

Zamzam Water: Miraculous and Medicinal Uses

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Abstract: *This paper analyses the miraculous medicinal significance and potential health benefits of Zamzam water. Although it is water, it is distinct from natural sources found elsewhere in the world in terms of mineral content and radiological properties, displaying a prospective cure for innumerable diseases. Possessing supernatural healing abilities, Zamzam is a perpetual miracle from the progeny of Ibrahim (as), first gushing forth for Isma'il (as) and later rediscovered by Al Imam Abd al-Muttalib (as) from a hidden well. According to authentic Islamic traditions, it contains Shifa (healing) from all diseases except death, and its divine mystery will remain beyond complete human comprehension until Qiyamah. However, its Barakah (blessing) is only fully attained when consumed or applied with firm belief, staunch Aqidah (faith), and perfect Niyyah (intention), as this Naimah Uzma (most superior divine gift) manifests its miraculous outcomes through faith-based usage. Zamzam, located in Makkah al-Mukarramah, holds profound religious, spiritual, and medicinal significance for Muslims. Rooted in Islamic history, its origin is tied to Hajar (as) and Ismail (as), while its rediscovery is credited to Al Imam Abd al-Muttalib (as). Numerous Nabavi traditions and scholarly accounts emphasize its role as a source of Barakah and Shifa, directly linked to the drinker's Niyyah and Dua. Historical records and contemporary testimonies document Zamzam's ability to cure ailments ranging from eye disorders to cancer, remove kidney stones, and enhance memory, vision, and overall health. Scientific analyses confirm its unparalleled purity, absence of contaminants, and rich mineral composition, including calcium, magnesium, fluoride, and bicarbonates, making it both a spiritual blessing and a nutritionally beneficial drink. This study underscores Zamzam as a manifestation of divine mercy and a source of physical nourishment,*

Key Words: *Zamzam, Barakah, Shifa, Makkah, Niyyah, Dua, Islamic tradition, healing, Nabavi traditions, water purity, mineral composition, spiritual significance, medicinal benefits, Hajar, Al Imam Abd al-Muttalib, sacred water, faith-based healing. Ismail*

For Muslims, Zamzam is sacred water which has Barakah as well as Shifa apart from just quenching thirst. They consider the water of Zamzam as something revered and unique. This blessed water is located in Makkah al-Mukarramah, one of the most sacred cities for Muslims. The city is located in the western part of Saudi Arabia, about 70 km south of the city of Jeddah on the coast of the Red Sea. About Zamzam, Sayyiduna Abdullah Ibn Abbas (ra) narrated a Hadith: [1]

"Zamzam is good for whatever one intends (while drinking it). If you drink it seeking health, Allah will bestow healing. If you drink it to satisfy your hunger, Allah will satisfy your hunger. If you drink it to quench your thirst, Allah will quench your thirst. If you drink it to take refuge in Allah, He will grant you protection."

Sayyiduna Abdullah Ibn Abbas (ra) used to recite Dua whenever he drank Zamzam: [2]
"O Allah! Grant me beneficial 'ilm, bountiful Rizq, and Shifa from every disease."

Ibn Hajar al-Asqalani commented: [3]

"Zamzam is good for whatever it is drunk for" by saying: "It was known that Mohammad bin Idris al-Shafa'e drank Zamzam to be a good shooter; he used to score 9 out of 10. Al-Hakim drank it to improve his authoring skills; as a result he became the best of his era. There are many scholars who drank Zamzam to achieve their specific wishes and their purposes were fulfilled."

Al-Hafidh Zainuddin al-Iraqi mentioned: [4]

"I was still a novice in the science of Hadith so I drank Zamzam and I asked Allah to elevate my level equal to al-Dhahbi in Hadith Science; after twenty years I performed Hajj and found myself exceeding the level that I had requested for. Therefore, I asked Him for a higher rank and I hope to achieve it."

The origin of the well of Zamzam is associated with the second wife of Ibrahim (as), known as Hajar, who called upon Allah while she was searching for water miserably for her son Ismail (as) when they were left stranded in the hot desert. Al Imam Abd al-Muttalib, the paternal grandfather of Rasulullah (S), is associated with the rediscovery of the source following consequent dreams. He was honoured with the special privilege of providing Zamzam to the pilgrims. Rasulullah (S) used to carry Zamzam in water-bags to Madinah and used to sprinkle it over the sick and offered them to drink it with the intention of cure. As per Hadith: [5]
"Zamzam is a Barakah, a food that satisfies and a Shifa for the sick".

Furthermore, Sayyiduna Abu Dhar (ra) responded to his Moula Rasulullah (S) when he was asked about his diet: [6]

"It is a blessing, a food that makes one satiated. I spent 40 long days with Zamzam. I do not feel weak or hungry nor have I become slim."

Rasulullah(S) declared:

"Verily, it is blessed; it is a food that nourishes."

The purpose of this article is to highlight the importance of correct Niyyah while drinking Zamzam to attain its benefit. Niyyah along with Dua are pertinent to achieve the desired results with Zamzam.

According to the Hadith narrated by Sayyiduna Jabir bin Abdullah al-Ansari: [7]

"With whatever (legal) intention you drink it, your wish will be fulfilled. It is a cure for numerous diseases as per divine will."

Abbas b. Abd al-Mutallib (ra) informed: [8]

"Before the dawn of Islam, Zamzam was known as Shabaah (satisfaction). When he drank Zamzam, he recited this Dua: O Allah! I ask you for beneficial knowledge, plentiful provision and healing from every disease."

Awliya recommended its application to the eyes to sharpen the eyesight and attain Shifa.

It is also recommended to sharpen memory and helps in picking up new languages since it strengthens the brain. Sayyiduna Abdullah Ibn Abbas (ra) reported a Hadith: [9]

"I presented the Zamzam to Rasulullah(S) which he drank it in standing position."

Wahab Ibn Munabbah, who was from the second generation of Muslims, said: [10]

"I swear by Him in whose possession my life is, Allah will relieve him of all illnesses who drinks Zamzam and will also grant him good health."

Numerous Ahadith are available in Sunni and Shia sources about the benefits of Zamzam. Some benefits are listed below:

- i). The best kind of water on the earth as it does not contain any impurities and is free from bacteria and germs.
- ii). Takes grief and fear away
- iii). Expands one's beneficial knowledge
- iv). Enhances one's sustenance and income
- v). It is highly recommended to gift Zamzam
- vi). Zamzam should be sprinkled for Shifa.
- vii). Recommended to be given as a Tabarruk
- viii). Recommendation of Tahnuk with Zamzam, the first special food for infant in which Zamzam is mixed as a Tabarruk.

1. Sharpens eye vision: [11]

My Ustad Ayatullah Sayyid Hasan Aal Baqir al-Uloom narrated that a Yemeni Shaikh was fond of reading the Qur'an from a Mashaf (Qur'an) with small font size. As he became old he had trouble reading from that Mashaf as his eye sight weakened with age. He heard about Zamzam and its advantages, and upon arriving for Haj, drank it. His vision improved and he once again started reading from his preferred copy of the Mashaf. He achieved what he wanted because of his confidence in the healing ability of the Zamzam and his deep faith in it.

2. Shifa from crimson ulcer in the eye: Yusria Abd el-Rahman al-Haradi, a Yemeni lady recounted: [12]

She was affected by a crimson ulcer in the eye. She suffered from severe headaches which could not be cured by any medicine. She consulted a famous eye specialist who advised her an injection which would stop the headache but would dysfunction the affected eye and cause the loss of sight. Yusria got frightened but she was confident on the mercy of Allah. She made up her mind to perform Umrah and begged Allah to cure her. She came to Makkah and performed Tawaf and washed her eyes with Zamzam. When she came back to the hotel, she found that her affected eye were cured and the crimson ulcer had vanished.

3. The removal of stone from ureter without surgery: Dr Faruq Antar shares his own experience: [13]

I had a stone in my ureter and the doctor could not remove it without operation. However, I postponed the operation twice. Meanwhile, I performed Umrah and offered Dua for Shifa devotedly. I drank Zamzam and offered two Rak'at. Then I felt a belching spasm in my ureter and hurried to the toilet and by the Rahmah of Allah I saw a miracle. The stone had come out and I was cured without any surgery. The doctors who were treating me were utterly surprised.

4. Shifa from Cancer: Layla al-Helw, a Moroccan lady recalls: [14]

"9 years ago, I found out that I had breast cancer. I was not religious so I decided to commit suicide, but my illness became the cause of my emancipation and a source of guidance to others. I went to Belgium for treatment. Several doctors recommended my husband that the removal of my breast was indispensable. I requested the doctors to suggest alternate course of medication. As per their suggestion, I followed the treatment. However, after about six months, I started losing considerable weight, my skin colour started to change and I had continuous pain. My Moroccan doctor advised me to go back to Belgium and I followed his advice. The Belgian doctors told my husband that the disease had spread all over my body and that my lifespan was limited. They advised:

"Take your wife back to your home so that she can die peacefully."

We, however, went to France for another opinion but got the same answer. Finally, we decided to get myself admitted in the hospital. Meanwhile my husband thought of something that we had forgotten. He asked me to perform Umrah. I bought a Qur'an from Paris and we left for Umrah. When I entered the Haram and first saw the Kabah, I cried immensely due to my guilt on missing Salaat in the past. I repented and pleaded: 'Lord, the doctors are unable to cure me. You have the cure for every disease; all the doors are locked in front of me. I have no one to turn to except you. So please, don't close your door on me. I kept on repeating my Dua while I was offering Tawaaf. I asked Allah not to disappoint me or send me back empty handed. I went to the Ulama there and requested them to guide me to the book of Dua that is easy to read. They guided me to read the Qur'an as much as I could. They also guided me to take a lot of "Tadhhaloo" from Zamzam (Tadhhaloo is to drink a lot of water until the water reaches your ribs). They further advised me to do Zikar of Allah and recite Salaw'at.

In Kabah I felt at a pleasant peace. I requested my husband to allow me to stay inside the Haram as long as possible. In the Kabah, there were some Misri and Turkish sisters beside me who saw me crying profusely. They asked me the reason. I told them that I had cancer which was at an untreatable stage. They accompanied me and we spent time in Taw'af, Ibadah and Tilawat. The upper part of my body was swollen and filled with pus. These sisters recommended me to pour Zamzam on the affected area for the cure, but as I had terrible pain while moving the arms, I did not follow their advice. On the fifth day, my friends insisted that I pour Zamzam on the affected area for Shifa. I was reluctant in the beginning, but I felt something compelling me. I slowly started pouring the Zamzam on the affected parts. Something unbelievable happened instantaneously.

There was no swelling, no blood and no pus.

I cherished that Allah has full command to do anything what so ever. I asked one of my friends to touch my body with her hand and look for the swelling, which she could not detect. They all spontaneously shouted, Allahhu Akbar, Allahhu Akbar. I ran to share the miracle with my husband who was in the hotel. I told him of what had happened and he could not believe it. Tears rolled down from our eyes. Her husband said that the doctors told I would die within a period of three weeks only. Her husband said that all the fortune is within the Hands and Will of Allah. No one knows what the future holds for us except for Him. We stayed in the Kabah for another week. I offered Salaat al-Shukar for the uncountable Graces of Allah. Then we rushed to Masjid al-Nabawi and performed Ziyarah. After completion of Umrah, we flew to France and met our doctors. They were surprised at what had happened. Are you the same person, they asked me. I proudly informed them that we had returned from the house of Allah. They admitted that mine was a very strange and unbelievable case. It was a miracle. They examined me again and found nothing. I remembered Rasulullah (S) and cried a lot. I cried regretting all that I had missed in my past life. I missed the love of Allah and His Rasul (S). I cried for the time I had wasted away.

5. A few medicinal benefits of Zamzam: [15]

i). Enhances energy in human cells:

The German scientist Dr Knut Pfeiffer, the head of the largest medical centre in Munich has studied and concluded that Zamzam amazingly increases the energy levels in the cells of the body.

ii). Free of germs and bacteria:

An Arab scholar has made some scientific discoveries of Zamzam: [16]

Hardly any water body present in the world except Zamzam is free of germs and bacteria. Dr. Yahya Koshak, an expert on Zamzam, has found that Zamzam does not contain any contaminants, or bacteria.

iii). Highest purity:

It is the purest form of water on Earth because it contains an adequate amount of bicarbonates (366mg/l), even higher than that found in French Alps' water (bicarbonates-357mg/l).

iv). *Abundant with Calcium and Magnesium:* [17]

Zamzam heals. It contains the required amount of Ca and Mg. It is germicidal in nature because of its fluoride contents. These facts have been scientifically proven.

v). *Increases Platelets:*

Zamzam cures blood platelets' deficiency, increases the immunity of the body by increasing WBCs and RBCs, and detoxifies the body.

vi). *Weight loss:*

It reduces the impact of hunger.

vii). *Helps in Weight gain:*

Regular intake of this amazing liquid helps to nourish the body and may also increase body weight.

viii). *Cure of eye related problems:* [18]

Personal experience shared by people: Applying this water over your eyes helps to brighten the eyesight. Washing your eyes with this holy water is also helpful to cure many eye-related disorders.

ix). *Reduces acidity and heartburn:*

The water is alkaline in nature which neutralizes the excess acid formed in the stomach. It is thus beneficial for hyperacidity and heartburn.

x). *Scientific research and laboratory test proved Nutritional Facts:* [19]

The nutritional value of the water in mg/L is as follows: Sodium (133), calcium (96), magnesium (38.88), potassium (43.3), bicarbonate (195.4), chloride (163.3), Fluoride (0.72), nitrate (124.8), sulfate (124) and total dissolved alkalinity (835). Moreover, it is good for thyroid patients as it has a sufficient amount of iodine.

Zamzam and the rituals for transferring its benevolent qualities both Barakah and Shifa (healing) properties have been attributed to the drinking of water from the Zamzam-well in Makkah, as according to a Hadith:

If you drink at Zamzam in hope of a cure, Allah will cure you. If you are thirsty, Allah will quench your thirst; if you are hungry, He will satiate you”.

Zamzam has the perfect balance of nutritional composition and minerals that purifies mind, body and soul. There are widespread stories of people claiming cure from various illnesses after drinking Zamzam. Zamzam is a manifestation of divine as well as physical Shifa bestowed from Ibrahim (as) that was lost and rediscovered by Al Imam Abd-al-Mutallib (as). Zamzam is the best illustration of how water brings life to millions of Zaireen and Allah's Rahmah to His believers.

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- [3] Hadith: Ibn Hajar al-Asqalani, was a medieval Islamic scholar whose life work constitutes the final summation of the science of Hadith.
- [4] Al-Hafidh Zainuddin Abd al-Rahim al-Iraqi was from a Kurdish family and born in Iraq. He later moved to Al Qahirah. He became one of the leading Shafa'i scholars and scholars of Hadith in his time. Among his many students was Ibn Hajar.
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- [15] Dr. Knut Pfeiffer, German scientist and the head of the largest medical centre in Munich
- [16] Dr. Yahya Koshak, Author of "Zamzam" which gives complete and comprehensive knowledge from a religious and scientific perspective of Zamzam. It is written in Arabic and English languages. Producer of a documentary on Zamzam Well in English, Arabic, French, Urdu and Indonesian languages.
- [17] Scientific study
- [18] Medical research
- [19] Scientific study

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