

## **THE PROPHETIC LIFESTYLE AS THE BASIS FOR PHYSICAL FITNESS: A SUSTAINABLE MODEL OF HEALTH IN CONTEMPORARY SOCIETY**

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### **Abstract**

This paper discusses the Prophetic way of life as a paradigm of general health and physical fitness in the contemporary culture. It also shows the timeless wisdom and applicability of the model by referring to both past knowledge and present applicability. The problem is the growing number of lifestyle-related diseases despite modern medical advancements, which implies that the long-term, value-based health models beyond the conventional medical interventions are required. The aim is to explore how the food habits, sleep, exercise, and habits of the Prophet Muhammad (*Sal Allah-u- 'alaihi wa sallam*) help to keep them strong, energetic, and physically healthy in the long term. The significance of the subject is that it could offer a culturally informed and spiritually satisfying solution in that it would connect the faith-based practices to the modern preventive health. The qualitative method was applied, and this involved comparative research on recent medical research work on physical health, nutrition and disease prevention and a textual analysis of Hadith literature as well. The results indicate that there is a significant association between the prophetic activities and modern fitness ideas, which focus on prevention, moderation, and balance. In order to promote sustainable health behaviour among diverse individuals, politicians, teachers, and healthcare experts are recommended to consider using prophetic concepts in the mechanisms of wellness.

**Keywords:** *Islamic health practices, Physical fitness, Preventive health, Sustainable health paradigm, Prophetic lifestyle.*

**Introduction:**

In the recent decades, global health systems have been in a dilemma in that even as medical advancements are immense, lifestyle diseases such as obesity, diabetes, high blood pressure, and cardiovascular diseases continue to increase even in urbanized and industrialized countries.<sup>1</sup> More than food imbalances and sedentary lifestyles, a shortage of holistic, value-based health paradigms with profound cultural and spiritual foundations is also manifested in these diseases. The prophetic lifestyle, represented in the form of Hadith and Sunnah, has contributed to the well-being of people historically in terms of providing detailed advice related to nutrition, exercise, sleep hygiene, and preventive self-care.<sup>2</sup> The under-use of such integrative, culturally based paradigms in modern populations is demonstrated as an essential requirement of a sustainable model that extends past clinical intervention and health sustainability in the long term.

This research aims at exploring how the elements of the Prophetic lifestyle align with the modern principles of fitness and preventive medicine; more specifically, it examines how the principles of midday rest, formal physical exercise, nutritious diet, intermittent fast, and sanitary practices can help sustain and maintain long-term health. This paper examines the potential of addressing correspondence and practical application challenges to enhance the health behaviour of the population in a stable manner through spiritual-health customs. This topic was chosen because it has the ability to provide culturally sensitive frameworks that appeal to both Muslim-majority populations and larger audiences looking for comprehensive and long-lasting health advice.<sup>3</sup>

This research uses a qualitative approach to compare and assess peer-reviewed biomedical and public health studies on nutrition, exercise, sleep, and cleanliness, as well as to analyze the language of primary religious sources (Hadith compilations). Prophetic dietary patterns are demonstrated to be relevant to contemporary nutrition research by Yargatti and Muley's "Exploration Review," which codifies them into a healthy food pyramid.<sup>4</sup> However, the analysis by Chamsi Pasha and Mousa demonstrates that prophetic advice regarding rest, fasting, and hygiene foreshadows modern preventative health practices.<sup>5</sup>

Early findings show a strong correlation between prophetic practices and modern health advice: eating in moderation, exercising frequently (such as walking, riding, or sports), taking a

nap in the middle of the day, maintaining personal hygiene, using natural remedies, and practicing spiritual mindfulness all help to prevent illness and enhance mental health.<sup>6</sup> To achieve sustainable health behaviour and also based on the principles of tradition and science, the research paper recommends health policy makers, educators and practitioners to incorporate certain prophetic interventions of lifestyle changes that have undergone cultural adaptation into community-based health promotion campaigns, health education curriculum and community awareness programs.

Moreover, the increased interest in integrative practices of health, observed in the world today, stresses the importance of seeing conventional wisdom through the perspective of the present scientific knowledge. This integration can provide a long-term and holistic solution, which is more focused on prevention and not treatment by bridging the gap between science and spirituality. The introduction of the ideas of the prophetic lifestyle into the contemporary health promotion programs can enhance social cohesiveness and psychological strength besides physical ones. Therefore, to develop culturally competent, evidence-based, and universally applicable health programs, this research encourages the use of multidisciplinary collaboration among religious scholars, medics, and lawmakers.

### **Literature Review**

Recent studies indicate a rising academic concern on the health aspects of teachings in Islam especially within the lifestyle of Prophet (*Sal Allah-u- 'alaihi wa sallam*). Al Ali and Al Zitawi<sup>7</sup> discuss the importance of physical education in introducing Islamic values like discipline, cooperation, and respect. They highlight the role of sports involvement, which is based on Islamic values and concepts in development of personal and social welfare by the educational systems. Nevertheless, the research is confined to the institutional setting, particularly youth education, and fails to make the Prophetic lifestyle a broader and systemic and sustainability-focused public health paradigm. Yargatti and Muley<sup>8</sup> evaluate the dietary worth of foods found in Hadith and the holy Qur'ān with the help of contemporary apps, such as DietRx and the Mediterranean Diet Pyramid. Their contribution successfully links Islamic nutrition to contemporary nutritional science but separates diet per se, and the rest, hygiene, and physical exercise of the Prophet (*Sal Allah-u- 'alaihi wa sallam*) as a whole, which renders it only applicable to the health promotion of holism and

sustainability. Likewise, Hargianto and Rohman<sup>9</sup> discuss hadith-related practices like moderate eating, hygiene, rest, and optimism, as the premises of individual well-being. Although it is timely and insightful, the study has focused on individual behaviour and overlooks a sustainability-oriented model that can be used in large health systems.

Chamsi-Pasha and Mousa<sup>10</sup> describe a medically based review of the preventive health care of the Prophet, including fasting, moderate eating, handwashing, oral hygiene, and mental health. Their research establishes the links between Sunnah and health practices of the general population but lacks systematic and sustainability grounded health model based on long term fitness promotion. Khan et al.<sup>11</sup> explore the prophetic endorsement of the physical activities including racing, archery, and horseback riding and confirm their physical and spiritual essence. Nonetheless, the work is general and the actions have not been put in a structured and sustainability-oriented health system. Fadli et al.<sup>12</sup> follow a descriptive manner, describing Prophetic traditions such as diet moderation, sleep regulation, and cleanliness as practices infused with the spirit that contribute to well-being. Nevertheless, their study is anecdotal and not incorporated into a preventive fitness or health system that is founded on sustainability. Marwat et al.<sup>13</sup> provide a premature search on Prophetic Sunnah and physical health, which include running, wrestling, swimming, and hygiene. Their analysis is basic, whereas to introduce the Prophetic lifestyle as a consistent model of global health interventions, such as the Sustainable Development Goals (SDGs), with their focus on long-term sustainability is required.

### **Research Gap and Contribution**

The literature that is available supports the applicability of Prophetic practices in physical and spiritual health. Nevertheless, the majority of literature is either descriptive, only educational background or highly focused on a diet or sport without placing the Prophetic lifestyle in the context of a holistic and sustainable health model. This study fills such gap by intellectualizing Prophetic Lifestyle as a Foundation of Physical Fitness as a preventive, value-based and sustainability-focused health model that complies with both current values of the modern public health provision and the SDGs. It is innovative by integrating Prophetic routines (diet, sleep, exercise, hygiene, mindset) into a model, which is action-oriented,

structured, and culturally rooted, and is applicable to the sustainable physical fitness and long-term well-being of modern society.

### **Methodology**

This paper uses a qualitative textual-analytical approach to discuss Prophetic lifestyle as a physical fitness sustainable model in contemporary society. The study is principally based on the classical Islamic literature, *Ṣaḥīḥ al-Bukhārī*, *Ṣaḥīḥ Muslim*, and the rest of the books of Hadith which dwell on authentic traditions by their contents, touching on the diet, the physical activity, on sleep, on hygiene, and on the management of stress. They are thematically grouped and examined in terms of their applicability to health and wellness. The content obtained is then analyzed against the latest available literature on health promotion by comparing with the current literature of health promotion in WHO health promotion frameworks and other models of global sustainability like the UN Sustainable Development Goals (SDGs).

A comparative framework is used to assess the conformity of prophetic practices to the current principles of preventive and sustainable health. The outcome is an abstract solution which transforms the oracular suggestions into a physical fitness elastic framework. Ethical integrity is maintained by relying on the validated Hadiths and reviewed scientific materials. This will ensure academic integrity but also offer culturally relevant views that can bridge the Islamic practices with the modern-day health discourse on sustainability, preventive and good health.

### **Discussion:**

This section critically analyzes the compatibility of the Prophetic lifestyle with and contribution to sustainable paradigms of the physical fitness and health of the population. The discussion is structured in terms of topical discussion based on the underlying lifestyle decisions that can yield the greatest impact on the health of people and then additional behaviours that can support social, emotional, and physical health.

### **Using Prophetic Walking as an Example of Sustainable Physical Fitness**

Most contemporary health organizations propose walking as an easy, feasible and sustainable physical exercise due to its health

benefits in the long run. The process of walking is a daily life routine that enhances the physical well-being and spiritual awareness, and it was a routine practice that the Prophet (*Ṣal Allah-u-‘alaihe wa sallam*) exercised and advised. Taking into consideration the latest trends in the sphere of the modern epidemic prevention methods, which recommend low-impact physical activities, lifetime physical activity, as the only means of preventing general physical, mental, and emotional deterioration, his daily walking program can be discussed as a good illustration of the preventive and balanced health approach.

This is clearly reflected in authentic Hadiths that illustrate the Prophet’s regular walking habits and their health-promoting value, such as:

*Narrated by Anas ibn Mālik (Raḍi Allah ‘anhu): “When the Prophet (Ṣal Allah-u-‘alaihe wa sallam) walked, it was as though he leaned upon something (for support).”<sup>14</sup>*

*Narrated by Sa ‘id al-Jarīrī, from Abū al-Ṭufayl (Raḍi Allah ‘anhu): “I saw the Messenger of Allah (Ṣal Allah-u-‘alaihe wa sallam).” I asked, “How did he appear?” He replied: “He was fair-skinned and handsome. When he walked, it was as if he was descending a slope swiftly.”<sup>15</sup>*

*Abu al-Tufail (Raḍi Allah ‘anhu) reported: “The Prophet (Ṣal Allah-u-‘alaihe wa sallam) He was white, good-looking, and when he walked, it looked as if he was descending to a low ground.”<sup>16</sup>*

### **Scientific Perspectives on the Impact of Prophetic Walking: Contemporary Health Dimensions**

As a spiritual discipline and a highly sustainable kind of physical activity, walking is something that the Prophet (*Ṣal Allah-u-‘alaihe wa sallam*) advocated and practiced. Consistency, intention, and moderation are characteristics of prophetic walking habits that closely correspond with contemporary health recommendations. Walking has been shown to improve mental health, strengthen the musculoskeletal system, improve metabolism, and increase cardiovascular fitness, according to recent scientific study. This section offers important viewpoints on the ways that prophetic walking practices support sustainable physical and mental health benefits.

### **Comprehensive Health & Metabolism**

Walking lowers visceral fat, regulates blood pressure, prevents arterial plaque accumulation, and raises metabolic rate, all of which improve cardiac efficiency and preserve health in all populations.<sup>17</sup>

### **Fitness of the Cardiorespiratory Chain**

The strengthening of the myocardium through walking upgrades heart rate, enhances oxygen uptake and consumption, which largely affects cardiovascular and pulmonary health negatively. To avoid hypertension and heart disease, regular exercising of walking will reduce the blood pressure and the hardness of the arteries as it will enlarge the heart output and make the vessels more flexible. In addition, the gait rhythm improves respiratory coordination and lung performance, increases aerobic capacity and oxygen delivery to the tissues. The Prophetic tradition reveals the fact of optimization of internal systems and physiological endurance through the regular and purposeful walking.<sup>18</sup>

### **Flexibility, Muscle, and Bone**

Walking is a weight-bearing exercise that helps in the health of bones by enhancing bone density and reducing bone diseases such as osteoporosis and osteopenia. Also, it aids in maintaining physical strength, balance, and coordination by stimulating significant muscle groups, particularly those of the lower limbs. This will improve the overall anatomical range of movement and stability of joints over the long run. Regular exercise is a beneficial habit which is useful in promoting long-term musculoskeletal sustainability by indirectly emphasizing the importance of physical activity throughout life in terms of structural integrity maintenance and prevention of age-related physical loss.<sup>19</sup>

### **Mental Health & Cognitive Function**

As far as psychological and emotional advantages of walking are concerned, there is enough evidence. This is possible by walking to release serotonin and endorphins, which relieves anxiety and fights depression and stabilizes mood. The spiritual grounds, mindfulness and introspection aspects that have been known to improve emotion control ability and clarity of mind focus were also related to walking in the prophetic example. Walking not only improves concentration

and memory, but also enhances sleep quality and regulates the circadian rhythm, thereby promoting sustainable mental health and healthy social interaction.<sup>20</sup>

### **Diabetes, Digestion, Cancer Risk & Fatigue**

The important health preventive strategy to control the level of insulin sensitivity and blood glucose is walking, particularly in individuals who are at risk of diabetes type 2. It also enhances the digestive system and reduces the signs of being bloated or constipated by boosting the gut motility. Regular walking has been associated with lower endometrial, breast and colorectal cancer rates. It also combats continuous exhaustion by increasing the metabolism of energy and the efficiency of the mitochondria. The aspect of walking is regarded as a part of sustainable, holistic health paradigm with the support of the prophetic model of regular movement especially post-meal.<sup>21</sup>

**Table 1: Prophetic Lifestyle vs. Modern Health Guidelines**

<b>Health Domain</b>	<b>Prophetic Practice</b>	<b>Modern Health Recommendation</b>
Comprehensive Health & Metabolism	Regular walking with moderate pace	30 min/day moderate activity reduces chronic disease
Cardiorespiratory Fitness	Consistent walking to mosque	Walking increases cardiac output and lowers blood pressure
Bone, Muscle, and Flexibility	Active lifestyle with walking, archery, riding	Weight-bearing activity supports bone density and muscle tone
Mental Health & Cognitive Function	Walking for reflection and relief from stress	Walking reduces anxiety and improves mental clarity
Diabetes, Digestion, Cancer Risk & Fatigue	Walking after meals; early morning activity	Post-meal walking improves glucose control and digestion

All these five areas put together testify to the fact that the health benefits of walking are embedded in the Prophetic tradition. The teachings and practices of Prophet (*Sal Allah-u- 'alaihe wa sallam*) are a timeless and sustainable example of physical fitness, which has benefits such as enhancing metabolism, regulating blood sugar levels and mood. His relentless promotion of moderate, purposeful walking is very similar to the modern-day guidelines of public health, which show an impressive overlap between the Islamic doctrine and the current scientific standards on general health. The Prophetic Lifestyle

vs. Modern Health Guidelines comparison table also reinforces this correlation by indicating that there are several Prophetic activities that are highly correlated to each of the core elements of health, i.e., bone strength, mental clarity, and cardiovascular fitness. The table illustrates the utilization and anticipation of *Sunnah* as a comprehensive health approach to health by showing the traditional practice and the modern health advantages. It testifies to the spiritual enrichment of the prophetic way of life, medical sanity and global universality in addressing the needs of contemporary civil health.

### **Sustainable Nutrition in the *Sunnah***

The importance of sustainable nutrition in fostering long-term health, food security, and environmental responsibility is becoming more widely acknowledged. A fundamental paradigm of nutrition that embraces sustainability in both practice and philosophy is provided by the *Sunnah* of Prophet (*Ṣal Allah-u-‘alaihe wa sallam*). His dietary recommendations place a strong emphasis on the essential components of sustainable nutrition: thankfulness, natural and seasonal food sources, portion control, and balance. This prophetic paradigm promotes a diet that promotes social justice, prevents overconsumption, and supports physical health. It represents a system in which ethical, spiritual, and sustainable life are all incorporated into nutrition in addition to sustenance. The Sustainable Development Goals (SDGs) and contemporary global health initiatives are strongly aligned with the *Sunnah's* merger of sustainability and nutrition.

Authentic Hadiths that emphasize the Prophet's sustainable eating habits amply demonstrate it, such as:

1. ‘Ā’ishah (*Raḍi Allah ‘anhā*) reported: “If the Messenger of Allah (*Ṣal Allah-u-‘alaihe wa sallam*) wanted to sleep while he was *Junub*, he would perform *Wuḍu*, and if he wanted to eat or drink," she said: "he would wash his hands and then eat or drink."<sup>22</sup>
2. ‘Urwah ibn al-Zubayr narrated from Asmā’ bint Abī Bakr (*Raḍi Allah ‘anhā*): “Whenever she prepared *tharīd* (a traditional meat and bread dish), she would cover it until its steam subsided, then she would say: I heard the Messenger of Allah (*Ṣal Allah-u-‘alaihe wa sallam*) saying: ‘That is more conducive to preserving its blessing (*barakah*).’<sup>23</sup>

3. Al-Miqdām ibn Ma‘dīkarib al-Kindī (*Raḍi Allah ‘anhu*) said: “I heard the Messenger of Allah (*Ṣal Allah-u-‘alaihe wa sallam*) saying: ‘No human ever fills a container worse than his stomach. It is sufficient for the son of Adam to consume a few morsels to sustain his back upright. But if he must (eat more), then let him allocate one-third for food, one-third for drink, and one-third for breath.’<sup>24</sup>
4. Narrated by Ibn Abbas (*Raḍi Allah ‘anhu*): The Prophet (*Ṣal Allah-u-‘alaihe wa sallam*) said: “Healing is in three things: in the incision of the cupper, in a drink of honey, and in cauterization with fire—but I forbid my nation to use cauterization.”<sup>25</sup>
5. ‘Umar ibn al-Khaṭṭāb (*Raḍi Allah ‘anhu*) reported that the Messenger of Allah (*Ṣal Allah-u-‘alaihe wa sallam*) said: “Consume olive oil and anoint yourselves with it, for it comes from a blessed tree.”<sup>26</sup>
6. ‘Abd Allāh ibn Ja‘far (*Raḍi Allah ‘anhu*) said: “I saw the Prophet (*Ṣal Allah-u-‘alaihe wa sallam*) eating fresh dates with cucumber.”<sup>27</sup>

### **Scientific Perspectives on Prophetic Nutritional Sustainability**

The Prophetic traditions of nutrition provide not only ethical and spiritual principles that they reflect, but also principles of sustainability that are directly in line with the current scientific perception. We will now examine the main areas of Prophetic nutritional sustainability through the subsequent group of Hadith by addressing each individually in a modern scientific view, with the backing of the current health research.

#### **Hygiene Before Eating and Drinking**

Washing of hands before meals is an essential preventive health practice as prophetic by the Prophet. Current nutrition and epidemiology have agreed that correct hand hygiene has the ability of decreasing microbial transmission and foodborne disease, thereby enhancing food safety at the individual and social levels. According to research by WHO and CDC this is capable of preventing nearly 30 percent of the diarrheal infections and long-term nutritional security.<sup>28</sup> The Prophet, (*Ṣal Allah-u-‘alaihe wa sallam*), preached this, way back when it entered the realm of the modern sanitation policy to point out that the real achievement of nutritional sustainability is through purity of practice and self-care.

### **Preserving Nutritional Integrity by Covering Food**

It has since been established that to conserve important nutrients, prevent bacterial infections as well as conserve energy during cooking, food must be left to cool and covered. This goes in line with sustainable cooking practices that ensure food quality and safety but including reduced unnecessary exposures to airborne contaminants.<sup>29</sup> This technique was demonstrated by the Prophet (*Ṣal Allah-u-‘alaihe wa sallam*) who treated food with care demonstrating that it is not only polite but also a prophetic preservation and dietary duty.

### **Moderation as Preventive Nutrition**

The recommendation to equalize food, liquids, and air in the stomach is considered to be one of the oldest models of portions control and metabolic control. The model assists in digestive processes, reduces overeating, and prevents chronic diseases such as acid reflux, diabetes, and obesity. The balance is required to be maintained according to the modern clinical nutrition to make a long-term diet sustainable.<sup>30</sup> It took the Prophet (*Ṣal Allah-u-‘alaihe wa sallam*) two years to form a basic philosophy when he advised that disciplined sufficiency and reckoning to the abilities of the body are the secrets of nourishment that can be sustained.

### **Honey: Natural Therapeutic Agent**

Modern medical research has extensively demonstrated the nutritional and therapeutic benefits of honey, which is rich in natural sugars, antioxidants, and antimicrobials. Its importance in preventive therapy and functional nutrition is supported by its usage in wound care, sore throat alleviation, and digestive health.<sup>31</sup> . The Prophet (*Ṣal Allah-u-‘alaihe wa sallam*) identified honey as a source of healing, guiding us to embrace foods that are both nourishing and curative a concept deeply embedded in sustainable nutrition.

### **Olive Oil: Nutritional and Preventive Substance**

Olive oil, now a central component of the Mediterranean diet, is known to reduce LDL cholesterol, prevent inflammation, and support heart health. Its sustainability lies in both its health benefits and its agricultural resilience in arid climates. Medical literature confirms its link to lower rates of cardiovascular disease

and enhanced immune function<sup>32</sup> The Prophet (*Ṣal Allah-u- 'alaihe wa sallam*) not only recommended olive oil as food, but also as topical care signaling that sustainable nutrition can nourish both body and skin in prophetic balance.

### **Balanced Pairing of Dates and Cucumber**

The combination of fresh dates and cucumber exemplifies the operation of food synergy: by combining energy-giving foods with fluids, the metabolism is established. Dates are a source of fast-acting sugars, and combined with cucumbers, they should help keep the body cool, hydrated, and regular, as well as facilitate digestion and temperature regulation.<sup>33</sup> By so doing, the Prophet (*Ṣal Allah-u- 'alaihe wa sallam*), provided a prototype of how food pairing would be beneficial to the body, in various climates and situations, and in respect to the needs of the body. Lastly, under the perspective of the current scientific enlightenment, all the prophetic nutritional teachings have a solid concurrence with the sustainable health practices. These traditions offer a universal, long-standing system of nutrition that would encompass all the aspects moderate and hygiene up to food synergy and natural remedies. As current data confirms, the prophetic lifestyle has been proven to be both spiritually grounded and scientifically informed model of the preservation of physical health, prevention of disease, and responsible eating in the present global health situation.

**Table 2: Prophetic Lifestyle vs. Modern Health Guidelines**

<b>Health Domain</b>	<b>Prophetic Practice</b>	<b>Modern Health Recommendation</b>
Food Hygiene	Washing hands before eating and covering food until cool	Food safety guidelines emphasize hygiene to prevent microbial contamination
Portion Control	Eat in moderation: one-third food, one-third drink, one-third air	Nutritionists recommend portion control to prevent obesity and metabolic disorders
Therapeutic Foods	Use of honey and olive oil as sources of healing	Functional nutrition supports natural foods with medicinal properties

Balanced Pairing	Combining dates and cucumber to balance warmth and coolness	Modern dietetics encourage nutrient synergy and food pairing for metabolic balance
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The findings on sustainable nutrition presented in The Prophetic Sunnah are provided in the table and a particular attention is paid to the similarity of its results with the current dietary recommendations. The analysis offers a balanced and preventive model of individual and community health and demonstrates the work-effectiveness of prophetic advice regarding food and nutrition. All products show how the scientific principles of sustainable nutrition are harmonized with the prophetic practices which are rooted in the natural foods, moderation, and hygiene. These similarities confirm the fact that faith-based eating habits are capable of achieving long-term health goals, reduce the occurrence of chronic illnesses, and encourage responsible eating practices among a variety of communities.

### **Prophecy-Based Sleep Practices: Circadian Balance and Sustainable Recovery**

Except nutrition and exercise, health sustainability embraces relaxation, rest, and regulation of biological rhythms. The Prophetic sleep model gives a comprehensive foundation of mental and physical curing in the long term. The Sunnah offers a sleeping regime, based on a mix of early bedtime, sleep in midday (*qaylūlah*), sleep patterns, and scheduled spiritual focus and is quite close to what contemporary chronobiology refers to as optimum circadian well-being. These sleep patterns lead to emotional stability, regulation of hormones and immunological balance besides cognitive acuity, all which are vital ingredients in the long-term health. According to the tradition of Prophets, sustainable rest, as a form of sleep, not only suffices to maintain the body but also to restore the body of rhythm, intention, and moderation. It is also indicated in the Authentic Hadiths that emphasize on the time of the Prophet (*Sal Allah-u- 'alaihi wa sallam*), as far as his sleep and rest are concerned, such as:

1. Anas (*Raḍi Allah 'anhū*) reported that the Messenger of Allah (*Sal Allah-u- 'alaihi wa sallam*) said: "Take a midday nap, for the devils do not take midday naps."<sup>34</sup>
2. Al-Aswad said: I asked 'Ā'ishah (*Raḍi Allah 'anha*), "How was the Prophet's (*Sal Allah-u- 'alaihi wa sallam*) prayer at night?" She replied: "He would sleep at the beginning of the night, then

rise during its latter part to pray. Afterward, he would return to his bed.”<sup>35</sup>

3. Abdullah ibn ‘Amr ibn al-‘Āṣ (*Raḍi Allah ‘anhu*) reported that the Messenger of Allah (*Ṣal Allah-u-‘alaihe wa sallam*) said: “O Abdullah, have I not been informed that you fast during the day and stand in prayer all night?” I replied, “Indeed, O Messenger of Allah (*Ṣal Allah-u-‘alaihe wa sallam*).” He said, “Do not do so. Fast and break your fast; pray and sleep; for indeed, your body has a right upon you, your eyes have a right upon you, and your wife has a right upon you.”<sup>36</sup>

### **Scientific Perspectives on Prophetic Sleep Recovery Sustainability**

This section explores the way the customs of the Prophetic sleep resemble new cognitions of the sustainable rest and circadian health. The parted night dawn sleep and the moral necessity to respect the needs of the body we are describing when the concept of midday napping is concerned the holistic approach towards the rest that is both spiritual and scientifically proven. Such rest practices possess sustainability principles of moderation, balance, recovery, and resilience that are pertinent in the physical, mental, and social health viewpoints.

#### **Midday Nap and Neurological Recovery**

The minimal length of naps (10-30 minutes) has been shown to have a long-term solution to enhancing memory consolidation, wakefulness, mood stability, and neural plasticity. Such naps may prove quite handy in enhancing decision making, rejuvenating the executive functions, and becoming more innovative, particularly among mentally exhausted people.<sup>37</sup> It is the same rhyme of a line of prophetic guidance to have a break after lunch to relieve the stress in addition, to the cognitive renewal. The *Sunnah* helps in the attainment of neurological well-being and spiritual mindfulness to everyday life with the help of the stop as a constituent of its physical renaissance and mental strength vision.

#### **The Circadian Sustainability of Biphasic Night-Dawn Sleep**

The sleeping at night followed by the morning and afternoon prayers by the prophet are an equivalent to the present science, known as biphasic sleep. It is a piecemeal form, which facilitates the coordination of the circadian biology, ideal synthesis of melatonin and cortisol regulating elements to decrease inflammation and amplify the

metabolic implications. The other potential results that biphasic sleep might cause in research are deep sleep, endocrine balance, and improved mood. This construction helps to maintain the restorative sleep and does not interfere with the social and spiritual activities as it gives the environmental adjustment of the wellbeing of individuals.<sup>38</sup>

### **Ethical Rest and the Body's Right to Recovery**

The prophetic statement of your body or taking rest as a mandatory, not a discretionary, piece of healthy living. In this lesson, it is stated that there must be a deliberate recovery in order to attain sustainable wellness and avoid chronic stress and illness. Recent studies claim that insufficient sleep or sleep that is disrupted increases the risk of diabetes and cardiovascular disease, impairs the immune system, and facilitates inflammation. By making rest a moral compulsion, the spiritual compulsion is brought into balance with the physical preservation, resulting in a sustainable wellness ethic, which respects both the psychological and spiritual vitality besides the physical purity.<sup>39</sup> In brief, Prophetic sleep recovery model displays a sustainable and holistic view of well-being that focuses on midday rest, biphasic night-dawn sleep, and moral responsibility to support the biological rest. Both of the practices support the holistic care of the body, mind and spirit and contribute to the establishment of hormonal balance, neurological stability, and circadian rhythms. The two of them form an eternal pattern of a healthy sleep in the conditions of the modern health and provide a fascinating crossover between modern science and ancient wisdom.

**Table 3: Prophetic Lifestyle vs. Modern Health Guidelines**

<b>Health Domain</b>	<b>Prophetic Practice</b>	<b>Modern Health Recommendation</b>
Midday Rest	Taking a short midday nap to restore energy levels, enhance alertness, and reduce fatigue	Short 10–30 min 'power naps' improve cognitive performance, mood, and alertness
Night–Dawn Sleep Rhythm	Sleeping early and waking before dawn for prayer	Biphasic sleep supports circadian alignment, hormonal regulation, and mental clarity
Ethical Rest and Recovery	Acknowledging the body's right to rest	Adequate sleep is essential for immune

	as a moral responsibility	function, metabolic balance, and emotional well-being
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Primary research findings on the status of prophetic sleep habits are presented in this table, as well as their correspondence to the existing health recommendations on circadian balance, sleep hygiene and long-term rest. It brings out how the scientifically proven physical and mental rest techniques are reflected in the *Sunnah* recovery schedules on rest such as sleeping early in the night, taking naps midday and the fact that the body has a right to rest. The table explains the role that prophetic practices play in the timeless, all-inclusive model of healthy sleep sustainability through comparison of key health categories. These practices are supported by science besides being spiritually important and offer practical approach to hormone balance, sleep quality and overall wellbeing in the modern world.

### **Results and Findings**

The research observed that there was a significant correlation between current models of sustainable and preventative health and the principles of the prophetic lifestyle. The findings of the thematic textual analysis of Hadith literature and comparative survey of scientific research indicate that the everyday habits of the Prophet (*Sal Allah-u- 'alaihi wa sallam*) that are walking, moderate eating, resting in an organized way, and keeping clean are consistent with modern models of the general health and physical fitness. These activities are also preventive by nature and are spiritually based on top of these; they offer a globally applicable and cost-effective value-based framework of healthy behaviour. Walking is one of the most important parts of the Prophetic practice, which contributes to the clearness of the mind, physical strength, and endurance of the cardiovascular system. The physical activity guidelines that the World Health Organization suggests nowadays resemble the fact that the Prophet (*Sal Allah-u- 'alaihi wa sallam*) used to walk on the daily routine, either to pray or to socialize, or simply to exercise. His eating habits, such as eating sparingly, consuming natural products such as dates, honey and olive oil, and avoiding overeating were also consistent with modern concepts of metabolic balance, sustainable food, and food variety. Such practices provide a guiding principle to long-term health and disease prevention. The findings also emphasize that prophetic sleep patterns are beneficial to mental and physical health. It was proven that such routines as rising earlier than the sunrise, going to sleep before the sunset, a noon break (*qaylūlah*) help to maintain hormonal balance,

emotional equanimity, and circadian rhythm. Also, it was found out that good hygiene, like handwashing, *miswāk* dental service, and grooming reduce disease transmission and encourages the health of the population. All these factors contribute to the health resiliency of the community on the whole besides influencing personal well-being. To sum up, the Prophetic way of life offers a long-term, all-inclusive method of health which is founded on moderation, balance, and preventative health care. The paper supports the argument that the prophetic practices may be adapted to the contemporary health promotion and wellness programs. They provide a scientifically grounded culturally applicable ground on which to promote long-term physical fitness among Muslims internationally. It is encouraged that health practitioners, educators and policymakers consider integrating those concepts in community-based wellness programs, preventive care models, and health education.

**Table 4: Prophetic Lifestyle vs. Modern Health Guidelines**

<b>Health Domain</b>	<b>Prophetic Practice</b>	<b>Modern Health Recommendation</b>
Physical Activity	Daily walking to prayer, social interaction, and general movement	WHO recommends 30 minutes of moderate physical activity daily to reduce chronic disease risk
Nutrition	Eating in moderation; foods like dates, honey, olive oil; avoiding overconsumption	Balanced diet, caloric regulation, and plant-based nutrition prevent obesity and support metabolic health
Sleep & Rest	Sleeping early, midday nap ( <i>qaylūlah</i> ), waking before dawn	Chronobiology promotes circadian-aligned sleep patterns for hormonal balance and cognitive health
Hygiene	Handwashing, consistent personal grooming	Public health prioritizes hygiene to prevent disease transmission and support immune function
Preventive Health	Use of natural remedies like honey and olive oil; moderation in habits	Integrative and preventive medicine encourages natural treatments and lifestyle balance

To align Prophetic practices to pertinent evidence-based suggestions in current health sciences, the table will compare key health dimensions. It is aimed at showing how the *Sunnah* provides a preventive and proactive solution on physical fitness, hygiene, diet, sleep and prevention of illnesses besides promoting spiritual regimen. This study demonstrates that prophetic life guidance is astonishingly, closely aligned with universal health priorities, including the ones established by the World Health Organization (WHO) and Sustainable Development Goals (SDGs) through studying physical habits, food intake habits, sleeping routines, and preventive practices documented in authentic Hadiths.

The continued applicability of the Prophetic way of life to the modern problem of the population health is manifested in each field of health, including rest, hygiene, and natural cures, as well as daily movement and food moderation. Owing to their convenience, availability and the health advantages in the long term, these practices are the best examples of sustainability. They offer culturally sensitive and universally applicable approach to improve the wellbeing of the community, promote preventive health, and achieve health equity under diverse socioeconomic conditions. They are also religious and scientifically proven.

## **Conclusion**

According to the teachings and practices of Prophet (*Sal Allah-u-‘alaihe wa sallam*) this paper has demonstrated that the Prophetic way of life offers a lasting long-term paradigm of physical fitness, primary preventive health, and well-being. The study has identified key areas that prophetic advice aligns with the current health objectives through a systematic analysis of authentic Hadiths and the comparison of the findings with the recent scientific research. They are regular exercises (walking), healthy nutrition, sleep hygiene, personal hygiene, and natural cures, which ready one to long-term health and the overall well-being of society. The report further reveals that these methods are cheap to practice, culturally and health-systemically adaptive and preventive in nature. Moreover, the research found out that the Prophetic way of life endorses such relevant concepts as discussed in modern community health, such as disease prevention, sustainability, and behavioural control. Recommendations of the World Health Organization and other medical organizations as examples of the evidence-based practices are the recommendations on the segmented sleep patterns, midday rest, balanced diet, and hygienic habits as stated in the *Sunnah*. These practices do not only help the

body, but also the mind, emotions, and spiritual wellbeing, which is why the prophetic approach is rather holistic. This multifaceted alignment is especially important in those cultures where the Muslim population predominantly makes up their population, and in this context, there is a need to study culturally instilled health models in the global wellness programs. According to the results, the study recommends that teachers, medical practitioners, lawmakers, and health practitioners should consider using the Prophetic lifestyle ideas in the prevention strategies of clinics, population health promotion, and health education efforts. Through this, the communities will benefit by having a scientifically proven method that is spiritually based, which offers a framework that is culturally relevant in increasing physical fitness, reducing the burden of disease, and promoting long-term and value-based health practices. Future studies should focus on the application of the prophetic health ethics to the mental health, prevention of chronic illnesses and sustainability programs of the world. This will aid in further reinforcing the fact that older knowledge systems are so significant in the formation of modern health perceptions.

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