

Review of Booklet **“Healthy People, Healthy Society, Bright Future”**

This booklet has been divided in seven chapters.

Chapter No.1- Islam and Health: This chapter is an important chapter of the booklet and there was discussed about health in Islam in light of Holy Quran and Hadieth and given many references from them.

Importance of the health in Islam- “Your body’s responsibility is on you” (Bukhari Kitabussaum 1839) and Holy Quran guided us towards this prayer “Our Lord! Give us good in this world” (Surah Baqra 201). The Islam wants to see its followers healthy and strong. The Prophet Mohammad (S.A.W.) said that Islam instructs that the health should be cared, there should not make carelessness. The Prophet Mohammad (S.A.W.) said “ Know your health blessing before coming sickness” (Tirmizi Kitabul Jihad, Hadieth 2255). To wash the open parts of the body by Wazoo, to induce bathing, to wash hands before eating etc. these all activities, related to the cleanliness, protect against the diseases before coming it. There the manners of eating and drinking are guided to care the health. Therefore The Prophet Mohammad (S.A.W.) instructed to drink the water step by step (Tirmizi Kitabul Ashriba Hadieth 5199) and guided to eat some less than appetite. (Tirmizi Kitabul Atema, Hadieth 1740)

Health of the children- The Prophet Mohammad (S.A.W.) said that “One who does not behave our children with kindness, he is not among us”(Abu Dawood Kitabul Adab, Hadith 4292). The Prophet Mohammad (S.A.W.) saw suffering treatment of children then he said “Don’t put children in trouble in such type”. (Bukhari Kitabuttib Hadieth 5263). After it he suggested to cure in suitable way. Allah said in Holy Quran that “The mothers shall give suck to their children for two whole years (That Is) is for those who desire to complete the term of suckling”(Surah Al-Baqra 233). It is told in other Ayah of Holy Quran that “Lost are those who slay their children, from folly, without knowledge”

To protect against the disease and its cure- The faith of Islam is that both of sick and cure from Allah. In Holy Quran by the tongue of Hazrat Ibrahim it has been said “ And verily your lord is he, the exalted in might”. (Surah Shu’ra 140) but with it Islam told that Allah has created the medicine of every diseases too. The Prophet Mohammad (S.A.W.) said in a Hadeith “ Oh bondsmen of Allah! Cure because Allah created medicine for every disease too without one disease, Sahaba asked, what is this, he replied, to be aged. He also said “ The medicine is for every disease, when the medicine suits the disease then it becomes cure with order of Allah (Muslim Kitab us salam Hadith 4048). The diseases become due to some reasons, therefore the protection should be for yourself against harmful reasons, therefore The Prophet Mohammad (S.A.W.) said “ cover the vessel, seal the Mashkiza (water –skin), close the door (in the night), extinguish the lamp (at the time of sleeping), (Muslim Kitabul Ashriba 3755). It is also a part of the protection that the bacteria do not spread to another. In this contest, The Prophet Mohammad (S.A.W.) guided that no any one exit from the area which was found disease of plague. (Muslim Kitabussalam, Hadeith 4113) as The Prophet Mohammad (S.A.W.) instructed that don’t excrete stool at the shady place where the people sit or don’t excrete stool at public place. (Muslim Kitabuttaharat, Hadeith 397) It is very clear by the above instructions of Holy Quran and Hadeith that we should take precaution before coming of the diseases.

The responsibilities of the parents about the children- The children are not sensible therefore the responsibility of their care is on the parents. In a Hadeith, The Prophet Mohammad (S.A.W.) said “ All of you are guardians and you will be asked about one who is under you. (Bukhari Kitabul Ahkam, Hadeith 6605)

Chapter NO. 2 : The protection of children against six fatal diseases: In this chapter six fatal diseases (T.B., Mumps, diphtheria, tetanus and Polio have been described and the details have been given about its vaccines.

Chapter 3: The importance of mother’s milk for the child: In this chapter the importance of mother’s child has been described. The child should drink mother’s milk only till six months. The first thick milk of mother protects the child against many diseases. Besides it, the feeding gives child many types of vitamins and proteins. Allah said in Holy Quran “The mother shall give suck to their offspring for two whole years” (Surah Baqra 233)

Chapter No.4- The care ness of the pregnant woman: The relation of the birth is related to the mother directly, therefore care of the pregnant mother is compulsory from the beginning of the pregnancy. This requires to take suggestions from doctors, if the doctor is not available then the delivery of child should be under a trained nurse. In this chapter, the vaccines of pregnant are described in detail besides of the dangers which are faced by the mother and its precautions.

Chapter No.5: The responsibility of Muslims for a healthy society: In this chapter, detailed responsibilities have been described to fulfill the responsibilities of the society in light of Holy Quran and Hadieth. Holy Quran instructed to participate in every noble cause “You help one anoter in righteousness and piety, but don’t help one another in sin and rancor” (Surah Maida 2). In one Hadieth it has been said that “While a man stays to help to some of his brother, till that Allah stays to help him. (Tirmizi Kitabul Bar 1853)

Chapter No. 6: Some disease transfer to us from others, among them one is Polio too: In this chapter, Polio is discussed in details. System of vaccination is told in detail. It is also told that Polio eradication is not only in India but the Islamic countries also initiated to eradicate Polio from their countries and passed a resolution for it.

Chapter No. 7: Participation in the campaign and co-operation: In this chapter an appeal has been made to eradicate Polio and the system which is running to eradicate it, is told in detail and a common person how can participate, is also discussed and its plan is also advised.

In the end of the booklet many objections and clarifications about Polio have been given in Questions and Answers with detail.