

الرهاب الاجتماعي

Social Anxiety

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

Intense fear in social situations.

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

فانتشروا ولا مستأنسين لحديث إن ذلكم كان يؤذي النبي فيستحيي منكم والله لا يستحيي من الحق
تدخلوا بيوت النبي إلا أن يؤذن لكم إلى طعام غير ناظرين إناه ولكن إذا دعيتم فادخلوا فإذا طعمتم
يا أيها الذين آمنوا لا

"O you who have believed, do not enter the houses of the Prophet except when you are permitted for a meal, without awaiting its readiness. But when you are invited, then enter; and when you have eaten, disperse without seeking to remain for conversation. Indeed, that [behavior] was troubling the Prophet, and he is shy of [dismissing] you. But Allah is not shy of the truth."

Surah Al-Ahzab · 33:53 — This verse addresses natural shyness (haya') in social situations and distinguishes healthy modesty from pathological social avoidance, affirming that even the Prophet experienced discomfort in certain social contexts.

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