

It's Ramadan!

Daily Activities for Ramadan

Ramadan 7

Common Medical Problems During Fasting and Remedies



Today's Quote:

Allah's Messenger (salla Allahu alayhi wa sallam) said:
"For every malady (sickness) Allah created, He also created a cure."
(Saheeh Bukhari)

Goal:

To learn about medical problems we might experience during fasting and learn some ways to cure them, insha Allah.

Overview of Today's Activities:

- Activity 1: Learn about common medical problems during Ramadan
- Activity 2: Daily Journal
- Activity 3: Make a Medical Poster
- Activity 4: Dramatic Play
- Activity 5: Assorted Activities
- Activity 6: Copywork
- Activity 7: Daily Quraan Reading

Extra: Across the Curriculum activities (math and language)

Introduction:

(excerpted from: "Diet during Ramadan," Mohammad Zafar A. Nomani, PhD, RD, Professor of Nutrition, West Virginia University, Morgantown, WV.)

Fasting during the Islamic month of Ramadan can be good for one's health and personal development. Ramadan fasting is not just about disciplining the body to restrain from eating food and drinking water from predawn until sunset. The eyes, the ears, the tongue, and even the private parts are equally obligated to be restrained if a Muslim wants to gain the total rewards of fasting. Ramadan is also about restraining anger, doing good deeds, exercising personal discipline, and preparing oneself to serve as a good Muslim and a good person during and after Ramadan.

There are many physical benefits of fasting as we can see. However sometimes we can experience discomfort while fasting. Learn about some common medical problems and their remedies, insha Allah.

Activity 1: Common Medical Programs during Ramadan

Read and discuss some common medical problems

(excerpted from: "Diet during Ramadan," Mohammad Zafar A. Nomani, PhD, RD, Professor of Nutrition, West Virginia University, Morgantown, WV.

CONSTIPATION

Constipation can cause piles (hemorrhoids), fissures (painful cracks in anal canal) and indigestion with a bloated feeling.

Causes: Too much refined foods, too little water and not enough fibre in the diet.

Remedy: Avoid excessive refined foods, increase water intake, use bran in baking, brown flour when making roti.

INDIGESTION AND WIND

Causes: Over-eating. Too much fried and fatty foods, spicy foods, and foods that produce wind e.g. eggs, cabbage, lentils, carbonated drinks like Cola also produce gas.

Remedy: Do not over-eat, drink fruit juices or better still drink water. Avoid fried foods, add ajmor to wind-producing foods.

LETHARGY ('low blood pressure')

Excessive sweating, weakness, tiredness, lack of energy, dizziness, especially on getting up from sitting position, pale appearance and feeling faint are symptoms associated with "low blood pressure". This tends to occur towards the afternoon.

Causes: Too little fluid intake, decreased salt intake.

Remedy: Keep cool, increase fluid and salt intake.

Caution: Low blood pressure should be confirmed by taking a blood pressure reading when symptoms are present. Persons with high blood pressure may need their medication adjusted during Ramadhan. They should consult their doctor.

HEADACHE

Causes: Caffeine and tobacco-withdrawal, doing too much in one day, lack of sleep, hunger usually occur as the day goes by and worsens at the end of the day. When associated with "low blood pressure", the headache can be quite severe and can also cause nausea before Iftar.

Remedy: Cut down caffeine and tobacco slowly starting a week or two before Ramadhan. Herbal and caffeine-free teas may be substituted. Reorganise your schedule during the Ramadan so as to have adequate sleep.

LOW BLOOD SUGAR

Weakness, dizziness, tiredness, poor concentration, perspiring easily, feeling shaky (tremor), unable to perform physical activities, headache, palpitations are symptoms of low blood sugar.

Causes in non-diabetics: Having too much sugar i.e. refined carbohydrates especially at suhur (sehri). The body produces too much insulin causing the blood glucose to drop.

Remedy: Eat something at sehri and limit sugar-containing foods and drinks.

Caution: Diabetics may need to adjust their medication in Ramadan, consult your doctor.

MUSCLE CRAMPS

Causes: Inadequate intake of calcium, magnesium and potassium foods.

Remedy: Eat foods rich in the above minerals e.g. vegetables, fruit, dairy products, meat and dates.

Caution: Those on high blood pressure medication and with kidney stone problems should consult their doctor.

PEPTIC ULCERS, HEART BURN, GASTRITIS AND HIATUS HERNIA

Increased acid levels in the empty stomach in Ramadhan aggravate the above conditions. It presents as a burning feeling in the stomach area under the ribs and can extend up to the throat. Spicy foods, coffee, and Cola drinks worsen these conditions.

Medications are available to control acid levels in the stomach. People with proven peptic ulcers and hiatus hernia should consult their doctor well before Ramadhan.

KIDNEY STONES

Kidney stones may occur in people who have less liquids to drink. Therefore, it is essential to drink extra liquids so as to prevent stone formation.

JOINT PAINS

Causes: During Ramadhan, when extra Salâh are performed the pressure on the knee joints increases. In the elderly and those with arthritis this may result in pain, stiffness, swelling and discomfort.

Remedy: Lose weight so that the knees do not have to carry any extra load. Exercise the lower limbs before Ramadhan so that they can be prepared for the additional strain. Being physically fit allows greater fulfillment, thus enabling one to be able to perform Salâh with ease.

Activity 2: Daily Journal

Have you had any of the above problems? Refer to your Daily Journal pages. List any problems that you have had so far, if any, in today's journal page, Review/discuss possible remedies.

[Daily Journal Ramadan 7](#)

http://tjramadan.talibiddeenjr.amanahwebs.com/tjramadandownloads/DailyJournal_Ramadan07.pdf

Activity 3: Make a mini health manual or poster

Make a poster or mini health manual that discusses the causes and remedies of the above health problems. You can use TJ Ramadan :[Medical Border paper](#).

<http://tjramadan.talibiddeenjr.amanahwebs.com/tjramadandownloads/MedicalBorderPaper.pdf>

Activity 4: Dramatic Play

Play hospital. Take turns pretending to be a patient and the doctor. Use information from what you learned in activity 1 above to tell the doctor what is wrong as well as for the doctor to give a remedy. You can use [Play Prescription Forms](#):

http://tjramadan.talibiddeenjr.amanahwebs.com/tjramadandownloads/PrescriptionForms_Ram7.pdf

Extra:

Look up/learn the Arabic words for hospital, doctor, patient and some of the ailments to use when playing.

Activity 5: Assorted Activities

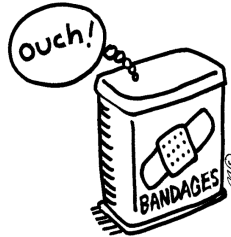
Assorted Activities for older kids. Complete the activities (A-C) below

Vocabulary (for older kids):

ailment, remedy, diagnosis, prescription

A. Can you guess the ailment?

Refer to Activity 1 if you need help.



1. You may get me if you eat too much. You also may get me if you drink soda or eat spicy foods. What am I?
2. If you don't drink a lot of water or don't eat a lot of foods with fiber, you might get me. What am I?
3. If you do not get enough calcium or potassium, you might get me. What am I?
4. An increase in acid in your empty stomach during the day can cause us. What are we?
5. Cutting down on caffeine is one of my cures, insha Allah. What am I?

B. Pick 5 ailments from the reading

Write cause/effect statements in this form:

If you _____, you might get _____.

If you don't _____, you might get _____.

C. You be the doctor.



Listen to the patient.

Try to diagnose what he has and tell him a possible remedy.

There may be more than one possible ailment for your patient's symptoms.

1. Doctor, I am feeling very weak and tired. I can't concentrate. I sweat all the time. What is wrong with me?

Your diagnosis:

Possible Remedy:

2. Doctor, it hurts when I sit down and my stomach feels bloated. What do I have?

Your diagnosis:

Possible Remedy:

3. I have a burning feeling in my stomach.

Your diagnosis:

Possible Remedy:

Activity 6: Copywork

Practice handwriting skills by copying today's quote neatly.

You can copy the quote onto one of [TJ Ramadan's Copy work Stationery](http://tjramadan.talibiddeenjr.amanahwebs.com/ramadan_daily_journal.htm):
http://tjramadan.talibiddeenjr.amanahwebs.com/ramadan_daily_journal.htm

*See TJ Ramadan's "[Ramadan Quotes](#)" book or the daily quotes in larger print:
<http://tjramadan.talibiddeenjr.amanahwebs.com/tjramadandownloads/RamadanQuotes.pdf>

Other ideas:

- Give students dictation on randomly selected words from the

- If student misses the spelling of words, keep a list and give dictation again later in the week.
- Have students write selected words in sentences.

See [Talibiddeen Jr's Language Arts Spelling web page](#) for ideas for practicing the spelling of words.

Activity 7: Quraan Reading

Read from Juz 7: Al Ma'idah 82 - Al An'am 110

Across the Curriculum

Math

1. If you take 5ml of cold medicine for a cold before fajr and 5ml after maghrib, how much medicine have you take altogether?
2. Your little sister, who is not fasting, must take a dose of an antibiotic every six hours. How many times must she take it in 1 day (24 hours)?
3. A container of heartburn tablets contains 24 pieces.
If the container is half empty, how many tablets are left in the container?
If the container is $\frac{1}{4}$ full?
If the container is $\frac{3}{4}$ full?
4. If you eat suhoor at 4:45 am and your meal takes 6 hours to digest, at what time will your suhoor be digested?

Language

Ramadan Round Up:

[CONTRACTIONS](#)

http://tjramadan.talibiddeenjr.amanahwebs.com/tjramadandownloads/RamadanRoundUp_7_Contractions.pdf