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Tibb -e- Nabawi (Prophetic Medicine) and its Relevance to modern medical science

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***Tibb -e- Nabawi* (Prophetic Medicine) and its Relevance to modern medical science**

Abstract

Along with their origin, medicines are one of the indivisible components of humans. There are many different sorts of medications, including Unani (Greek), English, Homeopathic, and Prophetic medications. In contrast to these, prophetic medicine (Tibb al-Nabawi) offers advice on patients' physical and mental health that is appropriate in all situations. It encompasses spiritual healing, medicinal therapies, preventative medicine, and curative medicine. Muslims have employed this medication for many years, and there are a huge number of descriptions of the Prophet that have been accomplished. Prophetic medicine is unique from other types of medicine in that it draws its directions for health and healing straight from the Quran and the Prophet's teachings. It also incorporates herbal knowledge, good cleanliness, and other practices. There is no deduction from the ideologies of the Prophet(s), and many contemporary scientists have acknowledged them and presented them to the contemporary community. Moreover, countless studies are currently being conducted using prophetic medicines, and prophetic medical traditions exhort people to not only follow his thoughts and teachings but to also look for cures. Numerous studies have demonstrated the value of prophetic treatment and direction for contemporary health issues. Universities and colleges provide courses in spiritual psychology and other related fields that have demonstrated the value of prophetic methods of therapy.

If the literature on Prophetic medicines is explored properly it will play a great role in modern medicine but unfortunately, the massive bodies of the modern community are unaware, even the Muslims are unaware of the properties of Prophetic medicine here uprising some questions in the subject line is Prophetic medicine applicable to heal modern diseases and medical problems and this study will explain its features and significance in modern life and try to shed awareness among the masses.

Key Words: Medicine, Prophet's Medicine, Spiritual Psychology, Quran, Hadith

Introduction

When we talk about Islamic medicine our mind usually goes to prophetic medicine but Islamic medicine is not confined to prophetic medicine. It is a very sophisticated, effective, and practical science. In the present Era, it is known as Unani Medicine.

Prophetic Medicine differs significantly from Unani medicine, because prophetic medicine is the divine medicine that was completed with the advent of Prophet Mohammad (S.A.W.), and it was given to him by revelation from Allah. It is a complete code of medicine for both physical fitness and heart (soul) health, nevertheless, prophetic medicine has received little attention in recent centuries, and the majority of people do not view it as an alternative.

Allah (SWT) sent the prophet Mohammad as a blessing for all the creatures of the universe. At a time, his teachings serve as a spiritual guide for every individual and nation in the world, on the other hand, it also contains the perfect medicine for our physical and internal ailments. Several Ahadith mention how a particular prophet was to address the people's ailments. It is mentioned in Bukhari, Muslim, and other sources that people used to attend the meetings of the prophet daily to share their afflictions, and he would encourage them to seek medical attention first, then pray to heal themselves of their illnesses. He would recommend certain medications in several situations.

The Prophet (PBUH) has proclaimed: "Allah does not create any disease but also create with it the cure except old age"¹

Likewise, He also said, "for every disease, there is a remedy, and when the remedy is made apparent, then the disease is cured by the permission of Allah Almighty"²

On the other place, a hadith reported by Imam Bukhari also where the Prophet (PBUH) said, "there is no disease that Allah has created, except that he also created its treatment"³

This information mentions the necessity of the acknowledgment of Muslims and accepting them as trust in Allah and his prophet and they must reveal the truths and expand the theories of the prophet and the method applied by him. The Prophet (PBUH) recommended several foods as remedies for different types of diseases like HONEY, OLIVE,

BEETROOT, WATERMELON, CUCUMBER, DATES, FIG, VINEGAR, BLACK SEEDS, ONION, AND GARLIC, etc. Here I mentioned some of them. There are several ahadith available on each of them. like about Honey.

The Prophet (PBUH) said, "Make use of two cures: honey and the Quran"⁴

"Honey is the remedy for every illness and the Quran is the Remedy for all illnesses. I recommend both The Quran and Honey."

The above hadith combines both divine and material cures i.e., medicine for bodily ailments and medicine for the soul. The Prophet (PBUH) always granted much value to purity and cleanliness and emphasized the believers to be healthy and guided the people in every small thing like how to eat, how to drink, how to urinate, how to take bath, and many more.

He is noted to have said, "cleanliness is half of faith"⁵.

Prophetic medicine and its concern for people's health is a message and also a guide to people that how to be fit and healthy physically, mentally, and spiritually. Prophet has stressed to strive hard for finding new remedies to diseases and it should be kept in mind that disease must be treated with medicine and then the result should rest on Allah. So, Prophet always gave much emphasis on medicines and allowed people to find new remedies.

Importance of Health in the light of Islamic scriptures

Islam is a religion whose primary goal is to create a perfect society on earth where all of its members can develop their physical, mental, and spiritual faculties to the fullest extent possible. This is because good physical and mental health is essential for comprehending life's purpose and one's relationship to the creator and other people.⁶

Prophet Ahadith also gave too much importance to health that he described it as one of the greatest blessings of Allah. The Prophet (PBUH) made a point of emphasizing the value of physical health in certain extremely well-known traditions that are mentioned here.

He said, "Indeed your body has a right over you"⁷

And another place, He said, "A strong believer is better and more lovable to Allah than the feeble believer"⁸

Although here it is not possible to discuss all the medical sayings of the prophet Mohammad (PBUH) numbering about 400 according to Al Suyuti. Quranic verses are also available on the medical subject, but it is true Quran is not a medical book, although it can be understudied through referring, experiencing, and practicing.

Relevance of Prophetic medicine in Modern Life

Greece served as the epicenter of modernity during the 9th century when the Arabs first opened the gates to cultural civilization and education. The works of Hippocrates and Galen, who are often credited as the founders of modern medicine, had waned by the time the West reclaimed them through Arabic translations. Western medications were founded on the writings of Ibn Sina and Al-Razi. They used the contributions made by Muslims, but later, they behaved negligently. As a consequence of their ignorance, modern medicine decreased the followers of prophetic medicine, and this is the reason why very few are aware of its significance. The studies reveal the morality and faithfulness of prophetic medicine.

The author of Tibb al Nabvi, Ibn Qayyim al-Jauzi said, "Prophetic medicine is certain, there is no scope of doubt, it is from divine originated through the revelation".⁹

Most of the treatments of the prophet have been scientifically proven. It will be found that most of the medicine indicated in prophetic medicine become the reason for the research, and several books highlight its benefits. These show the significance of prophetic medicine in modern life.

Scientifically proved Prophetic Methods

Numerous studies have established the superiority of Prophetic treatments above all conventional medical treatments. It is reported in various journals including the National Journal of Cancer Institute that Olive oil has the properties to fight against breast cancer. Many kinds of research around the globe have proved that there is not a single medicine that was suggested by The Prophet (PBUH) which contradicts modern medical science, rather several medicines suggested by the Prophet are highly recommended by modern medical professionals to fight various diseases.¹⁰

Here is given some important diseases spread across the world in the modern era and their remedy referred to by the prophet which is scientifically proven. Even now every guidance for ailments has been studied by scholars around the world.

Healing Cancer

Cancer is one of the serious diseases which occurred rapidly in the last few years, modern physicians are doing many efforts to find a remedy and people are enfacing several problems with this ailment. The Prophet (PBUH) has determined to treat it and it becomes more reliable through experiments and it strengthens the reliance of common people on prophetic medicine.

It is reported that most cancer patients do not die of cancer but they die of chemo. Recent researches show that Prophetic chemo does not cause any harmful side effect.¹¹ A famous medicine company in Germany sells garlic mixed capsules known as “Allasetine”, and it is this garlic about which The Prophet (PBUH) has said that although onion and garlic have a bad smell, they are cures for 70 different ailments that cannot be cured by any other means.

There have some ways to cure cancer

- 1) Heal with Dua
- 2) Heal with black seeds
- 3) Heal with onion juice

Prophetic theory of Diabetes

It is reported that approximately 387 million people live affected by the disease of diabetes globally and it is projected to double by 2030.

According to the study by Bassem Sheikh “the role of Prophetic medicine in the management of diabetes”. He determines the Prophetic medicine’s benefit on the management of diabetes demonstrated with considerable evidence from experimental studies and he described 13 healing methods including black cumin, lemon grass, olive, miswak, honey, dates, barley, Zamzam, water, vinegar, cistus, fig, truffle and cucurbitaceous.¹²

Modern instruction in Prophetic Medicine

Allah's Messenger said, "the stomach is the central basin of the body, and veins are connected to it".

A balanced diet is very essential to keep the body healthy. Allah said in the Holy Quran, "Eat and drink: but waste not by excess, for god loveth not the wasters."¹³

Allah Almighty has summarized all of the medicine in this half verse. It was Harith ibn kaladha, a renowned physician during the time of the Umayyads who said that eating a lot without leaving a chance for digestion is the main cause of death.

Los Angeles Times reporter used to recommend "Al-Talbina" for the sick and for such a person who is suffering from sorrow and grief, she said that she heard Allah's apostle sayings regarding Al-Talbina.

Prophet said, " Al- Talbina gives rest to the heart of the patient and makes it active and relieves some sorrows and grieves."¹⁴

She reported, within the coming years, researchers want to combine their growing understanding of human genetics with the equally intriguing potential of using food as medicine to prevent and treat illness.

According to Douglas Guthrie (history of medicine, 1945), the advancements made by Muslims in the field of medical science during the classical period of Islam are clear-cut evidence of the impact of prophetic traditions about medicines and diseases.

Conclusion

Exactly Prophetic medicine is the knowledge base that was explained during the Prophet's time with his collection of traditions (Sunnah), which are instructions on physical and mental health that are universally applicable to patients under all times and circumstances. However, a large portion of the modern community is unaware of the value of Prophetic medicine and they are hanging on to it with the negative approach that it is unsatisfactory in modern to treat newly raised diseases.

As a result, by the mercy of Allah, I tried with great effort to explain the significance of Prophetic medicine through the study of various books and articles. I wish my work will assist to reveal the capability of Prophetic medicine in modern life.

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