



## The Relationship of Wudhu with Psychological and Physical Health

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### ABSTRACT

Wudhu is a direct command from Allah SWT which is written in the Qur'an as a way of purification before praying. However, when examined from the shari'ah dimension, the Wudhu procedures taught by the Prophet Muhammad turned out to contain wisdom and secrets hidden in it. Previous studies have proven that performing Wudhu in accordance with the guidance taught by the Prophet SAW can actually provide physical and psychological benefits to humans. This study aims to determine the activity of Wudhu with health. This type of article is a literature review article by reviewing 5 journals regarding the effect of Wudhu on health. This research is descriptive analysis, which is a form of research by describing the data obtained from library sources that have been collected. After a description of the data is then analyzed. Based on the results of previous studies. In this case, health is meant not only physical health such as cleaning bacteria and dirt on body parts exposed to Wudhu water, but Wudhu also relieves emotions when blood pressure increases, in other words, it maintains emotional stability in humans.

**Keywords:** *wudhu, psychological, physical health*

### Background

Wudhu is a way to clean oneself from hadast (unclean/impurities) with water. Wudhu is also a mandatory requirement for anyone who wants to establish prayer, because with Wudhu oneself will be free from minor hadast. (Alim et al., 2020) In addition, Wudhu is also beneficial for health. Islam itself emphasizes and teaches cleanliness in every worship. (Sulaemang et al., 2016) Wudu is the purification of the duru of all minor hadast in accordance with the Islamic religious law by using water. (Alim et al., 2020) By referring to the Al-Qur'an and Al-Hadith, the instructions for abolition are in accordance with the word of Allah SWT, in the Al-Qur'an Surah Al-Maidah verse 6, Wudu is the purification of the duru of all minor hadast in accordance with the Islamic religious law by using water:

يَا أَيُّهَا الَّذِينَ ءَامَنُوا إِذَا قُمْتُمْ إِلَى الصَّلَاةِ فَاغْسِلُوا وُجُوهَكُمْ وَأَيْدِيَكُمْ إِلَى الْمَرَافِقِ وَامْسَحُوا بِرُءُوسِكُمْ وَأَرْجُلَكُمْ إِلَى الْكَعْبَيْنِ وَإِنْ كُنْتُمْ جُنُبًا فَاطَّهَّرُوا وَإِنْ كُنْتُمْ مَرْضَىٰ أَوْ عَلَىٰ سَفَرٍ أَوْ جَاءَ أَحَدٌ مِّنْكُمْ مِنَ الْغَائِطِ أَوْ لَمَسْتُمُ النِّسَاءَ فَلَمْ تَجِدُوا مَاءً فَتَيَمَّمُوا صَعِيدًا طَيِّبًا فَامْسَحُوا بِوُجُوهِكُمْ وَأَيْدِيكُمْ مِنْهُ مَا يُرِيدُ اللَّهُ لِيَجْعَلَ عَلَيْكُمْ مِنْ حَرَجٍ وَلَٰكِنْ يُرِيدُ لِيُطَهِّرَكُمْ وَلِيُتِمَّ نِعْمَتَهُ عَلَيْكُمْ لَعَلَّكُمْ تَشْكُرُونَ

Meaning: "O you who believe, when you want to pray, then wash your face and your hands up to the elbows, and wipe your head and (wash) your feet up to the ankles, and if you are junub then take a bath, and if you are sick or in pain. travel or return from the toilet (latrine) or touch a woman, then you do not find water, so practice with good soil (clean); wipe your face and your hands with it. Allah does not want to make it difficult for you, but He wants to cleanse you and complete His favor upon you, so that you may be grateful."

Islam teaches its people to maintain health in any case, both physical and mental health. (Mehraki & Gholami, 2017) One example is by way of Wudhu. Wudhu is a very important Islamic teaching and is a condition for the validity of praying. In addition, the pillars and sunnahs of Wudhu provide very important benefits for the health of the human body. (Sulaemang et al., 2016) However, it is still rare for humans to know the benefits of Wudhu, and the lack of seriousness in carrying out the pillars and sunnahs of Wudhu. Though Wudhu is very important for the health of the human body. For example, gargling which is the sunnah of Wudhu, has benefits including maintaining oral health, dental hygiene, eliminating bad breath, and so on. (Bajirova, 2017)

The benefits of Wudhu itself for health are that it can clean bacteria on the skin, not only physically, Wudhu is also psychologically useful for a person's emotions. (Sari, 2018) Therefore someone who is angry is advised to perform Wudhu. Thus, it is important to explain about Wudhu so that people know how big and important the apology for Wudhu itself is, which is recommended by Allah SWT and His Prophet. (Anwar et al., 2021) Therefore, the author wants to increase the understanding of the people who are lacking about the enormous benefits of one of these worships, namely Wudhu, for those who carry it out originally or not according to the rules or guidelines of the Al-Quran and Hadith.

## Methods

This type of research is library research, that is, all the data comes from written materials that have been published relating to the problem being researched. All data sources used in this study are library materials which are classified into two parts, namely primary data sources and secondary data sources. The primary data sources used in this study were verses of the Qur'an related to spiritual medicine. While the secondary data sources used are other sources that support the primary sources, namely the Qur'an and Psychology, Mental Health, the Role of Religion and Mental Health and written materials related to the topic of discussion as complementary materials. the research data. Data processing techniques based on all the sources used in this study in the form of library sources, then as data processing is to collect various

existing data and sources both from primary and secondary data or sources, which is then classified to the data or sources that has been collected.

## **Result and Discussion**

According to the fatwa of the Majelis Tarjih Muhammadiyah, namely, In language, Wudhu comes from the word Al-Wadha'ah, which means cleanliness and brightness. (Johari et al., 2013) Meanwhile, according to the term, Wudhu is using water for certain body members (namely the face, two hands, head and two feet) to remove things that can prevent a person from praying or other worship. The benefits of Wudhu on health are that it can clean bacteria, viruses that are in the hands, ears, nose, mouth and teeth, and can facilitate the regeneration of mucous membranes so as to prevent various diseases that enter through the ears, nose, mouth and teeth. (Afif, 2016)

According to Shehata (2010) Wudhu can reduce (reduce) anger, because when we are angry our blood vessels constrict and cause higher blood pressure. Water is something that is good for relaxing these blood vessels so that they dilate again and blood pressure returns to normal. With normal blood pressure can prevent us from various chronic diseases such as coronary heart disease, stroke, and even diabetes. Because when blood flow is constantly abnormal, the heart will not work optimally to pump blood throughout the body. Over time, the heart can be damaged and eventually experience heart disease, even heart failure. (Shehata, 2010)

According to Sulaemang, et al. (2016), wudhu can help the mind concentrate and calm the soul. When performing Wudhu, we are required to wipe the head with water. This will give a cool effect on our heads, so that our minds become calm.(Sulaemang et al., 2016) With a calm mind, we are better able to concentrate our thoughts.

Wudhu can stabilize blood pressure, increase heart movement, increase the number of red blood cells, activate exchange (circulation) in the body, increase oxygen levels, and increase the level of CO<sub>2</sub> (Carbon dioxide) that comes out, and many other benefits, stimulate the body's natural rhythms. (Kusumadiyanti et al., 2021) On the body there are areas called Biological Active Spots or BASes aka Biologically active points. BASes bears some resemblance to Chinese reflection dots. There are about 700 BASes in the body, and 65 of them have a quick reflection effect, that is, with just a swipe, they can be activated. While the rest must be massaged or pricked with a needle to activate it. Thus, when we perform Wudhu, we have done hydromassage, namely massage using water media. (Alim et al., 2020) In addition, with Wudhu we also launch our body's metabolism.

Wudhu can also prevent stress reactions. Wudhu that is carried out with full sincerity, solemnity, precise, sincere and continuous can foster positive perceptions and motivations and make coping effective. Positive emotional response (positive-thinking), can avoid stress reactions. Wudhu can be a means of

cooling down (lowering the temperature) in every activity period. which led to the escalation (increase) of stress (Lela & Lukmawati, 2015)

Wudhu is effective in controlling emotions. Whenever feeling angry, a Muslim is strongly recommended to take Wudhu water to cool the mind and calm the heart. When someone is angry, blood pressure will increase so that the heart will work harder to pump blood. Angry people will look red in the face because it is located on the surface of the skin. So as soon as the dirty blood comes out, the Wudhu water will immediately clean it. The effect of this process is that the skin around the face and other body parts will always look fresh and radiant. (Afif, 2016)

Understanding of the meaning of the word Wudhu, namely in language and in syara'. Linguistically, Wudhu means clean or beautiful. Meanwhile, according to syara', Wudhu means cleaning the Wudhu members (parts of the body that must be cleaned when Wudhu) to purify from minor hadats by using holy water and purifying it. Whoever wants to perform the prayer, is required to perform Wudhu first. This is in accordance with the Word of Allah in the Qur'an Surah Al-Maidah verse 6 which means: O you who believe, when you want to pray, then wash your face and your hands up to the elbows, and wipe your head and (wash) your feet up to the ankles, and if you are junub then take a bath, and if you are sick or on a journey or return from a toilet or touch a woman, then you do not get water, then do tayammum with good (clean) soil; wipe your face and your hands with it. Allah does not want to make things difficult for you, but He wants to cleanse you and complete His favors for you, so that you will be grateful. There is also a saying of the Messenger of Allah regarding Wudhu which means, "Allah does not accept the prayer of one of you when he is having Wudhu, until he performs Wudhu." (H.R. Bukhari).

## **Conclusion**

Based on the results of the discussion of some of the existing literature, it can be concluded that the benefits of Wudhu are so great, that it can eliminate bacteria and viruses with this Wudhu activity. This is related to everything that Allah and His Prophet have commanded to have tremendous benefits

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