161033 - Details on how to use honey for medicinal purposes -- refer to experts in the field for information

the question

Please answer according to the Quran and Sunnah olny: How much honey should I take to cure harsh side effect of chemo, and how long should I take it how many times a day? Please this is very important: Please Answer only according to the Quran and Sunnah.

Detailed answer

Honey is one of the foods in which Allah has said there is healing for people from some diseases. Allah says (interpretation of the meaning):

“And your Lord inspired the bees, saying: "Take you habitations in the mountains and in the trees and in what they erect. (68) "Then, eat of all fruits, and follow the ways of your Lord made easy (for you)." There comes forth from their bellies, a drink of varying colour wherein is healing for men. Verily, in this is indeed a sign for people who think”

[al-Nahl 16:68-69].

On our website we have previously given a detailed answer in which we quoted comments of the scholars about honey, and that it is a healing for some diseases. We also mentioned some factors that may prevent healing by consuming honey. Please see the answers to questions no. 9691 and 20176.

There is no evidence in the Quran or Sunnah to suggest any detail more than this. Similarly, there is no information on the amount of honey that should be consumed or mixed with medicine. This is nothing strange, because the Quran and Sunnah are a source of guidance and light which show mankind how to attain happiness by worshipping the Lord of mankind, submitting to His laws and obeying His commands; they do not mention details about medicines, doses and how to treat disease with them. Rather they include some hints, for the details of which we have to consult experts in medicine whose treatment is based on scientific

research and in-depth empirical studies, especially as a particular medicine may not be appropriate for every disease or it may not be suited to every individual, and it may also be affected by differences in environment. It is essential to find out about these details by seeking help from experts, doctors, pharmacists and specialists in alternative medicine.

Ibn al-Qayyim (may Allah have mercy on him) said:

This -- i.e., natural medicine -- is something that we only refer to in passing. The Messenger of Allah (blessings and peace of Allah be upon him) was sent only as a guide, to call people to Allah and His Paradise, and to know Allah; to tell the ummah what pleases Him and enjoin them to do that, and what angers Him and forbid them to do that; to tell them about the Prophets and Messengers and their stories with their nations, about the creation of the universe, about creation and the resurrection, how people may be doomed or blessed, and the means that lead to that.

With regard to physical medicine, that is something that is complementary to Islamic teachings and is not something to sought in and of itself; therefore it is only to be used in the case of necessity. If there is no need for it, then the focus should be on treating hearts and souls, guarding their well being, warding off (spiritual) sickness and protecting them from what may harm them; this should be the priority. Taking care of the body without taking care of the soul is of no benefit. If the body is sick when the heart (soul) is sound, the harm done is minimal, and the harm soon passes when it is followed by the perfect eternal benefits. And Allah is the Source of strength.

End quote from Zaad al-Ma‘aad, 4/23.

He also said:

The medicine should be given in measured amounts according to the disease; if the dose falls short the patient will not be fully healed and if the dose is too high, different harm will result. Paying attention to dosage and the way medicine is to be administered, and to the degree of sickness, are among the most important principles of medicine.

End quote from Zaad al-Ma‘aad, 4/30

To sum up, what you have asked about, the details of using honey for medicinal purposes, is a matter that should be referred to doctors and experts in the field, so as to find the most suitable remedy for the disease.

And Allah knows best.