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## Welcoming **Ramadan** Fasting

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**“Oh you who believe, Sawm (fasting) is prescribed for you as it was prescribed for those before you, so that you may learn Taqwa (self-restraint).”**

**(The Healing Quran, 2:183)**



## Welcoming Ramadan

Today, overeating and the use of fast foods (junk foods) is becoming a global epidemic. The multitudes of chronic diseases such as obesity and its related conditions: allergies, diabetes, hypertension and tumours, are almost everywhere and are leading to much pain and human suffering.

Rampant capitalism together with a mistaken concept in dominant medical systems that 'health comes from plenty' (and frequent eating) further exacerbates this sorrowful state of modern day humanity.

**Allah**, through the blessed month of **Ramadan** with its prescribed **Sawm** (fasting), gives us an opportunity to break this negative cycle.

**Ramadan** is derived from the Arabic word **Ramida** or **Arramad**, which means intense scorching heat and dryness. Ramadan is so called to indicate the heating sensation in the stomach. It is also called this, because hearts and souls are more readily receptive to admonition and remembrance of Allah, as sand and stone are receptive to the sun's heat.

When followed carefully, fasting during **Ramadan** provides method *par excellence* for purification of the **Ruh** (soul), also known as **Tazkiya** and cleansing plus purification of the **Jism** (body), known as **Tanqiya**.

Sayyiduna abu Hurayrah (ra) narrates that the Prophet (pbuh) said:  
**“Allah the Almighty is Tayyib (pure) and accepts only that which is Tayyib (pure and wholesome). Allah (swt) has commanded the faithful to do that which he commanded the Messengers, and the Almighty has said: “O Messengers! Eat of the Tayyib (pure and wholesome) things and do right”.**

**(Muslim 1015)**

### Helpful Tips for Ramadan:

- 1. Intention:** the primary purpose of **Ramadhan** fasting is to please **Allah**. **Allah** says in a **Hadith Qudsi**: “fasting is for me and [only] I reward it”. Clarifying intention helps to focus the individual attention on seeking divine pleasure and helps to eliminate mental and emotional fears associated with fasting.
- 2. Rest:** quiet, peace and sensory inactivity is recommended. Viewing television, internet, or use of mobiles/tablets should be limited to essential use.
- 3. Keep warm:** a fasting person can chill easily. It is important therefore that the faster keeps himself warm.
- 4. Food and Drink:** avoid fried foods. Eat more fruits, vegetables and bland, soupy foods.
- 5. Minimise use of animal foods such as** meat, chicken, eggs.
- 6. Avoid chilled and fizzy drinks**, try drinking more water.
- 7. Eat and drink in moderation:** “Never would a human being fill a vessel worse than his stomach. It is sufficient for the son of Adam to eat a few morsels to support his back. However he insists (on eating more); let it be a third (of his stomach) for food, a third for drink and a third for breathing.” **(The Prophet, Peace be upon Him)**

This information is provided for education and information purposes only.  
Please consult your healthcare practitioner for personal advice.

Caution: pregnant and breast-feeding women should not fast

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