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# Islamic Medicine

al-Kadhim (AS) has said:

Stay away from the treatment of physicians as long as you are well. It is similar to a building; a little of it leads too much.

al-Hasan (AS) remarks:

Every medication stirs up an illness, and there is nothing more beneficial for the body than withholding from it all except what it requires.

The Infallible (AS) have further cautioned us to avoid medications as long as the body can bear the illness. Natural medicines used by the Prophet (S) were simple and non-artificial remedies. They were all designed to stimulate the healing process within a person. Neither he, nor any of his companions even used any synthetics, pharmaceutical or composite chemicals (al-Akili, 1993).

Clearly, Hippocrates preferred and prescribed herbal remedies first, and if these did not work, he resorted to alternative methods, mostly drugs (Becker, 1990). The herbs, according to healers at that time, assisted in balancing the energy flow within the sick person. Also, these herbal preparations and natural whole food vitamin supplements have a strong ability to play a significant role in the energetic system of the body. Brennan (1987) postulates further that herbal preparations and vitamins may significantly affect the human energy in a positive manner and fasten the healing process.

Herbs and whole foods as root vegetables are rich with electrical energy derived from the earth and have more grounding power (Poole, 1999). Because all living things possess a life force, even such herbs can have significant effects on the human body via their electrical properties. Pharmaceutical grade drugs contain within their structure the most unstable and unsteady electrical matrix, together with unfavorable, confusing and altered info-energy, and consuming them on a daily basis is the real cause of many of the major illnesses in this present society. Herbal and food preparations for medicinal purposes are natural, and many of their families contain researched medicinal qualities. Therefore, to consume these herbs and foods when ill will help balance the blockages in the energy field brought about by sickness and ailment, as well as physical complaints.

Reporting in the Journal of the American Medical Association, Dr. Lucien Leape of Harvard School of Public Health, has calculated that:

180,000 people die in the U.S. each year partly as a result of iatrogenic injury (injury caused by medicines), the equivalent of 3 jumbo jets crashes every two days.

In another issue, the journal points out that:

Injury from medical treatment in the U.S. dwarfs the annual automobile accident mortality of 45,000 and accounts for more deaths than all other accidents combined.

An average 50% of patients return to their medical doctors simply because of *medically- induced* problems. Further, most of the medical drugs in existence 30 years ago cannot now be used because of their discovered toxic effects! This is exactly why approximately 15% of hospital days are devoted to the treatment of drug side effects. Furthermore, recent surveys from the United Kingdom and America have shown that as many as 80% of patients feel that their underlying complaint, their reason for going to the doctor, was not satisfactorily resolved when they left the office (Chopra, 1990)

*Pharmaceutical Drugs and Electrical Damage*

Pharmaceutical grade drugs significantly affect the energy (Brennan, 1987; Margo von Phul, 2000) and traditional healers and energy scientists have thoroughly documented such reports. To report from one such health-care professional, Brennan (1987) has observed dark energy forms in the liver left from drugs taken for various diseases. She also reports chemotherapy to clog the whole energy field, especially the liver, with greenish-brown mucus-like energy.

To her amazement, she also saw a radiopaque dye that was used to observe the spine that was injected into the spinal column to diagnose injury ten years after injection, although it is supposed to clear the body in a month or two. She even observed side effects of certain drugs in her patients as many as ten years after the drug was taken. The example she gives concerns a drug for hepatitis that was causing immune deficiencies five years later. A red dye placed in the spinal column for exploratory purposes was inhibiting the healing of spinal nerves ten years later. Apparently, Shamanic healers have also been reported to observe such energy blockages and disruption in energy flow in sick patients.

Such kinds of observations are true and have been extensively reported in scientific research. With proper training, the eyes can be taught by the mind to physically see beyond normal vision and witness the energy of thoughts, emotions, and life itself manifesting in every human being.

A common side effect of all drugs is not talked about - the nutrients that are stripped away and depleted by taking medication. These vitamins, minerals and enzymes are used up in the process of processing and detoxifying all drugs. Diuretics wash potassium, magnesium, sodium, zinc and vitamin B2 right out of your body; antacids steal vitamins A and B1, folic acid, calcium, copper, iron and phosphorous from your tissues; antibiotics deplete numerous vitamins - B2, C, D, niacin, folic acid, biotin, and so forth. The stealing of such minerals and vitamins from the body tissues create significant electrical damage to the cells as most of the above-mentioned elements play significant roles in the body’s electrical processes, and in turn affect the energy system.

Side effects and diseases caused from medicines will further develop blockage to our energy system, as we become weaker and lethargic. The only way to balance and charge this energy around oneself when ill is to try herbal and whole food preparations that will provide balance and health to the system. Moreover, the electrical properties of such herbals and foods will most definitely strengthen the human energy system, thereby hastening the healing process.

Even further, many medicines have metals and exposure to many of them can lead to illnesses. Emoto (2004) found in his experiments that Aluminum, for example, has a similar vibration frequency to sadness, anger to lead, uncertainty to Cadmium, and stress to Zinc. Therefore, these metals can and do cause illnesses – as Alzheimer’s is believed to be caused by excessive Aluminum.

*Islam Prefers Natural Medicine over Drugs*

The preferred method of medical therapy in Islamic Medicine during the time of the Prophet (S) and the Infallible (AS), and during the reign of the most revered Islamic physicians, the like of Ali Ibn Rabban al-Tabari, (838-870 A.D.), Mohamed Ibn Zakariya al-Razi, (864-930 A.D.), and Ibn Sina, (980-1037 A.D.) was a scheme starting with nutritional therapy. If this failed, drugs were employed.

al-Akili (1993) writes that in May of 1970, the World Health Organization (WHO) paid tribute to Abu Bakr Muhammad Ibn Zakariya al-Razi by stating that, so important a physician al-Razi was that the well-known writer George Sarton wrote in his Introduction to the History of Science, that al-Razi was the greatest physician of the medieval ages. In addition, al-Razi confirmed his preferred method of treatment by saying:

If a medical doctor can treat a patient through nutrition rather than medicine, he has done the best thing.

*Electrical Power of Herbs and Foods*

Herbal preparations carry and store within them the earth’s higher frequency vibrations, and essential systemic memories that reflect the wholeness of the plants and its history (Schwartz and Russek, 1999). Further, *it is highly probable that the Almighty Allah (SWT) Himself has allowed higher frequencies of energy within these plants and implanted specific restorative info-energy in them. These plants know what to do when ingested by humans and animal.* A good example involves a plant that the ancient people used to eat to reduce cravings for food in times of hunger. The herb literally sends message to the brain that it is filled and satiated.

Apparently, Allah (SWT) has given such power to humans and has allowed such relationship with plants. *Shamans* are a group of people who are reported to have been observed to develop such relationships. Shamans talk with plants and animals, with all of nature. They do it in an altered state of consciousness. Students of Shamanism rapidly discover that by talking with plants, they can discover how to prepare those plants for remedies. Shamans have been doing this since ancient times. They typically know a great deal about plants.

Harner (1997) reports that one shaman is reported to have developed a practice of discovering and using healing plants based on his *learning directly from the plants.* Later, he found that the pharmacopoeia he developed was very close to the ancient, classic Chinese pharmacopoeia knowledge of how to prepare and use these plants for different ailments. Another former Shaman in Germany worked with minerals and found how they could be used in healing. It turned out that her discoveries were very close to what has been known in India from ancient times.

A good example is a tradition from the Prophet (S) that eating 21 raisins reduces allergies. Apparently, the number 21 may also have a strong meaning, for Allah may have developed this relationship between Him and the raisins, and that if consumed 21 of them, the raisins become medicinal. Drinking water in 7 sips has been advised for stopping hiccups. The number 40 has even superior qualities and Ayatullah Najm al-Din Kubra (1221) has devoted a whole chapter to this number in his book A Treatise on Wayfaring. He says:

We have seen clearly (through direct experience) and known through the statements (of the sages) that this noble instance from among the instances pertaining to numbers has a particular significance and a special effectiveness in the development of inner potentialities and the perfection of enduring qualities and in covering the stages and traversing the phases (of wayfaring).

Relevant to previous and forthcoming sections in this book, he quotes the following tradition by al-Majlisi (1627) in Biharul-Anwar*,* Volume 14, Page 512:

Verily, if one recites the Chapter of al-Hamd forty times on water and pours it on someone suffering from fever, God shall cure him.

It is further reported that writing 40 times the chapter of al-Inshirah with saffron on a piece of paper, and the ailing person soaks the writings in water and drinks it for 40 days, his kidney stones would break-down into small pieces for elimination. Clearly, (and as we have noted) the verses of al-Qur’an store much coherent vibrations and powerful force fields of energy to affect the person in a physiological manner. Water has a similar strength.

We have noted earlier (and mentioned later) the advantages of reciting such couplets or Chapters from Qur’an on water or foods. The water not only has the ability to store the pure and unadulterated info-energy in its memory but also transfer this vibrant and healing energy to the sick person and transforms the faults in his or her energy system. The only difference now is that the number 40 is associated with the specific healing abilities. Water and food are able to understand such communications as explained by Emoto (2004). He writes:

Water records information, and then while circulating throughout the earth distributes information. The water crystals that are formed when water is shown positive words are simply beautiful. The response to water of love and gratitude is nothing less than grandeur. These positive words give spirit to water …

The power of words, or incantation on water and food has been rigorously investigated and Emoto (2004) writes in his book that besides him, other scientists have also been able to show the effect of prayer on water – *energy from the spirit of words seem to do the* change (and become a healing source).Even lakes have been observed to respond to prayer (to harden) and certain words.

Science and medicine has only now appreciated the beneficial aspects of honey and bee by-products, olive, figs, and so forth. All of these foods have been mentioned in Qur’an, the honey specifically mentioned as a cure for people.

**Then eat all the fruits and walk in the ways of your Lord submissively. There comes out from within it (bee) a fluid of different colors in which there is a healing for men. Surely, there is a sign in this for people who reflect.**

(al-Qur’an – Chapter 16, Verse 69)

Live foods and fresh fruits have been largely documented to assist in balancing one’s energy (Morse (2000) quoting Alice, (1996). Practitioners of natural medicine further agree thatthe effect of herbal preparations and foods deal with the underlying disease mechanism, such as an immune deficiency or dysfunction rather than dealing with the superficial symptoms. Consequently, the effect is truly curative and not just symptomatic or palliative in nature.

The second feature is that the therapeutic effect is restorative in nature regardless of direction of the abnormality. This is usually a common feature of natural herbs and other natural therapeutic modalities, unlike synthetic pharmacological preparations where their effect is usually in one direction and progressive with increasing doses beyond the desirable normal range.