

## **WASH YOUR HANDS AFTER WAKE UP** **(Study of Ma'anil Hadith)**

Deo Saputra<sup>1</sup>

Universitas Islam Negeri Raden Fatah Plamebang

[Deosaputra970@gmail.com](mailto:Deosaputra970@gmail.com)

Muhajirin<sup>2</sup>

Universitas Islam Negeri Raden Fatah Palembang

[muhajirinhebat@gmail.com](mailto:muhajirinhebat@gmail.com)

Almunadi<sup>3</sup>

Universitas Islam Negeri Raden Fatah Palembang

[Almunadi\\_uin@gmail.com](mailto:Almunadi_uin@gmail.com)

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### **ABSTRACT**

*This study describes the existence of waking up from sleep taught by Rosulullah to wash hands first, this is done to avoid impurity and prudence in worship. The problem in this study is: How to understand the hadith of washing hands when waking up? This study generally aims to find out the understanding of the hadith of washing hands when waking up. The theory used in completing this research is ma'anil hadith. This research is literature research, which is all research based on searching for data in the literature, a type of qualitative research. This research is based on data collected from literature and then analyzed. The data analysis technique used in this study is qualitative descriptive, which is a data analysis that includes a general, systematic, and comprehensive description. So that the data is analyzed and a conclusion is drawn. This study resulted in findings that the understanding of hadith washes hands after waking up, to practice the sunnah of the Prophet and be careful in worship. Because when sleeping, of course, there is no known presence of feces on one's hands, the Prophet SAW recommended washing hands 3 times even though the feces are not necessarily there.*

### **Introduction**

Imam Al-Suyuthi and other ulama' stated that maintaining cleanliness and purity is part of worship as a form of qurbat, part of ta'abbudi, which is an obligation as the key to worship. The development of health science and medical science cannot be separated from the role of scientists and Islamic scholars who play an active role in ijtihad to obtain important methods for the health problems of the people.

Islam views cleanliness from two sides, namely physical cleanliness from all uncleanness and spiritual cleanliness from all sins. According to Islam, cleanliness is so important that people who clean themselves or strive for cleanliness are part of their faith in

Allah SWT. Islamic teachings which have aspects of aqidah, worship, muamalah and ahklāq are related to this overall aspect. Because basically Islam is built on cleanliness. In accordance with the hadith of Rasulullah SAW, as follows:

*"Clean everything as much as you can. Indeed, Allah Ta'ala built this Islam on the basis of cleanliness and no one will enter heaven unless everyone is clean". (HR Ath-Thabrani).*

Clean and healthy living behavior is an effort to provide learning experiences or create conditions for individuals, families, groups and communities by opening lines of communication, providing education and information to improve knowledge, attitudes and behavior, thereby helping people recognize and overcome their own problems in an orderly manner. households, in order to implement healthy ways of living in order to maintain, maintain and improve health.

Washing hands using water alone is done more often, but this has been proven to be less effective in maintaining health than washing hands with soap. However, washing your hands with soap is the most effective way to remove germs that cause disease. Using soap when washing hands actually causes people to spend more time washing their hands. The body in Islam is ordered to bathe for its people to clean the body from najis and hadas. From Abu Hurairah, the Prophet Muhammad SAW said:

*Abu Salamah on the authority of Abu Hurairah: If one of you wakes up from sleep, then he should not put his hand in a vessel (container) until he has washed it three times, because he does not know where his hand spends the night."(Muttafaq 'alaih)*

La yaghmis (لَا يَغْمِسُ) is that he should not put his hands into the water. Ghams (غَمَسَ) is putting (until it is not visible from the outside) his hands into water in a vessel or container. Yadahu (يَدَاهُ) 'hands' means the tips of the fingers to the wrists (palms). The reason the Prophet washed his hands when he woke up Washing hands after waking up is very important, even the Prophet Muhammad taught to do it before taking ablution when waking up from sleep.

Imam Ash-Syaukani Rahimahullah SAW said, "Ash-Syafi'i and other scholars explained the reason for the prohibition of dipping hands into the waddah after waking up before washing it three times. That the people of Hijaz clean their excrement with stones, and their country is hot. If someone sleeps then he sweats. Because when in a sleeping position, a person does not realize the position of his hands. So, by immediately washing your hands after waking up, you can clean your hands from germs, dirt, or even unclean things, which may be held by your hands when you fall asleep. If human hands touch feces, they will be contaminated with more than 10 million viruses and one million bacteria that can cause disease. These viruses and bacteria are invisible creatures, so they are often ignored and easily enter the human body.

From the various hadiths above, the author is interested in the hadith regarding washing hands after waking up as explained by our prophet Muhammad SAW. Because waking up is our routine as creatures created by Allah SWT. This is one of the motivations and reasons behind the author's interest in researching hand washing after waking up.

## Method

The research method used in this research is as follows: This research is of a literary nature or (*library research*). This type of data is qualitative, namely the descriptive data shown on all existing problems is explanatory in nature related to the problem to be researched, and is followed by various written sources related to the interpretation of hadith. The data used in

this research consists of primary data and secondary data such as Hadith books, hadith sharah books and other literature.

The analysis technique used is descriptive analysis, namely by describing matters related to the hadith editorial, then presenting the entire discussion firmly and clearly. After that, conclusions from general to specific data are drawn, so that the research results can be understood easily and clearly.

## Results and Discussion

### Hadith Inventory

The hadith inventory discussion contains several hadiths that discuss washing hands after waking up which are found in several books including the book of Imam Bukhari and the book of Sunan An-Nasa'I, these discussions relate to the discussion in the previous sub-chapter, the hadiths are as follows:

#### 1. *Book of Imam Bukhari*

*"Abdullah bin Yusuf told us, he said, Malik told us, on the authority of Abu Az-Zinad on the authority of Al-'Araj on the authority of Abu Hurairah that the Messenger of Allah, may God bless him and grant him peace, said, "When one of you performs ablution, he should put water into his nose, then take it out of his nose. Whoever defecates with a stone, then he should do it with an odd number, when one of you wakes up from his sleep, he should wash his hands first before dipping them in the water for ablution, because one of you don't know where he put his hand last night."*

#### 2. *Kitab Sunan An-Nasa'i*

*"Has told us qutaibah, he said he told us Sufyan on the authority of Az-Zubri on the authority of Abu Salamah on the authority of Abu Hurairah: If one of you wakes up from sleep, then he should not put his hand in a vessel (container) until he has washed it three times, because he does not know where his hand spends the night."(Muttafaq 'alaih)*

#### 3. *Book of Shohih Muslim*

*"Nashru bin Ali Al-Jabdhomy has said to us, and Hamid Bin Umar Al-Bakro said: Busyri Bin Mufdhol has said to us from Kholid, from Abdullah Bin Syaqiq, from Abi Hurairah: Verily, the Prophet SAW said: If one of you Wakes up from his sleep, then he should not put his hand into the container (vessel) until he washes it three times because he does not know where his hand spent the night(Muttafaqun Alaih)".*

### Asbabul Wurud Hadith

Throughout the author's search, no details regarding it have been found *asbabul wurud* from the hadith of washing hands when waking up from sleep. However, the author received the following explanation that the *asbabul wurud* hadith of washing your hands after waking up turns out to be one of the sunnahs taught by the Prophet Muhammad. The command to wash your hands after waking up is a physical command. Based on this, if a person puts his hands in a bag or something similar, then he is not obliged to wash them before putting them in a vessel of water. Because then he knows where his hands are when he sleeps.

Washing your hands after waking up is very important, even the Prophet SAW taught you to do it before taking ablution when you wake up from sleep. Because when in a sleeping position, a person is not aware of the position of his hands. So, by washing your hands

immediately after waking up, you can clean your hands of germs, dirt, or even unclean objects that may have been in your hands while you were asleep.

So it is very natural that a sleeping person is not aware of what is happening around him, including what his hands and feet are doing. He also doesn't know, maybe when he was sleeping, his private parts were exposed, then his hand touched his private parts. That's what ultimately makes his hands become unclean spreaders.

And the zahir text of the hadith shows that the command to wash or wash your hands after waking up is an obligation. However, scholars disagree about the law looking at the text of the hadith itself where the commands are associated with doubt or ignorance. Imam Ahmad sentenced the obligations according to the hadith text. And the obligation is to wash 3 times. Meanwhile, most scholars apart from Imam Ahmad see that washing your hands after waking up is sunnah, not obligatory. The reason is because this command is based on ignorance, even though the basis of the law should be something convincing. Therefore, the law on washing your hands after waking up is sunnah, not mandatory.

From the 2 opinions above, everyone agrees that this applies not only to sleeping at night, but also to sleeping during the day. Imam Taqiyudin al-Hishni mentions that people sleep and he is sure that his hands do not touch the impure part of his body; such as a person who sleeps with his hands tied or in any form that he is very sure that his hands are awake from all of that, for this person, putting his hands directly into the container is not makruh and is forbidden. As for the person who is sure that his hand touches his genitals or other parts of the body where there is impurity when he sleeps, then putting his hand directly into the haram vessel is illegal. Instead, it is mandatory to wash it outside the container first. But if he does not know, then putting his hand directly into the container is makruh.

### *Linguistic Analysis*

Purifying with an odd number of stones, the purpose of this chapter mentioning it in the midst of discussing ablution is a matter that is the object of question. Cleaning uncleanness is not separated from the chapters that explain the nature of ablution, because the two are related issues. As in the following hadith:

*"Abdullah bin Yusuf told us, he said, Malik told us, on the authority of Abu Az-Zinad on the authority of Al-'Araj on the authority of Abu Hurairah that the Messenger of Allah, may God bless him and grant him peace, said, "When one of you performs ablution, he should put water into his nose, then take it out of his nose. Whoever defecates with a stone, then he should do it with an odd number, when one of you wakes up from his sleep, then he should wash his hands first before dipping them in the water of his ablution, because one of you does not know where his hands were last night."*

In the hadith above linguistically, the hadith is found in Imam Bukhari, as mentioned above. For more details, the following will be explained:

**I wake up If** (*And when one of you wakes up*), Thus, Imam Bukhari connected this statement with the previous one, giving the impression that this is a hadith. While Imam Muslim narrated the first part of this hadith through Ibn Uyainah from Abu Zinad, while the second part he narrated through Al Mughirah bin Abdurrahman from Abu Zinad. On this basis, it is as if Imam Bukhari is of the opinion that it is permissible to collect two hadiths that have a genealogy of narration, just as he allows to separate a hadith when it contains two different laws.

**name from** (*From sleep*) most ulama are guided by the generality of this lafazh, namely the liking of this action every time someone wakes up. Meanwhile, Imam Ahmad is of the opinion that it is preferable for those who only wake up at night based on the words of the Prophet SAW at the end of the hadith, namely the lafazh "*Where are his hands when he sleeps at night?*". Because, words like that indicate just sleeping at night.

In the narration of Abu Dawud, whose genealogy is mentioned by Imam Muslim, it is mentioned **One of you got up during the night if** (*When one of you wakes up from a night's sleep*). Similarly, what was narrated by Tirmidhi through other genealogies with the degree of authenticity. Then in the narration of Abu Awanah whose narration is also mentioned by Imam Muslim is mentioned **Become One of you got up to perform ablution when** (*If one of you gets up to perform ablution at dawn*). However, this reason also includes naps. It's just that, sleeping at night is mentioned here because in general night is the time to sleep.

The factor that has shifted the command from an obligatory indication to a sunnah is the reason mentioned in the hadith itself, namely the existence of doubt. While doubt in this matter does not indicate obligation, for the law of origin the hand is sacred. Then Abu Awanah reasoned about the non-obligation of this action with a hadith which states that he SAW performed ablution from a hanging vessel when he woke up without washing his hands first, as will be mentioned in the hadith of Ibn Abbas. It's just that the reasons put forward by Abu Awanah can be refuted by saying that his words are true **One of you** (*One of you*) shows that this law only applies to other than him SAW. **Three times, let him wash them** (He should wash his hands three times) said lafazh. Meanwhile, it is known that limiting a certain amount other than actual uncleanness indicates that the act is something that is frowned upon.

But this objection can be answered by saying, "It has been mentioned in the narration that *authentic* that the Prophet had washed his hands before putting them into the vessel, and he did not do this after waking up. So, if it is done after waking up, it is certainly preferable. It's just that he SAW deliberately didn't do that, to explain that the law of leaving him is permissible (*jawaz*)."

The meaning of "hand" in this hadith is the palm of the hand in particular, according to the agreement of all scholars. All previous discussions relate to those who are awake, while those who are awake are also preferred to do so based on the hadith of Uthman and Abdullah bin Zaid. However, not doing so (abandoning) is not makruh, because there is no hadith that prohibits it. The hand restrictions referred to are contained in the Qur'an, Surah Al-Ma'idah, verse 6 below:

*"O you who believe, when you want to pray, then wash your face and your hands up to the elbows, and wipe your head and (wash) your feet up to the ankles, and if you are junub then take a bath, and if you are sick or in traveling or returning from a place to defecate (latrine) or touching a woman, and you do not get water, then do tayammum with good (clean) soil; wipe your face and hands with the soil. God does not want to make it difficult for you, but He wants to cleanse you and perfect His blessings for you, so that you will be grateful"*

The indication of prohibition in this hadith is tanzih (cleanliness) as we have mentioned. If someone does it then it is liked, and if not then the ruling becomes makruh (disliked). Imam Shafi'i said that the makruh of a person to put his hands in the vessel when he wakes up does not disappear until he washes his hands three times. It was narrated by Sa'id bin Manshur with a genealogy of narration *authentic* from Abu Hurairah that he actually did that



and thought there was nothing wrong with leaving it. In the next discussion, a similar history from Ibn Umar and Barra will be mentioned.

In the history of Imam Muslim and Ibn Khuzaimah and other than both of them are mentioned **He washes it until the vessel in his hand is immersed, but no** (*He shall not dip his hand in the vessel until he has washed it*). This narration is more clear in explaining the meaning of the narration with pronunciation **He inserts it In (enter)**. Because just putting your hand into a vessel does not mean it has to be makruh, like someone who puts their hand into a large vessel and then takes the water from that vessel with a small bucket, and their hand does not touch the water.

**His ablution is in** (*Into the place of ablution*) means a vessel prepared as a place for ablution. In the history of Al Kassymihani it is mentioned **The vessel is in** (*Into the vessel*) This lafazh is also a history of Imam Muslim through other channels of transmission other than those listed in Imam Bukhari's history. The meaning of this zhahir narration indicates that this applies specifically to vessels for ablution, but the law also includes bathing vessels, because vessels for bathing are vessels for ablution as well as being used for other purposes.

### ***Social Analysis***

Washing your hands using water and soap can more effectively clean dirt and worm eggs that stick to the surface of the skin, nails and fingers on both hands. Along with the increasing activity of people, especially in urban areas, and the number of instant products that are fast and practical, innovative waterless hand cleaning products have emerged, known as antiseptic hand sanitizers or hand sanitizers.

This hand sanitizer product contains an antiseptic that is used to kill germs on the hands, which consists of alcohol and triclosan. The types of hand sanitizer products are also increasingly diverse, both in composition, carrier substances, and new products have been marketed which are widely used in society. The total plate number (ALT) test and more precisely ALT aerobic mesophyll or anaerobic mesophyll uses solid media with the final result in the form of colonies that can be observed visually in the form of numbers in colonies (CFU) per ml or per gram or colonies/100ml.

Based on WHO studies, washing hands with soap can reduce the incidence of diarrhea by 47%. Washing hands with soap reduces respiratory tract infections associated with pneumonia by more than 50%. Various types of diseases that can arise due to the habit of not washing hands include diarrhea, respiratory tract infections, bird flu (H1N1), and worms.

The habit of washing your hands frequently can prevent people from various diseases. Human hands are the main conductor of germs entering the body. And the facts prove that human hands that are dirty from touching feces contain approximately 10 million invisible viruses and bacteria, and these can be sterilized by washing hands with bacteria-killing soap.

Most likely, when we sleep, our hands touch dirty areas that carry viruses or germs. The recommendation to wash your hands is not because your hands are impure, but because your hands are in contact with the devil. However, various perspectives, both health and theological, still support each other's effectiveness and relevance of washing hands after sleeping. Apart from getting used to washing your hands and feet, of course as Muslims it is recommended to pray both before and after sleeping.

### Contextual Hadith on Washing Your Hands When Waking Up

Washing your hands with soap is very important as a way to prevent diarrhea. The habit of washing your hands is applied after defecating, after washing babies and toddlers, before eating and before preparing food. People will be able to increase their knowledge of healthy living wherever they are if they are aware, motivated and supported by information and health facilities and infrastructure. In Islam, cleanliness is highly recommended for health, which is stated in QS Al-Ma'idah 88 below

*"Eat what God has bestowed upon you as a halal and good sustenance, and fear God in whom alone you believe."*

Protecting themselves from the dangers of infectious diseases is limited to what they know. Washing your hands is the oldest, simplest and most consistent method for preventing and controlling the transmission of infection. Therefore, as a mother, you are required to wash your hands before processing or cooking food for your beloved family to avoid disease. Hand washing can be done using:

- A. Wash your hands using water. Basically, water for washing hands should be running water. The steps for washing hands are as follows: 1. Wet your hands using running water. 2. Pour soap on your hands. 3. Rub your hands until foamy for 15 seconds. Close the faucet using a towel or arm.
- B. Washing hands with soap (CTPS) is one of the sanitation measures by cleaning hands and fingers using water and soap so that they become clean (1). Washing hands with soap is the process of mechanically removing dirt and dust from the skin of both hands using water and soap, thereby avoiding diarrhea and acute respiratory infections which are often the cause of death in children. Likewise Hepatitis, Typus and Bird Flu (2). People think CTPS is not important, they wash their hands with soap when their hands are smelly, oily and dirty. Wash your hands with soap in running water so that washing your hands with soap can destroy the outer skin of the virus and keep your hands free from the virus.
- C. This hand sanitizer or hand sanitizer is also known as synthetic liquid hand cleaning detergent which is a cleaning preparation made from synthetic detergent active ingredients with or without the addition of other substances that do not cause irritation to the skin. Hand sanitizer is effective in killing bacteria if the alcohol content in it is more than 60%, if the alcohol content is below 60% then the hand sanitizer cannot effectively kill germs on the hands.
- D. Wash your hands using wet wipes or hand sanitizer to clean your hands. This is usually done when water and soap are not available at the location. In fact, CTPS has been proven to reduce the risk of diarrhea, prevent worm infections, eye infections, skin diseases, chronic diseases and even death. For wet wipes, in an effort to sanitize hands or use them as a wipe to clean something (to clean the skin), then for wet wipes, there are no recommendations that support this step.
- E. Washing hands with Steam. Hand washing is the process of mechanically removing dirt and dust from the skin of both hands using soap and water. Usually these are installed in airport toilets and other areas or office areas.

Washing your hands after waking up is very important, even for the Prophet SAW teaches to do it before taking ablution after waking up. Because when in a sleeping position, a person will not be aware of the position of his hands. So, by washing your hands immediately after waking up, you can clean your hands of germs, dirt, or even unclean objects that may have come into your hands while you were asleep. According to some scholars, it is obligatory to wash your hands before putting them in the vessel at the start of ablution after waking up. There is no difference whether sleeping during the day or at night as confirmation of his words, "when you wake up from sleep,".

There is an order from Rasulullah SAW to wash or wash the hands of people who have just woken up from sleep before their hands go into a vessel of water to perform ablution or bathe. Zahir hadith text shows that the command to wash or wash your hands after waking up is an obligation. However, scholars disagree about the law looking at the text of the hadith itself where the commands are associated with doubt or ignorance. The benefits of washing your hands after waking up are:

1. Benefits for Physical Health. A study found that there are parasites whose reproduction process is related to sleep. This parasite is a type of smooth-tailed worm called acyioris worm. These worms live in the large intestine, and reproduce by males or females through the eggs they release. This worm's life cycle can only be broken by washing your hands thoroughly immediately after waking up, before touching food or drink. Because, sleeping people don't know where they put their hands when sleeping.
2. Benefits for Social Health. Apart from worm eggs that stick to the fingers, human skin is also not sterile, because it contains many microbes, both dangerous and not.

A person can be said to be healthy from a physical and psychological perspective. Physical health can be seen from the side of the body which is fresh and fit and able to carry out various activities. While someone is said to be psychologically healthy, it can be seen how the person's soul thinks well and acts realistically.

## Conclusion

From the previous explanation, it can be concluded that: Understanding the hadith of washing your hands before performing ablution after waking up, is the sunnah of Rosulullah SAW as a form of being careful in worship. Because when sleeping it is certainly not known whether there is uncleanness on one's hands, it is recommended to wash your hands 3 times even though the uncleanness is not necessarily there, from a health perspective it is found that there are parasites (worms).*acyioris*) whose reproduction process occurs during sleep. The life cycle of this worm can only be broken by washing your hands thoroughly immediately after waking up, before touching food or drink.

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