

القلق

Anxiety

Tibb al-Nabawi Protocol · Authentic Hadith · Prophetic Remedies · Modern Clinical Evidence

Excessive worry, restlessness, and physical tension.

MEDICAL DISCLAIMER: This protocol is for educational purposes only. Consult a qualified physician before applying any remedy or undergoing Hijama therapy. Pregnant women, children, and patients with chronic conditions require specialist guidance. Hijama must be performed by a certified practitioner.

EXHAUSTIVE REVELATION · QUR'AN

ربنا ولا تحملنا ما لا طاقة لنا به واعف عنا واغفر لنا وارحمنا أنت مولانا فانصرنا على القوم الكافرين
ربنا لا تؤاخذنا إن نسينا أو أخطأنا ربنا ولا تحمل علينا إصرا كما حملته على الذين من قبلنا
لا يكلف الله نفسا إلا وسعها لها ما كسبت وعليها ما اكتسبت

"Allah does not charge a soul except [with that within] its capacity. It will have [the consequence of] what [good] it has gained, and it will bear [the consequence of] what [evil] it has earned. Our Lord, do not impose blame upon us if we have forgotten or erred. Our Lord, and lay not upon us a burden like that which You laid upon those before us. Our Lord, and burden us not with that which we have no ability to bear. And pardon us; and forgive us; and have mercy upon us. You are our protector, so give us victory over the disbelieving people."

Surah Al-Baqarah · 2:286 — This verse directly addresses the cognitive burden and excessive worry in anxiety by affirming Allah does not burden beyond capacity and provides a supplication against overwhelming mental burdens.

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We provide: Hijama (Wet Cupping) by qualified practitioners · Ruqyah Shar'iyah · Prophetic Herbal Medicine · 100% Organic Products (Sidr Honey, Ajwa Dates, Black Seed, Indian Costus, Moringa, Olive Oil, and more) · Hijama Diploma Course.