

## PROPHET SALALLAHU ALAIHISWALAM'S SAYINGS ABOUT MEDICINE:

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

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



## DATES

## ◆ TO SAVE FROM POISON &amp; MAGIC

Narrated by Saad (RaddAllahu Anhu):  
The Prophet Salallahu Alaihissalam 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 683

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

Allah says in Al Quran about the birth pang of Maryam (Aasikatun): In that verse, Allah tells the medicine which HE prescribed to her during her labour pains:

"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 19:21)

## ◆ CURE FOR POISON

Narrated by Abu Hurairah (RaddAllahu Anhu):  
The Prophet Salallahu Alaihissalam said:

"At-Tabari (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 - Sahih Al-Bukhari  
Volume 4 - Book 2 - Hadith 2006

## ◆ THE EXCELLENCE OF A DATE PALM TREE

◆ 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 534

◆ Aisha (RaddAllahu Anhu) reports that the Prophet ﷺ ate watermelon with fresh dates" - Usulul Tirmidhi - Book 29, Hadith 189

◆ Anas (RaddAllahu Anhu) says: I saw the Prophet ﷺ eat together musk-melon and dates" - Usulul Tirmidhi - Book 29, Hadith 190

## ◆ FOR THE PROSPERITY

◆ Narrated by Aisha (RaddAllahu Anhu):

"From Rabi'atul Qiyamah, the month of Ramadhan, 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 71 - Number 539

## ◆ THE RELOVED PROPHET'S ﷺ FOOD

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## ◆ TO GAIN WEIGHT

Narrated Aisha (RaddAllahu 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 - Sahih Al-Bukhari  
Book 28 - Number 3494

## ◆ THE BEST NUTRITIOUS FOOD FOR BREAKING THE FAST

Narrated by Abu Hurairah (RaddAllahu Anhu):

The Prophet Salallahu Alaihissalam 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 71 - Number 3499

## ◆ 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 ibn Kaladah, brother of Thaqif. He is a man who gives shelter to the poor. He should take seven ajwas dates of Medina and grind them with their kernels, and then put them into your mouth.

Book - Sahih Al-Bukhari  
Book 28 - Number 3486

## ◆ CURE FOR GASTROITIS

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

Book - Sahih Al-Bukhari  
Volume 7 - Book 71 - Number 539

## ◆ THE MEDICINE FOR THE HEART SICKNESS

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 at which there is cure for people. Surely in that there is a sign for a people who give shelter to the poor.

Book - Quran 14:1-64/69

## ◆ PROPHET'S ﷺ LOVABLE FOOD

Narrated Aisha (RaddAllahu Anhu):

Allah's Messenger ﷺ used to love sweet tidbits things and honey.

Book - Sahih Al-Bukhari  
Volume 7 - Book 71 - Number 542

## ◆ OR GENERAL HEALING

Narrated by Abu Hurairah (RaddAllahu Anhu):

The Prophet Salallahu Alaihissalam said: "Healing is in three things: A gulp of honey, cupping, and branding with fire (cauterizing). But I forbade my following Companions to cauterize with fire."

Book - Sahih Al-Bukhari  
Volume 7 - Book 71 - Number 543

## ◆ IT IS A GENERAL HEALING ALONG 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 51 - Number 3413

## ◆ OR ABDOMINAL TROUBLE

Narrated Abu Said Al-Khudri (RaddAllahu Anhu):

A man came to the Prophet Salallahu Alaihissalam and said, "My brother has some abdominal trouble." The Prophet Salallahu Alaihissalam said to him "Let him drink honey." The man came for the second time and the Prophet Salallahu Alaihissalam said to him, 'Let him drink honey.' He came for the third time and the Prophet Salallahu Alaihissalam said, "Let him drink honey." He returned again and said, "I have done that." The Prophet Salallahu Alaihissalam 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 548

## ◆ OR PROTECTION FROM CALAMITY

Narrated Abu Hurairah (RaddAllahu Anhu):

"Whoever eats honey three mornings each month, will not suffer any serious calamity."

Book - Ibn Majah  
Volume 1 - Book 51 - Number 3410

## ◆ 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.

Book - Sahih Al-Bukhari  
Volume 7 - Book 71 - Number 549

## ◆ CURE FOR FEVERS

This is 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 fevers.

3. It will give cure to intestinal and stomach diseases.

4. It will give cure to Rheumatic diseases.

5. It will help to heart diseases and make heart strong.

## ◆ OLIVE

## ◆ 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 rule.'

Book - Quran 14:1-64/69

## ◆ CURE THE PLEURISY

The Messenger of Allah ﷺ said:

"The Messenger of Allah ﷺ prescribed Wars (memecylon tinctorium), Indian aloeswood and olive oil for pleurisy, to be inhaled through the side of the mouth."

Book - Sahih Al-Bukhari  
Volume 1 - Book 51 - Number 3407

## ◆ CURE THE SICK

Khalid bin Sa'ad said:

"We went out and with us was Ghailan bin Al-Khalid along the way, and when we came to Al-Mada'in he was sick. Ibn Abu 'Ubayd 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 mouth with drops of olive oil, on this side and on this side. For Nabi 'Umar (RaddAllahu Anhu) narrated to them that she heard the Messenger of Allah Salallahu Alaihissalam 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 541

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