

THE WONDERS OF CREATION 2.

THE WONDERFUL FACTORY WITHIN THE HUMAN BODY

THE COMPLETE MIRACLE, THE HUMAN BEING, THAT ALLAH CREATED AS A VICEGERENT OF THE EARTH.

THE AMAZING FUNCTIONS OF THE DIFFERENT PARTS OF THE HUMAN BODY.



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DHMS/ BAIS/ MAIS

(Medina Alima course from the International Islamic University, Gambia)

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INTRODUCTION:

You may all realise that this is a continuation of my previous book: “THE WONDERS OF CREATION OF THE UNIVERSE.” This book II presents “THE WONDERFUL FACTORY THAT LIES WITHIN THE HUMAN BODY” without any switch or inducement from outside, created by the Supreme Creator, for our easy functioning. Even a slight misuse of these machines causes irreparable damage. The Quran explains this fact and shows us the way to prevent this deterioration by avoiding all that is harmful.

We must remember that if we live our lives with discipline, obeying Allah with all sincerity, we can lead our lives in peace and Tranquility, without any worry or Grief. ^{2: 38} Most of us do not even give a thought to how Allah has granted such perfect organs for our easy living. We are unaware of all the functions happening inside us. We consider that using our faculties as we desire is a right upon us.

Many ask: it is my body, my mind. Why should I have to live with discipline and righteousness? Allah says, “Does not man realise that it is WE who created him from a mere sperm drop, and LO! he stands as a clear adversary (to ME)? - *أَوَلَمْ يَرَ الْإِنْسَانُ أَنَّا خَلَقْنَاهُ مِن نُّطْفَةٍ فَإِذَا هُوَ خَصِيمٌ مُّبِينٌ* - Surah Yaseen, 36:77,

He argues, forgetting his origin and denies that he will be resurrected and have to give account for his deeds. However, Science today has proven what our Prophet ﷺ said more than fourteen centuries ago: ‘Everything of the human body will perish except the last coccyx bone (end part of the spinal cord), and from that bone Allah will reconstruct the whole body. Then Allah will send rain, and people will grow like green vegetables.’ It is this cell that regrows to its original condition after death, just like a tree grows from a seed sown in the ground. Therefore, let man not remain unheeded and remember his CREATOR with humility and awe, and seek HIS help to live this life pleasing to HIM. ¹

ACKNOWLEDGEMENT:

I cannot thank Allah enough for having given me the ability to compile the WONDERS OF CREATION. After Allah, I feel grateful to my parents who educated me in an English-medium convent and guided me towards the true path of life, which has helped me further my studies in Islam. Their guidance helped me gain more knowledge, even after the age of 72, from Medina University, and helps me continue my research regarding the truth behind the discipline and belief of the ONE SUPREME CREATOR, whom we call Allah (The Arabic word Allah -THE GOD- has no gender nor plural). I further wish to thank all my children, my daughter, daughters-in-law, grandchildren and friends who encouraged me to write. And I feel indebted to my mentor, Mohammad Faiyaz Alam, the Khateeb of the Anjuman Himayat Islam (Chennai), for his continued patronage and guidance. Alhamdulillah. May Allahut’alah accept my works as Sadaqatu-zaria and be of use to the coming generations. Ameen.

¹ Sahih Muslim 2955c / Riyad as-Salihin 1836 – source Sunnah.com

REVIEWS:

Review I:

Mohammad Faiyaz Alam, the honourable Khateeb of the Anjuman Himayath e Islam, Chennai, India.

“Assalaamu Alaikum, sister Thahira Iqbal. I went through your latest book, THE WONDERFUL FACTORY INSIDE YOUR HUMAN BODY. Alhamdulillah, Alhamdulillah, Alhamdulillah, you have brought out the greatness of Allah’s creation in easy words. I appreciate your work, and may it benefit the Ummah. However, I would like you to add the Arabic text in your work. That would give more clarity. May your work be an eye-opener to many who do not realise that nothing can compare to Allah’s Creation, and the importance of taking care of our bodies.

Review II:

Sadhya Yusuf, granddaughter-in-law. Assalaamu Alaikum, Ummima,

I really enjoyed reading your book, and I was genuinely impressed by how much research, knowledge, and effort you've put into it. What I loved most was how you combined scientific facts about the human body with verses from the Quran and Islamic teachings, making it both educational and spiritually uplifting. The comparisons between the human body and modern technology were especially interesting because they really highlighted how incredible Allah's creation is and made complex ideas easy to understand. I could really feel your passion throughout the book, and it inspired me to appreciate the blessings of our body. I think you've written something very meaningful that reflects your love for knowledge and your desire to bring people closer to Allah. Please send me the rest of it whenever you write. May Allah accept all your hard work as Sadaqah Jariyah and reward you abundantly for benefiting future generations. Ameen.

Review III

Irshad Sait, President of the Hijri Committee of India. - Assalaamu Alaikum, sister Thahira Bai.

I have gone through your latest book, “THE WONDERS OF FACTORY INSIDE OUR BODY”

Maa sha. Allah, a beautiful book that integrates science and faith, thereby helping us learn amazing facts about the universe, plants, and animals, and see Allah’s perfect, apt design. Full of “Did You Know?” trivia, it stimulates the reader’s curiosity to learn more. It is a spiritually uplifting book that invites us to reflect upon Allah’s signs in the universe. From the orbits of the sun and moon to the benefits of dates, honey, and olives — every page reminds us of His appropriate & exact design. The repeated quote from Surah Ar Rahman (“Which of the favours of your Lord will you deny?”) keeps reminding the reader of the numerous Ni'amath Almighty Allah has bestowed & keeps on bestowing on His creations. Alhamdulillah.

Both books, ‘The Wonders of Creation I & II’, explain nature, space, animals and “Did You Know?” facts about the Anatomy of Man, and are a beautiful gift for students, families, and teachers to strengthen their knowledge, Imaan & help discover Allah’s SIGNS through Science! I am very much impressed by your book.

However, I would like to do a small correction: The word "Allah" in Arabic denotes “THE GOD”- “AL-ILAAH”; not just “God”. The remaining portions are as you have mentioned. HIS creation of the human body itself is a miracle that makes us realise the great power & immense knowledge He, the Almighty, has, which cannot be measured or compared to with any other technology. You have depicted this fact very clearly.

It is also noteworthy that Sheikh Mohammad Fayaz Ahmed, Khateeb, Anjuman-e-Himayat Islami, Chennai, has verified the Qur'anic verses. It is obvious that you have put in tremendous effort & have spent a lot of time and energy in compiling this book. May your work be accepted as a Sadaqah-e-Jariah and be of use to the whole of the Ummah. May Allah grant you Aafiyah to write many more such books that would be beneficial to both Muslims & non-Muslims. Aameen. May Allahu SWT grant all of us more knowledge to perceive much more about Our Rabb, the Sole Creator & Sustainer of this Universe. Aameen. -- **Irshad Sait N. M**

Allah is an Arabic word denoting the Supreme Creator of the Universe. We call God Allah, because this word has no gender or plural. Whichever way you call Allah, Ilaah, or Ilaihi, it denotes the same “ONE AND ONLY CREATOR”

POETRY:

LET US PONDER OVER THE WONDERFUL FACTORY,
 WHICH RUNS WITHOUT ANY CURRENT OF BATTERY.
 WHICH GOD HAS PLACED INSIDE OUR BODY
 HE CREATED IT WITH CLOCKWORK PERFECTION.
 OF WHICH NO SCIENTIST HAS BEEN ABLE TO CREATE EVEN A FRACTION.
 ALL THEY COULD WAS DISCOVER WHAT WAS ALREADY CREATED,
 WE PLACE THEM ON A PEDESTAL, WITH EXCLUSIVE PRIZES GRANTED
 ENTERING THEIR NAMES IN THE ANNALS OF HISTORY,
 WHILE WE IGNORE THE SUPREME CREATOR, WHO CREATED IT ALL
 AND FORGET THAT WE SHOULD FOLLOW HIS CALL;
 A GUIDANCE SENT BY HIM THROUGH OUR PROPHET ﷺ
 TO PRESERVE THE FACTORY WITHOUT CAUSING ITS REPAIR,
 BEWARE, IF WE DISOBEY, IT WILL LEAD US INTO THE DEPTHS OF DESPAIR.
 WE IGNORE THAT COMMAND OF ALLAH TO BE RIGHTEOUS AND JUST,
 LOVE AND CARE TO NEIGHBORS AND RELATIVES, IS A MUST
 IF WE WANT TO KEEP AWAY FROM STRESS, CAUSING OUR ENERGY TO DRAIN
 RESULTING IN MOST OF THE AILMENTS OF OUR GUT AND BRAIN.
 HAVE YOU EVER WONDERED HOW OUR DELICATE ORGANS ARE PRESERVED,
 WITH SO MUCH FORETHOUGHT AND SAFELY EACH PART IS RESERVED,
 TO FUNCTION ITS ROLE WITHOUT ANY OUTSIDE PRESSURE,
 THEN, IS IT NOT OUR DUTY TO AVAIL OF THIS TREASURE?
 IF WE WANT TO LIVE IN PEACE AND TRANQUILITY,
 BY KEEPING AWAY FROM DRUGS AND FORBIDDEN ACTS,
 AND TO SAVE OUR HEALTH LET US USE OUR TACT.
 LET US NOT BE ADDICTED TO SCROLLING THE MOBILE.
 WHICH DESTROYS OUR COGNITIVE THINKING ALL THE WHILE.
 SUCCESSFUL IS HE WHO OF THIS FACTORY TAKES CARE,
 AND THANKS, THE SUPREME CREATOR WHOM NONE CAN COMPARE.

THE GREATEST MIRACLE: THE HUMAN BODY:

Although the theory of evolution was put forward by scientists who did not accept the concept of GOD, they still call the creation 'The Power of Nature'. However, today they are unable to answer: when an ordinary desk cannot be made without proper craftsmanship, how is it possible that this whole universe can operate with perfect precision and balance, without a Creator? While science says that the solar system and all that is in it originated billions of years ago, we are told by Allah that all that is found in this world was created long before we were sent to the earth, so that we may live in comfort and ease.

إِنَّ رَبَّكُمُ اللَّهُ الَّذِي خَلَقَ السَّمَاوَاتِ وَالْأَرْضَ فِي سِتَّةِ أَيَّامٍ - "Indeed, your Lord is Allah, who created the heavens and earth in six periods." (*Ayyam* means periods of time, not days, as some translations depict) - 10:3/7:54

By the Grace of the Almighty, after writing about 'The Wonders of Allah's Creation', I have attempted to mention some of the miraculous organs present in our own body, which are incomparable to any technology man has discovered. Since this subject would take a whole lot of pages on its own, I decided to write it as a separate book. My aim is not to explain the different parts of the body. You will read this in any schoolbook. However, the detailed discovery of the wonders of the Human body will make you realise that there must be a Creator to shape and maintain its delicate functions.

Allahut'alah informs us of 'the wonderful factory within our body' in the Quran. I wish that all of you would pay more attention to all the valuable gifts that Allah has bestowed upon you and be thankful.

Allah declares this in many verses. For example, Surah Sajada, ^{32: 7-9}, "The ONE who perfected everything which HE created and then began the creation of man (Adam) from Clay, and made his posterity out of the extract of lowly liquid, proportioned him and breathed into him from HIS SOUL and made for you hearing, vision and hearts (intellect); little are you thankful. (Here, HIS Soul means the soul HE had created. Thus, it is important to remember that wherever we read HE blew HIS SOUL, as into Adam and Jesus, we should understand that it was not a part of HIMSELF, but a Soul that HE had created.)

If only you knew of the wonderful parts of the body that cannot be compared or replaced by any man-made thing in this world, you would bow your head in humble reverence and humility to the Supreme Creator who has given you all for free. Every organ of our body is essential for our easy movement and functioning. Science today has discovered that every organ of our body is a wonder in itself. When we compare the parts of our body with the technology man has invented, we are left mesmerised by the wonders of the different miraculous cells in our body.

I AM SURE THAT SCIENCE STUDENTS KNOW ALL THAT I HAVE MENTIONED BELOW, BUT THEY WOULD FORGET IT AFTER THEY GET THE NEEDED MARKS IN THE EXAMS. MY AIM IN MENTIONING, THOUGH NOT IN DETAIL, REGARDING THE DIGESTIVE AND RESPIRATORY SYSTEM, AND MOST OF THE OTHER ORGANS OF OUR BODY, IS TO MAKE YOU ALL AWARE OF THE WONDERFUL FACTORY THAT WORKS 24/7 TO KEEP THE BODY HEALTHY AND VIBRANT, ENABLING US TO GO ABOUT OUR DUTIES. HOWEVER, YOU CAN AVOID THE FULL DETAILS BY GOING TO THE LINK FOR REFERENCES GIVEN AS FOOTNOTES. KINDLY FORGIVE ME IF I MAY HAVE MISSED SOME PORTIONS.

THE HUMAN BODY COMPARED TO TECHNOLOGY:

God's Creations are Wonderful... ²

1. Tyres wear out as they run, but the soles of our feet remain almost the same even after a lifetime of walking and running.
2. The human body is about 75% water, yet despite millions of pores, not a single drop leaks out
3. No object can stand without support, yet the human body balances itself naturally.
4. No battery works without recharging, but the heart keeps beating nonstop from birth to death.
5. No pump can run forever, yet blood flows continuously through the body for an entire lifetime.
6. Even the world's most expensive cameras have limits, but our eyes capture every scene with a quality equal to thousands of megapixels.
7. No laboratory can test every taste, yet the tongue identifies thousands of flavours.
8. The most advanced sensors are limited, but our skin can feel the slightest touch and sensation.
9. No machine can produce different frequencies automatically like the human voice
10. No device can decode, understand, and interpret sounds meaningfully like our ears.

We should be grateful for these priceless gifts given by God. Science tells us that;

- The length of the blood vessels present in the body is 1 Lakh kilometres, while the length of the rails of the Indian Railway is only 67,000 kilometres. Can you imagine? Where short headphone wires keep twisting together and getting knotted, the blood vessels in our body, which are 97000 kilometres long, never get tangled? - And do you know? A sneeze can travel up to 100 mph!

- It is a verified fact that the lungs, when spread out, are as large as a tennis court.

- The Heart pumps 18,000 litres of blood throughout the body through the blood vessels per day. A Kiosk pump can pump only 1000 or 2000 litres of water to your overhead tank per day

- *The bloodstream is a chemical factory. 2 million RBCs are produced in one second in the bone marrow!*

- We all know that our stomach contains the strongest HCL (Hydrochloric Acid), which can digest even iron pieces!! *Then, have you ever wondered how it is that it does not digest the walls of the stomach and intestines? The layers of mucus, provided by its MAKER, in the inner layers of the stomach and intestines protect it from the concentrated Acid, present in the stomach. Subhan Allah!*

- *Do you not realise that what Allah has prohibited is for our benefit? If we indulge in drugs or alcoholic drinks, it will certainly weaken these mucous membranes, leading to the degeneration of the layers of the digestive system, causing ulcers and other incurable diseases. Have you ever given a thought to how all the organs of the body function without any outside force to induce their performance?*

² For your information, the above points 1 to 10 is copied from a forwarded message. Author unknown.

WHAT IS THE JOB OF CELLS IN OUR BODY?

*'A human cell is the basic unit that makes up your body, kind of like tiny rooms in a massive mansion working together to keep everything running. Picture it as a microscopic bubble with a flexible outer layer—the membrane—that decides what enters or exits. Inside, there's a gooey mix called cytoplasm, packed with tiny machines that handle different jobs. The nucleus sits in the centre, acting like a control room. It holds DNA, the blueprint that tells the cell how to build proteins, repair itself, or even when to split into two new cells.'*³

- *Scientists have declared that Man is made up of **100 trillion cells**.*
- A single cell in our body is complex beyond imagination. It is a bustling world filled with microscopic factories, transport systems, power stations and information storage.
- Human cells show specialisation, producing varied kinds including neurones, muscle cells, epithelial cells, and blood cells, each suited to serve certain purposes vital for survival.
- Imagine how all these cells work together to maintain the body and repair the different organs.
- We can see a cell only through an electron microscope.
- *It is produced in the bone marrow at **200 cells per second!***
- The smallest ones are so small that one can place **10 Lakhs of cells on a pinhead**,
- Each organ requires different types of cells, and all cells have particular shapes and characteristics.
- The nose can **differentiate 6000 smells** and can detect 2000 to 4000 different smells!
- And the ears can **differentiate 1500 different sounds**. - Eyes can **see 10,000 different shades!**
- The taste buds in the tongue can **taste 500 to 600 different flavours!**
- 650 muscles do the work of movement
- When we smile, 17 muscles are used \ and when we frown, 75.
- 1,25,000 sperm are created in the male body every minute.
- Your hands have 206 bones, and in the hand alone, 200 are present, and they work with the help of cells at the command of the brain.
- Your brain, liver, skin, etc., adapt to new situations and environments, and regenerate and heal themselves.
- The more you keep your brain busy and active, the more you can keep it healthy and vibrant.
- Early to bed, early to rise makes a man healthy, wealthy and wise. Can a machine compare to it?
- *And its SUPREME CREATOR (Allah in Arabic) calls our attention to the wonderful factory within our body.*
"And on the earth are signs," "And within yourselves. Then will you not see?" (51: 20, 21)

³ <https://biologynotesonline.com/human-cell-structure-and-functions/>

THE RESPERATORY SYSTEM:

1. THE HEART AND LUNGS:

Your heart and your lungs are two of the most vital organs in your body. In addition to sharing a chest cavity, the functions of the heart and the lungs are closely intertwined.

With each beat, your heart sends blood throughout the body. As we know, the veins carry all the oxygen-poor blood that has been absorbed throughout the body. The heart collects this blood and passes it to the lungs, where it is cleaned and reoxygenated. This purified blood is sent to the left side of the heart, which pumps it back through the arteries to the organs, where it rejuvenates them. At every beat of the heart, this process repeats itself, ensuring that all the organs of the body are well oxygenated and healthy. No man-made machine can compare to the perfect discipline and speed with which these organs work.

*This whole process of cleansing **takes only about 16 seconds**, allowing about 5 quarts of blood to circulate per minute throughout the body. Every time we inhale, our lungs fill with fresh oxygen, and when we exhale, we release carbon dioxide collected from the deoxygenated blood.*⁴

Do we even pause, to thank the Benefactor who provided us with such an immune system that helps us stay healthy despite all the filthy atmosphere that surrounds us?

And do you not realise that all that Allah prohibits is for our own safety?

This is because the delicate balance by which all the organs of our body function is disrupted when we ignore the warnings mentioned in the Quran. We do not realise that all that Allah has prohibited, like Fahisha, anger, drugs, telling lies, cutting relationships, cheating, bribery, etc., causes incurable diseases and mental disruptions in our body.

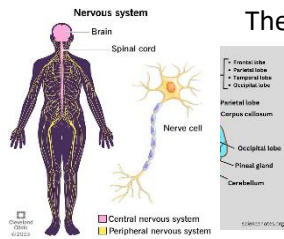
The very, healthy existence of the BRAIN, HEART, LIVER, KIDNEYS, EYES, EARS, SKIN, THE DIGESTIVE SYSTEM, AND THE CONCEPTION AND EMBRYONIC MIRACLES as found in the Quran, DEPEND ON THE CIRCULATORY SYSTEM, which works in clockwork perfection, and must make us realise the Greatness of its Creator, who created all this for our benefit and sent the Quran, through our Prophet Mohammad ﷺ to guide us how to use our faculties correctly.

We must remember that if we ignore this guidance, we are to blame for all the ailments and breakdown of our healthy and peaceful existence, and will be in trouble for the rest of our lives.

*“فَكَيْفَ إِذَا أَصَابَتْهُمُ مُصِيبَةٌ بِمَا قَدَّمَتْ أَيْدِيهِمْ - So how [will it be] when disaster strikes them **because of what their hands have put forth.**” Many similar verses in the Quran indicate that we suffer disasters and turmoil in this world due to our own deeds. Allah does not wrong them, but they wrong themselves.*

⁴ <https://www.lung.org/blog/heart-lung-relationship>

THE NERVOUS SYSTEM:



The Human nervous system looks like an intricate, branching network of pale cords and cables, all feeding into a wrinkled, pinkish-grey organ about the size of two fists – the Brain, the Central nervous system. It consists of two primary structures: the brain, which serves as the headquarters for consciousness and involuntary function, and the spinal cord, which acts as the primary

communication channel between the brain and the rest of the body through the peripheral nerves, which work together to control movement, sensation, thought, and emotion, and are responsible for involuntary actions such as heartbeat and digestion, comprising neurons and glia. This CNS acts as the control centre for the nervous system; it receives, processes, interprets, and stores incoming sensory information by sending messages, or electrical signals, between your brain and the other parts of your body. These signals tell you to breathe, move, speak and see, for example. Your nervous system keeps track of what's going on inside and outside of your body and decides how to respond to any situation you're in.⁵

THE BRAIN⁶ The human brain, only 1.4 kg, is the epicentre of our nervous system. It is a complex, highly organised organ responsible for thoughts, feelings, actions, and interactions with the world around us. Brain cells are called neurons. *These neurons send signals and interact with the rest of the body through transmitters at 400 metres per second, faster than the internet. There are 100 billion neurons in the brain, capable of storing 100 trillion bits of information. If we were to store these in the Encyclopaedia Britannica, we would need 5,00,000 sets of these books. We find in the British Library that there are only 30 big volumes of such books.*

It is the brain cells of the cerebellum that regulate and balance the functions of our eyes, ears, nose, tongue, and skin. Not only are there sensory receptors that constantly send information to your brain about what they see in the world around you, but also nerve cells inside your muscles and organs report to your brain about internal conditions, such as what your muscles are doing, the rate of your pulse and breathing, and how warm, full, and hydrated you are, informing your balance and your hormone and blood-sugar levels. The most important portion of the brain is the Brainstem. The switch that controls the heartbeat, breathing and blood pressure. If it stops, the heart will shut down.

Some Cells are specialised for defence, lining the walls of most incoming blood vessels in the brain and spinal cord. *These cells allow oxygen and nutrients to enter the cerebrospinal fluid and the brain, but keep out bacteria, viruses, and toxic chemicals that may be circulating in the blood. However, due to the*

⁵ <https://my.clevelandclinic.org/health/body/21202-nervous-system>

⁶ https://sciencenotes.org/parts-of-the-brain-and-their-functions/#google_vignette

intake of caffeine, alcohol, and psychoactive drugs, this defence system weakens and viruses, bacteria, and toxins can easily get through it.' Is all the above worth the loss caused to the Brain? Is it not important to take care of this wonderful object?

- A recent insight reveals that the brain and all the cells of our body are continuously destroyed and reproduced so that they may be able and active throughout our lives. This reproduction is an ongoing process. However, brain cells can reproduce only up to 18 years. After that, *the cells start to be destroyed*. Once they are lost, no new cells are produced. - Once gone, they are not replaced. 'There is nothing to worry about,' say Scientists. The brain contains 100 billion cells. Hence, even with a loss of 100 cells per day, many remain for 200 years! Hence, all the other functions of the brain continue without any hindrance. However, the information stored in those cells is lost forever, resulting in memory loss in the elderly! Yet, this can be reduced if we keep exercising our brains by constantly working them.

Doctors recommend meditation and learning new things to keep your brain vibrant by keeping your mind busy. It is here that Salaat, Zikr and memorising the Quran help us. If we try to recite, understand, and implement the laws mentioned in the Quran, and, as shown by our Prophet's disciplined life, without hurting others, we can live a calm, peaceful existence, free from stress, worries, and grief.⁷ Therefore, alongside academic education, learning Islamic Etiquette is a must.

MORE ABOUT THE BRAIN:⁸

- The famous psychologist Tara Pisano explains that *complaining all the time* results in rewiring of our brain and damages our health! Psychologists explain that one's **cognitive learning** should be expressed through their behaviour. This means those who are engaged in gaining knowledge should express it through their behaviour. Instead, with an 'I know it all' attitude, he argues and counter-argues, constantly complaining about matters beyond his control and expressing frequent discontent or resentment; he harms not only himself but also those who are listening.

- Research from Stanford University says that complaining reduces the size of our hippocampus, which is responsible for memory and problem-solving. They found that engaging in complaining, or hearing someone complain for more than 30 minutes, could physically damage our brains.

- When we complain, the hormone cortisol is released into the body. Repeated complaining results in cortisol being released at higher levels, putting us more at risk of developing heart disease, high cholesterol, diabetes, obesity and strokes.

- *Whether you have frequent positive or negative thoughts, this becomes a habit. Hence, frequent negative complaining leads to pessimism, causing disruption and discomfort to yourself as well as those listening to you. - Thus, hanging out with people who frequently complain can be just as destructive as*

⁷ <https://newsroom.heart.org/news/depression-anxiety-and-stress-linked-to-poor-heart-health-in-two-new-studies>

⁸ Author: Tara Pisano, BA (Psych) (Hons), M Psych., < <https://m1psychology.com/complaining-is-bad-for-your-brain/> >. Please refer to the details in the link if interested.

when you yourself complain. This is because your brain rewires itself in much the same way as your friend experiences. **That is why our Prophet ﷺ advised: 'You will be like the one with whom you develop a friendship. Therefore, take care with whom you become friends.'** Sunnah.com > abudawud:4833

Allah commands, "And rely upon Allah; and sufficient is Allah as Disposer of affairs." *al-Quran, 33:3*

"Be grateful to Allah. And whoever is grateful is grateful for [the benefit of] himself." *31:12*

"And indeed, Allah is with those who are patient and firm in their Faith."-

Instead of complaining about your problems to others, lay your full trust in HIM and seek HIS help.

- "Unquestionably, for the allies of Allah, there will be no fear concerning them, nor will they grieve" *10: 62*

- *أَلَا إِنَّ أَوْلِيَاءَ اللَّهِ لَا خَوْفٌ عَلَيْهِمْ وَلَا هُمْ يَحْزَنُونَ*

- Our Prophet Mohammad ﷺ said, 'If you want to lead a contented life, do not look at those better than you, but look at those below you, so that you can be thankful to Allah for HIS Blessings.' ⁹

All these words clearly explain the psychological influence of keeping our minds calm.

DO NOT COMPLAIN

Science has discovered that constant complaining causes your health to wane,

Hearing others complain for a long time could physically damage your brain.

'You complain that you have no shoes, but there are people with no legs to walk

You complain nobody listens to you, but there are people with no voice to talk

You complain about the food on your plate,

but remember, many children sleep hungry at night.' ¹⁰

You complain that your life is too hard,

but someone is fighting to stay alive in the ICU ward.

How many blessings have you been given that you cannot count?

So, be grateful to Allah. You will feel at peace, and your pain will not haunt.

How much has Allah provided you that others do not have?

Therefore, say Alhamdulillah at all times, even when, problems you have.

You can be saved from ailments and depression.

You can remain calm even in the depths of oppression.

Smile a while, and when you smile, another smiles, and

Soon there will be miles and miles of smiles.

HOW DID THE PROPHET ﷺ KNOW ALL THIS 1447 YEARS AGO? AND HOW PERFECT IS ALLAH'S GUIDANCE?

⁹ Sunnah.com > Sahih Muslim, 2963

¹⁰ Quotes - Sunan Ibn Majah 4142

ILL-EFFECTS OF ENVIRONMENTAL CHANGES ON THE BRAIN:

1. Nano-plastics cause abnormal branch growth in neurons
2. People working in shifts undergo a gradual shrinkage of two brain regions.
3. Women who self-harm show altered brain responses to negative social media comments.
4. Breathing polluted air is linked to lagging in reading and cognitive growth in young teenagers.
5. Sleep loss can influence how and when cerebrospinal fluid flows through the brain.
6. Drinks and drugs shrink the brain further, causing its deterioration in the later part of life.
7. Loneliness leads to depression and stress in the young and the old. A loving word brings them back to normal.
8. If a person is under stress 24/7, it can affect nearly every part of the body and mind.

PHYSIOLOGICAL EFFECTS OF REGULAR EXERCISE ON THE BRAIN: ¹¹

- "Research proves that just moving around serves as an important physiological mechanism and promotes brain health. This physical swaying provides exercise that might benefit brain health by clearing *cellular waste and preventing neurodegenerative disorders*. It is also found that when the abdominal muscles contract, *they push blood from the abdomen into the spinal cord, just like in a hydraulic system, applying pressure to the brain and making it move.*"

- That is why we should keep moving, at least every thirty minutes. When you remain active, the brain releases dopamine, which governs motivation, anticipation, and effort — not just pleasure.

It's what makes you want to start a task, stay engaged, and feel satisfied when you finish.

It helps you gain satisfaction from whatever you make a habit of.

WHY YOUR BRAIN CAN'T STOP SCROLLING? ¹²

- Excessive use of smartphones can cause feelings of discomfort, including physical discomfort and feelings of loneliness, anxiety, and depression. - *Smartphone addiction and drug addiction have similar manifestations*: both involve a strong craving for the target object (drugs/smartphones), leading to uncontrollable and repeated behaviour. - If you get addicted to scrolling on your phone, it diverts your focus, sleep, and motivation, making you less interested in the actions needed for your progress in life.

- Psychologists warn that some of what happens during youth cannot be reversed. ¹³

When our kids spend too much time 'watching the screen', the blue light from the screen blocks *Melatonin*, the hormone that helps with sleep. Without *Melatonin*, their brain cannot rest at night, which makes them tired and cranky during the day. – 'Every notification, every scroll, every quick hit of content

¹¹ <https://www.psypost.org/scientists-discover-a-hydraulic-link-between-the-abdomen-and-the-brain/?shem=dsdf,sharefoc,agadiscoverSDL,,sh/x/discover/m1/4> > (those interested can go to this link)

¹² <https://www.frontiersin.org/journals/psychiatry/articles/10.3389/fpsy.2025.1281841/full>

¹³ https://edition.cnn.com/2026/06/04/health/screens-kids-brain-development-criticome-wellness?utm_medium=social&utm_source=whatsappCNN&utm_content=2026-06-04T23:46:09

delivers a small *Dopamine* signal. Over time, the brain rewires itself and gets addicted to it. Less stimulating activities, like deep work or meaningful conversation, start to feel almost uninteresting.'

- Studies find that those who go to sleep earlier have sharper brains. The brain keeps forming and refining neural connections, and much of that work happens during sleep. The proverb,

"Early to bed and early to rise makes a man healthy, wealthy and wise", has been proved true.

- *Sleep isn't just rest. It helps your brain store memories, build stronger connections, manage emotions, and clear out waste. The rest so obtained gives us more clarity in our work. This is especially true for teens, when their brains are still evolving. Late nights, especially on school days, can lead to:*

low concentration, brain fog, mood swings, and constant tiredness.

- People with *Dopamine Dysregulation* find it harder to start a task even when they know it's important. They find it difficult to resist impulsive decisions or sudden distractions and cannot maintain focus on one task for more than a few minutes. They do not feel genuine satisfaction from completing work. They lose concentration in their daily activities. As they grow up, they lose interest in the more important tasks in life. Researchers say that our sensory experiences from birth to 25 years determine who we are for the rest of our lives! *Another Tamil proverb:*

"Tottil pazhakkam sudukaadu veraikkum: the habits from the cradle last till the grave" is proven true.

'Having a dopamine-overloaded brain is like driving with the accelerator stuck — until you understand the mechanism, you can't fix it. But once you do, everything changes.'

Therefore, being aware of the problem in its early stages is essential to getting over any addiction.

The laws mentioned in Islam advocate this policy: 'Prevention is better than cure.'

- *Our body is saved from many other health issues because the approach of Zina and Fahisha is forbidden.*

- *Our regular five times prayers give us not only psychological balance but also the exercise gained through walking to the masjid, standing, bowing and prostration, and help us receive the needed brain mobility and increased blood circulation that keeps both our body and mind sound and healthy.*

- *When we avoid intoxicants that are forbidden, it saves us from addiction. - Although it was not known earlier, the fact that smoking also causes shrinkage of the brain makes it come under the list of addictions. So does scrolling on the smartphone. Therefore, it is very important to impart this knowledge from a young age and make our children aware of the harm caused by all that is forbidden in Islam, **as proven by science today. Never fall to peer pressure. Better keep away from such friends.***

ONLY OUR CREATOR KNOWS HOW OUR FACULTIES SHOULD BE UTILIZED.

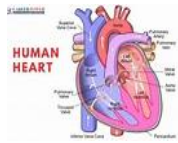
OBEY HIM, YOU WILL HAVE NO WORRY OR GRIEF.

Experience says that to get sound sleep, keep your mobile away and make it a habit to recite the Azkar taught by our Prophet ﷺ. (The four Khul: Subhan Allah, Alhamdulillah, Allahu Akbar, Astagfirullah, etc.) Notice that you will not even realise you have drifted off to sleep.

ANOTHER MIRACLE OF THE BODY: THE HEART.

(Neuroscientist Esra Al of the Max Planck Institute for Human Cognitive and Brain Sciences in Germany has been studying the heart's influence on the brain for several years, building on decades-old research and recent studies with more robust methods.

The results are really amazing. Until recently, the heart was considered only a piece of flesh that pumps blood.)¹⁴



Our Human body has a very complex system. Although the brain is responsible for controlling our thoughts, emotions, sense of touch, motor skills, vision, sense of taste, temperature, and hunger, it has been discovered that the HEART, too, feels and reacts

to our *emotions seconds before they reach the brain*, where they are stored for further reference.

This proves true what Allah informed 1448 years ago in the Quran,

“Say, 'Whether you conceal *what is in your breasts* or reveal it, Allah knows it.” (3: 29).

قُلْ إِن تَخْفُوا مَا فِي صُدُورِكُمْ أَوْ تُبْدُوهُ يَعْلَمُهُ اللَّهُ

HE does not say, ‘Allah knows what is in your brain. HE knows even before it reaches the brain.

THE heart is an essential organ on which the reality of life and death depends. It beats approximately one lakh times a day, providing fresh, oxygenated blood to all the cells of the body, keeping them hale and healthy. Hitherto, the Heart, which was considered only a piece of flesh that pumps blood, is in fact an organ of profound importance that influences our emotions and feelings.

THE MIND-BODY CONNECTION: *We all know that thoughts and feelings, especially those related to stress, can influence physical health. Have you not noticed that when a person feels fear or anger, it is his heart that palpitates fast? Only after that does the Brain take up the command. Mental health conditions, including depression, anxiety and stress, are known to increase the risks for poor heart health.¹⁵ New research suggests that the heart not only pumps blood but also forms a host of psychological connections in the brain. In addition to its other functions in keeping organs healthy, the heart's rhythmic beating is closely tied to the nervous system. The heart has its own ‘mini brain’, a complex nervous system that is crucial to controlling its rhythm. Several types of neurons in the heart function differently, including a small group of neurons with pacemaker properties...’¹⁶*

- Mohamad Alkhouli, M.D., an interventional cardiologist at Mayo Clinic in Rochester, Minnesota, said regarding the relationship between the brain and the heart, ‘Each can have a powerful impact on the other. At Mayo Clinic, we're exploring these questions, and beginning to see the heart and brain not as separate organs, but as a single, dynamic network... Likewise, regular physical activity, a heart-healthy

¹⁴ source: < scitechdaily.com/scientists-have-discovered-a-mini-brain-inside-the-heart/ >

¹⁵ <https://newsnetwork.mayoclinic.org/discussion/the-brain-heart-connection-mayo-clinic-expert-explains-powerful-tie-that-works-both-ways/>

¹⁶ https://www.sciencedaily.com/releases/2024/12/241204114304.htm#google_vignette

diet and controlling blood pressure and cholesterol can boost mood and cognitive function. It's a powerful feedback loop: Caring for one supports the other.'

MAINTENANCE: Although the brain and nervous system influence the heartbeat to a certain extent, they do not initiate each beat. It is the SA node, located in the upper right chamber, that generates regular electrical impulses that spread throughout the cardiac muscle, maintaining the heart's chambers to contract in a coordinated rhythm and steadily pump blood. That is why, as long as the heart receives oxygen, the pumping action is maintained. ¹⁷

- The heart cannot be taken lightly. Misusing our faculties, such as smoking, drugs, and intoxicants, negatively affects cardiovascular health. Smoking increases plaque buildup in the arteries and causes blockages in the heart, leading to heart attacks. Apart from this, our behaviour also impacts the Heart.

- Every hasty action of ours first affects the Heart. All emotions affect the heart. If we get angry, sad, or jealous, there is surely a negative effect on the Heart, while a positive effect improves its condition.

This shows the importance of Allah's command ^{4: 36-40} to keep relationships intact, to surround yourself with righteous friends, to behave kindly and justly with our kith and kin, our spouses and children, our neighbours, and even strangers we may come across in our daily lives, and to be just in all our matters.

This keeps our heart and mind at ease and prevents all the ill effects. A heart cleansed regularly of hatred, jealousy, and anger will save it from numerous diseases that affect human beings.

- Complete surrender to the will of our Almighty, and the regular physical activity and exercise we get through our five times Salaat (prayers) and zikr, removes the onset of Depression and Anxiety, which accelerates the onset of risk factors for increased heart attack and stroke. By obeying the Commands of the Supreme Creator and staying socially connected, we can manage stress and get quality sleep, which in turn helps keep our brains vibrant and healthy.

Many Islamic scientists and psychologists have recommended cognitive learning combined with behavioural patterns to keep our minds vibrant and healthy.

Otherwise, as Allah says, we will have to face the consequences of our ill deeds in this world in the form of diseases or loss of what we love most, in the latter part of our lives.

"So how [will it be] when disaster strikes them because of what their hands have put forth..."

فَكَفَيْفَ إِذَا أَصَابَتْهُمُ مُصِيبَةٌ بِمَا قَدَّمَتْ أَيْدِيهِمْ --- Al-Quran, Surah An Nisa, 4: 62

And, we notice that from its conception till death, the heart keeps beating without rest. The moment the heart stops, all the vital organs of the body start losing their ability to function properly and begin to die in a slow process. The last to die is the brain, when the person is declared brain dead.

IT STOPS ONLY WHEN ITS CREATOR SWITCHES IT OFF.

¹⁷ https://biologyinsights.com/how-long-does-a-heart-beat-outside-the-body/#google_vignette

Allah informs us in many verses the importance of connections between the heart, ears, and eyes.

- And it is He who produced for you hearing and vision and hearts; little are you grateful. ^{23: 78}

وَهُوَ الَّذِي أَنشَأَ لَكُمُ السَّمْعَ وَالْأَبْصَارَ وَالْأَفْئِدَةَ ۚ قَلِيلًا مَّا تَشْكُرُونَ

- And Allah has extracted you from the wombs of your mothers not knowing a thing, and He made for you hearing and vision and intellect that perhaps you would be grateful. ^{16: 78}

وَجَعَلَ لَكُمُ السَّمْعَ وَالْأَبْصَارَ وَالْأَفْئِدَةَ ۚ لَعَلَّكُمْ تَشْكُرُونَ

-Then He proportioned him and breathed into him from His [created] soul and made for you hearing and vision and hearts; little are you grateful. - 32: 9

— ثُمَّ سَوَّاهُ وَنَفَخَ فِيهِ مِن رُّوحِهِ ۖ وَجَعَلَ لَكُمُ السَّمْعَ وَالْأَبْصَارَ وَالْأَفْئِدَةَ ۚ قَلِيلًا مَّا تَشْكُرُونَ

- Say, "It is He who has produced you and made for you hearing and vision and hearts; little are you grateful." ^{67: 23}

قُلْ هُوَ الَّذِي أَنشَأَكُمْ وَجَعَلَ لَكُمُ السَّمْعَ وَالْأَبْصَارَ وَالْأَفْئِدَةَ ۚ قَلِيلًا مَّا تَشْكُرُونَ

AND HE WARNS US THAT THOSE WHO NEGLECT THE GUIDANCE WILL NEVER BE GUIDED, WHICH IN TURN LEADS THEM TOWARDS DISASTER.

- "Allah has set a seal upon their hearts and upon their hearing, and over their vision is a veil. And for them is a great punishment."- 2: 7

— خَتَمَ اللَّهُ عَلَى قُلُوبِهِمْ وَعَلَى سَمْعِهِمْ وَعَلَى أَبْصَارِهِمْ غِشَاوَةٌ وَلَهُمْ عَذَابٌ عَظِيمٌ

- "And who is more unjust than one who is reminded of the verses of his Lord but turns away from them and forgets what his hands have put forth? Indeed, WE have placed over their hearts, coverings, lest they understand it, and in their ears, deafness. And if you invite them to guidance - they will never be guided, then - ever." ^{18: 57}

-- وَمَنْ أَظْلَمُ مِمَّن ذُكِّرَ بِآيَاتِ رَبِّهِ فَأَعْرَضَ عَنْهَا وَنَسِيَ مَا قَدَّمَتْ يَدَاهُ

إِنَّا جَعَلْنَا عَلَى قُلُوبِهِمْ أَكِنَّةً أَنْ يَفْقَهُوهُ وَفِي آذَانِهِمْ وَقْرًا ۖ وَإِنْ تَدْعُهُمْ إِلَى الْهُدَى فَلَنْ يَهْتَدُوا إِذًا أَبَدًا

- Hence, Allah shows us the remedy: "Verily, in the remembrance of Allah do hearts find rest."

(Al-Qur'an 13:28)

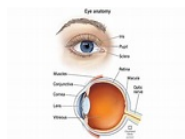
- الَّذِينَ آمَنُوا وَتَطْمَئِنُّ قُلُوبُهُمْ بِذِكْرِ اللَّهِ ۗ أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ -

IN ALL THE ABOVE, THE CONNECTION BETWEEN THE HEART, EYES, AND EARS IS HIGHLIGHTED.

HOW COULD ANYONE KNOW THIS FACT 1470 YEARS AGO?

AND WHICH OF THE FAVOURS OF ALLAH WILL YOU DENY

THE WONDERFUL EYES THROUGH WHICH WE SEE:



Just like our brain, heart, and skin, the anatomy of our eyes is incredibly complex.

The gift of one eye will not compensate for 80% of all our Ibaadah and good deeds that we do in return for Allah's Benevolence.

The pineal gland, the third eye inside the brain, is the bizarre reason you can see.

Each of our eyes has as many as 13,70,000 cells, of various shapes.

It is with the help of these 13,70,000 cells that we can differentiate 10 million different colours, and form the light-sensitive photoreceptors that enable us to see in daylight.

- These small eyes enable us to see the full width and breadth of what we are looking at, like auditoriums, fields, and other landscapes.

- Each eye has over two million working parts.

- These include external structures like the eyelids that protect our eyes, and the sclera and cornea, which cover and help protect the eye's interior, and *blink 12000 times a day.*

- The retina consists of a thin layer of millions of photoreceptors called "rods and cones."

- The cornea – the outer dome-shaped structure that covers the iris and pupil- is the only structure that *does not have blood vessels. This is because the Cornea is responsible for approximately 65-75% of the eye's focusing power, and transparency is essential for clear vision. While our blood delivers oxygen to our body parts, the cornea receives it directly from the air through the tear film, which keeps our eyes healthy and comfortable.* The cornea is composed of five layers: epithelium that protects the eyes from ultraviolet rays and dust (is constantly replaced), Bowman's layer, stroma, Descemet's membrane, and endothelium. Despite being transparent, it is made up of organised cells and proteins.

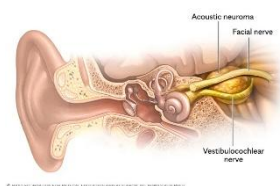
- During the day, light enters the eye through the cornea and Pupils. In bright daylight, the pupils constrict to reduce the amount of light, while they dilate in the dark to allow more light to enter. This keeps the delicate eye from harm. *Can a man-machine perform similarly without outside help?*

- *However, we cannot boast of the ability to see everything. You cannot see the radio waves or Gamma waves that bats can see, nor can we see the infrared or ultraviolet waves that dogs, snakes, and bees can see. Butterflies detect ultraviolet light on the flowers, and some shrimp have 16 types of colour receptors, while we have only three. Can we even imagine that all this evolved on its own?*

WHAT MORE PROOF DO WE NEED THAT ONLY THE SUPREME CREATOR CAN CREATE SUCH INTRICATE ORGANS AND GIVE THEM SUCH POWERFUL ABILITIES TO SEE, HEAR AND SPEAK?

WHEN WE ACKNOWLEDGE SCIENTISTS AND INVENTORS AND BESTOW THEM WITH HIGH RESPECT AND NOBLE PRIZES, IS IT NOT ESSENTIAL THAT WE PRAISE AND THANK OUR LORD, THE ONE AND ONLY SUPREME CREATOR OF THE WORLD, WHO HAS GIFTED US WITH ALL THESE FACULTIES?

THE WONDERFUL EARS THROUGH WHICH WE HEAR.



- Animals and humans hear sound waves differently based on the structure and sensitivity of their ears. Frequency is the number of waves passing a given point per second and is measured in Hertz (Hz). Amplitude refers to the height of the wave and determines the loudness of the sound. Our ability to hear normally is from 20 Hz to 20 kHz, and higher frequencies are most commonly degraded by noise and age. However, animals have a remarkable ability to perceive sounds that humans cannot hear. This is because their hearing range is different from ours. While humans can hear sounds in the 20 Hz to 20,000 Hz range, some animals, such as dogs and dolphins, can detect sounds from 0.1 Hz to 200,000 Hz. Small animals use high-frequency sounds that their predators cannot hear to communicate with one another. For example, dogs can hear sounds up to 65,000 Hz, while bats can detect sounds up to 200,000 Hz. Elephants can hear sounds at frequencies as low as 14 Hz, while whales can hear sounds as low as 7 Hz. Some animals, such as birds and insects, can even hear ultrasound, which is beyond the range of human hearing. This ability to hear sounds outside of human perception plays a crucial role in the lives of animals. Animals that can hear high-frequency sounds have specialised structures in their ears that enable them to detect any danger before humans can.

- The outer ear, an elongated, curved plate of flexible cartilage covered by skin, acts as a loudspeaker's funnel, gathers the sound waves, sends them into the inner ear, and vibrates the eardrum. The tiny bones that are the size of a grain (Malleus, Incus, and Stapes (smaller than a grain), situated near the eardrum, amplify these vibrations. The stapes transmits these vibrations to the cochlea, which is filled with fluid. The hair cells detect and convert vibrations in the fluid into electrical signals. The auditory nerve transmits these electrical signals to the brain, which converts them into sound waves.

- *All this is mind-boggling and highly sophisticated programming! Those interested can refer to the link given for details.*

- *The auditory organ of humans is in itself a miracle. Even a slight disturbance to its alignment disturbs the ability to hear sounds. However, a human ear can only hear 0-80 decibels without causing harm to the eardrum. Anything above this range damages it, while anything above 110 causes irreversible damage. The cause of Meniere's disease isn't known. Symptoms of Meniere's disease may be due to extra fluid in the inner ear called endolymph. But it isn't clear what causes this fluid to build up in the inner ear.'*

18- THUS, SCIENCE HAS NOT BEEN ABLE TO FATHOM SOME OF THE MOST INTRICATE MECHANISMS THAT ALLAH HAS CREATED.

فَبِأَيِّ آلَاءِ رَبِّكُمَا تُكَذِّبَانِ

¹⁸ <https://www.mayoclinic.org/diseases-conditions/menieres-disease/symptoms-causes/syc-20374910>

THE WONDERFUL ORGAN WITH WHICH WE TALK: THE TONGUE AND MOUTH.

The tongue is multifunctional. Human beings are the only living species that can communicate by speech, using their tongues to speak and form words clearly.

- It is covered by thousands of small, raised bumps known as papillae, which house taste buds that can taste 500 to 600 different flavours! All your taste buds are clusters of nerve cells that transmit sensory messages to your brain, informing it of the different tastes such as sweet, salty, bitter, sour and savoury.
- The mouth is a hollow cavity formed by the space between the lips, cheeks, tongue, hard and soft palates and the throat. It is the starting point of the digestive system, and it is a cavity in which the teeth, the tongue and the salivary glands open and function.
- Your tongue is essential for chewing and swallowing food. Before it is swallowed, the salivary glands produce enzymes, such as amylase, that help break down carbohydrates into simpler sugars, making digestion easier as the food passes through the gullet and enters the stomach and intestines.¹⁹
- A healthy oral cavity: the tongue and teeth help us maintain the overall health of our body. Many of us are ignorant of this fact and ignore the proper cleaning of the teeth and tongue. While you chew, the tongue moves the food in the mouth and helps the teeth chew it thoroughly. If the tongue is not cleaned, germs that remain on it are swallowed with food, leading to various digestive ailments. It is important to develop oral hygiene and good dental habits during childhood. Brushing twice daily, flossing regularly, tongue-cleaning, and regular visits to the dentist are essential to keep our teeth clean and healthy. Improper care and misuse result in various horrible diseases. Most of them can be avoided if we take care and avoid taking forbidden food and drinks.²⁰

Your tongue is as unique as you are. Just like your fingerprint, there's no other quite like it. And it has no bones. Do you realise the important function your mouth and tongue play in your everyday life?

Every time we smile, frown, talk, or eat, we use our mouths and teeth. Our mouths and teeth let us make different facial expressions, form words, eat and drink, and help in the digestive process.

*Imagine what would happen if the mouth and tongue got stuck and were unable to swallow!*²¹

- Prophet ﷺ told us: 'The one who controls his tongue and the private part is guaranteed heaven.'

WHY? It is because, if misused, this very tongue can be the cause of many disruptions and enmity, leading to even murder and many other evil actions. Therefore, it can be safely said that the tongue is the most important organ of our body, both in the physical sense as well as spiritually.

¹⁹ <https://www.online-sciences.com/the-living-organisms/how-the-mouth-starts-digestion-functions-importance-and-surprising-facts-you-need-to-know/>

²⁰ <https://pmc.ncbi.nlm.nih.gov/articles/PMC12237832/>

²¹ www.online-sciences.com › the-living-organisms › how

THE CIRCULATORY SYSTEM:

I did not find a better way to explain the details of the marvels taking place inside our body, keeping it healthy and well-nourished. I have quoted most of the text from the references given in the footnotes. ²²

1. BLOOD VESSELS:

- 'Every cell in your body requires oxygen and nutrients to survive. The circulatory system ensures they get just that—quickly and efficiently. When you inhale, oxygen enters your lungs and diffuses into your blood. This oxygen-rich blood is pumped by the heart through arteries to every part of your body.

- 'The circulatory system is not just a pump and a few pipes; it is an intricate and intelligent infrastructure. It's the biological internet of the body, moving data, resources, and messengers faster than any man-made network. It keeps every organ nourished, removes waste like a tireless janitor, and ensures that your brain, muscles, skin, and even the tiniest cells can do their jobs.'

'This entire vascular system is dynamic. Blood vessels can constrict or dilate to regulate temperature, blood pressure, and oxygen delivery. They are lined with endothelial cells that play roles in clotting, immune response, and more.'

'The circulatory system's network of blood vessels is the Highway of Life. Stretching over 60,000 miles in an adult human, these vessels could circle the globe more than twice if laid end to end. They transport oxygen, nutrients, hormones, waste products, and immune cells. There are three main types of blood vessels: arteries, veins, and capillaries.' In many ways, these vessels are living tissues, not mere pipes, **ARTERIES** carry oxygen-rich blood away from the heart to the tissues. They are thick-walled and elastic, built to withstand high pressure from the heart's pumping action. The largest artery, the aorta, exits from the heart and branches out like a tree to nourish the body.

VEINS, on the other hand, return deoxygenated blood to the heart. They operate under lower pressure and rely on valves and muscle contractions to keep the blood moving against gravity—especially in the legs. The superior and inferior vena cava are the major veins that bring blood to the heart.

CAPILLARIES ²³ are the microscopic connectors between arteries and veins. A capillary is about 5 micrometres (a micrometre is 0.001 millimetre) in diameter. It's so tiny that red blood cells have to go through it, lined up one behind the other. Their thin walls (1 micrometre thick) allow for the exchange of gases, nutrients, and waste between blood and tissues. These tiny vessels form vast networks in every organ, from the brain to the tips of your toes.' While arteries and veins carry gases and nutrients through your body, it's the capillaries that get them to their destinations.

²² <https://www.sciencenewstoday.org/what-is-the-circulatory-system-functions-parts-and-flow-explained>

²³ <https://my.clevelandclinic.org/health/body/21988-capillaries>

2. THE FUNCTION OF BLOOD IN THE BODY:

We all know that blood, the red liquid that flows through the blood vessels, consists of different cells, acting like the delivery service of a city's municipal corporation. They flow through the blood vessels throughout the body, reaching every organ, cleansing it of waste, and supplying it with the nutrients it needs for smooth functioning, a job that the most developed technology would take many days to accomplish. *Blood cells develop from hematopoietic stem cells and are formed in the bone marrow through the highly regulated process of haematopoiesis.*

THE BLOOD flowing through the Blood vessels contains different living cells with different functions.

- **THE PLASMA**, which makes up about 55% of blood's volume, is a golden fluid rich in proteins, hormones, electrolytes, and nutrients. It's the medium in which the cells float and the messenger that carries signals throughout the body.
- **RED BLOOD CELLS (ERYTHROCYTES)** carry oxygen from the lungs to the tissues and ferry carbon dioxide back for exhalation. Packed with haemoglobin, they give blood its red colour and its remarkable oxygen-binding abilities.
- **WHITE BLOOD CELLS (LEUKOCYTES)** are the soldiers of the immune system. They patrol the body, hunting for invaders like bacteria, viruses, and parasites.

When you're sick or injured, your white cell count surges as your body gears up for battle. When you get a cut, for example, platelets form a clot to prevent bleeding, while immune cells swarm in to destroy any invading pathogens. Specialised cells, such as macrophages, engulf debris and dying cells, keeping the site clean. 'B-cells produce antibodies that tag enemies for destruction, while T-cells identify and eliminate infected cells.'

It is through this circulatory system that vaccines do their work. Once injected, the vaccine's components are circulated to the lymph nodes, where immune cells learn to recognise the pathogen and prepare a response for future encounters. Without this mobile defence force, even a minor infection could prove deadly. The circulatory system ensures that your immune warriors are always on the move, ready to strike.

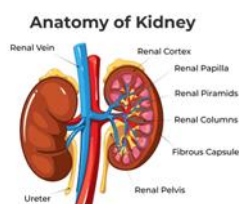
- **PLATELETS (THROMBOCYTES)** are the medics. They rush to the scene when a vessel is damaged, clump together, and initiate clotting to stop the bleeding. At the capillary level, oxygen and nutrients like glucose, amino acids, and fatty acids pass from the blood into the surrounding tissues. In return, carbon dioxide and metabolic waste enter the bloodstream, destined for excretion.

This exchange happens billions of times: 2 million RBC, plus 2,50,000 white blood cells (WBC), are created and destroyed EVERY SECOND in the human body! And the WBC increases 10-fold in case of any infection. One cannot even imagine how all this is happening, even while we are blissfully unaware and resting.

DETOXIFICATION OF THE BODY WASTE.

Detoxification refers to how our bodies neutralise and eliminate harmful toxins encountered in our everyday routines. It is a complex but vital process. While we see that waste from most factories pollutes rivers and canals with harmful chemicals, the excretions from our bodies become manure that regenerates plant life. *The key organs involved in this process are the liver, kidneys, intestines, lungs and skin. Working together, these organs filter toxins and break them down before eliminating them from our bodies.*

THE KIDNEY:



They are two of the most underestimated organs of the body. Small bean-shaped filters, stuck deep in the lower back.

- *They are responsible for the delicate chemistry that keeps every cell alive.*
- *Every minute, these silent organs filter at least a litre of blood, removing*

toxins, waste, and excess fluid, with a level of precision no machine has ever matched. Inside each kidney are a million microscopic filters. Each one separates what the body needs from what needs to let go, recycling water, balancing minerals, and sending impurities out of the bloodstream.

- To protect the body, the kidneys constantly monitor blood pressure, adjusting hormones that tell blood vessels when to tighten and when to relax. Without this system, the heart cannot function safely.

They also regulate red blood cell production, sending signals to the lungs when oxygen levels drop or the blood becomes weak. These communications happen every moment of the day.

*- But the kidneys do more than filtration. They respond to stress, retain water in times of fear, release fluids during calm, and they shift the body's chemical balance based on the body's needs. A change in Hydration, a shift in diet, or a moment of anxiety, if not controlled properly, can lead to damage to the Kidneys. People with High Blood Pressure and Diabetes are at a higher risk of kidney disease, which in turn leads to heart and blood vessel diseases.*²⁴

DO YOU KNOW THAT WHILE THE DIALYSIS MACHINE PURIFIES IN 4 HOURS ONLY 75 LITRES OF BLOOD, EVEN ONE OF THE WONDERFUL KIDNEYS DAILY PURIFIES 180 – 200 LITRES (APPROXIMATELY 119 KG).

Science tells us to avoid stress and the resulting ailments through exercise and meditation. This is what our Prophet tells us. 'Say regular Salaat and zikr, eat in moderation, have a good relationship with your relatives and neighbours, and live an honest and humble life.' By leaving our problems to Allahut'alah, we can remain calm and peaceful without worry of grief and keep our organs free from harm, even when the world is undergoing the worst disaster

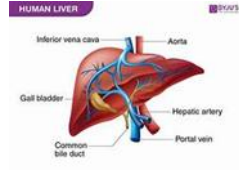
WHATEVER INTELLIGENCE WE MAY ACQUIRE, ARTIFICIAL OR REAL, WE WILL NEVER ACHIEVE 5% OF THIS ENGINEERING!

LET US NOT BRAG ABOUT OUR SCIENTIFIC ACHIEVEMENTS; THEY ARE JUST PEANUTS!

فَبِأَيِّ آلَاءِ رَبِّكُمَا تُكَذِّبَانِ

²⁴ <https://www.medicoverhospitals.in/articles/7-functions-of-the-kidney>

THE LIVER: ²⁵ The importance of this vital organ cannot be underestimated. The liver is the body's largest organ, which plays a vital role in 500 bodily functions, serving as the main detoxification powerhouse and essential for internal cleansing and balance. It acts tirelessly as a sophisticated filter, removing unwanted and harmful substances from the bloodstream. This organ is vital to the body's metabolic, detoxification, and immune system functions. Without a functioning liver, a person cannot survive, obtain energy from food, or break down fats and proteins in their daily diet.



No man-made machine can equal the liver in its responsibility for various functions:

- An important function of the liver *is that it produces 800 to 1000 ml of bile each day*. The bile ducts join the common bile duct, which transports the bile to the small intestine, where fats from our food are further broken down and absorbed. The extra bile is stored in the gallbladder.
- The many cells of the liver, known as hepatocytes, accept and *filter the blood* received from the digestive organs via the hepatic portal vein.
- *It acts as a little sorting centre*, determining what should be processed, stored or eliminated via the stool, and what should be absorbed by the blood. This makes toxins less harmful to the body by removing them from the bloodstream.
- *It works for excreting waste products*. When the liver has broken down harmful substances, their by-products are excreted into bile, which enters the intestine and leaves the body as faeces.
- *It also produces and breaks down proteins* into amino acids, turns the byproduct, ammonia, which can be toxic to the body, into urea, and releases it into the blood, and is excreted by the kidneys as urine.
- The liver also *acts as a storage centre* for fat-soluble vitamins and minerals such as copper and iron, and breaks down fats in a person's diet, releasing them as energy when the body needs them. It also breaks down glycogen, converts it into glucose and stores the extra glycogen.

The liver also plays a major role in

- *creating immune system* factors that can fight against infection
- *creating proteins* responsible for blood clotting
- *Breaking down old and damaged* red blood cells

As if these functions weren't enough, the liver is *further burdened with the task of removing alcohol from the blood, as well as the ill effects of many medications a person takes*. Compared to the rest of the body, the liver has a significant amount of blood flowing through it — an estimated 13 per cent of the body's blood is in the liver at any given time. The liver processes many nutrients, storing some and converting others for immediate use, and it is absorbed into the bloodstream and lymphatic system.

²⁵ <<https://www.medicalnewstoday.com/articles/305075#diseases>>

- Another amazing factor of this triangular organ is *its unique capacity to regenerate itself*. Even after surgery, when a portion of the liver is removed, the remaining portion multiplies and new liver cells grow until it reaches its original size. - However, many medical conditions can affect a person's liver function. This is especially true if a person is a heavy drinker, as excess alcohol can place too great a strain on the liver's functioning and lead to many different conditions that destroy its delicate tissues, which cannot be redeemed.

THE PANCREAS: ²⁶ 'The pancreas has two major jobs: it produces enzymes that break down food,



and it releases hormones that regulate blood sugar. It sits deep in your abdomen, partly sandwiched between your stomach and spine, with its other end nestled into the curve of the small intestine. Despite its relatively small size, it plays a central role in both digestion and metabolism.' The pancreas releases very important enzymes,

AMYLASE: responsible for breaking down complex carbohydrates into simpler sugars (amylase),

LIPASE: breaks down fats into fatty acids and glycerol. Without this enzyme, the fat-soluble vitamins cannot be absorbed and are excreted as oily faeces.

PROTEASE: breaks down proteins into amino acids, the building blocks responsible for muscle building, immune function and many other processes.

This wonderful gland releases the enzymes only on demand, when specialised cells in the duodenum send signals regarding the food that has entered it.

- *We note that Science also recommends what our Prophet recommended 1470 years ago: maintaining a healthy lifestyle, including a balanced diet and regular exercise (through Salaat), which is crucial for supporting liver function and regenerative capacity, helping prevent various liver diseases, which can damage the liver and cannot be reversed, and –*

- *We realise that the stomach is an elastic sac that remains intact, expanding and contracting, according to the intake of our food. If we fill our stomachs with too much food, they lose their elasticity and bloat up like balloons. Once this happens, it is very difficult to contract it back to its original size, and the person will remain hungry until the loose sac is full. Hence, our Prophet ﷺ warned: 'A human being fills no worse vessel than his stomach. It is sufficient for a human being to eat a few mouthfuls to keep his spine straight. But if he must (fill it), then take a diet of 1/3 of your stomach food, 1/3 drink, and leave one-third for air.'*

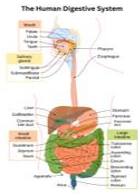
²⁷ *In the Quran, Allah prohibits drinking intoxicants and taking drugs that can cause harm to the body. Thus, it is very important to control our diet. Indiscriminate misuse ruins our health.*

WHATEVER ALLAH HAS INFORMED THROUGH HIS MESSENGER IS FOR OUR BENEFIT.

²⁶ <https://scienceinsights.org/what-is-the-function-of-the-pancreas-key-roles/>

²⁷ Sunnah.com: Ibn Majah 3349

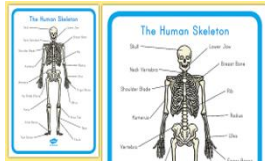
THE DIGESTIVE SYSTEM: From the moment food enters the mouth until waste exits the body,



multiple organs coordinate through muscular movement and chemical secretions to ensure efficient digestion. The digestive system is responsible for converting food into energy and raw materials needed for our survival. It consists of a long, muscular tube known as the Gastrointestinal (GI) tract or alimentary canal through which food travels.

This extends from the mouth to the anus, and includes the pharynx, oesophagus, stomach, small intestine, large intestine, and anus, each segment having a specific task. The crucial part of the digestive system, the small intestine alone, is nearly 22 feet long and folded many times to fit into the abdomen (*without getting knotted*). Accessory organs such as the liver, gallbladder, pancreas, and salivary glands produce digestive enzymes, bile, and hormones, and deliver essential fluids to support digestion and the absorption of nutrients from food.²⁸ According to the foods and liquids you eat or drink each day, the nerves, hormones, beneficial bacteria (present in the GI), blood, and the organs of your digestive system work in a coordinated manner. *We can imagine the digestion in our body as a factory where mechanical digestion, chewing, stomach churning, and intestinal mixing combine with chemical enzymes and reduce complex food molecules to be absorbed into the bloodstream or lymphatic system. Have you ever wondered how the accessory glands produce just enough enzymes to break down the food as it passes through the GI tract? Not more. Not less. 'As soon as we put food into our mouths, the salivary glands produce saliva, and the teeth automatically begin to chew it. Amylase and other enzymes begin the chemical digestion of carbohydrates into simple sugars (Glucose and Fructose). Once the food forms a soft mass (bolus), it is swallowed into the pharynx, while the epiglottis valve prevents it from entering the windpipe. The oesophagus enables the food to reach the stomach through coordinated waves of contraction (peristalsis). Once the bolus reaches the stomach (a muscular sac), specific enzymes, hydrochloric acid and pepsin initiate the digestion of proteins into amino acids, and fats into fatty acids, converting the food into a semi-liquid mixture called chyme. This chyme passes into the small intestines, the main site for digestion and nutrient absorption. The duodenum churns the chyme with secretions from the liver and pancreas, passes it into the second and third parts of the small intestine (Jejunum and ileum), absorbs the remaining nutrients and delivers the undigested waste material to the large intestine. The final digestive process takes place in the large intestine, which includes the cecum, the ascending, transverse, descending, and sigmoid colon. These absorb water, minerals, vitamins, and compact the remaining waste into faeces. The final portion of the GI tract is the Rectum, which stores the faeces, and the Anus through which it is expelled. Our health depends on a healthy digestive system.*

²⁸ <https://sciencenotes.org/digestive-system-diagram-function-and-process/>

THE LOCOMOTORY SYSTEM: THE SKELETON: ²⁹

The movement of our bodies depends on the locomotory system, which consists of the skeletal and muscular systems; the musculoskeletal system. It includes the connective tissues that hold the delicate organs, soft tissues and muscles in their proper position when we move about. It also acts as a protective shield for the delicate vital organs, such as the eyes, brain, lungs, and heart. The adult human body consists of 206-213 bones, joined together and strengthened by cartilages, ligaments, and tendons. It not only gives our body its shape but is also

instrumental in producing blood cells in the bone marrow and storing minerals.

- Cartilage, a strong, flexible tissue, acts like a shock absorber in joints throughout our body.
- Ligaments: Ligaments are bands of tissue that connect bones to other bones.
- Tendons are cords that connect muscles to bone. *The more than 600 muscles in our body, made of tightly woven stretchy fibres, are essential for easy movement, such as walking, running, jumping, breathing and even for the digestion of food.*

ALTHOUGH SCIENCE HAS DISCOVERED ROBOTS THAT RESEMBLE THE WORK OF HUMANS, IT HAS NOT BEEN ABLE TO CREATE A PERFECT, INTRICATE SYSTEM LIKE THE LIVE HUMAN BODY.

- The brain is protected by the skull, which consists of 8 bones fitted like a puzzle; a perfect protective shell. Between the brain and the skull, the cerebrospinal fluid acts as a shock absorber. The sockets of the eyes are also protected by the facial bones, arranged so that the delicate eyes remain safe even when we inadvertently bang on something.

OUR LIMBS:

Both the human hand and foot represent a triumph of complex engineering, exquisitely evolved to perform a range of tasks. Our arms and legs are pentadactyl limbs - they have five digits. Our hands and feet are biomechanical marvels. More than any other part of our anatomy, they are what have made us such a successful species. It has enabled us to explore the world and discover many matters unknown to us earlier. But we should beware of misusing them, which could lead to our ruin.

THE HANDS:

The hand is one of the most complex and beautiful pieces of natural engineering in the human body. Human hands are the only limbs capable of performing complex activities. This ability to grip objects, pick up tiny things from the ground, and hold bags with the fingers- all these cannot be compared to any man-made machine. No other living creature in the world possesses such

²⁹ < <https://my.clevelandclinic.org/health/body/21048-skeletal-system> >

wonderful flexibility as the human hand. The hand has one of the strangest muscle arrangements in the body. Most of its movements are controlled by muscles that aren't located in the hand at all, but in the forearm. The muscles of the forearm connect to the finger bones via long tendons that pass through a flexible wrist. Thirty-five muscles control the twenty-seven bones in your hand (8 carpal bones forming the wrist, 5 metacarpals in the palm, and 14 phalanges in the fingers and thumb). The mechanical foundation of hand movement relies on a complex network of bones, muscles, tendons, and nerves, making it one of the most dexterous, efficient tools ever created. Hands are so vital to our lives, enabling self-expression and creativity in our interactions with the world. This skeletal arrangement provides structural integrity, enabling it to perform multiple joint articulations and a wide range of motions. Although the extrinsic muscles in the forearms, with the extending tendons, give the hand gross strength and power, the smaller muscles located within the hand are those that facilitate fine coordinated movements and flexibility to the fingers and thumb. (With practice, a man can hang on to anything solid with the help of his single finger.)

- 'And some of these muscles specifically control the thumb and little finger. Other muscles, such as the lumbricals (named for their worm-like shape), are not directly attached to bones but to tendons, allowing wonderful subtlety of movement.'

- 'The skin at the tips of our fingers is very specialised. If you slice down the middle of a fingertip, you see closed cells of fat, which act as a protective cushion for the enormous number of nerve endings underneath.'

- *Even with our eyes shut, we can touch our nose with any finger. Sense organs in our muscles and joints tell the brain when and exactly where our limbs are moving and how tense our muscles need to be.*³⁰ *Ultimately, all this is possible due to the nerves that supply both motor commands and sensory input, relaying information to and from the brain. When we wish to touch something hot, the brain warns us to be careful. 'Sensory function, particularly the friction ridges on the fingers and palms, enhances tactile sensitivity and grip, enabling the hand to adjust its grasp accordingly'*³¹

فَبَآئِيَ آلَاءِ رَبِّكُمَا تُكَذِّبَانِ

³⁰ <https://www.bbc.com/news/science-environment-26224631>

³¹ <https://scienceinsights.org/what-is-hand-function-from-anatomy-to-assessment/> > Dissected: The Incredible Human Hand is on BBC Four at 9 pm on Tuesday 18 February

THE LEGS: ³²

- Your feet are the foundation of an active lifestyle. They bear the body's weight, facilitate movement, and act as sophisticated sensory organs that connect us to the ground beneath. At the core of the foot is the arch. The metacarpals create space for a tough web of muscles and ligaments that play a vital role.
- The unique anatomy and capabilities of humans enable us to walk upright and cover great distances efficiently; our free hands can work without worrying about losing our balance while doing even strenuous work. However, to keep our body mobile, active and safe, it is essential to take care of our feet. Standing still may seem a simple act, but a lot is happening to keep us upright. ³³
- Our feet are composed of 26 bones, 33 joints, and over 100 muscles, tendons, and ligaments. When these parts work together in unison, we can stand, walk, run, and jump without any problems.
- The skin of the foot is thick and tough, and under the heel lies a pad of specialised fat, packaged up like bubble wrap to absorb shock and spread the load of our body weight. They absorb the forces created when you walk or run. But the arch also acts as a spring; storing and releasing energy when you push off with your toes. Today, when we run in cushioned shoes and tend to land heel first, we risk damaging our joints as the shock of impact travels up through our legs.
- 'Thousands of nerve endings are present in each foot, particularly concentrated in the sole. These nerves originate from larger nerve trunks, such as the sciatic nerve, which branches extensively as it descends into the foot and toes. Your feet contain roughly 200,000 nerve endings and act as a sensory relay station *that feeds your brain* a constant stream of data about pressure, texture, and position through the spinal cord; that input directly shapes balance, movement control, and *even memory*.
- *This high concentration of nerves is necessary for the feet to gather and transmit detailed information to the brain, and transmit signals from the brain to the foot muscles, enabling coordinated and precise movements required for walking, running, and adapting to uneven surfaces. All this happens without our conscious knowledge or effort. Even when you are standing, spinning, running, etc., your brain receives that report hundreds of times a minute and adjusts muscle tension accordingly. - Similar dedicated sensory-to-brain pathways exist elsewhere in the body too, including other body parts with direct neural links to cognition.* ³⁴
- *This brings us to focus on the verses of the Quran that say: Allah will disable our talking faculty, while our eyes, ears, hands, legs, etc., report to HIM the good or evil deeds they may have done during this life, resulting in the reward or punishment that we may incur.*

³² < <https://www.health.harvard.edu/healthy-aging-and-longevity/healthy-feet-happy-life> >

³³ says Dr Kevin Riemer, a podiatrist with Harvard-affiliated Beth Israel Deaconess Medical Centre.

³⁴ < <https://neurolaunch.com/foot-brain/> >

“That Day, WE will seal over their mouths, and their hands will speak to Us, and their feet will testify about what they used to earn (do).” 36: 65

الْيَوْمَ نَخْتِمُ عَلَى أَفْوَاهِهِمْ وَتُكَلِّمُنَا أَيْدِيهِمْ وَتَشْهَدُ أَرْجُلُهُمْ بِمَا كَانُوا يَكْسِبُونَ -

Thus, the brain is responsible for whatever our hands and legs do, and is answerable to its Creator for its actions. And Allah declares that HE can recreate us to the tips of our fingers (with our fingerprints intact). Therefore, our limbs can give account of all our deeds when Allah commands them to speak, on the Day of Judgement.

It makes us bow in awe and humility to our Creator who has enabled us to walk upright.

فَبِأَيِّ آلَاءِ رَبِّكُمَا تُكَذِّبَانِ

THE SKIN: ³⁵



We take for granted the skin, the wonderful covering over the organs of our body. However, when we learn about the various functions of the skin, the largest organ of our body, it leaves us in wonder and awe at how it could be created with such delicate, intricate nerves and blood vessels (capillaries), capable of protecting our body from harm and infection.

- Our skin is not just a covering for the organs within our body and shapes our beauty, but also plays an important dynamic role in various activities. It's a multi-layered system that defends against infection, regulates your internal temperature, produces essential vitamin D, which strengthens your bones, senses the world around you, and prevents your body from losing the water it needs to survive. It is also responsible for eliminating toxic waste through perspiration. It is a live organ that actively fights infection while allowing beneficial bacteria to live on its surface.

- **'The outer layer (stratum corneum)** is tightly packed with dead cells that block pathogens (bacteria, viruses, fungi) and environmental pollutants from entering our bodies. Simultaneously, the fatty lipids that fill the space between these cells prevent harmful substances from entering and prevent moisture from escaping. They not only prevent pathogens but also actively fight and kill bacteria with the antibacterial peptides that they produce. We find that although it remains moist, the skin also maintains a slightly acidic surface that discourages microbes that usually grow in other moist areas.

- Have you noticed that even if you are in a freezing atmosphere or in the hot desert, your skin maintains a temperature and prevents you from getting dehydrated? Have you ever wondered how this happens?

³⁵ < https://scienceinsights.org/why-is-skin-important-its-key-functions-explained/#google_vignette >
dt. 20-05-2026, please refer to the link for details.

Well. This is because, when you're hot, the sympathetic nervous system triggers blood vessels near the skin's surface to widen. This causes warm blood to move towards the surface, and heat to escape into the air, with the help of sweat glands that activate, removing heat through perspiration that evaporates. When you're cold, the process reverses. Blood vessels near the surface constrict, preventing heat from escaping from the body.

- Is it not a wonder that all this dual system of vessel dilation and constriction, paired with sweat production, allows your body to **respond to temperature changes within seconds**?

- 'Unlike most materials that degrade permanently when damaged, skin can rebuild itself through a complex, multi-stage healing process. This **entire self-repair system runs automatically**, requiring nothing from you beyond keeping the wound clean and protected.'

- Last but not least, it is **the skin that feels the pain**. However, if the skin is completely burned (3rd-degree burn), the nerve endings are destroyed, and the person actually stops feeling pain. We cannot help but wonder at this phenomenon, and Allah indicates this phenomenon (4: 56):

- "Indeed, those who disbelieve in Our verses - We will drive them into a Fire. **Every time their skins are roasted through, WE will replace them with other skins so they may (continuously) taste the punishment**. Indeed, Allah is ever Exalted in Might and Wise." — 4: 56

إِنَّ الَّذِينَ كَفَرُوا بِآيَاتِنَا سَوْفَ نُصْلِيهِمْ نَارًا كُلَّمَا نَضِجَتْ جُلُودُهُمْ بَدَّلْنَاهُمْ جُلُودًا غَيْرَهَا لِيَذُوقُوا الْعَذَابَ ۚ إِنَّ اللَّهَ كَانَ عَزِيزًا حَكِيمًا

- ANOTHER MIRACLE IS THAT OUR FINGERPRINTS ARE UNIQUE. NO TWO FINGERPRINTS MATCH EACH OTHER.

When the disbelievers refused to believe that they will be resurrected, Allah declares that HE will resurrect us even to the tip of our fingers (Fingerprints)

"Does man think that We will not assemble his bones?" "Yes. [We are] Able [even] to proportion his fingertips:" - Al-Quran, 75: 3,4

أَيَحْسَبُ الْإِنْسَانُ أَلَّنْ نَجْمَعَ عِظَامَهُ - بَلَىٰ قَادِرِينَ عَلَىٰ أَنْ نُسَوِّيَ بَنَانَهُ -

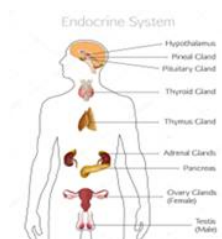
- Regarding resurrection, today, science has discovered what our Prophet said 1450 years ago: 'Everything of the human body will decay except the coccyx bone (of the tail) and from that bone Allah will reconstruct the whole body.'³⁶

(Hadith) - وَيَبْلَىٰ كُلُّ شَيْءٍ مِنَ الْإِنْسَانِ إِلَّا عَظْمَ ذَنْبِهِ، فِيهِ يَرْكَبُ الْخَلْقُ -

WHICH OF THE WONDERS OF YOUR LORD WILL YOU DENY?

فَبَآئِيَ آلَاءِ رَبِّكُمَا تُكَذِّبَانِ

³⁶ Hadith, Sahih al-Bukhari 4814 – source Sunnah.com

THE ENDOCRINES: 37

While other glands and organs with ducts also produce hormones, the endocrine system is a group of *ductless glands* and tissues, in which secretory cells produce and store hormones (chemical messengers), releasing them directly into the bloodstream, and control almost all of your bodily functions. Major endocrine glands include the pituitary and hypothalamus (which regulate all other glands),

thyroid, parathyroid, adrenal glands (on the kidneys and control stress, metabolism, and electrolyte balance), pancreas (in the abdomen produces insulin and glucagon and regulates the blood glucose), and the gonads and pineal glands (that maintain the ovaries and testes). 'Ovaries in the female Pelvis produce Estrogen and Progesterone and help in reproduction and secondary sex traits, while Testes, in the scrotum of males, produce testosterone and control sperm production and secondary sex traits.'

The other hormone-producing organs are the heart, which releases ANP, which regulates blood pressure, Kidneys: Produce erythropoietin (EPO) and renin.

Stomach and intestines: Produce gastrin, secretin, ghrelin, and others.

Liver: Releases insulin-like growth factor (IGF-1).

Placenta (during pregnancy): Secretes HCG, Estrogen, and Progesterone.

Adipose tissue (body fat): Secretes hormones like leptin (regulates hunger and energy balance), adiponectin (influences insulin sensitivity), and resistin (linked to insulin resistance and inflammation)

- *While the nervous system uses fast electric impulses to send messages through the neurons, the endocrine system sends chemical messages directly through the blood more slowly. Just like we use text messages or phones, it sends special chemical messages called hormones. These hormones help your body work, grow, and change. Any slight hormonal imbalance causes ailments like diabetes, thyroid disorders, and Addison's disease. Therefore, it is very important to maintain our lifestyle and health.*

Loneliness causes stress. Our body needs regular rest and comfort.

ALLAH SHOWS US THE REMEDY: The realisation that Allah is with us gives us the greatest comfort.

Reciting the Quran regularly gives us that rest and comfort.

Training our children from a young age to turn towards Allah whenever they feel fear or loneliness helps them face future problems with peace and tranquillity.

"VERILY, IN THE REMEMBRANCE OF ALLAH DO HEARTS FIND REST." (Qur'an 13:28)

- الَّذِينَ آمَنُوا وَتَطْمَئِنُّ قُلُوبُهُمْ بِذِكْرِ اللَّهِ أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ

³⁷ < <https://my.clevelandclinic.org/health/body/21201-endocrine-system> > Those interested can open the link to learn about the different hormones secreted by different organs of the body.

THE CONCEPTION AND EMBRYONIC MIRACLES FOUND IN THE QURAN:

The following is the work of Dr Muneer Mushey, who marvels at the eloquence and beauty of the revelation found in the Quran. It is an accurate explanation of how Allah exhibits the wondrous process of conception. Scientists have wondered how this phenomenon could have been revealed more than fourteen centuries ago. Moreover, all who have read it all these years have found it relevant to their understanding. This article is from what I studied in MAIS. I have tried to summarise it in as simple words as possible.

I hope it will benefit those interested in the subject. ³⁸

MAN'S PORTION IN CONCEPTION: We find that contraception and the embryonic stages are explained in the Quran with such perfection that it has baffled scientists as to how anyone who was unlettered could explain it with such detail 1450 years ago. When nobody had invented anything regarding this matter, yet they agree remarkably with modern science. Contraception is a marvel in its own right, and its source was a point of contention for a long time. Men of old believed that the females had no contribution in the forming of the foetus in the womb. Later, Scientists discovered that both had a part to play in this wonderful production. It was discovered that 'In embryonic stages, the reproductive organs of the male and female, i.e., the testicles and the ovaries, begin their development near the kidneys, exactly between the spinal column and the eleventh and twelfth ribs and descend later. *The female gonads (ovaries) stop in the pelvis, while the male gonads continue their descent before birth to reach the scrotum outside the body through the inguinal (Ing-woo-nil) canal.* Even after the embryonic stage, after the descent of the reproductive organs, these organs receive their nerve supply and blood supply from the Aorta (Ayor-ta) and lymphatic (lymph-fa-tic) drainage, which is in the area between the backbone (spinal column) and the ribs.' All this is explained in the Quran with precision.

"Let man ponder upon the substance he is created from! (He is) Created from the surging fluid, which springs from between the SULB (spine) and the TARAEB." (At-Tariq 86:5-7)

فَلْيَنْظُرِ الْإِنْسَانُ مِمَّ خُلِقَ - خُلِقَ مِنْ مَّاءٍ دَافِقٍ - يَخْرُجُ مِنْ بَيْنِ الصُّلْبِ وَالتَّرَائِبِ -

Allah uses these words to explain the source of conception. As scientists continue to invent, we can decipher the meaning of the word according to their inventions and perspective.

The word TARA'EB (التَّرَائِبِ) means all of our modern-day technical terms.

1. TARA'EB (تَرَائِب): means تَرَابَة: TURAABAH, which means something that cannot be seen with the eye. (something very small). In other words, they are microscopic.
2. AL-TIRBATU (التَّرْبَة): Is derived from تَرَائِب, and it means الكروش كلها, the entire tummy or abdomen. It is said that the (females') enlarged tummies are named TARIBATAN (تَرِبَة) because التَّرَابُ - Al-Taraabu) conception happens in it from sexual consummation and fertilization (المرتع). (TARA'EB here refers to the anatomy inside the human body that deals with sexual consummation, fertilization, pregnancy, and birth.
3. TURBATU (تَرِبَة): Is derived from تَرَائِب, and it means موضع, position, or location.)
ATARIB (أَتَارِب): Is a plural of تَرِبَة and it means مواضع, positions or locations.
So TARA'EB also means different positions and locations in the abdomen.
4. AL-TURTUB (التَرْتُب): means الأمر الثابت, a steady process, event, affair, or business.
5. TARA'EB (تَرَائِب) means تَرِيبَة (تَرِب) to have THE BEST AND MOST HONORABLE OF SOMETHING. Prophet Muhammad, peace be upon him, told one of his companions: - تَرِبَ نَحْرُكَ - 'your death will be as a (TARIBA) - Martyr.' فقتل الرجل شهيدا - 'And then the man died a martyr (the best and most honourable death).'

³⁸ Source: Holy Quran, Tafseer 501 / and from my Islamic studies in MAIS / IOU.

Thus, this one word: TARA'EB gives various shades of meaning to refer to the source of conception of the semen. We see that to the Arabs of old, the meaning of TARA'EB in human anatomy varied.

This is important because, it is clear that the locations of the TARA'EB vary from the head all the way to the feet. Today it is proven that the sperm and the semen originate from many parts of the body. The nervous system, the brain, the backbone, the DNA, the blood, and the water inside the body are a few examples of the anatomy and processes that supply the sperm and the semen liquid, to enable them to carry *copies* of your

- DNA.
- Characteristics (in looks and even in personality).
- Other properties and special and unique features that your body has, such as: Strength, Disabilities, if any,
- Skeletal and Muscular structures and formations,
- Height, Width, Skin, hair, and eye colours.

And many, many other features. All of these are ultimately contained in that single microscopic sperm that fertilizes the female's egg. *This explains the attachment the father develops towards the child and that a man should be mature, righteous and just so that his offspring will have similar qualities.*

Science today tells us that sperm cannot move by themselves.

- They need energy to swim to the egg and penetrate it.
- That is provided by fructose, a sugar produced by the seminal vesicles.
- Zinc is needed to stabilise the DNA of the sperm.
- Prostaglandins and hormones are needed to suppress an immune response by the female against the foreign semen, and metal and salt ions are essential to make the pH of the vaginal cavity favourable for the sperm to survive.
- Lipids, steroid hormones, enzymes, basic amines, and amino acids are also needed to perform vital functions. The ejaculated fluid is provided with all that is needed, including the sperm (2-5% sperm, 95-98% other ingredients). During coitus, the semen does not spring from the scrotal pouch, which is below the spine. It is ejaculated from the two seminal vesicles, where it is stored, and NOT FROM THE TESTICLES. This again makes us realise the absolute accuracy and truth expressed in the Quran.

“Let man look at (and bear in mind) the substance he is created from! (He is) created from the surging fluid, which springs from between the spine and the ribs!” (Al-Quran, 86:5-7)

The exact Arabic words: Bain us-Sulbe wat-Tara'eb (بين الصلب والترائب)

- Baina = between, among, amidst.
- Sulbe = backbone, loin, lower back
- Tara'eb = ribs, breastbone, chest.

This Arabic phrase is similar to the English phrase, “somewhere between the front and the back.”

It would mean that the semen springs from “somewhere between the front and the back” of the body.

In other words, from somewhere inside the body!

If one were to insist on knowing the literal meaning, one would still find that the Quran is 100% correct.

The seminal vesicles are anterior to the sacrum and coccyx (lower back, loin), and the ribs are anterior to the seminal vesicles.

- If one were to draw a line from the tip of the coccyx to the upper portion of the seminal vesicle _ either one of the two_ and extend the line forward, it will catch the ribcage.

- The seminal vesicles, from which semen is expelled during intercourse, are located between the ribs and the coccyx!

- (Man is) formed from the surging fluid which springs from between the spine and the ribs! ^{At-Tariq 86:6-7)}

WHY DOES THE QURAN SIMPLY NOT SAY: ABDOMINAL CAVITY?

‘Only a creator of the universe can reveal words that remain precise and accurate for thousands of years, even in this changing world. Every generation feels as if the Quran was revealed specifically for them, and only yesterday.’ ^{Quotes:} That is the miracle of the Quran! Its words always seem to agree with what science has observed and determined with certainty at all ages. As an example:

The Quran asks the believers to say before mounting a horse, a camel, or any other animal:

“Supreme is He Who tamed this for us. We could not have done it (otherwise). And we are certainly going to return to our Lord!” (Az-Zukhruf 43:13-14) - سُبْحَانَ الَّذِي سَخَّرَ لَنَا هَذَا وَمَا كُنَّا لَهُ مُقْرِنِينَ - وَإِنَّا إِلَىٰ رَبِّنَا لَمُنْقَلِبُونَ -

When we board a plane or a car, we get a feeling that these words were revealed just for them in the jet age! The above is just a translation. The original Arabic words are more poignant.

SUBHAN ALLAH! WHICH OF THE FAVORS OF ALLAH WILL YOU DENY?

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THE PART WOMAN PLAYS IN CONCEPTION: ³⁹

Once conception takes place, the role of the father is complete. Now comes the important share that a mother has in the development of the child. From the many new scientific studies that have emerged on the importance of a mother for the well-being of the child, we come to know that;

1. *“And certainly, did WE create man from an extract of clay. Then WE placed him as a sperm-drop in a firm lodging (in the mother’s womb). Then We made the sperm-drop into a clinging clot, and We made the clot into a chewed lump [of flesh], We made [from] the lump bones, and WE covered the bones with flesh; then We developed him into another creation. So blessed is Allah, the best of creators.”*

³⁹ Excerpts from my Book, “Eternal Guidance to Peace” in family life.

وَلَقَدْ خَلَقْنَا الْإِنْسَانَ مِنْ سُلَالَةٍ مِّنْ طِينٍ - ثُمَّ جَعَلْنَاهُ نُطْفَةً فِي قَرَارٍ مَّكِينٍ - ثُمَّ خَلَقْنَا النُّطْفَةَ عَلَقَةً فَخَلَقْنَا الْعَلَقَةَ مُضْغَةً فَخَلَقْنَا الْمُضْغَةَ عِظَامًا فَكَسَوْنَا الْعِظَامَ لَحْمًا ثُمَّ أَنشَأْنَاهُ خَلْقًا آخَرَ ۚ فَتَبَارَكَ اللَّهُ أَحْسَنُ الْخَالِقِينَ 23:12-14

- Thus, the development of the child in the mother's womb, discovered by scientists many years later, is described with precision in the Quran.

2. Moreover, the foetus is nourished by her blood through the umbilical cord, for 9 long months, creating an extra bond between her and her child.

Today, Modern Science shows that the mother-child relationship is much more than we had ever known before. It has been discovered that during pregnancy, the stem cells of the foetus that form different organs of the child leak into the mother and become part of her. Therefore, each mother is carrying in her body parts of the original material that made her child. That is why a mother feels for her child much more than the father! NO mother will abandon her child willingly, even if it were a surrogate, and have been induced by a fused cell of different parentage!

3. The next most important role of a mother is the milk with which she feeds her child. The results of the research by the UNO conference say:⁴⁰ Breastfeeding not only appeases the child's appetite, but the mother's milk is so programmed, that it provides immunity from various diseases for the whole of his lifetime. It was found that those **who are not given mother's milk** for their full term are prone to many diseases like asthma, obesity, Blood cancer, diabetes, Genetic diseases, and heart problems. While infant formula lacks the living cells, hormones, and antibodies found in breast milk, breast milk helps develop their IQ and produces hormones that help build resistance to pain when they grow up!! It also prevents Anaemia (Lack of haemoglobin), which plays a prime role in the development of male strength, and causes difficulty during delivery for a woman. (The brain size of mammals is linked with the length of maternal care. I.e., the longer the mother nurses her child, the bigger the brain grows.⁴¹)

4. It is not only beneficial for the child but also for the mother. When the mother does not breastfeed her baby, she is at risk of an increased incidence of premenopausal breast cancer, ovarian, uterine, and Breast Cancer, and also the risk of Osteoporosis, which affects the bones in women. If she breastfeeds, it helps her against obesity, too. And Allah (Subhanat'alah) in HIS Supreme Wisdom has enjoined on the mother to breastfeed her child for 2 full years – Al-Quran-2: 233 // 31:14. There is a false notion in the West that breastfeeding her child will reduce her beauty. However, today's findings have proved that every minute, 7 women die of cancer in India and top the world statistics.⁴²

5. When we admit our children to school, they first interview the mother to ensure that she is well educated. Why? This is because she can train her children better only if she is educated and knows what is taught. The adage 'Mother is the first teacher' is entirely true. That is why Allah stresses the importance

⁴⁰ < <https://www.unicef.org/stories/why-breastfeeding-best-babies> >

⁴¹ Source I.V.----by Dr Omar Alfa (2016) / < <https://link.springer.com/article/10.1186/s13006-025-00796-4> > oct,1,2009

⁴² < <https://biologyinsights.com/what-happens-if-you-dont-breastfeed/> >

of a mother being of good character. There is no doubt that the mother plays an important role, in the development of the child.

6. 'Allah says [4:34] that a woman should be—obedient, chaste, and righteous! A mother should have all these attributes—Maturity/ knowledge/ patience and Mercy/ etc. - a role model for her young one.' – ⁴³

We find that the mothers of the Imams Hanafi and Shaafi played an important role in creating awareness in their children, and it is this that helped them reach the level of Taqwah they attained.

Therefore, it becomes plain that a woman should be mature enough to know the meaning of life, and her permission should be sought before marrying her.

Ultimately, it comes down to the realisation **that A GOOD MAN SHOULD CHOOSE A GOOD WOMAN OF SIMILAR FAITH** if he wants his children to be righteous! For Allah promises in the Quran,

“Those who say, ‘Our Lord, indeed we have believed, so forgive us our sins and protect us from the punishment of the Fire’, (and) the patient, the true, the obedient, those who spend [in the way of Allah], and those who seek forgiveness before dawn.” 3: 17

الَّذِينَ يَقُولُونَ رَبَّنَا إِنَّنَا آمَنَّا فَاغْفِرْ لَنَا ذُنُوبَنَا وَقِنَا عَذَابَ النَّارِ - الصَّابِرِينَ وَالصَّادِقِينَ وَالْقَانِتِينَ وَالْمُنْفِقِينَ وَالْمُسْتَغْفِرِينَ بِالْأَسْحَارِ -

“Whoever works for righteousness, **whether male or female, while he/she is a true believer**, will get a good life (with peace and contentment in this world) and reward in the next in proportion to their deeds” - 16:97

مَنْ عَمِلَ صَالِحًا مِّنْ ذَكَرٍ أَوْ أُنْثَىٰ وَهُوَ مُؤْمِنٌ فَلَنُحْيِيَنَّهٗ حَيَاةً طَيِّبَةً وَلَنَجْزِيَنَّهُمْ أَجْرَهُمْ بِأَحْسَنِ مَا كَانُوا يَعْمَلُونَ -

- Since the development of the child, starts from its very conception, the mother should be given more care both psychologically and health-wise. The father and family members should be loving and understanding. Kind words and good food for the mother help the foetus grow healthy.

- Simultaneously, when the mother is regular in her salaah and reciting the Quran, she tends to be calm and achieves tranquillity. This helps the foetus develop without any tension; the child imbibes her good character and develops into a righteous, happy child, cooling to the eyes of parents!

- And once they are born, beautiful recitation of the Quran provides tranquillity and helps them develop an affinity for the Quranic verses, which they can recite with ease when they can speak.

On the other hand, constant quarrels and abuse affect the child's development adversely. It is psychologically disturbed and grows up with the same qualities that it was used to. Therefore, it is very important that once conception sets in, the parents should realise the magnitude of the situation and cooperate to bring the child up in the best, most loving way possible.

Allah has taught us to supplicate for a good child, cooling for our eyes: "Our Lord, grant us from among our wives and offspring comfort to our eyes and make us an example for the righteous." – 25: 74

رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا وَذُرِّيَّاتِنَا قُرَّةَ أَعْيُنٍ وَاجْعَلْنَا لِلْمُتَّقِينَ إِمَامًا

⁴³ Source Jamuah – 3-Rabyalaval-1429

THE IMPORTANCE OF CHASTITY, WHY DOES ALLAH FORBID EVEN THE APPROACH OF ZINA?

The above details of conception tell us that sex is not a matter to be taken lightly. It is a serious affair that creates a child who has the DNA of the whole body of its parents. It is this that maintains the lineage and creates strong bonds and family ties between the spouses. Misuse of such an important act causes the child to lose confidence and well-being. Our Prophet ﷺ informed us of this.

“Whoever can guarantee (the chastity of) what is between his two jaw-bones and what is between his two legs (i.e. his tongue and his private parts), I guarantee Paradise for him.” ⁴⁴

مَنْ يَضْمَنْ لِي مَا بَيْنَ لَحْيَيْهِ وَمَا بَيْنَ رِجْلَيْهِ أَضْمَنْ لَهُ الْجَنَّةَ -

We all know that the tongue is the most poignant organ that destroys the whole world by its misuse, and can break relationships and even lead to murder. On the other hand, illegal sex can destroy family life and also lead to incurable diseases. Today, all over the world, Fahisha (shamelessness) has become the norm. Although they do not realise it, in the name of fashion, women in the West are forced to uncover themselves to arouse men's pleasure. However, such exposure is a cause of all the illegal activities like rape and illegal sexual activities, which in turn result in incurable diseases as well as deterioration of lineage. The youth lose their chastity at a young age, and women are left to fend for themselves. However, when they become old or ill, they realise their folly. They are left to rot in old age homes with no loving support that only a family can give. The illegal children are left to fend for themselves in adoption centres. Incurable diseases take their toll. *Allah in HIS great Wisdom has forbidden Fahisha for this very reason. If we remain chaste, control our tongue and avoid being attracted to all the porn, we can live a life of peace and tranquillity, as HE has promised in many verses of the Quran.* For example, in Surah Baqarah,

- “Whoever follows My guidance - there will be no fear concerning them, nor will they grieve.” – 2: 38

فَإِمَّا يَأْتِيَنَّكُمْ مِنِّي هُدًى فَمَن تَبِعَ هُدَايَ فَلَا خَوْفٌ عَلَيْهِمْ وَلَا هُمْ يَحْزَنُونَ

- Although this command to remain chaste and righteous is common for all religions: “Those [among them] who believed in Allah and the Last Day and did righteousness - will have their reward with their Lord, and no fear will there be concerning them, nor will they grieve.” 2: 62

مَنْ آمَنَ بِاللَّهِ وَالْيَوْمِ الْآخِرِ وَعَمِلَ صَالِحًا فَلَهُمْ أَجْرُهُمْ عِنْدَ رَبِّهِمْ وَلَا خَوْفٌ عَلَيْهِمْ وَلَا هُمْ يَحْزَنُونَ

The accountability of every word and action in Islam serves as a reminder of the profound significance of our deeds in this world. Is it not better *to strive (Jihad) to prevent all evil actions* rather than suffer later on? May Allah (sub) help our youth keep away from Fahisha and ill speech. Ameen.

⁴⁴ Sahih al-Bukhari 6474 - Sunnah.com

CONCLUSION:

From all the above knowledge, we feel humbled at the wonderful Factory within our body. The factory where we originate in the mother's womb, after the fusion of the sperm and ovum. A wonderful baby is born, grows leaps and bounds, and if not tampered with, becomes a strong, healthy individual. However, once it grows tall and strong, he forgets his Creator, his origin, and his parents, and considers himself self-sufficient and all-knowing.

- Allah declares, "Say, 'It is HE who has *produced you* and made for you hearing and vision and hearts; little are you grateful.'" - Surah Mulk: 67:23 and in Surah Mu'minun: 23:78-

قُلْ هُوَ الَّذِي أَنْشَأَكُمْ وَعَلَّ لَكُمْ السَّمْعَ وَالْأَبْصَارَ وَالْأَفْئِدَةَ ۖ قَلِيلًا مَّا تَشْكُرُونَ

But is it enough to say, Thank you, Allah - SHUKAR ALHAMDULILLAH?

Is it not our duty to be careful not to misuse these faculties through drugs, zina, or in other ways?

It is of utmost importance that we do not get carried away and forget that we are accountable to Allah and these very organs will bear witness for or against us on the Day of Resurrection.

- "On a Day when their tongues, their hands, and their feet will bear witness against them as to what they used to do." Surah Nur, 24:24 / Surah Fussilat, 41: 20

يَوْمَ تَشْهَدُ عَلَيْهِمْ أَلْسِنَتُهُمْ وَأَيْدِيهِمْ وَأَرْجُلُهُمْ بِمَا كَانُوا يَعْمَلُونَ

This warning makes a Muslim realise that misusing the faculties that Allahut'alah has given him deserves HIS punishment. He will be tested and punished in this world, resulting in the various diseases and torture that follow ^{4: 62}.

And if he does not repent even then, he will have to face the wrath of Allah in the Hereafter.

Therefore, Man is duty-bound to take care of his body and not ruin himself by falling into temptations.

When you give your wife a gift, if she tears it up and throws it at your face, will you like it?

Would you like it if your children spent your hard-earned money on disgraceful deeds without caring for your approval or pleasure?

Then how can you expect your LORD, who has given you all your faculties and all the facilities of this world for your comfort, to remain complacent and not incur HIS anger when you misuse them?

The punishment is not only in the hereafter, but also in the later part of your life in this world.

Hence, let us ponder the wonderful way Allah has created and granted us all the invaluable organs of the Human Body and realise how important it is to utilise them with care, to receive HIS pleasure.

- Once, a man was shown a bill for his stay in the hospital. He began weeping when he saw it. The concerned staff asked him, whether he did not have enough to pay the bill. He answered, 'No. I do not weep for that. When I saw the amount that I had to pay for a cylinder of oxygen, I began to wonder how I would have survived if I had to pay for all the oxygen that I had inhaled all my life!

Remember that Allah has created us to *WORSHIP HIM ALONE*, - وَمَا خَلَقْتُ الْجِنَّ وَالْإِنْسَ إِلَّا لِيَعْبُدُونِ 51:56

Worship is NOT only rolling the beads 24/7.

Worship really means being subservient to Allah and obeying all HIS commands.

Worship is realising that your LORD is aware of whatever you do.

Worship (Ibadah) means whatever you do, you should check if it is pleasing to HIM.

Alhamdulillah, every single creature on earth is dependent on the ONE AND ONLY SUPREME CREATOR (Allah in Arabic) for their Rizq. How thankful should we be for it!

Instead, we keep complaining about every little thing. What does man do while meditating, in Salaat or out of it? All he does is ask, ask, and ask for things he has not obtained.

Do we ever thank HIM for what HE has given? - Our Prophet ﷺ has said that when a man feels dissatisfied, let him look at those who are below him. He will realise how lucky he was (Sahih Muslim 2963c).

If I complain about having to wear spectacles, let me look at the blind man.

If I complain about not having good shoes, look at the lame person who has no legs to walk.

And our Prophet ﷺ taught the salaah (Duha) to be recited any time after sunrise to midday.

This is a Nafil prayer to thank Allah for having given us all the organs, including the 360 bones of our body, intact and healthy. ⁴⁵ Are we bothered?

Have we ever given a thought or pondered over this Supreme Creator, whom we call Allah?

The great Power He possesses to provide such perfect organs within our body that enable us to live in ease? Dear Children, let us obey Allah's commands, and follow our dear Prophet's ways.

- Let us take care of our bodies and our surroundings, keeping everything clean and tidy.
- Let us not consider it below our dignity to wash our own toilet or keep our rooms tidy.
- Let us realise that this would keep away the germs and insects *that can harm us*.
- Let us keep away from bad company *that would mislead us from the right path*.
- Let us learn how to control anger, the basic reason that *leads to stress and related diseases*.
- Let us keep away from Zina and drugs that will *ruin our precious body and cause us to live the latter part of our life in torture*.
- *Let us bow in humility and awe at the great factory working within us and realise that all the rules laid out are for our benefit. Although we will be forgiven our sins if we sincerely repent, we cannot avoid the consequences of the sins that harm our bodies, even as our sins are washed away.*

MAY ALLAH GUIDE ALL OF US TO LIVE OUR LIVES PLEASING TO HIM AND NOT GO ASTRAY.

⁴⁵ Sahih Muslim 720 – Source: sunnah.com

