

## A REVIEW OF MEDICAL INFORMATION FROM ISLAMIC SCRIPTURES (*HOLY QURAN AND AHADITH*)

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### ABSTRACT

Arabian era is an important period in the history of science. The Arabs inherited the Greek culture and Greek scientific thought. After the advent of Islam, Unani System of Medicine got enriched also by imbibing what was mentioned in the Holy Quran and *Ahadith*. (*Ahadith*: plural of *Hadith*, the traditions relating to the life and teachings of Prophet Mohammad PBUH). With the understanding that the Prophet (SAWS) was sent as a mercy unto mankind and the Qur'an is the final revelation from Allah (STA), the relevance and validity of the teachings of Qur'an and *Ahadith* are for all time and for all of mankind. Some of the marvelous, scientifically substantiated information, regarding the medical science, derived from Holy *Quran* and *Ahadith* are presented in this paper, like *Manafe al-Aaza* (Physiology), *Ilm al-Janeen* (Embryology), *Moalejat* (Therapeutics), *Hifzan-Sehat* (Preventive and Social medicine), *Ilm al-Nafs* (Psychiatry), *Ilm al-Advia* (Pharmacology).

**Keywords:** *Unani Medicine, Scripture, Holy Quran, Ahadith.*

### Introduction:

The concept of creation is the foundation from which different belief systems originate, as it interprets where we come from, what we are made up of (our constitution), our purpose in this world, and what happens to us after death. Our approach to these issues helps to shape our worldview.

The Glorious Quran and Hadith liberated the human mind from the shackles of superstitions. Inspired by the commandments of Almighty God and the teachings of the Prophet Mohammad (PBUH), they became transformed mentally and spiritually, human history has yet to see such a transformation.

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The birth of Prophet Mohammed (SAWS) heralded the culmination and perfection of the guidance from Allah (Subhanahu Ta'ala) to mankind, as mentioned in the Qur'anic verse: "this day I have perfected your religion for you, completed my favour upon you, and have chosen for you Islam as your religion" (Al-Quran: 05:03). This "perfection" is embodied in the Quran (the source of all knowledge) and *Ahadith* or Sunnah (the manifestation and interpretation of the Quran). It refers to the guidance that began with Prophet Adam (AS), the approximate 120,000 Prophets that followed, as well as the revealed books. The revelation of the Quran and together with the Sunnah is the culmination of this guidance, and provides unequivocal direction and insights into all fields of knowledge including healthcare. In addition to providing guidance to mankind, the Quran and Sunnah catalyze the seeking of knowledge and scientific enquiry within the context of the Islamic ethos. In fact the Golden Age of Muslim civilization reached its peak purely because of this guidance that provided insights into every field of knowledge, ranging from the basic physical and social sciences through to philosophy and medicine.

Quran addresses the physical, mental, emotional and spiritual needs of an individual, ensuring an enhanced quality of life.

Prophet Mohammad PBUH made it compulsory for every Muslim male or female to seek knowledge and also said 'quest for knowledge and wisdom is the birth right of every Muslim. Holy Quran says 'who was blessed *Hikmah* 'wisdom', blessed the very righteous thing in the universe' (Al-Quran, 2:269, it indicates chapter no. 02 and verse 269. the same notation is followed throughout the paper) and 'Allah taught the human being what he did not know' (Al-Quran, 96:5). Allah SWT instructed human beings 'ask the learned men if you do not have knowledge' (Al-Quran, 16:43). More than six thousand 'signs' *Ayats* of The Quran invite man to realize the purpose of his existence on earth, and to live in harmony with nature. The Quran is truly a message from Allah, the creator and sustainer of the universe.

Teachings of the Prophet Mohammad (PBUH) imbued into the early Muslim an unquenchable desire for learning. The rationale or wisdom behind every tradition of the Prophet (SAWS) and verse from the Quran is in keeping with the temperamental and humoral theories of Tibb.

Innumerable scientific facts and modern sciences can be procured from Holy Quran and *Ahadith*, for example, astronomy, physics, geography, geology, oceanology, biology, botany, zoology, medical sciences, general sciences and medical science.

In this paper, only some of the incredible, scientifically substantiated discoveries regarding the medical science are mentioned.

### ***Manafe al-A'aza* (Physiology)**

#### **Blood circulation and production of Milk:**

Allah SWT says

And indeed, for you in grazing livestock is an instructive sign. We give your drink from what is within their bellies, between excretions and blood, pure milk, palatable to drinkers' (Al-Quran 16:66), in other places 'And indeed, for you in cattle is a lesson. We produce milk for you to drink from within their bodies, there are numerous other benefits for you, and from their meat you eat' (Al-Quran 23:21).

The Quranic description of the production of milk in cattle is strikingly similar to what modern physiology has discovered. Circulation of the blood was mentioned in Holy Quran in 571-633 AD, then 600 years later a Muslim scientist, *Ibn Nafes* (1210-1288 AD) described it and 1000 years after revelation of *Quran*, William Harvey (1578-1657 AD) brought this understanding to the western world.

Quran mentioned the source of the constituents of the milk in conformity with the notions that organs are nourished by the process of digestive absorption.

To understand this concept it is important to know that chemical reactions occur in the intestines, from there, substances extracted from the food pass into the bloodstream via a complex system. The blood transports them to all the organs of the body among which are the milk-producing mammary glands. In simple terms, certain substances from the contents of the intestines enter into the vessels of the intestinal wall itself, and these substances are transported by the blood stream to the various organs.

#### **Every Living Thing is made of Water**

Quran says:

"Do not the Unbelievers see that the heavens and the earth were joined entity and We separated them and made every living thing from water. Will they not then believe?" (Al-Quran 21:30), 'And Allah has created every animal from water' (Al-Quran 24:45).

'It is He who has created man from water and established relationships of lineage and marriage and ever your Lord has power (over all things)'. (Al-Quran 25:54)

After advancements in science we came to know that the cytoplasm (the basic substance of the cell) is made up of 80 % water. Modern research has also revealed that most organisms consist of 50-90% water and that every living entity requires water for its existence. <sup>1</sup>

### **Pain Receptors Present in the Skin**

The Quran gives an indication of the existence of pain receptors in the skin. Allah says:

“Those who reject our signs, we shall soon cast them into the fire, every time their skins are roasted through we shall replace them for fresh skins, that they may taste the chastisement. Indeed Allah is ever exalted in Might and Wise”. (Al-Quran 4:56)

Recent discoveries prove that there are pain receptors present in the skin without which a person would not be able to feel pain. Therefore a patient suffering from burn injuries is examined by a pin prick on the skin verifying the degree of burn. <sup>2</sup>

### **I. ‘Ilmul-Janeen’ (Embryology)**

Embryology is a branch of biology that studies the formation and early development of living organisms.

Formation of a baby as per medical science: As different as all babies from each other, all were made the same way, from the fusion of an egg cell from their biological mother and a sperm cell from their biological father. This fusion results in a single cell called a zygote. The zygote will have a mixture of the mother’s and the father’s DNA (deoxyribonucleic acid), which is how a baby inherits characteristics from them both. The zygote then keeps multiplying, and once it reaches about 100 cells, it attaches itself to wall of the mother’s uterus. This is when pregnancy is established. The multiplying zygote eventually forms a multicellular organism called an embryo. When the embryo develops enough to some what resemble the structure of a baby, it is called a fetus. After about 30 more weeks, if all goes well, a baby is born.

### **Quranic texts: Man is created from ‘Alaq’ (a leech like substance)**

Allah says ‘Recite, in the name of the Lord and Cherisher, who created man, out of leech-like clot (clinging substance)’ (Al-Quran, 96:1-2). The word ‘Alaq’ besides meaning a congealed clot of blood also means something that clings (a leech-like substance).

Dr. Keith Moore of University of Toronto in Canada one of the highest authorities in the field of embryology had earlier authored the book, ‘The Developing Human’. After acquiring new knowledge from the Qur’an, he wrote, in 1982, the 3<sup>rd</sup> edition of the same book, ‘The Developing Human’. The book was the recipient of an award for the best medical book written by a single author. This book has been translated into several major languages of the world and is used as a textbook of embryology in the first year of medical studies.

Prof. Keith Moore after carefully examining the translation of the Quranic verses presented to him said that most of the information concerning embryology mentioned in the Quran is in perfect conformity with modern discoveries in the field of embryology and does not conflict with them in any way. To check out the appearance he studied the initial stages of the embryo under a very powerful microscope in his laboratory and compared what he observed with a diagram of a leech and he was astonished at the striking resemblance between the two. In the same manner he acquired more information on embryology from the Quran that was hitherto not known to him.

Noting that the information contained in the Quran and Hadith was in full agreement with the latest discoveries in the field of embryology. Prof. Moore said "if I was asked these questions thirty years ago I would not have been able to answer half of them for lack of scientific information."

Dr. Moore said in 1981 during the Seventh Medical Conference in Dammam, Saudi Arabia, "it has been a great pleasure for me to clarify the statements in the Quran about human developments. It is clear to me that these statements must have come to Mohammad from God because almost all of this knowledge was not discovered until many centuries later. This proves to me that Mohammad must have been a Messenger of God."<sup>3</sup>

#### **Man created from a drop emitted from between the Backbone and the Ribs**

'Now let man think from what he is created. He is created from a drop emitted, proceeding from between the backbone and the ribs' (Al-Quran 86:5-7).

In embryonic stages, the reproductive organs of the male and female such as the testicles and the ovaries begin their development near the kidney between the spinal column. Later they descend, the female gonads (ovaries) stop in the pelvis while the male gonads (testicles) continue their descent before birth to reach the scrotum through the inguinal canal. Even in the adult after the descent of the reproductive organ these organs receive their nerve supply and blood supply from the abdominal aorta which is in the area between the back bone (spinal column) and the ribs. Even the lymphatic drainage and the venous return go to the same area.

#### **Human Beings Created from *Nutfah* (minute quantity of liquid)**

The Glorious Quran mentions more than ten times that the human being is created from *Nutfah*, which means a minute quantity of liquid or a trickle of liquid which remains after emptying a cup. This is mentioned in several verses of the Quran like in 22:5 and 23:13. Science has confirmed in recent times that only one out of an average three million ejaculated sperms is required for fertilizing the ovum. This means that only a 0.3 millionth part or 0.00003 % of the quantity of ejaculated sperms is required for fertilization.

**Human Beings Created from *Sulalah* (Quintessence of Liquid)**

Allah made his progeny from a *Sulalah*” (Al-Quran 32:8). The Arabic word *Sulalah* means quintessence or the best part of a whole. We have come to know now that only one single spermatozoon out of the several millions produced by man that penetrates the ovum is required for fertilization; this single spermatozoon is referred as *Sulalah* in the Quran. *Sulalah* also means gentle extraction from a fluid. The fluid refers to both male and female germinal fluids containing gametes. Both ovum and sperm are gently extracted from their environment in the process of fertilization.

**Man Created from *Nutfah Amshaj* (Mingled Liquids)**

Allah says ‘Indeed We created man from *Nutfah Amshaj* (a drop of mingled sperm)’ (Al-Quran 76:2). Mingled liquids refer to the male or female agents or liquids. After mixture of male and female gametes, the zygote still remains *Nutfah*. Mingled liquids can also refer to spermatic fluid that is formed of various secretions that come from various glands. Therefore *Nutfah Amshaj* (mingled fluids) refers to the male and female gametes (germinal fluids or cells) and part of the surrounding fluids.

**Sex Determination depends upon male**

“Allah did create the pairs -male and female- from *Nutfah* (a sperm-drop) when lodged (in its place)” (Al-Quran 53:45-46). The Arabic word *Nutfah* means a minute quantity of liquid and *Tumna* means ejaculated or planted. Therefore *Nutfah* specifically refers to sperm because it is ejaculated. The sex of the fetus is determined by the nature of the sperm not of the ovum. The sex of the child, whether female or male, depends on whether the 23<sup>rd</sup> pair of chromosomes is XX or XY respectively. Primarily sex determination occurs at fertilization and depends upon the type of sex chromosome in the sperm that fertilizes an ovum. If it is an ‘X’ bearing sperm that fertilizes the ovum, the fetus is a female and if it is a ‘Y’ bearing sperm then the fetus is a male.

Quran says in another place ‘was human not a *Nutfah* (drop of sperm) emitted? Then he became a clinging clot, and then Allah created his form and proportioned and made from the *Nutfah* two sexes: male and female.” (Al-Quran 75:37-39). Here again it is mentioned that a small quantity of sperm indicated by the word *Nutfah* from *Mani* which comes from the man is responsible for the sex of the fetus. Both Quran and science hold that it is the male fluid that is responsible for the sex of the child. This is an astonishing fact described by Quran fourteen hundred years ago. <sup>4</sup>

### **Fetus protected by three Veils of Darkness**

“Allah creates you in the wombs of your mothers, in stages, one after another, in three veils of darkness (*Dhulumat*)” (Al-Quran 39:6).

According to Prof. Keith Moore these three veils of darkness in the Quran refer to

1. Anterior abdominal wall of the mother
2. The uterine wall
3. The amino-chorionic membrane.

### **Embryonic Stages**

Allah says “And certainly I did create human from a *Sulalah* (quintessence) of clay then I placed him as a *Nutfah* (drop of sperm) in a place of rest, firmly fixed. Then I made the sperm into *Alaqah* (a clot of congealed blood), then of that clot I made a *Mudhghah* (fetus lump), then I made out of that lump bones and clothed the bones with flesh, then I developed out of it another creature. So blessed be Allah, the best creator” (Al-Quran 23:12-14).

In this verse Allah states that man is created from a small quantity of liquid which is placed in a place of rest, firmly fixed (well established or lodged) for which the Arabic word *Qarar Makeen* is used. The uterus is well protected from the posterior by the spinal column supported firmly by the back muscles. The embryo is further protected by the amniotic sac containing the amniotic fluid. Thus the fetus has a well protected dwelling place.

The small quantity of fluid is made into ‘*Alaqah*’ meaning something that clings. It also means a leech-like substance. Both descriptions are scientifically acceptable as in the very early stages the fetus clings to the wall and also appears to resemble the leech in shape. It also behaves like a leech (blood sucker) and acquires its blood supply from the mother through the placenta. The third meaning of word ‘*Alaqah*’ is a blood clot. During this ‘*Alaqah*’ stage which spans the third and fourth week of pregnancy the blood clots within closed vessels. Hence the embryo acquires the appearance of a blood clot in addition to acquiring the appearance of a leech.

Hamm and Leeuwenhoek in 1677 AD were the first scientists to observe human sperm cells (spermatozoa) using a microscope. They thought that a sperm cell contained a miniature human being that grew in the uterus to form a newborn. This was known as the perforation theory. When scientists discovered that the ovum was bigger than the sperm, it was thought by De Graf and others that the fetus existed in a miniature form in the ovum. Later in the 18<sup>th</sup> century Maupertuis propagated the theory of bi-parental inheritance.

The '*Alaqah*' is transformed into *Mudhghah* which means 'something that is chewed having teeth marks' and also something that is tacky and small, which can be put in the mouth like gum. Both these explanations are scientifically correct. Prof. Keith Moore took a piece of plaster seal and made it into the size and shape of the early stage of fetus. The teeth marks resembled the 'somites' which is the early formation of the spinal column. This *Mudhghah* is transformed into bones (*Izaam*). The bones are clothed with intact flesh or muscles (*Lahm*). Then Allah makes it into another creature.

Prof. Marshall Johnson one of the leading scientists in US, head of the Department of Anatomy and Director of the Daniel Institute at the Thomas Jefferson University in Philadelphia, was asked to comment on the verses of the Quran dealing with embryology. He said "I see nothing here in conflict with the concept that Divine intervention was involved when Mohammad (PBUH) recited the Quran".

According to Dr. Keith Moore, the modern classification of embryonic development stages that is adopted throughout the world is not easily comprehensible, since it identifies stages on a numerical basis such as stage I, stage II, etc. the divisions revealed in the Quran are based on distinct and easily identifiable forms or shapes, which the embryo passes through. These are based on different phases of pre natal development and provide elegant scientific descriptions that are comprehensible and practical.

Similar embryological stages of human development have been described in the following verses: "Was he not a drop of sperm emitted (in lowly form)? Then did he become a leech like clot, and Allah created his form and proportioned and made of him two sexes, male and female" (Al-Quran 75:37-39). "Who created you, fashioned you in due proportion, and balanced you, in whatever form He wills, does He put you together" (Al-Quran 82:7-8).<sup>5</sup>

#### **Embryo Partly Formed and Partly Unformed**

Allah says "We created you out of dust, then out of sperm, then out of a leech like clot, then out of a *Mudhghah* (morsel of flesh) partly formed and partly unformed, in order that We may manifest (Our Power) to you; and We cause whom We will to rest in the wombs for an appointed term, then do We bring you out as babes" (Al-Quran 22:5).

At the *Mudhghah* stage if an incision is made in the embryo and the internal organ is dissected, it will be seen that most of them are formed while the others are not yet completely formed.

According to Prof. Johnson, if we describe the embryo as a complete creation, then we are only describing that part which is already created. If we describe it as an incomplete



creation, then we are only describing that part which is not yet created. So, is it a complete creation or an incomplete creation? There is no better description of this stage of embryogenesis than the Quranic description, "partly formed and partly unformed" as in above verse.<sup>9</sup> Scientifically we know at this early stage of development there are some cells that are differentiated and there are some cells that are undifferentiated - some organs are formed and yet others are unformed.

### **Sense of Hearing and Sight**

Allah says: "Indeed We created the human from a drop of mingled sperm, in order to test him, so We gave him the hearing and sight" (Al-Quran 76:2).

"And Allah gave you (the faculties of hearing, vision and understanding" (Al-Quran 32:9), "It is Allah who has created for you the faculties of hearing, sight, feeling and understanding: little thanks it is you give" (Al-Quran 23:78).

In all above verses related to the development of the senses in the embryo, the sense of hearing is mentioned before that of sight.

As per medical science the hearing is first sense to develop in a human embryo. The fetus can hear sounds after the 24<sup>th</sup> week, subsequently the sense of sight is developed and by the 28<sup>th</sup> week the retina becomes sensitive to light. The Quranic description matches with the discoveries of modern embryology.<sup>6</sup>

### **II. *Hifzan-e-Sehat* (Preventive and Social Medicine)**

Prophet Mohammad (PBUH) was a source of mercy and kindness for all creatures of the universe. It was spiritual as well as material. Almighty had given him the tool of healing for the wounded humanity which proves to be a panacea till the lasting day. The prophet was a teacher, guide and a perfect healer for all internal and external diseases. He set the highest standard of the principle for civilization. He cured the oppressed and injured souls. The richness of his instructions can be assessed that he described the etiquettes for all aspects of living such as eating and drinking, sitting and standing, sleeping and awakening, leisure and humor, marriage and partying, dress and clothes, bathing and toilets, sports and exercise, wrestling and racing. The fact is that teachings and injunctions of the Prophet are so in harmony with the human nature that every unbiased mind, when placed in any predicament can not escape declaring that these teachings are meant for him to follow.

### Definition of Health:

Today the health is defined as physical, psychic and social well being but the Holy Prophet has covered all these aspects 1400 years ago and presented a holistic concept of health so it has become a multidimensional covering emotional and spiritual aspect as well.

*Bukhari* and *Muslim* reported that the prophet said 'Make the bed clean and tidy at the time of going to sleep, cover the mouth of water bags, shut the door, get your children inside the house early in the evening and extinguish the lamp'. We all know that uncovered eatables in a vessel are source of infections. The prophet also prohibited breathing in the vessel while dinking.

### Prevention is better than cure and generally it is based on three important things:

1. Moderate eating and drinking: Allah mentions '*Kulu washrabu wala tusrifu*' Eat and drink but don't cross the limit (Al-Quran 7:31). The preservation of health is contained in these two Divine words, so regulate your diet for your mental well being. Your diet has considerable influence on your mind. One of the secret for good health is always to remain slightly hungry.
2. Physical and mental strength, Allah describes the quality of a leader: 'Allah hath chosen him (*Talut*) above you, and hath increased him abundantly in wisdom and stature (*Bastatan fil Ilm wal Jism*). Allah bestowed His Sovereignty on whom He will'. (Al-Quran 2:247)
3. Purity and Cleanliness.

Prophet Muhammad (SAW) informed his companions and thus all of us, about the importance of cleanliness. *Imam Muslim* reported that the prophet said *Muslim* reported that the prophet said "cleanliness is half of faith."

The Quran is more specific and says, "Truly, God loves those who turn unto Him in repentance and loves those who purify themselves." (Al-Quran 2:222)

The Arabic word for purity is *Taharat* and it means to be free from filth, both spiritual and physical. Purity is the key to prayer. Before a person stands before God in the special connection that is prayer, he must ensure that his heart is free from sin, arrogance, and hypocrisy. Once this is accomplished, or at least greatly desired, he is able to cleanse himself from physical impurities. This is usually achieved by using water.

Ablution '*Wazu*' made compulsory for every prayer so at least five times a day one has to perform ablution as to wash the face, both hands up to elbow and feet up to ankle.

Allah says “O believer! When you intend to offer the prayer, wash your faces and your hands (forearms) up to the elbows, wipe your heads, and (wash) your feet up to the ankles. If you are in a state of *Janabah* (impurity) purify yourself”. (Al-Quran 5:6)

*Muslim* reported that Abd al-Rahman son of Abu Saáid al-Khudri reported on the authority of his father that the Prophet said: Bathing on Friday for every adult, using of Miswak and applying some perfume or cologne, that is available-these are essential.<sup>7</sup>

Personal hygiene: With regard to bodily cleanliness, *Bukhari* and *Muslim* reported that Holy Prophet exhorted the people to practice the natural commands:

1. To cut short the moustaches
2. To keep growing the beard
3. The hair of armpit and pubic regions to be removed
4. Brushing of teeth and rinsing regularly
5. To clean the nose with water
6. To cut the nails regularly
7. To get circumcision
8. Washing the genital parts after passing urine or stool
9. To take the bath

*Miswak* (Tooth brushing): *Muslim* reported that the prophet has said “Were it not that I might over-burden the Believers I would have ordered them to use Siwak (*Miswak*) at the time of every Prayer”. The World Health Organization (WHO) recommended the use of the *Miswaak* in 1986 and in 2000 an international consensus report on oral hygiene.

Keep cutting short the moustaches because long moustaches can infect eating and drinking.

Circumcision: Medical men all over the world recommend circumcision for better hygienic conditions of genitals. In uncircumcised persons, the smegma (A white secretion of the sebaceous glands of the foreskin) collects in the prepuce and becomes the source of infection. Persons without circumcision are prone to AIDS and other sexually transmitted diseases.

#### **Social health:**

There are innumerable sayings of The Prophet in this regard. Some of them are quoted here:

Principle of Equality and Justice: *Imam Ahmad* reported in his collection ‘*Musnad*’ that in the last sermon Prophet Mohammad (PBUH) had said:

“All of humankind is from Adam and Eve (*Hawwa*), an Arab has no superiority over a non-Arab nor a non-Arab has any superiority over an Arab; a white has no superiority over a

black nor does a black have any superiority over a white, except by *Taqwa* (piety and good deeds). Do not therefore do injustice to yourselves. Remember, one day you will be produced before Allah (SWT) and fully accountable for what you do. So beware: do not stray from the path of righteousness after I am gone.”

Courtesy to the neighbor: A person can not be a true Muslim who is not good to his neighbor (Muslim or non-Muslim). *Bukhari* reported that Prophet has described ‘by God, he is not a believer with whom his neighbors are not secure’. This message is unique for universal brotherhood and peace.

*Abu Dawud* reported that Prophet has said ‘A person brings up three daughters, teaches good manners and morals to them, arranges their best marriages and treats them with fairness, deserves to be ushered into Paradise’.

Regarding Marriage, *Bukhari* and *Muslim* reported that the Prophet has said ‘Marriage is preferable when one possesses vitality and financial capacity to maintain his wife and if there is sexual urge but no capacity to maintain, he should keep fast frequently, curbing the passion. To achieve a pleasant, holy and pure society, husband and wife should respectful to each other. Quran (4:19) says: ‘Live with them (your wife) on a footing of kindness and equity. If you dislike them, it may be that you dislike a thing and Allah brings through it a great deal of good’. *Muslim* reported that the Prophet has said ‘the best among you who is generous and best treating to his wife and I am the best to my wife’. *Nisai* reported that the Prophet has appreciated the virtuous wife ‘the best gift in the world given to a man is a virtuous woman’ (*Muslim*), “When her husband looks at her she pleases him, when her husband is away she protects herself and his home, she willingly obeys her husband then she is permitted to enter the paradise by any of its doors”.<sup>8</sup>

The prophet also described the etiquette of sexual relation with the wife. He advised first to recite a prayer then foreplay ‘*Mula’aba*’ before the coitus. ‘Keep away from women in their menstrual cycle’ (Al-Quran, 2:242). *Tirmizi*, *Ibn-Maja* and *Abu-Dawood* have reported that the prophet said ‘the person who does sexual intercourse with his wife during menstruations or in her anal part or believes in the words of astrologer (*Kahin*) would be disbelieving in Allah’s revelations to Mohammad (PBUH), he is cursed and Allah would not shower his mercy upon him’.<sup>9</sup> The anal part made for the passage of stool, filth and excretion so it is the permanent site of infection and impurity therefore anal intercourse is unnatural and unhygienic. Today all these facts are endorsed by medical scientists.

Allah guides his slaves to assume the sustenance of food and drink in conformity with

the dissolved quantity in order to bring benefit to the body in quantity and quality. In fact the health preservation depends on the good and moderate managing of food and drink, clothing and habitation, air, sleeping and awakening, movement and relaxation, coitus, retention and evacuation. It is described in Unani Medicine as six essential causes (*Asbab Sitta Zaruria*) for healthy life.

Prevention of communicable disease was also referred by the Prophet. *Bukhari* reported that the prophet said 'If an epidemic seizes a land you are inside, don't leave in order to flee the calamity, and if you hear that it is spread in another place, do not go there'. At that time there was no concept of infection, despite that The Holy Prophet prevented from entering or leaving the land of exposure to the epidemics for the purpose of protection so that the infection may not spread all over the region.

Regarding purity of roads and streets *Bukhari* and *Muslim* reported that the prophet said 'Never be seated in the path way or in the street, if it is essential then give its right and the right is that always depress your eyes, remove any harmful materials from the path, greet the person, advise for good and prevent from the bad things'.

Concerning water purification *Bukhari* reported that the Prophet said 'Never urinate in stationery (not-flowing) water then bath within'. To keep inhabitants free from all diseases he said 'never pass urine or stool in three places at the bank of water reservoir, at the shades of a tree and on the pathway'.<sup>10</sup>

### III. *Moalejat* (Therapeutics)

#### Every disease has a remedy:

*Bukhari* and *Muslim* reported that Prophet Mohammad said "Allah never descended a disease but accompanied with cure". It was reported in an Israeli tradition that Ibrahim Al-Khalil said: O, Lord! Of whom is the disease? He said: it is from me. He asked, of whom is the remedy? He replied; it is also from me. He then said: What is the position of a physician? He answered: Physician is the person by whom the remedy is sent by Allah. It is reinforcement to the soul of the patient and the physician, an incitement to seek the remedy and looking for it. If an ailing person feels that his disease is curable he will be optimistic and psychologically strong. This applies to the physician also, if he knows that a disease has a remedy, he could strive for it and go into search for it. It also indicates the presence of drugs for diseases considered today incurable.<sup>11</sup>

**Treatment by only Qualified Physician:** A patient must visit a qualified and expert physician; Holy Prophet discouraged the medical practice by an unqualified person. *Al-Nisai*, *Abu-*

*Dawood* reported that “The holy Prophet visited an ailing person and said, send him to a physician, a person said: do you say this, o messenger of Allah! He replied: yes, Allah never created a disease but created a medicine for it.” In another *Hadith*, The Prophet said “The one, who gives the medical treatment without being known of medicine, is accountable of his act”.

**Heart is the center of well being.** *Bukhari* reported in his *Sahih*, chapter Kitab al-Iman that Prophet Mohammad (PBUH) said Truly, in the body there is a morsel of flesh, and when it is corrupt the body is corrupt, and when it is sound the body is sound. Truly, it is the *qalb* [heart].ä

**Heart Disease:** *Abu-Dawood* reported that Sa’d said ‘when I fell ill, The Prophet came to see me, he placed his hand on my chest, I sensed a feeling of comfort and coldness and he told me you are suffering with heart ailment, call the physician *Harith Bin Kilda* of *Banu Thaqeef*, he is an expert physician’ and you take seven dried dates from *Ajwa* of *Madina* and grind them with their pips and take it.’. (*Harith Bin Kilda* from *Banu Thaqeef* was a Non-Muslim physician, native of *Taef*. He got both Islamic and pre-islamic period, traveled to Iran and received medical knowledge there).

**Gastric disease:** *Al-Tirmidi* reported that the Prophet said “The worst vessel that a human being could fill up is his stomach, it will be enough for him to eat some amount of food that keep him fit and energetic, if filling of stomach is essential, its third should be filled with food, other third with liquid, while the last third is for air”.<sup>12</sup>

Now it is proved that over-eating causes so many diseases including dyspepsia and other gastric diseases. And fifty percent of the population is suffering from one form or the other of the alimentary problems which can be pain, constipation, bloating or even diarrhea. It seems very scientific because the matter has three states: solid; liquid and gases and every form should have its place in the stomach.

**Fever:** It is treated by cold sponging. *Bukhari* and *Muslim* reported that Holy Prophet said “The fever or intensity of the fever emanates from hell so alleviate it with water”. Cold sponging in fever is described in many *Ahadith*. *Al-Hakim* quoted that the Prophet said “if any of you suffers with fever, sprinkle cold water three days in early morning”.<sup>13</sup>

**Cupping:** *Bukhari* reported that Prophet said “The best remedy you can take is cupping ‘*Hajamah*’”.<sup>16</sup> There are innumerable *Ahadith* about cupping. Now it is proved that cupping is useful in so many disease such as arthritis, back pain etc. and it is the part of regimental therapy in Unani Medicine.

**Constipation:** *Al-Tirmizi* reported that Prophet asked *Asma bint Omais*, of which you take the purgation; she replied '*shubrum*'. The Prophet said, 'it is hot and harmful' she said then we used *Senna* (*Cassia angustifolia*) as laxative, the Prophet said "if anything could protect from death it is *Senna*.<sup>14</sup>

**Diet:** *Al-Tirmizi* reported that Holy Prophet said "Don't force your patients for eating or drinking, Allah feeds them with food and water". We can think how much rationale behind it. In fact hunger is the request of nutriment of the organs in order to compensate the decomposed elements. In case of disease the nature is occupied in maturing and combating the disease instead of feeling hunger.

**Skin Diseases:** *Al-Nisai* reported that one of the wives of the Prophet said that 'He came to me and I was suffering from a pustule in my finger. He asked do you have *Zareerah* (*Swertia chirata*). I replied positively; he said then: apply it on the pustule and pray, O, Allah diminish it'. *Zareerah* (*Swertia chirata*) is proved to be blood purifier.

**Treatment** with noble and exhilarating force: *Ibn-Maja* reported that the prophet said "when you visit an ailing person dispel his anxieties with pleasurable talk, for, this not only eliminates the disease, but it gives the patient a sense of relief and he loves it". We know that cheering up of the ailing soul and gladdening of his heart have an astonishing effect in healing and diffusing the harm.

**Treatment** with *Asl* (Honey): Quran says "There emerges from their bellies a drink, varying in colors, in which there is healing for people (Al-Quran; 16:69).

'Rivers of purified *Asl* (in heaven) in which they will have from all kind of fruits' (Al-Quran, 47:15). A whole chapter of Glorious Quran is named after '*Nahal*' honey bee. It tells the importance of honey.

Honey is a sweet food made by bees using nectar from flowers. The variety produced by honey bees (the genus *Apis*) is the one most commonly referred to and consumed by humans. Honey bee assimilates juices of various kinds of flowers and fruits and forms the honey within its body which it stores in its cells of wax. Only a couple of centuries ago, man came to know that honey comes from the belly of the bee. This fact was mentioned in the Qur'an 1400 yeas ago.

The Russians used honey to cover their wounds in World War II. The wound might retain moisture and would leave very little scar tissue. Due the density of honey no fungus or bacteria would grow in the wound. Holy Prophet used honey repeatedly in a person suffering with diarrhea. A person suffering from an allergy of a particular plant may be

given honey from that plant so that the person develops resistance to that allergy. The knowledge contained in the Qur'an regarding honey its origin and properties were far ahead of the time it was revealed.<sup>15</sup>

#### IV. *Imun-Nafs* (Psychiatry or Spiritual Medicine)

Presently, almost every one is experiencing one kind of mental stress or the other, therefore a new branch called 'Psychiatry' was included in medical sciences for providing medical professional help to such persons. When we go through the history of Unani Medicine and text of Islamic scriptures there is a comprehensive and efficient dealing to remove any kind of stress and depression and to achieve the required mental peace. The psychic health has been fully addressed by the Prophet.

The texts of Quran and Hadith tell us that origin of stress exists in our mind, without understanding and controlling it is impossible to eliminate these psychiatric illnesses.

A noble message given by Allah: 'In order that you not despair over what has eluded you and not exult (in pride) over what He has given you and Allah loves neither the vainglorious nor boastful (Al-Quran, 57:23). A man should play real attention to not to what he has received or what has been taken away from him, but to how he reacted on each of these occasions. The correct and required reaction is that a man should not be disheartened if he suffers some loss nor should he develop feelings of pride and vanity if he gains something.

We should remember that in this world complete satisfaction is impossible. Almighty made the world in such a way that nobody can get all the possessions and objects of pleasure it can be found only in heaven. Allah says 'therein (in heaven) you have all that your souls shall desire; therein shall you have all that you ask for!' (Al-Quran, 41:31).

Principles: By studying the life of the Prophet we can derive important principles which were followed by the Prophet. In short, the Prophet of Islam was a positive thinker in the full sense of the word.

**Principle of Tolerance:** In the present world, everyone's thinking, tastes, aptitude, likes and dislikes can never exactly coincide. Permanent solution to these differences and problems lies in tolerance (*Ei'raz*). The Prophet's entire life served as a perfect example of this principle. If we desire peace, we must tolerate many unpleasant things from others. There is no other way to establish peace in society. The Prophet himself set the example. All his recorded words and actions reveal him as a man of great gentleness, kindness, humility, good humor and excellent common sense, with a great love for all people and even for



animals. Despite his position as a leader, the Prophet never made others feel small, unwanted or embarrassed.

**Principle:** To begin from the possible. (*Al-Bukhari* reported that *Ummul Momineen Ayshah* (RA) said: "Whenever the Prophet had to choose between two options, he always opted for the easier choice provided it involved no sin."<sup>16</sup>

**Principle:** To make a friend out of an enemy. The prophet Mohammad (SAW) was repeatedly subjected to practices of antagonism by the unbelievers. At that time the Qur'an enjoined upon him the return of good for evil. "Repel (Evil) with what is better: then will he between whom and thee was hatred become as it were thy friend and intimate! (Al-Quran, 41:34).

It means that a good deed in return of a bad deed has a conquering effect over your enemies. And the life of the Prophet is a historical proof of this principle.

According to human temperament one can not be satisfied with less than 100% achievements and as per law of the nature nobody can get 100% success. This contradiction between nature and temperament has deprived everyone of mental peace and prosperity. So what is the solution? The solution is in contentment (*Qana'at*); it means try to derive satisfaction from whatever little you have got as a result of distribution by nature. It is the point which is raised in this *Hadith* reported by Imam *Ahmad* in his *Musnad* 'Got success who submitted his will to Almighty, blessed with '*Kafal*' (livelihood enough to keep one from begging), and Allah made him satisfied with whatever he was given'.<sup>17</sup> Never think of grabbing any property or money just out of way or by unfair means, it would not retain, it will drain away in some form or the other.<sup>17</sup>

*Bukhari, Muslim* reported that the Prophet said 'always look at the person who is less gifted than you, not at one who is richer, it will enable that you will not contempt anything. To alleviate pessimism always remember Quranic verse '*La Taqnatu min Rahmatillah*' 'never be hopeless of the mercy of Allah' (Al-Quran 39:53). Optimism is one trait that can help attain a happy and successful life. Recent studies have shown that an optimistic attitude can bring all kind of benefits from better health and longer life span to a higher level of achievement in the job.

Holy Prophet stressed for such sports which provide physical exertion such as horse riding etc. Almighty Allah mentions 'Prepare whatever you can achieve of power and steeds of horses' (Al-Quran 8:60). Physical exercise tones up the body, while concentration increases the strength of mind. Regular stretching and aerobic exercises release pocket of

tension and tightness in the muscles and thus lead to muscular relaxation. This physical relaxation in turn leads to mental relaxation. Aerobic exercise (*Raizat Badani*) increases our general stimuli and power of resistance by strengthening of our lung and heart. Breathing exercises are also beneficial in making our mind calm, serene and balanced, by this way toxins are eliminated. Take plenty of water, vegetables and fruit for keeping your system clean and keeping your mind pure.

**Principle:** To see advantage in disadvantage. Regarding various problems, pains and discomfort which we face in life, we should try to develop the philosophy these have not come to us for frightening. We can derive some benefit and learning from every problem or difficulty of life and exploit to our advantage. Nothing is permanent everything in a state of constant motion and change. In the early days of Mecca, there were many problems and difficulties. At that time, a guiding verse in the Qur'an was revealed '*Inna Ma'al Usr Yusra*' "With every hardship there is ease; with every hardship there is ease" (Al-Quran, 94:5). Every crisis comes with an opportunity. This means that if there are some problems, there are also opportunities at the same time. And the way to success is to ignore the problems and avail the opportunities. This is wonderful law of nature. Crisis always brings opportunity for something new to develop from the ruins of our old way of life. We can choose to take advantage of the energy in crisis.

Develop the attitude of forgiveness and forgetness. '*Wa in Ta'fu Fa hua Kharul-lakum*' if you forgive it is better (Al-Quran). Don't take revenge. The Prophet's own modesty, coupled with great strength of character, is depicted in his biography. We should refuse to be provoked, preferring rather to show kindness and magnanimity to one who is wishing ill to us. It is said that revenge is such a game in which players die but the game never ends and remember any person doing good or bad to you will automatically enjoy or suffer according to divine laws. After all, happiness can not be forced, if your mind is calm and quite and free from all negative emotions you automatically experience happiness. The Prophet said 'No body can become a virtuous believer unless he likes for his neighbor or brother what he likes for himself' (*Bukhari, Muslim*).<sup>3</sup> Learn to appreciate others for the good things and good works done by them. Seeing well in others will always keep you mentally positive and cheerful. No matter how bad a person is but every person has some good in him.<sup>18</sup>

## **VI. *Ilmul Advia* (Pharmacology)**

Present investigation does not mean that the plants, animals and minerals which are described in Holy Quran and *Ahadith* exactly mean for medicinal purposes but they are

illustrated for other purposes too. However in this study it is emphasized that the cited plants, animals and minerals have been used for medicinal purposes and are experience of different cultures, traditions, religions and communities of world.

Allah says 'We send down of the Quran that is healing '*Shifa*' and mercy for the believers' (Al-Quran: 17:82). The environment, vegetables, animals and minerals mentioned in Holy Quran and Hadith are also the source for Unani Materia Medica.<sup>19</sup>

Some of these plants and drugs are described here in the table.

**1. Adas, Masur, Lentil, *Lens culinaris* Medic, Papilionaceae**

Text:

'Acall upon your lord to bring forth for us from the earth its green herbs, its *qiththa* (cucumber), its *foom* (garlic), its *adas* (lentil), and its *basl* (onion)'. (Al-Quran, 2:61)

Four plants are mentioned in above verse: Adas, Basl, Foom and Qiththa.

Action: Laxative, and diuretic.<sup>20</sup>

**2. Basl, Onion, (*Allium cepa*, Linn)**

Text: As above (Al-Quran, 2:61)

Actions: stimulant, diuretic, expectorant, emmenagogue and aphrodisiac, externally rubefacient.

**3. Foom, Thaum, Lehsun, Garlic (*Allium sativum* Linn)**

Text: As above (Al-Quran, 2:61)

Action: stimulant, carminative, emmenagogue, anti-rheumatic, anthelmintic, anti-septic, anti-spasmodic.

**4. Qiththa, Cucumber, (*Cucumis sativus* Linn)**

Text: As above (Al-Quran, 2:61)

Actions: Nutritious, demulcent and diuretic.

**5. Atraj Citron, (*Citrus medica* Linn. Rutaceae)**

Text: *Bukhari* and *Muslim* reported that Holy prophet has said "The believer who recites Quran resembles to *Atraj* (citron) which has a delicious taste and good flavor'. It is a garden plant chiefly cultivated for its valuable fruits.

Actions: Fruit is an expellant of poisons. Pulp is aromatic, tonic, exhilarant and stomachic.

**6. Athl, Tamarisk, (*Tamarix aphylla* Linn. Karst.)**

Text: 'We replaced their two gardens with gardens of *Khmat* and *Athal*' (Al-Quran, 34:16)

Two plants *Athl* and *Khamt* are mentioned in this verse.

Action: Astringent, laxative, powdered bark is aphrodisiac.<sup>21</sup>

#### **7. *Khamt*, Arak tree (*Salvadora persica* Linn, Salvadoraceae)**

Text: (Al-Quran, 34:16)

Bark decoction act as stimulant and tonic in amenorrhoea. Leaves are applied in rheumatism. Decoction of leaves used in asthma and cough.<sup>22</sup>

#### **8. *Asl*, Honey**

Text: 'Rivers of purified *Asl* (in heaven) in which they will have from all kind of fruits' (Al-Quran, 47:15). A whole chapter of Glorious Quran is named after '*Nahal*' honey bee which tells the importance of honey.

Actions: Mild antiseptic property, detergent and tonic.

#### **9. *Bateekh*, Watermelon, (*Citrullus vulgaris* Schrad. Cucurbitaceae)**

Text: *Tirmidi* and *Abu-Dawood* reported that the Prophet Mohammad (PBUH) used to eat watermelon with fresh date, saying, 'heat of the first repulses coldness of the second'.

Actions: Seeds are cooling, demulcent, diuretic, vermifuge, nutritive, refreshing.

#### **10. *Ethmed*, Antimony sulphide**

Text: *Ibn-Maja* reported that The Prophet suggested 'Resort to *Ethmed*, as it purifies the sight and makes the eye lashes grow'.<sup>23</sup>

Actions: Detergent and eye tonic, drying agent without any harm, healing agent in ulcer and wounds.

#### **11. *Enab*, Grape, (*Vitis vinifera* Linn., Vitaceae)**

Text: We bring forth green stalks, from which We bring forth thick clustered grain and out of the date palm and its spathe come forth clusters of dates hanging low and near, and We produce gardens of grapevine and olives and pomegranate, each similar (in kind) yet different (in variety and taste). (Al-Quran, 6: 99)

Four drugs are described in this verse: *Enab*, *Nakhl*, *Rumman* and *Zaitun*. *Enab* is described eleven places in Quran, indicating the significance.

Actions: It is nutritive, demulcent, refrigerant, diuretic and cooling. Dried one is laxative, expectorant and blood purifier.

#### **12. *Nakhl*, Tamar, *Rotab*, *Balah*, *Basr*, Date, (*Phoenix dactylifera* Linn. Palmae)**

*Nakhl* is described in Holy Quran about 28 places. It is also mentioned in Bible.

Text: 'The Angel called Mary (PBUH), do not grieve, your Lord has provided beneath you a stream, and shake the trunk of the *Nakhl* (palm tree) toward you, it will drop upon you ripe, fresh dates, so eat, drink and be glad'. (Al-Quran, 19:25)

Actions: Dates are nutritious, expectorant, aphrodisiac, tonic, demulcent, laxative, and diuretic.

### 13. *Rumman*, Pomegranate, (*Punica granatum* Linn., Puniceae)

Text: "In heaven there are fruit, palm trees and pomegranates". (Al-Quran, 55:68)

Actions: Cardio tonic, astringent, cooling and delicious, refreshing, anthelmintic.

### 14. *Zaitun*, Olive, *Olea europaea* Linn, Oleaceae

*Zaitun* is mentioned at six places in Quran.

Text: (Allah) He causes to grow for you the crops, the olives, the date-palms, the grapes, and every kind of fruit. Verily! In this indeed an evident proof and a manifest sign for people who give thought. (Al-Quran, 16:11)

Uses: It is useful in peptic ulcer, epistaxis, cold and cough. Oil massage gives strength to the muscles and relieves pain in arthritis, gout, sciatica and paralysis.

### 15. *Fizzah*, Silver, *Argentum*

Text: 'Beautified for the people the lust of which they desire from women and sons, heaped up sums of gold and silver, fine branded horses and cattle, and tilted land' (Al-Quran, 3:14).

Uses: It is used after purification in the ointment to cure scabies, ulcer and wounds. Silver leaves used for decoration of *Khameerajat*. Silver leaves are Cardio tonic, stomachic, cerebral tonic.

### 16. *Zahab*, Gold, *Aurum*

Text: "Trays of gold and cups will be passed round them, (there will be) therein all that the inner-selves could desire, and all that the eyes could delight in" (Al-Quran, 43:71)

Action: *Muqawwi Aaza- Raisa and Moharrik Hararat Ghareezia*. it is included in the drugs used for Daul Hayya and Daul Thalab (Alopecia), eye diseases, heart and palpitation. Research has shown that gold has an adaptogenic and nootropic activity.<sup>24</sup>

### 17. *Habbat-us-Sauda*, *Shoneez*, *Kalonii*, Black Cumin,

(*Nigella sativa* Linn, Ranunculaceae)

Text: *Bukhari* and *Muslim* reported that the Prophet had said 'Use this *Habbatus-Sauda*, as it is the panacea that cures all diseases except death' (Ibn Al Qayyim, 2005)<sup>25</sup>

Actions: It is anti-inflammatory, carminative, stomachic, expectorant, emmenagogue, anthelmintic, nervine tonic, analgesic.

**18. Hareer, Abresham, Silk cocoon, (*Bombyx mori* Linn.)**

Text: In paradise they will be adorned with bracelets of gold and pearls and their garments therein will be of *Hareer* (fine silk). (Al-Quran, 22:23)

Three drugs are mentioned in this verse: *Hareer*, *Luloo* and *Zahab*.

Actions: It has the action of attenuant and exhilarant and beneficial for eyesight as *Kuhl* (Ibn Sina, 1593)

**19. Luloo, Marwareed, Pearl, (Mollusca)**

Text: ‘And round about them will (serve) boys of everlasting youth. If you see them, you would think them scattered pearls’. (Al-Quran, 76:19)

Actions: Ash of the pearl (*Kushta Marwareed*) is used in heart burn, nervous disease and bilious affection. Pearl is used as prophylaxis of epidemics. After purification pearl is used as stimulant, tonic, and aphrodisiac.<sup>26</sup>

**20. Hadeed, Iron, ferrous**

Text: ‘Give me pieces (blocks) of iron’ (Al-Quran, 18: 96)

Actions: It is essential part of hemoglobin, plays a role in the transport of oxygen by the blood. Anemia, a well known disease, is caused by deficiency of Iron.

**21. Henna, Indian myrtle (*Lawsonia inermis* Linn. Lythraceae)**

Text: *Bukhari* has reported that *Hazrat Uthman* (RA) narrated we came to *Umm Salma* (May Allah please with her), she presented us some of the Prophet’s hair that was colored with *henna* and *katam*.<sup>27</sup>

Here two drugs are mention in Hadith: *Henna* and *Katam*.

Action: It is anti-septic, deodorant, blood purifier, detergent, astringent, tonic to the hair, highly beneficial against ulcer and other skin diseases.

**22. Katam, *Indigofera aspalathoides* Vahl.**

Text: as above Hadith

Action: Bitter, anti-septic, disinfectant.

**23. Idkhir Makki, Lemon Grass (*Cymbopogon jwarancusa* Poaceae Schult.)**

Text: *Bukhari* has reported that ‘the Prophet prohibited uprooting any plant of Makkah due to sanctity of this place except *Idkhir*, because it is used for decoration and aroma’<sup>28</sup>

Actions: digestive, diuretic, aromatic, anti-emetic, diaphoretic, anti-spasmodic, stimulant.

It is used in the form of infusion in fever, irregular menstruation, colic, flatulence, swelling of liver and stomach.

**24. *Kafoor (Cinnamomum camphora, Nees & Eberm. Lauraceae)***

Text: 'Indeed the righteous will drink from a cup whose mixture is of *Kafoor*'. (Al-Quran, 76:5)

It is obtained by distillation of the wood with water.

Action: Diaphoretic, stimulant, anti-septic, anti-spasmodic, carminative, analgesic, anti-poison, brain tonic.

**25. *Khardal, Mustard (Brassica nigra Linn. Cruciferae)***

Text: 'O my son! If it be (anything) equal to the weight of a grain of mustard seed, and though it is in a rock, or in the heavens or in the earth, All'h will bring it forth. (Al-Quran, 31:16).

Actions: Externally oil is stimulant and mild counter irritant. Internally seeds are emetic, useful in febrile cases and inflammatory swelling,

**26. *Kabath, Peelu, Arak Tree (Salvadora persica Linn, Salvadoraceae)***

Text: *Bukhari* and *Muslim* have reported that *Jabir* (RA) said 'We picked the *Kabath* (arak fruit) with prophet when he told us 'pick the black fruit; it is the most delicious'.<sup>29</sup>

Action: *Kabath* is digestive, stomachic, and expectorant, diuretic.<sup>30</sup>

**27. *Marjan, Coral, Corallium rubrum (Linnaeus, 1758)***

Text: 'From both of the ocean, emerge *luloo* (pearl) and *marjan* (coral)'. (Al-Quran, 55:22).

Actions: cardio tonic, styptic, general tonic, nerve tonic and expectorant.

**28. *Yaqoot, Ruby***

Text: 'As if they were *Yaqoot* (Rubies) and *Marjan* (coral)' (Al-Quran, 55:58)

Action: general tonic, cardio tonic, aphrodisiac and anti-dote to the poisons.<sup>31</sup>

**29. *Musk, Moschus moschiferus Linn. Family: Moschidae***

Text: 'They are provided with a drink of pure beverage which was sealed with Musk'. (Al-Quran, 83:26). *Muslim* has reported that The Prophet had said 'The best perfume is Musk'.<sup>32</sup>

Actions: Musk has a powerful odor, acts as stimulant, anodyne, anti-spasmodic, cardio-tonic, expectorant, diaphoretic, laxative, anti-septic, aphrodisiac, *Muqawwi Aaza- Raisa*, and anti-dote to epidemic, nervine tonic.

### 30. *Mann, Tamarix mannifera* Medic, *Alhagi maurorum* Bunge

Text: 'And we shaded you with clouds and sent down to you *Mann* and *Salwa* (Quails); eat from the good thing which we provided you, (Al-Quran, 02:57).

Action: It acts as laxative, diuretic, expectorant, aphrodisiac and nutritious. Mann contains monosaccharide, fructose and carbohydrate.<sup>33</sup>

### 31. *Qitr, Nuhas, Copper, Cuprum, Brass*

*Qitr* and *Nuhas* bothe are mentioned in Holy Quran in following verses.

Text: '*Wa-asalna lahu ainal-qitr*' We made flow for him a fountain of *Qitr* (molten brass or liquid copper). (Al-Quran, 34:12)

There will be sent against you both, smokeless flames of fire and *Nuhas* (molten brass), and you will not be able to defend yourselves. (Al-Quran, 55:35)

Action: astringent, sedative, anti-spasmodic, ant-septic.

### 32. *Qust Bahri, Costus Root, Maritime Costus*

(*Saussurea lappa* C.B. Asteraceae Clarke)

Text: *Bukhari* and *Muslim* have reported that the Prophet said 'Your best remedies are the *Hajama* (cupping) and *Qust Bahri*.<sup>34</sup>

Action: *Muqawwi aaza- raisa* (tonic to vital organs), expectorant, anti-spasmodic, analgesic, carminative, anthelmintic, diuretic, anti-pyretic, resolvent, aphrodisiac, blood purifier and anti-septic.

### 33. *Raihan, Sweet Basil, (Ocimum sanctum* Linn, *Lamiaceae*)

Text: 'For him (in heaven) is a garden of pleasure and *Raihan* (scented plant)' (Al-Quran, 56:189). *Bukhari* and *Muslim* have reported that Prophet Mohammad (PBUH) said 'The one, who is offered *Raihan*, should not return it as it is light and perfumed'.<sup>35</sup>

Action: anti-septic, diaphoretic, stimulant, demulcent, carminative, aphrodisiac and diuretic.

### 34. *Senna, (Cassia angustifolia* Vahl. *Leguminosae*)

Text: *Ibn-Maja* has reported that the Prophet has said 'Resort to *Senna* and *Sanut* because here is a healing from every disease except death'.<sup>36</sup>

Actions: laxative, deobstructive (*mufatteh sudad*), blood purifier, anthelmintic. It is used in constipation, fever, arthritis, asthma.

### 35. *Sidr, Cedar (Cedrus libani* Loud, *Pinaceae*)

*Sidr* is mentioned in Quran at four places.



Text: 'The companions of Right will be among *Sidra* trees with thorns removed'. (Al-Quran, 56:189)

Uses: fever, flatulence, dropsy, rheumatism, piles, and diarrhea and in snake bite.

**36. Teen, (*Ficus hispida* Linn, Moreceae)**

Text: Allah swears by *Teen* and *Zaitun* (Al-Quran, 95:1). A chapter is named after *Teen* because of its advantage and benefits.

Actions: Emollient, cooling, laxative, demulcent, aphrodisiac and nutritive.

**37. Ood Hindi, Eagle Wood (*Aquilaria agallocha* Roxb. Thymeliaceae)**

Text: *Imam Ahmad* reported from Umm Qais that prophet had said 'Resort to the Indian Wood as it encloses seven remedies, among which the cure of pleurisy' and *Muslim* reported that *Abdullah bin Umar* used to perfume himself by burning the Agar in a brazier mixed with camphor and he said 'in this way The Prophet used to perfume himself.'<sup>37</sup>

Actions: Nerve and brain tonic, anti-septic, expectorant, cardio tonic, stomachic, appetizer, digestive, mouth freshener, aphrodisiac.

**38. Warss, *Flemingia grahamiana* Wight and Arn, Memcylon (Tintura)**

Text: *Imam Tirmidhi* reported 'The prophet prescribed the oil and the *Warss* (Ceylon cornel) against pleurisy' and Umm Salma (R A) narrated that we applied Warss on our face during forty days of puerpurium to rid off the freckle.'<sup>38</sup>

Action: Astringent, beneficial in scabies, alopecia itching, swelling, papules, *Quba*, *Kalf wa Namash* and Freckle, (A small brownish spot of the pigment melanin on the skin)<sup>39</sup>

**39. Yaqteen, White Pumpkin, Gourd, (*Lagenaria vulgaris* Seringe)**

Text: 'And we caused to grow over him a tree of *Yaqteen*' (Al-Quran, 37:146).

Prophet Yunus (PBUH) was blessed with tree of *Yaqteen*, which is known to give cooling shade and to be a repellent of flies.

Actions: diuretic, nutritive. Oil is cooling, emollient and used in headache.

**40. Zanjabeel, (*Zingiber officinale* Rosc. Zingiberaceae)**

Text: 'They will be given to drink a cup which flavor is of *Zanjabeel*'. (Al-Quran, 76:17)

Actions: It is aromatic, carminative, digestive, rubefacient, aphrodisiac, expectorant and stimulant to gastro intestinal tract.<sup>40</sup>

**41. Zareera, Chiraita Chirata (*Swertia chirata* Buch. Gentianaceae)**

Texts: *Bukhari* and *Muslim* reported that *Ummul momineen Ayesha* (RA) narrated 'I applied *Zareera* as a perfume to the Prophet during his last pilgrimage at the time of putting on *Ehram* and out of it'<sup>41</sup>

Action: It is bitter, blood purifier, anti-pyretic, diaphoretic, tonic to stomach and liver, appetizer, carminative, anthelmintic. <sup>42</sup>

**42. Zaqqum, *Euphorbia resinifera* Berg. Euphorbiaceae**

Text: It is described at three places in Quran as the food of sinful persons in hell.

Action: It acts as strong purgative, of bile and phlegm, causes abortion in women. It is poisonous plant. <sup>43</sup>

**43. Samak, Fish**

*Ibn Maja* and *Imam Ahmad* reported from Abdullah ibn Umer that prophet has said

‘Two dead animals and two bloods are permitted to eat for us: the Fish and *Jarad* (Locust), the liver and the spleen’. <sup>44</sup>

Actions: creates phlegm, useful in *Wajaul-warak* (hip joint pain), clears voice and cleanses trachea, prevents haemoptysis. <sup>45</sup>

**Conclusion**

Islamic medicine, which traces its roots back to the Hippocratic principles of cause and effect, epitomizes a “science of medicine”, and if practiced within a truly Islamic ethos that recognizes that all healing comes from Allah (SWA), it becomes “the art of care”.

“And when I am sick, then He heals me.” (Al-Quran: 26.80)

Al-Quran, the main source of the Islamic faith, contains Divine guidance for all humankind. Prophet Mohammad ‘the last messenger’ was the teacher and explainer of the Holy Quran, the miracle of miracles revealed as a mercy to humankind, the last and final revelations of God who is the sustainer and creator of the universe, and nobody knows better than the creator himself about his creations, therefore the teachings and guidance described in the Quran are according to the nature. Since the message of the Quran is believed to be for all times, it should be relevant to all ages. The scientific evidences of the Quran clearly prove its Divine origin. Tomes of information have been written from Islamic Scripture. Scientists of various disciplines and research scholars may utilize the knowledge of different branches of medical sciences cited in the texts.

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## सारांश

### इस्लामी धर्मग्रन्थ (पवित्र कुरान एवं हदीस) में आयुर्विज्ञान सम्बन्धित वर्णन – एक समीक्षा

अशफ़ाक अहमद

अरब युग वैज्ञानिक इतिहास में एक महत्वपूर्ण अवधि रहा है। अरबों ने यूनानी संस्कृति एवं वैज्ञानिक विवेचनाओं को विरासत में पाया। इस्लाम धर्म के आगमन के पश्चात यूनानी चिकित्सा पद्धति ने इस्लामी धर्मग्रन्थों में वर्णित वैद्यकीय ज्ञान को अपने अन्दर आत्मसात किया। इस विवेक के साथ कि पैगंबर मुहम्मद (सल्लल्लाहु अलैहे वसल्लम) समस्त मानवता के लिये दयावान बनाकर भेजे गये एवं पवित्र कुरान अल्लाह सुबहानहु तआला का अन्तिम प्रकटन है, कुरान एवं हदीस के अध्यापन एवं वर्णन की संबद्धता तथा प्रामाणिकता समस्त मानवजाति एवं हर युग के लिये है। चिकित्साविज्ञान से संबन्धित कुछ सूचनायें जो पवित्र कुरान एवं हदीस से प्राप्त की गई हैं प्रस्तुत की जा रही है, जैसे शारीरिक विज्ञान, भ्रूण विज्ञान, चिकित्सीय विज्ञान, सामाजिक एवं निवारण चिकित्सा, मनोचिकित्सा एवं औषधि विज्ञान।