

CHAPTER EIGHTEEN

Combing the Hair and Oiling ¹

O Allah (The Exalted) crown him with the crown of might, satisfaction and honour.

It is proven that putting oil on the hair is beneficial as well as massaging the head. Once a physiotherapist² by the name of Sir James Sagam was travelling along a busy road in Canada when he noticed a car parked on the side of the road, in which there was a man massaging another's head. Sir James parked his car and went over to them to enquire about this particular practise. The individual in the car said "My father was suffering from a mental illness and he would wonder out of the house for days on end. We saw many specialists but to no advantage. However, a person told me once to massage oil in my father's head. It has been 27 days since I have been doing this and my father had been cured and is very healthy."

Listening to this Sir James was amazed and checked the patient out himself to find that he was perfectly healthy. Sir James also checked the patient's medical reports and saw that he did indeed suffer a mental illness. Sir James started to practise this with his patients to find they truly did become better, and not only that but patients that suffered from muscular, neck and shoulder pain also became cured. It has also been reported that people who have had facial surgery have benefited from head massage.¹

Combing also strengthens the parts of the body because it creates energy. Continuous combing also lengthens hair and makes it thin. One of the wisdoms is that if hair is not combed then dirt is embedded in the hair and germs will grow within.

The Prophet (may Allah bless him and grant him peace) said "keep on combing the hair, as poverty will be taken away. He who combs the hair in the morning will stay in peace till the evening." ⁱⁱ The Prophet (may Allah bless him and grant him peace) also said "He who combs the eyebrows will be kept away from difficulties." ⁱⁱⁱ

Anas bin Malik (may Allah be pleased with him) has related, "The Prophet (may Allah bless him and grant him peace) would apply oil to his head frequently and washed his beard with water." Hair is very vulnerable to chemical changes that occur with exposure to the sun. UV-B radiation cleaves the disulfide bonds and decomposes tryptophan³ in hair.^{iv} This leads to alteration in the cuticle cells, increased porosity, and a roughening of the hair's surface. The result is increased combing force, decreased mechanical strength, and ultimately breakage of the hair.

Unlike studies that use photomicrographs to demonstrate surface damage and require hundreds of hours of exposure, combability tested using Spatially Resolved Combing Analysis can identify damage with as little as 15 hours of irradiation. This translates to about one weekend on the beach. As one would expect, damage significantly increases with increased exposure to irradiation. Also, hair which has been chemically processed (i.e., dyed, bleached, permanently curled or straight-ended), is especially susceptible to damage.

Oiling

Oil has pro-vitamins that transform dry hair. Many hair specialists advise the use of oil and tell people the benefits.

- Protects hair against damage to keep it beautiful and healthy-looking
- Prevents tangling, hair damage and split ends
- Prevents frizz and breakage while making hair easier to comb
- Seals in moisture and replenishes essential oils

¹ See Volume One, Chapter Thirty Eight/Nine for this Sunnah

² The branch of treatment that employs physical methods to promote healing.

³ An essential amino acid. Amino acids are fundamental constituents of all proteins.

- Unique formula penetrates deep to deliver moisture to the dry/damaged areas where it's needed most.

Oiling is a fabulous way to keep the moisture content high all the way to the tips, and works best in combination with other details. It is the combination of the details that creates beautiful hair: excellent detangling, proper washing, good quality products in shampoo and conditioner choices, high quality detangling tools (no burrs, no seams on those combs), oiling and dusting, and wearing hair contained for the most part (updos, braids). The health care of hair state, that there are no down sides to oiling: only benefits. Curly hair people will like it for the weight it imparts showing off the pattern of the curls; increases moisture content; provides a protective layer against damage such as splits and so forth; the weight helps the hair to move as one body (very appealing to the eye); frizz concerns are reduced; brittleness & Dryness cease; and the hues of one hair colour come forward resulting in a beautiful sheen that catches the light in interesting ways; and finally, the hair becomes soft. Oiling should be done consistently after each hair wash as a leave in conditioner. It is the consistency that matters most--not doing it once every so often.

Hair

Hair is actually dead material when it leaves it's root - otherwise it would hurt very much when your hairdresser works with his scissor. Most people know that, but do you know about these facts: In America in 1996, 38 million men and 19 million women experience common hair loss determined by heredity.

The right food is important for your hair.

Without Vitamin A your hair becomes brittle and abnormal dandruff can develop. Without Vitamin B1 or B6 you can start to lose your hair. Vitamin C stimulates the hair growth and regulates the generation of pigments in the hair strand. Vitamin B12 supports feeding the root.^v

Abu Hurairah (may Allah be pleased with him) states that the Prophet (may Allah bless him and grant him peace) said "Whosoever has hair, look after it. Meaning to wash the hair, to oil and comb it." ^{vi}

Section One

Dangerous Dyes ^{vii viii}

Researchers at the Keck School of Medicine at the University of Southern California (USC) recently found that there is an increased risk of cancer that can be attributed to the use of permanent dyes. They interviewed 1,514 bladder cancer patients in Los Angeles and compared them with 1,514 other people who lived in the same neighbourhood. The participant's health, lifestyle and occupations were a major focus of the study. In the end, it was found that women who regularly colour their hair with permanent dyes, as well as hair stylists who worked with these chemicals, were at greater risk of developing bladder cancer. Even after accounting for cigarette smoking, women who used permanent dyes at least once a month for one year or longer had twice the risk of bladder cancer than non-users. The study is published in this February's International Journal of Cancer and was led by Manuela Gago-Dominguez, a researcher in Preventative Medicine. ^{ix}

Since the West discovered it, mass production chemical hair dyes have superseded natural products in the hair colour market. In addition, many "natural" products now have chemical additions intended to "enhance" the strength and staying power of the dye. ^x However, researchers are finding that people who use chemical dyes in their hair are at an increased risk of developing cancers, especially of the bladder. A number of other health problems can also be related to hair dyes because of their high content of toxic ingredients.

The chemical constituents of permanent hair dyes and tints are *naphytylamine*, *phenylene diamines*, *silver*, *mercury*, *lead*, *arsenic*, *bismuth*, *pyrogallol* and *denatured alcohol*. ^{xi} Bismuth is used for shotgun pellets and has been linked to disorders of the nervous system. ^{xii} *Naphytylamine* is a member of a family of chemicals known as *arylamines*. It and its derivatives are used in toning prints made with cerium salts, in acidic herbicides, as a rubber antioxidant and as a rodenticide. ^{xiii} In one manufacturing plant that distills *naphytylamine*, all 15 workers developed bladder cancer. *Diamines* are toxic by inhalation or ingestion and can be absorbed through the skin in doses high enough to cause toxicity. They are eye and skin irritants and *contact dermatitis* may develop from repeated exposure. ^{xiv}

Silver nitrate is a poisonous, colourless compound that darkens when exposed to light in the presence of organic matter and is used in photography, mirror manufacturing, and external medicine, in addition to hair-dyes. ^{xv} It has been a popular germicide since American settlers going on long journeys in wagon trains in the 1800s began to place silver and copper coins in barrels of water to keep algae from growing in the casks. ^{xvi}

The chemicals in hair dyes can be absorbed into the body through a hair protein called keratin. Keratin is the protein make-up of hair containing large amounts of sulphur. Hair analysts believe the sulphur attaches itself to minerals - both harmful and beneficial - that are held in the hair and that the subsequent exposure to these chemicals is widespread. More than one in three women over 18 and one in ten men over 40 - throughout Europe, North America and Japan - use some type of hair colouring, with permanent dyes counting for three-fourths of the global usage.

Most hair dyes are chemically similar - whether they are tints, rinses or colours. However, there is one popular dye that does not naturally contain chemicals - *henna*. ^{xvii} Natural to many Muslims and native to the East Indies and North Africa, the henna plant (*Lawsonia Inerinus*) is the mother of hair dyes. ^{xviii} It varies in effect, depending on where it grows. Moroccan henna is the lightest in colour, while Iranian henna is the richest and probably the most expensive. The leaves are dried then crushed into a fine powder and mixed with water. ^{xix}

Medicinally, it has been used for jaundice, smallpox, headaches and skin problems. But generally, it has a bond with the hair structure as it serves to penetrate, cleanse and thicken the hair shafts. ^{xx}

An article in the Asian Image, March 2005 titled 'Hair dye did this to my face' said, "A man has claimed a hair dye left him like something out of a "freak show" with his face swelled to four times its normal size. Raja Mumtaz Hussain said he woke in agony with severe bruising and blistering on his head only hours after using the Clairol Nice and Easy black dye. He was twice taken to hospital and spent four hours in Bradford Royal Infirmary's accident and emergency department after complaining of breathing difficulties."

“The swelling was so bad he was unable to see out of one of his eyes and sores on his head were constantly weeping. Doctors have given him steroids and anti-inflammatories but told him it could take weeks to recover. A Bradford skin specialist doctor called for chemicals contained in black hair dyes to be reviewed because severe allergic reactions were so common.”

“Dr Andrew Wright, a consultant dermatologist at St. Luke’s Hospital said, “This isn’t that uncommon, The PPD contained in black hair dye is most likely to have caused this reaction.”

‘Abd-Allah Ibn ‘Abbas (may Allah be pleased with him) narrates, The Prophet (may Allah bless him and grant him peace) said, “At the end of time there will be people who will use this black dye like the crops of doves, these will not experience the fragrance of Paradise.”^{xxi}

Muhammad bin Sirin (may Allah be pleased with him) narrates, “I asked Anas, ‘Did the Prophet (may Allah bless him and grant him peace) dye his hair?’ Anas replied, ‘The Prophet (may Allah bless him and grant him peace) did not have but a few Grey hairs.’”^{xxii}

ⁱ Science and human

ⁱⁱ Nuzhatul Majalis

ⁱⁱⁱ Nuzhatul Majalis

^{iv} 1,2. Photo degrading of Hair and its Photo protection by a Substantive Photo filter by J. Jachowicz, et.al. International Specialty Products, Wayne, NJ, December 1995.

^v <http://www.tlhs.org/carDoctory.html> by Heidi W.,

^{vi} Abu Dawood

^{vii} By Hwaa Irfan;13/07/2001

^{viii} Adam, David. "Toxic Shot Syndrome." Science Update. 07/05/01. Bellecci, Pauline, M. "Colloidal Silver - Safe or Scam?" The Natural Connection.net. 07/05/01. Gurudas. "The Spiritual Properties of Herbs." US: Cassandra Press. 1988. Gurudas. "Flower Essences and Vibrational Healing." US: Cassandra Press. 1989. Ellis, Roy C. "Safety Data -D." Primus. 07/05/01. Epstein, Dr. Samuel S. "Cancer Alert for Toiletries and Cosmetics." Cadecus. Issue 48, 2001. Harris, Jessica B. "The World Beauty Book." San Francisco: Harper Collins. 1995. Lockie, Andrew & Geddes, Nicola. "The Womens' Guide to Homeopathy." UK: Hamish Hamilton. 1992. P.E.T. "Tadhib ul Islam: Perfection and Reinement in Style of Living According to Islamic Teachings." Pakistan: Mahomed Ebrahim Trust. 1995. Readers Digest. "Alternative Medicine." Britain: Readers Digest Association. 1994. Readers Digest. "Universal Dictionary." Britain: Readers Digest Association. 1987. USC. "Study Finds Use of Permanent Hair Dyes Tied to Increased Risk of Cancer." ScienceDaily Magazine. 07/05/01. Vineis, Paolo. "Epidemiology of Cancer from Exposure to Arylamines." Environmental Health Perspectives. 07/05/01. Yahoo Health. "Hair Dyes & Tints: Definition." Yahoo Health. 07/05/01.

^{ix} USC, p.1

^x Epstein, p.25

^{xi} Yahoo Health, p.1

^{xii} Adam, p.1

^{xiii} Spectrum, p.1

^{xiv} Ellis, p.1

^{xv} Readers Digest, p.1411

^{xvi} Bellecci, p.1

^{xvii} Lockie & Geddes, p.178

^{xviii} Gurudas, p.141

^{xix} Harris, p.48

^{xx} Gurudas, p.163 - 164

^{xxi} Abu Dawood

^{xxii} Bukhari