

# Nightmares & Night Terrors

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

Disturbing dreams that impact sleep quality.

**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

أفتوني في رؤيائي إن كنتم للرؤيا تعبرون ﴿٤٣﴾ قالوا أضغاث أحلام وما نحن بتأويل الأحلام بعالمين  
إني أرى سبع بقرات سمان يأكلهن سبع عجاف وسبع سنبلات خضر وأخر يابسات يا أيها الملأ  
وقال الملك

"And [subsequently] the king said, 'Indeed, I have seen [in a dream] seven fat cows being eaten by seven [that were] lean, and seven green spikes [of grain] and others [that were] dry. O eminent ones, explain to me my vision, if you should interpret visions.' They said, '[It is but] a mixture of false dreams, and we are not learned in the interpretation of dreams.'"

Surah Yusuf · 12:43-44 — This verse discusses disturbing dreams (a<sup>gh</sup>thu a<sup>m</sup>) as confused or false dreams that trouble the mind, directly addressing the nature of nightmares as disordered mental imagery during sleep.

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