

## Authentic Narrations (Hadees)

### **Hijamah from the Sunnah**

The Messenger (SAW) said, "Whoever revives a Sunnah from my Sunnah and the people practice it, he/she will have the same reward of those who practice it without their reward diminishing." (Ibn Majah Sharif 209)

### **Hijamah Is The Best Of Remedies**

Anas ibn Maalik (RA) reported that the Messenger (SAW) said, "Indeed the best of remedies you have is Hijamah" (Bukhari Sharif 5371)

Abu Hurairah (RA) reported that the Messenger (SAW) said, "If there was something excellent to be used as a remedy then it is Hijamah." (Abu Dawood Sharif 3857), (Ibn Majah Sharif 3476)

### **The Angels Recommending Hijamah**

Abdullah ibn Abbas (RA) reported that the Messenger (SAW) said, "I did not pass by an angel from the angels on the night journey except that they all said to me: Upon you is Hijamah, O Muhammad." (Ibn Majah Sharif 3477)

In the narration reported by Abdullah ibn Mas'ud (RA) the angels said, "Oh Muhammad, order your Ummah (nation) with Hijamah." (Tirmizi Sharif 3479)

### **Hijamah Is A Preventative Medicine**

Anas ibn Maalik (RA) reported that the Messenger (SAW) said, "Whoever wants to perform Hijamah then let him search for the 17<sup>th</sup>, 19<sup>th</sup> and 21<sup>st</sup> day (of the Islamic, lunar month) and let none of you allow his blood to rage (boil) such that it kills him." (Ibn Majah Sharif 3486)

Anas ibn Maalik (RA) reported that the Messenger (SAW) said, "When the weather becomes extremely hot, seek aid in Hijamah. Do not allow your blood to rage (boil) such that it kills you." [Reported by Hakim in his 'Mustadrak' and he authenticated it and Imam ad-Dhahabi agreed (4/212)]

### **In Hijamah There Is A Cure And A blessing**

Abdullah ibn Abbas (RA) reported that the Messenger (SAW) said, "Healing is in three things: in the incision of the cupper, in drinking honey, and in cauterizing with fire, but I forbid my Ummah (nation) from cauterization (branding with fire)." (Bukhari Sharif 5681), (Ibn Majah Sharif 3491)

Jaabir ibn Abdullah (RA) reported that the Messenger (SAW) said, "Indeed in Hijamah there is a cure." (Saheeh Muslim 5706)

Ibn Umar (RA) reported that the Messenger (SAW) said, "Hijamah on an empty stomach\* is best. In it is a cure and a blessing." (Ibn Majah Sharif 3487)

### **Hijamah In Its Time Is A Cure For Every Disease**

Abu Hurairah (RA) reported that the Messenger (SAW) said, "Whoever performs Hijamah on the 17<sup>th</sup>, 19<sup>th</sup> or 21<sup>st</sup> day (of the Islamic, lunar month) then it is a cure for every disease." (Abu Dawood Sharif 3861)

### **The Best Days For Hijamah**

The best days for Hijamah are the 17<sup>th</sup>, 19<sup>th</sup> or 21<sup>st</sup> of the Islamic, lunar month which coincides with Monday, Tuesday or Thursday.

Anas ibn Maalik (RA) reported that the Messenger (SAW) said, "Whoever wants to perform Hijamah then let him search for the 17<sup>th</sup>, 19<sup>th</sup> and 21<sup>st</sup> "(Ibn Majah Sharif 3486)

Ibn Umar (RA) reported that the Messenger (SAW) said, "Hijamah on an empty stomach is best. In it is a cure and a blessing. It improves the intellect and the memory. So cup yourselves with the blessing of Allah on Thursday. Keep away from Hijamah on Wednesday, Friday, Saturday and Sunday to be safe. Perform Hijamah on Monday and Tuesday for it is the day that Allah saved Ayoub from a trial. He was inflicted with the trial on Wednesday. You will not find leprosy except (by being cupped) on Wednesday or Wednesday night." (Ibn Majah Sharif 3487)

Ibn Umar (RA) reported that the Messenger (SAW) said, "Hijamah on an empty stomach is best. It increases the intellect and improves the memory. It

improves the memory of the one memorizing. So whoever is going to be cupped then (let it be) on a Thursday in the name of Allah. Keep away from being cupped on a Friday, Saturday and Sunday. Be cupped on a Monday or Tuesday. Do not be cupped on a Wednesday because it is the day that Ayoub was befallen with a trial. You will not find leprosy except (by being cupped) on Wednesday or Wednesday night.” (Ibn Majah Sharif 3488)

As for the Islamic day and night, the night enters before the day. So at sunset on Tuesday, Wednesday night comes in. Hijamah is best performed during the daytime between the adhaan of fajr and the adhaan of maghrib because yawm in Arabic means daytime.

The Sunnah days for Hijamah every month are when the 17<sup>th</sup>, 19<sup>th</sup> or 21<sup>st</sup> of the Islamic, lunar month coincide with a Monday, Tuesday or Thursday. These are the best and most beneficial days for Hijamah. If one is not able to be cupped on the 17th, 19th or 21st (coinciding with Monday, Tuesday or Thursday) then any Monday, Tuesday or Thursday of the month. The most beneficial days for Hijamah after the Sunnah days are the closest Monday, Tuesday or Thursday to the 17th, 19th or 21st of the Islamic, lunar month and Allah knows best.

Safa Clinic & Hijamah Center