

Love For Clean Water and Hydrotherapy from Islamic and Science Perspectives

Syaidatun Nazirah Abu Zahrin^{1,2}, Nur Hidayah^{3*}, Mohd Faiz Hadi⁴, Sarah Mohamad Yunus¹, Nur Asmadayana Hasim^{1,2*}

¹Pusat Pengajian Citra University, University Kebangsaan Malaysia, 43600, Bangi, Selangor, Malaysia

²Institut Islam Hadhari, University Kebangsaan Malaysia, 43600, Bangi, Selangor, Malaysia

³Faculty of Science Technology, University Kebangsaan Malaysia.

⁴Research Center for Theology and Philosophy, Faculty of Islamic Studies, University Kebangsaan Malaysia, 43600 Bangi, Selangor, Malaysia.

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ABSTRACT

Water holds profound significance in both Islamic teachings and scientific understanding, symbolizing purity, life, and health. In Islam, water is a necessity for physical survival and a key element in various spiritual practices, such as purification and prayer. Additionally, modern science recognises the vital role of water in maintaining health, including its use in therapeutic practices like hydrotherapy. This study aims to bridge these perspectives by exploring the love for clean water and hydrotherapy as recommended in the Quran and the Sunnah of Prophet Muhammad PBUH, and examining their alignment with contemporary scientific views. Love for clean water and hydrotherapy serve as a humble effort to create awareness among the society, industries and scholars on handling and conserving the water for the betterment of mankind. This study utilises a qualitative descriptive approach, through a critical analysis on the academic literature pertaining the subject matter. Content analysis of relevant hadiths and Quranic verses on water forms the core of the methodology. The findings reveal several key themes including the importance of water and the implication of lack of clean water, the love for water in Islamic teachings, the reference to water in the Quran and Sunnah, and the integration of hydrotherapy within Islamic science. By highlighting these connections, the study advocates for a holistic understanding of water, emphasising its spiritual, physical, and therapeutic significance of this precious resource. This study also underscores the relevance of Sustainable Development Goals (SDGs), particularly SDG 6 (Clean Water and Sanitation) and SDG 3 (Good Health and Well-being). By advocating for a responsible and sustainable approach to water usage, the study bridges religious and scientific perspectives, contributing to a broader understanding of water's role in human health and environmental sustainability.

Keywords: Clean water, health, Islam, hydrotherapy, science

INTRODUCTION

Hydrotherapy, the therapeutic use of water, has been a cornerstone of health practices across various cultures and traditions for centuries. Its relevance is growing as more people seek holistic and alternative treatments to enhance their well-being. Getting access to clean water is a great challenge for some countries, while others seek to justify the quality of water they consume every day. According to al-Suyūfī (2005), there exists a hadith that emphasises the utmost act of charity as providing water, which can be interpreted as the direct words of the Prophet PBUH: The best form of charity is to give someone water (to drink)". Globally, more than 785 million people do not have access to at least basic water services and more than 884 million people do not have safe water to drink (WHO, 2019). Clean drinking water is scarce to vulnerable families in developing countries such as Pakistan, Afghanistan, Palestine, Yemen, Somalia, Cambodia, and more (Concern Worldwide, 2024).

Hydrotherapy holds significant value in various religious traditions. In Islam, water is central to purification rituals such as ablution or wudhu, which cleanses the body before prayer (Mokhtar et al., 2015). Christianity practices baptism, symbolizing spiritual cleansing and rebirth through water (López-García et al., 2023). Similarly, Hinduism emphasises the purifying properties of water in rituals and daily practices (Chand, 2023). Religious texts and teachings often highlight the spiritual and physical benefits of water. For instance, water is seen as a symbol of purity and renewal, promoting both spiritual and physical well-being (Hamad, 2020). Personal testimonies and historical records further attest to the positive effects of hydrotherapy within religious contexts, suggesting a deep-rooted belief in its healing properties.

Hydrotherapy offers a range of benefits that contribute to both physical and mental well-being. It is particularly effective in alleviating chronic pain associated with conditions like arthritis, fibromyalgia, and muscle strains, due to the soothing effects of warm water and the reduction of pressure on joints (Barbosa & Pimenta 2023). Hydrotherapy is widely utilized in physical therapy for rehabilitation after injuries or surgeries, as the buoyancy of water reduces the impact on joints and allows for a greater range of motion during exercises (Barbosa & Pimenta, 2023). Steam inhalation can alleviate respiratory symptoms associated with conditions such as asthma, bronchitis, and allergies by loosening mucus and opening up airways. Additionally, warm water therapy enhances circulation by dilating blood vessels, which can be beneficial for cardiovascular health. The warmth of the water also relaxes tense muscles, reduces spasms, and alleviates stress, making it a valuable tool for post-exercise recovery and general relaxation (Chowdury et al., 2021). Moreover, the calming properties of water can significantly reduce stress and anxiety, promoting better mental health. Hydrotherapy also supports detoxification through steam baths and hot water treatments, which open pores, promote sweating, and help eliminate toxins from the body (Chowdury et al., 2021). Furthermore, it can improve sleep quality by inducing relaxation and calming the nervous system.

Practical applications of hydrotherapy are diverse and accessible. Individuals can incorporate hydrotherapy into their daily routines through activities like warm baths, swimming, and using hydrotherapy equipment at home or in spas (Sujatha & Manjunath, 2022). From a policy perspective, there is a need to recognise and support alternative therapies like hydrotherapy within healthcare systems. Healthcare providers should consider integrating hydrotherapy into patient care plans, particularly for conditions that benefit from holistic treatments (Ventegodt et al., 2016). Hydrotherapy also offers a unique blend of religious and scientific benefits, positioning it as a valuable tool for promoting overall health and well-being. This study explores water's spiritual and therapeutic significance, aligning with SDG 6 (clean water) and SDG 3 (health) by emphasizing its necessity in Islamic teachings and modern science for well-being, hygiene, and sustainable water usage. This study utilises a qualitative descriptive approach, through a critical analysis on the academic literature pertaining the subject matter. Content analysis of relevant scientific articles, hadiths and Quranic verses on water forms the core of the methodology.

The Importance of Water and The Implication of Lack of Clean Water

Water (H₂O) is a vital and unique compound, distinguished by its polar nature and ability to exist in solid, liquid, and gaseous states. Known as the "universal solvent," water's ability to dissolve a vast array of substances makes it fundamental to life on Earth. Its chemical properties (Figure 1), such as being a polar molecule, allow for the formation of strong hydrogen bonds, contributing to its high boiling point and heat capacity (Žic et al., 2020). Furthermore, water exhibits anomalous behaviours, such as the lower density of ice compared to liquid water, a phenomenon critical for the survival of aquatic life (Ls et al. as quoted in Žic et al., 2020, p.). Biologically, water is often referred to as the "matrix of life," playing an indispensable role in cellular processes and biochemical reactions (Ball, 2017). Culturally and philosophically, water has been revered across civilisations, symbolising life, purity, and transformation. Despite its abundance, freshwater remains a limited resource, underscoring the importance of sustainable management to preserve it for future generations (Heutz, 2023).

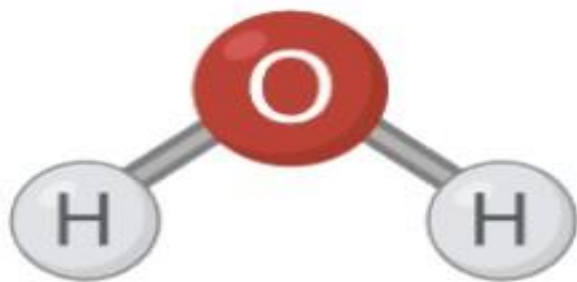


Figure 1: Chemical formula of water

Water is indispensable for life, serving as a fundamental element in biological processes, health, and environmental sustainability. Beyond mere hydration, water influences critical metabolic functions, nutrient transport, and the viability of ecosystems. Biologically, water comprises about 72% of the human body and is essential for maintaining physiological balance (Kılıç, 2020). It supports metabolic reactions, nutrient distribution, and temperature regulation, with approximately 80% of blood volume composed of water (Kondracki & Collins, 2009). Environmentally, only 0.3% of the world's water resources are usable, and over one billion people lack access to clean drinking water, emphasising the urgent need for sustainable water management (Kılıç, 2020). Water scarcity is exacerbated by population growth and pollution, which calls for responsible water management and conservation efforts (Kılıç, 2020). Additionally, water's unique properties as a versatile solvent enable essential biochemical interactions, making it indispensable for sustaining life (Ball, 2013). Besides that, clean water is essential for preserving the efficacy of medicinal therapies such as hydrotherapy. When contaminated water is utilised in therapeutic settings, it can worsen diseases or introduce new microorganisms, which can disrupt the healing process. Water quality is critical in hydrotherapy, as water comes into direct contact with the skin or is ingested during aquatic activity (Nystoriak & Bhatnagar, 2018). As a result, the medicinal applications of water are inextricably tied to the availability of clean and safe water. Both public health and individual healing efforts depend on a water system that supports hygiene, illness prevention, and overall well-being. While its importance is universally acknowledged, issues such as scarcity and contamination threaten water's availability, reinforcing the necessity for proactive management and conservation strategies.

Scientifically, hydrotherapy is understood to promote health through various physiological mechanisms. Water immersion can improve circulation, relax muscles, and alleviate pain (Nystoriak & Bhatnagar, 2018). Different types of hydrotherapy treatments, such as hot baths, cold compresses, and aquatic exercises, offer specific health benefits. Numerous scientific studies support hydrotherapy's efficacy in treating conditions like arthritis (Yurtkuran et al., 2006; Wyatt et al., 2001), muscle pain (Al-Qubaeissy et al., 2013) and anxiety (Koroglu & Yıldız, 2024). For example, hydrotherapy has been shown to reduce inflammation, enhance mobility, and improve overall quality of life. In this respect, hydrotherapy distinguishes itself from other alternative therapies through its versatility and wide range of applications.

However, the therapeutic effects of water highlight the need to ensure that the water is pure and safe. The lack of clean water causes a large increase in numerous waterborne infections, which are serious public health concerns in many developing nations. Diseases including cholera, typhoid fever, and dysentery are caused by consuming or coming into contact with water contaminated with pathogens such as bacteria and viruses (Garrity, 2005). Cholera, for example, is caused by ingesting *Vibrio cholerae*, which causes severe dehydration (WHO, 2002). Typhoid fever is associated with *Salmonella typhi*, which is frequently found in water contaminated by human faeces. These infections are most frequent in places with poor sanitation and limited access to clean water (Bhunia et al., 2009).

Furthermore, while hydrotherapy encourages cleanliness and healing, a lack of pure water hinders fundamental hygiene habits, increasing the risk of disease transmission. Poor hygiene caused by a lack of water can result in infections such as trachoma, a leading cause of blindness (Pascolini & Mariotti, 2012), as well as other parasite

or skin illnesses. Without clean water for handwashing and sanitation, communities are more exposed to the spread of these diseases. From a scientific perspective, ensuring access to safe water is critical not only for overall health but also for fully realising the therapeutic benefits of water, such as those discovered in hydrotherapy.

RESULT & DISCUSSION

Love for Clean Water

Water is crucial for the existence and survival of all forms of life and plants. All sacred texts emphasize the importance of water. All holy texts that form the basis of Islamic religion also stress the centrality of water to life, agriculture, livestock breeding, and climate and environment. The Quran describes the life-giving properties of water by referring to the clouds that bring rain, irrigate lands, bring back the barren farm to life and thereby promote human civilization. Water is described to be the greatest bounty from God, and there are hints that its withdrawal could be a curse that can destroy life. The Quranic verses explain the regenerative process linked to water in such terms that what is known as the water cycle in modern science gets etched to relief. One specific verse of the Quran also makes it evident that all life forms emerged from water. It also refers to water being a source of food such as fish and molluscs, etc.), navigation facilities, ornamental items (pearls, corals, etc.) and means to attain ritual purification before all kinds of worship. (Siraj et al., 2017). Love for water should be cultivated from young to death since it is the source of life, bounty and health.

The study on water quality by Mokhtar et al. (2015) holds significant relevance for Muslims, a value that some developmentalists have mistakenly dismissed as merely cultural. This perspective highlights the importance of preserving water quality, ensuring responsible use, and promoting sustainable management for the benefit of all life. Hence, it is important that the global community, in general, and the Muslim community, in specific, recognise the adoption of the Water Quality Index (WQI) and the necessary measures to maintain it as part of their religious obligations. The requirement for the highest standard of water quality in Islam has slightly more meaning than the modern system, in that the *Mutlaq* (pure and purifiable) water is so not only because it is drinkable (therefore being of optimum quality for the functioning of the cells in the body of a man and other organisms) but also because it is of the condition for the performance of one of the most fundamental obligatory religious duties in Islam, that is *taharah* or major ablution without which *salat* or the obligatory daily prayers cannot be performed (Mokhtar et al., 2015).

It is hoped that the Islamic perspective of water quality can add to the world's heritage of indigenous knowledge and practices regarding the philosophy of the sustainability of water (Mokhtar et al., 2015). Love for water covers water quality, application, management, and sustainability for mankind and other creatures.

Water as Mentioned in the Quran and Sunnah

According to the Quran, water is considered one of the most significant bounties bestowed upon humanity and all forms of life by Allah Almighty. Water represents the state of being pure and the benevolence of a divine being, and it is crucial for sustaining life. In the Quran, water is frequently employed as a symbol to represent the purity and splendour of life. In Islam, water is believed to have both literal and metaphorical purifying properties. Ablution, also known as wudhu, and ghusl, which is the obligatory act of washing the entire body, serve to cleanse the body and ready the soul for prayer. Purification exemplifies the inherent spiritual potency of water in cleansing the soul and establishing a connection with the divine (Labeed Bsoul et. al, 2022).

The Quran emphasises the significance of access to clean and plentiful water as a fundamental entitlement for all individuals. In Islam, water management is considered both a religious and practical duty. The Quran emphasises the need for water conservation and promotes a prudent and equitable approach to the utilization of resources. Amidst the current global challenges of limited water supply and pollution, the water management guidelines provided in the Quran remain pertinent, emphasising the imperative of safeguarding and preserving

this invaluable resource for the benefit of future cohorts. Islam regards water from spiritual, ethical, and environmental standpoints, highlighting its significance (Labeeb Bsoul et. al., 2022).

Moreover, it is clear that a multitude of surahs in the Qur'an address the utilisation and importance of water in human existence. Given the specific emphasis of this study on potable water, namely for human use, Surah Al-Wāqī'ah, 56:68 is a highly pertinent surah to be examined in this scientific investigation. The verse attributed to Allah Almighty states: "And have you seen the water that you drink?" This Quran unequivocally demonstrates that one of the most significant benefits granted by Allah Almighty to mankind is the blessing of water.

According to Al-Shanqīṭī (1996), Maqātil (2002), and Al-Ṭobari (2001), verse 68 of *surah al-Wāqī'ah* highlights the immense blessing bestowed by Allah Almighty upon all living beings in the earth, particularly water. This *surah* emphasises the significance of water as an indispensable life-sustaining resource, essential for the survival of all living beings. Water being a fundamental ingredient commonly consumed by all living beings, serves as the foundation for the overall health and continuity of the earth's ecosystem. Therefore, this verse not only delineates the significance of water in daily existence but also encourages individuals to contemplate and express gratitude for this invaluable gift. Although al-Harārī (2001) argues that Allah Almighty emphasised the role of water as a drink rather than other purposes like purification and washing, it is evident that stating the purpose of water is one of the explicit objectives of its creation. Considering the function of water as a beverage, it becomes evident that water plays a vital part in human existence, serving as an indispensable source of life.

According to the perspective of Ibn ʿĀshūr (2014), before addressing the role of water in verse 68, Allah Almighty initially addresses the topic of food in the preceding verses, specifically in verses 63-67. This arrangement is not a mere coincidence, but rather a manifestation of a tangible truth in human existence where food is frequently given precedence over water, yet both elements mutually enhance one other. Furthermore, alRāzī (2000) explains in his book *Al-Tafsīr al-Kabīr* that a meal without water or a drink is not considered complete, as water plays a crucial role in ensuring satisfaction and promoting overall health after eating. The absence of water following a meal can cause discomfort, leading to anxiety and reducing the desire to eat larger portions due to the pain of thirst. He further underscored that the organisation of these verses demonstrates the significance of water as a supplementary element to meals. Both scholars concur that water is an indispensable component of nourishment and is a highly valuable gift bestowed by Allah Almighty to guarantee the contentment and existence of human beings.

The Quran highlights the significance of water, and hadiths further elucidate its role, particularly pure water, not only as a beverage but also as an alternative remedy for fever. This assertion can be substantiated by the hadith recounted by Al-Qubaeissy (2002), which states: Narrated Rafīʿ bin Khadij: I heard the Prophet (ﷺ) saying, "Fever is from the heat of the (Hell) Fire; so cool it with water[1]." Considering this hadith, it is evident that Rasulullah PBUH instructed us to utilise water to cool the body during episodes of fever. Water-based solutions like Cold Saline effectively reduce elevated body temperature caused by fever. Within the framework of contemporary medicine, this aligns with the recommendation to maintain hydration and utilise chilled water to facilitate the reduction of body temperature. Furthermore, this hadith imparts invaluable advice on the need of maintaining good health and appropriately treating illnesses. The text underscores the need to use natural, readily accessible and safe agents, such as water for the treatment of fever. Using water as a body cooler during fever not only reflects wisdom in the treatment approach but also emphasises the importance of adopting a simple and natural method of caring for the body. This hadith reinforces the idea that effective treatment does not require complexity; it can be achieved by utilising the resources provided by Allah Almighty.

Water holds great significance in Islam, being highlighted in both the Quran and Hadith as a vital and sacred resource essential for survival. The Quran repeatedly emphasises water's fundamental role in sustaining all forms of life, underscoring its importance not only as a physical necessity, but also as a symbol of purity, rejuvenation, and divine mercy. In Surah Al-Wāqī'ah, 56:68, water is shown as a manifestation of Allah's

kindness, serving as a reminder to humanity that water is an invaluable gift from Allah, essential for sustenance, survival, and general welfare. The sanctity of water extends beyond its straightforward practicality, as Islam advocates for the fair and responsible use and preservation of water, acknowledging it as a common asset for all living organisms. The Islamic teachings' ethical framework emphasises the need for believers to use water responsibly and avoid any form of wastage, therefore highlighting its distinguished position in both spiritual and practical domains.

Moreover, the Hadith emphasises the significance of water, particularly its medicinal application, such as in reducing fever, aligning with modern medical practices. The dual function of water, serving as both a divine blessing and a practical necessity, underscores its overarching importance in Islamic teachings. It is considered not only as a means of sustaining life and well-being, but also as a means for spiritual purification, promoting ethical behaviour, and satisfying communal obligations. Therefore, the Islamic viewpoint gives water paramount importance in both religious observance and daily life.

Integration Of Hydrotherapy in Islamic Science

Hydrotherapy, which is the use of water for healing purposes, plays an important role in both modern medicine and traditional practice. In the Islamic tradition, water is not only considered a physical necessity but also has a high spiritual value. Islam sees water as a symbol of purity and a medium used by Muslims to maintain cleanliness (*taharah*) to perform daily prayers and worship. The Qur'an mentions that water is God's creation for life and healing. Allah Almighty mentions in Quran (al-Anbiyā' 21:3): Meaning:

Have those who disbelieved not considered that the heavens and the earth were a joined entity, and We separated them and made from water every living thing? Then will they not believe?

This demonstrates the crucial function of water in sustaining life and enhancing quality of health. Hydrotherapy, as a therapeutic modality, aligns with Islamic values that promote healthcare and seek advantageous remedies, reflecting the natural healing properties bestowed by Allah Almighty (Fenfen Fenda Florena, 2021).

Renowned pioneers in the field of Islamic medicine, like Al-Razi, have extensively investigated the application of water as a therapeutic agent. Hot and cold bath treatments involving water can be employed to enhance blood circulation and stimulate the neurological system, offering potential therapeutic benefits for a range of ailments. Such an approach demonstrates his profound comprehension of the function of water in enhancing bodily wellness. In addition, al-Razi, renowned for his proficiency in clinical medicine, documented the use of water in the medical care provided to patients in the hospitals he established. One instance of treatment conducted by Al-Razi involved the use of barley water as a means of hydration, akin to the administration of intravenous fluids in contemporary pharmaceutical practices. The primary purpose of barley water is to replenish the fluids of dehydrated individuals and facilitate their recovery. The aforementioned practice demonstrates the significance of water in the field of healthcare from the inception of Islamic medicine. Thus, Al-Razi underscored the need to use water in therapy not only for physical advantages but also to harmonise mental and spiritual wellbeing, following Islamic principles on holistic self-care (Nicholas, 2022).

Hydrotherapy, commonly characterised as the application of water for therapeutic outcomes, has historical origins that are closely connected to diverse cultural and religious customs, including those within the Islamic faith. Within the Islamic tradition, the process of ablution (*wudhu*) functions as a type of hydrotherapy, facilitating both immaculate bodily hygiene and spiritual cleansing. Wudhu entails the act of cleansing certain designated body parts, therefore fulfilling a religious duty and participating in a therapeutic practice that can improve physical health. The available research suggests that engaging in such practices can effectively mitigate ailments such as insomnia and stress. This implies that the ceremonial aspect of wudhu may also provide advantageous outcomes for mental well-being. The act of cleansing the hands, arms, and feet during *wudhu* activates several acupuncture points, potentially enhancing blood flow and promoting relaxation, which are key components of hydrotherapy (Irma Herliana, 2023). The act of cleansing the hands, arms, and feet

during wudhu stimulates several acupuncture points, potentially improving blood circulation and promoting relaxation, which are key components of hydrotherapy.

Moreover, the therapeutic effects of hydrotherapy extend beyond physical medical conditions to include enhancements in emotional well-being. Multiple studies have demonstrated that water-based treatments can effectively alleviate symptoms of anxiety and sadness, which are widespread in contemporary culture. The tranquilliser properties of water, when paired with the ceremonial elements of Islamic customs like wudhu, can enhance a feeling of calmness and cognitive lucidity. The emphasis on physical and mental health aligns with the Islamic principle of maintaining a balanced existence, recognising both as essential for holistic well-being. The incorporation of hydrotherapy into everyday schedules, namely through activities such as wudu, might function as a proactive strategy against the pressures of modern life, hence strengthening the significance of selfcare in Islamic teachings (Irma Herliana, 2023).

Scientific research has investigated the possibility of integrating hydrotherapy with other therapeutic methods, such as fasting, to further improve treatment results. Specifically, studies indicate that combining shortterm cold hydrotherapy with Islamic fasting during Ramadan could enhance the efficacy of therapies such as radiation. This novel methodology emphasises the possibility of integrating conventional Islamic protocols with contemporary medical interventions to attain superior health results. This multidisciplinary study highlights the need to investigate the positive interactions between cultural traditions and modern healthcare, therefore facilitating the development of comprehensive treatment approaches that uphold both scientific and religious values (Jaafar El Bakkali et al., 2017).

In recent studies, hydrotherapy has been investigated for its ability to combine traditional Islamic practices with contemporary medical therapies. For example, the combination of hydrotherapy and fasting during Ramadan has demonstrated the potential in augmenting the efficacy of targeted treatments. This strategy highlights the possibility of combining legacy customs with modern healthcare to get improved health results. Consequently, hydrotherapy in Islamic culture functions as a connection between spiritual ideals and medical science, fostering comprehensive health while upholding both religious and scientific concepts. The manifold advantages of hydrotherapy validate its significance in both personal hygiene and medical intervention, particularly within the framework of Islamic principles.

The summary of the differences between the Islamic and the scientific perspectives as follows:

Islamic Perspective	Science Perspective
Water as a Divine Gift — The Quran describes water as a blessing from Allah, essential for life, purification, and spiritual growth (Surah Al-Wāqī'ah 56:68). It symbolizes purity and divine mercy.	Water as the Matrix of Life — Scientifically, water is vital for biological and chemical processes. It maintains cellular functions, regulates body temperature, and supports all ecosystems.
Purification & Worship — Water is used for <i>wudhu</i> (ablution) and <i>ghusl</i> (full-body purification), symbolizing both physical and spiritual cleanliness before prayer.	Hydrotherapy & Hygiene — Water therapy improves circulation, reduces pain and inflammation, and aids rehabilitation. Clean water is essential for hygiene and disease prevention.
Charity and Ethics — Providing water is considered the best form of charity in Islam, emphasizing social responsibility and compassion.	Public Health & Sanitation — Access to safe drinking water prevents diseases like cholera, typhoid, and dysentery. Contaminated water endangers communities and ecosystems.
Water Management as Religious Duty — Islam calls for conservation, fair distribution, and responsible use of water as part of environmental stewardship.	Sustainable Development — Science supports sustainable water management aligned with SDG 6 (Clean Water and Sanitation) and SDG 3 (Good Health and Well-being).

Healing through Water (Prophetic Medicine) — Hadith mentions cooling fever with water, showing early recognition of water’s therapeutic value.	Medical Basis of Hydrotherapy — Water immersion reduces fever and muscle pain, improves blood flow, and aids detoxification—supported by modern research.
Historical Contributions — Muslim scholars like Al-Razi used water therapeutically in early hospitals (e.g., barley water for hydration), blending faith and medicine.	Clinical Evidence — Studies confirm hydrotherapy benefits for arthritis, anxiety, and post-surgical recovery through improved mobility and relaxation.
Spiritual and Mental Balance — Ritual cleansing promotes calmness, mindfulness, and spiritual connection.	Mental Health Benefits — Hydrotherapy and water exposure reduce stress, anxiety, and depression, enhancing emotional well-being.
Integration of Faith & Health — Islam views health holistically—linking body, mind, and soul—where water plays a role in both worship and healing.	Holistic Health Science — Modern therapy views hydrotherapy as a multidimensional treatment supporting both physical and psychological wellness.

CONCLUSION

Thus, hydrotherapy plays a significant role in contemporary medicine while being firmly rooted in Islamic customs. In Islam, water is highly respected as a vital source of life and a means of cleansing, as demonstrated in ceremonies such as wudhu, which provide simultaneous physical and spiritual advantages. Islamic scholars such as Al-Razi investigated the therapeutic properties of water, employing it to address a range of physical and mental disorders, including dehydration and neurological disorders. These practices demonstrate the congruence between Islamic teachings and the concepts of holistic treatment, in which physical health is closely interconnected with spiritual and mental well-being. Moreover, the therapeutic benefits of water go beyond the physical body, since hydrotherapy has been demonstrated to relieve tension and anxiety. The tranquilliser qualities of water, when combined with Islamic rituals, establish a setting that promotes enhanced mental acuity and emotional equilibrium.

Scientifically, hydrotherapy is well-supported for its wide-ranging health benefits, addressing both the mental and physical aspects of well-being. The therapeutic use of water has been shown to alleviate chronic pain, improve circulation, reduce stress, and promote relaxation. Warm water therapies can relax tense muscles and reduce anxiety, contributing to better mental health, while cold water treatments can invigorate and stimulate circulation. Moreover, hydrotherapy supports detoxification, rehabilitation, and respiratory health, making it a comprehensive treatment modality.

In summary, hydrotherapy not only resonates with religious practices but also has strong scientific backing for its numerous health benefits. As awareness of its potential grows, hydrotherapy could become an integral part of modern healthcare, fostering a holistic approach that nurtures both body and spirit. The findings emphasize the importance of water, the consequences of its scarcity, and its role in holistic well-being, aligning with Sustainable Development Goal (SDG) 6: Clean Water and Sanitation and SDG 3: Good Health and Wellbeing. By advocating for responsible water usage and recognizing its health benefits, this study promotes a holistic understanding of water’s role in sustaining life and well-being, reinforcing the need for clean and accessible water for all. Love for clean water and hydrotherapy serve as a humble effort to create awareness among the society, industries and scholars on handling and conserving the water for the betterment of mankind.

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