

INTRODUCTION

THE HUMAN BEING – al-Insān – who has been created in the best possible form, is a khalīfah (vicegerent and custodian) on Earth. He needs as a prerequisite good health to fulfil his role. Traditional Islām provides guidance for all facets of human life, providing general principles in most fields, including preservation of health and treatment of disease. There are numerous verses – āyāt, in the Qu’rān which promote health of the whole person. The Prophet Muhammad ﷺ, in his role as The Final Nabī – Messenger of Allah, lived and guided his people in all aspects of life. As Ṭabīb al-Kāmil – ‘The Perfected Physician’, he is a model and a teacher of perfect health and wellbeing. Early in Islamic history, the sayings and actions of the Prophet ﷺ concerning medicine were assembled into authentic collections and remained distinct. This legacy is known as the discipline of Ṭibb an-Nabawī ﷺ – the medicine of the Prophet, which illuminated and guided earlier Muslims in their search for optimum health. The Seerah and Ṭibb an-Nabawī, as living traditions continue to guide towards spiritual and physical health. Later, when Muslims came into contact with other traditions of medicine such as the Greek, Persian, Indian and Chinese traditions, they were synthesised into Traditional Medicine – Ṭibb. This brief introduction, I hope will inspire you towards better health.

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