

The Prophetic Pharmacy

(As-Saidaleeyah an-Nabaweeyah)

Part One

The Messenger of Allah (peace and blessings of Allah be upon him) said:

'Whoever eats 7 Ajwah dates every morning will not be harmed by poison or magic during that day.'

[Saheeh Al-Bukhaaree 7/446, no. 664] [Ajwah is a special date found in al-Madeenah]

'as-Sawaak (tooth-stick, from the Arak tree) is a means of purifying the mouth and (attaining) the pleasure of ar-Rabb (Allah).'

[Reported by Ahmad, an-Nasaa'ee, Ibn Khuzaimah and Ibn Hibbaan. Al-Albaanee declared it to be Saheeh (authentic) in *Irwaa' al-Ghaleel*, 1/105, no. 66]

'Consume olive oil and anoint (your body) with it. Indeed, it is from a blessed tree.'

[Sunan At-Tirmidhee; al-Albaanee declared it to be – in *As-Saheehah* 1/654, no. 379 - at least *Hasan li-ghairi-hi* (acceptable due to supporting narrations)]

'Al-Kama'ah (a type of vegetable: Truffle, Mushroom) is like al-Manna [since it is obtained without any effort] and the juice from it is a healing for the eye.' [Saheeh Al-Bukhaaree 6/ no. 5, Saheeh Muslim]

[al-Manna is the food (honeydew) which Allah sent down from heaven for the Children of Israel when they were roaming in the desert. 2:57; 7:160; 20:80]

'Cover the containers (of food) and put a cap on as-Siqaa' (the water bag). Indeed, there is a night - in every year – in which an epidemic will spread. It will not pass by any container which is uncovered or any water bag which is un-capped, except that something of that epidemic will enter it.' [Saheeh Muslim]

'The Prophet prohibited drinking (directly) from the mouth of as-Siqaa' (the water bag) [which will be used by others].' [Saheeh Al-Bukhaaree]

'It is incumbent upon you to use this Habbah Sawdaa' (Black Seed). Indeed, it contains the cure for every disease, except as-Saam...and as-Saam is death.'

[Sunan At-Tirmidhee; see: al-Bukhaaree 7/400, 591,592; as-Saheehah, 4/432, 1819]

'The water of ZamZam (found at the Ka'bah in Makkah) is (useful) for whatever (purpose, intention) it is drunk for.'

[Ahmad, Ibn Maajah. Al-Albaanee declared it to be Saheeh (authentic) in *Irwaa' al-Ghaleel*, 4/320, no. 1123]

[Translation: Abu Muhammad A.R. Shakir, Doha, Qatar, 5/31/04]