

Weekly Booklet



Spiritual and Medical Treatment



Three Things Worthy of Attention

Spiritual Treatment for Body Pain

The Secret of Receiving or
Not Receiving Healing

An Excellent Remedy for
Avoiding Illnesses

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الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ وَالصَّلَاةُ وَالسَّلَامُ عَلَى خَاتَمِ النَّبِيِّينَ
أَمَّا بَعْدُ فَأَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Spiritual and Medical Treatment

Attar's Supplication!

"O Allah Almighty, whoever reads or listens to this booklet 'Spiritual and Medical Treatment,' forever keep him under the shade of Your mercies and forgive him and his entire family without account."

أَمِينَ بِجَاهِ خَاتَمِ النَّبِيِّينَ صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ

Excellence of Ṣalāt upon the Holy Prophet ﷺ

It is stated in "Sa‘ādat al-Dārayn" that Sayyidunā Ibrāhīm b. ‘Alī b. ‘Aṭīyyah رَحْمَةُ اللَّهِ عَلَيْهِ narrates: "I saw The Beloved Prophet صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ in a dream and said: 'O master, I seek your intercession!'" The Holy Prophet صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ said: "أَكْثَرُوا مِنَ الصَّلَاةِ عَلَيَّ" meaning, "Recite *ṣalāt* upon me in abundance."¹

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللَّهُ عَلَى مُحَمَّدٍ

¹ Sa‘ādat-ud-Dārayn p. 137

Jasmine and Treatment for a Cold (Incident)

It is said that Persian jasmine was discovered during the time of the Persian King Noshīrwān. It happened one day that the king was seated when suddenly a snake appeared before him and writhed as if it were asking for something. The soldiers wanted to kill it, but the king prevented them, saying: "Watch what it does."

Upon hearing the king's words, the snake returned the way it had come. The king said: "Follow it and see where it goes." The soldiers followed the snake. The snake reached a well and looked into it. The soldiers peered into the well and saw a very large snake with a black scorpion on its back. A soldier killed the scorpion with a spear, then left the snake there, and all the soldiers returned and informed the king of the entire matter.

The next day, the snake came with some seeds in its mouth and placed them before the king, then left. The king said: "The snake wants to repay our favour, so sow these seeds in the ground! Let us see what grows from them". The soldiers sowed those seeds in the ground. From them grew the "jasmine plant".

It is said that the king suffered from a "cold". When he smelled the jasmine flower, his illness disappeared.¹

¹ Al-Mustaṭraf, vol. 2, p. 182

The One that Grants Healing

Dear Islamic brothers! Allah Almighty has not created anything without purpose. One of the divine attributes of Allah is "شَافِي" (i.e., The Healer), and in essence, the only Being that grants healing from illnesses is He alone:

وَإِذَا مَرَضْتُ فَهُوَ يَشْفِينِي ﴿٨٠﴾

" when I fall ill, He heals me".¹

The great *tābīʿ* (Follower) saint, Sayyidunā Kaʿb al-Aḥbār رَحِمَهُ اللهُ عَلَيْهِ, narrates that Allah Almighty states: "Truly, I alone heal every illness".²

Why Were Humans and Jinn Created?

Allah Almighty created humans and Jinn for His worship, as stated in Part 27, Surah al-Dhāriyāt, Ayah number 56:

وَمَا خَلَقْتُ الْجِنَّ وَالْإِنْسَ إِلَّا لِيَعْبُدُونِ ﴿٥٦﴾

Translation of Kanz al-ʿIrfān: " And I did not create jinn and mankind but to worship Me".³

¹ Al-Quran, Al-Shuʿarāʾ, verse 80; translation from Kanz al-ʿIrfān

² Ḥilyat al-Awliyāʾ, vol. 6, p. 25, Saying: 7699. Allah Walon Ki Bātein, vol. 6, p. 39

³ Al-Quran, Al-Dhāriyāt, verse 56; translation from Kanz al-ʿIrfān

Humans were created for worship, while other creations such as the moon, sun, stars, animals, birds, fruits, vegetables, and herbs were created for human needs so that we may obtain our sustenance and other necessities from them and devotedly obey and submit to our Creator and Master.

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللَّهُ عَلَى مُحَمَّدٍ

Three Things Worthy of Attention

Sayyidunā Sufyān b. ‘Uyaynah رَحِمَهُ اللَّهُ عَلَيْهِ stated: "

If Allah Almighty had not diminished the status of humanity through three things, nothing could have controlled humanity. These three things are necessarily present in humans, yet humans still boast excessively. These three things are: neediness, illness, and death.¹

Good Health is a Blessing

Dear Islamic brothers! In life, a person inevitably suffers various illnesses. Illnesses become a means of erasing one’s sins and elevating another’s status, and sometimes, illness is also a punishment in this world so that a person repents and lives his

¹ Ḥilyat al-Awliyā’, vol. 7, p. 327, Saying: 10710. Allah Walon Ki Bātein, vol. 7, p. 330

life according to Allah Almighty's commands. Good health is a great blessing.

If one's health is good, it will be easy to perform salah, fasting, Hajj, and other acts of worship. A sick person faces difficulties in performing worship properly, and at times, even in general routines, he encounters various trials.

We should remain pleased with Allah Almighty's will in all circumstances. If He keeps us healthy, we thank Him, and if we fall ill, we should still express gratitude to Him.

In a Hadith Qudsi, Allah Almighty states:

Indeed, there are some of My believing servants that the goodness of their faith lies in remaining healthy; if I were to make them ill, their faith would be corrupted on that account. Indeed, some of My believing servants are such that the goodness of their faith lies in remaining ill; if I were to grant them health, their faith would be corrupted because of it. I manage the affairs of My servants with My knowledge; indeed, I am All-Knowing and All-Aware.¹

Encouragement for Seeking Treatment

Dear Islamic brothers! The Final Prophet ﷺ has

¹ Sharh al-Sunnah, vol. 3, p. 69, Hadith: 1242, with slight alteration

encouraged seeking treatment during illness, and it is also proven that our Beloved Prophet ﷺ sought treatment. For instance, in a blessed Hadith, it is stated that the Beloved Prophet ﷺ had cupping done while in the state of Ihram.¹

Seek treatment for illness with good intentions of worshipping Allah Almighty, following the Sunnah, inviting to righteousness, and spreading the Sunnah by travelling in Qafilas for 3 days, 12 days, and one month with the devotees of the Prophet ﷺ, and how wonderful it would be to travel in the 12-month Qafila.

If Allah Almighty wills, those who are very sick may recover. In this regard, consider a very interesting incident:

Assassination Attempt Led to Recovery

It is said that the ruler of Mosul (a city in Iraq), Naṣīr al-Dawlah, suffered from colon pain (large intestine). Physicians tried everything to treat it, but the illness did not subside.

Finally, they planned Naṣīr al-Dawlah's assassination and assigned a man for this task. The assassin lay in wait with a dagger. As soon as Naṣīr al-Dawlah reached the threshold of his

¹ Sahih Bukhari, vol. 1, p. 289, Hadith: 1835

palace, the assassin, who was in lying in ambush, struck with the dagger—hitting exactly the part of the side beneath which affected intestine was located. Due to the dagger wound, the foul substance in the intestine drained out, and instead of dying, Nasir al-Dawlah completely recovered.¹

The Secret of Receiving or Not Receiving Healing

The Beloved Prophet ﷺ said: "Every illness has a medicine. When the medicine reaches the illness, then by the command of Allah Almighty, the sick person recovers".²

‘Allamah ‘Alī al-Qārī رَحْمَةُ اللهِ عَلَيْهِ writes in the explanation of this blessed Hadith:

When Allah Almighty does not intend healing for a sick person, He creates a barrier between the medicine and the illness through an angel, due to which the medicine does not affect the illness. When He intends healing, that veil is removed, causing the medicine to affect the illness and healing to occur.³

Dear Islamic brothers! With the grace of Allah, All the natural

¹ Al-Mustaṭraf, vol. 2, p. 140

² Saḥīḥ Muslim, p. 933, Hadith 5741

³ Mirqāt al-Mafātiḥ, vol. 8, p. 289, Hadith: 4515, abridged

remedies mentioned in this booklet have been checked by a hakim (traditional physician). The purpose of these remedies is to gain Allah Almighty's pleasure by serving the best interests of the Ummah, and serving the best interests of the Ummah is a very rewarding act.

In a blessed Hadith, it is stated: "خَيْرُ النَّاسِ أَنْفَعُهُمْ لِلنَّاسِ" meaning, "The best person is he who benefits people".¹

The Beloved Prophet ﷺ said: "Whoever among you can benefit his brother, he should benefit him".²

Information on the Science of Medicine

‘Allāmah Faqīh Abū al-Layth Samarqandī رَحِمَهُ اللهُ عَلَيْهِ states: "Physicians agree that there is nothing more beneficial in medicine (i.e., the science of treatment) than abstinence".

It is narrated from a Companion رَضِيَ اللهُ عَنْهُ that he said to a person: "Shall I not tell you a medicine which all physicians are helpless to provide?" He said: "Why not!" The Companion said: "It is to sit at the dining table when you are hungry, and to leave while you are still hungry".³

¹ Jāmi‘ al-Ṣaghīr li al-Suyūṭī, p. 246, Hadith 4044

² Saḥīh Muslim, p. 931, Hadith: 5727

³ Bustān al-‘Ārifīn, p. 89

Human Temperaments

‘Allāmah Faqīh Abū al-Layth Samarqandī رَحْمَةُ اللَّهِ عَلَيْهِ states: "Allah Almighty created creation and placed four temperaments within it: (1) يَبُوسَت (i.e., dryness) (2) رَطُوبَت (i.e., wetness) (3) حَرَارَت (i.e., heat) (4) بُرُودَت (i.e., coldness)".

He رَحْمَةُ اللَّهِ عَلَيْهِ states: "Allah Almighty has placed these four within the soul so that the body may be reformed, because without them, the body cannot remain healthy".

The body in which these four are balanced will remain healthy, and when one of these dominates another, illness arises from that side. When one of them is deficient, weakness arises from that side.¹

Dear Islamic brothers! Allah Almighty has created 360 veins and 248 bones to bind², connect, and perfect the human body.

Allah Almighty states in the Holy Quran:

¹ Bustān al-‘Ārifin, p. 121

² This is not the modern or standard count (thousands of veins and 206 bones in a human adult) and these numbers are based on traditional Islamic anatomical views.

وَفِي الْأَرْضِ آيَاتٌ لِّلْمُوقِنِينَ ﴿٢٠﴾ وَفِي أَنفُسِكُمْ أَفَلَا تُبْصِرُونَ ﴿٢١﴾

Translation of Kanz al-'Irfān: "In the earth, there are signs for the people of conviction 'in faith', as there are within yourselves.

Do you not observe?"¹

In the Quranic commentary, "Nūr al-'Irfān", it is stated:

Meaning, for believers, the earth is a place of divine recognition (i.e. knowing Allah Almighty). By observing the conditions of this earth, they believe in the power of the Lord, as well as in resurrection, Paradise, and Hell. The dry earth becomes green again; it implies that we too shall live after death. What you sow in the earth is what you will reap; it implies that there is accountability there. Your creation, the wondrous arrangement of your limbs, the changing conditions of your life in this world, and becoming nothing after being everything, all indicate that you are under someone else's control.²

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللهُ عَلَى مُحَمَّدٍ

¹ Al-Quran, Al-Dhāriyāt, verse 20-21; translation from Kanz al-'Irfān

² Tafsīr Nūr al-'Irfān, Part 26, Surah Al-Dhāriyāt, under verse: 21, vol. 9, p. 495

Method of Herbal Treatment

Dear Islamic brothers! Herbal (i.e., traditional) treatment is done through counteraction. That is, if coldness (سَوْدَاوِيَّت) has increased in the body, it is treated with foods and medicines that increase heat in the body. Similarly, if wetness or phlegm has increased in the body of a person with excess phlegm, he will be treated with dry medicines and foods.

Remember! One cannot become a herbal practitioner just by reading a few things about medicine. Many other factors need to be considered for a patient's treatment, and these rules also contain many details and subtleties that are not easy for everyone to understand. Therefore, instead of self-medicating by reading medical books for any illness, one should seek treatment from a good physician.

Precautions in Treatment

In good health, foods of all temperaments can be consumed with moderation. However, in a state of illness, special care should be taken, and foods should be consumed according to one's temperament, illness, and season.

Although watermelon is very beneficial for a person with a hot temperament, it should not be eaten in winter. Also, an important point is that cold and wet temperaments are quite

similar. Similarly, hot and dry temperaments are quite similar (i.e., their foods and precautions are similar).

Phlegmatic Temperament (Wet)

Related illnesses of phlegmatic temperament (wet): Phlegmatic cough, phlegmatic headache, diarrhoea, frequent urination, vitiligo, mental illnesses, epilepsy, obesity, premature greying of hair, excessive sleep, lethargy, lack of interest in work, and persistent pain in various parts of the body.

Beneficial Foods for People with Phlegmatic Illnesses:

Apricots, mangoes, java plums, nigella seeds, carom seeds, cloves, nutmeg, cinnamon, eggs, black and white chickpeas, fenugreek seeds, fenugreek spinach, leafy greens, bitter gourd, pine nuts, cashews, apples, red chillis, almond oil, fish, raisins, dried figs, dates, almonds, pistachios, walnuts, melons, watermelons, strawberries, pineapples, chickpeas, honey, coffee, tea, musk, gooseberry preserve, and poultry. Goat meat and free-range (desi) chicken.

Choleric Temperament (Hot)

Illnesses associated with a bilious temperament (hot): Heat rash, jaundice, mouth ulcers, feeling excessive heat, yellow urine, high blood pressure, heat-induced cold, dysentery, cramps, leucorrhoea.

Beneficial Foods for People with Bilious-related

Illnesses:

Bottle gourd, round gourd, ridge gourd, carrots, radishes, dry coriander, carrot juice, bottle gourd raita, okra, taro, cabbage, beetroot, turnips, milk, yogurt, lassi, diluted lassi, plain rice, sweet lime, khichdi, plums, phalsa, cantaloupe, mulberries, watermelon, sweets, pomegranates, basil seeds, tragacanth gum, psyllium husk, barley porridge, sattu, and ambergris.

Melancholic Temperament (Cold)

Related illnesses of melancholic temperament (cold): Shortness of breath, rib pain, muscle weakness, green stools, tooth loss, facial blemishes, dark circles under eyes, hair loss, anaemia, tremors, amenorrhea, lumps, feeling excessive cold, gallstones, low blood pressure, formation of various tumours in the body, liver inflammation.

Beneficial Foods for People with Melancholic

Temperament:

Bitter gourd, brinjal, dates, honey, grapes, red lentils, mint chutney with salt and cumin, figs, almonds, cashews, walnuts, almond oil, egg, pineapple, garlic, lychee, turmeric, ginger, saffron, country chicken, goat meat, and olive.

Sanguine Temperament (Dry)

Related illnesses of sanguine temperament (dry): Boils and pimples, warmth in hands and feet, bitter taste in mouth, cracked heels and lips, chronic constipation, dry cough, catarrh, sciatica, joint pain, insomnia, burning urination, kidney and bladder stones, nosebleeds, bleeding from other body parts such as coughing up blood, bloody and flatulent piles, and pain in various body parts due to gas.

Beneficial Foods for Sanguine Temperament:

Bottle gourd, round gourds, bitter gourd, cucumber, long cucumber, radish, pumpkin, bottle gourd raita, bottle gourd halwa, milk, yogurt, lassi, sweet lime, mandarin orange, mung bean lentil, green cardamom, ambergris, and semolina halwa cooked in clarified butter.

Rain and Mango Connection

There is no definite connection between eating mangoes before or after rain, but it is certainly commonly believed among the public that in the summer season, mangoes should only be eaten after it has rained.

It is possible that for individuals with a choleric (i.e., hot) temperament, eating mangoes in appropriate amounts after

rain is beneficial because the heat decreases and humidity in the weather increases after rains. However, for individuals with other temperaments, such as cold or wet (i.e., phlegmatic temperament), eating them in appropriate amounts before or after rain will always be beneficial.

It is also possible that people continuously eat mangoes in larger quantities compared to other fruits and have a habit of drinking less water, and generally, oily (i.e., ghee, oil-laden) foods are also consumed in the summer season, thus both adults and children get affected by heat rash.

It is also said that the mangoes that first arrive in the market are ripened with a chemical called calcium carbide. By the time the rainy season arrives, the mangoes on the trees also ripen naturally, which are beneficial for health, unlike the chemically-ripened ones.

3 Treatments for Mangoes and Heat Rash

1. Drink 4 to 5 spoonfuls of pure rose water.
2. Drinking diluted lassi (i.e., less milk with more water added) is very beneficial.
3. Herbal infusion of mint and green cardamom.

Method of making herbal infusion: Boil three green cardamoms and ten mint leaves in 2 cups of water. When one cup remains, strain and drink it.

Consuming these things along with eating mangoes will be beneficial for protection against heat rash. **إِنْ شَاءَ اللَّهُ**

Spiritual Treatment for High Blood Pressure

Recite "يَا سَلَامُ" (i.e., O Giver of Peace) 111 times and blow on yourself or blow on water and drink it. Similarly, by reciting "يَا سَلَامُ" while walking, moving, sitting, or standing, **إِنْ شَاءَ اللَّهُ**, peace in both worlds will be attained. This litany is beneficial for every illness.¹

Spiritual Treatment for Inducing Sleep

If you cannot sleep, recite " 11 **لَا إِلَهَ إِلَّا اللَّهُ** times and blow on yourself. **إِنْ شَاءَ اللَّهُ**, you will fall asleep.²

¹ Madani Panj Surah, p. 283, abridged; Malfuzāt-e-Ameer Ahl al-Sunnah, vol. 5, p. 35

² Bimar Abid, p. 26

Herbal Remedy for Regulating Blood Pressure, Stopping Depression, and Inducing Sleep

Ingredient	Quantity
Gul Surkh (Red Rose)	6 grams
Fennel	6 grams
Dry Coriander	6 grams
Ushtukhuddus ¹	6 grams
White Sandalwood	3 grams
Green Cardamom	5 pieces

Boil all ingredients in one glass of water, and when one cup

¹ Lavandula stoechas as per botanical identification, possibly called French/Spanish Lavender too.

remains, strain and drink it. (Method of use: Daily on an empty stomach in the morning and at bedtime).

Being Unable to Sleep Due to Pain, etc.

If sleep is not coming due to pain or other reasons, reciting "لَا إِلَهَ إِلَّا اللَّهُ" in abundance near the person will, **إِنْ شَاءَ اللَّهُ**, cause him to sleep, and by the mercy of Allah, the sick person will also recover quickly. (Take care that the person does not hear the sound of the recitation).¹

For Better Sleep

Massage almond oil daily into the head at bedtime and drink one spoonful mixed with milk.

إِنْ شَاءَ اللَّهُ it will be beneficial. This treatment is beneficial not only for sleep but also for dryness of the head and skin. Furthermore, it will protect against heat rash and improve the digestive system function. **إِنْ شَاءَ اللَّهُ**

Ingredient	Quantity
Almond Oil	100 grams

¹ Bimar Abid, p. 26

Bottle Gourd Oil	100 grams
Lettuce Oil	100 grams
Coriander Oil	100 grams

Method of Use: Massage gently into the head at bedtime. You may buy ready-made oil from a good company, or take half a kilogram of each of these ingredients, mix them, and extract their oil yourself: (1) Almonds (2) Bottle Gourd Pulp (3) Lettuce Pulp (4) Dried Coriander Seeds.

Spiritual Treatment for Head Issues

أُسْكُنْ سَكَنَتَكَ بِالنَّارِ لَكَ مَا فِي النَّارِ وَهُوَ السَّيِّئُ الْعَلِيْبُطُ

The one who has a headache or feels dizzy, should place a hand on the affected area of the head and recite these words seven times, then blow on the head. An Islamic sister can hold the painful area of her head herself, and her *mahram* or husband can recite and blow on her head. **إِنْ شَاءَ اللَّهُ**, the headache will go away, and any head-related issues will be cured. However, for head-related issues, it is necessary to perform this act

continuously for seven days at the same time daily (e.g., daily at 12 PM).¹

Remedy for Curing Head Issues

Ingredient	Quantity
Dried Coriander (Seeds)	100 grams
Fennel	100 grams
Bottle Gourd Kernels	100 grams
Almond Kernels	100 grams
Valerian Root	50 grams
Lettuce Seeds	50 grams

¹ Madani Panj Surah, p. 283, abridged

Green Cardamom	50 grams
Misri (Rock Sugar)	100 grams

Grind all ingredients and consume one spoonful with water or milk on an empty stomach in the morning and evening, or just two spoonfuls mixed with milk at bedtime. (If you have diabetes, do not add Misri).

Remedy for Eyesight, Mental, Eye Weakness, and Memory Power

Ingredient	Quantity
Bottle Gourd Kernels	100 grams
Almond Kernels	100 grams
Fennel	100 grams

Grind all these ingredients and store them. Consume 2

spoonfuls mixed with milk at bedtime. This powder is beneficial for eyesight, mental and brain weakness, eye weakness, and memory power.

Spiritual Treatment for Body Pain

Recite "يَاغُثُ" (i.e., O Independent of all things) while walking, moving, sitting, or standing, if there is pain in the spine, knees, joints, or anywhere else in the body. إِنَّ شَاءَ اللَّهُ, the pain will subside.¹

A Very Beneficial Remedy for Diabetes, Obesity, Fatty Liver, Weight Loss, Excess Body Fat, Joint Pain, Skin Diseases, Itching, Boils, Pimples, Gas, and Stomach Ailments

Ingredient	Quantity
Bitter Gourd	50 grams
Aloe Vera Pulp	25 grams

¹ Madani Panj Surah, p. 269

Ginger	3 grams
Lemon	Half a piece
Mint Leaves	15 pieces
Black Pepper	3-5 pieces

Grind all ingredients in 2 glasses of water and drink daily on an empty stomach in the morning for best results, or it can also be consumed in small amounts twice at any time.

Remedy for Heat Rash

Soak 11 jujube fruits (a sweet fruit like a berry) for adults, and 5 to 7 for children, in one or half a glass of water overnight. Strain it in the morning and drink on an empty stomach.

إِنْ شَاءَ اللَّهُ it will be beneficial for heat rash as well as high blood pressure.

For Diabetes Patients

Soak approximately 10 pieces of "Paneer Booti (Withania

coagulans)" in one or two glasses of water overnight. Strain and drink its water in the morning. **رَبِّ شَاءَ اللَّهُ** it will be beneficial for diabetes.

A Beneficial Remedy for Excessive Phlegm

Ingredient	Quantity
Sapistan (Assyrian plum)	250 grams
Jujube	250 grams
Quince Seeds	60 grams

Coarsely crush all three ingredients and mix them, then store them.

Daily, soak 2 spoonfuls in one glass of water overnight.

In the morning (on an empty stomach), boil it until half the water remains, then strain and drink it. It will be beneficial for expelling phlegm.

Benefits of Bitter Gourd

Bitter gourd, by its temperament, is dry and hot. It has countless benefits, such as purifying blood. It is beneficial for skin ailments like boils, pimples, and itching.

It is particularly useful for those with a phlegmatic temperament.

It is beneficial for diabetes, malaria, intestinal worms, cholera, fatty liver, loss of appetite, paralysis, joint pain, gallstones, and weakness of the intestines and stomach. However, those with a hot temperament should not use it excessively.

Bitter Gourd Juice

Bitter gourd juice should not be consumed continuously. It is advisable to drink it for three days and then take a three-day break, or drink it for five days and then take a three-day break, because continuous use of a single-temperament medicine is not beneficial. Those whose temperament is dry or hot should especially use it with breaks, otherwise, their temperament will become excessively hot or dry.

Adding half a lemon's juice or one or two pinches of black pepper to bitter gourd juice will enhance its benefits. **إِنْ شَاءَ اللَّهُ**

Remedy for Health and a Long Life (Incident)

It is narrated that in ancient times, a person lived a very long life. When asked about the secret of his long life, he replied: "When we cook food, we cook it thoroughly, and when we eat food, we chew it thoroughly, and we stop eating before the stomach is full".¹

An Excellent Remedy for Avoiding Illnesses

Dear Islamic brothers! If you eat and drink according to the Sunnah to gain Allah Almighty's pleasure, you will be protected from many types of illnesses. Avoid overindulgence in foods that are difficult to digest and consumed according to desires, such as pizzas, parathas, fast food, burgers, shawarma, etc. Also, do not drink ice-cold water, cold drinks, colourful soda waters, etc.

Make a habit of walking a little and doing light exercise. **إِنْ شَاءَ اللَّهُ** your stomach will remain sound. The stomach is the home of diseases, and prevention is the essence of all medicines. If you manage to keep your stomach healthy and avoid junk foods, you will be protected from many problems, including high cholesterol, diabetes, blood pressure, fatty liver, etc.

Physicians say: Approximately 80% of diseases arise due to

¹ (Bustān al-‘Ārifin, p. 89)

stomach problems.

For information about good health with the intention of gaining strength for worship, read the following booklets from Maktaba-tul-Madinah: "Kabab Samosay", "Method of Losing Weight", "Bāb Pet Ka Qufal-e-Madinah" from Faizan-e-Sunnah Vol. 1, and the book "Gharelu Ilaj" (Home Remedies).

These books can be downloaded for free from Dawat-e-Islami's website: www.dawateislami.net.

Experience is a precondition, and prevention is equal to a hundred cures.

No Treatment is Certain

It is a saying among experimenters: **الْعِلَاجُ رَمَى السَّهْمِ فِي الظُّلُمَاتِ** meaning, "Treatment is like shooting arrows in the dark". The implication is that regardless of the treatment, healing from it is speculative and not certain. Those who put up "guaranteed treatment" signs should also be cautious in writing such phrases, because healing is **مِنْ جَانِبِ اللَّهِ** (i.e., from Allah Almighty), and healing will only occur if Allah Almighty wills it. If He does not will it, the medicine can also fail to have the desired effect, just as many incidents of medicines reacting adversely are heard daily, and sometimes even appear in newspapers. Our attention

Spiritual and Medical Treatment

should be solely directed towards Allah Almighty, and we should continue to supplicate to Him.

نَسْأَلُ اللَّهَ الْعَظِيمَ meaning, "We ask Allah Almighty for well-being".

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللَّهُ عَلَى مُحَمَّدٍ

Unverified Remedies Can Prove Dangerous

Remember! Treating oneself according to remedies found in books or suggested by people can prove dangerous. It is strongly emphasised to not use any remedy given in this booklet without consulting your physician, even if this remedy is for the very illness you are suffering from.

People's natural temperaments are different. Therefore, your personal physician, who is aware of your physical conditions, can better advise which remedy may suit you and which may not. Stating methods of treatment in a book is one thing, while treating a specific patient is another.



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