

① Name: Raj Kumar, Batch # 050, Campus: Islamabad Campus-I.

Q.NO: Describe the importance and philosophy of Fasting. Also explain its individual and collective benefits?

Ans: Introduction:

### "Philosophy Of Fasting"

Fasting is also called "Roxa", or "Saum". Saum is the third fundamental pillar of Islam and has a structure of an enormously important worship. In Arabic language, the word "Saum" which is translated into English as fasting, means "to stop", "to refrain". In Islamic lexicon, Saum is used for the practice by which man abstains from eating and avoids sexual intercourse from dawn to sunset. It is a source to be nearer to Allah Almighty.

Regarding fasting, Allah Almighty has said in a Hadith-e-Qudsi:

"Fasting is for me and I will give its reward."

The Holy Prophet Muhammad Peace be upon him explained the meaning of fasting in these words:

"There is Charity (Zakat) for everything and Charity of body is fasting."

## Importance of Fasting:

Fasting has a great importance and significance in the Islamic System of worship. Its importance can be gauged from the fact that it is the third pillar of Islam.

Allah Almighty says in the Holy Quran;

"And it is better for you that you fast, if only you know."  
(Surah Al-Baqarah 187).

In a Hadith-e-Qudsi, Allah Almighty says:

"Fasting is for me and I will give its reward."

The Holy Prophet peace be upon him said:

"There is a charity for everything and the Zakat of a body is fasting."

Allah Almighty has said:

"Every act of a person is for himself, but fasting is for me. That is why, It will reward it."

## Individual benefits of fasting:

Fasting may promote healthy guts; which in turn aids immune and digestive processes. Fasting can help lower of blood sugar and cholesterol. Saum increases boost of will power. Fasting may promote insulin sensitivity, which helps the aid of health blood pressure, cholesterol level, as well as reducing the overall risk of diabetes. Regulates bad cholesterol: Many people aim to lose some weight by Saum. Boosted mood and mental clarity: Increase the growth and development of new brain cells.

## Collective benefits of fasting:

### A. An Aura of piety and purity:

Fasting actually uplift the soul and moral of people. Saum support all the people morally, ethically and socially.

Narrated by Abu Huraira: Allah's Apostle said: "when the month of Ramadan starts the gates of the heaven are opened and the gates of Hell are closed and the devils are chained."

### b. Social consciousness of virtue:

It exists such as difference of language, race, tribe, caste and country cease to exist. In the month of Ramadan all muslims whether rich or poor, white or black they come together fast together.

(4)

Conclusion: Fasting is a fundamental pillar of Islam. It is a source to be nearer to Allah Almighty. It is important in the Islamic system of worship. It increases will power, and uplifts the soul, and character of people!