

الأرق

Insomnia

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

Difficulty falling or staying asleep.

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

كتابا متشابها مثاني تقشعر منه جلود الذين يخشون ربهم ثم تلين جلودهم وقلوبهم إلى ذكر الله
الله نزل أحسن الحديث

"Allah has sent down the best statement: a consistent Book wherein is reiteration. The skins shiver therefrom of those who fear their Lord; then their skins and their hearts relax at the remembrance of Allah."

Surah Az-Zumar · 39:23 — This verse describes the physical relaxation (talin) of body and heart through Quranic recitation, a state directly conducive to overcoming insomnia by calming the nervous system.

VISIT OUR CLINIC FOR PROFESSIONAL TREATMENT

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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.