

Medical inimitability in the Hadeeth of (keep to staying up at night)

The prophet (May the blessings and peace of Allah be upon him) said:

"You should keep to staying up night; it is the way of righteous people before you, it is nearness to Allah, it omits faults, it forbids sins and dismisses illnesses away from body."¹

This Hadeeth is among the miracles of the prophet (May the blessings and peace of Allah be upon him).

Doctors proved this:

A professor doctor wrote in the Egyptian newspaper of Al-Ahram a quotation from a book written by an American group:

"Getting up from bed at night, and doing simple movements inside the house, rubbing the limbs by water (this is like ablution), and doing some simple exercise (this is like the prayers) and breathing deeply (this is in supplicating Allah) has great usefulness for the health." The professor doctor said:

"Anyone thinks about these pieces of advice finds that they are the same as the deeds of ablution and prayers when someone prays at night, the prophet (May the blessings and peace of Allah be upon him) anteceded all these researches when he miraculously referred to the benefits of praying at night." and he mentioned the Hadeeth.

He said about these benefits:

"It was approved that praying at night reduces secreting the hormones of cholesterol and that it is the natural cholesterol for the body especially if it is few hours before waking up and this is what corresponds the time of the early dawn or the last third of night, this protects from the sudden increase in blood sugar which is very dangerous for blood sugar patients and it also decreases sudden increase in blood pressure and this protects from apoplexy and heart failures."

Praying at night also reduces coagulation of blood in the retinal vein of the eye which happens as a result of slowness of

¹ It is a trusted Hadeeth narrated in As'sonan Al-Kobra by Al-Bayhaky after Belal, and other narrations by At'trmethy and others after Abi-Omamah.

blood during sleep and the increase of blood viscosity due to less liquids or losing it due to fatness and difficulties in breathing. Praying at night lead to improving the movement and flexibility of joints especially for the disease of inflammation of joints and it is a successful cure for what is known as chronic overexertion disease.

It also leads the body to get rid of tripartite glycerol (a kind of fats that collects in blood and may lead to diseases of heart arteries coronary and it generally reduces deaths of all causes.

It also activates the memory and arouses different functions of the brain as it includes reading, meditation and supplications so it protects from, Alzheimer, dotage of old age, depression and others, it also reduces the severity of tinnitus or buzzing in the ear by unknown causes.

This was mentioned by the doctor, there are also other researches, the messenger of Allah (May the blessings and peace of Allah be upon him) was truthful when he said:

"And it also dismisses illnesses away from the body."

So in praying at night, there are medicine, cure, light, beauty, perfection and splendor, so our master Gabriel once came to the messenger of Allah by a great recommendation from Allah, he said:

"Oh Mohammed, live as you like but you will die, do as you like but you will be questioned for it, love whoever you want but you will leave him, know that the honor of a believer is in praying at night and his dignity is in not depending on people."²

After that, the beloved sent a message (fax) to all righteous people, those who preceded and those who follow, whoever wants to be among great and glorified people at the Day of Judgment, their souls responded and said (we), that message was:

"Whoever prays at night while people are asleep, flags of honor will be ready for him at the day of judgment."

He also said:

² It was narrated in Majma' Azzawa'ed after Sahl Ibn-Sa'd and there are also different other narrations.

*"Inform those who walk in darkness to mosques that they deserve full light at the Day of Judgment."*³

Allah says:

51-17, 18: "Rarely did they sleep the whole night. At early dawn, they pray for forgiveness."

This is the time in which Allah descends to the first heaven; descending means that He gets His bounty, His grants, His good, His gifts, His mercy and His care, it doesn't mean that Allah descends by Himself as Allah is not included in time or place, He calls, is there anyone who repents so that I forgive him? Is there an afflicted person so that I cure him? Is there anyone who asks for sustenance so that I give him? Is there.... Is there.... until the break of dawn.

³ It was narrated by Hazem after Sahl Ibn-Sa'd Assa'edy in Sonan Al-Bayhaky Al-Kobra and Saheeh Ibn-Khozaymah.