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Spread and Cure of Malaria Disease in the Era of Prophet Mohammad (PBUH): A Study From *Tibb-e-Nabwai* (PBUH)

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Abstract

Like many diseases, malaria disease is also a contagious and infectious disease which is spread through the mosquito Anopheles gambiae. In the era of Prophet Mohammad (PBUH), the malaria disease was an endemic disease. At that time, it had adversely affected a large number of people including man, children and women in Mecca and Madinah. Later on, it spreads everywhere. At that time, there was not the vaccine or medicine of the malaria disease. The malaria disease had various reasons for its causes and symptoms. People at that time find very much difficulty in coping with the severity of the malaria disease, due to its devastating effects. The purpose of the study is to find the origination of malaria disease and its effects on the people in the lifetime of Prophet Mohammad (PBUH). As well as the cause from which malaria disease spreads in Mecca and Madinah. The study also discover that how an individual infected with malaria disease were treated at the time of Prophet Mohammad (PBUH). As Allah Almighty has not made any disease of which its cure is not present. As the Prophetic Medicine has a cure of every diseases. The research methodology for conducting a research is qualitative including the primary and secondary sources. The reader will come to know about the historical background of the origination of malaria disease. What are the reasons for its cause and symptoms behind the malaria disease? And then how the infected person is cured from the disease in the life time of Prophet Mohammad (PBUH). Lastly, every individual will come to know that initially every disease when it appears for the first time it is severe until it reaches to its peak. And later on, with the passage of time, the fear of people lessen when its vaccine or medicine is developed. However, every disease in the global history when appeared has caused devastating affects to the human individuals. For human individuals of every age becomes difficult of

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coping with any of the diseases whether it would be a malaria disease or any other which inflicted to them for the first time.

Keywords: Malaria, disease, Anopheles gambiae, *Mecca*, *Madinah*, Prophet Mohammad (PBUH), Allah Almighty.

Introduction

Malaria disease is a serious and sometimes fatal disease caused by a parasite called Plasmodium. The parasite is transmitted to humans through the bites of infected female Anopheles gambiae mosquitoes, which are often active during the night. There are several species of Plasmodium parasites that can cause malaria disease in humans, but the most deadly are Plasmodium falciparum. Other species that cause malaria disease in humans include Plasmodium vivax, Plasmodium ovale, and Plasmodium malariae.

Malaria disease was a disease which was occurred as a result of when *Abraha* made an attempt to attack the sacred place *Kaaba* in *Mecca*. He came there with the army along with the cohort of elephants. As a result of which Allah Almighty, the Supreme Power, Had made his plan unsuccessful by sending the birds in flocks and having three stones in their beaks and feet. Those stones were the cause of spreading pestilence rapidly. When those birds attacked *Abraha* and his army, abscesses started appearing from their bodies. Bleeding flows from those abscesses. The smell was very bad and their flesh was also rotted as well. It causes the huge destruction of *Abraha* and his whole army. And they were defeated by Allah Almighty. Those birds were the cause of transmitting the malaria disease.

In *Mecca*, the spread of malaria disease has resulted in the highest rate of mortality. The parents of Prophet Mohammad (PBUH) also died due to the malaria disease. Malaria disease was also transmitted when Prophet Mohammad (PBUH) migrated to *Yathrib* which is now-a- days called *Madinah*. Prophet Mohammad (PBUH) also saw in a dream a black lady which indicates towards a female mosquito Anopheles Gambiae which is the malarial parasite. It was the cause of the spread of malaria disease. Moreover, when the companions of Prophet Mohammad (PBUH) migrated they were also inflicted with the malarial disease. Those who were inflicted with malaria disease when came to Prophet Mohammad (PBUH) and told their situation, Prophet Mohammad (PBUH) advised them to drink the urine and milk of camel. Later on, the vaccine of malaria disease was developed by Chinese.

Furthermore, Prophetic Medicine is also a cure of diseases. The olive leaves are also used for treating the patients infected with malaria disease and fevers. As olive tree is said a blessed tree in Quran. Besides that, nigella sativa seeds have also the cure of every disease. Nigella seeds also have a tendency and properties which is beneficial in curing the malaria disease. Prophet Mohammad (PBUH)

died in 623 A.D. Prophet Mohammad (PBUH) was suffering from a high fever at that time. As *Anopheles gambiae* has also affected Prophet Mohammad (PBUH) the symptoms of which are He (PBUH) had severe sweating, weakness, limbs were moving restlessly, unconsciousness and was unable to go to mosque by walk. Despite the serious situation, Prophet Mohammad (PBUH) remain patient and did not lose the trust and hope of Allah Almighty and remain firm that He (PBUH) will always follow His path.

Symptoms of malaria disease can include chills, headache, vomiting, fever, muscle aches, sweats, nausea, and; they usually manifest 10 to 15 days after the mosquito bite. When malaria disease is severe, it can cause consequences like failure of organ, severe anaemia, and even death if it is not treated properly and quickly. Using bed nets sprayed with insecticide, using indoor residual insecticide spraying, and taking antimalarial drugs when visiting regions where malaria disease is common are preventive strategies against malaria disease. Antimalarial drugs are typically used to treat malaria, yet treatment resistance is becoming an increasing issue in several regions of the world.

Plasmodium parasites are the cause of malaria disease. Upon biting an individual, Plasmodium parasites is introduced by an infected mosquito into the bloodstream through its saliva. Rarely, if the donor's blood or organs are contaminated, malaria may be spread by organ donation or blood transfusion. Congenital malaria disease is the infection that in which malaria disease is passed from the pregnant women on to their unborn children during childbirth. In regions where malaria disease is endemic, this is more typical. Inadequate waste management, a lack of fresh water, and poor sanitation can all serve as mosquito breeding grounds and raise the chance of transmission of malaria disease.

The climate has a big impact on how malaria disease spreads. The establishment of Plasmodium parasites within mosquitoes and mosquito breeding are made possible by warm temperatures and when humidity is high. Malaria disease can spread as a result of human activity like migration and travel. The parasites can spread to new populations and areas when people move from those regions where malaria disease is high to those areas with lower malaria disease transmission. In order to lessen the impact of malaria disease and stop its spread, preventive methods include using antimalarial drugs, controlling vectors (e.g., bed nets sprayed with insecticide, indoor spraying), and enhancing living conditions and sanitation are essential.

History of Malaria Disease in Mecca

Humans and other animals can contract malaria disease, an infectious disease spread by mosquitoes, from protists, a type of microbe belonging to the Plasmodium genus. Malaria disease affects several mammals, birds, and reptiles differently. Due to its relationship with marshlands and swamps, the disease was originally known as ague or marsh fever. The term malaria comes from the

Mediaeval Italian word mala aria, which means "bad air". Although imported instances still happen, malaria disease is no longer endemic in most of Europe and North America, where it was historically widespread.¹ According to Snowden, malaria disease is "most sensitive to the relationship of human populations to their environment [of all high-impact infectious diseases]". The most dangerous parasitic disease in the world. Due to the disease's lengthy history in human history, both genetic and cultural adaptations have emerged as means of infection resistance. In particular, infectious diseases are significant because they thrive on the conditions that arise during war time for both civilians and members of the armed forces: inadequate water, shelter, and health care; changes in the environment caused by human activity; and population movements.²

The birth of Prophet Mohammad (PBUH) took place on 570AD. Prophet Mohammad's (PBUH) year of birth is also called year of Elephant for commemorating the *Abraha* who was a viceroy of Abyssinia, who was defeated.³ There comes in Quran in surah 105, the elephant that,

أَلَمْ تَرَ كَيْفَ فَعَلَ رَبُّكَ بِأَصْحَابِ الْفِيلِ ﴿١﴾ أَلَمْ يَجْعَلْ كَيْدَهُمْ فِي تَضْلِيلٍ ﴿٢﴾ وَأَرْسَلَ عَلَمَهُمْ طَيْرًا أَبَابِيلَ ﴿٣﴾ تَرْمِيهِمْ بِحِجَارَةٍ مِّن سِجِّيلٍ ﴿٤﴾ فَجَعَلَهُمْ كَعَصْفٍ مَّأْكُولٍ ﴿٥﴾⁴

“Have you (O Muhammad (PBUH)) not seen how your Lord dealt with the Owners of the Elephant? (The elephant army which came from Yemen under the command of Abrahah Al-Ashram intending to destroy the Kabah at Makkah). Did He not make their plot go astray. And sent against them birds, in flocks. Striking them with stones of Sijjeel. And made them like an empty field of stalks (of which the corn has been eaten up by cattle).”⁵

This event has occurred before the fifty days of the birth of the Prophet Mohammad (PBUH). *Abu Naeem* used to write that the army which had attacked was of *Nasara*. The host of the army of *Abraha* consists of sixty thousand soldiers, which consists of the one cohort of elephants which includes nine or

¹ Md Zulfeqar Ali, “Malaria”, (2012): 1-21, Doi:10.13140/RG.2.1.1325.6802/1

² Jonas E. Mertens, “A History of Malaria and Conflict”. *Parasitology Research* 123, (2024): 165, <https://doi.org/10.1007/s00436-024-08167-4>

³ Mohyeddin Ahmad Farid, “An attempt to illustrate the malaria situation in Arabia at the time of Prophet Mohammad ﷺ”. *Eastern Mediterranean Health Journal* 2, no. 3, (1996):531-537.

⁴ Al-Quran; 105: 1-5

⁵ Al-Hilali, Muhammad Taqi-ud-Din and Khan, Muhammad Mohsin. *Translation of the meaning of the Noble Quran in the English language*. Madinah: K.S.A, Darus-Salam publishers, 2004.

twelve elephants.⁶ The army of *Abraha* was not hidden. He confidently announced that he had come to destroy the *Kaaba*. For its destruction, he had made the complete plan. He was sure that he will get success. But Allah Almighty had made unsuccessful to his every plan and scheme. Allah Almighty for destroying the army of *Abraha*, have sent countless birds which came from the sea shore.⁷ Those birds were sending with stones which were made from the fire of the hell. Every bird was allowed to throw three stones. They had hold one bomb in their beaks and two were in their feet. They came by flying and attacked on the army and caused destruction. And gone under the land due to which abscesses started appeared on their bodies and their bleedings started and the smell was very bad. Their flesh was rotted. The chest of *Abraha* after rotting was blurt.⁸ *Abraha* was taken to the place *San'a* and their death occurred. In view of *Ibn-e-Kathir*, in night time the birds came. The term *tayr* in the language of Arabic means flying birds or creatures. It refers to those insects that fly including flies and mosquitoes. Such birds who have nocturnal nature are said to be the mosquitoes which can transmit malaria disease and it results in epidemics and also explosion. Such a malarial disease mosquito is named as *Anopheles gambiae*. The stones which were of baked clay is said that it symbolizes the parasites of malaria disease, resulted in pestilence and from these baked clay the living creatures have been made.⁹ Biologically there comes in Quran,

وَلَقَدْ خَلَقْنَا الْإِنْسَانَ مِنْ صَلْصَلٍ مِنْ حَمَإٍ مَسْنُونٍ ﴿١٥﴾

*And indeed, We created man from sounding clay of altered black smooth mud.*¹⁰

As the atmosphere of *Mecca* was insalubrious which is also called *wakham Makkah*, was connected with the malaria disease in those years only in which heavy rain took place. At that time, it was known to the people that this atmosphere of holy place *Mecca* will be the reason for the mortality rate which will be high among the children of young age. The Prophet Mohammad (PBUH) had three children and the wife named *Hazrat Khadija (R.A)* died at an early age in *Mecca*, when she was young. At that time, it was the tradition of those people who were rich in *Mecca*, that wet nurses were hired from towns where they were staying in free malaria disease and those plateau that were large salubriously used

⁶ Mohammad Karam Shah, *Zia-al-Quran*. (Lahore, Pakistan, Zia-al-Quran publications, 1400H).

⁷ *Ibid*; pg. 666

⁸ *Ibid*; pg. 667

⁹ Mohyeddin Ahmad Farid, “An attempt to illustrate the malaria situation in Arabia at the time of Prophet Mohammad ﷺ”, 531-537.

¹⁰ Al-Quran; 15:26

to feed from breasts to the infants, unless they come in an age of stronger. The wet nurse named *Halimah* when saw that the infants was taken through the others does not desired that empty-handed should be returned and she was agreed of keeping Prophet Mohammad (PBUH).¹¹ And in Islamic history, she was not mortalized.¹² *Halima* cared Prophet Mohammad (PBUH) till the time when Prophet Mohammad (PBUH) turned to 6 years. When she returned Prophet Mohammad (PBUH) to *Aminah*; who was Mother of Prophet Mohammad (PBUH). Prophet Mohammad (PBUH) was took to the place of *Yathrib*. It was that place where the fever of *Yathrib* was notorious. When they came back to *Mecca*, women accompanied who was the attendant and suddenly death occurred to the mother. The father of the Prophet Mohammad (PBUH) had also died at the place of *Yathrib*, comparatively at an earlier age of six years when he came back from the expedition of trade in *Gaza*. It can be summarized that the deaths of the parents of Prophet Mohammad (PBUH) was also due to malaria disease. Furthermore, out of four daughters, three died at the same place.

History of Malaria Disease in Madinah

When Prophet Mohammad (PBUH) migrated to *Madinah* which was *Yathrib* formerly in the year 622 AD in the month of September, malaria disease was transmitting in *Madinah*.¹³ After then, *Yathrib* was renamed *Madinah* and was thought to be a "place which is dangerously unhealthy."¹⁴ Before Prophet Mohammad's (PBUH) migration, His (PBUH) seventy followers had reached *Madinah* for the arrival of Prophet Mohammad (PBUH). With *Hazrat Abu Bakr (R.A)*, when Prophet Mohammad (PBUH) arrived, saw that much of the followers of Him (PBUH) had limited to their beds and they were not able to join in the prayers with the people of community in the mosque that was constructed by Prophet Mohammad (PBUH) when he came there. The students of Prophet Mohammad (PBUH) were concerned that either their death took place due to fever. Prophet Mohammad (PBUH) had prayed that they should recover speedily. Prophet Mohammad (PBUH) prayed,

¹¹ Mohyeddin Ahmad Farid, "An attempt to illustrate the malaria situation in Arabia at the time of Prophet Mohammad ﷺ", 531-537.

¹² Ibid;pg.532-533

¹³ Ibid;pg. 533

¹⁴ Robert W. Snow., Punam Amratia., Ghasem Zamani., Clara W. Mundia., Abdisalan M. Noor., Ziad A. Memish., Mohammad H. Al Zahrani., Adel Al Jasari., Mahmoud Fikri., and Hoda Atta, "The Malaria Transition on the Arabian Peninsula: Progress toward a Malaria Free Region between 1960–2010". *Adv Parasitol*, 82: (2013): 205–251, D doi:10.1016/B978-0-12-407706-5.00003-4.

اللَّهُمَّ أَمْضِ لِأَصْحَابِي هِجْرَتَهُمْ، وَلَا تَرُدَّهُمْ عَلَى أَعْقَابِهِمْ، لَكِنَّ الْبَائِسُ سَعْدُ ابْنِ خَوْلَةَ يَرْتِي لَهُ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ أَنْ تُؤْفَى بِمَكَّةَ."

*Narrated Sa'd bin Malik "O God! Fulfill to my companions their emigration and does not let them trace back their steps".*¹⁵

In one of the narrations, there comes that Prophet Mohammad (PBUH) saw a man, in which he had strongly holded the wrist of small women dressed in the color of black. To Prophet Mohammad (PBUH), the man said, in dream that this woman is the only reason for sickness and give an order of how it should be dealt? He was told by Prophet Mohammad (PBUH) that the women should be taken to *Khumm* and that women should leave that place. *Khumm* is an area of foothill which was swampy in the middle of *Madinah* and the *Mecca*. This place is avoided by caravans due to insalubrity.¹⁶ There comes in a hadith that,

حَدَّثَنَا عَنْ سَالِمٍ، عَنْ أَبِيهِ، أَنَّ النَّبِيَّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ "رَأَيْتُ امْرَأَةً سَوْدَاءَ تَائِرَةً الرَّأْسِ، خَرَجَتْ مِنَ الْمَدِينَةِ، حَتَّى قَامَتْ بِمَهْيَعَةَ فَأَوْلَتْ أَنْ وَبَاءَ الْمَدِينَةَ نُقِلَ إِلَى مَهْيَعَةَ، وَهِيَ الْجُحْفَةُ."

*Narrated Salim's father: The Prophet (PBUH) said, "I saw (in a dream) a black woman with unkempt hair going out of Medina and settling in Mahai'a. I interpreted that as (a symbol of) epidemic of Medina being transferred to Mahai'a, namely, Al-Juhfa."*¹⁷

The woman which was saw in the dream was *Anopheles gambiae*, a malaria causing mosquito.¹⁸ When Prophet Mohammad (PBUH) arrived to *Madinah*. The fever of *Yathrib* had succumbed both *Hazrat Bilal (R.A)* was told by *Hazrat Ayesha (R.A)* regarding their hallucinations and pain.¹⁹ Prophet Mohammad (PBUH) also prayed that they should recover speedily as stated,

¹⁵ Muhammad bin Ismail Bukhari. *Sahih Al-Bukhari*. (Riyadh, Saudi Arabia: Maktaba Dar us Salam: 1997), Hadith, 273.

¹⁶ Mohyeddin Ahmad Farid, "An attempt to illustrate the malaria situation in Arabia at the time of Prophet Mohammad ﷺ", 533.

¹⁷ Muhammad bin Ismail Bukhari. *Sahih Al-Bukhari*. (Riyadh, Saudi Arabia: Maktaba Dar us Salam: 1997), Hadith, 7040.

¹⁸ Mohyeddin Ahmad Farid, "An attempt to illustrate the malaria situation in Arabia at the time of Prophet Mohammad ﷺ", 533.

¹⁹ Mohyeddin Ahmad Farid, "An attempt to illustrate the malaria situation in Arabia at the time of Prophet Mohammad ﷺ", 533.

حَدَّثَنَا عَائِشَةُ. رَضِيَ اللَّهُ عَنْهَا. أَنَّهَا قَالَتْ لَمَّا قَدِمَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ وَعُكِّ أَبُو بَكْرٍ وَبِلَالٌ قَالَتْ فَدَخَلْتُ عَلَيْهِمَا فَقُلْتُ.....رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ فَأَخْبَرْتُهُ فَقَالَ " اللَّهُمَّ حَبِّبْ إِلَيْنَا الْمَدِينَةَ كَحَبِّبْنَا مَكَّةَ أَوْ أَشَدَّ وَصَحِّحْهَا وَبَارِكْ لَنَا فِي صَاعِهَا وَمُدِّهَا وَانْقُلْ حُمَاهَا فَاجْعَلْهَا بِأَجْحَفَةَ "

Narrated Aisha (R.A): When Allah's Messenger (PBUH) emigrated to Al-Madinah, Abu Bakr and Bilal became ill (Had a fever).....He said: "Oh Allah make us love al-Madinah as we loved Makkah, and make it healthy, and bless its Sa and its Mudd, and takeaway its fever and put it in Al-Juhfah. '20

Al-Juffah is that place which was inhabited with ruins in the middle of the road of Syria and that of *Madinah*. In line with this, due to an epidemic of malaria disease, the emigrants were affected. It has been stated by *Hazrat Aisha (R.A)*, that they were reached to *Madinah*, this place was considered the pestilential in its severity in world. The valley of it was called *najla* which means that it was wide enough and contains the water of *ooz*. As the river was wide and contains the oozing pools along with epidemic indicates that the knowledge which she had is the result of malaria disease epidemic. The river bed along with the bottoms which are sandy along with motionless pods are those areas which are preferred for the breeding of *Anopheles gambiae*.²¹

Cure of Malaria Disease and *Tibb-e-Nabwai* (PBUH)

In *Madinah*, insalubrity might look from the nomads when they converted to the religion of Islam and decided to come *Madinah* for settle and they also become ill (their abdomens were distended along with anemia and severe weakness. They came to Prophet Mohammad (PBUH) and told regarding their situation. Prophet Mohammad (PBUH) advised them to take milk and urine of the camels of females that was grazing the *Madinah* at outside. It is revealed through strong that by doing this, they become cured through it. *Ibn al-Kayyim* states that the best quality of milk along with the urine should be taken from the camels which are females which on chrysanthemum, Artemisia and chamomile be grazed upon. Regarding the insalubrity of *Madinah*, Prophet Mohammad (PBUH) said, that the impurities in *Madinah* had removed or negates like the furnace which is melting that purifies the iron of raw material.²² There comes in a hadith that,

حَدَّثَنَا أَبُو هُرَيْرَةَ. رَضِيَ اللَّهُ عَنْهُ. يَقُولُ قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ. " أُمِرْتُ بِقَرِيَّةٍ تَأْكُلُ الْقُرَى يَقُولُونَ: يَثْرِبُ وَهِيَ الْمَدِينَةُ، تَنْفِي النَّاسَ كَمَا يَنْفِي الْكَبِيرُ حَبْتَ الْحَدِيدِ "

Narrated Abu Huraira: Allah's Messenger (PBUH) said, "I was ordered to migrate to a town which will swallow (conquer) other towns and is called Yathrib

²⁰ Muhammad bin Ismail Bukhari. *Sahih Al-Bukhari*. (Riyadh, Saudi Arabia: Maktaba Dar us Salam: 1997), Hadith, 5677.

²¹ Ibid;pg. 533

²² Ibid;pg. 533-534

*and that is Medina, and it turns out (bad) persons as a furnace removes the impurities of iron.*²³

After Prophet Mohammad (PBUH) it is worthy to say that after a period of fourteen centuries, the drug of antimalarial was made by Chinese. Through Artemisia, it was extracted. It is in use besides the drugs of orthodox.

When at *Mecca*, emigrants were given permission for performing pilgrimage in *Mecca*, was uphold through the opponents of Prophet Mohammad (PBUH), they noticed the health of the followers of Prophet Mohammad (PBUH) which was deteriorating. It has been said by Prophet Mohammad (PBUH) to them, “they are exhausted due to the fever of *Yathrib*.” While hearing this statement, Prophet Mohammad (PBUH) had advised to the followers that they should hold straight to themselves and to most stretches they should jog when they move around *Kaaba*. As a result of which the opponents believe that they are not weak and when they confronted in fight, will perform good. Such a jogging was a strategy which is known as *Al-Ramal* during that period is performed and become a ritual of pilgrimage. The geographic site of *Madinah* at *Anopheles gambiae*'s distribution is critical which do not permit the mosquito to have its footings permanent over there. The frost and the cold season had driven this vector of malaria towards the south side. If such a mosquito succeed in attacking the city of *Madinah* and if the conditions of the climate were favorable, it will not have to survive in the cold season.²⁴ There comes in one of the tradition of Prophet Mohammad (PBUH) that,

حَدَّثَنَا أَنَسٌ رَضِيَ اللَّهُ عَنْهُ. أَنَّ نَاسًا، اجْتَوَوْا فِي الْمَدِينَةِ فَأَمَرَهُمُ النَّبِيُّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ أَنْ يَلْحَقُوا بِرَاعِيهِ. يَعْنِي الْإِيلَ. فَيَشْرَبُوا مِنْ أَلْبَانِهَا وَأَبْوَالِهَا، فَلْيَحْفُوا بِرَاعِيهِ فَشَرِبُوا مِنْ أَلْبَانِهَا وَأَبْوَالِهَا، حَتَّى صَلَحَتْ أَبْدَانُهُمْ.....

*Narrated Anas (R.A): The climate of Al-Madina did not suit some people, so the Prophet (PBUH) ordered them to proceed along with his shepherd, i.e, his camels, and drink their milk and urine (as a medicine). So they proceeded along with the shepherd (and the camels) and drank their (camel's) milk and urine, till their bodies become healthy.....*²⁵

Likewise, the Prophetic medicine is also the solution of the cure of many diseases. Prophetic medicine was developed in the reign of the Prophet Muhammad

²³ Mohyeddin Ahmad Farid, “An attempt to illustrate the malaria situation in Arabia at the time of Prophet Mohammad ﷺ”, 533.

²⁴ Mohyeddin Ahmad Farid, “An attempt to illustrate the malaria situation in Arabia at the time of Prophet Mohammad ﷺ”, 534.

²⁵ Muhammad bin Ismail Bukhari. *Sahih Al-Bukhari*. (Riyadh, Saudi Arabia: Maktaba Dar us Salam: 1997), Hadith, 5686.

(PBUH) and includes herbal knowledge, hygiene, and dietary practices. It includes recipes for medicines that either cured the Prophet Mohammad (PBUH) or that he gave orders to cure others with. As well as daily consumption habits, that are relevant to human health in everyday circumstances. Sunnah foods, or Prophetic foods, are a class of meals that have been recommended in Quran and Hadith and have been demonstrated to offer a number of health benefits.²⁶ But for malaria disease, the tree which is said to be evergreen is an olive tree of the Oleaceae family that is native to the coasts of Asia, Africa, and the Mediterranean. Malaria disease and fevers have long been treated with olive tree leaves. Regardless of the simple fact that 90% of Cretans drink 60–70 pounds of oil annually on average, a recent study conducted in Crete revealed that the country's potential for cardiovascular disease is comparatively low when compared to other countries. Because of some components, olive oil possesses antithrombotic, anti-inflammatory, antihypertensive, anti-carcinogenic and antioxidant qualities.²⁷ The Quran makes reference to olives multiple times, most notably in Surah Al-Mu'minun verse 20.

وَشَجَرَةً تَخْرُجُ مِنْ طُورِ سَيْنَاءَ تَنْبُتُ بِالذُّهْنِ وَصِبْغٍ لِلَّالِكِينَ

*And a tree (olive) that springs forth from Mount Sinai, that grows oil, and (it is a) relish for the eaters.*²⁸

It is stated in the hadith that,

حَدَّثَنَا عُمَرُ بْنُ الْخَطَّابِ، قَالَ قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ " كُلُوا الزَّيْتِ وَأَدِّهِنُوا بِهِ فَإِنَّهُ مِنْ شَجَرَةٍ مُبَارَكَةٍ " .

*Narrated 'Umar bin Al-Khattab: That the Messenger of Allah (PBUH) said: "Eat olive and use its oil, for indeed it is a blessed tree."*²⁹ .

Furthermore, some nigella sativa extracts showed a noteworthy curative efficacy against the haematological effects of malaria disease. Nigella sativa reduced packed cell volume and inhibited the severe parasitemia brought on by high

²⁶ Aimi Solehah Mohamed Iqbal, Muhammad Tahir Jan, Betania Kartika Muflih, Irwandi Jaswir, "The Role of Prophetic Food in the Prevention and Cure of Chronic Diseases: A Review of Literature". *Malaysian Journal of Social Sciences and Humanities (MJSSH)* 6, no. 11, (2021): 366 - 375, Doi: <https://doi.org/10.47405/mjssh.v6i11.1144>

²⁷ Ibid;pg. 372.

²⁸ Al-Quran; 23: 20.

²⁹ Abu 'Isa Muhammad ibn 'Isa at-Tirmidhi, *Jami At-Tirmidhi*. (Darussalam; Riyadh, Saudi Arabia, 2007), Hadith, 1851.

malaria disease. Nonetheless, it has been demonstrated that certain malarial phenotypes exhibit delayed parasite clearance and are resistant to nigella sativa.³⁰ According to the ancient people in *Arab*, the season of spring is considered the healthiest season. For health, the season of autumn was considered worst and it occurred when the epidemics that were fatal took place. It is said by Prophet Mohammad (PBUH),

“When the najm appears, the epidemic is lifted from all towns.”³¹

Najm is a plant of herb whose flowers are like stars shaped which only rise in season of spring. That’s why Prophet Mohammad (PBUH) had timed its mission against those who were the opponents of Him (PBUH) or else *umrah* should be performed in the season of spring. In the life time of Prophet Mohammad (PBUH), this malaria disease attacks that were ordinary were cured through herbs. The malarial specie named plasmodium falciparum is a parasite which is prevailing in areas of tropical and sub-tropical. Such specie along with *Anopheles gambiae* had resulted in the epidemic of malaria disease including high rate of mortality.

Demise of Prophet Mohammad ﷺ in the City of Madinah

Prophet Mohammad (PBUH) died in the year 632 AD on Monday. As He (PBUH) was suffering through severe fever.³² There comes in a hadith that,

حَدَّثَنَا عَائِشَةُ. رَضِيَ اللَّهُ عَنْهَا. قَالَتْ مَا رَأَيْتُ أَحَدًا أَشَدَّ عَلَيْهِ الْوَجَعُ مِنْ رَسُولِ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ.

*Narrated Aisha (R.A) I never saw anybody suffering so severely from sickness as Allah’s Messenger (PBUH).*³³

It remained for eleven days. In the time period of disease; following symptoms were there such as:

1. Hyperpyrexia which is also a high fever can be treated when the water that is cold is poured from the nearby wells.³⁴

³⁰ Ghazi H Mogharbel., Ahmad S Badawi., Amal Yaseen Zaman., Mehrevan M Abd Elmoniem., Ibrahim M Abdel-Rahman., Mariam Eid Alenazi., Fareed Akbar Shah., Mohamed Abdelnaem Aly., Syed Nazar Imam., Nusaybah Eid Alenazi., Salah Mohamed El Sayed, “Therapeutic benefits of prophetic medicine remedies in treating hematological diseases (A review article)”. *Am J Blood Res*13, no.4 (2023): 130-142.

³¹ Imam Ibn al Qayyim Al- Jauziyyah. *Healing with the medicine of the Prophet*. (Dar al Ghadd al Ghadeed. Egypt. Al-Mansoura, 2003), 653.

³² Ibid; pg. 535.

³³ Muhammad bin Ismail Bukhari. *Sahih Al-Bukhari*. (Riyadh, Saudi Arabia: Maktaba Dar us Salam: 1997), Hadith, 5646.

حَدَّثَنِي نَافِعٌ، عَنِ ابْنِ عُمَرَ. رَضِيَ اللَّهُ عَنْهُمَا. عَنِ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ " الْخُمَّى مِنْ فَيْحِ جَهَنَّمَ فَأَطْفِئُوهَا بِالْمَاءِ ".....

*Narrated Nafi: Abdullah bin Umar said, 'The Prophet (PBUH) said, 'Fever is from the heat of hell, so abate fever, with water.....'*³⁵

2. The sweating when profuse, which has been stated by *Hazrat Aisha (R.A)* that she never had look even before.
3. The state of unconsciousness which occurred intermittently and at latter when he came in the state of conscious will be able to communicate only through gestures. He was not able to communicate verbally.
4. Prophet Mohammad (PBUH) had severe weakness and was not able to walk to perform prayer in the mosque. It has been seen that the illness to Prophet Mohammad (PBUH) was due to the attack of falciparum malaria disease.³⁶ Anopheles gambiae mosquitoes are the means by which malaria parasites are spread from person to person. The parasite-containing blood enters the mosquito's stomach during a bite. The parasites go through a complicated development process that takes ten or more days. When the mature parasite reaches adulthood, it settles in the salivary glands of the mosquito, where it can be spread to a new host when it bites. The parasite first enters the liver of the subsequent human host, where it multiplies quickly for at least five days before moving on to infect red blood cells.³⁷

Types of Malaria Disease

Malaria diseases is a disease which is caused through the infection of parasite named protozoan.³⁸

1. Plasmodium falciparum, also known as P. falciparum, is the disease's most dangerous variant.
2. Plasmodium vivax, or P. vivax, is a milder type of the parasite that is usually not lethal. This parasite may live in the body for years without harming it and has a liver stage. After months or even years without symptoms, the liver stage may

³⁴ Mohyeddin Ahmad Farid, "An attempt to illustrate the malaria situation in Arabia at the time of Prophet Mohammad ﷺ", 535.

³⁵ Muhammad bin Ismail Bukhari. *Sahih Al-Bukhari*. (Riyadh, Saudi Arabia: Maktaba Dar us Salam: 1997), Hadith, 5723.

³⁶ Mohyeddin Ahmad Farid, "An attempt to illustrate the malaria situation in Arabia at the time of Prophet Mohammad ﷺ", 535.

³⁷ Md Zulfiqar Ali, "Malaria", 6.

³⁸ Getachew Geleta and Tsige Ketema, "Severe malaria associated with plasmodium falciparum and P. vivax among children in Pawe Hospital, North West Ethopis". *Malaria Research and treatment*, (2016): 1-7, Doi:[10.1155/2016/1240962](https://doi.org/10.1155/2016/1240962)

reactivate and trigger relapses, or malaria disease episodes, if the patient is not treated.³⁹

3. Plasmodium malariae (P. malariae): Generally not fatal; a milder type of the malaria disease. Certain individuals have been known to carry this kind of parasite in their blood for numerous decades.

4. A milder type of the malaria disease that is usually not lethal is Plasmodium ovale (P. ovale). This parasite may live in the body for years without harming it and has a liver stage. After months or even years without symptoms, the liver stage may reactivate and trigger relapses, or malaria disease episodes, if the patient is not treated.

5. Plasmodium knowlesi (P. knowlesi): this parasite may infect people as well as macaques and causes malaria disease.⁴⁰

Causes of Malaria Disease

Following are the causes of malaria disease such as,

1. Transfusion of blood

Those places which are endemic there this kind of malaria disease is common. Much of the infection took place in the case of blood transfusion but it is not more than five days. In case of blood transfusion which is stored is not less than then the time of two weeks. The features of this kind of malaria disease occur in beginning and any patient who gained transfusion before illness such a patient would be suspected that it might had malaria disease.

2. Fetus of mother who is growing (congenital type of malaria disease)

The transfer which took place from mother to its fetus is noted. Placenta of mother due to parasites become infected heavily. In first time of pregnancy this kind of malaria disease is more common and among those people whose immune system is not found.

3. Injury through the stick of needle

Transmission through accident took place between the addicts of drugs who use to share needles, syringes with each other.⁴¹

According to world health organization, two hundred and seven million cases were reported of malaria disease all over the globe in the year 2012 and the deaths

³⁹ Md Zulfiqar Ali, ‘‘Malaria’’, 6.

⁴⁰ Ibid;pg. 7

⁴¹ Indah S Tantular, ‘‘What is malaria?’’. *Indonesia journal of tropical and infectious disease*, 1, no.3, (2010): 122-127, Doi:[10.20473/ijtid.v1i3.2194](https://doi.org/10.20473/ijtid.v1i3.2194)

were six lac and twenty-seven thousand in the region of Africa, east side of Mediterranean, South and east side of Asia when the ratio of death was highest.⁴² Malaria disease came in those areas where the population is large on territories even today such as Kuwait, UAE, Oman, Saudi Arabia, Qatar, Bahrain and *Yemen*. Low temperature near the mountain named *Jebel e Nabi Shua'yb* along with those spines whose attitude places is high round *San'a* the capital city in *Yemen* does not able to transmit or support the plasmodium falciparum or either plasmodium vivax.⁴³

Symptoms of Malaria Disease

The symptoms of malaria disease are:

Febrile sickness, symptoms like that of flue which is not particular. Pain in abdomen, splenomegaly, fever, malaise, anemia, chills.

Those areas which are endemic. There the symptoms include:

Headache, pain in joints, pain in back and body, atypical illness, cough, hepato splenomegaly and weakness.⁴⁴

In order to control the disease globally, treatment typically entails the use of antimalarial (such as an artemisinin-based combination therapy); preventive measures against mosquito bites (such as bed nets sprayed with insecticide) and the aforementioned vector control techniques are equally crucial.⁴⁵ In the year 1950 and 1957 till February, the hospital which was situated at *Madinah* have cured four thousand eight hundred and seventy six patients of malaria disease and the ratio of death was three hundred and forty three deaths due to malaria disease.

⁴² Paulo FP Pimenta., Alessandra S Orfano., Ana C Bahia., Ana PM Duarte., Claudia M Ríos- Velásquez⁴, Fabrício F Melo., Felipe AC Pessoa., Giselle A Oliveira., Keillen MM Campos., Luis Martínez Villegas., Nilton Barnabé Rodrigues., Rafael Nacif-Pimenta., Rejane C Simões., Wuelton M Monteiro., Rogerio Amino., Yara M Traub-Cseko., José BP Lima., Maria GV Barbosa., Marcus VG Lacerda., Wanderli P Tadei., Nágila FC Secundino, “Anoverview of malaria transmission from the perspective of Amazon Anopheles vectors”. Mem Inst Oswaldo Cruz, Riode Janeiro, 110, no. 1, (2015): 1-25, Doi:[10.1590/0074-02760140266](https://doi.org/10.1590/0074-02760140266)

⁴³ Robert W. Snow., Punam Amratia., Ghasem Zamani., Clara W. Mundia., Abdisalan M. Noor., Ziad A. Memish., Mohammad H. Al Zahrani., Adel Al Jasari., Mahmoud Fikri., and Hoda Atta, “The Malaria Transition on the Arabian Peninsula: Progress toward a Malaria- Free Region between 1960–2010”. 205–251.

⁴⁴ Ibid; pg. 126.

⁴⁵ Jonas E. Mertens, “A History of Malaria and Conflict”, 2.

In 1950s malaria disease was controlled in *Khyber* and *Madinah* city that was followed by *Jeddah* and the *Mecca* city was the base to secure the routes of pilgrimage which Hajjis would travel.⁴⁶ One survey was conducted in the year 1984-85 among the 3834 child in eighteen schools of primacy in the place of *Mecca*. It was found that 2.1% were infected due to malaria disease, and 90% were infected because of the *falciparum* a kind of plasmodium. In all over the 1990's malaria was considered as an extreme threatening to one's life due to which its admission should be made to the hospital located close towards *Mecca*. In the year 1974, it was acknowledged that malaria disease should be eradicated over the country as was not feasible quickly because of the active areas of entrenched transmission towards the South region and West region and it is border with Red coast of Sea and *Yemen*.⁴⁷ Public health authorities, policymakers, and healthcare professionals must comprehend the trend for future malaria progress in order to plan and implement effective measures for disease control, treatment and prevention.⁴⁸ In the view of WHO while consulting it the national program for malaria disease was changed from eradication to the control program. In the 1954 the first spray for malaria disease was sprayed in house in *Wadi Najran* and the rate of parasites was reduced in the infants from forty three percent to zero in the year 1955. In 1998, this epidemic have reported 31, 925 cases of local people. Out of which sixty one percent cases were detected in the place of *Jizan*. In order to maintain a state free of malaria disease, the National Malaria Strategy 2004- 2007 outlined its goals as re-establishing a road to pre-elimination with a focus on the Southern region and increased surveillance in other previously controlled areas.⁴⁹ Between 2007 and 2009, efforts to eradicate

⁴⁶ Robert W. Snow., Punam Amratia., Ghasem Zamani., Clara W. Mundia., Abdisalan M. Noor., Ziad A. Memish., Mohammad H. Al Zahrani., Adel Al Jasari., Mahmoud Fikri., and Hoda Atta, "The Malaria Transition on the Arabian Peninsula: Progress toward a Malaria- Free Region between 1960–2010",⁴ .

⁴⁷ Ibid; pg. 5.

⁴⁸ Muhammad Imran Khan., Humera Qureshi., Suk Joo Bae., Adil Shah., Naveed Ahmad., Sadique Ahmad., Muhammad Asim, "Dynamics of Malaria Incidence in Khyber Pakhtunkhwa, Pakistan: Unveiling Rapid Growth Patterns and Forecasting Future Trends".*Journal of Epidemiology and Global Health*, (2024): 1-9, <https://doi.org/10.1007/s44197-024-00189-6>

⁴⁹ Robert W. Snow., Punam Amratia., Ghasem Zamani., Clara W. Mundia., Abdisalan M. Noor., Ziad A. Memish., Mohammad H. Al Zahrani., Adel Al

malaria disease became more intensive. Throughout the southern region, over 0.5 million long-lasting insecticide-treated nets (ITN) were distributed; meticulous mapping and reconnaissance of larval habitats supported the use of temephos larviciding; and the treatment of infected individuals and their contacts relied on passive, active, and case investigation techniques.⁵⁰

The prevention of malaria disease is largely dependent on actions that take place on an individual, home, community, and societal level, among other levels. Insecticide-treated nets are a frontline intervention for the control of malaria disease that households must get through available distribution channels. Another essential malaria disease intervention is indoor residual spraying, which requires the use of skilled spray teams and the acceptance of these teams in homes. When nets and spraying are unable to completely close a gap in protection, such as when a person is exposed to malaria mosquitoes outside, supplemental vector control techniques can help close that gap. Healthcare professionals are required to follow national clinical guidelines for diagnosing and treating malaria disease as well as preventing the disease in expectant mothers. They also have to correctly fill out clinical registries and reports, oversee the management of supplies in hospitals, and continuously exhibit both technical proficiency and interpersonal communication skills.⁵¹

Analysis and Discussion

The parasite Plasmodium is the cause of malaria disease, a dangerous and occasionally fatal illness. Humans contract the parasite when bitten by female *Anopheles gambiae* mosquitoes carrying the infection, which are most active at night. Although many Plasmodium parasite types can cause malaria disease in humans, Plasmodium falciparum is the most lethal. Plasmodium vivax, Plasmodium malariae and Plasmodium ovale are some of the other species that can cause malaria in humans.

The illness known as malaria disease developed as a result of *Abraha's* attempt to attack Mecca's holy site, the *Kaaba*. He arrived there accompanied by the elephant cohort and the soldiers. Because of this, the Almighty, Supreme Power, Allah, had sent the birds in flocks and given them three stones for feet and beaks,

Jasari., Mahmoud Fikri., and Hoda Atta, “The Malaria Transition on the Arabian Peninsula: Progress toward a Malaria- Free Region between 1960–2010”, 6.

⁵⁰ Ibid; pg. 7.

⁵¹ April Monroe,^a Bolanle Olapeju,^a Sarah Moore,^b Gabrielle Hunter,^a Alice Payne Merritt, Fredros Okumub & Stella Babalola, “Improving malaria control by understanding human behaviour”. *Bull World Health Organ*, 99, (2021): 837–839), doi: <http://dx.doi.org/10.2471/BLT.20.285369>

thus foiling his scheme. The quick spread of the plague was caused by those stones. *Abraha* and his army were assaulted by such birds, and abscesses began to emerge from their bodies. Those abscesses are gushing blood. Their flesh was rotting, and there was an awful stench. And Allah Almighty vanquished them.

The largest fatality rate has been caused by the spread of malaria in *Mecca*. Malaria disease also claimed the lives of Prophet Muhammad's (PBUH) parents. When Prophet Muhammad (PBUH) moved to Yathrib, which is now known as *Madinah*, malaria disease was also spread. The malaria disease pathogen *Anopheles gambiae*, a female mosquito, is indicated by a black lady that Prophet Muhammad (PBUH) saw in a dream. It was the reason why malaria disease was spreading. Furthermore, the malarial sickness also affected Prophet Muhammad's (PBUH) companions throughout their migration. When those who were suffering from malaria approached Prophet Muhammad (PBUH) and explained their condition, the Prophet Mohammad (PBUH) gave them advice to consume camel milk and urine. Eventually, Chinese scientists created the malaria vaccine.

Furthermore, illnesses can be cured using Prophetic medicine. Additionally, people with fevers and malaria disease are treated with olive leaves. According to the Quran, olive trees are blessed trees. In addition, *nigella sativa* seeds contain the ability to treat any illness. Additionally, *nigella* seeds have qualities and a tendency that help treat malaria. In 623 AD, Prophet Muhammad (PBUH) passed away. At that moment, Prophet Muhammad (PBUH) had a severe fever. Prophet Muhammad (PBUH) experienced symptoms of *Anopheles gambiae* as well. These included extreme perspiration, limbs moving restlessly, weakness, unconsciousness. Despite the dire circumstances, Prophet Muhammad (PBUH) maintained his composure and did not lose the faith upon Allah Almighty.

Malaria disease is brought on by parasites called *Plasmodium*. An infected mosquito injects *Plasmodium* parasites into a person's bloodstream through its saliva after biting them. Rarely, blood transfusions or organ donation can spread malaria disease if the donor's blood or organs are tainted. Congenital malaria disease is an infection in which a pregnant woman contracts the malaria virus and passes it on to her unborn child during childbirth. This is more common in areas where malaria disease is endemic. Lack of fresh water, improper sanitation, and inadequate waste management can all act as mosquito breeding grounds and increase the risk of malarial disease transmission.

Malaria disease typically appears 10 to 15 days after a mosquito bite and can include headache, fever, chills, muscle aches, and nausea, vomiting, and sweats. If severe malaria disease is not treated promptly, it can lead to serious complications such as organ failure, severe anaemia, and even death. Preventive measures against malaria disease include utilising insecticide-sprayed bed nets, indoor residual pesticide spraying, and antimalarial medication when travelling to areas where malaria is prevalent. Malaria disease is usually treated with antimalarial

medications; nevertheless, in many parts of the world, treatment struggle is becoming delinquent. Coordinating with other fields including agriculture, education, health, and the environment to apply integrated malaria disease control strategies that include environmental management, enhancing healthcare service accessibility, and fortifying health systems.

Conclusion and Recommendations

In conclusion, malaria disease is a disease which has affected many individuals in the past in *Mecca* and *Madinah* especially from where the disease originated. The biggest example of the suffering from this disease is our Prophet Mohammad (PBUH) to which the malarial mosquito *Anopheles gambiae* affected and many of the companions besides the other individuals. Plasmodium parasites are the source of this mosquito-borne illness, which is spread by the bites of *Anopheles gambiae* mosquitoes carrying the infection. If left untreated, malaria disease can cause serious disease, complications, and even death. A multifaceted strategy is used to combat malaria disease, including indoor residual spraying and insecticide-treated bed nets as vector control techniques. Even with recent advancements, socioeconomic issues, medicine and pesticide resistance, and a lacklustre healthcare system continue to impede attempts to reduce malaria disease.

So, individuals must know that whenever any disease came, whether an endemic or pandemic what measures should be adopted for controlling the spread of disease in order to avoid the spread of the disease. According to the time and situations of the time, the disease should be treated immediately and guidance must be taken from the Quran and Sunnah of the Prophet Mohammad (PBUH). Like the people in the past treat and help themselves of curing the malaria disease when become ill by drinking milk and urine of camel. So, preventive measures were also adopted for curing the disease in the past. As there was not any anti-malarial drug, medicine or vaccine for treating the disease at that time. The preventive and precautionary measures are also adopted today besides medication in order to completely get rid of the disease.