

Forty Prophetic
TRADITIONS

Regarding

MEDICAL RECOMMENDATIONS



الأربعون النبوية في الوصايا الطبية

All Praises are due to Allah. May the Messenger of Allah's name be mentioned in the heavens and may peace and blessings be sent upon him, his family, his companions, and all of those who follow him. As to what proceeds:

This is the fifth book of the series of Forty Hadith compilations regarding different topics and sciences. This compilation is centered around that prophet traditions that mention some medical remedies and recommendations, which are numerous and somewhat popular. I selected forty of these prophetic traditions (ahadith) following the example of the scholars of the past who compiled books containing forty 'ahadith' summarizing many lengthy books and compilation. The explanation of these narrations will be completed in the near future with their legislative proofs and evidences from Islamic sources, as well as medical sources. With certainty that many of the scientific miracles of the Prophetic Sunnah become clear and apparent to everyone.

I ask Allah the Most High to cure everyone from their hardships and sicknesses in their 'deen', their worldly affairs, and their bodies and benefit them in their knowledge and actions.

With Allah is all success, and from Him is Guidance and Direction.

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

1-For Every Ailment there is a Cure

عَنْ أَبِي هُرَيْرَةَ رَضِيَ اللَّهُ عَنْهُ، عَنِ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ: "مَا أَنْزَلَ اللَّهُ دَاءً إِلَّا أَنْزَلَ لَهُ شِفَاءً، عِلْمَهُ مَنْ عِلِمَهُ، وَجَهْلَهُ مَنْ جَهْلَهُ."

Abu Hurairah relates from the Prophet Muhammad that he said: **"Allah does not send down any disease, except that He also sends down a cure for it. The one who knows the cure knows, the one who is ignorant of the cure, doesn't know."**¹

2-Prevention is better than a Cure

عَنْ الْمُقْدَامِ بْنِ مَعْدِي كَرِبٍ رَضِيَ اللَّهُ عَنْهُ، أَنَّ النَّبِيَّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ: "مَا مَلَأَ أَدَمِيَّ وَعَاءً شَرًّا مِنْ بَطْنٍ، بِحَسَبِ ابْنِ آدَمَ لُقَيْمَاتٍ يُقَمِّنَ صُلْبَهُ، فَإِنْ كَانَ لَا بُدَّ فَاعِلًا فَتَلَّتْ لَطْعَامِهِ، وَتَلَّتْ لَشْرَابِهِ، وَتَلَّتْ لِنَفْسِهِ."

Miqdam bin Madikarib relates from the Prophet Muhammad that he said: **"The human being does not fill any vessel worse than his stomach. It is sufficient for him to eat a few mouthfuls, to straighten his back. If he must eat more than that, then let him only fill his stomach with one third with food, one third with drink, and one third with air."**²

¹ Saheehul Bukhari #5678, extra wording found in the Musnad of Imam Ahmed #3922 and others

² Imam Ahmed transmitted it in his Musnad #17186, Tirmidhi in his Jami' #2380, An Nisaa'ee in Sunan Al Kubaraa #6769, and Ibn Majah in his Sunan #3349

3-Avoiding Causes of Sickness

عن أَبِي هُرَيْرَةَ رَضِيَ اللَّهُ عَنْهُ، قَالَ: قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ: "لَا يُورَدَنَّ مُمْرِضٌ عَلَى مُصِحِّ."³

Abu Hurairah relates from the Prophet Muhammad that said: **"The sick should not be near the healthy."**³

4-The Prohibition of Medical Treatment without Knowledge

عن عمرو بن شعيبٍ عن أبيه عن جدّه، عن النبيّ صلى الله عليه وسلم، قال: "من تطبّب ولا يعلم منه طبٌّ فهو ضامنٌ."⁴

Amru ibn Shu'ayb related from his father, that his grandfather heard the Prophet Muhammad say: **"Whoever gives medical treatment, without prior knowledge of medicine, then he is responsible."**⁴

5-Avoiding Impermissible Types of Treatments

عن أبي الدرداءٍ عن النبيّ صلى الله عليه وسلم، قال: "تَدَاوَوْا وَلَا تَدَاوَوْا بِحَرَامٍ."⁵
 Abu Ad- Dar'daa relates that the Prophet Muhammad said: **"Seek medical treatment, but do not use the impermissible types of treatments."**⁵

³ Saheehul Bukhari #5771, and Saheeh Muslim #2221

⁴ Sunan Abee Dawud #4586, An Nisa'ee in his Sunan 8/52,53, Ibn Majah in his Sunan #3466, and Darqutni in his Sunan 3/195, 4/215-216, and Al Hakim in his Mustadrak 4/212

⁵ Sunan Abee Dawud #3874, and ibnul Mulaqin in 'Tuhfatul Muhtaj 2/9 and he said: "it's chain of narration is saheeh"

6-Treatment Using 'Ruqaa'⁶

عَنْ أَبِي سَعِيدٍ الْخَدْرِيِّ رَضِيَ اللَّهُ عَنْهُ، أَنَّ جِبْرِيْلَ أَتَى النَّبِيَّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ، فَقَالَ: «يَا مُحَمَّدُ اسْتَكَيْتَ؟ فَقَالَ: نَعَمْ، قَالَ: " بِاسْمِ اللَّهِ أَرْقِيكَ، مِنْ كُلِّ شَيْءٍ يُؤْذِيكَ، مِنْ شَرِّ كُلِّ نَفْسٍ أَوْ عَيْنٍ حَاسِدٍ، اللَّهُ يَشْفِيكَ، بِاسْمِ اللَّهِ أَرْقِيكَ. "»

Abu Sa'eed Al Khudree reported that the Angel Jibreel came to the Prophet Muhammad and said to him: "O Muhammad! Have you fallen ill? The Prophet replied: 'Yes'. Thereupon, Jibreel said: "bismillah arkeek, min kulli shay'in yu'theek, min sharri kulli nafsin ow aynin hasidin, Allah yashfeek bismillahi arqeeq." (In the name of Allah I recite a curing/protective supplication upon you from everything that may harm you, from every type of evil being and from every envious eye. Allah will cure you, and I invoke Allah's name upon you.)"⁷

7-The Sick Reciting 'Ruqyah' upon oneself

عَنْ عَثْمَانَ بْنِ أَبِي الْعَاصِ النَّخَعِيِّ رَضِيَ اللَّهُ عَنْهُ، أَنَّهُ شَكَاَ إِلَى رَسُولِ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ وَجَعًا يَجِدُهُ فِي جَسَدِهِ مُنْذُ أُسْلِمَ، فَقَالَ لَهُ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ: "ضَعْ يَدَكَ عَلَى الَّذِي تَأَلَّمُ مِنْ جَسَدِكَ، وَقُلْ بِاسْمِ اللَّهِ ثَلَاثًا، وَقُلْ سَبْعَ مَرَّاتٍ أَعُوذُ بِاللَّهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا أَجِدُ وَأَخَافِرُ."

Uthman ibn Abee Al Aas Ath Thaqafee had some pain in his body since he accepted Islam, and complained about it to the Messenger of Allah. The Messenger of Allah told him: "Place your hand on the place where you feel pain in your body and say 'Bismillah' (in the name of Allah) three times, and say seven times 'A'oodthu billahi wa qudratihi min sharri ma ajidu wa uhaadthiru' (I seek refuge in Allah and with His Power from the evil/pain that I find and that I fear)."⁸

⁶ Different types of supplications, duas, and remembrance recited on the sick or ill person to acquire recovery for the patient.

⁷ Saheeh Muslim #2186

⁸ Saheeh Muslim #2202

8-Treatment by Reciting Surah Al Fatihah

عن أبي سعيد الخدري رضي الله عنه، قال: إِنَّ نَاسًا مِنْ أَصْحَابِ رَسُولِ اللَّهِ كَانُوا فِي سَفَرٍ، فَمَرُّوا بِحَيٍّ مِنْ أَحْيَاءِ الْعَرَبِ، فَاسْتَضَافُوهُمْ، فَأَبَوْا أَنْ يُضَيِّفُوهُمْ، فَعَرَضَ لِإِنْسَانٍ مِنْهُمْ فِي عَقْلِهِ -أَوْ لِدَعْ- قَالَ: فَقَالُوا لِأَصْحَابِ رَسُولِ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ: هَلْ فِيكُمْ مِنْ رَاقٍ؟ فَقَالَ رَجُلٌ مِنْهُمْ: نَعَمْ، فَأَتَى صَاحِبَهُمْ، فَرَفَّاهُ بِفَاتِحَةِ الْكِتَابِ فَبِرَاءً، فَأَعْطِي قَطِيعًا مِنْ غَنَمٍ، فَأَبَى أَنْ يَقْبَلَ، حَتَّى أَتَى النَّبِيَّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ، فَذَكَرَ ذَلِكَ لَهُ، فَقَالَ: يَا رَسُولَ اللَّهِ، وَالَّذِي بَعَثَكَ بِالْحَقِّ، مَا رَقَيْتُهُ إِلَّا بِفَاتِحَةِ الْكِتَابِ، قَالَ: فَضَحِكَ، وَقَالَ: "مَا يُدْرِيكَ أَنَّهَا رُقِيَّةٌ؟"، ثُمَّ قَالَ: "خُذُوا، وَاصْرُبُوا لِي بِسْمِهِمْ مَعَكُمْ."

Abu Sa'eed Al Khudree related that some of the companions of Allah's Messenger were travelling and they passed by one of the Bedouin communities and requested to be hosted by them. The Bedouins refused to host them. There was an individual within the Bedouin camp that was either mentally disturbed or had been bitten by a snake or scorpion. So the chief of the tribe asked the companions: 'Is there anyone amongst you who performs 'ruqyah'? One of the companions replied: "Yes". So they brought the sick man and one of the companions recited Surah Al Fatihah upon him, and he was immediately cured. In return, the companion was given a herd of sheep, but had refused to accept it from the Bedouins until he inquired from the Prophet Muhammad about its permissibility. So the companion mentioned what transpired to the Prophet Muhammad and said to him: "O Messenger of Allah, by the One who has sent you with the Truth, I only recited Surah Al Fatihah upon the man." The Prophet giggled and replied: "How did you know it was a 'ruqyah'? Take the herd of sheep, and give me a share of the flock as well."⁹

⁹ Saheehul Bukhari #2276, and Saheeh Muslim #2201

9-Treatment by Using Black Seed

عَنْ أَبِي هُرَيْرَةَ رَضِيَ اللَّهُ عَنْهُ، عَنِ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ: "مَا مِنْ دَاءٍ، إِلَّا فِي الْحَبَّةِ السَّوْدَاءِ مِنْهُ شِفَاءٌ، إِلَّا السَّامَ."

Abu Hurairah relates to us that he heard the Prophet Muhammad say: **"There is no disease that Black Seed does not have a cure for except death."**¹⁰

10-Treatment by Using Honey

عَنْ أَبِي سَعِيدٍ الْخُدْرِيِّ، رَضِيَ اللَّهُ عَنْهُ، قَالَ: جَاءَ رَجُلٌ إِلَى رَسُولِ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ، فَقَالَ: إِنَّ أَخِي اسْتَطْلَقَ بَطْنَهُ، فَقَالَ: "اسْقِهِ عَسَلًا"، فَسَقَاهُ عَسَلًا، ثُمَّ جَاءَ فَقَالَ: يَا رَسُولَ اللَّهِ، سَقَيْتُهُ عَسَلًا فَمَا زَادَهُ إِلَّا اسْتِطْلَاقًا! قَالَ: "اذهب فاسقه عَسَلًا"، فَذَهَبَ فَسَقَاهُ، ثُمَّ جَاءَ فَقَالَ: يَا رَسُولَ اللَّهِ، مَا زَادَهُ إِلَّا اسْتِطْلَاقًا، فَقَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ: "صَدَقَ اللَّهُ، وَكَذَبَ بَطْنُ أَخِيكَ، اذهب فاسقه عَسَلًا"، فَذَهَبَ فَسَقَاهُ قَبْرَى.

Abu Sa'eed Al Khudree relates that a man came to the Prophet Muhammad and mentioned that his brother was suffering from diarrhea. The Prophet said to: **"Let him drink honey."** So the man gave his brother some honey. Then he came back a second time and said: "O Messenger of Allah, I gave him some honey to drink, and it only increased his diarrhea! So the Prophet told him: **"Give him more honey to drink"**. So he went and gave his brother more honey to drink. Then the man came back a third time and he said: "O Messenger of Allah, it only increased his diarrhea again!" So the Messenger of Allah said to him: **"Allah has spoken the truth and your brother's abdomen has lied, go and give him more honey to drink."** So he went back to his brother, ordered him to drink more honey, and then he was eventually cured.¹¹

¹⁰ Saheehul Bukhari #5688, Saheeh Muslim #2215

¹¹ Saheehul Bukhari #5684, Saheeh Muslim #2217

11-Treatment by Performing Cupping

عن ابن عباس رضي الله عنهما، أن النبي صلى الله عليه وسلم قال: "الشِّفَاءُ فِي ثَلَاثَةٍ: فِي شَرْطَةِ مِحْجَمٍ، أَوْ شَرْبَةِ عَسَلٍ، أَوْ كِيَّةِ بِنَارٍ، وَأَنَا أَنْهَى أُمَّتِي عَنِ الْكَيِّ." "

Abdullah ibn Abaas relates that the Prophet Muhammad said: **“There is a cure in three things: the incision of the copper (who perform cupping), drinking honey, and cauterization by fire; but I forbade my people to cauterize.”**¹²

12-Treatment with ‘Talbinah’

عن عائشة رضي الله عنها: أَنَّهَا كَانَتْ تَأْمُرُ بِالتَّلْبِينِ لِلْمَرِيضِ وَالْمَحْزُونِ عَلَى الْهَالِكِ، وَكَانَتْ تَقُولُ: إِنِّي سَمِعْتُ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ يَقُولُ: "إِنَّ التَّلْبِينَةَ تُجَمُّ فَوَادِ الْمَرِيضِ، وَتَذْهَبُ بِبَعْضِ الْحُزْنِ." "

Aishiah relates that she used to recommend at-Talbina for the sick and for those grieving over someone deceased. She used to say: I heard the Messenger of Allah say: **“ Talbinah soothes the heart of the sick, and relieves some of their sadness.”**¹³

13-Treatment with Olive Oil

عَنْ أَبِي أُسَيْدٍ السَّاعِدِيِّ رَضِيَ اللَّهُ عَنْهُ قَالَ: قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ: "انْتَدِمُوا بِالزَّيْتِ، وَادَّهِنُوا بِهِ؛ فَإِنَّهُ مِنْ شَجَرَةٍ مُبَارَكَةٍ." "

Abu Usayd As Saa’idee relates from the Messenger of Allah who said: **“Use olive oil for dipping (food into), rub it on yourselves; because it comes from a blessed tree.”**¹⁴

¹² Saheehul Bukhari #5681, Saheeh Muslim #2205

¹³ Saheehul Bukhari #5689, Saheeh Muslim #2286

¹⁴ Musnad Imam Ahmed #16097, Tirmidhi in his Jami #1851, and Al Hakim in his Mustadrak #3504 who considered it authentic and Imam Adh Dhahabee agreed with him

14-Treatment with Antimony

عَنْ ابْنِ عَبَّاسٍ رَضِيَ اللَّهُ عَنْهُمَا قَالَ: قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ: "إِنَّ خَيْرَ أَكْحَالِكُمْ الْإِثْمِدُ يَجْلُو الْبَصَرَ وَيَنْبِت الشَّعْرَ."

Abdullah Ibn Abbas relates that the Messenger of Allah said:
"The best of your 'kohl' is antimony, for it improves the eyesight and makes the hair (eyelashes) grow."¹⁵

15-Treatment with Truffles

عن سعيد بن زيد رضي الله عنه، أن النبي صلى الله عليه وسلم، قال: "الْكَمَّاءُ مِنَ الْمَنِّ، وَمَاوُهَا شِفَاءٌ لِلْعَيْنِ."

Sa'eed ibn Zaid relates that the Prophet Muhammad said:
"Truffles are from Al Mann¹⁶, and its water is a cure for the eyes."¹⁷

16-Treatment with Senna and Sannoot

عن عبد الله بن أم حرام الأنصاري رضي الله عنه أن رسول الله صلى الله عليه وسلم قال: "عليكم بالسَّنَا والسَّنُوتِ، فَإِنَّ فِيهِمَا شِفَاءً مِنْ كُلِّ دَاءٍ، إِلَّا السَّامَ، وَهُوَ الْمَوْتُ."

Abdullah ibn Umm Haraam Al Ansaaree relates that the Messenger of Allah said: **"You should use Senna and Sannoot¹⁸; for indeed with them both is healing for every disease except death."**¹⁹

¹⁵ Sunan Abee Dawud #3878, Sunan An Nisaa'ee #5113, and Sunan ibn Majah #3497

¹⁶ Al Mann are from the things that grow naturally by Allah without human efforts. They are from the blessed things that Allah bestows upon His creatures.

¹⁷ Saheehul Bukhari #4478, and Saheeh Muslim #2049

¹⁸ See notes in end of book

¹⁹ Mustadrak Al Hakim #7442

17-Treatment by using Indian Oud²⁰

عن أم قيس بنت محسن رضي الله عنها قالت: قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ: "عَلَيْكُمْ بِهَذَا الْعُودِ الْهِنْدِيِّ؛ فَإِنَّ فِيهِ سَبْعَةَ أَشْفِيَةٍ: يُسْتَعَطُّ بِهِ مِنَ الْعُدْرَةِ، وَيُلْدُّ بِهِ مِنَ ذَاتِ الْجَنْبِ."

Umm Qais bin Mihsan said that Allah's Messenger said: **"Use this Indian Oud; for indeed it contains seven types of remedies. One of the remedies is for pleurisy. It is to be sniffed by one having throat trouble, and to be put into one side of the mouth of one suffering from pleurisy."**²¹

18-Treatment Through Giving Charity

عن عبد الله بن مسعود رضي الله عنه أن النبي صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ: "حَصِّنُوا أَمْوَالَكُمْ بِالزَّكَاةِ، وَدَاوُوا مَرَضَكُمْ بِالصَّدَقَةِ، وَأَعِدُوا لِلْبَلَاءِ الدُّعَاءَ."

Abdullah ibn Mas'ood relates from the Prophet Muhammad that he said: **"Protect your wealth by paying Zakat, treat your sick by giving charity (sadaqah), and prepare for hardships with supplications."**²²

19-Cure for Fever

عن عائشة رضي الله عنها، أن النبي صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ، قَالَ: "الْحُمَّى مِنَ فُورِ جَهَنَّمَ؛ فَأَبْرِدُوهَا عَنْكُمْ بِالْمَاءِ."

Aishiah relates that the Prophet Muhammad said: **"Fever is from the heat of the Hellfire, so cool it down with water."**²³

²⁰ Best known as Al Qist Al Hindi

²¹ Saheehul Bukhari #5692, Saheeh Muslim #2214

²² Tabarani transmitted it in his Mu'jam Al Kabeer #10196, and his Mu'jam Al Awsat #1963, and Abu Dawud in his Maraseel on the authority of Al Hasan Al Basree #105

²³ Saheehul Bukhari #5725, Saheeh Muslim #2209

20-Cure for Sores and Wounds

عَنْ عَائِشَةَ رَضِيَ اللَّهُ عَنْهَا قَالَتْ: كَانَ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ إِذَا اشْتَكَى الْإِنْسَانُ الشَّيْءَ مِنْهُ، أَوْ كَانَتْ بِهِ قَرْحَةٌ أَوْ جُرْحٌ، قَالَ: "بِاسْمِ اللَّهِ، تَرَبَّةَ أَرْضِنَا، بِرَبْقَةٍ بَعْضِنَا، يُشْفَى بِهِ سَقِيمُنَا، بِإِذْنِ رَبِّنَا."

Aishiah said that whenever someone complained of anything, or if he had a sore or wound; the Messenger of Allah would say: **“Bismillah turbatu ardina, bi reeqati ba’dina, yushfaa bihi saqeamuna, bi’ ithni rabbinaa”** (In the name of Allah, it is the soil of our lands, with some saliva from us , that our sick ones may be healed by our Lord’s Will.)²⁴

21-Stopping the Wound from Bleeding

عن سَهْلِ بْنِ سَعْدٍ أَنَّهُ سَأَلَ عَنْ جُرْحِ رَسُولِ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ، فَقَالَ: أَمَا وَاللَّهِ إِنِّي لَأَعْرِفُ مَنْ كَانَ يَغْسِلُ جُرْحَ رَسُولِ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ، وَمَنْ كَانَ يَسْكُبُ الْمَاءَ، وَبِمَا دُووِي؛ قَالَ: كَانَتْ فَاطِمَةُ عَلَيْهَا السَّلَامُ بِنْتُ رَسُولِ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ تَغْسِلُهُ، وَعَلِيُّ بْنُ أَبِي طَالِبٍ يَسْكُبُ الْمَاءَ بِالْمَجْنِ، فَلَمَّا رَأَتْ فَاطِمَةُ أَنَّ الْمَاءَ لَا يَزِيدُ الدَّمَ إِلَّا كَثْرَةً، أَخَذَتْ قِطْعَةً مِنْ حَصِيرٍ، فَأَحْرَقَتْهَا وَأَلْصَقَتْهَا، فَاسْتَمْسَكَ الدَّمُ، وَكُسِرَتْ رَبَاعِيئُهُ يَوْمَئِذٍ، وَجُرِحَ وَجْهُهُ، وَكُسِرَتْ الْبَيْضَةُ عَلَى رَأْسِهِ.

Sahl bin Sa’d was asked about the wounds of Allah’s Messenger and he said: **“By Allah, I know who washed the wounds of Allah’s Messenger and who used to pour the water for him, and with what he was treated.”** Sahl added: **“Fatima, the daughter of Allah’s Messenger used to wash him and Ali ibn Abee Taalib used to pour water with a shield. When Fatimah saw that the water only increased the bleeding, she took a piece of date palm mat, burnt it, and placed the ashes into the wound so that the blood was congealed (and stopped). His incisor tooth was broken on that day, and his face was wounded and his helmet was broken on that day.”**²⁵

²⁴ Saheehul Bukhari #5745, Saheeh Muslim #2194

²⁵ Saheehul Bukhari #4075, Saheeh Muslim #1790

22-Cure for Itchy Skin

عَنْ أَنَسِ بْنِ مَالِكٍ رَضِيَ اللَّهُ عَنْهُ قَالَ: رَخَّصَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ لِعَبْدِ الرَّحْمَنِ بْنِ عَوْفٍ، وَالزُّبَيْرِ بْنِ الْعَوَّامِ رَضِيَ اللَّهُ تَعَالَى عَنْهُمَا فِي لُبْسِ الْحَرِيرِ لِجَكَّةٍ كَانَتْ بِهِمَا.

Anas related that Allah's Messenger granted Abdurahman ibn Awf, Az Zubair ibn Al Awwam a concession for wearing silk because of an itch they both had.²⁶

23-Cure for Poison and Magic

عن سعد بن أبي وقاص رضي الله عنه، قال: قال: رسول الله صلى الله عليه وسلم: "مَنْ تَصَبَّحَ سَبْعَ تَمَرَاتٍ عَجْوَةً، لَمْ يَضُرَّهُ ذَلِكَ الْيَوْمَ سُمٌّْ وَلَا سِحْرٌ."

Sa'd ibn Abee Waqqaas related that Allah's Messenger said: **"Whoever wakes up and eats seven Ajwa dates in the morning, will not be affected by poison or magic on that day."**²⁷

²⁶ Saheehul Bukhari #5839, Saheeh Muslim #2076

²⁷ Saheehul Bukhari #5769, Saheeh Muslim #2047

24-Cure for the Evil Eye

عن أَبِي أُمَامَةَ بْنِ سَهْلٍ بْنِ حُنَيْفٍ: مَرَّ عَامِرُ بْنُ رَبِيعَةَ بِسَهْلِ بْنِ حُنَيْفٍ، وَهُوَ يَغْتَسِلُ فَقَالَ: لَمْ أَرَ كَالْيَوْمِ، وَلَا جِلْدَ مَخْبَأَةٍ فَمَا لَبِثَ أَنْ لُبِطَ بِهِ، فَأَتَى بِهِ النَّبِيَّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ فَقِيلَ لَهُ: أَدْرَكَ سَهْلًا صَرِيحًا، قَالَ «مَنْ تَتَّهَمُونَ بِهِ؟»، قَالُوا عَامِرَ بْنَ رَبِيعَةَ، قَالَ: «عَلَامَ يَفْتُلُ أَحَدُكُمْ أَخَاهُ، إِذَا رَأَى أَحَدَكُمْ مِنْ أَحِيهِ مَا يَعْجِبُهُ، فَلْيَدْعُ لَهُ بِالْبَرَكَاتِ»، ثُمَّ دَعَا بِمَاءٍ، فَأَمَرَ عَامِرًا أَنْ يَتَوَضَّأَ، فَعَسَلَ وَجْهَهُ وَيَدَيْهِ إِلَى الْمِرْفَقَيْنِ، وَرُكْبَتَيْهِ وَدَاخِلَةَ إِزَارِهِ، وَأَمَرَهُ أَنْ يَصُبَّ عَلَيْهِ قَالَ سُفْيَانُ: قَالَ مَعْمَرٌ، عَنِ الرَّهْرِيِّ: وَأَمَرَهُ أَنْ يَكْفَأَ الْإِنَاءَ مِنْ خَلْفِهِ.

Abu Umamah ibn Sahl bin Hunaif relates that Aamir ibn Rabee'ah came by with Sahl ibn Hunaif when he was having a bath and said: 'I have never seen such beautiful skin.' Immediately, Sahl fell to the ground. He was brought to the Prophet Muhammad and it was said: **“Sahl fainted or lost consciousness?”**. The Prophet Muhammad asked: **“Whom do you accuse as being responsible for this?”** They said: “Aamir ibn Rabee'ah”. Then he said: **“Why would anyone kill their own brother? If he sees something that he likes, then let him make supplication to Allah to bless him.”** Then the Prophet Muhammad told them to bring some water and he told Aamir to perform ablution, then he washed his face and arms up to the elbows, his knees and under his 'izar'. Then he told him to pour the water over Sahl.²⁸

²⁸ Musnad Imam Ahmed #16023, Sunan Ibn Majah #3509, Saheeh Ibn Hibaan #1624

25-Cure for Constipation

عن أسماء بنت عميس رضي الله عنها، أَنَّ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ، سَأَلَهَا: **"بِمَ تَسْتَمُشِينَ؟"** قالت: بالشُّبْرُمِ، قال: **"حَارٌّ جَارٌّ"**، قالت: ثُمَّ اسْتَمَشَيْتُ بِالسَّنَا، فَقَالَ النَّبِيُّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ: **"لَوْ أَنَّ شَيْئًا كَانَ فِيهِ شِفَاءٌ مِنَ الْمَوْتِ لَكَانَ فِي السَّنَا."**

Asma' daughter of 'Umais related that the Prophet Muhammad asked her what laxative she used and she replied that she used 'Shubrum', whereupon he declared that it was very hot. Then she said: "After I used Senna as a laxative" Then the Prophet said to her: **"If anything contained a remedy for death, then it would be Senna."**²⁹

26-Cure for Sciatica

عن أنس بن مالك رضي الله عنه، قال: قَالَ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ: **"شِفَاءُ عَرَقِ النَّسَا أَلِيَّةُ شَاةٍ أَعْرَابِيَّةٍ تَذَابُ، ثُمَّ تَجْرَأُ ثَلَاثَةَ أَجْزَاءٍ، ثُمَّ يَشْرَبُ عَلَى الرَّيْقِ، فِي كُلِّ يَوْمٍ جِزْءًا."**

Anas ibn Malik relates that the Messenger of Allah said: **"The cure for sciatica is the fat from the tail of a wild sheep that is melted and split into three even parts. Then one part should be consumed on an empty stomach each day, for three days."**³⁰

²⁹ Musnad Imam Ahmed #27080, Jami Tirmidhi #2081, there is some weakness in this narration

³⁰ Musnad Imam Ahmed #13295, Sunan ibn Majah #3463

27-Cure for Abdominal Disorders

عن أنس بن مالك رضي الله عنه، قال: قَدِمَ عَلَى النَّبِيِّ صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ نَفَرٌ مِنْ عُكَلٍ، فَاسْلَمُوا، فَاجْتَوَوْا الْمَدِينَةَ فَأَمَرَ هُمْ أَنْ يَأْتُوا إِبِلَ الصَّدَقَةِ، فَيَشْرَبُوا مِنْ أَبْوَالِهَا وَالْبَائِنِهَا فَفَعَلُوا فَصَحُّوا فَارْتَدُّوا وَقَتَلُوا رُعَاتَهَا، وَاسْتَأْفُوا الْإِبِلَ، فَبَعَثَ فِي آثَارِهِمْ، فَأَتَى بِهِمْ فَقَطَعَ أَيْدِيَهُمْ وَأَرْجُلَهُمْ وَسَمَلَ أَعْيُنَهُمْ، ثُمَّ لَمْ يَحْسِمَهُمْ حَتَّى مَاتُوا.

Anas ibn Maalik relates that some people from the tribe of Ukal came to the Prophet to embrace Islam. The climate of Al Medinah did not suit them. So the Prophet Muhammad ordered them to go to the herd of camels that were used for charity and to drink their milk and urine (as a medicine). After consuming it, they had recovered completely from their ailments. Sometime afterwards, they apostated from Islam and then killed the shepherd of the camels. They ended up stealing the whole herd of camels that they had previous been cured from by drinking their milk and urine. So the Prophet Muhammad sent some of the companions in pursuit of them. They were eventually caught, brought to the Prophet Muhammad, and he ordered that their hands and legs be cut off and their eyes should be branded. He also said that their hands and legs should not be cauterized, until they die.”³¹

³¹ Saheehul Bukhari #6802, Saheeh Muslim #1671

28-*Protection from the Plague*

عن أسامة بن زيد رضي الله عنهما قال: قال رسول الله صلى الله عليه وسلم: "الطَّاعُونَ رَجَزٌ أُرْسِلَ عَلَى طَائِفَةٍ مِنْ بَنِي إِسْرَائِيلَ، وَعَلَى مَنْ كَانَ قَبْلَكُمْ، فَإِذَا سَمِعْتُمْ بِهِ بِأَرْضٍ، فَلَا تَدْخُلُوا عَلَيْهِ، وَإِذَا وَقَعَ بِأَرْضٍ وَأَنْتُمْ بِهَا، فَلَا تَخْرُجُوا مِنْهَا فِرَارًا مِنْهُ."

Usama ibn Zaid reported that Allah's Messenger said: "**Plague is a punishment which was sent down on a group from amongst Bani Isra'eel, and upon people before your time. If you hear of it in a land then do not enter it, and if it occurs in a land you are in, then do not leave it fleeing from it.**"³²

29-*Preventing Sicknesses from Flies*

عن أبي هريرة رضي الله عنه، أَنَّ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ: "إِذَا وَقَعَ الذَّبَابُ فِي شَرَابِ أَحَدِكُمْ، فَلْيَغْمِسْهُ ثُمَّ لِيَنْزِعْهُ، فَإِنَّ فِي أَحَدِ جَنَاحَيْهِ دَاءً، وَفِي الْآخَرِ شِفَاءً."

Abu Hurairah relates that the Messenger of Allah said: "**If a fly falls into the drink of anyone, then he should dip the fly completely inside the drink, then remove it. This is because one of its wings has a disease, and the other wing has a cure.**"³³

³² Saheehul Bukhari #3473, Saheeh Muslim 2218

³³ Saheehul Bukhari #3320

30-Avoiding the Spray of Sneezes

عن أبي هريرة رضي الله عنه: أَنَّ النَّبِيَّ صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ كَانَ إِذَا عَطَسَ غَطَّى وَجْهَهُ بِيَدِهِ أَوْ بِثَوْبِهِ، وَغَضَّ بِهَا صَوْتَهُ.

Abu Hurairah relates that the Prophet Muhammad would cover his face with his hand or garment (sleeve) whenever he would sneeze and he would muffle the sound of it.”³⁴

31-Covering One’s Mouth When Yawning

عَنْ أَبِي سَعِيدٍ الْخُدْرِيِّ رَضِيَ اللهُ عَنْهُ، قَالَ: قَالَ رَسُولُ اللهِ صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ: "إِذَا تَنَاءَبَ أَحَدُكُمْ، فَلْيُمْسِكْ بِيَدِهِ عَلَى فَمِهِ، فَإِنَّ الشَّيْطَانَ يَدْخُلُ."

Abee Sa’eed Al Khudree relates that the Messenger of Allah said: **“Whenever anyone yawns, then let him put his hand over his mouth, otherwise Shaytan will enter.”**³⁵

32-Breathing While Drinking

عن أنس بن مالك رضي الله عنه، قَالَ: كَانَ رَسُولُ اللهِ صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ يَتَنَفَّسُ فِي الشَّرَابِ ثَلَاثًا، وَيَقُولُ: "إِنَّهُ أَرْوَى وَأَمْرًا وَأَبْرَأُ."

Anas ibn Malik relates that the Prophet Muhammad used to breath three times in the course of a drink, and he would say: **“It is more thirst quenching, wholesome, and healthier.”**³⁶

³⁴ Sunan Abee Dawud #5029, Jami Tirmidhi #2745 and Sheikh Al Albaani deemed it saheeh.

³⁵ Saheeh Muslim #2995

³⁶ Sahheeh Muslim #2028

33-Avoiding Blowing/Breathing in Eating or Drinking Utensils

عن ابن عباس رضي الله عنهما: أن النبي صلى الله عليه وسلم نهى أن يُتنفَسَ في الإناء أو يُنفَخَ فيه.

Abdullah ibn Abbaas relates that the Prophet Muhammad prohibited from breathing or blowing into vessels.”³⁷

34-Covering Eating Vessels/Containers

عن جابر بن عبد الله رضي الله عنهما، أن النبي صلى الله عليه وسلم قال: "عَطُّوا الإناء، وأوكُوا السِقَاءَ؛ فَإِنَّ فِي السَّنَةِ لَيْلَةً يَنْزِلُ فِيهَا وَبَاءٌ، لَا يَمُرُّ بِإِنَاءٍ لَيْسَ عَلَيْهِ غِطَاءٌ، أَوْ سِقَاءٍ لَيْسَ عَلَيْهِ وَكَاءٌ؛ إِلَّا نَزَلَ فِيهِ مِنْ ذَلِكَ الْوَبَاءِ."

Jabir ibn Abdillah relates that the Prophet Muhammad said: **“Cover the containers, and tie the waterskin for there is a night when pestilence descends, and it does not pass by an uncovered container or untied waterskin except that some of its pestilence descends into it.”**³⁸

³⁷ Sunan Abee Dawud #3240, Jami Tirmidhi #1810, and the basis of this hadith in Saheeh Muslim #267

³⁸ Saheeh Muslim #2014

35-Immorality is the cause of Sickness and Plague

عن عَبْدِ اللَّهِ بْنِ عَمْرٍو رَضِيَ اللَّهُ عَنْهُمَا قَالَ: أَقْبَلَ عَلَيْنَا رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ، فَقَالَ: "يَا مَعْشَرَ الْمُهَاجِرِينَ خَمْسٌ إِذَا ابْتَلَيْتُمْ بِهِنَّ، وَأَعُوذُ بِاللَّهِ أَنْ تُدْرِكُوهُنَّ: لَمْ تَظْهَرِ الْفَاحِشَةُ فِي قَوْمٍ قَطُّ، حَتَّى يَعْلِنُوا بِهَا، إِلَّا فَشَا فِيهِمُ الطَّاعُونُ، وَالْأَوْجَاعُ الَّتِي لَمْ تَكُنْ مَضَتْ فِي أَسْلَافِهِمُ الَّذِينَ مَضُوا، وَلَمْ يَنْقُصُوا الْمِكْيَالَ وَالْمِيزَانَ، إِلَّا أَخَذُوا بِالسِّنِينَ، وَشِدَّةِ الْمُنُونَةِ، وَجَوْرِ السُّلْطَانِ عَلَيْهِمْ، وَلَمْ يَمْنَعُوا زَكَاةَ أَمْوَالِهِمْ، إِلَّا مَنَعُوا الْقَطْرَ مِنَ السَّمَاءِ، وَلَوْلَا الْبِهَائِمُ لَمْ يُمَطَّرُوا، وَلَمْ يَنْقُصُوا عَهْدَ اللَّهِ، وَعَهْدَ رَسُولِهِ، إِلَّا سَلَّطَ اللَّهُ عَلَيْهِمْ عَدُوًّا مِنْ غَيْرِهِمْ، فَأَخَذُوا بَعْضَ مَا فِي أَيْدِيهِمْ، وَمَا لَمْ تَحْكَمْ أَمْنَتُهُمْ بِكِتَابِ اللَّهِ، وَيَخْتِيرُوا مِمَّا أَنْزَلَ اللَّهُ، إِلَّا جَعَلَ اللَّهُ بِأَسْهُمٍ بَيْنَهُمْ."

Abdullah ibn Umar relates that the Messenger of Allah turned and faced us one day and said: **"O Muhajireen, there are five things that you will be tested with, and I seek refuge in Allah that you be alive to experience them. Immorality will never appear amongst the people to such an extent that they commit it openly, except that plagues and diseases that were never known amongst your predecessors will spread amongst them. People do not cheat in weights and measures except that they will be stricken with famine, severe calamity, and the oppression of their rulers. People do not withhold the Zakah of their wealth, except that rain will be withheld from the sky, and if it were not for the animals, no rain would fall on them. The people do not break their covenant with Allah and His Messenger, except that Allah will enable their enemies to overpower them and take some of what is in their possession. As long as their leaders do not rule/judge according to the Book of Allah and they start to pick and choose from amongst the texts, Allah will cause them to fight against one another."**³⁹

³⁹ Sunan ibn Majah #4019, Mustadrak Al Hakim #8623 who authenticated it and Imam Dhahabee agreed with him.

36-*Inner peace and tranquility with Morning Prayer*

عن أبي هريرة رضي الله عنه: أن النبي صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ قَالَ: "يَعْقُدُ الشَّيْطَانُ عَلَى قَافِيَةِ رَأْسِ أَحَدِكُمْ ثَلَاثَ عُقَدٍ إِذَا نَامَ، بِكُلِّ عُقْدَةٍ يَضْرِبُ عَلَيْكَ لَيْلًا طَوِيلًا، فَإِذَا اسْتَيْقَظَ فَذَكَرَ اللَّهَ انْحَلَّتْ عُقْدَةٌ، وَإِذَا تَوَضَّأَ انْحَلَّتْ عَنْهُ عُقْدَتَانِ، فَإِذَا صَلَّى انْحَلَّتِ الْعُقَدُ، فَأَصْبَحَ نَشِيطًا طَيِّبَ النَّفْسِ، وَإِلَّا أَصْبَحَ خَبِيثَ النَّفْسِ كَسَلَانَ."

Abu Hurairah relates from the Prophet Muhammad that he said: "Shaytan ties three knots at the back of your head when you sleep, and he seals the place of each knot with 'You have a long night ahead, so sleep.' If you wake up and remember Allah, a knot is untied. If you make ablution, another knot is untied. If you pray Fajr all three knots are untied. If he does this, the individual finds himself lively, energetic, and in good spirits. If he does not perform these three, you find him lazy, and in bad spirits, and miserable."⁴⁰

37-*Good Health by Praying 'Qiyam'*

عن سلمان الفارسي رضي الله عنه: أن رسول الله صلى الله عليه وسلم قَالَ: "عَلَيْكُمْ بِقِيَامِ اللَّيْلِ فَإِنَّهُ دَابُّ الصَّالِحِينَ قَبْلَكُمْ، وَإِنَّ قِيَامَ اللَّيْلِ قَرَبَةٌ إِلَى اللَّهِ، وَمَنْهَاةٌ عَنِ الْإِثْمِ، وَتَكْفِيرٌ لِلْسَيِّئَاتِ، وَمَطْرَدَةٌ لِلدَّاءِ عَنِ الْجَسَدِ."

Salman Al Farisee relates that the Messenger of Allah said: "Hold fast to 'Qiyamul Layl' (voluntary night prayer), for it is the practice of the righteous before you, it is a means of closeness to Allah, prevents one from sins, expiates sins, and repels sickness from the body."⁴¹

⁴⁰ Saheehul Bukhari #1142, Saheeh Muslim #776

⁴¹ Jami Tirmidhi #3549, Saheeh Ibn Khuzaymah #1135, from the hadith of Abee Umamah and the ending of it has some difference of opinion amongst the scholars.

38-Seeking Refuge with the Remembrance of Allah

عن عُثْمَانَ بْنِ عَفَّانَ رَضِيَ اللهُ عَنْهُ يَقُولُ: سَمِعْتُ رَسُولَ اللهِ صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ يَقُولُ: "مَا مِنْ عَبْدٍ يَقُولُ فِي صَبَاحِ كُلِّ يَوْمٍ، وَمَسَاءِ كُلِّ لَيْلَةٍ: بِسْمِ اللهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ، وَهُوَ السَّمِيعُ الْعَلِيمُ، ثَلَاثَ مَرَّاتٍ، فَيَضُرَّهُ شَيْءٌ."

Uthman ibn Affaan relates that he heard the Messenger of Allah say: "There is no person who says, in the morning and the evening of every day: Bismillahil-ladthee la yadurru ma'a ismihi shay'un fil-ardi wa la fis-sama'i wa Huwas-Sami'ul-'Alim (In the name of Allah with Whose Name nothing on earth or in heaven harms, and He is the All-Seeing, All-Knowing), three times, and is then harmed by anything."⁴²

39-Supplication for the Sick

عن عائشة رضي الله عنها، قالت: كان رسول الله صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ إِذَا ثَقُلَ إِنْسَانٌ مِنْ أَهْلِهِ مَسَّحَهُ بِيَدِهِ الْيُمْنَى ثُمَّ يَقُولُ: "أَذْهَبِ الْبَاسَ رَبَّ النَّاسِ، وَاشْفِ أَنْتَ الشَّافِي، لَا شِفَاءَ إِلَّا شِفَاؤُكَ، شِفَاءٌ لَا يُغَادِرُ سَقَمًا."

Aishiah relates saying: If anyone from the Prophet's family became sick or ill he would rub him with his right hand and say: "ith'hab al ba's rabbin naas, washfi anta ash shafee, la shifaa illa shifa'uka, shifaa'un la yughadiru saqaman" (Remove the harm, Lord of Mankind, give healing, You are the Healer. There is no healing but Yours, a healing that leaves no illness behind).⁴³

⁴² Musnad Imam Ahmed #446, Sunan Abee Dawud #5088, Jami Tirmidhi #3388, Sunan Ibn Majah #3869, and Tirmidhi said: "This hadith is hasan saheeh gharib."

⁴³ Saheehul Bukhari #5675, Saheeh Muslim #2191

40-Supplication for visiting the sick

عن ابن عَبَّاسٍ رضي الله عنهما أن النَّبِيَّ صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ قَالَ: "مَنْ عَادَ مَرِيضًا لَمْ يَحْضُرْ أَجَلُهُ فَقَالَ عِنْدَهُ سَبْعَ مَرَارٍ: أَسْأَلُ اللهُ الْعَظِيمَ رَبَّ الْعَرْشِ الْعَظِيمِ أَنْ يَشْفِيكَ، إِلَّا عَافَاهُ اللهُ مِنْ ذَلِكَ الْمَرَضِ."

Abdullah ibn Abbaas relates that the Prophet Muhammad said: **“Whoever visits a sick person whose time of death has not come and recites: ‘Esal Allaha Al Atheem, Rabbal Arshil Atheem an yashfiyaka’ (I ask Allah, the Almighty, the Lord of the Mighty Throne to cure you) then Allah will cure him from that sickness.”**⁴⁴

41- Healing Properties of Zamzam Water

عن ابن عباس رضي الله عنهما، أن النبي صلى الله عليه وسلم قال: "خَيْرُ مَاءٍ عَلَى وَجْهِ الْأَرْضِ مَاءُ زَمْزَمَ، فِيهِ طَعَامٌ مِنَ الطَّعْمِ، وَشِفَاءٌ مِنَ السُّقْمِ."

*Abdullah ibn Abbaas relates that the Prophet Muhamad said: “The best water on the face of the earth is Zamzam water, in it is food for nutrients, and healing from illness.”*⁴⁵

⁴⁴ Musnad Imam Ahmed #2137, Sunan Abee Dawud #3106, Jami Tirmidhi #2038 and he said “it is a hasan gharib hadith”.

⁴⁵ Al Fakihi in ‘Akhbaar Makkah #1106, At Tabarani in Mu’jam al Kabeer #11167, its origin in found in Saheeh Muslim, and Al Albaani deemed it authentic in Saheehul Jami’ #3322

Notes

Shubrum is among the medications that doctors do not advise people to use because it is a very strong laxative. In the Hadith, the Prophet described Shubrum as being hot and a strong laxative.

Senna is a plant that grows in Al-Hijaz (Western Arabia) and the Best kind of it grows in Makkah. Senna is hot and dry in the first degree it is a good, mind medication that does not cause any side effects. Senna helps against bile and black bile ailments and strengthens the heart, which is another good quality that this medication contains.

Senna is useful against melancholic obsession and corporal incisions, relaxes the muscles and improves the hair. Senna also helps against lice, headache, mange, pustules, rashes and epilepsy. It is better to cook the Senna whole and drink three measures of its soup than cooking it crushed. Also, it is better to cook the Senna mixed with violet flowers and red raisins, removing the seeds.

It is said that "Senna and fumitory help extract mature humors (bodily wastes) and helps against leprosy and rashes, when one takes four to seven measures of each remedy."

As for **Sanoot (cumin)**, there is a difference of opinion concerning its nature, some scholars have said that it is honey or butter extract. Another opinion suggests that Sanoot is a seed that resembles the Kammon (cumin). Other opinions suggest that Sanoot is the Persian cumin or fennel. Another opinion suggests that it is the Shibitt (dill), and the last opinion suggests is the date.

Some doctors also stated that the last meaning is the most probable. In this case, the Sanoot is prepared by blending Senna powder with some honey mixed with ghee, as this is better than taking the Senna by itself. Then one licks the mixture that contains the Senna, as case the Senna taste will be made milder, because of the honey and butter, which will also assist the laxative power of the Senna. Allah knows best.

Notes

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