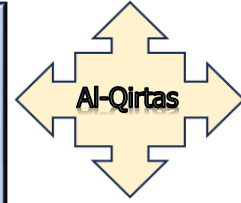


Hadiths and Modern Medicine: A Comparative Analysis of
Islamic and Scientific Practices



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Abstract

This investigation uncovers the interdependence between the Prophetic proverbs of Islam, particularly Hadiths, and the modern medicine. A detailed comparative examination with a focus on specific Hadiths that consist of pieces like dates, toothbrushes, pumpkin, sweetness, and natural remedies is the core of the analysis. The purpose of such evaluations is to determine the extent of consistency between these Hadiths and today's scientific comprehension. This research will be conducted by considering whether the Hadiths give the information about lifestyle that conforms to modern medical knowledge, especially regarding food rules, hygiene and natural medications. This research intends to broaden the horizons and bring the modern science and the Islamic historical teachings nearer to each other. Actually, this analysis is something that is meant to be a medium between religious and scientific perspectives on mental health and well-being, thus leading to an necessary-rather supportive dialogue that is good to both religious and medical communities.

Keywords: Islamic Traditions, Scientific Understanding, Hadiths, Medical Communities

Introduction

The sunnah, or record, of the sayings, actions, and approval of Prophet Muhammad (peace be upon him), holds a pivotal position in an Islamic man's life and jurisprudence. The Hadiths along with the Quran represent the main source for the believers of Islam to consult them in issues of faith, values, ethics and practical daily living (Siddiqui, 2008). Hundreds of years of hadiths being authenticated was accomplished by many scholars throughout Islamic history. They used all the resources at their disposal to do this and the end result of their efforts is that hadiths are reliable and authentic (Brown, 2009). Sunnahs serve as an immensely vital window into the Prophet's teachings. In this he gives us examples of his character, wisdom, and how he lived's which Muslims endeavor to imitate in their daily life (Rahman, 1979). Now, there are diverse collections of Hadiths especially Sahih al-Bukhari, Sahih Muslim and others. Therefore, the rule of these collections is consulted for advice about religious rituals, character thinking, social dealing, and even related to health and wellbeing (Al-Bukhari, 1997; Muslim, 1976).

Islamic medicine is the treasure of the long-term history of research in philosophy, practice of scientific life, and sharing information among the people. The discipline of Islamic medicine

was initiated during the golden age of Islam in the second half of the 8th century and achieved its boom up to 14th century resulting in advanced medical knowledge, practice and teaching (Sabrina Savage-Smith, 1997). The Islamic world had a vital surge in learning with physicians and scientists taking center stage in the field of the medical sciences as they facilitated the translation of ancient Greek, Roman, Persian and Indian medical texts and their further study to as well as furthered their original research and clinical observations. These key figures, called Ibn Sina, Al-Razi, and Ibn al-Nafis, where they were progressing in anatomy, pharmacology, surgery, and healthcare, contributed greatly into what was started to be known as modern medicine (Al-Rawi, 2011). According to Islamic medicine, not only the physical aspect of the body must be taken into consideration but the spiritual and environmental factors such as travels, climate, season and family background, also must be taken into account within the medical diagnosis, treatment and prevention (Al-Hassani, 2009). The remnants from Islamic medical practice and instruction are of great significance until now on a global scale and today it reflects how Islamic civilization can lead humanity towards knowledge and growth.

The research purpose aims to contrast some health practices pronounced in the Hadiths texts compared to modern medicine. The purpose is to evaluate the consistence and unconventional aspects they may disclose. In the study, it becomes increasingly clear that looking into relevant Hadiths concerning the diets, hygiene standards, natural remedies, among other health-related issues is crucial. Therefore, the research examines whether the Islamic values portrayed in the Hadiths remain compatible with modern health guidelines and recommendations. This study will conduct the comparative analysis between Hadiths and modern science medicine to arrive any point of concurrence or contrast. By means of this investigation we will reveal the insightfulness and relevance of the Guidance through the Prophet Traditions in promotion of well-being. At the end, the objective is to witness an improved understanding about the relations between Islamic doctrines and scientific truths, stimulating communication as well as sparking inspiration in both scholarly and medical communities.

Methodology

When deciding on those Hadiths relevant to health practices from Hadith collection the first and obvious criteria include their relevance, the second is their authenticity, and the last one is their practical applicability. Firstly Hadiths are selected on the basis presence they convey and reliability of account which are from well-known collections such a Sahih al-Bukhari and Sahih Muslim from which the standards of authentication are based (Brown, 2009). Moreover, the given Hadiths should include the aspects about the morning and night prayers, fasting, and general healthcare such as healthy eating practices, personal hygiene, natural remedies and medical treatments. For example, Hadiths that show the importance of dates for their nutrition, the use of toothbrushes and preliminary toothpaste for oral hygiene and medical properties of pumpkin and honey may be the subjects of discussion first (Al-Bukhari, 1997; Muslim, 1976). In addition, the Hadiths need to be in agreement with the main principles of the Islamic health and mean walking moderate path, cleanliness, as well as natural therapies which is supported by prophet

embodies teachings (Rahman, 1979). Through adopting these important selection criteria the research aims at discovering sayings from which individuals can get real life experiences and which can be useful in the present time.

Semantics methods used to interpret the chosen Hadiths involve deep dive into their textual criticism, authentication, and the exegeses of those Hadiths within the domain of Islamic jurisprudence (fiqh). Primarily, each Hadith goes through the refinement process, using the set principles of Hadith criticism (Ilm al-Hadith), such as the analysis of the narrators' chain of transmission (isnad) and evaluation of their integrity (rawi) to recognize reliability (Brown, 2009). After the identification of Hadiths meeting the pre-established requirement of authenticity, textual analyses by taking into account linguistic intricacies, contextual meanings, and theological implications become of crucial importance (Siddiqui, 2008). Moreover, Hadiths are elucidated in the light of the overall Islamic teachings which puts relevant Quranic verses, the commentaries on the Quran (tafsir) and the opinions (fatwas) of scholars into consideration to define their application to health and well-being (Savage-Smith, 1997). So, by the implementation of these methodological approaches, the research is designed to have a holistic understanding of the Hadiths under scrutiny and their elucidations over health behaviors.

The review of modern medical practices with the chosen topics will be prepared through a systematic review of the literature from the sources having good credibility including peer-reviewed journals, academic publications, evidence-based guidelines etc. Knowing that each topic, such as the nutritional content of dates, oral health, the therapeutic properties of squash, and the health implications of added sugars, would be followed by a comprehensive study of both recent studies and trials, as well as expert opinions (Pormann & Savage-Smith, 2007), motivated me to put off work on other assignments and focus on this particular paper. Also, the research scope will involve the current medical recommendations along with guidelines promoted by the prestigious medical organizations and the health professionals. This research is striven to craft an overall-picture of current medical practices concerning selected topics by integrating findings from various sources. This is expected to contribute to the comparisons with Islamic teachings and insights of them in Hadiths.

Analysis

Examining the Hadith of my choice that incorporate health practices requires me to search and learn the specifics of each one to verify their relevance to the present day medical science. To begin with, the Hadith which deals with proscribing the dates consumption emphasizes the opinion of the Prophet Muhammad to break one's fast using dates because of their health advantages. The practice is founded upon Prophet's deeds of having something material and healthy to eat during this month, and it is a symbol of restoring the body with natural quick carbs, vitamins and minerals after the state of fasting (al-Bukhari, 1997). Dates have specific and abundant amounts of carbohydrates, fiber, and essential nutrients which are present in various foods. These carbohydrates are the major sources of energy and are very important to aid the breakdown of food in the digestive system (Al-Farsi et al., 2005). Today's nutritional science supports the

nutritional value of dates and it confirms that dates are good for body-satiation, they help to regulate blood sugar, and they bring other health benefits (Fardet, 2018).

Along the same line, a hadith emphasizing on the use of toothbrush (miswak) for correcting personal hygiene is a reflection of Muhammad's interest in personal health care and the prevention of disease. The natural toothbrush miswak is it's to make the shape of a *Salvadora persica* tree which tends to possess antibacterial properties so as to effective plaque removal and decay prevention (Al-Bukhari, 1997). The miswak utilization is proven to be effective in keeping down the number of bacteria, plaque formation as well as gingivitis, which highly contributes to the overall mouth health (Darout et al., 2018). Although today's dental practice may be dance with toothbrushes, fluoride toothpaste and futuristic technology, the principles of oral hygiene promoted in the Hadith is in sync with recommendations of keeping the teeth and gums healthy by experts of today's times.

On the contrary, the story told by the Hadith about pumpkin being the best for this stomach disease is a testimony to the great healer whom the Prophet people trusted. Pumpkin, which is characterized by a good deal of fiber and is a useful food against gastrointestinal problems such as dyspepsia, constipation and gastritis, has been used in different traditional treatments (Rana et al., 2015). Alternatively, the scientific data of the component of the Hadith that speaks of the health advantages of pumpkins may be scant because in modern systematic scientific research, there is often emphasis more on isolated nutrient or standardized treatments instead of the whole food's nutritional values or folk medicine. Although the Hadith confirms that included natural, herbal vegetables to diet is good for health of digestive system, it is worthy to mention that nutrition from bean's foods is essential for better performance of the digestive system.

For sweetness, the Hadith saying about avoiding too much sweet things and fluids means the Prophet's guidance concerning moderate diet and balanced nutrition. It is well known that too much intake of sugar could lead to obesity, diabetes and heart diseases (Malik et al., 2010). The Hadith's main focus on severity implies following modern medical advice to limit sugars and to choose fruits, honey or dates as healthier alternatives (vegetables) (Keller & Bucher Della Torre, 2015). Though science of medicine supplies you with extensive statistics that point to negative effects of overeating, the Hadith proves to be a classic teaching on the subject of the need for mindful eating and cautious choices in diet. Finally, the examination of each selected Hadith connected to health care practices, allows to take away in effect the prophet's idea regarding nutrition, hygiene, and natural remedies from them. There are times when Hadiths perfectly follow the guidance of modern medical science and nutrition but, otherwise, they may not sound very scientific but they are still regarded as precious instruments of holistic healing and well-being. This contrast explores the possible implications of combining current knowledge from medical research with the Hadiths. The outcome can be the evolution of a more comprehensive healthcare practice for the fulfillment and wellness of humanity.

Discussion

The significance of such findings that we have from comparing modern medicine very closely with Hadiths lies in the fact that this contributes to our knowledgeability of Islamic treatment methods specially when surrounding the one's health and wellbeing. The investigation of any possible concordance between prophetic instructions and today's medical knowledge gives us clues as to why an axiomatic foundation in Islamic healthcare based on holistic concepts takes form. These comparisons stress that prophetic Hadiths are valuable in preventing diseases, keeping right eating, and supporting traditional treatment as Hadiths emphasize all the aspects of health and well-being (Al-Bukhari, 1997). In addition, the integration of religious Islamic teaching with modern science of medicine come in hand in hand to create a comprehensive understanding of health which includes spiritual, physical, and the emotional aspect. This holistic approach resonates with the Islamic concept of the human being as a unified entity with interconnected aspects of body, mind, and soul (Al-Quran 95:4) - Potentially, augmentation of cognitive functions could lead to significant ethical and social implications such as changes in workforce characteristics, cognitive enhancement becoming a universal human right, and the extension of human capabilities.

Nevertheless, the unification of the trader and modern health cares' models of operations is associated with different ethical issues, which require being given a priority attention. Even though Sahihs allow us to understand good health practices that are strongly rooted in the Islamic tradition, they can be interpreted differently and followed in alternative ways making a modern medicine conflict possible (Brown, 2009). For example, ethical double binds often arise when traditional remedies or healing techniques are not supported by evidence-based medicine, and there is a need to balance between patient autonomy and informed consent. Beside, cultural and religious beliefs can design health care decision-making which is a crucial process while accommodating the patients 'angled desire. Hence, healthcare providers are availed with an opportunity of timely and sensitive navigation of the ethical problems presented while at the same time respecting patients' religions and cultural values while fulfilling the professional care standards mandated (Sachedina, 2009).

There are probably several limitations of this study, while the gained valuable set of insights are significant. First, Hadiths are here narrowed to an extent being mainly linked to health regulations with the prophetic traditions as reference. While, Hadiths are indeed important as they provide a new perspective, they still do not capture all the teachings of health and well-being in Islam. Furthermore, diversity in the ways scholars and communities read, understand, and apply Hadiths may result in many views varying on their meanings and whether they are relevant to modern healthcare services (Siddiqui 2008). Moreover, the analysis might not have considered varying cultural, geographical, and historical backgrounds in which such practices of Islamic healthcare were practiced and which have changed throughout time. As a result, research domains of later years should not be limited to only specific Hadith majors and should rather tackle a more comprehensive spectrum of the Islamic perspectives on health and

well-being. The conclusion of this discussion shows that, the comparison of Hadiths and modern medicine gives the time to understand the ideas of Islamic life. The highlighted result stresses the point that Islamic healthcare system adopts the holistic approach, while the overall health of person is ensured by focusing on preventive healthcare, balanced nutrition and the natural remedies. Nevertheless, ethical issues that come along with the conventional-modern approaches combination should be thought up rigorously, and the boundaries of this work should be taken into account in order to have a full picture of Islamic methods integrated into healthcare.

Conclusion

In a nutshell, comparing Hadiths and present medicine has yielded us fathomable information on Islam's applications to health and wellness. Through analyzing the hadiths in connection with health practices such as eating habit, keep clean, and the natural healing methods and what modern medical science finds, this study has shown that the prophetic teaching and healthcare principles today, display some similarity. The studied findings demonstrate the comprehensive nature of Islamic healthcare, including preventive healthcare and natural remedies from prophetic traditions; the underlying hierarchy is healthy eating and healthy lifestyle, which are rooted in prophetic traditions. Nonetheless, we must continue investigating the area at which the Hadiths law and modern medicine meet since there is a lot of fertile ground. Further research on Hadiths, as a source, is not limited to health and well-being but, through investigating historically, culturally and geographically diverse contexts, would add to the treasure-house. On the other hand, the research can also deal with the implication of advancing the cultural aspect of Islam in modern education of medicine for the holistic health approaches. It will be key to consider the interdisciplinary partnership between religious studies experts, health and care professionals, and researchers who will be able to provide a proper evidence base and medical methodologies, i.e. powered both by the old knowledge and modern medical science.

Generally, the tripartite relationship between the ancient Islamic sciences, the advances in modern science, and holistic health is irreplaceable. This comprehensive approach is sketched out through the combination of the prophetic wisdom with the modern and recent health medical findings and technology, in which individuals can benefit from a holistic consideration of the needs that are spiritual, physical and mental. It is because of this integration that professionals can create an integrated knowledge of health care practice that is conscious of various religious and cultural norms while at the same time maintaining professional standards of health care. Finally, spiritual connection lost at pharmacies and clinics can be restored in the relationship between the established Islamic knowledge and modern medicine, with standards of healthcare levels being improved to promote holistic wellness of the individual and the community in general.

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