



# Flash News

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## No Pain No Gain - In Sickness or in Health

Which of the favours of our Lord can we deny? Of His Endless Favours and Blessings, health is one of the most important. Our bodies, as medical science is constantly discovering, is a superb miracle of miracles with extremely well-ordered systems and mechanisms, continuous and orderly functions and processes, biological phenomena and activities that repeat themselves continually in perfect order. A mysterious and marvellous brain, tireless heart, fine nervous system, circulatory system, physics laboratory lungs, chemical factory liver, kidneys that contain millions of filters, bone structure that is an engineering marvel, layers of assorted muscles that cover all these, skin, eyes to see, ears to hear, nose to smell, sweet speaking tongue, organs to produce new generations, endless mind, limitless and countless senses, wonderful system of reflection, discovery, inventions, arts and so on. Glory, Praise and Greatness belongs only to Allah, Almighty!

Our health is an amazing state when all these complex and interdependent systems work in harmony for the period of our journey on this earth. But there is also sickness which is a stark reminder of our mortality, death and the Hereafter. Whilst health is a blessing, sickness is an examination. It is necessary to praise Allah for the blessings and to show endurance during examinations. Sickness snaps one out of complacency, is a motivator to give up sins, makes you reflect about the Hereafter, leads you to establish pious foundations and gratitude to Allah, and teaches one the necessity of taking better care of their health. It is also a reminder to understand other people's illnesses, to feel sorry for them and to help them.

And when you are hospitalised, away from family and the comfort of your home, at your lowest ebb physically, mentally and spiritually, the last thing you need to worry about is the food, whether it is Halaal and suitable for your particular ailment. SANHA has partnered with leaders in hospital care to ensure your piece of mind that the meal delivered to your bedside is absolutely Halaal. Your medically-approved meal designed by the hospital dietician is produced under stringent hygienic conditions and closely monitored through our Halaal program. See below a list of hospitals that have chosen to offer their patients the SANHA Halaal mark of certification.

- Ethekwini Hospital and Heart Centre, Riverhorse Valley, Durban

\* Netcare Garden City Clinic – Mayfair, Gauteng

\* Netcare Parklands – Hopelands Rd, Overport, Durban

\* Netcare Umhlanga Hospital – Umhlanga, KZN

- Lenmed, Lenasia - Gauteng

**\* If you are being admitted to a Netcare hospital which is not listed above, please consult with admissions on the possibility of arranging your Halaal meal from the central kitchen.**

Visiting the sick is a great Sunnah (practice and teaching of the Prophet Muhammad – peace be upon him). He strongly encouraged and emphasized visiting the ailing and sick people. Imam Bukhari recorded a hadith from Sayyidina Abu Huraira (RA) that our beloved Prophet peace be upon him said:

***“The rights of one Muslim over another Muslim are six.”*** Someone asked, ***“What are they?”*** The Holy Prophet (peace be upon him) replied, ***“When you meet him you greet him with salaam (peace); when he invites you, you accept his invitation; when he consults you in a matter, you give him sincere advice; When he sneezes and praises Allah, you ask Allah to have mercy on him; When he is sick, you visit him and when he passes away you accompany him i.e. you join in his janazah (burial).”***

While fulfilling this revered act, the visitor should keep some things in mind so as to discharge his obligation in an appropriate manner.

1. Call before hand to find out if it would be appropriate to visit at a specific time or to find out when it would be best to visit.
2. The visit should be brief so that the ill person does not become burdened by your presence.
3. Stand or sit where the sick person can see you without difficulty.
4. Be cheerful yet sympathetic with encouraging words.
5. Make dua for the sick person and request the same from the patient.
6. Read the following dua :

***“Do not despair (this is) a cleansing (from sins). If Allah wills. O' Allah cure him. O' Allah keep him safe from illness.”***

Our prayers to Almighty Allah is for the good health, happiness, peace of our readers and their families and ease from pain and quick recovery for all our sick people. Aameen.

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