

SUMMER IMMERSION

PROPHETIC MEDICINE



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SESSION 4

Hadith 7

- The Prophet (ﷺ) encouraged to use this black seed as cure for every disease except death.
- Black seed:
 - Scientific term:
 - Nigella sativa
 - Arabic term:
 - Habbatus sawda
 - Al-Shuniz
 - It is also referred to as Habbatul Barakah which means the blessed seed.
- It is available mainly across Asia (specifically Southwest and South Asia) and North Africa.
- "A cure for every disease":
 - This should be understood as a general expression rather than a literal absolute.
 - Its effectiveness depends on the context of the illness and Allah's decree.
 - It does not imply that this single substance is an automatic cure for every conceivable ailment.

- Benefits of black seed:
 - According to Ibn Qayyim, black seed has a broad therapeutic benefit. In the medical framework of his time, it was especially useful for cold conditions or illnesses.
 - The Greek humoral system classifies ailments and remedies by their qualities (hot, cold). Within this context, black seed was documented as a warming remedy for cold ailments.
 - Thymoquinone is the primary compound found in black seed. It can aid in lowering blood pressure and cholesterol, regulating blood sugar, improving lipid profiles, reducing oxidative stress markers and lowering inflammatory responses in humans.
- Modern-day research:
 - A prominent 2020 systematic review and meta-analysis published in the National Center for Biotechnology Information found that black seed acts as an effective antioxidant by neutralizing free radicals and increasing protective antioxidant enzymes in the body.
 - A PubMed review published in a Korean medical journal confirms that black seed helps manage inflammatory conditions like rheumatoid arthritis, asthma and H. pylori infections due to its anti-inflammatory and antioxidant properties.
- Best method to benefit from black seed:
 - While black seed is a blessed Prophetic remedy and a wonderful supplement to use as part of Allah's means, true wellness depends on our overall lifestyle choices and maintaining a healthy diet.

- The full benefits of Prophetic medicine are best realized when our daily lives align with the teachings of the Sunnah. For example, maintaining 1/3 food, 1/3 drink, and 1/3 air is a core principle of moderation intended to protect the body from overeating, prevent sickness, and maintain seamless digestion.
 - Al-Miqdam ibn Ma'dikarib reported: The Messenger of Allah, (ﷺ) said,

مَا مَلَأَ آدَمِيٌّ وِعَاءَ شَرٍّ أَوْ مِنْ بَطْنٍ يَحْسِبُ ابْنُ آدَمَ أَكَلَاتٍ يُقْمَنَ صُلْبُهُ فَإِنْ كَانَ لَا مَحَالَةَ فَتُلُتْ لِطَعَامِهِ وَتُلُتْ لِشَرَابِهِ وَتُلُتْ لِنَفْسِهِ

"The son of Adam cannot fill a vessel worse than his stomach, as it is enough for him to take a few bites to straighten his back. If he cannot do it, then he may fill it with a third of his food, a third of his drink, and a third of his breath." (Sunan al-Tirmidhi)

- Consuming black seed (5-7 seeds) with honey and water (or olive oil) is considered one of the best and most traditional methods to minimize stomach heaviness and prevent acid reflux.

Hadith 8

- This incident describes a man who was not immediately healed by honey after the Prophet's recommendation.
 - Ibn Hajar al-Asqalani explained that the initial increase in diarrhea was due to honey's cleansing properties. Because the man's brother had an abundance of harmful matter in his gut, the honey expelled it before bringing about a cure.
 - This aligns well with modern medical principles. During food poisoning or stomach bugs, diarrhea and vomiting are the body's natural defense mechanisms to purge the gut. This process flushes out harmful matter. Suppressing these symptoms with medication can trap the harmful agents inside and worsen the illness.

- Ibn al-Qayyim explained that the man's condition was likely caused by harmful waste in the intestines. The honey worked directly to loosen these toxins, break them down, and expel them from the body.
- The statement "your brother's stomach has lied" does not mean the man's brother was lying.
 - It means the illness and the stomach's initial negative reaction were deceptively masking the cure.
 - The Prophet (ﷺ) was reaffirming the Quranic truth where Allah stated that honey contains a cure for mankind.
- Conviction is the key to Prophetic healing:
 - The Prophet (ﷺ) taught the man not to doubt in honey's healing power, but to continue the treatment and trust in Allah.
 - All Prophetic remedies and supplications (du'a) rely on our conviction (yaqeen).
 - The stronger our trust and conviction in these Prophetic remedies, the greater our likelihood of experiencing healing.
 - After the fourth time the man gave his brother honey, the illness was fully cured. This healing was a result of the man's strong yaqeen, which allowed the honey to work effectively on his brother.
- Prophetic remedies may occasionally appear less effective or beneficial due to the following factors:
 - 1. Poor lifestyle choices
 - We make poor choices and lead a lifestyle that is not as natural (e.g., bad sleeping habits, unhealthy food consumption etc.)
 - 2. Incorrect dosage
 - We don't take them in their recommended dosage. Just like modern medication, traditional remedies require correct preparation, combination, and dosage to be effective.

- 3. Lack of conviction
 - We lack conviction (yaqeen) in the remedies prescribed by the Prophet (ﷺ), or the healing properties mentioned in the Qur'an.

Hadith 9, 10, 11

- Qust, also known as Costus root, is a dried-root medicinal plant.
- It mainly grows in the Himalayan regions of South Asia, specifically in India.
- It is highly prized in ancient Greek, Roman, and Persian medicine and used to treat respiratory ailments, digestive issues, and joint inflammation.
- It comes in two primary varieties:
 - Qust al-Bahri: White costus
 - Qust al-Hindi: Dark costus
- It is traditionally used to treat respiratory and throat ailments. It is inhaled through the nostrils or taken as a drink.
- It is recommended to soothe chest-related diseases like pleurisy; the inflammation of the pleura — the thin, double-layered membranes that cover the outside of the lungs and line the inner chest wall.
- Ibn Hajar and Imam an-Nawawi noted that while the Prophet (ﷺ) mentioned that Qust contains "seven cures" as recorded in the ahadith, the specific seven conditions it treats were not explicitly listed.
- The Prophet's intentional vagueness highlights that Qust possesses a vast array of healing benefits. The exact nature of these cures remains known only to Allah.
- We should strive to follow the Sunnah by keeping Prophetic remedies in our homes. The best way to stay consistent is to store these remedies in a highly visible and convenient spot, making it easy to consume them daily.