



Research Article

The Role Of Tibb Al-Nabawi In Modern Healthcare And Wellness

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Received : April 17, 2026

Revised : May 20, 2026

Accepted : June 21, 2026

Available online : July 19, 2026

How to Cite: Mohammed Husni Mannarmala. (2026). The Role Of Tibb Al-Nabawi In Modern Healthcare And Wellness. *Maklumat: Journal of Da'wah and Islamic Studies*, 4(2), 86-94. <https://doi.org/10.61166/maklumat.v4i2.99>

Abstract. This study examines the contemporary relevance of Tibb al-Nabawi (Prophetic Medicine) within modern healthcare, highlighting its role as a holistic, preventive, and spiritually grounded system of well-being. Rooted in the teachings of Prophet Muhammad (peace be upon him), Tibb al-Nabawi integrates physical, emotional, and spiritual dimensions of health, offering principles that align closely with today's preventive medicine, including moderation in diet, hygiene, fasting, physical activity, and balanced living. The paper explores widely practiced Prophetic remedies—such as honey, black seed, dates, Hijamah (cupping), and spiritual therapies like du‘ā, Qur’anic recitation, and dhikr—and examines how modern scientific studies increasingly validate their therapeutic benefits in areas such as immune function, metabolic regulation, cardiovascular balance, and mental resilience. In addition, the research highlights the gradual incorporation of Tibb al-Nabawi into Complementary and Alternative Medicine (CAM) and integrative health models across hospitals and wellness programs, particularly through herbal treatments, dietary counselling, and culturally sensitive spiritual care. The study further discusses advancements in scientific methodologies, including randomized controlled trials (RCTs) and analytical tools such as High-Performance Liquid Chromatography (HPLC), which contribute to the standardization, safety, and evidence-based evaluation of Prophetic

remedies. Moreover, the paper surveys emerging technological developments—such as mobile health applications, telemedicine, artificial intelligence (AI), wearable devices, and blockchain systems—that support personalized, secure, and accessible delivery of Prophetic medical guidance. Overall, this study demonstrates that Tibb al-Nabawi presents a timeless, ethically grounded, and scientifically compatible framework for modern integrative healthcare, offering a patient-centred and spiritually enriched approach that aligns with global shifts toward holistic wellness.

Keywords: Tibb al-Nabawi, Integrative Medicine, Preventive Healthcare, Holistic Wellness, Prophetic Healing

INTRODUCTION

Tibb al-Nabawi, or Prophetic Medicine, is a beautiful and complete approach to health that comes from the teachings of the Prophet Muhammad (peace be upon him). It's not just a list of remedies; it's a holistic philosophy that sees our physical, spiritual, emotional, and social lives as completely interconnected. It provides a moral and spiritual compass for staying healthy, preventing sickness, and finding balance through faith and natural healing.

In today's world, where more and more people are looking for holistic and integrative ways to stay healthy, Tibb al-Nabawi has so much to offer. Its focus on moderation, cleanliness, mental peace, good nutrition, and spiritual harmony lines up perfectly with modern ideas about wellness¹. As healthcare systems look for ways to combine evidence-based medicine with traditional wisdom, Tibb al-Nabawi offers a culturally rich and ethically sound path that connects faith and science.

Preventive Medicine And Lifestyle (Hifz Al-Sihhah)

At the very heart of Tibb al-Nabawi is the principle of *Hifz al-Sihhah*² which simply means "preserving health." This idea puts prevention first and is all about living in harmony with our body, mind, and soul. It's a philosophy that fits right in with modern preventive medicine, especially the focus on lifestyle changes to fight chronic diseases. The Prophetic approach encourages us to find balance and be mindful in our daily lives as the best defense against getting sick.

One of the key parts of *Hifz al-Sihhah* is being smart about what we eat. The famous Prophetic advice to fill our stomach with one-third food, one-third drink, and leave one-third for air is an ancient blueprint for mindful eating and portion control. Modern science backs this up, showing that eating in moderation boosts our metabolism, helps us live longer, and cuts the risk of obesity and heart disease. Similarly, fasting (*Sawm*)³, especially during Ramadan, is a lot like the intermittent fasting methods that are popular today for improving insulin sensitivity and helping our cells renew themselves. The Prophet's use of foods like black seed, honey, and

¹ Al-Attas, Islamic Perspectives on Science and Technology, 1996.

² an Arabic term meaning "preserving health," emphasizing preventive care, balance, and a holistic lifestyle.

³ The Arabic word for fasting, a key pillar of Islam observed especially during the month of Ramadan.

dates also shows a deep knowledge of nature's pharmacy all of which are now scientifically proven to be full of antioxidants and other health benefits⁴.

Cleanliness, a core part of the Islamic idea of *Taharah*⁵ (purity), is another pillar of health in this tradition. The ritual washing (*Wudu*) done several times a day isn't just a spiritual act; it's a practical public health measure that reduces the spread of germs. Likewise, using the *miswak* (a natural toothbrush) has been shown to have antibacterial properties that fight plaque and keep our gums healthy. These practices beautifully weave personal hygiene into daily spiritual life, long before modern sanitation principles were established.

Physical Activity

On top of all this, the Prophet Muhammad (peace be upon him) always encouraged being active. He promoted walking, swimming, archery, and horseback riding all great forms of exercise that improve heart health, build strength, and keep us balanced⁶. This focus on functional, everyday movement is a powerful alternative to the sedentary lifestyles that are causing so many health problems today. All together, these teachings offer a timeless vision of health that is proactive, holistic, and built on a foundation of disciplined, spiritually-aware living. This model of functional, daily movement offers a striking contrast to sedentary modern lifestyles linked to chronic diseases. Collectively, these teachings reflect an enduring paradigm of health proactive, integrative, and holistic where prevention arises not from pharmacological dependence but from disciplined living woven with spiritual consciousness.

Tibb Al-Nabawi And The Unified Model Of Care

From an Islamic perspective, Tibb al-Nabawi sees our health as a sacred trust from God. Wellbeing isn't just about not being sick; it's about a beautiful balance between our physical, mental, and spiritual selves. This way of thinking is very similar to modern holistic healthcare, which also recognizes that our body, mind, and spirit are all connected. In this view, health is a vibrant state of inner and outer peace.

The Prophet Muhammad (peace be upon him) encouraged us to be proactive about our health, famously advising, "Take advantage of your health before sickness." He recommended healing foods like honey, dates, olive oil, and black seed, whose amazing antioxidant, antimicrobial, and immune-boosting benefits are now being confirmed by science. By blending this dietary wisdom with a balanced lifestyle, Tibb al-Nabawi gives us a sustainable path to health that resonates with today's focus on nutrition-based, preventive care.

What's more, Tibb al-Nabawi includes spiritual and psychological tools for healing like reciting the Qur'an, making supplications, and remembering God (*dhikr*). These practices build emotional strength and mental stability⁷. This spiritual side is a

⁴ Al-Jawziyyah, I. Q. (n.d.). *Al-Tibb al-Nabawi*.

⁵ The Islamic concept of ritual purity and cleanliness encompassing the body, mind, and environment.

⁶ Al-Ghazali, A. H. (n.d.). *Iḥyā' 'Ulūm al-Dīn*.

⁷ Al-Jawziyyah, I. Q. (n.d.). *Zād al-Ma'ād*.

perfect match for the holistic model, which sees faith, mindfulness, and emotional health as key parts of the healing process. By promoting balance, moderation, and spiritual mindfulness, Tibb al-Nabawi offers a timeless guide for a truly integrated approach to wellness.

Furthermore, Tibb al-Nabawi incorporates spiritual and psychological therapies such as Qur'anic recitation, supplication, and remembrance of God (dhikr) which foster emotional resilience and mental stability⁸. This spiritual orientation complements the holistic healthcare model, where faith, mindfulness, and emotional well-being are essential aspects of healing. Ultimately, by promoting balance, moderation, and spiritual mindfulness, Tibb al-Nabawi provides a timeless template for modern integrative approaches to wellness

Modern Healthcare Systems

It's exciting to see that modern healthcare is starting to embrace traditional systems like Tibb al-Nabawi to offer more complete and well-rounded care. Hospitals and clinics are beginning to weave practices from Prophetic Medicine like herbal remedies, dietary advice, and spiritual support into their wellness programs. This helps them treat not just the physical symptoms but also support the psychological and emotional well-being of their patients in a way that feels culturally familiar and respectful.

In a practical sense, this means that hospitals might offer herbal treatments, spiritual counselling, or lifestyle coaching inspired by Tibb al-Nabawi. For people dealing with chronic conditions like diabetes, high blood pressure, or depression, these practices can offer extra support, empower them to take charge of their health, and provide care that is both patient-focused and culturally sensitive. By building a bridge between ancient wisdom and modern science, Tibb al-Nabawi is finding its place in holistic healthcare, helping to create better health outcomes for everyone.

By bridging ancient knowledge and scientific advances, Tibb al-Nabawi continues to expand its role in holistic healthcare delivery, fostering inclusion, improved outcomes, and comprehensive well-being for a variety of patient populations⁹.

Therapeutic Practices

Let's look at how specific therapies from Prophetic Medicine can be integrated into what we now call Complementary and Alternative Medicine (CAM)¹⁰ in a responsible, evidence-based way. This is about more than just general lifestyle tips; it's about looking at specific treatments and the ethics behind them.

Prophetic Medicine is a complete health system based on the teachings of the Prophet Muhammad (peace be upon him). It emphasizes that our spiritual, mental,

⁸ Abdelnour, M. (2025).

⁹ Bukhari, M., & Ali, A. (2025).

¹⁰ *Complementary and Alternative Medicine (CAM)*. (n.d.). A broad field that includes therapies used alongside or in place of conventional medicine to promote holistic well-being.

and physical health are all linked. The core belief is that all healing ultimately comes from God (Allah), and that medical treatments are a way of seeking His mercy.

Prevention is key, through a balanced diet, good hygiene, and a healthy lifestyle. Natural remedies like honey, black seed (*Nigella Sativa*), olive oil, and dates are highly recommended. Spiritual healing—through prayer, Qur'an recitation, and Ruqyah¹¹ (spiritual healing incantations) is just as important as physical therapies like Hijamah (wet cupping). This system treats the body, mind, and soul as one whole.

It's important to know that Prophetic Medicine is specifically from the Prophet's guidance, while "Islamic Medicine" is a broader term that includes knowledge from Greek, Persian, and Indian traditions¹². The Prophet's teachings encourage us to always search for cures, with the belief that every disease has a remedy. Today, modern science is confirming the benefits of many of these remedies, showing they can boost immunity, fight microbes, and improve mental resilience. Bringing these therapies into modern medicine requires a balanced approach one that respects their spiritual roots while meeting today's clinical standards.

"Islamic Medicine," which incorporates a wide range of historical medical knowledge from Greek, Persian, and Indian traditions, Prophetic Medicine is uniquely centred on the Prophet's guidance¹³. Modern scientific research increasingly validates the pharmacological and clinical benefits of many Prophetic remedies, demonstrating measurable positive effects on immunity, metabolic regulation, antimicrobial defense, and mental health resilience. Integrating these therapies into contemporary medicine demands a balanced approach that respects their spiritual foundations while conforming to evidence-based clinical standards.

MODERN RESEARCH METHODOLOGIES

To scientifically prove that treatments work, Randomized Controlled Trials (RCTs)¹⁴ are the gold standard, and this applies to remedies from Prophetic Medicine too. In an RCT, one group of people gets the treatment being studied (like black seed), while another group gets a placebo¹⁵ or a standard treatment. Because people are assigned randomly, researchers can objectively see if the remedy actually works. Conducting strong RCTs on Prophetic treatments can help confirm their health benefits and pave the way for them to be accepted into evidence-based medicine.

It's also crucial to make sure that herbal remedies are safe and consistent. Modern lab techniques like High-Performance Liquid Chromatography (HPLC)¹⁶ are perfect for this. HPLC can identify and measure the exact amount of active

¹¹ Islamic spiritual healing that involves the recitation of Qur'anic verses and supplications to seek a cure from God.

¹² Demirel, S., & Mansour, R. (2011).

¹³ Duderija, A. (2017).

¹⁴ A scientific study in which participants are randomly assigned to either a treatment or control group to objectively test the effectiveness of an intervention.

¹⁵ An inactive substance or treatment given to a control group in a clinical study to measure the actual effect of the real treatment.

¹⁶ A laboratory technique used to separate, identify, and precisely measure components in a mixture.

compounds like thymoquinone¹⁷ in black seed oil to ensure that every dose is the same¹⁸. This kind of standardization is key for patient safety and for making sure the treatment is effective. By using these advanced tools, we can transform the ancient wisdom of Tibb al-Nabawi into scientifically validated treatments that have a firm place in modern healthcare.

Technologies For Prophetic Health Practices

Blending modern technology with Prophetic Medicine is an exciting new frontier in healthcare. As we all search for better ways to manage modern health challenges, digital tools can help us bring the timeless principles of Tibb al-Nabawi into our daily lives. This combination can translate ancient wisdom into easy-to-use formats that promote wellness and mindfulness in our busy world.

Digital health platforms, especially mobile apps, could be a game-changer. Imagine an app that acts as your personal guide to Prophetic health sending you reminders for prayer and dhikr, helping you track your meals based on Prophetic advice, and encouraging mindful eating. It could also have features that support fasting or offer stress management techniques based on dhikr, giving you an evidence-based, faith-inspired wellness plan right in your pocket.

Telemedicine¹⁹ is another powerful tool. Through virtual consultations, people can connect with experts in Islamic integrative medicine from anywhere in the world. Virtual clinics can offer guidance on diet, lifestyle, and natural remedies inspired by Prophetic traditions, all while using clinical data to ensure the advice is safe and effective²⁰.

Telemedicine represents another crucial avenue for modernizing Prophetic Medicine. Through digital consultations, individuals can connect with experts trained in Islamic integrative medicine regardless of location, thereby democratizing access to specialized knowledge. Virtual clinics can provide guidance on diet, lifestyle, and natural remedies inspired by Prophetic traditions, while integrating clinical data to ensure scientific validity and safety. This global interconnectivity helps preserve authenticity while facilitating professional collaboration and new research within an ethical and faith-conscious framework²¹.

The Future: AI And Wearable Tech

The combination of artificial intelligence (AI) and wearable technology ²² is already changing healthcare from simply treating sickness to proactively preventing

¹⁷ The main active, therapeutic compound found in the oil of black seed (*Nigella sativa*).

¹⁸ El-Badawi, E. (2020).

¹⁹ *Telemedicine*. (n.d.). The use of technology to provide healthcare services and consultations remotely, often via video calls.

²⁰ Ibn Qayyim, I. (n.d.). *Zād al-Ma'ād*.

²¹ Meraj, S., Noordin, S., & Shah, I. (2024).

²² Electronic devices, such as smartwatches or fitness bands, worn on the body to track health and fitness data.

it. Wearables like smart watches and biosensors²³ can track our heart rate, sleep patterns, and activity levels in realtime. This allows us to get instant feedback and early warnings about potential health issues.

This technology takes the Prophetic principle of *Hifz al-Sihhah* (preserving health) to a whole new level. AI can analyse health data to help personalize treatments from Tibb al-Nabawi, like finding the right herbal combinations for an individual or predicting how a patient might respond to a certain therapy. Technologies like block chain could even be used to securely manage patient data. Together, these tools can empower us to practice Tibb al-Nabawi in a modern, evidence-based, and personalized way.

This technological integration elevates the Prophetic principle of *Hifz al-Sihhah* (preservation of health) to a new level of scientific validation and accessibility. AI can assist in personalizing herbal combinations, identifying appropriate temperament-based therapies, and predicting patient responses based on integrated health records. Block chain²⁴ technology is also being explored to securely manage sensitive patient data related to traditional healing practices, ensuring transparency and data protection in multi-disciplinary hospital environments. Together, these applicable technologies and systems empower hospitals to deliver Tibb al-Nabawi in a modern, evidence-based, and patient-centred manner²⁵.

The convergence of Artificial Intelligence (AI) and wearable technology is transforming healthcare by actualizing the Prophetic principle of *Hifz al-Sihhah* (preservation of health) in a modern, evidence-based, and personalized manner. Wearable devices provide real-time biometric data such as heart rate, sleep patterns, and activity levels, enabling proactive health monitoring and early detection of potential illnesses²⁶. AI further analyses this vast data to personalize treatments inspired by Tibb al-Nabawi, including optimizing herbal combinations, temperament-based therapies, and predicting patient responses with greater accuracy. Complementing these developments, block chain technology ensures the secure management of sensitive health records, fostering transparency, trust, and ethical integrity.

This integration of ancient wisdom with modern science elevates healthcare from merely treating disease to cultivating holistic well-being that harmonizes body, mind, and spirit²⁷.

Ultimately, the synergy of AI and wearable technology represents a promising frontier for the revitalization of Tibb al-Nabawi, blending spiritual principles with scientific innovation to create a preventive, continuous, and ethically sound model of healing that sustains faith-based medicine in the evolving global healthcare landscape.

²³ Devices used to detect and measure biological signals, such as heart rate, temperature, or blood glucose levels.

²⁴ Devices used to detect and measure biological signals, such as heart rate, temperature, or blood glucose levels.

²⁵ Natsir, M. (2024).

²⁶ Tajuddin, M., et al. (2024).

²⁷ Noor, A., et al. (2025).

The integration of wearable technology, artificial intelligence, and block chain into the framework of Tibb al-Nabawi signals a transformative advance in holistic Islamic healthcare by connecting real-time biometric monitoring and predictive analytics with personalized, faith-driven therapies and ethical data management. Wearable AI to build continuous, individualized health profiles tailored to each person's *mizāj* (temperament) and lifestyle, allowing for early identification of physiological or emotional imbalances and recommending precise prophetic interventions herbal, dietary, or spiritual well before disease manifests. Block chain ensures that personal health data are managed transparently and securely in alignment with the Islamic values of *amānah* (trust) and *ḥifẓ al-naḥs* (preservation of life), while AI-guided quantification of spiritual practices such as prayer and Qur'anic recitation links faith-based mindfulness directly to measurable well-being²⁸. This synergistic model revives the integrative vision of early Muslim physicians, advancing proactive, community-centered, and sustainable care rooted in the Qur'anic principles of moderation and cooperation (*i'tidāl and ta'āwun*), and shifts the paradigm from reactive disease management to a continuously balanced, spiritually inspired pursuit of wellness.

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