

Human diseases and their treatments in the light of the teachings of the Holy Prophet (P.B.U.H)

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Abstract

Human health is one of the blessings of Almighty Allah. The creator of the world has sent human beings as a His caliph in the world. If a human is healthy then he can handle worldly affairs and will be able to fulfill all his responsibilities in a beautiful way and will also benefit from the blessings of Almighty Allah. But if he becomes ill, he will not be able to take over the caliphate, nor will he be able to enjoy the blessings of this world. Humans suffer from three types of diseases: Physical, Mental and Spiritual. The treatment of these diseases is available in the teachings of the Holy Prophet Muhammad (Peace be upon him). In this article we have tried to find out the causes of those diseases and to find out the treatment of those diseases in the light of the teachings of the Holy Prophet Muhammad (Peace be upon him).

Keywords: Physical diseases, mental diseases, spiritual diseases, prophetic medicine, treatment

Introduction

One of the greatest blessings of Allah is human health. The creator of the universe has sent man as his vicegerent in this world. If a person is healthy, then he will be able to take over the earthly caliphate and will be able to perform his responsibilities in a good manner and will also be able to be satisfied with the blessings of Allah Almighty. You will be able to enjoy blessings.

There are generally three types of diseases that people get; Physical, mental and spiritual. The beloved person of the Messenger of Allah, may Allah bless him and grant him peace, was made very comprehensive, perfect and comprehensive by Allah. That is why the good deeds of Prophet Muhammad (PBUH) were declared as the best example for humanity. When Prophet Muhammad (PBUH) taught people the divine word and interpreted the commands contained in it verbally and practically, he also taught many other

things of knowledge and wisdom. Among them are the physical, mental and spiritual diseases of man and their cures. Below we describe the causes of these human diseases and their treatment in the light of the teachings of the Prophet, some of the basic teachings of the Prophet in relation to disease and treatment. Present and later discuss the treatment of the above mentioned diseases.

Every disease has a cure

Before Islam, people were suffering from many superstitions, one of them was that diseases are caused by the displeasure of the goddesses, so they believed that their solution was by making vows and offerings instead of physical treatment. And by singing bhajans (religious songs) to appease the gods and goddesses, the disease will leave. This was a dangerous type of superstition, which had weakened the willpower of man and made him desperate and people instead of physical treatment. K, were suffering from these useless superstitions, as a result of which, on the one hand, the science of medicine was not developed, on the other hand, humanity was surrounded by despair instead of hope

مَا أَنْزَلَ اللَّهُ دَاءً، إِلَّا أَنْزَلَ لَهُ دَوَاءً¹

"Allah has not sent down any disease for which He has not sent down a medicine."

The purpose was that no disease is caused by the influence of gods and goddesses, but God is the creator of all diseases and He has also created their cure on this earth, so find their cure and get rid of the disease.

It was narrated from Usama bin Sharik (RA) that I was with the Messenger of Allah (PBUH) when some Bedouin people came and asked him: O Messenger of Allah (PBUH)! Can we cure disease? So he said:

تَدَاوُوا عِبَادَ اللَّهِ فَإِنَّ اللَّهَ سُبْحَانَهُ لَمْ يَضَعْ دَاءً إِلَّا وَضَعَ مَعَهُ شِفَاءً² وفي رواية عَلِمَهُ مَنْ عَلِمَهُ وَجَهَلَهُ مَنْ جَهَلَهُ

"Servants of Allah! Seek treatment, because Allah Almighty has not created any disease whose cure He has not created. He knows the cure for the one who knows and the one who does not know the cure for the one who does not know."

This is a good news, which helps doctors to find cures and research, because they believe that every disease has a cure, so they will devote all their strength and energy to find a cure. Good news also strengthens the sick person's willpower and relieves him of despair, because it gives the patient confidence that there is a cure for his illness. So the Prophet (PBUH) gave hope to the sick and strengthened their willpower by telling this principle first, which is a psychological treatment and has a very important role in curing the disease.

The principles of medicine and the teachings of the Prophet (PBUH):

Ibn Qayyim al-Jawzi(RA), says that there are three principles of treatment of the body:

1. Hygiene.
2. Throwing out the corrupt material from the human body.
3. Abstain from anything that causes disease.

Allah Almighty has explained these three principles on three occasions.

The first principle is mentioned in the Ayat-e-Soum as follows:

فَمَنْ كَانَ مِنْكُمْ مَّرِيضًا أَوْ عَلَى سَفَرٍ فَعِدَّةٌ مِنْ أَيَّامٍ أُخَرَ³

"Then whoever is sick with you or is on a journey, then complete the count from the other days."

In this verse, Allah Almighty put forward the excuse of illness for the patient and allowed him not to fast, and put forward the excuse of travel for the traveler and allowed him not to fast and allowed them to eat and drink, so that Both of them can protect their health and restore their strength, so that the strength of the body does not weaken due to fasting during illness and the immunity of the disease does not remain, or the health and strength do not become weak due to fasting during the journey. , because due to the intensity of the movement in the journey, the body becomes weak and fasting can lead to further weakness, so the traveler was also allowed not to fast like the patient, so that both of them could protect their health.

There is a divine instruction in the Ayat-e-Hajj regarding the expulsion of the impure material:

فَمَنْ كَانَ مِنْكُمْ مَّرِيضًا أَوْ بِهِ أَذَى مِنْ رَأْسِهِ فَفِدْيَةٌ مِنْ صِيَامٍ أَوْ صَدَقَةٍ أَوْ نُسُكٍ⁴

"Then whoever among you is sick or has a headache, let him pay for it by fasting, or by charity, or by sacrifice."

In this verse, it was stated that a person who is in Ihram for Hajj or Umrah and has any problem on his head, for example: there are lice, or itchiness, or any other problem, then he should shave his hair while in Ihram, so that the lice can be removed. Relieves him of the vapors or material left from the irregular exit from pain or from the blockage of the pores of the head, due to which he was suffering from itching or itchiness. In this way, this disease will be cured by removing the waste material.

Keeping the same vomiting and treatment in front, these things must also be taken out or treated, due to the prevention of which a person may suffer from a disease or abnormal condition, for example: 1. Excitement of the blood, which is called Heejan-i-Dum, 2. Semen excitement (predominance of lust) 3. The intensity of urination, 4. The force of stool, 5. Stagnation of wind, 6. Cessation of urine, 7. Stopping or stoppage of sneezing, 8. Intensity of hunger, 10. Intensity of thirst.

These are ten things that fearing them means inviting disease. The Holy Qur'an ordered the shaving of the head, due to the closed pores of the head, which were not releasing the irregular vapors, which were causing pain, so that the irregular substances could come out. On the same, these things will also be presumed that if they are withheld, they will also cause diseases. This means that whatever is causing the disease (such as the hair of a person in Ihram) will be removed. In the same way, due to the irregular substance, the body is feared to suffer or become ill, it will also be removed.

In relation to abstinence (the practice of which a person is saved from a major accident of disease), Allah Almighty mentioned ablution and said:

وَإِنْ كُنْتُمْ مَرْضَىٰ أَوْ عَلَىٰ سَفَرٍ أَوْ جَاءَ أَحَدٌ مِّنْكُمْ مِنَ الْغَائِطِ أَوْ لَمَسْتُمُ النِّسَاءَ فَلَمْ تَجِدُوا مَاءً فَتَيَمَّمُوا صَعِيدًا طَيِّبًا

"If you are sick, or on a journey, or one of you has defecated, or you have had intercourse with women and have not found water, then perform tayammum with pure clay."

In this verse, Allah Almighty has ordered the sick person to rest on clay instead of water, so that the patient's body is spared from the torture that would have been caused by using water. This verse warned about the remedy and prevention of every torment that comes from inside and outside, inside and outside.

During the time Prophet (PBUH), a Companion suffered an injury on his head during a journey, due to which he was injured and then he also developed an inflammation. He asked his companions whether I can perform tayammum and pray or not. So the companions said: No, you have to take bath. He took bath, which worsened the wound and he died. When he found out, he expressed his anger towards his companions and blamed them for his murder and said: When he did not know the problem, he would have asked a scholar. Tayammum was enough for him.

It is obvious that anything that may cause disease or death should be avoided.

Treatment of physical diseases through diet

One of the major causes of physical diseases is an unbalanced diet or its immoderate consumption.

Today, doctors agree that if a balanced diet is consumed in moderation, then a person can be protected from diseases. Rasulullah sallallahu alayhi wasallam taught this fourteen hundred years ago that human physical diseases are usually caused by carelessness in diet. For example, if someone eats something with a hot effect but does not eat something with a cold effect, the stomach gets upset due to the hot food, Then the result is sometimes manifested in the form of stomach ulcers, sometimes in upset stomach or in some other form. Therefore, the Prophet (PBUH) gave this principle in his teachings that if you ever eat something with a hot effect, then eat something with a cold effect along with it, so that the stomach remains moderate. Narrated by Anhu:

رَأَيْتُ النَّبِيَّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ يَأْكُلُ الرُّطْبَ بِالْقَيْثَاءِ

"I saw the Prophet (PBUH) eating cucumber with dates."

Date palm is hot and cucumber is cold. Eating both together keeps the stomach moderate. In this, it is a lesson for the Ummah that to keep the stomach moderate, eat something with a hot and cold effect, in this way you can be protected from many diseases.

In the same way, the complaint of obesity is common nowadays and obesity is considered to be the root of many diseases like diabetes, blood pressure, heart diseases etc. and one of the main reasons is overeating. The Prophet (PBUH) forbade gluttony a long time ago, so it was narrated from Ibn Umar (RA) that a person burped in front of the Prophet (PBUH) (which is a sign of gluttony), and the Prophet (PBUH) said to him:

كف جشائك عنا، فان اطولكم جوعا يوم القيمة اكثركم شبعاً في دار الدنيا.⁵

"Stop your belching from us, because the hungriest among you on the Day of Judgment will be the one who eats the most full in the world."

By condemning gluttony, he prevented many diseases from occurring.

Healing through purification

Today's modern science has proven that many physical diseases are caused by not taking care of cleanliness, so fourteen hundred years ago, the Prophet (PBUH) cleaned the street, neighborhood, home, environment and different parts of his body. Describing cleanliness as half faith, he highlighted its importance, so that people are protected from physical ailments.

Some hadiths are mentioned below from which it can be estimated how much importance the Holy Prophet (PBUH) attached to purity and cleanliness, It is narrated from Hazrat Anas that:

وَقَيْتَ لَنَا فِي فَصِّ الشَّارِبِ، وَتَقْلِيمِ الْأَطْفَارِ، وَنَتْفِ الْإِبِطِ، وَحَلْقِ الْعَانَةِ، أَنْ لَا تَتْرَكَ أَكْثَرَ مِنْ أَرْبَعِينَ لَيْلَةً.

"A time has been fixed for us by the Prophet (PBUH) to trim our moustaches, trim our nails, pluck out the armpit hair, and shave the pubic hair, so that we do not miss them for more than forty days."

If the nails are allowed to grow, many germs are produced due to the filling of the nails inside them, which get into the stomach along with the food at the time of eating and cause many diseases. On the other hand, the germs present in them due to the molasses reach the stomach while eating or drinking water and cause diseases. Armpit and pubic hair also cause bad smell, itching and many diseases. So, he instructed them to clean it every week and set a maximum time of forty days.

Similarly, there are many diseases, which are caused by not keeping the teeth clean. First, not cleaning the teeth has a very bad effect on a person's personality and beauty, and the reason for his teeth to smell bad. On the other hand, the germs present in the teeth go into the stomach and cause many diseases. On the third hand, if the teeth are not kept clean, the teeth themselves suffer from diseases and fall out prematurely, so you The Prophet (PBUH) has emphasized the use of a toothbrush to keep the teeth clean, so he (PBUH) said: "(What do you do with a toothbrush?) A toothbrush keeps the mouth clean and on the other hand it is a source of the pleasure of the Lord." What time do you brush?

In the same way, the Prophet (PBUH) commanded to perform ablution before every prayer, so the Prophet (PBUH) said:

لَا يَتَوَضَّأُ رَجُلٌ مُسْلِمٌ فَيُحْسِنُ الوُضُوءَ فَيُصَلِّيَ صَلَاةً إِلَّا غَفَرَ اللَّهُ لَهُ مَا بَيْنَهُ وَبَيْنَ الصَّلَاةِ الَّتِي تَلِيهَا

"If a Muslim performs ablution and performs ablution well, then prays, his sins will be forgiven, which will occur between this prayer and the next prayer."

It is known that infectious diseases are spread by touching unwashed objects. The Prophet (PBUH) pointed to cleanliness by ordering ablution five times a day, so that humanity is protected from the spread of infectious diseases. Then he encouraged washing hands before and after eating. So that the germs on the hands do not reach the stomach and later the grease on the hands does not cause damage to the body or clothes.

While teaching Muslims to be clean, he ordered the use of the left hand in ablution and prohibited the use of the right hand and ordered to eat food with the right hand and forbade defecating in water reservoirs and shady places. All these measures were given to protect humanity from diseases and keep it civilized.

Order of social distancing to prevent the spread of infectious diseases

There are some diseases that are spread from one person to another person or to many people, which are called infectious diseases and a great way to prevent them is social distancing.

Considering the teachings of Rasulullah (PBUH), it is clear that he (PBUH) ordered social distancing to prevent the spread of infectious diseases. So while instructing to stay away from leprosy (leprosy) person, he said:

وَفِرِّمَنِ الْمَجْدُومِ كَمَا تَفِرُّ مِنَ الْأَسَدِ-

"Flee from a leper as one flees from a lion."

At the same time, people suffering from an epidemic disease were instructed to remain patiently in their own city, so that the disease would not spread and other people would not become infected by going to other cities, and the city where I forbade going to places where there is an epidemic, so that healthy people do not go there and fall victim to the epidemic, so the Prophet (PBUH) said:

إذا سمعتم بالطاعون بارض فلا تدخلوها وإذا وقع بارض و انتم بها فلا تخرجون منها

"When you hear of plague (an epidemic and contagious disease) in a region, do not go to that region, and when it comes to a region and you are in it, then do not leave it.

It is a modern scientific discovery that when a patient with an infectious disease talks, the breath coming out of his mouth contains germs of the disease, which can enter through the nose or mouth of the speaker and make him sick. The process is called (Drop Let Infection), the only solution to this problem is to keep distance from the patient.

Today, the whole world has taken the path of wearing masks, maintaining social distance and lockdown to prevent the spread of Corona virus and keeping the patients in quarantine. While this is what we find in the instructions of the Prophet (PBUH) 1400 years ago.

It is forbidden to eat the meat of such animals from which the disease is believed to spread

In the same way, he (PBUH) stopped eating the flesh of some animals. Today's modern research also shows that their meat is harmful to human health and causes many diseases. Therefore, the revelation of Prophet Muhammad (PBUH) prohibited eating the meat of the following animals:

حُرِّمَتْ عَلَيْكُمْ الْمَيْتَةُ وَالِدَّمُ وَلَحْمُ الْخِنْزِيرِ وَمَا أُهْلِيَ لِغَيْرِ اللَّهِ بِهِ وَالْمُنْخَبِقَةُ وَالْمُتْرَدِّةُ وَالنَّطِيجَةُ وَمَا أَكَلَ السَّبُعُ إِلَّا مَا ذَكَيْتُمْ وَمَا ذُبِحَ عَلَى النُّصُبِ وَأَنْ تَسْتَقْسِمُوا بِالْأَزْلَامِ ذَلِكُمْ فِسْقٌ

"Forbidden to you are dead animals and blood and the flesh of swine and any animal on which the name of any other than Allah is invoked and that which has died by strangulation or by injury or by falling from a height or by being

struck by a horn and that which has been eaten but the beast that you have slaughtered and it is forbidden to divide it with the arrows of gambling.”

Eating the kind of meat prohibited in the verse is also scientifically harmful. In this verse, it is clearly stated that the animal that has died of a disease, the person who eats it may also suffer from the same disease. The human stomach is not capable of digesting blood, so eating blood is prohibited. Pigs can have all the diseases that are common to humans. Also, its meat is high in sodium, which causes swelling in the human body, Therefore, it is forbidden to eat its meat. Similarly, it is forbidden to eat the meat of an animal that has fallen from a height, crushed and beaten with a stick. The amount of (Histamine) in the blood of animals is high, it is a camel. Which is released from (White Blood Cell) and causes damage to the body. Therefore, eating the flesh of such animals was prohibited so that humanity would be protected from diseases.

There are rabies germs in the body of animals, which are called (rabies), these germs can be transferred to the body of the animal, which this animal has hunted, so the meat of this prey is harmful to humans. Can be proven. Hence all such meats were forbidden to be eaten.

Similarly, it has been proved that all the blood is removed from the body of an animal slaughtered in the way of Saint Ibrahim, which is harmful to human health and after that this meat does not remain harmful to health and it is easy to digest.

Encouraging consumption of foods beneficial to human health

In his teachings, the Holy Prophet (PBUH) not only prevented the consumption of harmful things for human health, but also encouraged the consumption of healthy things. Some of them are mentioned below:
honey

Ancient and learned doctors have told many benefits of honey. Just as honey is a delicious and useful food, it is also a cure for many diseases. In the Holy Quran, it has been described as a cure for humanity, so it is said by the Lord:

يَخْرُجُ مِنْ بُطُونِهَا شَرَابٌ مُخْتَلِفٌ أَلْوَانُهُ فِيهِ شِفَاءٌ لِلنَّاسِ⁶

"From the belly of the bee comes a drink (honey) of different colors, in it there is healing for people."

In the Holy Qur'an, honey has been declared as a means of healing and an invitation has been given to research it, and new benefits of honey are being revealed through research. Modern research shows that honey contains everything that is used in the structure of the human body.

And many books have been written on its benefits. Recently, a PhD thesis has been written on this from the Department of Islamic Studies, University of Sindh. date fruit

The benefits of dates have been mentioned in the Holy Qur'an in such a way that by eating dates, Hazrat Maryam (peace be upon her) became so strong that even in the state of motherhood, she came to her village with her newborn son.

Milk and seafood

Similarly, in the Holy Quran, milk and the meat of marine animals have been described as very tasty and beneficial fruits

In many verses of the Holy Qur'an, fruit has been declared a blessing of God and encouraged to use it, so Allah Almighty says:

وَهُوَ الَّذِي أَنْزَلَ مِنَ السَّمَاءِ مَاءً فَأَخْرَجْنَا بِهِ نَبَاتَ كُلِّ شَيْءٍ فَأَخْرَجْنَا مِنْهُ خَضِرًا نُخْرِجُ مِنْهُ حَبًّا مُتَرَاكِبًا وَمِنَ النَّخْلِ مِنْ طَلْعِهَا قِنْوَانٌ دَانِيَةٌ وَجَنَّاتٍ مِنْ أَعْنَابٍ وَالزَّيْتُونَ وَالرُّمَّانَ مُشْتَبِهًا وَغَيْرَ مُتَشَابِهٍ انظُرُوا إِلَى ثَمَرِهِ إِذَا أَثْمَرَ وَيَنْعِهِ إِنَّ فِي ذَلِكَ لَآيَاتٍ لِقَوْمٍ يُؤْمِنُونَ

“It is Allah Who sent down water from the sky, then We brought forth through it every growing thing, and brought forth from it verdant crops, from which the seeds bearing one another are brought forth, and from the first unripe leaves of the date-palm. (bringing forth) that which is hung with an abundance of fruit, and the vineyard and the olive and the pomegranate (bringing forth) that meet one another in one attribute and separate from one another in another attribute. You look at the fruit of the tree and its ripening when it bears fruit. Verily in it are signs for those who believe.”

It means that where the perfect power of Allah is seen in the creation of these fruits, then these things are beneficial for you to use and thank God.

Prophet (PBUH) continued to use these things himself throughout his life and encouraged others as well.

Mental diseases and their treatment

A person who is physically healthy, but mentally he is suffering from any fear or pressure, then he cannot be said to be completely healthy.

Members of any society can play a better role only when they are mentally healthy along with physical health. In his teachings, the Prophet (PBUH) has not only given instructions about the physical health of man, but has also given guidance about his mental health. The things that affect the mental health of a person are prohibited from approaching them and the things that can be beneficial for the mental health of a person are enjoined.

Mental illnesses usually have several causes, some of which are:

1. Feeling inferior or superior
2. Stress
3. Traumas

4. Different Types of Fear
5. Inflexible behavior
6. Inadequate parenting
7. Drug use etc
8. Due to these reasons, a person suffers from various mental diseases such as:
 - o Schizophrenia Schizophrenia
 - o Magnificence Mania
 - o Insomnia
 - o some kind of phobia (fear)
 - o tension

or any other mental illness, then he goes to a psychiatrist, the treatment is very long and expensive. In such a situation, he is given sedatives, which also have various side effects, such as: dry mouth, blurred vision, weight gain. And if these drugs have to be stopped suddenly, then the patient may also have an epileptic seizure.

But if life is lived according to Islamic principles, the chances of mental illness become negligible, because Islamic principles create a society in which the causes of mental illness cannot arise.

Treatment of feelings of superiority, inferiority and depression

The Holy Quran tells us a very simple recipe to avoid feelings of superiority and inferiority and live a life free of mental stress:

لِكَيْلَا تَأْسَوْا عَلَىٰ مَا فَاتَكُمْ وَلَا تَفْرَحُوا بِمَا آتَاكُمْ وَاللَّهُ لَا يُحِبُّ كُلَّ مُخْتَالٍ فَخُورٍ⁷

"So that you do not grieve over what has passed away from your hands, and do not be disdainful of what Allah has given you. And Allah does not like a disdainful person."

A person suffers from a sense of superiority when he has any blessings such as wealth, position, honor, fame, knowledge, or beauty, which are not available to the people around him. Because of these things he starts to think of himself as superior and others as inferior, but if any of these things are not available or taken away from him, he suffers from inferiority complex or mental depression.

The Holy Qur'an gives a simple solution to this, that a person should keep this belief and make up his mind that whatever he has received is the religion of Allah and is purely the result of His grace and mercy, so avoid boasting and boasting. And if something is lost or not found, then consider that it was not meant for him. In this way, a person is patient and grateful, lives a very contented life and is protected from many diseases.

Avoid fear

Similarly, many psychological disorders are caused by fear; Sometimes the fear of getting sick, sometimes the fear of losing property, sometimes the fear of not running a business, sometimes the fear of losing a job, sometimes the fear of losing a relationship, sometimes the fear of theft and robbery etc. The revelation of Rasulallah sallallahu alayhi wa sallam, i.e. the Holy Qur'an, explains the solution in this way, after taking precautions on your own, put your trust in Allah. And whatever you gain or lose, consider it from Allah;

قُلْ كُلُّ مِّنْ عِنْدِ اللَّهِ فَمَالِ هَؤُلَاءِ الْقَوْمِ لَا يَكَادُونَ يَفْقَهُونَ حَدِيثًا

"Say that everything (good or bad) is from Allah. What has happened to these people that they do not understand anything?"

وَإِنْ يَمَسُّنَكَ اللَّهُ بِضُرٍّ فَلَا كَاشِفَ لَهُ إِلَّا هُوَ وَإِنْ يُرِدْكَ بِخَيْرٍ فَلَا رَادَّ لِفَضْلِهِ يُصِيبُ بِهِ مَن يَشَاءُ مِنْ عِبَادِهِ وَهُوَ الْغَفُورُ الرَّحِيمُ

"If Allah afflicts you, there is no one who can turn away from Him, and if He wills good for you, there is no one who can reject His grace. He bestows good upon whom He wills among His servants, and He is Oft-Forgiving, Most Merciful." Is"

In these verses it was clearly stated that whatever good or bad befalls a person is from Allah. If he doesn't want, then no one can bring good to a person and no one can harm him. Therefore, a true believer has this faith that everything is from Allah, so he lives a very contented life, so Allah Almighty says about such servants:

أَلَا إِنَّ أَوْلِيَاءَ اللَّهِ لَا خَوْفٌ عَلَيْهِمْ وَلَا هُمْ يَحْزَنُونَ⁸

"Remember! The friends of Allah have no fear, nor do they grieve."

That is, one who establishes friendship with God and has faith according to His instructions and uses His lawful things and stays away from His forbidden things, such a person becomes a friend of God and he is free from all fear and sorrow. Freed from for such believers, Allah has said:

وَالَّذِينَ آمَنُوا أَشَدُّ حُبًّا لِلَّهِ وَلَوْ يَرَى الَّذِينَ ظَلَمُوا إِذْ يَرَوْنَ الْعَذَابَ أَنَّ الْقُوَّةَ لِلَّهِ جَمِيعًا وَأَنَّ اللَّهَ شَدِيدُ الْعَذَابِ⁹

"And those who believe have the greatest love for Allah, and if they see these wrongdoers at the time when they will see the chastisement (then they will be convinced) that all power belongs to Allah and that the punishment of Allah is tough"

Inflexible behavior

In the journey of this life, sometimes mistakes are made by human beings, due to which others suffer, in such a situation, although Allah Almighty has

given a person the full right to receive his right or to take revenge, but still forgiveness and loved the patient and polite behavior.

If the wrongdoer realizes his mistake and repents and asks for forgiveness, then the next person should act in a compassionate manner. Taking revenge for every small and big thing is like spreading thorns in the society and it creates anxiety. With flexible behavior, a person is satisfied with himself and saves others from mental pressure (Tension), so in the Holy Qur'an, such people have been described as praiseworthy, who act forgivingly and are gentle and kind to people and dealing with flexible behavior:

وَالْكٰظِمِيْنَ الْغَيْظَ وَالْعَافِيْنَ عَنِ النَّاسِ- وَاللّٰهُ يُحِبُّ الْمُحْسِنِيْنَ

"And those who drink anger and are forgiving of people, and Allah loves those who do good."

Inadequate parenting

Children want their parents' attention and love. Children who receive attention and love from their parents are self-confident and have a balanced personality, but if children do not receive attention and love from their parents, their personality is disturbed and they Always live in mental stress and tension and suffer from many mental diseases and as a result they become a danger to themselves and to the society. is responsible for it, so the Prophet (PBUH) says:

كلكم راع وكلكم مسئول عن رعيته----- والرجل راع على اهل بيته وهو مسئول عنهم والمرأة راعية على بيت
بعلمها وولده وهي مسئولة عنهم

"You are all responsible and you will be asked about your responsibilities. The man is responsible for the support of his family and he will be asked about his responsibility and the woman is responsible for her husband's house and children." and he will be asked about his responsibilities."

The mother was given the responsibility of feeding the children for two years, and the father was given the responsibility of paying their expenses. Not only that, parents were also held responsible for treating their children well and teaching them the manners of life.

The Holy Qur'an not only emphasizes the physical upbringing of children, but also places the responsibility on parents to teach them religion and instill in them piety, so that they can be eligible for the happiness of the hereafter along with worldly happiness. To be able to escape from punishment, therefore, Allah Almighty says:

يٰۤاَيُّهَا الَّذِيْنَ اٰمَنُوْا قُوْا اَنْفُسَكُمْ وَاٰهْلِيْكُمْ نَارًا وَقُوْدُهَا النَّاسُ وَالْحِجَارَةُ

"O you who believe! Save your lives and your families from the fire whose fuel will be men and stones."

Most of the knots of psychological problems are connected with the fifty-five of a person. Allah Almighty has made man very intelligent as well as

sensitive. It has the ability to think, understand and take impressions from its surroundings. If a child is trained from the age of fifty-five in such a way that he is not intimidated by anything, efforts are made to inculcate the oneness and love of Allah in his heart, then his personality will emerge in a strong and positive manner.

Drug use

Drugs, which are physically harmful to human health, are also the cause of mental diseases. And its use is such a bad habit that it makes a person do legitimate and illegitimate things, even if it is killing a human being. According to waqt columnist Rana Ejaz Hussain, more than 70,000 people have sacrificed their lives due to terrorism in Pakistan, but three times more deaths are due to drugs in Pakistan every year. Therefore, the Messenger of Allah ﷺ prohibited the use of drugs in his teachings, so that humanity is protected from its harmful effects.

يَا أَيُّهَا الَّذِينَ آمَنُوا إِنَّمَا الْخَمْرُ وَالْمَيْسِرُ وَالْأَنْصَابُ وَالْأَزْلَامُ رَجْسٌ مِّنْ عَمَلِ الشَّيْطَانِ فَاجْتَنِبُوهُ لَعَلَّكُمْ تُفْلِحُونَ

"O you who believe! Alcohol, gambling, idols, and fortune-telling are all impure and evil deeds, so keep away from them, so that you may be successful."

The Messenger of Allah, peace and blessings be upon him, said: "All alcohol is intoxicating, it is forbidden."

In another hadith, the Prophet (ﷺ) said: Ma iskar kathira faqlilah haram

"Anything that is intoxicating in large quantities, even a small quantity of it is forbidden."

There is no cure for drug-related diseases except in the Islamic system, because it is the only religion in the world, in which the use of narcotic substances is completely prohibited.

When all intoxicating substances are declared haram and no one uses them, then the diseases caused by drugs will not arise.

Insomnia

Insomnia also causes many mental problems, especially if the habit of waking up at night and sleeping until dawn is formed, it is very harmful to mental and physical health.

There are clear instructions in the Holy Quran and hadiths that man should rest at night and work during the day.

وَهُوَ الَّذِي جَعَلَ لَكُمُ اللَّيْلَ لِبَاسًا وَالنَّوْمَ سُبَاتًا وَجَعَلَ النَّهَارَ نُشُورًا

"And it is He who has made the night a covering for you and a comfortable sleep for you, and made the day for walking (and work)."

Bad relationship

Even if people do not have good relations with each other, they still suffer from mental restlessness, this is the reason why in Islam it is strongly emphasized to keep relations with each other. It is in the hadith:

لَا تَبَاغَضُوا وَلَا تَحَاسَدُوا وَلَا تَدَابَرُوا وَكُونُوا عِبَادَ اللَّهِ إِخْوَانًا، وَلَا يَجِلُّ لِلْمُسْلِمِ أَنْ يَهْجُرَ أَخَاهُ فَوْقَ ثَلَاثَةِ أَيَّامٍ

The Messenger of Allah (peace and blessings of Allah be upon him) said: "Do not hold grudges, do not be jealous, do not harm anyone behind their backs, but be servants of Allah! Be brothers to each other and it is not permissible for a Muslim to , without greeting a brother for more than three days."

Spiritual diseases and their treatment

"Ruh" is an Arabic word which literally means soul. Spiritual diseases refer to internal diseases. In order to achieve a healthy society, it is necessary to eradicate spiritual diseases. Whether these diseases affect the worldly life or not, they definitely ruin the hereafter. It is clear to all of us that the life of this world is nothing compared to the hereafter. In order to avoid such a big loss, it is important that a person does not neglect this aspect of his health.

A person who does not suffer from any physical and mental confusion, is smart and mobile but is oblivious to his Hereafter, does not feel any attraction from the remembrance of God, various vices such as: lying, greed, envy, malice. , Ajab (selfishness), arrogance, hypocrisy, extravagance, etc., then such a person is spiritually sick and these are the most worrying diseases, but people in the society are very negligent about the health of the soul.

Being the caliph of Allah, for the system to be established in the world, it is necessary that a person is not only physically and mentally but also spiritually able to make full use of his abilities.

For this purpose, it is important to follow the teachings of the Prophet.

Among the principles that Allah Ta'ala has explained in his last book through his last Prophet, peace and blessings be upon him, about health and illness, the first principle is that:

وَإِذَا مَرِضْتُ فَهُوَ يَشْفِينِ¹⁰

That is, when a person suffers from any kind of illness, he should consider the cause of it to be his own actions and intentions and then humbly pray to Allah for healing, with the belief that there is no harm to Allah. It is not a big thing to cure the worst disease. He is able to do everything.

The Holy Quran has also been declared by Allah Almighty as a means of attaining spiritual health.

وَنُنزِّلُ مِنَ الْقُرْآنِ مَا هُوَ شِفَاءٌ وَرَحْمَةٌ لِّلْمُؤْمِنِينَ وَلَا يَزِيدُ الظَّالِمِينَ إِلَّا خَسَارًا¹¹

"And We send down from the Qur'an that which is a cure (for diseases of the heart) and it is a mercy for the believers and the sinners are only harmed by it."

Healing is encouraged from the Holy Qur'an by pointing out the problems of specific parts of the body.

يَأْيُهَا النَّاسُ قَدْ جَاءَتْكُمْ مَوْعِظَةٌ مِّن رَّبِّكُمْ وَشِفَاءٌ لِّمَا فِي الصُّدُورِ وَهُدًى وَرَحْمَةٌ لِّلْمُؤْمِنِينَ¹²

"O people, there has come to you an admonition from your Lord, and healing for the disease of the hearts, and guidance and mercy for the Muslims."

In this verse, chest problems refer to all spiritual diseases because the Holy Qur'an is an elixir for comfort and health.

The condition for healing is to have complete faith in this book and seek guidance from it free from all prejudices and obstinacy.

When a person recites the Holy Quran as a sincere seeker of guidance, ponders its meaning and meaning, then these words cause a positive energy to be generated within him and this is the light of Allah in the form of waves in life.

Creates impulses.

This energy calms a person from within. Peace and contentment are signs of good health and this is clearly stated in the Holy Quran:

الَّذِينَ آمَنُوا وَتَطْمَئِنُّ قُلُوبُهُمْ بِذِكْرِ اللَّهِ أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ¹³

"Those who believe and their hearts are filled with the remembrance of Allah. Be aware! It is the remembrance of Allah that fills their hearts."

Therefore, regularly reciting and listening to the Holy Quran is a useful practice to improve the quality of your spiritual health.

In Shari'ah, the term "purification of the soul" or "purification of the heart" is used for spiritual diseases, their treatment is possible only through the teachings of the Prophets and the people of Allah. The reformation and health of the heart means that a person is aware of his Lord, recognizes all his attributes, feels his real creator in his day and night. When due to closeness to the Lord, so much strength comes in his soul that he starts to feel pleasure only in the remembrance of Allah, then this medicine will be the greatest cure for spiritual diseases.

Now, if a person feels the signs of any evil within himself, for example: envy, arrogance, greed, etc. But what punishment can he get in the hereafter? In the Qur'an and hadiths, there are very strict promises about these vices, for example, there is a hadith about arrogance:

لَا يَدْخُلُ الْجَنَّةَ مَنْ كَانَ فِي قَلْبِهِ مِثْقَالُ ذَرَّةٍ مِنْ كِبَرٍ¹⁴

"He who has an iota of arrogance in his heart will not enter Paradise."

In the same way, if you feel a feeling of jealousy in your heart for someone, then think of this verse that Allah has taught in the Holy Qur'an to seek refuge from the envy of the envious person. And from the envy of the envious, when he is jealous (I seek refuge in You, O Lord!)

And envy is the evil that caused the first murder in the world. Thus, when a person gets rid of evils, then his soul will be able to attain the honor of self-satisfaction, and this can only be possible by following the teachings brought by the Prophet (PBUH).

Summary

From the mentioned research, it was found that human being suffers from three types of diseases, for example:

Physical diseases like stomach disorders, diabetes, blood pressure and other infectious diseases.

Mental diseases eg: Schizophrenia, Mania, Tension, Insomnia etc

Spiritual diseases, for example: lies, gossip, envy, malice, pride, hypocrisy, extravagance and miserliness, etc.

According to the teachings of the Prophet ﷺ, the cure for every disease has been created by the creator of the universe. Man should follow the principles of hygiene, disease prevention, and abstinence to prevent disease. Physical ailments were treated with caution in eating and drinking, using foods that balance the stomach and avoiding things that upset the stomach and avoiding habits like overeating. And the treatment of mental diseases was told psychologically that whatever is available, consider it as a blessing from Allah and be grateful for it, and whatever you do not get or misses out, consider that it was not in your destiny and on it. be patient.

And the treatment of spiritual diseases was said to be about reading the Holy Quran and following its teachings. If one lives according to the teachings of the Prophet ﷺ, a person can be healthy and fulfill the responsibilities of the earthly caliphate in a good manner and enjoy the blessings of the world. It can also be enjoyed and can be protected from many diseases.

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