

الزكام

# Common Cold

Tibb al-Nabawi Protocol · Authentic Hadith · Prophetic Remedies · Modern Clinical Evidence

Viral upper respiratory infection.

**MEDICAL DISCLAIMER:** This protocol is for educational purposes only. Consult a qualified physician before applying any remedy or undergoing Hijama therapy. Pregnant women, children, and patients with chronic conditions require specialist guidance. Hijama must be performed by a certified practitioner.

## EXHAUSTIVE REVELATION · QUR'AN

يا أيها الناس كلوا مما في الأرض حلالا طيبا ولا تتبعوا خطوات الشيطان إنه لكم عدو مبين

"O mankind, eat from whatever is on earth [that is] lawful and good and do not follow the footsteps of Satan. Indeed, he is to you a clear enemy."

Surah Al-Baqarah · 2:168 — Classical scholars cited this verse when prescribing wholesome foods (like barley water and dates) to maintain bodily strength during respiratory illnesses including al-Zukam.

## VISIT OUR CLINIC FOR PROFESSIONAL TREATMENT

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We provide: Hijama (Wet Cupping) by qualified practitioners · Ruqyah Shar'iyah · Prophetic Herbal Medicine · 100% Organic Products (Sidr Honey, Ajwa Dates, Black Seed, Indian Costus, Moringa, Olive Oil, and more) · Hijama Diploma Course.