



King Saud University
Saudi Pharmaceutical Journal

www.ksu.edu.sa
www.sciencedirect.com



REVIEW

Skin care: Historical and contemporary views



Khalid M. AlGhamdi ^{a,b,*}, Fahad A. AlHomoudi ^{c,d}, Huma Khurram ^b

^a Dermatology Department, College of Medicine, King Saud University, Riyadh, Saudi Arabia

^b Vitiligo Research Chair, College of Medicine, King Saud University, Riyadh, Saudi Arabia

^c Deanship of Academic Research, Imam University, Riyadh, Saudi Arabia

^d Princess Noura bint Abdulrahman University, Riyadh, Saudi Arabia

Received 1 February 2013; accepted 26 February 2013

Available online 14 March 2013

KEYWORDS

Health;
Skin hygiene;
Skin care;
Islam

Abstract Primary prevention, specifically skin care, is an important principle in Islamic theology just as it is emphasized in contemporary medicine. Many skin diseases can be prevented by a proactive approach to skin care, such as proper hygiene and routine inspections, principles that are constantly highlighted in the Islamic literature. Islam promotes primary prevention of disease, including recommendations for skin care practices.

The recommendations for skin care practices in Islamic teachings are analogous to current medical guidelines. Sun avoidance, which is recommended by Islam, is mandatory for diseases such as systemic lupus erythematosus, melasma and skin cancers. Skin care and hygiene practices are recommended in Islam and it is considered an important mechanism for reducing the transmission of infections in modern medicine. The body creases and hair are ideal sites for malicious infestations to grow. The practice of “Wudu” includes washing the hands, feet, and hair with clean water. It is an indispensable part of daily prayers which is mandatory for every Muslim. Oral hygiene is also an integral part of both preventive medicine and Islamic teachings. Genital hygiene, particularly after urination and defecation, is recommended in Islamic teachings and is known to prevent urinary and vaginal infections in contemporary medicine. Male circumcision is an Islamic practice. Recently, it was proven that circumcised men are less likely to have sexually transmitted diseases, including HIV.

This paper reviews skin care from an Islamic perspective and its relevance to contemporary medicine by translating the simple self care principles into practical guidelines in everyday use.

© 2013 Production and hosting by Elsevier B.V. on behalf of King Saud University.

* Corresponding author. Address: Dermatology Department Director, Vitiligo Research Chair College of Medicine, King Saud University P.O. Box 240997, Riyadh 11322, Saudi Arabia.

E-mail address: kmgderm@yahoo.com (K.M. AlGhamdi).

Peer review under responsibility of King Saud University.



Production and hosting by Elsevier

Contents

1.	Introduction	172
2.	Skin care and protection	172
2.1.	Sun avoidance and Islam	173
2.2.	Sun avoidance and contemporary medicine	173
2.3.	Protection of the skin and Islam	173
2.4.	Protection of the skin and contemporary medicine	173
2.5.	General cleanliness of the skin and Islam	173
2.6.	Wudu	173
2.7.	General cleanliness of the skin and contemporary medicine	173
3.	The bath (ritual) in Islam	173
3.1.	The bath and contemporary medicine	174
3.2.	Hand and foot hygiene and Islam	174
3.3.	Hand and feet hygiene in contemporary medicine	174
3.3.1.	Hand hygiene	174
3.3.2.	Foot hygiene	174
3.4.	Oral hygiene and Islam	174
3.5.	Oral hygiene in contemporary medicine	175
3.6.	Nasal hygiene in Islam	175
3.7.	Nasal care in contemporary medicine	175
4.	Hair care in Islam	175
4.1.	Hair care in contemporary medicine	175
4.1.1.	Cleaning body hair	175
5.	Nail care in Islam	176
5.1.	Nail care in contemporary medicine	176
6.	Genital hygiene and Islam	176
6.1.	Washing with water	176
6.2.	Istejmar	176
6.3.	Genital hygiene in contemporary medicine	176
6.4.	Genital hygiene in men	176
7.	Circumcision in Islam	176
7.1.	Circumcision in contemporary medicine	176
8.	Conclusion	177
	References	177

1. Introduction

The skin is the largest organ of the body and consists of epidermis, dermis and appendages such as hair, nails and sebaceous and sweat glands (Carlson, 1994).

The stratum corneum, the outermost layer of the skin, is composed of dead and flattened cells (corneocytes) that form a tough, horny layer of keratin mixed with lipids, which maintains hydration, pliability, and the effective barrier of the skin (Wysocki, 1999). Approximately 10 (Krutmann and Gilchrest, 2006) particles are disseminated from the healthy skin into air each day, and 10% of these skin squames contain viable bacteria (Noble and Davies, 1965). Due to constant interaction with the surrounding environment, skin plays a key role in protecting the body against pathogens (Proksch et al., 2008).

Hygiene is more than just being clean. It comprises several practices that help people achieve and maintain a healthy life. Personal hygiene not only prevents several infections from spreading but also improves individuals' self-esteem and contributes to mental well-being.

A glance into the history of medicine will clearly reveal that infections have always been a significant source of morbidity and mortality. The contagious nature of certain illnesses is well

documented, and basic control measures are usually required to combat spread of infections in a community (Larson (1999)). Advances in medicine eventually led to the identification of specific disease-producing organisms and mechanisms favorable for disease transmission, which enabled the development of effective measures to prevent or control the spread of communicable diseases. Islamic teachings reveal that skin care and hygiene is integral to the religion, as indicated from the words in the Holy Quran: "Indeed, Allah loves those who are constantly repentant and loves those who purify themselves." (Holy Quran, 2: p. 222).

In this review, we explored Islamic recommendations for skin and related appendages, including hair, nails and mucous membranes, (Table 1) and corroborate their importance in contemporary practice of medicine.

2. Skin care and protection

Skin protection has been directly addressed in the sermons by Prophet Muhammad, peace be upon him (pbuh), recommended protecting and taking care of the skin. Below are examples from hadith (Prophet's sayings) regarding skin protection.

Download English Version:

<https://daneshyari.com/en/article/2509439>

Download Persian Version:

<https://daneshyari.com/article/2509439>

[Daneshyari.com](https://daneshyari.com)