

# In the Name of Allah

The All-Gracious, The Ever -Merciful



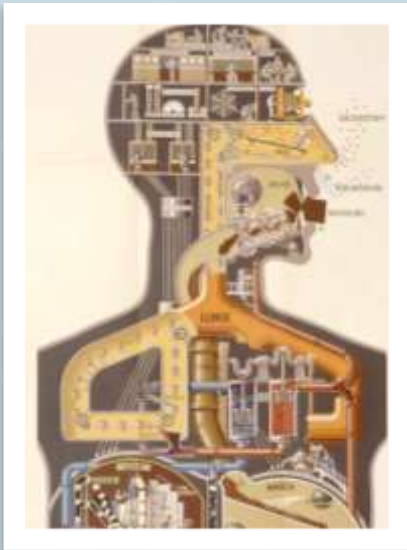
# Shifting Paradigms

## The use of drugs is different than using natural substances

- ❖ Using natural substances in traditional medicines (such as Prophetic Medicine or Traditional Chinese Medicine) is based on concepts of energy, balance and temperament
- ❖ Conventional Medicine does not use natural substances based on traditional concepts



# The Body as a “machine”



- ❖ Dealing with physical body. Only the exact, quantifiable and measurable exists
- ❖ Reductionism: Body, like a machine, is best treated by analyzing each constituent separately
- ❖ Based on identifying and treating the disease
- ❖ Quick life saving interventions
- ❖ We have invested deeply into this philosophy
- ❖ If you are not sick, you must be healthy

## Traditional Medicine

- ❖ **Focus is on improving health**
- ❖ **Links between organs, emotions, spirituality, nafs, and health,**
- ❖ **Mizaj  
(constitutions/temperaments/humors)**
- ❖ **Unmatched ability in treating chronic conditions**
- ❖ **Persons' experiences is not tangible, but very real**



# Health vs. Disease

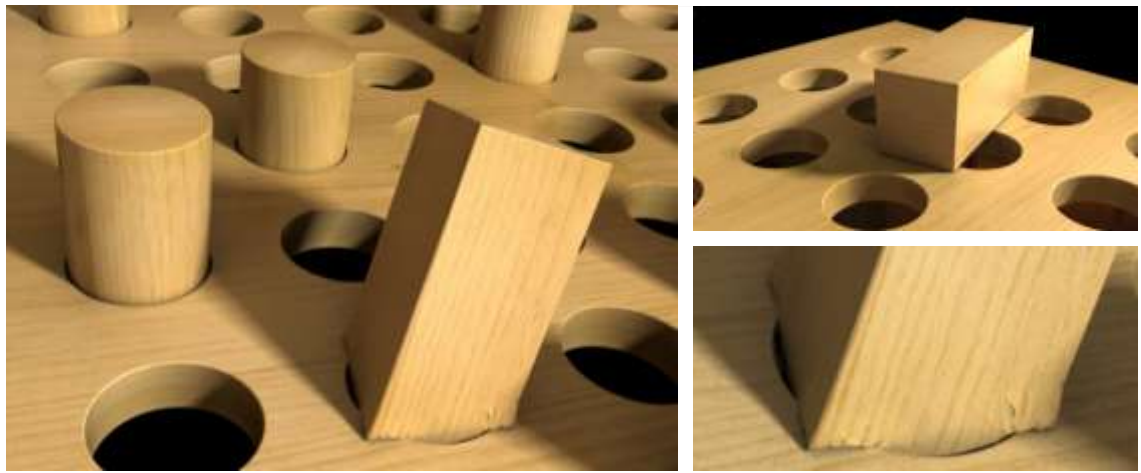


# Prophetic Medicine



# Prophetic Medicine

- ❖ Focus on individualization, prevention, holism, energy, temperament, improving health, dietary restriction (*himya*), herbs and other substances in their natural form, *hijama*, no surgical procedures
- ❖ Modern medical practice is not opposed to Islamic principles, but cannot be considered Prophetic Medicine



Fitting Traditional Models  
into Western Paradigms



Principle: Balance

# Balance & Energy

- ❖ Body should be in a state of balance
- ❖ Prevention key
- ❖ *Himya* - healing through dietary modification
- ❖ *Hijama* - Cupping with blood letting
- ❖ *Mizaj* – Constitution/temperament



Where does the  
Balance of Body Lie?

# 5 Mizaj

## Temperaments/Constitution

- ❖ The Prophet was perfectly balanced in his constitution (peace & blessings be upon him)
- ❖ We all fall within at least 1 *mizaj* (earth, fire, wood, metal, water)
- ❖ *Mizaj* affects our behavior, physical features, way of thinking, sound of voice, etc.
- ❖ This predisposes us to certain illnesses
- ❖ Our goal is to become more balanced



## Example: Black Seed (Nigella Sativa) حبة بركة



- ❖ Where is it applicable?

# Characteristics of Black Seed



- ❖ Dry dampness
- ❖ Heat and tonify
- ❖ Clear obstruction with energy flow
- ❖ Dissolve wind
- ❖ For cold, wet conditions
- ❖ Not useful for everyone in every situation

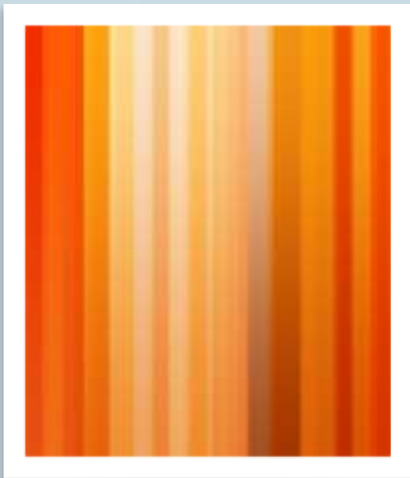


## Example Patient #1



- ❖ He has a wet cough
- ❖ Thin white mucus
- ❖ Weak - repetitive illness
- ❖ Deficient constitution type
- ❖ He has a “cold” condition
- ❖ Balance with the opposite qualities of blackseed

## Example Patient #2



- ❖ He has a dry, loud cough
- ❖ Thick yellow mucus
- ❖ Robust body type
- ❖ He has an excess “heat” condition
- ❖ Use cooling, lung moistening herbs

# Understanding Prophetic Medicine

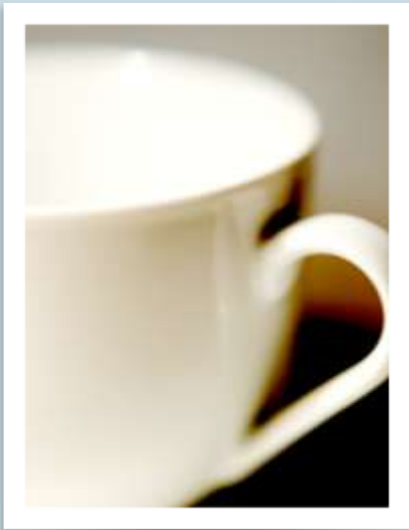


- ❖ Credibility - Prophetically established
- ❖ Energetics must be learned for proper usage
- ❖ Another dimension to herbs
- ❖ More than just their chemical constituents

# Himya: Dietary Regiment

- ❖ Nutrition is the basis of your family's health
  - ❖ Whole Foods
  - ❖ Oils
  - ❖ Detox
  - ❖ Exercise
  - ❖ Weight

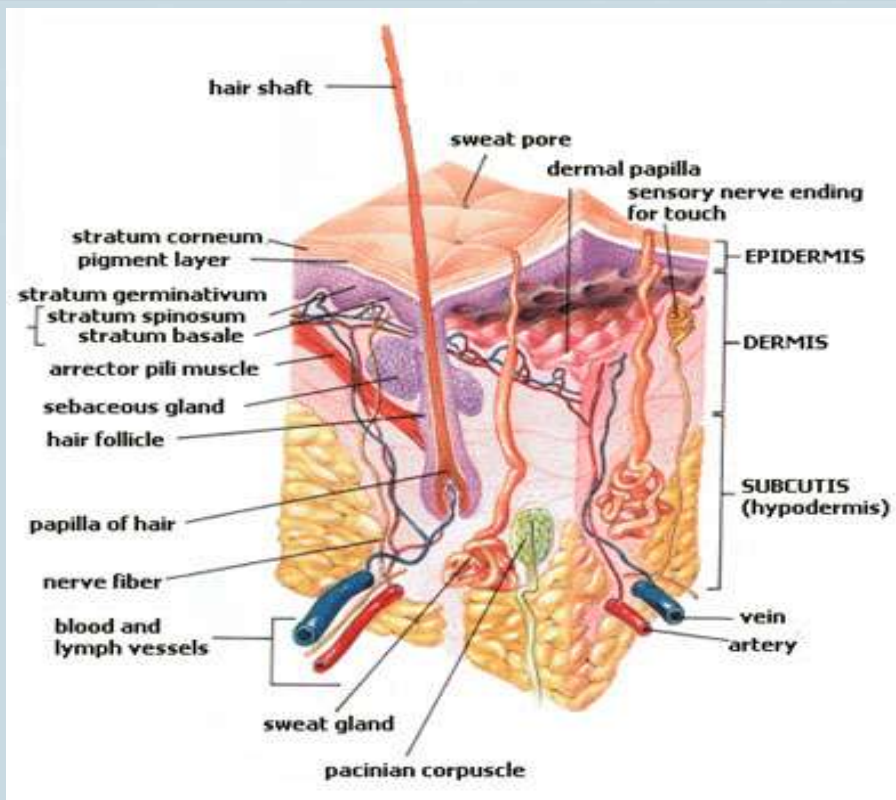
## Tips for you and your family

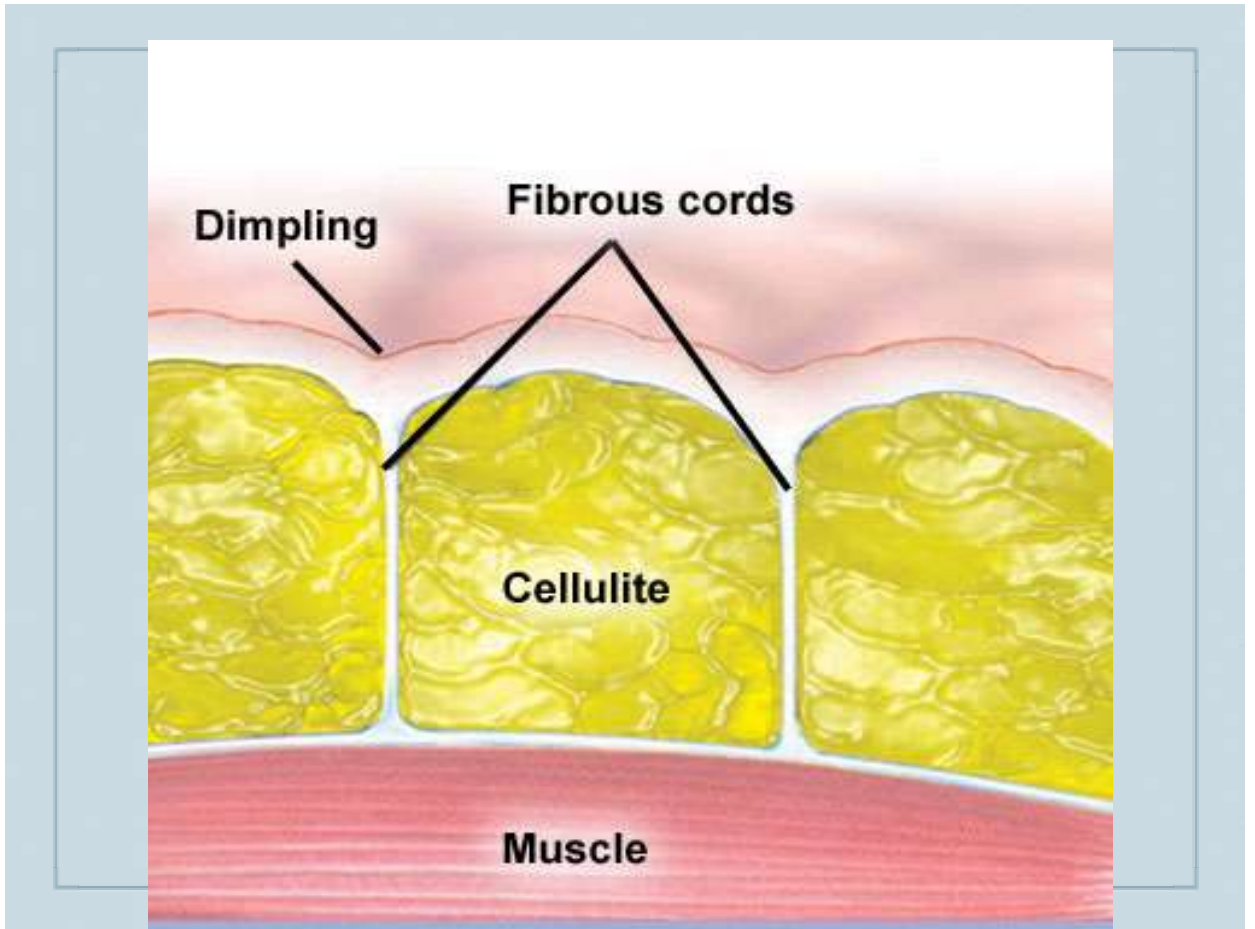


1. Purge the home
2. Set up obstacles
3. Lose weight
  - ❖ Accept hunger
  - ❖ Waist size

# Cellulite

- ❖ pitting, bulging and
- ❖ deformation of the skin surface
- ❖ rarely found in men and, if present, is a highly probable sign of androgen (male hormone) deficiency
- ❖ Varicose veins are often found in conjunction







# Treatment

- ❖ Reduce subcutaneous fat and improve circulation of blood and lymph in affected areas through exercise and massage.
- ❖ ■ **Exercise:** 20–30min of aerobic exercise a minimum of 5 days per week.
- ❖ ■ **Massage:** regular self-massage of the affected area with hand or brush. The direction of any massage should always be towards the heart.

## ***Aesculus hippocastanum*** **(horse chestnut)**

- ❖ Ability to decrease capillary fragility
- ❖ Enhances connective tissue strength
- ❖ Not be taken with aspirin or anticoagulants

# Dosage



- ❖ 10–20 mg of *escin* t.i.d

# Candidiasis

- ❖ *General symptoms*
- ❖ ■ Chronic fatigue or lethargy
- ❖ ■ Feeling of being drained
- ❖ ■ Pain and swelling in joints
- ❖ ■ Craving for foods rich in carbohydrates or yeast,
- ❖ e.g., sugar-laden foods, bread

*Gastrointestinal system symptoms*

- Thrush
- Abdominal pain
- Bloating, belching, gas (flatulence)
- Intestinal cramps
- Rectal itching
- Indigestion
- Heartburn
- Bad breath

*Genitourinary system symptoms*

- Persistent vaginal itch or burning
- Yeast infection
- Frequent bladder infections
- Urinary urgency or frequency
- Burning on urination

## Other Signs and Symptoms

- ❖ *Endocrine system symptoms*
- ❖ ■ premenstrual syndrome
- ❖ ■ cramps and/or other menstrual irregularities.
- ❖ *Nervous system symptoms*
- ❖ *Immune system symptoms*
- ❖ *Respiratory symptoms*
- ❖ *Dermatological symptoms*
- ❖ *Past history*

# Causes

- ❖ ■ History of repeated antibiotic use
- ❖ ■ Use of oral birth control pills
- ❖ ■ Oral steroid hormone usage:
  - ❖ ■ prednisone (prednisolone) or other cortisone-type drugs

# Treatment



- ❖ Sugar is the chief nutrient for *Candida albicans*.
- ❖ Milk and dairy products.
- ❖ Mold and yeast-containing foods: cheeses, dried fruits, and peanuts
- ❖ should be eliminated from the diet until the situation is under control.





### •Summary

Eastern Approach (Balance, Energy, Mizaj)  
We applied these principles for prevention and  
showed their application in treatment with herbs, diet and lifestyle  
for Weight gain  
Candida  
PMS