

PROPHETIC MEDICINE:

A Unique And Versatile Health And Medical Guide

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INTRODUCTION:

The prophet may the benediction and salutation of Allah be upon him has been sent as a guide and a Warner who gave glad tidings and exhortations. He has conveyed the message of God the Beneficent as regard to al-Tauhid the absolute Unity of God and acquainted the humanity with God and all His commandments concerning practical devotions or Ibadat, and human interactions or mu'amalat. All these are found in the Glorious Book, the Qur'an. Not only that, the Qur'an contains the history of the previous generations, and explains in details the creation of the earth and other planets, the wisdom of human's creation and his living there in (i.e. vicegerency).

Apart from creed, practical devotions, and social and economic transactions, another primary role of the prophet (SAW) is to educate his Ummah or followers the knowledge of medicines. This is because health is an important concern in the message he brought (i.e. Islam). In the Qur'an, we read:

“O humankind! There has come to you a good exhortation from your lord, and a healing for that which is in your hearts”.

And again we read:

“And We are sending down in the course of revealing the Qur’an that is healing and a grace for those who have faith”.

This, without a slightest doubt, shows that the Glorious Qur’an is the ultimate source where from the healing of all types of ailments that attack the heart and the body, and all calamities of life and death are obtained. Yet, not everyone is guided to seek healing from the Qur’an.

Whenever a sick person seeks healing from the Qur’an and sunnah and uses it against his ailment with absolute faith and trust in God the real healer, all the while, adhering strictly to the guidelines in this regard, no ailment can resist the curative miracle of the Qur’an and sunnah. No disease whatsoever can resist the healing efficacy of Ayat Allah or signs of God, the lord and sustainer of the earth and heaven. The Ayat which if they were revealed to a mountain, they would cause it to humble itself and to split asunder in humility to God. Furthermore, if they would be revealed to the earth, it would have torn it apart and split it asunder. As such, there is no ailment that attacks the heart or the body, but the Qur’an heals it and provides immunity against it. This is only for those who God the Real Healer endowed with strength in faith and the proper comprehension of His books (i.e. the Qur’an).

Imam Ibn Qayyim in his meritorious book ‘THE PROPHETIC MEDICINE’ states that the Qur’an contains the major aspects and basis of knowledge of medicine, preserving health, diet and extracting of harmful substances. As for the disease that attacks the heart, the Qur’an mentions and explains in detail and directs the people to the remedies that heal them. Allah said:

“Is it not sufficient for them that We have sent down to you a Book (the Qur’an) which is recited to them”.

The Imam continues to pray against those who think the Qur’an does not cure all types of ailments, and he said:

“May Allah never heal those whom the Qur’an does not cure, nor suffice for those whom Allah is not sufficient as a Helper”.

As a result of the foregoing, the first Muslims generations of the Sahaba or companions and their successors depended largely on the Qur’an and prophetic usages for the healing of all their ailments. The fact that during Jihad, wounds, cuts and other minor medical problems were common part of Muslim life, they needed basic knowledge when such injury occurs or ailments out of stress arises, that might be useful in providing basic first aid. The prophet (SAW) taught them how to take care of simple health problems.

In addition to the basic knowledge, they needed to know other medicines that can be allies to heal other simple or complex diseases or relieve symptoms. As a result, the prophet (SAW) provided general and specific knowledge about many medicines and their healing efficacy.

This paper intends to provide general information and explanations about some of these prophetic medicines Muslims and others can use without hesitation or prescription by any physician. But they can also cause problems when used incorrectly or with another medicine that causes unfavourable interactions. This is because, each medicine has specific use, and they may have negative reactions when used incorrectly or when mixed.

As such, people should read the prophetic instructions carefully and follow the formula exactly. The correct way to use a prophetic medicine depends on the strength of faith, and the reason one wants to use it. The quantity to be taken is often determined by age, condition or situation of the sick person. One should always follow and stick to prescribed measures and ways of using prophetic medicine, as that will prevent the possible attack, side effect and negative reaction.

PROPHETIC MEDICINE:

Prophetic medicine refers to prayers, amulets and botanical or animal substances that can promote, prevent or cure diseases of the heart and body, relieve symptoms or ease pain and any other thing the prophet (SAW) prescribed or approved as medicine.

This definition overcomes the one-sided understanding of ailment as something merely physical. Once a body functions well without pain or suffering, then the body is healthy. Yes, the body can function well, yet the person is in spiritual disease, thereby unhealthy in full sense. Medicine properly defined must pertain to healing three aspects of human life; the heart, the body and the environment. If any of these is not taken care of, then there is a lack that is an ailment in that area.

This means that there are diseases that attack the heart and there are those that attack the body. Without the slightest doubt, God the Healer Has sent down medicine for every disease that attack the heart, similarly, Has sent down a medicine for the ailment that attack the body. Whoever acquires knowledge of the medicine and applies it in the proper manner, his heart or body would get healed and regain its health by the Allah's leave. The prophet (SAW) was reported to have said; *"There is a medicine for every disease, and when the medicine is applied to the disease, it is healed by God's permission"*.

Thus, the prophetic medicine deals with the diseases of the heart or spirit and those of human physique and the treatment and cure thereof.

SPIRITUAL DISEASES:

Spirit which is the true and noble dimension of human beings is referred to in the Qur'an as soul, mind and spirit. As such, human beings have two dimension, body and soul. The two are so correlated with each other so much that one cannot tell one from the other. Therefore, humans are half spiritual and half body. The soul is transcendental. The Qur'an says: *"Of my soul, I blew into him"* and half animal. If anyone of them falls ill, body or spirit, humans undergo healing treatment. Spiritual diseases consist of two different diseases. The disease of the heart and the disease of intellect.

THE DISEASE OF THE HEART:

The ultimate purpose of all the prophetic precepts is the cure of the spiritual and heart diseases, and refine the character and soul of individuals. The prophet was reported to have said: *"I am only sent to perfect the trait of noble conducts"*

The perfection of the trait of noble conducts can only be achieved by curing the fatal diseases of the heart and spirit. The biggest of which is passion, which consist of carnal desire or lust, greed, anger, ambition, arrogance, self-conceit, pride, envy and jealous, love of this material life. These and their like must be cured if the heart and spirit are to live a healthy existence.

Some of these diseases were uprooted by the prophetic medicine, while others are moderated. Without Carnal instinct, for example, the human race would cease to survive. Therefore, the sexual instinct is vital for the continuation of the human race, but it should be satisfied within the limits set by the prophet (SAW) and should not become an obsession otherwise, it is called passion or lust. For ambition, without some degree of it, humans would not strive and the competitive spirit would come to an end; moreover, without anger, improper conduct would not be discouraged, without pride, people would lose self-respect. All these are necessary, as such, the prophetic usages do not uproot this natural propensities. Rather, his teachings as regards this traits guide that humans should become masters of their passions, and not slaves to them. They should bring their passion under the control of their reason and their moral judgement and take advantage of them through the moderate and judicious enjoyment of their traits. Unlike arrogance, aspersion, rancour, self-conceit, show-up and their like, the prophetic teachings in this respect uproot them completely.

THE DISEASES OF INTELLECT:

The disease of intellect is ignorance, which is the greatest disease in human thought. The prophetic medicine (in this regard) of this disease is al-ilm or knowledge. One of the most sophisticated and all-comprehensive remedy of ignorance to be

found in the Qur'an and Sunnah is the concept of ilm. Its significance is second only to al – Tauhid, which is the central theme and the fundamental concept of the Qur'an and Hadith. The importance of knowledge is to manifest in the fact that the Qur'an mentions the root – word and its derivatives some eight hundred (800) times. The prophet (SAW) makes the pursuit of knowledge an individual and social obligation and gives enquiry the same moral and religious significance as worship.

According to the prophet (SAW) therefore, knowledge is the most distinguishing feature of human beings which elevates them above the other animals. The fact that human nature is made up of four elements, which produces in them four attributes, namely, the beastly, the brutal, the satanic and the divine. In humans nature, there is something of the pig, the dog, the devil and the saint. The pig is the appetite which is repulsive not for its form but for its lust and its gluttony. The dog is passion which barks and bites, causing injury to others. The devil is the attribute which instigates these former two, embellishes them and bedims the sight of reason which is the divine attribute. Divine reason if properly attended to, would repel the evil by exposing its character. It would properly control appetite and the passion. But when humans fail to obey the dictates of reason, these three other attributes prevail over them and cause them ruin. The pig appetite begets shamelessness, lust, slander and such like. The dog of passion begets pride, vanity, ridicule, wrath and tyranny. These two, controlled by the satanic power, produce deceit, treachery, perfidy, meanness, etc., but if divinity in humans is uppermost the qualities of knowledge, wisdom, and ultimately the faith, will be acquired.

Thus, humans material body serves as a vehicle for the soul, and the soul is the abode for knowledge which is its fundamental

character as well as its ultimate object. If they fail to develop knowledge and to translate it into action, they are no better than a grunting pig, a snarling dog, a prowling wolf or a crafty fox.

Nevertheless, those who travel on the path to becoming knowledgeable humans and live according to the prophetic teachings, would really become complete persons. They strive to develop the gift of Allah by understanding the meaning of life and death, the reason of existence, and their responsibilities towards God Almighty and towards fellow humans. The thing deeply concerning their creation and by extension, the creation of the remaining creatures. The Qur'an is so emphatically and profusely in recommending contemplation, reflection and observation of the Qur'an, nature, and its rational working, as proofs of the existence of God. The entire nature is presented as great miracle:

“And in the earth there are signs for those who are sure and in your own selves; will you not then see”.

Knowledge therefore is nothing more than a manifestation of al-Tauhid, understanding the signs of God Almighty, being near Him, as well as building an Ummah. As such, this gigantic work requires comprehensive pursuit of knowledge. Therefore, ignorance is the deadly disease, which kills individual as well as the society in which they live. The prophet (SAW) makes seeking its remedy (i.e. knowledge) a compulsory upon every Muslim.

In a nutshell, this is what pertains to heart and intellect diseases, the next, Allah willing, will be physical diseases and what the prophet (SAW) prescribed as remedy to them all.

PHYSICAL DISEASES:

The fact that physical diseases affect individual's body, the health care begins with individuals. One thing that is proven time and again is the important role each individual plays in his own health care. That is why another prophet's responsibility has been to educate Muslims and the humanity at large, the medicines of different types of diseases. They are the ones who take care of their bodies every day. The health is their own, however, they are not allowed to make decisions about whether to have good health or not. The prophet allows no one to cause harm to himself or to others. In the Hadith we find;

“Do not inflict harm upon yourself, neither upon others”.

To promote and preserve quality health care, the prophet (SAW) teaches that people should be educated about health matters, especially those that promote health and prevent the outbreak of diseases and heal the sickness.

Prophetic medicines provide continuing and complete health care for the entire Muslim Ummah. They serve more as either promotive or preventive measures, and curative when necessary. Promoting habits of cleanliness, maintaining Muslims lifelong health all the way from care for food and water, body cleanliness, environmental sanitation and so on.

PROMOTIVE MEASURES:

The most important health care begins with a health living. As such, the role individuals play in staying healthy counts more. These measures explore the vital elements of health promotion. Included in nutrition, daily exercise of practical devotions such as; ablution, bath of ceremonial impurity, prayers, fasting and so on. Things which keep physical body healthy and strong.

PROPHETIC GUIDELINES REGARDING EATING AND DRINKING:

Food and water are indispensable for human life. God Almighty creates human life to survive on them. The Qur'an says:

"We have not created them bodies which could dispense with food nor have We created them immortals".

As a result, food and water occupy a central and significant position. Because of that the prophetic guidance concerning food and water, includes taking diet and avoiding contaminated ones, refraining from excessive eating. In the Hadith we read:

"The son of Adam never fills a vessel worse than his stomach. The son of Adam only needs few bites that would sustain him, since it becomes necessary for him to eat, therefore, one-third should be reserved for his food, another third for his drink and the last third for his breathing".

This Hadith therefore, teaches one to avoid over indulgence in eating, since the source of all sickness is indigestion caused by over-eating. That is why the prophet (SAW) directs to consume what helps the body of food and drink in order to replace the lost energy. The amount that should be consumed should not exceed what the body has lost plus what the body needs to function properly. Otherwise, the excess food will be an extravagance that brings about ailments and will not perceive health. Such is the cause when eats excessively or does not consume sufficient amounts. The Qur'an says:

“And eat and drink, but do not be extravagant”.

This teaches that self-regulation of food and drink is remarkable, which further goes to show that humans should only eat to maintain nutritive homeostasis, or put another way, the humans eat because they are hungry. The self-regulation of food and drink is significant, once the nutritive homeostasis is maintained. Moreover, the food and drink should be clean and lawful. This is because clean foods help body to resist infections. The Qur'an says:

“O believers! Eat of the food and pure things that We have provided for you and be grateful to God, if you are true worshippers of God”.

Thus, diet plays an important role in promoting good health. More so, the diet should be taken at meals, for eating food at meals helps maintain a nutritional status which enables good growth and ultimately good health.

Furthermore, anything or act that contaminates food and water, the prophet teaches, must be avoided. Normally, the things that contaminate them are; faeces and urine, contaminated water, dirty hands, and flies. As regards faeces and urine, the prophet (SAW) prohibits causing any of them near all sources of food and water. His clear prohibition of causing urine in stagnant water is one case in point.² By analogy, excretion in stagnant water would carry heavier prohibition than the urine. As such, causing urine and stool in stagnant water is dangerously polluting water, and play a dangerous role in the transmission of gastro – intestinal infections. The viruses, bacteria and cysts of protozoa usually passed in the faeces are directly infectious to human beings. A number of pathogens gain entry through the gastro – intestinal tract. Some of

them cause diarrhoeal diseases, while others pass through the intestinal tract.

The most important pattern of transmission is the passage of an ineffective material from human faeces into the mouth of those who drink water, which in medical terminology is known as 'Intestino-oral transmission'.

THE CONTAMINATED WATER:

Water may be contaminated or polluted directly by causing urine or stool in it, or indirectly by digging pit latrines near it, or causing urine and stool in the bush. The prohibition of causing urine or stool in such places indicate that all sources of water are for public use and each individual has to use them with public-spirited caution so that others could use them with the same degree of cleanliness. The fact that people dig pit latrines near wells, streams and the vast majority, especially in the rural areas, do not have pit latrines, they cause their urine and stool in the bush. The air and rain take the accumulated wastes into rivers, streams, ponds and even wells. As a result, much of the water becomes contaminated.⁴

THE DIRTY HANDS:

The third thing which contaminates water is dirty hands. Hands if not properly washed may carry and transmit diseases. There are many ways for the contamination of hands, these include:

- i) Cleaning after defecation.
- ii) Handling or touching polluted objects.
- iii) Allowing nails to grow without proper care.

The hands catch up dirt, especially through nails, which causes food contamination resulting in stomach disorders. One of the reasons why using right hand for cleaning impurity is not permitted. To avoid being infected, the prophet (SAW) teaches that hands be washed before and after eating.¹

THE FLIES:

The fourth thing is flies. The flies are the main transmitters of gastro-intestinal infections. The common house fly responsible for spreading what in medical term is known as faecal material. This is why the prophet (SAW) commands thus;

“If a fly falls into the drink of one of you, let him submerge it and then remove it, for on one of its wings is a disease and on the other is healing”.

By way of confirmation, the scientists found out that there are 87000 flies. They feed on garbage and waste organic matter where in which the vast number of bacteria, viruses and other various microbes and germs are immensely found. When flies fall on them they take what they contain of fetid organic substances filled with billions of bacteria and their antidotes and germs and their antidotes. The flies carry the germs on one of its two wings and their antidotes on the other wing; or else the flies would have long away varnished away; the flies which are represented by eighty seven thousand species and their being still remaining in billions on the surface of the earth is the most evident of proofs testifying for this.

From among the viral diseases which are carried by flies and which are consequently transferred to man's food, drink and body are common flu, measles, mumps, chickenpox, warts, yellow fever, infectious liver diseases, some cases of paralysis, some types of

cancer, and some chronic diseases of the central nervous system including multiple sclerosis. Viruses also cause many diseases which affect cattle, sheep and birds passively, such as; encephalitis, aphthous fever (foot and mouth diseases), and duck plague, which could be transferred to humans through the infected animal. Some crops, too, such as potatoes, tomatoes, bananas and sugarcane can also be destroyed by viral infections.

The most important promotive and preventive measure is al-sawm or the fasting. In the Hadith the prophet (SAW) offers advice which contains an inclusive scientific advice as well as well as rules of health. The Hadith reads thus;

“Fast and ye shall become healthy”

In this simple but full of wisdom statement, the prophet (SAW) teaches humanity scientific rules of health which neither twentieth century science nor its scientists with all their technological methods, laboratory centres, blood tests, international statistics, and clinical observations cannot teach.

It was only recently that modern science has revealed the benefits of fasting more than any material benefit in this world. According to Dr. Mahmoud al – Barshah, studies and research have proved that abstention from nutrition is a natural matter that Almighty God foreordained to living organisms, for specific and regular periods. This was to restore these organisms, strengthen them, and continue the development of their descendants.

Abstention of animals and insects from eating is a known matter. Some of them abstain for a long periods that may extend to several months and some abstain them for few days. Plants also abstain from nutrition for a period of time to sprout bright and beautiful new leaves, and to start their new spring life flowing with

life and beauty, after the calm winter sleep during which they fast. This abstention from nutrition restores a basic important and vital function of man. This is the function of adaptation to minimal nutrition.

Research and the study of this function was of the most important matters that modern science dealt with. Dr. Alexis Carell, the remnant reference of Medicine and surgery who won the Nobel prize in medicine and surgery says in his book “*Man that Mystery*” about a function:

“The frequency of meals, their regularity, and in large quantities, impede a function that had played a great role in the survival of the human species”.

This is the function of adaptation to minimal nutrition. In ancient times, people used to abstain from eating for sometimes, and when famine did not require them to do that, they would not take it upon themselves of their own free will. All religions continuously call on people to fast.

Abstention from food causes, at the beginning, the feeling of hunger and sometimes causes some nervous irritation. After this, a feeling of weakness occurs. However, along with this, much more important phenomena takes place:

“the glucose of the liver flows, and with it, the fat stored under the skin moves, as well as the muscular proteins, the glands, and the liver cells. All the organs sacrifice their specific functions for the sake of preserving the internal organs and the safety of the heart”.

Furthermore, fasting cleans and changes the tissues. It is obvious that the fasting which achieves this purpose is the fasting of Ramadan. This is why fasting in Islam is more severe than any

fasting known prior to it. This is a compensation to man for what he lost through the extinction of famines and the dominance of ease and luxury.

In the words of al – Barshah, the following are some of the pathological cases in which the fasting helps: first of all;

CORPULENCE (overweight): this is considered one of the twentieth century phenomena, for even though it is not regarded as a disease, it is a cause of many diseases. The actual cause of corpulence is the exaggerated number meals that a person eats, for it has been scientifically and statistically proven that man eats three times his daily nutrition needs and this excess food is stored in the body as fatty materials that increases the weight.

In addition, the corpulence produces an increase in the pressure upon vertebrae and the joints of the lower limbs. This is why many fat people suffer pains in their vertebrae and lower limb joints. Corpulence also causes high blood pressure and thus subjects the fat person to multiple troubles of high arterial tension. Furthermore, overweight diminishes the breathing capacity and thus weakens the lungs and the heart. Fasting, especially Ramadan, if one eats properly after it and before it (i.e. Iftar and Sahur) is considered the best cure for all this.

Secondly, fasting is considered the primary cure of the corpulent diabetic person, because it has been proved that fifteen days fasting of the starting stage of diabetes is sufficient to improve the condition of the sick person. It is also medically imperative to reduce the weight of the fat diabetic patient, for that is sufficient enough to cure him without the use of any of the known diabetes medications.

Thirdly, fasting is considered advantageous for those who suffer from high arterial tension, for it reduces their weight and diminishes the quantity of salt entering the body, which increases blood pressure. It also recently that the patients suffering from high arterial tension should reduce their daily intake of food.

The best way to do that is to observe the supererogatory fasting for at least three days every month, after that of Ramadan etc. international public health doctors consider that fasting three days every month is necessary for well being of the body in general, and for ridding it of its leftovers and poisons. This is what was meant by the prophetic usage in its its statement of fasting three days every month. These three days are called the “white days” or (Al-Ayyam Al-Bid) and are 13th -14th -15th of every month.

Fourthly, fasting is considered the best cure for chronic intestinal disorders which are accompanied by fermentation of proteins and carbohydrates, for it strengthens intestinal circulation and thus renews intestinal vitality through secreting digestive juices that eliminate their symptoms, especially if the after – fasting and pre – fasting meals are light. This is because eating food over undigested food – as when a person is not fasting, keeps the intestines in continuous labour and thus exhausts them and reduces their ability to digest food, and consequently fermentation and annoying gases are produced.

Fifthly, fasting decomposes the stones and lime sediments that may develop in the kidneys, especially if the fasting person increases his consumption of drinking water, for this leads to the washing of the urinary duct, widening it, cleaning it from its sediments, and facilitating the exit of its small stones.

Sixthly, fasting is considered one of the best therapies for curing the increase of fats such as cholesterol in the blood. These have a

dangerous effect on the heart and arteries, for they hasten the onset of arteriosclerosis and other arterial diseases, such as thrombosis, which causes the sudden death of people. Fasting, which Almighty Allah (blessed be His name) and the pure prophetic sunnah encourage, reduces these substances and protects the body from there complications.

Seventh, fasting is considered good for improving the memory, strengthening of the nervous system, and increasing the ability to concentrate. Medical doctors have stated that the effect of fasting on the nervous system is similar to a steel brush which cleans the nerves of rust, fats and harmful secretions, such as that of nervous system, at the end of the fasting period becomes a stable and strong system able to cope with the numerous difficulties and problems of life.

Eighth, fasting helps in skin diseases as well it has been proven that some of them improve through fasting and the relationship between nutrition and skin diseases is strong. The beneficial effect of fasting on skin allergies has been proven to be good: the prophet (SAW) said:

“eat the pre-fast meal (Suhur) for there are blessing in it”

The term blessing means “good” some of these blessing from medical point of view could be summarized as follows:

It was scientifically proven recently that the amount of ozone (O_3) gas is at maximum in the atmosphere at early dawn, and then decrease when the sun rises. This gas helps the nervous system and activates the mental muscular functions. Thus the prophetic sunnah counsels Muslims to wake up for the pre – fats meal (Sahur). It was also scientifically proven recently that cortisone in the blood is at its maximum early in the morning when it reaches 7-22 micrograms per 100 cubic centimetre of blood, and at its minimum in the evening when it reaches less than 7 micrograms per 100 cubic centimetre of blood. This substance increases the efficiency

of the body and activates its metabolism in general. It also increases the amount of sugar in the blood, which increases the energy of the body, and provides the brain with the fuel necessary for its functioning.

Waking up early to have the pre-fast meal shortens long sleep which is considered the cause of many kidney disorders. And last not the least, it has recently been tested that to wake up patients with high cholesterol levels early in the morning, so that their bodies will cure themselves naturally from these diseases and from other fat disorders. May Allah reward the prophet may the Benediction and Salutation of Allah The Beneficent, be upon him abundantly.

Apart from food drink, another bodily need is carnal desire, fulfilment of which also becomes necessary. In the Qur'an, wives are described as garments and tilling grounds for their husbands, as such, marriage is encouraged. In another place, in the same Qur'an intercourse outside wedlock is prohibited. In fact, all avenues leading to it are made illegal. The Qur'an says:

“And do not approach fornication and adultery, verily it is in descent and evil way”.

The greatest preventive measure against the deadly Sexual Transmitted Disease is refraining from Zina or adultery and fornication, since according to the prophet (SAW), spread of promiscuity is an opened invitation to plaque and diseases. In the Hadith, he said;

“Never does promiscuity become widespread and publicly known in certain people without them being over-taken away by plaque and

diseases that never happened to their ancestors”.

Another bodily need apart from clean food and drink, and refraining from illicit-intercourse, is exercise. For the fulfilment of this bodily need, the prophet (SAW) teaches prayers. The activities contain in prayers involve motions. The standing, prostration, kneeling and rising from them can be described as endurance training, which builds cardiovascular fitness. Therefore, in this regard, prayers represent what the physical health educationists may refer to as Aerobic exercise.

Furthermore, prayers could be said to serve as weight-bearing. That is the exercise that involves working against the forces of gravity, which builds bone density, which also helps prevent Osteoporosis and Osteomalacia and broken bones later in life. Prayers prove to be weight training which increases flexibility which develops the muscles. Particularly, because they involve those actions (i.e. kneeling, prostrating, sitting and standing etc), the tense and relax, tense and relax of the muscles. Even where someone is having hip, knee or ankle problems, prayers can be done in a sitting or lying position.

The ideal exercise program, they say, includes 20 to 60 minutes of vigorous activity three to five times a week. Nevertheless, even if each of the five daily prayers is carried out in two (2) minutes only, two times five is ten (10) minutes. 10 times 7 is equal to 70 minutes. Every Muslim carries a balanced diet exercise contained in one of the fundamental pillars of his religion. Indeed, prayers are the most important means of communication with God, at the same time a bodily exercise.

PREVENTIVE MEASURES:

These measures focus more on those elements of diseases and injury prevention. They include environmental sanitation, safety, avoiding patients with contagious diseases, such as; leprosy, and the persons residing in the land where there is an outbreak of epidemic etc.

LEPROSY AND CONTAGIOUS DISEASES:

For leprosy and other contagious diseases, Imam Muslim narrated on the authority of Jabir Bin Abdullah who said:

Among the Thaqlifs delegation was a man with leprosy, the prophet (SAW) said to them, "Go back, for we have accepted your pledge of allegiance"

In another Hadith by Imam al – Bukhari, the prophet was reported to have said: *"Do not keep looking at the person afflicted by leprosy"*.

Concerning other contagious diseases, in the two accredited compendiums that the prophet (SAW) was reported to have said: *"A healthy man should not be brought near a sick person"*

For contagious diseases, the Ulama said; there are two types of contagion. For instance, when the odour of the afflicted person is felt by those who talk and sit near to him for a long time, they might fall victim to the same disease. Such is the case with those suffering from tuberculosis, hectic fever and mange. As such, people living under those afflicted persons, like their wives, children and close associates who constantly mingled with them, are at the risk of catching similar diseases. The second type of contagion is the mild contagious diseases. With regard to persons from such mild contagious diseases, mingling with them would not affect those under them or their close associates. It was reported that the prophet (SAW) himself sat down and ate with a person suffering from mild leprosy. This shows that when such diseases

are not able to progress in the afflicted person's body, it will not be communicated to others.

THE PLAGUE OR EPIDEMIC:

Epidemic that sweeps over lands, cities, villages, houses and the people residing therein. It is usually caused by polluted water, food and the flies. In addition, the epidemic affects rats and is transmitted to humans by fleas. A number of the infections that are obtained through gastro-intestinal tract characteristically occur in epidemic form, for example diarrhoea or typhoid. The routes of transmission are polluted water, food, flies, rats and lack of hygiene. It is controlled by observing prophetic guidelines on food, drink and environmental sanitation

There are two types of epidemic, and they are:

1. Water – borne epidemic
2. Food – borne epidemic

The water – borne epidemic is typically explosive, it may affect people over a wide area who have no other source of water but the one that is polluted. The food – borne epidemic is not as explosive as water – borne outbreak. It usually has a localized effect, that is of affecting people living in the same locality. Usually houses, small villages and other people who feed communally from one source, like boarding institutions or hotels and restaurants etc., Epidemic, in some places is caused by rats that transmit their disease to people. Where such epidemic breaks, as preventive measure, the prophet (SAW) forbids the people who are living in that place, to leave it, and those who are not living therein to refrain. In the Hadith we read: *“If you hear that it (in plague) appears in a land, do not go there, and if it breaks in the land where you are residing do not depart it”*.

It is only recently that the scientist discovered the wisdom contained in this two-way prohibitions. That is a person residing in the place where it appears may be a carrier of the germs that cause epidemic. Many epidemic infect many people, but not everyone whose body is infected by the germs get sick. Furthermore, the prophet (SAW) disallows the infected people to associate with the healthy ones. This is because the healthy ones are exposed to virus that is being produced by the sick person. No sick person should be brought near a healthy person, is another prophetic instruction.

CURATIVE MEASURES:

These are the measures taken when the body catches illness. Whenever an ailment strikes, it is always through an infection from bacteria, viruses, parasites and so on. These measures when properly followed, reveal how the infections affect the body, how they are obtained, the possible ways of treating them and most importantly how to get them prevented. Being the practical aspect of healing bodily diseases, the prophet (SAW) guides and warns physicians, who are entrusted with the trust of choosing and prescribing the appropriate medicine to strictly discharge their duty with utmost care. The prophet (SAW) insists that they should possess the necessary qualifications (i.e. knowledge of medicines), otherwise they would be responsible for the eventual damage. In the Hadith we read:

“Those who practice medicine, but are not knowledgeable in the profession, are responsible for their actions”.

The Hadith teaches that proficiency in the art of healing is the necessary requirement for any doctor. If the ignorant doctor is consulted and he prescribed medicine or make an operation which

causes damage, will either compensate the affected person, or pay the blood-unit in the event of his death.

The proficiency of doctor is manifest in observing the following:

- I. First diagnose the type of disease.
- II. Search for the causes behind the disease.
- III. Examine the sick person to decide if his body is able to tend off the disease or if it is weaker than the disease. If the patient is strong enough to resist the disease, the doctor should not prescribe medicine.
- IV. Examine the patient and his mood and condition.
- V. Examine the changes in the state of the patient.
- VI. Examine the sick person's age.
- VII. Examine his habits and what he is accustomed to.
- VIII. Remember seasonal effects.
- IX. Consider the sick person's place of origin
- X. Consider the atmospheric condition at the time he caught the disease.
- XI. Search for the correct and suitable medicine.
- XII. Examine the effectiveness of the medicine and the correct dosage.
- XIII. The physician not only intends to cure the disease, but also to prevent what is even more serious, for example, if curing a certain disease leads to a more serious disease or will aggravate the existing one, the physician allows the existing illness to remain and tries to ease its pain and make it milder.
- XIV. Choosing and prescribing the simplest medicine for treating ailment. Before prescription, the physician investigates his options of food and diet. In addition, the

physician does not prescribe multiple or complex medications until he investigates his options regarding simpler medications. One of the sign of the physician's proficiency and professionalism is that he choose food that can be substituted for medicine, and simple rather than complex medications.

XV. The physician discover that the disease is incurable, or that he is not able to treat it, he should preserve his reputation by avoiding falling a prey to his greed, by confessing the truth. (i.e. either the disease is incurable or I don't know of). Where the physician finds that the disease is curable, he examines the possible of getting if totally cured, or at least making it milder. If he discovers that he cannot cure the disease or decrease its intensity, he should find the ways to stop it from being aggravated. In this case, the medication should be prescribed for that purpose. This is done with a view to increasing the body strength and stop the disease from increasing.

XVI. The physician should not revert to excreting the septic substances before they become stable and mature.

XVII. The physician should also be knowledgeable of the disease of the heart and soul and the method of treating such diseases. This is the major aspect of medicinal science, for the effect of the heart's mood and feelings is apparent in the physical body. This is why the Ulama said if the physician in addition to knowledge of the medicines of the physical diseases is also proficient in the diseases of the heart, would be the perfect doctor. Such knowledge encourages the physicians to strengthen the soul and body of the patient, by asking them to observe righteous deeds,

such as, al-dhikr, and charity and other things which would draw them nearer to God the Merciful.

THE TYPES OF MEDICINES USED BY THE PROPHET (SAW):

The prophet (SAW) used three types of medicines for different diseases. The three were consisted of Divine, Natural and a combination of both. The prophetic guide provides general information about the three types and how people can use anyone of them without a prescription. In this regard, the diseases are grouped under headings that describe their causes, symptoms, the prescribed medicine and the formula to be followed. If people are unable to understand, or if they have question about any of the medicines listed here, they should consult an Islamic physician or anybody who is knowledgeable in the discipline of prophetic medicine. As that would prevent them from treading the path of Toumar Hakim.

DIVINE TYPES OF MEDICINE:

In practice today, overwhelming reliance is placed on western types of medicine. Most people, particularly Muslims, tend to forget that the Qur'an contains the ultimate cure from all types of illness and diseases, or the prophetic du'a or verbal supplication, which no ailment can resist. There is no healing for those the Qur'an and prophetic du'a did not cure. Imam Ibn Qayyim was reported to have said:

*“May Allah never cure those whom
the Qur'an does not cure”.*

Indeed, curing disease with the Qur'an and prophetic supplication had been the tradition of the pious predecessors

(Salaf), from the companions down to the disciples of the successors and the rest of them. The well known Hadith of Ruqyah in which Fatiha was recited and cured the person stung by a scorpion, is one case in point. Furthermore, Imam Ahl-sunnah, Abu Abdullah Ahmad Ibn Hambal was informed that Imam al-Mirwazi was suffering from fever, and he wrote to him a supplication for fever which reads thus:

“In the name of Allah, the Most Gracious, the Most Beneficent. In the name of Allah, and depending of Allah. We said: O fire! Be you coolness and safety for Ibrahim1! And they wanted to harm him, but We made them the worst losers.

Oh Allah the lord of Gabriel, Michael and Israfil, cure this person with supplication by your power, strength and might. O lord of the creation. Ameen.

NOSE BLEEDING MEDICINE: Imam Ibn Qayyim is quoted to have said: Ibn Taymiyyah used to write the following Ayah on his forehead: And it was said: O earth! Swallow up your water, and O sky! Withhold. And the water was made to subside and the degree (of Allah) was fulfilled (). In addition, he heard Ibn Taymiyyah saying: “I wrote this Ayah for several people and they were cured”. Nevertheless, he said: It is not allowed to write it with the blood of the nosebleed as some Ignorant people do, because blood is impure and one is not allowed to use it to write Allah’s speech.

TOOTHACHE MEDICINE: One should write on the cheek that is closer to the pain, In the name of Allah, Most Gracious, Most Merciful. It is He Who has created for you (faculties of hearing, sighting, and understanding (hearts) little thanks you give.

And to Him belongs whatsoever exists in the Night and the day, and He is the All- Hearing, the All-Knowing.

MEDICINE FOR EVERY ILLNESS: In the Sahihain, the prophet (SAW) used to visit some members of his family (who get ill) and would touch them with his right hand, saying: “O Allah! The lord of mankind! Do away with the complaint and bring about the cure. You Alone bring the cure, and there is no cure except your cure, a cure that does not leave illness.

If these teachings and their like will be followed with absolute faith in Allah, and the information is divulged widely, there will be a significant reduction in the number of patients and the people who will be going to physicians for consultation.

NATURAL TYPES OF MEDICINE:

The next category of medicine used by the prophet was natural. This consists of water, sand, fruits, meat and other natural substances, therapeutic values of which was made known to him through inspiration. Some ailments that the prophetic medicines of this type effectively cure, include the following:

STOMACH ACIDITY, INDIGESTION AND RHEUMATISM MEDICINE:

The most blessed water on earth is that of the well of Zamzam. It is a nourishment for the hungry and a cure for the diseased.

The water of the well of Zamzam is good for the purpose for which it is drunk. In this regard, Ibn Abbas (R.A) was reported to have said: “If you drink it for treatment, Allah will heal you; and if you drink it to quench your thirst, Allah will surely quench your thirst and it was (produced by) the striking of Gabriel and the nourishment spring from Allah to Isma’il”.

This teaches that Zamzam will surely suffice whoever drinks it for whatever cause he drinks it, be it a matter of the life of this world or the hereafter. Imam Ibn Qayyim was reported to have said: “I together with some other people have witnessed of the marvels of drinking Zamzam water regarding seeking recovery from various ailments, as I was indeed cured from several diseases by the leave of Allah”.

SLEEPLESSNESS AND SEVERE HEADACHE MEDICINE:

The prophet (SAW) was reported to have said: *“Verily, the best of that with which you treated is cupping”*

Cupping is a method of medical treatment which depends on creating a vacuum on the six parts, or on certain predetermined zones of the body. Special suction cups, with the two openings are used, as air is sucked from one opening, and the other is placed on the determined zone. It is the state at which skin surface to which the cup is attached gets congested with blood through the negative pressure. Then very small incisions are made in the outer surface of this congested skin, the length of each of which should not exceed 3 centimetres and not more than 1.5mm in depth and blood is sucked through these incision.

Cupping is used to cure diseases such as (severe headache, which leads to an increase in blood pressure), addiction, sleeplessness and different bodily pains, for the role it plays as a sedative and tranquilizer, in addition to its effective role in the system of immunity. Moreover, the cupping is used to remedy the severe headache which leads to an increase in blood pressure, unilateral and migraine, severe twisted joints and generally speaking, in cases of severe pain, all of which were proved through medical research.

Normally, cupping is made on odd days of the second half of the lunar month, such as the seventeenth, nineteenth and twenty-first of the lunar month.

“When it is very hot, cup yourselves for fear of septic blood that may kill one of you”

ANTIDIARRHEAL AND DYSENTRY MEDICINE:

According to the prophet (SAW) Rumanah or pomegranate is used to cure these diseases. This is because of their effective role as anti-virus and anti-parasite astringent factor. Imam Ahmad narrated on the authority of Rabi'ah Bint Iyad who said: *“I heard Ali may Allah be please with him saying that; Eat the pomegranate with its soft pulp for it protects the stomach”*². It is scientifically proved that Rumanah or pomegranate and its outer cortex have been most efficient in healing diarrhoea and dysentery. In addition, when it is soaked, boiled and cooled, it is chiefly used as sedative for stomach-ache. Its pulp and cortex after being dried, are used to cure increase in acidity of stomach and what it may cause ulcer in the digestive system.

HEMORRHOIDS AND GOUT MEDICINE:

These diseases and many others are cured with the fig fruit. Fig or al-Teen in Arabic is very useful in healing haemorrhoids, gout and chronic constipation. God the Greatest Healer created in this fruit chemicals that can be used in the formation of many important medical compounds. They contain ingredients that help in curing the itching, burning and discomfort associated with haemorrhoids. In addition, the fig fruits lower the body's concentration of uric acid which is the substance that is responsible for gout. The prophet (SAW) was reported to have said:

"If I could say that a fruit was sent down from heaven, it would be fig, as the fruit in Heaven has no stones. Eat it, as it cures haemorrhoids and it is useful for treating gout".

It has been discovered by the medical experts that fig efficacy in healing haemorrhoid is because it contains laxative and astringent material. And in being an effective medicine for gout, because it has the ability to dissolve uric acid salt resulting from excessive consumption of red meat, which leads to a disturbance in the metabolism of nucleic acids, which ends up with causing gout.⁴ Furthermore, as a cure for constipation, the fig contains a special digestive enzyme called "Ficin" which has been proven to play such a vital role in food digestion. Besides, it contains some substances which are used very effectively in curing some very advanced cancer.

This is the secret behind the Qur'anic revelation which reads:
"By the Fig and by the Olive".

FEVER MEDICINE:

Normal temperature varies with age, activity and the time of day. Everyone's temperature is highest between late afternoon and early evening, and the lowest between midnight and early morning. Ordinarily, a rectal reading of 10 degrees Fahrenheit (37.8 degrees Celsius) or less, or an oral reading of 99 degrees Fahrenheit (37.2 degrees Celsius) or less is considered normal, while higher readings indicate fever. The bacterial or viral infection causes the rise of body temperature. Whenever the temperature rises to 41 degrees Celsius, it must be arrested and brought back to normal. This, would enable the brain and the body to return to their usual position/state. It is this rise which is referred to as fever or al – humma. Imam al - Bukhari in his compendium of Sahih narrated a Hadith on the authority of Sayyidah A'isha (R.A) who said, that the prophet (SAW) said: *"Fever is a breeze from Hell, so cool it down with water"*

By itself, fever is not an illness. In fact, usually it is a positive sign that the body is fighting infection. Fever stimulates certain defences, such as the white blood cells, which attack and destroy invading bacteria. However, the fever can make one uncomfortable. It increases the need for fluids and makes heart rate and breathing faster. Fever most commonly accompanies respiratory illness such as pneumonia, ear infection, flu, severe cold and sore throats. It may also occur with infections of the bowel or urinary tract, and with a wide variety of viral diseases.

COUGHING AND VOMITING MEDICINE: The effective medicine for cough and vomit according to the prophetic medicine is Qasb as-Sukkar or sugarcane.

Sugarcane helps significantly in relieving coughing and inducing vomiting. The best formula for using sugarcane goes thus; when sugarcane is broiled, it cures the roughness in the throat and chest, and when it is boiled and skimmed, it quenches the thirst, suppresses relieves severe coughing. Sugarcane is good for stomach when taken after every meal. Affan Ibn Muslim al-Saggar was reported to have said: *“He who sucks on sugarcane after eating his meal, will find comfort for the rest of the day”*.

In addition, sugarcane is diuretic and stimulate semen production. Patients who suffer from bile are not allowed to use sugarcane. Its side effects could be controlled and pacified by bitter orange, juice and peeled pomegranate.

CONSTIPATION AND APPENDICE MEDICINE:

Constipation is caused by a low-fibre diet and stress which affect the consistency of bowel movements. It can be remedied by making a simple change in diet. The best way of curing it is to take roasted rabbit meat. Rabbit meat produces urine, and as a diuretic, it dissolves stone. Moreover, eating rabbit's head cures convulsive shaking. It is reported in the two authentic and accredited books (sahihain), by Anas who said:

“We hunted a rabbit after pursuing it for a while. Afterwards, Abu Talha sent its hip to the messenger of Allah (SAW), who accepted it”

CHOLESTEROL AND CANCER MEDICINE:

Despite its important role in the cerebrum, the spinal cord, liver and most significantly in the formation of vitamin E and many hormones, taking excessive amount of fat meat, causes the

excessive increase of the cholesterol and leads to a blood saturation to a degree which may result in the blockage of arteries. Imam al-Darimi recorded in his Sunan on the

authority of Abu Asyd al-Ansari who said the prophet (SAW) was reported to have said: *“Eat the (olive) and therewith it you may anoint your bodies, for it is blessed or it is taken from a blessed tree”*. It has been recently discovered that the Olive oil is very rich in the oleic acids. It is used in curing many diseases such as the stomach cancer, colon, womb and skin cancers, blood pressure, diabetes, in addition to preventing oxidation of cholesterol. Consuming Olive oil regularly therefore, leads to decrease in the collective level of cholesterol in the blood in general and in the ratio of the harmful types of cholesterol in particular.

ANTI-FUNGAL MEDICINE:

al-Siwak – Apart from the positive effects which the olive has for health, the chewing –stick taken from its tree is one among the best Siwak. It was reported from Mu’ah Ibn Jabal (R.A) who said: I heard the prophet (SAW) saying:

“The best Siwak is that which is taken from the olive, from the blessed tree, it is my Siwak and the Siwak of the prophets who preceded me”.

DOG BITE AND NAUSEAS MEDICINE:

Cucumber or wild cucumber is the most effective medicine for Dog bites and pleauritic ailment. It is cool and wet fruit which does not digest easily. It is always eaten along with other fruits which do not digest easily. It is always eaten along with other fruits such as dates, raisins or honey, which will make it milder.

This is because its coolness sometimes hurts some parts of the stomach.

In the prophetic usage, it is narrated on the authority of Abdullah Bin Ja'afar who said: the prophet (SAW) used to eat wild cucumber with ripe dates. Cucumber helps in relieving nausea and prostrate pain, while its seeds are diuretic. When its leaves are used as a bandage, they cure dog bites.

SNAKE BITE MEDICINE:

The author of the Qanoon said; *“the pith of the citron peels (utrujjah) benefit in cases of snake bite, while the peels are used in bandages for snake bite”*.

The prophet (SAW) said: *“The example of the believer who reads Qur'an is the example of the utrujj, its taste is delicious and its scent is pleasant.*

LEPROSY MEDICINE:

The ashes of the peals (of citron) are used as an effective ailment against leprosy.

BUTTOCKS AND VAGINA INFECTIONS MEDICINE:

When myrtle (Raihan) is boiled in water, it helps against infections on the buttocks and vagina and will heal weak joints and broken bones, when it is poured on the wound.

The prophet was reported to have said: *“Whoever is presented with Raihan should not refuse it, because it is easy to wear and has a good scent”*.

HEART ATTACK MEDICINE:

When a blood clot blocks the flow of blood in the coronary arteries to the heart, the heart attack occurs. Such a blockage will not allow the oxygen to get the cells in the area of the heart that is cut off. As a result, the heart muscles in that area dies, causing pain. In every medical knowledge, the cause of heart attack is an emergence one. Olive oil in this case is very important in curing this disease.

KIDNEY FAILURE MEDICINE: The body cannot perform its normal function without kidney. Its failure leads toxic wastes to build up in the blood. The levels of blood salt, especially sodium and potassium cannot be regulated by the body when kidneys fail work. When the toxic wastes are not purified/cleansed, a fluid and chemical imbalance occur. As such, fluid retention, swelling, irregular heartbeat, heart failure and death can result. According to the prophetic medicine, dates are used in curing the kidney failure and many other diseases. In the Qur'an Allah says: *“And from the fruits of date-palms and grape, you derive strong drink (before prohibition) and goodly provision. Verily, there in is indeed a sign for people who have understanding”*.

Dates contain carbohydrates; such as sugar and fibres and proteins from among which is the lipid; in addition it is to a number of the important minerals and vitamins which are necessary for the human life. The chemical analysis proved that the dry dates include 70.6% of the carbohydrates (majority of which are of the multiple sugar, starch and cellulose) and 2.5% of proteins (among which are the amino acids, oils and fats), 1.32% of the minerals which include the compounds of each of the

calcium, phosphorus, magnesium, potassium, copper, manganese, cobalt, zinc and other compound. In addition, date includes about 10% of fibres besides having vitamins; such as vitamin A, B1,b2 and C.

As a result, it prevents kidney failure, it is a good nourishing for the neurons and anti- poison. It is also beneficial in the cases of black bile gout, haemorrhoids, natural laxative and a substance it is which helps improve hearing and sight and a stimulant for the attributes which help facilitate the normal delivery (giving birth). The case of Sayyidah Maryam is one in point. In the Qur'an Allah says:

“And shake the trunk of date-palm towards you, it will let fall fresh-ripe dates upon you. So eat and drink and be glad”

DIABETES MEDICINE:

Diabetes occurs when specialized cells of the pancreas do not produce adequate amounts of the hormones insulin allows the body to process, protein, fat, and sugar in the blood to make body tissues, produce energy, and store energy. In people without diabetes, insulin is produced as required to process food.

However, in people with diabetes, in whose body the supply of insulin is reduced or is not supplied at all, the nutrients cannot be used by the cells but remain in the blood. Without a source of energy, the cells become starving. In its effort to nourish the

starving cells, the liver makes sugar from the body stores of protein and fat. As such, weight loss and weakness result, because muscle is being broken down and is not getting the energy it requires.

The body tries to flush out the excess circulating in the blood by making more urine. Thus, the diabetes patients urinate more frequently and become thirsty as they try to replace the lost fluid. Without insulin, fat break down to form ketones, which are also excreted in the urine.

By the way of precise and accurate deduction and investigation, it was evidently discovered that being accustomed to consuming olive oil is to a high degree protects from diseases; such as diabetes, blood pressure, cancers of stomach, colon, breast, womb and the rest of them. In the Qur'an Allah says: *"And in a tree (Olive) that*

*brings forth from mount Sinai, that grows oil, and (it is a) relish for the eaters*²

HIV/AIDS AND GONORRHOEA MEDICINE:

These diseases are transmitted by illicit- intercourse (Zina) and homosexual relationships. Gonorrhoea is also transmitted by sitting on contaminated toilet seats, or using towels, sponges, and other thing that may carry living germs by touching or direct contact. The best medicine for these deadly diseases is al-Habbat al-Sawda'a. It has recently been discovered that al-Habbat al-

Sauda'a or black cumin is a successful medicine for many so-called "incurable diseases". A capsules have been made by doctors, which contain garlic, black cumin seed mixed with honey, is now making remarkable increase in the number of cells responsible for defending the body (known by cells T4-T8) after taking its regular doses. Even in USA, this medicine is allowed to be used because of its effectiveness³. The prophet (SAW) was reported to have said that; *"In the black cumin seed, there is a healing for every illness except death"*.

HYDROCEPHALUS AND FLUIDS MEDICINE:

Camel's milk is used to treat the swollen heads of children. Moreover, the camel's milk is used to disperse fluids, which have collected in cases of swelling. In addition, camel's urine is useful in treating those who found the climate unfavourable. Anas narrated that:

“Some people from Ukl came to the prophet (SAW) and accepted Islam, but the climate of Madina did not suit them. He told them to go to the Zakah camels and drink their milk and urine. They did that and became well...”

CONCLUSION:

Some of the prophetic medicines we intend to include in this paper to help better understanding of the prophetic texts of medicine are included here. Medical scientist prove the medicinal efficacy and wisdom contained in this texts, that is by way of discovering their healing significance. As such, Muslims should know that although there are so many leaps and bound nowadays, in the development of medicines, the prophetic medicines remain the most effective and beneficial in every case. In many cases where there are modern remedies and antibiotics, they do not work, so physicians resort to prophetic medicinal prescription. For example, the case of fever or high temperature, anti-fever medicines do not work, till cold water is used to reduce the fever and bring the body back to its normal state. This is enough as evidence that the glorious prophet may the benediction and salutation of Allah be upon him is the greatest physician of both heart and body for all times.

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