

Aim of Tibb e Nabawi: -

The aim of Tibb e Nabawi is all living beings should be health throughout the life & disease free.

Aim of learning Tibb e Nabawi: -

The aim of learning Tibb is Nabawi is to practice it & teach it to others. Also to make it a universal university subject so that courses can conduct of it.

Principles of Tibb e Nabawi: -

1. The 1st principle of Tibb e Nabawi is to believe that all diseases are curable, the disease & its cure are sent by Allah Ta'lah, never believe that any disease send by Allah is not curable, & cure of disease is with Allah's Will & to adopt modes of treatment is Sunnah. Please read page no. 20 of part 1 of my book & refer rule no. 1, 2, 3 & 4 & full chapter & page no. 24 (Hadith no. 3) in part 1
2. Treat yourself self with names of Allah Ta'lah in respect of its meaning. (For example Ya Samiyo means the Listener we should recite Ya Samiyo for ear diseases; Ya Basiroo means the Seeing we should recite this in eye diseases). Refer lesson no. 12 page no. 112 onwards in part 1 of my book.
3. Treat yourself with verses of Quran (Ruqyah) in which praises of Allah Ta'lah are mentioned example Sura Faateha, Sura Ikhlāas etc) refer page no. 25, Hadith no. 10 & 11 in part 1 also refer lesson on 4 to 8 in part 1, page no. 44 onwards.
It is allowed treat yourself with any Ruqyah (spiritual treatment) but init Shirk should not be involved; please refer page no. 55 Hadith no. 22 & page no. 52 Hadith no. 11.
It has been experienced that initially the sigh & symptoms may increase after starting the treatment with Quranic verses please do not leave the recitation & treatment (speacially it happens in black magic & evil eye). Also recite Aayat e Shifa page no. 35 & 36 in part 1.
4. Recite Dua to be recited morning & evening for safety & health; Dua as Ruqyah thought by Prophet Muhammad (s.a.w) for different conditions & diseases for example read lesson no. 43 Pain in part 3 & read Hadith no. 2 & 3 on page no. 49 in part 1, also recite Ruqyah done by Jibrail (a.s) for Prophet Muhammad (s.a.w) mentioned on page no. 52 & 53 Hadith no. 12 onwards in part 1.
5. We are allowed to treat ourselves with own interpretation or dua or verses or Quran mentioned by Islamic scholars, as Prophet Muhammad (s.a.w) allowed to do so.
6. Do personal Dua to Allah Ta'lah for curing your disease before taking medicines; please refer page no. 27 Hadith no. 22 & 23 in part 1.
7. Understanding the Islamic concepts of black magic & evil eye; read lesson no. 9 to 11 in part 1.
8. Following the right Sunnah way of eating, drinking, offering Salah & sleeping, because these are our basic needs of our body. Refer lesson no. 13, 14, 15 & 18 in part 1.
9. Give Sadqah (charity) & offer Nafil Salah with the Niyat of getting cure from Allah Ta'lah. Abu Umamah (r.a) said that Prophet of Allah (s.a.w) said: "Treat your sick by giving Sadaqah" (Saheeh Al-Jamia no. 3358) Narrated Abu Buraydah that I heard Prophet of Allah (s.a.w) say: A human being has 360 joints for each of which he must give alms (sadaqa). The people asked Him: who is capable of doing this? He (s.a.w) replied: it may be mucus in the masjid, which you bury & something which you remove from the road; but if you do not find such, two rak'ahs in the Duha (afternoon) (chasht) will be sufficient for you. (Abu Dawud: 5242 book no. 43; English Book. 42; Hadees. 5222)

10. Doing Astaq'faar (many times) (please refer Bukhari: 1145 book no. 19; English vol. 2; book. 21; hadees. 246) Abu Huraira about seeking forgiveness.
11. Keeping faith in Allah Ta'lah & doing Sabr.
12. Fasting for cure.
13. Be Paak always (hygiene method after natural urges etc).
14. Fulfilling Farz (obligatory acts) of Islam.
15. Avoiding backbiting. Anas (r.a) said that Prophet of Allah (s.a.w) said, During the Mi'raj, I saw a group of people who were scratching their chest & face with their copper nails, I asked, "Who are these people, O Jibril?" Jibril replied: "These are the people who ate flesh of others (by backbiting) & trampled people's honour". (Abu Dawud) (Riyad as-Salihin Arabic/English Book no. 18, Hadith 1526)
16. Avoiding haram products (alcohol, poke etc); refer page no. 24 Hadith 7 & 9 in part 1.
17. Not leaving nor entering the place of epidemic.
18. Adopting modes of treatment of Tibb e Nabawi & other science which are devoid of Haram products.
19. Eat light low calories food during recovery stage; please refer page no. 26 Hadith no. 15 in part 1.
20. Avoid Nabiz (sharbat) prepared from two types of dates or dates & raisins together; refer page no. 26 & 27 Hadith no. 18, 19 & 20 in part 1.
21. A doctor should have proper Knowledge; please refer page no. 23 Hadith no. 1 in part 1.
22. Stand little far when you talk to a severely infected patient; refer page no. 24 Hadith no. 4 in part 1.
23. Rules of taking/using following things during Ramzaan fasting (Islamic fasting) 1. Nasal sprays 2. Taking intra venous medicines, injections, putting eye drops, nasal drops, medical patches, use of deodorant, vaccination, applying hair dye during fasting. Read page no. 29 to 33 in part 1.
24. Rules of fasting in diabetes, pregnancy, migraine, blood pressure, dialysis, giving blood samples for blood test. Read page no. 29 to 33 in part 1.
25. Cause of all disease is Bard of the body; it is a topic of research what is bard & abdomen is a pond of health or disease; refer page no. 24 Hadees no. 5 & 6 in part 1.
26. Prophet Muhammad (s.a.w) stopped from pressing the throat of child in throat infecting, as it was practice that time; this teaches us not do any wrong method in treatment; refer page no. 24 hadees no. 8 in part 1 & lesson no. 47 Costus (Qust) page no. 132 in part 2.
27. Boiling the drinks like Tila (an alcoholic drink made from grapes) to reduce 2/3 of the quantity and use the remaining 1/3; refer page no. 26 Hadees no. 16 & 17 in part 1.
28. Illness during Hajj & Umrah, Ramzaan Fasting & Tayammum; refer page no. 28 & 29 Quranic verses & its English translation.

Modes of treatment & health in Tibb e Nabawi: -

1. Keeping herbs on one side of the mouth (ladud) the side of suffering, means if the problem is the right eye than keep medicines on right corner of mouth, please refer page no. 25 & 26 Hadith no. 12, 13 & 14 in part 1.
2. Putting herbal oil in nasal cavities (sa'ut); refer lesson no. 82 Nasal Therapy page no. 28 in part 3 & refer lesson no. 45 Black caraway (kalonji) page no. 112 Hadees no. 4 & 5 in part 2.
3. Putting surma, herbal gel or liquids in eyes; refer lesson no. 83 Eye diseases; page no. 35 in part 3.
4. Massaging the body with olive oil or apply on lesion etc; refer lesson no. 40 Olive page no. 84 Hadees no. 1, 2 & 3 in part 2.
5. Using fruit, vegetables, oil, water, milk, honey etc as treatment.
6. Drinking/using Zamzam water as treatment.

7. Use herbal combination as a treatment; refer lesson no. 40 page no. 85 Hadees no. 7, 8 & 9 in part 2.
8. Apply Heena (mehndi) at pain site, on hair, on injury etc; refer lesson no. 50 Heena page no. 145 Hadees no. 1, 2, 6 & 7 in part 2.
9. Avoid constipation; refer lesson no. 110 Constipation page no. 181 Hadees no. 1 & 2.
10. Hijamah Islamic wet-cupping; it is important, refer whole lesson no. 17 page no. 207 in part 2.
11. Surgery; refer whole lesson no. 113 page no. 191 in part 3.
12. Cauterization; refer whole lesson no. 114 page no. 192 in part 3.
13. Encouraging & visiting the patients; refer whole lesson no. 116 page no. 197 in part 3.
14. Circumcision & Cleanliness; refer lesson no. 23 & 25 in part 1.