

عرق النسا

Sciatica (Iirq an-Nisa)

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

Pain radiating along the sciatic nerve from lower back down the leg.

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

أَوْ أٰخِطَا۟نَا رَبِّنَا وَلَا تَحْمِلْ عَلَيْنَا اِصْرًا كَمَا حَمَلْتَهُ عَلٰى الَّذِيۡنَ مِنْ قَبْلِنَا رَبَّنَا وَلَا تَحْمِلْنَا مَا لَا طَاقَةَ لَنَا بِهِ
لَا يَكْلِفُ اللّٰهُ نَفْسًاۢ اِلَّا وُسْعَهَا لَهَا مَا كَسَبَتْ وَعَلَيْهَا مَا اكْتَسَبَتْ رَبَّنَا لَا تَاۡخِذْنَا اِنْ نَسِیْنَا

"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."

Surah Al-Baqarah · 2:286 — Classical scholars invoked this supplication for chronic debilitating pain like sciatica, which impairs mobility and burdens the sufferer beyond normal capacity.

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