

# SUMMER IMMERSION

## PROPHETIC MEDICINE



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### SESSION 5

#### Hadith #11

- The application techniques of Qust include:
  - 1. Nasal instillation (su'ut): For throat and tonsil conditions
  - 2. Side-of-the-mouth administration (lud): For pleurisy and chest pain
- While clinical evidence is limited, in regions across the Middle East, Africa, and South Asia, this practice persists as a remedy for pleurisy and chest ailments.

#### Hadith #12

- There are two interpretations of this hadith:
  - 1. Literal Meaning
    - Fever is the creation of Jahannam. Meaning, it is made from the fire of Jahannam.
    - It is placed on Earth by Allah as a minor taste of that fire so people may fear it and seek refuge from it.
    - This small reminder from Jahannam, can inspire us to stay away from sins and keep us safe from Jahannam itself.
  - 2. Metaphorical Meaning
    - Fever is a reminder of Jahannam. Meaning, it serves to contrast a brief worldly discomfort with the endless magnitude of the ultimate fire.

- In contrast to the endless and immense heat of Jahannam, a bodily fever is only a tiny and temporary hardship.
- Prophetic treatments for fever:
  - The Prophet (ﷺ) instructed Companions to cool down a fever using water.
  - The Prophet (ﷺ) used to tie a cloth or headband around his head when he had a fever. Wrapping the head helps ease the throbbing pain of a headache.

## Hadith #13, #14 & #15

- This hadith establishes the permissibility and benefit of using ruqyah for specific afflictions.
- Ruqyah is an Islamic spiritual healing practice that uses Qur'an recitation and prophetic supplications to seek cure and protection.
- There are three main conditions for a ruqyah to be valid:
  - It must rely strictly on du'as from the Qur'an
  - It must rely strictly on du'as from the Hadith
  - It must be entirely free of shirk in words and feelings, recognizing that healing comes from Allah alone.
- Ruqyah acts as a targeted therapy. A stronger spiritual connection to Allah makes the treatment of ruqyah more powerful and helpful.
  - For example, while a Shaykh's du'a during ruqyah is a powerful means of seeking a cure, absolute healing is granted solely by Allah.
- In hadith #13, the Prophet (ﷺ) permits using ruqyah for the evil eye, poisonous stings or skin infections. However, in hadith #14, he directs its use specifically to guard against the evil eye.
- Most ruqyah formulas treat and prevent unseen harms like the evil eye and magic, because normal worldly medicine cannot treat these hidden issues.