

Integrating TIBB Nabawi with Modern Science: A Review on Prophetic Medicine and Biomedical Research

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Abstract

This study investigates the intersection of Tibb Nabawi (Prophetic Medicine) and modern biomedical research to critically assess the scientific validity of traditional Islamic healing practices. Grounded in a theoretical framework that explores the efficacy of these practices in contemporary medical contexts, the research employs a qualitative methodology that centers on the analysis of specific hadiths alongside a comprehensive review of the extant scientific literature, journals, and clinical observations. The findings reveal a nuanced landscape in which certain elements of Tibb Nabawi—such as specific dietary recommendations and lifestyle interventions—align closely with modern nutritional and physiological understandings, while other practices require further rigorous empirical validation to bridge the gap between tradition and evidence-based medicine. By contextualizing these results within current healthcare frameworks, the study highlights the potential for an integrated wellness approach that enhances quality of life. Ultimately, this research contributes to the burgeoning literature on integrative medicine by offering a systematic evaluation of how prophetic traditions can inform and influence modern scientific discourse and healthcare applications.

Keywords: Tibb Nabawi, Prophetic Medicine, Hadith, Modern Science

Introduction

In the contemporary global healthcare landscape, there is a burgeoning paradigm shift towards integrative medicine, driven by the rising prevalence of chronic diseases and an increasing public inclination toward holistic, natural healing modalities. While modern biomedicine has made unprecedented strides in technological and pharmaceutical advancements, it often operates on a predominantly medicine-only approach, which occasionally overlooks the interconnectedness of patient well-being. Consequently, traditional and complementary health systems have gained substantial social and academic traction worldwide. Among these traditional systems, Islamic medicine historically known as *Tibb Nabawi* or Prophetic Medicine presents a comprehensive and timeless framework of healthcare derived from the teachings, practices, and recorded traditions (*hadiths*) of the Prophet Muhammad. This holistic approach does not merely target physical ailments but synergistically encompasses the physical, mental, and spiritual dimensions of human life, placing a profound emphasis on faith and lifestyle modifications within the healing process.

Historically, the evolution of Islamic medicine reflects a rich dynamic of integration and intellectual synthesis. During the golden age of Muslim civilization, particularly the Abbasid era, scholars systematically preserved, scrutinized, and integrated ancient medical traditions, such as Greek medicine, with contemporary scientific advancements. Legendary polymaths like Ibn Sina (Avicenna), author of the monumental *Canon of Medicine*, masterfully combined traditional Prophetic directives with the empirical scientific understandings of their era. The formal compilation and academic preservation of *Tibb Nabawi* hadiths, officially initiated by figures like Imam Al-Rida', laid a foundational baseline for preserving health and restoring physiological balance through natural means. In the modern era, this legacy continues as a vast body of literature continuously seeks to uncover the therapeutic potential of these practices. Today, remedies championed in the prophetic traditions such as honey, black seed (*Nigella sativa*), olive oil, and *Senna* remain deeply embedded in the cultural and religious practices of millions of Muslims globally, acting as primary or alternative healthcare interventions.

Despite its widespread cultural and empirical usage, a significant theoretical and scientific gap persists in the current literature regarding the systematic, contextual integration of *Tibb Nabawi* into evidence-based medical frameworks. While countless contemporary clinical and biochemical studies independently validate the efficacy of natural substances like honey for wound healing, black seed for immunomodulation, or olive oil for cardiovascular health, these findings are often isolated from their original theological and holistic contexts. Conversely, traditional understandings can sometimes fall victim to literal misinterpretations or encounter apparent contradictions when evaluated against modern medical standards without considering differences in historical eras, technologies, and environmental surroundings.

Islamic scholars and contemporary researchers alike emphasize that a precise, contextual interpretation of *hadiths* is critically required to prevent clinical misunderstandings and to separate literal misconceptions from universally applicable physiological wisdom. Therefore, a pressing need exists for a comparative, interdisciplinary discourse that bridges the gap between historical prophetic tradition and modern biomedical research.

To address this crucial research gap, this article aims to integrate *Tibb Nabawi* with modern science by conducting a qualitative evaluation of specific prophetic hadiths alongside a rigorous analysis of contemporary biomedical literature. By analyzing the medicinal benefits of these traditional remedies from a modern scientific perspective, this study seeks to confirm their empirical potential, explore their role as complementary therapies, and advocate for a more patient-centered, holistic paradigm in modern healthcare. Ultimately, this research offers a timely contribution to the discourse on integrative wellness, illustrating how centuries-old spiritual and dietary traditions can scientifically inform, validate, and enrich contemporary medical practices for an enhanced quality of life.

Theoretical Framework

Review on Prophetic Medicine In Hadith

Hadith is the main source in figuring out the key elements in prophetic medicine. The contents of the Hadiths show numerous recommendations on healthy eating habits while emphasizing the consumption of wholesome foods such as dates, honey, and black seed not only for good eating habits, but also contributes in preserving one's health. Secondly, hygiene practices. Hadith emphasize the importance of cleanliness and hygiene, both for physical and spiritual well-being. Thirdly is treatment of illnesses. Hadiths can be seen offer insights into traditional remedies and treatments for various ailments. These remedies often involve the use of natural substances like herbs and honey. Lastly, spiritual and mental health. *Tibb Nabawi* recognizes the interconnectedness of physical, spiritual, and mental health and how all these three are connected to each other in playing a part for ensuring one's health. Thus, hadith offer guidance on practices like prayer and mindfulness, which can promote overall well-being to the believers as prayer or *solat* have various advantages in humans' life. The era has far progressed in which some contradictions regarding *Tibb Nabawi* from what recorded in hadith is inevitable, considering the differences in era, surroundings, way of life and recent technologies (Muhammad Akmaludin Mohd Hamdan, 2023). Thus, a proper and precise understanding in the contextual of hadiths are crucial in order to prevent misunderstandings by referring to the guidance and writings of the Islamic scholars in hadiths.

Integrating Tibb Nabawi With Modern Science

Tibb Nabawi is still being practiced by Muslims particularly as the benefits have been acknowledged by the scholars and some Islamic countries as one of the alternatives in treating various kinds of illnesses. *Tibb Nabawi* refers to the health and medical practices of the Prophet Muhammad in treating illnesses while also preserving good health. It draws from the Quran, Sunnah, and practices of early Islamic scholars. Integrating *Tibb Nabawi* with modern science involves exploring the potential synergy between these traditional practices and contemporary medical knowledge. This integration can take several forms, ranged from scientific validation, complementary therapies to holistic approach and ethical considerations. As for scientific validation, research on the purpose of investigating the scientific basis of *Tibb Nabawi* practices, such as the use of honey, black seed, and dates for medicinal purposes is needed. This involves rigorous scientific studies to evaluate the said medicines' efficacy and ensure the safety before consumed by humans. Complementary therapies aspect shows how some of *Tibb Nabawi* practices can be used as complementary therapies alongside conventional medical treatments. For example, dietary recommendations from *Tibb Nabawi* can be incorporated into a modern healthcare plan for better quality of life. Next is holistic approach where *Tibb Nabawi* emphasizes a holistic approach to healthcare, in which

considering physical, spiritual and mental well-being for one's health. This perspective can contribute in better modern healthcare practices by promoting a more integrated and patient-centered approach rather than medicine-only approach. Ethical considerations should be emphasized as integrating Tibb Nabawi with modern medicine also raises ethical considerations, such as ensuring the safety and efficacy of traditional practices and respecting patient autonomy in choosing treatment options.

It's important to note that while Tibb Nabawi offers valuable insights, it should not be seen as a replacement for modern medicine. A balanced approach that combines the best of both worlds is crucial for promoting optimal health and well-being. Thus, correct understanding of the contextual contents of Tibb Nabawi hadiths is important to prevent misunderstanding on Tibb Nabawi practices.

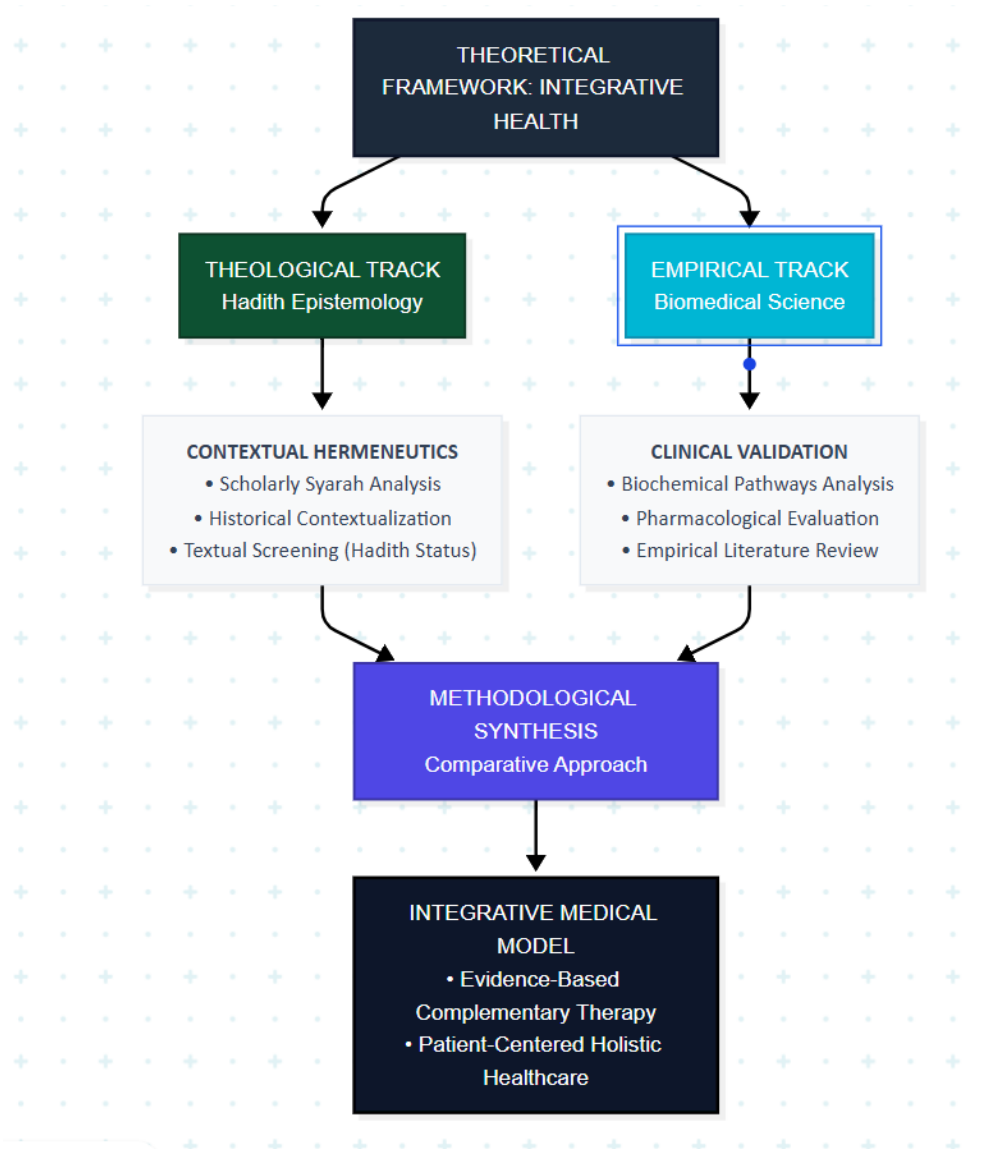


Figure 1.1: The Hermeneutical-Empirical Convergence Model for Integrative Holistic Health. This framework illustrates the dual-track qualitative method of screening prophetic hadith texts through scholarly commentaries (Syarah) while simultaneously cross-examining their biological pathways using modern biomedical literature.

Methodology

This study uses qualitative methodology. Criteria for selecting Hadiths is by searching for hadiths related to Tibb Nabawi, then determining the status of the hadiths by referring to websites such as *Sunnah.com* and *Islamweb*. Methods of interpretation and analysis of the chosen hadiths were derived from the opinions of Islamic scholars, the books of explanations of the hadiths such as books of *Fath Al-Bari*, and some of it also taken from contemporary Islamic scholars' discussion. Meanwhile, the sources of scientific literature are taken from references of books, journals, articles and Internet websites.

This study also uses comparative approach in which the study compares traditional Prophetic practices with modern medical findings. The reason behind this approach is to find out the contributions of tibb nabawi into modern medical practices today and emphasizing the importance of tibb nabawi for humans' quality of life along with modern medicine. Data collection will be analysed to identify any contradictions or challenges when reconciling Tibb Nabawi with scientific evidence.

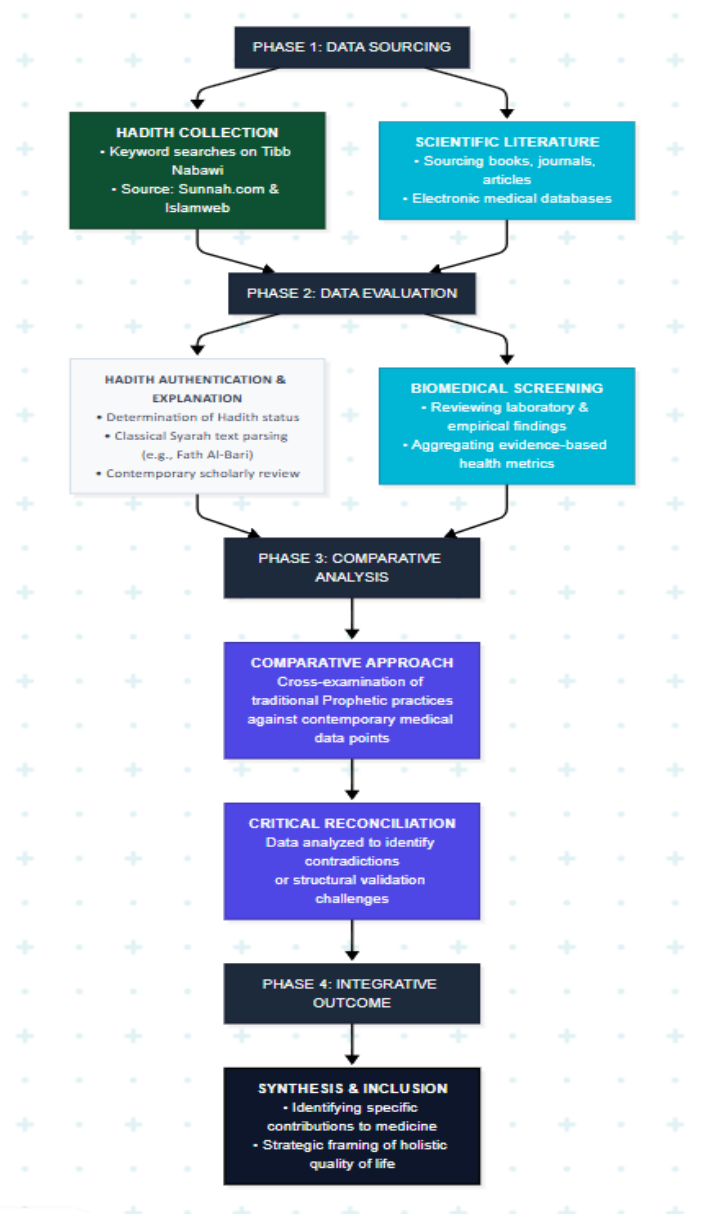


Figure 3.1: Methodological Flowchart of the Hermeneutical-Empirical Design

Results and Discussions

Tibb Nabawi, or Prophetic Medicine, includes various Hadiths where the Prophet Muhammad (PBUH) provided guidance on health, medicine, and well-being. Here are some notable Hadiths related to Tibb Nabawi:

Honey as a Cure

" عَلَيْكُمْ بِالشِّفَاءَيْنِ الْعَسَلِ وَالْقُرْآنِ "

The Prophet Muhammad (PBUH) said: "Make use of the two cures: honey and the Qur'an." (Sunan Ibn Majah, Book 31, Hadith 3452)

This Hadith highlights honey as a remedy, which is now recognized for its antimicrobial properties and use in wound healing. It is then proven through multiple article and research that stating the benefits of honey in terms of health and medicinal use. Generally, there are various kinds of honey as each honey itself produce by different types of flowers, in which causing variety on the physical properties of honey depending on the specific flora that was involved in the production. Thus, the health treatment potential also depends on those factors. In modern times, honey has been used as apitherapy which is a method of curing diseases based on honey and honey bee products. As for its benefits in health, it is found that honey does not accommodate bacteria because of its antimicrobial properties called as "the inhibition effect". Some of the reasons behind this nature are the high sugar content, its high acidity and composition and the existence of hydrogen peroxide alongside antioxidants in the honey where all of these contribute into preventing bacteria from growing. Thanks to its antimicrobial properties, honey also play a role in wound healing practice as honey provides a protective barrier in order to prevent infection on the wounds beside actively clears any existing infection from wounds (Neveen Helmy Abou El-Soud, 2012). There are also many other aspects of honey in treating wounds such as ensuring no scars left behind from the wounds because of its ability in stimulating the growth of epithelial cells that allowing new skin forming in the healing process. In addition, anti-inflammatory action is important in wound healing to reduces the swelling around a wound. Honey also has this kind of element in it where circulation could be improved and helps the healing process better. And so, honey is useful in treating nearly all kinds of wounds such as infected surgical wounds, burn wounds, abrasion, leprosy and bedsores which honey could eliminate the need for tissue transplantation because it stimulates the regrowth of tissue (Abbasali Purbafrani at. Al, 2014). Other than antimicrobial properties, honey also have inhibitory effects on fungi which inhibits bacterial growth and said can be used to treat athletes foot and dandruff.

Honey reportedly has been used against diarrhoea as one of the cures, along with other gastro-intestinal disorders. For example, peptic ulcers, gastritis and gastroenteritis (Hazrina Hadi et. al, 2016). A clinical study of honey treatment in infantile gastroenteritis found that honey shorten the duration of diarrhoea in patients with bacterial gastroenteritis caused by organisms such as Salmonella, Shigella and E. coli. The studies recommended that honey was a safe substitute for glucose, as long as proper and suitable measurement was used accordingly to ensure of its effectiveness and prevent any misuse. As for gastric ulcers, it shows that honey reduces the secretion of gastric acid. Use of honey in treating diabetes where honey could potentially become a suitable sweeter for type II diabetic diet. In addition, honey has its own benefits in dental hygiene in the form of chewing gum to reduces plaque and lessen the risk of gingivitis, meanwhile in oncology it could be used as wound barrier

against tumor in laparoscopic oncological surgery (Tahereh Rteraf-Oskouei & Moslem Najafi, 2013). Honey as part of mixtures used on treating dermatitis and psoriasis vulgaris along with olive oil and bee wax. Another combined mix of honey also used in healing purposes for depression relief. In ophthalmology, there are many ophthalmological conditions where honey is used for the treatment because it's effective in reducing redness, swelling, pus discharge and bacterial eradication. For example, keratitis, conjunctivitis, blepharitis, corneal injuries and burning eyes caused by chemical or thermal burns (Fayyaz Ahmed Channa et. al, 2018). One of the most regular uses of honey in treatment is cough and it has been proven to be effective as medicine, as well as in reducing weight for obesity problems (Hazrina Hadi et. al, 2016).

Honey also contain several of strong antioxidants namely pinocembrin, pinobaxin, chrisin and galagin that can potentially prevent heart problems and even cancer. Due to high nutritional energy contained on honey, it is helpful in treating chest pain, fatigue and vertigo as available calories could be supplied immediately to patients after consumption (Abbasali Purbafrani at. Al, 2014). Taking honey for medicinal purposes surely has many benefits in curing diseases as much as ensure good health.

Black Seed (Nigella Sativa)

" فِي الْحَبَّةِ السَّوْدَاءِ شِفَاءٌ مِنْ كُلِّ دَاءٍ إِلَّا السَّامَ "

The Prophet Muhammad (PBUH) said: "In the black seed is healing for every disease except death." (Sahih al-Bukhari, Volume 1, Book 76, Hadith 5688)

The syarah of the hadith from Hasyiyah Al-Sindi 'ala Ibn Majah stated that the phrase "الْعَسَلُ وَالْقُرْآنُ" means it is permissible to seek guidance from the Quran. Meanwhile for the status of the hadith, it is authentic and the narrators are tsiqah (trusted). The explanation from Al-Maraghi regarding the glucose contents in honey aligned with the potential of using honey as an alternative and suitable sweetener for type II diabetic diet when honey causes less hyperglycemia than sugar. It is said that honey usually used in treating coughs and fever, in line with the studies' findings about its benefit in treating said illnesses. Meanwhile, the benefits of honey in repelling poisons in the body cannot be said contradicted with any studies since it can refer to other diseases in relieve the patients of their pain such as diarrhea.

Black seed is known in modern times for its potential therapeutic effects, including anti-inflammatory, antioxidant, and immune-boosting properties. The study of unpublished Malay manuscripts regarding medicine and remedies revealed that black seed or nigella sativa was one of the ingredients that commonly used in Malay healing (Mohd Razif & Sempo, 2019). The black seed were blended with other ingredients, then the mixture were dissolved into liquid and also consumed in the form of powder to treat gastroenteritis, indigestion, headache and worm infection.

Black seed contained many benefits for one's health thanks to its characteristics. Thymoquinone (TQ) is a monoterpenoid compound which is the most active component of black seed which its ability possesses diverse health benefits. Some of the benefits of black seed contain antioxidant effects, anti-inflammatory effects, immunomodulatory, anti-cancer, anti-diabetic, anti-obesity and anti-dyslipidemic effects, Gastroprotective, Cardioprotective and Antihypertensive Effects protection against neurological disorders including Alzheimer's and

Parkinson's diseases, epilepsy and schizophrenia. Meanwhile it also contains pulmonary protective effects, protection against skin diseases including acne, eczema and skin rashes, bone regenerative effects and anti-arthritis effects (Hannan et. al, 2021).

Based on the study findings, black seed or also called as habbatussauda can be used in treating allergic rhinitis (AR) in allergy cases. The patients' quality of life showed significant improvement for those who were given habbatussauda compared to the patients who were given placebo. Thus, habbatussauda can be considered as one of supplementary therapy to treat AR patients because of its ability in inhibiting the release of histamine alongside other treatments (Ridha Chaharsyah Mulya et. al, 2024). Other benefits of habbatussauda include lowering blood pressure, glucose and uric acid levels. This study uses statistic method in processing the obtained data related to habatussauda involving 20 respondents shows that black seed indeed can lower blood pressure values, glucose and uric acid which the respondents showed significant differences between the values before and after consuming it (Sugiyanto et. al, 2019).

Nigella sativa also could potentially considered as an alternative to conventional cancer therapies as it said the significant trend in antitumor and cytotoxic activity in vitro may prevent cancer cells growth. So, based on the study, this plant is also expected to contributed on the patients' health and prolonged lifespan in addition as an alternative for cancer treatments as said above (Khairina 'Izzati Amir Hussain et. al, 2012). Similar thing could be said for the treatments of obesity and asthma. *Nigella sativa* could reduce appetite and food intake which in turn regulate appetite for obesity patients. Meanwhile, the clinical studies of *nigella sativa* showed improvement in asthma symptoms control, lung function and asthma biomarkers (Muhamed T Osmana et. al, 2013). Future studies and much better researches are definitely needed to verify its effectiveness, safety and complications in treating said diseases and explore the full potential of *nigella sativa* for health benefits.

Book of Umdah Al-Qari explained that "السَّامَ" means death. Al-Khattabi from Al-Tauidh Lisyarh Jami' Al-Bukhari said that the phrase "شِفَاءٌ مِنْ كُلِّ دَاءٍ" is a general phrase but carries a specific meaning, because not one plant that accumulated all the benefits for medicinal purposes in it exists in this world. So, it does not necessarily mean black seed is a cure for all diseases. Ibn Battal and Abu Jamrah in Syarh Sahih Al-Bukhari Li Ibn Battal also agree with the generality but specific meaning of the said phrase above in the hadith, but stated that the treatment method using black seed differs according to the nature of the diseases. Islamic scholars have different views regarding the usefulness of black seed as black seed have many benefits for health reasons, but it is agreed that the literal understanding of black seed referred in this hadith as a cure for all diseases is not accurate.

The explanations from the scholars regarding the generality of the phrase in hadith proves that the hadith did not necessarily stated that black seed is the cure for all kinds of illnesses and the views of generality is a misunderstanding. However, the health benefits of black seed are approved by Islamic scholars, contemporary medicinal as well as supported by scientific findings when it can be used to treat various type of illnesses even though some of them are still in research stage. It shows the potential of black seed in health treatment and healthcare, thus proves that black seed is indeed helpful in treating diseases.

Olive Oil

“إِنْتَدِمُوا بِالزَّيْتِ وَادَّهِنُوا بِهِ فَإِنَّهُ مِنْ شَجَرَةٍ مُبَارَكَةٍ”

The Prophet Muhammad (PBUH) said: "Eat olive oil and anoint yourselves with it, for it is from a blessed tree." (Sunan Ibn Majah, Book 29, Hadith 3319; Sunan Al-Tirmidzi, Book 25, Hadith 1851 & 1852)

According to the explanations of hadith from *Tuhfat Al-Ahwadzi*, the word “فَائِنَهُ” means thing that comes out of it which refers to olive oil. Meanwhile the phrase “شَجَرَةٌ مُبَارَكَةٌ” mean a lot of benefits. This has shown how as stated from the hadith that olive oil has a lot of benefits in it. This explanation from the hadith is seen to be aligned with the findings found by the studies as there are various type of illnesses that could be treated with olive oil. The diseases ranged from heart and blood vessels’ health to the anticancer potential of olive oil in treating cancer even though some of these findings still need some more studies to affirm the fact before being used as alternatives in treatments.

Olive oil is praised for its health benefits, including heart health, anti-inflammatory effects, and skin nourishment. It is said that Olive oil can protect against carcinogenic agents and its polyphenols components have anticancer properties. Benefits of olive oil in health aspect are particularly on heart and blood vessels’ health, blood cholesterol level referring to lower cholesterol, memory issues especially Alzheimer disease, metabolism and cancer (Damijani, 2021). Olive oil is beneficial for Alzheimer illness when it is helpful for memory effects. Other than the benefits above, properties of olive oil are said to be helpful on kidney diseases, gastrointestinal disorders, inflammation and oxidative stress and thyroid disorders. The anticancer potential from olive oil is confirmed by a study (2018) that studies on polyphenols of olive oil where the potential is on proliferation and cell death of number of cancers (Monika Gorzynik-Debicka et. al, 2018). In addition, olive oil and olive by-products also useful for kidney diseases, gastrointestinal disorders, thyroid disorders, inflammation and oxidative stress. Olive oil often used in food, particularly Mediterranean diet. The consumption of olive oil in this diet which consumed along with fruits, vegetables and legumes are said to prevent several inflammatory diseases (Centrone M. et. al, 2021). Some research suggested that olive oil potentially influence certain diseases such as coronary diseases, breast cancer and atherosclerosis shows that olive oil still have so much more potential to be studied.

Senna and Sanut:

“عَلَيْكُمْ بِالسَّنَى وَالسَّنُوتِ فَإِنَّ فِيهِمَا شِفَاءً مِنْ كُلِّ دَاءٍ إِلَّا السَّامَ. قِيلَ يَا رَسُولَ اللَّهِ وَمَا السَّامُ قَالَ : الْمَوْتُ”

The Prophet Muhammad (PBUH) said: "There is healing in black cumin for all diseases except death, and healing in Sanut (a type of plant)." (Sunan Ibn Majah, Book 31, Hadith 3457)

Senna typically used in the form of herb or tea and is being sold, in demands because of the benefits. From the perspective of hadith regarding senna and sanoot, the sanad of the hadith was judged as authentic by Al-Hakim Al-Mustadrak. Even though there is a weak narrator named ‘Amr Bin Sakr Al-Saksaki in the chain, it is strengthened by other chains such as those found in *Tuhfat Al-Ashraf*, which Ibn Abi al-Asim narrating from Ibrahim bin Muhammad al-Faryabi from Abd al-Rahman al-Ansari from Ibrahim bin Abi Ablah. Ibn Hibban assessed Abd al-Rahman al-Ansari in al-Thiqat as "good in narrating hadith". Therefore, Ibn Majah's narration is considered authentic based on many supporting narrations. Al-Suyuti

himself in al-Jami al-Saghir also assessed this hadith as authentic. According to Ibn Qayyim, senna is a plant from Hijaz and has various benefits including eliminate jaundice and itching illnesses, strengthening the heart muscles and relieve headache. It is said drinking its water boiled with Senna leaves is better than drinking it by crushing the Senna leaves (Pejabat Mufti Wilayah Persekutuan, 2021).

Meanwhile for sanut which also mentioned in the hadith, it is stated in the later part of the hadith where the narrators ('Amr) states that Ibnu Abu 'Ablah said the sanut is dill. Meanwhile other scholars said sanut refers to honey that is kept in a skin (receptacle) used for ghee. The scholars also have different opinions regarding its meaning. Ibn Al-Qayyim in Zad Al-Maad stated 8 meanings for sanut, such as honey, dates, cumin and fennel. As for ways in consuming Senna for health treatments, the statements from one of Islamic scholars, Ibn Qayyim regarding how drinking boiled water of Senna leaves is better than drinking water of crushed Senna leaves shows that there are many ways to consume Senna in order to use it for treatment. This is aligned with the benefits of Senna proved by scientific evidences where each of its different properties offer cure for different type of illnesses. The best way of consuming Senna in treating diseases is by using it accordingly to the need and the type of diseases.

Senna is widely used as a natural laxative, and studies have explored its effectiveness in treating constipation. The leaves and pods of Senna are important ingredients of laxatives which is a cure to treat constipation. Its effectiveness evident after 10-12 hours of ingestion as it detoxes the body and cleanses the colon. The compounds from Senna stimulate intestinal contractions that leads to the expulsion of waste matter. Senna is shown to be helpful in colon cleaning by clearing the bowel before diagnostic tests. The anti-parasitic trait effective in destroy parasites along with expelling worms from the intestinal tract, meanwhile for indigestion case, Senna carries natural enzymes which restores gastric juice secretions in the stomach and anti-inflammatory compound resveratrol to soothe inflammation in the gastrointestinal tract. Senna is good for haemorrhoids as this ingredient minimize swelling and promotes rapid recovery which is also useful for anal laceration treatment (Ali Ikram, 2023). Ibn al-qayyim stated that senna helps in relaxing the muscle, improving the texture of hair, helps against lice, headache, rash and epilepsy (Mohammad Sadat Khan et. al, 2021).

Senna also can be used to treat wounds and burns as Senna contains essential oils and tannins that will help alleviating skin inflammation. A study on extracts of Senna obtusifolia (L) or Senna showed a broad-spectrum antibacterial activities of the plant extract. It can be used for the treatment of various bacterial and fungal infections such as pneumonia, eye infections and mycotic infections when bioactive substances from this plant can be inserted in the formulation of antimicrobial agents for said treatments (Mohammad Sadat, Khan et. al, 2021). For acne, Senna leaves' paste acts as a cure to combat acne-causing microorganism.

Senna contains some important nutritional components including antioxidants, phytochemicals, vitamins and minerals. Study and findings shows that the flowers and leaves of Senna are good sources for vitamin c for reducing infections, shortens common cold duration, uses as natural antihistamines and inflammatory medications for infections. Vitamin E is vital for elderly people for retaining immune function since it enhances the cell-mediated

and humoral immunity of older people. In terms of medicinal uses, Senna is beneficial for weight loss which consists of three steps (Ali Ikram, 2023). Firstly, Senna prevents occasional constipation, then it enhances body fluid intake as Senna offers a low calorie and flavourful solution and thirdly, Senna helps removing toxins and undigested food. This process of detoxification contributes to proper nutrient absorption and metabolism which resulted in weight loss (Mohammad Sadat Khan et. al, 2021). It is yet to be studied, but another health benefits of Senna are in treating irritable bowel syndrome as its laxative property may help managing the symptoms of irritable bowel syndrome (IBS).

Conclusion

In conclusion, tibb nabawi is found to be helpful in health treatment and play an important role for people's healthcare throughout generations which still continues to this day. Tibb nabawi is beyond religious-based medicine when each of its benefits for healthcare proven to be true by some studies, meanwhile several of them in need of more detailed research to ensure accurate findings. This study explores tibb nabawi by exploring the concept from the analysis of specific hadiths related to tibb nabawi and the discussion through science and medicinal approach. Integration of tibb nabawi with modern medicine in which analysing honey, black seed, olive oil, cupping, Senna and fasting through comparing findings from sciences' views and explanations from the hadiths further prove how beneficial said prophetic medicines are for modern medicine. Further studies are suggested in the future in order to continue exploring the relationship between Prophetic medicine and science.

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