

Scientific Topics- Scientific Topics from Sermons- Lesson(31): Prayer is healthy and a cure to migraine and Uterous inversion

Praise be to Allah, the Lord of Creations, and Peace and blessings be upon our prophet Muhammad, the faithful and the honest.

Oh, Allah, we know nothing but what You teach us. You are the All-Knowing, the Wise. Oh Allah, teach us what is good for us, and benefit us from what You taught us, and increase our knowledge. Show us the righteous things as righteous and help us to do them, and show us the bad things as bad and help us to keep away from them.

O Allah our Lord, lead us out from the depths of darkness and illusion, unto the lights of erudition and knowledge, and from the muddy shallows of lusts unto the heavens of Your Vicinity.

A prescription for migraine:

A migraine (permanent headache in the head) patient, headed towards a western country to find a cure for this life last disturbing disease. After she interviewed met her a doctor there who asked her he said to her: Where are you from? She answered: I am from Sham (Syria). He wondered: Are you a Muslim? She answered: yes and he asked: do you pray? She said: No and his answer to that was: Praying is your cure.

She was upset to be told by this doctor from this western country that her the cure is in praying after she paid thousands of dollars and traveled using a plane and she wondered: what is the relationship between praying and migraine?

He said to her explaining: when the Muslim bows down prostrates himself, the blood rushes to the head causing congesting in the blood arteries, and the minute he raises his head, the pressure lessened suddenly from the congested arteries giving in this process flexibility to the arteries protecting them from hardening, and as you know hardening arteries the arteriosclerosis, narrowed small arteries blood vessels, and brain lack of blood are reasons of migraine.

Praying is undoubtedly a light inspiration, and purification, plus it is Allah's Order and is considered a pillar fundamental obligation in Islam. There is no good in a religion without praying, and the prayer is the pillar of this religion and he who prays will build the religion, and he who abstains from praying will destroy the religion.

Other diseases treated by prayers:

Sport education scientists in the advanced countries arranged exercises which move every muscle in human body, these exercises don't exhaust the heart, neither do they strain it, and to our surprise they match exactly prayer's movements, yet these scientists said: The best exercises are those that practiced in divided times around the day.

Most athletes do their exercises in the early morning only or before going to bed, and if they were able to do them five times a day, these exercises would be more beneficial, in the same time if they did harsh exercises they would wear out their hearts, this is why prayer's exercises meet exactly body needs, as they are gentle, give flexibility and energy to all the muscles even back vertebrae and toes, and they protect man from so many diseases, the least of which would be the arteriosclerosis that if accrued in the brain, its effects would be a sudden rupture to brain arteries plus migraine which for some people is unbearable.

Dear brothers, uterus inversion is a disease attacks women and is treated by prayer's movement too. Prayer is the pillar of the religion of Islam, and one who practices it will build this religion, and one who forsakes it will destroy this religion.

Among the benefits of prayer, abiding to Allah's orders :

Dear brothers, Allah the All-Mighty's Orders include thousands of benefits, besides, praying is a connection with Allah gives enlightenment to the heart, peaceful sensation in front of before Allah, and health to the heart, arteries, muscles and brain

Allah The All-Mighty ordered us to pray, He said:

“And establish regular prayer for celebrating My praise.”

(Surat Taha: 14)

“Establish regular prayers at the sun's decline till the darkness of the night, and the morning prayer and reading: for the prayer and reading in the morning carry their testimony.”

(Surat Al- Isra': 78)

“And pray in the small watches of the morning: (it would be) an additional prayer (or spiritual profit) for thee: soon will thy Lord raise thee to a Station of Praise and Glory!”

(Surat Al- Isra':79)

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