

PROPHET SALLALLAHU ALAIHISWALAM'S SAYINGS ABOUT MEDICINE:

The Prophet Sallallahu Alaihiwasallam said:  
"There is no disease that Allah has created, except that He also has created its treatment."

Narrated by: Abu Huraira (RadhiAllahu Anhu)  
Book - Sahih Al Bukhari  
Volume 7 - Book 71 - Number 582



◆ DATES

◆ TO SAVE FROM POISON & MAGIC

Narrated by Saud (RadhiAllahu Anhu):  
The Prophet Sallallahu Alaihiwasallam said:  
"If somebody takes some 'Ajwa dates every morning, he will not be effected by poison or magic on that day till night." (Another narrator said seven dates).  
Book - Sahih Al Bukhari  
Volume 7 - Book 71 - Number 685

◆ TO REDUCE LABOUR PAINS (IDEAL FOOD FOR PREGNANT WOMEN)

Allah says in Al Quran about the birth pang of Hoorat Maryam (Alisalam): In that verses, Allah tells the medicine which HE prescribed to her during her labour pain:  
"Shake the trunk of the palm-tree towards yourself and, it will drop upon you ripe fresh dates.  
So eat, drink and cool your eyes." (Al Quran 19:23,24)

◆ CURE FOR POISON

Narrated by Abu Huraira (RadhiAllahu Anhu):  
The Prophet Sallallahu Alaihiwasallam said:  
"Al-Jawah (dates) is from Paradise and it contains a cure for poison. 'Truffles' are a form of manna, and its liquid is a cure for the eye."  
Book - Tirmidhi  
Volume 4 - Book 2 - Hadith 2366

◆ THE EXCELLENCE OF A DATE PALM TREE

Narrated by Ibn Umar (RadhiAllahu Anhu):  
The Prophet Sallallahu Alaihiwasallam said:  
"There is a tree among the trees which is similar to a Muslim (in goodness), and that is the date palm tree."  
Book - Sahih Al Bukhari  
Volume 7 - Book 65 - Number 530

◆ THE BELOVED PROPHET'S ﷺ FOOD

◆ Narrated 'Abdullah bin Ja'far : I saw the Prophet ﷺ eating fresh dates with snake cucumbers" Book - Sahih Al Bukhari - Volume 7 - Book 65 - Number 538

◆ Aisha (RadhiAllahu Anhu) reports that the Prophet ﷺ ate watermelon with fresh dates" - (Shawab Tirmidhi - Book 29, Hadith 149)

◆ Anas (RadhiAllahu Anhu) says: I saw the Prophet ﷺ eat together musk-melon and dates" - (Shawab Tirmidhi - Book 29, Hadith 150)

◆ FOR THE PROSPERITY

◆ Narrated by Aisha (RadhiAllahu Anhu):  
The Prophet Sallallahu Alaihiwasallam said:  
"A family which has no dates will be hungry"  
Book - Abu Dawood  
Book 27 - Number 5522

◆ Narrated by Aisha (RadhiAllahu Anhu):  
The Prophet Sallallahu Alaihiwasallam said:  
"A house in which there are no dates, its people will go hungry."  
Book - Ibn Majah  
Volume 1 - Book 29 - Number 5327

◆ TO GAIN WEIGHT

Narrated Aisha (RadhiAllahu Anhu):  
My mother intended to make me gain weight to send me to the (house of) the Messenger of Allah ﷺ, but nothing which she desired benefited me till she gave me cucumber with fresh dates to eat. Then I gained as much weight (as she desired).  
Book - Abu Dawood  
Book 28 - Number 5894

◆ THE BEST NUTRITIOUS FOOD FOR BREAKING THE FAST

Narrated by Aisha (RadhiAllahu Anhu):  
The Prophet Sallallahu Alaihiwasallam said:  
"When any one of you breaks his fast, let him break it with dates. If he cannot find dates, then let him break it with water, for it is a means of purification."  
Book - Ibn Majah  
Volume 1 - Book 7 - Number 5899

◆ THE MEDICINE FOR THE HEART SICKNESS

I suffered from an illness. The Messenger of Allah ﷺ came to pay a visit to me. He ﷺ put his hands between my nipples and I felt its coolness at my heart. He ﷺ said: You are a man suffering from heart sickness. Go to al-Harith bin Kaladah, brother of Tha'lab. He is a man who gives medical treatment. He should take seven qishsh dates of Medina and grind them with their kernels, and then put them into your mouth.  
Book - Abu Dawood  
Book 28 - Number 5886

◆ CURE FOR GASTRITIS

Most of us are suffering from gastritis problems. Every morning after wake up from the bed, they should eat 11 dates without eating bun, biscuit or nuts. This will give cure for the gastritis.



◆ HONEY

◆ HONEY IS A MEDICINE FROM AL QURAN

Allah says in Al Quran:  
"Your Lord revealed to the honeybee: "Make homes in the mountains, in the trees and in the structures they raise.  
Then, eat from all the fruits, and go along the pathways of your Lord made easy for you." from their bellies comes out a drink of various colors in which there is cure for people. Surely in that there is a sign for a people who ponder!"  
(Al Quran 16-68,69)

◆ HONEY'S ﷺ LOVABLE FOOD

Narrated Aisha (RadhiAllahu Anhu):  
Allah's Messenger ﷺ used to love sweet edible things and honey.  
Book - Sahih Al Bukhari  
Volume 7 - Book 65 - Number 542

◆ GENERAL HEALING

Narrated by Ibn Abbas (RadhiAllahu Anhu):  
The Prophet Sallallahu Alaihiwasallam said: "Healing is in three things: A gulp of honey, cupping, and branding with fire (cauterizing). But I forbid my followers to use (cauterization) branding with fire."  
Book - Sahih Al Bukhari  
Volume 7 - Book 71 - Number 580

◆ IT IS A GENERAL HEALING ALONGS WITH AL QURAN

The Messenger of Allah ﷺ said:  
"You should take the two that bring healing: Honey and the Quran"

Book - Ibn Majah  
Volume 1 - Book 31 - Number 5452

◆ OR ABDOMINAL TROUBLE

Narrated by Abu Saïd Al-Khudri (RadhiAllahu Anhu):  
A man came to the Prophet Sallallahu Alaihiwasallam and said, "My brother has some abdominal trouble." The Prophet Sallallahu Alaihiwasallam said to him "let him drink honey." The man came for the second time and the Prophet Sallallahu Alaihiwasallam said to him, "let him drink honey." At my the third time and the Prophet Sallallahu Alaihiwasallam said, "let him drink honey." He returned again and said, "I have done that." The Prophet Sallallahu Alaihiwasallam then said, "Allah has said the truth, but your brother's abdomen has told a lie. Let him drink honey." So he made him drink honey and he was cured.  
Book - Sahih Al Bukhari  
Volume 7 - Book 71 - Number 588

◆ OR PROTECTION FROM CALAMITY

Narrated by Abu Hurairah (RadhiAllahu Anhu):  
The Messenger of Allah ﷺ said:  
"Whoever eats honey three mornings each month, will not suffer any serious calamity"

Book - Ibn Majah  
Volume 1 - Book 31 - Number 5450

◆ OR DIGESTIVE DISORDERS

Whatever food we eat, will be sent to Stomach for the digestive. After the digestion, nutrients are absorbed from digestive system and send to all parts of body. Honey helps stomach to do its job. For those who have digestive disorders, should drink one spoon honey with one glass milk.

◆ USE FOR WEAKNESS

This very old medical reference. Take one glass hot water. Add one spoon honey and half piece lime juice. Drink everyday early morning and night before go to sleep. This will give following benefits:

1. It will keep your body always active.
2. It will give cure for the cold, wheezing and flu.
3. It will give cure to intestine and stomach diseases.
4. It will give cure to rheumatic diseases.
5. It will help to heart diseases and make heart strong.



◆ OLIVE

◆ HONOUR OF OLIVE

Alla swears in Al Quran:  
"I swear by the Fig and the Olive" (95:1)

◆ IT IS FROM A BLESSED TREE

The Prophet Sallallahu Alaihiwasallam said:  
"Eat of its oil and use it (the olive), for indeed it is from a blessed tree"  
Book - Tirmidhi Volume 1 - Book 29 - Number 1852  
Book - Ibn Majah Volume 1 - Book 29 - Number 3329

◆ CURE THE PLEURIST

The Messenger of Allah Sallallahu Alaihiwasallam prescribed Wars (wormerycion tincture), Indian aloeswood and olive oil for pleurisy, to be administered through the side of the mouth."

Book - Ibn Majah  
Volume 1 - Book 31 - Number 5457

◆ CURE THE SICK

Khalid bin Sa'd said:

"We went out and with us was Ghailib bin Abjar. He fell sick along the way, and when we came to Al-Madinah he was sick. Ibn Abu 'Uyay came to visit him and said to us: 'You should use this black seed. Take five or seven (seeds) and grind them to a powder, then drop them into his nose with drops of olive oil, on this side and on this side. For Richah (RadhiAllahu Anhu) narrated to them that he heard the Messenger of Allah Sallallahu Alaihiwasallam say: 'This black seed is a healing for every disease, except the Sam.' I said: 'What is the Sam?' He said: 'Death.'"

Book - Sahih Al Bukhari Volume 7 - Book 71 - Number 591  
Book - Ibn Majah Volume 1 - Book 31 - Number 5449

◆ CURE

◆ FOR SEVENTY DISEASES AND LEPROSY

Hazrat Abu Hurairah (RadhiAllahu Anhu) narrates that the Prophet Sallallahu Alaihiwasallam stated, " Eat the olive oil and apply it (locally), since there is cure for seventy diseases in it, one of them is leprosy."

Book - Abu Hurairah

◆ CURE

◆ FOR BACK PAIN, HIP PAIN, BODY PAIN

Apply olive oil and massage well on where you feel pain.



◆ WATER

◆ TO CURE FEVER

Narrated Aisha (RadhiAllahu Anhu):  
The Prophet ﷺ said, "Fever is from the heat of Hell, so abate fever with water."  
Book - Sahih Al Bukhari  
Volume 7 - Book 71 - Number 620

◆ FOR PROPER DIGESTION

Water should not be drunk in between and after having meals.  
Water should not be drunk after having fruits.  
Water should not be drunk after having bath, since it will make cold.  
Generally drinking cold water will lead to the death of the tooth, throat infection.  
Water should not be drunk in empty stomach after wake up from sleep, it will make the body weak.  
It is bad for health to drink the mixture of well water and rain water.  
It is also bad for health to drink the mixture of hot and cold water.  
The above medical tips are from the world renowned medical scholars Jaliluss and Abu Na'eem.

◆ THE BEST WAY TO QUENCH THE THIRST

Anas (RadhiAllahu Anhu) reported:  
Allah's Messenger ﷺ breathed three times (outside the vessel) and said: "So I also breathe three times in the course of a drink.  
It is more thirst-quenching, healthier and more wholesome. Allah said: So I also breathe three times in the course of a drink.  
Book - Sahih Al-Bukhari  
Book 23 - Hadith 5030

◆ ZAM ZAM WATER

◆ FOR HEALING FROM THE SICKNESS

The Prophet ﷺ said: "The best water on the face of the earth is the water of Zamzam; it is a kind of food and a healing from sickness."  
Book - Saheeh al-Isoen Number - 5332, Tabarant

◆ FOR THE FULFILLMENT OF ANY WISHES

It was narrated that Umar bin Al-Khattab (RadhiAllahu Anhu said:  
"I heard the Messenger of Allah ﷺ say: The water of Zamzam is for whatever it is drunk for"  
Book - Ibn Majah Volume 1 - Book 20 - Hadith 5042



◆ MILK

◆ FOR CURE THE SICK DUE TO THE WEATHER CHANGES

Some people were sick and they said, "O Allah's Messenger ﷺ!! Give us shelter and food. So when they became healthy they said, "The weather of Medina is not suitable for us." So he sent them to Al-Harra with some camels of his and said, "Drink of their milk."  
Book - Sahih Al Bukhari - Volume 7 - Book 71 - Number 589

◆ TO INCREASE THE IMMUNITY

If we used to drink milk with honey, then our body will be able to immunize from all diseases.

◆ TO GET THE BODY AND SKIN SILKY, SMOOTH AND SHINE

Drinking milk with honey will make our body and skin silky, smooth and give shine to our appearance

◆ FOR DIGESTIVE DISORDERS

Milk will increase the digestive power



◆ RUQYA (Treating an illness or disease with the words of Al Quran or Dhikr or Salawat)

◆ SURAT AL FATIHA IS RUQYA FOR SNAKE BITE OR SCORPION STINGS

Narrated Abu Sa'ïd Al-Khudri (RadhiAllahu Anhu):  
Some of the companions of the Prophet ﷺ came across a tribe amongst the tribes of the Arabs, and that tribe did not entertain them. While they were in that state, the chief of that tribe was bitten by a snake (or stung by a scorpion). They said, "The companions of the Prophet ﷺ, "Have you got any medicine with you or anybody who can treat with Ruqya?" The Prophet's companions said, "You refuse to entertain us, so we will not treat (your chief) unless you pay us for it." So they agreed to pay them a flock of sheep. One of them (the Prophet's companions) started reciting Surat-al-Fatiba and gathering his saliva and spitting it (at the snake-bite). The patient got cured and his people presented the sheep to them, but they said, "We will not take it unless we ask the Prophet ﷺ whether it is lawful." When they asked him, he smiled and said, "How do you know that Surat-al-Fatiba is a Ruqya? Take it (flock of sheep) and assign a share for me."

Book - Sahih Al Bukhari  
Volume 7 - Book 71 - Number 632

◆ TREATM

◆ CMT FOR EVIL EYE THROUGH RUQYA

◆ Narrated Aisha (RadhiAllahu Anhu):  
The Prophet ﷺ ordered me or somebody else to do Ruqya (if there was danger) from an evil eye.  
Book - Sahih Al Bukhari  
Volume 7 - Book 71 - Number 634

◆ Narrated Um Salama (RadhiAllahu Anhu):  
The Prophet ﷺ came in her house a girl whose face had a black spot. He said: "She is under the effect of an evil-eye, so treat her with a Ruqya."  
Book - Sahih Al Bukhari  
Volume 7 - Book 71 - Number 635

◆ TRE

◆ ATTEMPT FOR SICK THROUGH RUQYA

◆ Narrated 'Abdullah' Anas (RadhiAllahu Anhu):  
Thabit and I went to Anas bin Malik (RadhiAllahu Anhu). Thabit said, "O Abu Hanzal I am sick." On that Anas said, "Shall I treat you with the Ruqya of Allah's Apostle ﷺ?" Thabit said, "O Allah's Messenger ﷺ?" He said, "Two men came to me, one of them sat near my head and the other of near my feet. One of them said, 'What is the disease of this man?' The other replied, 'He is under the effect of magic.' The first one asked, 'Who has worked magic on him?' The other replied, 'Labid bin A'yan, a Jew from the tribe of Banu Surayj.' The first one asked, 'Which way has it been done?' The other replied, 'With a comb and the hair stuck to it and a skin of the pollen of a male datepalm tree.' The first one asked, 'Where is it?' The other replied, 'In the well of Dharwan.' Then the Prophet ﷺ went along with some of his companions to that well and looked at that and there were date palms near to it. Then he returned to me and said, 'By Allah the water of that well was (and) like the infusion of Henna leaves, and its stem-galls were like the flesh of Ghelab. I said, O Allah's Messenger ﷺ!! Did you take those materials out of the pollen skin?" He said, 'No! As for me Allah has healed me and cured me and I was afraid that (by showing that to the people) I would spread evil among them when he ordered that the well be filled up with earth, and it was filled up with earth."

Book - Sahih Al Bukhari  
Volume 7 - Book 71 - Number 665

During this time only, Surah Al Falaq and Surah An Nas were revealed by Allah Almighty to cure from black magic.

The leading Al Quran interpretation "Dahir Ibn Abbas" explains the:  
"The last two surahs were revealed about Labid bin al-A'yan, the Jew, who used black magic on the Prophet ﷺ, and when the Prophet ﷺ read these two surahs on Labid's black magic, Allah relieved him from it and it was as if he was visited from his letters".  
Tafseer Saheehul Quran (314-46)



◆ BLACK CUMIN

◆ IT IS A GENERAL HEALING

Narrated Abu Huraira (RadhiAllahu Anhu):  
I heard the Messenger of Allah ﷺ saying, "There is healing in black cumin for all diseases except death."  
Book - Sahih Al-Bukhari  
Volume 7 - Book 71 - Hadith 582

◆ CURE THE SICK

Khalid bin Sa'd said:

"We went out and with us was Ghailib bin Abjar. He fell sick along the way, and when we came to Al-Madinah he was sick. Ibn Abu 'Uyay came to visit him and said to us: 'You should use this black seed. Take five or seven (seeds) and grind them to a powder, then drop them into his nose with drops of olive oil, on this side and on this side. For Aishah (RadhiAllahu Anhu) narrated to them that she heard the Messenger of Allah Sallallahu Alaihiwasallam say: 'This black seed is a healing for every disease, except the Sam.' I said: 'What is the Sam?' He said: 'Death.'"

Book - Sahih Al Bukhari Volume 7 - Book 71 - Number 591  
Book - Ibn Majah Volume 1 - Book 31 - Number 5449

◆ INCREASE THE MEMORY POWER

Ten or fifteen black cumin should be eaten at the time of Fajr (Early Morning)

◆ FOR DIABETES

If it is eaten usually, diabetes will be cured completely.

**WARNING :** Pregnant ladies and those who suffered from Rheumatism should not eat black cumin.



◆ CUCUMBER

◆ TO GAIN WEIGHT

Narrated Aisha (RadhiAllahu Anhu):  
My mother intended to make me gain weight to send me to the (house of) the Messenger of Allah ﷺ, but nothing which she desired benefited me till she gave me cucumber with fresh dates to eat. Then I gained as much weight (as she desired).  
Book - Abu Dawood  
Book 28 - Number 5894

◆ THE BELOVED PROPHET'S ﷺ FOOD

◆ Narrated 'Abdullah bin Ja'far : I saw the Prophet ﷺ eating fresh dates with snake cucumbers"

Book - Sahih Al Bukhari  
Volume 7 - Book 65 - Number 538



◆ MEAT

◆ THE BEST FOOD OF THIS WORLD AND OF PARADISE

Narrated Abu Qarda (RadhiAllahu Anhu):  
The Prophet ﷺ said:  
"The best food of the people of this world and the people of Paradise is meat:"  
Book - Ibn Majah  
Volume 1 - Book 29 - Number 5305

◆ THE BEST MEAT IS FROM THE BACK PART OF ANIMAL

◆ Narrated Abdullah bin Ja'far (RadhiAllahu Anhu):  
"Some people were bringing meat to the Messenger of Allah ﷺ and he said: "The best meat is the meat of the back!"  
Book - Ibn Majah  
Volume 1 - Book 29 - Number 5308

◆ COW'S MEAT (BEEF/BOVINE MEAT) IS SICK

◆ Narrated by Mullahab bin 'Amr (RadhiAllahu Anhu):  
Holy Prophet ﷺ said:  
"The milk of the cow contains healing, it's fat is a medicine, and it's meat (causes) sickness."  
The Prophet ﷺ said:  
"Use the milk and fat of the cow and avoid its flesh, for indeed its milk and fat are a medicine and its flesh is a disease."

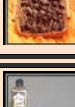
Book - Mushtalek al-Hikmah

◆ TO MAKE SKIN'S COLOUR LIGHTER

Hazrat Ali (RadhiAllahu Anhu) said : "Eat Meat, because it makes the skin's colour lighter, the stomach firmer and the behavior better" (Tibbun Nabawi)

◆ TO STRENGTH THE SIGHT

Hazrat Muhammad bin Wasi (RadhiAllahu Anhu) said : "Eating meat strengthens the sight" (Tibbun Nabawi)



◆ EGG

◆ TO STRENGTH THE MASCULINE POWER

Once a companion said to Prophet ﷺ that "Oh Messenger of Allah, I complain to Allah the Almighty about my weakness. Prophet ﷺ said to him, "Eat eggs!"  
Book - Bayhaqi



◆ SALT

◆ THE BEST SEASONINGS

Narrated by Anas bin Malik (RadhiAllahu Anhu):  
The Prophet ﷺ said:  
"The best of your seasonings is salt"  
Book - Ibn Majah  
Volume 1 - Book 29 - Hadith 5325

◆ TO PROTECT FROM SEVENTY TYPES OF ILLNESS

All (RadhiAllahu Anhu) said : "Whoever commences his meal with salt, Allah will eliminate seventy types of illnesses from him."

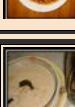
Book - Imamu Bayhaqi in Shua'ib al-Ismay, Imamu Dhawabi in Baya Ulloamah al-Qiya, Imamu Ibn Abidin in-Radd al-Muhallala 11 Quran al-Makkar  
Book - Ibn Majah



◆ INDIAN INCENSE

◆ TO CURE THROAT TROUBLE AND PLEURISY

Narrated Urm Qais binit M'haran (RadhiAllahu Anhu):  
I heard the Prophet ﷺ saying, "Treat with the Indian incense, for it has healing for seven diseases; it is to be used by one having throat trouble, and to be put into one side of the mouth of one suffering from pleurisy."  
Book - Sahih Al Bukhari  
Volume 7 - Book 71 - Number 596



◆ KOHL (ANTIMONY)

◆ TO IMPROVE THE EYE SIGHT AND TO GROW EYE LASHES

◆ It was narrated that Jabir (RadhiAllahu Anhu) said:  
"I heard the Messenger of Allah ﷺ say: "You should use antimony when you go to sleep, for it improves the eyesight and makes the hair (eyelashes) grow."  
Book - Ibn Majah  
Volume 1 - Book 31 - Number 5495

◆ It was narrated from Ibn 'Abbas (RadhiAllahu Anhu) :  
The Messenger of Allah ﷺ said:  
"The best of your Kohl is antimony, for it improves the eyesight and makes the hair (eyelashes) grow."

Book - Sahih Al Bukhari  
Volume 1 - Book 65 - Hadith 5236

◆ KOHL SHOULD BE APPLIED IN ODD NUMBERS

◆ It was narrated from Abu Hurairah (RadhiAllahu Anhu):  
The Prophet ﷺ said:  
"Whoever applies Kohl, let him do it an odd number of times. Whoever does that has done well, and whoever does not, it does not matter"

Book - Ibn Majah  
Volume 1 - Book 31 - Number 5496



◆ THARID (A dish made of pieces of bread in vegetable or meat broth)

◆ SUPERIORITY IN FOOD

Narrated Anas (RadhiAllahu Anhu):  
The Prophet ﷺ said, "The superiority of Aisha to other women is like the superiority of Tharid to other kinds of food" Tharid means bread and meat.  
Book - Sahih Al Bukhari  
Volume 7 - Book 65 - Hadith 535



◆ TABINA- BARLEY (It is made in water from barley flour, formed by adding milk and honey to the stirred barley powder)

◆ TO STRENGTH THE HEART AND RELIEF FOR SADNESS

Aisha (the wife of the Prophet (RadhiAllahu Anhu) narrate:  
"Whenever one of her relatives died, the women assembled and then dispensed (returned to their houses) except her relatives and close friends. She would order that a pot of Tabina be cooked. Then Tharid (a dish prepared from meat and bread) would be prepared and the Tabina would be poured on it." Aisha would say (to the women), "Eat of it, for I heard Allah's Messenger ﷺ saying, 'The Tabina soothes the heart of the patient and relieves him from some of his sadnesss.'"  
Book - Sahih Al Bukhari  
Volume 7 - Book 65 - Hadith 526