

Health

Health is one of the greatest blessings to have been given to humans by Allah. Muslim scholars laid the foundations for advancements in the field of medical knowledge; introducing revolutionary treatments such as cataract-operations and even development of the institution of the hospital. The scale and consequences of these contributions were enormous, not just for Islam but for Europe and the world. From washing hands before eating, to washing before prayers, covering the face when sneezing, restricting travel and quarantining in the event of a plague - all form part of the teachings of the Prophet ﷺ that were well ahead of his time. **Allah's Messenger ﷺ said: "Make use of medical treatment, for Allah has not made a disease without appointing a remedy for it, with the exception of one disease, namely old age."** (Sunan Abi Dawud:3855)

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