

**MEDICAL SCIENCES IN THE HOLY
QUR'AN AND SUNNAH:**

New Knowledge From These Timeless
Sources

BOOKS I , II , III, IV

Water gushing down the rock
As leaves turn yellow soft
A slimmy creature emerging out
A newborn bursting out in a shout
These and more all talked about
In the fountain of all knowledge

THERE ARE VERSES OF THE HOLY
QUR'AN IN THIS BOOK PLEASE TREAT IT
WITH RESPECT THAT IT DESERVES

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INTRODUCTION

The Holy Qur'an was revealed to Prophet Muhammad, peace be upon him, in gradual stages over a period of 23 years starting from the Cave of Hira on Jabal Noor in Makka to a few weeks before his demise in Madina. Archangel Jibreel brought the Divine Messenger to him - 5 verses [Ayah] to start with. Sometimes 10 or more Ayahs at a time, according to the need of the hour.

The Holy Prophet could not read or write and was never taught by anyone. The language and style of the Holy Qur'an is unique which no Arab has tried to challenge. It is pure and simple Word of God, the Almighty, for the guidance of mankind to the True Path for success and salvation in this world and the next. This living and eternal miracle of the Holy Prophet, peace be upon him, is miracle upon miracle in its origin, nature and content. The language of the Holy Prophet, himself, who is most eloquent of the Arabs, is quite distinct from the Qur'anic Arabic. It constitutes the Sayings of Messenger of Allah, Muhammad, peace be upon him, the last in the line of Prophets of God [Adam, Nuh, Ibrahim, Ismail, Ishaq, Yaqub, Yusuf, Musa, Harun, Issa (Jesus Christ) etc.]

The learned author of this new book 'Medical Sciences in the Holy Qur'an and Sunnah,' Prof. A. M. Adam of the Department of Medicine, University of Nairobi, is well-versed in both Islamic knowledge and medical sciences. We congratulate him for undertaking this very important task of scrutinising the Holy Qur'an and Ahadith for revealing to the modern science that the Creator of the Universe and the Bestower of Knowledge and True Guidance to man had already preceded it by foretelling these scientific facts in the Holy Qur'an and the Sunnah of the Holy Prophet, peace be upon him, fourteen centuries ago. May Allah glory be to Him, shower His Blessings on him and us with similar resolve.

For many centuries there was a wide rift between the Christian Church and the Scientists, but this sorry state of affairs was never the case in the Muslim world, which always showed happy marriage between faith and reason in Islam. Unfortunately, the propaganda machine of the West during the past few centuries has trying its best to portray Islam and Muslims as occupying the seat of the Christian Church.

The primary purpose of the Holy Qur'an

and Sunnah of the Holy Prophet, peace be upon him, is to lead man to the True Divine Guidance for him and to bless him with the complete way and code of life, Islam, to enable him to live an Islamically successful life in this world, in anticipation of success and salvation in the Hereafter. The Holy Qur'an draws the attention of man, time and again to wonders of nature and its phenomena in himself, in the earth and the entire Universe. The Noble Qur'an acquaints man with the facts of life, Universe and the God Almighty. It is the main spring of the blessing of true understanding by which all such mental attitudes ensuring success and salvation are inculcated in man. In Qur'anic terminology they are called 'Bas'air'. They are lights of true understanding, Divine Guidance and Mercy revealed to the Holy Prophet, peace be upon him. The Islamic General Scientific Spirit is also created with its humbleness and enthusiasm. Their distinguishing feature is that man can find the True Road in their light in fields of life.

The fundamental call and central point of enlightenment of the Holy Qur'an is the concept of Allah, the One and Only God. The Holy Qur'an demands from man to know Him first before believing in Him, and 'to

recognise' Him after believing : The Qur'an guides us in both these stages and does not demand blind faith from us. It demands from us to ponder over the creation of the earth and heaven. There are 6666 Ayahs (Counter check the number, although there is an opinion but is it Raajih) of the Holy Qur'an according to Muhammad Ahmed Al-'amrawi Al-'asri. Out of them 756 relate to natural phenomena and their contemplation, whereas the Ayahs pertaining to Islamic Ablution, fasting, prayer, Hajj, divorce and debt etc. are only 150. From this it is obvious that how great stress is laid upon the observation and study of the Universe. According to Dr. Rafiuddin, the first effective voice for the observation of nature was that of the Holy Qur'an, which enjoined that these signs and manifestations are signs of God's Being and His Attributes and must be observed repeatedly from different aspects and in different ways and with different methods. Search for useful knowledge is not only a form of worship but a command from the Almighty.

Faith in one and only God, Allah, glory be to Him, is the natural and inseparable part of Scientific knowledge. After narrating the phenomena and signs of nature the Qur'an

enjoins, 'This is Allah, your Lord,' [Who is showing to you His signs]. That is why our forefathers put great emphasis upon observation and study of nature. Imam Ghazali , may Allah have mercy on him, in his book 'Al-Hikmat fee Makhlooqat-I-Allah' writes that it is not possible to comprehend Allah without observation and scientific study of the wonders of nature. Among the chapters of his book encompassing all the main classifications of the creations of God is the chapter on the creation of man and its wisdom.

In the present book the author has discussed the scientific facts pertaining to medical sciences, which were revealed to the Holy Prophet Muhammad, peace be upon him, fourteen centuries ago in the Last Revealed Book of Allah, the Holy Qur'an. It profoundly deepens and strengthens the faith and conviction of the readers in this miraculous Book of Allah, the Only One God. It reinforces the conviction and understanding of Tawheed, the Oneness of God.

Dr. Muhammed Sayied
 Chairman
 The Islamic Foundation, Nairobi, Kenya.

[Dr. Muhammed has since died, may Allah, with the same words he has written above, enlighten his grave.]

بسم الله الرحمن الرحيم إن الحمد لله نحمده ونستعينه ونستغفره
ونعوذ بالله من شرور أنفسنا ومن سيئات أعمالنا من يهده الله
فلا مضل له ومن يضلل فلا هادي له وأشهد أن لا إله إلا الله
وأشهد أن محمد رسول الله . اللهم صلى على أشرف الأنبياء
 والمرسلين سيدنا محمد وعلى آله وصحبه وسلم .

In the name of Allah, the Most Gracious, Most Merciful. All praises be to Allah, we glorify Him, we seek His help, and we ask for His forgiveness. We seek His protection for the evil that is within us and from our bad deeds. Whoever Allah guides there is none who can lead him astray, and who Allah has let to go astray there is none to guide him. I bear witness that there is no god except Allah, and I bear witness that Muhammad is a messenger of Allah. O Allah bless the most honourable of the prophets, Prophet Muhammad, his family and his companions. Peace be to all of them.

I pray to Allah, the Most Benevolent and the Most Merciful to forgive Mohamed Adam Ali, Sakina Allah-rakhia , Maryam Saadan, Rukia Ali Mascat, Mwinyi Swaleh, Sheikh Brekk, Sheikh Abdalla Swaleh Farsy, and also to forgive the mistakes of omission or commission in this book and to forgive all my sins and of those who take a keen interest in the issues of this book.

O Allah accept this humble effort and let it be the extention of the understanding of the wisdom of Your Words and those of the sayings of Prophet Muhammad, peace be upon him. Amen.

PREFACE

The Holy Qur'an as a religious book is unique because it has survived change and corruption. Therefore its wealth of scientific verses and other spheres of human discovery has remained intact in the last 1400 years. Even at present there are still scientific and other verses [Ayah] in the Holy Qur'an that still await further human research for full understanding. The sunnah are the sayings and practices of Prophet Muhammad, peace be upon him, which also contain a lot of scientific knowledge. This is not surprising as Islam is a complete way of life and it will contain for example aspects of Islamic scientific hygiene, which is a science, still waiting to be discovered by western science!

This book is a humble attempt by the author to understand many of the medical verses in the Holy Qur'an by [a] interpreting one verse with the help of another [b] help from the sunnah [c] the context in which the verse is in [d] knowledge of the situation in Makka and Madina at the time the Holy Qur'an was revealed [e] combined knowledge from the translations that are already present [f] looking at scientific principles and comparing these to the principles of the Holy

Qur'an and finding where western science is deficient. Personal opinion of the author was avoided so as not to get erroneous interpretation of this Holy Book. [g] In many cases just collecting the verses together on one particular subject, helped in the better understanding of the scientific principles behind them. All these are among some of important principles of tafseer or exegesis of the Holy Qur'an.

All this exercise has bore fruit, all praises be to Allah, and has led to finding more general principles in the Holy Qur'an. For examples whenever Allah, glory be to Him begins by saying; "And among His signs.....", then the following verse will not only be a challenge to humans because they will not be able to do what is stated in the verse but the verse also shows that Allah do things against the laws of nature. This is to prove His Existence, His Knowledge and His Ability. Glory be to Him. This fact of the universe, many people are unaware unless they read the Holy Qur'an and understand this magnificent book.

Nature many times fails and is helpless. It cannot even face man who constantly pollutes it but the Almighty has always maintained it, for an appointed time. In

nature vocabulary there is no soul, no death no creation and therefore no life. Just animal and plant robots programmed by nature without life through a series of millions of imagined good mutations or coincidences! Good mutations do not exist. But every body knows that not only life exists but all the accompaniments of life given above.

As the area of Embryology has been extensively covered Sheikh Abdulmajid Azzindani of Yemen, Dr. Mohammed Albar of Saudi Arabia, Professor Keith Moore, professor of embryology of Toronto university, and although this science is richly and advancely covered in the Holy Qur'an, has been omitted here to avoid duplication. References are given and the reader is urged to consult these excellent works for further reading.

The author does not claim that this is the final interpretation of these medical verses and Sunnah but one has to start somewhere. Therefore all corrections and comments are welcomed to improve future reprints. Send them to: P. O. Box 21425 Nairobi, 00505 Kenya. Email: profamaadam@yahoo.com, Telephone 00254203751088.

KEY

AIDS = Acquired Immunodeficiency Syndrome.

HIV = Human Immunodeficiency Virus

Subhanahu wa taala= Glory be to Him

Sallallahu aleihi wasalam=Peace be upon him

Radhiallahu anhu [or anha]=May Allah be pleased with him [or her]

BOOK 1

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CHAPTER 1.1

**THE MANY PROCESSES OF FERTILITY
SCIENCE IN THE HOLY QUR'AN : A
COMPARISON WITH HISTORY OF
FERTILITY IN WESTERN SCIENCE**

ABSTRACT

The Holy Qur'an as part of its miracles contain many processes of fertility science that antedates western science by more than 1400 years. These processes include the site where gonadogenesis [formation of fertility organs] and original primordial cells develop, gametogenesis [formation of fertility cells], mingling of spermatozoa with accessory glands' fluids, emission, lodgement of sperm fluid into the uterine tubes, extraction [or selection] of a single spermatozoon [or a couple of spermatozoa] out of many millions, fertilization, blastocyst [the new embryo] transport, endometrial thickening [in readiness to implantation] and finally implantation. Behind all these processes there is a lesson to be learned and a moral philosophy to be appreciated and practiced.

Key words: The Holy Qur'an, fertility science, reproductive physiology, embryology, moral philosophy.

INTRODUCTION

In 1651 William Harvey [famed in Western Science for his experiments in blood circulation] studied embryos in fallow deer using a simple lens and he concluded that embryos are 'SECRETED BY THE UTERUS'. Around 1673 Leeuwenhoek developed his first microscope. In 1675, Malpighi studying what he thought were unfertilized hen's eggs observed what he interpreted as small chicks inside them. From his observations he thought that:-

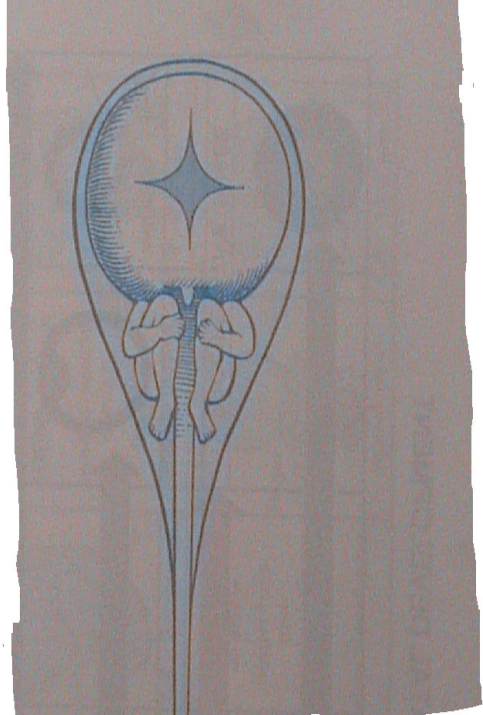
The cock had no role in reproduction.

Right from the formation of the egg, there was a small, fully formed, tiny chick inside.

This is called the PREFORMATIONAL theory of embryology. He did not know that there is fertilization and secondly that the embryo passes through various stages, before it finally takes the shape of a chick.

In 1677 Leeuwenhoek and Hamm using the microscope of the day for the first time in Western Science observed human spermatozoa. Unfortunately they misunderstood their role. They were again not aware of the process of fertilization and

even the presence of embryological stages. They thought that spermatozoa contained 'small babies' as seen in figure 1.



This is another form of the PREFORMATIONAL THEORY OF EMBRYOLOGY. This theory does away with the whole of the science of fertility and the whole of embryology.

At last in 1775 Spallanzani, studying frog's eggs and spermatozoa in water for the first

time in Western Science put forward the theory of fertilization. Therefore in western knowledge the process of fertilization is known for only about 200 years. But Spallanzani did not know when sex is determined in the embryo, at the sperm level, at early, mid or late embryological stages. However the Holy Qur'an had not only described in detail, and in stages not less than nine, the processes of fertility science but also when is sex determined in the embryo, as is described below. This had to wait for another two centuries before the same knowledge reached Western Science when man discovered that it is at the sperm level that sex of the baby is determined.¹

This chapter through original research has been able to identify from the verses of the Holy Qur'an not less than nine different stages necessary for fertility.

It must be remembered that the Holy Qur'an and Prophet Muhammad's [salallahu aleihi wasalam] sayings antedates Western Science of fertility by more than one thousand years, as the Holy Qur'an was revealed to Prophet Muhammad [salallahu aleihi wasalam] in the seventh century.

It must also be remembered that the Holy Qur'an is a Divine book that has remained

unaltered throughout the centuries. If one compares and carbon-dates old copies of the Glorious Qur'an lying in many museums of the world with recently printed copies, he will find them identical. If all copies of the Holy Qur'an were to disappear today, the printed from of the Holy Qur'an will be immediately reproduced without any mistake, because they are always thousands of Muslims in the world who have perfectly memorised this miraculous book as Allah [subhanahu wa taala] says;

إنا نحن نزلنا الذكر وإنا له لحفظون.

“We have without doubt sent down the message [the Qur'an], and We will assuredly guard it from any kind of corruption.”²

Although it is fourteen centuries old the Holy Qur'an never ceases to amaze both Muslims and non-Muslims because of its many accurate statements of various scientific disciplines.¹

What is more exiting is that there is NEW SCIENCE in the Holy Qur'an and Prophet Muhammad's [salallahu aleihi wasalam] traditions, that has not yet been realized by modern Western science. While most textbooks of fertility discuss male and female

factors separately, the author is presenting a physiological approach by collecting different verses of the Holy Qur'an put together in a dynamic manner. Never before, have so many processes of fertility been realized from this Divine Book. It follows the gametes [germ cells] right from their original site of formation in the embryo, though its different places of translocation [and its further development] to the conception of another embryo and another set of gametes is created, and the cycle is repeated.

THE QUR'ANIC NARRATION OF THE DIFFERENT STAGES IN THE CYCLE OF HUMAN REPRODUCTION

This CYCLE is divided into following stages:-

Gonadogenesis and Gametogenesis

Allah [subhanahu wa taala] says:

خلق من ماء دافق . يخرج من بين الصلب والترائب .

“He (man) is created from an emitted fluid. Proceeding from between the backbone and the ribs.”³

The genital ridges [these are prominent areas inside the abdomen of the fetus where the testes and the ovaries begin to develop] do not appear in the embryo until the fourth week of embryonal life, and the original primordial cells do not appear at this site until the sixth week of embryonal life. It is from these cells that the gonads [the germ factories, testes and ovaries] develop. This site lies between the backbone [spine] and the ribs [the costovertebral angle]. These gonads later descend into the pelvis in female newborns and the scrotal sac in male newborns and they reach there just before birth. Even in the adult, the nervous and arterial blood supply of the gonads, the venous and lymphatic drainage is to the same site, in between the backbone and the ribs.

This knowledge of embryology in western science is very recent, about 40 to 50 years old, while the Holy Qur'an was revealed more than fourteen centuries ago.

Note that this verse says the fluid is emitted. It is emitted in both male and female. For man this is seen. How could the Prophet of Islam, [salallahu aleihi wasalam], 14 centuries ago without a laparoscopic instrument [a tool for looking inside the

tummy, passed through a perforation made on the abdominal wall] know that even in the female, the egg is emitted forcibly, like a volcano, inside the tummy, once a month during ovulation without being informed by One who has created the human being and his intricacies!

Mingling

Allah [subhanahu wa taala] says:

إنا خلقنا الإنسان من نطفة أمشاج

“Verily we created man from a drop of mingled sperm.”⁴

In the early seventh century in the desert of Arabia there were no dissections and no anatomists. No human being at that time, without divine inspiration, could have the knowledge contained in this and other verses in this chapter. The most obvious and first mingling of the sperm is the mixing of spermatozoa from the testicles with fluids from the prostate, seminal vesicles and Cowper’s glands. This obvious interpretation is supported by the commentator of the ‘Muntakhab’ [selections] edited by the Supreme Council for Islamic Affairs, Cairo, Egypt.⁵

Even at present the full roles of the accessory glands' fluids are not fully understood. Of the hundreds of substances in the semen, only fructose and rarely zinc are tested for. Most of the semen analysis consists of looking at and counting the spermatozoa.

Emission

Allah [subhanahu wa taala] says:

فليُنظر الإنسان مم خلق . خلق من ماء دافق .

“Now let man but think from what he is created. He is created from a fluid emitted.”⁶

Lodgement

Allah [subhanahu wa taala] says:

وأنه خلق الزوجين الذكر والأنثى . من نطفة إذا تمنى .

“That He did create the pairs, male and female. From a sperm drop when lodged.”⁷

After emission the sperms are in the female passage but this is not the place of fertilization. They have to be LODGED in the ampulla of the fallopian tubes where fertilization normally takes place.

However this verse goes beyond the process of fertility. It states a point at which sex is determined in fertility science. Even when Lazaro Spallanzani in 1775 put forward the theory of fertilization neither he nor anybody else, in western science, knew at that time, whether sex of the baby is determined at ovulation, in sperm, at the beginning, in mid or at the third trimester of pregnancy. This verse clearly states that sex is determined soon after spermatozoa are lodged.

There was no chromosomal analysis and no karyotyping possible in early seventh century anywhere in the world to find the genetic makeup of a human being. It is impossible that this knowledge could come from an ordinary human being at that time. Now it is common knowledge that when an X chromosome carrying spermatozoon fertilizes an ovum female sex is determined, and when a Y chromosome carrying spermatozoon fertilizes an ovum a male fetus would result.

Filtration

Allah [subhanahu wa taala] says:

ثم جعل نسله من سللة من ماء مهين .

“And made his offspring from a filtrate of despised fluid.”⁸

How would anybody without a microscope in early seventh century know that there are filtrable spermatozoa and an ovum in the secretions from a man and a woman respectively, without divine statement like above? Out of millions of spermatozoa only one [or rarely a couple] have to be filtered out [or selected] to participate in fertilization. The rest of spermatozoa, sperm fluid, corona radiata cells and their fluids do not participate in the actual process of fertilization.

This verse is further explained by the following saying of Prophet Muhammad:-

عن أبي سعيد الخدري . سمعت يقول : سئل رسول الله صلى
الله عليه وسلم عن العزل . فقال : ما من كل الماء يكون الولد
. وإذا أراد الله خلق شيء لم يمنعه شيء . رواه مسلم

Abu Sa'id Al-Khudri [radhiallahu anhu] reported that Allah's Messenger [salallahu aleihi wasalam] was asked about 'azl [coitus interruptus] whereupon he said: 'The child does not come from all the liquid [semen]. If Allah intends to create anything, nothing

can prevent it [from coming into existence].⁹

This knowledge that it is not the entire fluid that is essential for fertilization must be a Divine inspiration as no human being could have such information at that time. There is also a Divine hand in the choosing of that special single spermatozoon to make a special human being. Humans are not clones. To think that it is only its speed or its chemical constitution that determines the winning germ cell then all human beings would be either marathon runners or trackers! Intelligent genes inside the spermatozoon would not necessarily make the winning spermatozoon a fast runner to reach the egg quickly and fertilise it.

Fertilization

Allah [subhanahu wa taala] says:-

إنا خلقنا الإنسان من نطفة أمشاج

“Verily We created man from a seed of life that is mixed.”⁴

As encyclopedia Britannica describes Islam as a rigorously MONOTHEIC religion the Almighty refers himself as “We” as a sign of greatness. It is a Majestic ‘We’.

This is a slightly different translation of the same verse that was cited earlier. It is not unusual in the Holy Qur'an to find a word with more than one meaning. This shows its eloquence. One cannot restrict the meanings of Qur'anic words into myopic interpretation, as long as there is supporting evidence for example from the Sunnah. In many places in this Holy book when Prophet Muhammad, [salallahu aleihi wasalam], is addressed this does not mean that what is being said is for the Prophet only but it includes many people who are prepared to heed the Islamic call. This second meaning of 'Amshag' is deducted from the traditions of Prophet Muhammad [salallahu aleihi wasalam]. From a collection of Imam Ahmad bin Hanbal :

عن عبد الله بن مسعود رضى الله عنه أنه قال : مر يهودي برسول الله صلى الله عليه وسلم وهو يحدث أصحابه فقالت قريش : يا يهودي إن هذا يزعم أنه نبي فقال لأسألنه عن شيء لا يعلمه إلا نبي , قال فجاء حتى جلس ثم قال : يا محمد مم يخلق الإنسان ؟ فقال رسول الله صلى الله عليه وسلم : يا يهودي من كل يخلق من نطفة الرجل ومن نطفة المرأة . رواه أحمد

Narrated Abdillahi Ibn Masud; A Jew passed the Prophet, while he was talking to his companions. The Qureish people said; 'This man

claims to be a prophet.' The Jew said I am going to ask him a question no one knows the answer except a Prophet. The Jew then approached the Prophet [salallahu aleihi wasalam] and said : ' O Muhammad tell me from what thing man is created .' The Prophet answered , ' From both male and female drop of fluid man is created .' " 10

And in another tradition .

عن أم سلمة قالت جاءت أم سليم إلى رسول الله صلى الله عليه وسلم فقالت : يا رسول الله ، إن الله لا يستحي من الحق ، فهل على المرأة من غسل إذا احتلمت ؟ فقال النبي صلى الله عليه وسلم : إذا رأت الماء ، فغطت أم سلمة تعني وجهها ، وقالت : يا رسول الله وتحتلم المرأة؟ قال : نعم ، تربت يمينك ، فبم يشبهها ولدها . رواه البخاري

Um Sulaim came to Allah's messenger [salallahu aleihi wasalam] and asked: 'Is it necessary for a woman to take a bath after she has a wet dream (nocturnal discharge)?' The Prophet[salallahu aleihi wasalam] replied; 'Yes, if she notices a discharge.' Um Salamah then

covered her face and asked; 'O Allah's messenger! Does a woman get a discharge?' He replied: 'Yes and that is why the son resembles his mother [also].'¹¹

Clearly, this 'Hadith' [Prophet's saying] shows not only that, a woman equally participates in fertilization but it goes beyond fertility science into genetics to show that the mother's genetic characteristics are similarly transmitted to the offspring. The above female discharge cannot be cervical or other orgasmic fluids but include ovarian ovulation fluid which contain the ovum whether this is synchronised with the orgasm or comes later.

Cervical fluids do not contain genetic material!

Therefore from the above Prophet's traditions one appreciates the other very important meaning of 'Amshag' which means mixing of the male and female fertile fluids. This is also the translation of Ibn Abbas.¹² This is the process of fertilization. The most import and constant dynamics of spermatozoa is mixing. As soon as they form in the testis they mix with fluids there, then with seminal vesicles fluids, the prostatic

fluids, the Cowper's glands' fluids, female passage fluids, cervical fluids, endometrial secretions and fallopian fluids. The final and most important mixing of a spermatozoon in fertilization with and ovum.

Even the ovum with its corona radiata when released from the ovary into the fimbria of the fallopian tube it mixes with peritoneal, fimbrial and fallopian tube fluids before the most important mixing , with one spermatozoon in the ampulla of the fallopian tube to complete the process of fertilization.

Blastocyst Transport, Endometrial Cycle, Implantation and Their Timing

Allah [subhanahu wa taala] says:

ثم جعلناه نطفة في قرار مكين .

“Then we placed him as seed of life in a place of rest (after its movements) firmly fixed.”¹³

And in another verse:

الله يعلم ما تحمل كل أنثى و ما تغيض الأرحام وما تزداد وكل شيء عنده بمقدار .

“Allah knows what any female bears in her womb, and by how much the wombs may decrease

and by how much they may increase. For Him everything is duly measured [in size, time and any other dimension] ¹⁴

The product of fertilization has to be transported to another place, because the place of its further development is different from the place where fertilization takes place. Fertilization takes place in the fallopian tubes while the baby grows in the womb. Anything that comes to rest must have been in movement or transport at one time. If this movement comes before firm fixation this transport must be blastocyst transport in the oviduct [uterine tube].

When the blastocyst becomes fixed to the inside of the womb, it is not sufficient to attach itself like a receptor, but it has to be buried into the depth of the endometrium, in the language of the Glorious Qur'an, firm fixation and in science terminology implantation.

The above verse describes a key physiological control and design process. Note that:-

- 1)] In the decrease and increase of the 'womb' lies the endometrial cycle, which occurs in a period of about a

month.

- 2)] In the endometrial cycle lies the whole control system involving the hypothalamus, the pituitary, the corpus luteum, their hormones and their feedback control systems. Hence this is a key physiological verse.
- 3)] The endometrium increases by 5 to 6 mm in the proliferative phase and a further 6 to 8 mm in the secretory phase, a total of 11 to 14 mm. The exact amount of increase Allah [S W] knows.
- 4)] The three processes above, first the transport of the blastocyst to the endometrium, second the preparation of the blastocyst for its firm fixation and third the preparation of the endometrium for receiving the conceptus, have to be duly measured in size, time and synchronized. This takes about 6 to 7 days after ovulation. If the blastocyst reaches the endometrium too first both these tissues would not be ready for each other. Therefore there would be no firm fixation and hence no pregnancy will result.

- 5)] To state that all these many and complex processes of fertility occur by chance and pure random activity or all these processes came into existence by a freak accident or multiple series of accidents, is an insult to the first and second law of thermodynamics. These two laws in a nutshell state that everything moves from high to a lowest state of energy and not vice versa, and from an orderly state to a most random state if left alone and not vice versa. The blastocyst is an epitome of well organized, high energy and yet very tiny complex system without a tendency for overheating!
- 6)] In the above verse the Ultimate Designer and Creator refers Himself to His proper noun - Allah, not the pronoun of greatness - 'We,' showing there are many complex processes of creation necessitating this proper noun!

Early Embryonic Development

After implantation the blastocyst gradually develops into an embryo. This stage is

described in the Glorious Qur'an as 'Alaqah' which appears in several chapters of this Holy Book. It describes a specific embryological process in human development while in the womb. Like the word 'Amshag' above it has at least two meanings. Instead of confusing the two meanings help in understanding its anatomy. the first meaning is a leech-like structure, because if you look at it alone, it looks like a leech. This is small worm-like creature that lives in water and sucks blood. The second meaning is 'something that clings' because it has a stalk with which it clings to the endometrium. All these meanings are correct. When they are taken together they make the 'Alaqah' most visualized. There is a whole chapter of the Glorious Qur'an named after this embryonic stage: chapter al-'Alaq and therein are the very first verses of the Glorious Qur'an that were revealed to Prophet Muhammad [salallahu aleihi wasalam]in the cave of Hira :-

Allah [subhanahu wa taala] says:-

اقرأ باسم ربك الذي خلق . خلق الإنسان من علق . اقرأ وربك
الأكرم . الذي علم بالقلم . علم الإنسان ما لم يعلم .

“Read in the name of thy Lord and Cherisher; Who created man out of a leech-like substance; Proclaim that thy Lord is most Bountiful; He who taught (the use of) the pen: Taught man that which he knew not.”¹⁵

DISCUSSION

In early seventh century in the desert of Arabia there was neither microscopists, embryologists nor histologists. No human being at that time could independently know all the above many complex processes of fertility science. This is one other aspect of “I’jaz” [proof of the authenticity of] al-Qur’an. One may ask why should a book of religious guidance contain such exquisite and detailed scientific knowledge of fertility [and other areas of human knowledge]? The answer lies in the following verse directed at nonbelievers :-

Allah [subhanahu wa taala] says:-

سنر يهم ء ا يتنا فى الأفاق وقى أنفسهم حتى يتبين لهم أنه
الحق أولم يكف بربك أنه على كل شيء شهيد .

“Soon we will show them [the truthfulness] of our verses in the

farthest regions [of the earth] and in themselves until it becomes manifest to them that this [the Qur'an] is the truth, is it not sufficient in regard to your Lord that He is a Witness over all things?"¹⁶

'in themselves' refers to those sciences that are very close to a man's heart like fertility science above.

The above knowledge at the time of the revelation of the Holy Qur'an was not only a miracle at that time because it told people things they knew not ahead of their time but even at present it is still a miracle. In modern hospitals all over the world and state of art fertility clinics whether in New York or London, when an infertile married couple at present, attends the infertility clinic the doctor concentrates only on three things:- [i] are there enough motile spermatozoa in the male fluid? [ii] is the woman ovulating? and finally [iii] are the fallopian tubes patent? These are only three stages but the Holy Qur'an gives us nine stages of fertility. The other stages we do not have, at present, the technology to test them. The Holy Qur'an is still ahead!

But even non-Muslims like Professor Keith L. Moore was fascinated by the accuracy of the human embryological stages in the Holy Qur'an that he printed another edition of his widely read textbook quoting from this Holy Book. The title of his textbook is :- 'The Developing Human: Clinically Oriented Embryology, With Verses From The Holy Qur'an and Prophet Muhammad's Traditions.'¹⁷ Maurice Bucaille a French doctor became a Muslim when he saw these and other scientific verses of the Holy Qur'an.

Even non-scientists have found some useful knowledge from the Holy Qur'an. The world leader of the Roman Catholic church, Pope John Paul II in his daily business of looking for words to glorify god in his christian sermons admits in page 92 of his book 'Crossing the threshold of hope' he admits:- "SOME OF THE MOST BEAUTIFUL NAMES IN HUMAN LANGUAGE ARE GIVEN TO THE GOD OF THE QUR'AN." It is only the Qur'an that can give humanity 99 names or attributes of the Almighty!

To everybody these verses will also make one more humble when one remembers one's humble origin. That at one time the individual was part of a fluid passing

through a pipe that also transmits the foul smelling liquid - urine! As the following verse states:

Allah [subhanahu wa taala] say:-

ألم نخلقكم من ماء مهين .

“Have We not created you from a fluid held despicable?”¹⁸

In biological sciences, one learns only the mechanics of various phenomena. However the Glorious Qur’an goes further to give the philosophy behind all these processes, as in this example - the physiology of fertility, e.g to remind him of his lowly beginnings to remove from him any arrogance that he may have.

Another purpose of this important lesson from the Holy Qur’an is to teach those who go to ask or who pray other than Allah when they are in need. They may ask soothsayers, fortune tellers, their dead forefathers, saints who alive or dead, their graves, dead Prophets of Allah, peace be upon them, Holy people who have been made to acquire divinity or have been made sons of God when God does not need a son in one form or another, people who have been made go-betweens with the Almighty or even ask

idols in one form or another thinking that these idols will bring them closer to the Almighty. This need could be trying to conceive but finding it impossible or it could be another need. Sometimes they do not only ask these false dieties but give pledges 'Nadhr' to these false dieties that they will do one thing or another when their prayer is answered. For such Allah, glory be to him tells them:-

هذا خلق الله فأروني ماذا خلق الذين من دونه بل الظالمون
في ضلل مبين .

"This is the creation of Allah. So show Me that which those [whom you ask] besides Him have created. Nay the 'Dhalimun' [polytheists, wrong doers, and those who do not believe in the Oneness of Allah] are in manifest error."¹⁹

A new born child is a creation of Allah. Doctors only facilitate. Once a couple unable to conceive have sought all Islamic legal channels to get a child, they should sit down and pray to the Almighty Creator to give them a child. Not to ask false gods! Because Allah, glory be to Him, shows in the above verses of the Holy Qur'an, He is not only the one creates babies but has this knowledge of

fertility science even before man began to get the rudimentary information on this science.

ANOTHER MIRACLE

When you read this verse :-

أفرء يتم ما تمنون . ء أ نتم تخلقونه أم نحن الخلقون .

“Have you seen that which you emit? Is it you who creates it, or are We the creator? ²⁰

Certainly this verse although revealed more than 1400 years ago to many people, at that time, including Abu Jahl, who was one of the greatest opponents of Prophet Muhammad, peace be upon him, it was not revealed to them. Abu Jahl never even looked at this miserable fluid. The reasons for this are many, he never knew its significance, he never had a microscope to examine it and with his arrogance he would never touch this DIRTY FLUID! Abu Jahl’s pre-occupation was his caravans in summer to Syria and in winter to Yemen.

The Almighty, with His infinite knowledge, knew that there will come a people who while preparing test tube babies they will be soiling their hands with this dirty fluid. Doctors, these days, take mothers’ eggs and

mixes them with sperms in a test tubes in their laboratories. They also do many experiments with semen. THEREFORE ALLAH, GLORY BE TO HIM SENT THIS VERSE TO US SCIENTISTS OF THESE TIMES NOT ABU JAHL!

CONCLUSION

As the knowledge presented above was in the Holy Qur'an long before the time of its human discovery, it is not therefore surprising if we find 'new science' in the Holy Qur'an in the future. It is therefore a challenge to Muslims who read this Divine Book daily, morning and evening , to find out this knowledge. It is also imperative on Muslims of different specialties to find the same from Prophet Muhammad's [] "Ahadith" (sayings) so that all mankind can derive benefit from this fountain of knowledge.

Therefore the author has made an attempt in the following chapters to do exactly this.

POSSIBLE LINES OF FUTURE MEDICAL RESEARCH IN THIS DISCIPLINE

Despite advances in fertility science with now the possibility of a test tube baby,

unfortunately the present success rate in this procedure is only 10 % , still very low. Therefore one of the processes outlines above, blastocyst transport need further studies to find which are the important 'tubal factors' that will increase the success rate of test tube babies. Does [a] the blastocyst also influence the endometrium and its implantation? Is it the [b] the mechanical shaking effect on the blastocyst as it is being transported slowly over a distance of one inch over seven days important in its maturation? Or are there [c] tubal growth factors that are important in the maturation of the blastocyst?

More research is required to find out [a] accessory gland fluid functions [b] the entire gamete transport [c] fallopian tube factors [d] chromosomal influences on the gametes [e] vaginal, cervical and endometrial factors on the gametes and [f] the filtration or the selection mechanisms of the spermatozoa may have to be more carefully studied if we were to make further progress.

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CHAPTER 1.2

GENDER JUSTICE AND HUMAN GENETICS FOUND IN THE HOLY QUR'AN AND SUNNAH.

ABSTRACT

The Holy Qur'an and Prophet Muhammad's [peace be upon him] sayings (Ahadith) have described many Mendelian and Non-Mendelian genetic principles more than a millenium before they were discovered in contemporary science. This is not only to show the advanced nature of the knowledge in this two sources and part of the vast miracles of the Holy Qur'an, but also to remove unnecessary suspicions among married couples and to start a genuine woman liberation. This is not surprising as there are many verses in this sacred Book which states that it was sent as a blessing to the entire mankind and for posterity.

Key words: The Qur'an, Sunnah, genetics, reproductive physiology, embryology

INTRODUCTION

The Glorious Qur'an is the Holy Book of Muslims and it has been in existence for

more than fourteen centuries and it never ceases to amaze both Muslims and non-Muslims¹. The "Sunnah" is the compilation of the sayings and practices of prophet Muhammad [salallahu aleihi wasalam]. The Islamic medicine has been inspired by these two sources. Recently many scientists have turned to this fountain of knowledge either to get a different view of certain scientific principles or just to admire the accuracy of the many different sciences in this religious Book. The next logical step is to look for new ideas from this fountain of knowledge. This chapter will first trace various fundamental principles of human genetics found in the Holy Qur`an and Sunnah and trace when the same knowledge became known to Western science.

SEX DETERMINATION

When Spallanzani in 1775 discovered fertilization by studying frogs he did not know at what point sex is determined in the frog.¹ In mammals the knowledge of sex determination had to wait until 1959 for Jacobs et al and Welshons and Russell studying the mouse in the same year to show that mammals resemble the plant

Melandrium in that the Y chromosome is male determining. This paved the way to show how semen by containing X and Y carrying spermatozoa determine sex of the baby and at what point in its embryology.²

However the Glorious Qur'an describes fertilization in detail and has done this in not less than nine stages.³ This holy Book has gone further to show at what point in human embryology sex is determined:

Allah [subhanahu wa taala] says:-

وأنه خلق الزوجين الذكر والأنثى . من نطفة إذا تمنى .

“That He did create the pairs, male and female. From a sperm drop when lodged.”⁴

This verse clearly states more than fourteen centuries ago that sex is determined soon after a sperm drop is lodged. This is the stage of sex determination.

This fact has been repeated several times in the Qur'an for emphasis. In another verse

Allah states:-

ألم يك نطفة من مني يمى . ثم كان علقة فخلق فسوى .
فجعل منه الزوجين الذكر والأنثى .

“Was he not a drop of semen emitted. Then did he become a leech like ‘clot.’ Then did (Allah) make him and fashion him in due proportion. And of it (semen), He made the two sexes: male and female.”⁵

This verse clearly states what determines the sex of the baby. In Arabic, many articles of language including verbs have gender. It refers to semen becomes the reference is masculine, which is semen, all the other previous items like ‘drop’ and ‘leech like clot’ are feminine.

When it comes to sex of the creatures even insects the Holy Qur’an is very accurate. Whenever the worker bee is mentioned , its actions are stated in the female gender. Allah says:-

وأوحى ربك إلى النحل أن اتخذى من الجبال بيوتا ومن الشجر
ومما يعرشن . ثم كلى من كل الثمرت فاسلكى سبل ربك
ذلا يخرج من بطونها شراب مختلف ألونه فيه شفاء للناس إن فى
ذلك لآية لقوم يتفكرون .

“And your Lord inspired the bees saying: ‘Build cells in hills, on trees, and in (men’s) habitations; Then, eat (feminine) of all the produce (of

the earth), and follow (feminine) the paths of your Lord made easy [for you].’ There issues from their (female) bellies, a drink of varying colours, wherein is a healing for mankind: Verily, in this is indeed a sign for those who think.”⁶

Prophet Muhammad [salallahu aleihi wasalam] without a dissecting microscope, in the seventh century in the dessert of Arabia, would not know without Divine inspiration that honey issues out of a female bee ! Shakespeare much later thought the same bee is male!⁷

PROPERTIES OF CHROMOSOMES

[1] Determining the future

Properties of the germ cells that carry characteristics of the offsprings through their chromosomes are also described in the Glorious Qur’an. Allah says:-

من أي شيء خلقه . من نطفة خلقه فقدره .

“From what stuff has He created him? From a sperm-drop, He has created him and then ‘qaddarah’

[moulded him in due proportion].”

8

“Qaddarah” has been traditionally interpreted to mean molded him in due proportion. However, another meaning of this word would be “determine his destiny.” In that sense, the verse could be interpreted as “programming his future,” i.e. one of the ways is by establishing his genetic makeup which is in chromosomes.

[2] Occurring in pairs

ومن كل شيء خلقنا زوجين لعلكم تذكرون .

“And of every thing We have created, a pair: That you may remember.”⁹

The above two verses refer to two very important properties of chromosomes. The first verse refers to the property of chromosomes of carrying the characteristics of the individual and the second verse refer to a general principle, that nuclear chromosomes are not spared from. That is, pairing of things in the universe. Even things that superficially appear as one are indeed two. There is one head but it contains two cerebral and cerebellar hemispheres. Even the brainstem and spinal cord are formed by

fusion of two halves dorsally. This concept of pairs is not limited to chromosomes and biological matter above, in fact it is universal applying even to physical matter like positive/negative electrical charges, north/south magnetic poles, acid and alkali, [before these were discovered in western science] as another verse again indicate:-

سبحن الذى خلق الأزواج كلها مما تنبت الأرض ومن أنفسهم
ومما لا يعلمون .

“Glory to Allah, Who created in pairs all things that the earth produces, as well as their own [human] kind and [other] things of which they have no knowledge.”¹⁰

- 1) Things which were not known in the seventh century by man which were in pairs include nuclear chromosomes.
- 2) Union of uniploid cells to become diploid cells.

Is also an important feature of chromosomes at the time of fertilisation. This brings together a pool of characteristics from the two parents, increase variability and dilute

disease genes which are usually weak [recessive] in the offspring.

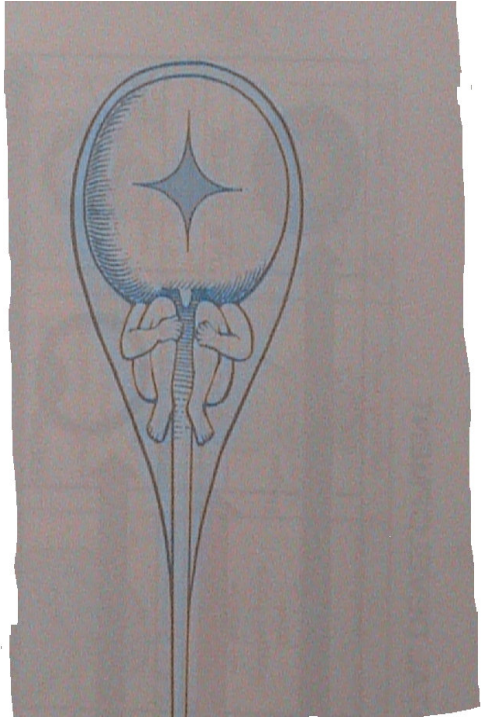
In another verse Allah [subhanahu wa taala] says:-

إنا خلقنا الإنسان من نطفة أمشاج

“Verily We created man from a drop of sperm that is mixed;”¹¹

Ibni-Abbass said in the seventh century, in the translation of the above verse, that the fluid of a man becomes mixed with that of a woman in the creation of a human being.¹²

This verse describes the process of fertilisation in the seventh century. This was not so obvious to Hamm and Leeuwenhoek who after seeing spermatozoa for the first time, in 1677, misinterpreted their role and thought spermatozoa contain small fully formed babies [figure 1] ¹.



This interpretation does not only do away with fertilization, and the whole of embryology science but wipes out the science of genetics.

ANOTHER CHARACTERISTIC OF CHROMOSOMES

PRESENC OF MOSAICISM

Mosaicism result from a process where one or more pairs of chromosomes fail to separate during cell division especially early in embryonal life so that there are three or more populations of cells one group of cells with a chromosome missing, another with an extra chromosome and a third with normal chromosomal component in the same individual creature. This mixture of cells containing different chromosomal numbers is called a mosaic and the process mosaicism.

In man this usually signify an abnormality.

Allah says:-

وفي الأرض قطع متجورت وحتت من أعنب وزرع ونخيل صنوان وغير صنوان
يسقى بماء وحد ونفضل بعضها على بعض في أكل إن في ذلك لأيت لقوم
يعقلون .

“And in the earth are tracts [diverse though] neighbouring, and gardens of vines, other produce and date palms growing out of single roots or otherwise:

watered with same water, yet some of them We make more excellent than others to eat. Behold, verily in these things there are Signs for those who understand!"¹³

One way a plant with same root, watered by the same water, which has not been grafted, can have a fruit which is bitter and in another part of the same plant, have a delicious fruit is by mosaicism. An artificial mosaic can be done in agriculture when a farmer takes a shoot from a delicious orange and grafts it on a bitter lemon. The result will be a tree with one part having delicious oranges and another part bitter lemons on the same tree as the verse states above. This would be a clear example of a MOSAICISM in plants, However in man this occurrence usually has serious consequences.

THE VAST GENETIC POOL

Allah [subhanahu wa taala] says:-

ألم تر أن الله أنزل من السماء ماء فأخرجنا به ثمرات مختلفا
ألوانها ومن الجبال جدد بيض وحمر مختلف ألوانها وغرابيب سود

“Seest though not that Allah sends down rain from the sky?

With it we then bring out
produce of various colours.
And in the mountains are tracts
white and red, of various
shades of colour, and black
intense in hue.”¹⁴

Colours of produce are determined by genes.
In mountains of sedimentary rocks the
colours of the layers of the tracts are made of
plant and animal species in water and their
colours are also determined by genes! In
another verse Allah says:-

وهو الذى أنزل من السماء ماء فأخرجنا به نبات كل شىء
فأخرجنا منه خضرا نخرج منه حبا متراكبا ومن النخل من طلعها
قنوان دانية وجنت من أعناب والزيتون والرمان مشتمها وغير
متشبهه انظروا إلى ثمره إذا أنثر وينعه إن فى ذلكم لأيت لقوم
يؤمنون .

“It is He Who sendeth down rain
from the skies: with it We produce
vegetation of all kinds: from some
We produce green [substance], out
of which We produce, close-
compounded grain. Out of the
date-palm and its sheaths [or
spares; come] clusters of dates
hanging low and near: and [then
there are] gardens of grapes and

olives and pomegranates, each similar [in kind i.e. species] yet different [in genetic variability]: when they begin to bear fruit, feast your eyes at the fruit when it ripens! Behold ! in these things there are signs for people who believe.”¹⁵

ومن الناس والدواب والأنعم مختلف ألونه كذلك إنما يخشى الله
من عباده العلماء إن الله عزيز غفور.

“And so amongst men and beasts and cattle, are they of various colours. Among His servants [mankind] those who truly fear Allah, are those who have knowledge: for Allah is Exalted in Might, Oft-Forgiving.”¹⁶

People who have knowledge in this case are genetic scientists. However it includes all learned people with knowledge that it is useful to mankind. Even laymen with open minds when they observe the pairing of things in the universe as indicated above they will see the unity of design, unity of purpose and Unity of The Creator.

EXISTENCE OF RECESSIVE GENES

The existence of recessive and dominant traits were described in the Prophet's sayings before Gregor Mendel was born. A recessive characteristic is not very 'strong'. Therefore it does not appear in every generation. While a dominant gene is expressed in the offspring in every generation.

عن أبي هريرة : أن رجلا أتى النبي صلى الله عليه وسلم فقال : يا رسول الله ولد لي غلام أسود , هل لك من إبل؟ قال : نعم , قال : ما ألوانها؟ قال : حمر , قال : هل فيها من أورك؟ قال : نعم , قال : فأني ذلك؟ قال : لعل نزعته عرق , قال : فلعل ابنك هذا نزعته . رواه البخاري .

Abu-Huraira narrated: A man came to Prophet Muhammad (salallahu aleihi wasalam), and said: "O Allah's prophet, a black child has been born for me!" The Prophet asked him, "Do you have camels?" The man replied, "Yes." The prophet asked him , "What colour are they?" The man replied, "Red". The Prophet said, "Is there a gray one among them?" The man replied, "Yes". The Prophet said, "Whence comes that?" He said,

“May be it (the gray colour) was pulled out by a hidden trait”. The Prophet said, “May be your son’s (colour) was pulled out (by a hidden trait)”.¹⁷

The above cited Prophet’s saying refers to the existence of recessive genes. If this was not the case, the man would have continued to suspect his wife’s wrong-doing.

Gregor Mendel published his work on the properties of the hereditary elements in 1866 in the journal: The Proceedings of the Brunn Natural History Society, which was sent to most of the learned scientific societies throughout the world. It is noteworthy that in all cases they failed to appreciate the importance of the findings, possibly because scientists at that time were unable to relate them to any visible physical structures in the gametes by which the hereditary factors might be transmitted from parent to offspring. What they could not see they could not believe!¹⁸

It is not surprising then to find a great amount of scientific data present in the Holy Qur’an and authentic Prophet Muhammad’s traditions completely ignored because scientists cannot picture them in their minds!

DOMINANT GENES

وإذا سبق ماء الرجل ماء المرأة نزع الولد , وإذا سبق ماء المرأة
نزعت ... رواه البخارى

In a long tradition narrated by Anas, Prophet Muhammad (salallahu aleihi wasalam) said: "And if a man's discharge preceded [by winning over] that of the woman, then the child resembles the father, and if the woman's discharge preceded [by winning] that of the man, then the child resembles the mother."¹⁹

'sabaqa' is not limited to preceding in time only like in a race, but it includes other forms of winning like overpowering in wrestling and other forms of winning. ²⁰ In this tradition Prophet Muhammad [salallahu aleihi wasalam] states that there is a tussle between the father's and the mother's reproductive fluids, and that the fluid that precedes in the competition determines whether the child will resemble [and this includes other genetic characteristics] the father or mother. With the current human knowledge this refers to the dominant genes whether present in the male or female genetic fluids, because in simple genetics it is

the dominant genes that win.

However the literal translation of sabaqa precede in time in a race, also warrants further research to determine whether the ovum or the spermatozoa reach first in the fallopian tube determine the process of gene activation or gene penetrance to be able to explain difficult genetic principles such as, non-penetrance of dominant genes, Lyon's hypothesis and the manifesting carrier. ^{21, 22, 23}.

DISCUSSION

One may ask why should a book of religious guidance, revealed more than 1400 years ago, contain such advanced knowledge of human genetics? The answer lies in the following:

JUSTICE IN THE HOLY QUR'AN AND SUNNAH

First to bring gender justice and equality and to initiate woman liberation. It is important to remember that when the Glorious Qur'an was revealed women rights were non-existent many a female child was buried

alive to avoid the shame of bearing a girl child and her mother ostracized for bringing shame to the family. The cited two verses ^{4,5}, clearly state if there was anybody to blame it is the father, because whether the child would be a boy or a girl is determined by the semen or the sperm drop. This form ignorance and injustice persists even today. For example when a wife delivers a baby boy she is given a large gold necklace and when she delivers a baby girl a miserable tiny ring is given to her by her husband. Is it her mistake to deliver a baby girl? From above Qur'anic sciences who determines the sex of the child to be born? Here one can see one of the important reasons why Allah revealed the above verses ahead of their time.

Secondly to deal with justice a woman who bears a dark complexion child from a fair looking couple, who would otherwise be suspected of wrong doing. This applies to those communities in which there are various skin colours within the same community. The recessive brown or black complexion trait may have come from the father's great grandfather as the above Prophet's saying on recessive traits, eloquently states! Therefore this should

remove any suspicion from the heart of the father.

MIRACLE OF THE HOLY QUR'AN

Thirdly the statements of genetics and description of sex of creatures and at what point in their embryology their gender is determined in the Islamic sciences have preceded contemporary science by more than a millenium.

The Glorious Qur'an always challenges its readers to think so that they can derive its benefits which in Qur'anic language are its "blessings" and "guidance."

كتب أنزلنه إليك مبارك ليدبروا ء ايتنه وليتذكر أو لوا الألبب .

"(Here is) a Book which We have sent down to you, FULL OF BLESSINGS, so that they may ponder on its verses, and that men of understanding may receive admonition." ²⁴

تلك ء ايت الكتب الحكيم . هدى ورحمة للمحسنين .

"These are the verses of the wise Book. A guide and a Mercy to the doers of good." ²⁵

There is no bigotry in the Holy Qur'an and Prophet's traditions.

POWER OF THE ALMIGHTY TO RECORD, PRESERVE AND REVEAL INFORMATION

Fourthly all this genetics shows the power of Allah, glory be to Him, to collect information, record it and then reveal it again in the offspring. The chromosomes are but a record of information of enzymes and other proteins and there are billions of these pieces of information. A CD rom disc which is gigantic compared to one chromosome and contains very far less information than a chromosome. The chromosome is not only superior but it stores information in a wet form! If one puts water in CD rom disc it will corrupt all the information in it! Therefore all these verses prove to mankind the superiority of Allah, glory be to Him, to record human conduct and belief in this world, preserve it and then show it to him in the hereafter:-

قد علمنا ما تنقص الأرض منهم وعندنا كتب حفيظ .

“We know that which the earth takes from them [their dead bodies] and with Us is a Book [of records] well preserved.”²⁶

Everything is recorded and well preserved by Allah, glory be to Him.

فأما من أوتى كتبه يمينه فيقول هاؤم اقرءوا كتابية . إنى ظننت
أنى ملق حسابية . فهو فى عيشة راضية . فى جنة عالية .
قطوفها دانية . كلوا واشربوا هنيئا بما أسلفتم فى الأيام الخالية .

“Then as for him, who will be given his Record in his right hand will say: ‘Here! read my Record! Surely, I did believe that I shall meet my Account!’ So he will be in a life well pleasing. In a lofty Paradise. Its bunches of fruit low and near. ‘Eat and drink at ease a [reward] for the [good] deeds you sent before you in days past.’ ”²⁷

This is the purpose of recording all his beliefs, action and deeds. One cannot be invited to a banquet if does not deserve it!

HOW ALLAH, GLORY BE TO HIM , DISIGNS HUMAN FACES

Fifthly the above verses and traditions on genetic mechanisms which are marvelous, considering the Glorious Qur’an is basically a book of religious guidance not a textbook of clinical genetics, came also to translate and help to explain the processes that may

be involved in the operation of the following verses. Allah says.

إن الله لا يخفى عليه شيء في الأرض ولا في السماء . هو
الذى يصوركم في الأرحام كيف يشاء لآ إله إلا هو العزيز
الحكيم.

“From Allah verily nothing is hidden on earth or in the heavens. He it is Who shapes you in the wombs as He pleases. There is no god but He, The Exalted in Might, The Wise.”²⁸

And in another verse:-

يأيتها الإنسان ماغرك بربك الكريم . الذى خلقك فسواك
فعدلك . فى أى صورة ما شاء ركبك .

“O man! what has seduced thee from thy Lord Most Beneficent? Him Who created thee, fashioned thee in due proportion, and gave thee a just bias. In whatever Form He wills does He put thee together.”²⁹

The Creator shows us to some extent how He shapes faces and the rest of the bodies in mother’s wombs. This He does by using chromosomes and the genes that they contain.

LIMITATION OF HUMAN KNOWLEDGE

Sixthly and more importantly to show the weakness of a human being and the limitation of his knowledge, because we do not know how He designs finger prints. At the moment we have no clue how this is done! Even in identical twins who have the same genetic make up they are different!

Therefore it is not surprising to find finger prints mentioned in the Holy Qur'an before their time in science for Allah says:-

أَجْسِبَ الْإِنْسَانَ أَلَّن نَجْمَعُ عِظَامَهُ . بَلَى قَدْرَيْنَ عَلَى أَنْ نَسُو
بِنَانَهُ .

“Does man think that We cannot assemble his bones. Nay, We are able to put together in perfect order the very tips of his fingers.”³⁰

The tips of fingers are mentioned above because they contain fingerprints. Scotland yard realised the uniqueness of finger prints only at the turn of the twentieth century and then adopted them for the first time as a means of identifying human beings.

If you have seen knowledge here then all the knowledge is from the one Who is Knowledgeable, and that is Allah. If you

have seen power then all power is from The Most Powerful and that is Allah. If you have seen beautiful scientific designs then all designs are from the Best Designer, and that is Allah. And if you have seen source of justice then all justice is from The Just, and that is Allah.

ACKNOWLEDGMENTS

I am grateful to the Almighty Allah who designed all genetic systems and Who sent Prophet Muhammad [PBUH] to explain some of these genetic principles and also derive benefit from them if we only contemplate and have an open mind on these fundamentals

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CHAPTER 1.3

THE MANY REFERENCES TO BRAIN-STEM FUNCTIONS SEEN IN THE VERSES ON DEATH IN THE HOLY QUR'AN AND PROPHET MUHAMMAD'S [SALALLAHU ALEIHI WASALAM] TRADITIONS :

STAGING OF DEATH

ABSTRACT

It is only recently that the definition of death started to take shape. ¹ This is because there was a demand for organs to transplant and also the intensive care units which have come into existence were now capable of ventilating dead bodies for a very long time. The only problem is the astronomical amount of money spent in this futile exercise and the anguish to the relatives. It is also very frustrating to the intensive care staff and denial of this type of care to needy patients. Despite all this textbooks of medicine will contain chapters practically on every condition and disease, even senile dementia but no chapter on death, as if man never dies. However the Holy Qur'an and Prophet Muhammad's traditions have described death in detail, and this refers

mainly to many brainstem phenomena that are observed in the dying person. This not only shows again the advanced knowledge present in these sources, since it is very recent that the importance of the brainstem was realised in the definition of death. The Holy Qur'an goes further in giving an outline of the stages of death and the author gives the neuroanatomical basis of these stages. This may be useful in helping to diagnose death much earlier with obvious advantage to everybody concerned and also stimulate further research into the physiology and pathology of death as death is a normal phenomenon as every living creature must die. This will also help in putting a chapter on death into textbooks of medicine where it is missing. Death is usually treated as non existence in such books.

KEY WORDS: STAGES, DEATH, NEUROLOGICAL BASIS, ADVANTAGES

INTRODUCTION

Sleep may resemble death in certain aspects. Western science has staged sleep into stage1, REM sleep, stage 2, stage 3 and stage 4. ² Death which is more important to man than sleep, because of its profound effects, not

only to the dead but also to the living, has not been similarly studied nor staged. Except for when death has already occurred the process of dying is rarely diagnosed and many times one would see prolonged futile attempts at resuscitation. This occurs at times even in causes where death is so imminent as in advanced cases of cancer and AIDS! Doctors are very poorly equipped to diagnose the process of dying .

The brain-stem is the junction between the brain and the spinal cord. It is divided into an upper part called the midbrain, a middle part called the pons and lower part called the medulla oblongata.

STAGING DEATH AND ITS NEUROLOGICAL BASIS

STAGE ONE

In this stage the dying person start to gradually, rapidly or intermittently loose or have impairment of consciousness. If this stage is slow this would be the last opportunity for the dying person to give his last will and testament if he has not already done so. This stupor of death ['sakaraat'] has been described in the Holy Qur'an and Prophet Muhammad's traditions. It is also

the last and most important opportunity for the dying to affirm his religious beliefs.

Allay [subhanahu wa taala] says:-

وجاءت سكرة الموت بالحق ذلك ما كنت منه تحيد .

“And the stupor of death comes in truth: ‘This is the thing that you were trying to escape! [from]’ ”³

And in a tradition:-

عن أنس رضى الله عنه قال : لما ثقل النبي صلى الله عليه وسلم جعل يتغشاه , فقالت فاطمة عليها سلام : واكرنا أباه , فقال : ليس على أبيك كرب بعد هذا اليوم .. إلى آخر الحديث رواه البيهارى

Narrated Anas [radhiallahu anhu]:
When the ailment of the Prophet [salallahu aleihi wasalam] became aggravated he became unconscious whereupon Fatima [radhiallahu anha] said, “Oh, how distressed my father is!” He said, [when he regained consciousness]: “Your father will have no more distress after today.”⁴

Among non specific features, the dying person may say that the legs or other parts of the extremities, feel heavy, paralyzed ,

numb, cold, tingling , burning, painful or a mixture of all these symptoms. He may thrash the legs about to get some relief of these symptoms at this stage. The most important feature is that these symptoms sooner than later start, to become worse and overwhelm him or her . Whether the person has been ill or otherwise, because of the increasing intensity , the relentless progression or both, or appearance of other serious symptoms, it comes to dawn on him that he is in the process of dying. Depending on how well prepared for death the person he may take this realization calmly or he may panic and start screaming! [If he has the strength for this]. This is as far as the living can see. The unseen things are given also given below.

NEUROLOGICAL BASIS

The main symptom above is neurological and refers to the brainstem reticular formation. [which is located deep in the brainstem]. The explanation is the progressive disturbance of function of the brainstem reticular formation since it is primarily involved in the conscious state. This could be caused by several factors such

as severe, persisting fever, cachexia, generalised hypoxia, hypoglycaemia, other metabolic disturbances, toxic effects, severe immunological derangement, an expanding intracranial lesion or a combination of these as the final common pathway.

Sometimes there is no identifiable pathology!

The non specific symptoms may be due to metabolic disturbances such as hyper or hypoglycaemia, hypoxia, severe acid-base disturbance and other similar metabolic derangement.

STAGE TWO

Allah [subhanahu wa taala] says:-

كَلَّا إِذَا بَلَغَتِ التَّرْقِيَّ . وَقِيلَ مَنْ رَاقٍ . وَظَنَّ أَنَّهُ الْفِرَاقُ .
والتفت الساق بالساق . إلى ربك يومئذ المساق .

“Yea when [the soul] reaches to the collar-bone [in its ascent during exit]. And there will be a cry, ‘Who is the doctor [to restore him]?’ And he will be certain that it was [the time] of death. And one leg will be against another. That day the Drive will be [all] to thy Lord.”⁵

These verses first show vividly the scene of the dying person. The commotion is reflected by the cry of the people, who are usually family, friends, relatives and sometimes staff in a hospital when they realize the dire nature of the affected person. The urgency is shown by asking those present who will quickly take remedial measures and to swiftly resuscitate this miserable person as his symptoms look devastating.

What has made them panic? When the soul or what is remaining of life has 'reached the collar bones' what the surrounding people see that is alarming, are the collar bones rising and falling as the patient is gasping desperately. This is why the collar bones are mentioned above dramatically and metaphorically! The collar bones are attached to the sternomastoid muscles, which are accessory muscles of respiration and in this gasping person they have been recruited into action.

At this stage his conscious level also will rapidly fall and he lapses into coma. This will increase the panic of the people around him. His legs will be motionless and they will lie next to each other in a decerebrate

rigidity. This is another brainstem clinical feature.

Allah, glory be to Him, does not only draw us the above dramatic picture but He shows this 'live' comparison between the living and the dying. People wrongly think this is just a disease they will bring a doctor give him an injection and he will be cured. But the dying person is certain that this is death but he cannot talk and tell them there is no need to call a doctor!

NEUROLOGICAL BASIS

This stage represents Central Neurogenic Hyperventilation [CNH]. Sustained, regular, rapid, and fairly DEEP hyperpnoea is caused by dysfunction, [in this case a permanent dysfunction as the patient is dying,] in the brainstem tegmentum usually destructive lesions between low midbrain and the middle third of the pons destroying the paramedian reticular formation JUST VENTRAL TO THE AQUEDUCT AND THE FOURTH VENTRICLE. ⁶ The pathophysiology of this lesion can be, irreversible damage from anoxia, hypoglycaemia, transtentorial herniation, a tumour at this site or an infarct or

haemorrhage. If one were to do blood gases the Pco₂ will be found to be low and pH to be high, unless there were pre-existing metabolic and acid base disturbances. The Po₂ can either be normal or above normal at this stage if the person dying was otherwise normal before this dying process. However if he was a patient with heart failure, severe pneumonia, other respiratory diseases, neurogenic or other causes of pulmonary oedema or hepatic coma the Po₂ can be low.

The decerebrate rigidity is also a function of the same part of the brainstem. ⁷ This happens when the lower part of the midbrain has lost a FUNCTIONAL [or anatomical] connection with the rest of the upper parts of the nervous system. The DESTRUCTIVE LESIONS OF THE LOWER MIDBRAIN described above do not have to be by a mass or haemorrhagic lesions, they could be due to anything even metabolic lesions alluded to above. This is because the brainstem is very RESILIENT and it is the last to let go in rostro-caudal direction. It is like the final common pathway of the last neurological function.

THIRD STAGE

In this stage Allay [subhanahu wa taala] says:-

فلولآ إذآ بلغت الحلقوم . وانتم حينئذ تنظرون . ونحن أقرب
إليه منكم ولكن لا تبصرون . فلولآ إن كنتم غير مدنين . تر
جعونها إن كنتم صدقين .

“Then why do you not [intervene] when [the soul of the dying man in its final ascent during its exist] reaches the throat. And you the while [sit] looking on. But We are nearer to him than you, and yet you see not. Then why do you not , if you are exempt from [future] account. Call back the soul, if you are true [in your claim of Independence].⁸

The scene has changed. At this stage instead of the people panicking and being desperate asking for who can treat the gasping person above they just sit helpless looking on. The reason is, they have at this stage realised that the person is dying and they have become impotent , they cannot do a thing now. Therefore at this stage they just sit and look, as so dramatically described in the above verse. In common language 'let nature take

its course' as if nature can do anything! Nature is helpless as they are. At this stage the person is unconscious and all the gasping movements have now become imperceptible. The only movements are now of the oral cavity with the feeble and slow mouth opening and closing with little ventilation taking place as the chest movements have greatly decreased. The breathing is shallow and may be irregular. So he may make a few breaths followed by irregular periods of apnoea as breathing effort is in the process of ceasing, Being closer to his Creator implies the final stage before death. This is why the onlookers are now almost certain the person is dying. The only thing they do not see is how the soul is close to its Creator or to the Angel of Death. In this scene we see another comparison between the living and the dying.

NEUROLOGICAL BASIS

This represents Ataxic Breathing [AB]. The respiratory centres that regulate the to and fro of breathing are located in the reticular formation of the DORSOMEDIAL PART OF MEDULLA AND EXTEND DOWN TO JUST TO THE OBEX. 6 Lesions at this site cause ataxia of breathing. Respiratory rate is slow

and progressively decelerate to Apnoea. The respiratory centres themselves are damaged and now they are hyposensitive to endogenous chemical stimuli. This damage can be due to several causes such as a slowly developing anoxia , hypoglycaemia, or other serious metabolic disturbance, a slowly growing tumour at the central part of the caudal medulla medullary herniation at the foramen magnum. Very rarely occlusion of the remaining vertebral artery when the other is already severely compromised will cause an infarct at that above site. Cerebellar, pontine or medullary haemorrhage unless very small will induce rapidly a respiratory arrest so that the above third stage will not be clinically apparent. At this final stage the Pco₂ is high, pH and Po₂ usually low.

Although clinically the above are ascending symptoms, from the lower limbs, upper chest and finally the oral cavity, like everything else in neuroanatomy, they represent a sequential and descending loss of function from the cerebral hemispheres, the midbrain and middle pons to the lower medulla.

References to the brainstem and its function especially of maintaining the [live and] wakeful state, are found in several traditions

of the Holy Prophet [peace be upon him]
such as:-

عن أبي هريرة رضى الله عنه أن رسول الله صلى الله عليه وسلم قال : يعقد الشيطان على قافية رأس أحدكم إذا هو نام ثلاث عقد , يضرب على كل عقدة : عليك ليل طويل فارقد , فإن استيقظ فذكر الله تعالى انحلة عقدة , فإن توضأ , انحلة عقدة , فإن صلى انحلة عقده , فأصبح نشيطا طيب النفس , وإلا أصبح خبيث النفس كسلان . متفق عليه

Abu-Hurairah [radhiallahu anhu] relates that the Holy Prophet [may peace be upon him] said: 'When a person goes under sound sleep the Satan ties three knots at the occiput reciting some spell over each of these knots i.e. there is enough of the night, go on sleeping. If he wakes up and remembers Allah, one of the knots is untied. Then if he gets up and makes his ablution, another one is loosened. If he offers his prayer, then the remaining third knot is loosened. Thus he faces his morning quite fresh and is in a cheerful mood. Otherwise he gets up in unpleasant, dull and lethargic mood.' Collected by Bukhari and Muslim. 9

The most important organ in the occiput is the brainstem which contains the reticular formation which is responsible for the sleep-wakeful state. Note that this is described more than fourteen centuries before the brainstem and its reticular formation is stained and its function delineated in western science!

In another tradition :-

عن أبي هريرة رضى الله عنه أن رسول الله صلى الله عليه وسلم
قال : ألم تروا الإنسان إذا مات شخص بصره ؟, قالوا : بلى
. قال : فذلك حين يتبع بصره نفسه . رواه مسلم

Abu Huraira reported what Allah's Messenger [salallahu aleihi wasalam] had said: ' Have you not seen when the man died and his eyes were gazed open?' He [Abu Huraira] replied: 'Yes.' He [the Holy Prophet] said: 'It is due to the fact that [when the soul leaves the body] his eyesight follows the soul.

' 10

When the remnants of life leave the body and the oculomotor nuclei are still active that person will die with open eyes. This again refers to the over activity of the brainstem!

Here again the Prophet of Islam, peace be upon him, gives another clinical sign. Many conditions that are associated with death give deep coma where the patient's eyes are closed but when they die they do not only gasp for breath as given in stage two above they may open their eyes once more at least for the last time. In this case the stage three above would be short so that the eyes would remain open even after death!

There are also indirect references to the brainstem or its connections in the reticular formation especially to the auditory nuclei when a prolonged comatose state is mentioned of the People of the Cave :-

فَضْرَبْنَا عَلَىٰ ءَاذَانِهِمْ فِي الْكَهْفِ سِنِينَ عَدَدًا ،

“Therefore We covered up their [sense of] hearing [causing them, to go into deep sleep] in the Cave for a number of years.”¹¹

This verse indirectly refers to an important and yet not fully understood process in the neurophysiology of sleep, that is; of the reticular formation suppressing the cochlear and vestibular nuclei and their connections in the brainstem as the initial and very important stage of falling asleep. Why this process is mentioned specifically in the Holy

Qur'an is not difficult to realize because cutting off auditory and vestibular input to the awake brain is more difficult, complicated and also not complete than the cutting off visual input which is simply executed by shutting the eyes. This is why to wake up a person one calls on him or shakes him rather than appear in front of his vision. It is possible that as our knowledge of sleep physiology increases this complex brainstem activity is going to be unraveled . This process is also put into play when one loses consciousness. This process of the reticular formation suppressing the cochlear nuclei and other parts of the auditory pathway, in the language of the Qur'an is referred to as the:-

'covering up of the sense of hearing'.

The above is not the only neurological verse concerning the above People. Another one is:-

وتحسبهم أيقاظا وهم رقود ونقلبهم ذوات اليمين وذوات الشمال

"Thou wouldst have thought them awake, whilst they were asleep, and We turned them on their right and on their left sides: " 12

They are turned from one side to the other to prevent pressure sores. This technique of modern intensive care units which has come into being last century and also ripple mattresses are used for the same purpose. It is mentioned in the Holy Qur'an more than one thousand and four hundred years ago ! Even before hospitals, leave alone ICU units, came into being!

It is not essential that one has to see these stages in every dying person. They must occur as the above sequence describes the progressive and irreversible loss of cerebral function in the first stage, loss of midbrain and pontine function in the second stage and finally loss of medullary in the third and final stage which is the modern definition of death!¹

This does not mean that one should condemn every sick person or person with certain difficulties to death as the above verses indicate the observers are the last to realise that the person is dying. Therefore all necessary attempts at resuscitating a drowning person and to do mouth to mouth breathing, precordial thump or cardiac massage to a person afflicted with a cardiac arrest, must be executed swiftly and efficiently. In another verse man is extolled

to make attempts in saving a life as this is compared to saving the whole humanity in its reward!

CONCLUSION

There are many lessons to be learned from these verses :-

- 1) That there are stages in death just like in sleep, and they have their basis in the neurology of death.

The role of the progressive loss of brainstem functions in the process of dying is implied more than fourteen centuries before the modern way of determining death based on brainstem functions is laid down especially in the intensive care units where this is needed. This will help in the understanding, early recognition and a better study of death. Most important medical students will be taught the physiology of death which is lacking in medical schools. Although everybody knows that death is essential and that one does not have to be ill to die we always pretend to find a cause of death even when evidence of the cause is lacking ! So many sudden deaths are attributed to cardiac arrhythmias by force! A massive brainstem ischaemia may cause death long

before a brainstem infarct or oedema becomes identifiable in the brainstem. THE BENEFIT TO DOCTORS IS IT REMOVE THE SENSE OF FAILURE OR EVEN GUILT FEELINGS WHEN A PATIENT DIES DESPITE ADEQUATE CARE GIVEN.

Why should a religious Book contain detailed stages of death which have a neurological basis? It is because it is saying that death is a creation just like life is! It is not a subtraction of life. It also lays the foundation for the following verses :-

أیحسب الإنسان أن لن نجتمع عظامه . بلی قدرین علی أن نسوی
بنائه .

- 2) “Does man think that We cannot (re)assemble his bones? Nay, We are able to put together in perfect order the very tips of his fingers.” ¹³

God as indicated in many places in the Holy Qur’an is only one. The pronoun ‘We’ above is to refer to his Greatness. Why the tips of the fingers are mentioned being assembled again for the second time IN PERFECT ORDER, is because they contain finger prints which are unique to the individual. The knowledge and practice of finger printing is not more than a hundred years but here it is

referred to indirectly in the Holy Qur'an more than thirteen centuries earlier! Details of this was given in a previous chapter.

ألم يك نطفة من مني يمى . ثم كان علقة فخلق فسوى .
 فجعل منه الزوجين الذكر والأنثى . أليس ذ لك بقدر على أن
 يحيى الموتى .

- 3) "Was he not a drop of sperm emitted [in lowly form at one time]? Then did he become a leech-like substance; Then did [Allah] make and fashion [him] in due proportion. And [out of the drop of sperm] He made two sexes male and female. Has not He, [the same] power to give life to the dead?" ¹⁴

Again the embryological stage of the twenty one day embryo and the precise stage of sex determination are described in the above verses before their time in western medicine.

^{15,}

Both these two groups of verses above and those in the second stage of dying describe the same theme and come from the same chapter in the Holy Qur'an. The theme is to describe the process of Resurrection. Therefore it is not surprising to find this

chapter is named - 'AL-QIYAMAT' OR RESURRECTION.

[c] But more importantly these verses on visible scenes of death were revealed to mankind so that he can picture in his mind the invisible scenes of death! He can then mend his ways so that his translocation from this world is smooth. One may look for example of this commotion and arguments that take place between this person and the angels at the moment of truth:-

ولو ترى إذ يتوفى الذين كفروا الملائكة يضربون وجوههم وأدبرهم
 وذوقوا عذاب الحريق . ذلك بما قدمت أيديكم وأن الله ليس
 بظلم للعبيد .

“And if you could see when the angels take away the souls of who disbelieve [at the time of dying] ; they smite their faces and the back of their heads [saying] : ‘Taste the punishment of the blazing Fire.’ This is because of that which you hands had forwarded. And verily, Allah is never unjust to His slaves.¹⁶

And in another verse:-

الذين تتوفهم الملكة ظالمى أنفسهم فألقوا السلم ما كنا نعمل
من سوء بلى إن الله عليم بما كنتم تعملون .

“Those whose lives the angels take while they are doing wrong to themselves [by disbelief, by associating partners in worship with Allah and by committing all kinds of crimes and evil deeds]. Then they will make a [false] defence saying : ‘We used not to do any evil.’ [The angels will reply]: ‘Yes! Truly, Allah is All-Knower of what you used to do.’ ”¹⁷

This scene is as vivid and terrifying as the one above when friends, relatives, hospital staff or workmates call for a doctor but all these quarrels, physical and verbal torments are invisible to the living but not to the dying.

One should remember during childhood, his or her mother telling him or her : ‘Wear your pullover, you will catch a cold’ and when the sun is hot : ‘Wear your cap the sun will burn your head.’ The parent does not want her child to be sick. Therefore Allah, [subhanahu wa taala], Whose love is greater than any parent also does not want his creature to be in problems at the of dying. By warning him in advance, these verses

show the GREAT love of Almighty to His creatures and to Him belongs the best of examples. Forwarned is forearmed!

Compare it with this serene scene:-

الذين تتوفهم الملكة طيبين يقولون سلم عليكم ادخلوا الجنة
بما كنتم تعملون .

“Those whose lives the angels take while in a good manner [i.e. pure from all evil and worshipping none but Allah Alone] saying [to them] : ‘Salamun alaikum [peace be on you] enter you Paradise because [the good] that you used to do [in this world that you are departing].’

” 18

I pray to Allah that He puts us into this second category at the time of our dying. Amen.

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CHAPTER 1.4

THE MEDICAL BENEFITS OF FASTING

INTRODUCTION

Fasting in Islam consists of the obligatory fasting of the whole month of Ramadhan once a year and the recommended but not compulsory, supererogatory fasts, such as the fasting of every Mondays and Thursdays every week throughout the year. While in some other fasts, people may drink water or even milk, or they may engage with carnal pleasures with their wives, in the Islamic fast nothing is allowing through the mouth from dawn to dusk and no sexual intercourse is allowed during the period of fast. Even smoking annuls the fast. The benefits of fasting are many. They range from simply reducing the excessive food intake, saving from the reduced food budget, the reduction of toxic free radicals to the reduction in the metabolic rate as a result of the day long fast. However there are simple yet fundamental conditions for one to realise the benefits of fasting:-

CONDITIONS FOR REAPING THE BENEFITS OF FASTING

HEALTH BENEFITS OF VARIOUS FORMS OF WORSHIP IN ISLAM ARE NOT AN END BUT A MEANS TO AN END

All forms of worship in Islam are not only for the pleasure of Allah, but also to achieve Allah consciousness and appreciate the power and the other attributes of Allah. To do this one needs a sober and a healthy mind and a healthy mind needs a healthy body. This is why the five daily prayers, the institution of fasting and paying of Zakat [alms] are not only fundamental acts of worship in Islam but they increase mental, social and physical health to increase the degree of concentration in the same acts of worship. This is why Almighty Allah says :-

يَأَيُّهَا الَّذِينَ آمَنُوا كَتَبَ عَلَيْكُمُ الصِّيَامَ كَمَا كَتَبَ عَلَى الَّذِينَ مِنْ قَبْلِكُمْ لَعَلَّكُمْ تَتَّقُونَ .

“O ye who believe! Fasting is prescribed to you as it was prescribed to those before you, that you may achieve piety [learn Allah consciousness].”¹

To be conscious of Almighty Allah includes many things such as:-self restraint in the face of harmful and prohibited activities, it includes fear of Allah, establishing regular all kinds of worship and it includes being grateful to many favours of Allah.

How would a brain infested with HIV virus and opportunistic infections or a mind stunned by alcohol temporarily or permanently destroyed by alcohol [alcoholic dementia] understand Almighty Creator and appreciate many of His beautiful attributes?

THE GOAL OF FASTING

Dietary treatments in diseases such as hypertension fail because they need a strong will power , and a very strong conviction. ² Health alone is not a strong incentive to change human behaviour. This is why warnings were not heeded to, on the hazards of cigarette smoking . If the dangers of drinking and driving and the horrors of promiscuity were fresh in people's minds, one would not see the road carnage and the scourge caused by the AIDS virus. The compulsory fast in Islam succeeds where other methods have failed because the fasting Muslim looks beyond the materialistic and pure health benefits of

fasting. This is best understood from the following saying:-

On the authority of the Commander of the Faithful Abu Hafs, Umar ibn al-Khattab [radhiallahu anhu] said: I heard the Messenger of Allah [salallahu aleihi wasalam] say:-

عن أمير المؤمنين أبي حفص عمر بن الخطاب رضی الله عنه
قال سمعت رسول الله صلى الله عليه وسلم يقول : إنما
الأعمال بالنيات وإنما لكل امرئ ما نوا , إلى آخر الحديث
, رواه البخارى

- 4) “Actions are but by intention and every man shall have but which he intended, to the end of the hadith. ”³

That is if the fast is for medical benefits only then this is what the fasting person will get but if it is to please his Creator, not for dieting or slimming, then he will get an extra dimension far beyond any physiological effects! Also this will result in the achievement of the following essential condition:-

THE EXTENT OF THE FAST

عن أبي هريرة رضى الله عنه قال : قال النبي صلى الله عليه وسلم : من لم يدع قول الزور والعمل به فليس لله حاجة في أن يدع طعامه وشرابه . رواه البخارى

Hazrat Abu Hurairah [radhiallahu anhu] relates that the Holy Prophet [salallahu aleihi wasalam] said: " If a person does not refrain from lying and indecent activities, Allah, does not want that he should abstain from eating and drinking." Collected by Imam Al-Bukhari. ⁴

If lying alone can cause a tachycardia and palpitations as seen in lie detectors due to the outpouring of catecholamines one could imagine how much adrenaline and its sister comopounds will be released in abuses, taunts and quarrels! All these violent verbal and physical activities are strictly prohibited in Islam and especially during fasting. Excess catecholamines cause hypertension, tachycardia , loss of Insulin activity, increase the metabolic rate, uncouples oxidative metabolism and headache. They may even precipitate a heart attack or a cerebral haemorrhage!

Here lies another fundamental difference between the Islamic fast and slimming or dieting. While the dieting person still continue to lie and may even quarrel the fasting person is prohibited to do this otherwise his fast will only be hunger and thirst. He would not gain Allah's [subhanahu wa taala] countenance

HOW MUCH SHOULD ONE EAT IN THE EVENING?

عن أبي كريمة مقيّد بن معد يكرب رضى الله عنه قال : سمعت رسول الله صلى الله عليه وسلم يقول : ما ملأ آدمى وعاء شراً من بطن ، بحسب بن آدم أكالات يقمن صلبه ، فإن كان لا محالة ، فثلث لطعامه ، وثلث لشرابه ، وثلث لنفسه . رواه الترمذى وقال حديث حسن

Hazrat Abu Karima Miqdad Ibn Ma'd **Yakarib** [radhiallahu anhu] relates that he heard the Holy Prophet [salallahu aleihi wasalam] say: "No man fills a pot worse than his stomach. For a person a few mouthfuls are sufficient to keep his back straight [so that he can do his work]. But if he wants to fill his stomach then he should divide his stomach into three parts and fill one third with food, another third

with drink and leave one third empty for easy breathing.”
 Collected by Imam Attirmidhy.⁵

It is very simple to judge the amount feed and drink in the stomach. One should still feel that he still has a lot of space in his stomach and he could, if he wanted, still eat another plate of food comfortably after he has taken his meal at the end of his fast. To the fasting person if he overeats he will not only negate many of the medical benefits of fasting but he will suffer a lot of pain in the stomach. However this saying refers to all other meals of a human being even if he is not fasting.

This saying also shows the wonders of the Islamic sciences. All the gastroenterologists the author has asked including a Librarian of a leading Royal College of Physicians in Europe the author requested to do a computer search for the function of the stomach gas bubble and all have said that it does not have any function. In the above saying Prophet Muhammad [PBUH] said clearly that it is for easy breathing. Overeating will drive out this bubble and the diaphragm will be splinted by the heavy stomach devoid of its gas at the fundus. Also nutritionists, although able to calculate the

amount of calories and other nutritional requirements of a patient, are unable to know what should be the ideal ratio between solids and liquids in adult feeds and also what should be the estimated volume of each feed. The ratio is clearly given above.

THE BENEFITS

EATING DISORDERS

RECTIFIES EATING BEHAVIOUR AND TEACHES MAN WHEN TO BE SATISFIED.

Man has been given the freedom of choosing between right and wrong. Therefore as a result of this his eating and sexual behaviour had to be freed. Among all creatures, only man does not know when to stop eating. Other animals they do not eat unless they are hungry and stop eating immediately they have satisfied their appetite. Their eating behaviour is closely linked to their nutritional needs. Similarly they mate only when they are ready to reproduce. Man can eat even when they are not hungry and can continue eating well beyond their nutritional needs and can mate purely for pleasure. Many times they do not know when to be satisfied with anything, if this was not so, one would not see medical wards all over the world filled with patients having dietary and sexual related diseases.

Another function of the Islamic fast is to train man when to be satisfied with food and all other animal needs. It rectifies his eating and sexual behaviour.

Therefore it trains the person to be satisfied with little food in the twenty four hour period. It also prevents overeating. Overeating cannot be reversed easily by induced vomiting which can cause tears on the food-pipe [oesophagus] and cause haematemesis. The dangers of overeating are stomach and intestinal rupture, in case the overfeed person gets trauma to his abdomen. Overeating can lead to obesity which can cause many diseases such as :- hypertension, diabetes, osteoarthritis, coronary heart disease and stroke.

RESTORES APPETITE

People who have lost appetite due to various causes regain their appetite by fasting. Normally people with lost appetites continue to drink water and other fluids. These fluids maintain their lost appetites. However the fasting person does not only voluntarily abstain from food, but he does not also drink anything nor does he smoke. Therefore this individual by the evening when it is about time to break his fast he will not only be thirsty but his hunger will have been restored. Food which had lost its taste becomes very delicious! One can try this, even if he is not suffering from anorexia or

other eating disorder, he should do the Islamic fast and see how good food tastes in the evening. This is very important especially in the depressed person as malnutrition and mental disease do not go together!

THE FUNDAMENTAL PHYSIOLOGICAL BASIS OF THE MEDICAL BENEFITS OF FASTING IN ISLAM

REDUCITON OF BASAL METABOLIC RATE

The dawn to dusk complete fast has a profound effect of slowing down the basal metabolic rate [BMR]. This happens by many processes. After each meal, metabolic rate increases by as much as 30 percent daily and this is called "specific dynamic action" . The fasting person does not eat morning breakfast, 10 O'clock tea, lunch and afternoon tea. Therefore the BMR is reduced by this mechanism in the fasting person. There is diminished extrathyroidal conversion of T4 to T3, decreased synthesis of the T3 receptor, and curtailed output of catecholamines and their activity. 6 This is another mechanism of reduction in the basal metabolic rate. This is why the body of a fasting person, especially the extremities,

feels cold to touch even in a hot afternoon. The reduced basal metabolic and the reduced and slow blood flow in the extremities give the cold peripheries. This has many benefits :-

A reduced metabolic rate's greatest benefit is the diminished production of oxidants and other free radicals. These have many harmful effects, they have been implicated in causation of :-Parkinson's disease, other similar diseases, dementia, coronary heart disease, stroke, atherosclerotic dementia, stomach and duodenal ulceration, cancer, various ageing processes, such as facial wrinkling and accelerate many degenerative diseases. Although some patients with Parkinson's disease are thought to have inherent deficiency of peroxidase and catalase enzymes, if there is a large overload of oxidants, without restitution, it may tip a patient with little reserves into Parkinsons disease. It is more sensible to give a rest for the body from excessive onslaught of oxidants, at least for one month, than to take large doses of caretenoids, vitamins C and E, and other antioxidants, whose sufficient doses are difficult to achieve. ^{7,8,9}

REDUCTION IN INSULIN OUTPUT

Normal fasting people have a modest fall in

plasma glucose which results in diminished insulin release from pancreatic islets. This with release of glucagon and other counter-regulatory hormones activates breakdown of glycogen, [glycogenolysis] and fat [lipolysis]. There is also formation of new glucose from aminoacids and fat [gluconeogenesis] and formation of breakdown products of fats, called ketone bodies [ketogenesis] and free fatty acids [lipolysis]. Since both ketone bodies and free fatty acids can in turn stimulate insulin release from the pancreas, a protective feedback loop is available during fasting in the normal subject that prevents the occurrence of obvious ketoacidosis. Therefore by this mechanism, when total ketones and free fatty acids approach levels sufficient to produce a significant acidosis a further fall in insulin to very low levels is prevented. In the absence of an adequate insulin feedback loop, as in the juvenile diabetic, lipolysis is unrestrained and ketogenesis becomes maximal, resulting in life threatening ketoacidosis.¹⁰ Therefore the Islamic practice of training children who have not reached puberty to gradually begin fasting for progressive lengths of a day is specifically, among other things, to develop this important metabolic loop which is important in survival.

The moderate reduction in insulin during fasting has many advantages.

Reduction and prevention of obesity

Insulin is a very important anabolic hormone and its reduction cause reduction of upper body obesity and total body weight. This has many benefits in prevention of hypertension, diabetes, coronary heart, disease, stroke, and knee osteoarthritis among many other diseases.

Direct reduction and prevention of hypertension

Insulin seems likely to be of signal importance in causation and maintenance of hypertension. Hyperinsulinaemia is present in both [a] hypertensives with upper body obesity and [b] in non obese hypertensives.

¹¹

Insulin :- **induces cation transport across membranes** and in the presence of euglycaemia it causes renal sodium retention.

It also causes catecholamines release and also causes vascular smooth muscle hypertrophy. ¹¹

All the above induce and maintain hypertension.

For Allah says :-

وَأَنْ تَصُومُوا خَيْرٌ لَكُمْ إِنْ كُنْتُمْ تَعْلَمُونَ .

“And it is better for you that you fast. If you only knew.”¹²

The Prophet Muhammad [salallahu aleihi wasalam] helps us to understanding this verse by giving one of the benefits in one tradition:-

صوموا تصحوا . رواه أبو نعيم

“Fast and you will become healthy.”
Narrated by Abu Nuaim.¹³

REDUCTION OF GASTRIC ACID AND PEPSIN OUTPUT

Since the greatest stimulus of gastric secretions is the entry of food into the stomach, therefore a total fast will obviously decrease these secretions and would give a rest to the stomach and the intestines. This will give time for these organs to heal if they are diseased.

REDUCTION OF TOTAL BODY SALT, LIPID AND CALORIE INTAKE

From dawn to dusk nothing enters the stomach and in the evening the fasting person is extolled not to overeat, the 24 hour intake of salt, lipid and total calorie intake will be reduced.

BENEFITS IN HYPERTENSION

The above effects in reducing total body salt, lipids, and calorie and hence total body weight, all have profound benefits in alleviation of hypertension. The reduction in adrenaline output by stopping the picking up of quarrels and other stressful activities will add to the above benefits. Picking up quarrels is prohibited and also the fasting person soon learns the body energy economics and that such mental tensions drain the little body energy sources so other better and useful human activities would not have enough energy left for them.

GASTROINTESTINAL BENEFITS

Reduction Of Stomach Capacity

Most gastrointestinal benefits are the easiest to understand. After a month long fast the

capacity of the stomach shrinks and the day of the feast the fasting person feels the stomach full after only a few mouthfuls. Muscles become smaller when they are less used and the stomach contain a lot of muscle cells.

It takes several weeks before the original stomach capacity is re-attained. This has obvious advantage in attaining a new and small stomach capacity. If he wants he can continue with this small capacity stomach and a smaller appetite with obvious advantages.

Relief Of Hepatic And Splenic Flexure Syndromes

It helps in removing excessive air in the intestines. This air may be trapped [air-locked] in the hepatic and splenic flexures and these are called hepatic and splenic flexure syndromes respectively. These two conditions can so painful that a person may be misdiagnosed as an acute abdomen [acute appendicitis] . Therefore the patient could be taken unnecessarily by an inexperienced doctor for a laparotomy [a major abdominal operation]

Relief Of Constipation

Because of lack of daytime autonomic intestinal stimulation the autonomic receptors become denervated hypersensitive [they respond more to the same amount of chemoreceptor]. When food enters the intestine in the evening autonomic activity is enhanced by the above mechanism and intestinal motility is increased and constipation is relieved. This phenomenon is not only seen in the peripheral nervous system but also in the central nervous system. This resembles tolerance and is used in medicine giving drug holidays. One can try fasting Mondays and Thursdays and observe the effects on intestinal motility.

Healing Of Gastric And Duodenal Ulcers

A painful, swollen and ulcerated leg heals faster if it is rested. Therefore a gastrointestinal ulcer will heal faster if the gut movements are reduced and the acid output is also cut down drastically by not allowing anything to enter it from dawn to dusk, since the greatest stimulus for acid output is the entry of food and fluids into it. *Helicobacter pylori* [a bacteria that is thought to cause stomach ulceration] would also find this unusual environment very hostile to live in! The protective mucus also has time

to be reconstituted. All these help in healing of peptic ulcers.

Relief Of Irritable Bowel Syndrome

The fundamental cause of Irritable Bowel Syndrome is underlying mental stress and too much preoccupation with the original stressful factor. The Irritable Bowel Syndrome itself may offer a good distraction from the original worry which may seem insurmountable. This induces a vicious cycle! The relief of the colon from the excessive faecal load should also help the colon regain its original rhythm and break the cycle of diarrhoea and constipation. ¹

CARDIAC BENEFITS

The day long complete fast help in weight regulation, in decreasing calorie, salt and lipid overload. This would help in the reduction of serum cholesterol and other lipids. Paving the way in the clearing of intimal deposits of these fatty substances that may later block not only coronary arteries, which leads to ischaemic heart disease [heart attacks and similar diseases] but also vessels to the brain that may lead to stroke. The benefits in hypertension,

diabetes and weight regulation as outlined above, the reduction in oxidants, the training in stopping smoking and alcohol intake and its subsequent abuse, have a tremendous value in prevention of many different kinds of heart diseases. This prevention benefits all classes in the society, rich and poor.

NEUROLOGICAL BENEFITS

Some of the benefits in stroke prevention arise from the effects on body weight reduction, on high blood pressure control, in the modulation of serum lipids. useful effects on control of diabetes and helping in stopping smoking and other drug abuse. Delay in the onset of Parkinson's disease, senile and other dementias and other degenerative neurological diseases result from reduction in oxidants.

ALLEVIATION OF DIABETES AND ITS COMPLICATION

The reduction of obesity and the decrease in the insulin load prevents and alleviates already existing diabetes. It increases insulin activity and prevents the metabolic syndrome. The beneficial effects on

hypertension and reduction of oxidants will help in the delay of diabetes complications. In 1982 Kingston et. al. observed a peculiar phenomenon. Working in Saudi Arabia, they found that diabetics are resistant to ketoacidosis despite severe hyperglycaemia. They also reported that microangiopathic complications occur, but coronary and peripheral artery diseases were rare.¹⁴ Bakir hypothesized that because of their life long intermittent fasting of the month of Ramadhan their bodies have adapted and have become less prone to develop ketoacidosis.¹⁵ This adaptation may be preservation of residual insulin and its sensitivity, preservation of the feedback loop of ketone bodies on the pancreas, outlined above or induction of non insulin dependant ketone body catabolic pathway that has been induced in the body that has been tuned up by several years of the intermittent Islamic fast.

IMMUNOLOGICAL BENEFITS OF FASTING

The author had a problem of recurrent aphthous mouth ulceration which resolved initially by fasting during Ramadhan and this benefit was maintained by weekly

supererogatory fast of Mondays! This benefit should also extend to other similar immunological diseases such as chronic joint, eye and other organ diseases.

AN OUTLINE OF THE SPIRITUAL BENEFITS OF FASTING AND THEIR RELATIONSHIP

TO HEALTH

[A] BUILDING UP A STRONG WILLPOWER

The Islamic fast teaches a person that he is not only made up of bones, brain, flesh and skin, but he has also a soul inside. Since by the late afternoon when his body is dehydrated and he feels very thirsty his body would need a glass of water. However his soul having been built up by Islamic fast and ideology he would not obey his body and he would abstain from drinking water until dusk. Therefore his soul would come out stronger than his body. In common language this is called building a strong willpower. If one can prevent himself from what are usually legal activities, it would be easy for him to abstain himself from illegal activities.

A strong willpower is useful to everybody. A student needs it burn the midnight oil. A businessman needs it to build a strong business.

Whatever the body wants or desires it should not be obeyed. This is very useful as it frees the human being from being

enslaved by his body through the training of the fast during the whole month of Ramadhan. This may be useful to prevent the above free person from satisfying his sexual desires when a very beautiful girl offers herself at the spur of the moment not bothering that she could be an H. I. V. carrier or vice versa for a girl comes across a very handsome boy ! Carnal desires come second to hunger in their strength.

[B] KICKING AWAY A BAD HABIT

If a person can abstain from drinking, eating, smoking and other activities from dawn to dusk, he should be able to stop smoking when he breaks his fast or even to stop smoking altogether. This should also apply with other bad habits such as drinking alcohol or even other drugs, if this is done before he or she becomes demented.

[C] DEVELOPING PERSEVERANCE AND OTHER GOOD MANNERS

Perseverance is a good quality as it is one of the ingredients of success in scholastic achievement, career success and other achievements in life. The daylong fast also builds this good character as it is tiring to keep off food and drink even for a short

time. For one to be able to fast until dusk perseverance is required.

The exhaustion especially by the afternoon from the fast makes the person unable to insult or beat anybody. His whole behaviour should also improve.

[D] CURES ARROGANCE, BUILDS KINDNESS AND PROMOTES COOPERATION IN THE COMMUNITY

When one feels the hunger pangs during the fast it is difficult not to remember the plight of the poor and the hungry. This would help him extend his helping hand to such needy people. This helps him understand that he is not the centre of the Universe and he puts himself into proper perspective. The poor also feel that they have not been forgotten. This helps to bring social justice. This reduces the jealousy of the needy and they do not feel the need to harm and rob the rich!

[E] MAKES ONE CONTEMPLATE AND TAKE STOCK OF HIS OWN CREATION

The hunger pangs also help one take stock as from where he is coming from and where he is heading to and may think what was the purpose of his own creation. This would also

help his humility and intense concentration during his prayers.

ALL THE ABOVE HELPS ONE TO BUILD PEACE WITHIN HIMSELF AND FROM WITHOUT WHICH IS A PREREQUISITE FOR MENTAL, SOCIAL AND PHYSICAL HEALTH.

FUTURE RESEARCH

More work is necessary to test the above metabolic and physiological processes so that more beneficial effects can be discovered. All the past Prophets, peace be upon them, and their followers have fasted. Their fasts was not different from the present Islamic fast. However their message got lost and their present followers have either stop fasting or changed it so much that it does not look like a fast anymore!

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CHAPTER 1.5

PREVENTION OF NEUROLOGICAL DISEASES USING THE WISDOM OF THE HOLY QUR'AN AND PROPHET MUHAMMAD'S SAYINGS

INTRODUCTION

Many neurological diseases are not curable and those that have a cure this must be done promptly otherwise serious complications result. Therefore there is no other field of medical science where prevention is better than cure especially when neuronal systems have very poor regeneration mechanisms. Even preventive mechanisms are few and no further progress has been done in this area for several decades. The commonly known and emphasized preventive methods known are:- treatment of hypertension, avoidance of polysaturated fatty acids, plenty of aerobic exercises, avoidance of obesity. stopping smoking, good treatment and prevention of diabetes. There are other several factors that prevent neurological diseases that are either ignored or completely underplayed. These will be discussed in detail.

Some are unknown in contemporary medical science.

PREVENTIVE METHODS

A. PERSONAL HYGIENE

1. GOOD DENTAL HYGIENE

Bahemuka presented a severe case of pyogenic meningitis that started as a right cavernous sinus thrombosis in the medical school ground round in Nairobi, Kenya, resulting from very poor dental hygiene. This was a case of a Mkamba man with gross dental caries and periodontal disease. This presentation was in 1978. He recovered on treatment but he was left quadriplegic without any speech.

The growth of dental science and health in Western Science is not more than 90 years old. Although it is now common knowledge that good dental hygiene is essential for general health, it must have caused a stir, 1400 years ago, when somebody promoted brushing of teeth at least five times a day, especially if that person was living in a desert where water and suitable sticks for brushing the teeth are scarce! That person was Prophet Muhammad [salallahu aleihi wasalam] who in many sayings stressed the importance of regular and very frequent brushing of teeth even before the discovery

of the plastic tooth brush. Some of them are;-

عن أنس رضى الله عنه قال : قال النبي صلى الله عليه وسلم :
أكثرت عليكم فى السواك . رواه البخارى

1. Hazrat Anas [radhiallahu anhu] relates that the Holy Prophet [salallahu aleihi wasalam] said: "I have very much impressed upon you about the miswak [the importance and utility of brushing your teeth with a stick] [Bukhari]¹

وعن شريح بن هنيء قال : قلت لعائشة , رضى الله عنها ,
بأى شيء كان يبدأ النبي , صلى الله عليه وسلم , إذا دخل
بيته . قالت : بالسواك . رواه مسلم

2. Hazrat Shuraih bin Hani [radhiallahu anhu] says, 'I asked Hazrat Aisha [radhiallahu anha] what was the first thing that the Holy Prophet [salallahu aleihi wasalam] did on reaching his house?' she said, 'He used to brush his teeth.'¹

(How many of us brush their teeth as soon as they enter their homes? Even with all our advances, the Holy Prophet Muhammad [salallahu aleihi wasalam] was always ahead in hygiene science!)

عن أبي هريرة رضى الله عنه أن رسول الله صلى الله عليه وسلم قال : لولا أن أشق على أمتي - أو على الناس - لأمرتهم بالسواك مع كل صلاة . متفق عليه

3. Hazrat Abu Hurairah [radhiallahu anhu] relates that the Holy Prophet [salallahu aleihi wasalam] remarked: 'Had I not feared that it would cause inconvenience to my people then I would have prescribed the brushing of teeth with every prayer.' [that is at least five times a day] ²

Even after intercourse;-

عن عائشة زوج النبي صلى الله عليه وسلم أن النبي صلى الله عليه وسلم إذا اغتسل من الجنابة بدأ فغسل يديه , ثم توضأ كما يتوضأ للصلاة , ثم يدخل أصابعه في الماء فيخلل بها أصول الشعر ثم يصب على رأسه ثلاث غرف بيديه , ثم يفيض الماء على جلده كله . رواه البخارى

4. Narrated Aisha [radhiallahu anha] wife of The Prophet, peace be upon him, 'Whenever the Holy Prophet [salallahu aleihi wasalam] took a bath after Janaba [a spiritual bath] he started by washing his

hands and then performed ablution like that of prayer. After that he would put his fingers in water and washed his hair from the roots, and then pour three handfuls of water over his head and then pour water over all his body.’³

An ablution above would always start with brushing of teeth.

Poor dental hygiene can bring many brain diseases such as meningitis above and infection of the veins of the brain like cavernous sinus thrombosis a devastating illness among many diseases. These can lead to many complications if the patient survives such as epilepsy, paralysis and dementia. [loss of intellectual faculties]

1) FLUSHING THE NOSE WITH WATER SEVERAL TIMES A DAY

If poor mouth hygiene could lead to various brain infections such as meningitis, cavernous sinus thrombosis and brain abscess, then it is not difficult then to understand that poor nose hygiene may also result in some brain infections such as brain abscess. This is because the nose is not only nearer to the brain but there is potential

communication between the brain and the nose through the cribriform plate and the anterior nose has been found to carry disease causing bacteria such as *Staphylococcus aureus*. In hospital workers these may even be methicillin resistant *Staphylococcus aureus*. There is also venous communication between the nose and the venous channels in the brain, such as through the connections between the cavernous sinus and the pterygoid plexus and to a lesser extent through the cavernous sinus-superior ophthalmic channels. ⁴

Many other microbes can be seen in nasal scrapings such as *Mycobacterium leprae* in lepromatous leprosy.

Therefore in Islam there are meticulous details of cleanliness and how to use water in all these acts. For example in Islamic hygiene science water that has already been used in an ablution can not be reused again for another ablution by anybody as it would be contaminated.

While brushing of teeth is now well established in modern science, flushing of the nose is not. Just as brushing of teeth was promoted by Islam before anybody else it is not surprising that flushing of the nose with water at least five times a day has been

promoted by Islam for centuries before anybody would also realise the importance of this simple but an important act of hygiene.

The following case may help to illustrate the importance of flushing the nose several times daily with water to remove the dust and unwanted harmful droplets that may collect during the course of the day:-

CASE 1.

K D was a seventeen year old boy who traveled from Kenya to Dubai for a holiday. He also took a dusty ride into the desert for a dusty picnic. He never flushed his nose with water throughout his a week long stay in this desert country, nor on his return to Kenya. Three days after his return in Kenya on 29/12/97 he had a nose blockage and the left eye was red. He was given a nonsteroidal anti-inflammatory and the nose and eye symptoms resolved but the headache went on unrelenting. He vomited once but there were no convulsions. The author saw him three weeks later and noticed no photophobia, no fever and no neck stiffness. His past medical history was normal in particular no past history of sinus nor other ear , nose or throat symptom. No history of diabetes.

His general condition was normal. There was no tenderness nor swelling over the sinuses. The eyes were normal with no signs of increased intracranial pressure. There was no neurological deficit and no frontal lobe release signs. The other systems were normal with a B P of 120/80 mm/Hg.

A C T head scan showed a 30 by 23 mm left frontal lobe abscess with ring enhancement, surrounding oedema and compression of the anterior horn of the ipsilateral lateral ventricle. An MRI scan showed the same but also left ethmoidal, maxillary and frontal sinusitis.

On 30/1/98 a brain operation to drain the pus was done and a bacteria *Staphylococcus aureus* was grown from this pus which was sensitive to most antibiotics. This means that this was a wild bacteria contracted from the environment and not from a hospital or a patient recently treated in hospital.

This young man was tested for AIDS , diabetes, neurobrucellosis or any other illness that may cause such an illness, but all these were negative. Even his immune system as tested by CD 4/CD 8 counts, was intact. With the above operation and an antibiotic, cefuroxime he fortunately recovered and was discharged from the

hospital well.

He may have collected this harmful bacteria from the dust in Dubai, droplets in its crowded shopping malls or from the crowded airplane.

This case shows how a pathogenic [deadly] bacteria can land in the nostril and through the sinuses find its way to brain to cause serious and life threatening brain infections. It does not need a genius to understand that regular, daily and fifteen flushings of the nose would make it very difficult for such bacteria to establish themselves in the nostrils.

عن عمرو بن يحيى عن أبيه , عن عبد الله بن زيد : أنه أفرغ
من الإناء على يديه فغسلهما , ثم غسل أو مضمض واستنشق
من كفة واحدة , ففعل ذلك ثلاثا , فغسل وجهه ويديه إلى
المرفقين مرتين مرتين , ومسح برأسه ما أقبل وما أدبر , وغسل
رجليه إلى الكعبين . ثم قال : هكذا وضوء رسول الله صلى الله
عليه وسلم . رواه البخارى

[A] Narrated Amr bin Yahya on the authority of his father: 'Abdullah bin Zaid [radhiallahu anhum] poured water on his hands from a utensil and washed them and then from a handful of water he rinsed his mouth and

cleaned his nose by putting water in it and then blowing it out. He repeated this thrice. He then, washed his face and forearms up to the elbows twice and passed wet hands over his head, both forewards and backwards, and washed his feet up to the ankles and said, "This is the ablution of Allah's Messenger. "[salallahu aleihi wasalam] ⁵

Again even after intercourse ;-

عن ميمونة رضى الله عنها قالت : وضعت للنبي صلى الله عليه وسلم ماء للغسل , فغسل يده مرتين أو ثلاثا , ثم أفرغ على شماله فغسل مذاكيره , ثم مسح يده بالأرض , ثم مضمض واستنشق وغسل وجهه ويديه , ثم أفاض على جسده , ثم تحول من مكانه فغسل قدميه . رواه البخارى

[B] Narrated Maimuna [radhiallahu anha] : 'I poured water for the bath of the Prophet [salallahu aleihi wasalam] . He washed his hands twice or thrice and then poured water on his left hand and washed his private parts. He rubbed his left hand over the earth [and cleaned it thoroughly], rinsed his mouth, washed his nose by putting water in it and blowing

it out, washed his face and both forearms and then poured water over his body. Then he withdrew from that place and washed his feet.’⁶

Look at the details and beauty of advanced Islamic shower!

The rubbing of the left hand which is soiled with dirt with clean earth is to rid it, of the dirty fluids that have come into contact with it. In Islamic hygienic law one may use soap followed by water, to clean the hands thoroughly before resuming the spiritual bath. This is an alternative to earth.

[C] Simple flushing the nose is not enough but the water has to be raised in the nose as far as is comfortable as the following tradition states :-

عن عاصم بن لقيط بن صبرة , عن أبيه , قال : قلت : يا رسول الله أخبرني عن الوضوء , قال : أسبغ الوضوء وبالغ في الإستنشاق . إلا أن تكون صائما , رواه ابن ماجه

‘Aaswim Ibn Laqit Ibn Sabra reported that his father as saying, ‘I asked : Allah’s Messenger , ‘ Tell me about ablution.’ He replied; “Perform ablution perfectly . exaggerate in snuffing water except

that are in a state of fasting.” Ibn Majah.⁷

The fasting person also has to take care of his fast lest water from the back of the nostrils descend into the stomach and spoil his fast. With this exception all others are encouraged to flush the nose as far as is possible.

2) GARGLING

What has escaped the nostril and settled in the throat is taken care of by gargling:-

عن علي أن رسول الله صلى الله عليه وسلم توضأ فمضمض ثلاثاً , واستنشق ثلاثاً , من كف واحد . رواه ابن ماجه

Ali [radhiallahu anhu] reported that Allah’s Messenger [salallahu aleihi wasalam] performed ablution and he gargled thrice and then snuffed up water [in the nostrils] thrice from the palm of one hand . [i. e. using the palm of one hand] Ibn Majah.⁸

The principle is the same as in the previous saying the gargling and rinsing of the mouth is as far back as water can reach and this is the throat.

4 CLEANING OF THE FACE AS A PREVENTION AGAINST TRACHOMA

Trachoma is a disease of the conjunctiva caused by the trachoma-inclusion conjunctivitis [TRIC] agent. Dust, dirt and flies landing on the eyes are ever present factors in causation and transmission of this disease. ⁹ There is no better way to remove dirt and dust from the eyes and face than the ritual of cleaning the face at least fifteen times a day as demonstrated very well in the above tradition of the Holy Prophet [salallahu aleihi wasalam] denoted as reference 5 above. In each ablution the Muslim washes his face three times and he prays a minimum of five times a day. A trachoma infected eye can have superinfection with other bacteria which may lead to orbital suppuration and this, in turn may lead to cavernous sinus thrombosis and other brain infections. That is why the World Health Organisation spends millions of dollars for controlling trachoma in south Sudan. If only they were to wash their faces 15 times a day like their neighbours in north Sudan they would eradicate this terrible disease!

Although trachoma is now becoming less

common the grit, dust and potentially infective droplets from the modern crowded metros, buses, shopping malls, smoky and polluted environment the above simple principle becomes even more important. In Islam this is not only a hygienic principle but a ritual. One cannot take fifteen baths in a day at least he or she can wash his face and the other parts of the body a minimum of fifteen times a day in the Islamic ablution being presented here.

Many viruses such as hepatitis, AIDS and other viruses are secreted in saliva. Some people when they talk one can see visible droplets of saliva coming out of their mouths. It always scares the author to talk to such people not knowing what virus could be in such saliva! Washing the face repeatedly as above will also help remove such potential infective droplets of saliva which may inadvertently be collected on someone's face in the course of the day.

5 CLEANING OF THE FEET AND DRYING THEM IN AIR FIFTEEN TIMES A DAY

Some people when they remove their shoes, a stench that from their feet. This is because sweat collects over time, together with the

chemical actions of micro-organisms induce this abominable odour. It is impossible for a pair of feet that have been washed fifteen times a day with clean water, as in an Islamic ablution, to emit such a foul smell.

This is most crucial in people with peripheral nervous system disease such as diabetic or other neuropathy with reduced sensation to pain in their feet. Bacteria and fungi can colonise their feet without feeling pain or itching. It is only when the whole leg is swollen with cellulitis that the patient realises that there is something seriously wrong with their limb. By this time the deadly bacteria has already established itself in the leg and coupled with the poor immune system in a diabetic the whole leg turns into a bag of pus and soon it becomes gangrenous!

It is not difficult to understand the Islamic ritual of washing the feet fifteen times a day with pure clean water would make it hard for nonresident harmful microbes to settle in these feet and initiate sepsis that would eventually lead to amputation of this limb.

This cannot be described better than the following sayings of Prophet Muhammad:-

عن أبي هريرة رضى الله عنه قال : سمعت رسول الله صلى الله عليه وسلم يقول : أرأيتم لو أن نхра بباب أحدكم يغتسل منه كل يوم خمس مرات , هل يبقى من درنه شيء ؟ قالوا : لا يبقى من درنه شيء , قال : فذلك مثل الصلوات الخمس , يمحو الله بهن الخطايا . متفق عليه

Hazrat Abu Hurairah [radhiallahu anhu] states that he heard the Holy Prophet [salallahu aleihi wasalam] say: 'Suppose if one of you had a running canal at his door and he takes a bath in it five times a day , then would any dirt be left on his person? ' The companions submitted: 'In such a case no dirt would be left on his person'. The Holy Prophet [salallahu aleihi wasalam] remarked : 'Similar is the case of the five obligatory prayers. Allah wipes out all sins in consideration of these prayers.' [Bukhari and Muslim]¹⁰

Although this saying refers to sins being wiped by the five daily Islamic prayers, the allegory can be extended to the physical cleansing effects of the ablution that is a must before the prayers, as it has been shown above, in the various stages of

ablution and the various diseases that are potentially prevented.

And the following saying stresses directly the thoroughness of cleaning the feet with clean water as an essential part of the Islamic ablution:-

عن عبدالله ابن عمرو قال : تخلف النبي صلى الله عليه وسلم
عنا من سفرة فأدركنا وقد ارهقنا العصر فجعلنا نتوضأ ونمسح
على أرجلنا فنادى بأعلى صوته : ويل للاعقاب من النار
مرتين أو ثلاثا . رواه البخارى

Narrated Abdullah bin Amr [radhiallahu anhu] ' The Prophet [salallahu aleihi wasalam] remained behind us on a journey. He joined us while we were performing ablution for the Asr prayer [the afternoon prayer] which was overdue and we were just passing wet hands over our feet [not washing them thoroughly] so he addressed us in a loud voice saying twice or thrice, "Save your heels from the fire." ¹¹

The present world and the hereafter are inseparable in Islam!

ALL THESE HYGIENIC RITUALS REQUIRE PURE WATER WITHOUT THE WATER BEING CHANGED IN COLOUR OR SMELL BY LIQUID SOAP, SPIRIT OR ANYTHING ELSE UNLESS THE HANDS ARE SEVERELY SOIL FOR EXAMPLE BY GREASE OR OTHER FOUL SMELLING SUBSTANCES. IN THIS CASE ONE WOULD WIPE THE HANDS IN SAND AND IN THESE DAYS SOAP CAN BE USED INSTEAD FIRST, BEFORE THE ABLUTION IS TAKEN.

Concerning pure waster the following has been transmitted from the Prophet Muhammad [salallahu aleihi wasalam] as in the collection of Imam Al-Bukhari:-

وقال الزهري : لا باس بالماء ما لم يغيره طعم أوريح أو لون .
رواه البخارى

Az-Zuhri said: 'There is no harm in using water if its taste, smell or colour is not changed.'¹²

And Allah says concerning the purifying powers of pure water:-

إذ يغشيكم النعاس أمنتا منه وينزل عليكم من السماء ماء ليطهركم به

"Remember He covered you with drowsiness, to give you calm as

from Himself. And he caused rain to descend on you from heaven to clean you therewith, " ¹³

Rain water is one form of pure water that has been distilled by the Almighty.

The use of pure water is very important, because spirit or constant soap use would have at least two harmful effects:-

[a] It would erode the normal protective sebaceous oils on the skin. This would lead to the cracking and fissuring of the skin. Most busy doctors who wash their hands with soap after examining every patient have this problem even if they use artificial creams afterwards. [the author recommends that they use pure water alone unless their hands have come into contact with potentially infective liquids]

[b] It would also remove the normal protective resident skin bacteria [commensal bacteria] and this would expose the skin to be colonised by harmful disease causing microbes. These microbes are referred indirectly in the following verse :-

Indirect references to microbes which in majority of cases are very useful is found in many places in the Holy Qur'an before their

discovery in western science such as:-

Allah [subhanahu wa taala] says :-

له ما فى السموت وما فى الأرض وما بينهما وما تحت الثرى .

“To Him belongs what is in the heavens and on earth, and all between them, and all beneath the ground.”¹⁴

Of the useful invisible living creatures beneath the soil include, for example, the nitrogen fixing bacteria that are important in the fertility of the soil.

And Allah also says:-

له معقبت من بين يديه ومن خلفه يحفظونه من أمر الله

“For each [person] there are [guards] in succession before and behind him; they guard him by command of Allah;”¹⁵

These protectors of man include angels and all other protectors. Examples are many and include for example, the protective commensal bacteria Staphylococcus albus normally resident in the skin and prevent pathological bacteria from establishing themselves and the protective non-pathogenic Echerichia coli resident in the

intestines also prevent pathogenic bacteria settling in and produce free vitamin K which protects man from bleeding. The intricate and finely tuned symbiotic relationships in the entire plant and animal KINGDOMS is so vast that to think chance or a combination of chances and natural selection could do it without the 'KING' Himself [and this is ALLAH (S W) Himself] commanding them as He has said clearly in the above verse, one would wait until eternity!

ANOTHER IMPORTANT PRINCIPLE IN ISLAMIC HYGIENE IS NOT TO USE A TOWEL UNLESS IT IS VERY COLD AS IN MANY TRADITIONS OF THE HOLY PROPHET [P B U H] HE WAS OFFERED A TOWEL AND HE REFUSED TO USE IT

Many sufferers of acne vulgaris have found when they wipe their faces with a towel their acne increases and becomes pustular. This knowledge in Islam is very old!

To prevent many disease causing bacteria from colonising the perineum, the groins, the armpits and the nose, the perineum must be thoroughly cleaned with water:-

CLEANING WITH WATER AFTER USING THE TOILET

عن أنس رضى الله عنه قال : كان النبي صلى الله عليه وسلم إذ
 ا خرج لحاجته أجيء أنا وغلام معنا إذ اوة من ماء , يعنى
 يستنجى به . رواه البخارى

Narrated Anas bin Malik [radhiallahu anhu] : ‘Whenever Allah’s Messenger [salallahu aleihi wasalam] went to answer the call of nature, I along with another boy used to accompany him with a tumbler full of water. [Hisham commented, : “So that he might wash his private parts with it.”¹⁶

In western science of hygiene, thousands of gallons of water are used to clean, flush and kill germs in his toilet but it is not stressed to reserve even one mug of water to clean oneself. If tissue paper can clean, then the toilet should also be cleaned with tissue paper! The skin at the anal orifice is wrinkled and paper cannot enter into the wrinkles.

This is another example of the advanced nature of the Islamic Science of Hygiene!

It must be remembered that Prophet

Muhammad [salallahu aleihi wasalam] was living in the desert not at the foothills of the Himalayas with many streams flowing down the hills! If he did not see the health and spiritual benefits cleansing with pure water he would not have stressed all the above details of Islamic hygiene science.

PREVENTION OF NEUROLOGICAL DISEASES BY ISLAMIC NUTRITION

PROHIBITION OF EATING CARNIVORES THAT FEED ON MAMMALS

When one examines the animals that hunt mammals and have hooks are prohibited from eating:-

عن أبي ثعلبة رضى الله عنه : أن رسول الله صلى الله عليه وسلم نهى عن أكل كل ذى ناب من السباع رواه البخارى

Narrated Abu-Tha'laba [radhiallahu anhu] ; 'Allah's Messenger [salallahu aleihi wasalam] forbade the eating of beasts of prey having fangs.'¹⁷

It is not difficult to realise why these animals were prohibited. Recently when cows who by nature are herbivorous animals were turned into carnivores and were fed the blood and other remnants of slaughter

houses they started to transmit the mad cow agent and hence mad cow disease to man [variant Creutzfeldt Jacob disease]. Therefore if man were to eat on carnivores the potential of transmitting a similar agent from other mammals to man exists. There is also another ecological benefit of the above saying. It protects animals who are at the top of the food chain and hence protect grasslands being turned into deserts by unchecked populations of herbivores. Growth of deserts lead to food shortages in poor countries which may lead to many nutritional diseases most of which have neurological complications.

There are also indirect references to desirable foods in the Holy Qur'an

MOST DISERABLE FOODS IN THE HOLY QUR'AN

These foods are referred in two ways in the Holy Qur'an [a] as most commonly mentioned foods of paradise [b] as the most commonly mentioned bounties of the Almighty in this world.

Allah [subhanahu wa taala] says:-

وأُنزِلْنَا مِنَ السَّمَاءِ مَاءً بِقَدَرٍ فَأَسْكَنَتْهُ فِي الْأَرْضِ وَإِنَّا عَلَىٰ ذَهَابٍ بِهِ لِقَادِرُونَ . فَأَنْشَأْنَا لَكُمْ بِهِ جَنَّةً مِنْ نَخِيلٍ وَأَعْنَابٍ لَكُمْ

فيها فوكه كثيرة ومنها تأكلون . وشجرة تخرج من طور سيناء
 تنبت بالدهن وصبيغ للأكلين . وإن لكم في الأنعام لعبرة
 نسقيكم مما في بطونها ولكم فيها منفع كثيرة ومنها تأكلون .

“And We send down water from the sky according to [due] measure, and We cause it to soak in the soil; And We certainly are able to drain it off [with ease]”. With it We grow for you gardens of date-palms and vines; in them have you abundant fruit: and of them you eat .Also a tree springing out of Mount Sinai, which produces oil and relish for those who use it for food. And in cattle you have and instructive example; from within their bodies We produce [milk] for you to drink; there are in them [besides] numerous [other] benefits for you ; and of their [meat] you eat.”¹⁸

In the above we see the first foods to be mentioned are fruits, followed by olive which is not only unsaturated but it is well known for its protective effects against stroke and heart attacks, and lastly milk and meats are mentioned. It is well known that when the Holy Qur'an was revealed fourteen centuries ago Arabs loved meat [even to the present] but meat is mentioned last. The desert is not full of bananas and

cucumbers!

The above sequence is repeated in several places in the Holy Qur'an. In another chapter, Allah [subhanahu wa taala] says:-

فلينظر الإنسان إلى طعامه . أنا صببنا الماء صبا . ثم شققنا الأرض شقا . فأنبثنا فيها حبا . وعنبا وقضبا . وزيتونا ونخلا . وحدائق غلبا . وفكة وأبا . متعا لكم ولأنعمكم .

“Then let man look at his food. For that We pour water in abundance. And We split the earth in fragments. And produce therein grain. And grapes and fresh vegetables. And olives and dates. And enclosed gardens, dense with lofty trees, and fruits and fodder. A provision for you and your cattle. ”

19

Even when foods of paradise are mentioned , where there are no strokes and heart attacks, the same trend of healthy foods is seen, as follows:- Allah [subhanahu wa taala] says:-

وفكة مما يتخيرون . ولحم طير مما يشتهون .

“And with fruits, any that they may select. And the flesh of fowls , any that they may desire. ”²⁰

The flesh of fowl is least in cholesterol among all meats.

Although this is now common knowledge that the above sequence and choice of foods is the healthiest, this knowledge in western science is only thirty years old. The same knowledge is in the Holy Qur'an for more than 1400 years!

THE BEST WAY OF TREATING DEHYDRATION

But the science of nutrition in the Holy Qur'an is not limited to health foods alone even when it comes to dehydration the suggested cure is simple and superior than the current oral rehydration sachets :

Referring to the story of Prophet Jonah [A S] when he was cast off the belly of the fish that swallowed him;-

فنبذنه بلعراء وهو سقيم . وأنبثنا عليه شجرة من يقطين .

Allah [subhanahu wa taala] says :-
 "But We cast him forth on the naked shore in a state of sickness;
 And We caused to grow for him a watermelon plant [for him to eat] ."

21

For only 100 gm of watermelon it contains :-
22

water 94gm

sugar 5.3gm

nitrogen 0.06gm

kilocalories 21 kcal

protein 400mg

sodium 4mg

potassium 120mg

calcium 5mg

magnesium 11mg

phosphate 8mg

iron 0.3mg

copper 0.03mg

zinc 0.1mg

carotene 20microgram

thiamine 20 microgram

riboflavin 20 microgram

niacin 200 microgram

vitamin C 5mg

vitamin E 100 microgram

The above as an oral rehydration fluid is superior because the larger content of potassium and magnesium protects the person from sudden heart arrhythmia's and sudden death in a patient with low potassium, the presence of thiamine protects against sudden precipitation of Wernicke's encephalopathy for a sick person one does not know their thiamine status and the zinc protects against acrodermatitis enteropathica [especially when dehydration is accompanied with malnutrition, when zinc level could be low as in this case] together with its concomitant immunodeficiency and the vitamin E protects against oxidant tissue damage. The sugar protects against hypoglycaemia and increase the metabolic activity but this results in a lot of oxidants and free radical which in sick person as above, these can retard their recovery. The above verse state clearly that Prophet Yunus[aleihi salam] was sick when he was cast ashore. It is not difficult to realise that the most urgent problem he had was dehydration and secondly malnutrition. In this state zinc is usually deficient. Also manufacturers can use some of this knowledge to make better oral rehydration sachets and even better intravenous fluids! This knowledge is protected by copyright

for Islamic charities . [high potassium to sodium ratio is only contraindicated in intravenous fluids and patients who retain too much potassium in their bodies because of kidney failure].

Dehydration and malnutrition can lead to many neurological complications such as superior sagittal sinus thrombosis , shock and the resultant possible brain damage.

USE OF DATES AS A MILD OXITOXIC AGENT

Allah [subhanahu wa taala] says: {about the birth of Prophet Issa (Jesus , aleihi salam) referring to her mother:

فناد بها من تحتها ألا تحزني قد جعل ربك تحتك سرياً . وهزى
إليك بجذع النخلة تسقط عليك رطباً جنياً .

“But a (voice) cried to her from beneath the (the palm-tree) : ‘Grieve not! For thy Lord hath provided a rivulet beneath thee; And shake towards thyself the trunk of the palm-tree; It will let fall fresh ripe dates upon thee.’”²³

Each 100 gm of dates contain almost 1000 kilojoules of carbohydrate and 70 microgram

of thiamine among other vitamins. This will not only stimulate glucose entry into the uterine muscle cells and its metabolism but also increase local production of prostaglandins and enhance the contraction of the womb. A womb that is well contracted will loose less blood and has less chance of becoming infected. Thus puerperal sepsis, septic shock and its brain complications will be prevented.

FASTING AND BENEFITS ON NEUROLOGICAL DISEASES

Some of the beneficial effects on stroke prevention by the Islamic fast include control of gluttony and weight , the blunting of hypertension by reduction of salt load, reduction in the severity of diabetes and its complications, modulation of cholesterol which tend to clog blood vessels and helping in stopping smoking and other drug abuses. The slowing down the progressive nature of Parkinson's disease, senile [Alzheimer's disease] and other dementias through the reduction in toxic oxidants.

PROHIBITIONS AND GUIDANCE ON CHOICE OF MATES

A. Avoidance of alcohol

Although it is known that for every bottle of beer drunk several .brain cells are killed and that one has a finite number of brain cells which cannot regenerate like liver and other cells in the body no neurologist speaks against ethanol and in neurological conferences wine flows freely! Many patients who have abused alcohol show atrophy of their cerebral and cerebellar cortices and atrophy of the deeper neurons.

Judy Ratcliff Davies and Kim Sherer, non-Muslims write in their voluminous textbook on nutrition; "A level of 1 to 2 drinks a day may have an important coronary heart disease [CHD] reduction effect, but the overall balance of harm and benefit does not favour a recommendation to drink alcohol to prevent CHD. Alcohol contributes empty kilocalories to the diet, making weight loss harder to achieve." ²⁴

This statement above one would think that these two authors were quoting from the Holy Qur'an:-

Allah says:-

يسئلونك عن الخمر والميسر قل فيهما إثم كبير ومنفع للناس
وإثمهما أكبر من نفعهما

"They ask thee concerning wine and gambling. Say : 'In them is great sin, and some profit, for men; but the sin is greater than the profit'
' " 25

Even the above 1 to 2 drinks pose a problem of definition to a layman, is it two glasses of whisky, wine or two doubles of whisky?

Alcohol , Calcium and Hypertension

ALCOHOL

II

Extra-cellular calcium <-facilitates-inhibits-
→calcium pump

Entry into cells extrusion

THIS CAUSES CYTOPLASMIC CALCIUM ACCUMULATION

Acutely this causes decreased central nervous system inhibition, increased sympathetic outflow and ACTH and CORTISOL release which increases blood pressure. On the long term vascular tone is increased causing renal vasoconstriction, sodium retention and hypertension. ²⁶

Alcohol has many other deleterious effects such as causing overweight, reducing one's inhibition and thus having prohibited unsafe sexual intercourse, causing brain and peripheral nerve damage [dementia, cerebellar ataxia and peripheral neuropathy]. There is no part of the nervous system that is spared even muscle disease can occur.

B All other prohibited drugs including smoking

Smoking causes stroke and other cerebrovascular diseases. Other drugs such as marijuana, kart, glue sniffing, cocaine, opium and all other drugs cause direct and severe brain and peripheral nerve damage. Allah says:-

يأيتها الذين ء امنوا إنما الخمر والميسر والأنصاب والأزلم رجس
من عمل الشيطان فاجتنبوه لعلكم تفلحون .

“O you who believe! intoxicants, and gambling, sacrificing to stones and [divination by] arrows, are an abomination, of Satan's handiwork; Eschew such [abomination] that you may prosper. ” 27

C Prohibition of fornication and adultery

ولا تقربوا الزنى إنه كان فحشة وساء سبيلا .

Allah says: "Nor come near to adultery; For it is an indecent [deed] and an evil way." ²⁸

Adultery and fornication is not only forbidden but anything that lead to them or promote them are forbidden. All attempts at slowing the AIDS and its brain and peripheral nerve damaging effects have failed because current public health sciences preach good sexual behaviour but do not know how to facilitate this. Half naked women are everywhere and free mingling of the sexes abounds. It is like leaving a chunk of meat in front of a hyena and then telling it not to eat it! Islam does not only preach the same message but knows how to facilitate this responsible behaviour.

And in another verse:-

الزنى لا ينكح إلا زانية أو مشركة والزنية لا ينكحها إلا زان أو مشرك وحرم ذلك على المؤمنين .

"The adulterer cannot marry but an adulteress or an idolatress, and the adulteress cannot marry but an adulterer or idolater; To believers such a thing is forbidden." ²⁹

To marry an adulterer does not expose one to AIDS but also to other viruses such as hepatitis B , hepatitis C and other dangerous viruses which most of them we do not have vaccines at the moment. Most of these virus infections cause direct or indirect damage to the brain or other parts of the nervous system.

AIDS like alcohol does not spare any part of the nervous system in its damaging effects.

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CHAPTER 1.6

THE APPROACH OF THE HOLY QUR'AN
AND PROPHET MUHAMMAD'S
TRADITIONS TOWARDS TACKLING SOME
PSYCHIATRIC DISEASES

ABSTRACT

The Holy Qur'an was sent to mankind not only as a guidance but also as a cure for the diseases of the heart. This cure is not restricted to the removal of SHIRK that is associating other gods with Allah [glory be to Him] or doubt to the attributes of the Almighty but also as complete guidance to mankind. This guidance includes guidance in proper belief and religious practice but also in daily life activities including oproper health. The mental aspects of his health is of paramount importance. Therefore it is not surprising to find curative and preventive aspects of his mental health also mentioned in the Holy Qur'an and Sunnah. It is not only wrong religious beliefs that are addressed but diseases such as anxiety, obsessive diseases, reactive depression and endogenous depression which may also arise independent of shirk are also taken of . The superiority of this type of cure is that it is permanent and there are no side effects

such as suicide that has been described with serotonin reuptake inhibitors or arrhythmias seen with tricyclic and tetracyclic antidepressant medicines. Only extreme forms where insight is lost then one would need to seek expert opinion for there are many places in the Holy Qur'an where one is extolled to ask people of knowledge if one is stuck. People of knowledge in this case would be expert psychiatrists. One should also note that people who are afflicted with such severe forms of mental diseases are absolved from religious duties and beliefs until they heal.

KEY WORDS: PERMANENT CURE, THE HOLY QUR'AN, OBSESSIVE DISEASES, DEPRESSION, ANXIETY

INTRODUCTION

When the Holy Qur'an was sent to mankind it was sent as a blessing to all. It was not sent to forcefully convert people as we read in the wrong history books that Islam was spread by the sword! What Islam hates is injustice and oppression. There is no compulsion in religion. Even if all people did not convert to Islam but it was able to initiate women's liberation and remove a lot of injustice that

was so prevalent at that time. Among other things it abolished the barbaric act of burying girls alive in the desert of Arabia and in other places in the world and free people from the slavery of false gods and superstitions. As the Almighty states in the Holy Qur'an:-

يا أيها الناس قد جاءكم موعظة من ربكم وشفاء لما في
الصدور وهدى ورحمة للمؤمنين . قل بفضل الله وبرحمته فبذلك
فليفرحوا هو خير مما يجمعون .

“O mankind! There has come to you an admonition [meaning this Holy Book] from your Lord and a healing for the [diseases] in your hearts, and for those who believe, a Guidance and a Mercy. Say: ‘Out of the Bounty of Allah and in His Mercy [you got these, therefore] rejoice on these;’ that is better than the [wealth] they hoard.”¹

And in another verse:-

لَا إِكْرَاهَ فِي الدِّينِ قَدْ تَبَيَّنَ الرِّشْدُ مِنَ الْغَيِّ

“Let there be no compulsion in religion : Truth stands out clear from Error.”²

There are other benefits from the Holy Qur'an [and Prophet's Sayings] . An example is the way this book tackles various psychiatric disorders. First it prevents them by prohibition of all harmful things that lead to these disorders. Alcohol lead to alcoholic hallucinosis, Werneicke's encephalopathy and dementia. Amphetamines, kart and Cannabis use lead to schizophreniform illnesses. Secondly it gives unique, permanent and effective therapies for many psychiatric disorders. What is required is careful study and understanding.

OBSESSIVE COMPULSIVE DISEASES

For many years textbooks of psychiatry indicated that obsessive diseases are personality disorders and therefore are not amenable to therapy or almost impossible to treat as one cannot change his constitution.³ For example a person may go several times to his front door to check whether it is locked for fear of thieves. This may even prevent him have a proper night's sleep. This is also seen among Muslims for example some of them may take ablution for several times before a single prayer for fear that the motive or intention for the ablution has not been properly formulated in one's

mind or the prayer is broken up several times for a similar reason.

The Islamic logical argument that this is not a personality disorder but a disease is as follows: if this was a true personality disorder it would for example manifest in all acts of worship not only in the acts of ablution and prayer. One is only obsessive with the free water found in the mosque, why does not the same person show the same obsessive-compulsive personality in other religious duties which costs money? like for example paying of alms at the end of of Ramadhan [zakatul fitr]. No compulsive Muslim would pay this alms twice. His intention would in all occasions be properly formulated in his mind. If it was a personality trait then it should manifest in all Islamic duties not only the free ones. For Allah [subhanahu wa taala] says:-

أَلَا إِنَّ أَوْلِيَاءَ اللَّهِ لَا خَوْفَ عَلَيْهِمْ وَلَا هُمْ يَحْزَنُونَ . الَّذِينَ ء
 آمَنُوا وَكَانُوا يَتَّقُونَ . لَهُمُ الْبُشْرَى فِي الْحَيَاةِ الدُّنْيَا وَفِي الْآخِرَةِ لَا
 تَبْدِيلَ لِكَلِمَاتِ اللَّهِ ذَلِكَ هُوَ الْفَوْزُ الْعَظِيمُ .

“Behold ! verily on the friends of Allah there is no fear nor shall they grieve . Those who believe and [constantly] guard against evil. For them are Gland Tidings in the life

of the present and in the hereafter:
 No change can there be in the
 Words of Allah. This is indeed the
 supreme Triumph.”⁴

Those who believe cannot be bogged down by obsessions. For example, once they have locked their doors at night they would have the soundest of sleep because of the sincere belief that Allah is watching and protecting them in the dark of the night therefore there is no need to uselessly go downstairs several times at night to keep on checking the door. A true believer in Islam knows for certain that if Allah has ordained that his house would be invaded by thieves that night he has no means whatsoever to prevent them. It is not unusual for thieves to come with a huge stone and hurl it towards somebody's door and enter armed with several machine guns and plunder his house and leave him permanently maimed if not dead. It is ridiculous to sleep with an army at one's bedside! It requires simple belief in Allah to access this Islamic permanent cure in obsessive-compulsive diseases.

If the above is not sufficient then he is told by Allah:-

وإما ينزغناك من الشيطان نزغ فاستعد بالله إنه هو السميع
العليم .

“And if [at any time] an incitement is made to thee by the Satan, seek refuge in Allah [by saying I seek refuge in Allah from the accursed Satan]. He is the one who hears and knows all things”.⁵

And in another verse :-

وإما ينزغناك من الشيطان نزغ فاستعد بالله إنه سميع عليم .

“If a suggestion from Satan assails thy [mind], seek refuge with Allah; For He heareth and knoweth [all things]”.⁶

The biggest Satan is one’s self as the most evil suggestions comes from one’s mind which allows obsessions to settle in the same mind. Then Satan finds it easy to dominate that mind. The above verses and Prophet Muhammad’s sayings teach true believers to guard from the Satan within and without by saying: “I seek refuge in Allah from the accursed Satan.”

All the above methods are to help the Muslim attain freedom from enslaving obsessive-compulsive thoughts and be able

to attain a permanent cure from this mentally crippling disease.

REACTIVE DEPRESSION

For the depression that has come because a sad event has taken place such as a loss of a loved one, property or a job then the believer gets great solace by remembering when the Almighty states:-

ولنبلونكم بشيء من الخوف والجوع ونقص من الأموال والأنفس
والثمرات وبشر الصابرين . الذين إذا أصبتهم مصيبة قالوا إنا لله
وإننا إليه رجعون . أولئك عليهم صلوات من ربهم ورحمة وأولئك
هم المهتدون .

“Be sure we will test you with something of fear and hunger, some loss of property, lives and the fruits [of your toil], but give glad tidings to those who patiently persevere. Who say, when afflicted with calamity: “To Allah we belong and to Him is our return”. They are those on whom [descend] blessings from their Lord and mercy; and they are the ones that receive guidance.”⁷

All calamities have not come because of that non-existent entity called bad luck. Allah

[subhanahu wa taala] determines everything, good to show gratitude and bad to show patience for one is being tested. However for the non Muslim believes that everything comes by chance! He does not understand why calamities happen to him. He may blame himself, relatives, friends or his bad luck. Therefore he will tear his clothes, pull his hair or most drastically kill himself which is a very great sin in Islam.

When he remembers the following saying of the Prophet [salallahu aleihi wasalam] :-

عن أبي يحيى صهيب بن سنان رضى الله عنه قال: قال رسول
الله صلى الله عليه وسلم : عجباً لأمر المؤمن إن أمره كله له
خير , وليس ذلك لأحد إلا للمؤمن , إن أصابته سراء شكر
فكان خيراً له , وإن أصابته ضراء صبر فكان خيراً له . رواه
مسلم

Hazrat Suhaib bin Sinan [radhiallahu anhu] relates that the Holy Prophet [salallahu aleihi wasalam] said : “The case of the believer is really wonderful; there is good for him in everything, and this characteristic is exclusively for him alone. If he experiences something pleasant, he is grateful to Allah and that is good for him; and if some adversity touches him,

he is patient and submissive and that too is good for him.”⁸

It is easy to understand why he is happy during the good times. To understand why he is happy when a calamity falls on him one must visualize the good that Allah [glory be to Him] has assigned for him in this world and in the hereafter that awaits him as the following hadith clearly states:-

عن أبي هريرة رضى الله عنه قال: قال رسول الله صلى الله عليه وسلم: من يرد الله خيرا يصب منه . رواه البخارى

Hazrat Abu Huraira [radhiallahu anhu] relates that the Holy Prophet [salallahu aleihi wasalam] said: “When Allah wants to favour somebody He tries him by putting him under hardship.”⁹

The Almighty has chosen for him a high state in next life but his good deeds are too few and far between. Therefore the Almighty gives him a test by giving him some difficulty in this world, if he is patient and forebearing he wins the high status that He has chosen for him! So he does not see the immediate calamity but he has foresight to see the good that is ahead of the calamity

awaiting for him as the above Hadith states clearly!

ANXIETY AND ENDOGENOUS DEPRESSION

For anxiety and endogenous depression Islam has erected many defenses and aligned many cures:

1. LOSS OF SELF ESTEEM

Endogenous depression for instance may arise from loss of self esteem, for this the Holy Qur'an clearly elevates the status of the afflicted person and builds his shattered self esteem as the Almighty states:-

ولقد كرّمنا بني آدم وحملناهم في البر والبحر ورزقناهم من الطيبات وفضلناهم على كثير ممن خلقنا تفضيلاً .

“ We have honoured the sons of Adam; [by giving them speech, intelligence and knowledge] provided them with transport on land and sea; given them for sustenance things good and pure; [some animals eat grass only] and conferred on them special favours, above a great part of Our creation.”¹⁰

2. PARANOID BELIEFS

His depression also may also arise from paranoid beliefs that all people do not love him, they despise him or even hate him or her. For this the same Holy Book states:-

يأيتها الذين ء امنوا اجتنبوا كثيرا من الظن إن بعض الظن إثم

“O ye who believe! avoid most suspicions for suspicions in some cases [i. e. bad suspicions] is a sin.”¹¹

To feel that people do not love you or even despise and hate you is a bad suspicion which is not allowed and is a sin. The same verse equates evil thoughts of any kind about people, especially if they are put into words or actions, to eating the dead flesh of your brother; ‘Yaak!’ How repulsive this sin is! If all the time one has good thoughts on all people associated with him unless he has proof otherwise, then how can he suffer from depression that people do not love him or they are against him?

3. SOLACE FROM THE REMEMBRANCE OF ALLAH

Allah [glory be to him] states about those who turn to Him in belief without asking for any more signs from their Creator:-

الذين ء امنوا وتطمئن قلوبهم بذكر الله ألا بذكر الله تطمئن
القلوب

“Those who believe, and whose hearts find solace in the remembrance of Allah: for without doubt in the remembrance of Allah do hearts find solace.”¹²

Once solace enters somebody’s heart it rids itself of any anxiety and depression.

What do they remember?

a. Blessings of Allah

Peace and serenity in one’s mind comes from the remembrance of the innumerable blessings received from ones’ Creator:-

وإن تعدوا نعمة الله لا تحصوها إن الله لغفور رحيم .

“If ye would count up the favours of Allah never would ye be able to number them: for Allah is Oft-Forgiving, Most Merciful.”¹³.

The above verse follows many verses in the chapter The Bee, which mentions some of the blessings that we receive from The

Merciful e. g. the water that He sends down from the sky we drink and water our

plants and our animals that we may ride or eat as we wish, the sea that carries plenty of food and ornaments and is the vehicle of our ships, literally even to the air that we breath if it were not for His blessings we would have been lost into space and be like the moon or Mars which do not have any atmosphere worth of mentioning !

b. Attributes of Allah

When the depressed person goes through the beautiful names of the Merciful he will come to "AR RAUF" -THE COMPASSIONATE, therefore he will use this name of Allah [glory be to Him] to pray uttering it and remembering His Compassion, be able to get a healing for his depression for He says :-

ولله الأسماء الحسنى فادعوه بها

"The most beautiful names belong to Allah : so call on Him by them :

"¹⁴

c. Listen to the Voice of Allah

As idle and passionate songs are the voice of the devil then the Holy Qur'an is the voice of Allah [glory be to Him]. For the Prophet

said:-

وما اجتمع قوم في بيت من بيوت الله ، يتلون كتب الله ويتد
ارسونه بينهم ، إلا نزلت عليهم السكينة ، وغشيتهم الرحمة ،
وحفتهم الملائكة ، وذكرهم الله فيمن عنده . ومن بطأ به عمله
لم يسرع به نسبه . رواه مسلم

“No people gather together in one of the houses of Allah [the Mosque] , reciting the Book of Allah [the Holy Qur’an], and studying it among themselves, without tranquility descending upon them, mercy [of Allah] enveloping them, the angels surrounding them, and Allah mentioning them amongst those [the Angels] who are with Him. Whosoever is slowed down by his actions will not be hastened forward by his lineage.”¹⁵

Therefore just by listening to the Holy Qur’an, a soothing effect is experienced in one’s mind and hence be able to get solace in the anxious and depressed mind. The stories in the Holy Qur’an such as that of Prophet Ayyub [Job] teaches the depressed person how to tolerate this disease as the first step to get a cure in a difficult

disease like endogenous depression. If he is able to persevere it before it damages him, this will constitute the first half of the cure. This prophet of God lost all his wealth, all his family except a wife and on top of all these he become very sick with a skin disease. He did not shout, pull his hair nor tear his clothes. He patiently persevered and Allah [glory be to Him] removed all his suffering and gave him back his children. There are many similar lessons in the Holy Qur'an. The second half is to get a complete cure of one's disease.

4. SOLACE FROM THE REMEMBRANCE OF THE LIFE OF PROPHET MUHAMMAD [PEACE BE UPON HIM]

When the true Muslim revises the life of his beloved Prophet [salallahu aleihi wasalam] he will come across the journey to Taif. The Prophet thought since the people of Mecca refused to accept him he thought that, then the people of Taif will accept him, only to receive a shower of stones! At the battle of

Uhud he was beaten until he fainted from severe pain and loss of blood ! These only fortifies the depressed Muslim and is able to carry the burden of his illness which is half of the treatment.

5. THE CURE OF THE PRAYER OF TAHAJJUD [OPTIONAL NIGHT PRAYER]

عن أبي هريرة رضى الله عنه أن رسول الله صلى الله عليه وسلم قال : يعقد الشيطان على قافية رأس أحدكم إذا هو نام ثلاث عقد , يضرب على كل عقدة : عليك ليل طويل فارقد , فإن استيقظ فذكر الله تعالى انحلة عقدة , فإن توضأ , انحلة عقدة , فإن صلى انحلة عقده , فأصبح نشيطا طيب النفس , وإلا أصبح خبيث النفس كسلان . متفق عليه

Hazrat Abu Huraira [radhiallahu anhu] relates that the Holy Prophet [salallahu aleihi wasalam] said: "When a person goes under sound sleep the Satan ties three knots at the occiput reciting some spell over each of these knots i. e. there is enough of the night, go on sleeping. If he wakes up and remembers Allah, one of the knots is untied. Then if he gets up and makes his ablution, another one is loosened. If he offers his prayer,

then the remaining third knot is loosened. Then he faces his morning quite fresh and is in a cheerful mood. Otherwise he gets up in an unhappy, dull and lethargic mood. ”¹⁶

Look at how Islam dispels all anxiety, depression, dullness and psychomotor retardation and brings instead a cheerful mood! Note also that the above Hadith understands that sleep and wakefulness is controlled in the occiput which contains the reticular formation in the brain stem. This is some of the advanced knowledge given to the Prophet of the All Knowing before the staining and the discovery of the reticular formation and some of its functions only this century! Therefore if it got it right the sleep – wakeful control centre before this knowledge reached Western neurosciences recently then it should get it right the prevention and cure of depression, anxiety and all the associated complications.

6. CURE BY GIVING CHARITY

والله في عون العبد ما كان العبد في عون أخيه ... من
صحيح مسلم

The Prophet [salallahu aleihi wasalam] said: "Allah continues to help a servant so long as he goes on helping his brother." ¹⁷

This help can be a financial, moral and physical help. This has many advantages. It frees the rich person from being enslaved by his wealth or other blessing. Money becomes a means to an end not an end to itself. It also puts one's problem into perspective. When the ill person does an act of charity to another who has worse problems than his own, it makes his sickness appear trivial! This helps him get a cure.

7. CURE BY FASTING

Allah says:-

وَأَنْ تَصُومُوا خَيْرٌ لَكُمْ إِنْ كُنْتُمْ تَعْلَمُونَ .

"And it is better for you that you fast, if ye only knew." ¹⁸

And the Prophet translates this verse by giving one of the benefits of fasting:

صوموا تصحوا .. من حديث أبو نعيم

“Fast and you will become healthy.” Narrated by Abu Nuaim.

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The depressed person loses appetite. Instead of worrying over his lost appetite instead he is extolled to

fast. This not only puts his illness into perspective but help to remove all body toxins that may perpetuate physical ill health which in turn bring mental sickness. The toxins may be excess of uric acid, oxidants cholesterol, triglycerides or carbohydrate overload. Fasting also gives time to the body to excrete toxins that have entered the body through pesticides and artificial fertilizers. Fasting here does not only refer to once a year fast of the month of Ramadhan but also supererogatory fasts for example the weekly fasts of Mondays and Thursdays.

CURE FROM THE FAMILY

Islam has not only highly recommended the institute of marriage but gave guidance on how to choose a good wife, for the Prophet [peace be upon him] said: -

عن أبي هريرة رضى الله عنه أن رسول الله صلى الله عليه وسلم
قال : تنكح المرأة لأربع : لمالها ولحسبها ولجمالها ولدينها ,
فظفر بذات الدين تربت يداك . رواه مسلم

Abu Huraira [radhiallahu anhu] reported that Allah's messenger [salallahu aleihi wasalam] had said: 'A woman may be married for four reasons: for her property, her status, her beauty and her religion: so try to get one who is religious, may your hand be besmeared with dust.'²⁰

In this case it means when one is suffering from severe depression the beautiful wife, the wife with status and the wealthy wife will run away. While the wife married because of her religiousness will stick to his side and help him through his depression. Loneliness and depression do not go together!

9 TRUE GROUP THERAPY

In western medicine group therapy involves mainly of talking with patients with similar disease. How can diseased people who have

many problems of their own be of any help to you? In Islam similar group and social therapy involves talking to your relatives and brother Muslims in the mosque especially after congregational prayers. Airing your depression and your anxieties vents out the tension within. That is why Islam discourages nuclear families so popular in the West and promotes five congregational prayers in a day in the mosque!

Allah [subhanahu wa taala] says:-

والذين يصلون ما أمر الله به أن يوصل

“Such as unite that which Allah hath commanded should be joined.”²¹

The most important group that should be joined are the relatives near and distant. When the depressed person needs to talk out his problems, which is an important therapeutic aid, the first line people with sympathetic ears are his caring relatives not people with similar disease who themselves are overwhelmed with their own problems!

Allah says:-

وأقيموا الصلوة وء اتوا الزكوة واركعوا مع الركعين .

“And be steadfast in prayer: give Zakat [alms], and bow down your heads with those who bow down [in worship].”²²

Although this verse follows verses addressing children of Israel past and present the message is the same, as Islam was preached by all prophets including Prophet Moses [peace be upon him]. The message here is to worship together. To interpret this verse and give one among many benefits of praying five times together, Prophet Muhammad [salallahu aleihi wasalam] said the following:-

About congregational prayers joining the hearts of the followers and bringing their true brotherhood; there is this tradition;-

عن ابى مسعود عقبة بن عمرو رضى الله عنه قال : كان رسول
الله صلى الله عليه وسلم يمسح مناكبنا فى الصلاة ويقول :
استوا ولا تختلفوا , فتختلف قلوبكم .. من حديث مسلم

Abu Mas'ud Uqba Ibn Amr Al-Badri Al-Ansari relates that the Holy Prophet [salallahu aleihi wasalam] would place his hands upon our shoulders when we were lining up for prayer and would say: 'Stand in straight lines and do

not differ among yourselves,
otherwise your hearts will differ
with each other due to discord' ²³

This makes the depressed person realize that he is not alone and all the people whom he is rubbing shoulders with in the congregational prayers are his brothers and are ready to help him. The inter-individual distance is reduced between him and his fellow worshipers. Most other religions their followers go to the prayer-house once a week. Muslims meet in the mosque five times a day, rubbing shoulders, standing together, bowing together, prostrating together and sitting together. How can they not know each other!

In conclusion the Holy Qur'an [and Traditions] has erected many fortresses to guard and rid oneself of depression, anxiety and obsessive-compulsive disorders. Although it is not a textbook of psychiatry, tips useful to mankind in mental diseases and other sciences, have not been omitted as the following verse states:-

وما من دابة في الأرض ولا طائر يطير بجناحيه إلا أمم أمثالكم
ما فرطنا في الكتاب من شيء ثم إلى ربهم يحشرون .

“There is not an animal [that lives] on the earth, not a being that flies on its wings, but [forms part of] communities like you. Nothing have We omitted from the Book [the Holy Qur’an], and they [all] shall be gathered to their Lord in the end.”²⁴

This verse shows the importance of communities among man and other animals. Communities are not only for the feeding and reproduction like in insects but for the mental well being of higher animals including man as indicated above. Nothing important or essential has been left out by the Holy Qur'an as this book illustrates!

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CHAPTER 1.7

PREVENTION OF STROKE

INTRODUCTION

Stroke still remain one of three main causes of death and major cause of long term disability in U K [and most of the West]. ¹ Therefore it consumes a large proportion of the health budget of many countries in the West. Developing countries are not spared. Since there is no cure for major stroke as most such patients will either die or left with major disability, the best investment is to prevent such a devastating illness. It involves changing habits and life styles. When the Holy Qur'an was revealed to Prophet Muhammad [salallahu aleihi wasalam] in the seventh century it successfully changed a people who were drinking five times a day and replaced this with going to the mosque five times to pray instead! Alchohol is one cause of hypertension which in turn causative factor for stroke as shown below. The Holy Qur'an has many ways of preventing stroke.

REDUCTION AND PREVENTION OF HYPERTENSION

Diet And Weight Control

The number one associated factor in stroke is hypertension.² Essential hypertension has many factors in its causation and some of these are genetic factors which are not amenable to modulation. However environmental factors can be modified to prevent or lessen hypertensive diseases. One of the important environmental factors is overweight. The Islamic Sciences played a large contribution by giving unique training and coaching of the individual in various spheres of eating habits and hence weight control such as:-

1. Eating Habits And Stressing On Preferential Diets

Eating with the right hand

Just as one putting his food in a blender and liquidising it and drinking it will result in less joy and delay in satiety than eating the food with a spoon. It will also cause bloating of the stomach and discomfort. Therefore eating with the right hand and taking time to shape the food in the hand also will result in

better joy and earlier satiety. This is because satisfaction in food does not only consist of filling the stomach with food but it involves in the enjoyment of colour, flavour, its garnishing, its chewing and also its feel during the shaping of the morsel of food in the hand. [The right hand, which is the dominant hand in the majority of people, through its superior sense of touch will also prevent a fish bone reaching the mouth]:-

عن عائشة رضی اللہ عنہا قالت : كانت يد رسول الله صلى الله عليه وسلم اليمنى لظهوره وطعامه , وكانت اليسرى لخلائمه وما كان من أذى . حديث صحيح رواه أبو داود .

Hazrat Aisha [radhiallahu anha] relates that the Holy Prophet's [salallahu aleihi wasalam] right hand was used for his clean and nice things and for eating; and his left hand for toilet and for other similar functions. [collected by Imam Daud]³

Eating with small morsels

وعن كعب بن مالك رضی اللہ عنہ قال : رأيت رسول الله صلى الله عليه وسلم يأكل بثلاث أصابع , فإذا فرغ لعقتها . رواه مسلم

Hazrat K'ab ibn Malik [radhiallahu anhu] says he saw the Holy Prophet [salallahu aleihi wasalam] eating with three fingers, and after having finished eating he would lick them. [collected by Imam Muslim] ⁴

By taking small morsels of food and chewing each slowly will make a small quantity of food more than sufficient. But there is another way Islam helps in avoiding overeating.

Sharing food with others

عن جابر رضى الله عنه قال : سمعت رسول الله صلى الله عليه وسلم يقول : طعام الواحد يكفي الإثنين , وطعام الإثنين يكفي الأربعة , وطعام الأربعة يكفي الثمانية . رواه مسلم

Hazrat Jabir [radhiallahu anhu] relates that he heard Prophet Muhammad [salallahu aleihi wasalam] say : ' Food for one is sufficient for two, food for two is sufficient for four and food for four is sufficient for eight.' [collected by Imam Muslim].⁵

This tradition tells us that we always overestimate our food requirements. Half of

the food we eat is not necessary . It also builds love and kindness among people.

Sharing food with neighbours

عن أبي ذر رضى الله عنه قال : قال رسول الله صلى الله عليه وسلم : يا أبا ذر إذا طبغت مرقة فأكثرها ماءها , وتعاهد جيرانك . رواه مسلم

Hazrat Abu Dharr [radhiallahu anhu] said that my friend the Holy Prophet [salallahu aleihi wasalam] advised me : ‘When you prepare soup put plenty of water in it , then find out about {the state of affairs of} the families of your neighbour, and give some soup to them as well.’⁶

The owner would not only eat less but he would also have less cholesterol if the soup has cholesterol containing food, due to dilution with water! One should look at the lengths Islam goes to bring love between people and at the same time prevent their diseases of affluence.

And other poor

عن عبد الله بن عمرو رضى الله عنهما أن رجلا سأل النبي صلى الله عليه وسلم : أى الإسلام خير ؟ قال : تطعم طعام وتقرأ السلام على من عرفت ومن لم تعرف . رواه البخارى

Narrated Abdullah bin Amr [radhiallahu anhu] : A man asked the Prophet [salallahu aleihi wasalam]; 'What sort of deeds of Islam are good? The Prophet replied; 'To feed the poor and to greet those you know and those whom you do not know.'⁷

It should be noted that all this feeding of the poor, neighbours and relatives is at no extra cost! They will eat the food that is already budgeted and cooked, because man, because of his insecurity, tends always to overestimate his food needs. This extra food ends in his two dustbins, his pot-belly dustbin and his kitchen dustbin.

There is even a simple formula not only of calculating one's food requirements but also the fluid requirements.

When to stop eating?

This saying has already been given in chapter 1.4

Hazrat Abu Karima Miqdam Ibn Ma'dikarib [radhiallahu anhu] relates that he heard the Holy Prophet [salallahu aleihi wasalam] say: 'No man fills a pot worse than his stomach. For a person few a mouthfuls are sufficient

to keep his back straight. But if he wants to fill his stomach then he should divide his stomach into three parts and should fill one third with food , another third with drink and leave one third empty for easy breathing.' [collected by Imam Tirmidhi] ⁸

Eating on the floor

It is also the tradition of the Holy Prophet [P B U H] to eat on the floor. The tummy would be curled up and it would be difficult to overeat when this is compared to eating on the table or eating lying down or reclined. He also specifically prohibited eating lying down or reclined:-

عنى أنس قال : ما رأيت رسول الله صلى الله عليه وسلم أكل
على خوان , حتى مات . رواه بن ماجه

Anas [radhiallahu anhu] said : 'I never saw Allah's Messenger [salallahu aleihi wasalam] taking a meal on a dining table till he breathed his last.' ⁹

Fasting

If the above are not enough then a Muslim is not only ordained to do the compulsory fast

of the Holy Month of Ramadhan but he is also encouraged to fast optionally every Mondays and Thursdays. This again would decrease his weekly food intake.

That is why the Holy Prophet [salallahu aleihi wasalam] said that he has very little need of medicines because he does not eat unless he is hungry and when he eats he does not fill his stomach. One should just go a modern man's medicine cabinet. It will be full of drugs, such as, several antihypertensives, anti-stroke drugs, antigout drugs, antidiabetics, medicines for knee joint degenerative diseases, for headaches, for indigestion and the list goes on . MOST OF THESE ARE DUE TO OVEREATING!

Preferential Foods

The preferential foods in the Holy Qur'an are fruits, cereals , olive oil and meat of fowl. This is because whenever foods are mentioned they are mentioned in this preferential order. It is easy to see that these foods have the least cholesterol [if any] and hence they help in preventing blockage of arteries. Therefore they help in preventing

stroke and heart attacks. The preferential foods were given in an earlier chapter.

Maintaining (Internal and External) peace : ways in which Islam gives internal and external peace to a person. Some of these are:- prohibiting one mistreating his body, his close and distant relatives, his neighbours and others. Being satisfied with little, not putting emphasis on material things and successes. Unnecessary fear against poverty and loss of employment, fear against disease and infirmity, and fear against death. This is because for a true Muslim, his only true preoccupation is Almighty Allah [S W] and the Day of Judgement. Nothing else matters. How can he fear poverty when he gives a lot of his money in charity most of the time?

He is even extolled to overpower his ANGER:-

عن أبي هريرة رضى الله عنه أن رجلا قال للنبي صلى الله عليه وسلم : أوصني , قال : لا تغضب , فردد مرارا , قال : لا تغضب . رواه البخارى

On the authority of Abu Huraira [radhiallahu anhu] said : ‘A man said to the Prophet [salallahu aleihi wasalam] : “Council me.” He replied : “Do not become angry.”

The man repeated [his request] several times, and he said: "Do not become angry. " [Collected by Al-Bukhari]¹⁰

When one is angry blood pressure goes so high that a blood vessel could burst in the brain throwing the person down with a very massive stroke.

Maintainance of physical fitness and full range of joint mobility

عن أبي موسى رضى الله عنه قال: قال رسول الله صلى الله عليه وسلم : إن أعظم الناس أجرا في الصلاة أبعدهم إليها مشى , والذي ينتظر الصلاة حتى يصليها مع الإمام أعظم أجرا من الذي يصلى ثم ينام . متفق عليه

Abu Musa Ash'ariy [radhiallahu anhu] relates that the Holy Prophet [salallahu aleihi wasalam] said: ' A person who comes to offer prayer from a long distance, gets highest reward; and he who waits so that he might say his prayer along with the Imam [in congregation] has a higher recompense than the one who prays alone, and thereafter goes to sleep.'¹¹

Note in the above saying the benefit is not limited to the health benefit of the walk but also the soothing effect on the hearts of those praying together and knowing that one is not alone in case of tension and anxieties. For a non-muslim to appreciate the exerting effect of the Muslim prayer for example, on the knee joint, he should sit on his knees for two minutes!

The current recommendation in prevention of cardiovascular diseases is not to jog but to walk. However Prophet Muhammad [salallahu aleihi wasalam] had given similar advice in another situation walking to the mosque [as this is what Muslims do 5 times a day], more than 1400 years ago:-

عن أبي هريرة رضى الله عنه قال سمعت رسول الله صلى الله عليه وسلم يقول : إذا أقيمت الصلاة فلا تأتوها وأنتم تسعون . وأتوها وأنتم تمشون , وعليكم السكينة , فما أدركتم فصلوا , وما فاتكم فأتموا . متفق عليه

Hazrat Abu Huraira [radhiallahu anhu] relates that he heard the Holy Prophet [salallahu aleihi wasalam] say: ‘ When the (congregation) prayer has been started do not rush for it , (i.e. by running) but come to it walking in the normal way with calmness and

dignity; join in the prayer at the stage when you arrive, and make up the parts afterwards.' [collected by Bukhari]¹²

Running and the anxiety of not missing the ongoing standing position of the prayer, would not only wear out his knee joints prematurely but he will produce a lot of unnecessary adrenaline, to the detriment of his heart and brain. One should remember that these prayers are held in the mosque five times daily. This is exactly what doctors advise these days:- 'Do not jog, but walk briskly.' Even this has already been said by Prophet Muhammad, peace be upon him, more than 1400 years ago!

All the above help in preventing and alleviation of hypertension which is the number one cause of stroke.

PREVENTION AND ALLEVIATION OF DIABETES

All the above ways of preventing overweight and the many times of walking to the Mosque have a great effect in preventing mature onset diabetes. If it has already developed they will help in reducing

it. Fasting will also, by reducing oxidants and free radicals load, delay the complications of diabetes especially the acceleration of atherosclerosis and narrowing of blood vessels which would cause stroke among other diseases.

PROHIBITION OF SMOKING, ALCOHOL, OTHER DRUGS AND 'UNPROTECTED' SEX

Smoking in Islam is prohibited by the strength of these verses:-

..... ولا تلقوا بأيديكم إلى التهلكة

[1] Allah [subhanahu wa taala] says: "And make not your own hands contribute to [your] destruction" ¹³

Although this came in a verse saying that those who do not spend in Jihad are contributing to their destruction as their enemies will come eventually and kill them or maim them, the general principle has been laid down. One should not do anything that will lead to his destruction. Smoking is one common destructive element.

And in another verse:-

يبنى ء ادم خذوا زينتكم عند كب مسجد وكلوا وشربوا
ولاتسرفوا إنه لا يحب المسرفين .

[2] “ O children of Adam! Wear your beautiful apparel at every time and place of prayer: eat and drink but waste not by excess, for Allah loves not the wasters.”¹⁴

Smoking leads to heart attacks, stroke and many cancers. It is also a way of wasting money.

ويقوم أوفوا المكيال والميزان بالقسط ولا تبخسوا الناس أشياءهم
ولا تعثوا في الأرض مفسدين .

[3] “And O my people give full measure and weight in justice and reduce not the things that are due to the people; Commit not evil in the land with intent to do mischief.”¹⁵

Is there more mischief, evil and injustice than a man giving lung diseases to his young children at home because of his smoking? Or for him to give lung cancer to his workmates because of his smoking so that they are forced into passive smoking of his exhaled smoke? This smoke is more dangerous than the one he inhales. Even if he smokes in the

toilet when his workmates enter the same toilet they still smell the smoke.

Alcohol and all other drugs are prohibited by the following verse which comes strongly against all of them: Allah [S W] says:-

يأيها الذين ء امنوا إنما الخمر والميسر والأنصاب والأزلم رجس
من عمل الشيطان فاجتنبوه لعلكم تفلحون .

“O you who believe! Intoxicants and gambling, sacrificing to stones, and [divination by] arrows, are an abomination , of Satan’s handiwork; Eschew such [abomination] that you may prosper.”¹⁶.

Alcohol causes intracellular calcium retention, which causes increased sympathetic and cortisol outflow and renal vasoconstriction and hence sodium retention. All these cause hypertension.

Other drugs cause stroke by direct vasoconstriction and other mechanisms either during intoxication or withdrawal when most patients will be convulsing.

It is interesting to find the word ‘UNPROTECTED SEX’ being used for

dangerous sex while Almighty Allah [subhanahu wa taala] says :-

أحل لكم ليلة الصيام الرفث إلى نسائكم هن لباس لكم وأنتم
لباس لهن

“Permitted to you on the night of the fast, is the approach to you wives. They are your garments and you are their garments; ” ¹⁷

Garments protect us from cold and ultra violet light . In the above verse our consorts PROTECT us from sexual exposure and indecency and AIDS!

AIDS through direct vasculitis or vasculitis due to tuberculous meningitis or other meningitis can cause stroke. Other venereal diseases such as syphilis cause similar type of stroke.

EXCELLENCE OF MARRYING A PIOUS GIRL AND A VIRGIN

Abu Huraira [radhiallahu anhu] reported that Allah’s Messenger [salallahu aleihi wasalam] had said: ‘A woman may be married for four reasons; for her property, her status, her beauty and her religion; so try to get one who is religious, so that your hand

may [not] be smeared with dust.’ i.e. so that you may not loose. [collected by Imam Muslim]18. This saying has already been given in the previous chapter.

عن جابر ابن عبد الله قال : كنا مع رسول الله صلى الله عليه وسلم في غزاة . فلما أقبلنا تعجلت على بعير لي قظوف . فلحقني راكب خلفي . فنخس بعيري بعنزة كانت معه . فانطلق بعيري كأجود ما أنت راء من الإبل . فالتفت فإذا أن برسول الله صلى الله عليه وسلم فقال : ما يعجبك يا جابر ؟ قلت : يا رسول الله ! إني حديث عهد بعرس . فقال : أبكرا تزوجتها أم ثيبا ؟ قالت : بل ثيبا . قال : هلا جارية تلاعبها وتلاعبك ؟

قال : فلما قدمنا المدينة ذهبنا لندخل . فقال : أمهلوا حتى ندخل ليلا {أي عشاء} كي تمتشط الشعثة وتستحد المغيبة .

وقال : إذ اقدمت الكيس ! الكيس ! رواه مسلم

Jabir bin Abdullah [radhiallahu anhu] reported : ‘We were with Allah’s Messenger [salallahu aleihi wasalam] in an expedition. When we returned I urged my camel to move quickly as it was slow. There met me a rider from behind me and he goaded it with an iron-tipped stick, which he had with him. My camel moved forward like the best that you have ever seen. As I

turned I found him to be Allah's Messenger. He said : Jabir, what hastens you?

I said ; Messenger of Allah, I am newly wedded, whereupon he said ; To a virgin you have married or a previously married woman? I said : With a previously married woman. He said : Why not a young virgin girl so that you could play with her and she could play with you? Then when we arrived at and were about to enter Medina he said : Wait, so that we may enter by night [i. e. in the evening] in order that the woman with dishevelled hair may comb it, and the woman whose husband had been away may get herself clean; and when you enter you have the enjoyment (of the wife's company.) [collected by Imam Muslim] ¹⁹

The virgin and pious girl will not have AIDS, hepatitis B, hepatitis C or other viruses and she would not have syphilis, gonorrhoea, chancroid and other venereal bacteria to infect the husband and she would not acquire these later in the marriage. This applies also to the girl who chooses a

religious husband. All these diseases are associated with various forms of stroke.

In the West the most sought after partner is one who has had sexual experience before marriage so that she can bring with her previous sexual experience, sexual prowess and any venereal germ that she may have picked up along.

If the intention is to help widows and orphans and also protecting divorced women by marrying them, this would be a noble gesture. Either partner may insist on relevant blood testing on the other party before marriage to prevent the above diseases that are venereal. One should not take it is an insult because one could get it accidentally after blood transfusion for an operation, even if this blood has been tested and found to be negative. For example when the human immunodeficiency virus enters a person's body the elisa blood test does not become positive until about six weeks. During this time the blood is negative although it carries the virus!

THE BENEFIT OF THE LATE NIGHT OR EARLY MORNING PRAYER

As one grows older his movements become slow and scanty. This is why when one looks at an old man the face looks like a mask even if he does not have Parkinson's disease. This makes his turning in bed when he sleeps at night also difficult and less frequent. He may wake up with a sore side because of sleeping on that side for a long time. Worst still he may wake up with a thrombotic stroke. It is not surprising then to find this type of stroke occurring in the late night or early morning.

[This saying was discussed in another context in chapter 1.3] This is why the Holy Prophet [salallahu aleihi wasalam] said; 'The devil fastens the nape of the head of any of you at night with a string having three knots. If he wakes up and mentions Allah, one knot is undone; when he gets up and performs ablution another knot is undone and when he gets up for prayer all the knots are untied. Then he becomes energetic and cheerful in the morning and gains good. If he does not wake up , he becomes sluggish, feeling lousy and does not gain any good.' Abu Huraira

[radhiallahu anhu] narrated this saying and it is collected by many Imams including Al Bukhari, Muslim and Ibn Majah

This very early morning prayer invigorates the body improving its blood circulation including the blood flow to every part of the brain when similar age mates are forming clots in their neck or brain arteries. This would help in preventing early morning thrombotic stroke and therefore the individual wakes up energetic and cheerful in the morning.

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EPILOGUE TO BOOK ONE

It is easy to see that the Holy Qur'an contains many scientific principles before man discovered them. Some of them still waiting to be discovered. These includes those of medical sciences which are very close to the human heart. There are many reasons for all these scientific expositions in a basically religious book. It shows in no uncertain terms its authenticity. This book is unique because there is none like this book whether religious or otherwise.

Although some of these verses are scientific they do not loose touch with the primary theme, that of guidance and healing diseases of the the soul. So they heal arrogance, disbelief, niggardliness, constant fear and tension, jealousy, drug addictions, and stinking of the body and mind. This book has also laid down the principles of prevention of these human afflictions. This it does by building a heart which has direction and a strong will power.

Therefore it is not surprising if the Holy Qur'an and Sunnah prevents and help to heal even physical diseases like pustules and serious diseases like brain abscesses.

In the field of sociology, this divine and eternal message pioneered justice in all its forms. It is now poised ready to give direction for future human discovery and endeavour:-

قل ء امنوا به او لاتؤمنوا إن الذين أوتوا العلم من قبله إذا يتلى عليهم يخرون للأذقان سجدا .

“Say : ‘Believe in it [this Qur’an] or not, indeed those who were given knowledge beforehand, when it is recited to them, fall down on their faces in humble prostration.”[The Holy Qur’an, Sura 17 Verse 107]

Because they realise that this is the truth they have been searching for a long, long time!

BOOK 2

بسم الله الرحمن الرحيم . والحمد لله رب العلمين . وصلى الله على سيدنا محمد
وعلى آله وصحبه وسلم .

INTRODUCTION TO BOOK TWO

Allah, created human beings and sent them a manual where the do's and don'ts have been stipulated. Then with this manual He sent an instructor to practically direct them on how to implement this manual.

Different nations at different times have been delivered with these manuals which came as a package with their instructors. For example previous manuals include Zabur [Psalms] which was sent with its instructor called Prophet Daud [David], peace be upon him, Taurat [Torah] sent to Prophet Musa [Moses], peace be upon him, Injeel [New Testament - **Injeel is not New Testament it is better known as The Gospel**] to Prophet Issa [Jesus] peace be upon him, and the Qur'an to Prophet Muhammad, peace be upon him.

All these manuals and their instructors came to show mankind how best to live on this earth.

They specified the reasons of him being created, his purpose in this earth, why he should follow the do's and abide to them and keep away from the don't's, and where would be his destination if he abides to the rules and regulations and where he would

land if (add he) does the vices. The Holy Qur'an is the last (of) such revealed manuals which was sent to Prophet Muhammad, peace be upon him. Apart from the Holy Qur'an, no other such revealed books have stayed intact without being altered, revised or tampered with.

This is why everyday we discover 'New Miracles' of the Holy Qur'an as our scientific understanding of our bodies and our surroundings improves or as we discover new gadgets to see things in our environment that we could not see before. Prophets came with their miracles e.g. Prophet Musa, peace be upon him, was sent when black magic was the order of the day. He therefore came with miracles from the Almighty Creator that superceded the sorcerers. Prophet Jesus, peace be upon him, was sent when high medical skills were very popular. Therefore with Almighty's Will, and after praying to Him, he could resurrect the dead – something which superceded all medicine.

To Prophet Muhammad, peace be upon him, was revealed the Qur'an, a book which is and would be a miracle till the day of resurrection. A book that was revealed to be

a guidance to mankind especially for those who looking for truth. A practical book which can be implemented anywhere on this earth irrespective of place or time. Although the only ones who would benefit from it would be the believers. The believers who believe, follow and implements its teaching [2:3] but it will still be proof to others till the last day. Because if you know smoking is dangerous to your health and you keep smoking, how will this knowledge be useful to you?

The Holy Qur'an although not primarily a scientific book, shows many scientific miracles. It has elaborate detailed scientific fact, some of which cannot be completely understood without advanced scientific instruments. It must be remembered that these facts were revealed 1400 years ago in the Arabian desert to a person not given to read or write. This proves beyond doubt that the book was revealed from the Almighty Creator, Allah, glory be to Him. It is impossible for Prophet Muhammad, peace be upon him, to know all these facts, as he did not even have a microscope, without them having being revealed to him by the Almighty Creator. Nor are the same facts found in the past revealed books as

sometimes people accuse him of having copied his message from the knowledge the Monks and Rabbies of his time. Even more wonderful, in the same numerous scientific facts in the Holy Qur'an is fulfilling and indirect prophesy that there will come a people who will know quite a bit of science and will be able to see the facts in some of the scientific facts like has never been seen before!

Professor Adam in Book Two of his series attempts to clarify to the reader some of these important facts. His clarity and simplicity of the scientific facts given in relation to the Holy Qur'an and Sunnah both to the layman and the scientist, makes this book easy to read.

For example his explanation of the verse:-

ولو تقول علينا بعض الأقاويل . لأخذنا منه باليمين . ثم
لقطعنا منه الوتين . فما منكم من أحد عنه حاجزين .

“And if he [Muhammad, peace be upon him] were to forge a false saying concerning Us. We surely would have seized him by his right hand. And then We certainly would have cut off his life artery. And none of you would have

withheld Us from him.” [The Glorious Qur’an, chapter 69 verses 44-47]

It took my breath away, because it needs a Muslim neurologist like him to explain that if Prophet Muhammad’s [peace and blessings be upon him] right hand is seized in a major stroke, he would immediately lose his speech [especially motor aphasia] and he would then be unable to forge a false saying that was not revealed to him from Almighty Allah. No body at the time of the Prophet, peace be upon him, or even now, unless he is a specialist in this field, knew the relationship between the right hand and the ability to speak!

How would Prophet Muhammad, peace and blessings be upon him, know the intricate anatomy and physiology of the Broca’s area of the brain and the importance of myocardial blood supply 1400 years ago when popular opinion at that time was that the central organ of the body’s circulation and life was the liver not the heart! Certainly this knowledge comes from Almighty Allah

who designed the human body and makes it function.

It is upon men of wisdom irrespective of their religious background or previous beliefs or lack of them, to read the Holy Qur'an with an open mind ponder on its wonders and eventually make use of this knowledge to benefit at least himself.

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PREFACE

BY PROFESSOR ADAM A M

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ . وَالْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ . وَصَلَّى اللَّهُ
عَلَى سَيِّدِنَا مُحَمَّدٍ وَعَلَى آلِهِ وَصَحْبِهِ وَسَلَّمَ .

The Holy Qur'an and Sunna never cease to amaze its readers. This is why the author saw it necessary to

write Book Two in this series because he found even further knowledge from these two sources unobtainable anywhere else. For instance he searched the large libraries and even the internet, to look for the immediate treatment of rage and he could only find it in the Holy Qur'an and Sunna. How wonderful, in these days of the internet and the Hubble telescope, to find NEW KNOWLEDGE from these Islamic sources that are more than 1400 years old!

For the Almighty Creator clearly says:-

وكذلك أوحينا إليك روحا من أمرنا ما كنت تدري ما الكتب
ولا الإيمان ولكن جعلناه نورا نهدى به من نشأء من عبادنا وإنك
لتهدى إلى صراط مستقيم . صراط الله الذي له ما في السموات
وما في الأرض ألا إلى الله تصير الأمور.

“And thus have We by Our command sent Inspiration to you; you know not before what is the Book, and what was Faith, but We have made the [Qur'an] a Light where with We guide such of our servants as We will; and verily you do guide [mankind] to the straight path. The way of Allah, to Whom

belongs whatever is in the heavens and whatever is on earth; Behold [how] all affairs at the end go to Allah.” [The Glorious Qur’an chapter 42 verses 52-53]

‘We’ above is a sign of greatness, a majestic ‘We’, not a sign of plurality as Islam is exquisitely a monotheistic religion.

Some of the light of the Qur’an is shown in this book by describing some of its advanced medical sciences, the details of which are appreciated better by the twenty first century man. He is blessed with various scientific gadgets and instruments so that he can see the microscopic wonders of the Holy Qur’an and wonders of Allah’s creation never seen by previous generations!

Therefore the Holy Qur’an is the verbatim word of the Almighty Creator of the universe, while the Sunna is also Divine Knowledge given to Prophet Muhammad, peace be upon him, but Prophet Muhammad is allowed to convey this knowledge using his own words and actions.

In Book One of this series direct scientific verses were presented. For example when Almighty Allah says He created man from a

fluid of life proceeding from the backbone and the ribs, the gonads and the fertile fluid they produce originate from this site as accurately described from the Holy Qur'an. However when the Almighty says He produced the green substance [chlorophyll] coming originally from non-green coloured seed implies a lot of genetic scientific principles. These include the storage of genetic information, its transmission and the expression this information when new chlorophyll is formed in the tender leaves of the young seedling as they unfold. A short verse but it contains a lot of genetic processes! This is the theme of Books Two and Three.

An example is given in the Holy Qur'an in the story of Prophet Yusuf, peace be upon him, when the wife of the minister wanted to force him to do what he did not want to do. The wife made a false accusation that it was Yusuf who wanted her. Thereby an [intelligent] person told the minister to look at the dress of Prophet Yusuf, peace be upon him. The tearing of Prophet Yusuf's dress, peace be upon him, has double implications. If the torn part is in front he would be guilty and if his dress is torn at the back then she was guilty. This is a second step conclusion

from this narration in the Holy Qur'an. Tearing of Prophet's Yusuf's dress does not only indicate that the encounter between the two was not done by two consenting adults but also the side which it was torn also indicates who was the guilty one!

As in the previous book personal opinion in the translation of the Holy Qur'an has been avoided but not logic and scientific facts [not theories], since the Holy Qur'an does promote the use of the laws of logic. This is called 'mantwīq,' which is one of the sciences essential in Qur'anic exegesis. The translations given by known scholars of translations have been utilized. The author had given the medical scientific basis of these interpretations.

I pray to the Most Merciful to forgive me in all my sins, mistakes and shortcomings and to give my parents, teachers and all those who believe in the Holy Qur'an and Sunna and to accept this humble effort in understanding scientifically the medical verses of the Holy Qur'an. I pray to the Most Gracious, and that is Allah to bless and give us Tawfiq in all we do and blot out all

our inequities. I am very grateful to Sheikh Abdul-Latif Abdul-Karim Sheikh, principal of Al-Furqan Institute for his encouragement and useful comments.

I thank my teacher, Sheikh Twahir Mohamad Abdul-Aziz Muhammad, whose knowledge I tapped freely and Sheikh Abdulrahman Mohamad Ali Bashir, for his swift and professional proof reading. “May Allah grant them and us, peace in this world and in the Hereafter.

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CHAPTER 2.1

ADVANCED GENETICS AND MITOCHONDRIAL GENETICS IN THE HOLY QUR'AN AND SUNNAH

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ . وَالْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ . وَصَلَّى اللَّهُ
عَلَى سَيِّدِنَا مُحَمَّدٍ وَعَلَى آلِهِ وَصَحْبِهِ وَسَلَّمَ .

ABSTRACT

The richness and accuracy of the verses of the Holy Qur'an in each and every aspect even in the individual letters of this fountain of wisdom never cease to bring awe, wonder, and comfort to the reader. This effervescence of wisdom overflows into the sayings of Prophet Muhammad, peace be upon him. This is no better illustrated than in advanced science of genetics and its molecular aspects. So that genetic principles of replication, transcription, translation, expression, chromosomal genetics, genetic

pairing, X-linked disorders and mitochondrial genetics are indirectly referred in Islamic literature. The persistence, consistency, accuracy and the completeness of this advanced and complex knowledge when the jigsaw pieces have been put together, strikes into the heart of the reader throwing him down in a bow of adoration!! For he is in front of the One who had put him together i.e. the Ultimate Creator and Designer.

KEY WORDS; GENETIC REPLICATION, TRANSCRIPTION, TRANSLATION, MITOCHONDRIAL GENETICS, BELIEF IN HEREAFTER.

Mitochondria are the power houses of cells. Genetics is the science of inheritance, such (add **as**) the inheritance of blue eyes.

INTRODUCTION

The Holy Qur'an is the verbatim Holy Word of Allah transmitted by Arch Angel (**Archangel**) Gabriel, peace be upon him, to the Holy Prophet, Muhammad, peace be upon him, piece by piece, over twenty three years. This was fervently recorded in the

hearts of believers and also written down in pieces of bone, stone, and other similar appliances and later combined together into one written book. The sayings of Prophet Muhammad , peace be upon him, is also wisdom from The Almighty Allah but described in the words of The Prophet himself. Both of them contain miracles and are well preserved, because this is the last message for mankind. This is seen in many fields of knowledge. Genetics is no exception because of its closeness to the heart of a human being and its complex nature and it shows the Power of the Creator in His Designs. These are some of the forces which were used to create him.

Man struggles to do a lot of research, only to find some this 'new' knowledge already described in the Holy Qur'an and Sunna, more than 1400 years ago.

The author has already published the first installment on this subject in book 1 This is the second installment.

INDIRECT REFERENCES TO GENETIC REPLICATION, TRANSCRIPTION, AND TRANSLATION

Allah , glory be to Him, says: -

وهو الذى أنزل من السماء ماء فأخرجنا به نبات كل شىء
فأخرجنا منه خضرا نخرج منه حبا متراكبا ومن النخل من طلعها
قنوان دانية وجنت من أعناب والزيتون والرمان مشتبهها وغير
متشبهه انظروا إلى ثمره إذا أنثر وينعه إن فى ذلكم لآيات لقوم
يؤمنون .

“It is He Who sends down rain from the skies; with it We produce vegetation of all kinds; from it [vegetation] We produce green, [substance] from it [green substance] We produce close-compounded grain and from the date palm and its sheaths, clusters of dates hanging low and near; and garden of grapes and olives and pomegranates, each similar [in kind] yet different [in genetic variability]; When they begin to bear fruit feast your eyes with the fruit and the ripeness thereof. Behold! In these things, there are Signs for people who believe.” 2

[1] The key to understand this verse is the sequence, the reference phrase ‘from it’ and

the basic law of Arabic language. The basic law of Arabic language is the reference unless determined by other factors such as gender, always refers to the item most immediate before it.

The sequence also implies different stages and hence biochemical series. The green cannot be green leafy vegetables as these do not produce edible grains. It is chlorophyll which is the source of all grains and fruits it is one of Allah's solar harvester, changing solar energy into chemical energy locked up in our foods. These are the sugars and other carbohydrates and proteins in vegetables, fruits and our meats. What this verse states is, (a) Allah, glory be to Him, sends down rain from the skies with it, (b) causes vegetation to sprout out. From this vegetation He produces (c) the [green substance -chlorophyll] in them and from it, (d) He produces close-compounded grain, delicious clusters of dates, garden of grapes, lying low and near, olives, and pomegranates. One should also note that these are all health foods! They are full vitamins, minerals, fibre and a cleaning, polyunsaturated oil, not only full of energy but a cleanser of cholesterol from the arteries!

The emphasis is on CHLOROPHYLL AND PHOTOSYNTHESIS, because it is from it all the carbohydrate and all other products such as oil in the olive is synthesized.

[2] What is most wonderful is the reference to the clear and colourless water as it comes to the ground and it meets the various seed colours in the ground [red for a bean or yellow for maize] the most prominent colour that emerges soon after is green [in the majority of plants although there are carotenoids which protect chlorophyll from oxidation the most prominent and visible colour is the green of the chlorophyll in majority of plants] The wonder is how a colourless water and a white or yellow maize seed produce a green colour consistently? The answer lies in MOLECULAR GENETICS. The maize seed has genetic information encoded in a tiny part of it that carries the blue print for the enzymes that will form the porphyrin ring and the hydrocarbon tail of the green pigment called chlorophyll. The genes for making the enzymes of chlorophyll synthesis which are in the form of deoxyribonucleic acid [DNA] inside the nucleus of the plant cell. This in turn by a process of transcription is transmitted into

messenger ribonucleic acid [mRNA]. By a process of translation, with the help of transfer RNA [tRNA] at endoplasmic reticulum, the necessary enzymes in the cell cytoplasm are synthesized and finally new green chlorophyll is formed with the help of these enzymes!

[3] The faithfully breeding true of the plant source. When the blessing of rain comes the seed of the olive will bear nothing else but an olive plant and not a date palm. They are all obeying the genetic laws.

[4] This verse is full of genetics. Another principle is the different plant variability within the same species, due to the genetic variability, seen in the above.

This is not the only reference to CHLOROPHYLL in the Holy Qur'an. Allah, glory be to Him, says:-

الذى جعل لكم من الشجر الأخضر نارا فإذا أنتم منه توقدون

“The Same [Allah] Who produces for you fire out of the green tree, when behold! You kindle from it your fires.”³

Although a green plant usually does not burn well when it is wet. The reference above to the green tree is to draw one's attention to the green chlorophyll which is the main substance which fixes carbon dioxide into sugary substances and into cellulose and other substances which form the backbone of all fuels, like firewood, charcoal and fossil fuels like coal and petroleum products because these were formed courtesy of chlorophyll mainly. This is basically a process of fixing and storing solar energy into chemical energy for combustion later.

One can see the importance of the green chlorophyll containing tree as the backbone of all fuels for kindling, be it in supersonic jet engine or firewood to cook the pot of maize meal.

Allah [glory be to Him] also says:-

ألا يسجدوا لله الذى يخرج الخبء فى السموت والأرض ويعلم ما تخفون وما تعلنون .

“[As satan has barred them from Allah's Way] So that they worship not Allah who brings forth what is hidden in the heavens and the

earth, and knows what you hide
and what you reveal." 4

The commonest thing that comes out everyday, that lies hidden in the earth is the green of chlorophyll. It is hidden because nothing in the soil or the seed is green and yet green chlorophyll emerges out! Also non (none) of the elements which form the porphyrin ring and its hydrocarbon tail is green. Even the central magnesium in the porphyrin ring by itself alone does not have a green colour! AND THE PROCESSES THAT FIRST HIDE THIS INFORMATION AND THEN REVEAL AND EXPRESS IT ARE:- GENETIC CODING THROUGH REPLICATION, DECODING THROUGH TRANSCRIPTION AND TRANSLATION!

These are the processes referred to above because ONLY ALLAH [GLORY BE TO HIM] can design and execute .

These processes are mediated by complex molecular genetics outlined above that are HIDDEN to the naked eye!

[Some of the things which are also hidden in the earth include water, minerals, coal and oil.]

VERSES WITH DEEP GENETIC IMPLICATIONS IN THE HOLY QUR'AN

Whenever Allah , glory be to him , mentions the creation of a woman outside the normal process of fertilization like the creation of Eve, peace be upon her, He mentions that she was created from Prophet Adam, peace be upon him. In one verse:-

ياايها الناس اتقوا ربكم الذى خلقكم من نفس وحدة وخلق
منها زوجها وبث منهما رجالا كثيرا ونساء وتقوا الله الذى
تساءلون به والأرحام إن الله كان عليكم رقيباً .

“O Mankind! Fear your guardian Lord, who created you from a single entity [Person] , and created out of it, its mate, and from them twain [He] scattered countless men and women; and fear Allah, through Whom you demand you mutual [rights] and be heedful of the wombs, for Allah ever watches over you.” 5

هو الذى خلقكم من نفس وحدة وجعل منها زوجها ليسكن
إليها فلما تغشها حملت حملاً خفيفاً فمرت به فلماً أثقلت
دعوا الله ربهما لئن ء اتيتنا صلحاً لنكونن من الشكرين .

And in another one:-

“It is He Who created you from a single person, and made from him, his wife in order that he might enjoy the pleasure of living with her. When they are united she bears a light burden and carries it about [unnoticed]. When she grows heavy, they both pray to Allah their Lord [saying] : 'If Thou gives us a goodly child we vow we shall [ever] be grateful.’”⁶

Both these verses are concerned with creation and reproduction of human beings as the Wombs are mentioned in a forceful language.

Now contrast with the creation of Prophet Issa [Jesus Christ] peace be upon him :-

فالت رب أنى يكون لى ولد ولم يمسنى بشر قال كذلك الله
يخلق ما يشاء إذ اقضى أمرا فإنما يقول له كن فيكون .

“She said: 'O my Lord how shall I have a son when no man has touched me?' He said: 'Even so Allah creates what He Wills; When He has decreed a matter, He but says to it, 'Be,' and it is!’”⁷

And in another verse:-

إن مثل عيسى عند الله كمثل ء ادم خلقه من تراب ثم قال له
كن فيكون .

“The similitude of Jesus before Allah is as that of Adam: He created him from dust, then said to him: ‘Be’ and he was.”⁸

And:-

قالت أنى يكون لى غلم ولم يمسنى بشر ولم أك بغيا . قال
كذلك قال ربك هو على هين ولنجعله ء اية للناس ورحمة منا
وكان أمرا مقضيا .

“She said: ‘How shall I have a son, seeing that no man has touched me, and I am not unchaste?’ He said : ‘So [it will be]. Your Lord said: ‘That is easy for Me: and [We wish] to appoint him as a sign unto man, and a mercy from Us: it is a matter [so] decreed.”⁹

The verses above on creation of Hawa [Eve] peace be upon her, which state she was created from Adam, the single person above refers to him. Although nobody knows the details of the creation of Prophet Adam,

peace be upon him, other than that his origin was from clay and some its various stages described in the Holy Qur'an, this does not prevent one to realise the genetic chromosomal accuracy of the above verses as follows:-

Hawa was created from Prophet Adam, peace be upon them, because a man has XY chromosomal configuration, it is easy to see the verses above state that she was created from him, as by simply replicating the X chromosome a female chromosomal configuration is complete. NO NEW DNA SEQUENCES ARE REQUIRED!

However the verses above, [or at any other place in the Holy Qur'an,] do not state that Prophet Issa, peace be upon him, was created from her mother although he was in her womb for several months. This is because a male XY configuration can never arise from an XX chromosome pattern, instead the verses describe the above miracle birth by a POWERFUL DIVINE - 'BE' AND IT IS, in chromosomal terms the Y chromosome was Divinely ordered into existence. NEW GENETIC MATERIAL IN THE FORM OF THE 'Y' CHROMOSOME HAD TO BE CREATED AFRESH BECAUSE

IT CONTAINS NEW DNA SEQUENCES
THAT WERE NOT PRESENT IN THE
MOTHER!

Another verse which also has similar
genetic sense is:-

والله خلقكم من تراب ثم من نطفة ثم جعلكم أزواجا وما تحمل
من أنثى ولا تضع إلا بعلمه وما يعمر من معمر ولا ينقص من
عمره إلا في كتب إن ذلك على الله يسير .

“And Allah did create you from dust; then from sperm-drop; then He made you pairs. And no female conceives or lays down [her load], but with His knowledge. Nor is a man long-lived granted length of his longevity, nor is a part cut off from his life, but is in a Book [ordained]. All this is easy for Allah.”¹⁰

After the stage of the sperm-drop in the creation of man, the chromosomes are in pairs. This is why the above verse states:- ‘then He made you pairs.’ From the stage of the sperm-drop pairs of human beings can come into being without passing the stage of pairing of chromosomes which is simply fertilisation!

Note that the mention of formation of pairs does not come BEFORE the sperm-drop for the same reason.

ADVANCED MITOCHONDRIAL GENETICS

عن ابن عباس رضى الله عنهما قال : قال رسول الله صلى الله عليه وسلم : يختلط ماء الرجل وهو أبيض غليظ بماء المرأة وهو أصفر رقيق فيخلق منهما الولد , فما كان من عصب وعظم وقوة فهو من الرجل , وما كان من لحم ودم وشعر فهو من ماء المرأة . وقد روي هذا مرفوعا , ذكره البزار .

In a narration by Ibn Abbas, may Allah be pleased with them, Prophet Muhammad, peace be upon him, said: 'The man's fertile fluid, which is white and thick mixes with the female fertile fluid which is straw coloured and light, mixes together to be created from them [these two drops] a child. Much of the child's nerves, bones and [general] strength comes from the man's fluid, while much of the child's muscle, blood and hair are from the woman's fluid.' Collected by Bazzar.11

Note the above accurate description by this Holy Prophet of Islam, peace be upon him, that the fluid of the woman that is the ovarian fluid is straw coloured and yet he had not done any laparascopy in the seventh century in the desert of Arabia to see ovulation live and see the straw coloured fluid issuing out of the ovaries. The only conclusion one can draw, from this advanced knowledge, is that this knowledge was an inspiration from the One who created the ovarian fluid and that is Almighty Allah!.

Note that this tradition superceded western scientific development, because the Holy Prophet, peace be upon him, narrated it in his scientific explanation of the verse in the Holy Qur'an, in the seventh century, to people who had no ability to read of (or) write leave alone any knowledge of science in the dry, dusty desert of Arabia which Allah, glory be to Him, says:-

إنا خلقنا الإنسان من نطفة أمشاج

“Verily We created man from a drop of mingled sperm.”¹²

This tradition shows its miracle by revealing a lot of scientific knowledge 1400 years ago

when the same reached western science in the last century! Among this knowledge:

[1] The discovery of fertilisation. This is covered in detail in chapter one of book one.

[2] That the female Graafian follicular fluid is light and straw coloured.

[3] The commonest inherited bleeding disorder, which may present dramatically, in the world is Haemophilia A which is inherited from the mother as it is X-linked! This is why the above tradition states that the child [in this case a male child] inherits his haemophilia factor from his mother NEVER from his father. This is one example of the above explanation. This is the commonest inherited bleeding disease. The fact that the mother does not have this disease would not stop him from arriving at this conclusion as the Prophet, peace be upon him, had already explained, that some traits may lie hidden and only come to manifest in the offspring! He did this in another tradition.¹

[4] Also the commonest inherited muscle disease is Duchene muscular dystrophy which is also similarly inherited! That is it is X-LINKED. This muscle disease causes

weakness which begins in the legs in a young boy. [It is due to inheritance of the dystrophin gene from the mother. This is concerned with protection, stability and repair of muscle cell membrane which is exposed to wear, tear and trauma as the muscle cells move during their contraction.] It is also inherited from the mother.

[5] But the STRONGEST MOTHER'S INFLUENCE IN THE CHILD'S MUSCLE IS IN MITOCHONDRIAL MYOPATHY because [all children male and female inherit their mitochondrial genes from their mother and therefore this mimics DOMINANT INHERITANCE even if the genes are recessive! And [b] this muscle inheritance manifests equally in boys and girls. Even if one does not have mitochondrial myopathy he or she still inherited normal mitochondrial genes from his or her mother. If one has difficulty in understanding that the above tradition is referring to mitochondrial genetics he should imagine that a doctor had seen a patient with weak muscles and after the necessary tests, it turns out that he has mitochondrial myopathy. He then tells the patient that you inherited your muscles from your mother. This would be absolutely correct. This is what the above tradition is

saying. One must remember that the Holy Prophet, peace be upon him, was talking to layman in the seventh century, and in the desert of Arabia, not genetic scientists! No one gets his or her mitochondrial genes from his or her father.

The fact that we cannot explain all the information in the above saying, with our present little scientific knowledge, should not make the above observations null and void nor should it deter us from putting the above advanced and complex knowledge of human genetics into clinical use. We used aspirin long before we discovered prostaglandins! Although no one knows the cause nor the treatment of motor neuron disease, this does not stop neurologists from running busy motor neuron clinics !

CONCLUSION

The indirect references as to the power of the Almighty Creator, bring out consistently and persistently biological characteristics, hidden underground in the form of genetic information recorded in the seeds calls one to contemplate more deeply. The forces that Almighty Allah calls upon, in this case, are

His genetic engineering processes of replication, transcription, translation which we fully understand now with our present human knowledge. The way also our parents individually exert their genetic influences is also largely understood. However the genetic engineering forces that created Prophet Issa, peace be upon him, our mother Hawa, peace be upon her, although they make genetic sense at the chromosomal level, we have no clue with our present state of knowledge. All this drives us to pay attention to the central theme: - that Almighty Allah has the ability to record, store and retrieve information accurately. Therefore all that we do is faithfully recorded and one day we will be called upon to explain our beliefs, intentions and deeds! Forwarned is forarmed!

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8. The Glorious Qur'an, Chapter 3, Verse 59.
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10. The Glorious Qur'an, Chapter 35, Verse 11.
11. Translation of the Holy Qur'an by Al-Qurtubi, in the translation of verse 2, chapter 76. In a CD ROM of the multiple translations of the Holy Qur'an.
12. The Glorious Qur'an, Chapter 76, Verse 2.

CHAPTER 2.2

SYMPTOMS AND SIGNS OF VARIOUS DISEASES DESCRIBED IN THE HOLY QUR'AN

ABSTRACT

The Holy Qur'an contains many descriptions of Hell and its contents, its peoples and their situations. Most of these descriptions bear a striking example to many disease symptoms and signs. These cover respiratory, cardiac, endocrine, neurological, metabolic, gastrointestinal and even dermatological symptoms and signs. No system seems to have been left out ! This is a blessing to human beings only if they can take heed as they are not only frightening but help us see mentally some horrors of Hell.

There are also other descriptions of symptoms in other situations.

KEY WORDS: HELL DISCRIPTIONS (DESCRIPTIONS), RESEMBLANCE TO DISEASE SYPTOMS, A WARNING

INTRODUCTION

All the various characteristic features of Hell have not been seen by humans other than Prophet Muhammad, peace be upon him, when he was taken to the heavens during the night journey called Miraj. There is nothing in this world that can even come closer to anything in Hell. Even the ordinary fire cannot reach the temperature of hell fire. Its burning properties is less by 70 times [even less] to that of real Hell fire. The closest approximation that can bring man's imagination to see its various situations while still in this world, is to look at some of the diseases and their symptoms and signs, and some of the difficult human situations seen in this world.

However there are many descriptions of Hell in the Holy Qur'an. These descriptions are so vivid, that it is not difficult to see their resemblance to many disease processes. This is not surprising as many diseases have a profound effect on human feeling and emotions. The Last Prophet of Islam, Prophet Muhammad, peace be upon him, never went to any medical school and yet these descriptions have deep scientific

connotations. These would leave the modern medical scientist in exquisite wonder!

THE VARIOUS SYMPTOMS AND SIGNS

RESPIRATORY SYSTEM

Allah, glory be to him, says [about the wretched people in Hell]:-

فأما الذين شقوا ففى النار لهم فيها زفير وشهيق .

“Those who are wretched shall be in the Fire: There will be for them therein [nothing but] the (deep and noisy) exhalation and inhalation.”¹

If the breathing pattern of the people of Hell was not difficult and noisy it would not have been mentioned in the above verses.

There can not be a better resemblance to an acute attack of asthma than this. Note exhalation is mentioned first and it is not an easy one, looking like that of a wheeze. Abdullah Yusuf Ali describes it as a braying of an ass because it is no ordinary exhalation.² It is laboured, prolonged and noisy! Therefore it is full of fear, anxiety, sweating and pain, in every dimension, as the accessory muscles of respiration are not

only recruited but they become painful as they tire.

ENDOCRINE AND METABOLIC SYMPTOMS

SEVERE THIRST AND POLYDIPSIA

About the punishment of those who go astray from the straight path and deny the truth.

Allah, glory be to Him, says:-

ثم إنكم أيها الضالون المكذبون . لأكلون من شجر من زقوم .
فمالؤن منها البطون . فشربون عليه من الحميم . فشربون شرب
الهميم .

“Then will you truly, O you that go wrong and deny [the truth.] You will surely taste of the tree of Zaqqum. Then will you fill your insides therewith. And drink boiling water, on top of it. Indeed you shall drink like disease camels, raging with thirst.”³

Look at the direct address to the person who contemplate to choose the wrong way. The Zaqqum is a bitter and pungent tree at the depth of Hell.

It must be a very horrible thirst as they will not only drink boiling water but they will (add **be**) drinking it with a raging thirst. Compare the patient with diabetic ketoacidosis. Despite the damaging effect of the water that he drinks in washing away important minerals such as potassium the patient still continues drinking in an unquenchable thirst

Although diabetes insipidus, [another type of diabetes] low potassium and high calcium can also cause a thirsty condition but they are less common than the above condition.

THYROID DISEASE

Even to the time immediately before Hell, the situation is no better:-

Allah, glory be to Him, says:-

ولا تحسبن الله غفلا عما يعمل الظالمون إنما يؤخروهم ليوم تشخص فيه الأبصار
 . مهطعين مقنعي روء سهم لا يرتد إليهم طرفهم وأفئد تم هوآه .

“Consider not that Allah is unaware of the deeds of those who do wrong, but He gives them a respite up to a Day when the eyes will fixedly stare in horror. [They will be] hastening forward with necks outstretched, their heads raised up, their gaze not returning towards them and their hearts empty [of blood as they go into a vasovagal shock, and of thoughts because of extreme fear].”⁴

Note the staring eyes, the severe anxiety and the tenseness of the body with necks stretched and heads raised up; all some resemblance to hyperthyroidism. This is excessive thyroid gland activity. But this is even worse because they as if they go into thyrotoxic shock because their hearts are devoid of blood. What a horrible situation! May Almighty save us from this situation, Amen!

DERMATOLOGICAL SYMPTOMS

Striping off, of the scalp.

Allah, glory to Him, says:-

كلاً إنها لظى . نزاعة للشوى .

“By no means ! Verily, it will be the fire of hell, Taking away [burning completely] the scalp!”⁵

This we may see for example in industrial accidents when hot liquids or corrosives pour on the scalp of the victim or in some blistering diseases that involve the scalp.

THE NEUROLOGY OF PUNISHMENT

One day the author was doing a medical round. He came across a patient with the Human Immunodeficiency Virus infection and large, very painful, multidermatomal bullous skin eruption. He was writhing in pain and worse still he has had many similar previous very similar scalding-like eruption. Every time the skin heals completely only to have another blistering skin disease relapse. And they were not small vesicles as in the common Herpes Zoster but huge blisters! He remembered the following words of Allah, glory be to him:-

إن الذين كفروا بما أتينا سوف نصليهم نارا كلما نضجت جلودهم بدلنهم جلودا غيرها ليذوقوا العذاب إن الله كان عزيزا حكيما .

“Surely! Those who disbelieved in Our Ayat [proofs, evidence, verses, lessons, signs, revelations, etc.]; We shall burn them in Fire. As often as their skins are roasted through, We shall change them for other skins that they may taste the punishment. Truly, Allah is Ever Most Powerful, All-Wise.”⁶

The above example shows at least to some extent how a skin can ‘burn’, form blisters, heal and recur. The above example is even worse because the above patient had recurrent severe Herpes Zoster on the trunk and had post herpetic neuralgia. So that he never had any respite even during the remissions of his blisters!

Note also that this verse contain ‘discoveries’ of the neurohistology of the skin, described more than 1400 years ago, before the same was realised in Western science in recent years: the fact that most end organs for painful sensations in the body are located in skin. That is why every time the skin burns a new skin is made for them so that they can

have another round of severe pain and this is repeated indefinitely! The organs below the skin like muscle and fat do not contain many sense organs like the skin. When they burn very little if any pain is felt, not like the skin.

Recurrent severe pain and misery with blisters is also seen in recurrent genital Herpes. To make it worse, it occurs in a skin rich in sensory organs of pain. If nothing else to make the affected miserable person taste the repeated **TORMENT OF BURNING AND BLISTERING PAIN LONG AFTER HE HAD THE TEMPORARY JOY OF INTERCOURSE WITH AN INFECTED PATNER!**

These diseases are commonly seen in promiscuous people or in modern language those with multiple sexual partners.

Where are pain sensations felt for internal organs? Where does it really hurt inside?

Allah, glory to Him says:-

مثل الجنة التي وعد المتقون فيها أنهر من ماء غير آسن وأنهر من لبن لم يتغير طعمه وأنهر من خمر لذة للشربين وأنهر من عسل مصفى ولهم فيها من كل الثمرات ومغفرة من ربهم كمن هو خلد في النار وسقوا ماء حميما فقطع أمعاءهم .

“The description of Paradise which the pious have been promised [is that] in it are rivers of water the smell and taste of which do not change, rivers of milk whose taste do not change, rivers of wine delicious to those who drink and rivers of clarified honey [clear and pure] therein for them is every kind of fruit, and forgiveness from their Lord. [Are these] like those who shall dwell forever in the Fire and be given to drink boiling water so that it cuts so that it cuts up severely their insides?”⁷

Someone with (change with **who**) has seen a patient with a perforated duodenal ulcer as the burning concentrated stomach acid pours into the very sensitive peritoneal cavity will have some understanding as to what the terminal portion of the above is saying!

The Prophet of Islam, peace be upon him, could only know the details the histology, which is the science of microscopic structure of various human body tissues, and know that:-

[a] the location of pain nerve endings in the skin in reference 6 above,

[b] that for the abdomen in reference 7 above, to experience pain from boiling water, it has to burn through the stomach wall to reach the peritoneum which has rich nerve end organs for pain located in the peritoneal membrane only by being informed by Almighty Creator as there were no such details of histology known at that time. Even the microscope had not been invented.

MORE ON THE NEUROLOGY OF PUNISHMENT

'Athaban swa'adaa' in chapter 'al-jin' and chapter 'al-mudathir'. This means that the punishment of Hell is rising, climbing or increasing in every dimensions. This interpretation is also as given by Abdalla Yusuf Ali which he obtained from the standard works of translations of the Holy Qur'an. This includes its temperature of the fire, the recruitment of different type of punishments and the way it rises over the body beginning from the feet upwards. This is called an ascending nature. It is interesting

to note that most most (delete one **most**) neurological diseases have an ascending pattern also! Guillain Barre, chronic idiopathic, demyelinating neuropathies and acute myelitis all have an ascending progression. These diseases cause weakness in the body which ascends from the legs upwards. The punishment of the Almighty also has an ascending nature although it is more severe than any of the above!

Allah, glory be to Him, says:-

لنفتنهم فيه ومن يعرض عن ذكر ربه يسلكه عذابا صعبا .

“That We might try them by that [means] but if any turns away from the remembrance of his Lord, He will cause him to undergo a punishment swa’adaa .”⁸

And in another verse that the punishment leaps up the body and its speed [may Allah protect us]:-

ويل لكل همزة لمزة . الذي جمع مالا وعدده . يحسب أن ماله
أخذه . كلا لينبذن في الحطمة . وما أدرك ما الحطمة . نار
الله الموقدة . التي تطلع على الأفئدة .

“Woe to every slanderer and backbiter. Who has gathered wealth and counted it. He thinks

his wealth will make him last forever. Nay he will be thrown into the crushing fire. And what will make you know what the crushing fire is? The fire of Allah kindled. That leaps up over the heart.”⁹

NEUROVASCULAR AND CARDIOVASCULAR SYMPTOMS

Allah, glory be to Him, gives us guarantees in many places in the Holy Qur'an , about the fact that the Holy Qur'an is a true word of Almighty ALLAH! and one of them is:-

تنزيل من رب العلمين . ولو تقول علينا بعض الأقاويل .
لأخذنا منه باليمين . ثم لقطعنا منه الوتين . فما منكم من
أحد عنه حزين . وإنه لتذكرة للمتقين . وإنا لنعلم أن منكم
مكذابين . وإنه لحسرة على الكافرين . وإنه لحق اليقين . فسبح
باسم ربك العظيم .

“[This is] a Message send down from the Lord of Universe. And if the Messenger were to invent any sayings in Our name, We should certainly seize him by his right hand. And We should then certainly cut off the artery of his

heart. Nor could any of you withhold him [from our wrath]. But verily this is a Message for the God-fearing. And We certainly know that there are amongst you, those who reject [it]. But truly [this Revelation] is a cause of sorrow for the unbelievers. But verily it is Truth of assured certainty. So glorify the name of you Lord Most High.”¹⁰

GLORY BE TO ALLAH!

To a neurologist or invasive cardiologist, only one bell would ring in his mind that this is a true word of The Almighty. Because there is no way an unlettered Prophet of Allah, peace be upon him, in the desert of Arabia, more than 14 centuries ago, would know that being a right handed person, if his right hand is seized in a sudden focal paralysis his speaking ability will also stop [in a dense motor aphasia], because his left middle cerebral artery is blocked by a clot or spasm or both. The hand and the expressive part of speech are both in the dominant left cerebral hemisphere. The speech controlling area is called the Broca's area of the brain. This speech controlling area lies immediately

in front of the motor strip that controls the right hand movement!

Because seizing the Holy Prophet's [peace be upon him] right hand alone, without stopping him from talking, would not stop him from inventing words in the Name of the Almighty!

The above verses shows us in detail, using the most important vascular anatomy and pathology how He would stop him immediately from talking and then drop him down dead with massive heart attack, without anybody seeing what is going on inside him, [as it is done internally in his very deep internal blood vessels] because he has invented a lie against Allah!

[1] One of the clues that this verse is describing vascular impairment of the brain is seen in the verses that immediately follow. When the vessel of the heart is mentioned. According to most translations it is the aorta. But Allah, glory be to him, does not need to cut the whole aorta a small nick where the left main stem coronary is coming out would be enough to cause massive bleeding into the heart [cardiac tamponade] and he would drop down dead with sudden death due to a

MASSIVE MYOCARDIAL INFARCTION [massive heart attack] which the next verse above states.

[2] Another clue to understanding the above verse on catching his right hand, is to combine the two translations of the same verse by Ibn Kathir which says that the right hand of the Prophet Muhammad, peace be upon him, will be caught and that of Qurtuby which says that he will be caught with a great force. If one combines these two translations it will mean that if his right hand will be caught very forcefully then it wont be his right hand only but his right face and his tongue, that is his speech, will be caught also and he would not be able to speak.

[3] Allah, glory be to Him, has easier and kind ways to stop the Prophet Muhammad, peace be upon him, from inventing a lie he could simply make him forget as He says in the Holy Qur'an:-

ما ننسخ من ء اية أو ننسها نأت بخير منها أو مثلها ألم تعلم
أن الله على كل شيء قدير .

“Whatever a Verse do We abrogate or cause to be forgotten, We bring a better one or similar to it. Don’t

you know that Allah is able to do all things?"¹¹

Therefore the elaborate description above is to show the miracles of the Holy Qur'an!

[4] Allah, glory be to Him, with His boundless Knowledge new (knew) Prophet Muhammad, peace be upon him, very well before choosing him to be his Messenger and new very well that he will never invent a lie against Allah, otherwise he would never have chosen him. He Himself has praised him in many places in the Holy Qur'an:-

وإنك لعلی خلق عظیم .

"And verily you [O Muhammad] are on an exalted [standard] of character."¹²

This shows the great love and esteem that Allah, glory be to Him, had for Prophet Muhammad, peace be upon him. Therefore such a situation, of invention of a lie in the name of Allah, glory be to Him, will never arise. Therefore the above verses show the lengths taken, by Almighty Creator, to ensure the authenticity of the Holy Qur'an and to assure as of this fact. At the same time one sees again another aspect of its

authenticity by showing the miracles of medical science before they were discovered by humans.

[5] Another aspect of the miracles of the Holy Qur'an in the above verses is the reference to the blood vessel of the heart, that is aorta. One should note that neither the blood vessels to the brain [the carotid arteries] which the Arabs were familiar with because they used to cut in slaughtering their animals nor the artery to the liver, [as they used to believe that the soul of man or animal is in his liver] is mentioned in the above verses. The reason is cutting the carotids would be obvious and there would be no miracle of science. Cutting the artery to the liver would not cause a swift death but a slow one. Although heart attacks were almost unheard of at that time the relevant blood vessel is mentioned because cutting this vessel would certainly bring the most immediate of deaths.

To understand the popular knowledge of that time as to which is the most central organ of the body, or where does the soul reside, one should look at the following two sayings:-

عن ابن عباس أن النبي صلى الله عليه وسلم قال : لا تتخذوا
شيئا فيه الروح غرضا . رواه مسلم

Ibn Abbas reported that Allah's Messenger, peace be upon him, said; "Do not take anything with a soul as a target." Narrated by Imam Muslim 13

And another saying:-

من حديث طويلقالوا : يا رسول الله وإن لنا في هذه
البهائم لأجرا ؟ فقال : في كل كبد رطبة أجر . رواه مسلم

In a long tradition on doing good even to animals the companions asked Prophet Muhammad, peace be upon him; 'Is there for us a reward even for [serving] such animals?' He replied. 'Yes, there is a reward [to one who serves] any animal 'with a moist liver'. [That is an animal with a soul, i.e. living]14

The above metaphor of 'wet liver' arise from the popular belief, of that time, that the soul of animals and man lies in the liver. However when Allah, glory be to him, mentioned that He could kill extremely quickly His beloved Prophet, peace be upon him, he did not mentioned that he would cut the artery to his liver, according to popular

belief of that time but He said he would cut the artery to his heart which, with our current little knowledge of anatomy and cardiology is would cause immediate sudden death. Cutting the artery to liver to the liver it would induce it to contract, go into spasm, and with surrounding clot bleeding would stop and even there is death it would take many days!

Who has taught Muhammad, peace be upon him, all this complicated anatomy, neurovascular and cardiovascular sciences? It is none other than the One Who created the human body and Has knowledge of everything including all the sciences, and that is Allah, all praises are due to Him!

More cardiac symptoms are described below.

MORE CEREBRAL LOCALISATIONS IN THE HOLY QUR'AN

Allah, glory be to Him, says, referring to the biggest opponent of Prophet Muhammad, Abu Jahal, [father of ignorance] :-

كلا لئن لم ينته لنسفعا بالناصية . ناصية كذبة خاطئة .

“Let him beware! If he desist not desist (delete **desist**), We will drag

him by the forehead. A lying, sinful forehead!"¹⁵

The forehead is mentioned and its ability to lie, to plan and execute sins because it is (delete **is**) contains the forebrain which contain the frontal lobe which is the seat of lies and other sins! The forebrain is the seat of thinking, planning and execution of decisions.

PRIMITIVE REPLEXES

Allah, glory be to Him, says :-

ومن نعمه ننكسه في الخلق أفلا يعقلون .

“And he whom We grant long life;
We reverse him in creation. Will they not understand?”¹⁶

This reversal is not only in not knowing anything after so much acquisition of knowledge with walking difficulties after being so nimble in the skills of walking and running, but it includes so vividly the childhood primitive reflexes or sometimes called the frontal lobe release signs! These include sucking, palmomental, grasp, routing and glabellar reflexes.

Normally when one places an object on the lips of a baby it will automatically begin to

suck that item even if it is a stick. Most of these automatic reflexes disappear as the child grows. Those who reach a difficult old age, especially if they lose mental faculties, these baby reflexes return. This advanced scientific knowledge was revealed to Prophet of Islam, peace be upon him, in the Seventh century. The same knowledge was realised by scientists only about a hundred years ago!

DEMENTIA

Even the dementia of old age is also mentioned, Allah, glory be to Him, also says:-

يأيتها الناس إن كنتم في ريب من البعث فإننا خلقناكم من تراب
ثم من نطفة ثم من علقة ثم من مضغة مخلقة وغير مخلقة لنبين
لكم ونقر في الأرحام ما نشاء إلى أجل مسمى ثم نخرجكم
طفلا ثم لتبلغوا أشدكم ومنكم من يتوفى ومنكم من يرد إلى
أرذل العمر لكيلا يعلم من بعد علم شيئا وترى الأرض هامدة
فإذا أنزلنا عليها الماء اهتزت وربت وأنبتت من كل زوج بهيج .

“O Mankind! If you are in doubt the Resurrection, then verily We created you [i.e. Adam] from dust, then from a Nutfah [mixed drops of male and female sexual discharge [i.e. the offspring of

Adam] then from something that clings, then from a chewed-like substance some formed and some unformed – that We make [it] clear to you [i.e. to show you Our Power and Ability to do what We will]. And We will cause whom We will to remain in the wombs for an appointed term, then We bring you out as infants, so that you may reach your age of full strength. And among you there is he who dies [young] and among you there is he who is brought to the miserable old age, so that he knows nothing after having known. And you see the earth barren, but when We send down water [rain] on it , it is stirred [to life] and it swells and puts forth every kind of beautiful growth.”¹⁷

Knowing nothing after having known a lot of things is dementia. Initially there is loss of recent memory but as dementia advances distant memory is lost also.

POSTERIOR INFERIOR CEREBELLAR ARTERY

Occlusion of this small artery, which is at the back of the head causes a latero-posterior medullary infarct. Since the pain fibers from the face are caught up in this infarct, sometimes one of the earliest symptom is a FEELING AS IF HOT WATER IS BEING POURED OVER ONE SIDE OF THE FACE.

Allah, glory be to Him, says:-

خذوه فاعتلواه إلى سوء الحميم . ثم صبوا فوق رأسه من
عذاب الحميم . ذق إنك أنت العزيز الكريم . إن هذا ما كنتم
به تمترون .

[It will be said]: "Seize him and drag him into the midst of the blazing Fire. Then pour over his head the torment of boiling water. Taste you [this]! Verily, you were [pretending to be] the mighty, the generous! Verily, this is that whereof you used to doubt!"¹⁸

This may resemble the above brainstem symptom. It can also resemble the recurrent burning pain one side of the face of especially AIDS patients. When Herpes Zoster skin rash heals on one side of their

faces it does not only leave a very ugly scar but also severe recurrent burning head and facial pains called post-herpetic neuralgia!

VIOLENT ATTACK OF VERTIGO

Vertigo is a false feeling of the surroundings spinning around the patient or the patient spinning in his environment. It is so horrible a feeling that it is accompanied by nausea, vomiting, sweating and palpitations.

Allah, glory be to Him, says :-

يا ايها الناس اتقوا ربكم إن زلزلة الساعة شيء عظيم . يوم
ترونها تذهل كل مرضعة عما أرضعة وتضع كل ذات حمل حملها
وترى الناس سكرى وماهم بسكرى ولكن عذاب الله شديد .

“O mankind! Fear your Lord and be dutiful to Him! Verily, the earthquake of the Hour [of judgement] is a terrible thing. The Day you shall see it, every nursing mother will forget her nursling, and every pregnant one will drop her load, and you shall see mankind as in a drunken state, yet they will not be drunken, but severe will be the Torment of Allah.”¹⁹

Most patients with cerebellar unsteadiness [ataxia] say that when they walk people think that they are drunk because of their wide base gait. But the above violent state is more than just a cerebellar or sensory ataxia. It resembles more a violent vertigo. This does not only causes ataxia but it comes suddenly, it is violent, it is usually accompanied by vomiting and very sick feeling so that the miserable person fears to change whatever position they are in!

Therefore a violent vertigo resembles more the above verse than just simply a cerebellar ataxia.

BULBAR SIGNS

Allah , glory be to Him, says:-

وذريى والمكذبين أول النعمة ومهلهم قليلا . إن لدينا أنكالا
وجحيما . وطعاما ذاغصة وعذابا أليما .

“And leave Me Alone to deal with the beliers [those who deny My Verses], those who are in possession of the good things of life. And give them respite for a

little while. Verily with Us are fetters [to bind them] and a raging Fire. And food that chokes, and painful torment.”²⁰

When there is weakness of muscles of swallowing whenever that person swallows, he cannot close completely the gullet and therefore food or drink enters it and chokes him. This is a horrible symptom and sign which we see in people with various diseases such as bulbar palsy, pseudobulbar palsy, myositis and myasthenia gravis. These are all classified as neurological diseases.

Most of the above signs are related to the nervous system, since it is one system that is concerned with feeling pain and it is the one that controls all movement.

CARDIOVASCULAR SYMPTOMS

About angina especially at high altitudes without a pressurised cabin and all its associated symptoms

Allah, glory be to Him, says:-

فمن يرد الله أن يهديه يشرح صدره للإسلام ومن يرد أن يضله
 يجعل صدره ضيقا حرجا كأنما يصعد في السماء كذلك يجعل
 الله الرجس على الذين لا يؤمنون .

“And whomsoever Allah wills to guide, He opens his breast to Islam, and whomsoever He wills to leave straying He makes their breast tight and constricted, as if he is climbing up to the sky. Thus Allah puts the wrath on those who refuse to believe.”²¹

One may think that this verse has been extracted from a modern textbook in its crisp and accurate description of angina. Angina is a severe pain in the chest on exercise as described above due to narrowing of the arteries to the heart. It is more fascinating if one remembers that Prophet Muhammad, peace be upon him, living in the plains of the desert of Arabia has never climbed a high mountain no (nor instead of no) seen a person climb one. In those days when life was hard and difficult, without cars and scanty food ischaemic heart diseases were unheard of.

A wise person may ask himself how can an illiterate man living in the harsh flat desert of Arabia and had never traveled out of its confines, more 1400 years ago, first describe angina so accurately and secondly know its association with the low oxygen tension when climbing high in the sky? How would he know the low oxygen tension found high in the sky when no body had invented a barometer? A fact that was discovered only recently in Medical Physiology.²²

The only conclusion that a wise person may draw is that this is a message from high above! Far beyond any mortal! From One who created the atmosphere and the human heart. And that is Allah, Lord of the universe!

PALPITATIONS

Palpitations is a feeling of the heart thumping in the chest.

قلوب يومئذ واحفة .

“[Some] hearts that day will shake with fear an anxiety.”²³

Hearts shaking in fear and anxiety resembles palpitations.

GASTROINTESTINAL SYMPTOMS

Allah, glory be to him, says:-

إن شجرت الزقوم . طعام الأثيم . كالمهل يغلى في البطن .
كغلى الحميم .

“Verily the tree of Zaqqum: Will be the food of the sinful: Like boiling oil, it will boil in the bellies: Like the boiling of scalding water.”²⁴

The pains of stomach ulcer, intestinal ulcer, and their inflammation are burning in nature. Hence there is an analogy between the burning liquids and the burning epigastric pain of the diseases above. The other reason is as given above. To perforate the stomach and intestine so that the hot liquid can then enter the peritoneum so that miserable person can really feel the torment of Hell!

SURGICAL SYMPTOMS AND SIGNS

Allah, glory be to Him, says:-

إن جهنم كانت مرصدا . للظغين مئابا . لبثين فيها أحقابا .
لا يذوقون فيها بردا ولا شرابا . إلا حميما وغساقا . جزاء وفاقا .

“Truly, Hell is a place of ambush. A dwelling place of the Taghun [those who transgress the boundary limits of Allah like polytheists, disbelievers in Oneness of Allah, hypocrites, sinners and criminals]. They will abide therein for ages. Nothing cool shall they taste therein, nor any drink. Except boiling water, and dirty [smelly] wound discharges. An exact recompense [according to their evil crimes].”²⁵

These wound discharges are smelly serous fluids, altered odorous bloody fluids and foul smelling pus of every colour. These can be seen oozing out of natural or surgical wounds.

CONCLUSION

It is no wonder that there should be similarities between the descriptions of hell and symptoms of various diseases, as Allah,

glory be to Him, talks to an observing, feeling and intelligent human being. Therefore it is only fitting to describe it in ways that man can understand and also pains and suffering that he has similarly felt, or seen other people cry in agony, even if it is to a lesser extent.

There is no doubt that the torment of Hell is a BILLION TIMES MORE THAN ANY SYMPTOM MEN MAY HAVE FELT in this world but the analogy has been drawn above to bring our small minds closer to understand and appreciate, at least partially, some aspects of the ABOVE TERRIBLE PUNISHMENTS! So that we may lead a good and decent life, always conscious of the Almighty Creator, ALLAH.

When a mother tells her son; 'Don't drive very fast you will crush to death', she means no harm to him but is one form of expression of care and love for her son. Therefore who has greater love for that son than Allah, who not only gave him his driving skills but created him from nothing? Why should not He warn of a far worse outcome than a simple death? What a terrible scene when a person burning in Hell with all his wounds, abscesses and pus pouring out from his body

would not need even to wipe himself this stinking fluid but his mates in Hell would be busy licking this filth from him because of their intense thirst. And the worst thing there is no end to this humiliation and torment as there is no another death!

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CHAPTER 2.3

SOME OF THE BENEFITS OF ISLAMIC ABLUTION [WUDHUU]

ABSTRACT

The Islamic ablution has many benefits other than its spiritual function for preparing a Muslim for his daily five compulsory prayers or *Swalat*, for reading the Holy Qur'an, circumambulation of the Holy Ka'bah in Mecca in the Islamic Pilgrimage or Hajj (**Hajj**) or other similar duties. The most important are cooling the heat of rage, the heat of fever, the heat of the body after sexual intercourse and refreshing the body and mind after slumber. These have obvious tremendous immediate medical and long term preventive health benefits. This knowledge precedes the same in Western Sciences by more than a thousand years when tepid sponging was practiced. No where, not even in modern textbooks of medicine or psychiatry would one find the most simple of instructions telling one to wash his face to cool the furnace of anger or cooling the heat of the body after one's bodily intercourse with his wife.

[KEY; ISLAMIC ABLUTION. BENEFITS.
FEVER. ANGER.]

INTRODUCTION

The Islamic ablution is unique among Islamic rituals in that some of its benefits are immediate. It is an essential prerequisite for many acts of Islamic worship like the five daily prayers or Swalat, reading the Holy Qur'an, circumambulating the Ka'bah in Mecca during the Islamic pilgrimage or the Hajj and other Islamic rituals. It is so important that even if there is no clean water available one has to do the Tayammum. This is rubbing one's face and arms with fine particles remaining in one's palms after striking them on clean sand to clean one's face and arms for the above acts of worship. However the benefits do not end here.

The obvious cleansing effects on the face and eyes from grit of a city, the cleaning of the nostrils, the throat and the feet from their stench of stinking socks is obvious and has been referred in book 1. 1

Here other benefits of the ablution with clean water that immediately manifest are

presented, especially those with a medical inclination:-

1. IN COOLING THE INFERNO OF RAGE

In anger there is a great output of emergency hormones, and the resting metabolic rate is also increased. When one looks at a person in a rage he would have blood red shot eyes, his face in a contracture [almost in a contortion and breathing fire] sweating, his heartbeat running very fast and his blood pressure running through the roof. Even when he tries to shout he develops a stammer which he did not have. His skin is very hot because of the increased metabolic rate and opening of the blood vessels in the skin due to the output adrenaline and increased sympathetic activity. His internal temperature is also increased because of the high chemical and physical activity internally. So that it may resemble an inferno metaphorically.

There are many dangers that face him. If he does not harm himself or somebody else he may burst a blood vessel in his brain which may cause a major stroke or even kill him.

A person will (with instead of will) little self control of belief in Allah, glory be to him, and the day of resurrection may to the extreme of killing someone in a rage.

The author searched medical libraries and the internet for the emergency management of anger. He found only the following:-

Leonard Ingram advises studying oneself and one's attitudes, forgiving others and learning proper ways of expressing anger! 2

Lynne Namka teaches to breath deeply, tapping his fingers, rolling his eyes, not to ignore it, taking a vacation, exercising without tiring himself, observing one's body and emotions, to stand up and speak assertively when threatened.2

Other than having a lot of contradictions, how can one overwhelmed with rage be able to study himself, control himself or be able immediately to go on vacation? If he taps, rolls his eyes or even stands up and speak assertively, he would definitely put petrol into fire. The blood pressure would rise even further and it would be a certain way of inviting a medical catastrophe.

Standing up increases anger, it does not reduce it. Other sayings of Prophet Muhammad, peace be upon him, specifically advises us to sit down if one is standing when angry, and lie down if one is sitting. Quite the opposite of the above advices!

Now observe the quickest and most effective way of combating anger and its pathophysiology explained:-

However Prophet Muhammad [peace be upon him] advises:-

إن الغضب من الشيطان وإن الشيطان خلق من النار وإنما تطفأ النار بالماء فإذا غضب أحدكم فليتوضأ . أخرجه أبو داود من حديث عطية السعدي

A. 'Indeed anger is from the Satan and he was created from fire, and fire is extinguished by water; therefore if any of you becomes angry he should perform the ablution.' A Hadith of Atwiyah Assadiyah (it should be as-Sa'diy) collected be Imam Abu Daud 3

To emphasize the cooling effect of water and the tradition of ablution:-

إذا غضب أحدكم فليتوضأ فإنما الغضب من النار . أخرجه أبو داود من حديث عطية السعدي

B. 'When one of you becomes angry he should perform the ablution with water: surely anger is from fire.' A Hadith of Atwiyah Assadiyah (it should be as-Sa'diy) Collected by Imam Abu-Daud 3

To explain the pathophysiology and the increase in body temperature, the Holy Prophet [peace be upon him] says:-

إن الغضب جمره توقد في القلب . أخرجه الترمذي من حديث أبي سعيد

C. 'Anger is an ember kindled in the heart.' Collected by Imam Tirmidhi from Abi Sa'id. In another tradition he explains Don't you see the blood red shot eyes and the engorged neck veins of the person in a rage. Collected by Imam Tirmidhi and Bayhaqi3 (The underlined is not in the Arabic text)

The red shot eyes are due to the hormone adrenaline and the autonomic nervous system. To get the engorged neck veins there

is additional increased intrathoracic pressure due to expiration against a partially closed glottis. This blocks the return of blood into the chest. This interferes with the function of the heart and if there is weak point on the lungs [a weak point in the lung is called a bullous] it can rupture and cause air to escape onto the chest cavity called a tension pneumothorax, which can endanger the life of the victim. This interferes with breathing.

More dangerous the high blood pressure in a rage can throw down the angry person in a massive cerebral bleed or heart attack..

2. IN COOLING THE HEAT OF THE BODY IN THE INTERVAL BEFORE A SECOND ROUND WITH ONE'S WIFE

Narrated Abu Sa'id Alkhudri (**al-Khudri**) [may Allah be pleased with him]: Prophet Muhammad [peace be upon him] said:-

وعن أبي سعيد الخدري رضى الله عنه قال : قال رسول الله صلى الله عليه وسلم : إذا أتى أحدكم أهله ثم أراد أن يعود فليتوضأ بينهما وضوءاً . رواه مسلم وزاد الحاكم : فإنه أنشط للعود .

'When any of you has intercourse with his wife and wants to repeat

it, he should perform ablution between the two acts.' Imam Muslim transmitted it.⁴ Al-Hakim added to the above saying; 'For it is more lively for the return.'⁴

It would not be difficult to realize one of the benefits of the interval ablution. It will cool the nerves and help the body to return quickly to its original steady state and equilibrium before another outpouring of adrenaline and similar hormones. These hormones have the effect of increasing blood pressure and body temperature. The next rise of the blood pressure would not be unnecessarily excessive. Since the body would be cooled and refreshed by the ablution. These benefits refer to prevention of heart attacks or intracranial haemorrhages [such as subarachnoid haemorrhages] which have been seen after such an enjoyable undertaking!

Al-Hakim added to the above saying; 'For it is more lively for the return.'⁴

One should observe the completeness of this religion of Islam; it even takes care of the legal enjoyment of its followers, so that they are not defeated to complete their second

round of the above act. May be the first round came to quickly without mutual satisfaction!

The advice above is to both husband and wife. The wording above is in the masculine out of great respect and esteem the religion of Islam has for the wife.

3 IN COOLING THE NERVES FOR SLEEPING IF ONE CANNOT PERFORM THE SPIRITUAL SHOWER.

عن عائشة رضی الله عنها قالت : : كان النبي صلى الله عليه وسلم إذا أراد أن ينام وهو جنب غسل فرجه وتوضأ للصلاة .
رواه البخارى

Narrated Aisha [may Allah be pleased with her] : 'Whenever the Prophet [peace be upon him] intended to sleep while he was in a state of spiritual impurity, he used to wash his private parts and perform ablution like that for the prayer' Collected by Imam Bukhari.5

عن نافع عن ابن عمر أن عمر بن الخطاب رضى الله عنهم
سأل رسول الله صلى الله عليه وسلم : أيرقد أحدنا وهو جنب؟
قال : نعم إذا توضأ أحدكم فليرقد وهو جنب . رواه البخارى

Narrated Nafi'e from Abdullah bin Umar, that Umar bin Al-Khattab [may Allah be pleased with them] asked Allah's Messenger [peace be upon him]: "Does one of us sleep [at night] when one of us is in a state of spiritually impurity?" he replied, "Yes; If one of you performs ablution then he can sleep while in a state of spiritual impurity." Collected by Imam Bukhari.5

Clearly the above ablution cannot be used for any of the spiritual duties like praying, reading the Qur'an, circumambulation the Ka'bah, in Mecca because the full spiritual bath has not been performed. Therefore it is not difficult to perceive the benefits are mainly for health purposes. [Although there is also an opportunity to remember and mention Allah and even thank Him to give one, ability and legal enjoyment for an act that requires a complicated network of nerves and tiny blood vessels under the orchestra of the brain and its hormones!-this

is called 'THIKR' (**DHIKR**)]. If the Islamic Ablution can cool the inferno of rage, then it could also cool easily the hot body after the above act. The person would go to sleep more relaxed, cool and achieve normal steady state and body temperature more quickly. This would bring sleep more easily and make more refreshing.

Also in the ablution the Muslim would brush his teeth, flush his nose and gargle his throat removing any obnoxious smells and possibly any germs! All these are advanced medical sciences in the Holy Qur'an as detailed in book one.¹

4 IN QUENCHING THE FIRE OF FEVER

Robert G. Petersdorf , a famous American physician, rights in the 10th edition of a popular textbook of medicine:- Harrison's Principles of Internal Medicine writes on treating fever:-

'Cooling blankets set at hypothermic temperature are highly effective means for external cooling. Alternatively, sponging of the body surface with cool saline solution or the application of cool compresses to the skin and forehead may be employed. There

is no advantage in sponging with alcohol, which, because of its pungent odour, makes some patients ill.' 6

The cool compresses above are presumably by water!

The above was written in 1983. One may think that he was quoting from a saying of the Holy Prophet 1400 years :-

عن عائشة رضى الله عنها أن النبي صلى الله عليه وسلم قال :
الحمى من فيح جهنم فأبردها بالماء . متفق عليه

Hazrat Ayesha [may Allah be pleased with her] relates that the Holy Prophet [peace be upon him] said: 'Fever is the diffusion of the heat of Hell; as such it should be cooled down with water.' 7

If alcohol is poured into a fire an explosion will occur!! Although alcohol has a lower boiling point it is useless for cooling a fever.

What a better way of cooling the exposed parts of the body than performing an Islamic ablution as if going for prayer! If the patient is too weak somebody can do it for him or her. If the sick person is a Muslim then he of (or) she can use the same ablution for the five daily obligatory prayers. The sick are

not exempted from prayers. If one cannot do the prayer standing he should do it sitting. If sitting is impossible then he should pray lying down. He cannot move any part of the body because of quadruplegia he should pray by only moving his eyeballs. The eye balls are also paralysed the sick person should pray with his mind only.

5 IN REFRESHING A BRAIN AFTER SLEEP FOR PRAYER OR FOR (delete for) STUDYING FOR A DIFFICULT EXAM

Prophet Muhammad [peace be upon him] says:-

“When a person goes under sound sleep the Satan ties three knots the occiput reciting some spell over each of these knots i.e. there is enough of the night, go on sleeping. If he wakes and remembers Allah, one of the knots is untied. Then if he wakes and makes his ablution, another one is loosened. If he offers his prayer, the remaining third knot is untied. Thus he faces his morning quite fresh and he is in a cheerful mood. Otherwise he gets up in unpleasant, dull and lethargic mood.” Narrated by Abu Hurairah and collected by Bukhari and Muslim. [may Allah may be pleased with them] 8

It is not difficult to realize the refreshing and awakening effect of the ablution with water, if one remembers that if somebody wants to wake up another from sleep, or tries to revive an unconscious person, he throws some water on his or her face. This is very useful for a person who wakes up early and wants to study for a difficult examination. This prayer will also bring him closer to his Creator. This hadith has been given in several sections of book one.

All this advanced knowledge must be taken in context, that this Prophet of Islam, peace be upon him did not live at the slopes of Mount Kenya where many streams are (~~delete are~~) flow down the mountain, but in the dry desert of Arabia. He must have been inspired by the Almighty Allah, to have knowledge which even after more than 1400 years, has not yet reached the modern medical scientist!

CONCLUSION

Therefore the Islamic ablution has benefits far beyond its role as a prelude to the five daily on other specific acts of Islamic worship. Some of these like its cooling a fever precedes the same knowledge in

Western Science. Others like cooling rage, cooling the body between intercourses, cooling the body for sleep after intercourse and its refreshing effects after sleep are unknown at present in modern medical science.

When current modern medical science has either nothing to offer in cooling anger or gives wrong advice, for example standing instead of sitting only proves that this knowledge, which precedes anything known by man at present, comes from the Almighty Creator who knows whatever is required to be known in the human body.

For Allah, glory be to him, says about Prophet Muhammad, peace be upon him:-

وما ينطق عن الهوى . إن هو إلا وحي يوحى .

“Nor does he speak of [his own] desire: It is only a Revelation revealed.”⁹

And in another verse the Almighty Creator says:-

ولقد خلقنا الإنسان ونعلم ما توسوس به نفسه ونحن أقرب إليه
من حبل الوريد .

“And indeed We have created man, and We know what his own self whispers to him; And We are nearer to him than his [own] jugular vein [by our knowledge].”¹⁰

‘We’ above is pronoun of greatness not of plurality of Allah, glory be to Him.

Truly Prophet Muhammad, peace be upon him, was sent as a blessing to mankind. For Allah, glory be to Him, says:-

وما أرسلناك إلا رحمة للعالمين .

“We sent you as a mercy to all creatures.”¹¹

All this knowledge is for the benefit of mankind. Whenever a believer washes any part of his body in the ablution all sins he did with that part of his body, automatically fall off like leaves in the middle of autumn. But the greatest joy awaits Muslims on the day of resurrection, when everybody’s face and body will be as dark as charcoal on that day. However for the good Muslim his face and arms and legs, that is, those areas of his body which were washed many times in the ablution in this world, will be shining like a full moon in a very dark night!

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CHAPTER 2.4

ADVANCED HYGIENE SCIENCE IN ISLAM

INTRODUCTION

Islam has pioneered cleanliness before any person or group in the world. Some Islamic traditions have been absorbed into other cultures and it may appear as if these are non-Islamic traditions. A good example is the Islamic culture of brushing the teeth. And in this simple Islamic tradition Islam is still ahead and it insists on the simple root stick of Arak [*Salvadora persica* - **scientific name in italics**] or its equivalent. Many western companies are now doing research to find active substances in this root to incorporate in their tooth pastes. It contains a lot of acids, salts and resins which can clean and shine the teeth in a better and more efficient ways.¹ Once they are successful they would not acknowledge that they owe their success in making modern effective tooth pastes from the sayings of Prophet Muhammad, peace be upon him.

It is not difficult to understand that the root of this plant has to produce a lot of substances to protect itself and the rest of the

plant from bacteria and other pests in the soil which is teeming with many different bacteria. It is the same antibacterial antibiological [a new term] agents that Prophet Muhammad, peace be upon him, wanted Muslims and the rest of humanity to utilise, that he insisted that they brush their teeth with this stick frequently without damaging the gums as the bristles of the tooth stick have variable hardness with use! [unlike the plastic tooth bristles are of constant hardness and stiffness and they curl losing effectiveness very quickly]. This is not surprising as he was taught by the Almighty Creator Who created teeth, bacteria and the toothstick. These antibacterial agents would then protect the mouth and the teeth from harmful bacteria.² So it is not a physical instrument only but a capsule that is packed with antibiotics and other good substances!

In a poor family of five the breadwinner will have to spend his entire per capita to buy each of his family member a toothbrush and a tooth paste. He could get tooth sticks from the rural environment free of charge!

Similarly it is now a standard feature of every five star hotel to have a basin to wash one's bottom after the long call. Most of hotel

constructors have realized that toilet paper leaves one with an itch at the bottom the so called 'pain in the arse!' Very few would realise that this is an Islamic tradition for it is a prerequisite for every Muslim to wash his bottom with water not toilet paper before he can stand in front of his Creator in the five daily prayers.

The following are some other advanced hygienic sciences for all humanity to benefit.

THE ISLAMIC FITRAH [Nature]

عن أبي هريرة رضى الله عنه : سمعت النبي صلى الله عليه وسلم
يقول : الفطرة خمس , الختان والإستحداد وقص الشارب
وتقليم الأظفار وتنف الأباط . رواه البخارى

Narrated Abu Huraira [may Allah be pleased with him]; 'I heard the Prophet, peace be upon him] saying, 'Five practices are characteristic of the Fitrah [Islamic nature]: Circumcision, shaving the pubic hair, cutting the moustaches short, clipping the nails and depilating the hair of the armpits.'³

The circumcision here refers to the male type.

In modern science it is now known the hygienic value of keeping short nails, hence the school rituals of checking the nails every Friday. Despite the knowledge that many of the pus forming conditions of the perineum such the ischio-rectal abscesses and pus forming conditions of the armpits, the medical fraternity has not emphasized on the removal of pubic and armpit hair. It is this hair especially when it curls back on the skin and burrows into it and opens an entry for bacteria causing all the above big abscesses.

In many parts of the world the uncircumcised tribes have higher incidence of HIV and AIDS [acquired immunodeficiency syndrome]. Again the medical fraternity have not come up with clear recommendation for circumcision.⁴

The inner side of the foreskin contains cells [Langerhans cells] which contain receptors for HIV virus so that it enters easily, the foreskin is easily traumatized during intercourse facilitating entry of all infective organisms and it is also difficult to clean. All these help the entry of this deadly virus. ⁵ Even many epidemiological studies have proved this. ⁶

It is surprising although we have had in the

world many years of lymphogranuloma venereum, chancroid, syphilis, recurrent genital Herpes, and many other ulcerative venereal diseases which for centuries have caused untold human affliction and severe pain we had to wait until this horrible disease called AIDS to come, for mankind to realize the importance of circumcision. The sad thing is even despite this knowledge scientists are still hesitating in putting knowledge into practice, as Muslims have been doing for centuries due to theoretical and imaginary complications!⁴

It is also not difficult to see the general hygienic and aesthetic benefits of the above. It would be easier to clean a circumcised and cleaned shaven private part and an armpit free from hair than to clean a genital with a foreskin and full of hair. These areas will be less smelly and require less deodorants and there are no deodorants for the pubic areas.

TAKING A SHOWER AFTER INTERCOURSE

Bathing in Islam is an often repeated ritual. It is mandatory for example after intercourse with one's married partner, after menstruation, after cessation of the blood of child birth and after reverting into Islamic

religion. All these states are called states of ceremonial impurity.

Allah, glory be to Him says;

يأيتها الذين ء امنوا لاتقربوا الصلوة وأنتم سكرى حتى تعلموا ما
تقولون ولا جنبا إلا عابرى سبيل حتى تغتسلوا

“O you who believe! Approach not prayers in a state of intoxication until you understand all that you say, nor in a state of ceremonial impurity, except when you are passing by [through a mosque] until after washing the whole body.”⁷

The above verse states that a Muslim cannot perform prayers [Salat] if he is in a state of ceremonial impurity, although he is allowed to pass through a mosque for some need.

The health benefits of washing one whole body after intercourse is obvious. It will minimize transfer of microbes between the two parties. These could be benign such as the common cold virus or potentially sinister such as HEPATITIS C virus. Washing the private parts is not enough as Prophet Muhammad, peace be upon him, used to not

only wash his private parts but he would also do the Islamic ablution on top of it as a minimum if he could not take the whole bath. In the morning he would then take a full ceremonial bath.

CLASSIFICATION OF WATER IN ISLAM

In modern medical science of hygiene the knowledge of classification of waters is only into two groups, sterile and non sterile water.

Islam, for the purpose of personal hygiene, has elaborately classified waters into many classes. The following categories depend on the cleansing properties of such waters:-

WATER THAT IS CLEAN AND IT CAN CLEAN OTHER THINGS

This is water that is called in Arabic TWAHUR, i.e. it is clean in itself and able to clean somebody else or something else. And this is further finely defined into :-

[a] WATER FROM RAIN, SNOW OR ICE [HAILSTORM]

وينزل عليكم من السماء ماء ليطهركم به

“And He caused water [rain] to descend on you from the sky, to clean you thereby.”⁸

The purity of the above water is clear unless it descends on a country heavily covered by dense and deadly smog. In Islam it is to identify such water as unfit for cleaning as simple yardstick is applied. If the colour, smell or taste of the rain water been changed because of the sulphur in the smog it would not be fit as a cleaning agent in Islam. This applies when it is clearly acidic as in acidic rain.

[b] SEA WATER

عن أبي هريرة رضى الله عنه قال : قال رسول الله صلى الله عليه وسلم فى البحر : هو الطهور ماؤه , الحل ميتته . أخرجه الأربعة

Can also be used for cleaning purposes for the Holy Prophet said: regarding sea water, ‘It’s water is purifying [fit for ablution and washing] and its dead [animal

that does a natural death in it] is lawful [as food]. This tradition was narrated by Abu Hurairah, may Allah be pleased with him and collected by four Imams of Hadith: Abu Dawud, Tirmidhi, Nasai, and Ibn Majah. 9

The knowledge in the above saying goes beyond the purifying powers of sea water it extends to its preserving power. If one opens a modern textbook of hygiene there will be no mention of this preservative effects of sea water, although the preserving effects of at least the salt of sea water is well known in canning, curing and smoking industries.

[c] USED WATER [musta'amal]

The same water that is used for ablution cannot be used again by anybody else for performing ablution or similar ritual washing, like the ceremonial bath after intercourse. It must be flowing so that nobody else can use the same water again as the following tradition says:-

عن أبي هريرة رضى الله عنه قال : قال رسول الله صلى الله عليه
وسلم : لا يغتسل احدكم في الماء الدائم وهو جنب . أخرجه
مسلم

Narrated Abu Hurairah, may Allah be pleased with him, Allah's Apostle said: 'None of you must wash in standing water when he is seminally defiled.' Imam Muslim rendered this hadith.¹⁰

This is not enough one should not have any doubt about defiling water before he uses it for the many Islamic washing practices. When a person sleeps he may unconsciously scratch the anal area and hence contaminate the fingers. Therefore in the morning when one puts his hand into a utensil to take a handful of water for washing, this may contaminate this water. To ensure the purity of this water one must wash the hands thoroughly before touching the utensil and its contents to ensure the purity of this small quantity of water. This is why Prophet Muhammad, peace and blessings be upon him, said:-

أبى هريرة رضى الله عنه كان يقول : قال رسول الله صلى الله عليه وسلم : إذا استيقظ أحدكم من الليل فلا يدخل يده في الإناء حتى يفرغ عليها مرتين أو ثلاثا , فإن أحدكم لا يدري فيم باتت يده . رواه ابن ماجه

‘When anyone of you wakes [from sleep] at night, he should not put his hand in the utensil unless he pours [water] on it twice or thrice because none of you knows where it spent the night.’ Narrated by Abu Hurairah, and collected by Imam Ibn Majah.¹¹

Islam goes to a great length to ensure the purity of water for cleaning and other human needs!

[d] LARGE QUANTITY OF WATER REACHING TWO PITCHERS

A large quantity of water is above 216 litres. When the quantity of water reaches this quantity it does not easily becomes defiled.

عن عبد الله بن عمر رضى الله عنهما قال : قال رسول الله صلى الله عليه وسلم : إذا كان الماء قلتين لم يحمل الخبث . وفى لفظ : لم ينجس . أخرجه الأربعة

Narrated Abdullah bin Umar, may Allah be pleased with him (them instead of him), that Allah's Apostle, peace be upon him, said: 'When there is enough water [in one container] to full two pitchers then it does not bear impurity.' In another wording , 'It does not become defiled.' This tradition was collected by the four great Imams of Traditions.10

When water reaches this amount it does not become used [musta'amal]. One can wash his face during and (the instead of and) Islamic ablution and all the water from his face return to this large quantity of water without it losing its ability as a purifying agent. However on one condition: that its colour, smell and taste becomes that of not water as the following saying says:-

عن أبي أمامة الباهلي رضي الله عنه قال : قال رسول الله صلى
الله عليه وسلم : إن الماء لا ينجسه شيء إلا ما غلب على
ريحه وطعمه ولونه . أخرجه أبي ماجه

Narrated Abu Umamah Al-Bahili, may Allah be pleased with him, Allah's Apostle, peace be upon with him, said 'Water is not defiled by anything, but what affects its

smell, colour and taste.’ Collected
by Ibn. Majah.⁹

The underlying principle is that a large quantity of water has some self cleansing properties. Therefore, for example, several Muslims can take ablution in the same water without easily making it unclean. It may also become mixed with a small quantity of an impurity say a drop of blood without becoming defiled, as long as it does not change colour, smell or taste.

This has sound scientific basis. For in medicine one great principle is the minimum infective dose. That is, even with most dangerous infections one needs a minimum number of such germs before one becomes infected with that particular germ and its disease. This is a blessing from Allah, glory be to him. It also shows that in this planet we are not the only created creatures! We should be able to live even with harmful creatures in harmony, provided they do not exceed their numbers and limits! This knowledge of minimum infective dose was revealed to Prophet Muhammad, peace be upon him, to be able to lay out such complicated laws on water and hygiene science in general long before any medical scientist new anything in this field!

[e] WATER THAT COMES INTO CONTACT WITH AN IMPURITY

If it does not reach the level of two pitchers [216 litres] it becomes defiled. Water that does not reach the quantity of two pitchers when it meats (meets instead of meats) an impurity in Islamic sciences even if it is a drop of vomitus it pollutes it. Then it becomes unfit for drinking, cooking and cleansing.

If it reaches the quantity of two pitchers or more it does not become defiled unless its smell, taste or colour changes.

عن عبید الله بن عبد الله بن عمر عن أبيه قال : قال رسول الله صلى الله عليه وسلم : إذا كان الماء قلتين أو ثلاثا لم ينجسه شيء . رواه ابن ماجه و أبو داود والترمذى ما خلا قوله أو ثلاثا .

The Holy Prophet Muhammad, peace be upon him says: ‘When water reaches two pitchers nothing turns it unclean. [except when this law is overruled by above law that is it has changed colour, taste or smell].’ Narrated Abdullah Ibn

Umar and collected by Ibn Majah,
Abu Dawood and Tirmidhi. 13

However this does not mean that one should stand and urinate in this water or intentionally put such filth into it as the Messenger, peace be upon him, with his great environmental care has already prohibited, in another saying, such intentional acts of pollution before any body else in the world had stood up to defend the environment.

[f] STERILE CLEAN WATER IN WESTERN SCIENCE BUT NOT FIT FOR CLEANING IN ISLAMIC SCIENCES

Because it has lost its name as water. An example follows :-

Sterile water mixed with surgical spirit is a good cleaning agent. The higher the content of the alcohol in it, the better its cleaning properties as far as western science is concerned. However it is not good enough for cleaning in Islamic science. One can prove for himself by doing a small experiment. When a drop of blood drops on one's shirt he should first wash it by the above spirit water and see for himself the

red blood stain being fixed and turn brown and become more adherent to the shirt, and it may never come out. However if he washes with water especially if the water is slightly warm this stain comes out quickly!

This is why the Holy Prophet Muhammad, peace be upon him, said:

وقال الزهري : لا بأس بالماء ما لم يغيره طعم أو ربح أو لون .

رواه البخاري

‘There is no harm in using water if its taste, smell or colour is not changed.’ Az-Zuhri narrated this tradition and collected by Imam Bukhari.¹²

Spirit water is changed in smell and taste. Therefore it is disqualified for cleaning purposes. It does not only make the skin hard, it burns if there is a wound.

THE FILTHINESS OF BLOOD

Allah , glory be to him, says.-

قل لا أجد في ما أحى إلى محرماً على طاعم يطعمه إلا أن يكون ميتة أو دماً مسفوحاً أو لحم خنزير فإنه رجس أو فسقا

أهل لغير الله به فمن اضطر غير باغ ولاعاد فإن ربك غفور
رحيم .

“ Say; ‘I find not in that which has been revealed to me anything forbidden to be eaten for one who wishes to eat it, unless it be a dead animal, or blood poured forth, or the flesh of swine; for that is surely impure or impious, on which a name is invoked other than Allah’s. But whosoever is forced by due necessity without willful disobedience, or transgressing due limits; your Lord is Oft-forgiving, Most Merciful.”¹⁴

Blood is an impurity therefore a Muslim is not allowed to come into contact or touch blood unnecessarily even that of an animal. If he slaughters an animal he should as soon as possible wash his hands quickly. In Western science it was recently realised that contact with human blood can transmit Human Immunodeficiency Virus [HIV], Hepatitis B and C viruses and other infective germs. Despite this knowledge there are still vampire clubs in the West where members suck each other’s blood after cutting their skins, how primitive!

Unfortunately the knowledge that animal blood can also transmit disease has not yet reached Western science, otherwise their scientists would have stopped the devouring of black pudding and sausages! These are made from the blood of swine. With the emergence of the MAD COW DISEASE AND ITS TINY VIRUS-LIKE AGENT it will not be long before they will realize this.

Muslims have shunned from blood in all its forms and its contamination for centuries!

THE FILTHINESS OF VOMITUS

قال رسول الله صلى الله عليه وسلم لعمار : إنما تغسل ثوبك من البول والغائط والمذي والقي . رواه إمام أحمد وخرجه الدار قطنى والبزار

The Holy Prophet, peace upon be upon him, said to Ammar: 'Certainly you must clean your clothes from urine, faeces, urethral mucus and vomitus.' Narrated by Imams, Ahmad, Daraqutni and Bazzar 15

Also the stomach contents because of its very high acidity, has not been regarded in Western science as to contain many germs until recently when a germ called

Helicobacter pylori (in italics) was discovered. Observe the above saying of Prophet Muhammad, peace be upon him, telling one of his companions to shun among other things vomitus. This would not be surprising considering that his knowledge is from the Divine Lord, Allah, Who not only created man but also Helicobacter pylori!

The filthiness of faeces, pus and other similar stuff is clear and needs no further explanation even to the most ignorant person.

THE FILTHINESS OF URINE

Islamic science of hygiene is the only science that recognizes the filthiness of urine because it is the only one that has enacted a law of cleaning oneself with WATER after passing urine. In extreme circumstances when water is not available a dry clean pebble should be used. If the short call of nature water is a must for cleaning, then in the long call one should even be thorough in this. The superior cleansing properties of water after the long call of nature was discussed in Book One of this series.¹⁶

If the Western scientist had discovered and

realized the infective dangers in urine besides its filthy smell you would not have the many urinals in Western designed toilets. They have many defects:

One passes urine standing so that he can smear his trousers or skirt with drops of urine.

The most ridiculous thing is; these automatic urinals constantly pour and flush water and they are full of moth balls [naphthalein] to remove the stench but not even one drop of this water is reserved for the person using this urinal so that he can save his or hers underpants from eventually stinking from the urine that drips into it!

Urine contain many dangerous germs such the Typhoid bacteria, pus forming streptococci, staphylococcus, even the dangerous HIV virus. It is full of common bacteria found in urine and faeces like Escheirchia coli (**in italics**) and the reason is simple the two holes that let urine and faeces are so close that if there is no constant washing of these openings with water after every motion infection easily pass up the urethra into the urinary bladder and finally into the kidneys. This is more prominent in women whose urethra is not only short but its opening is closer to the faeces opening!

This is why Islam has made it mandatory to wash with water after every long or short call of nature.

Despite of all this obvious filthiness some people are still experimenting with human urine as a medicinal agent.

CONCLUSION

In these modern days when infections like AIDS, HEPATITIS B AND C, MAD COW DISEASE, EBOLLA AND METHICILLIN RESISTANT STAPHYLOCOCCUS AUREUS (in italics) AND OTHER EMERGING INFECTIONS which are threatening to wipe out the human race it is not difficult to see why Islam shows it is a long way ahead in its hygienic sciences. It has recognized infective agents before they are discovered in Western science like the mad cow germ in animal blood. It has showed novel ways of cleaning oneself like using water to clean oneself after urination. It has insisted on circumcision and fasting as a perfect means for celibacy for fourteen centuries when Western science is still dragging its feet on circumcision and it does know the power of fasting when AIDS is decimating populations. It recognized the power and the

antibacterial properties of the cheap tooth stick when some companies who are reaping huge profits from toothpastes and plastic tooth brushes pretend they still do not see the antibacterial properties of these Allah given sticks. There is a saying in Kiswahili language which says, 'fools are always exploited.'

To see the place of advanced hygiene science and its practice in the heart of Islam see what the Prophet of Islam, in his love for humanity, peace be upon him, [paying a meticulous attention to this science] said:-

عن ابن عباس قال : مر النبي صلى الله عليه وسلم بقبرين فقال
: إنهما ليعذبان وما يعذبان في كبير , أما أحدهما فكان لا يستتر
من البول . وأما الآخر فكان يمشى بالنميمة . رواه البخارى

'[When passing by two graves, he said] These two persons are being tortured [in their graves] not for a major sin. One of them never saved himself from being soiled with his urine; while the other used to go about with calumnies [to make enmity between friends].' This was narrated by Ibn Abbas and collected by Imam Bukhari.¹⁷

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CHAPTER 2.5

STAGES IN THE CREATION OF PROPHET ADAM, PEACE BE UPON HIM IN THE HOLY QUR'AN: AND THEIR CHEMICAL BASIS

INTRODUCTION

Man has always wondered how he came into existence. Practically every tribe in the world from the time of the ancient Greeks, African tribes like that of the Kikuyu to Charles Darwin, have come with their own theory on the evolution of man. This is usually based on a mountain such as Zeus or Mount Kenya or some weird imaginary theories. But these have remained just that, imaginations and theories up to the present, because they are based on an imaginary god who has been discarded in the course of time or the ridiculous fallacy that each living thing created itself by two processes of random variation and selection of the fittest.

Textbooks of medicine are full descriptions of abnormal human genes which have supposedly come about by this theory of random variation [gene mutation]. Why do we not have textbooks describing new and

good human genes that have come by the same process of random variation, for example genes for violet eyes or a set of genes for a unique form of human intelligence. Even when you read about the gene which have a small survival advantage like that of sickle cell disease the textbook is full of its harmful signs, symptoms and effects!

These two supposedly biological theories of random variation and selection of the fittest, contradict physico-chemical laws of thermodynamics:-

[a] that is everything when left alone goes to a lower state of energy

[b] and everything goes into a dispersed and most random state when left alone

So chemically it is impossible for a better animal to evolve by natural forces if they do exist! If random variation exist then one should wait on the table for these forces to send the morsel of food into his or her mouth without taking it by his or her hand!!

If man had perfected its own species through processes of random variation and natural selection we should now, because of our

advances in genetic engineering and cloning, be possible to change the human form and possible put another eye at the back of the head so that we can have 360 degree vision!

Charles Darwin put his ridiculous theory of evolution and man was supposedly arose from the apes no other new human form has ever evolved again from the apes, for example the 2000 man! Or even the 2000 ape or 2000 lizard. Why has evolution develop cold feet?

MORE ARGUMENTS AGAINST EVOLUTION

All mutations are harmful they do not produce better individuals. The sickle gene was supposed to give survival advantage in malaria areas, but it is getting extinct while malaria is ever there!

A million year old honeybee fossil has the same features as the present honeybee. With continuous evolution new forms of honeybee would have been present.

There are no intermediary species between classes. To form one class from another one needs intermediate species.

The transition from sea to land creature is

impossible as the lung is too complex to develop by chance.

Ota Benga was a pigmy captured by a white man in the Congo. He was chained, caged like animal, together with apes and displayed in the St Louis World fair in 1904 as the closest link between man and apes! It is a racist theory.

The cell is so complex to arise by chance. To decide that all amino acids will be left handed i.e. laevo-amino acids needs someone not chance to decide that they will all be left handed.

If the the Holy Qur'an got it right in advanced several stages of fertility when in modern hospitals only three stages are known and investigated for.¹ If the Holy Qur'an is correct and precise in medical genetics before the discovery of the same in Western Science.¹ And again if the Holy Qur'an is right in the stages of embryology before they were discovered by Western Scientists, then it is not difficult to realize then it got it right also in its description of the creation of the first man.²

The following stages are inspired by one of

the great interpreters of the Holy Qur'an of these times, the late Sheikh Mohammad Mutwalli Shaarawi, as seen recorded in his video, may Allah rest his soul in peace. He said, 'If you want to understand the verses in the Holy Qur'an on the creation of Prophet Adam, peace be upon him, look and compare in the reverse order the stages and changes that take place to human body when it dies in the environment.'

THE DIFFERENT STAGES OF THE CREATION OF PROPHET ADAM , PEACE BE UPON HIM

STAGE ONE

Allah, glory be to Him, says:-

ولقد خلقنا الإنسان من سللة من طين .

"And indeed We created man [Adam] out of an extract of clay."3

The human body contains only about a quarter of all the elements in the periodic table. This verse is very easy to understand because man is not made up of all the elements in the soil. There may be other elements in the universe but these are the ones that are known to man at present. This

is why the above verse refers to an extract of clay. This means that the Almighty Creator used only a few of these elements which are all found in clay. The elements are:- carbon, hydrogen, oxygen, nitrogen, sulphur, sodium, potassium, chloride, fluoride, calcium, magnesium, phosphorus, iron, iodine, cobalt, copper, manganese, molybdenum, selenium, silicon, chromium, nickel, zinc, tin, vanadium.

STAGE TWO

Allah, glory be to Him, says:-

وجعلنا من الماء كل شيء حي أفلا يؤمنون .

“And We have made from water every living thing. Will they not then believe?”⁴

‘We’ above is a sign of greatness as has been indicated in previous chapters, not plurality of the Almighty Creator.

The elements above were mixed with water because water is an essential part of all living things, and man is no exception, as the above verse eloquently state.

This verse more importantly shows the Unity of the Almighty Creator. If there was

another god besides Allah he would have made say his creatures from petrol or another fluid! One should imagine a mosquito made of petrol flying past a fire and EXPLODING WITH A BANG!

STAGE THREE

Allah, glory be to Him, says;-

فاستفتهم أهم أشد خلقا أم من خلقنا إنا خلقناهم من طين
لازب .

“Then ask them: are they more difficult to create or the other [beings] We have created? Verily We created them from sticky clay.”⁵

This is the stage of mixing the elements above with water. When sulphur is mixed with water it become sticky.

Note the emphasis in the above verses is on simple origins of man. There is also an inherent challenge, in the same verses, to atheists if they could take the same simple minerals in the clay and then mix them and make another human being or even more simply make a mosquito!

STAGE FOUR

Allah, glory be to Him, says;-

ولقد خلقنا الإنسان من صلصل من حماء مسنون .

“And indeed We created man from dried clay from foul smelling mud.” 6

Sheikh Muhammad Mutwali Shaarawi says if one wants to understand these verses on the creation of Prophet Adam, peace be upon him, he should look at the human body after death and the stages that it passes through, in reverse order. So the stage referred on this verse is when the Almighty Creator joins the elements into small molecules like hydrogen sulphide, ammonia, methane and others. This is why the clay or rather mud at this stage has been mentioned because of its unpleasant smell. This would correspond in reverse order to the stage of decomposition of the dead body in the grave and it will also emit a foul smell due to the same molecules.

STAGE FIVE

Allah, glory be to him, says:-

خلق الإنسان من صلصل كالفخار .

“He created man [Adam] from sounding clay, like the clay of pottery.” 7

This stage refers to the hardening of the body as it is shaped into the human form and its outside surface dries up. Chemically the small molecules referred in the above stage join to become long molecules or polymers. The sugars join to form polysaccharides and mucopolysaccharides and amino acids into proteins and collagen, fatty acids into fatty acid chains and nucleic acids into nucleic acid chains [deoxyribonucleic acid and ribonucleic acid].

This in the dead body would correspond to rigor mortis when the dead body stiffens up and becomes very hard.

All the above stages are largely visible and have a basis in chemistry. Although nobody can see the oxygen molecule inside or outside the human body but one can see the collagen matrix when bone is decalcified.

Therefore one does not have to see everything to believe in it. We believe in oxygen although we have never seen oxygen molecules. When the property of entity

becomes clear to us we should believe in it although it is still invisible to us!

STAGE SIX

Allah, glory be to Him says:-

فإذا سويته ونفخت فيه من روحي فقعوا له ساجدين .

“So when I have fashioned him completely and breathed unto him [Adam] the soul which I created for him, then fall down prostrating yourselves unto him.”⁸

Here the Almighty Creator is telling the Angels to bow down to Prophet Adam, peace be upon him, as a matter of respect not worship when his creation is completed. The soul is one of the secrets of Allah, glory be to him. Some of the attributes of the soul are: personality, human character, human identity, initiative, resourcefulness, subconscious intuition, drive, motivation, intelligence, etc.

CONCLUSION

The thing that comes out clearly is the Power of Almighty Allah of creation. Out of simple

elements He can put a living complex human being. One also sees consistency in creation because in every creation He does it in STAGES. The creation of Prophet Adam is no exception. As He says:-

ما لكم لا ترجون لله وقارا . وقد خلقكم أطوارا .

“What is the matter with you! That you are not conscious of Allah’s majesty: Seeing that it is He who has created you in diverse stages?”⁹

The stages above do not only refer to the stages of our creation in the womb but it also refers to the stages of creation of our great grandfather, Prophet Adam, peace be upon him.

Because Unity of design in the creation only indicate UNITY OF THE CREATOR.

Also one perceives some chemical basis in the above verses of creation. It is a chemical fact that not all the elements found in the soil are contained in the human body. Also some of these basic building blocks of human large molecules such as protein start, even in the experimental laboratory, from simple smelly molecules such as ammonia!

The second lesson is if Allah could create

once from basic chemicals He would not be defeated to do it the second time during resurrection.

And finally in the above verses the Almighty draws attention of the human being to show how from humble beginnings He has elevated him to a state of dignity and status.

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CHAPTER 2.6**A POSSIBLE DIAGNOSIS OF THE
TERMINAL ILLNESS OF PROPHET
MUHAMMAD , PEACE BE UPON HIM,
FROM HIS TRADITIONS AND HIS LIFE
HISTORY****ABSTRACT**

The life of Prophet Muhammad, peace be upon him, is well recorded in his sayings, life history and habits, for one to able to postulate his possible cause of death. There is no other person before or after him who is so well recorded to be able to do this. This exercise will also help to show possible existence of some diseases in the seventh century.

**[KEY WORDS; PROPHET MOHAMMAD,
TERMINAL ILLNESS]**

INTRODUCTION

Prophet Muhammad, peace be upon him, was not only a Prophet of Islam but also an excellent example of good, simple,

inexpensive, social, and healthy life style. There are authentic records of his sayings, behaviour and life history; this lead the author to postulate his terminal illness. This record is not limited to religious sayings but it includes what he said, what he ate, what colour and material he wore and where he slept.

HIS MAIN FOOD

Prophet Muhammad, peace be upon him, despite having ruled the whole of the Arabian Peninsula, lived a very simple life and ate a very simple but complete food:

عن عروة عن عائشة رضى الله عنها أنها كانت تقول : والله يا ابن أختي إن كنا لننظر إلى الهلال ثم الهلال , ثلاثة أهلة في شهرين وما أوقد في أبيات رسول الله صلى الله عليه وسلم نار. قلت يا خالة فما كان يعيشكم؟ , قالت : الأسودان : التمر والماء . إلا أنه قد كان لرسول الله صلى الله عليه وسلم جيران من الأنصار , وكانت لهم منائح وكانوا يرسلون إلى رسول الله صلى الله عليه وسلم من ألبانها فيسقيننا . متفق عليه

Hazrat (delete the word or write as **Hadhrat**) Urwah relates from Hazrat (delete) Ayesha, may Allah

be pleased with her, that she used to say: "O my nephew we would sight three moons in two months, without burning fire in the homes of the Holy Prophet, peace be upon him. I asked: 'Aunt how did you subsist?' She said: 'On two black things, that is dates and water, except that the Holy Prophet, peace be upon him, had some Ansar as neighbours who had milk giving goats [or she-camels] which they would lend to them to milk for their use.'"1

There many traditions like the above which show that he used to drink milk and goat's milk was one of his favourite simply because it was most available and cheap.

DESCRIPTION AND COURSE OF HIS ILLNESS

PREMORBID HISTORY

The Prophet of Islam, peace be upon him, was healthy before his fatal illness as the last undertaking he had done was his last and only pilgrimage to Mecca. Which is a very taxing ritual remembering that there were no

cars in those days. He had to travel either on foot or on the back of a camel, all very tiring. The ritual itself is full of hard physical activities. For example the running between the two hills of Safaa and Marwah. This ritual is to commemorate the search for water by Ishmael's mother when Abraham [peace be upon them] was instructed by the Almighty to leave her and her son in the dry Meccan desert valley.

PRODROMAL PHASE

This started as general malaise as soon as he returned to Madina after his farewell pilgrimage and this occurred on 20th of twelfth month of the Lunah Calender 10th year [632 C.E.]. This was associated with insomnia. These symptoms were progressive. During one of these nights which were short and breezy and the days long and hot he took a night walk to the grave yard of Baqi in Madina with Abu Muwayhibah. 2 This was on the 29th of the second lunar month 11th year [632 C. E.] his insomnia was so much that he could not sleep. This prodromal phase lasted about two months and nine days.

THE MAIN ILLNESS

Waking up the next morning he had severe headache and low grade fever. This fever was progressively increasing as with each passing day. ³ Despite this he was still going to the mosque for prayers and he was still leading the prayers. However on the night prayer [Isha] of the 8th of the third lunar month 11th Islamic calendar he could not go to the mosque and he requested Abubakar, may Allah be pleased with him, to lead these prayers.

This trend continued everyday until one day after Abubakar had lead the prayers he went to the mosque with difficulty. However he could only do this after asking his home people to pour seven goatskins of water from various wells and they poured over him as he sat in tub belonging to Hafsah. He put on his clothes, wrapped his head and went to mosque. Standing at the pulpit, he praised Allah, prayed for the martyrs of Uhud and adressed the congregation: "O Man carry out the expedition under Usamah. Your complaint against his generalship is of the same kind as your complaint against the generalship of his father before him. By Allah, Usamah is as fit for generalship as his

father before him." He stopped for a while and there was dead silence. He continued; "Has he not made a better choice who when given the option of taking this world, the other world or properly acquiescing with whatever is with Allah chooses the last alternative." The prophet, peace be upon him, fell silent and the people were absolutely motionless. With his deep perception and sensibility Abubakar realized that the Prophet, peace be upon him, was referring to his impending death . Deeply moved and crying he said: "But we could give our own lives and the lives of our children for you, O Muhammad!" He continued this sermon for a short while.

After this episode he was again bed bound and was unable to go to the mosque. In order to cool down his fever he dipped his hand in a container of cold water besides his bed wiped his face with it. This container was refilled with cold water whenever it was empty. At times the high fever made him faint. Recovering from one of these he overheard his daughter, Fatimah, may Allah be pleased with her, saying: 'Oh the terrible pain my father is suffering!' The Prophet, peace be upon him, responded; 'Your father will suffer no pain after this day.' meaning

that he was to meet his Lord before the day was over.

Members of his family so (**write saw instead of so**) it fit at this stage, to give him some medicine which Asma relative of Maymunah had learnt to prepare while she was in Ethiopia. Taking advantage of the Prophet's [peace be upon him] faint, they poured it into his mouth. When he came round he asked who gave him the medicine and why. His uncle Al-Abbas explained that they prepared it and given it because they thought that he had pleurisy. The Prophet, peace be upon him, said; 'That is a disease that Allah would not inflict upon me.'

Muhammad, peace be upon him, spent a peaceful night in which the fever seemed to have subsided. It was as if the medicine had alleviated his disease. At dawn he was able to go to the mosque although his head was still wrapped and he needed bilateral support on Ali ibn (**write bin instead of ibn**) Abu Talib on one side and Al-Fadl ibn (**bin**) Al-Abbas on the other to walk. Abubakar was leading the prayer when he entered. The people were overjoyed to see him but the prayer was not interrupted because of his entry. Abubakar stepped as side (**it should be aside**) to allow him to take over the

leadership of the prayer but he nudged him to continue. He prayed sitting because of his weakness.²

When the congregational prayer was over he said in clear voice audible even outside the mosque: 'O People Hellfire is awaiting the evil ones and Paradise is awaiting good people. O Men the Hellfire is ready. Subversive attacks are advancing like waves of darkness. By Allah I shall not be held responsible for anything of this. I have not allowed anything but which the Qur'an has made legitimate and I have not forbidden anything except which the Qur'an had forbidden. Allah's curse is upon those who take graves of their Prophets as their places of worship.'

He stayed in the mosque until about 7 a.m. The Muslims were so happy at his signs of recovery that many went about their business. This was a Monday morning of 12th of the third lunar month of 11th year if the Islamic calendar. This corresponded to 8th June 632 C. E.

THE LAST MOMENTS

However this was only a short interlude. As

soon as he entered his house his energy started to gradually ebb. Signs of death appeared on his face. Aisha, may Allah be pleased with her, took her into her lap. This was one of the hottest day in Arabia. Muhammad, peace be upon him, asked for a pitcher of cold water in which he dipped his hands and wiped his face, saying 'O People, dying is really painful. O Allah let me overcome the agonies of death. At that time a man from the clan Abubakar entered with a tooth stick in his hand. Muhammad, peace be upon him looked at the tooth stick with a desire for it. Aisha took it from her relative chewed it until it was ready for use and gave to the Holy Prophet, peace be upon him, and he used it to brush his teeth.

Aisha, may Allah be pleased with her, reported: "His head was getting heavier on my lap. I heard him murmur, 'Rather, My Lord and Paradise.' I said to him, 'By Him who sent you as a Prophet to teach the truth, you have been given the choice and you chose well.' His eyes had become fixed. The Prophet of God expired while his head was on my side between my lungs and my heart. I then placed his head on the pillow."

During the last moments word went round and people rushed to his house. His uncle Al

Abbass, may Allah be pleased with him, was the first to enter and locked the door from the inside. He found him gasping for his last breaths and soon he died. [this was the same day 8th June 632 C. E.] He closed his eyes, closed his mouth and straitened his limbs. He covered him with one cloth from head to toe. He then went outside and told the crowd the sad news, and what a great mourning it was! Some Muslims out of love and anguish denied the death of their beloved one.

When his close companion and friend, Abubakar, may Allah be pleased with, returned from the outskirts of Medina he was confronted with same crowd asking whether Prophet Muhammad, peace be upon him, was truly dead or not. He entered his room, opened his face, kissed it and said: 'You have a sweet fragrance and a handsome face just as in life. By Allah, I swear that you have died. The Almighty will not make you taste death twice. It is enough the death throes that you have just suffered. By Allah we testify that you have perfectly transmitted the message, given good advice to mankind and you have defended completely the Almighty's rights and the rights of all people. Peace and blessings of

Allah be upon you, morning and evening.’

He then went to the mosque and climbed the pulpit and said: ‘O People those of you who were worshiping Muhammad, he is dead now [they should now go and find a new deity], while those who were worshiping Allah , Allah is ever alive and He does not die.’

DIFFERENTIAL DIAGNOSIS

An illness causing headache, fever finally and faints can be due to pyogenic meningitis, tuberculous meningitis and cryptococcal meningitis. The history above is too long for pyogenic meningitis. The total period above was two months and twenty two days. Even the headache phase was thirteen days, again too long for this type of acute meningitis. There is also no indication of a predisposing factors like chronic suppurative lung disease like lung abscess, bronchiectasis or empyema. There is also no description of neck stiffness, no petechial haemorrhages on the skin and no arthritis to suggest meningococcal meningitis that he may have picked in Mecca. Note above his face was clean and handsome even at death with not petechial haemorrhages! In fact if

this was the case he would have died in Mecca itself the city that he loved so much.

Tuberculous meningitis also has no long prodromal phase of two months and nine days. If it does have a prodromal phase it is only a week of irritability, apathy and there may be insomnia in this early phase. In many cases it presents acutely like pyogenic meningitis that is why in the first week there is a predominant polymorph response in the cerebrospinal fluid. It is progressive illness so that in the second week there is meningeal signs with a very stiff neck and also focal signs such cranial nerve palsies, hemiplegia and vomiting and blurring of vision due to increasing intracranial pressure due to hydrocephalus. In the third week he would be in a coma for several days before he died. None of these were seen. There was no family contact of anybody having a chronic cough with body wasting. He himself also had no cough at any time during this illness.

Cryptococcal meningitis would not cause such a high fever that it needed cooling so many times described above. There were no features of increasing intracranial pressure and no cranial nerve palsies. The terminal illness would also be gradual rather than sudden as above. There was no risk factor as

he did not keep any bird with him as a pet. He correctly predicted the coming of Human Immunodeficiency Virus and AIDS in well documented saying. He said if promiscuity would become widespread Allah would bring a disease and painful conditions that you look for a cure and you would not find it. Once a Professor from the US was giving a lecture in Nairobi on antiretroviral therapy and he said that if people do not change their behaviour, even if we get a cure or a vaccine for HIV still another virus like HIV would emerge. He did not know that such a statement had already been said in the seventh century! Therefore there was no such infection at that time.

That saying of Prophet Muhammad, peace be upon him, was:-

كيف انتم إذا وقعت فيكم خمس , وأعوذ بالله أن تكون فيكم
أو تدركوهن : ما ظهرت الفاحشة في قوم قط يعمل بها فيهم
علانية إلا ظهر فيهم الطاعون والأوجاع التي لم تكن في
أسلافهم ... {أحمد وابن ماجه }

“I wonder how you are going to be if five things appear amongst you, and I seek protection from Allah so that it does not happen to you nor you meet them; open lewdness

does not appear amongst a people except a plague [meaning and infective, epidemic illness] and painful diseases emerge which were not present before."4

A plague was the term at that time for and infective illness with a tendency to become an epidemic. AIDS has many extremely painful complications. Painful multi-dermatomal Herpes Zoster, severe and resistant post-herpetic neuralgia and severe burning of the feet resistant to all treatments [peripheral neuropathy] are but a few.

Therefore there was no such illness like AIDS at that time.

ACUTE ENCEPHALITIS

This would not have late (let instead of late) him give all his last minute speeches and do the last prayer in the morning of his death. He would be either mute and quadriplegic or in deep coma. An acute illness would not last so long. Creutzfeldt Jakob and other slow virus diseases would produce dementia early with myoclonic jerks again these illnesses would not allow him to give intelligent and excellent advice before his

death! His favourite part to eat of the sheep or goat was the arm not the brain!

OTHER INFECTIONS

Malaria is another possibility. His father died in Medina while he was still in his mother's womb from Medina's fever as it was known at that time. This is thought to be malaria from its description. With the Medina's climate and its pools of standing water this is not surprising. Even Muhammad, peace be upon him, had this fever in the early days of his migration to Medina. However one would expect him to develop immunity after living in this city for ten years. There is no description of shaking chills in his illness and it would not linger for two months and twenty two days (Check page 192, it have been written 2 months and 22 days, which is which).

Typhoid would cause a persistent fever and illness not a fluctuating illness like the one above. It would not last more than two months and terminally an acute abdomen would result when the gut is perforated.

Typhus would have caused him to go into a continuous stuporose state and it would

have given him epistaxis, roseolar rash turning into petechial haemorrhages, frank haemorrhages due to thrombocytopenia, bronchitis, icterus and gangrene. He would have died much earlier on the 12th day not like a long illness seen above. He did not live or travel to geographical areas of typhus.

Relapsing fever would have caused are persistent confusion, cough, dyspnoea, vomiting and jaundice. Petechiae in the shoulders and flanks and frank bleeding such as epistaxis, arthritis, ophthalmia and iritis would also have occurred. Relapsing fever stays for five to seven days and the temperature drops by crisis and relapses in five to nine days. Again the geographical area is also wrong. His cleanliness cannot be matched by anybody even at present. Who at present brushes his teeth, as the first thing he does whenever he enters his home? He never had any lice. He was very meticulous on personal hygiene as given in previous chapters and in book 1.

MASS LESIONS

Cerebral abscess would have been a shorter illness and usually at some stage there would be focal signs such as dysphasia,

hemiplegia and cranial nerve palsies. He also did not have bronchiectasis, sunisitis, lung abscess and empyema. Note he above (not clear) he denied himself that he had pleurisy or any other pleural inflammation. Also the history is too long above.

THE MOST PROPBABLE ILLNESS

Brucellosis melitensis and its complication of neurobrucellosis is the most likely illness described above in the death of Prophet Muhammad, peace be upon him. If one reads the description of Brucellosis in Manson's Tropical Diseases 18th edition one would see how it fits perfectly to the above illness.⁵

It is one infection that may run for two to three months as above. Insomnia is common. Fever and headache are common. The temperature may reach 40 degrees centigrade. Weakness and fatigue is described as the commonest symptom. Note the above, when the illness was well established the Prophet, peace be upon him, had to be supported by bilateral support. This could be due to general malaise or nerve damage in the legs [peripheral

neuropathy]. A chronic form is described when the central nervous system is involved. Most infections when the central nervous system is involved it becomes a very rapid and fatal illness like tuberculosis and cerebral malaria but not with Brucellosis. Although the death rate of untreated Brucellosis is estimated to 2%. This is higher if the central nervous system is involved.

It is also more likely to be Br. Melitensis because Br. Abortus is a milder illness, running a shorter course and Br. Suis would not occur because pork and other pig products are not allowed in Islam. Evidence of central nervous involvement is the persistent headaches and the sudden terminal phase. The temporary and short lived respite above before the final death was probably due to the herbal medicine which may have contained an aspirin like agent and it gave him some temporary anti-pyretic and anti-inflammatory effect. The final and quick demise may have been caused by intra-cerebral haemorrhage due to the neurobrucellosis.

The risk factor was his habit of drinking unboiled goat's milk so well described in the above saying. There was no pasteurization in the seventh century.

Q fever caused by Coxiella burneti (*italics*) can also cause a similar illness and is also transmitted through milk. However pneumonitis, endocarditis and obvious glandular enlargement of cervical lymph nodes are prominent features. The gross enlargement of liver and spleen would have caused a distended abdomen. Neurological involvement as in neurobrucellosis is not known. In addition brucellosis is more common in the Arabian peninsula than Q fever. Only the Almighty Creator knows the final truth.

CONCLUSION

The above is a tribute to a detailed written knowledge on the life, behaviour and sayings of Prophet Muhammad. It must be remembered that this was the seventh century and among an illiterate people living in a desert. There is no person who had walked on this earth and died, on whom so much accurate written details exist. It is known even how he began sleeping whether on his right side or left at that time. Now it is realised the medical benefits of beginning one's sleep on one's right side. One benefit is to help empty the stomach with obvious

benefits. One must remember the he never studied human anatomy nor did he conduct any postmortem! There are other benefits out of scope of this chapter.

May the Almighty Allah shower him with peace and blessings. Amen

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1. Abbasid. Riyadh-us-Sateen (**Check the name of the book and the author properly**), Arabic-English translation. International Islamic Publishing House, Riyadh Saudi Arabia. 1,287.
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3. Farsy A S. The Life of Prophet Muhammad, peace be upon him, [Kiswahili]. Mulla Karimjee, Zanzibar, Tanzania. 1942. 79.
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5. Manson-Bahr P E C., Apled. F. I. C:
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CHAPTER 2.7

INDIRECT REFERENCES TO STEM CELLS IN THE HOLY QUR'AN

INTRODUCTION

Stem cells are very topical at present. The research in stem cells now is in high gear. Soon we expect these versatile cells, especially from embryonic sources, to be transformed in the laboratory into useful new differentiated cells that can be inserted into an ailing body so that they can then produce a substance that is missing in that body or produced insufficiently like insulin for treatment of diabetes. Patients would not need to inject themselves with painful injections anymore!

In one of the previous chapters it was shown how the Almighty describes how he created the first man and the author described the chemical basis for these stages. It would not be surprising to find stem cells implied in the same Words. Just as basic elements are mentioned and the changes that they undergo in the creation of the first human being then it is not surprising to find a group of stem cells are also not only mentioned

but their conversion into various body parts and organs are also mentioned by the Supreme Creator.

THE VERSES THAT WERE FIRST REVEALED

Prophet Muhammad, peace be upon him, was meditating in the cave of Hira in the outskirts of Mecca. He was thinking about the Almighty Creator and also keeping away from the Meccans who used to worship idols. From logic he knew that idols made by man's own hands cannot be the creator of man or anything else. Then one day when he was 40 years old suddenly a man [this is angel Jibril, peace be upon him] held him and told him:-

'Recite!' He replied, 'I cannot recite'. The angel squeezed him vehemently, and eventually, he recited to him the following:

اقرأ باسم ربك الذى خلق . خلق الإنسان من علق . اقرأ وربك
الأكرم . الذى علم بالقلم . علم الإنسان ما لم يعلم .

"Read! In the name of your Lord Who has created [everything] He has created man from Alaqa [a leech-like substance]. Read!

And your Lord is Most Generous. Who has taught by the pen. He has taught man that which he knew not.”¹

It is a fact that Allah, glory be to him, created man from the stem cells contained in the ‘Alaqa’ stage.

Compare this with the first message given to Prophet Musa, peace be upon him.

فلما أتتها نودى يموسى . إني أنا ربك فاخلع نعليك إنك بالواد
المقدس طوى . وأنا اخترتك فاستمع لما يوحى . إني أنا الله لا
إله إلا أنا فاعبدني وأقم الصلوة لذكرى .

“And when he came to it [the fire] he was called: ‘O Musa! Verily I am your Lord! So take off your shoes; you are in the sacred valley, Tuwa. And I have chosen you. So listen to that which will be revealed [to you]. Verily! I am Allah! None has the right to be worshipped but I; So worship Me, and establish regular prayer for My Remembrance.”²

Although Prophet Muhammad, peace be upon him, went to meditate and to search for true worship, he is not told to immediately start worshipping. Instead he and his people are told to read first. And immediately the

Almighty goes deep into the science and technology of STEM CELLS by mentioning a unique early embryonal stage full of stem cells called 'Alaqa' in the Holy Qur'an.

This is the source of the stem cells that will eventually be turned into various differentiated cells that will make up various complex organs. At the 'Alaqa' stage the human being is nothing more than a mass of basically similar cells, although they may be arranged into three simple layers, the ectoderm, mesoderm and entoderm. This embryo only 11 days after implantation has no resemblance either outside or inside with the human form nor to the normal differentiated cells found inside a complete human being.

However Prophet Musa, peace be upon him, and his people are not addressed in a similar manner. For them they are told to worship and establish regular prayer. Therefore this is certainly a great honour to us, the people of Prophet Muhammad, peace be upon him. This is also a correction prediction of the Holy Qur'an and a prophesy Prophet Muhammad, peace be upon him, that his people are going to be much learned and they will discover many

biological and other scientific principles. This will make them understand many of the secrets of the Holy Qur'an, as detailed in this and the previous book.

To realize that Allah, the Mighty Creator is not mentioning here an embryonal stage rather than He is drawing our attention to STEM CELLS, and their ability to be shaped and fashioned [which is called DIFFERENTIATION in scientific jargon] read His following words in a translation:-

أبحسب الإنسان أن يترك سدى . ألم يك نطفة من منى بى . ثم كان علقة
فخلق فسوى .

“Does man think that he will be left neglected? [without being punished for his evil deeds and rewarded for good deeds]. Was he not a ‘Nutfah’ [mixture of the father’s and mother’s sexual discharge] of semen emitted. Then he become an ‘Alaqa’; then [Allah] shaped and fashioned him [caused the cells to undergo DIFFERENTIATION into different organs].”³

That the above is a reference to STEMCELLS note :-

Allah, glory be to Him, says he created man from 'Alaqa' not the other later stages mentioned below like the bone or muscle stages as the cells they contain have already undergone differentiation.

He shaped and fashioned him not from the 'Mudhgha', [chewed-like substance] the bone nor the muscle stages, as will be enumerated below, but from the 'ALAQQA' stage.

If the above was primarily a reference to an embryonal stage then the other stages would have followed to show the sequence as follows:-

Allah, glory be to Him, says:-

يأبها الناس إن كنتم في ريب من البعث فإننا خلقناكم من تراب ثم من نطفة ثم من علقة ثم من مضغة مخلقة وغير مخلقة لنبين لكم ونقر في الأرحام ما نشاء إلى أجل مسمى ثم نخرجكم طفلا ثم لتبلغوا أشدكم ومنكم من يتوفى ومنكم من يرد إلى أرذل العمر لكيلا يعلم من بعد علم شيئا وترى الأرض هامدة فإذا أنزلنا عليها الماء اهتزت وربت وأنبتت من كل زوج بهيج .

I

“O Mankind! If you are in doubt about the Resurrection then verily we have created you from dust, then from a seed [of life], then from leech-like substance, then from a chewed like substance formed and unformed, that We make [it] clear to you. And We cause what We will to remain in the wombs for an appointed term, then We bring you out as infants, then [give you growth] that you may reach your age of full strength. And among you there is he who die [young], and there is he who is brought back to a miserable old age, so that he knows nothing after having known. And you see the earth barren, but when We send down water [rain] it is stirred [to life] and it swells and puts forth every kind of lovely [growth].”⁴

II And

ولقد خلقنا الإنسان من سللة من طين . ثم جعلناه نطفة في قرار مكين . ثم خلقنا النطفة علقة فخلقنا العلقة مضغة فخلقنا المضغة عظما فكسونا العظم لحما ثم أنشأناه خلقا ء اخر فتبارك الله أحسن الخلقين .

“And indeed We created man [Adam, peace be upon him] out of an extract of clay. Thereafter We made him [the offspring of Adam] as seed of life in place of rest, firmly fixed. Then We made the seed of life, into a

leech-like substance, then We made the leech-like substance into a chewed-like substance , then We made out of the chewed-like substance bones, then We clothed the bones with flesh, and then We brought it forth as another creation. So blessed is Allah, the best of Creators.”⁵

In these two long verses our attention is drawn to ‘Alaqa’ as an embryonal stage and the above sequence is clearly seen.

CONCLUSION

The Holy Qur’an is a holy book of guidance. The speaker is the Almighty creator. It is not surprising to find deep references to precise and most sophisticated advanced scientific entities, which are described in the Qur’anic language. The One Who created the human body is the same One who is speaking. When the Holy Qur’an was revealed in the seventh century scientific knowledge was different from the present knowledge.

Here we find references to stem cells in the Holy Qu’an, and this also is not surprising, because we can now manipulate stem cells in the laboratory from human embryos. We are at present learning very fast on various factors that control stem cells and induce

them to change into different cells. The technology of changing embryonal stem cells into blood cells, which is easier than changing stem cells into other types of cells, is already with us and soon these cells will be used in treatment of blood cancers and other blood deficiencies like aplastic anaemia.

However the greatest lesson to human beings of these times is to appreciate the ONE WHO ROUTINELY CHANGES STEM CELLS ALL THE TIME IN THE WORLD INTO PERFECTLY FUNCTIONING HUMAN BEINGS WANTS US TO REALISE :-

The Almighty Allah's ability to create not only from stem cells, but from basic scratch, the elements that make a human being and even the creation of the elements themselves from powerful energy sources.

That we have being given these stem cells for useful research that will benefit mankind cure his diseases, not to use them to make harmful creatures! AND WE SHOULD ALWAYS BE GRATEFUL TO HIM. If we make harmful things like we did with nuclear bombs for destruction in Hiroshima,

this would be showing our ingratitude. We know what Allah did to those who behave like this in the Holy Qur'an! They brought on their own destruction!

The honour of being addressed as a learned people with a lot of science in the Holy Qur'an because Allah, glory be to him, anticipated His blessings to us in the form of our future scientific progress. It shows the esteem that Allah holds for us!

The honour that he has bestowed upon us by giving us the power to read and do all GOOD that appertains to GOOD reading right from the first verses that were revealed to Prophet Muhammad, peace be upon him.

ALL THE ABOVE HONOURS FROM THE ALMIGHTY TO US REQUIRE GRATITUDE FROM OUR PART AND GOOD USE OF THESE BLESSINGS, BECAUSE THEY HAVE BEEN PREEMPTED IN THE HOLY QUR'AN.

If one gives you honey to drink you do not put sand into it!

References:

1. The Glorious Qur'an, Chapter 96, Verses 1-5.
2. The Glorious Qur'an, Chapter 20, Verses 11-14.
3. The Glorious Qur'an, Chapter 75, Verses 36-38.
4. The Glorious Qur'an, Chapter 22, Verses 5.
5. The Glorious Qur'an, Chapter 23, Verses 12-14.

EPILOGUE

It is the aim of this book to show the proof of the authenticity of the Holy Qur'an and Sunna. Some of the powers of the Creator of The Heavens and The Earth are also seen in these chapters.

The advanced medical sciences in the Holy Qur'an are unmatched anywhere. A book, a miracle over all miracles never stops to amaze people of understanding and with a heart to receive this new knowledge. Its beam always ready to remove the darkness of the ignorant. Its medical advice always ahead of time, till eternity. Its heart always

warm to those who are lost and down trodden.

It is a shame that for a human being, despite all the proofs the Creator has marshaled for him in the Holy Qur'an he is still heedless.

Almighty Allah says:-

فبأى حديث بعده يؤمنون .

“Then in what statement after this [the Qur'an] will they believe?” [The Glorious Qur'an, Chapter 77, Verse 50].

If he is told by a scientist or a medical doctor that he breathes in oxygen and takes out carbon dioxide he readily believes him although he has not seen oxygen molecules. This is because of conditioning him through school curricula, television and newspaper to believe everything from these sources and also his love of these sources. However when the Almighty says He brings green chlorophyll from seeds, soil and water which do not have this colour through genetic information stored in the seeds and various genetic and biochemical processes he does not appreciate how complex Molecular Genetics Science is, nor the One Who created it!

The denier of truth does not appreciate how this knowledge in the Holy Qur'an and Sunnah is ahead of all times. The arrogant may even say that these complex and advanced scientific principles created themselves.

Allah, glory be to Him, says repeatedly in chapter 55:-

فبأي ء الآء ربكما تكذبان .

“Then which of the Blessings of your Lord will you deny?” [The Glorious Qur'an, Chapter 55, This verse is repeated 31 times by Allah!]

None our Lord, and our gratitude and thanksgiving are due to You.

BOOK THREE

CHAPTER 3.1

PROOFS IN THE HOLY QUR'AN AGAINST THE THEORY OF EVOLUTION

SENT DOWN 11TH CENTURIES BEFORE
CHARLES DARWIN WAS BORN!

CHAPTER 3.2

MORE DESCRIPTIONS IN HOLY QUR'AN
THAT RESEMBLE MEDICAL SYMPTOMS
AND SIGNS

CHAPTER 3.3

EQUILIBRIUM AND BALANCE
[HOMEOSTASIS] IN THE BIOLOGICAL
SYSTEMS

CHAPTER 3.4

SOME OF THE REASONS FOR THE
CREATION OF DISEASES AND DEATH
AND SOME OF THEIR POSSIBLE
BENEFITS

CHAPTER 3.5

CLINICAL SYMPTOMS AND SIGNS FROM
THE SUNNA

CHAPTER 3.6

INDIRECT REFERENCES TO MICROBES
AND THEIR HARMFUL EFFECTS IN THE
SUNNA

BOOK THREE

CHAPTER 3.1

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

PROOFS IN THE HOLY QUR'AN
AGAINST THE THEORY OF
EVOLUTION SENT DOWN 11TH (**delete th**
and substitute 11 wuth 12) CENTURIES
BEFORE CHARLES DARWIN WAS
BORN!

ABSTRACT

Charles Darwin was born in 1809 and he put forward the theory of natural selection as a means of evolution of human species.¹ For anyone to give a comprehensive theory on the origin of species, he should have at least have a rough idea to the origin of the elements which make up the structure of creatures. One of these elements is iron

which is an important part of the blood of many creatures. Unfortunately he did not know where iron came from, and he was not also aware that proofs against evolution had already been enumerated in the Holy Qur'an more than a 1100 years before he was born! This is to show the gaps in his knowledge even with ingredients of life itself.

There are many things against the theory of evolution, such as to why it has stopped happening now? We do not see new human beings being evolved! It is against the basic law of thermodynamics, that things do not become high energy entities and complex like the human chemistry when left alone. Instead they disintegrate. They do not come together to form new cells or creatures [entropy and high energy states] on their own. And they are more proofs against evolution but here let us read the Mighty Creator Himself narrating some of the proofs against evolution found in chapters of the Holy Qur'an which is the Word of the Almighty.

وأذا قرئ القرآن فاستمعوا له وأنصتوا لعلكم ترحمون . واذكر ربك
في نفسك تضرعا وخيفة ودون الجهر من القول بلغدا والأصال ولا تكن

من الغفلين . ان الذين عند ربك لا يستكبرون عن عبادته ويسبحونه و له
يسجدون.

“So, when the Qur’an is recited, listen to it carefully, and be silent that you may receive mercy. And mention the [name] of your Lord within yourself, humbly with fear and without loudness in speech in the mornings, and afternoons and do not be of those who are neglectful. Surely, those who are with your Lord [angels] are never too proud to perform acts of worship to Him, but they glorify His Praise and prostrate themselves before Him.”²

[KEY WORDS; HUMAN, EVOLUTION,
CONTRADICTIONS]

INTRODUCTION

In the name of Allah, the Most Gracious, the Most Merciful. Praises in their entirety be to Allah Lord of the universe. May Allah shower His peace and blessings to Prophet Muhammad.

ALLAH the almighty gives very simple proofs on His existence in the Holy Qur’an and on the impossibility of existence of

another god young or old other than Him. For example He states very clearly that He has no son. It is very simple indeed, for one to have a son he must have a wife. He does not have a wife! Very simple and logical reasoning.

Allah, glory be to him, describes Himself in the Holy Qur'an:

اعوذ بالله من الشيطان الرجيم

" بديع السموات والأرض أني يكون له ولد ولم تكن له صاحبة وخلق كل شيء وهو بكل شيء عليم "

"Wonderful Originator of the heavens and the earth: How can He have a son when He has no consort? He created all things, and He has full knowledge of all things."3

It does not need a professor to understand this very simple argument. The Holy Qur'an was sent to all people, the ordinary man and the genius!

He states in the Holy Qur'an that He is the Only God and the simple reason given by Him for all to understand is: if there is more than one they will fight! And what a chaos

will it be in the space and the universe as one star, a supernova being hurtled against another!

Allah, glory be to Him, says:

ما اتخذ الله من ولد وما كان معه من إله إذا لذهب كل إله بما خلق ولعلا بعضهم على بعض سبحن الله عما يصفون

“No son did Allah take, nor is there any god along with Him; [if there were many gods] behold each god would have taken away what he had created, and some would have defeated others [in a horrendous fight]! Glory be to Allah! [He is free] from the [sort of] things they attribute to Him.”⁴

There is a Kiswahili saying that two bulls cannot stay in one pen as they will fight. Or too many cooks spoil the broth. Again a very simple logical argument for all to understand! Whether it be between son and father, or one god against another they are bound to fight! There would be a gigantic commotion in the skies and beyond.

For Almighty Allah says:

لو كان قيهما ءالهة إلا الله لفسدتا فسبحان الله رب العرش عما يصفون

“If there were, in the heavens and the earth other gods besides Allah there would have been ruin in both! But glory to Allah, The Lord of Throne; [High is He] above what they attribute to Him!”⁵

Again a very compelling yet simple reason for the oneness of the Almighty Allah.

THE THEORY OF EVOLUTION

Because Allah has the knowledge of everything in the past, present and future, He knew the likes of Charles Darwin will be born and will mislead intelligent people that they come from monkeys, gorillas, apes and pigs so as to that they can ape their forefathers, pigs and chimpanzees. Therefore He kept ready arguments against their theory before they were born, just as He sent down simple arguments against the wrong beliefs of the people of that time, the Qureish and other disbelievers. The Holy Qur’an is a book of all times! It has arguments on all kinds of disbelief, current and future. Secondly these evolutionary theories were put forward to deny the existence of the Almighty Creator. However every day new information is learnt to put to shame old theories of man’s evolution.

There is an important story of a desert Arab when he was asked whether God exists. His answer was simple he said; 'When I see human footprints I know a human being exists and when I see the footprints of a camel on the sand I know a camel passed and left its mark on the sand, then when I look at these mountains and all the stars I also know their Owner also exists.

It was thought for a long time that man evolved through Austrolopithecus afarensis, to Homo habilis, to Homo erectus, to Homo sapiens. (the underlined scientific names in this para should be in italics) The earliest man was thought to be only a million years old. However the discovery of another fossil Orrorin tugenesis [the Original tugen], which is six million years old! in Kenya a few years ago put all the above theories into the pit latrine of Baringo in Kenya, where the above so called Millenium Man's [or gorilla?] fossil was found. So the theories of evolution change like the quick sand in a desert.

Note the Holy Qur'an, is more steadfast than the rock. Statements and laws do not change. They have withstood the test of time. Certainly new scientific miracles are

found everyday, like the information in this chapter. And why not, the superiority of the Holy Qur'an over all other words written or spoken is as the superiority of Allah the Mighty Creator over all creation.

Charles Darwin was born in 1809 and in 1839 he put forward his theory of evolution by a process of natural selection. Natural selection depends on the struggle for existence and survival of the fittest. However:

EVERY THING ABOUT A HUMAN BEING IS AGAINST THE FORCES OF NATURAL SELECTION AND HENCE SO CALLED HUMAN EVOLUTION. He needs a creator and sustainer.

The deniers of Islam at the time Prophet Muhammad, peace be upon him, 14 centuries never had any theory or any argument about human evolution with Islam. However this argument started much later when Charles Darwin was born only to find there is verse in the Holy Qur'an waiting for him for centuries!:-

مأ أشهدتهم خلق السموات والأرض ولا خلق أنفسهم وما كنت متخذ المضلين
عضدا

“I did not make them witness to the creation of the heavens and the earth or the creation of themselves, and I would not have taken the misguiders as assistants.”¹⁴

For the Almighty Creator states :

يخرج الحي من الميت ويخرج الميت من الحي ويحيي الأرض بعد موتها وكذلك
تخرجون

“He brings out the living from the dead, and brings out the dead from the living. And He revives the earth after its death. And thus shall you be brought out [resurrected].”⁶

To see this verse LIVE look at a type of a wasp species injecting its fertilised eggs into the body of a caterpillar, like an injection. When these eggs hatch inside the body of the caterpillar they find ready food and start eating the caterpillar. They emerge as new wasp young ones, while the remains of the dead butterfly are discarded; He brings out the living from the dead!

This is the power of creation it is not only to bring the living from the non living matter but also the creation of the very essence of the atoms themselves that makeup the living things especially humans who have souls.

ومن آياته ان خلقكم من تراب ثم اذا انا نتم بشر نتشرون

“And among His Signs is this, that He created you [Adam] from dust, and then behold you are human beings scattered [in large numbers, far and wide].”⁶

In the yardstick of Islam numbers are least important. For Islam needs few Muslims with firm belief rather than a thousand Muslims with shaky belief in Islam. Worst still is to have hypocrites as has been shown throughout Islamic history.

Here Almighty through His compassion talks to evolutionists in a language that they understand, that is, sheer large numbers is success in their biology. Like taking a small tiny stick under a hip of rubbish and seeing it covered by crawling termites. This makes one’s skin develop goose pimples out of the vast numbers of these ants. Or watching a small sand pit at the beach with thousands of small baby turtles emerging out and

swimming to the sea. This is success in evolutionist's eyes and Allah, glory be to Him, out of His kindness, uses their language, as the primary address here is to them: 'humans spreading in large numbers on earth!'

When Allah says He created us from dust it does not only refer to the first man Adam, peace be upon him, but it also refers to us. When we eat whether it is vegetables, cereals or other foodstuff the elements are coming from soil that is dust. Even if we eat beef all the elements in the beef come from grass and the grass gets its elements from dust!

The Holy Qur'an has always been a step ahead. When Stanley Miller used his high energy boiling pot to make simple amino acids and he thought this would explain evolution, neither he nor Charles Darwin, poor guys, knew where IRON an important part of human blood and muscle came from. However the Holy Qur'an 1400 years earlier stated in no uncertain terms that IRON came from above. From another terrestrial body, a bigger star with enough energy to form IRON because when the earth separated from the sun, the sun which is the star of our solar system is small and does not

have enough energy to form IRON atoms. A star or sun which forms iron atoms loses its energy and dies out. All this knowledge poor Charles Darwin and Stanley Miller did not know! While Allah, glory be to Him says:

وَأَنْزَلْنَا الْحَدِيدَ فِيهِ بَأْسٌ شَدِيدٌ وَمَنْفِيعٌ لِلنَّاسِ

“We sent down iron wherein is a mighty power [in matters of war] as well as many benefits for mankind.”⁷

Some of these many benefits is in preventing anaemia, [lack of blood] due to deficiency of iron.

WASTAGE OF HUMAN SEED AND COHABITTING WITH NON-REPRODUCTIVE WIVES

وَمِنْ آيَاتِهِ أَنْ خَلَقَ لَكُمْ مِنْ أَنْفُسِكُمْ أَزْوَاجًا لِتَسْكُنُوا فِيهَا وَجَعَلَ بَيْنَكُمْ مَوَدَّةً وَرَحْمَةً إِنَّ فِي ذَلِكَ لَآيَاتٍ لِقَوْمٍ يَتَفَكَّرُونَ

“And among His Signs is this, that He created for you wives from among yourselves so that you may find repose in them, and He has put between you affection and mercy. Verily, in that are indeed signs for people who think.”⁶

All the signs referred in this verse are against the theory of evolution. For a successful creature, in the opinion of evolutionists man must only cohabit with his wife when she is reproductive. This cohabitation includes the mating aspect as the central theme is reproduction and spreading of the human species on earth. A good example of what should have been a more successful animal, is the female dog which takes on a male dog only when she is on heat, that is, when she is about to ovulate, not at other times. This ensures maximal fertility and prevents wastage of the male seed when natural resources and food are scarce. Many other animals obey this law. Not for a human being, who will mate even when the wife is not in the fertile range. Worst still he may put a contraceptive device and prevent fertility altogether and continue mating! If there is a limit to reproduction in the human where will there be no natural selection. Coitus interruptus and other forms of contraception has been practiced by humans from time immemorial. Therefore the human species should have been replaced by other more successful species like turtles and termites long ago. But man is here to stay and has always been!

There are no species on earth that practice family planning methods whether in its old forms or in its modern techniques except the human being. Sometimes a human couple may marry and even decide that they will not have children at all although they continue with bodily sexual pleasures. Again this does not happen in other non-human species.

The male is fertile for a longer lifetime than the female so that when she gets old the man should discard her for a younger more fertile female. But note above, Almighty Allah, has put love and mercy in man so that he continues to live with a non fertile sometimes not so attractive female with a wrinkled skin, long after she has finished her attractive and reproductive life. This again shows the power of Allah, glory be to Him, in first creation of human being and secondly to maintain him on earth against more successful insects and turtles. Indeed it is the turtle despite its fecundity in reproduction, which is the endangered species!

The human has behaved in this manner against natural selection, not recently when he has technological advanced but even

centuries ago when he did not have any technology whatsoever.

People who think, as referred at the end of the above verse, are the ones who appreciate the impact of the social and sexual behaviour of the human being and realise how it affects the survival of the human species in this harsh world.

ADAPTATION AND NATURAL SELECTION DOES NOT HAPPEN IN HUMANS AND ON THE CONTRARY BAD CHARACTERISTICS ARE MAINTAINED INSTEAD OF BEING ELIMINATED

ومن ءاياته خلق السموات والأرض واختلاف السنتكم واللونكم ان في ذلك لآيات للعلمين

“And among His signs is the creation of the heavens and the earth, and the difference of your languages and colours. Verily in that are indeed signs for men of sound knowledge.”⁶

People of sound knowledge include those who think beyond natural selection to the universe itself. And those with knowledge of

linguistics and how this changes the survival advantage of the human species. Sound knowledge is also required to understand the survival advantage of different skin colours in relation to their environment. How if this harmony is disturbed it may lead to skin cancers in light skin people living in too sunny environments and how dark skin people get rickets in cold and dark areas.

We occupy such a tiny spot in the universe that most of the vast universe we know nothing about. They will also think as to how the earth and the heavens came into being as natural selection did not play any role. They will wonder about the precise measurements that are in the universe. Indeed why the atmosphere is of such precise thickness? That if the earth came nearer the sun by one inch we would have been burnt to death, and if the earth was shifted one inch away from the sun we would freeze to death. All this universe accuracy, preciseness and preservation surely cannot be due to an accident or series of accidents.

In this verse there are another two characteristics which do not only offer no survival advantage for the human species

but they have actually caused massive human conflict and loss of millions among the human species. One is the many differences in human languages and worst still new languages and thousands of dialects, are being born everyday. Yiddish from Hebrew and German languages. Sheng from English and Kiswahili. Many languages do not only hinder understanding and coexistence of human communities, but are the source of some human conflicts and blood shed. Imagine a Swahili man asking for a 'bilshit' which is a bedcover. An Englishman hears 'bullshit' which to him is an insult. A fight may ensue because of simple misunderstanding in language! Therefore, for the better survival of human tribes they must be of ONE LANGUAGE and growth of new languages should have not taken place!

The writer was doing a locum in very hot desert of Saudi Arabia. All the patients male and female were fairly light coloured skin. For this environment all these people should have been completely black just like most of the Arabs of the Sudan, because they have lived in this desert for many thousands of

years! This is why Allah says He made us of different colours. These colours unlike for other animals do not obey environmental laws. A polar bear is white in the white snow environment and an orangutan is coloured to blend with its environment. The huge air conditioned buildings in Saudi Arabia shading the people from the sun were constructed only about 30 to 40 years ago only. This light skin for a people living in a desert DOES NOT HAVE ANY SURVIVAL ADVANTAGE!

و من آيته منا مكم بليل والنهار وابتغآؤكم من فضله إن ذلك لأيت لقوم
يسمعون

“And among His Signs is your sleep by night and by day, and your seeking of His Bounty. Verily in that are indeed signs for a people who listen.”⁶

We are still in the context of the reproduction and spreading of the human species described in the earlier verse above. Sleeping whether by day or by night especially when one knows humans go into very deep sleep [stage four and REM sleep] unlike rabbits who literally sleep with one eye open, has no survival of the human species. A deep sleep is dangerous for

survival because the animal is an easy target from predators. In Ngong not very far from the capital city of Nairobi in Kenya, people sleep in grass houses. A man in deep sleep can be an easy prey from hyenas which roam freely in that area, especially at night and this is not the wild or the deep forest but very near a big and modern city! Sleeping by day also does not help the human species as this is the time for gathering food!

Seeking riches or bounties is not seen in other species. No gazelle would stock up grass for any reason. Even beavers who may stock up some nuts and other foodstuff it would only be just sufficient for winter. It would neither be for boasting nor for charity to other poor beavers. If it is seen in insects they do not do it by choice but inherent laws inside the insect because these animals do not have a frontal lobe like that of man and ability to choose. Man sometimes can choose consciously a destructive item and kill himself to no benefit for himself and others. This choice is not seen in communal creatures like insects. Again this human behaviour does not have survival advantage and would not lead to good NATURAL SELECTION for the species as the human being involved may overeat and become

very obese. An obese human does not only become an easy target for prey but he can develop many diseases like diabetes and hypertension which would lead to his early death. Even if he does not become overweight he will have a tendency to be idle which has a propensity for developing the same diseases. This is not good for the species.

If he is the kind, caring and selfless type he may look after the weaklings of the species like humans with genetic diseases phenylketonuria and help them survive and propagate. This again makes the very basic law of evolution, NATURAL SELECTION null and void!

Nothing about the human being, his features and behaviour follows the laws of natural selection! Actually he was not meant to follow natural laws but the Laws of the Mighty Creator. He can create what he wants and He can sustain on this earth what he pleases! Whether the laws of natural selection are observed or not!

The above verse ends with people who listen because these are the ones who can benefit from the knowledge in the Holy

Qur'an. If you do not listen to its simple logical arguments how can you change your behaviour to benefit you and others to lead a healthy life. Or the same word in the Holy Qur'an is used metaphorically to mean people of intellect capable of deep understanding so that they can appreciate the Power Of Allah of creation, which this section has shown clearly, sometimes goes against the laws of biological science!

MAINTANCE OF CHARACTERISTICS WHICH CLEARLY DO NOT HAVE SURVIVAL ADVANTAGE

In another chapter in the Holy Qur'an the One and Only Creator says:-

لَا أُقْسِمُ بِبَيْمِ الْقِيَمَةِ . و لَا أُقْسِمُ بِالنَّفْسِ اللَّوَامَةِ . أَلَيْسَ الْإِنْسَانُ لِئِنْ
نَجْمَعُ عِظَامَهُ . بَلَى قَدْرِينِ عَلَى أَنْ نَسُوِيَ بِنَانَةِ .

(There is a mistake in the underlined words – please correct)

“I swear by the Day of Resurrection. And I swear by the self-reproaching person [a believer]. Does man [a disbeliever] think that We shall not assemble his bones? Yes we are able to put together in perfect order the very tips of his fingers.”⁸

Note the Holy Qur'an mentioned the wonder in the tips of the human fingers, that is the finger prints before they were utilised by Scotland Yard in 1900 as a means of identification. Clearly the billions of varieties of finger prints in the world do not offer any biological survival advantage and yet more and more varieties of finger prints are being born everyday with any sign that new patterns are exhausted! New patterns do not offer biological survival advantage. Biology science requires that any characteristic that does not offer survival advantage should disappear because it cannot afford wastage of natural resources or biological talent as in designs of finger prints.

We should by the present have bald finger tips devoid of finger prints!

ANOTHER CREATURE SURVIVES DESPITE ECOLOGICAL MISTAKE

The web spider is an another creature that has survived despite an 'ecological' handicap. And what mistake is this? It has taken a flimsy house to protect itself from cold [note; it is a cold blooded animal, therefore all its activities are at the mercy of the environmental temperature], heat, ultra

violet radiation, and worst still wind and predators. And what house is this? It is its web. It is not only flimsy but it is hanged high between rocks or branches of a tree exposed to all the perils. One may argue that this web is for trapping prey and it is for feeding. Then it should find a hole in a rock and/ or in a tree and go and hide and take rest there after feeding. It can guard its web and prey from a nearby hole.

A lesser creature than the spider has taken a better house, a hole inside a piece of wood and this creature is smaller and has fewer legs than the spider! This lesser creature is the white ant. While the spider has taken a dear and permanent abode on these flimsy fibres as a permanent home.

This is not an ordinary spider but a special spider. This one depends on accidental entangled of an insect on the suspended web. Its eyesight is very poor. It resembles the proverbial hyena waiting for the hand of a walking man falling as he swings his arms while walking so that he can eat it. This is why he follows him at a distance! But despite all its shortcomings and its exposed

nature to warm blooded birds and other predators it has not only survived millennia but Allah, glory be to him, is still feeding it. The bitten prey is wrapped in a silk and stored on the web for later consumption.⁹

In contrast to other more ambitious spiders which hide in burrows, have well specialized large eyes and accurately cast on a passing insect, a woven silk net, inject venom and there is a ready meal for it. The other are bolas spiders twirl a thread of silk with a sticky terminal globule. It is active by secreting a pheromone-like substance which attracts male moths [compare to man feeding on male animals]. Their preference for male moths is to let females go on producing more eggs and hence more moths. This choice of male pheromones can never come out of accident as it is too complicated in ecology and biochemistry to come by chance! And there are better more ingenious spiders! The jumping spiders with very good eyesight and killing mechanisms, the trapdoor spider of the desert cushioning itself from the desert heat and the list is endless. Contrary to popular belief most spiders do not hunt by spinning a web like the web spider mentioned above. The web is more of a liability than an asset.

A few spiders are poisonous [to vertebrates] such as the black widow [killing her mate after fertilisation] and the tarantula. These are rare and only found in extremely few places in the world. Poison may protect very few of them from predators but not the other elements. And if this poison help to protect only a few of spiders what about the majority of spiders which are poison-free? Any evolutionary change takes thousands of years, what protected those that developed poison during the waiting period when they had no poison?

These poisonous spiders are not web forming and they are better than the web spider because some of them feed on larger vertebrate creatures than them, like birds and fish for those living on water! Surprisingly they are not as abundant as the weak web forming spider!

This whole scenario is not better described other than by the One who created the spider Himself with His Own very words!

Allah, the Almgihthy says:-

مثل الذين اتخذوا من دون الله أولياء كمثل العنكبوت اتخذت بيتا وإن أوهن البيوت لبيت العنكبوت لو كانوا يعلمون . إن الله يعلم ما يدعون من دونه من

شيء وهو العزيز الحكيم . وتلك الأ مثل نضربها للناس وما يعقلها إلا
العلمين .

“The parable of those who take [false gods] as protectors other than Allah, is the example of a spider who builds a house; but surely the weakest of houses is the spider’s house; if they but knew. Verily, Allah knows all the things they invoke instead of Him. He is All-Mighty, the All-Wise. And these examples We put forward for mankind; but none will understand them except those who have knowledge.”¹⁰

People who have knowledge here are those who are versed not only in the knowledge of the Holy Qur’an and science of the Sunna but also the science of biology and ecology. What these verses are refuting is the theory of revolution (**evolution not revolution**) just as the Holy Qur’an in earlier verses above refuted using logic and common sense, polytheism and the existence of a son of god.

More importantly people with knowledge are the ones who ask only from Allah.

One can also perceive possible reasons of creating the web spider not mentioned in biology classes i.e.

[a] to show the presence of the Creator and to show His ability not only to create but to sustain any creature that He wants whether it obeys ecological and survival laws or not!

[b] to create a creature for the sole purpose of guiding mankind to the right path and to Him. The Word of Allah, the Almighty Creator precedes all creation of the universe including the spider.

[c] to cover the cave of Prophet Muhammad, peace be upon him, when he and his companion and close friend Abubakar, may Allah be pleased with him, were fleeing the Qureshi during their migration to Medina. When the Qureshi reached the cave where they were hiding, in hot pursuit, they said it is impossible for them to be inside since a spiders web was straddling across the mouth of the cave unbroken! Allah can use the weakest of the creatures to guard His most important creation. (**weak narration**)

[d] to show the extreme weakness of false gods.

Examples that negate the theory of evolution abound in the Holy Qur'an. Some are:-

حتى إذا أتوا على واد النمل قلت نملة يا أيها النمل ادخلوا مسكنكم لا يحطمنكم سليمان وجنوده وهم لا يشعرون . فتبسم ضاحكا من قولها وقال رب أوزعني أن أشكر نعمتك التي أنعمت علي وعلى والدي وأن أعمل صالحا ترضه وأدخلني برحمتك في عبدك الصالحين .

“Till when they came to the valley of the ants, one of the ants said: ‘O ants! Enter your dwellings, lest Sulaiman [Solomon] and his armies crush you while they perceive not.’ So he [Sulaiman] smiled amused at her speech and said: ‘My Lord grant me the power and ability that I may be grateful for Your Favours which You have bestowed on me and my parents, that I may do righteous good deeds that will please You, and admit me by Your Mercy among Your righteous slaves.’”¹¹

This verse do not only show some of the miracles given to Prophet Sulaiman, peace be upon him, of being to understand the language of the ants, but they show in the created world it is not always big fish eat small fish, struggle for existence and survival of the fittest but actually some ants can sacrifice their lives for the survival of the fellow ants as the above beautiful and dramatic example in the Holy Qur’an! It is now common knowledge that ants live in

well organised colonies with soldier, informative and protective ants among them and they communicate by dancing, vibrations of parts of their bodies and pheromones. Thanks to Allah for this knowledge which is a tiny segment compared to what was given to Prophet Sulaiman, peace be upon him, millennia ago.

Another proof against the theory of evolution:

وأوحى ربك إلى النحل أن اتخذى من الجبال بيوتا ومن الشجر ومما يعرشون .
ثم كلى من كل الثمرت فاسلكى سبل ربك ذللا يخرج من بطونها شراب مختلف
ألونه فيه شفاء للناس إن فى ذلك لآية لقوم يتفكرون .

“And Your Lord inspired the bees saying: ‘Take your habitations in the mountains, and in the trees and in what they erect. Then, eat of all fruits, and follow the ways of your Lord made easy [for you].’ There comes from their bellies a drink of varying colours wherein is a healing for men. Verily, in this is a sign for people who think.”¹²

Who are people who think?

They are :-

Those who realise from the above example that the evolutionary theory is null and void. Why should the bees spend valuable energy to make honey for humans in this harsh and food-scarce environment according to evolutionists instead of spending time and energy to ensure their own survival. Its relationship with humans is not even symbiotic because it does not only build hives in rocks and trees but even in deserts where humans do not dare to live! So it does not need humans to build beehives for them. It makes evolutionary sense for the bees to make tiny amounts of honey for its queen and larvae only not the tons and tons of honey for humans to harvest and even export to other countries! It does not make any evolutionary sense.

Those who realise that the bees on their own, through whatever evolutionary process, cannot make a fluid that will combine a food and healing to humans. Some of its healing powers are yet to be discovered by human beings.

Those who know that all this complex scenario was the Work of The Almighty Allah who inspired the bees to do this tedious work. He created in their bodies such

a delicious substance as honey without the knowledge of the bees! As the bee actually does not even know that there is a human being in this world.

And many other examples which refute the evolutionary theories abound in the Holy Qur'an before the birth of their proponents!

CONCLUSION

Just as the Almighty Creator has to have a wife to get a son, and it is impossible to have another god because of the fight that will ensue, then it is impossible for man to have evolved by natural selection or any other means because:-

[a] he would have had a sexuality like that of dogs; only to mate during ovulation.

[b] he will have had no love in his heart and not have any business with older women or not to cohabit with sterile women unable to give birth. All women would have immediately ran away from men who are either impotent or suffering from azoospermia [lack of seed in the male fertile fluid].

[c] all human beings would be speaking one language as this is good for the survival of the human species rather than risk infighting because of misunderstanding arising from language differences.

[d] humans of different skin colours would have been restricted to their environments.

[e] humans would not have had deep sleep to survive in this harsh environment.

[f] they would have not been seeking wealth nor look after weaklings for the elimination of bad genes. This is all bad for natural selection.

[g] all characteristics like fingerprints which do not have survival advantage would fade out.

[h] all creatures like the spider with ecological handicap of choosing a flimsy web as a house to live on would have been extinct long ago.

[i] that tiny primitive creatures like the ants sacrificing their lives to let other ants live is against the theory of evolution where it is a struggle for self existence and survival of the fittest. In common language this is called the

big fish eating the small fish. If Charles Darwin new (knew instead of new) there was such self sacrifice among ants he would have been petrified to death!

[j] the bees would not waste time and energy to make honey for another creature, the human.

Therefore you can see humans and other creatures did not arise by evolution. All the above proofs or signs are not given by a scientist or a biologist but The Creator Himself. Moreover when one realizes that they were given even before the likes of Charles Darwin or Stanley Miller were born then this should strike into the heart of the intelligent person throwing him down in a deep prostration.

قبأ ي حديث بعده يؤمنون

“Then in what statement after this [the Qur’an] will they believe?”¹³

On the other hand people who put forward the theory of evolution do this to insult the human beings and to reduce them into pigs and monkeys so that they can behave like these animals. This is why we have paedophiles on the internet and outside

electronic media, we have people spreading filth in the world. Homosexuals are allowed to adopt children so that they can sleep with them. Other evils include, bestiality and other unimaginable sexual horrors which are now rampant. A culture in which the monster of AIDS thrives!

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CHAPTER 3.2

MORE DESCRIPTIONS IN HOLY QUR'AN THAT RESEMBLE MEDICAL SYMPTOMS AND SIGNS

INTRODUCTION

The Holy Qur'an has described the day of resurrection in very great detail. If one scrutinizes these descriptions using what doctors see and experience in clinics and hospitals many of these descriptions resemble a great deal to what they see. This is not surprising. If one wanted to describe the size of a jumbo jet to a simple man living at the seashore and has seen a whale but not an elephant it is no use to tell him it is like an elephant, because he has not seen one. It would better for him if you tell him that it is like a whale or huge shark, things that he can relate with. Similarly for a primitive man living near Tsavo national park in Kenya

and has seen many elephants it will be more appropriate to tell him that a jumbo jet is five times bigger than an elephant. Since the Holy Qur'an is sent to thinking and feeling human beings who have all the senses of seeing, hearing, touching, tasting and smelling, it is no wonder that descriptions of Hell resembles some of symptoms and signs of diseases. Even hell is described as a fire, although much hotter than our fires, not an electric shock. How would a simple man living in a village that has not had the blessing of rural electrification program perceive the torment of a nasty electric shock!

What is surprising is how an unlettered, Prophet Muhammad, peace be upon him, would not know such descriptions when he had not worked in a clinic or hospital nor had he studied medicine or pathology. Only one bell should ring in one's mind, that the One is talking in the Holy Qur'an is none other than the One Who created diseases themselves and their symptoms and signs! He also created Hell!

The first diet was given in book two in this series. This is a second installment.

CEREBROVASCULAR SYMPTOMS AND SIGNS

CYANOSIS, WHICH IS BLUENESS OF THE EYES AND OTHER PARTS OF THE BODY

For people who ignore the solid arguments and guidance found in the Holy Qur'an, their fate will be:-

كذلك نقص عليك من أنباء ما قد سبق ولقد آتيناك من لدنا ذكرا . من
 آعرض عنه فإنه يحمل يوم القيمة وزرا . خلدين فيه وساء لهم يوم القيمة حملا .
 يوم ينفخ في الصور ونحشر المجرمين زرقا .

Allah, glory be to him says:-

“Thus We relate to you [O Muhammad] some information of what happened before. And indeed We have given you from Us a reminder [this Qur'an]. Whoever turns away from it [this Qur'an] verily, they will bear a heavy burden [of sins] on the Day of Resurrection. They will abide therein forever, and evil indeed will it be that load for them on the Day of Resurrection. The Day when the Trumpet will be blown: that Day We shall gather the Mujrimun

[criminals, polytheists, sinners, disbelievers in the Oneness of Allah] blue-eyed.”¹

When the eyes are blue it means at least five grams per decilitre of haemoglobin , the red substance of the blood, is devoid of oxygen. This is why this red blood pigment, whose function is to carry oxygen becomes bluish in colour. Therefore the brain and other tissues of the body become starved of oxygen. The patient becomes anxious, has a sick feeling, may sweat and is usually breathless. The neck veins are engorged, the blood becomes thick and there is a tendency for easy clotting of blood. The blood pressure may also rise. What a horrible state!

NEUROLOGICAL SYMPTOMS AND SIGNS

HEADACHES

The descriptions are not restricted to sinners only. Headaches which are very common in this very fast and busy world full of stresses. It may also results from the many drinks or lack of them, some legal and some illegal. For example when some people miss tea they have a terrible pounding headache and when people take alcoholic drinks which are illegal in Islam they cause a nasty hangover.

The good people of Heaven will not suffer such headaches!

On headaches we found the following mention in the Holy Qur'an:-

والسابقون السابقون. ألك المقربون. في جنت النعيم. ثلة من الأولين. وقليل من الآخرين. على سرر موضونة. متكئين عليها متقبلين. يطوف عليهم ولدن مخلدون. بأكواب وأباريق وكأس من معين. لا يصدعون عنها ولا ينزفون.

Allah , glory be to Him, says:-

“And those foremost [in Islamic Faith of Monotheism and excelling in performing righteous deeds] will be foremost [in Paradise]. These will be the nearest [to Allah]. In gardens of delight [Paradise]. A multitude of these will be from the first generations [who embraced Islam]. And a few of them will be from the later generations.[They will be on] thrones woven with gold and precious stones. Reclining thereon face to face. Immortal boys going around them [serving], With cups and jugs, and glasses of flowing wine. Wherefrom they will get neither HEADACHE nor any intoxication.”²

It means the drinks of Paradise are not only delicious but free from headaches and

hangovers. One does not loose his senses nor his humanity!

NYSTAGMUS AND LOSS OF CONSCIOUSNESS

About those cowards who fear striving in Allah's cause:-

قد يعلم الله المعوقين منكم والفاثلين إلا خو نهم هلم إلينا ولا يأتون البأس إلا قليلا. أشحة عليكم فإ ذا جاء الخوف رأيتهم ينظرون إليك تدور أعينهم كالذي يغشى عليه من الموت فإ ذا ذهب الخوف سلقوكم بالسنة حداد أشحة على الخير أو لئك لم يؤمنوا فأحبط الله أعمالهم وكان ذلك على الله يسيرا .

Allah, glory be to Him, says:

“Allah already knows those among you who keep back [men] from fighting in Allah's Cause, and those who say to their brethren 'Come here towards us,' while they [themselves] come not to battle except a little; Being miserly towards you [as regards help and aid in Allah's cause]. Then when fear comes, you will see them looking to you, their eyes revolving like [those of] one who looses consciousness due to death; but when the fear departs, they will smite you with sharp tongues, miserly towards [spending anything in any] good. Such have not believed. Therefore Allah makes their

deeds fruitless and that is ever easy for Allah.”³

Nystagmus is a jerky movement of the eyes due to disturbance of balance mechanisms or malfunction of the organs of balance, in people with normal vision. It can happen in any direction and can make the eyes revolve in the eye balls. It is a horrible feeling because he cannot walk, as he feels that the whole world is spinning around him or he is spinning in the environment. He or she is retching and may vomit profusely.

Note an important fact of physiology above when the eyes loose fixation, that is, as the above person who begins to loose consciousness their eyes cannot concentrate on any object, they start to WONDER AND ROLL IN THE EYE SOCKETS! It can also mean as part of terminal loss of brainstem [the root of the brain] function in death the eyes are induced to roll, that is a nystagmus.

The losing of consciousness as the first stage of death, and later the disturbance of brainstem functions so that the eyes roll because of nystagmus, was mentioned in book one of this series.

LOSS OF SPEECH

The description of the Day of Resurrection is beyond description. Many of its scenes are horrendous. One of them is:-

هنا يوم لا ينطقون. ولا يؤذن لهم فيعتذرون.

Allah, glory be says:-

“This is the Day when they shall not speak. And they will not be allowed to give an excuse.”⁴

They have lost the speaking mechanism in the brain because of extreme of fear of that horrible day. It is like aphasia - loss of speech. They cannot utter a word ! They are fully conscious but not a word comes out of their oral cavity. The loss of speech can also be due to this aphasia or aphonia described below. It may also mean simply they will not be given permission to speak.

BONE METABOLISM

Prophet Zakaria , peace be upon him, describes his state:-

كهيعص . ذكر رحمت ربك عبده زكر يا . إذ نادى ربه نداء خفيا . قال رب
 إني وهن العظم مني و اشتعل الرأس شيبا ولم أكن بدعاً لك رب شقيا . وإني
 خفت الموالي من ورائي وكنت امرأتى عاقرا فهب لي من لدنك وليا .

“Kaf-Ha-Ya-Ain-Swad. [This is] a mention of the mercy of your Lord to His slave Zakaria. When he called out his Lord [Allah], a call in secret. He said : ‘My Lord! Indeed my bones have grown feeble, and gray hair has spread on my head; And I have never been unblest in my invocation to You, O my Lord! And verily I fear my relatives after me, and my wife is barren. So give me from Yourself an heir.”⁵

Bones become weak in old age in both man and women because they contain less calcium mineral and the protein fibre matrix. This is called osteoporosis. This may cause the spine to bend over and there is loss of height. This is due to aging and also to decreased sex hormones of reproduction. So note above verse do not only imply thinning of his bones but also imply indirectly his waning fertility due to the decrease of male sex hormones called androgens. This is why he is praying for divine intervention so that he does not die without living his progeny.

MISCELANIOUS SYMPTOMS AND SIGNS

MORE VERSES ON LOSS OF SPEECH, [AND EXAMPLES OF OTHER SYMPTOMS SUCH AS BLINDNESS, PARALYSIS AND TALKING BY BODY PARTS]

Another reason people will not be able to speak is their mouths will be made speechless ! They cannot give lame excuses:-

أ ليم نختم على أ فوههم وتكلمنا أيديهم وتشهد أرجلهم بما كانوا يكسبون.
ولونشاء لظمنا على أ عينهم فاستبقوا الصراط فأني يبصرون. ولو نشاء
لمسخنهم على مكانتهم فما استطعوا مضيا ولا يرجعون.

“This Day, We shall seal up their mouths, and their hands will speak to Us, and their legs will bear witness to what they used to earn. And if it had been Our Will, We would surely have wiped out [blinded] their eyes, so that they would struggle for the Path, how then would they see? And if it had been Our Will, We could have transformed them [into lifeless objects or animals] in their places. Then they would have been unable to

go forward [move about] nor they could have turned back.”⁶

There are several ways that mouths can be sealed. It can be in the mouth itself, that is, if the end organs of speech are caught it is the complete paralysis of the tongue where only insensible gargling sounds come out, or aphonia which is the complete paralysis of the vocal cords which manufacture sound of the speech. Paralysis of the vocal cords cause no sound to come out of the mouth when he tries to talk. He may then try to talk by sign language. Finally if the library and computer in the part of the brain which is responsible for the manufacturing part of speech one understands but cannot find the right word in the library in the brain although some noises can come out of the mouth. No sensible words come out and hence no sensible speech can be heard. This is called motor aphasia. To speak with the hands resembles sign language of the deaf and dumb.

Other symptoms in the above verse are blindness and paralysis so that they are not able to move.

And another example in the Holy Qur'an of loss speech but by sealing the hearts which in the Holy Qur'an is taken metaphorically to mean the brain, as the seat for feelings, emotion, thinking and speech. Allah, glory be to him, says:-

ا م يقولون ا فترى على الله الكذب با فإن يشاء الله يختم على قلبك ويمح الله الباطل ويحق الله الحق بكلمته إنه عليم بذات الصدور.

“What! Do they say: ‘He has forged a falsehood a falsehood against Allah?’ If Allah willed He could have sealed your heart [that is the speech area of your brain so that you not able to speak]. And Allah blots out falsehood and proves the truth by His Words. For He knows well the secrets of all hearts.”⁷

Again note the metaphor at the end of this verse the hearts are the brains which are the seats of memory and hence secrets!

STOMACH AND INTESTINES

**STRESS GASTRIC EROSIONS AND
ULCERATION WITH COPIOUS BLOOD
VOMITING**

There are many references of DIRECT BURNING of the stomach:-

ثم إنكم أيها الضالون المكذبون . لاء كلون من شجر من زقوم . فما لئون منها
البطون . فشريون عليه من الحميم . فشريون شرب الهيم . هذا نز لهم يوم الدين

“Then moreover, O You the erring ones, the deniers [of Resurrection]; You will certainly eat the trees of Zaqqum. Then you will fill your bellies therewith. And drink boiling water on top of it. And you will drink [that] like diseased camels! That will be their entertainment on the Day of Recompense.”⁸

The tree of Zaqqum is very repugnant in every sense and also very hot and scorching. As if this not enough, they will be forced to drink boiling water on top of it! This will directly burn the stomach.

And again:-

إن شجرت الزقوم . طعام الاثيم . كما لمهل يغلى في البطون . كغلى الحميم .
خذه فاعقلوه إلى سوء الجحيم . ثم صبوا فوق رأسه من عذاب الحميم . ذق
إنك أنت العزيز الكريم . إن هذا ما كنتم به تمترون .

“Verily, the tree of ZAQQUM. Will be the food of the sinners. Like boiling oil , it will boil in the bellies. Like the boiling of scalding water. [It will be said to them]: ‘Seize him and drag him into the midst of the blazing Fire; then pour over his head the torment of boiling water: Taste you [this]! Verily you were [pretending to be] the mighty, the generous! Verily this is that you used to doubt.’”⁹

Again note the strong burning properties of the tree of Hell. It boils and burns directly in the belly.

And again:-

مثل الجنة التي وعد المتقون فيها أنهر من ماء غير آسن وأنهر من لبن لم يتغير طعمه وأنهر من خمر لذة للشربين وأنهر من عسل مصفى ولهم فيها من كل الثمرات ومغفرة من ربهم كمن هو خلد في النار وسقوا ماء حميما فقطع أمعاءهم.

“The description of Paradise which the pious have been promised [is that] in it are rivers of water the taste and smell of which are not changed, rivers of milk of which the taste never changes, rivers of wine delicious to those who drink and rivers of clarified honey, therein for them is every kind of fruit and forgiveness from their Lord. [Are these]

like those who shall dwell for ever in the Fire and be given to drink boiling water that it cuts up their bowels.”¹⁰

This boiling water will burn and cut up in pieces their bowels. This is direct burning.

ALL THE ABOVE THREE VERSES DESCRIBE DIRECT BURNING OF THE INSIDES OF THE BOWELS.

Now compare with INDIRECT BURNING of the stomach and intestines:-

هذان خصمان اختصموا في ربهم فالذين كفروا قطعت ثياب من نار يصب من فوق رؤوسهم الحميم . يصهر به ما في بطونهم والجلود.

“These two opponents [believers and non-believers] dispute with each other about their Lord : then as for those who disbelieved, garments of fire will be cut for them, boiling water will be poured down over their heads. With it will melt what is within their bellies and skins.”¹¹

How does burning the skin with garments of fire and pouring of boiling water over the head melt the inside of the bellies in this world? It is through erosions and ulceration

of the stomach with massive vomiting of blood due to any severe stress. This is what we see in this world. Almighty Allah punishes by familiar things so that His warning in the Holy Qur'an can make sense to us. Therefore it is not surprising to see descriptions in the Holy Qur'an of complications that are at least familiar to Doctors working in intensive care units.

There is no more severe stress than being burnt with garments of fire and on top of this boiling water is poured on the head! If not 100% burns this is at least very high degree burns. This will cause maximum stress and its stomach ulcerations. This is why in modern intensive care units in the world burnt patients are given medicines to reduce stomach acid in an attempt to reduce this dangerous ulceration which is usually fatal. This occurs in all severely ill patients. Therefore this practice is done in almost all intensive care patients whatever their diagnosis.

Note that there are two causes of multiple ulcerations of the stomach, oesophagus, and duodenum and necrosis [death or necrosis or 'melting away'] of the superficial lining of the above person in Hell, from our

understanding in this world. One is the severe extensive burns of the head and the severe injury to the head by the continuous pouring of boiling water over the head. As the scalp is eventually stripped off by this boiling water the skull bone becomes hot because of direct contact with boiling water and the brain becomes hot and eventually swells. This causes severe stress stomach ulceration called Curling's ulce. There is another strong stimulus for the inner lining of the belly to melt away and cause massive stomach haemorrhage and even perforation of the stomach! The direct burning of the rest of the skin of the body also causes stress stomach ulceration. This is called Cushing's ulcer. A possible cause is ischaemia or lack of blood floor to the stomach, oesophagus and duodenum.^{12,13}

These processes are common in this world by the above mechanisms. As Allah glory be to Him says that He will recreate the human even the tips of his fingers including the same fingerprints he had in this world, in chapter 75 verse 3 and 4 of the Holy Qur'an as described in book one of this series. Man would then not be able to deny that his body is not his! Therefore many of the things and human characteristics of this world

including their physiology will be reproduced in the next!

Here one sees another of the many miracles of the Holy Qur'an. A verse which describes that by burning evil people outside, their insides also melt, and we know how this can happen in physiology and pathology and yet the unlettered Prophet of Islam, peace be upon him, mentions this 1400 years ago when medicine was very undeveloped. It was an environment of simple mud houses, desert sand and camels. There was no single built hospital let alone intensive care units and clinics such as Mayo clinics! It means only one thing that he was informed by one Who has All knowledge, and that is Almighty Allah.

The above is not the only aspect of intensive care medicine in the Holy Qur'an. In book one it was mentioned in chapter three many aspects of this kind of medicine, such as, turning the unconscious person from one side to another to prevent pressure on the skin and its final ulceration. How the hearing mechanisms play an important role in the unconscious patient and many more.

WIPING OF EYES INTO BLINDNESS

Allah, Glory be to Him, says:

فإذا النجم طمست

“Then when the stars are wiped out.”¹⁴

The word ‘TUMISAT’ means wipe out or rub off.

كذبت قوم لوط بالنذر . إننا أرسلنا عليهم حاصبا إلا ءال لوط نجيناهم بسحر .
نعمة من عندنا كذلك نجزي من شكر . و لقد أنذرهم بطشتنا فتماروا بالنذر .
ولقد روده عن ضيفه فطمسنا أعينهم فذوقوا عذابي ونذر . ولقد صبحهم
بكرة عذاب مستمر . فذوقوا عذابي ونذر . ولقد يسرنا القرءان للذكر فهل من
مدكر .

Allah, glory be to him, says:

“The people of Lut [Lot] belied the warnings. Verily, We sent against them a violent storm of stones [which destroyed them all] except the family of Lut [Lot] them we saved in the last hour of the night. As a favour from Us. Thus do We reward him who gives thanks [by obeying Us]. And he

[Lot] indeed had warned them of Our Seizure [punishment] but they did doubt the warnings! And they indeed sought to shame his guest [by asking to commit sodomy with them]. So We wiped out their eyes, [blinded them, saying] 'Then taste you My Torment and My Warnings.' Early on the morrow an abiding Chastisement seized them. 'So taste you my Torment and My Warnings.' And indeed, We have made the Qur'an easy to understand and remember then is there any that will remember [or receive admonition]."14

It is not difficult to connect between primary optic atrophy secondary to optic neuropathy to wiping out of eyes as when a doctor takes a special torch called an ophthalmoscope and looks inside, inside the eyeballs in the retina he sees the nerve head inside is as white as paper instead of being pink or red. Note also the Allah, glory be to Him, says He wiped out their eyes not vision, a term used a lot in the Holy Qur'an. It is not only as if one has wiped the colour inside but the miserable person when affected on both sides is absolutely blind. This complication of same sex couples' relationship [as they have been given this name these days to make them less sinister] and other

promiscuity, interestingly occurs very suddenly!

It is also not difficult to connect optic atrophy to homosexual diseases because many of them cause optic atrophy ; such as syphilis, HIV and AIDS.

Therefore there is a medical connection between homosexuality and wiping off the eyes into blindness!

Cataracts would also cause blindness but this is a very slow process.

Finally All Knowledge belongs to Allah, glory be to Him.

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CHAPTER 3.3

EQUILIBRIUM AND BALANCE [HOMEOSTASIS] IN THE BIOLOGICAL SYSTEMS

INTRODUCTION

In these three books there have been chapters on the beginnings of a human being before he became a very tiny creature of a few cells, and how these early stages are enumerated in the Holy Qur'an before their discovery by humans. There have been descriptions of how his inheritance and his genes play a role in his structure and features as delineated in the Holy Qur'an and from the sayings of Prophet Muhammad, peace be upon him, long before they were discovered by human beings. There are many more medical and biological sciences related to human beings in the Holy Qur'an. All these chemical and physiological processes cannot be sustained if there is no control systems inside them, steady states, equilibrium, balance and harmony. Without homeostasis there is no life. These control systems are also useless if they cannot be repaired in various defense

and healing processes inside the living creature. Is there descriptions of such harmony inside and outside living things, in the universe, in the Holy Qur'an? Are there descriptions of immune and healing processes in the Holy Qur'an?

UNIVERSAL EQUILIBRIUM

Yes and to begin with the universe the Almighty Creator says:-

والأرض مددناها والقينا فيها روسى وأنبطنا فيها من كل شيء موزون . و جعلنا لكم فيها معيش ومن لستم له برزقين . وإن من شيء إلا عندنا خزائنه وما ننزله إلا بقدر معلوم . وأرسلنا الریح لوقح فأنزلنا من السماء ماء فأسقىناكموه وما أنتم له بخزین . وإنما لنا نحن نحی ونمیت ونحن الوارثون.

“And the earth We have spread out, and have placed therein firm mountains, and caused to grow therein all kinds of things in DUE BALANCE. And We have provided therein means of living, for you and for those whom you do not provide sustenance [all creatures cattle, beasts and other animals]. And there is not a thing, but with Us are their stores. And We send it not down

except in a known measure. And We send the winds fertilizing [to fill heavily the clouds with water], then cause the water [rain] to descend from the sky, and We give to you to drink, and it is not you who are the owners of its stores. And certainly We, Who give life and take it away and We are the Inheritors.”¹

Observe the difference between defective science of discovery of humans and the science in the Holy Qur’an from the One Who created science and everything.

[a] In the above verse there are many equilibria :-

The EQUILIBRIUM of the crust of the earth depends on the mountains as science has lately discovered, to prevent too many earthquakes and give the earth the right distribution of weight so that it does not tilt too much towards or away from the sun no (**nor** instead of no) move towards or away from the sun.

Things grown by Allah, glory be to Him, are also in ECOLOGICAL BALANCE.

In providing sustenance for those creatures not looked after by man there is also an

ECOLOGICAL BALANCE. An explosion of herbivores change grasslands into deserts. Therefore if there are two (too instead of two) many herbivores in the savanna grasslands they become easy prey for carnivores, whose numbers also increase in turn to keep a check on the grass eaters. These carnivores are prohibited in Islam to be slaughtered for game meat, for hides used for decorating houses or for any other purpose, partly because of this ecological duty as was described in book one of this series. When herbivores decrease for any other reason for example by disease, the number of carnivores are automatically reduced.

Later in the verses water is mentioned again it is implied that there is a balance between the water that evaporates on the earth's surface and the water that returns to the earth in the form of rain. If there was not such balance then the 'stores' mentioned above would be depleted.

In the giving of life be it of humans and the taking away of it there must be a balance. There is definitely a certain population size that could be sustained by the earth and its

food resources otherwise the creatures of the earth would have perished by now.

[b] In science one learns that whatever goes in comes out, whatever ascends descends to maintain the equilibrium as if everything which has equilibrium is eternal. However there must be in existence losses of energy or material from the system or wear and tear if there are two surfaces in contact. Therefore if the equilibrium is to be maintained one has to inject these losses back into the equation for it to survive for any period of time. This is exactly what Almighty says in the above verses. He has the stores and power to replenish any losses. If the gases and water vapour in the atmosphere are lost in space despite the strong gravity forces, as the earth hurtles in space He will replenish any deficit. If this was not the case little atmospheric gas would have remained after millions of years and water vapour would have been depleted.

Even when these stores are used, Allah restores only the exact amount sufficient to replace the losses, no more no less. This is one form of repairing control systems or cycles so that they continue at the same volumes.

REGULATION OF THE HUMAN THROUGH INTERNAL CONTROL SYSTEMS AFTER HIS CREATION

Allah, glory be to Him, says after He has created a human being:-

(**The** . الذي خلق فسوك فعدلك . الإ نسان ما غرك بربك الكريم .
underslined word is wrong)

“O man! What has made you careless about your Lord, the Most Generous? Who created you, fashioned you equally and perfectly, and give you due equity.”²

The first equality in fashioning the human is the equality length of arms, legs, eyes, ears, brain and many other organs. The second equality in creation of the human being is the equality of his temperature, blood pressure and many of other parameters. These are the many control systems inside the human being.

When the surrounding is very hot the sweat pores open and a lot of blood is diverted to the skin. With this skin blood flow and evaporation of sweat the temperature is prevented from rising. When it is too cold,

the skin is depleted of blood, sweat pores close and the body chemical reactions increase and the body temperature is prevented from falling. When a lot of water and salt is taken and the blood volume increase, the heart pump increase pumping of blood to the kidneys and with the help of hormones produced by the heart [natriuretic hormone] the excess fluid volume is removed as urine and the blood volume is maintained constant. While if blood is lost through bleeding the heart increases pumping volume and hormones to prevent the kidney from producing a lot of urine [aldosterone] are released and body fluid is preserved to conserve the blood volume so that the tissues get the same amount of blood despite the losses from bleeding. When the blood sugar rises after eating insulin hormone is secreted by the body to bring it to normal. When the blood sugar falls by fasting glucagon, another hormone, is released to bring the blood sugar back to normal. THIS IS HOW THE ALMIGHTY DOES NOT ONLY CREATES BUT GIVES BALANCE TO HIS CREATION!

Therefore to give equity after equal and perfect creation is not a repetition in the above verse of the Holy Qur'an, but

maintenance of steady state of the human. This not only the obvious (Not Clear) temperature and pulse rate but also complicated internal composition and dynamics. Other items kept constant are:- sodium is kept closely at around 140 mmols/l, potassium at 4 mmol /l, acidity [pH] at 7.40 and many other parameters of the human physiology.

REGULATION AND CONTROL SYSTEMS ALONE ARE NOT SUFFICIENT TO SUSTAIN HUMAN OR ANYOTHER LIFE

What a better way to know what maintains life after the creature has been designed, proportioned, programmed and controlled other than listening to Designer Himself!

The Almighty Creator, Designer and Sustainer says:-

سبح اسم ربك الأعلى . الذى خلق فسوى . و الذى قدر فهدى .

“Glorify the name of your Guardian Lord Most High. Who has created and further given order and proportion. And Who has

programmed and granted guidance [to the creation].”³

What is required is self rectifying, self repairing and self guiding systems.

Here is a difference between creation and evolution. If evolution took billions of years to develop living creatures it would take eternity to develop control systems in these creatures so that they can maintain equilibrium because they need an extra intelligence not found in nature. And to put inside self repairing and self guiding systems would require a Creator as nature would be helpless to repair the broken. The creature could certainly fall and break its leg or would be infected. Sometimes the enemy is from within such as cancer cells. If its biological systems cannot be guided to defend themselves in such calamities the creature would perish.

Therefore the above verses contain the following:-

[a] That things have to be created, otherwise they would not come into existence by themselves.

[b] Once created they need control systems to give them order and proportion as the second verse above says. The proportion He gave as in the length of arms and legs. He gave order as in the control systems of the body.

[c] Control systems by themselves cannot work in case of breakdown during crisis like a life threatening infections. They need built in [programmed] guidance to rectify and repair in the face of such calamities. Guidance above does not only include religious guidance alone so that a human being is guided to the true religion only but it includes the biological guidance for self rectification when there is failure of the biological control systems!

It is only ALLAH who gives SUCH GUIDANCE to man and other creatures.

GUIDING OF THE CREATION ONCE IT IS IN PLACE, SO THAT IT CAN BE SUSTAINED IS REPEATED IN MANY PLACES IN THE HOLY QUR'AN TO SHOW ITS QUR'ANIC AND BIOLOGICAL IMPORTANCE

To show that Allah, glory be to him, does not only creates but guides the creation in order to sustain it for an appointed tome (**Time** not tome). He says:-

قال فمن ربكما يموسى . قال ربنا الذى أعطى كل شيء خلقه ثم هدى .

“Fir’aun [Pharaoh] said; ‘Who then, O Musa [Moses], is the Lord of you two?’ He replied ‘Our Lord is He Who gave to each thing its form and nature and then guided it right.’”⁴

From this verse it is seen that the ability to heal or rectify in case of instability goes beyond creatures into plants and even non living things that are important for maintenance of life on this planet and beyond. The healing mechanism in living systems is the reparative ability of many tissues by formation of new cells through cell division and the many defense mechanisms against infections and cancer cells such as by the complex immune system.

Above are indirect references to corrective processes. Here is a direct reference to such healing and reparative processes in the Holy Qur’an:-

وإذا مرضت فهو يشفين .

“And when I am ill, it is He (add **Who** after He) cures me.”⁵

Another way that Allah, glory be to Him, guides His creation so that it is able to do the function that He ordained to do is to send drivers:

[a] The driver of water vapour is wind. That is why Allah has created winds of different kind to produce different kinds of rain, most of which is good rain that the farmer and others take joy when they see these particular winds:

الله الذى يرسل الريح فتثر سحابا فييسطه فى السماء كيف يشاء ويجعله كسفا
فترى الودق يخرج من خلله فإذا أصاب به من يشاء من عباده إذا هم يستبشرون

“Allah is He Who sends the winds, so that they raise clouds, and spread them along the sky as He wills, and then break them into fragments, until you see rain drops come forth from their midst! Then when He has made them fall on whom of His slaves as He wills, lo! They rejoice!”⁶

[b] The driver of cells and living things is genetic material such as chromosomes:

قتل الإيسان ما أكفر . من أي شيء خلقه . من نطفة خلقه فقدره .

“Be cursed [the disbelieving] man! How ungrateful he is! From what thing did He create him? From the drop [of life] He created him and programmed his future.”⁷

Through the genetic material such as chromosomes which make up for example 99% of the head of the spermatozoon he programs the future of the individual for example what sex the person will be. The genetic material of the egg also play a great role in the future of the individual.

TO MAINTAIN EQUILIBRIUM AND STABILTY IN THE UNIVERSE THEN THERE MUST BE PRECISION

PRECISION IN BIOLOGICAL SYSTEMS

Allah, glory be to Him, says:-

الله يعلم ما تحمل كل أنثى وما تغيض الأرحام وما تزداد وكل شيء عنده بمقدار .

“Allah knows what every female bears, and by how much the wombs decrease or

increase. Everything with Him is duly measured [precisely in every dimension].”⁶

This verse describes the vast knowledge of Allah. We may use an ultrasound now to detect the sex of the unborn child or know the fetal abnormalities. However we do not have a machine that can tell us the unborn will be a Professor of Islamic studies or a thief! Allah, glory be to Him, has such a capacity to know all this and more.

The endometrial cycle mentioned in this verse has been described in chapter 1 of book 1 earlier in this series. Here note that all the size or thickness of the endometrium may not look important but Allah measures it precisely before implantation takes place nothing is left to chance! Because Allah the Almighty Creator wants to create another human being!

PRECISION IN THE EARTH

Allah, glory be to Him, again says;

و لقد خلقنا فوقكم سبع طرآءق وما كنا عن الخلق غفلين . وأ نزلنا من السماء ماء بقدر فأسكنه فى الأرض وإنا على ذها ب به لقدرون . فأنشأنا لكم به جنت من نخيل وأعناب لكم فيها فوكه كثيرة ومنها تأكلون .

“And indeed We have created above you seven heavens and We are never unaware of the creation. And We sent down from the sky, water [rain] in due measure, and We stabilised the earth, and verily, We are Able to take it away. Then with it We brought forth for you gardens of date-palms and grapes, wherein is much fruit for you, and whereof you eat.”⁷

There is nothing left to chance. If there is no sufficient water or it is lost in the depths of the earth life would perish from the earth. WATER IS LIFE! Too much water would also wipe out life. Even these days of the Hubble telescope we see every day many people perish from even the smallest of floods. If there was massive global flood as at the time of Prophet Nuh, peace be upon him, no body would survive! Therefore we need someone to check that the rains fall in precise measure not too much nor too little. Also to have stores of water should the atmospheric evaporation-precipitation be

insufficient because of man's continuous interference with atmosphere. Who can use His stores to replenish any shortfall? He is none other the Almighty Creator.

This human pollution has been foretold in the Holy Qur'an more than 1400 years ago before even the discovery of greenhouse gases and global warming! Allah says:-

و إذا تولى سعى فى الأرض ليفسد فيها و يهلك الحرث والنسل والله لا يحب الفساد .

“And when he turns away from you [O Muhammad] his effort in the land is to make mischief therein and to destroy the crops and cattle, and Allah likes not mischief.”⁸

Although this verse refers to pollution began at the time of Prophet Muhammad, peace be upon him, that was nothing in comparison to massive pollution present in present day with not only proliferation of green house gases but wanton dumping of nuclear waste in sea and land. This is exactly what the following verse says:-

ظهر الفساد فى البر والبحر بما كسبت أيدى الناس ليذيقهم بعض الذى عملوا لعلهم يرجعون .

“Mischief [in the form of pollution] has appeared on land and sea because of that which the hands of men have earned, that Allah may give them a taste of some of their deeds: in order they may turn back [from evil].”⁹

The mischief in the sea is the widespread pollutants that man is constantly pouring into the sea such as oil slicks, factory and industrial chemical wastes and radioactive wastes. Over-fishing will also damage the marine environment.

Therefore we need the Almighty to preserve our earth which we are constantly destroying!

PRECISION IN THE ENTIRE UNIVERSE

It would be useless to have precision in biological systems and on the earth if the rest of the universe is chaotic and has no supervisor. Allah, glory be to Him says:-

تبارك الذى نزل الفرقان على عبده ليكون للعلمين نذيرا . الذى له ملك السموت ولأرض ولم يتخذ ولدا ولم يكن له شريك فى الملك وخلق كل شيء

فقدرة تقديره . وتخذوا من دونه ء الهة لا يخلقون شيئا وهم يخلقون ولا يملكون لأنفسهم ضرا ولا نفعا ولا يملكون موتا ولا حياة ولا نشورا .

“Blessed is He Who sent down the criterion [of right and wrong that is the Holy Qur’an] to His slave [Muhammad] that he may be a warner to all [man and jinn]. He to Whom belongs the dominion of the heavens and the earth, and Who has begotten no son and for Whom there is no partner in the dominion. He has created everything, and has measured it precisely according to its measurements. Yet they have taken besides Him other gods who created nothing but are themselves created, and possess neither harm nor benefit for themselves and possess of [causing] death nor of [giving] life, nor of raising the dead.”¹⁰

Nothing is estimated or approximated not only inside the human physiology but in the entire Universe. Whether it is the inside human chemical composition or outside in the rest of the universe, everything is precisely known and calculated by Allah, glory be to Him.

This why Allah, glory be to Him, says:-

ليعلم أن قد أبلغوا رسلت ربهم وأحاط بما لديهم وأحصى كل شيء عددا
 (The underlined is supposed to be Rabi^him .
 not Rabi^hinna)

“Till He sees that they [messengers] have conveyed the Messages of their Lord. And He [Allah] surrounds all that which is with them, and He [Allah] has the exact count of everything” 11

And in another one together with the Sunna:-

عن أبي هريرة قال جاء مشركو قريش يخضمون رسول الله صلى الله عليه وسلم في القدر فنزلت ، " يوم يسحبون في النار على وجوههم ذوقوا مس سقر . إن كل شيء خلقناه بقدر " .

Abu Hurairah reported that the polytheists of Quraish came to have an argument with Allah’s Messenger, peace be upon him, in regard to Destiny and then this verse was revealed: “On the day when they are dragged into the Fire upon their faces; taste the touch of Fire, Surely, We have created everything to a measure.”12, 13

When the Almighty measures anything in the Universe He does not only do it precisely

but He does it only once. It is predestined. He does not have to change or alter His original plan in the light of new information or new discoveries are obtained. He has the Ultimate information! Unlike a human being, who is always unsure. He does not even know the result of some of his work and actions.

There is no leaf that falls and stops producing oxygen for the environment except He has knowledge of it. No speckle of sand forms from a rock and contributes to the fertility and water conserving properties of the soil without the knowledge of Allah, glory be to Him.

Reading the above verses of deep scientific meaning about exact and precise determinations of compositions of human beings and the rest of the universe one sees the vastness of the knowledge in the Holy Qur'an.

CONCLUSION

It is not enough to create any item. Sustenance is essential if the creation is to stay for any period of time. If there are no

mountains for example to stabilise the crust of the earth, it would be in constant earthquake and finally it would break into pieces. This fact is mentioned in many places in the Holy Qur'an. The sustenance of humans is more complex and delicate as it requires precise defense mechanisms for example by the immune system which is highly accurate otherwise it would not only destroy the abnormal microbe or cancer cell but normal cells with death of the individual. The Almighty therefore creates and then 'guides' the creation into the living path so that it can continue living. Man, because of his intelligence is given a higher level of guidance, religious guidance, so that he can act as true ambassador of the Almighty on this fragile earth.

However to continue living without dying is also destructive. One could imagine if the earth at present is full of very old 500 year and 1000 year old people, even if they are not very old, frail and very weak they would have no new ideas. All the wheels of development would grind to a halt and probably the human race would perish, because if one were to tell a 1000 year old man who knew only a donkey as a means of transport to sit with other people and take a

peace of metal and try to invent a car that can move, he would think this was an impossible feat and he would totally refuse! Therefore to sustain the human race and its resourcefulness there must be necessarily be death and production of new human beings to maintain and rejuvenate human life on this planet!

Therefore death is as essential as life itself. In fact in Islamic sciences in contrast to human sciences Allah created death first. It did not happen by default!

The Almighty says:-

تبرك الذى بيده الملك وهو على كل شىء قدير . الذى خلق الموت و الحياة
ليبلوكم أيكم أحسن عملا وهو العزيز .

“Blessed is He in Whose Hand is the dominion; and is Able to do all things. Who has created DEATH and life that He may test you which of you is best in deed. And He is the All-Mighty, the Oft-Forgiving.”¹⁴

Death is not just removal of life but an active process. More benefits of dying are given in the next chapter.

In mathematics one can get zero by subtracting one from one to get zero. Therefore most people understand death as a subtraction of life. This unfortunately is the understanding of most people because of this arithmetic drilling they get in school. Another reason is the way death robs loved ones and the extreme sadness and hopelessness that it brings all give it a negative attitude. One usually sees no benefit from death.

The person dying because of human greediness always wants more. When he gets a Mercedes he wants another one. Therefore he will never be ready to die although it is inevitable end. He is always caught unawares when death comes. The relatives in contrast, want him to remain forever. They are always in need of his company, love and sometimes money. They do not want all these to end. All these give death a most horrible face!

And the traditions of Prophet Muhammad, peace be upon him, we learn that in the day of resurrection death will be brought in the form of a sheep and it will be slaughtered between Hell fire and the garden of paradise. To show that it is a real

CREATION just like life and to convince human beings that they will not die anymore. Man in this world is constantly haunted by death, day and night.

It is now dawning in the scientific world that death is an active thing just as life, that is why now in cellular pathology there is a term called APOPTOSIS. This is those cells which can be recognised by staining them with different dyes and examining them under the microscope. Those cells still living but destined to die have a different appearance and can be identified by the pathologist doctor. These cells are said to show APOPTOSIS.

Cells obeying apoptosis or its variants like paraptosis, just shows there is nothing in the universe even tiny cells, but obey the following law of Allah, glory be to Him:-

ولا تدع مع الله إلهاء آخر لآ إله إلا هو كل شيء هالك إلا وجهه له الحكم وإليه ترجعون .

“And call not any other ‘ilah’ [god] along with Allah; ‘La ilaha illa Huwa’ [none has the right to be worshipped but He] EVERYTHING WILL PERISH EXCEPT HIM.

His is the Decision, and to Him you [all] shall be returned.”¹⁵

And for Allah, glory be to Him, He did not use less effort to create death as He used to create life!

This will be the topic of a subsequent chapter.

References

1. The Glorious Qur'an, Chapter 15, Verses 19-23.
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3. The Glorious Qur'an, Chapter 87, Verses 1-3.
4. The Glorious Qur'an, Chapter 20, Verses 49-50.
5. The Glorious Qur'an, Chapter 26, Verses 80.
6. The Glorious Qur'an, Chapter 13, Verses 8.

7. The Glorious Qur'an, Chapter 23, Verses 17-19.
8. The Glorious Qur'an, Chapter 2, Verses 205.
9. The Glorious Qur'an, Chapter 30, Verses 41.
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12. The Glorious Qur'an, Chapter 54, Verses 48-49.
13. Abdul-Hamid S; Sahih Muslim a translation. Ashraf Islamic Publishers, Lahore, Pakistan. IVB; 215,1990.
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CHAPTER 3.4

SOME OF THE REASONS FOR THE CREATION OF DISEASES AND DEATH : SOME OF THEIR POSSIBLE BENEFITS

INTRODUCTION

Disease and death are creations of Allah, glory be to Him, and He knows the reason for their creation. However He does tell us

some of the reasons for creation of such painful events. We see some of these reasons in the Holy Qur'an, Sunnah and in the knowledge of science.

Disease and death go hand in hand. Both are held with awe because unless the disease is so minor with little pain most diseases have a potential of being a prelude of death. Therefore disease is held with same attitude like death except for people with depression who are seeking attention who pretend to be sick. The mistake most people think that disease is the cause of death. This is a wrong interpretation as everyday we see many very sick people surviving while people who are of very sound and healthy dying. They could die by falling off a cliff, being shot to death by thugs, being run over by a car or die suddenly and doctors would do most extensive postmortem without finding a cause of death.

SOME OF MEDICAL BENEFITS OF DISEASE

1. TO SHARPEN THE IMMUNE SYSTEM

One sees a child being immunised for childhood diseases such as measles which has not only protected children from this disease and its severe form but even its late complications such as when the child becomes big he develops a terrible complication whereby he loses intellectual function and this may lead him into a vegetative state. This late complication of measles is called subacute sclerosing panencephalitis.

Therefore the common cold which people dread serves to sharpen the immune system to be able face more serious infections. If the immune system does not need a drill then there would no booster doses of vaccination as for example with tetanus after an injury.

فعسى أن تكروهوا شيئا ويجعل الله فيه خيرا كثيرا .

“It may be that you dislike a thing and Allah brings through a great deal of good.”¹

A couple of verses describing hard and difficult things to Muslims end with the above be, it living with a difficult spouse or other calamity and tribulation.

2. FOR OTHER DISEASES THE ONLY WAY TO GET IMMUNITY IS TO GET THE DISEASE ITSELF

Many horrible diseases such as cytomegalovirus, Epstein Barr virus [which causes] glandular fever and many other infections the only way to get immunity is to get these illnesses, because these viruses have been created a longtime ago and there are effective vaccines. For others like malaria one infection is not enough to develop some immunity one several infections to develop a relative immunity to malaria. Other similar infections include toxoplasmosis, chickenpox and cryptococcal meningitis. And most people get this protection early when they are young since getting these diseases as an adult or an old man is dangerous because these infections are more serious when one is old. To show the importance of this natural protection system is to look at an AIDS patient whose immunity has broken down and they not only suffer the above diseases again but these re-infections never heal!

3. FOR OTHER NON-INFECTIOUS DISEASES ALSO HAVE A PURPOSE FOR BECAUSE THEY SHOW THE GREAT INFLUENCE OF GENETICS ON THE FUTURE LIFE OF THE INDIVIDUAL

Genes have profound influence on the future of the individual so at least the purpose of these group of diseases is at least to show how the verses of the Holy Qur'an, and sayings of Prophet Muhammad, peace be upon him, operate in determining the destiny of a person. They also show how his fate is written very early in life as seen in the following section.

4. DISEASES HELP TO PLAY ALSO THE PHYSIOLOGICAL ROLE OF PREPARING THE INDIVIDUAL TO THE SMOOTH TRANSITION TO DEATH JUST LIKE CELLS PROGRAMMED FOR PREPARING THESE CELLS FOR DEATH [CALLED APOPTOSIS]

Although disease or any other matter thought to cause death, such as fighting in jihad is not an indicator for death but may simply be a reminder of death. Not all cells that die show apoptosis just like all people

who die show signs of disease. This is a reminder to the pathologist doctor that cells die just like human beings die. This no better explained than in the Words of The Creator Himself (**The sentence is not clear**):-

ألم تر إلى الذين خرجوا من ديارهم وهم ألوف حذر الموت فقال لهم الله موتوا ثم أحياهم إن الله لذو فضل على الناس ولكن أكثر الناس لا يشكرون .

“Did you not think of those who went forth from their homes in thousands, fearing death? Allah said to them ‘Die.’ And then He restored them to life. Truly, Allah is full bounty to mankind, but most man thank not.”²

The Almighty says:-

وكل إنسن ألزمنه طءره فى عنقه ونخرج له يوم القيمة كتبا يلقيه منشورا
(**check the underlined**).

“Every man’s fate We have fastened on his own neck; and We shall bring out for him on the Day of Resurrection, a scroll which he will see spread open.”³

According to Sheikh Abdullah Yusuf Ali ‘Twair’ is literally a bird referring to an omen. The Arabs like the ancient Romans

tried to read the mysteries of human fate by the flights of birds.

1. Therefore the first meaning of this word is the fate or destiny of every person. This translation is from the Sunna of Prophet Muhammad, peace be upon Him, for he said:-

عن أنس بن مالك ورفع الحديث أنه قال: إن الله عز وجل قد وكل بالرحم ملكا. فيقول: أي رب! نطفة. أي رب! علقة. أي رب! مضخة. فإذا أراد الله أن يقضي خلقا قال الملك: أي رب! ذكرا أو أنثى؟ شقي أو سعيد؟ فما الرزق؟ فما الأجل؟ فيكتب كذلك في بطن أمه.

“Anas bin Malik reported directly from Allah’s Messenger, peace be upon him, that he said: Allah, the Exalted and Glorious, has appointed an angel as a caretaker in the womb, and he would say: My Lord, it is now a drop; my Lord, it is now a leech-like substance; my Lord, it is now a chewed-like substance; and when Allah decides to create and give a final [human] shape, the angel says: my Lord, would it be male or female or would it be an evil or a good man? What about his sustenance and his life span? And it is all written as he is in the womb of his mother.”⁴

Therefore one sees how his fate is tied in his neck and this refers even before he is born!

1. One aspect is his religious deeds which are written in a scroll of Allah, glory be to Him. This is not difficult for Allah as He has absolute knowledge of every thing, past, present and future. He knows every good or bad thing that the new born will do and therefore He can write it and literally tie it on his neck so that on the Day of Resurrection give it to him and it will be absolutely correct!

2. The second aspect is the characteristics such as his height, colour of skin and other biological features which We know now how they are written, thanks be to Allah, Lord of the Universe. They are written in the genes carried in the chromosomes inside the cell nucleus. But the above saying of the Prophet, peace be upon him, says even his life span is also written when he is in the womb.

3. More important for this chapter is to tie on the neck of the fetus his death or his life span. How can the be done? It is done but the Almighty writing his genetic make upon

in the fetus because by choosing his genes in the fetus He is writing the destiny of the fetus before it is born. Even more than that by the choosing the parents of the fetus even before it is conceived, Allah has chosen his genes and hence his characteristics and his DESTINY. To give an extreme example let us assume his father has a disease called Huntington's disease. This disease causes the brain to degenerate at an early age so that by the age of twenty or thirty the brain starts a relentless degeneration so that the person loses all his intelligence and memory, starts to tremble continuously and a couple of years he or she is bedridden and becomes like a vegetable and death is not very far. Then has not his entire future or most of his life been determined in his womb? It has been predetermined.

Taking less obvious examples but similar to the above are the genes of diabetes, high blood pressure and genes for breast cancer already in the breast tissue of the fetus. All are written down 'in the neck' of the fetus only waiting for the right time to manifest themselves with all their sinister complications and eventually escorting the person to his or her grave. If she is a diabetic going with into her grave with one leg, the

other being amputated due to diabetes. If he has severe high blood pressure he might be escorted into his grave with a major paralysis of one side of his body or inside him a donated kidney because of kidney failure.

SOME SPIRITUAL BENEFITS OF DISEASE

Even in science we can talk about the soul or the spirit as to think that a human body is made up of just bones, flesh and skin is to the same as the Psychiatrist who thinks the brain is only made up of neurons, membranes and cerebrospinal fluid surrounding it, there is no subconscious!

1. TO REMIND THE SICK THE BLESSING OF HEALTH FROM THE ALMIGHTY

From the sayings of the learned people in Islam:-

Hatim Al-Aswammu said that four things people do not know their value except four people, the value of youth nobody knows except the old, the value of good times except those facing calamities, the value of health except the sick and the value of life except the dying.⁵

Therefore one should not wait until they are sick to appreciate the blessing of health. Looking at the suffering of the sick is enough to appreciate health. Then one should use his or her health to the good use to avoid regrets later on.

2. TO BRING ONE CLOSE TO HIS OR HER CREATOR

A human being always has a tendency to forget his Creator. During difficulties he does not only call his Creator for help but he has very long prayers and supplications to Him:-

وإذا أنعمنا على الإنسان أعرض ونفأ بجانبه وإذا مسه الشر فذو دعاء عريض.

“And when We show favour to man, he withdraws and turns away; but when evil touches him, then he has recourse to long supplications.”⁶

Is there a more evil thing than a disease which can be terrible, very painful and incurable? The above verse from the Holy Qur'an says that man forgets or even turns away from his Creator. But when evil touches him be it a disease or something else he spends the whole night and day in prayers beseeching Allah to remove his disease. Therefore this is one purpose of disease, to remind the sick their Creator. It can even lead a non-Muslim to the light of Islam.

Yusuf Islam, a famous pop music star, was called Cat Stevens before he reverted to Islam. When asked how he came to be a revert to Islam he gave an incident one time, when he was swimming in the ocean in California and a strong current was about to pull him to his destruction, although he was not of any particular religion, at that time, he called out, 'O Lord if You save me I would seek for you'. From then on he studied

different religions and until finally he came across the Holy Qur'an and he eventually adopted Islam as the true religion. He is now a great defender of Islam and gallant soldier of Allah, glory be to Allah, all because a dangerous and threatening calamity brought him closer to his Lord even though he had not known Him well at that time. Therefore what an effective way calamity including disease can bring the sick to his Creator! This confirms the statement in another book in this series where a calamity when given to a Muslim or a would be Muslim, is because the Almighty had already written for him a high status but his good deeds were not there or they were not sufficient. Therefore He sends him a calamity or disease to elevate him to this high status as Yusuf Islam's example above beautifully illustrates!

3. TO WIPE OUT SINS.

There are some sins that are not wiped out except for by the patient perseverance of a knowledgeable Muslim during a suffering such as a disease.

The sayings of Prophet Muhammad on the benefit of disease as a wiper of sins are many:-

وعن عائشة رضی الله عنها أنها سألت رسول الله صلى الله عليه وسلم عن الطاعون، فأخبرها أنه كان عذاباً يبعثه الله تعالى على من يشاء، فجعله الله تعالى رحمة للمؤمنين، فليس من عبد يقع في الطاعون فيمكث في بلده صابراً محتسباً يعلم أنه لا يصيبه إلا ما كتب الله له إلا كان له مثل أجر الشهيد . رواه البخارى

[a] Hazrat Ayesha, may Allah be pleased with her, relates that once she asked the Holy Prophet, peace be upon him, as to what the plague was. The Holy Prophet told her that 'the plague is divine punishment with which Allah, most high, punishes those He determines; but he has made it a thing full of blessings for the Muslims. If a servant of Allah is afflicted with this epidemic and continues staying in his town with patience, hoping for due recompense from Allah, realising, only that will happen to him which Allah has already determined for him, he will surely have a reward equal to that of a martyr.' Collected by Imam Bukhari.⁷

What a beauty! This saying is full of science of epidemiology, the Islamic science of

'Tawakkul' – relying only on Allah and the science of the benefits of disease. The epidemiology above is the practice of quarantine in control of infectious diseases during epidemics. By restricting movement of people in and out of a city attacked by an epidemic the Holy Prophet, peace be upon him, was controlling epidemics 1400 years before this science of epidemiology was discovered. He was not healing souls but human bodies and communities. Even through disease it is possible for one to achieve martyrdom!

وعن أنس رضي الله عنه قال: سمعت رسول الله صلى الله عليه وسلم يقول: إن الله عز وجل قال: إذا ابتليت عبدي بحبيتيه فصبر عوضته منهما الجنة . يريد عينه رواه البخاري

[b] Hazrat Anas bin Malik, may Allah be pleased with him, relates that he heard the Holy Prophet, peace be upon him, saying that Allah, the Exalted says: 'When I afflict a servant of mine in respect of two of his most useful and precious organs [meaning his eyes] and he proves resigned to the affliction, I bestow Paradise on him in their stead.' Collected by Imam Bukhari.⁷

Even a disability such as blindness was not forgotten. The condition is to know where the disability is coming from, know its purpose and expect a reward from the Almighty for it.

وعن أبي سعيد وأبي هريرة رضي الله عنهما عن النبي صلى الله عليه وسلم قال :
 ما يصيب المسلم من نصب ولا وصب ولا هم ولا حزن ولا أذى ولا غم , حتى
 الشوكة يشاكها إلا كفر الله بها من خطاياها . متفق عليه

[c] Hazrat Abu Sa'eed and Hazrat Abu Hurairah, may Allah be pleased with them, related that the Holy Prophet, peace be upon him, said, 'For any trouble, illness, worry, grief, hurt or sorrow which afflicts a Muslim, even the pricking of a thorn, Allah removes in its stead some of his [minor] sins.'
 Collected by Imams Bukhari and Muslim. 7

This is a bonus for being patient. If half of Islamic belief is giving thanks to Allah, glory be to Him, then the other half is patience. One should not underestimate the value of the most minor of diseases.

4. DISEASE COULD BE A PRELUDE TO GOOD THINGS TO COME

وعن أبي هريرة رضى الله عنه قال : قال رسول الله صلى الله عليه وسلم, من يريد الله به خيرا يصب منه: رواه البخارى

Hazrat Abu Hurairah, may Allah be pleased with him, relates that he heard the Holy Prophet, peace be upon him, say: 'When Allah wants to favour somebody He tries him by putting him under some hardship.'
Collected by Imam Bukhari.8

So a disease being one of the commonest hardship could be prelude to blessings from Allah, the Exalted. The only condition is that one has to be a believer of Islamic monotheism and he has to be patient.

4. TO PREPARE ONE FOR DEATH SO THAT IT COMES AS A BLESSING RATHER THAN A CALAMITY

A disease and its associated complications makes life lose its taste and flavour. If for example one has a terrible disease which is not only painful but its treatment is also very toxic like cancer, such a disease make death a blessing rather than a calamity! When one loses control of bladder and bowel function

so that he passes urine and faeces without control or worse still he also loses mental functions and sense of smell, then he starts to eat his own stool, death would definitely be welcomed. Death is essential but disease is not. The disease need not be as terrible as cancer or multiple sclerosis causing severe paralysis and a lot of disabilities. Even for instance diabetes when one is prohibited from eating the cakes that one used to love, the eyesight starts to fail and worse still a man loses his potency, is enough to prepare the sufferer for death so that he can accept it better. Someone may not realise it but this is another form of kindness from Allah, the Exalted. A good Muslim will never hate death, expecting Allah will resurrect him of sound mind and body, once again!

Since disease and death go hand in hand although one is not a cause of the other a discussion of benefits of disease is incomplete without a discussion of death.

POSSIBLE USES OF DEATH TO HUMANITY

Some of the benefits of death in renewing human beings so that newer generations

become more resourceful has been given in the previous chapter.

1. THE EARTH DOES NOT HAVE INFINITE SPACE

If the Almighty did not create death there would have been no more space on the earth for living. It is essential for Allah to drive human beings through the cycle of death and life to make space for others to live. This ensures the cycle of soil and dust. Man is created from the earth and then he returns it to continue the cycle.

2. TO REMOVE TYRANTS AND POLLUTERS FROM THE FACE OF THE EARTH

Some come to this earth with destructive intentions. They not only destroy humans but even the environment. Although such people tend to be restrained one could imagine if they were to live forever, they would have completely destroyed the earth. One way for Allah, glory be to him, is to destroy them by killing them. Most understand pollution to be only material such as oil slicks, dumping chemicals and nuclear radioactive wastes. They do not know that pollution of behaviour and

manners is worse. If Allah did not destroy the people of Prophet Lut, peace be upon him, AIDS would have cropped up long ago and this practice would spread throughout the world, wiping out entire mankind.

It is easier to clean an oil sleek than to change the filthy behaviour of human beings especially in these days of false 'liberation'.

3. TO RETURN THE NUTRIENTS BACK TO THE SOIL

Like all other living things man takes minerals such as potassium, magnesium, iron and others from the soil. He must return these back to the soil if the cycle of life is to continue. He returns them when he is buried or cremated in the form of his ashes.

4. TO END MISERY OF LIFE FOR THOSE IN ABJECT DIFFICULTIES

Some may spend their entire life in extreme misery. They could be blind, deaf, dumb and in abject poverty. If there was no other life other than this one on earth they would have

no chance of celebrating their being born. Death is not only an opportunity of ending their misery but gives them a chance [if there are good people] of enjoying what they missed in this life.

Such people need to believe in Allah and be patient.

5. TO END THE BOREDOM OF THE AFFLUENT

The joys of this life however good are limited. Even for the affluent the limited sweetness of this life soon turns bitter, the cakes which were once sweet turn bitter and the cliché 'if he does not want cake let him eat bread,' like the poor! It is not only boredom with the good of this life which makes life a misery but it can lead him to evil acts to kill his boredom.

اعلموا أنما الحياة الدنيا لعب ولهو وزينة وتفاخر بينكم وتكاثر في الأموال والأولاد
كمثل غيث أعجب الكفار نباته ثم يهيج فتره مصفرا ثم يكون حطما وفي
الأخرة عذاب شديد ومغفرة من الله ورضون وما الحياة الدنيا إلا متع الغرور .

“Know that the life of this world is only play and amusement, pomp and mutual boasting among you, and rivalry in respect of wealth and children. [It is] as the likeness of

vegetation after rain, thereof the growth is pleasing to the tiller; afterwards it dries up and you see it turning yellow; then it becomes straw. But in the Hereafter [there is] a severe torment [for the disbelievers, evil doers] and [there is] Forgiveness from Allah and [His] Good Pleasure [for the believers, good doers]. And the life of this world is only a deceiving enjoyment.”⁹

To an ungrateful human being either good and bad life is equally a liability to him.

SPIRITUAL BENEFITS OF DEATH

1. FULFILLING THE PROMISE TO THOSE WHO BELIEVE THE HOLY QUR’AN

If there was no death how can those who believe the truth of the Holy Qur’an ascertain its truth?

ونادى أصحاب الجنة أصحاب النار أن قد وجدنا ما وعد ربنا حقا فهل وجدتم ما وعد ربكم حقا قلوا نعم فأذن مؤذن بينهم أن لعنة الله على الظالمين
(**check the underlined**).

“And the dwellers of Paradise will call out to the dwellers of the Fire [saying]: ‘We have indeed found true what our Lord had

promised us; have you also found true what your Lord promised?' They shall say: 'Yes.' Then a crier will proclaim between them: 'The curse of Allah is on those wrong doers [and polytheists].'"¹⁰

Unless the deniers of things to come die and then they are resurrected they would not be able to ascertain the truths of the Holy Qur'an.

2. LOVE WITHOUT THE MEETING OF THE LOVED ONE IS A LOVE UNREALISED

How can a lover hate meeting his or her loved one? Impossible. If the present human form has no capacity to be able to see Allah, glory be to Him, it has to be destroyed to pave way for another form capable to perceive the Almighty. So death has to take place to be able to achieve the Ultimate goal.

وجوه يومئذ ناضرة . إلى ربها ناظرة .

"Some faces that day will be radiant [shinning]. Looking at their Lord."¹¹

3. HOW DOES AN EXAMINATION CANDIDATE REFUSE TO SEE THE RESULTS OF HIS HARD WORK

For those who strive in the path of Allah would be like an examination candidate in school. He studies hard and works hard at the examination hall. How can he refuse to see his name on the notice board where the results are pinned? In fact they will literally be given their result slip!

فأما من أوتي كتبه يمينه فيقول هاؤم اقرءوا كتبه. إني ظننت أني ملق حسابيه .
فهو في عيشة راضية. في جنة عالية. فطوفها دائية. كلوا وشربوا هنينا بما أسلفتم
في الأيام الخالية.

“Then as for him who will be given his Record in his right hand will say: ‘Here! Read my Record!’ ‘Surely, I did believe that I shall meet my Account.’ So he will be in a life, well-pleasing. In a lofty Paradise, its fruits in bunches will be low and near at hand. Eat and drink with happiness for that which you sent on before you in the days past!”¹²

CONCLUSION

Allah, glory be to Him, does not create anything for play even when the items created seem to have no use like death and disease. All of the creation of His creation even disease and death have a purpose. So if such calamities were created for a purpose what about a human being himself, such an honourable creature? His purpose would even be greater and what purpose is that?

وذكر فإن ذكرى تنفع المؤمنين. وما خلقت الجن والإنس إلا ليعبدون. ما أريد منهم من رزق وما أريد أن يطعمون. إن الله هو الرزاق ذو القوة المتين.

“And remind [by preaching the Qur’an] for verily, the reminding, profits the believers. And I [Allah] created not the jinn and mankind except that they should worship Me. I seek no provision from them nor do I ask them to feed Me. Verily Allah is the All-Provider, Owner of Power, the Most Strong.”¹³

To worship Allah, is not only five daily prayers of fasting of Ramadhan but include all activities that pleases Allah. Going to the market and selling fruits and vegetables according to the laws of justice of Islam, such not hiding the rotten fruits under the good and selling them without alerting the buyer of the rotten ones is worshipping. Satisfying

one's consort according to the Islamic laws of marriage, although it may look like personal body satisfaction is also worshipping Allah, glory be to Him. Since if he were to do the same act with a prostitute he would get a sin, doing the same procedure to his consort is worship because it has not only prevented himself from sin, but his wife and the prostitute whom he has denied himself his money and saved himself and his family including the unborn children from disease like the mother to child transmission of human immunodeficiency virus.

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CHAPTER 3.5

CLINICAL SYMPTOMS AND SIGNS FROM THE SUNNA

INTRODUCTION

As in the previous chapters it was written that the Sunna is the sayings and practices of the Holy Prophet of Islam, Prophet Muhammad, peace be upon him. In the preceding books it was also shown how some descriptions in the Holy Qur'an especially, descriptions of people of Hell resemble some clinical signs and symptoms. Therefore it is not surprising we find the same in the Sunna.

GASTROINTESTINAL

وعن أبي زيد أسامة بن زيد بن حارثة، رضى الله عنهما، قال :سمعت رسول الله صلى الله عليه وسلم، يقول: يؤتى بالرجل يوم القيامة قبلقى فى النار . فتندلق أفتاب بطنه، فيدور بها كما يدور الحمار فى الرحا، فيجتمع إليه أهل النار فيقول: يا فلان مالك؟ ألم تك تأمر بالمعروف وتنهى عن المنكر؟ فيقول: بلى، كنت أمر بالمعروف ولا آتية، وأنهى عن المنكر وأتية . متفق عليه

Hazrat Abu Zaid Usamah bin Zaid bin Haritha, may Allah be pleased with him, says that he heard the Holy Prophet, peace be upon him, saying; 'On the day of judgement a man will be brought and thrown into the Hell, as a result of this his intestines will come out of his belly, and he will go circling holding his intestines like a donkey running a mill. His companions in the Hell will come to him: O! So and So! What is this? Did you not ask people to do good and avoid vice?' He will say: 'That is so. I enjoined others to do good, but did not do it myself; and I forbade them to do evil but did it myslef.'¹

Most interpreters explain that their intestines will be protruding from their back passage. There is no better description of a medical condition that we see in hospitals called

rectal prolapse than the above. The above is not only a description of rectal prolapse but it is of the worst degree because whole intestines are out! One can imagine removing a sweater and instead of removing by pulling the end of it one just pulls his hand and the sleeve is drawn out inside out. The worst form of this the protruding red coloured rectum is outside hanging like a large tail and it is impossible to push it back into the abdomen.

NEUROLOGICAL SYMPTOMS AND SIGNS

عن أبي هريرة عن النبي صلى الله عليه وسلم قال: إذا كان عند الرجل امرأتان, فلم يعدل بينهما, جاء يوم القيامة وشقه ساقط. (the underlined word is not correct)

Hazrat Abu Hurairah, may Allah be pleased with him, relates that Prophet Muhammad, peace be upon him, said: If a man has two wives and he does not live with them with justice, he will be brought on the day of resurrection and one side of his body has fallen down [sakit – should be Saaqitw].²

The other meaning of 'sakit' is non-functional, failed, dropping, null and void, declining, ineffective and low. All this mean that one of his side will be lower than the other and it will be non-functional, paralysed or atrophied. This in medicine is seen commonly in hospitals in people with a major stroke. For example if the right major neck artery is blocked the whole of the left side of the body will be paralysed and it will be lower than the right side, as in the above saying.

ANKYLOSING SPONDYLITIS

وفي الحديث: يسجد لله كل مؤمن ومؤمنة, ويبقى من كان يسجد في الدنيا رياء
وسمعة فيذهب ليسجد فيعود ظهره طبقا واحدا. جزء من حديث طويل أخرجه
البخاري ومسلم

From a tradition of Prophet Muhammad, peace be upon him, said: "Every male and female believer will prostrate to Allah [on the day of resurrection] except one who used

to prostrate in the world for show and for being said that he is one of those who prostrate to Allah. He would try to prostrate but his spine would be stiff like a cane.”³

In ankylosing spondylitis the bones fuse especially of the back, so that instead of the vertebral bones being different pieces of bone they become one piece like a cane, as is well described in the above tradition. This terrible disease occurs in this world and also affects other organs such as the lungs causing fibrosis and failure to breath. Other joints like the hip and knee also fuse. This prevents bending of the body into a prostrating posture. What a predicament!

RETINOBLASTOMA OR BUPHTHALMOS

وعن ابن عمر رضى الله عنهما أن رسول الله صلى الله عليه وسلم ذكر الدجال بين ظهراني الناس فقال : إن الله ليس بأعور . ألا إن المسيح الدجال أعور العين اليمنى . كأن عينه عنبة طافية . متفق عليه

Hazrat Ibn Umar, may Allah be pleased with them, relates that the Holy Prophet, peace be upon him, once described Anti-Christ before the people and said : ‘Indeed Allah is not

one-eyed, listen, the Anti-Christ will be blind of his right eye, which will look like a swollen grape.’⁴

Buphthalmos is a condition where a child is born with defective drainage of the fluid of the eye, which accumulates and cause not only a swollen eyeball like a grape but also it is blind. Retinoblastoma is also a cancerous tumour (tumour) of the eye which also does not cause a swelling of the eyeball like a swollen grape but it is also dead blind.

CARDIOLOGY OR DISEASES OF THE HEART AND THEIR EFFECTS

عن أبي عبد الله النعمان ابن بشير رضي الله عنهما قال: سمعت رسول الله صلى الله عليه وسلم يقول: إن الحلال بين وإن الحرام بين وبينهما أمور مشتهيات لا يعلمهن كثير من الناس. فمن اتقى الشبهات فقد استبرأ لدينه وعرضه. ومن وقع في الشبهات وقع في الحرام. كالراعي يرعى حول الحمى يوشك أن يرتع فيه. ألا وإن لكل ملك حمى، ألا وإن حمى الله محارمه. ألا وإن في الجسد مضغة، إذا صلحت صلح الجسد كله، وإذا فسدت فسد الجسد كله، ألا وهي القلب. رواه البخاري ومسلم

On the authority of Abu Abdillah an-Nu'man the son of Bashir may Allah be pleased with them, who said: I heard the Messenger of Allah, may the blessings and peace of Allah be upon him, say: 'That which

is lawful is plain and that which is unlawful is plain, and between the two are doubtful matters about which not many people know. Thus he who avoids doubtful matters clears himself in regard to his religion and honour, but he who falls into doubtful matters falls into that which is unlawful, like the shepherd who pastures around a sanctuary all but grazing therein. Truly every king has a sanctuary, and truly Allah's sanctuary is His prohibitions. Truly in the body there is a morsel of flesh which, if it is sound, whole the body is sound, and which if it be diseased, all the body is diseased. Truly it is the heart.' It was related by Al-Bukhari and Muslim.⁵

This saying has been commented upon by many. In summary other than the strong religious allegory to show the importance in avoiding doubtful things and so keeping within the boundaries of Allah it has a lot of medical implications. When the heart is diseased and fails to pump the blood properly there is build up of blood in many organs including the liver causing it to swell and eventually fail and also build up of blood in the lungs causing flooding in it. Little blood is pumped by the heart to other organs including the brain, which are then

starved of blood. All these failures of liver, lungs and brain cause the body to be yellow with accumulation of body toxins, breathlessness and drowsiness and lethargy, respectively. Therefore the whole body fails and becomes diseased just because of the disease of one morsel of flesh, as aptly described by the Prophet of Islam, peace be upon him, who never went to a modern medical school! This knowledge he obtained through inspiration by the One Who created the body and its diseases! He knew the central role of the heart although popular belief at that time was that the centre organ was the liver.

INTENSE ITCHING

وعن أنس رضي الله عنه قال: قال رسول الله صلى الله عليه وسلم: لما عرج بي مررت بقوم لهم أظفار من نحاس يخمشون وجوههم وصدورهم. فقلت: من هؤلاء يا جبريل؟ قال هؤلاء الذين يأكلون لحوم الناس. ويقعون على أعراضهم. رواه أبو داود .

Hazrat Anas, may Allah be pleased with, says that the Holy Prophet, peace be upon him, said: “On the night of Ascension I passed by some people who had copper nails and they were clawing their faces and

their chests with them. I asked Gabriel; 'Who are these persons?' He said; 'These are the people who eat the flesh of human beings [by backbiting them] and disgrace them.'"6

Intense itching in medicine can be caused by skin diseases such as exzema, dermatitis herpetiformis or diseases in other organs like the liver especially when it has obstructive jaundice [yellowness of the skin and eyes]. The itching can be so terrible in these and other diseases that a person may take a steel nail and scratch himself until sometimes blood comes out with formation of wounds and scars, as described aptly above by copper nails!

And there are many more similar examples.

CONCLUSION

Prophet Muhammad, peace be upon him, never went to a 21st century medical school, but lived in the 8th (7th) century. Form his sayings above, he gives example of the heart failing and causing havoc in many organs which is a scientific fact. He never saw a patient with heart failure. How does he come to have such advanced scientific

knowledge beyond his time? In other chapters in these books we find similar advanced scientific knowledge in the Holy Qur'an. This means only one thing that the source of knowledge is the same for both the Holy Qur'an and the sayings of Prophet Muhammad, peace be upon him, and that is from Allah, the Creator of everything and all the laws of science!

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CHAPTER 3.6

INDIRECT REFERENCES TO MICROBES AND THEIR HARMFUL EFFECTS IN THE SUNNAH

INTRODUCTION

Bathing in Europe or western civilization was almost unheard of. With the entry of Muslims into Spain and Southern France they brought with them the culture of frequent bathing and they were the first in Europe to build public baths system. These later spread throughout Europe and were later called Turkish baths. This is only one, among many examples of the Muslims bringing science and civilization to Europe which was in the dark ages at that time. This is an example of practical hygiene science brought to Europe by Islam.

In earlier chapters advanced hygiene science of cleaning the nose and other parts of the human body with their scientific advantages, which as yet has not reach the west was given in this series of books. Since all these advanced hygienic practices have the aim of reducing or removing harmful bacteria. Therefore the science of microbes is implied. Here we search for sayings of Prophet Muhammad, peace be upon him, have a more direct implication.

THE ISLAMIC CULTURE OF CLEANLINESS

Finding a meticulous culture of cleanliness is not surprising in Islam, as one of the very first instructions by Allah, glory be to Him, to Prophet Muhammad peace be upon him, before he can go out preaching, was cleaning not only his body but also his in clothes:-

يا أيها المدثر . قم فأنذر . وربك فكبر . وثيابك فطهر . والرجز فاهجر .

“O you [Muhammad] enveloped in garments. Arise and warn! And magnify [the praises] of your Lord. And purify your garments! And keep away from all abomination [idols and all other kinds of filth].”¹

All this cleaning has a definite effect of reducing not only bad smells in clothes and body but reducing harmful bacteria. Again microbes including bacteria are implied. Islamic sources of scientific knowledge are absolute as has been shown many times in this series as compared with the experimental sources of knowledge which are by trial and error which are therefore

liable to mistake; never absolute. If these Islamic sciences were not absolute the Islamic religion and its hygienic rituals would have changed, but they have remained intact in the last 1400 years!

BEWARE OF THE DANGEROUS MICROBES IN VERMIN

عن جابر قال: قال النبي صلى الله عليه وسلم: أغلقوا الباب وأوكلوا السقاء وأكفئوا الإناء أو خمروا الإناء, وأطفئوا المصباح, فإن الشيطان لا يفتح غلقا, وليحل وكاء, ولا يكشف آنية, فإن الفويسقة تضرم على الناس بيوتهم. رواه الترمذى وقال حديث حسن صحيح

Hazrat Jabir, may Allah be pleased with him, said; the Messenger of Allah, peace be upon him, said: 'Close the doors, and tighten the water skins, and turn upside down the food utensils or cover them, and switch off the lights, as the villain [or fiend] does not open the closed things, and does not loosen the tightened things, does not expose the turned utensils, nor does it expose the covered thing. The rats do burn peoples houses.'²

This saying has many advices:-

Close the doors not only to prevent thieves and other harmful people, who are referred to as villains or fiends, from entering but also to preserve Islamic decorum in the homes. The villain or fiend is not a gene because it can enter homes even if the doors are closed!

Water skins if closed tightly no cockroach or lizard will enter it with germs or some rare flukes transmitted by this vermin, especially in the tropics. Flukes enter the liver and other organs and cause obstructions in their vessels. They can also cause other damage in these organs.

The same applies if food utensils if not turned upside down or covered may let other vermin like flies to transmit the bacteria of typhoid or cholera to foodstuff or its containers.

Turning off kerosene and oil lamps at night when going to sleep prevents running rats at night tipping them over and causing a fire hazard and also prevents wastage of fuel as Islam hates all wastage.

The above saying also shows the weakness of all microbes as they can penetrate closed or covered things which is a scientific fact.

VERY ADVANCED MICROBIOLOGY AND NOVEL ISLAMIC ANTIBIOTICS IN THE SUNNA!

Prophet Muhammad says:-

في الصحيحين - من حديث أبي هريرة - أن رسول الله صلى الله عليه وسلم قال: إذا وقع الذباب في إناء أحدكم: فمقلوه, فإن في أحد جناحيه داء, وفي الآخر شفاء. أخرجه البخاري وغيره

In **the two** Authentic Collections (of the Sunna - **delete**), from the Hadith of Abu Hurairah, may Allah be pleased with him, that the Messenger of Allah, peace and blessings of Allah be upon him, said: 'If a fly land in a drink inside a container of one of you, then immerse the fly into [the drink], for in one of its wing is a disease and the other [its] cure.'³

Australian scientists have received knowledge from this saying and they are actively searching for this antibiotic or antiseptic that is in the wing and body of the ordinary housefly so that they can direct its manufacture and gets its copyright. Any copyright that will arise from this knowledge should actually belong to

Prophet Muhammad, peace be upon him, who was the first to indicate the presence of such a cure!

The sayings on the kinds of water and how clean water can be polluted, as given in previous chapters in this series, also have implications of the existence of harmful bacteria and other living microorganisms.

CONCLUSION

Registered Muslim organisations and Muslim countries should start registering copyrights of this rich Islamic scientific knowledge, so that when it finds its way into a discovery of a product we can get royalties which can benefit Islamic charities. If not the whole royalty at least a considerable portion of it. Whenever there is infringement of such copyrights then we can seek redress in an appropriate court. There should be no intellectual stealing in the world.

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EPILOGUE

I pray to Almighty Allah to show us more scientific knowledge from this rich Islamic fountain of knowledge that is in the Holy Qur'an and the Sunna, and from other sources, so that mankind can be enlightened for his benefit and also help to remove the widespread darkness and ignorance that still plagues him. I also pray to Allah to save us from the torments of Hell written above and give us entry into His Paradise. Amen.

BOOK FOUR

4.1 CHAPTER ONE

CEREBRAL LOCALISATION IN THE
HOLY QUR'AN

4.2 CHAPTER TWO

WHY DOES THE HUMAN FACE HAS ITS
UNIQUE SHAPE? NO OTHER CREATURE
SHARES THIS DESIGN!

4.3 CHAPTER THREE

THE ALMIGHTY'S LESSON OF BIOLOGY
OF LIFE IN THE HOLY QUR'AN

4.4 CHAPTER FOUR

'AND IN THE HEAVEN IS YOUR
PROVISION, AND THAT WHICH YOUR
ARE PROMISED,'

4.5 CHAPTER FIVE

ISLAMIC FREEDOMS FROM MENTAL
SLAVERY AND UNNECESSARY FEARS

4.6 CHAPTER SIX

MORE ADVANCED SCIENCE IN THE
SUNNA**BOOK FOUR**

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ . وَالْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ . وَصَلَّى اللَّهُ عَلَى سَيِّدِنَا مُحَمَّدٍ
وَعَلَى آلِهِ وَصَحْبِهِ وَسَلَّمَ

PREFACE TO BOOK FOUR

It was one night in the month of Ramadhan, it was a dark and very still night. There was no wind. Prophet Muhammad, peace be upon him, had escaped the idol worshipers of Makka. He knew the idols were not worth worshipping. Something made by the hand of man, it could not benefit itself leave alone harm or benefit others. He was resting in the dark cave of Hira, outside Makka. It was a cold night. Suddenly the sky lit up, from horizon to horizon. Wherever he looked he saw him. Full of his presence, breathtaking! It was archangel Gibril, peace be upon him. His body covered the whole sky! He approached the Messenger slowly, coming down. He told him 'READ.' This is the very

first word from Allah, the Almighty, sitting on His Throne, far above the seven heavens, descending to the earth, being given to the best of the creation of Allah, his Messenger! The very first link between heavens and earth! Never again will there be darkness on earth! Never again will there be thirst on earth! Sweating, trembling the Prophet, peace be upon him, mumbled 'I am not one given to reading!'

The angel got hold of him and embraced him very hard, until he felt his ribs coming together. 'READ' he repeated. 'I am not one given to reading!' He embraced him again very hard, his ribs about to crack! He could not breathe! The angel repeated a third time; 'READ!' He was lost of words, 'What do I read?' Sweating, trembling, shivering. The words literally coming through his nose trying to catch a breath, almost about to see stars!

Then Sayyidna Gibril, peace be upon him, recited the first five verses of the Holy Qur'an, to be revealed to mankind:-

Allah [S W] says:-

اقرأ باسم ربك الذي خلق . خلق الإنسان من علق . اقرأ وربك الأكرم . الذي علم بالقلم . علم الإنسان ما لم يعلم .

“Read in the name of thy Lord and Cherisher; Who created man out of a leech-like creature; Proclaim that thy Lord is most Bountiful; He who taught (the use of) the pen: Taught man that which he knew not.”¹⁵

Then suddenly he was gone. The Messenger, peace be upon him descended the mountain very rapidly, sweating profusely. Trembling all over. Running to his understanding wife, gasping: ‘Cover me! Cover me! Cover me!

That was the beginning of his prophet-hood. He was 40 years old. It was on the night of Lailatul Qadr, the night of power. It is more worthy than a 1000 months! Why because the magnificent heavens had joined with earth. From then on, for the next 23 years there **WOULD BE A CONTINUOUS CONNECTION BETWEEN THE HEAVENS AND THE EARTH !.**

MORE IMPORTANTLY THE ERA OF THE PREVIOUS MIRACLES OF PROPHET MUSA, PEACE BE UPON HIM, OF CUTTING OPEN A GREAT SEA WITH HIS

STAFF, THE GREAT DRY PASSAGE OF PROPHET NUH'S SHIP, PEACE BE UPON HIM, WHEN THE SKY HAD JOINED THE EARTH IN POURING WATER, THE SITTING SAFE AND SOUND INSIDE A BIG INFERNO WHEN PROPHET IBRAHIM, PEACE BE UPON HIM, WAS THROWN INTO A BLAZING FIRE BY THE IDOL WORSHIPERS WAS OVER.

NOW IT WAS THE MIRACLES OF THE PEN, OF WRITING, OF RESEARCH, OF LEARNING, OF SCIENCE, TECHNOLOGY AND ADVANCEMENT. THIS IS WHY THE ABOVE VERSES BEGIN RIGHT AWAY WITH THE SCIENCE OF EMBRYOLOGY. NOBODY KNEW AT THAT TIME THAT WE ALL PASSED THROUGH AN EMBRYOLOGICAL STAGE WHEN WE LOOKED LIKE SMALL LEECHES INSIDE THE WOMBS OF OUR MOTHERS WE DID NOT HAVE A FACE, ARMS NOR LEGS! IT IS NO WONDER THAT THE HOLY QUR'AN IS FULL OF SCIENTIFIC MIRACLES!

CHAPTER ONE

CEREBRAL LOCALISATION IN THE HOLY QUR'AN

INTRODUCTION

The second most important blessing of a human being after being guided to the true religion is the blessing of the mind and its properties such as ability to speak, learn intricate things, remember, take informed and intelligent decisions and ability to enjoy, feel happiness and love! Even the ability to feel pain, sadness and hate if properly directed is a blessing! Like disliking filth and pollution is as important as the love of neatness and clean environment.

All these blessings of the mind are organised and facilitated by various centres of the brain. The way these faculties are arranged in the brain is called cerebral localisation in the medical science of neurology.

Getting these faculties is itself a great favour but it is a greater favour when one realises how they are intricately arranged in the brain. The joy is greatest if one finds this

complex knowledge already indicated in an ancient book like the Holy Qur'an! This will not only reveal the many miracles of this book, but it will also show that the One who is speaking in this marvelous book and the one who gives these faculties of the mind and their organisation in the brain, are One and the Same!

The knowledge of cerebral localisation in experimental science is only about 80 years old as compared to the knowledge indicated in Hole Qur'an which is more than 1400 years old!

QUR'ANIC CEREBRAL LOCALISATION

RELATIVE POSITIONS OF HEARING AND VISION CENTRES IN THE BRAIN

The Almighty says:-

والله أخرجكم من بطون أمهتكم لا تعلمون شيئا وجعل لكم السمع والأبصار والأفئدة لعلكم تشكرون

“And Allah has brought you out from the wombs of your mothers while you know nothing. And He made for you hearing, vision and hearts so that you may give thanks [to Allah].”¹

The Holy Qur’an is a miracle in every aspect. In its language, in its sciences and even in the arrangement of its words. Here one sees its miracle in the arrangement of the words of the Holy Qur’an. It is not by accident that hearing precedes vision in the above verse. To understand this arrangement read the following verse:-

إن الذين تدعون من دون الله عباد أمثالكم فادعوهم فليستجيبوا لكم إن كنتم
 صدقين , ألهم أرجل يمشون بها أم لهم أيدي يبطشون بها أم لهم أعين يبصرون
 بها أم لهم آذان يسمعون بها قل ادعوا شركاءكم ثم كيدون فلا تنظرون ,

“Verily those whom you call upon besides Allah are slaves like you. So call upon them and let them answer you if you are truthful. Do they have feet with which they walk? Do they have hands with which they strike? Do they have eyes with which they see? Do they have ears with which they hear? Say [O Muhammad] ‘Call your [so called] partners and then plot against me and give me no respite.”²

This verse do not only show the futility of calling anything else other than the Almighty Creator, Allah, whenever wants help from God but it also shows that whenever the Holy Qur'an refers to eyes and ears, it always begins with eyes before ears for obvious reasons, the eyes are located in front of the ears on the head. However when hearing and vision are mentioned the sequence reverses, because hearing refers to the centre in the brain for hearing which is in front of the visual centre located right at the back of the brain called the occipital cortex. This order is seen in the first verse above and in the following verses:-

ثم سوه ونفخ فيه من روحه وجعل لكم السمعة والأبصر والأفئدة قليلا ما تشكرون. (the underlined not correct)

“Then He fashioned him in due proportion, and breathed into him the soul; and He gave you hearing, vision and hearts. Little is the thanks that you give.”³ and

قل هو الذى أنشأكم وجعل لكم السمعة والأبصر والأفئدة قليلا ما تشكرون. (the underlined not correct)

“Say it is He Who has created you, and endowed you with hearing, vision and hearts. Little thanks you give.”⁴

Always when hearing and vision is mentioned unlike eyes and ears hearing is mentioned first before vision because hearing is located in front of vision in the brain. This is not surprising; as the One speaking in the Holy Qur'an is the Same as the One Who created and wired up the brain and its connections!

WHERE IS THE DECISION CENTRE IN THE BRAIN AND WHAT CONTROLS THE FIRST STEPS?

When Prophet Muhammad [peace be upon him] was given the first few revelations in the form of the verses of the Holy Qur'an some leaders in Mecca at that time became envious and arrogant and did not like this young man being chosen to be a leader and a Messenger of Islam. One of them was popularly known as Abu Jahl [literally Father of Ignorance] decided and took the first and other steps to annoy and harm him. He tried to prevent the message (**message**) of Islam spread. This message is the same as that which was revealed to all Messengers in the past including Prophet Adam, Noah,

Abraham, Moses and Jesus among others,
Peace be upon all of them.

So one day Abu Jahal seeing Prophet Muhammad [peace be upon him] prostrating near the Kaaba-al-Musharaffa went straight towards him trying to carry out what he had told his friends that he would do to him: step on the neck of this Holy Messenger of Allah and crush it in the sand. Suddenly they saw him running back with hands raised, a cold sweat pouring from his forehead. When they asked him why he did not carry out his threat. Trembling he told them before he could reach the Messenger of Allah [peace be upon him] he saw a large trench full of a blazing fire and terrifying Angels with wings spread, eager to pluck out every limb of his body piece by piece. This horrible pit separated him and the Messenger of Allah [peace be upon him]. Certainly they would have dismembered him starting with his forebrain, had he put another step forward towards this Holy man, as the following verse state in a miraculous way!⁵

كلا لعن لم ينته لسنفعا بالناصية. ناصية كذبة خاطئة.

“Nay! If he [Abu-Jahal] does not stop; We will catch [or scorch] his forebrain! A lying sinful forebrain.”⁶

Why miraculous way? Here the Almighty informs us not in these days of brain mapping, but more than 1400 years ago that Abu Jahal used his forebrain in making decisions. He used it to make the above evil resolution which failed. Even taking the initial steps towards the Messenger of Allah [peace be upon him] were also computerised and executed in the cortex of his forebrain. This wealth of scientific medical knowledge is found in the Holy Qur’an before experimental neurologists discovered it about 80 years ago!

Abu Jahal was eventually slaughtered like a pig at Badr much later in the first Islamic war.

**WHAT IS THE SPEECH CENTRE
CONNECTED WITH, ON THE SURFACE
OF THE BRAIN?**

[I] THE BLESSING OF SPEECH

The Almighty says:

الرحمن. علم القرء ان. خلق الإ نسن. علمه البيان.

“The Most Gracious [Allah]. He has taught [you mankind] the Qur’an. He created man. He taught him speech.”⁷

What a blessing! We do not have to dance like the bee for people to understand us. We do not have to produce smells called pheromones in insects for people to know what we are saying. Allah has made it very simple for us to speak and made it also effortless for us. We just move this soft piece of meat called the tongue, which He removed bones out of it so that it is flexible and it slides easily in the mouth to produce speech. He moistened it with saliva so that it is well lubricated to slide smoothly in the mouth to perform one of its functions which is to produce speech. How can we thank Allah [Glory Be To Him] for this great honour!

[B] CONNECTION BETWEEN RIGHT HAND AND SPEECH

ولو تقول علينا بعض الأقاويل . لأخذنا منه باليمين .

“And if he [Prophet Muhammad, peace be upon him] had forged a false saying concerning Us. [Allah, glory be to Him is speaking] We surely would have seized him by his right hand. [with power and might, so that he is unable to speak out his falsehood].”⁸

For a neurologist like the author, knowing that this Holy Messenger, peace be upon him, being right handed if his right hand is caught with power and might it will mean its roots in the left brain which control it will also be uprooted including the Broca’s area which is just adjacent to it. Uprooting the Broca’s area will cause him to have a motor aphasia, meaning he will be unable to speak which is the aim of the above verse. One must remember if the people of Mecca in the 7th century were to be told that his speech centre will be caught, would certainly be very confused because at that time they did not know of any centre of the brain!

Therefore several reasons emerge for the above two verses:-

[1] To show the miracle of the Holy Qur'an giving knowledge of brain mapping and its associations long before man discovered it experimentally.

[2] The Almighty does not only say that He has blessed us with speech but gives knowledge of its connections in the brain!

[3] The emphasis above is on the authenticity of the Holy Qur'an. If Prophet Muhammad, peace be upon him, who was so loved by Allah, glory be to Him, could not be allowed to temper with the Holy Qur'an who would have the guts to alter it?

The aim here is not punish but to show the miracles of the Holy Qur'an and to show its integrity and its preservation.

CONCLUSION

All these blessings of the mind are organised and facilitated by various centres located on the surface of the brain called the cortex.

In the first verse above the Almighty says:-

والله أخرجكم من بطون أمهتكم لا تعلمون شيئا وجعل لكم السمع والأبصار والأفئدة لعلكم تشكرون

“And Allah has brought you out from the wombs of your mothers while you know nothing. And He made for you hearing, vision and hearts so that you may give thanks [to Allah].”¹

The Arabic word ‘Af’idah’ is translated in various exegesis of the Holy Qur’an as ‘mind, hearts, understanding’. The dictionary translation is;- ‘heart’. Therefore it includes all the higher functions of the intellect such attention, perception, awareness, understanding, memory, feeling and emotions. The main feelings are those of pain or pleasure, sadness or happiness, calmness or anxiety. The main emotions are hatred or love. These higher functions cannot be achieved without memory and experience, measurement and computation, estimation and judgement, problem solving and creativity. Most of these functions are organised very deep in the brain, that is the HEART of the brain. For example memory and emotions are located in the LIMBIC system which is deep in the brain.

Concentration, awareness and consciousness is located in the ASCENDING RETICULAR FORMATION which is also deep in the brain called the brainstem.

These deep structures were originally on the surface of the brain, but during embryonal life Allah, glory be to Him, folded the developing brain so that these important structures came to lie deep in the brain, in protected sites. These are the deep areas for emotions in the brain. The most important of these emotions is the emotion of LOVE.

The reason for this deep location of the site of LOVE, is for the Muslim who has filled the 'heart' of his brain with love for Allah, the devil will find it very difficult to rob him of his LOVE FOR ALLAH as it might not be easy for the devil to reach these hidden deep sites of the brain! The most important love is the love of one's Creator and benefactor ALLAH.

Acknowledgement

The above chapter is based mainly on the work presented by Dr. Hussein Ridhwan Al-Lubaidy a worker from Egypt, in the VII

international conference on the scientific miracles of the Holy Qur'an in Dubai 2005. However the cerebral localisation of speech and its association with the right hand is the author's contribution.

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CHAPTER TWO

**WHY DOES THE HUMAN FACE HAS ITS
UNIQUE SHAPE? NO OTHER
CREATURE SHARES THIS DESIGN! IS
IT A CREATOR WHO SHAPED IT OR
EVOLUTION?**

INTRODUCTION

Everything in the structure and behaviour of plants and animals is supposed to have come out by a process of random activity, natural selection and survival of the fittest according to evolutionists. Both external and internal features of all creatures are supposed to have been selected out for survival advantage. Those useful for survival remain and those not useful become small, that is undergoes atrophy or even disappear. There is no wastage of tissues or redundancy of organs and tissues. Every structure that has become redundant undergoes atrophy like the appendix.

Therefore evolutionists have wrongly concluded that the appendix is the vestigial organ resulting from what was once a large intestinal part of herbivorous animal like the cow. As the human being evolved from such a cow this ruminant organ was no longer required as he stopped eating grass and therefore it underwent atrophy and became so small that it is the appendix now a useless and unnecessary organ, capable or even becoming dangerous by bursting in acute appendicitis and causing death! What utter rubbish! Nature would be stupid to let a dangerous and useless organ like the appendix survive the times of evolution!

As one kidney is sufficient the other should undergo atrophy as it is consuming energy for nothing! Not realising that appendix might offer a reservoir of immune cells through extra payer's patches and also a reservoir of useful bacteria which repopulate quickly after antibiotic diarrhoea.

Indeed through personal experience of the author when he lost his appendix through surgery he became constipated. It was helping his bowel movements by precise overgrowth of bacteria in its lumen which help in bowel movements. This is called a blind loop syndrome in medicine.

One should not look at scientific theory from one angle like a myopic! Instead should actually realise that this human body was actually designed by a Master Designer who not only did a perfect job but He had a prior knowledge that humans would develop scientifically and develop antibiotics when this small organ might prove useful whenever they take antibiotics!

Also the fact that now we are doing kidney transplants is a testimony to the fact that Allah, glory be to Him, knew that a person will one time need an extra kidney to donate

to his brother for transplantation when his knowledge and technology advances as the first verse that came to Prophet Muhammad, peace be upon him, gave the command to mankind to read, learn, research with use of the pen, be it a fountain pen, a pencil or an electronic pen the computer! This is why The Almighty has given most of us two kidneys so that He new (**knew**) that there will come a time we might wish to donate the extra kidney to a brother.

There is a famous story in Kenya of the first kidney transplant. There was a young girl, called Coco from the most remote area of Kenya called the Turkana. She had only one kidney named the horseshoe kidney. She was a perfectly healthy normal girl and this proves to us that Allah, the Almighty can create all of us with one kidney and we would be as healthy as Coco! However one time a missionary doctor with insufficient knowledge felt a swelling in the tummy of Coco, because its unique position in the lower tummy he thought it was a tumour called a lymphoma so he took her to surgical theatre and removed Coco's only kidney by mistake. Indeed after this operation she went into kidney failure and was flown by flying doctor service to Nairobi the capital where

they performed on her the first kidney transplant in Kenya. She survived, but died a year later due to complications of a kidney transplants.

The Master Designer is Allah:-

هو الله الخلق البارىء المصور له الأسماء الحسن يسبح له ما فى السموت
والأرض وهو العزيز الحكيم .

“He is Allah, the Creator, the Inventor, the Fashioner, to Him belong the best names. Whatever is in the heavens and earth is exalting Him. And He is the Exalted in Might, the Wise.”¹

The only One could do this and have prior knowledge is none other than Allah the All-knowing. If an organ has no biological advantage it could have a religious or worshipping advantage as will be seen later. If an organ seems to be of no major usefulness now it could be useful in the future like the leg veins useful in cardiac bypass operations or an extra kidney for transplantation. The only One who has the secrets of the present and the future is

Almighty Allah! As the following two verses clearly state:-

وعنده مفاتيح الغيب لا يعلمها إلا هو ويعلم ما في البر والبحر وما تسقط من ورقة إلا يعلمها ولا حبة في ظلمت الأرض ولا رطب ولا يابس إلا في كتب مبين

“And with Him are the keys of the unseen; none knows them except Him. And He knows what is on the land and the sea. Not a leaf falls but that He knows it. And no grain is there within the darkneses of the earth and no moist or dry [thing] but that it is [written] in a clear record.”²

The unseen includes the future. The clear record is the master roll called the LAHWUL MAHFUDH which is the record only with the Almighty Creator which contains everything in the universe small and big, past, present and future.

إن الله عنده علم الساعة وينزل الغيث ويعلم ما في الأرحام وما تدرى نفس ما ذاك تكسب غدا وما تدرى نفس باي ارض تموت إن الله عليم خبير .

“Indeed, Allah [alone] has knowledge of the Hour [the timing of the last day] and sends down rain and knows what is in the wombs. And no soul perceives what it will earn tomorrow, and no soul knows in what land

it will die. Indeed, Allah is Knowing and Acquainted.”³

Nobody in the world has doubt these days that one day this world will come to an end, especially with all the pollution, holes in the ozone layer, global warming and death of the sun. The sun is a star and like any star it has date of birth and date of death. The knowledge of the date of death of the sun and our solar system is only with the Almighty. This date is referred to as the Hour, in the above verse.

Allah knows everything the past, present and the future; the hidden and the visible. He creates for a particular purpose even when we do not perceive that purpose at present with our little knowledge! One should at the human and decide was shaped by evolution of by the Hand of the Creator to worship Him? (the sentence is not clear)

WAS A HUMAN BEING CREATED OR HE CAME BY ACCIDENT OF EVOLUTION ? WAS HIS FACE SHAPED BY ALLAH OR BY A FREAK EVOLUTION PROCESS SELECTING THE BEST FACE FEATURES THAT CAN SURVIVE THE HARSH ENVIRONMENT

Almighty Allah says:-

وما خلقت الجن والإنس إلا ليعبدون. ما أريد منهم من رزق وما أريد أن يطعمون. إن الله هو الرزاق ذو القوة المتين.

“And I did not create the jinn and mankind except to worship Me. I do not want from them any provision, nor do I want them to feed me. Indeed it is Allah who is the [continual] Provider, the firm possessor of strength.”⁴

Note the Almighty Creator did not say that ‘I did not ordain on jinn and mankind,’ or ‘I did not order jinn and mankind,’ or ‘I did not enjoin on jinn and mankind.,’ in this particular verse, but He used the word ‘create.’ [Although in another verse the word ‘ordain’ has been used when the Almighty orders mankind to worship Him]. This word has many meanings and the most important is;

That it is ordained on the above creatures to worship Allah, glory be to Him. Worship in Islam has a broad meaning. Any act that pleases Allah, is an act of worship. A trader who is selling his goods honestly, without cheating or false swearing, believing in Allah and the day of reckoning, is worshipping. At

the top of the pyramid of worship is the five daily Islamic prayers. Because these will be the first to be asked on the day of resurrection before anything else.

However to be created for worship does not only mean passing the law of worship for mankind. It includes to be shaped and designed for the Islamic prayer. This is where the miracle of the above verses lie. When man was told to do the five Islamic prayer he was not left alone to and break his back so that he can bow down in prayer. He was not left alone to and break his knees and hips so that they can fold up in an Islamic prostration. These joints were already designed for him in the utmost precision and even more than that they were lubricated with synovial fluid to ease the movements of prostration.

If he came by evolution he does not need all the above many joints of prostration. A few joints are enough for him to run away from his predators. In running away from his predators, or for any other bodily function, he does not need to go into the Islamic prostration which requires many well lubricated body joints.

THE MIRACLES IN THE HUMAN FACE

The human face even shows many miracles!

THE WONDERS OF THE WIDE AND FLAT FOREHEAD

The forehead according to the science of anatomy is supposed to be a cover and a protection of the brain. However, the brain at the front has a round and pointed shape, but the forehead is flat! If it were designed only to cover the forebrain it would take the shape of the forebrain. In another science of aerodynamics the forehead should also be pointed to ease a man when running away from a predator. His forehead will then be streamlined like the front of a formula one car! This would satisfy the theory of evolution because a flat forehead will cause a drag and offer no survival advantage. This will make it easy for man's predators to eat him up and cause him to be extinct!

However the forehead was shaped by its Creator, glory be to Him, not only to cover the forebrain but to stabilise the forehead in

prostration on the flat ground. If it were pointed the head would shake from side to side during prostration this would lead to a very bad callus on the forehead which would easily break down and cause a bad bleeding wound on the forehead for the good Muslim prays at least, five times daily!

It was not shaped by evolution. The Mighty Creator also removed hair on the forehead, unlike in other primates, so that the forehead has an added stability during prostration!

The face has two components of prostration as the following saying of Prophet Muhammad [peace be upon him] narrates:

عن ابن عباس رضى الله عنهما , أن رسول الله صلى الله عليه وسلم , قال ,
أمرت أن أسجد على سبعة أعظم , الجبهة , وأشار بيده على أنفه , واليدين
والرجلين وأطراف القدمين , ولا نكفت الثياب ولا الشعر. رواه مسلم

Ibn Abbas, may Allah be pleased with him and his father, reported that the Messenger of Allah, peace be with him, said: I have been commanded to prostrate myself on seven bones; forehead, and then he also pointed with his hand to his nose, hands, feet, and the extremities of the feet and we were forbidden to fold back clothing and

hair [so that the forehead becomes covered].
Sahih Muslim.4

The two components of prostration in the face, are the forehead and the tip of the nose. The forehead is very import (**important**) in prostration because:-

It contains the forebrain which is the centre for decision making and taking the first step in any activity. In prostration it signifies that or 'O Allah here am I, prostrating to You, Whose throne is above the seven heavens, with my own free will, humbling myself by putting the highest and most precious part of my body on the ground. I am your servant You are my Lord. For You alone I prostrate.' Compare this implication to the pilgrim who says; 'Here am I O Allah, Here am I O Allah, Here am I O Allah. There is no partner with You, Here am I O Allah.'

Secondly if somebody has damage to his forebrain he cannot walk, not because he is weak but he cannot take the first step! That is, he has difficulty to initiate the simple process of walking.

The forehead is so important that if it is covered by hair or cloth as in the above saying of the Prophet Muhammad [this

source is called the Sunna], peace be upon him, the prostration is null and void. If prostration is defective the prayer is not accepted by the Almighty. Also we learn from the Sunna, the bad Muslim who might end up in hell his whole body will burn but not his forehead, because he prostrated at least once to Allah, glory be to Him.

THE MARVELOUS EYES AND THEIR STEREOSCOPIC VISION

The eyes have not only been put forward in the face for stereoscopic [or three dimensional] vision which is important in telling a person the depth of what he is seeing but also it participates in a computer-like operational system which makes one judge speed of movement. If one observes a Muslim prostrating in prayer he will see his body moves fast but as the head approaches the ground you will observe his speed slowing down. The mechanism for such slowing involves many organs but the eyes play a crucial role in the process of slowing down. It is no wonder that Prophet Muhammad [peace be upon him] more than 1400 years ago instructed Muslims all over

the world not to shut their eyes while in prayer that it is undesirable or 'Makruh' in Islamic Sharia or Law. It is obvious one of the reasons is that Muslims should not copy the habits of non-Muslims, the majority of whom shut their eyes during their prayers or meditation. However, he also, out of His love for mankind, and the superior knowledge given to him by the Almighty Creator He did not want Muslims prostrating in prayer to crush their heads on the ground by not slowing their speed of movement as they reached the ground.

It is not evolution as some scientists may claim that decided the eyes to be both in front, in the face. Both eyes indeed being in the face is a liability according to evolution theory. The human loses his survival advantage. One eye according to evolutionists should be in front to see the lion attacking anteriorly and the hyena who likes to lurk behind with his very powerful and devastating jaws!! However Allah , glory be to Him, has purposely put the eyes in front to facilitate the prostration, or 'SUJUD'. In fact He is telling the good Muslim you take care of your prayer and make a complete prayer, I will take care of those who dare attack you from behind!!

THE BEAUTIFUL NOSE AND ITS PERFECT DESIGN

The nose as mentioned in the above saying of Prophet Muhammad is part of the seven body members that should touch the ground in prostration. One should imagine if the nostrils were to face forward like in a pig, he would suffocate in his prostration because both nostrils would be firmly on the ground! If there were to face upwards air would be blown upward during breathing. This would soon lead to dry corneas [the transparent centre of the eyeball], which become opaque and he would certainly go blind. Now the reader can see why ALLAH the Almighty forced the nostrils of human beings to face downward, so that it is easy for him to prostrate in front of his Creator.

THE FUNCTION OF THE INCISORS

Many people are of the impression that the main purpose of the incisors is to cut meat and bread during eating. Human beings are neither carnivores nor do they eat five meals a day until they become very obese!

However it is enjoined on every Muslim to pray five times a day. In each of these prayers he has to glorify Allah, by saying 'Glory be to Allah,' which in Arabic is:- 'SUBHANA ALLAH'. This the beginning of the glorification of the Almighty in prostration in the Islamic prayer.

One could imagine a person who has lost his incisors he would not be able to pronounce 'S' in the above Arabic version. In fact his 'S' will be 'SH' as the scholars of phonetics tell us. Therefore the incisors were not only created to cut meat and bread in eating but also to be able to pronounce the glorification of the Creator in Arabic with ease during prostration in the Islamic prayer!

THE FLEXIBLE TONGUE

Of all the muscles of the body one would find a bone inside except the tongue. Allah, glory be to him, has removed bones inside it, so that it is flexible and we can quietly glory Him with ease during prayers. He even lubricated it with saliva so that this function becomes easy for us.

The tongue was not only created for swallowing nor for backbiting, insulting, cursing or inciting people to kill each other but the main reason why we were given this wonderful instrument is to PRAISE AND GLORIFY THE ALMIGHTY. If it was for survival only as the evolutionist would like to lead us astray, then it would only move in one plane from the front to the back to push the morsel of food backward into the throat during swallowing. There would be no need to have such a flexible and agile instrument like the tongue!

THE LOVELY CHEEKS

Again the cheeks were not only made to contain food during eating but they were also created to smile as this is an act of worship for a Muslim, as the following saying of Prophet Muhammad , peace be upon him, says:-

قال رسول الله صلى الله عليه وسلم , لا تحقرن من المعروف شيئا ولو ان تلقى
أخاك بوجه طلق (رواه مسلم).

Prophet Muhammad, peace be upon him, said: 'Do not look down on good things,

even if it is meeting your brother Muslim with a cheerful [smiling] face.’ Narrated by Imam Muslim.

If one does not have cheeks how can he show a cheerful face to his brother? If he does not have cheeks how can he show a smile to his brother?

THE HANDSOME HUMAN FACE !

After creating the human face Allah did not leave it like a robot but he made it handsome. He put meat and skin to make smooth, soft and beautiful. He rounded the features to make them attractive.

He balanced the features and made them symmetrical to make the face appealing. He also beautified the face by putting hair, eyebrows, eye lashes, moustache and beard for Allah is graceful and He loves beauty as the following tradition tells us:-

قال رسول الله صلى الله عليه وسلم , إن الله جميل يحب جمال (رواه مسلم).

Prophet Muhammad said: ‘Allah is graceful and He loves beauty.’ Narrated by Imam Muslim.

CONCLUSION

One would take many things that are especially close to us for granted, for example the face. Therefore one needs to pause for a while and contemplate the very common things that we are blessed with by The Most Merciful. We would also be able to see some of the themes of His creation, especially if this meditation is in the context of the Holy Qur'an, the ever miraculous book!

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CHAPTER THREE

THE ALMIGHTY'S LESSON OF BIOLOGY OF LIFE IN THE HOLY QUR'AN

INTRODUCTION

To the simple minded biologist life is the ability of an entity to utilize energy from the environment, grow, reproduce and spread in the environment. If this is the case then a virus, a baobab tree, a monkey, a pig and a human being are all equal as they all do these functions. This is absurd. One would agree that there is a gradation of life from simple life forms found in microscopic organisms in water to the complex human being. Further than this, even within human beings their degree of life is different. For example one would not compare the life of a vegetative person who has had severe brain damage in an Intensive Care Unit, who is not aware of anything and all his biological functions are totally dependent on a nurse

with a high profile executive controlling a major manufacturing business, producing useful basic necessities for other human beings. They are not equal at all. Both have different degrees of life.

Even within the same individual his own life may show different grades. His life passed through different stages:

When he was born and could not even control his own head. Any person picking him up, he has to pick up his head at the same time.

Then he passed through different grades of motion, from sitting, crawling, standing, walking and running.

This followed a stage of development of basic mental functions, such as speech, control of urine and bowel functions.

Higher mental functions of learning, emotional functions, abstract thinking and innovative ability followed.

Therefore it is not difficult to realize that there are different grades of life even in this world. Lives are not the same.

GRADATION OF LIFE IN THE HOLY QUR'AN

GRADE ONE

The Almighty says:-

الله الذي يرسل الريح فتثير سحابا فيسطه في السماء كيف يشاء ويجعله كسفا فترى ودق يخرج من خلله فإذا أصاب به من يشاء من عباده إذا هم يستبشرون. وإن كانوا من قبل أن ينزل عليهم من قبله لمبلسين. فانظر إلى أثر رحمت الله كيف يحيى الأرض بعد موتها إن ذلك لمحي الموتى وهو على كل شيء قدير. (check the underlined)

“It is Allah who sends the winds, and they stir up the clouds and spreads them in the sky however He wills, and He makes them fragments so you see the rain emerge from within them. And when He causes it to fall upon whom He wills of His servants, immediately they rejoice. Although they were, before it was sent down upon them – before that, in despair. So observe the effects of the mercy of Allah – how He gives life to the earth after its death. Indeed, that [same] One will give life to the dead, [humans, again] and He is over all things competent.”¹

At the time of Prophet Muhammad, peace be upon him, 14 centuries ago the knowledge of science of meteorology was with the Romans. According to the Romans who were considered very advanced at that time, there are huge pots in the sky containing water when they are tilted they pour out rain. Here the Almighty tells his beloved Messenger, peace be upon him, 'there are no pots in the sky. I am the One who sends winds which gently raise up water vapour from the seas, rivers and lakes into the sky. There I make clouds which I first spread out and then break them into fragments which I cause rain to fall in places that I choose and deny rain in other places that I choose. Those who get this cool rain from these CUMULOUS CLOUDS rejoice. Even the town dwellers rejoice because they know with the coming of this cool rain the price of potatoes, onions and tomatoes will come down! Allah informs him, there are no pots in the sky. This is the WATER CYCLE and I am the One who drives it!

More important here is the dead earth which the Almighty gives life to it. This is the simplest form of life described in the Holy Qur'an. Look at the anxiety of humans before the good rains are sent to them they

feel they will perish because of the drought and the DEAD EARTH in front of them.

And in another verse:-

وآية لهم الأرض الميتة أحييناها وأخرجنا منها حبا فمنه يأكلون .

“And a sign for them is the dead earth. We have brought it to life and brought forth from it grain, and from it they eat.”²

This enlivened earth is alive otherwise it would not bring forth grains of which our life depends! However look carefully this verse refers to original life that was given to the earth during its creation. It was dead when it was broken off from a burning hot mass during the big bang [the big bang is also in the Holy Qur’an chapter 21, verse 30]. Even after it cooled it was still dead, a dead dry rock. Only when Allah brought torrential rain, to break the rock into soil and left some water in it did it come to life. [this process is also found in the Holy Qur’an, chapter 80 verses 25-26].

This lowest grade of life, includes vegetative life which is seen on the earth as referred in the above verse. In this grade one also sees growth and reproduction.

GRADE TWO

This grade is realized when one reads the following verse:-

كيف تكفرون بالله وكنتم أمواتا فأحييكم ثم يميتكم ثم يحييكم ثم إليه ترجعون.

“How can you disbelieve in Allah when you were dead and He brought you to life; then He will cause you to die, then He will bring you back to life, and then to Him you will be returned.”³

In this verse the Almighty speaks to the disbeliever and He calls him to remember his life, that is, animal life. He is born he feeds and excretes. He moves around, grows and reproduces and he eventually dies, just like any other animal. When he is told that homosexuals were (were) punished by Allah in Sodom and Gomorrah, he will tell you that there should be freedom of expression and choice same sex relationship should not be stopped or punished. The same way pigs behave in their sexual activity! When you tell him to recognize Allah, worship him, do not associate anything with Allah, believe in the Day of judgment, he will tell you there is no life

after death! He is no different than an animal. The only thing he demonstrates is feeding, drinking, sleeping, movement, reproducing and dying.

This grade is higher than the one above of plants because animals show movement that cannot be done by plants.

GRADE THREE

In grade three of life that we can see in this world, the Almighty says:

أومن كان ميتا فأحييناه وجعلنا له نورا يمشى به في الناس كمن مثله في
الظلمت ليس بخارج منها كذلك زين للكافرين ما كانوا يعملون.

“And is one who was dead and We gave him life and made for him light by which to walk among the people like one who is in darkness, never to emerge therefrom? Thus it has been made pleasing to the disbelievers that which they were doing.”⁴

This is a beautiful comparison between a believer and one who is not. The believer:

[a] is alive

[b] has a light

[c] uses this light in society so that all benefit from him and his light.

He is alive because his soul is alive it believes in its Creator and obeys Him. He can understand whatever guidance he gets from Him. His light that helps him is his guidance, whose source is the Holy Qur'an with its many arguments and reasoning. The second source of his guidance is the example left by Prophet Muhammad, peace be upon him, which is well preserved, and this is called the Sunna. Finally he is not only a believer in name but he uses his live soul and the light to guide him in his daily activities. He would come out and help his neighbour when he is hungry. He would assist his workmates when they get stuck in a problem.

This is the opposite of a disbeliever:-

[a] his soul is dead. When you ask who designed his Mercedes car he would say Germans. When you asked him who designed his Toshiba laptop he would say the Japanese. But when you ask him who created you, instead of saying my creator, he would say no one, he came by chance, by

evolution. The above items although less complex than a human being were made or designed by someone but his body which is more complex it came by itself or by chance, how unreasonable!

[b] he has no set rules or guidance. He has no light. Whatever his mind thinks is right that is his guidance. He always shifts his goal posts. He would say today that fornication is alright as long the two people doing it are consenting. If you ask him if someone does this act to his mother or daughter would he be happy he would certainly retort and say no!

[c] If he has no light, he cannot use it.

Therefore he is alive, like any other creature that moves. His body is alive because his heart beats. However his soul is dead. He has no guidance from the One who designed and created his body. He is taken up guidance upon himself because he thinks he is clever than One who wired up his nerves and the rest of his body.

Only people who have live souls, not live bodies only, can rise up and realize that human beings are not like animals whose main purpose in life is to eat, drink,

reproduce, sleep and die. They have a higher purpose and that is to be able to realize the existence of the Almighty Creator and obey Him to a level that animals cannot reach. To be able to listen to Him and take heed of His warnings more than animals can do. This is why Allah, the Almighty says:

وما علمناه الشعر وما ينبغي له إن هو إلا ذكر وقرآن مبين . لينذر من كان حيا
ويحق القول على الكافرين .

“And We did not give him [i.e. Prophet Muhammad, peace be upon him] knowledge of poetry, nor is it befitting for him. It is not but a message and a clear Qur’an. To one whoever is alive and justify the word [i.e. decree] against the disbelievers.”⁵

The Meccan disbelievers used to deride The Holy Qur’an and they used to call it poetry. Allah, glory be to him, tells them that this book is a message coming from above the seven heavens far superior than their trivial poems, with clear proofs and very high and sound reasoning. It is so high that it will be enough reason to put the disbelievers into hell if they ignore it as they will have no defense. They got the weighty message but they ignored it. However the Almighty laments that it is only those who are ALIVE

IN BODY AND SOUL, can read, understand and follow this message and its warnings.

This grade of life is higher than the one above because one whose soul is alive and performs good things in this world and avoid corruption, pollution and mischief is certainly much more alive. He is not only beneficial to himself but to others and his environment.

GRADE FOUR

In this grade the Almighty describes it as follows:

من عمل صلحا من ذكر أو أنثى وهو مؤمن فلنحيينه حياة طيبة ولنجزينهم أجرهم بأحسن ما كانوا يعملون.

“Whoever does righteousness, whether male or female, while he is a believer - We will surely cause him to live a good life, and We will surely give them their reward [in the Hereafter] according to the best of what they used to do.”⁶

This verse refers to a next life after people are resurrected from the grave. Many atheists would deny the existence of such a

life. Just like a child would deny the existence of adult life because he has not tested it. He would not be able to imagine some of the joys that adults get, that he has never experienced.

For a child then the only life he knows is of eating, playing with his toys and sleeping. That is the end of his life!

Nor for a twin to tell his brother in the womb the following words:-

“LOOK BROTHER AT THAT MIDWIFE WAITING TO CUT OUR UMBILICAL CORDS, AS SOON AS WE COME OUT OF THE BELLY OF OUR MOTHER! WE SHALL DIE! OUR SUPPLY OF OXYGEN AND FOOD WILL BE CUT OFF!!”

This is totally wrong. We are out of our mothers belly and indeed we are enjoying a better life. We taste delicious grapes, eat flavoured pizzas, smell fragrant flowers, look at beautiful sceneries and move tremendous distances in aeroplanes to enjoy further! Better than the cramped and dark life in the womb. An unborn child would not even this life we are now leading in this world. It is not impossible to imagine another life that has different longevity and

uses a different breathing physiology, not dependent on our current lungs!

Therefore for one to claim it is impossible to have another life in paradise better than this life is totally absurd, just because he has not seen it with his eyes!

The life in paradise is definitely of higher grade than this miserable worldly life for many reasons, satisfaction without hunger, enjoyment without a hangover, health without disease and even better LIFE WITHOUT DEATH!

The only problem of the above grade of life, is that this life is separated by tormenting death and a dark period in the grave.

Is there any other life without this intervening dark period?

GRADE FIVE AND THE HIGHEST GRADE OF LIFE

The grade of life that knows no death is described in the following verses:

يَا أَيُّهَا الَّذِينَ ءَامَنُوا اسْتَعِينُوا بِالصَّبْرِ وَالصَّلَاةِ إِنَّ اللَّهَ مَعَ الصَّابِرِينَ. وَلَا تَقُولُوا لِمَنْ
يُقْتَلُ فِي سَبِيلِ اللَّهِ ءَامُوتَ بَلْ ءَحْيَاءٌ وَلَكِنْ لَا تَشْعُرُونَ.

“O you who have believed, seek help through patience and prayer. Indeed Allah is with the patient. And do not say those who are killed in the way of Allah, ‘They are dead.’ Rather, they are alive, but you perceive [it] not.”⁷

The eye and its connections through the visual pathways do not always see correctly. A mirage may be interpreted as a pool of water especially when we are thirsty. However, when we have just drunk a bottle of cool spring water, we might be able to reason out and say that it is possible that it is a mirage since we are in hot desert and the sun is shining and we have been fooled before in thinking of a mirage as a water.

Since when we see a dead person who has died or sincerely been killed in the way of Allah, we see a lifeless body and immediately conclude that the soul also is dead or the soul is like any soul it will lie next to the dead bones in the grave until the day of resurrection. No it is alive!

And if one does not believe that it is alive Allah, glory be to Him, reminds us as follows:

الذين قالوا لإخوانهم وقعدوا لو أطاعونا ما قتلوا قل فادرءوا عن أنفسكم الموت إن كنتم صادقين. ولا تحسبن الذين قتلوا في سبيل الله أمواتا بل أحياء عند ربهم يرزقون. فرحين بما آتاهم الله من فضله ويستبشرون بالذين لم يلحقوا بهم من خلفهم ألا خوف عليهم ولا هم يحزنون. يستبشرون بنعمة من الله وفضل وأن الله لا يضيع أجر المؤمنين.

“Those who said about their brothers while sitting [at home] ‘If they had obeyed us they would have not been killed.’ Say, ‘Then prevent death from yourselves, if you should be truthful.’ And never ever think of those who have been killed in the cause of Allah as dead. Rather, they are alive with their Lord, receiving provision [drink, food, clothes, shelter]. Rejoicing in what Allah has given them from His Bounty, and they send good tidings to those [to be martyred] after them, who have not joined them – that there will be no fear concerning them, nor will they grieve. They receive good tidings of favour from Allah and bounty, and indeed Allah does not allow the reward of the believers to be lost.”⁸

The proof that they are alive, that is their souls have been given another body through which they can enjoy life is in the above verses. What do we enjoy in this world? It is delicious drinks, good food, fabulous clothes, palacious houses and touring for pleasure. They all have these! In contrast to other souls waiting in their graves next to their old decaying bones. These are truly dead they don't eat nor do they drink. Note how Allah, the Merciful, is enticing us in the above underlined part of the translation that those words are being addressed to us, we in this world who have not died. He says 'to those [to be martyred] after them' and then repeats 'who have not joined them.'

Note also the challenge to hypocrites of Medina who told the remaining Muslims returning from the battle of Uhud after 70 Muslims were martyred that had they not gone to Uhud they would have not died. Have you seen one person dying while he is rejoicing and he tells people surrounding him, to play music and eat delicious food and then tells his people to have a party after his death! To enjoy his death like he is enjoying! Nobody wants to die but death comes to them against their will. So if it comes in such a cruel and humiliating

manner [Note the majority of people dying either they have wounds with pus or they lie on their vomitus, blood, or other foul smelling excreta, or they have tubes and needles all over their bodies helpless under their nurses. Even if they die suddenly note their laboured breathing looking for a gasp of air but they cannot get it although before they used to breath with ease. Note also as they sometimes go into a violent convulsion of their bodies before their bodies become lifeless].

So Allah, the Almighty challenges them and tells them: 'PREVENT DEATH IF YOU CAN!'

To get a good picture of this highest grade of life read the following saying of Prophet Muhammad, peace be upon him:-

عن ابن عباس رضي الله عنهما قال: قال رسول الله صلى الله عليه وسلم. لما أصيب إخوانكم بأحد جعل الله أرواحهم في جوف طير خضر ترد أثمار الجنة تأكل من ثمارها وتأوى إلى فناديل من ذهب معلقة في ظل العرش , فلما وجدوا طيب مأكلهم ومشربهم ومقيلهم قالوا : من يبلغ إخواننا عنا أنا أحياء في الجنة نرزق لئلا يزهّدوا في الجهاد ولا ينكرو عند الحرب فقال الله سبحانه وتعالى أنا أبلغهم عنكم فأنز الله (ولا تحسبن الذين قتلوا في سبيل الله أمواتا بل أحياء عند ربهم يرزقون . فرحين بما آتاهم الله من فضله ويستبشرون بالذين لم يلحقوا

بهم من خلفهم ألا خوف عليهم ولا هم يحزنون. يستبشرون بنعمة من الله وفضل وأن الله لا يضيع أجر المؤمنين.

In a hadith of Ibn Abbas, may Allah be pleased with him and his father, Prophet Mohammed, peace and blessings of Allah be upon him, said: "When your brethren were martyred at the Battle of Uhud, Allah put their souls inside green birds of Paradise flying to the rivers of Paradise to drink, and eat its fruits and its foods. Then they go to rest near golden lanterns hanging under the Throne of Allah. When they have had their fill of the delicious foods and drinks of Paradise and they had their best siestas, they said 'Who will convey to our brothers [Muslims] that we are alive [not dead] in Paradise getting [the best] sustenance, so that they do not renounce Jihad nor do they flinch from the field of Jihad. Allah, glory be to Him, said 'I will convey to them about you.' And He sent down this revelation [to Prophet Muhammad, peace be upon him,]:

'And never ever think of those who have been killed in the cause of Allah as dead. Rather, they are alive with their Lord, receiving provision [drink, food, clothes, shelter]. Rejoicing in what Allah has given them from His Bounty, and they send good

tidings to those [to be martyred] after them, who have not joined them - that there will be no fear concerning them, nor will they grieve. They receive good tidings of favour from Allah and bounty, and indeed Allah does not allow the reward of the believers to be lost.”⁹

DEAD MAN DO NOT EAT! DEAD MAN DO NOT DRINK! DEAD MAN DO NOT FLY!

To deny that the above people are in Paradise at this moment eating and drinking, very much alive, is like the above twin denying to his twin brother in the womb, before they come out, that there is another life after the womb.

THE WORST GRADE OF LIFE

Just as there is best and highest degree of living thing, there is also the worst of living creatures, worse than that of maggots or plants. Allah the Almighty says:

إنه من يأتي ربه مجرماً فإن له جهنم لا يموت فيها ولا يحيى.

“Indeed, whoever comes to his Lord as a criminal [and a disbeliever] –indeed, for him is Hell; he will neither die there in nor live.”¹⁰

He cannot live because his body is not being nourished and at the same time he is burnt in Hell. He cannot die because Allah will simply not let him die so that he can escape from the torment of Hell! He is hovering between life and death. What a terrible sight! May the Merciful show us proper guidance so that we can escape from that miserable life. Amin.

CONCLUSION

Anyone who wants lower grades of life, even at the level of a plant let him have it. Anyone who desires the life of an animal, of eating, drinking and reproducing let him have it. If he prefers this worldly life to the better grades of life outlined above then let him enjoy. Let him party. He will have nothing to do with the good lives that the Holy Qur’an has eloquently described.

For Allah, glory be to Him says:

من كان يريد الحياة الدنيا وزينتها نوف إليهم أعمالهم فيها وهم فيها لا يبخسون. أولئك الذين ليس لهم في الآخرة إلا النار وحبط ما صنعوا فيها وبطل ما كانوا يعملون.

“Whoever desires the life of this world and its adornments – We fully repay them for their deeds therein, and they therein will not be deprived. Those are the ones for whom there is not in the Hereafter except the Fire. And lost is what they did therein, [i.e. in the worldly life] and worthless is what they used to do.”¹¹

Note how the Almighty repeats ‘We will fully repay them’ and ‘they therein will not be deprived’ to show His justice and patience. One does good in this world be him a Muslim or a disbeliever he is FULLY PAID at least in this world.

And in another verse, describing the characteristics of a disbelievers:-

الذين يستحبون الحياة الدنيا على الآخرة ويصدون عن سبيل الله ويغونها عوجا أولئك في ضلال بعيد.

“The ones who prefer the worldly life over the Hereafter and avert [people] from the

way of Allah, seeking to make it [seem] deviant. Those are in extreme error.”¹²

Therefore the purpose of the description of lives in the Holy Qur'an is first to show the advanced knowledge therein. Secondly to let man take his pick.

We pray to Allah to make the right choice of the Hereafter and to make the path to that eternal bliss easy and smooth. Amin.

References

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3. The Holy Qur'an, Chapter 1, Verse 28.
4. The Holy Qur'an, Chapter 6, Verse 122.

5. The Holy Qur'an, Chapter 36, Verses 69-70.
6. The Holy Qur'an, Chapter 16, Verse 97.
7. The Holy Qur'an, Chapter 2, Verses 153-154.
8. The Holy Qur'an, Chapter 3, Verses 168-171.
9. [Arabic] Safwatu Tafaasir. Muhamad Ali Swabun, Darul Qur'an Karim, Beirut. 1981, 1; 243.
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11. The Holy Qur'an, Chapter 11, Verses 15-16.
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CHAPTER FOUR

'AND IN THE HEAVEN IS YOUR PROVISION, AND THAT WHICH YOUR ARE PROMISED,'

INTRODUCTION

The Almighty is so kind to Humans for He does not only bless them with provisions and other necessities, but knowing that He has blessed them with intellect, and they are inquisitive, He explains how He provides them with food. What is the source of this food and other requirements? Is food coming from the seventh heaven or somewhere else? It also shows the miracles of the Holy Qur'an, that before the knowledge of biochemistry reaches man Allah, glory be to Him, has already given a hint as from where this food comes.

WHAT IS THE SOURCE OF FOOD?

The Almighty says:-

وفي السماء رزقكم وما توعدون . ف ورب السماء والأرض إنه لحق مثل ما أنكم تنطقون .

“And the ‘samaa’ is your provision and whatever you are promised. Then by the Lord of the heaven and the earth, indeed, it is the truth – just as [sure as] it is that you are speaking.”¹

The word ‘samaa’ has no equivalent in the English language. It means anything above us or above the ground. Although it is translated into heavens, which is some portion of the sky clouds float according to one dictionary or abode of God according to another translation. This is a problem in any kind of translation. A word in one language has no equivalent in another. That is why when there is a book about the Holy Qur’an in another language it is called an explanation of the verses of the Holy Qur’an not a translation.

What is immediately above us or surrounding us is the atmosphere. From the atmosphere we get our oxygen for breathing without it we cannot survive. Even food comes from the same atmosphere, the

'samaa' as plants breath carbon dioxide during the day. With sunlight and chlorophyll this is changed into carbohydrates which is the most important source of energy for many creatures including humans. [This process is also described in several verses of the Holy Qur'an. See book 2 chapter 1.] Animals burn these carbohydrates for energy and release it back to the atmosphere as carbon dioxide through the lungs, when they breath out. This is called the CARBON DIOXIDE CYCLE.

Bacteria in the soil take nitrogen from the atmosphere and by a process called nitrogen **cycle** change this gas into nitrate salts. Plants change nitrates into amino acids and then proteins. These are taken up by animals and fish and are changed into muscles and other tissues in the body. Man eats muscles of animals and fish for his own body muscle and other tissues. These are broken down into urea and are excreted in urine. This urea and other proteins from dead animals are broken into nitrogen by putrefying bacteria in the soil. The nitrogen is returned back into the atmosphere and this is called the NITROGEN CYCLE.

The same process happens for many minerals in the environment. There is also the SULPHUR CYCLE and so on.

Indeed these cycles including the water cycle are also NOT LEFT OUT IN THE HOLY QUR'AN!

This interpretation of the above verse is supported by a hadith of Prophet Muhammad, peace be upon him,

فالرزق مثل النطق لا يفارق الشخص في جال من الأحوال وفي الحديث (لو أن أحدكم فر من رزقه لتبعه كما يتبعه الموت)

Therefore provision and food for man is like ability to speak, it does not leave him at all times [until he dies or has very serious brain disease] for the Holy Prophet says: 'If one of you runs away from his sustenance, it will follow him like death.'²

What follows is the air that surrounds us. Even when we enter a cave it will still follow us.

All the above elements are hidden in the sky. No body can see nitrogen nor carbon dioxide but they are very important in the creation of our proteins and carbohydrates. This why Allah, glory be to Him, says he is the only

One who can bring the hidden nitrogen in the air and change it to a piece of meat on our table!

Read His following words:-

ألا يسجدوا لله الذى يخرج الخبء فى السموت والأرض ويعلم ما تخفون وما تعلنون .

“[As satan has barred them from Allah’s Way] So that they worship not Allah who brings forth what is hidden in the ‘samaa’ and the earth, and knows what you hide and what you reveal.”⁴

The cycles referred above are beautifully summarised in the following verse:

For Allah, the Almighty says:

هو الذى خلق السموت والأرض فى ستة أيام ثم استوى على العرش يعلم ما يلج فى الأرض وما يخرج منها وما ينزل من السماء وما يعرج فيها وهو معكم أين ما كنتمم والله بما تعملون بصير. (check underlined)

“It is He who created the heavens and the earth in six days and then established Himself above the Throne. He knows what penetrates into the earth and what emerges from it and what descends from the sky and what ascends therein; and He is with you

wherever you are. And Allah, of what you do, is Seeing.”³

One of the things that go comes down from the sky is water and the goes up is water vapour (**not clear**). This water cycle was described in chapter 4.3 above. In fact this verse epitomizes all the CYCLES above. It is not only the deeds of the servants of Allah, which are taken upon by angels and it is not the wrath of Allah that sometimes come down in the form of Tsunami, great fires and floods, but some of his blessings also, some of which come in cycles as outlined above.

OTHER VERSES TO SHOW FOOD BEING SENT FROM ‘SAMAA’

ولو أن أهل القرىءاء امنوا واتقوا لفتحنا عليهم بركات من السماء والأرض ولكن كذبوا فأخذهم بما كانوا يكسبون.

“And if only the people of the cities had believed and feared Allah, We would have opened upon them blessings from the ‘SAMAA’ and the earth; but they denied [the Messenger], so We seized them for what they were earning.”⁴

أمن يبداؤ الخلق ثم يعيده ومن يرزقكم من السماء والأرض أء له مع الله قل هاتوا برهنكم إن كنتم صدقين.

“Is He [not best] who begins creation and then repeats it and who provides for you the ‘SAMAA’ and earth? is there a diety with Allah ? Say produce your proof, if you are truthful.”⁵

يأبها الناس اذكروا نعمت الله عليكم هل من خلق غير الله يرزقكم من السماء والأرض لا إله إلا هو فأنى تؤفكون.

“O mankind, remember the favour of Allah upon you. Is there any Creator other than Allah who provides for you from the ‘SAMAA’ and earth? There is no diety except Him, so how are you deluded?”⁶

CONCLUSION

Therefore the purpose of all the above verses and the science behind it, is to assure us that our provision in this world is guaranteed unlike entering Paradise is not!

That our food in this world is guaranteed read the following verse:

وما من دابة في الأرض إلا على الله رزقها ويعلم مستقرها ومستودعها كل في كتب مبين.

“And there is no creature on earth but that upon Allah is its provision, and He knows

its place of dwelling and place of storage. All is in a clear register.”7

Our preoccupation should be our Lord not our food or provision, for Allah tells us to concentrate on our prayers not business or food to ensure a seat in Paradise which is not guaranteed.

THE WHOLE PURPOSE OF THIS CHAPTER IS THAT THE ALMIGHTY CREATOR IS TELLING US THAT OUR FOOD IS NOT COMING FROM A VERY FAR OFF HEAVEN BUT IT IS JUST OVER OUR HEADS! VERY CLOSE!

So close that we are surrounded by our food just like some wasps who inject their eggs into the body of a caterpillar. When the eggs hatch the young ones find themselves surrounded by food. Allah is the best of providers!

وإذا رأو تجرة أو لهوا انفضوا إليها وتركوك قائماً قل ما عند الله خير من اللهو ومن التجره والله خير الرزقين.

“But [on one occasion] when they saw some business or some amusement they rushed to it and left you standing [delivering the Friday sermon]. Say, ‘What is with Allah is

better than any amusement and any business and Allah is the best of providers.”⁸

Note the Almighty says He is the best of providers. If your job, or boss or business is your provider of food and pleasure in this world think who will provide you in the next life?

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3. The Holy Qur'an, Chapter 57, Verses 4.
4. The Holy Qur'an, Chapter 7, Verses 96.
5. The Holy Qur'an, Chapter 27, Verses 64.
6. The Holy Qur'an, Chapter 35, Verses 3.
7. The Holy Qur'an, Chapter 11, Verses 6.
8. The Holy Qur'an, Chapter 62, Verses 11.

CHAPTER FIVE

ISLAMIC FREEDOMS FROM MENTAL SLAVERY AND UNNECESSARY FEARS

INTRODUCTION

Many people think that slavery has been abolished. They are convinced by being brainwashed by the media that there is no slavery anymore. Slavery is widespread. Developing countries have been plundered by their greedy presidents until they have been brought to their knees begging the western countries for food and other handouts. In turn the western countries exploit their predicament and impose their rules, just like a master orders his slave. They have no economic, social nor political freedom. While their masters practice double standards imposing different conditions in different countries.

ISLAMIC FREEDOM FROM SLAVERY

Although there has been a long standing propaganda that Islam has propagated

slavery to shun off people from Islamic religion. However when the message of Islam was revealed to Prophet Muhammad, peace be upon him, slavery was well established. So to get rid of slavery Islam put in stringent measure to get rid of slavery. A person born free by his or her mother would never be a slave unless he starts aggression against Muslims and he enslaves Muslims then Muslims only in defending themselves can fight back and only retaliate in similar manner to the aggressors.

But more interesting putting measures to make sure Muslims free their already existing slaves. If a couple has intercourse during daytime while fasting in the month of Ramadhan, they had to free a slave to expunge their sins. If a Muslim makes a false swearing they had to free a slave to expunge their sins, when a Muslim kills another accidentally he had to free a slave, when a Muslim does 'IDHHAAR' [an old pagan practice of denying a woman her rights as wife] saying that his wife is like his mother he had to free a slave and so many other situations. All these were to promote emancipation of slaves.

WHICH IS THE WORST FORM OF SLAVERY?

When a person is put into the old type of slavery that people are familiar with, to free himself he needs only to cut the ropes and run away. However, when one is put into mental slavery how can he run away when there are no ropes to bind him? This is worse form of slavery as there is no end to it.

That is why the light of Islam came, to free people from all kind of slavery and unnecessary fears.

Freedom from Gurus

It is a practice among some people that they do not do anything before they ask their gurus. When they want to buy a house they would go and ask the guru whether the house will bring them good luck and prosperity. The guru might tell him not to buy the house because he sees bad omen in it. Poor chap might listen to him, not knowing that the guru has eyed the same house for his brother! What a loss!

Muslims are taught that, after doing proper research and assessment they should go ahead and put their trusts with Allah, the

Almighty, that the same house will bring good returns. For Allah, glory be to Him, instructs his Messenger, peace and blessings of Allah be to him, and other Muslims:-

فيما رحمة من الله لنت لهم ولو كنت فظا غليظ القلب لا نفضوا من حولك
فاعف عنهم واستغفر لهم وشاورهم في الأمر فإذا عزمت فتوكل على الله إن الله
يحب المتوكلين.

“And by the Mercy of Allah [O Muhammad] you dealt with them gently. And had you been rude [in speech] and harsh in heart they would left you. So pass over their [faults] and ask for forgiveness for them and consult them in the affairs. Then when you have taken a decision trust in Allah, certainly, Allah loves those who put their trusts [in Him].”¹

There are many lessons in the above verse but the one that concerns this chapter is when a Muslim makes a decision [this applies only for doing good things] he should go ahead and do it only trusting Allah will help him. He is not prevented from taking advice from fellow Muslims. Even the Holy Prophet, peace be upon him, with his knowledge given to him by Allah was asked to ask advice of his companions.

The difference between this advice and guru's advice is that when a Muslim takes advice from his brother Muslim it is mutual. The brother also takes advice from him. However a guru only gives advice he does not take your advice. It is as if he has the keys of the treasures and registers of the Almighty Creator! He pretend to be a small god.

This will free you from gurus.

Freedom from false secretaries of the Almighty

There are others who go and reveal their closely guarded secrets to others weekly hoping that by doing so these humans will forgive them or convey their search for forgiveness to the Almighty. They do not realize that this act is very dangerous. The person who knows your secrets can blackmail you, can use you or take other advantage of you. If he betrays you and tells others you have only yourself to blame!

Prophet Muhammad, peace be upon him, says:-

كل بن آدم خطيء وخير خطئين طوابون.

'Every son of Adam is a sinner and the best of sinners are those who seek repentance [from Allah].' (source please)

If he can forgive or convey one's forgiveness who will forgive him? For he is also a sinner.

It is only Almighty Allah who can forgive and He needs no secretary to convey peoples' repentance! For He Himself says:

والذين إذا فعلوا فحشة أو ظلموا أنفسهم ذكروا الله فاستغفروا لذنوبهم ومن يغفر الذنوب إلا الله ولم يصروا على ما فعلوا وهم يعلمون.

"And those who, when they have committed an immorality or wrong themselves [by committing other sins] remember Allah and ask for forgiveness for their sins—AND WHO CAN FORGIVE SINS EXCEPT ALLAH? - and [who] do not persist in what they have done while they know."2

This will free you from being enslaved by so called religious people. You would not fear them even if they threaten to curse you.

Freedom from fear of people however terrifying they may be

This is freedom from phobia of the boss, police, bully, official or any other person

who may seem to wield some power. Can people actually harm or benefit you?

Read the following saying of Prophet Muhammad, peace be upon him, :-

عن ابن العباس عبد الله بن عباس رضى الله عنهما قال: كنت خلف النبي صلى الله عليه وسلم يوما فقال لى يا غلام , إني أعلمك كلمات إحفظ الله يحفظك إحفظ الله تجده تجاهك إذا سألت فاسأل الله وإذا استعنت فاستعن بالله واعلم أن الأمة لو اجتمعت على أن ينفعوك بشيء لم ينفعوك إلا بشيء قد كتبه الله لك وإن اجتمعوا على أن يضروك بشيء لم يضروك إلا بشيء قد كتبه الله عليك رفعت الأقالم رجفت الصحف. رواه الترمذى.

Ibn Abbas, Abdullahi bin Abass, may Allah be pleased with both of them, said; 'I was behind the Prophet, peace be upon him, one day and he said to me 'O lad, I am going to teach some lessons. Be mindful of Allah, [that is obey Allah] he will protect you. Be mindful of Allah, you will find Him in front of you. Whenever you ask, ask from Allah. Whenever you seek protection seek that protection from Allah. And know that if the whole mankind where (were) to come together to benefit you for anything, they would not benefit you for anything except that which Allah has already written, that you will get it. And when they come together to harm you they would not harm

you except that which Allah has already written that it will reach you. The pens have already been raised and the ink on the paper has already dried.' Narrated be at-Tirmidhiy. 3

So what is the use of fearing people who can not harm you when the one who deserves out (**our**) fear is ALLAH. What is the use of excessively loving people when our real benefactor is ALLAH.

This will free you from incapacitating phobias! You will not fear anymore human beings.

Freedom from fear of witchcraft, witchdoctors, black magic, voodoo, bad spells, jinns [genies] and evil spirits.

Just as in the above we learn that we should not fear people and the most feared people are those whom people thing (**think**) have ability to harm others by witchcraft, black magic or voodoo.

The above saying says it clearly. However black magic and belief that it can harm or benefit is so regarded with so much contempt by Islam that anyone who believes in it, he immediately becomes an infidel a

disbeliever! Prophet Muhammad says so clearly:-

من أتى عرافا أو كاهنا , فصدقه بما يقول, فقد كفر بما أنزل على محمد. رواه احمد.

'Who ever goes to a soothsayer or witchdoctor and believes in whatever he says, has denied what has been sent down to Muhammad [that is Islam].' Narrated by Ahmed.

Jinns are very weak. They have no power against humans especially if they believe in Allah, the Almighty. For He says:-

فإِذَا قرَأْتِ القرآنَ فاستعذِ باللهِ مِنَ الشَّيْطَانِ الرَّجِيمِ. إنه ليس له سلطان على الذين آمنوا وعلى ربهم يتوكلون. إنما سلطنه على الذين يتولونه والذين هم به مشركون.

"So when you recite the Qur'an, [first] seek refuge in Allah from Satan, the expelled one [from the mercy of Allah]. Indeed, there is for him no power who believed and rely upon their Lord. His power is only over those who take him as an ally and those through him associate others with Allah."4

Satan is the chief of genies [jinns]. Even their power over those who take jinns as allies is

only in suggesting to them to do evil and such people obey them. A jinn is so weak he cannot infect you with the common cold virus. He can only infect human with AIDS virus by enticing him to sleep with another human being [not the jinn himself] carrying the virus. But if a human infected with the common cold virus sneezes on another person he can easily infect him!

This freedom will free you from false belief that your neighbour, your workmate, your brother and your spouse has bewitched you. It will also free from fear of jinns [genies and evil spirits].

Freedom from believing in stars, foretelling, bad luck and unfounded, unnecessary fear of the future.

There are people who do go out (**something missing**) or do undertaking before they have looked at their stars. They do not marry, buy a new car or house, start a new business or travel before they consult a soothsayer, crystal gazers, fortune teller, diviner or augur.

But all of them do not know your future. Only Allah knows your future.

Look what Prophet Muhammad's ability and power, peace be upon him, and what he is told by the Almighty to tell mankind:

قل لا أملك لنفسي نفعا ولا ضرا إلا ما شاء الله ولو كنت أعلم الغيب
لأستكثر من الخير وماسنى السوء إن أنا إلا نذير وبشير لقوم يؤمنون.

"Say, [O Muhammad] 'I possess no power over benefit or harm to myself except as Allah wills. If I had the knowledge of the 'Ghaib' [the unseen, the unknown, present and future] I should have secured for myself an abundance of wealth [and other goodies, like children] and no evil should have touched me. I am but a warner and bringer of glad tidings to people who believe.'"5

If the best of the creation of Allah cannot know the future does one expect a miserable witchdoctor to have such tremendous power befitting only the Almighty?

وعنده مفاتيح الغيب لا يعلمها إلا هو ويعلم ما فى البر والبحر وما تسقط من ورقة
إلا يعلمها ولا حبة فى ظلمت الأرض ولا رطب ولا يابس إلا فى كتب مبين.

"And with Him [Allah alone] are the keys of 'Ghaib' [the unseen, the hidden, the unknown, present and future] none knows them except Him. And He knows what is on the land and in the sea. Not a leaf falls but

that He knows it. And no grain is there within the darkneses of the earth and no moist or dry [thing] but that it is [written] in a clear record [which is with Allah alone].”⁶

Allah has to know everything described above not only the future but also the amount of leaves on the trees for from them we get our oxygen. If there is a deficiency of such leaves there will be less oxygen in the atmosphere and we would all become breathless! The grains deep in the darkneses of the earth determine the number of trees which in turn determine the number of leaves. Who (How) wonderful to have a Lord who has full information and control of everything that we need even the number of oxygen molecules!

Even the genies [jinns] have no knowledge of the future:

وأنا لا ندى أشر اريد بمن في الأرض أم اراد بهم رحيم رشدا. (Not correct)

“And we do not know whether evil is intended for those on earth, or whether their Lord intends for them a right course.”⁷

This is what Allah, glory be to Him, says what the jinns said about whether they know

the future and other hidden things. It is clear they know nothing!

This free you from wasting your money in consulting fortune tellers and being fooled be them!

Freedom from superstition and bad omens.

Prophet Muhammad says:

عن أبي هريرة رضى الله عنه عن النبي صلى الله عليه وسلم قل , لا عدوى ولا طيرة ولا هامة ولا صفر. رواه البخارى .

Abu Hurairah said, the Prophet, peace be upon, said; ‘There is no infectious disease [that can infect a human except with the permission of Allah] no bad (bad) omen, no the evil of the owl, no bad omen of the month of ‘Safar’ [a second month in the Arabic (Islamic) calendar]’⁸

Other people when they see a black cat, it heralds a bad omen and they do not go out of their houses for fear of serious calamities befalling them. If an owl lands on one’s house this means imminent death in one of the occupants of that house.

Some think that when an owl looks at their new born their child will get neonatal tetanus.

Look how Islamic science is advanced! Even before the tetanus bacteria was discovered by humans Islam told them that THE OWL HAS NOTHING TO DO WITH NEONATAL TETANUS. There is no need to fear an infectious disease like N5H1 influenza virus that it will wipe mankind unnecessarily and obsessively. Although you are allowed to take preventive measures.

The Arabs used to have another primitive belief that if they do anything in the month 'Safar' it will bring bad luck. All the months belong to Allah there is no bad luck month.

This will free you from disabling bad omens and free you from being imprisoned in your own home by a harmless cat!

Freedom from worshipping anything not worthy of worship e.g. dead men, saints etc and asking for favours from them

Islam liberates people from worshipping or asking saints for favours; Allah the Almighty tells them how weak they are:

إن الذين تدعون من دون الله عباد أمثالكم فادعوهم فليستجيبوا لكم إن كنتم
 صدقين , ألهم أرجل يمشون بها أم لهم أيد يبطشون بها أم لهم أعين يبصرون
 بها أم لهم آذان يسمعون بها قل ادعوا شركاءكم ثم كيدون فلا تنظرون.

“Verily those whom you call upon besides Allah are slaves like you. So call upon them and let them answer you if you are truthful. Do they have feet with which they walk? Do they have hands with which they strike? Do they have eyes with which they see? Do they have ears with which they hear? Say [O Muhammad] ‘Call your [so called] partners and then plot against Me and give Me no respite.’”⁹

Note they are so dead that the Almighty reminds us that they are so weak they cannot walk, move their hands or see. They cannot hear us how can they answer our requests. Very simple reasoning!

And in another verse:

والذين يدعون من دون الله لا يخلقون شيئاً وهم يخلقون. أموت غير أحياء وما
 وما يشعرون أيان يبعثون. إلهكم إله واحد فالذين لا يؤمنون بالأخرة قلوبهم
 منكرة وهم مستكبرون.

“And those they invoke [asking for favours] other than Allah create nothing, and they [themselves] are created. They are, [in fact]

dead, not alive, and they do not [even] know when they will be resurrected. Your god is one God [Allah]. But those who do not believe in the Hereafter-their hearts deny [the faith in the Oneness of Allah] and they are arrogant.”¹⁰

Look again that they are dead they cannot hear your requests. Note the repeat ‘they are not alive’ to remove one’s doubt and know that they are truly unable to hear anyone.

Now compare with a true Muslim who can obey, fear and love Allah although he does not see Him. He does not need a symbol nor idol of God in order to worship and revere Him! Indeed Allah has praised this type of Muslim. Just like a scientist or mathematician who believes many unseen things like oxygen molecules, electrons and complex numbers. For the Almighty praises these Muslims saying:

وأزلفت الجنة للمتقين غير بعيد. هذا ما توعدون لكل أواب حفيظ. من خشى الرحمن بالغيب وجاء بقلب منيب. ادخلوها يسلم ذلك يوم الخلود. لهم ما يشاءون فيها ولدين مزيد.

“And Paradise will be brought near to the righteous, not far. [They will be said], This is what you were promised – for every

returner [to Allah] and keeper [of His covenant].’ Who feared the Most Merciful unseen and came with a heart returning [in repentance]. Enter it in peace. This is the Day of Eternity. They will have whatever they wish therein, and with Us is more.”¹¹

These are those who do not visit the graveyards of Holy or pious people with requests. They do not need to put any symbol in front of them during their prayers. They do **not** wear any necklace with a symbol of their god, for god had no shape that one can recreate.

This will free you from idol worshipping, fear of pious people dead or alive. You can stand anywhere, raise your hands and tell your Creator whatever you need. You will not only have One listening to you but you have a direct line to Him. No need to go through secretaries or door men!

For Allah, glory be to Him, says:

وإذا سألك عبادي عني فإني قريب أجيب دعوة الداع إذا دعان فليستجيبوا لي
وليؤمنوا بي لعلهم يرشدون.

“And when My servants ask you, [O Muhammad] concerning Me – indeed I am

near. I respond to the prayer of the supplicant when he calls upon Me. So let them respond to Me [by obedience] and believe in Me that they may be [rightly] guided.”¹²

Freedom from fear of your boss or your breadwinner

That our food in this world is guaranteed read the following verse:

وما من دابة في الأرض إلا على الله رزقها ويعلم مستقرها ومستودعها كل في كتب مبين.

“And there is no creature on earth but that upon Allah is its provision, and He knows its place of dwelling and place of storage. All is in a clear register.”¹³

So although you may respect your boss do not agree to do things that will annoy the real Provider and that is Allah. He should not tell you to mix his or her alcohol drink and you agree.

This will free you from worshipping you boss or any one who brings food at home.

CONCLUSION

All the above freedoms will not only make a person happy and productive it will ensure a good mental and social health. It is better to take advice from your Creator who knows you rather than from a created person who has his own problems he cannot solve himself!

References;

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3. Madni Abbsi S M: Riyadh-us-Saleheen translation. Riyadh, International Islamic Publishing House. 1: 52.
4. The Holy Qur'an, Chapter 16, verses 98-100.
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9. The Holy Qur'an, Chapter 7, verse 194-195.
- 10 The Holy Qur'an, Chapter 16, verse 20-22.
11. The Holy Qur'an, Chapter 50, verse 31-35.

12. The Holy Qur'an, Chapter 2, verse 186.

13, The Holy Qur'an, Chapter 11, verse 6.

CHAPTER SIX

MORE ADVANCED SCIENCE IN THE SUNNA

The prophet, peace be upon him, says:

وعن سلمان بن عامر رضى الله عنه عن النبي صلى الله عليه وسلم قال , إذا أفطر أحدكم فليفطر على تمر فإِ لم يجد فليفطر على ماء فإنه طهور. رواه أبوداؤود والترمذى.

Salman bin Aamir, may Allah be pleased with him, said that the Prophet, peace be upon him, said: 'If any of you breaks the fast, then he should break it with dates. If he cannot get them, then he should break his fast with water, for water is clean and cleans [other things].' Narrated by Abu Dawood and Tirmidhi.

There are at least two sciences in this short Hadith:

1. Note the advanced biochemistry of Prophet Muhammad, peace be upon him. When a person fasts there is a tendency for his blood sugar to fall to dangerous levels. However in the science of biochemistry the liver changes amino acids from protein into glucose, this is called gluconeogenesis. However this is not a desired (**desired**) pathway of the body. To stop this pathway and restore normal metabolism a simple sugar like fructose must be eaten. This is why the Messenger of Islam, peace be upon him, urges Muslims to take dates full of fructose!

The brain cannot withstand low blood sugar for more than a few seconds.

Note the other science of gastroenterology. Experts in this field used to say for a long time that, since the gastric juice has concentrated hydrochloric acid [pH 1 to 2] there are no bacteria in the stomach. They used to say that this hot acid will kill any bacteria that enters it. Until about 15 years ago when they saw a bacteria called Helicobacter pylori (**italics**). This bacteria

does not only live in the stomach but it causes stomach ulceration and has also been implicated in the causation of gastric cancer.

In the above Hadith, the Messenger tells Muslims to use water to break the fast. It is not an accident that instead of telling them they will quench their thirsts in the hot desert of Arabia, he tells them water is not only clean but it is a cleansing agent. Do they want to clean? What do they want to clean from? Allah the Almighty, had already shown his Messenger, peace be upon him, this dangerous bacteria even before the invention of the microscope. They wanted to clean their stomachs from bacteria such as Helicobacter pylori (*italics*). And what a better opportunity to read (*rid*) oneself from this and other similar bacterias, when the stomach has been empty for a long time devoid of any other stuff making it easy for water to clean the stomach. It is also possible that the bacteria has also weakened by the day long fast.

Water also helps to clean the body of other excretory products like urea, uric acid etc, through the kidney, but this occurs all the time it does not need fasting to effect this type of cleansing.

EPILOGUE OF BOOK FOUR

In a Hadith that is reported by Abu Umama, The Prophet, peace be upon him, encouraged people on studying the Holy Qur'an and then told them about the benefits. He told them the Holy Qur'an will come to those who hold fast on reading and practicing it, on the day of resurrection, and they would be very much in need of the Holy Qur'an on that day, it will come in the most handsome face. The Holy Qur'an will ask; 'Do you know me?' The person will reply: 'Who are you?' It will reply: 'I am the one whom you used to love and respect. You used to stay awake at night because of me and also during the day you used to read me.' The man will reply; 'Perhaps you are the Holy Qur'an.' Then he will proceed towards Allah, then he will be given a kingdom in his right hand and eternal life on his left and a king's crown will be placed on his head. He will then dress his two Muslim parents with beautiful and decorated gowns. The value of these gowns is many times more than the value of the whole earth and its contents. His two Muslim parents will ask; 'From where is all this splendour and

our deeds did not reach this extent?' This is because of your child's reading of the Holy Qur'an, you have been given all this!1

This shows the importance in insisting on our children [and ourselves] on the correct recitation of the Holy Qur'an, on our insistence on their memorization of the Holy Qur'an, on their understanding the Holy Qur'an, and implementing the guidance that is inside the Holy Qur'an.

In another Abdillah bin Masud Hadith, Prophet Muhammad said: 'Certainly this Holy Qur'an is a feast [blessing] of Allah, glory be to Him, therefore learn this feast of Allah, to your utmost ability, it is indeed the strong rope of Allah, a clear light, an effective healing and restrains one who holds fast to it from sins, it saves the one who follows it, there is no desrepancy in it, and it does not mislead anyone until he his blamed, AND ITS MIRACLES NEVER END, NOR DOES IT BECOME OLD FASHIONED OR FAMILIAR WITH REPETITION IN ITS RECITATION. Allah rewards you in on its recitation for every letter ten rewards, for I do not say ا is ten rewards but the letter 'ا' ten rewards, 'ب' ten rewards and letter 'م' ten rewards.'2

Therefore the Holy Qur'an never ceases to amaze its readers nor do they become bored or familiar with its repeated recitation.

Abdillah bin Amr bin Aas said, the Holy Prophet said: 'Whoever recites the Holy Qur'an is like one who is held on both sides by Prophethood except he does not receive revelation. And whoever recites the Holy Qur'an and then thinks that another person with other worldly blessings has been given better than what he has been given, then he despises what Allah has honoured and has honoured what Allah has despised. And it is not befitting for a holder of the Holy Qur'an to show ignorance when he has been annoyed but he forgives and forgets.'³

Therefore one who holds on to the Holy Qur'an gets a very high status in front of the Almighty!

Muhammad bin Kaab Alqardhy said; 'Whoever recites the Holy Qur'an is like one who has seen the Prophet, peace be upon him, and then he recited this verse:-

قل أى شىء أكبر شهادة قل الله شهيد بينى وبينكم وأوحى الى هذا القرآن
لأنذركم به ومن بلغ أئنكم لتشهدون أن مع الله ءالهة أخرى قل لا أشهد قل إنما
هو إله واحد وإننى بريء مما تشركون.

“Say, ‘What thing is greatest in testimony?’ Say, ‘Allah is witness between me and you. And this Qur’an was revealed to me that I may warn you thereby and whomsoever it reaches. Do you [truly] testify that with Allah there are other deities?’ Say, ‘I will not testify [with you]’ Say, ‘Indeed He is but one God, and indeed I am free of what you associate [with Him].”⁴

Since the Holy Qur’an was revealed to Prophet Muhammad, peace be upon him, and he conveyed to his companions, therefore when you listen to its recitation it is like you are listening to the Prophet himself!

References:

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3. [Arabic] Tanbih Ghafilin. Nasr Mohamad Ibrahim Samarkandy. Maktaba Ishaq Islam. Dehli. India. 152

4. The Holy Qur'an, Chapter 6, Verse 19.

Thanks be to Allah, all glory belongs to Him, He enabled me to finish this book on 24th Rajab 1427, equivalent to 19th August 2006, [from 1999].

[THIS SHOULD BE AT THE BACK COVER OF THE BOOK]

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He was again invited in June 2001 to present his new discovery on a platform in front of a congregation of famous international neuroscientists at the XVII World Congress of Neurology, Earls Court Congress Center, London, United Kingdom.

He read the Holy Qur'an at the Mwinyi Swaleh School and read Islamic Law and Arabic Grammar and Syntax at Sheikh Brekk in Mombasa, Kenya. He studied Tawhid [Islamic Monotheism] and Translation of the Holy Qur'an from Sheikh Abdalla Swaleh Alfarsy formally Chief Kadhi of Zanzibar and later of Kenya.