

تقلصات العضلات

Muscle Cramps (Charley Horse)

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

Sudden, involuntary muscle contractions.

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

أَوْ أَخْطَأْنَا رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إِكْرَامًا كَمَا حَمَلْتَهُ عَلَى الَّذِينَ مِنْ قَبْلِنَا رَبَّنَا وَلَا تَحْمِلْنَا مَا لَا طَاقَةَ لَنَا بِهِ
لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا لَهَا مَا كَسَبَتْ وَعَلَيْهَا مَا اكْتَسَبَتْ رَبَّنَا لَا تُؤَاخِذْنَا إِنْ نَسِينَا

"Allah does not charge a soul except [with that within] its capacity... Our Lord, and burden us not with that which we have no ability to bear."

Surah Al-Baqarah · 2:286 — References bodily inability and burden beyond capacity (مَنْ لَمْ يَلْمِزْ لِنَفْسِهِ لُغْمًا وَلَا إِثْمًا وَلَا يُكَلِّفْ نَفْسًا مَا لَا طَاقَةَ لَهَا بِهِ), relevant to muscle weakness and involuntary contractions beyond voluntary control.

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Islamic Cure & Care · 6 Horn Lane, W3 6QT Acton, London, UK

■ +44 20 3712 3507 · ■ WhatsApp +44 7445 372190

■ www.islamiccureandcare.co.uk · ✉ Islamiccureandcare@yahoo.co.uk

■ Instagram / YouTube: Islamic Cure and Care

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