

## GOAL NUMBER 3 – REVIVE THE SUNNAH OF THE MISWAAK

### Wearing perfume and using the miswak on Fridays

Abu Huraira, may Allah be pleased with him, narrated that the Messenger of Allah, prayers and peace of Allah be upon him, has said, "Total ablution on Friday is obligatory on every adult male, using of miswak and applying some perfume, that is available."

[Reported by Muslim]



The Sahabas (R) who are the best and the noblest examples and teachers of the Sunnah of our Nabi (Sallallahu Alayhi Wasallam) viewed the Miswaak in a very serious light and regarded it as a practice of supreme holiness. Their constant use of the Miswaak, their continuous exhortations to use the Miswaak and their warnings to those who neglect the Miswaak are ample evidence of the nobility and the importance attached to this practice of using the Miswaak

Ibn Umar (R.A) narrates that the Messenger of Allah (Sallallahu Alayhi Wasallam) said:

'Make a regular practice of the Miswaak, for verily, it is healthy for the mouth and it is a Pleasure for the Creator (i.e. Allah is pleased with the Muslim who uses the Miswaak)'."  
(Bukhari)

Hadhrat Abu Hurairah R.A narrates that Rasulullah Sallallahu 'alaihi wasallam said: Were it not (for the fear) of over burdening my Ummah, I would have ordered them to (brush their teeth with) Siwak at every Salaat.  
(Muslim)

Hadhrat A'ishah Radiyallahu 'anha narrates that Nabi Sallallahu 'alaihi wasallam said: The Siwak is a means of purifying the mouth and pleasing the Rabb.  
(Nasai)

Hadhrat Abu Hurairah Radiyallahu 'anhu narrates that Rasulullah Sallallahu 'alaihi wasallam said once on a Friday: O Community of Muslims! Allah has made this day an 'Eid for you, so take a bath and needfully brush your teeth with Siwak (toothstick).  
(Tabarani, Majma'uz-Zawaid)

Hadhrat Abu Ayyub Radiyallahu 'anhu narrates that Rasulallah Sallallahu 'alaihi wasallam said: Four characteristics pertain to the practices of the Prophets (Messengers): Modesty, use of itr, marriage and use of miswaak.

(Tirmidhi)

Hadhrat Abu Umamah Radiyallahu 'anhu narrates that Rasulallah Sallallahu 'alaihi wasallam said: Whenever Jibrail 'Alaihis salam came to me he stressed the use of Siwak to the extent that I feared (from the excessive use of Siwak) I may injure my gums.

(Musnad Ahmad)

'Hadhrat A'ishah Radiyallahu 'anha narrates that whenever Rasulallah Sallallahu 'alaihi wasallam slept in the night or day, as he awoke he would brush his teeth with Siwak before performing Wudhu.

(Abu Dawud)

Hadhrat 'A'ishah Radiyallahu 'anha narrates that Rasulallah Sallallahu 'alaihi wasallam said: Two Rak'at (of Salaat offered) with Siwak, are superior in virtue to seventy Rak'at (offered) without Siwak.

(Bazzar, Majma-'uz-Zawaid)

### *Miswaak Quick View of Benefits*

Miswaak strengthens the gums and prevents tooth decay.

Miswaak assists in eliminating toothaches and prevents further increase of decay which has already set in.

Miswaak creates a fragrance in the mouth.

Miswaak is a cure for illness.

Miswaak eliminates bad odours and improves the sense of taste.

Miswaak sharpens the memory.

Miswaak is a cure for headaches.

Miswaak creates lustre (noor) on the face of the one who continually uses it.

Miswaak causes the teeth to glow.

Miswaak strengthens the eyesight.

Miswaak assists in digestion.

Miswaak clears the voice.

**The greatest benefit of using miswaak is gaining the pleasure of Allah.**

**The reward of Salaah (Prayers) is multiplied 70 times if Miswaak was used before it.**

### *Times when usage of Miswaak is Sunnah*

For the recitation of the Qur'an.

For the recitation of Hadith.

When the mouth emits and odour.

For the learning or teaching of virtues of Islaam.

For making Dhikrullah (Remembrance of Allah, meditation).

After entering ones home.

Before entering any good gathering.  
When experiencing pangs of hunger and thirst.  
After the signs of death are evident.  
At the time of Sehri.  
Before meals.  
Before undertaking a journey.  
On returning from a journey.  
Before sleeping.  
Upon awakening.

The Miswaak should be held in such a manner that the small finger and thumb is below the miswaak and the remaining fingers on its upper side.

So, dear friends, do you see how easy it is to gain the pleasure of Allah SWT and also stay in good health?!