

وَيَشْفِ صُدُورَ قَوْمٍ مُّؤْمِنِينَ

A brief course on Tibb-e-Nabawi
Written by : Hasan Mahmood

Assignment # 1
Introduction & the approach of Tibb-e-Nabawi

Editing, copying, publishing & sharing the content of this course is not allowed, it is an oath between me, you and Allah as the 3rd

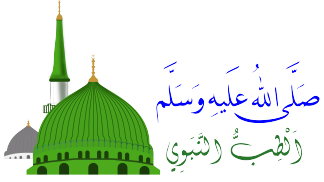


Table of contents

#	List	Page #
1	Preface	3
2	Chapter 1 : The nucleus around which the entire course will revolve	5
3	Chapter 2 : Definition of مريض / patient & مرض / disease	6
4	Chapter 3 : Definition of Shifa	9



اللَّهُمَّ إِنِّي ضَعِيفٌ فَقْوٍ فِي رِضَاكَ ضَعْفِي، وَخُذْ إِلَى الْحَبْرِ بِنَاصِيَتِي، وَاجْعَلِ الْإِسْلَامَ مُنْتَهَى رِضَائِي، اللَّهُمَّ إِنِّي ضَعِيفٌ فَقْوٍ، وَإِنِّي ذَلِيلٌ فَأَعِزَّنِي، وَإِنِّي فَقِيرٌ فَارْزُقْنِي

Preface

We begin with the name of Allah, He Is The One Who Makes you laugh & Makes you cry, He Is The One Who Brings smile on your face & He Is The One Who Brings tears in your eyes.

We are presenting a short course on Tibb-e-Nabawi (for the beginners), it is not meant to make you an expert medical doctor, a Hakeem, herbalist or a dietitian.

Our purpose is to study the Islamic approach of داء ~ دواء ~ شفاء → Disease ~ Medicine ~ Cure cycle.

We shall start with Quran & Hadith; & we shall take help from the precious books written by old doctors like, Imam Shamsuddin Zahabi, Imam Suyuti, Ibn Al-Qayyam, they spent a life of Taqwa & Allah's obedience, their hearts were pure & enlightened with true knowledge, and they lived in the times when Fawaahish ~ فواحش were not exposed in the streets.

Quran describes the word patient ~ مريض in general, but has not specified a name for any disease of the body; but when Quran mentions sickness ~ مرض, the heavy book talks about the diseases of heart.

A strong connection with Allah is the most vital for a human, it is the most valuable medicine for a sick heart & a sick body as well.

A human is attacked by diseases due to various reasons, sadness, grief & depression imparted by trials & calamities (flood, epidemic, earthquake, etc.), Faqr (poverty), fear, loss & damage to his wealth, etc.

Anger & false emotions created in the heart have various reasons, they are difficult to control for a sick heart & hence bring diseases.

A human's mind is under the control of heart, so mental stress, fatigue, anxiety, etc. are also related to a sick heart, i.e. heart's health is essential for mental health.

A sick heart will never develop the character & Ikhlaaq which are necessary for building a family and community. An example is the relation between husband & a wife, those couples who have divorced & separated, the root cause was mainly the ANGER (which was not controlled).

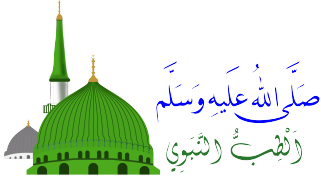
In addition, how poorly the children are ignored and not trained properly is a big concern.

A major reason for sickness is a sinful life, sins putrefy the soul & create weakness, dirt, guilt & heat in the body.

Another cause of illness is the evil eye, magic & touch of Sheytaan ~ مس الشيطان

These kinds of diseases are the MAJOR; & they are treated only with Allah's love & obedience.

And finally, diseases of body which are MINOR & which usually arise due to wrong diet & foods; they are fixed with correct foods, herbs of Tibb-e-Nabawi & Hijaamah.



Our course will discuss all these categories one by one Insha'Allah. And we shall learn with you the correct methods of seeking Shifa & benefits from Quran & sayings of Rasoolullah Sallallahu Alaihe Wasallam. In fact, we are unaware of the Shifa hidden in Quran & we are not trained well to unlock those blessed cures; we give an example.

Only a farmer knows how to take benefit from farming, he works very hard to water the plants at suitable time, & knows how to safeguard the plants & when to harvest, etc. On the contrary, an ordinary person if asked to make profits from farming will fail. Similarly, a bread-maker makes earnings from his oven, he stands near the fire, sweats terribly, but brings out a beautiful bread, while an un-trained person if given the same task will be afraid of fire, & even if he tries will spoil & burn the bread.

We bring the words written by Ibn Al-Qayyam, he wrote :

وكيف تُقاوِمُ الأَدِواءُ كَلامَ رَبِّ الأَرْضِ والسَّماءِ الَّذي لو نَزَلَ عَلى الجِبالِ، لَصَدَعَهَا، أو عَلى الأَرْضِ، لَقَطَعَهَا، فَمَ مِنْ مَرَضٍ مِنْ أَمراضِ القُلُوبِ والأَبْداَنِ إلا وَفي القُرْآنِ سَبيلُ الدِّلالَةِ عَلى دِوائِهِ وَسببِهِ، وَالْحِمْيَةِ مِنْهُ لَمَنْ رَزَقَهُ اللهُ فَهَمًّا في كِتابِهِ.

How can any disease resist the heavy BOOK that contains the WORDS of the LORD of earth & heavens, which if it was sent down on mountains, would have crushed them. Further, if the QURAN was revealed to the earth, the book of Allah would tear it apart. No sickness that attacks the body or the heart, but QURAN contains its remedy and cure and would provide immunity against it, but it is for those whom Allah Has Given the Tawfeeq of deeply understanding His Book.

He also wrote :

فالقُرْآنُ هو الشِّفاءُ التامُ مِنْ جَميعِ الأَدِواءِ القَلْبِيَّةِ والبَدَنِيَّةِ، وأَدِواءِ الدُّنيا والآخِرَةِ، وَمَا كُلُّ أَحَدٍ يُؤَهِّلُ ولا يُوفِّقُ لِلإِسْتِشفاءِ بِهِ، وإِذا أَحسَنَ العَليْلِ التَدَوىَ بِهِ، ووَضَعَهُ عَلى داءِهِ بِصِدقٍ وإِيمانٍ، وَقَبولٍ تامٍ، واعتقادٍ جازِمٍ، واستيفاءٍ شَروطِهِ، لَم يُقاوِمِهُ الداءُ أبداً

QURAN is the ultimate cure for all types of illness and sickness that attack the body & heart and from all the calamities of life & death. **Yet, not everyone is suitable or guided to successfully seek the QURAN as a cure.**

When the ill person successfully uses the cure contained in QURAN and applies it on his sickness with FAITH, sincerity, complete acceptance & trust, and in the meanwhile observing the necessary guidelines in this regard, no illness can resist the cure.



يُرِيدُ اللَّهُ أَنْ يُخَفِّفَ عَنْكُمْ وَخَلَقَ الْإِنْسَانَ ضَعِيفًا

Chapter 1 : The nucleus around which the entire course will revolve

We begin with the name of Allah, The Most Powerful, The Most Wise.

We have compiled a brief course on Tibb-e-Nabawi, & we seek Allah's Help for presenting the correct concept of Disease → Medicine → Cure.

From the 1st word till the last, nucleus or the shaft around which the entire course will revolve is Allah's Love & Obedience, it is the most valuable asset for a Muslim; it is the life-saving drug & the most needed blessing in a Muslim's life; until he/she takes the final breath & moves out of this world.

Quran describes the definition of love as :

وَالَّذِينَ ءَامَنُوا أَشَدُّ حُبًّا لِلَّهِ (بقرة ١٧٥)

A Mo'min (believer) loves Allah the most.

And Allah's obedience is completed by following Rasoolullah صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ

مَنْ يُطِيعِ الرَّسُولَ فَقَدْ أَطَاعَ اللَّهَ (نساء ٨٠)

Whoever obeys the Rasool (Messenger) has truly obeyed Allah

Allah's love gives the strength & endurance for withstanding the impacts of various factors (which affect the health of a human's heart, mind & body), like

- Faqr (poverty) fear, a sudden loss to wealth, calamities, etc.
- Allah's love & obedience will give you the hope for bearing the grief, sorrow & sadness.
- Allah's love & obedience will provide the Noor (light) with which a human can control the false emotions & anger.
- Allah's love & obedience will soften your heart & you will gain the Ikhlaaq & character which build a family & the community
- With Allah's love, your heart will be strong enough to manage & overcome the problems related to mental health, anxiety & depression
- Allah's love will enable you to stay away from sins

There is a Dua of Rasoolullah صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ & unfortunately, some of us never heard about it.

اللَّهُمَّ إِنِّي أَسْأَلُكَ حُبَّكَ, وَحُبَّ مَنْ يُحِبُّكَ, وَالْعَمَلَ الَّذِي يُبَلِّغُنِي حُبَّكَ, اللَّهُمَّ اجْعَلْ حُبَّكَ أَحَبَّ إِلَيَّ مِنْ نَفْسِي وَأَهْلِي وَمِنَ الْمَاءِ الْبَارِدِ (رواه الترمذي)

O Allah, I beg You to Grant me Your love and the love of those who love You, as well as those deeds that will make me acquire Your love. O Allah, make Your love more beloved to me than myself, my family and more than (as) cold water is loved in the extreme thirst.

We hope that as we shall proceed further, the reader will gain the idea of this medicine ~ **Allah's love.**



وَاللَّهُ أَخْرَجَكُمْ مِنْ بُطُونِ أُمَّهَاتِكُمْ لَا تَعْلَمُونَ شَيْئًا وَجَعَلَ لَكُمُ السَّمْعَ وَالْأَبْصَرَ وَالْأَفْئِدَةَ ۗ لَعَلَّكُمْ تَشْكُرُونَ

Chapter 2 : Definition of مريض / patient & مرض / disease

A general approach either for a patient or a doctor is to treat body's sickness with diet, herbs, medicines, etc. It is correct, but the major causes & their respective (major) remedies due to which the disease captures a human are ignored. When we see the environment in hospitals today, it is a possibility that a patient (who goes to the clinic for treatment) may return back to his home with a sick heart, similarly, a doctor may gain the same illness in his heart. (الا ما شاء الله)

Quran has used the word مريض / patient for body's sickness in general, but when Quran mentions the word مرض / disease, it purely means the sick heart & soul.

So, our emphasis is that a Muslim understands the TRUE concept of sickness & health.

We shall mention some verses of Quran & seek help from Hadith, which will explain that

- Diseases of heart are more FATAL than diseases of body
- Medicines for a sick heart are more valuable than medicines for a sick body
- Medicines for the heart also cure a sick body, but drugs prescribed for physical disorders fail to cure a sick heart.
- A healthy heart will compensate a weak body, but a healthy body will not support a sick heart & even the physical health for such a person will decline & decay slowly.

The word مريض mentioned in all of the following verses means a PATIENT, without specifying a certain disease: (also called as الضُّرُّ / سَقِيمٌ / أَدَى)

أَيَّامًا مَّعْدُودَاتٍ فَمَنْ كَانَ مِنْكُمْ مَّرِيضًا أَوْ عَلَى سَفَرٍ فَعِدَّةٌ مِّنْ أَيَّامٍ أُخَرَ (بقرة: ١٨٤)

Fasting is for a limited number of days. So whoever among you is sick or traveling (during the days of Ramadaan), then an equal number of days (missed fasts) are to be made up

وَإِنْ كُنْتُمْ مَّرْضَىٰ أَوْ عَلَى سَفَرٍ أَوْ جَاءَ أَحَدٌ مِّنْكُمْ مِنَ الْغَائِطِ أَوْ لَامَسْتُمُ النِّسَاءَ فَلَمْ تَجِدُوا مَاءً فَتَيَمَّمُوا صَعِيدًا طَيِّبًا فَامْسَحُوا بِوُجُوهِكُمْ وَأَيْدِيكُمْ مِنْهُ (المائدة: ٦)

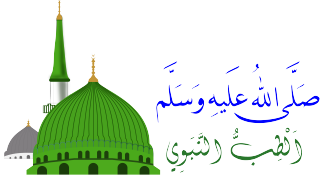
But if you are ill, on a journey, or have relieved yourselves, or been intimate with your wives and cannot find water, then purify yourselves with clean earth, wiping your faces and hands

لَيْسَ عَلَى الْأَعْمَىٰ حَرْجٌ وَلَا عَلَى الْأَعْرَجِ حَرْجٌ وَلَا عَلَى الْمَرِيضِ حَرْجٌ (سورة نور: ٦١)

There is no restriction on the blind, or the disabled (lame), or the sick.

فَتَبَدَّلْنَاهُ بِالْأَعْرَاءِ وَهُوَ سَقِيمٌ (صافات: ١٥)

But We Threw him (Prophet Yunus) onto the open shore while he was ill.



وَأَيُّوبَ إِذْ نَادَى رَبَّهُ أَلَيْسَ لِي بِمَسْنِيٍّ الضُّرِّ وَأَنْتَ أَرْحَمُ الرَّاحِمِينَ (سورة أنبياء : ٨٣)

And remember when (Prophet) Ayyoub cried out to his Lord, “I have been touched with adversity, and You are the Most Merciful of the merciful.”

A verse in Quran mentions the name of a minor disease as **أَذَى** :

فَمَنْ كَانَ مِنْكُمْ مَرِيضًا أَوْ بِهِ أَذًى مِّن رَّأْسِهِ فَفِدْيَةٌ مِّن صِيَامٍ أَوْ صَدَقَةٍ أَوْ نُسُكٍ (بقرة : ١٧٦)

And whoever among you is ill or has an ailment of the head (making shaving necessary) must offer a ransom of fasting or charity or sacrifice.

The verse is about a pilgrim who is ordered to sacrifice an animal before shaving the head, but if a pilgrim has some disease in the head which needs shaving before the animal is slaughtered, he can do it by offering a Fidyah (ransom).

But when Quran mentions sickness ~ **مرض**, the book of Allah only means the diseases of heart.

Ibn Al-Qayyam wrote :

ومرض القلوب نوعان: مرض شُبُهَة وشك، ومرض شَهْوَة وَعَيٌّ، وكلاهما في القرآن

There are two types of diseases that attack the heart, one doubt and error, and the second lust and desire, both are mentioned in the Quran (the word **مرض** is repeated in 12 verses of Quran).

1st type of sickness which attacks the heart, are mainly DOUBT & ERROR:

فِي قُلُوبِهِمْ مَّرَضٌ فَزَادَهُمُ اللَّهُ مَرَضًا وَلَهُمْ عَذَابٌ أَلِيمٌ بِمَا كَانُوا يَكْذِبُونَ (بقرة : ٧٦)

There is sickness in their hearts, and Allah only lets their sickness increase. They will suffer a painful punishment for their lies.

وَلَيَقُولَ الَّذِينَ فِي قُلُوبِهِمْ مَّرَضٌ وَالْكَافِرُونَ مَاذَا أَرَادَ اللَّهُ بِهَذَا مَثَلًا (المدثر : ٣٦)

Those Munafiqeen (hypocrites) with sickness in their hearts and the disbelievers will argue, “What does Allah mean by this as an example”?

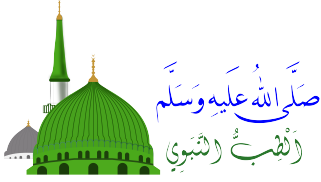
أَفِي قُلُوبِهِمْ مَّرَضٌ أَمْ آرْتَابُوا أَمْ يَخَافُونَ أَنْ يَحِيفَ اللَّهُ عَلَيْهِمْ وَرَسُولُهُ بَلْ أُولَئِكَ هُمُ الظَّالِمُونَ (نور : ٥٠)

إِذْ يَقُولُ الْمُنَافِقُونَ وَالَّذِينَ فِي قُلُوبِهِمْ مَّرَضٌ غَرَّ هَذَا لَدِينَهُمْ وَمَنْ يَتَوَكَّلْ عَلَى اللَّهِ فَإِنَّ اللَّهَ عَزِيزٌ حَكِيمٌ (أنفال : ٥٠)

Remember when Munafiqoon (hypocrites) and those with sickness in their hearts said, “These believers are deluded (misled) by their faith.” But whoever puts their trust in Allah, surely Allah is Almighty, All-Wise.

أَمْ حَسِبَ الَّذِينَ فِي قُلُوبِهِمْ مَّرَضٌ أَنْ لَنْ يُخْرِجَ اللَّهُ أَصْعَنَهُمْ (محمد : ٣٦)

Or do those with sickness in their hearts think that Allah will not be able to expose their malice (desire to harm someone)?



وَأَمَّا الَّذِينَ فِي قُلُوبِهِمْ مَرَضٌ فَزَادَتْهُمْ رِجْسًا إِلَى رِجْسِهِمْ وَمَاتُوا وَهُمْ كَافِرُونَ (توبة: ١٢٥)

But as for those with sickness in their hearts, it has increased them only in wickedness (evil) upon their wickedness (evil), and they die as disbelievers.

2nd type of heart's diseases mentioned in Quran are LUST & DESIRE, as per the verses below :

يٰۤاَيُّهَا النِّسَاءُ لَسْتُنَّ كَأَحَدٍ مِّنَ النِّسَاءِ ۚ إِنِ اتَّقَيْتُنَّ فَلَا تَخْضَعْنَ بِالْقَوْلِ فَيَطْمَعَ الَّذِي فِي قَلْبِهِ مَرَضٌ وَقُلْنَ قَوْلًا مَّعْرُوفًا (احزاب: ٣٤)

O wives of the Prophet! You are not like any other women: if you are mindful of Allah, then do not be soft in speech with men or those with sickness in their hearts may be tempted, but speak in an appropriate tone (a hard & rigid tone that nullifies the possibility of any evil lust in the heart of listener).

Ibn Al-Qayyam said : فَهَذَا مَرَضُ شَهْوَةِ الرَّئِي، وَاللَّهُ أَعْلَمُ

This evil disease (lust & desire) can lead to Zina (adultery) & Allah Knows the best.

A Hadith narrated by Tirmidhi says:

فَيُرَوِّي عَبْدُ اللَّهِ بْنُ عَمْرٍو بْنِ عَمْرٍو بْنِ الْعَاصِ رَضِيَ اللَّهُ عَنْهُمَا: "أَنَّ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ نَهَى أَنْ تُكَلِّمَ النِّسَاءَ إِلَّا بِأَذْنِ أَزْوَاجِهِنَّ"

أخرجه الترمذي (2779)، وأحمد (17767)

Abdullah Bin Amr Ibn al-Aas reported that Rasoolullah صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ prohibited women from speaking to Non-Mahram men; except if their husbands allowed them.

Another verse explains that a sinful heart also means a sick heart :

وَلَا تَكْتُمُوا الشَّهَادَةَ ۚ وَمَنْ يَكْتُمْهَا فَإِنَّهُ آثِمٌ قَلْبُهُ ۗ وَاللَّهُ بِمَا تَعْمَلُونَ عَلِيمٌ (بقرة: ٢٨٣)

And do not conceal (hide) the testimony, for whoever conceals (hides) it, their hearts are indeed sinful, and Allah fully Knows what you do.

جس پر بھروسہ کیا گیا ہے، اسے چاہیے کہ امانت ادا کرے اور اپنے رب سے ڈرے اور شہادت ہرگز نہ چھپاؤ، جو شہادت چھپاتا ہے، اس کا دل گناہ میں آلودہ ہے اور اللہ تمہارے اعمال سے بے خبر نہیں ہے

A Hadith narrated by Bukhari :

ألا وإن في الجسد مضغة إذا صلحت صلح الجسد كله، وإذا فسدت فسد الجسد كله، ألا وهي القلب

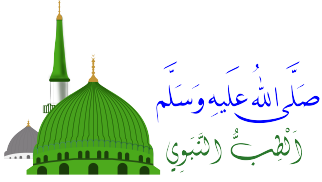
(متفق عليه، رواه البخاري في كتاب الإيمان)

Truly, there is a piece of flesh in the body, if it is healthy, the whole body is healthy, and if it is corrupt, the whole body is corrupt. Certainly, it is the heart. (Ibn Majah)

So, it is the heart related to the entire body & its health, even the human's mind is also connected to the heart, if the heart is in peace, mental stress & depression can't exist. And the peace / satisfaction comes only by remembering Allah.

الَّذِينَ ءَامَنُوا وَتَطْمَئِنُّ قُلُوبُهُمْ بِذِكْرِ اللَّهِ ۗ أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ (رعد: ٢٨)

Those who believe and whose hearts find comfort in the remembrance of Allah. Surely by remembrance of Allah do the hearts find peace & satisfaction.



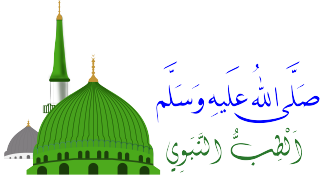
We hope that the concept of مرض & مريض as mentioned in Quran is clear, & it is the quality of your heart which is the most essential, which also controls your emotions, grief & sadness, mental health & physical ailments. Quran says,

فَإِنَّهَا لَا تَعْمَى الْأَبْصَارُ وَلَكِنْ تَعْمَى الْقُلُوبُ الَّتِي فِي الصُّدُورِ ﴿٦٥﴾ حج

Indeed, they are not the eyes that turn blind, but they are the hearts in the chests that grow blind.

حقیقت یہ ہے کہ آنکھیں اندھی نہیں ہوتیں مگر دل اندھے ہو جاتے ہیں جو سینوں میں ہیں

Diseases of heart are more focused & discussed in our religion ISLAM & Quran gives their cure, SHIFA for the sick hearts comes only by the divine knowledge of WAHEE ~ وحی , sent from the skies.



أَحْسِبَ النَّاسُ أَنْ يُتْرَكُوا أَنْ يَقُولُوا ءَامَنَّا وَهُمْ لَا يُفْتَنُونَ

Chapter 3: Definition of Shifa / شفاء / Cure

Best definition of Shifa can only be described by the book of Allah :

وَيَشْفِي صُدُورَ قَوْمٍ مُّؤْمِنِينَ (توبة : ١٢)

And Allah Cures the chest (hearts) of the believers

وَإِذَا مَرِضْتُ فَهُوَ يَشْفِينِ (شعراء : ٨٢)

And He (Allah) alone heals me when I am sick.

Above 2 verses have the lessons that :

- Shifa (Cure) only comes from the unseen treasures of Allah; He Is The Healer alone.
- It is the fortune of a Muslim that **Allah Has Promised** to cure the hearts of Mo'mineen, those who love Allah & stay away from sins will definitely get Shifa.
- A Muslim has the belief that sickness will be treated only by the order of Allah, (either Shifa is sent immediately or delayed due to Allah's wisdom)

وُنزِّلَ مِنَ الْقُرْآنِ مَا هُوَ شِفَاءٌ وَرَحْمَةٌ لِّلْمُؤْمِنِينَ «وَلَا يَزِيدُ الظَّالِمِينَ إِلَّا خَسَارًا (إسراء : ٨٢)

We send down the Quran as a healing and mercy for the believers, but it only increases the wrongdoers in loss.

يَأْتِيهَا النَّاسُ قَدْ جَاءَتْكُمْ مَوْعِظَةٌ مِّن رَّبِّكُمْ وَشِفَاءٌ لِّمَا فِي الصُّدُورِ وَهُدًى وَرَحْمَةٌ لِّلْمُؤْمِنِينَ (يونس : ٥٧)

O humanity! Indeed, there has come to you a warning from your Lord, a cure for what is in the chest (hearts), a guide, and a mercy for the believers.

قُلْ هُوَ لِلَّذِينَ ءَامَنُوا هُدًى وَشِفَاءً (فصلت : ١١)

Say, O Prophet, this (Quran) is a guide and healing for the believers.

These 3 verses are giving a clear message that for a Muslim / Mo'min, QURAN is the biggest source of Shifa. Quran is a light, a healing, a mercy, a warning, and a guidance, & being Muslims, we are lucky that we are given the best medicine of the world ~ book of Allah.

There is a single verse in Quran which describes Shifa in the earthly substance, which is Honey :

نُمُّ كُلِّ مِن كُلِّ الثَّمَرَاتِ فَاسْلُكِي سُبُلَ رَبِّكِ ذُلُلًا ۗ يَخْرُجُ مِنْ بُطُونِهَا شَرَابٌ مُّخْتَلِفٌ أَلْوَانُهُ فِيهِ شِفَاءٌ لِّلنَّاسِ ۗ إِنَّ فِي ذَٰلِكَ لَآيَةً لِّقَوْمٍ يَتَفَكَّرُونَ (نحل : ٦٩)

And feed from the (flower of) fruits and follow the ways your Lord Has made easy for you. From their bellies comes forth liquid of different colors, in which there is healing for people. Surely in this is a sign for those who think.



A Hadith narrated by Ibn Majah :

عَلَيْكُمْ بِالشَّعَاءِينِ الْعَسَلِ وَالْقُرْآنِ

"Make use of the two cures: Honey and the Quran".

This Hadith joins the material and the divine cures, medicine for the body and heart, the earthly medicine (Honey) and the heavenly cure (Quran).

There are very few Duas in which names of diseases are mentioned, there is a Dua for fever, pimples, Insomnia, Ruqya for pains, Ruqya for ulcers, Ruqya for general sickness, Dua for Aafiat in body, Aafiat in hearing and eye-sight, and a Dua which has the words

وأعوذُ بك من الصمم ، والبكم ، والجنون ، والبَرَصِ ، والجذام ، وسيئ الأسقام

I seek Your protection from deafness, dumbness, madness, vitiligo, leprosy and other evil diseases.

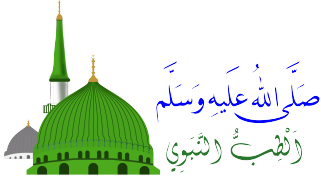
But there are **numerous** Duas related to heart's health, Hidayah, forgiveness, Taubah, belief, Barakah, Aafiat, protection from worry & grief, protection from trials (Fitan) & punishments, protection from bad manners & hypocrisy, protection from Sheytan & the evil of Nafs, etc.

Now we look at Ahadith which mention the blessed foods, drinks, herbs (medicines) & Hijamah, and we provide a rough calculation of Ahadith in the 6 authentic books (numbers can be different) :

#	Book	Chapters	Total Ahadith with repetitions
1	Bukhari	97	7500
2	Muslim	57	7500
3	Nasa'ee	52	5700
4	Abi Dawood	43	5274
5	Tirmidhi	46	4400
6	Ibn Majah	37	4341
	Total		34715

Book	Ahadith in chapter of foods ~ كتاب الأَطْعَمَة	Ahadith in chapter of drinks ~ كتاب الأَشْرَبِيَة	Ahadith in chapter of medicine ~ كتاب الطَّب
Bukhari	93	64	104
Muslim		85	70 in كتاب السلام
Nasa'ee		218	
Abi Dawood	118	66	48
Tirmidhi	72	35	52
Ibn Majah	119	64	113
Total	402	532	387

* Bukhari also has some Hadith for the sick in كتاب المرضى, similarly, other books have Hadith related to patients & sickness in different chapters



The books have 34,715 Hadith approximately (including the repeated ones), and we separate them as :

كتاب الأثرية ~ chapter of drinks, a total of 532 Ahadith in all 6

كتاب الأطعمة ~ chapter of foods, a total of 402 Ahadith in all 6

كتاب الطب ~ chapter of medicine, a total of 387 Ahadith in all 6

When combined together, Ahadith of drinks, foods & herbs are less than 5 % of the total approximately, which means that other issues related to human's heart, belief, اعمال الصالحات & Ikhlmaq are more valuable & hence discussed in more details, like :

التوحيد, الطهارة, الصلاة, الصيام, الزكاة, النكاح, الصدقات, المناسك, الدعاء, الزهد, الفتن, الحدود, المناقب, التفسير

This is how Allah Has Created our religion ISLAM, it covers every aspect of a Muslim's life, herbs, foods & drinks are mentioned in brief, & other subjects which are more vital have a comprehensive discussion.

Tibb-e-Nabawi reflects the same, factors related to heart's health are highlighted more; and our course will have the same pattern, diseases of heart & their remedies will be discussed on priority, & Tibb-e-Nabawi foods, drinks, & earthly medicines (herbs) + Hijamah will be the last assignments Insha'Allah.

We are living in the times of فواحش والفتن ~ FAWAHISH & FITAN, to safeguard our children, family & the community is a huge responsibility, a Hadith narrated by Saheeh Mulsim :

حَدَّثَنَا سُفْيَانُ بْنُ عُيَيْنَةَ، عَنِ الرَّهْرِيِّ، عَنْ عَزْوَةَ، عَنْ أَسَامَةَ، أَنَّ النَّبِيَّ صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ أَشْرَفَ عَلَى أُطَمٍ مِنْ آطَامِ الْمَدِينَةِ ثُمَّ قَالَ " هَلْ تَرَوْنَ مَا أَرَى إِيَّيَ لِأَرَى مَوَاقِعَ الْفِتَنِ خِلَالَ بُيُوتِكُمْ كَمَوَاقِعِ الْقَطْرِ " ~ رواه مسلم

Usama reported that Allah's Messenger صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ climbed up أُطَمٍ amongst the آطَامِ of Medina and then said: "You do not see what I am seeing, and I am seeing the places of FITAN (turmoil) between your houses as the places of rainfall." (أطم) were the old castles built with lava stones in Madinah)

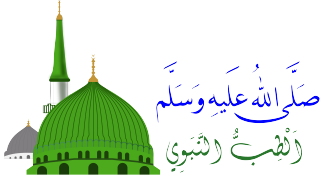
It means that Fitan will be exposed in public like the rain drops fall down.

Grief, sadness, anger, emotions, sins, depression & anxiety are the internal factors which attack a human's health, but فواحش والفتن ~ FAWAHISH & FITAN are the external enemies which spoil the heart & body, we have to be cautious & careful.

Modern diseases have increased terribly, patients are rushing to the clinics, a 150-bed hospital can roughly have a staff of 1,000 workers including 200 doctors approximately, their salaries, hospital overheads, expenses along with profits are coming out from a patient's pocket, at few occasions, a patient has to pay a huge amount which is beyond his budget.

And while we were sleeping during the last few hundreds of years, WEST was working hard to invent drugs & medical equipment, they studied the blood & its cells, organs, their functions & the enzymes, glands & the hormones they release, tumor markers & other blood tests which detect problems in a human's body, nothing has been left for the Muslims to do any research further in this field.

But West was unable to manufacture the medicine for sick hearts, they were unable to examine these types of diseases in the lab, knowledge for diseases of heart & their remedies (medicines) was only given to the Prophets.



Ibn Al-Qayyam wrote :

وليس طِبُّهُ صلى الله عليه وسلم كطِبِّ الأطباء، فإن طِبَّ النَّبِيِّ صلى الله عليه وسلم متيقِّنٌ قطعِيٌّ إلهيٌّ، صادرٌ عن الوحي، ومِسْكَاةُ النبوة، وكَمالِ العقل. وطِبُّ غيره أَكْثَرُهُ حَدْسٌ وظنون، وتجارِب، ولا يُنْكَرُ عدمُ انتفاع كثير من المرضى بطِبِّ النبوة، فإنه إنما ينتفع به مَنْ تلقَّاه بالقبول، واعتقاد الشفاء به، وكَمالِ التلقي له بالإيمان والإذعان، فهذا القرآنُ الذي هو شفاء لما في الصدور إن لم يُتلقَ هذا التلقي لم يحصل به شفاءُ الصُّدُورِ من أدوائها، بل لا يزيدُ المنافقين إلا رجساً إلى رجسهم، ومرضاً إلى مرضهم، وأين يقعُ طِبُّ الأبدان منه، فطِبُّ النبوة لا يُناسب إلا الأبدانَ الطيبة، كما أنَّ شِفاء القرآن لا يُناسب إلا الأرواحَ الطيبة والقلوبَ الحية، فإعراضُ الناس عن طِبِّ النبوة كإعراضهم عن الاستشفاء بالقرآن الذي هو الشفاء النافع، وليس ذلك لقصور في الدواء، ولكن لخبثِ الطبيعة، وفسادِ المحل، وعدمِ قبوله.. والله الموفق

Tibb-e-Nabawi is not similar to that offered by doctors and physicians, it is indeed the effective treatment and cure provided by WAHEE and the guidance of Prophet Sallallahu Alaihe Wasallam; that is coupled with a sound and perfect mind. In comparison, the majority of remedies prescribed by others were based on hypothesis, observation and experimentation.

It is a fact that many people do not benefit from Tibb-e-Nabawi because it will help only those who have faith in it. Thus, they believe that it will help them and they then submit to it. If Quran, which is a cure for whatever the heart conceals, is not acknowledged and accepted with faith, it will not provide a cure for the heart. In fact, Quran will only add more evil and disease to the hearts of hypocrites. Tibb-e-Nabawi is only suitable for good and pure bodies, just as Quran is only suitable for righteous souls & hearts. Therefore, when the people ignore Tibb-e-Nabawi, it is like ignoring the help with guidance of Quran, which is the most effective medicine. Again, when the medicine (**Quran and Tibb-e-Nabawi**) do not work, it is due to the negativity in the body and soul that are not suitable for accepting the divine medicine, not because the medicine does not work. All success comes from ALLAH.

The relationship of scientific medicine (which was invented by humans) to Tibb-e-Nabawi is similar to scientific thought in comparison to divine revelations (to the Prophets). Indeed there are scientific phenomena and medical therapies to which even the best scientist and doctors have no real answers. Even to this day, despite the advances made by science and technology, many mysteries remain. The results and comfort of spiritual therapies comes only from faith and trust in ALLAH. They come through charity, prayer, repentance and seeking ALLAH's forgiveness. They are aided by doing good deeds, helping the helpless and relieving the afflicted. The causes for these cures are varied and defy logical analysis. And the resultant cures cannot be explained by scientific experimentation and analysis. All this is in accordance of the law of ALLAH and nothing outside it.

When a person's heart becomes attuned to Lord of the two worlds, and he trusts the Creator of all ailments and their remedies, medicines which would have been (otherwise) be ineffective in an individual (who had a sick heart in the past) become successful. It has been experienced that when a human's belief is strong, his body and soul are strengthened and they co-operate in repelling disease and overcoming it. This cannot be denied except by the most ignorant of people.

With this course & as we shall proceed further, our intention is to correct the belief, develop Allah's love & obedience and to adopt divine medicines for the heart & body, we are hopeful that Insha'Allah, there will be a big change, we want to minimize the chance of going to the hospitals, & not let them to decide our fate.

1st assignment is completed here.