

Healing in Quranic Text

13th February 2017

We find three aspects to healing in the Holy Quran:

- 1- Spiritual Healing
- 2- Physical Healing
- 3- Psychological Healing

Spiritual aspect:

- And We sent down in the Quran what contributes to healing and mercy for the believers (17:82)
- And [God] shall heal the breast of the believers. (9:14)
- O Mankind, there has come to you a guidance from your Lord and a healing for (the diseases) in your hearts. It is guidance and a mercy for those who believe. (10:57)

Physical aspect:

- From the bodies of the bee a drink of varying colours is produced so that it is a source of healing for mankind. (16:69)
- And when I am ill, it is [God] who cures me. (26:80) (A supplication of Prophet Abraham)

Psychological aspect:

- And declare (O Muhammad) that [the Quran] is a guidance and healing for the believers. (41:44)
- And (remember) Dhu'n-Nun, when he went off in anger and deemed that We will not restrict him, but he cried out in the darkness, saying: There is no God save Thee. Be Thou glorified! Lo! I have been a wrong-doer. (21:87)
- Who have believed and whose hearts have rest in the remembrance of Allah. Verily in the remembrance of Allah do hearts find rest! (13:28)

More on the combination of Spiritual and Psychological aspects of Quranic texts we read:

- Those who remember Allah, standing, sitting and reclining, who reflect upon and contemplate the creation of the heavens and the earth, [say]: O Lord! You have not created [all] this in vain! Glory be to you! Save us from the torment of the fire. (5:11)

This ayah (verse) clarifies that remembrance of Allah does not need to be done in a particular place or with any specific posture, but rather that it should be a constant exercise. A believer may enjoy this communication with the Lord even when jogging, sitting on a bus or eating a meal.

- The hearts of those who believe find satisfaction in the remembrance of Allah; for without doubt, it is in the remembrance of Allah that hearts find satisfaction. (16:120)

There are times when everyone feels concerned or worried about some worldly affair or other. It seems that stress and lack of well-

being are trademarks of contemporary life. It is at these times that the utmost tranquillity can be found in the remembrance of Lord.

(Islamic Theology)