



Islam in Maintaining Health of Water and Air

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ABSTRACT

Many verses of the Quran and Hadith that explains, recommends and even obliges every human being to maintain the continuity of life and the life of other creatures on earth. So, as the representative of Allah on earth, humans must be active and active responsible for protecting the earth. It means, maintaining continuity the function of the earth as a place of life for God's creatures including humans while maintaining the sustainability of life. In this context, nature, especially the earth, is where humans live is a testing ground for humans. Islam protects the environment in order to protect water and air from pollution because water and air are very useful and play a role in the life of living things on this earth, it is important for us to always preserve and maintain the sustainability of the water we use by doing good water management such as saving, not throwing garbage and waste that can make water pollution so that it can disrupt the existing ecosystem. A good environment will produce good oxygen in protecting the earth from various things including from various celestial bodies that fall to earth.

Keywords: *health, water, air, maintaining, environment*

Background

Islam is a religion (way of life) that is very concerned about environment and sustainability of life in the world. (Fathil et al., 2015) Many verses of the Quran and Hadith that explains, recommends and even obliges every human being to maintain the continuity of life and the life of other creatures on earth. Concepts related to saving and conserving the environment (nature) inseparable with the concept of the oneness of God (tawhid), sharia and morals. (Dahlan et al., 2021)

In Islamic teachings, it is also known as concepts related to creation of man and the universe, namely the concept of Khilafah and Amanah. The concept of the caliphate states that humans have been chosen by Allah in advance this earth (khalifatullah fil'ardh). As representatives of Allah, humans are obliged to be able to represent himself according to the attributes of Allah. One of God's attributes about nature is as a keeper or guardian of nature (rabbul'alamin). So As the representative (caliphate) of Allah on earth, humans must be active and active responsible for protecting the earth. It means, maintaining continuity the function of the earth as a place of life for God's creatures including humans while maintaining the sustainability of life. (Matin & Alwi, 2018)

Humans, both individually and in groups, do not have absolute rights to control the natural resources in question the term "conquest" or "mastery" of nature as pioneered by the secular western view and materialism is not recognized in Islam. (Mohamed, 2012) Islam emphasizes that those who have the right control and regulate nature is the Creator and the Most Ruler namely Rabbul Alamin. The right of control remains with the Creator God. Humans are obliged to maintain the trust or trust that has been given by God the. In this context, nature, especially the earth, is where humans live is a testing ground for humans. In order for a human to succeed in his test, he must be able to read the "signs" or "verses" of nature addressed by The Supreme Ruler of Nature. One so that humans are able to read the verses God, humans must have knowledge and knowledge. It is Allah Who created the heavens and the earth and sent down rain from the sky, then He brings forth with it various fruits fruit is sustenance for you; and He has subdued the ark for you so that the ark may sail on the sea by his he has will, and subdue (also) for you rivers (Qur'an 14:32)

Environmental Health in Islamic Perspectives

Humans are part of nature. In his life on this earth Humans cannot escape from their natural environment. All Human needs in a mini style have been provided by Allah SWT. (Kodir & Sonjaya, 2015) Man need water to drink, air to breathe, need soil to stand on and farming, the sea for sailing and so on. Allah says:

وَلَقَدْ كَرَّمْنَا بَنِي آدَمَ وَحَمَلْنَاهُمْ فِي الْبَرِّ وَالْبَحْرِ وَرَزَقْنَاهُمْ مِنَ الطَّيِّبَاتِ وَفَضَّلْنَاهُمْ عَلَى كَثِيرٍ مِمَّنْ خَلَقْنَا تَفْضِيلًا

Meaning: Indeed, We have dignified the children of Adam, carried them on land and sea, granted them good and lawful provisions, and privileged them far above many of Our creatures.

As believers, we must be grateful to Allah SWT who has bestowed great favors and gifts. One way to be grateful to him is to explore natural resources and use them for the benefit of mankind, prosper and preserve them. In order to give thanks to Allah, we are obliged to keeping the water clean, so that the water provides benefits for humans to drink, purify and fertilize the soil. (Febriani et al., 2020) Must not pollute water with human waste, animal waste, industrial waste, household waste, garbage and so on. Because dirty or unclean water will cause harm to humans, including bringing disease. We must realize that water is the source of life, as Allah says:

أَوَلَمْ يَرَ الَّذِينَ كَفَرُوا أَنَّ السَّمَوَاتِ وَالْأَرْضَ كَانَتَا رَتْقًا فَفَتَقْنَاهُمَا ۖ وَجَعَلْنَا مِنَ الْمَاءِ كُلَّ شَيْءٍ حَيٍّ أَفَلَا يُؤْمِنُونَ

Meaning: Do the disbelievers not realize that the heavens and earth were 'once' one mass then We split them apart? And We created from water every living thing. Will they not then believe?

Keeping the environment clean wherever we are. Dispose of garbage in its place and don't throw trash or used items in drains, don't let garbage pile up because it will become a source of disease, giving opportunities for flies, mosquitoes, cockroaches to breed and so on.

Islam Explains the Importance of Water in Life

Water has extraordinary benefits, as well as those mentioned in the Quran. One way to maintain health naturally and Islamically is to drink more water. Why should you drink water? Because in addition to our bodies need water, Allah also ordered that we can provide the body with sufficient water. Water is the most abundant component in our body, even when we are still a fetus, the water content in the body is almost 100%, then after birth the water content in the body begins to decrease to 80%, when we are adults it becomes 70%, and when we are old it can become 50%. (Bajirova, 2017)

Experts explain that water is a major component of human cells, tissues, and organs. A decrease in total body fluids can cause a decrease in fluid volume, both intracellular and extracellular, which can result in organ failure and even death. In addition, water is believed to be able to cure various diseases such as heart disease, rheumatism, skin damage, respiratory tract disease, intestines, female diseases, and even can treat stroke.

A person who takes a shower in the morning with water will improve blood circulation so that the body feels fitter, the production of white blood cells in the body will increase, as well as the production of testosterone in men and the hormone estrogen in women, as well as providing immunity against viruses. The Qur'an has conveyed to us a liquid of the highest quality, namely water which functions to clean everything. Allah swt says in The Quran Surah Al-Furqan Verse 48:

وَهُوَ الَّذِي أَرْسَلَ الرِّيحَ بُشْرًا بَيْنَ يَدَيْ رَحْمَتِهِ ۗ وَأَنْزَلْنَا مِنَ السَّمَاءِ مَاءً طَهُورًا

Meaning: And He is the One Who sends the winds ushering in His mercy, and We send down pure rain from the sky.

On the other hand, it turns out that Allah swt in various verses in the Qur'an, explains that the dry and dead earth can be brought back to life with rain from the sky, so that the earth becomes fertile again and grows various kinds of plants that can be eaten by humans and the other animals. It is really Great God who has arranged so neatly the life of creatures on this earth. In fact, Allah clearly explains the function of rainwater that is sent down on this earth for the continuation of the life of the Muslims.

Islam Explains the Importance of Air

Allah SWT has arranged the supply of Oxygen for humans to such a perfect extent. To the extent that we are not aware that our presence on Earth is also in accordance with the air pressure. What if we were created to always fly into space or with zero gravity? What if we were placed on a planet other than Earth? So the answer to this question was already in the Qur'an 14 centuries ago in Surah Al-An'am verse 125:

فَمَنْ يُرِدِ اللَّهُ أَنْ يَهْدِيَهُ يَشْرَحْ صَدْرَهُ لِلْإِسْلَامِ وَمَنْ يُرِدْ أَنْ يُضِلَّهُ يَجْعَلْ صَدْرَهُ ضَيِّقًا حَرَجًا كَأَنَّمَا يَصْعَدُ فِي السَّمَاءِ كَذَلِكَ يَجْعَلُ اللَّهُ الرِّجْسَ عَلَى الَّذِينَ لَا يُؤْمِنُونَ

Meaning: Whoever Allah wills to guide, He opens their heart to Islam.¹ But whoever He wills to leave astray, He makes their chest tight and constricted as if they were climbing up into the sky. This is how Allah dooms those who disbelieve.

The verse explains that every time you increase your height into the air, your shortness of breath will increase because of the decrease in air pressure. Also due to the reduced amount of oxygen inhaled by the lungs. This fact is not easy to prove in practice except when humans fly into the air in airplanes at an altitude of over 30,000 feet (9,140 m). This oxygen that we breathe for free from Allah SWT, so that we are always grateful in front of Allah, and Allah does not pay us with His Hell because there is very little Oxygen in Hell.

Economically, oxygen can be traded, especially to patients who really need oxygen, because of various diseases that require this action. Currently, when Oxygen is sold in the market, one cylinder contains Oxygen in various sizes of 1 m³, 1.5 m³, 2 m³, 6 m³, 7 m³ and 10 m³. Prices vary from Rp. 30,000.00 s.d. IDR 300,000.00. If in every day a person needs 375 liters per day or (3.75 m³). So a day, humans need oxygen of Rp. 122,500. If 1 month requires Rp. 3,375,000.00. In one year it requires funds of Rp. 40,500,000. If you have lived for 25 years now, you need Rp 1,012,500,000.00. Thus, the oxygen can actually be collected in a tube that can be used by people

who really need it, especially those who are sick, and can be traded in order to revive the real sector trading process.

Islam Protects the Environment in Order to Protect Water and Air from Pollution

Because water and air are very useful and play a role in the life of living things on this earth, it is important for us to always preserve and maintain the sustainability of the water we use by doing good water management such as saving, not throwing garbage and waste that can make water pollution so that it can disrupt the existing ecosystem. We don't know what will happen if the last drop of water is contaminated. Water pollution is a major cause of human health problems. (Fathil et al., 2015)

In relation to morals towards the environment, humans are required to interact well. Humans have a responsibility to preserve and maintain the environment. In fact, the essence of the message of the Prophet Muhammad or the religion of Islam is compassion for the universe. (Al-Anbiya verse 107). Thus, the behavior of Muslims makes compassion for the universe including environmental conservation a religious orientation.

Natural damage and environmental pollution have a bad impact on humans and other living things. Natural damage and environmental pollution do not only affect the perpetrators, but also affect all living things. The impact of natural damage and environmental pollution will be felt by humans themselves. Surah Ar-Rum verse 41 states, "The damage to nature on land and at sea has appeared due to the actions of human hands so that Allah will inflict the damage on nature as a result of some of their actions so that they will return."

Conclusion

Allah forbids destroying the environment, and encourages humans to do good and or maintain the environment. A good environment will produce good oxygen in protecting the earth from various things including from various celestial bodies that fall to earth. When our air quality is good, our health will also be good, so we can move the wheels of our economy.

Water is an essential substance for all living things. The availability of fresh water in nature is very limited, while its use is very much. Water has chemical and physical properties that are very important for the survival of living things. The oceans are the main source of water on earth, but they cannot be used directly. Distribution of land water through the presence of lakes, rivers, and groundwater. Water has many benefits for humans.

This oxygen that we breathe for free from Allah SWT, so that we are always grateful in front of Allah, and Allah does not pay us with His Hell. Because in Hell it turns out very little Oxygen. In reality, this oxygen can be collected in a tube that can be used by people who really need it, especially those who are sick, and can be traded in order to revive the real sector trading process. The behavior of Muslims makes compassion for the universe including environmental conservation as a religious orientation.

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