPORTANCE OF NAMAZ

“Prayers” is one of the five most important pillars of Islam. It is the foremost responsibility of a Muslim to offer “prayers” (prayer) five times a day. It is the distinctive trait between a Muslim and a non-Muslim. Prophet Muhammad (PBUH) said:

“The first thing which a person shall be called to account for on the Day of Judgment is Salah”.

Prayers also wipes out our sins. Prophet Muhammad (PBUH) once asked his companions:

“Tell me if there was a river flowing at the door step of one of you in which you washed yourself 5 times a day. Would any of your dirt remains?” When He received the answer that none of it would remain. He then said “That is same like the 5 times prayers, with which Allah (SAW) wipes out our sins”¹

In this society, we can glance at prayers in Islam as our last line of protection. If we hold on to it, we can preserve ourselves as Muslims and God willing, we also preserve our offspring and their offspring and so on... as Muslims But If we lose prayers, God forbid, we lose each and everything in this life and in the future. That is truly a catastrophe. There shouldn't be any doubt in our minds and hearts about the need to offer regular prayers. It is important for our present society, and it is essential for our future generations.

2. BENEFITS OF SALAH FROM A SCIENTIFIC APPROACH:

Prayers is one of the basic Commandment of Allah for Muslims. The major reason why we offer prayers is to express thanks to Allah and to admire Him. This is not for his benefit, because He is complimentary of all requirements. Apart from having spiritual benefits, i.e.; purification of soul, display of gratitude for the unrestricted bounties provided by The Creator and a symbol of following the instructions without any query, prayers has a number of scientific benefits as well. Islam, being a whole way of life does not place any liability that has no scientific value—each and every law of Islam has a whole science behind and is reasonable. This is one of the many proves of the fact that Islam is a divine religion. Prayers offers various health benefits.

- Most recent researches have publicized that people who take daily exercises have approximately 1/3rd lesser death rates
- The timings of prayers are well scattered and do not cause tension or constant worry of any kind on any part of the body
- It helps in burning off calories and losing mass
- It improves heart and lung function and aerobic competence
- It increases intellect and learning skill
- It makes the back bone strong and prevents back trouble
- It maintains the muscle tone and body composition
- It helps to increase the metabolic rate
- It improves the blood circulation in human body
- It improves the co-ordination, transmission, posture, sense of balance and well-being

The elements we perform while offering prayers also have many scientific benefits. A Turkish Doctor “Houzak” in his famous book “Islamic Teachings & Modern Science” very briefly expresses these benefits and these benefits are as follow:

A) Niyat (to lift your hands up to ear-lobes and say Allah-o-Akbar)

There are a set of blocks in our brain. In one of these blocks, Electric rays are taking images of what we vision and we experience and then scatter these images to the other physical system that absorb them into itself. When we recite “Subhanaka Allah Humma.....” a chain of bright images start to be taken and scattered to the whole physical system. That is crucial to keep our mental and physical system healthy.

Moreover, when we lift our hands to the ear-lobes, it is very useful to keep our shoulder muscles, arm muscles and neck muscles quite fit and healthy.

B) Qayaam (Standing straight towards Kiblah and recite the Quranic verses)

It is in the beginning of prayers in which the body remains still and motionless. During Qayaam, our whole body feels relax. Qayaam means to stand still and motionless and recite Quranic verses. Qayaam affects our physical and mental health in the following ways.

- If a person is in the position of Qayaam and starts reciting Quranic verses, various cells of our brain become active to absorb the bright images and rays.
- If a person stays in this position daily for 35 minutes, he will gain a very strong grasp over his nerves and brain. His determination and will-power increases by and by.
- Heart performs its functions quite properly as the weight remains balanced at both the feet.
- The back-bone remains straight.
- In the state of Qayaam, you place your eyes at the place of prostration for entire time, this strengthens your concentration. You can also control your thoughts by a regular Qayaam.

C) To place Right Hand over the Left hand during Qayaam

Islam emphasizes to carry out every good deed with the help of Right hand. In fact the situations of Left side and Right side are totally opposite. Right parts of our body release

When you place your Right hand over your Left hand during Qayaam, various types of rays (negative) are dominated by the positive rays discharging from the Right hand. As a result, the positive rays control the negative rays. These rays increase the protection of our physical system and escape a certain type of Cancer Cells.

D) Ruku' (To Bestow before Allah)

- In the state of Ruku' there is a minor pressure at Chest and the Muscles of Neck, Liver and Heart begin to work more effectively.
- It strengthens our Spinal Cord and it can be the best treatment for the patients whose limbs get senseless.
- The people who are suffering from back-bone problems and those who are facing a kind of swelling in Spinal Cord etc. get recovered very soon.
- Kidneys start to perform their function properly.
- In the state of Ruku the blood circulates towards eyes gradually and it helps us to prevent us from poor vision and the diseases related to eyes.
- In Ruku' if a person places his hands on the knees i.e. catch his knees with the fingers of hands. This is quite helpful to release the pain of joints. When you put your palm at knees, the electric rays flowing into your palms and fingers absorb into knees that keep your knee-joints in a healthy state.²

E) Sajda (Prostration)

Prostration is the most important part of prayers. It affects our mind and nerves most. The period of prostration is only a few seconds but when we perform prostration, the flow of blood towards our brain increases. This is the single act of prayers in which blood circulates towards brain nerves otherwise in other cases it does not happen. We get following benefits while in the state prostration.

- The supply of blood becomes balanced in all the parts of brain that strengthen our brain and vision-power.
- During prostration we get additional pressure of blood and gravitation of Earth at our forehead, face, hands, chest and heart. It becomes normal when we raise

our head from prostration after few seconds. In this way the strong pumping of short but forceful power increases the elasticity of the walls of veins. So Alhamdulillah prayers saves us from heart diseases as well as poor eyesight.

- According to the latest research in China, if we press the center point of our forehead for 2 to 3 minutes, we get rid of mental disorganization while in the state of prostration you exactly press the center point of your forehead against the ground.
- During prostration, your elbows and knees are bent and the ankles are bearing the whole weight of body while waist and abdomen tissues are tight enough. This process is the finest exercise to strengthen our back bone and makes it flexible. It also balances the over-dieting tissues which is absolutely helpful for tummy problems.
- There are a lot of small blocks around the brain that are full of air. If they don't get discharged or released, its quantity increases day by day that affect our sense of hearing, cause throat infection and severe head ache etc. prostration automatically release these blocks and prevents us from many complications.
- When we place our forehead on the ground for prostration, our brain waves are directly switched with the electric waves, present in ground and strengthen the nerves of our brain and make it peaceful. This calm and peaceful mind is very important for the Stomach. Our peaceful brain stops the Stomach Glands from producing more acid while a disturbed brain will get more acidity of Stomach. At last the people with "Ulcer" problems get rid of it by offering prostration in a proper way.
- It adds more charm in our personality and brings us a bright face at last.³

WHAT YOU LOSE!! If u will not offer prayer you will receive following castigations:

Fajar	The glow of your face is taken away
Zuhar	The blessings of your income is taken away
Asar	The strength of your body is taken away
Magrib	You are not benefited by your children
Isha	The peace of your sleep will be vanished ⁴

---Say your prayers before prayers are said for you!⁵

3. THE PUNISHMENT FOR THOSE WHO DON'T PRAY NAMAZ

A hadith, quoted in the book Qurratul'uyun, declares

"If a person does not perform prayers though he has no good excuse, Allah (SAW) will give him fifteen kinds of plague. Six of them will come in the world, three will come at the time of death, three will come in the grave, and three will come when rising from the grave." ⁶

The one, who doesn't offer prayers, will receive fifteen punishments from Allah:

- **Six punishments in life time**
- **Three while dying**
- **Three in the grave**
- **Three on the Day of Judgment**

4. THE SIX PUNISHMENTS IN LIFE TIME:

- Allah takes away blessings from his age. (makes his life misfortunate)
- Allah does not accept his prayers.
- Allah erases the features of good people from his face.
- He will be detested by all creatures on earth.
- Allah does not reward him for his good deeds.
- He will not be included in the prayers of good people.

5. THE THREE PUNISHMENTS WHILE DYING:

- He dies humiliated.
- He dies hungry.
- He dies thirsty. Even if he drinks the water of all seas, he will still be thirsty.

6. THE THREE PUNISHMENTS IN THE GRAVE:

- Allah tightens his grave until his chest ribs come over each other.
- Allah pours on him fire with embers.

- Allah sets on him a snake called 'the brave', 'the bold' which hits him from morning until afternoon for leaving Fajar prayer, from the afternoon until Asar for leaving Zuhar prayer and so on. With each strike he sinks 70 yards under the ground.

7. THE THREE PUNISHMENTS ON THE DAY OF JUDGMENT

- Allah sends who would accompany him to hell pulling him on the face.
- Allah gives him an angry look that makes the flesh of his face fall down.
- Allah judges him strictly and orders him to be thrown in hell.⁷

8. CONCLUSION

At the end of research, it's suggested that prayers has numerous scientific importance. The most important obsession of prayers is that it is the live contact of a Muslim to GOD. We should realize its importance by offering it regularly. It makes our routine and keeps us tension free. Last but not the least keeps on praying prayers in a proper way to get a lot of reward and to escape from dreadful diseases.

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