

The Miswāk

A beautiful sunnah, yet a forgotten one

To use the Miswāk is a great sunnah of our beloved Prophet Muhammad ﷺ. It holds great virtues in Islām. Our beloved Prophet ﷺ, along with all the other prophets, used the Miswāk very frequently.

Using the Miswāk is amongst the forgotten sunnats. With regards to this, Hadhrat Abu Hurayrah ؓ narrates that Rasulullāh ﷺ said, "When my sunnah will be forgotten, at that time, whosoever revives my sunnah will receive the reward of a thousand martyrs." (Mishkāt)

Imam Ahmad ؓ narrates from Ibn Umar ؓ that Rasulullāh ﷺ said, "Make it a habit to use the Miswāk, as it is a means of cleansing the mouth and a means of attaining the pleasure of Allāh". (Musnad Ahmad)

It was the practice of our Prophet ﷺ to use the Miswāk before entering his house; he made sure to use the Miswāk before sleeping, after waking up, whilst making wudhu and before reciting the Qur'ān. Even in the last moments of his life, he asked for the Miswāk.

Shurayh bin Hāni ؓ reported that he asked 'Āishah ؓ, "What was the first thing which the Prophet ﷺ would do when he entered the house?" She replied, "He would use the Miswāk." (Muslim)

Hudhayfah ؓ reported, "Whenever the Messenger of Allāh ﷺ got up (from sleep), he would use the Miswāk. (Bukhāri and Muslim)

It has been mentioned in one narration that the Salāh which is performed after using the Miswāk is 70 folds more exalted than the Salāh which is performed without using the Miswāk. (Bayhaqi)

Benefits of using the Miswāk

Our scholars have mentioned up to 70 benefits in using Miswāk. Some of them are listed below:

- A person who frequently uses the Miswāk, will be blessed with the opportunity of being able to recite the Kalimah at the time of his death
- It pleases Allāh ﷻ and angers Shaytān
- It strengthens the gums, memory and eyesight
- It keeps the liver healthy and helps digest food
- It removes any unpleasant smell in the mouth
- It leaves a fragrance in the mouth
- It cures headaches and other illnesses
- It increases wealth.

Apart from all of the benefits, the greatest benefit is that by adopting the sunnah of our beloved Prophet ﷺ, we will gain the pleasure of Allāh ﷻ.

Let us all revive this beautiful sunnah and make a habit of using the Miswāk. By doing this, we would not only gain worldly benefits, but also the benefits of the Hereafter. May Allāh ﷻ enable us to carry out this forgotten sunnah and all other sunnats of Rasulullāh ﷺ. Āmeen.



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