

Islamic Manners of Drinking Water

"Hadhrat Anas ibn Malik radiyallahu anhu relates that Rasoolullah sallallahu alaihe wasallam drank water in three breaths (i.e. in three gulps/sips) and used to say, "It is more pleasing and satisfying in this manner." (Tirmidhi)

According to this hadith Prophet Muhammad PBUH used to drink water in three separate breaths. In other words, the cup should be removed from the mouth after a sip, a breath taken and then drunk again. This method of drinking is very beneficial for quenching the thirst. When water enters the hot thirsty stomach in intervals, the second sip of water will quench the thirst left by the first, and the third will quench the thirst of the first two.

This method will change the temperature of the stomach gradually. Sudden change of temperature inside the stomach is not desirable. When water is drunk in one sip, the gases in the stomach will ascend causing flatulence and stomach-ache.

Drinking of water in three sips is doubly beneficial for those who live in hot regions; the method will help cool their internal system. An example to understand this concept better when one pours water on a boiling pot, it will not decrease its temperature significantly, also if a person is dehydrated it is better for them to sip water than gulp it.

Slow sipping allows your stomach to fill up, It is preferable to sip water throughout the day rather than to gulp all at once. This will lessen the stress on the heart (especially if you have heart disease) and give your body more time to absorb it.

Also It has been proven that drinking water in one gulp could harm your body. Many harmful things could affect the body in drinking water in one breath; it could weaken the muscles and nerves, it is also damaging for the liver and stomach.

So people let's follow the sunnah of the messenger pbuh and drink how he did remember that reviving a sunnah will gain you much reward in the hereafter.



The Sunnah Way of Drinking Water

- ▶ Drink water with righthand.
- ▶ Drink water by sitting.
- ▶ Start drinking with saying "Bismillah".
- ▶ See the water before drinking.
- ▶ Drinking water in 3 steps.
- ▶ After finished saying "Alhamdulillah".

