

## Adornment

Hadrat Jabir (Radi Allaahu Ta'ala Anhu) narrated that ALLAAH's Messenger (Sallallahu Alaihi Wa Sallam) came to pay them a visit, and seeing a dishevelled man whose hair was untidy he said, "Could this man not find something to make his hair tie down?" He saw a man wearing dirty clothes and said, "Could this man not find something to wash his garments with?"  
[Ahmad and Nasai]

Hadrat Abu Hurairah (Radi Allaahu Ta'ala Anhu) narrated that the Messenger of ALLAAH (Sallallahu Alaihi Wa Sallam) said, "One who has hair on his head and has a beard, should keep them in order."  
[Mishkat]

## Exaggeration in praise

Hadrat Abu Bakr (Radi Allaahu Ta'ala Anhu) narrated that when a man showered fabulous praises on some one in the Prophet's (Sallallahu Alaihi Wa Sallam) presence he said, "Woe to you, you have beheaded your brother (saying it three times). One who cannot help expressing praise should say that he considers so and so is such and such provided he really is so, for it is only Allah who knows for certain whether the said person deserves such praise." [Bukhari, Muslim]

## Contentment

Hadrat Abdullah bin 'Amr (Radi Allaahu Ta'ala Anhu) narrated ALLAAH's Messenger (Sallallahu Alaihi Wa Sallam) as saying "He is successful who has accepted Islam, has provision sufficient for his needs and is contented with what He has given to him."  
[Zawaide Salih ibn Habban, Seerat -un- Nabi]

## Aspersions

Hadrat Abu Hurairah (Radi Allaahu Ta'ala Anhu) narrated that the Prophet (Sallallahu Alaihi Wa Sallam) said, "One who makes an accusation against his slave (servant), though he is innocent, i.e. he has not committed that sin, then ALLAAH, the Almighty will on the day of judgement apply whips on his back. He also said, "Attributing a vice to some one who does not have it is 'bohtan' (aspersion). One should desist for it." [Abu Dawud]

## Respect for old men

Hadrat Anas (Radi Allaahu Ta'ala Anhu) narrated that the Messenger of ALLAAH (Sallallahu Alaihi Wa Sallam) said, "No youth will honour an old man because of his years without ALLAAH appointing one to honour him when he is old." [Tirmizi]

## Helping an oppressor and oppressed

Hadrat Anas (Radi Allaahu Ta'ala Anhu) narrated that when ALLAAH's Messenger (Sallallahu Alaihi Wa Sallam) said, "Help your brother whether he is an oppressor or an oppressed." person. Someone asked, "O Messenger of ALLAAH, I help him when he is oppressed, but how can I help him when he is an oppressor?." He replied "You should prevent him from committing oppression. That is your help to him." [Bukhari, Muslim]

## Ridiculing the afflicted

Hadrat Wasilah (Radi Allaahu Ta'ala Anhu) narrated that the Prophet (Sallallahu Alaihi Wa Sallam) said, "Do not display pleasure at your brother's misfortune, otherwise ALLAAH will have mercy on him and involve you." in some misfortune. [Tirmizi]

## Few counsels

Hadrat Bara bin Azib (Radi Allaahu Ta'ala Anhu) narrated that the Messenger of ALLAAH (Sallallahu Alaihi Wa Sallam) has commanded us do seven things and has forbidden us not to do certain things. We have been commanded to:

(1) Visit the sick, (2) follow the bier, (3) say 'Yar hama kullah' when one sneezes, (and says 'Alham do Lillah') (4) fulfil the vow (5) help the wronged, (6) spread salutation, and (7) accept invitations from one who invites. He has forbidden us to:

(1) have a golden ring, (2) wear red clothes and make golden saddle cover and (3) wear qassi, tafetta, embroidered silk and silk." [All agreed]

## Visiting friends

Hadrat Abu Razin (Radi Allaahu Ta'ala Anhu) narrated that ALLAAH's Messenger (Sallallahu Alaihi Wa Sallam) said to him, "Shall I not guide you to the means of supporting these affairs by which you will obtain the best in this world and the next? (1) You must frequent the gatherings of those who make mention of ALLAAH. (2) When you are alone cause your tongue to make mention of ALLAAH as much as you can (3) Love for ALLAAH's sake. Are you aware, Abu Razin, that when a man goes out of his house to visit his brother he is accompanied by seventy thousand angles, all of them invoking blessings on him and saying, "O our Lord, he has united ties of friendship for Thy sake, so bring him near to Thy self! If you can employ yourself in that way do so."

[Mishkat]

## **A Muslim is a mirror of another Muslim**

Hadrat Abu Hurairah (Radi Allaahu Ta'ala Anhu) narrated ALLAAH's Messenger (Sallallahu Alaihi Wa Sallam) said, "Each of you is the mirror of his brother, so If he sees any fault in him he draws his attention to this so that he can remove this fault." [Mishkat]

Hadrat Al-Miqdam bin Madikarih (Radi Allaahu Ta'ala Anhu) narrated that the Prophet (Sallallahu Alaihi Wa Sallam) said, "When a man loves his brother he should tell him that he loves him." [Mishkat]

## **Disapproval of begging**

Hadrat Abdu Muttalib bin Rabia (Radi Allaahu Ta'ala Anhu) narrated that ALLAAH's Messenger (Sallallahu Alaihi Wa Sallam) said, "These sadaqat are peoples' impurities (an atonement) for their sins and they are not lawful for Muhammad (Sallallahu Alaihi Wa Sallam) and Muhammad's family. [Muslim]

One who begs without being in need, it is as if he puts his hands in the sparks of fire. [Baihaqi]

Hadrat Abu Hurairah (Radi Allaahu Ta'ala Anhu) narrated that the Messenger of ALLAAH (Sallallahu Alaihi Wa Sallam) said, "I swear by the Provider in Whose hand is my soul, that if some one from you goes to he jungle with a rope and returns with a load of wood it is better for him than going to someone and asking him for alms which he may give him or refuse". [Malik]

ALLAAH's Messenger (Sallallahu Alaihi Wa Sallam) is reported to have said, "Do not beg of any one, but if you are to beg do so from the kind hearted people." [Masnad Ahmad]

### **Smiling on seeing a Muslim is sadaqah**

It occurs in a tradition that smiling on seeing a Muslim is also sadaqah. [Musnad, Ahmad]

### **Accepting excuse**

Hadrat Jabir (Radi Allaahu Ta'ala Anhu) narrated that ALLAAH's Messenger (Sallallahu Alaihi Wa Sallam) said, "If any one excuses himself to his brother and he does not pardon him (or does not accept his excuse), he will be guilty of a sin like that of him who takes an illegal tax. [Baihaqi]

### **Eeman to be followed by action**

Once Hadrat Abu Zar (Radi Allaahu Ta'ala Anhu) asked "O ALLAAH's Messenger (Sallallahu Alaihi Wa Sallam) tell us about some act which goes with belief." He replied "Give out of that which Allah has given to you to others." I asked "Oh Allah's Messenger if one is himself a pauper." He said, he should enjoin what is good. He was asked, "what he should do if he can not speak." He replied "Help the accused." He was asked, "what he should do if he is so weak that he can not help anyone." He said "he should do the job of one who can not do anything." He was asked what he should do if he did not do that, and he replied that he should refrain from oppressing other people.

[Mustanad Hakim, Seerat -un- Nabi]

## Thankfulness

Hadrat Abu Hurairah (Radi Allaahu Ta'ala Anhu) narrated ALLAAH's Messenger (Sallallahu Alaihi Wa Sallam) as saying, "He who does not thank people does not thank ALLAAH. [Mishkat, Tirmizi]

Hadrat Usamah bin Zaid (Radi Allaahu Ta'ala Anhu) narrated ALLAAH's Messenger (Sallallahu Alaihi Wa Sallam) as saying, "If one has done a kindness and in return expresses to his benefactor a desire that ALLAAH may give him a good reward (says Jazkallah) he has fully expressed his commendation." [Tirmizi]

## Intercession

Hadrat Abu Musa al-Ash'ari (Radi Allaahu Ta'ala Anhu) narrated that "when a needy person comes to ask for something you should recommend his case "If you make intercession you will be rewarded, for ALLAAH decrees what he wishes by the tongue of His Messenger." [Bukhari, Muslim]

## Whispering

Hadrat Abdullah (Radi Allaahu Ta'ala Anhu) narrated ALLAAH's Messenger (Sallallahu Alaihi Wa Sallam) as saying "When three of you are together, two of you, must not talk privately ignoring the third.

[Adab -ul- Mufrad

## Use of vessels of silver and gold

Hadrat Huzaifah (Radi Allaahu Ta'ala Anhu) told that Allah's Messenger (Sallallahu Alaihi Wa Sallam) forbade them to eat or drink from a vessel of silver or gold, or wear silk and brocade, because these things are for the non-believers in this world and for the believers in the hereafter. [Bukhari, Muslim]

Hadrat Aishah (Radi Allaahu Ta'ala Anha) narrated that the Prophet (Sallallahu Alaihi Wa Sallam) said, "The one who will have the worst position in Allah's estimation on the day of resurrection will be the one whom people have left alone on account of his filthy language and ribaldry." [Bukhari, Musim]

### **Uncalled for praise**

Hadrat Al-Miqdad bin Al-Aswad (Radi Allaahu Ta'ala Anhu) reported Allah's Messenger (Sallallahu Alaihi Wa Sallam) as saying, "When you see someone falsely praising people, throw dust in his mouth (i.e. express your disapproval)." [Muslim]

Hadrat Anas (Radi Allaahu Ta'ala Anhu) narrated Allah's Messenger (Sallallahu Alaihi Wa Sallam) as saying, "When a sinner is praised the Lord most high is angry, and the Throne shakes on account of it." [Baihaqi]

### **Health and perfume**

It appears in a traditions that the Prophet (Sallallahu Alaihi Wa Sallam) said, "Allaah is pure and likes purity. Allah is clean and likes cleanliness; Allah is merciful and likes mercy. Allaah is Bountiful and likes bounty; so keep your house and court-yard neat and clean." [Zadul Ma'ad]

Hadrat Abu Hurairah (Radi Allaahu Ta'ala Anhu) narrated Allah's Messenger (Sallallahu Alaihi Wa Sallam) as saying, "It is the duty for every Muslim to take a bath once a week, washing his head and his body." [Bukhari, Muslim]

### **Transfer of property**

If you happen to sell a house or land being unsuitable, it is advisable that you, immediately thereafter,

purchase another house or land as it is difficult to retain the sale - proceeds which may be squandered for nothing. [Ibn - Majah]

### **Self respect**

It has been reported that the Prophet (Sallallahu Alaihi Wa Sallam) said, "Do not depend on the advice of others but become yourself a man of sound judgement and determination, and do not go to take meals with anybody unless invited. You say that you will do good to one who does good to you and will do wrong to one who does wrong to you, but cultivate the habit of not only doing good to one who does good to you but to him also who does wrong to you." [Mishkat, Tirmizi]

### **Life of ease**

Hadrat Muaz bin Jabal (Radi Allaahu Ta'ala Anhu) narrated that when ALLAAH's Messenger (Sallallahu Alaihi Wa Sallam) sent him to Yemen he said, "Don't lead a lavish life, for ALLAAH's servants do not lead a lavish life. [Ahmad, Mishkat]

### **Giving feast to each other**

Hadrat Hamzah bin Suhaib (Radi Allaahu Ta'ala Anhu) narrated that the Messenger of ALLAAH (Sallallahu Alaihi Wa Sallam) said, "Muslims, among you, those are good people who give feasts to each other and when they meet salute each other." [Ibn Sa'd]

### **Etiquette for supplication**

The best manners for supplications are to have lawful earnings, to be truthful, to supplicate from the core of one's heart, not to make haste in receiving an answer, to praise ALLAAH, the Almighty in the beginning and to beseech blessings on the Prophet, his family and Companions etc.



Hadrat Ibn 'Abbas (Radi Allaahu Ta'ala Anhu) narrated ALLAAH's Messenger (Sallallahu Alaihi Wa Sallam) as saying, "When you make request to ALLAAH do so with the palms of your hands and not the back upward, and when you are finished wipe your face with them." [Abu Dawud]

## **Indolence**

Hadrat Abdullah bin Burnidah told that a man asked Hadrat Fadalah bin 'Ubaid why it was that he saw him dishevelled and replied that ALLAAH's Messenger (Sallallahu Alaihi Wa Sallam) had forbidden them to indulge much in luxury. He asked why was it that he saw him unshod and he replied that ALLAAH's Messenger used to command them to go barefoot at times. [Abu Dawud]

Hadrat 'Abdullah bin Masud (Radi Allaahu Ta'ala Anhu) narrated, "At the battle of Badr there was one camel to every three men of us. Abu Lubabab and Ali bin Abu Talib (Radi Allaahu Ta'ala Anhu) were the travelling companions of ALLAAH's Messenger (Sallallahu Alaihi Wa Sallam), and when his turn to dismount came they would offer to walk instead of him, but he would reply "You are not stronger than I am, and I am not more able to dispense with the reward than you are." [Sharah as - Sunnah]

## **Lawful earning**

Hadrat Abdullah Bin Umar (Radi Allaahu Ta'ala Anhum) narrated ALLAAH's Messenger (Sallallahu Alaihi Wa Sallam) as saying, "Trying to earn a lawful livelihood is an obligatory duty in addition to other duties which are obligatory." [Baihaqi, Mishkat]

Hadrat 'Abdullah bin Mas'ud (Radi Allaahu Ta'ala Anhu) narrated ALLAAH's Messenger as saying, "No man who acquires unlawful property and gives some of it

in alms will have it accepted from him, neither does he receive a blessing when he spends it and if he leaves some of it behind him it will be his provision for hell. ALLAAH does not obliterate an evil deed by an evil one, but He obliterates an evil deed by good one. Because what is impure does not clean that what is impure." [Ahmad, Mishkat]

Hadrat Khaulah daughter of Qais (Radi Allaahu Ta'ala Anha) narrated of hearing ALLAAH's Messenger (Sallallahu Alaihi Wa sallam) say, "This richness and wealth is fresh and sweet. He who gets it in a legal manner and spends it where it should be spent will find it helpful for himself." [Bukhari, Muslim]

Hadrat Ka'b bin Malik (Radi Allaahu Ta'ala Anhu) is narrated to have said, "O Messenger of ALLAAH (Sallallahu Alaihi Wa sallam), By way of repentance (refers to his withdrawal from the expedition to Tabuk without a valid reason) I divest myself of all my property as sadaqah for ALLAAH and His Messenger". ALLAAH's Messenger (Sallallahu Alaihi Wa sallam) replied, "Retain some of your property, for that will be better for you." (because if a man possesses some property he is not worried by needs)

So he said he would retain the portion he had at Khaiber. [Bukhari, Muslim]

This is part of a long tradition. Hadrat Huzifah (Radi Allaahu Ta'ala Anhu) narrated that the Prophet (Sallallahu Alaihi Wa Sallam) said, "It is not becoming of a Muslim that he should demean himself." He was asked as to what it meant. He replied, "Demeaning one's self is that one exposes himself to a calamity which he is unable to endure." [Tirmizi]

## **Simplicity**

Hadrat Abu Umamah (Radi Allaahu Ta'ala Anhu) narrated the Messenger of ALLAAH (Sallallahu Alaihi Wa Sallam) as saying, "Leading a simple life belongs to iman. [Abu Dawud, Hayat -ul- Muslimeen]

## **Innovation**

Hadrat Jabir (Radi Allaahu Ta'ala Anhu) narrated ALLAAH's Messenger (Sallallahu Alaihi Wa Sallam) as saying, "After praising Allah: the best discourse is ALLAAH's book, the best guidance is that given by Muhammad, and the worst things are those which are innovations (in religion i.e. introducing that which is not authorized). Every innovation is an error. [Muslim]

## **Innovation forbidden**

Hadrat Aisha (Radi Allaahu Ta'ala Anhu) narrated ALLAAH's Messenger (Sallallahu Alaihi Wa Sallam) as saying, "If any one introduces into this affair of ours anything which does not belong to it, he is damned. [Bukhari, Muslim]

## **HOLY PROPHET'S SCIENCE OF MEDICINE**

### **Treatment of disease by du'a (supplication) and drugs**

The Holy Prophet (Sallallahu Alaihi Wa Sallam) used to provide remedy in three way: first, from natural medicine generally termed as organic and inorganic ingredients secondly spritual i.e. from ad'iyah (prayers other than liturgical) azkar (remembering of ALLAAH) and ayat from the QURAAN and thirdly, both from drugs and ad'iyah (supplication).

### **Healing by ad'iyah (supplications)**

Of all the cures (shifa) descended on the earth, the

Holy QURAAN is the most universal, most useful and most magnificent thing as ALLAAH has himself said:

وَنَزَّلْنَا مِنَ الْقُرْآنِ مَا هُوَ شِفَاءٌ وَرَحْمَةٌ لِّلْمُؤْمِنِينَ ط

And we reveal in the QURAAN that which is a healing and mercy for believers. [Surah-al-Isra, 17 veise 28]

The reason why the Holy QURAAN is a panacea for physical illness is the fact that blessings are sought through the recitation of the Holy QURAAN as a cure and remedy for a number of ailments and maladies. The Holy Prophet (Sallallahu Alaihi Wa Sallam) is stated to have said that one who is not cured even with the recitation of healing verses of the Holy QURAAN, ALLAAH, the Almighty will not bless him with recovery at all. It occurs in a tradition that Surah Fatiha is a cure for all'. According to authentic traditions Surah Fatiha serves as a remedy for poisonous insect-bites as well as for mental derangement. Hadrat Ali (Radi Allaahu Ta'ala Anhu) has stated in a marfu tradition that QURAAN is the best remedy.

Seeking remedy through the recitation of (mu'awwazatain which are the names of ALLAAH is the spritual science of medicine provided these are recited with the confidence by pious and godly persons. Such persons are, however, not ordinarily available, so people run after medical treatment and do not look for spritual remedy. By the term 'mu'aowazat' is meant Suratul Falaq (cxiii) and Suratual Nas (cxiv) which the Holy Prophet used to blow over himself after incantation, and according to some, Suratul Ikhlas (cxii) and Suratul Kafirun (cix) are also included in this term.

The Ulema have held that dua for recovery is lawful subject to three conditions; (1) The dua is accompanied with the recitation of the QURAAN as also with the names and attributes of ALLAAH, irrespective of the language but that their meanings are fully followed. (2) The dua is made with the firm

belief that the real benefactor is ALLAAH, the Almighty. (3) The efficacy of dua depends on the Will of ALLAAH and divine decree.

The authority for amulets is derived from the traditions. It has been reported that Hadrat Ibn Masud (Radi Allaahu Ta'ala Anhu) used to teach the boys who were sensible enough while in the case of others he used to write on a piece of paper and suspend it round their necks.

### Exercising for evil eye

Hadrat Aishah (Radi Allaahu Ta'ala Anhu) narrated: the Prophet (Sallallahu Alaihi Wa Sallam) gave us command that we should use a spell against the evil eye. [Bukhari, Muslim]

Asma daughter of Abdullah (Radi Allaahu Ta'ala Anhu) narrated, "Messenger of ALLAAH (Sallallahu Alaihi Wa Sallam), Jafar's children are readily susceptible to the influence of evil eye, so may I use the spell for them?" He replied, "Yes, for if anything could get ahead of the decree the evil eye could."

[Ahmed, Tirmizi, Ibn Majah]

The Holy Prophet (Sallallahu Alaihi Wa Sallam) narrated: Seek remedy for your patients through sadaqah. [Al - Targhib - wa - Al - Tarhib]

When some one is afraid that the person upon whom he is casting a glance may come under the influence of his own evil eye he should get rid of the evil through making the supplication (du'a)

اللَّهُمَّ بَارِكْ عَلَيْهِ (O ALLAAH, bless him)

The Messenger of Allah (Sallallahu Alaihi Wa Sallam) asked Hazrat Aamer when Sahi bin Hunaif (Radi Allaahu Ta'ala Anhu) had cast an evil eye on him, "Did you not seek Allah's blessings i.e. did you not recite Allahumma

barik alaih?" so also when one recites "Whatever Allah wished has happened there is no strength except that which is given by Allah" the influence of an evil eye is nullified.

### Prophet's remedy for evil eye

The Holy Prophet (Sallallahu Alaihi Wa Sallam) used to remedy evil eye through recitations of mu'aowazatain i.e. those ayat and phrases which seek ALLAAH's shelter from Sharur (evils, e.g. mu'aowazatain, Suratul Fatiha, the Throne verse, etc. Ulema have held that most the effective and most magnificent supplications for recovery is recitation of Surah Fatiha, Throne verse and Muawwizatain. To keep safe from an evil eye one should say, "whatever Allah wished. There is no strength, except that which Allah gives" and if one apprehends that his own glance may cast an evil eye on the person whom he looks at, he should say, "Oh Allah bless him." this will remove the evil influence.

The Prophet (Sallallahu Alaihi Wa Sallam) used ruqyah (spell) and dua (supplications) for all bodily ailments and one should look for adiyah (supplications for specific ailments including anxieties, abject poverty, sleeplessness, tooth-ache, palpitation and other afflictions in the various collections of traditions.  
[Madarijun Nubuwah]

The Holy Prophet's specific dua for evil eye, anxieties, diseases and affliction was

أَذْهِبِ الْبَاسَ رَبِّ النَّاسِ وَأَشْفِ أَنْتَ الشَّافِي لَا  
شِفَاءَ إِلَّا شِفَاؤُكَ شِفَاءً لَا يُغَادِرُ سَقَمًا (مدارج النبوة)

O Lord of mankind remove the trouble, and bestow recovery, Cure is from Thee and there is no cure excepting Thine. Bestow such recovery as may not leave behind the slightest trace of disease.

## The practice of reciting لا حول ولا قوة الا بالله

Hadrat Abu Hurairah (Radi Allaahu Ta'ala Anhu) narrated that the Messenger of ALLAAH (Sallallahu Alaihi Wa Sallam) said, لا حول ولا قوة الا بالله

(There is no might and no power except in ALLAAH) is remedy for ninety nine diseases, the lightest of which is anxiety. He said that ALLAAH's Messenger (Sallallahu Alaihi Wa Sallam) offered to guide him to a word from under the Throne which was part of the treasure of paradise, it being,

لا حول ولا قوة الا بالله

(There is no might and no power except in ALLAAH)".  
[Mishkat]

Ulema have therefore, expressed an opinion that this phrase is the best helper. [Madarijun Nubuwah]

## Ayat ul Kursi (throne verse) (255/ii)

It occurs in a tradition that whoever in trouble recites Ayatul Kursi and the two verses at the end of surah -al Baqarah, ALLAAH, the Almighty will redress his grievances. [Madarijun Nubuwah]

## Comprehensive du'a (supplication)

Hadrat Sa'd (Radi Allaahu Ta'ala Anhu) narrated ALLAAH's Messenger (Sallallahu Alaihi Wa Sallam) as saying that no Muslim will supplicate ALLAAH for any thing and fail to receive an answer, when he uses Zun Nun's (Prophet Yunus) supplication when he was in the belly of the fish.

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

(There is no god but Thee to whom be the glory. I was indeed a wrong-doer) [21/87] [Ahmad - Tirmizi]

## Dua (supplication) for indigence

Hadrat Ibn Umar (Radi Allaahu Ta'ala Anhu) narrated that some one came to the Messenger of ALLAAH (Sallallahu Alaihi Wa Sallam) and told him that the world has turned its back on him and abandoned him. The Messenger of ALLAAH (Sallallahu Alaihi Wa Sallam) told him, "Where did you lose the prayer of angels and (Tashbih-e-Khala'eq) due to which they are given sustenance? Thereafter he said, "Recite the following du'a hundred times at the sunrise,

سُبْحَانَ اللَّهِ وَمُحَمَّدٍ سُبْحَانَ اللَّهِ الْعَظِيمِ وَمُحَمَّدٍ اسْتَغْفِرُ اللَّهَ

And then, the world will come to you humiliated and down-trodden. The person then went away and turned up after a lapse of time and said, "O Messenger of ALLAAH! The world (wealth) has come to me in so abundance that i do not know where to keep it'.

The practice of the pious elders has been to recite this dua between the Sunnah-l-Mu'akkadah and obligatory Rakaats of Fajr Salaah. It is advisable to also recite a rosary of

لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ

(There is no might and power except in ALLAAH). Regarding the latter it occurs in traditions that this would be responsible for deliverance from all sins and an abundance of sustenance. This is in fact the result of repentance because sins cause decreases in sustenance as also various types of anxiety and tribulations. [Madarijun Nubuwah]

## Dua ' for headache

It has been reported in a tradition that the Messenger of ALLAAH (Sallallahu Alaihi Wa Sallam) when suffering from headache used to seek refuge in ALLAAH through the following dua:



بِسْمِ اللَّهِ الْكَبِيرِ وَأَعُوذُ بِاللَّهِ الْعَظِيمِ مِنْ كُلِّ  
عَرَقٍ نَعَارٍ وَمِنْ شَرِّ حَرِّ النَّارِ

In the name of ALLAAH who is great (KABEER) and I seek refuge in ALLAAH, the great (AZEEM) from nervous tension and from the evil of the heat of fire.

### Dua for every ailment and calamity

Hadrat Abin bin Uthman (Radi Allaahu Ta'ala Anhu) narrated, he heard his father quoting ALLAAH's Messenger as saying that if anyone says three times in the evening."

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا  
فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ

"In the name of ALLAAH, when whose name mentioned is nothing on hurt earth or heaven can cause him and He is the Hearer, the Knower." No calamity will afflict him till the morning and who so ever recites them three times in the morning no calamity will afflict him till the evening.

### Dua before taking meals

Hadrat Abdullah bin Masud (Radi Allaahu Ta'ala Anhu) narrated that when victuals are placed he should recite the following:

بِسْمِ اللَّهِ خَيْرًا لِدَسْمَاءٍ فِي الْأَرْضِ وَالسَّمَاءِ لَا يَضُرُّ  
مَعَ اسْمِهِ ذَاؤُ اللَّهِمَّ اجْعَلْ فِيهِ رَحْمَةً وَشِفَاءً ط

In the name of ALLAAH being the best of names on earth and in heavens: with His name, no ailment causes harm. O ALLAAH bestow remedy and blessing on it.

And, nothing will cause any harm (to him).

[Madarijun Nubuwah]

## Dua for, toothache

Hadrat 'Abdullah bin Rawahah (Radi Allaahu Ta'ala Anhu) narrated that he told the Messenger of ALLAAH (Sallallahu Alaihi Wa Sallam) that he was having toothache: then the Messenger of ALLAAH (Sallallahu Alaihi Wa Sallam) placing his hand on the afflicted cheek, recited the following seven times,

اللَّهُمَّ اذْهَبْ عَنْهُ مَا يَجِدُ وَفَحْشَةً بِدَعْوَةِ  
نَبِيِّكَ الْمُسَكِّينِ الْمُبَارَكِ عِنْدَكَ

O ALLAAH, remove the cause and effect of the trouble of his person through the dua of this weak prophet of yours which, according to you, is full of blessings.

ALLAAH, the Almighty removed his trouble before the Holy Prophet (Sallallahu Alaihi Wasallam) lifted his hand. [Madrijun Nubuwah]

## Diseases and their remedies

The Holy Prophet's (Sallallahu Alaihi Wa Sallam) practice was to provide medical treatment to his family members and Companions including himself. He mostly suggested single drugs.

## Idea about food in the belly

Hadrat al-Miqdam bin Ma'dikarib has related that he heard ALLAAH's Messenger (Sallallahu Alaihi Wa Sallam) say, "A human being has not filled any vessel which is worse then a belly. Enough for the son of Adam are some mouthfuls which can keep his back straight: but if there is no escape he should fill it a third with food, a third with drink and leave a third empty." [Tirmizi, Ibn Majah]

## Food for patients

Hadrat Uqbah bin Amir (Radi Allaahu Ta'ala Anhu) narrated ALLAAH's Messenger (Sallallahu Alaihi Wa Sallam) as saying, "Do not force your invalids to eat for ALLAAH (Subhanahu Wata'ala) most high gives them food and drink." [Tirmizi]

## There is no cure in unlawful things

It occurs in traditions that the Holy Prophet (Sallallahu Alaihi Wa Sallam) was asked about mixing wine in medicines and he said: This is a disease (in itself) and not a remedy." [Tirmizi, Abu Dawud]

In addition to the above it has been reported from the Holy Prophet (Sallallahu Alaihi Wa Sallam) that he said, "ALLAAH may not bestow recovery on him who uses wine as a medicine." [Zadul Mad]

## Use of milk in diseases

It has been reported from Hadrat Aishah (Radi Allaahu Ta'ala Anhu) that the Holy Prophet (Sallallahu Alaihi Wa Sallam) said: Talbinah gives rest to an invalid heart and removes some of his grief."

[Bukhari, Muslim]

**Note:** Talbinah is a kind of gruel made of flour or bran and milk sometimes having honey mixed with it.

Whenever he was told that some one is ailing and does not take food, he used to say, "He should be given talbinah (diet of mixed cereal with milk) and that I swear by ALLAAH in whose hand my soul is, that this washes your stomach in the manner you clean dirt from your face." [Zadul Ma'd]

## **Virtue of HONEY**

Hadrat Abu Hurairah (Radi Allaahu Ta'ala Anhu) narrated that the Messenger of ALLAAH (Sallallahu Alaihi Wa Sallam) said, if anyone licks honey three mornings every month, he will not be afflicted with any serious trouble. [Mishkat]

## **Holy QURAAAN and HONEY as remedies**

Hadrat Abdullah bin Mas'ud narrated ALLAAH's Messenger (Sallallahu Alaihi Wa Sallam) as saying, "Make use of the two remedies: HONEY and QURAAAN." [Ibn Majah]

## **Disease and bad omen**

Hadrat Sad bin Malik (Radi Allaahu Ta'ala Anhu) narrated ALLAAH's Messenger (Sallallahu Alaihi Wa Sallam) as saying, There is no hama, no infection and no evil omen. [Abu Dawud]

**Note:** Hama means an owl or night bird which is supposed to frequent graves.

## **Efficiency of nigella**

Hadrat Abu Hurairah (Radi Allaahu Ta'ala Anhu) narrated that he heard the Messenger of ALLAAH (Sallallahu Alaihi Wa Sallam) as saying "Nigella seed is a remedy for every disease but death.

[Bukhari, Muslim]

Hadrat Zaid bin Arqam narrated that ALLAAH's Messenger (Sallallahu Alaihi Wa Sallam) ordered them to treat pleurisy with sea costus and olive oil.

[Tirmizi]

## Use of spells

It has been narrated from the Messenger of ALLAAH (Sallallahu Alaihi Wa Sallam) that "There is no harm in spells as long as they involve no polytheism."

[Muslim]

## Olive Oil

Hadrat Zaid bin Arqam (Radi Allaahu Ta'ala Anhu) said that the Messenger of Allah (Sallallahu Alaihi Wa Sallam) has commended olive oil and 'dars' (a plant) in pleurisy. [Tirmizi, Mishkat]

## Unlawful Ingredients in medicine forbidden

Hadrat Abu Darda (Radi Allaahu Ta'ala Anhu) narrated the Messenger of ALLAAH (Sallallahu Alaihi Wa Sallam) as saying, "ALLAAH has sent down both the disease and the cure, and He has appointed cure for every disease, so treat your disease medically, but use nothing unlawful." [Abu Dawud]

## Remedy for Weakness of heart

It is reported in Sunane Abi Dawood from Hadrat Mujahid (Radi Allaahu Ta'ala Anhu) that it had been reported to him that Hadrat Sa'd (Radi Allaahu Ta'ala Anhu) narrated: When I was ill the Prophet (Sallallahu Alaihi Wa Sallam) came to visit me, and putting his hand between my nipples so that I felt its coolness in my heart, he said, "You are suffering from a heart disease. Use seven ajwah dates of Madina after taking away seeds from them." (In this disease ajwah dates are very effective. This is in the category of revelation)

[Zadul Ma'ad]

Hadrat Amir bin Waqqas (Radi Allaahu Ta'ala Anhu) narrates from his father ALLAAH's Messenger (Sallallahu Alaihi Wa Sallam) said, "He who eats

seven ajwah dates in the morning will not suffer harm that day through poison or magic. [Bukhari, Muslim]

أَفَحَسِبْتُمْ أَنَّمَا خَلَقْنَاكُمْ عَبَثًا  
وَأَنَّكُمْ إِلَيْنَا لَا تُرْجَعُونَ

Deemed ye then that we had created you for naught, and that ye would not be returned unto Us? [23/115] and the Throne verse was also recited to cure this and the Holy Prophet (Sallallahu Alaihi Wa Sallam) also used to ask the afflicted person to recite this and also used to asked them to recite: معوذتين

[Zadul Ma'ad]

## Flies

Hadrat Abu Hurairah (Radi Allaahu Ta'ala Anhu) narrated that the Messenger of ALLAAH (Sallallahu Alaihi Wa Sallam) said, "Whenever a fly falls in the vessel of any one of you, then pick it out after giving it a dip, because one of its wings has disease while the other wing is a remedy." [Zadul Ma'ad]

