



HEALTH - A BLESSING

A brief overview on how to look after one's health especially in these times of wide-spread viruses



“TAKE ADVANTAGE OF YOUR HEALTH BEFORE SICKNESS”

“PREVENTION IS BETTER THAN CURE”

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INTRODUCTION

A common complaint by people is that due to the stresses of everyday life, they often find themselves in a state of mental and physical fatigue. This fatigue ultimately leads to both physiological and psychological illnesses and is further compounded by the emergence of viruses and diseases unseen of by our past generations e.g. H1N1, Covid 19 etc. This has become a major hindrance in leading a normal life and hence a solution is required to help prevent this.

Modern medicine states that human beings have an innate curative mechanism called the immune system that assists in sustaining good health. A lot of emphasis has been placed in strengthening this physical immune system. The sages of the past have however indicated that human beings also have another type of immune system which we can call the “Spiritual Immune System”. There is a strong link between the physical immune system and the spiritual immune system. The weakness in one can negatively impact the other.

From the above a key principle comes to the fore:

*To prevent and treat all types of illnesses and ailments there is a need to strengthen the **physical** as well as the **spiritual** immune systems.*

In the pages that follow we will endeavour to explain simple methods to strengthen both these systems which will Insha Allah ultimately help us all to live a happy and healthy life.

THE PHYSICAL IMMUNE SYSTEM

Modern technology has made it easy for one to obtain a plethora of information that assists in understanding what factors are beneficial and detrimental to the functioning of our physical immune system. The downside however is one has to carefully sift through this information, as a lot of the information available comes from unreliable sources and people without adequate expertise in the subject.

The other source of information is obviously medical professionals who have studied and have experience in their specific fields eg. Doctors, Dieticians etc. Unfortunately, recent experience has shown that even these medical professionals disagree amongst themselves on fundamental principles with regards to healthy living. Another obstacle the common man faces is that the costs of regular consultations with medical professionals have simply become unaffordable to the working class.

In the face of the above challenges it was decided to put forward a simple formula everyone can follow and implement for the wellbeing of one's self and one's family.

This formula is to be explained using the following positive acronym:

“START NEW”

The term “positive” acronym has been used because we are living in a time of negativity and pessimism. Our discussions seem to revolve around negative things that put anxiety and fear into us and those around us. The road to living not only a healthy, but a fulfilling life is to remain optimistic and always have a positive mind-set. This acronym is best described as “The 8 principles to achieving Good Health” and are broken up into the following:

S Sunlight; **T** Temperance (Moderation); **A** Air; **R** Rest; **T** Trust; **N** Nutrition; **E** Exercise; **W** Water

By keeping this acronym in front of us it reminds us to leave our bad habits in the past and to “START NEW”. These bad habits could have been bad eating, lack of exercise and all round negativity. Start new, start fresh and most importantly start today!

THE 8 PRINCIPLES OF GOOD HEALTH

SUNLIGHT

Every living thing on Earth is directly or indirectly dependent on the Sun. The rays of the sun assist greatly in not only treating but curing various illnesses by weakening and destroying harmful bacteria and viruses.

Exposing ourselves to sunlight is therefore vital to maintain good health. It is advised that one should spend few minutes each day in the sun more especially between 11am and 3pm as this is most beneficial to the body. We should also allow the sun's rays to enter our home by opening curtains and blinds for a portion of the day.

TEMPERANCE

Temperance can be defined as the habit of avoiding extremes in behaviour. Another word for temperance is moderation. For good health moderation is required in all aspects of life, especially when it comes to eating, drinking, sleeping and working.

Moderation is also required in one's thinking. Try not to over exert one's mind most especially in futile activities. Lastly one of the most important areas that we require to be moderate in is in our use of technology. One needs to take a break daily from one's phone and from social media.

AIR

A famous proverb states: *"The morning air is a medication for millions of people"* Every cell in your body must receive a constant oxygen supply or they will become weak and die.

Fresh air can prove far more beneficial to a sick person than medicine and is sometimes more important than food. It is of utmost importance that for good health and a clear mind, fresh air enters every part of your home particularly where you sleep.

A good way to start the morning is as soon as you wake up, take several deep breaths. Before eating breakfast go outside, take a moment to appreciate nature and breathe deeply as you silently thank Allah Ta'ala for the blessing of another day to worship him and work for his deen.

REST

People generally require a minimum of six hours of sleep to maintain their mental and physical health. An important principle to note about sleeping is that one hour of sleep before midnight is worth two hours after midnight hence the adage:

Early to bed, early to rise makes a man healthy, wealthy and wise.

Qailula is a Sunnah where one rests for a short time at midday. Some say that fifteen minutes of rest during the day equals to 45 minutes or more of rest at night.

TRUST IN ALLAH TA'ALA

In life one faces many challenges and trials. Instead of panicking or becoming anxious one needs to place one's trust in Allah Ta'ala. Allah Ta'ala is greater than any challenge or trial that can come your way and only He can assist you.

Constantly meditate on Allah Ta'ala's greatness and how he assisted and protected the Prophets and the pious of the past. If you truly believe that Allah Ta'ala is there for you, then He definitely will be.

NUTRITION

Allah Ta'ala commands us in the Qur'an to eat that which is pure and wholesome. Our diet should consist of simple food prepared in a simple way.

One should add to one's daily diet nutritious foods like free range eggs, grains, nuts, dates, apples, carrots, beetroot and green vegetables and drink fresh fruit and vegetable juices. Breakfast should always be a healthy and wholesome meal. However do keep in mind not to overeat, as this is the quickest avenue to sickness.

EXERCISE

Exercise will strengthen your heart, improve your digestion and increase the efficiency of your lungs. It is a very effective way to rid the body of toxins through perspiration.

Walking in the morning has been the practice of many of our Saintly elders. Swift walking for 30 minutes, three or four times a week can provide 10 years of rejuvenation. In the words of Hippocrates *"Walking is man's best medicine"*

WATER

It is essential to drink enough fresh clean water daily (whether filtered, treated or boiled). If you do not drink adequate amounts of water, your kidneys will not function optimally resulting in sickness and disease.

Lack of water not only adversely affects health, it also affects productivity and performance. It is reported that athletes say that a slight decrease in fluid greatly affects their overall performance.

It is generally recommended that we drink 8 glasses of water a day. To facilitate proper digestion it is best not to drink water with your meals, but between them. Some other beneficial practices with regards to water that we find in the Sunnah is to sit and drink, drink in 3 breaths starting with Bismillah and ending with Alhamdulillah.

GENERAL ADVICES AND TIPS FOR GOOD HEALTH

- Strictly no partaking of liquids before, during and up to an hour after meals.
- Eat only when truly hungry.
- Drink only when truly thirsty.
- Do not partake of those foods that are not suited to your temperament.
- Eat a simple and varied diet.
- Consume foods that are conducive to good healthy blood. Good healthy blood wards off many sicknesses.
- Strictly avoid all refined foods.
- Reserve a third of your stomach for food, a third for air and a third for water.
- Avoid heavy and gassy foods.
- Eat slowly, chewing the food very well.
- Never swallow or gulp solid foods. Remember your stomach cannot do the work of your teeth.
- Avoid hot foods by temperature and temperament.
- Never overeat as it is forbidden to overeat.
- Avoid eating between meals as this creates havoc. Fruit with certain restrictions is allowed.
- Do not drink water before, during or after having partaken of fruit. The same applies to fruit juices.
- Strictly ensure regular bowel movements. Remember constipation is the mother of all illnesses.
- Avoid eating during constipation. Rather stick to a diet that will ease the constipation.
- Maintain a healthy mental attitude.
- Never suppress the need for the call of nature.
- It is of utmost importance to regularly exercise and perspire.
- Partake of only Halaal food. If in doubt abstain.
- We eat to live, not live to eat.
- Make it a point to spend the time between Asr and Maghrib outdoors (subject to weather conditions).
- Walk 40 steps after each meal.
- Use the miswaak as this is emphasized in the Hadith.
- Occasionally massage the entire body with pure olive oil preferably between 2 meal times. The oil and the room should be warm. Firm and gentle strokes are to be used ensuring that the oil soaks into the skin. Do one part (section) of the body at a time. The massage should be thorough followed by a short rest, a hot water bath, appropriate change of clothes, a healthy meal and a nap.
- Try to avoid or minimize the consumption of fizzy drinks, artificial fruit drinks, commercial ice creams, hydrogenated margarine, junk foods, over spiced foods, sour foods, acidic foods, oily foods, white sugar, white flour and white rice.

Remember you are what you eat!

Source: Marhoom Hakeem Yusuf of Hekport

STRENGTHENING THE SPIRITUAL IMMUNE SYSTEM

- Make a complete *Sunnah* Wudu using a miswaak, gargling the mouth thoroughly and cleaning the nose properly.
- Read *Salaah* with full devotion and concentration, making *Ruku'* and *Sajdah* properly without rushing from one posture to the next.
- Do not ever miss any fardh salaah.
- Be punctual on all Sunnah salaahs.
- As far as possible try and inculcate the habit of performing lots of Nawaafil salaahs like Ishraq, (the salaah after sunrise), Chaasht (the midmorning salaah), Awwaabeen (the salaah after Maghrib), Tahajjud (the salaah after esha till Fajr) etc.
- Increase in good deeds as much as possible especially Istighfaar¹, Durood Shareef, Sadaqah² and Dua³.
- Ensure to read some portion of the Quraan Shareef daily as the Quraan is the source of all cure; internal and external.
- Recite Surah Yaseen every morning and Surah Waaqiah and Mulk every night.
- Recite Surah Kahf every Friday as it is a means of protection of one's imaan.
- Some elders even recommend reciting Surah Kahf every day or at least the first and last 10 versus every day.
- Stay far away from all forms of sin and immorality. When immorality will become rife then disasters will affect everyone.
- Rid the home of all animate objects, music, TV etc. as these things chase away the angels of mercy.

¹ Istighfaar removes difficulties, relieves a person from every anxiety & provides sustenance from unexpected avenues. Abu Dawud: 1518

² Sadaqah is a protection and cools Allah's anger. Targhib vol 2, page 30.

³ Dua is a weapon of a believer- Mustadrak Hakim vol 1, page 492.

PREVENTATIVE MEASURES

- Keep a positive mindset. A positive mindset is the source to remaining healthy and encourages a speedy recovery when one is sick.
Remember sickness is sometimes a blessing in disguise.
- **Clean the air at home by using a diffuser with essential oils. Certain house plants also have the speciality of cleansing the air.**
- Read the Masnoon Duas for protection:

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْبَرَصِ، وَالْجُنُونِ، وَالْجُدَامِ، وَمِنْ سَيِّئِ الْأَسْقَامِ⁴

O Allah I seek your protection from white liver, madness, leprosy and all evil sicknesses.

- Abide by the **8 Principles of Good Health** and the general advices and tips shared.
- Try to eat the following foods daily:
Green vegetables
Papaya
Dates
Apples
Honey for non-Diabetics
- Daily try to eat some roasted pumpkin seeds and occasionally eat a few papaya seeds.
- Take folic acid once or twice a week. For older people take a small dose for a month and thereafter once a week. Also take Vitamin C, D, B complex and Zinc daily.
- Steam twice or at least once daily. Add apple cider vinegar or rough salt to warm water and gargle daily.
- Apply some oil to the insides of the nostrils daily.
- Avoid all cold things by temperament and temperature
- Recite the Manzil daily and blow on a jug of water. Also recite the following Masnoon Dua 11 times and blow on the same water:

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ

(سنن أبي داود، الرقم: 1554، و سكت عليه ابو داود و المنذري)⁴

Try to drink 3 glasses of this water daily. Also use it to wash the hands once or twice a day and spray the water daily in the house, mainly in the corners.

- Recite the morning and evening Duas with full conviction. Also after every salaah and before sleeping at night recite Surah Fatiha, Aayatul Kursi and the 4 Quls and blow on the palms and pass over the body.
- Play the ruqya clip in the house once daily. There are many clips but one particular one seems to be more effective. This can be downloaded from the below link:
<http://spiritualadvice.co.za/category/audios/>
- Recite Aayatul Kursi 70 times and blow on olive oil. Once a week apply that oil to the entire body at night and have a bath the next morning.
- Recite the manzil and blow on some pure lobaan or oud and burn in the house twice a week.
- Some Ulama also recommend that the azaan be given in the house daily 7 times. This will protect from plagues etc.

GUIDELINES FOR TREATMENT OF VIRUSES

All in one Comprehensive treatment formula

Read the following formula:

3 x Duood Shareef

1 x Entire Manzil

11 x The Last 2 verses of Surah Qalam as follows:

وَإِنْ يَكَادُ الَّذِينَ كَفَرُوا لَيُزْلِقُونَكَ بِأَبْصَارِهِمْ لَمَّا سَمِعُوا الذِّكْرَ وَيَقُولُونَ إِنَّهُ لَمَجْنُونٌ. وَمَا هُوَ إِلَّا ذِكْرٌ
لِّلْعَالَمِينَ

3 x each Aayat of Shifa as follows:

وَيَشْفِي صُدُورَ قَوْمٍ مُّؤْمِنِينَ

وَشِفَاءٌ لِّمَا فِي الصُّدُورِ

يَخْرُجُ مِنْ بُطُونِهَا شَرَابٌ مُّخْتَلِفٌ أَلْوَانُهُ فِيهِ شِفَاءٌ لِّلنَّاسِ

وَنُنزِّلُ مِنَ الْقُرْآنِ مَا هُوَ شِفَاءٌ وَرَحْمَةٌ لِّلْمُؤْمِنِينَ

وَإِذَا مَرِضْتُ فَهُوَ يَشْفِينِ

3 x Duood Shareef

Blow on a 5l of water and drink as much as possible and spray some of the water on the face and head few times daily. Also blow on olive oil, menthol crystals and cloves.

- Apply the olive oil over the body once daily.
- Drop 2 drops of olive oil into the nostrils, morning and evening.
- Inhale the steam of the crystals or cloves 5 times daily.
- Play the Ruqya clip in the house 3 times daily.

OTHER RECOMMENDED PRACTICES:

- Recite Surah fathiha 41 times and blow on the patient

- Give azaan in the patient's ears 7 times, starting and ending with the right ear.
- Apply pure Indian mustard oil to the nostrils using an earbud 3 times daily
- Try and have herbal hot drinks 5 times daily. (some herbal drinks will be discussed later on)
- For difficulty in breathing lying down on the stomach as well as the Sajdah position has proved to be very effective.
This is called the "Prone ventilation procedure" in English terms.
- Drink a little warm milk with haldi (tumeric powder).
- Put a few drops of kulunji oil in warm honey water and drink.
- Eat light and easily digestible meals like soups.
- Keep the patient positive and motivated. DO NOT ABANDON THE SICK.
- One may consider using anti parasite medication like wormwood, neem powder or garlic.
- Take the following mixture daily for a dry cough:
1 tsp butter, ½ tsp sugar, 2 pinches of black pepper.

Alternatively a full cup of milk coffee with a teaspoon of butter is also good for the same purpose.

NB: DO NOT DELAY IN STARTING THE TREATMENT

ALTERNATE TREATMENTS/REMEDIES FOR VIRUSES

NUMBER ONE - HAKEEM SAHEB FROM JOHANNESBURG

Boil the following in 1 cup of water, strain and drink, morning and evening:

1 tsp aniseed

1 tsp linseed

1 small piece fresh ginger

1 stick cinnamon

6 raisins

1 dry fig

NUMBER TWO - HAKEEM SAHEB FROM PAKISTAAN

5 cups water

5 cinnamon

5 whole black pepper

3 elachi

5 pieces of fresh ginger

1 table spoon saunf

1 table spoon of kulunji seeds

1 table spoon ajmo

Instructions: Boil for 15 minutes and Strain. Drink 1 table spoon 3 or 4 times daily with honey and lemon juice.

NUMBER THREE

1 piece cinnamon

1 teaspoon saumph

1 piece fresh ginger

3 black pepper

3 cloves

1 elachi

Use tea leaves and honey according to taste.

Method: put all ingredients besides tea leaves and honey in 3 cups of water. Boil until only 1 cup remains. Then add tea leaves and honey according to taste.

This tea can be taken 2 times daily. It is very effective in removing cold, running nose, sore throat etc.

NUMBER FOUR - FROM A RELIABLE DOCTOR

6 cups filtered water

3 TBSP tumeric powder or the root

60 grams ginger

Half tsp ground black pepper

20 cloves

4 cloves of garlic

1 tsp green tea

1 tsp cinnamon powder

2 TBSP coconut oil

Add the ingredients when the water is hot and boil for 5 minutes. Turn down heat and simmer. Check the level of the water, add more if need be. When it is cooled strain and refrigerate. Drink half cup twice a day.

AMALS FOR PROTECTION

NUMBER ONE - MUFTI MAHMOOD SAHEB'S AMAL

Recite the following, blow on the palms and rub on the body:

Durood Shareef

Surah Fatiha

Ayat ul Kursi

4 Qulz

Durood Shareef

NUMBER TWO - MIA ASGHAR HUSEIN SAHIB'S AMAL

Recite the following after Fajr and Maghrib, blow on the palms and rub over the body:

3 x Taáwwuz

3 x Tasmiyah

3 x أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

3 x Surah Ikhlāas

3 x Surah Falaq

3 x Surah Naas

3 x قَالَ اللَّهُ خَيْرٌ حَافِظًا وَهُوَ أَرْحَمُ الرَّاحِمِينَ

3 x وَأَنَّ اللَّهَ فَدَّ أَحَاطَ بِكُلِّ شَيْءٍ عِلْمًا

3 x Durood Shareef

NUMBER THREE - MIRACULOUS MANZIL WATER

Recite the Manzil every morning and evening. Blow in a jug of water immediately after reading.

Drink as much of this water as possible. Spray in the corners of the house as well daily.
Spray on the face and head as well few times daily.

NUMBER FOUR - NAZR

Remove the patients Nazr daily.

(Follow the below link to download a useful Nazr brochure:

<http://spiritualadvice.co.za/nazr-brochure/>)

TREATMENT FOR INSOMNIA

- Consider using natural remedies like ashwaganda.
- Put one teaspoon of almond oil in 1 cup of warm milk, mix with honey to sweeten according to taste. Drink before going to bed.
- One may also apply almond oil on the head or feet or insert a few drops into each nostril.
- Drink 1 cup of fresh coconut water before sleeping.
- Avoid intense conversations or work before sleeping.
- Have a fixed routine.
- Have a relaxing soak with lavender incense drops to calm the mind and body.
- One may read the following Duas:

اللَّهُمَّ رَبَّ السَّمَاوَاتِ وَمَا أَظَلَّتْ، وَرَبَّ الْأَرْضِينَ وَمَا أَقَلَّتْ، وَرَبَّ الشَّيَاطِينِ وَمَا أَصَلَّتْ،
كُنْ لِي جَارًا مِنْ شَرِّ خَلْقِكَ كُلِّهِمْ جَمِيعًا أَنْ يَفْرُطَ عَلَيَّ أَحَدٌ مِنْهُمْ أَوْ يَنْعِي، عَزَّ جَارُكَ وَلَا إِلَهَ غَيْرُكَ⁵

Or

اللَّهُمَّ غَارِزِ النَّجُومِ، وَهَدَاتِ الْعُيُونِ، وَأَنْتَ حَيُّ قَيُّومٌ،
لَا تَأْخُذُكَ سِنَّةٌ وَلَا نَوْمٌ، يَا حَيُّ يَا قَيُّومُ، أَهْدِنِي لَيْلِي، وَأَنْمِ عَيْنِي⁶

⁵ 29623: مصنف بن أبي شيبة، الرقم

⁶ (677 عمل اليوم والليله لابن السني (ص

TREATMENT FOR FEVER

NUMBER ONE

Write the following on a piece of paper and then put in water and give the patient to drink.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ قَلْنَا يِنَارِ كُونِي بَرْدًا وَ سَلَامًا وَ سَلَامًا وَ سَلَامًا

NUMBER TWO

Recite the following Masnoon Duas

عَنْ عِكْرَمَةَ، عَنِ ابْنِ عَبَّاسٍ، قَالَ: "كَانَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ يُعَلِّمُنَا مِنَ الْحُمَّى وَالْأَوْجَاعِ:

بِسْمِ اللَّهِ الْكَبِيرِ، أَعُوذُ بِاللَّهِ الْعَظِيمِ، مِنْ شَرِّ عِرْقِ نَعَّارٍ، وَمِنْ شَرِّ حَرِّ النَّارِ

"I seek relief taking Allah's great blessed name from all the evils of pulling (pulsating) nerves and from the evils of the hot fire".

NUMBER THREE

Recite Surah Mujaadalah (28th Para, Surah 58) 3 times after Asr

STEAMING OPTIONS

NUMBER ONE

1 litre boiled water

2 chamomile tea bags opened

1 teaspoon ground kulunji

½ tsp ground clove spice

Boil the above in a pot. Inhale with the water in the pot with a towel over your head for 5 minutes.

This will inshaÁllah help to open the lungs and help breathing, ameen.

NB: The water can be used for 3 days.

NUMBER TWO

Put a few menthol crystals in a bowl of boiling water and breathe in the steam with a towel over your head.

- Kulunji oil or ½ a teaspoon of cloves can also be used in the same manner.

Disclaimer: It is advisable that you consult with your doctor or health practitioner before using any of the remedies.