

Ten Minutes Sajjud or One Hours Yoga: Scientific Explanation for Healthy Life

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ABSTRACT

Human being is combination of body and soul. The both are compulsory and integrated with each other in this earthy atmosphere. Healthy body is required a peaceful and positive soul which is unavoidable for progressive and healthy life. The measures are defined and communicated to human beings for their healthy and progressive life that how to maintain good health for their body and soul. Human being got these measures and practices through both methods i.e. divine knowledge preaching and human experienced knowledge.

Sajdah is one of the mostly communicated acts and measures to maintain sound health of body and soul by divine knowledge, on the other hand, Yoga practices are provided by human experienced knowledge for acquiring the same objectives. Body and spiritual health is one of the critical issues of contemporary world. Peoples are spending huge expenses and time to enhance their health and solve their physical and spiritual problems.

It is time to scientifically search out the better technique between both for establishing good body and spirit health. In the following article, scientific methods and experiments are used to analyze the less time, expenses and energy consumption technique with better results for attaining sound health. After scientific comparative analyses, it can be concluded that sajdah technique is better than Yoga for maintain and developing body and spiritual health.

Keywords:

Sajdah and Yoga, healthy practices, best healthy technique, scientifically proven Sajdah, sound health and Sajdah.

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Introduction:

There are two basic components, body and soul¹ in living organisms. Each living organism has its required elements within its atmosphere according to the needs of its body or soul. There is an automatic built-in program in each living organism that they use their required elements for their atmosphere at a proper level and time². Only human beings have authority to utilize wit or reason to choose the elements, methods and techniques as their requirement for surviving their lives. Only this living organism has authority and power to develop new techniques, accept or reject any method, manipulate activities or even imagine the innovative formulas or knowledges³.

History of mankind conveys that they are very careful for their body and soul health. Food is the mostly used item in the life of human beings. They have craze to use healthy and powerful foods for their sound health and at the same stance, they are very much focused about their body exercises, messages and techniques to maintain and grow their physical health.⁴ In present era, due to hectic engagements of commercial life, man is facing multiple types of health issues and problems.

Peoples are at toes to adopt innovative scientific techniques to develop their health at every stage of their life. In contemporary world, Yoga is a fast growing technique to maintain and develop physical, mental, spiritual and psychological health of people⁵. It is adopted in approximately every part of the world in different modules and types.

Yoga Therapies and Health:

Yoga therapies are included physical and mental exercise for Arthritis, Cancer, Cardiovascular health, Cellular effects, chronic pain, Diabetes, Immune function, Mental health, Musculoskeletal issues, Neurological considerations, Palliative care, Pediatrics, parental health, respiratory health, senior aging issue, stress and Urinary incontinence⁶.

Yogic model of health is unique and difficult to understand without its education and training. It is going to develop and equip with new techniques and methodologies day by day so “the quickest way to train an instructor without letting the standards is difficult” and “have difficulty basing

education on hours alone”⁷. It need a thorough and careful study of the practitioner before suggesting him/her any specific exercise, breath work or meditation technique.

Yoga provides emotional peace, body relaxation and psychological satisfaction but it demands specific atmosphere, long consuming time and technical help by yoga therapist. Normally there are no specific wordings or sentences being used by the practitioner or therapist during the yoga exercises. Practitioner needs many articles and atmospherically requirement before and during practicing yoga exercises so it can be said that yoga is somewhat expensive. Yoga exercise need “therapist’s consultation before using its techniques” for some specific diseases and problems which is also concern to financial constraints for general public and less wealthy peoples.⁸

Salaat Technique and Health:

Salaat is an Arabic word which is derived from word ‘Sal’. The meaning of Sal is “growth”, to give benefit, promote and upgrade⁹ others and say praise for you but more important is for others. Salaat in Islamic teaching has three major postures i.e. Qiyaam, Rakoo, and Sajdah. Qiyaam is posture of standing position, Rakoo is in bowing forward putting hand on both knees position and Sajdah is bending the whole body closely, putting forehead on ground along with holding body weight pressure on both open hands’ palms with staying both knees and toes on ground.¹⁰

All Semitic religions describe the concept of prayers¹¹ with different postures and techniques. In all three religions, the prayers have many hidden scientific benefits for human beings. Prayer is main action which is obligatory on every Semitic religious man and women in a day. In Muslim societies, five times prayers in a day are performed individually and collectively to seek the mercy of the supreme Lord.

Salaat has different postures but sajdah is considered as an essential and the core important position in Salaat. Without sajdah the Salaat is incomplete. We can say that sajdah is the heart of prayer because of its moral, spiritual, emotional, psychological and physical benefits.

In English language the word *sajdah* means Prostration. The word *Sajdah* means Prostration to Almighty Allah being to the direction of the great Kaaba at Mecca¹². And if we see the definition of *Sujud*, it means that a Muslim is to Compliment and Worship to Allah Alone. Ibn Al-Qayyim wrote about Sujud as the worthiest part and secret of prayer and as the most import element and seal after *Rakoo*.

Islam has given too much importance to Sajdah that Allah has revealed the thirty-two surah in Quran with the title “As-Sajdah”. The word Sujud is used for 92 times in the Quran. Quran and Hadith have emphasized on Sajdah (prostration). This is the position when a person is connected very closely to the Lord.

Sajdah in the light of Quran:

Allah says in the Quran:

كَلَّا لَا تَطْعَهُ وَاسْجُدْ وَاقْتَرِبْ¹³

Holy Prophet Muhammad SAAW said:

اقرب ما يكون العبد من ربه وهو ساجد فاكثرو الدعاء¹⁴

According to the book of hadith, *Sahih Muslim*, the Holy Prophet Muhammad SAAW said that in the state of sujud the servant of Allah is at the nearest to his Rabb (Lord).

Method of Sajdah:

The Prophet Muhammad (Peace Be upon Him) taught Muslims the posture; method and technique of *Sajdah* as the Quran only emphasis to offer Salaat but hadith teach us how to perform. Through Hadith it is known that one should slowly bend down the knees to the ground then place the both hands on ground in front at the place where the forehead will touch the ground. Then slowly put the forehead on the ground. In this posture, seven necessary parts of the body must have a proper interaction with ground.

- Forehead
- Both hands
- Both knees

- Both toes

Before going down to ground for Sajdah, the payer of pray recite, 'Allah O Akbar' and when performers go in complete posture of Sajdah, they will recite three times, 'Subhana Rabiya-Ala'. During Salaat, a Muslim performs two times Sujud in one Rak'at.

True Happiness through Sajdah:

The internal happiness cannot buy against money or material commodities. For internal happiness, only heart and body should feel relaxation and peacefulness. A person's heart is at peacefulness when it feels that its lord is close to it. Human body needs food three times in a day to remain healthy and alive. Similarly, soul also requires food to live and its food is five times Salaat in a day. Ibn Taymiyyah said, "Prostrate much because there is no Muslim that prostrates to God and the God raises his places one degree more in Paradise and forgives him for a sin."¹⁵

An incident has been mention in Sahih Muslim hadith which is narrated on the authority of Abu Huraira that when a person put his head on the ground to perform sajdah, the evil (*Iblees*) cries and utter these words that how grief unto me that Allah commanded me to do sajdah and I refused his order and doomed to Hell

Sajdah and Medical Science:

The prayer has the healing effect and it has been seen that people have made prayers for their sick ones for centuries which shows amazing outcomes. With the advancement in scientific research, different researches have revealed proof that Salaat have abundant positive results on patients. If a person pray with full devotion to his Lord to that external power than, there is a feeling of self-content and satisfaction arises in his/her soul. This type of power exists in sajdah and it became a source of comforting ones physical and psychological health, as it purifies the soul.¹⁶

Electrostatic charges and Sajdah

The human beings receive the electrostatic charges from the atmosphere daily which badly affects their system and these extra electrostatic charges

need to be dissipated and discharged. So that the negative effects of electrostatic charges cannot harm else human system will be disturbed and there may 'headache, myalgia, anorexia,' muscles spasms, or other disorders. It has been seen that people who do 'prostration are free from all such disorders'¹⁷.

Blood Circulation and Sajdah

When a person does sujud then there are less chances that the body will get any disorder like muscles spam, neck-ache etc. because in this position the body touches the ground which will discharged the electrostatic charges. Sajdah have many hidden benefits but the visible advantage of sajdah is that it allows extra blood supply to enter the brain and this will make the brain healthier.¹⁸ Sajdah has a positive result on our thinking capacity and enhance memory, give strong vision, focused hearing and concentration and psyche.

It is the nature of humans that if some difficult circumstance came they became panic and try to avoid the situation. For this, they take drugs to relieve the pain, as it affects the brain. The scientist recommended the best remedy for situation is Sajdah. When patients do *Sajdah*, the frontal part of the brain is placed on ground through which the electrostatic charges are dissipated and discharged. The frontal part has a control because all thinking ability are present their in frontal part.

In *Sajdah* posture, the extra blood flows into the skull, neck and face that help in the circulation of the blood toward head¹⁹, which is very useful for the freshness of the face and issues related to face especially in winters. *Sajdah* also permits mental pollutants to become cleaned by the blood. *Sajdah* is also very good for the brain and prevents from many diseases. During the sujud, Sinusitis consists of irritation of the linings in the sinusitis that surrounded the area of nose.

Effect of Sajdah on muscles:

When a person does *Sajdah*, in this posture his whole body became active because he placed his head on the ground while he placed his both hands at the sides of the forehead²⁰. The Sajdah helps the body muscles to work actively which make them relax. Then both hands are then stretched out in

such manner that forearm and arm muscles bear the whole body weight in the sajdah posture²¹. If we consider sajdah as an exercise it is good for the upper limbs. There is a science behind the position of sajdah that Prophet Peace be upon him said in a hadith that do not put the forearm flatty on the ground during sajdah but to keep them high above the ground. If we see from physical perceptive sajdah position is better for the forearm and arm muscles²².

Effect of sajdah on blood circulation:

Every religion has different practice of praying in front of Lord, the prayer also consists of unique position. No other religious practice as *sajdah* in prayers, only Islam teaches its follower to do sajdah five times during daily prayer.

In *sajdah* brain became at lower position than heart. It is the best position when the blood flows towards the brain with full force²³ while in *Rakoo* or other postures of *Salaat*, the brain is above your heart and it is difficult for the heart to send blood in the upper part of body against gravitational force. Due to the blood flow to brain, the brain receives extra nourishment which has a good effect upon memory, vision, and all other cognitive abilities. As human body depend on brain and if brain fails to work than body cannot function properly.

If we see in Muslim societies, the people who offer *Salaat* regularly have strong willpower and deal courageously with difficulties of life in better way. They have less vulnerable activities to head and neck-aches, psychological problems and all other ailments of the mental functions.

Effect of sajdah on neck muscles:

In *sajdah*, there is the best exercise for the neck muscles. When the forehead touches the ground, the neck has to bear the weight during this the neck muscles became tougher and strong. A person can feel the tense load at the neck muscles in the position of sajdah, particularly the active motion of the facial and neck muscles when the head is raised. And it will be observed that muscles became extra active.²⁴

Cervical muscles and Cervical Vertebra:

Cervical muscles mean that the cervical vertebra will be well protected²⁵. It is very important that the cervical muscles should be stronger as the head rests upon cervical vertebra, which is supported by cervical musculature. In fact, the head performs rotator movements over the cervical vertebra.

It is also scientifically proved that there is rare chance of neck pain if a person regularly does *Sajdah*. It is impossible to have neck disorders because the muscles become strong enough due to *sajdah* during performing more than thirty four *Sujud* daily.

Respiratory System and Nervous Systems

Additionally, *sajdah* has a positive effect on the respiratory system, blood circulation and nervous systems. The whole body weight i.e. chest, back, neck, stomach is held on the muscles of hands, legs and toes muscles²⁶.

Fat Burning and Heart Attack

Scientifically if we analyze the bending of the toes during *sajdah* it can increased the rate of fat burning in body and it can help to lower the risk of heart attack and Cardiovascular diseases²⁷. Position of *sajdah* is a best remedy for those who are suffering from high blood pressure because in *sajdah* the heart rate is low which helps to reduce the blood pressure. It allows the fresh blood returns which carrying away toxins. In this way it releases tension and help the body to regains relaxation. It gives the feeling the body is free from all tensions and hence feel relax and get internally happiness. When a person does *sajdah* there is drainage of sinuses. Sinuses is a cavity within a bone particularly skull which is connecting with nasal cavities. A person who does *sajdah* hardly got sinusitis.

Sajdah refresh the mechanism of mind and body, help to compose emotional, spiritual, physical, and all other components. *Sajdah* helps in proper functioning of human internal and external system. It reduces the risks of heart attack, brain hemorrhage, and brain tumor because during *sajdah* head region receives excessive blood flow due to bending of the head on the ground to the degree lower than the heart.

The toes in sajdah experience the pressure which gives toes a little stretch that is better for the body tissues to remain healthy and give a relief to joints and organs to release the pain. The most effected position in *Salaat* is sajdah where performer's whole body touches to the ground, which raises the fresh supply of blood to the brain.

Sajdah and Yoga:

From the last few years, the concept of exercise and Yoga has been promoted and encouraged by the Doctors all over the world to remain fit mentally and physically. Yoga is a modern form of meditation not a religion in which different techniques are used for the relief of psychological disturbance of mind and to release the physical pain. There are different poses of Yoga but the one similar to sajdah is known as “**Inverted Pose**”²⁸ in this posture they laid down on earth in the similar position like sajdah for blood circulation and to relax the muscles.

There are similarities between Islamic prayer and Yoga. Yoga is compose of different body gestures as it is mentioned earlier that inverted pose is similar to sajdah in which a person stand on their heads for one reason that blood can flow to those areas of brain where blood normally cannot properly circulate.²⁹

From here one can understand that there is the wisdom behind *Salaat* which Allah Almighty has designed beautifully not only as spiritual exercise but it also have abundant of physical benefits. The beautiful example of meditation in Islam is the practice of Prophet Muhammad peace be upon him on Mount Noor before he receive revelation where he spend most of his time away from society in meditation. That's why meditation has become an important element for Muslims although scholars have difference of opinion about meditation that it is allowed to Muslims or not.

Conclusion:

It can be concluded that the act of sajdah has numerous scientific benefits in less time that time is used in yoga exercise. Yoga exercises needs financial expenses and expert's counselling and support but Sajdah needs no financial expenses to perform *Sajdah*.

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