

## آلام الدورة الشهرية

# Dysmenorrhea (Period Pain)

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

Painful menstruation.

**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

ويسألونك عن المحيض قل هو أذى فاعتزلوا النساء في المحيض ولا تقربوهن حتى يطهرن

"And they ask you about menstruation. Say, 'It is harm, so keep away from wives during menstruation. And do not approach them until they are pure.'"

Surah Al-Baqarah · 2:222 — This verse describes menstruation as 'adh' (harm/discomfort), acknowledging the physical burden and pain women experience during menses, which is the essence of dysmenorrhea.

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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.