

# The Benefits of Miswaak

قَالَ النَّبِيُّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ السَّوَالُكَ مَطْهَرَةٌ لِلْفَمِ مَرْضَاةٌ لِلرَّبِّ

The Prophet ﷺ said: Miswak is a means of purification for the mouth and is pleasing to Allah (Nasai)

## Why should we use Miswaak?

- The reward of Salaah is multiplied seventy times if Miswaak is used before it.
- Miswaak strengthens the gums.
- Miswaak prevents tooth decay.
- Miswaak naturally polishes the teeth.
- Miswaak freshens the breath.
- Miswaak cleans the tongue.
- Using the Miswaak is from the Sunnah of our beloved Prophet ﷺ.
- Using the Miswaak pleases Allah Ta'ala.
- It is from the Sunnah of all the Messengers ﷺ

## When should we use the Miswak?

- Before sleeping
- When waking up
- Before reciting the Qur'an
- Before Salaah
- Before eating
- After eating
- When entering the home
- At the time of death

