

**Prophet Muhammad's
Guidance for the Prevention
of and Protection from
Diseases and Epidemics**



CORONA VIRUS

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Dedication

I would like to dedicate this brief booklet to Muslims and all human beings in general. I ask Allah – the One True God, the Creator, the Most Able, the Most Powerful, the Most Merciful, the Most Compassionate, and the Most Kind – to grant us all true belief in Him, and with it happiness, contentment, and safety, as well as protection from and prevention of all worries, evils, epidemics, and pandemics (like coronavirus diseases) that strike the world.

There are some available translations for this publication, please click at the link below:



Introduction

Many centuries ago, even before the advent of what today is called ‘Preventive Medicine,’ the Prophet of Islam, Muhammad ﷺ (may Allah bless him and grant him peace) gave us guidance through his actions and sayings (hadiths). These are in line with the Glorious Quran, which Allah describes as containing divine guidance, mercy, light, and healing. This guidance ensures happiness and tranquility, as well as protection from and prevention of worries, evils, epidemics, and pandemics like **COVID-19!** 

In an article in *Newsweek* on March 17, 2020,¹ Professor Craig Considine asks, “Do you know who else suggested good hygiene and quarantining during a pandemic?”

He answers, “Muhammad, the prophet of Islam, over 1,300 years ago. While he is by no means a ‘traditional’ expert on matters of deadly diseases, Muhammad nonetheless had sound advice to prevent and combat a development like COVID-19.”

Dr. Considine refers to the following sayings of Prophet Muhammad ﷺ:

“If you hear of an outbreak of plague in a land, do not enter it; but if the plague breaks out in a place while you are in it, do not leave that place.” (*Sahih, Bukhari*)

“One who is sick should not be put with one who is healthy.” (*Sahih, Muslim*)

¹ To read the entire article, click: **COVID19**

Islam also provides guidelines that are now being widely recommended for minimizing infections. For example, Muslims should keep their nails trimmed and wash their hands thoroughly when making ablution before the five daily prayers, before and after eating, after using the bathroom, and at other times.

Prophet Muhammad ﷺ said, “Cleanliness is half of faith.” (*Sahih, Muslim*)

And he ﷺ said, “Whoever wakes up from his sleep should wash his hands before putting them in the water for ablution, because nobody knows where his hands were during sleep.” (*Sahih, Bukhari*)

Dr. Considine mentioned that Prophet Muhammad ﷺ “would encourage people to always seek medical treatment and medication.”

Some Bedouins once asked if they should make use of medical treatment, and he ﷺ replied, “Make use of medical treatment, for Allah has not made a disease without appointing a remedy for it, with the exception of one disease: old age.” (*Sahih, Abu Dawood*)

In brief, Prophet Muhammad ﷺ taught us that anyone who seeks protection, safety, and happiness should believe sincerely in the One True God (Allah), the Creator, worshiping Him and praying to Him alone. God (Allah) is the One who has the ultimate control and power. It is He, the Creator, who is entirely able to protect and heal us, according to His Will. The Glorious Quran states: “And when I am ill, it is He who cures me.” [26: 80]

Indeed, through this firm belief in Allah, we attain sincere submission, true *tawheed* (belief in the Oneness of Allah), and full reliance upon Him Who has the complete power and ability to benefit or harm us and to provide us with a good life and sustenance.

The Glorious Quran teaches us:

“Say, We will never be struck except by what Allah has decreed for us; He is our protector. And let the believers rely upon Allah.” [9: 51]

In addition to the complete belief in Allah and relying upon him, Prophet Muhammad ﷺ told us do what it takes to maintain our health and wellbeing.

The following is a carefully selected set of the Prophet’s supplications and sound (*sahih*) hadiths.

Prophet Muhammad's Guidance for the Prevention of and Protection from Diseases and Epidemics

The Messenger of Allah, Muhammad ﷺ, said, “Whoever recites the last two verses of *Surat Al-Baqarah* [Quran 2: 285-286] at night – they [i.e., those two verses] will suffice him.” (*Sahih, Bukhari*)

Prophet Muhammad ﷺ also said, “Recite *Surat Al-Ikhlās* [Chapter 112] and *Al-Mu‘awwidhatain* (*Surat Al-Falaq* and *Surat An-Nas* [Chapters 113 and 114]) three times at dawn and dusk, and it will suffice you in all matters.” (*Sahih, Abu Dawood*)

The Prophet ﷺ told us in several hadiths about the virtue of reading *Ayat Al-Kursi*, as in the hadith reported by Abu Hurayrah, “When you go to bed, recite *Ayat Al-Kursi* [Quran 2: 255], {Allah – there is no god but Him, the Ever-living...} until the end of the verse; then Allah will appoint a guard for you, and no devil will come near you until the morning.” (*Sahih, Bukhari*)

He ﷺ also said, “Whoever says, three times every morning and every evening, ‘In the Name of Allah, with Whose Name is protection against every harm in the earth and the heaven, and He is the All-Hearing, the All-Knowing,’ - nothing shall harm him.” (*Sahih, Tirmidhi*)

The Messenger of Allah ﷺ did not miss these supplications (*du‘as*) in the evening and the morning: “O Allah, I ask You for wellbeing in this world and in the hereafter. O Allah, I seek Your forgiveness and wellbeing in my religion, my worldly affairs, my family, and my wealth. O Allah, conceal my faults and preserve me from anguish. O Allah, protect me from what is in

front of me and behind me, from my right and my left, and from above me. I seek refuge in Your might from being struck down from beneath me.” (Sahih, Ibn Hibban)
In this great supplication, we find complete fortification and protection for us from all sides, with the permission of Allah the Almighty (inshaAllah).

Prophet Muhammad ﷺ used to say, “Oh Allah, I seek refuge in You from leprosy, insanity, mutilation, and evil diseases.” (Sahih, Abu Dawood)

This comprehensive supplication includes seeking refuge in Allah; fortification; and prevention of and protection from worries, evils, diseases, epidemics, pandemics, and mental or psychological disorders in the past, present, and future.

And he ﷺ said, “When a man leaves his house saying, ‘In the name of Allah, I put my trust in Allah, and there is no power or strength except in Allah,’ it will be said to him, ‘You have been guided, protected, and defended.’ The devils go far away from him, and then another devil says, ‘How can you deal with a man who has been guided, defended, and protected?’” (Sahih, Abu Dawood)

He ﷺ also said, “Whoever says ten times at the end of every *fajr* (dawn) prayer, while his feet are still folded, and before speaking, ‘None has the right to be worshipped but Allah, Alone without partners; to Him belongs all that exists, and to Him is the praise. He gives life and causes death, and He is powerful over all things.’ – ten good deeds shall be written for him, ten evil deeds shall be wiped away from him, he shall be raised up ten degrees, he shall be safe all that day from every disliked thing, and he shall be protected from Satan.” (Sahih, Tirmidhi)

The Prophet's wife Aishah (may Allah be pleased with her) said that every night when the Prophet ﷺ went to bed, he used to cup his hands together and blow over them after reciting *Surat Al-Ikhlās*, *Surat Al-Falaq* and *Surat An-Nas* [Chapters 112-114] and then rub his hands over whichever parts of his body he was able to rub, starting with his head, his face, and the front of his body. He used to do that three times. (Sahih, Bukhari)

In the field of curative medicine, we find compelling instructions and noble advice in the Prophet's guidance, such as his approval when his Companions recited *Surat Al-Fatihah* for *ruqyah*² and his instructions to use it to ask for healing for those who are sick, injured, or stung.

In a story of *ruqyah* for one who had been stung, Abu Saeed said, "So I came and read on him *Al-Fatihah* {Chapter 1} of the Book, and he woke up and was healed... When we came to the Messenger of Allah ﷺ, I told him the news, and he ﷺ said, 'How did you know that it was a *ruqyah*?'” (Sahih, Abu Dawood)

² *Ruqyah* is treatment by means of reciting selected Quranic verses, authentic sayings of Prophet Muhammad ﷺ, and supplications – with the certainty that any healing is from Allah alone.

Another example of the Prophet's guidance was narrated by a noble Companion:

Uthman ibn Abi Al-Aas (may Allah be pleased with him) complained to the Messenger of Allah ﷺ of a pain in his body, so the Messenger of Allah ﷺ told him, "Put your hand on your body where it hurts and say, 'In the name of Allah' three times, and then say seven times, (I seek refuge with Allah and with His power from the evil that afflicts me and that I fear)." (*Sahih, Muslim*)

Once a man came to Allah's Messenger ﷺ and said, "Allah's Messenger, I was stung by a scorpion during the night." He ﷺ replied, "If you had recited these words in the evening, 'I seek refuge in the perfect Word of Allah from the evil of what He created,' it would not have done any harm to you." (*Sahih, Muslim*)

The Prophet's wife Aishah reported that he ﷺ used to treat some of his family members by passing his right hand over the place of ailment and saying, "O Allah, Lord of the people, remove the trouble and heal the patient, for You are the Healer. No healing is of any benefit but Yours – healing that will leave behind no ailment." (*Sahih, Bukhari*)

The Prophet's Companion Thabit said, "O Abu Hamza (Anas), I am sick!" Anas said, "Shall I treat you with the *ruqyah* of Allah's Messenger ﷺ?" Thabit said, "Yes." Anas recited, "O Allah, Lord of the people, the Remover of trouble! Heal (this patient), for You are the Healer. None brings about healing but You – a healing that will leave behind no ailment." (*Sahih, Bukhari*)

Conclusion

A true believer in the One True God (Allah), the Creator, firmly believes that Allah is the real protector from all evils and epidemics. Therefore, we have to rely upon Him alone and return to Him by repenting, asking forgiveness (*istighfar*), supplicating (*du'a*), submitting to Him, and following the guidance brought by Prophet Muhammad ﷺ and the revelations (the Glorious Quran) sent to him; thus, we will attain happiness, safety, and protection from and prevention of depression, worries, evils, diseases, epidemics, and pandemics, God willing.

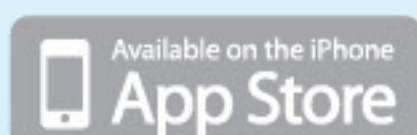
In conclusion, the Quran tells us:

“And We have already sent [messengers] to nations before you [O Muhammad]; then We seized them with poverty and hardship so that perhaps they might humble themselves [to Us].” [6: 42]

“And turn to Allah in repentance, all of you, O believers, so that you might succeed.” [24: 31]

“And ask forgiveness of your Lord and then repent to Him. Indeed, my Lord is Merciful and Loving.” [11: 90]

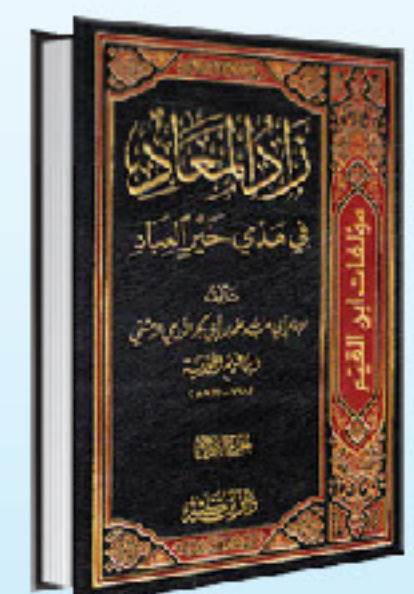
References



HISN AL MUSLIM



THE GLORIOUS QURAN



ZAD AL-MAAD, IBN QAYYIM

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