

Q: 53 – Title: Is drinking water is sunnat after food or not necessary to drink water after food?

Question

Is drinking water is sunnat after food or not necessary to drink water after food?

Answer

**In the name of Allah, Most Gracious, Most Merciful**

**Assalamu 'alaykum wa Rahmatullahi Wabarakatuh**

*Allamah Ibnul Qayyim* رَحِمَهُ اللهُ رَحِمَةً كَثِيرَةً has mentioned that the habit of *Nabi salallahu alayhi wasallam* was that of **no** **t** drinking **immediately** after eating as this is harmful to the digestion process. However, if there is a pressing need to drink immediately after that, then only drink **enough** to quench the thirst. One may then drink after some time elapses.

NOTE: This elapsed time is estimated to be 20-30 minutes.

[illegible]

## And Allah Ta'ala Knows Best

## Wassalamu 'alaykum

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