

REGIMENAL THERAPY IN TIBBE NABWI

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ABSTRACT

Regimenal Therapy (Ilaj Bil Tadbeer) has been an important part of Unani system of Medicine. The will of human being to treat without medication is an eternal and natural due to safety considerations. The Arab physician were no exception. They learn the art and invented many things to make the regimenal therapy a science. The prophet Mohammad PBUH provided a new evidence, benchmarks and presented himself for the cupping and venesection. He highlighted the importance of bath (Ghusl) and allowed cauterization to save the human body. The urge for a safer method of treatment has brought

mankind to reinvent various forms of regimenal therapies like cupping, venesection, leeching and bath. This paper tries to discuss all those things in the light of all prophet's teachings and practice.

KEYWORD: Tibbe Nabwi, Regimenal therapy, cupping, venesection, Bath.

INTRODUCTION

The history of human being is a big museum which shows the continuous struggle of survival, development and advancement between the mankind and the impending and unavoidable death i.e. the end of life, but as we know the art of survival is not the final goal for the mankind because the final salvation is the aim and objective of all the activities of mankind on the earth. As it was impossible to achieve this goal without continuous guidance by none other than Allah S.W.T who created not only this universe but the mankind also, so God sent his Prophets to correct, and reform their misguided societies and teach the humanity the means and ways to build and manage the civilization and avoid undesired conflicts. The prophets, PBUH performed their duties well and went to Allah one after another. In the last came the Imaam theleader of all Prophets Mohammad (PBUH) who enlightened the whole

world by his holy teachings and set the highest possible example of humanity and lit the torch of knowledge in such a way that almost all branches of science as well as art, literature and politics or anything beneficial to human being brightened and will continue to do so till the doomsday come. The knowledge of disease and its treatment is directly related with the fitness and survival of the mankind hence it was imperative to know the means and ways of keeping a person fit so he may be able to fulfill his obligations towards God and get his blessings to receive the final salutation on doomsday.

The Bible, the Vedas and the other religious books which are believed to be descended from Heaven to Earth mentions various things as well as plants, stones and animal products used in the treatment of large number of diseases such as honey Milk, cucumber and snake cucumber etc.

The Quran being the last book descended on earth from Heaven could not have left such a vital subject untouched though it is very much clear that Quraan is a book for guidance, a constitution for all believers all over the world and not a book of medicine and Prophet Mohammad (PBUH) was sent by Allah to guide. Teach and train the humanity to become obedient to its creator and not to practice medicine and become a physician but as he was made a complete, unmatched unparallel and incomparable prophet the God taught us through Quran and Hadees various means and ways of treatment as well, Regimental Therapy (Ilajbil tadbeer) is an age old method of treating the human body to keep it fit which dates back to Pre-historic era of life as exercise was the only way of treatment till the people discovered use of plants and minerals for their treatment.

DISCUSSION

To prove the above statement I have to quote from Sura Yusuf Para 12 verse No. 17 which says “They said our father we went to compete in running and we left Yusuf near our goods so the wolf eat him and you will not believe us though we are speaking the truth”. The Quranic **verse** clearly inform us that the son’s of Prophet Yaqoob sought excuse from his father on the ground that they were competing with each other for running and that must have been a common practise at that time.

The Prophet Mohammad (PBUH) encouraged his companions to run and went to the extent of practically running with Hazrat Aisha Razi allhu Anha in which once Hazrat Aisha won but the Prophet left her behind in the second final race, “The Prophet Mohammad PBHU

encouraged people to practice some more form of Regimenaltherapy to keep the body fit and healthy.

Ramyi (Archery)

Archery has become a part of sports today, indeed it was a part of war t4games in old days and people used to practicethis art as a mean of exercise. Prophet encouragedpeople to take to archery and said “osons or ismail (PBHU) take to Arechery because your father was an Archer 3.

Dalak (Massage) A Hadees in Mishkat Tellsib that Prophet performed wuzu after he returned form a journey which is a form of message and wash together.

Hamman (Bath): Bath is an important part of Islam as daily prayers as well as reading Quran is prohibited strictly if one is not clean in accordance with Islamic traditions. The Prophet has said cleanliness is half of faith”. He has instructed Muslims to be careful while bathing so they should not be clothless. “Hazrat Yala” a companion of Prophet says that the prophet once saw a person bating in the field then he rose on minbar (Podium) said after remembering Allah that God likes (Haya) feeling shy and be friends pundets when any of you take bath.

The mother of believers Hazrat Aaisha once asked about going to bath-house, the prophet said there is no good for women in going to bath-house. Hazrat Aaisha said that if they go in Lungi (cloth). The Prophet replied even if they go with all their clothes on, The Fiqhischools (Islamic Jurisprudence) have drawn the inference from the above said Hadees that man can go with clothes on but woman can not go on any cost.

Benefits and Utility of Hamman

Hamman is used for getting multi-faceted benefits which are at variance with each other and work in opposite directions such as dryness and wetness. It evacuatessubcutaneous wastes and open pores.

It dissolves the gases and prepares the body for nutrition through increased digestion. It relieves pain but in rare cases increase the pain.

1. Cold Bath: The temperature of water in this bath should not exceed 20 degree Celsius.
2. Sea Bath: This is self explanatory.
3. Vapour Bath: The vapour is used in such a way that thebody is covered with vapours.
4. Electric Bath: The electric waves are passed through the water and then it used for the

- patients of Zofe-Asaab (Weakness of Nerves).
5. Borex Bath: This kind of bath is useful in patients of skin diseases.
 6. Turkish Bath: This bath was so popular in the past that it was used across the world from Asia to Africa and Europe. The temperature of water is used in this bath should not cross 130 degree^oF and the period of bath may vary from 15-30 minutes. This bath is beneficial to patients of Wajaul Mafasil. (Arthritis), Gout, Spondylosis, Chronic swellings, and obesity. This bath has come with good results in patients with diseases of blood circulation or those who get unconscious at the slightest should be barred from taking Turkish bath. The weak and Anaemic persons as well as women with pregnancy or during menstruation period must be prohibited.
 7. Hot Bath: The temperature of water in this bath vary from 98 degree Fahrenheit. IT may used in Hepatic pain, Renal pain, Arthritis, Asthma, Amenorrhea, Oliguria etc. Patient of cardiac weakness may advised not to use this bath.
 8. Acid Bath: The acid or salt is mixed in water. It is useful in liver weakness.
 9. Mustared Bath: 100 gram of mustared is boiled in 2 litres of after and then used on patients of allergy.
 10. Medicated Bath: The medicine is dissolved in hot or cold water and then patient is asked to take bath.
 11. Douch Bath: Water is poured from 2 feet height on head of the patient.
 12. Sand Bath: The body is buried under hot sand from felt to neck to treat. Ascetic and chronic arthritic patient are benefited from it.
 13. Mercury Bath: The vapour of calomed (Rskapoor)
 14. Oil Bath: Application of Zaitoonoil mixed with other drugs.
 15. Bran Bath: The bran of wheat is boiled in water and patients asked to bath.
 16. Sun Bath: The temperature of water ranges between 85-90 degree Fahrenheit.
 17. Artridgent Bath: This bath is used to treat burn patients.
 18. Alkaline Bath:
 - 19: Sulphur Bath: Sulphur is mixed in water to treat skin disorders.
 20. Sitz Bath: To treat Amenorrhea, pain in hepaticregion. This bath is advised
 21. Mud Bath: Mud mixed with drugs is applied on the body,

Qai

Vomiting is an integral part of treatment in almost all systems of medicine and used to evacuate poisonous substances from stomach, The Prophet Mohammad PBUH used this form

of treatment in abdominal ailment and practically showed his companions the usefulness of vomiting. We find a hadees in Mishkatul masabish that Hazrat Abudawed, GBUH say that prophet PBHU vomited and then did the Wazoo. This hadees proves that vomiting is aprt of Tibbe Nabwi.

Fasad (Venesection)

Venesection is a method of evacuation of humors from veins. Though I have not found any hadees indicating that the prophet used venesection on himself but Shah Abdul Haque Dehlvi says that Prophet used venection as there is one Hadees in Abu Daud, Imam Nasai said it may mean venesection.

HIJAMAT (CUPPING): Cupping is the best method of evacuation of bad humour from body.

It is safest way also as it does not need opening any vein. The Prophet mohammed PBUH encouraged Muslims to use this method of treatment and used the same for himself. Here we may look at some sayings of Prophet as quoted by his companions on different occasions.

1. Tirmiz Ibne Maja and Abu Daud quetes that the Prophet applied cupping on his head during in ehram due to the Headache.
2. Hazrat Sanurah GBUH quotes in "Mustadrik" that the prophet PBUH said that the besttreatment you have is cupping. There is another Hadees in the same book in whichHazratABu Huraira (GBUH) says that I was told by the prophet that Jibreel informed cupping is the best treatment the people do practice. There is another Hadees in Sunan Abu Daud Narai Ibne Umar GBUH quoted the Prophet saying that visdom and memory.

Hazrat Abdullah Ibne Umar said I heard the prophet said empty stomach cupping is better to get increased visdom and memory. Hazrat Nafe GBUH states that one day Hazrat Abdullah Ibne Umar told him 'O' Nafe my blood is boiling please call a cupper who must be young and mature, not an old or beginner. The prophet has not only recommend the cupping for treating various ailments but has set 17 & 19 and 21 of moon as best dates for cupping and declared Wednesday as undesirable for cupping as he said "Monday, Tuesday and Thursdays are well and if someone is cupped on Saturday, Wednesday and he get some disease like vitiligo. He should not curse the treatment but himself for defying the respective dates became of while he suffered from the consequences."

We have another Hadees which inform us that cupping cures us from seven diseases epilepsy, vitiligo, toothache, leprosy, eyesight weakness and headache.

CAUTERING: This form of treatment is still used in surgical cases such as in sinusitis cases, the prophet PBUH said cure is in three dark fig of Mel Honey, Needle of copper and cauterization by fire, and I advise my believers against it. The reluctant permission granted to ummat to use cauterizing speaks volumes, as use of fire on human body is against the spirit of Islam but its restricted use in emergency conditions is a mercy and the prophet PBUH will remain the mercy of God on this earth. So, he allowed saving a life with fire treatment over death without cauterizing that reflect his concern for humanity.

CONCLUSION

The above stated sayings of prophet are proof enough that he used cupping to get himself treated from Regimenal Therapy and had a good knowledge of it to such extent that he fixed the dates as well as days suitable for cupping on patients of various ailments and to prove any observation. I have to state the fact that Central Research Institute of Unani Medicine, Lucknow has done a commendable job through application of cupping on patients of Osteoarthritis and it has been found that almost all patients have responded to the treatment except a few where some fault might be possible.

In the light of sayings and actions of Prophet we can confidently claim that regimenaltherapy was in practice during prophet period and he himself had full knowledge and used it whenever the occasion came, the research work carried out by CRIUM, Lucknow is a pointer towards the correctness of the method beyond any doubt but more and more clinical research is needed and organizations may start work on modern scientific parameters.

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