



## 128097 - Is Using the Flower of Maryam for Labour Authentic?

---

### the question

There is a flower called the “*ward Maryam* (flower of Maryam),” which the family believe that when it is placed in water next to a woman who is due to give birth, no sooner do the flowers open but it will help the woman to have an easy delivery!

I think that this is a myth, and that it diverts a person from putting his or her trust in Allah, even though my sister said that she tried it and it worked for her. What advice can you give?

### Summary of answer

Using the flower of Maryam for labour is a myth because the opening of the flower beside the pregnant woman who is due to give birth has nothing to do with making childbirth easier.

### Detailed answer

Praise be to Allah.

### Flower of Maryam: A Myth

You are right to think that using the flower of Maryam for labour is a myth, because the opening of the flower beside the pregnant woman who is due to give birth has nothing to do with making childbirth easier.

### Kaff Maryam: A Treatment

Perhaps the family is confused and is mixing between “*ward Maryam*” and “*kaff Maryam* (lit. the hand of Maryam).” The former is what is mentioned in the question, which is a myth, as noted above. The plant called “*kaff Maryam*” is the one that has to do with childbirth, as it is proven that it helps a woman in childbirth.



The plant called “kaff Maryam” is known scientifically by the name *Anastatica hierochuntica*. It is used to treat colds in children, by steaming, and an infusion of this plant is drunk to make childbirth easy, if it is difficult.

Dr. Jabir ibn Salim al-Qahtani – who is a specialist in herbal medicine – said:

“Kaff Maryam” is a plant which resembles a clenched fist, and is used when a woman feels that labour has started; it is ground and soaked in a cup of cold water for four hours, then it is strained and the water is drunk only once.” (*Jaridat ar-Riyadh* (newspaper), 28 Rabi’ al-Awwal 1428 AH/ 16 April 2007 CE, issue no. 14175)

It is believed that the name of the plant comes from a fable which claims that Maryam (peace be upon her) grasped it in her clenched hand whilst giving birth.

You can see a picture of the plant here:

<http://www.khayma.com/hawaj/HERBPIC2/KFMRYM.JPG>

And Allah knows best.

For more, please see these answers: [119767](#) , [161204](#) , [10538](#) ,and [110531](#)