



# Guidelines For Protection From Heat



*Keeping the Body  
Healthy As a Part of  
Ashara Mubarakah Ohbat*

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## **DISCLAIMER:**

The information provided is only for the purpose of prevention and preservation of health among healthy individuals from the extremely hot weather conditions during Ashara Mubarakah 1445H in UAE.

Some of the information has been extracted from the Canon of Medicine (Al qanun fil tibb) Vol-1 by Avicenna (Abu Ali Sina)

The information is not a substitute for medical advice. If you have a medical condition, please consult with your registered medical provider before making any changes.

# 1. PROTECTING THE HEAD:

- Keeping the head cool and protecting it from excess heat is important in extremely hot climates.
- Cover the head well.
- If required, use a scarf to cover the nose and mouth to protect it from hot winds.
- If out in the sun for a long time, use an umbrella.
- The application of little rose oil on the head is helpful for heat protection.
- Minimize spending time in direct sun during peak afternoon heat time.

*Source: Canon Of Medicine, Vol-1, by Abu Ali Sina*

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## 2. WATER AND HYDRATION

- Drink an adequate amount of water.
- DO NOT overhydrate because of fear or wrong information.
- Adding a small amount of rose water (**rose is cooling in nature**) to your water bottle is helpful. *(It does not impact blood sugar levels)*
- Avoid drinking large amounts of water at once and gulping the water fast when thirsty.
- Drink water in small amounts and sip it slowly.

*Source: Canon Of Medicine, Vol-1, by Abu Ali Sina*

### NOTE:

- ORS and other hydration solutions are required only in case of excess water loss via heavy sweating or diarrhea or any other health condition.
- Adding a small amount of **salt in water** can be helpful if required to replenish salts lost via normal sweating.

### 3. EATING HABITS

- Digestive power is weak during summer and hot climatic conditions.
- **Keep meals light.** Eat a small amount of food during meals.
- Take small and frequent meals.
- Avoid overeating or eating heavy and oily foods which take longer to digest.
- Eg: Meat soup would be lighter and healthier than whole meat in hot climates.

*Source: Canon Of Medicine, Vol-1, by Abu Ali Sina*

**NOTE:** Eating heavy or outside foods including excess sweets can be harmful.

### 3. EATING HABITS

Having food with cold nature is helpful or adding them as a side to your main meals or as a snack.

#### Foods With Cold Nature :

- Apple
- Kiwi
- Lemon
- Orange
- Pear
- Pineapple
- Strawberry
- Watermelon
- Pomegranate
- Lettuce
- Cucumber
- Mushroom
- Spinach
- Tomato
- Pumpkin
- Beetroot
- Green Olives
- Lentils
- Soft cooked eggs
- Cow milk
- Yogurt
- Buttermilk
- Ghee
- Cream
- Salt
- Rice
- Barley

#### Helpful cooling drinks

- Coconut water
- Gulkand water
- Rose infused water

### 3. EATING HABITS

How you eat is equally important to what you eat.

- **Chew Well** - Chewing food well is essential for the stomach to digest it easily. As digestion is weak in hot climates, the stomach can easily digest well-chewed food.
- **Eat Calmly** - Don't rush. Eating in hurry or worry leads to poor digestion.
- **Eat Mindfully** - Eat without any distractions. Also applicable for your kids. (feed them without devices)



## 4. SLEEP & REST

- Sleeping early and getting a good quality night's sleep is one of the best things for the body.
- Aim for 7-8 hours of good quality night's sleep.
- Sleep restores and generates the energy our body needs for the next day.
- Sleep early. Avoid sleeping later than 11:00 pm.
- An afternoon nap during hot climatic conditions helps preserve energy.

# HEALTHY BODY ROUTINE DURING ASHARA MUBARAKA

**Optimize Night Sleep: Poor sleep can reduce tear secretion, increase negative emotions and lead to a lack of focus during the day.**

**1) TIME OF DINNER:** Eat dinner at the time served in Mawaid. Avoid eating late and outside food.

**2) TYPE OF DINNER:** Keep the dinner light. Eat a minimum quantity. **Avoid overeating and outside food.**

**3) PREPARE TO SLEEP:** Turn off all the bright lights after dinner (or 30 mins before sleep) to prepare your body for sleep. No activities apart from prayers or reading. Plan to sleep early by 11:00 pm (earlier the better) so you can wake up early.

## Morning Routine: A healthy morning routine for more energy & focus

**1) ON WAKING UP:** Drink 1-2 glasses of water. Honey + kalonji, one khajoor along with any one fruit.

**2) BREAKFAST:** Do not skip your breakfast. A healthy homemade breakfast is energizing.

**3) Healthy NASHTO for NASHAAT:** Have a homemade fresh breakfast. Keep it simple: egg + roti + tea/coffee/milk. *(no packets & processed foods)*

**NOTE:** Avoid drinking excess water post 8:00 am (unless you are sweating) to avoid going to the washroom during waaz.

## DURING WAAZ

**POSTURE** - Sit in a firm straight posture and do not slouch (no phones). Avoid taking support unless required. **Your posture determines how well you focus.**

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## POST WAAZ

**HYDRATE** - Drink sufficient water & fluids post waaz until dinner. (In case of excess heat and sweating, add some salt to water for **balancing electrolyte loss**)

**NOURISH** - Eat healthy food (no overeating, processed foods & excess sweets) get some rest (a small nap) in afternoon and do some stretching in the evening.