



RUQYAH & HEALING

Mental and nervous illnesses



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Delusion

Delusion is a serious mental illness. If a person is overcome by delusions, it is difficult to escape from them. No person is free of delusions that sometimes come to him, and in some cases life is delusion upon delusion, to such an extent that the delusions have a greater influence on a person than does reality. With the spread of treatment by means of the Qur'an and people seeing cases of epilepsy, and the spread of stories, whether from people who have gone for treatment or from books, delusions have started to encroach upon the minds of many people as a result of the many problems of life. Even those who are righteous and upright in their religious commitment are not free from the problems of delusion.

In fact if the disease of delusion strikes a man, it is one of the most serious kinds of disease, for jinn possession may be dealt with by reciting the Qur'an as a Ruqyah, but the disease of delusion is a vicious circle. Similarly, some people may imagine that they have been bewitched or that so-and-so has put a spell on them because of some problem between them, so their thinking becomes confused and their lives become chaotic, and they tell themselves that they have been bewitched.

If the delusion of having being possessed by the jinn or having been bewitched takes hold of a person, then his thinking becomes confused and his life becomes chaotic; his glands start to malfunction and the signs of possession or bewitchment appear in him. He may suffer convulsions or lose consciousness as the result of what modern psychology calls autosuggestion.

Then anxiety accompanied by intense fear starts to take over his life. His nervous system begins to malfunction, the muscles of the heart tense up and physical symptoms appear. The sick person feels pain in the area of the heart and the pain increases as the fear grows. Other symptoms appear as the result of the

malfunction in the nervous system, and there is no part of the body which is not affected by this case of anxiety.

The heart rate increases and may become irregular, the blood pressure rises, the digestive system malfunctions, pains develop in the stomach and the patient's sexual desire may be affected so that he feels no attraction towards his wife; The muscles of the body become tense, and muscle tension in the head leads to migraines.

In fact many of those who go to those who offer treatment using the Noble Qur'an are suffering from delusions. Very few of them are actually possessed by the jinn, even though they may show symptoms of jinn possession. The fact of the matter, as supported by psychology, is that ongoing anxiety does indeed cause real physical illness, so the pain becomes a physical reality, not just tension. Anxiety may cause stomach ulcers, angina and other problems, which changes a person's life and causes him to lose ambition and neglect his work; it also causes disruption in his marital life, and he becomes a prisoner to delusion and fear.

There is a real remedy for this problem, to be found in psychology if the person has been overtaken by delusions for a long time. If the problem has only recently begun, however, he must recite prayers for protection.

Epilepsy

Definition of epilepsy:

Doctors have not been able to give a comprehensive and definitive definition of epilepsy, because of the numerous clinical manifestations of epilepsy, including convulsions.

Epileptic seizures:

Doctors use the phrase "epileptic seizure" to describe the sudden attack that happens to a patient, characterized by tension and snaking, accompanied by loss of consciousness. Doctors divide epileptic seizures into two types, grand mal and petit mal. Grand mal seizures are accompanied by a loss of consciousness, whereas petit mal seizures may occur in the early stages and may not be noticed by the patient or by those around him. They last for 3-10 seconds and are not usually accompanied by convulsions. They usually occur suddenly, whereby you will see the patient stop speaking for a moment and then carry on with some loss of focus, or moving from speaking in detail to mumbling. The patient may stare into space for a moment and then go back to what he was doing.

Causes of epilepsy

Doctors link epileptic seizures to three factors, namely:

- 1 - Individual potential and heredity
- 2 - Problems in the brain
- 3 - Changes in neurological activity

But there is another important cause of epilepsy which is that it may be caused by jinn possession. This is something which many doctors do not wish to acknowledge, despite the fact that they admit that there are some kinds of epilepsy for which modern science cannot discover the cause. What is even stranger is that many of those who deny this are from among our own people, whereas many doctors in the West acknowledge this kind of epilepsy.

Depression

Depression refers to intense sadness. It is a widespread mental illness, indeed one of the most widespread. As for mild sadness or feeling "blue", this is a normal and natural emotion which hardly anyone can escape, not even a believer. Allah says:

(Secret counsels (conspiracies) are only from Shaytan (Satan), in order that he may cause grief to the believers.) (Al-Mujaddilah 58:10)

If that sadness increases and takes over a person, it becomes depression.

Signs of depression:

- 1 - Feeling distressed and sad
- 2 - Loss of appetite
- 3 - Lack of focus, forgetfulness
- 4 - Sleep disturbances, weight loss
- 5 - Lack of sexual desire

Causes of depression:

- 1 - External causes
- 2 - Internal causes

1 - External causes

These are factors that are outside a person, such as life events like losing a loved one, or losing money or social standing. If this person does not have the protection of faith, he will go through several stages until he reaches the stage of depression.

2 - Internal causes

These have to do with the person's physical make-up, such as brain cells, a lack of thyroid hormones or a lack of certain vitamins.

Anxiety

Anxiety refers to fidgeting and restlessness; it is the opposite of tranquillity. Anxiety is a type of psychological illness that is characterized by tension, fear and dread, whether that is related to specific matters or is unclear. It may also become chronic.

Anxiety is something that all people go through when faced with certain circumstances, but people vary with regard to how well protected they are psychologically and in the degree of individual potential and feelings of anxiety. The circumstances and events surrounding each individual also vary.

Symptoms of anxiety

- 1 - Pain in the heart; irregular heartbeat
- 2 - Feelings of doom and loss of equilibrium
- 3 - Continuous, intense headache
- 4 - Tossing and turning; insomnia
- 5 - Poor memory and difficulty in thinking

And there are many other symptoms of anxiety.

Main causes of anxiety

- 1 - Apprehensiveness and expecting the worst with regard to things, specific or otherwise.
- 2 - Conflict between one's inclinations and the restrictions that prevent him from fulfilling those inclinations.
- 3 - Mental or physical exhaustion, which are connected to one another.

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