

Obesity

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

Excessive body fat affecting metabolic and cardiovascular health.

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 بني آدم خذوا زينتكم عند كل مسجد وكلوا واشربوا ولا تسرفوا إنه لا يحب المسرفين

"O children of Adam, take your adornment at every masjid, and eat and drink, but be not excessive. Indeed, He likes not those who commit excess."

Surah Al-A'raf · 7:31 — This verse directly addresses the fundamental cause of obesity by prohibiting excessive eating and drinking (israf fil-akl), establishing moderation as a divine principle in food consumption.

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