

الكتاب

Depression

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

Persistent low mood, loss of interest, and reduced energy.

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

فإن مع العسر يسرا ﴿٥٦﴾ إن مع العسر يسرا

"For indeed, with hardship [will be] ease. Indeed, with hardship [will be] ease."

Surah Ash-Sharh · 94:5-6 — This verse addresses the core cognitive distortion in depression—the belief that difficulty is permanent—by affirming that relief accompanies hardship, offering hope to the despairing heart.

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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.