



40 Hadiths on Social Justice

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Lecture Notes

Chapter 36: The Prophet's Doctors and Islam's History of Healthcare

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

On the authority of Abu Hurayrah (may Allah be pleased with him), who said that the Messenger of Allah (ﷺ) said:

Allah (mighty and sublime be He) will say on the Day of Resurrection: O son of Adam, I fell ill and you visited Me not. He will say: O Lord, and how should I visit You when You are the Lord of the worlds? He will say: Did you not know that My servant So-and-so had fallen ill and you visited him not? Did you not know that had you visited him you would have found Me with him? O son of Adam, I asked you for food and you fed Me not. He will say: O Lord, and how should I feed You when You are the Lord of the worlds? He will say: Did you not know that My servant So-and-so asked you for food and you fed him not? Did you not know that had you fed him you would surely have found that (the reward for doing so) with Me? O son of Adam, I asked you to give Me to drink and you gave Me not to drink. He will say: O Lord, how should I give You to drink when You are the Lord of the worlds? He will say: My servant So-and-so asked you to give him to drink and you gave him not to drink. Had you given him to drink you would have surely found that with Me.

[Sahih Muslim]

عَنْ أَبِي هُرَيْرَةَ رَضِيَ اللَّهُ عَنْهُ قَالَ:
قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ
وَسَلَّمَ إِنَّ اللَّهَ عَزَّ وَجَلَّ يَقُولُ يَوْمَ
الْقِيَامَةِ: يَا ابْنَ آدَمَ، مَرَضْتُ فَلَمْ
تَعُدْنِي (1) قَالَ: يَا رَبِّ كَيْفَ أَعُودُكَ
وَأَنْتَ رَبُّ الْعَالَمِينَ؟ قَالَ: أَمَا عَلِمْتَ
أَنَّ عَبْدِي فُلَانًا مَرِضٌ فَلَمْ تَعُدَّهُ؟
أَمَا عَلِمْتَ أَنَّكَ لَوْ عُدْتَهُ لَوَجَدْتَنِي
عِنْدَهُ. يَا ابْنَ آدَمَ: اسْتَطَعْتَكَ فَلَمْ
تُطْعِمْنِي، قَالَ: يَا رَبِّ وَكَيْفَ أُطْعِمُكَ
وَأَنْتَ رَبُّ الْعَالَمِينَ؟ قَالَ: أَمَا عَلِمْتَ
أَنَّهُ اسْتَطَعَمَكَ عَبْدِي فُلَانٌ فَلَمْ
تُطْعِمَهُ؟ أَمَا عَلِمْتَ أَنَّكَ لَوْ أُطْعِمْتَهُ
لَوَجَدْتَ ذَلِكَ عِنْدِي. يَا ابْنَ آدَمَ:
اسْتَسْقَيْتَكَ فَلَمْ تَسْقِنِي، قَالَ: يَا
رَبِّ كَيْفَ أَسْقِيكَ وَأَنْتَ رَبُّ الْعَالَمِينَ؟
قَالَ اسْتَسْقَاكَ عَبْدِي فُلَانٌ فَلَمْ
تَسْقِهِ، أَمَا إِنَّكَ لَوْ سَقَيْتَهُ لَوَجَدْتَ
ذَلِكَ عِنْدِي

[صحيح مسلم]

Introduction

- Last week we said that in Jahiliyyah, people with disabilities were seen as a burden on society and that affected how they were treated.

- In the Hadith, the sick person is the only one for whom Allah (swt) says: "you would have found me with him". For the other two, the reward is mentioned
- There are many narrations praising visiting the sick and mentioning the reward for it.
 - One narration states that 70,000 angels accompany a person when they visit the sick and they continue to accompany that person when they leave until they reach home.
 - Allah (swt) and his messenger are truthful. This is not an exaggeration.
 - Scholars connect this to البيت المعمور, a place where 70,000 angels visit everyday to glorify Allah once in a lifetime.
 - When you visit the sick, it is as if you are going to visit Allah. 70,000 angels accompany you for that.
 - When we have this perspective of viewing the sick as being accompanied by Allah and source of reward then that will shape the way we rush to treat the ill, comfort the ill, and direct resources towards the ill.

Prevention of Illness

- Cannot discuss healthcare without discussing the prevention of disease and illness.
- It starts off with moderation in eating and drinking. Even moderation in fasting.
 - Surah A'raaf Ayah 31: **وَكُلُوا وَاشْرَبُوا وَلَا تُسْرِفُوا ۚ إِنَّهُ لَا يُحِبُّ الْمُسْرِفِينَ**
 - And eat and drink, but be not excessive. Indeed, He likes not those who commit excess.
- 2016 was the first time in history that obesity was more common than being underweight.
 - Meaning that more people get sick because of eating too much than eating too little.
- Islam taught seeking treatment as a religious duty.

- In many religious traditions, it is looked down upon to seek a cure for your illness because it is seen as a deficiency in your trust in God.
 - When deciding not to enter a city with a plague, Umar (ra) said, “We are running from the Qadr of Allah to the Qadr of Allah”
- Hadith: **تَدَاوَوْا، فَإِنَّ اللَّهَ عَزَّ وَجَلَّ لَمْ يَخْلُقْ دَاءً إِلَّا وَضَعَ لَهُ دَوَاءً غَيْرَ دَاءٍ وَاحِدٍ، الْهَرَمُ**
 - Prophet (sAws) said, “Seek treatment, O servants of God, for Allah did not create a disease except that He created for it cure.” In another narration is an addition, “Whoever knows it, knows it, and however does not know it, does not know it.” In another narration, “...except aging.”
- Hadith “Do not enter a land in which there is a plague, nor exit a land fleeing from the plague.”
 - Islam taught medical quarantine.
- Hadith: “No harm allowed, nor any reciprocation of harm.”
 - Islam taught societal preservation, and that bad health compromises society at large.
 - Lying under this Hadith is the importance of hygiene in Islam, prohibition of intoxicants, and prohibition of extramarital relationships

Healthcare During the Seerah

- Al-Harith ibn Kaladah (d. 13 AH/634–35) was, according to traditional sources, the oldest known Arab physician and a companion of the Islamic Prophet Muhammad.
 - He is said to have traveled to Gundeshapur, the intellectual center of the Sassanid empire, in search of medical knowledge before the advent of Islam.
 - Prophet (sAws) employed him to treat people.
- When al-Muqawqas of Egypt sent a physician especially for the Prophet (sAws), he (sAws) commissioned him with treating the people free of charge.
- Prophet (sAws) had “field-medics” or “military paramedics” appointed in his masjid, such as Rufayda al Aslamiyya (rA), who tended to the wounded.

Healthcare in Islamic History

- Earliest pharmacists such as Bayruni were Muslims, and earliest doctors as well such as ar-Razi, Ibn Sina, and Ibn Rushd - led the world in their time.
- Muslims considered healthcare among the most important rights of an individual in society, irrespective of their social or religious status. Thus they lead the world in establishing hospitals.
 - In second hijri century, 1st hospital in Baghdad rose 700 years before 1st hospital in Italy; it was built by Harun ar-Rashid.
 - 500 years before Italy had a single hospital, Cordoba had 50 hospitals.
 - First ever “medical-board-exams” were held in Baghdad, because the Prophet (sAws) sparked this renaissance by saying, “Whoever practices medicine while not being known to be proficient in medicine is accountable.” (Abu Dawud)
 - Hadith: مَنْ تَطَبَّبَ وَلَمْ يُعْلَمْ مِنْهُ طِبٌّ فَهُوَ ضَامِنٌ
- Healthcare was not just for Muslims
 - ‘Umar b. al-Khattab (rA) once passed by a group of dhimmis that were afflicted with leprosy, and he commanded that the jizya be suspended, and that a medical stipend be granted to them from Baytul-Mal in order for them to treat themselves.
 - The prophet (saw) sent Sa’d ibn Abi Waqqas (rA) to read Ruqya (Surah Fatihah) on a non-Muslim chief as a form of cure.
- Medical treatment for prisoners
 - Ali b. Abi Talib (rA) would routinely check on the prisoners, who was placed therein, and their health.
 - ‘Umar b. ‘Abdil’Aziz (rA) would write to his governors, “Check who is inside the prisoners, and keep close watch of those sick.”
 - The caliph, al-Mu’tadid المعتضد , dedicated 1500 dinars monthly on prisoners needs and medical treatment.

- Muslims were so advanced in medicine that William Osler, a founder and second president of the Medical Library Association, said, "The Canon (Qanūn) of Avicenna (Ibn Sina) has remained a medical bible in Europe for a longer period than any other work."

Awqaf – Endowments

- This the wedding of religious institutions with healthcare project was done via the Waqf (endowment) model.
 - It was not state model or just royal budgets that covers this healthcare, but the benevolent hearts of the Islamic civilization.
 - These not only covered healthcare costs, but the medical training and schooling.
 - This healthcare also not only covered humans, but the Awqaf of Damascus produced senior homes for "retired" cats, dogs, and cattle.
 - There was even an endowment to hire people to walk elderly people in the rain under an umbrella.
- Since the inception of Islam, the proliferation of the concept of Waqf is what spearheaded the Muslim civilization in every regard, particularly on the medical front.
 - All this continued until the end of 1800's when the Waqf system began getting dismantled with colonial meddling.
- It was not Baytul Maal or generosity of Sultan that made our medical civilization a reality, but the waqf model which the masses competed in due to their Islam!

Healthcare Today

- In America, people die on a daily basis because they don't have access to healthcare.
 - Many people cannot afford to get sick in America.
- The right to healthcare is a moral issue.
- Our communities need to lead the way in charitable clinics and charitable hospitals.
 - Every Masjid should have a free medical clinic.

- We should also have mobile clinics.

Conclusion

- Islam teaches us to comfort people and not make them feel like a burden.
 - Hadith: لا تُدِيمُوا النَّظَرَ إِلَى الْمَجْذُومِينَ
- “Do not stare at those with leprosy”
 - Hadith: تَبَسُّمُكَ فِي وَجْهِ أَخِيكَ صَدَقَةٌ
- “Smiling in the face of your brother is charity”
 - Don't stare at a person who has an illness that would make them self conscious.
Don't look at them in a way that would make them think there is something wrong with them. Instead, show charity to them by smiling, acting normal and not making them feel repulsed or awkward.
- The prophet (saw) emphasized paying attention to the emotional health of people in addition to their physical health.