

Honey: A Divine Medicine in the Qur'an and Other Sacred Scriptures

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Abstract: Honey is a remarkable natural medicine recommended by all divine scriptures and widely used in traditional medical systems such as Unani, Ayurveda, Chinese medicine, and particularly Tibb al-Nabawi. Its therapeutic use dates back to the birth of human civilization, with references in the Qur'an, Hadith, the Bible, and the Hindu Vedas, portraying it as both a divine blessing and a universal cure. Historical civilizations, including the Misr, Greece, Romans, Chinese, and Indians-utilized honey for nutrition, preservation, embalming, and healing, while literature and folklore associated it with purity, abundance, and spiritual nourishment. In Tibb al-Islami, honey is integral to disease prevention and treatment, addressing not only physical health but also spiritual and emotional well-being. Qur'an injunctions and Ahadith recommend honey for a broad spectrum of ailments from gastrointestinal disorders to respiratory and cardiovascular conditions, with emphasis on correct dosage and consumption of raw, unpasteurized honey, as pasteurized forms lose much of their medicinal potency. Modern scientific research affirms many of these traditional claims, confirming honey's antibacterial, antifungal, antioxidant, anti-inflammatory, and wound-healing properties. Clinical studies document its efficacy in treating burns, ulcers, gastrointestinal infections, and post-operative wounds, as well as its role in enhancing immune function, memory, cardiac health, and sexual vitality. Rich in minerals, vitamins, enzymes, and bioactive compounds, honey bridges historical wisdom and contemporary science, underscoring its enduring value as a natural therapeutic agent, a functional food, and a spiritual symbol. This paper draws upon canonical Islamic sources alongside historical and modern evidence to advocate the continued integration of honey into preventive healthcare and holistic treatment, aligning medical practice with the guidance of the Qur'an and Sunnah.

Key Words: Honey; Sacred Scriptures; Tibb al-Islam; Traditional Medicine; Qur'an; Hadith; Ayurveda; wound healing; antibacterial properties; antioxidant activity; anti-inflammatory effects; cardiovascular health; gastrointestinal disorders; Nabavi Medicine; cultural practices; historical use; nutraceuticals; functional foods; natural remedies; spiritual symbolism.

Honey: As mentioned in the Sacred Scriptures

Since the dawn of human civilization honey has been extensively used throughout the world, its benefits are well documented in all ancient religious texts. The demand for honey today is much higher than what it was in the ancient times. All the sacred scriptures have discussed its merits. Chinese, Greek, and Roman accounts provide us with its numerous benefits. The ancient Egyptians used honey as a preserving substance because of its antibacterial properties. They also used honey for embalming the dead and often sarcophagi were sealed up with beeswax. When King Edward I of England, who died in 1307, was exhumed in 1774, his hands and face were found to be well preserved. This condition was attributed to the fact that they had been coated with a thin layer of wax and honey. Indian Sacred Scriptures, compiled around 1500 (B.C.), also contain references of honey. According to the Vedic faith of Hindus, Krishna has been depicted as a Bee and they believe that eating honey would enable them to maintain good health.

In the region of Attica in ancient Greece, there were 20,000 hives for which people used to travel from afar to procure honey, believing that it would improve their health and help them recover from their illnesses. Moreover, Welsh and Celtic folklore have abundant references about this sweet substance. It is mentioned in their history that the Welsh paid their taxes in the form of honey. Honey, a remarkably thick liquid, has occupied a prominent place in traditional medicines throughout world history. The ancient Egyptians, Assyrians, Chinese, Greeks, and Romans have all employed it in treating wounds and diseases of the gut.

Honey is frequently mentioned in the works of poets and writers, especially by the oriental and classical writers. It represented to them all the things that are sweet and pleasing to the taste, as well as to the mind and the heart. Honey, like the bees, was a symbol of spirituality and also of poetic inspiration; it was looked upon as psychic nourishment-the food of the saints, carried by the bees even to the divine throne. Honey has an honourable position in the arts and global literature. It is even mentioned widely in "The Bible": [1]

i). "Then their father Israel said to them: if it must be, then do this: put some of the best products of the land in your bags and take them down to man as a gift – a little balm and a little Honey, some spices and myrrh, some pistachio, nuts and almonds."

Rubb Taala says: [2]

ii). "I have indeed seen the misery of my people in Misr. I have heard them crying because of their slave drivers, and I am concerned about their suffering. So I have come down to rescue them from the hand of the people of Misr and to bring them out of that land into a good and spacious land, a land flowing with milk and honey - the home of the Canaanites, Hittites, Amorites, Perizzites, Hivites, and Jebusites."

Milk and Honey were dietary staples for the semi-nomadic Israelites of Biblical times, so Palestine would indeed be a promising home, abounding in goats and swarming with bees.

iii). Sulaiyman (as) remarked: [3]

"My son! Eat Honey for it is good."

For many reasons honey was one of the most popular foods among the people of the "New and the Old Testament". It became a symbol for abundance and divine blessings; therefore tiding appeared in the following wording: "a land of milk and honey," as it was the promised goal of the Bani Israel.

According to tradition: [4]

"When Dawood (as) made his triumphant entry into Jerusalem with the Ark, the treats he brought with him were honey cakes. Dawood (David) (as) had finished sacrificing the burnt offerings and peace offerings and blessed the people in the name of the Lord of Hosts. Then he distributed to all the multitude of Israel, men and women, a loaf of bread, a date cake, and a raisin cake."

The conception of honey was associated with everything that was holy, agreeable and beneficial. The origin of these traditions and customs is almost impossible to trace. Among Babylonians, Iranians, Misri and Hebrews, honey and milk were among the first food which touched the lips of a new-born. During Hindu birth ceremonies, after a male infant is born and the umbilical cord is severed, the father applies honey using a golden spoon on the lips of the son taken from a Golden vessel while naming the child. Today researchers are paying attention to Nabavi medicines and prescriptions. Experts have found in it useful benefits that cause no harm unlike the modern drugs.

The Qur'an and the Hadith both refer to honey as providing "Shifa" from diseases: [5]

"Bees were inspired through advice by the Rubb, instructing them to: 'Make hives in mountains, in trees and in that which they (human) build. Then eat all the fruits and follow the ways of your Rubb submissive. There comes out from within (their bodies) a drink of various hues (Honey), in it is healing (effect) for human. Verily in this is a sign for the people who consider'".

A Hadith says: [6]

"Honey is a remedy for every physical illness and the Qur'an is a remedy for all mental illnesses and therefore, I recommend you both the remedies, the Qur'an and Honey."

A person approached Rasulullah (S) and asked medicine for his brother who was suffering from a stomach disorder. He (S) replied: [7]

"Let him drink Honey."

He contacted again but Rasulullah (S) responded with the same answer. The person returned again and said that he had followed upon the advice but his brother was not cured. Rasulullah (S) then declared:

"Allah has said the truth, but your brother's stomach has told a lie. Let him consume Honey."

Sirah Literature guides us to use the Nabavi medicines in the accurate dosage for perfect healing. For example in the above Hadith, honey was consumed in an insufficient quantity which is why the stomach ache did not go away. Later when the consumption of honey was increased as per the direction of Rasulullah (S), he was cured. Hence, the correct dosage is of utmost importance. As per the Nabavi prescription, take one tablespoon of honey early in the morning, in the raw form with Shunez (onion seeds) to cure all kind of diseases. It is the best drink that cleanses the heart and helps in getting rid of cold, flu, and nasal problems. Seventy-seven diseases are cured by honey.

Among the Muslims of Indian Subcontinent, the most respected member of the family puts "Ghutti" (prepared with honey) [8] into the mouth of the infant as its first food and holds honey over the head to ward off evil spirits.

When the “Firoon of Misr” [9] gave the order that all male Hebrew children should be executed by drowning them in the river Nile, Jewish mothers were constrained to give birth to their children in the fields. The mother of Musa (as) kept the future divine guide concealed for three months, and it would not be surprising if he also was brought up on honey. This might account for his wisdom, eloquence and farsighted powers.

Rasulullah (S) used to take honey early in the morning [10], during noon and afternoon on an empty stomach. In birth, wedding and funeral ceremonies of most ancient nations and of many of the primitive races, honey to this day plays an important role. In all ancient cultures, the food first fed to the new-born was honey and milk. The word honeymoon is very interesting. According to an ancient custom, the bride and groom would consume honey during the first four weeks of their married life in order to improve the likelihood of conception. Jannah is described in Islam as a promised place where the faithful would enjoy the companionship of Houris, in surroundings of canals overflowing with milk and honey.

Honey when mixed with cinnamon can cure a multitude of ailments. Modern Scientists believe honey can be used without any side effects for a number of diseases. Although Honey is sweet, if consumed in the correct dosage as medicine it won't harm diabetic patients. We have found numerous uses of honey mixed with cinnamon to cure ailments of heart disease, acne, hair loss, gas, etc.

The great Shi'i Fatimi Ismaili Da'i, Intellectual, Philosopher, and Doctor of Medicine and Surgery, Al-Shaikh al-Raees, Bu Ali Ibn Sina (Avicenna), has provided many prescriptions in his literary works where in honey and bees wax are the main ingredients.

Some of the remedies are listed below: [11]

- It helps to relieve a runny nose
- Cheers you up and makes you feel fit.
- Facilitates the digestion of food by getting rid of constipation if taken in the morning with hot water.
- Gets rid of gas and improves appetite.
- Helps to retain youth.
- Sharpens the memory especially if taken in the morning with Saffron and hot water.
- Honey has a beneficial effect in curing deep and infected ulcers.
- When taken for a cold, staying at home is recommended as it may cause one to sweat in a great deal.
- A mixture of honey and rose-petals in the early stages of Tuberculosis is considered effective when taken before noon.
- Honey heals and aids in getting rid of a wound's stench.
- Prevents people losing their eyesight when applied on the eyeball.
- Heals mouth sores.

- Causes urination.
- Eases the bowel movement.
- Soothes cough.
- Heals poisoned bites and the bites of dogs.
- Serves as a remedy for the lungs and the inner joints.
- Hazel-nuts and honey help in cases of chronic coughing and facilitates expectoration.
- Several spoons a day act as an internal disinfectant.
- For vocal cord, voice and soothing throat, it should be taken with two teaspoons in hot milk

A few medicinal benefits analysed by honey experts are indexed below:

- Travellers have found it to stop diarrhoea.
- Make a paste of one teaspoon of cinnamon powder and five teaspoons of honey and apply on the aching tooth thrice a day to soothe the tooth pain.
- To enhance vitality, men should drink milk mixed with honey.
- Honey has the power to stimulate the brain and sharpen memory.
- It has the ability to soothe minor burns and helps to prevent scarring.
- Honey's antioxidant properties enhances the brain's cholinergic system and blood circulation providing considerable relief in senile dementia.
- It helps kidneys and intestines to function better.
- Recent studies have proven that athletes who consumed honey before and after competing, recovered more quickly than those who did not.
- When honey is taken with rose-oil, it cures animal bites and side effects of opium.
- For ulcers, honey should be taken ninety minutes to two hours before meals or three hours after the meals, preferably two hours before breakfast, midday meal and three hours after the evening meal.
- Honey should be dissolved in warm, boiled water. When taken just before meals, honey stimulates secretion of gastric juice.
- People with nervous conditions or suffering from exhaustion are recommended to drink a glass of water in which honey and half a lemon's juice has been dissolved or take two tablespoons of honey before going to bed.
- Lemon juice with honey is a good remedy in cases of hypertension, insomnia and nervous conditions. Dissolve a spoonful of honey in a glass of water and add the juice of half a lemon. The beverage is pleasant to the taste buds as well as nutritious.

- A teaspoon of honey before bed is recommended for teething babies. It reduces phosphorus content in the blood and eases the pain.
- Two tablespoons of honey prevent bed wetting as it causes dehydration and reduces the amount of calcium in the blood.
- It is advisable to give an infant a teaspoon of honey two or three times a day but the dose should not exceed 30 to 40 grams daily.
- It kills both the lice and its eggs.
- Honey provides a considerable amount of the energy needed by the body for blood formation. It helps in cleansing, regulating and facilitating blood circulation. It also protects against capillary problems and arteriosclerosis.

Scientific research in accordance with the Shariah has helped us to comprehend some issues in much greater depth. A Hadith says: [12]

"If honey is taken at least thrice (in the beginning three days of the lunar calendar) each month in the early morning, it will prevent the onset of diseases".

It must be noted however that fish, vinegar, radish, and melon should NOT be used with honey. Tibb experts suggest: [13]

"Fresh honey is highly beneficial. Always store it in a glass jar, which should not have even a single drop of water as water neutralizes the nutritional merits of honey".

Honey for the Cardiac Patients: [14]

The heart works continuously and needs glucose in order to make up for the energy that is expended. When a very small quantity of glucose (0.1 percent) is added to the physiological saline in which an isolated heart is immersed, the heart will continue working outside the body for four days. Honey has a beneficial effect on the heart because it contains easily assimilated glucose. It has been noted that it has an invaluable effect on the weakened muscle of the heart in various types of cardiac diseases. Even diabetics can consume it in controlled quantity since the cardiac activity is improved by pure honey. Honey causes the veins to expand and improves circulation through the coronary arteries. It tones up the heart and improves circulation. It is also effective in alleviating cardiac pain and palpitation of the heart. One tablespoon daily after food is sufficient to prevent all sorts of heart troubles. Make a paste of honey and cinnamon powder, apply to bread/toast instead of jam and eat it regularly for breakfast. It reduces the cholesterol in the arteries and can help in preventing heart attack. As for those who have already had a heart attack, if they follow this advice they will soon notice considerable decrease in their heart problems and reduce their chances of having another attack.

Anti-Diarrhoea Properties: [15]

"At a concentration of 40%, honey has a bactericidal effect on various gut bacteria known to cause diarrhoea and dysentery such as Salmonella, Shigella, and Enteric pathogens like E. coli and Vibrio cholera. During a study, honey given with oral dehydration fluid has shown to reduce the duration of bacterial diarrhoea in infants and children".

Anti-Tussive; Expectorant Properties: [16]

"The anti-cough properties of honey are related to its capacity to dilute bronchial secretions and improve the function of the bronchial epithelium. Uncontaminated honey is a healthy, easily digestible, natural and energy-rich food."

Treatment for abscesses of the lung: [17]

An observation regarding the treatment for abscesses of the lung, conducted in Prof. F. A. Udintsev's clinic at the Kiev Medical Institute, has drawn our attention:

"Three patients were given 100 to 150 grams of honey a day. As a result, considerable improvement was noted. They began to feel better, their appetites improved and they began to put on weight. Their haemoglobin level increased, while the erythrocyte sedimentation rate (E.S.R.) decreased. The patients coughed less and the amount of sputum decreased; they began to urinate more during the day than at night (the opposite being the case before honey was given) and a beneficial effect was noted on the gastrointestinal tract as well".

Anti-Bacterial and Anti-Fungal Properties: [18]

"Undiluted honey inhibits the growth of bacteria such as Staphylococcus aureus, certain gut pathogens and fungi such as Candida albicans. At a concentration of 30-50%, honey has been shown to be superior to certain conventional antibiotics in treating urinary tract infections. These are well-established properties of honey".

Cure of Diabetes: [19]

A study published in the Journal of Family Practice reports the case of a 79-year-old man with type 2 diabetes who developed foot ulcers:

"After 14 months of medical treatment costing \$390,000 - the cost included 5 hospitalizations and 4 surgeries, the ulcers measuring 8 x 5 cm and 3 x 3 cm were resistant to the effect of the best antibiotics. During this time the patient lost his 2 toes but refused to go for the knee amputation, despite being informed by 2 different surgical teams that without it he would most likely die. The patient was eventually discharged from the hospital on his persuaded requests. He lost the third toe before consenting to a trial of topical honey. Once daily, thick applications of ordinary honey were smeared on gauze and placed on the wounds which were then wrapped. Oral antibiotics and saline dressings were discontinued, otherwise the treatment remained unchanged. Dressing changes were painless and the serum glucose remained in excellent control. New tissue appeared within 2 weeks; in 6 to 12 months the ulcers were completely healed. Two years have passed since then and the ulcers have not reoccurred. The patient now moves with the help of a walker and reports showed improvement in the quality his life. Researchers state that as the frequency of diabetes has increased, it is important to identify effective strategies to reduce amputation rates, both to improve quality of life and to decrease cost. They also recommend randomized controlled trials to determine its efficacy and invite physicians to consider topical honey application therapy for patients with refractory diabetic foot ulcers."

This, however, is still disputed among medical experts as some believe that it is a cure, while others are of the opinion that it is injurious for the diabetic. Rasulullah (S) used to drink honey early in the morning, as well as in the afternoon. Following the Sunnah can be a blessing if one has firm belief in it. The user achieves two advantages simultaneously - one is physical and that is a cure, and the other is a spiritual blessing.

Sayyiduna Abdullah bin Abbas (ra) has narrated a Hadith: [20]

"You have sources of cure and remedies, Qur'an and Honey".

Sidrah Honey provides the quickest way to boost up energy levels for a longer endurance- without causing a big drop in blood sugar level.

Wound-Healing and Anti-Inflammatory Properties: [21]

Al-Shaikh al-Raees, Dai Bu Ali Ibn Sina, considered honey to have absorbing properties and recommended an ointment made of honey and wheat flour without water to treat wounds. In patients suffering from malignant wounds, improvement in respect of wound size and cleanliness was seen after treating with honey-coated bandages. Honey is of value in treating burns, infected surgical wounds, and decubitus ulcers. It is very viscous, enabling it to absorb water from the surrounding inflamed tissues. Also, it has been suggested that honey may be useful in the treatment of chronic, foul-smelling ulcers, as seen in leprosy. Moreover, it has an excellent track record of over 4,000 years of usage as a wound dressing.

The antimicrobial properties of honey: [22]

(i) "Honey speeds the healing of open wounds and also combats infection. Modern science now acknowledges honey as an anti-microbial agent. Its high osmotic pressure, low acidic environment, low protein content, low redox potential due to high sugar content aids in combating microbial growth of certain types of bacteria, yeast, and molds. Honey and beeswax form the basis of many skin creams, lip balms, and hand lotions. Honey is hygroscopic; it absorbs moisture from the air, facilitating the healing process and preventing scarring. This is because honey stimulates the growth of epithelial cells that form the new skin cover over a healed wound. In this way, even in case of large wounds, honey may eliminate the need for tissue transplantation".

(ii) Healing properties on post-operative wound infections: [23]

"Effects of topical honey on post-operative wound infections due to gram- positive and gram-negative bacteria following Caesarean sections and hysterectomies".

(iii) Honey dressing for infected skin lesions: [24]

"Using Honey as a dressing for infected skin lesions."

Quick burn treatment by Honey: [25]

"Randomized trials have shown that honey is more effective in controlling infection in burn wounds than silver sulphadiazine, the antibacterial ointment most widely used on burns in hospitals".

A study by Dr. Subrah Manyam in 1991 reveals: [26]

"The study compared the results of topical application of honey to burns with conventional burn treatment, (silver sulfadiazine). Results showed that within 7 days 91 % of the infected wounds treated with honey were free from infection as compared to less than 7% of the silver sulfadiazine treated burns".

Treatment of Stomach Problems: [27]

Research by Haffejee and Moose (1985) found that honey treatment shortened the duration of diarrhoea in patients with bacterial gastroenteritis. Those patients treated with honey had a mean recovery of 58 hours compared with 93 hours for control patients.

Research conducted in New Zealand by Somal et al (1994) at Waikato found: [28]

The result has shown that Manuka Honey successfully inhibits *Helicobacter pylori*, the organism responsible for upper gastrointestinal dyspepsia of stomach ulcers. However, it should be noted that research is ongoing in this field, and although the initial results are promising, full clinical trials are yet to be completed.

Potential therapeutic properties: [29]

Honey has potential therapeutic properties due to the presence of potassium, sodium, calcium, and magnesium, honey is capable of neutralizing acid in the body and thus helps in maintaining the acid-alkaline balance.

Gastroenteritis: [30]

Gastroenteritis can be cured by Honey. It is an infection or irritation of the stomach and intestines which may be caused by bacteria or parasites entering our body through soiled or stale food, unclean water or eating food that irritates the stomach lining. Infections of the intestinal tract are common throughout the world, affecting people of all ages. Infectious diarrhoea exacerbates nutritional deficiencies in various ways. Pure honey has bactericidal activity against many enteropathogenic organisms, including those of the *Salmonella* and *Shigella* species. Honey helps in relieving gas, stomach aches and clears stomach ulcers from the root. If honey and cinnamon are taken before eating, it helps digest even the heaviest of meals.

Research has shown that honey contains the following ingredients:

- Minerals: copper, magnesium, zinc, chromium, nickel, iodine, phosphorus, silver, sulphur, magnesium, iron, calcium, potassium and sodium.
- Carbohydrates: fructose, amylase, glucose, maltose, etc.
- Acids: Lactic acids, folic acids, citric acids, and nicotinic acid.
- Vitamins: A, B1, B2, B3, B5, B12, C4, K along with proteins and fat and oil.

Honey for Allergy Relief: [31]

At the University of Connecticut Health Centre, Farmington, immunologist T.V. Rajan, MD, Ph.D. studied the healing powers of plain honey to treat seasonal allergies. The study is based on the theory of oral tolerance, which reasons that humans become accustomed to things they ingest. So, if people eat local pollens-via pollen-rich honey-allergic reactions to pollen in the spring and summer should diminish. Study subjects received either a tablespoon of local honey and non-local honey as a placebo for their usual allergy medications.

Research at the University of Illinois: [32]

The Journal of Agricultural Research reported in 1998 that antioxidants in 14 kinds of honey were highest in the darkest of honey due to higher content of phenolic compounds in it. Antioxidants in the diet are important because they slow the production of free radicals that cause DNA damage and have been implicated in age-related illnesses such as arthritis, stroke and cancer. Honey exhibits strong antioxidant activity. This antioxidant capacity contributes in prevention of several acute and chronic disorders.

Enhances Sexual Pleasure: [33]

In the East, ginger has lived up to its reputation of being a powerful herb. Indian Literature recommends a mixture of ginger juice, honey and half-boiled eggs, taken at night for a month as a remedy to treat impotency. Moreover, a teaspoon of honey taken with milk before copulation increases sexual potency and is even said to cure premature ejaculation. According to traditional Indian herbal medicine, masculine power is increased when a concoction of powdered cardamom seeds boiled with milk, and mixed with a spoon of honey, is taken. Honey is also recommended as an external ointment for the genitalia in the recovery from impotency.

Honey and the Eyes: [34]

Honey has long been considered a most effective remedy for many eye diseases. Only sterile honey from honeycomb should be applied in the eyes, under the supervision of a doctor or ophthalmologist. When honey is applied as a Kuhl/eye-ointment, it strengthens weak eyesight. It improves vision and if used by persons below the age of 40, their vision is restored and there is no need for them to wear glasses. Honey has no side effects.

Cure of Dental Problems: [35]

All dentists unanimously agree on the harmful effect of sweets on the teeth. It has been established that the remains of sugar in the mouth exacerbate the damage caused by the growth of bacteria, which leads to slow but considerable decalcification of the teeth and causes cavities. Honey, on the other hand, has active antibiotic properties and in fact it disinfects the mouth.

Application of Honey in Vaginal Cancer: [36]

In another study, wound healing was accelerated by application of honey in women who had undergone radical vulvectomy for vaginal cancer.

Organic unpasteurized raw Honey: [37]

100% pure organic unpasteurized raw honey is the best form of honey. You can easily find this type of honey in the organic sections of major grocery stores. Cooked or pasteurized honey is just sugar (which is why it is referred to as "poison"). Hence the old saying stands tall: "Raw honey is medicine whereas cooked honey is poison." This is because heat destroys its nutritional properties.

A Few spiritual prescriptions: [38]

A Hadith says:

"Use Honey as if it is Wajib (compulsory); I swear by Allah that in every household where honey is used, the Malaek offer Dua for their forgiveness".

One day Muhammed bin Kahlid came to meet Abi Abdillah al-Imam Jafar al-Sadiq (as) and complained about having stomach pain. The Imam replied:

"Take honey with 21 seeds of Kalonji (onion seeds)"

Amir al-Mumineen Ali (as) has said: [39]

i). "For any illness mix honey with water and drink it"

ii). "For an incurable illness, use the money from your wife's Mahar (dowry) to buy honey, mix it with rainwater and drink it - you will get Shifa 'In sha Allah'".

To conclude, firm faith is indispensable in the commandments of the Qur'an and "Saheb al-Qur'an" in order to benefit from these remedies. Honey contains several medicinal and health effects as a natural food supplement. This is ample information supplemented by evidence in this article recommending the use of honey in prevention and management of diseases. According to the Talim of Awliya, it is highly beneficial to recite Salaw'at before and after taking honey to obtain cure from diseases.

Moreover, give Sadaqah to the needy and then take honey as a medicine.

In sum, honey occupies a singular station where revelation, history, and lived experience converge. From the Torah's image of a land 'flowing with milk and honey,' to the Qur'ani declaration that in it is healing for humankind, and the Nabavi counsel to take it as remedy, sacred scripture presents honey as both sign and substance: a token of divine bounty and a practical medicine. Across Misr, Greece, Rome, China and the Indian subcontinent, communities prized it for preservation, nourishment and wound care, while poets made it shorthand for sweetness, inspiration and spiritual sustenance. Modern inquiry continues to explore what earlier peoples observed: honey's antimicrobial, anti-inflammatory and nutritive qualities, and its potential value in gastrointestinal disorders, cough, wound healing and convalescence. Yet the tradition is equally clear that benefit is tied to wisdom: purity of the substance, suitable dosage, and attention to cautions in diet and circumstance. Thus, honey should be approached as a Sunnah-informed, evidence-conscious aid-taken with gratitude, Salawat, charity, and due consultation where illness requires. Read in this light, honey becomes an emblem of Shifa: it strengthens the body, refreshes the heart, and reminds the believer that cures are from Allah alone. In all matters, seek balance, and humility.

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