



## **Sunnah Siwakan in Health Science Perspektif and Power of Faith**

Q A'yun<sup>1</sup>, R Rahmatika<sup>2</sup>

<sup>1</sup>Islamic Building School of Jagad Alimussirry Surabaya, Indonesia

<sup>2</sup>Science Department, Universitas Negeri Surabaya

Email: qurrotul343@gmail.com

**Abstract.** Siwakan is the prophet's sunnah which aims to cleanse the mouth and teeth using arak wood (*Salvadora persica*). Woodwood contains various chemicals that can prevent plaque from appearing and have the potential to be antibacterial. Siwak can also be used to strengthen memorization because it can make a loss of laziness. The purpose of this study was to determine the benefits of sunny siwakan in health sciences and memorizing power. In this study used a library research where data will be obtained from books, journals, magazines, documents, records of historical stories, or pure library research related to the object of research. The results showed that Bachtiar from the Faculty of Medicine University of Indonesia said arak wood contained trimethylamine (TMA) which was able to prevent plaque from forming a nest of germs so that teeth became healthy and other results from the Ta'lim Muta'allim book showed that civet could eliminate phlegm where phlegm is one of the causes of lazy memorization.

**Keywords:** *siwakan; arak wood; plaque; antibacterial; trimethylamine.*

### INTRODUCTION

Siwakan is one of the sunnah of the Prophet which is rarely done by his followers. This happened because now toothbrushes which are considered cleaner in cleaning teeth and mouth have been developed so that the activities of mongoose are left behind by most people. Bersiwak is cleaning teeth and mouth with siwak wood from a person or with anything that can eliminate changes in bad breath [1].

The proposition of the suggestion of bersiwak is hinted at in the hadith:

لَوْلَا أَنْ أَشَقَّ عَلَى أُمَّتِي لِأَمْرِهِمْ بِالسَّوَاكِ عِنْدَ كُلِّ وُضُوءٍ

Meaning: "If I did not burden my people, surely I would order them to be bersiwak every time they perform ablution" [2]

Many scientists are researching this Siwak activity. They explained that siwak has many benefits, especially in the field of oral and dental health, for that we need to study the benefits of siwak in the perspective of health sciences. This happens because siwak wood contains trimethylamine (TMA). This substance is easily soluble in water and functions as a floatation agent so that it can prevent deposits of deposits and food waste in the oral cavity, especially the space between teeth. In addition, it is also potential as an antibacterial [3].

In other fields siwak also has other benefits. This is explained in the book Ta'limul Muta'allim by Sheikh Burhanuddin Islam Al-Zarnuji which states that siwak is one of the activities that can facilitate and strengthen one's memorization because siwak can educate the brain [4]. Hasan bin Ahmad al-Kaf in the

book Taqirrat al-Sadidah explained that the virtues of siwak are, increase the intelligence of the brain and strengthen memorization, the view gets brighter, the breath becomes fragrant and does not smell, removes plaque and stains, whitens teeth, etc. other [5] Based on the information above, it is necessary to do research on the sunny bersiwak in the perspective of health and the power of memorization In this study the author will use the type of library research.

#### METHOD

This research is a study of the text contained in the Ta'lim Muta'allim book and several journal articles. In a written text study in the form of a corpus (data used as a source of research material), the approach used is based on library research. Library research is a series of activities relating to the method of collecting library data, reading and recording and processing research material. It is a study that utilizes library resources to obtain research data.

#### RESULT AND DISCUSSION

##### ***Siwakan***

Siwakan is an act that is very favored by the Prophet sallallaahu 'alaihi wa sallam. The definition of siwak is wood / twigs used to rub the mouth to clean it from dirt. The wood usually used is wood from the fig tree [6]. The law of the bersiwak is sunnah (not obligatory) in all circumstances, both before prayer or otherwise. This opinion is also the opinion of jumhur ulama, interspersing some scholars who see the necessity of this case. Ibn Qudamah Al-Maqdisi rahimahullahu said: "We do not know of anyone who believes that the bersiwak is obligatory except Ishaq and Dawud Azh-Zhahiri" [7].

Al-Lafi and Ababneh (1995) conducted a study of siwak wood and reported that siwak contains natural minerals that can kill and inhibit bacterial growth, erode plaque, prevent

cavities and maintain gums. Siwak has useful chemical ingredients, including [8]:

- a. Antibacterial Acids, such as astringents, abrasives and detergents that function to kill bacteria, prevent infection, stop bleeding in the gums. The use of siwak wood that is fresh for the first time, will feel slightly spicy and slightly burnt, because there is a similar content of mustard which is the antibacterial substance of the acid.
- b. Chemical substances such as Chloride, Pottasium, Sodium Bicarbonate, Fluoride, Silica, Sulfur, Vitamin C, Trimethylamine, Salvadorin, Tannin and several other minerals that function to clean teeth, whiten and nourish teeth and gums. These ingredients are often extracted as a constituent of toothpaste.
- c. Natural aroma oil that has a fresh taste and smell, which can freshen the mouth and eliminate bad odors.
- d. An enzyme that prevents the formation of plaque which is the cause of gum inflammation and the main cause of premature tooth decay.
- e. Anti Decay Agent and Antigermal System, which act like Penicillin decreases the number of bacteria in the mouth and prevents the decay process. Siwak also stimulates the production of saliva, where saliva itself is an organic mouth that protects and cleanses the mouth.

##### ***Siwak as a plaque remover and anti bacterial***

Bachtiar from the Faculty of Dentistry, University of Indonesia said, based on its mechanical functions, Siwak is the same as toothbrushes. Siwak can function as a tool to clean teeth from dirt or plaque. Plaque is a collection of leftovers that have rot and stick to the teeth. If examined more deeply, it turns out that the plaque is a collection of germs. Plaques are like a production house, which produces a variety of products, and most of them are sour. This condition adversely affects

the teeth, causing cavities to damage the surrounding tissue as well. Germs are most often associated with cavities, in the sense that very like the acidic atmosphere is streptococci, while those that cause tissue damage include actinomises and actinobacillus. The germs will do the action to damage the teeth after being in the mouth for so many hours.

The role of siwak as a dental plaque remover has been widely investigated. Clinical trials were carried out by M. Ragaii El-Mostehy et al in patients at the Periodontology Unit at Dental Center, Kuwait. He divided his patients into four groups of 15 people. The first group was told to use the Siwak branch to clean their teeth, the second group with siwak (pasta) powder, the third group was given starch and the fourth was given regular commercial toothpaste. After several weeks, it was proven that the highest percentage of plaque occurred in the third group, which was given 50 grams of starch. The percentage of gingivitis showed the least number of sufferers in the second group (siwak powder / pasta). Gingivitis is a pathological change accompanied by signs of inflammation. Gingivitis can be known as swollen gums or inflamed gums.

Bersiwak can also reduce caries in the teeth because arak wood used for bersiwak contains organic compounds, namely alkaloids that can prevent caries in the teeth. Dental caries is an adhesion between glycoproteins in saliva with germ dextran. Germs that have the potential to cause plaque include *Streptococcus mutans* and *Streptococcus viridans*. This is one reason why siwak wood is called anti-bacterial [3].

El-Mostehy et al (1998) reported that siwak plants contain antibacterial substances. Darout et al. (2000) report that antimicrobial and cleaning effects on miswak have been shown by variations in the chemical content that can be detected in the extract. This effect is believed to be related to the high content of sodium clorida and pottasium clorida such as

salvadourea and salvadorine, saponins, tannins, vitamin C, silica and resins, as well as cyanogenic glycoside and benzylthiocyanate. It is reported that a natural anionic component is present in this plant species which contains antimicrobial agents that fight several bacteria. Nitrate ( $\text{NO}_3^-$ ) has been reported to affect the porline active transport of *Escherichia coli* as well as aldose from *E. coli* and *Streptococcus faecalis*. Nitrate also affects the active transport of oxidation phosphorylation and oxygen uptake by *Pseudomonas aeruginosa* and *Stapyhylococcus aureus* so that it is inhibited [9].

### *Siwak as a Memory Amplifier*

Hasan bin Ahmad al-Kaf in Taqirrat al-Sadidah explained that among the virtues of siwak is, increasing the intelligence of the brain and strengthening memorization, the view gets brighter, the breath becomes fragrant and does not smell, removes toothpaste and stains, whitens teeth, etc. Bersiwak on a regular basis is a way to strengthen memorization which is quite easy to do because, besides being a sunnah of the Prophet, it also has other benefits, namely making it easier to memorize, especially the holy verses of the Qur'an [5].

Kitab Ta'lim Muta'allim also explained that siwak can cause strong memorization. This is related to the nature of one's laziness. If someone is lazy to repeat his memorization, the memorization will weaken for a long time [4].

In the sub-chapter "Nature of Laziness" explained that lazy attitude can arise due to phlegm or oily mucus caused by too many people eat. As for how to reduce phlegm itself can be done by reducing eating. In this book it says:

اتفق سبعون طبيبا على أن النسيان من كثرة البلغم ، وكثرة  
البلغم من كثرة شرب الماء ،  
وكثرة شرب الماء من كثرة الأكل

Meaning: "Seventy people of the Prophet agree that often forget that due to too

much phlegm, too much phlegm from drinking too much, and the usual drinking too much is because of eating too much too."

Bersiwak is one way to get rid of phlegm. This is explained in the following book ta'limul muta'allim:

والسواك يقلل البلغم ، ويزيد الحفظ والفصاحة ، فإنه سنة سننية ،  
تزيد في ثواب الصلاة ، وقراءة القرآن ،

Meaning: Bersiwak can also eliminate phlegm too. Besides facilitating memorization and oral fluency. Thus, the act is included in the Sunnah of the Prophet who can enlarge the reward of the sahalat worship and recite the Qur'an.

In another sub-section, namely the sub-chapter "Some of the Cause of Memorization" also explained something similar where in this sub-chapter explained Siwak is one of the things that can strengthen memorization.

والسواك وشرب العسل وأكل الكندر مع السكر وأكل إحدى  
وعشرين زببنة حمراء كل يوم على الريق يورث الحفظ  
من كثير من الأمراض والأسقام ، وكل ما يقلل البلغم ويشفي  
والرطوبات يزيد في الحفظ ، وكل ما يزيد في البلغم يورث  
النسيان

Meaning: "Bersiwak, drink honey, eat candar (white incense), mix sugar and swallow red zabib fruit 21 grains every day, all of which can make it easier to memorize again can treat various diseases. Anything that can reduce the expulsion of phlegm and reduce skin body fat caused by eating too much, can also strengthen memorization. Something that multiplies phlegm will make people forgetful.

Based on the explanation above, it can be concluded that one way to strengthen memorization is by means of mating. This has been explained in several books, among others, the book ta'limul muta'allim written by Shaykh Burhanuddin Al-Islam Al-Zarnuji and the book taqirirul as-sadidah by Al-Habib Hassan bin Ahmad bin Muhammad Al-Kaf. Bersiwak in addition to strengthening

memorization is also an act that includes the sunnah of the Prophet who can enlarge the merit of prayer and reading the Qur'an so that it is very good for everyone [4].

## CONCLUSION

Sunnah bersiwak is one of the Sunnah of the Prophet that was carried out with the aim of cleaning the mouth. Sunnah bersiwak is very beneficial for health, which is as disappearing plaque on the teeth and antibacterial in the mouth so that it can maintain oral health. Bersiwak can cause strong memorization of someone because it can cause brain intelligence. In addition, siwak can also eliminate phlegm where phlegm is one of the causes of one's laziness.

## REFERENCES

- [1] H. A. Qadir dkk, Nailul Authar Himpunan Hadist-hadist Hukum, Surabaya: PT. Bina Ilmu, 1993.
- [2] A. Syekh Imam Taqiyyuddin Ibnu Daqiq, Ihkamul Ahkam Syarah Umdatul Ahkam. Terjemahan Syaikh Muhammad Hamid Al Faqi & Syaikh Ahmad Syakir, Jakarta: Pustaka Azzam, 1953.
- [3] S. Lilis & A. Y., Uji Kadar Hambatan Minimal Ekstrak Batang Siwak (*Salvadora persica*) terhadap *Staphylococcus aureus* secara In Vitro, Jurnal Mutiara Medika, Vol 7 No 1 : 7-12, 2007.
- [4] A. Syaikh Burhanuddin Al-Islam, "Kitab Ta'limul Muta'allim," Semarang: CV Toha Putra.
- [5] A. Al-Habib Hassan bin Ahmad bin Muhammad, Al-Taqrirat al-Sadidah fi al-Masa'il al-Mufidah, Dar al-'Ilm wa ad-Da'wah, 2003.
- [6] A. Ibnu Hajar, Fathul Bārī, Terj. Amiruddin, Jakarta: Pustaka Azzam, 2011.
- [7] Q. Ibnu, Al-Mughni, Jakarta: Pustaka Azzam, 1997.
- [8] Al-Lafi. T., and Ababneh. H.,. The Effect of The Extract of the Miswak (Chewing stick) Used in Jordan and the Middle East on Oral Bacteria, Research Journal. Cardiff: University of Wales College of Medicine, Dental School, Periodontology Department, 1995.
- [9] Zaenab dkk, "Uji Antibakteri Siwak (*Salvadora Persica* Linn.) terhadap *Streptococcus Mutans* (Atc31987) dan *Bacteroides Melaninogenicus*, Jurnal Makara Kesehatan, Vol 8 No 2, p. 37-40, 2004.