

CHAPTER FOURTEEN

Clothing ¹

O Allah (The Exalted) bless our master Muhammad (may Allah bless him and grant him peace) as many times as those who have not asked for blessings upon him.

White Dress

Wearing white clothing in warm conditions is good for the health as white reflect the sun's rays. Specialist in the field of **Chromopathy** state that wearing white is an effective method of saving a person from cancer to the extent they have said that one who wears white clothing will not be affected with problems with Sebaceous Glands², closure of holes in the sweat glands and Fungal Infections. They ask those who suffer from skin allergy and high blood pressure to wear white clothing.

Doctor Lowhy Kowni a specialist in Hydro Therapy³ in his findings quotes that it is preferable to wear white even if wearing a bath gown, white has more superiority.

Samra (may Allah be pleased with him) narrates from the Prophet (may Allah bless him and grant him peace) who said, "Wear white as they are clean and clothe the deceased in them too." ⁱ

Warning of Doctor Led Beater

A Doctor who has an insight of spirituality states that the parts of the body that are visible I have seen impure rays emitting.⁴ The Ultra violet rays coming from the sun especially in warm temperatures are harmful for the body. If the body is covered and the clothing is thick the rays stay outside and if clothing is thin then it harms the body.ⁱⁱ Wearing tight Dress makes the local muscles weak. As the external muscles need movement the internal muscles too need the same movement. When tight clothing is worn the internal muscles are restricted of movement, these results in poor health. ⁱⁱⁱ

Islam does not allow both men and women to wear tight clothes as it goes against the concept of Hijab.

Head Gear

Wearing of an Amama (head gear) has countless benefits. Firstly the person will be saved from sun stroke; the person wearing an Amama will not suffer from headaches. Their memory and intellect will increase. The tail (Shimla) of the Amama also has benefits; it saves one from the illness of inflammation of vertebral column⁵ and from the illness of meningitis⁶. According to physiologist the spinal cord and the nervous system's muscles will be safeguarded and remain healthy too. A White Amama can save a person from brain disease, brain paralysis and sun stroke.

Doctor Aziz Ahmed said "I went to study a degree at a University; some people would tie pieces of cloth around their heads in a particular manner. They did this because it increased their intellect and were void from problems and difficulties". The Prophet (may Allah bless him and grant him peace) tied the Amama in this manner and has shown us the benefits of saving ourselves from many problems and illnesses which science is researching and finding out about today after so many centuries.

Jabir Ibn 'Abd Allah (may Allah be pleased with him) narrates, "Allah's Messenger (may Allah bless him and grant him peace) entered Makkah. Qutaybah (another sub-narrator) stated that he entered Mecca in the Year of Victory, wearing a black Amama, but not wearing the Ihram." ^{iv}

We find that wearing a Amama is a Sunnah.

¹ See Volume One, Chapter Thirty One for this Sunnah

² Any of the simple or branched glands in the skin that secrete an oily substance, sebum.

³ The use of water in the treatment of disorders.

⁴ Tasawuraat Islam (Insights of Islam)

⁵ Backbone

⁶ Inflammation of the membranes that cover the brain (the meninges).

Green clothing

Green was also a favourite colour of the Prophet (may Allah bless him and grant him peace). All colours have invisible rays emanating from the body in different ways. We always find a sense of peace and tranquility when we at look flowers or when in a garden. According to Chromopathy green clothing is very beneficial and saves one from many illnesses of the body such as: depression, illnesses of the heart especially high blood pressure, and many more.

Imam Shafi (may Allah's Mercy be upon him) states that four things strengthen the eyesight, to sit towards the Qibla, to use Surma before sleeping, to look at something green, and to keeping clothes clean. ^v

Below ankles for women

Women should not wear their clothes above the ankles as according to research the hormones will either increase or decrease because of it, they will be affected by vaginal inflammation, backache, and weakness in muscles. A research centre has said by not following the Sunnah those problems will affect them.

Clothing below the ankles

Abu Hurayrah (may Allah be pleased with him) narrates from the Messenger (may Allah bless him and grant him peace) that "He who wears his clothing below his ankles with pride (until it reaches the floor) Almighty Allah does not look at him with mercy." There are many advantages of wearing the trousers above the ankles for males.

Silk

King Edward VI would only wear silk and it started to affect him in many ways. Once on a warm day the King started to become frustrated and agitated which he did not before. The Doctors gave him medication to try and control this anger but to no avail. He was told not to wear the silk clothes and to his surprise within two days his frustration and anger ceased to cause him any grief, he found inner peace so he completely ceased wearing that material. He realised that the illness was due to the silk clothing.

Abu Musa 'Ashari (may Allah be pleased with him) narrates from the Messenger of Allah (may Allah bless him and grant him peace) that, "*From my followers (Ummaties) jewellery and silk is permissible for women and unlawful for men.*" ^{vi}

Less blood in the brain

Blood is supplied to the brain via the heart, when the neck is covered with a collar and is tight; blood struggles to reach the brain resulting in loss of hair, loss of memory, weak eyesight and insomnia. Those working in an office wearing a shirt using mental ability, the intellect, if the collar is not loosened there is a chance of mental illness. Statistics today show many people go off work with mental illnesses such as stress compared to those who do physical labour. The Sunnah is to have no collar.

Difficulties in breathing

The lungs need oxygen and due to a collar the air does not reach in the lungs properly as the muscles in the neck are not relaxed putting pressure on them and reducing it to half. One will find it uncomfortable to wear a collar or a tie if worn the first time. We should try and use clothing without a collar. Even the Kamees, upper garment, the tailors make it with a collar and it has become a fashion but is not a Sunnah and not beneficial.

Sir W.R. Bothnot states: "To use a tight collar is a problem and makes it difficult for the blood returning from the brain to the rest of the body. As the veins in the neck are very thin and there is a chance of them bursting. To lean forward when the neck is tight is even worse."

These are just some of the disadvantages a person can suffer when going against the Sunnah.

i Tirmidhi

ii Mishaak

iii Jumu'ah Magazine west

iv Muslim

v Ihya ul uloom by Al-Ghazali

vi Nisai