

SUMMER IMMERSION

PROPHETIC MEDICINE



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SESSION 2

Hadith #3

- The Prophet (ﷺ) highlighted three primary means through which healing is commonly found in: cupping (hijamah), drinking honey, and cauterization (branding with fire).
- These three represent a gradual progression of healing.
 - Cupping extracts harmful impurities from the body.
 - Drinking honey acts as an internal cure.
 - Cauterization is utilized only as a last resort.
- 1. Cupping
 - Cupping, specifically wet cupping, is a highly recommended practice in Prophetic medicine.
 - It involves making tiny incisions at specific areas of the body using either needles or a thin blade, then applying suction to draw out "harmful" or stagnant blood.
 - It relieves ailments by boosting blood circulation, alleviating muscle tension, and promoting natural healing.
 - The Prophet (ﷺ) frequently performed cupping on the upper back in the area between the shoulder blades, his shoulders and neck.
 - Although it can be performed at any time when treating an illness, it is particularly encouraged on the odd days of the lunar month — specifically the 17th, 19th, or 21st.

- Narrated by Anas bin Malik , the Messenger of Allah said:

مَنْ أَرَادَ الْجَامَةَ فَلْيَتَحَرَّ سَبْعَ عَشْرَةَ، وَتِسْعَ عَشْرَةَ، وَإِحْدَى وَعِشْرِينَ، لَا يَتَّبِعْ بِأَحَدِكُمُ الدَّمَ فَيَقْتُلَهُ

"Whoever wants to perform cupping, let him search for the 17th, 19th, and 21st days (of the lunar month), and let not any of you allow his blood to rage (boil) such that it kills him." (Sunan Abu Dawud)

- Ibn Qayyim noted that the wisdom of cupping on the 17th, 19th, and 21st days mirrors the movement of the tides. Just as the full moon pulls the oceans, it is believed to draw accumulated toxins toward the surface of the body during the middle of the month. Performing cupping on these specific days ensures these fluids have settled near the skin, maximizing the benefits of the treatment.
- For individuals treating an illness, cupping should not be delayed for the specific dates. Instead, it should be administered as needed. For example, if someone is experiencing an acute migraine attack, they should seek immediate cupping to help manage the pain.
- Important safety notes:
 - This procedure should only be performed by a qualified and licensed healthcare professional in a sterile, clinical setting.
 - Attempting this practice without professionals or in a non-sterile environment carries significant risks of bloodborne infections, sepsis, and cross-contamination.
- 2. Honey
 - Honey is a powerful, nutrient-rich supplement with documented healing properties.
 - In modern medicine, its proven ability to combat infections, reduce inflammation, and heal wounds often makes it just as effective as conventional treatments like antibiotics.

- The Qur'an highlights the healing properties of honey in Surah An-Nahl (Verses 68-69) while using strictly feminine Arabic verbs to command the bees to build hives, gather nectar, and produce honey.
- Modern biology confirms that honey is produced exclusively by female worker bees, while male drones play no part in hive construction or honey production. Since the complex gender roles of bee colonies were entirely unknown in the seventh century, scholars frequently cite this precise grammatical distinction as a compelling scientific miracle of divine revelation.
- Many scholars agree that the most beneficial honey for an individual is one sourced from their own region, as it contains properties that naturally address local ailments. Therefore, we should aim to source the purest, most organic local honey available.
- Honey is both a nutritious food and a natural cure. While it is healthy and can be a remedy, individuals with diabetes should monitor their intake carefully to avoid blood sugar spikes.
- A 2023 study from the European Journal of Pediatrics found that honey is effective in curing three main things:
 - It reduces cough frequency
 - It reduces cough severity
 - It improves sleep quality
- Research confirms that specific honeys, particularly Manuka honey from New Zealand, contain powerful antibacterial and anti-inflammatory properties. It accelerates the healing of wounds and burns by fighting infection, maintaining moisture, and reducing inflammation, which ultimately minimizes scarring.