

Advice For The Patient

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HUMANITARIAN CENTRE
GUIDANCE • UBUNTU • EMPOWERMENT

Everything - good and the bad - is from Allah Ta'ala. Good health is indeed a great bounty and a treasured gift from Allah Ta'ala. Having little or no wealth is incomparable to the blessing of good health. Therefore, one should continuously thank Allah Ta'ala for the good health that He has gifted us with.

Illness and sickness is sometimes a means of purifying one from worldly blemishes and sins. There are also other occasions when Allah Ta'ala wishes to raise the stages of the sick person. It could also come as a test, for which the person needs to exercise immense patience.

To take treatment and seek a cure for one's illness is a Sunnah.

It is important to learn and be informed about what Nabi ﷺ said with regard to illness and sickness:

- Do not use Haram (impermissible) medication, unless nothing else is available and use of the “impermissible” medication is unavoidable. Advice of an Alim or an Allah-conscious medical doctor should be sought.
- Never become despondent never lose hope in the mercy of Allah Ta'ala.
- There is no harm about the person complaining about the pain on the body.

On one occasion, Nabi ﷺ had a cloth tied tightly around his Mubarak head and he was repeating: “Waa ra'sah” (Oh what a pain in my head!)” due to the severity of his headache.

Once, Hazrat Umar ؓ was sick and he groaned out of extreme pain. Some people remarked: "O Ameer-ul-Mu'mineen, do you also groan out of pain? Is this not going against patience?" He replied: “Subhaan-Allah! When Allah Ta'ala has given me sickness to show me how helpless I am and for me to acknowledge my weakness, why (then) should I oppose it and display my strength?” (Marz bhi Allah ki Rahmat he)

- Never curse the illness, for it is indeed a blessing from our Creator.
- Never wish for death, irrespective of the intensity or type of illness.
- Make abundant Dua for oneself, family and the Ummah since the sick person's Dua is readily accepted.

Hazrat Umar bin Khattab ؓ narrates that Rasulallah ﷺ said: “When you visit sick people, ask them to make Dua for you because their Duas are like the Duas of the angels.” (Ibn Majah)

- Try to drink Zam Zam water in small sips daily (if available).

Hazrat Abu Moosa ؓ reports that Rasulallah ﷺ said: “When a person falls ill or goes on a journey, then those (good) deeds which he used to perform when he was at home and in good health, are written down in his favour.” (Bukhari Shareef)

- Always eat the correct foods and follow the diet prescribed by a reputable and respectable dietician or a medical doctor. Hazrat Umm -ul -Mundhir bint Qais (Radiyallahu Anha) narrates that Rasulallah ﷺ once came to them with Hazrat Ali ؓ. Hazrat Ali ؓ was recovering from an illness and was still weak. Therefore, when he also stood up with Rasulallah ﷺ to have some fresh dates hanging from a branch, Rasulallah ﷺ stopped him, saying: “You ought to refrain (from eating the dates) because you are still weak after your illness.”

Consequently, Hazrat Ali ؓ did not partake of the dates. Soon thereafter, when Hazrat Umm -ul -Mundhir bint Qais (Radiyallahu Anha) served a dish of beetroot and barley, Rasulallah ﷺ said to Hazrat Ali ؓ: “Have this, because it is good for you.” (Abu Dawood Shareef)

- Should you not be able to use water for Wudhu, then make Tayammum --- but never miss a single Salah.

- Do not force yourself to eat. Hazrat Uqba bin Amir ؓ narrates that Rasulullah ﷺ said: “Do not force your sick ones to eat because Allah Ta'ala feeds them.” (Tirmizi)
- The sick person should have hope in receiving the rewards for the different sicknesses, as mentioned by Rasulullah ﷺ (Al Adab)
- At times, when a person falls ill, he begins to make promises in his heart to Allah Ta'ala that, if he is cured, he will do certain good deeds or he will refrain from a particular sin, etc. When he is cured, he should ensure that he fulfills the promises that he has made.
- Ibn-us-Sunni (Rahmatullahi Alaihi) records that a Sahabi by the name of Khawaat bin Jubair ؓ said: “Once, when I fell ill, Rasulullah ﷺ came to visit me. He ﷺ asked me: 'O Khawaat has your body healed?'” I replied: “O Rasulullah ﷺ! May Allah Ta'ala bless you with good health.” Thereafter Rasulullah ﷺ said: “Whatever promises you have made to Allah Ta'ala should (now) be fulfilled.” I replied: “I have not made any promises to Allah Ta'ala.”

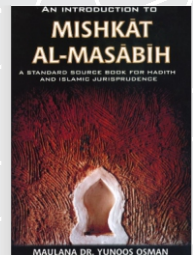
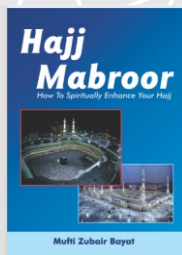
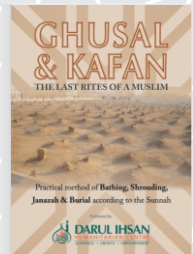
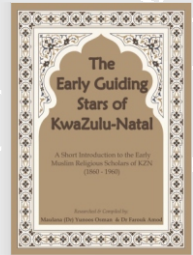
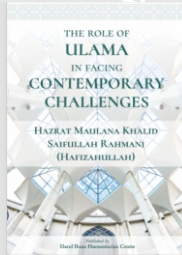
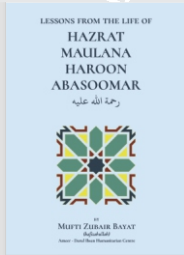
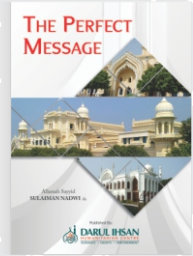
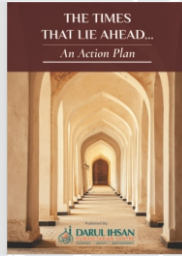
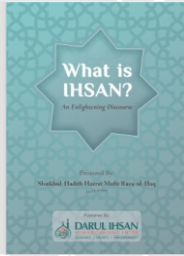
Rasulullah ﷺ replied: “Why not? Whenever a person falls ill, he makes promises to Allah Ta'ala. Hence, fulfill your promises with Allah.” (Adhkar)

- Salah is the most powerful way to cure the illnesses of the body. Nabi ﷺ would resort to Salah in warding off any difficulty.
- Hazrat Abu Hurayra ؓ was lying on his stomach. Nabi ﷺ said to him: “Are you suffering from stomach pain?” He replied: “Yes.” Rasulullah ﷺ responded: “Then get up and busy yourself in Salah, for that will heal you.”

Imam Ghazali (Rahmatullahi Alaihi) has written in Ihya - ul-Uloom that the sick person should observe the following:

1. Adopt the beauty of Sabr (Patience)
2. Engage in Dua
3. Have trust in Allah Ta'ala
4. Constantly remember Allah Ta'ala by making Zikrullah.

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About Darul Ihsan

Darul Ihsan Humanitarian Centre provides education, guidance, social, empowerment and welfare services to the community. In providing this service, we adopt a holistic approach, that gives due importance to basic needs as well as human rights and dignity of those that we serve.

Founding Philosophy

Darul Ihsan Humanitarian Centre is a multi-purpose, humanitarian-services providing organisation. 'Ihsan' means compassion towards mankind and to act with excellence. The Centre was established in the year 2000 with the primary objective of serving humanity and alleviating poverty and hardship locally and abroad. Since its inception, it has developed and established many humanitarian projects and provides a variety of free services to the community.

Key Objectives

One of the key objectives of the Centre is to promote a better understanding of humanity and peace, thereby serving as a bridge-builder between faiths and communities. Through guidance, Ubuntu and empowerment, the organisation hopes to train and develop the youth to become torch bearers of hope, peace and compassion to humanity.

