

**PROPHETIC MEDICINE IS THE SAFEST, CHEAPEST AND MOST EFFECTIVE  
ALTERNATIVE TO HIGHLY ACTIVE ANTIRETROVIRAL THERAPY FOR THE  
PREVENTION AND TREATMENT OF AIDS – A REVIEW****Muhammad Musharraf Hussain\***

PhD (Pharm), Post-doc (Japan), Alternative Medicine (Gold Medalist, India),  
Adjunct Professor of Pharmacy, Manarat International University, Dhaka, Bangladesh and  
Founder President, Bangladesh Prophetic Medicine Foundation.

**\*Corresponding Author: Muhammad Musharraf Hussain**

PhD (Pharm), Post-doc (Japan), Alternative Medicine (Gold Medalist, India), Adjunct Professor of Pharmacy, Manarat International University,  
Dhaka, Bangladesh and, Founder President, Bangladesh Prophetic Medicine Foundation.

Article Received on 06/07/2018

Article Revised on 27/07/2018

Article Accepted on 17/08/2018

**ABSTRACT**

**Prophetic medicine or Medicine of the Prophet (peace be upon him)** comprises the divinely inspired words of therapy of Prophet Muhammad (peace be upon him). The Prophet (pbuh) made specific statements on 37 ailments and 61 medicinal plants, herbs and shrubs while making prescriptions for the sick people. Therefore, although the Prophet's arrival was not as a physician or pharmacist he was inspired by Allah (God) to make nearly 1000 statements on healing for the benefits of humankind, because, man needs to remain well, free from sickness to fulfill his brief mission on earth. However, it is amazing that not a single statement of the Prophet (pbuh) is found to be contradictory to the basic principles of modern medical science. The Qur'an says, **"He does not speak anything of his own desire. It is only a Revelation revealed"** (An-Najm 53:3-4). So, traditions of the Prophet (pbuh) on healing are also true, and modern science has proved it through research. About *Nigella sativa* (black seed) Abu Hurayrah (ra) narrates that the Prophet (pbuh) said: **"Hold on (use this seed regularly)! Because it is a remedy (cure) for every disease except death."** (Sahih Al Bukhari, Sahih Muslim, Ibn Mâjah and Ahmad). This amazing statement generated tremendous interest among the world's scientific community. Their question was, how an unlettered man of the desert without having any pen and paper, could make such a wonderful statement on medical science? The Prophet (pbuh) did not have to carry out any laboratory research to make this statement. Moreover, the Prophet (pbuh) made the statement at a time when there was no chemistry, no science, no pharmacy. The statement finally led the scientific community to carry out extensive phytochemical and biological investigations on *Nigella sativa* seed and its oil. However, the researchers after having carried out hundreds of scientific researches around the globe finally came to the conclusion that so far this tiny plant seed is reported to have effectively cured 129 different types of ailments including 17 types of cancer, AIDS, hypertension and diabetes. This large number of diseases curable by *Nigella sativa* demonstrates the authenticity of the Prophet's statement. About honey Allah says in the Qur'an, **"in honey there is healing for men."** On the other hand, Abu Hurayrah (ra) narrates that the Prophet (pbuh) said: **"If someone licks honey in the morning and evening for three days a month, he will not meet any incurable disease."** (Ibn Mâjah) Abu Hurayrah (ra) further narrates another hadith where the Prophet (pbuh) said, **"Allah (God) did not send down a disease without having sent down its cure."** (Sahih Al Bukhari and Sahih Muslim). This Prophetic statement indicates that Allah (God) has already created remedies for every disease. He created the remedies first, then the disease. But all remedies are yet to be discovered by scientists. So, there is room for continued scientific research. No scientist or physician created any disease or ailment. Doctors only discover or identify an illness on the basis of symptoms and manifestations and prescribe medicines. The Prophetic tradition further indicates that since AIDS is a disease, although disastrous and fatal, it is not incurable. Recent scientific research shows that Prophetic medicines can effectively cure AIDS within six months without causing any harmful side effects. Therefore, in this paper the learned readers will be enlightened with findings of modern scientific researches followed by case studies about how a combined therapy of black seed and honey can effectively cure AIDS.

**KEYWORDS:** Prophetic medicine, *Nigella sativa* seed oil and extract, black seed, black cumin, thymoquinone, honey, propolis, HIV, AIDS, antiretroviral drug.

**INTRODUCTION**

**Definitions of HIV /AIDS:** According to modern science, HIV, or **H**uman **I**mmunodeficiency **V**irus, is a virus that attacks and damages a key part of the body's

immune system. As a result, the body becomes weak and more vulnerable to infections. A person may have HIV, but it may take several years before he or she reaches the point where the virus is able to produce enough damage

to the immune system. If left untreated, HIV can destroy so many CD4 cells that the body can't fight infections and diseases anymore. A person with HIV who is on antiretroviral (ARV) medication and in ongoing medical care can live a normal, healthy lifespan and have children without HIV. ARV drugs prevent the spread of the virus and stop HIV spreading to sexual partners. NIAID at the National Institutes of Health (NIH) on August 1, 2002 reports:

*AIDS - acquired immunodeficiency syndrome - was first reported in the United States in 1981 and has since become a major worldwide epidemic. AIDS is caused by the human immunodeficiency virus (HIV). By killing or damaging cells of the body's immune system, HIV progressively destroys the body's ability to fight infections and certain cancers. People diagnosed with AIDS may get life-threatening diseases called opportunistic infections, which are caused by microbes such as viruses or bacteria that usually do not make healthy people sick.*<sup>[1]</sup>

AIDS, or Acquired Immunodeficiency Syndrome, is a clinical diagnosis that indicates an advanced stage of HIV. An AIDS diagnosis is determined when the number of healthy immune system cells (also known as one's CD4 or T-cell count) drops to a low level or when someone with HIV develops certain illnesses, called opportunistic infections, which result from a weakened immune system. AIDS is a disease that makes it hard for the body to fight off infectious diseases. The human immunodeficiency virus (HIV) causes AIDS by infecting and damaging part of the body's defenses against infection. In 1981, a few cases of rare diseases were reported among gay men in New York and California. These may include Kaposi's sarcoma (a rare cancer), tuberculosis, lymphoma, pneumonia, and other cancers such as invasive cervical cancer. The significance of the name AIDS is that people acquired the condition rather than inheriting it, because it was a syndrome with a number of manifestations, rather than a single disease. The initial name of AIDS was Gay Compromise Syndrome. Some referred it as GRID (Gay-Related Immune Deficiency). This was due to the fact that some linked the disease to its initial occurrence in gay men in the United States.<sup>[2]</sup>

**Origin and History of AIDS & HIV:** AIDS (Acquired Immune Deficiency Syndrome) is the greatest challenge to humankind. It is not certainly known how many people developed AIDS in the 1970s, or indeed in the years before. It is also not precisely known where HIV (the Human Immunodeficiency Virus, which causes AIDS) originated. What is known to us is that the dominant feature of the first period of this disease was silent. The immune system of an AIDS patient becomes so weak that it cannot fight the infections. On October 26, 1999, AFP reported that *the discovery of AIDS in 1981 shattered the very resolution of the World Health Organization, which called for health for all by the year*

*2000. The principal cause for spreading AIDS is prostitution. It is also associated with intravenous drug abuse.*<sup>[3]</sup>

It is widely believed that HIV originated in Kinshasa, in the Democratic Republic of Congo around 1920 when HIV crossed species from chimpanzees to humans. While sporadic cases of AIDS were documented prior to 1970, available data suggests that the current epidemic started in the mid- to late 1970s. By 1980, HIV may have already spread to five continents (North America, South America, Europe, Africa and Australia). In this period, between 100,000 and 300,000 people could have already been infected. (Mann, J. M. (1989).<sup>[4]</sup>

It was also reported that studies of some of the earliest known samples of HIV provide clues about when it first appeared in humans and how it evolved. The first verified case of HIV is from a blood sample taken in 1959 from a man living in Kinshasa in the Democratic Republic of Congo. The sample was retrospectively analyzed and HIV detected.<sup>[5]</sup> It was further reported that the area around Kinshasa had a growing sex trade around the time that HIV began to spread. The high population of migrants and **sex trade** might explain how HIV spread along these infrastructure routes. (Faria, N.R. et al (2014).<sup>[6]</sup>

Chris Williams of Birmingham UK reports that the earliest known infection of an identified human being dates back to 1959. It was found in a plasma sample taken from an adult male living in the Democratic Republic of the Congo. At that time, it was widely believed that there was sex between a human and a female chimpanzee, as the HIV-1 virus is almost identical to a simian virus found in chimpanzees.<sup>[7]</sup> In 1981, a few cases of rare diseases were being reported among the gay men in New York and California. At first the disease was called all sorts of names relating to the word 'gay'. (Brennan & Durack, 1981).<sup>[8]</sup>

**How did HIV cross from chimps to humans?** The most commonly accepted theory is that of the 'hunter'. In this scenario, SIVcpz was transferred to humans as a result of chimps being killed and eaten, or their blood getting into cuts or wounds on people in the course of hunting. The other theory was that wicked humans had sex with chimps, as a result of which the virus crossed from chimps to human. Normally, the hunter's body would have fought off SIV, but on a few occasions the virus adapted itself within its new human host and became HIV-1.<sup>[9]</sup>

**Did HIV come from monkeys?** In 1999, researchers found a strain of SIV (called SIVcpz) in a chimpanzee that was almost identical to HIV in humans. The researchers who discovered this connection concluded that it proved chimpanzees were the source of HIV-1, and that the virus had at some point crossed species from chimps to human (Gao, F. et al, 1999).<sup>[10]</sup> A team led by

David Ho, and his colleagues of Aaron Diamond AIDS Research Center in New York City believes that the common ancestor must have been introduced into humans from animals sometime in the 1940s or 1950s. Ho's group describes its results in *Nature*.

Saavedra J et al report that gay (homosexual person), bisexual, and other men who have sex with men (MSM) have been among the most affected populations by HIV since the AIDS pandemic was first identified in the 1980s.<sup>[11]</sup> The above reports lead to the conclusion that since early times homosexuals are fully responsible for the development and spread of AIDS. Wikipedia defines 'homosexuality' as romantic attraction, sexual attraction or sexual behavior between members of the same sex or gender. In view of the above scenario and history I humbly conclude the section by saying that AIDS / HIV developed as a result of wicked, wild, distorted and abnormal form of human behaviors regarding sex, be it sex with an animal or sex between men, sex between women, sex among many men or sex through vagina, anus or mouth.

**Global scenario of AIDS-infected individuals:** AIDS is currently the world's most frightening killer disease. The pandemic of AIDS has caused incalculable consequences in terms of morality and public health. By 1995, the total number of AIDS cases worldwide reached 7 million. According to a newspaper report, there have been over 4 million AIDS patients by now in India. According to a UN expert, China had more than 500,000 people living with HIV or AIDS, Cambodia had nearly 250,000 and Vietnam may have up to 200,000 infections. According to a local newspaper report, in 2005, over three million people died in the world, in the last 22 years because of AIDS. The present situation of the spread of AIDS in Africa is alarming.

The first AIDS case is said to have been identified in 1981. After that, it has spread worldwide and is engulfing other parts like epidemic. The most hit areas are the Western African countries. WHO estimates that in some parts of the African countries more than 33% people are infected with HIV. HIV/AIDS has emerged as a global public health concern which needs a multidimensional response. World Health Organization in 2011 reports that 34 million individuals are living with HIV/ AIDS, out of which 30 million are adults. In 2011, nearly three million people become infected while over 1.5 million died of HIV/AIDS.<sup>[12]</sup>

In the Middle East and North Africa, the total number of persons living with HIV/AIDS was estimated at 300,000 at the end of 2011 while HIV/AIDS-related deaths increased by 17% from 20,000 to 23,000 between 2005 and 2011 (UNAIDS, 2012).<sup>[13]</sup> However, the prevalence of HIV infection in Arab countries is low compared to other countries in the West and Europe. The reason is that Islam strongly prohibits having multiple sex

partners, homosexual relations and indiscriminate intravenous drug use.

According to a recent report about 1.1 million adults and adolescents were living with HIV in the US by the end of 2015. HIV is transmitted through contact with the blood, semen, genital fluids, or breast milk of a person infected with HIV. Having unprotected sex and sharing needles or syringes with a person infected with HIV are the most common ways HIV is spread.<sup>[14]</sup> However, no organized studies have been carried out about how to cure the infected individuals or how to prevent this disease. The focus I am going to make is that in case of HIV infection, the immune system is unable to work. It is a pity that scientists are yet to figure it out the real cause of this damage of immunity.

National Institute of Allergy and Infectious Diseases (NIAID) at the National Institutes of Health (NIH) On August 1, 2002 posted an Overview on HIV Infection and AIDS. It says,

*More than 790,000 cases of AIDS have been reported in the United States since 1981, and as many as 900,000 Americans may be infected with HIV. The epidemic is growing most rapidly among minority populations and is a leading killer of African-American males ages 25 to 44. According to the U.S. Centers for Disease Control and Prevention (CDC), AIDS affects nearly seven times more African Americans and three times more Hispanics than whites.*<sup>[1]</sup>

#### AIM OF PRESENT REVIEW STUDY

Apart from the numerous adverse side effects of modern ARV drugs, post therapy complications of the medication are also harmful. The treatment is also very expensive. Expenses may even be more if treatment is done abroad, which ordinary people cannot afford. It continues over a long period of time, may be up to one's life as long as one is alive. That is why more and more people are now looking for alternative cures. Prophetic medicine is one of such alternative cures. Treatment with Prophetic medicine is very inexpensive, safe and affordable. It is within the reach of common people and poor patients.

The success rate of treatment using modern ARV drugs is very low. On the other hand, recent research shows that there are effective positive case studies for the treatment of AIDS using Prophetic medicine. Prophetic medicine does not cause any harmful side effect. It is absolutely safe and natural. In this paper, attempts are taken to make a clear comparison between these two types of medicines from scientific points of view and highlight the benefits and advantages of Prophetic medicine over modern ARV medications. I then come out with a recommendation as to why Prophetic medicine is the safest, cheapest and most effective alternative to modern ARV medications for the prevention and treatment of AIDS.

In the next few pages I shall discuss the causes of HIV infection and transmission, success rate of modern antiretroviral drugs used for AIDS treatment, cost of AIDS treatment using modern conventional therapy, adverse side effects, complications and problems of using modern ARV drugs, the real cause of AIDS according to divine literatures, preventive measures in the light of divine instructions and background of healing with the Medicine of the Prophet (pbuh). I shall also discuss with references the published work and case studies so far done on the usage and beneficial effects of Prophetic medicine for the cure of AIDS.

### PROBLEMS AND LIMITATIONS OF HIV TREATMENT USING HIGHLY ACTIVE ANTI-RETROVIRAL THERAPY

**What is HAART?** HAART is a customized combination of different classes of medications that a physician prescribes based on the patient's viral load, the particular strain of the virus, the CD4+ cell count, and other considerations. HAART stands for highly active antiretroviral therapy. This therapy is used with a very potent drug to suppress the growth of HIV, the retrovirus responsible for AIDS. It has been reported that HAART has been in use since 1996. HAART can control viral load, delaying or preventing the onset of symptoms or progression to AIDS, thereby prolonging survival in people infected with HIV.<sup>[15]</sup>

**The success rate of modern treatment of AIDS:** The success rate of modern treatment of AIDS with HAART (Highly Active Antiretroviral Therapy) is very low. Since HAART cannot rid the body of HIV, it is recommended that AIDS patients must take the drug every day for life.<sup>[15]</sup> In addition very expensive cost of treatment is also a contributing factor to the low success of AIDS cures. The medical treatments available today is through use of ARV drugs which may effectively fight against HIV and its complications. Such treatments try to keep the immunity system healthy. However, these treatments cannot completely get rid the body off HIV. As of now, there is still no specific cure for AIDS, and even if there is a cure, it is so expensive that even rich people find it difficult to afford it.

**High cost of treatment for AIDS-inflicted millions:** An AFP Report dated July 19, 2000 quoted the British-Based Think Tank PANOS states: *In Zambia alone, providing life-saving anti-retroviral drugs at current prices would cost two million dollars in the first year and 2.7 million dollars in the second year — 76% of the current gross national product worldwide. It said that it would cost \$60 billion dollars to pay for the drugs, — a lot of money but less than a quarter of the United States' annual military budget.*<sup>[16]</sup>

Many of the highly active antiretroviral drugs available today work effectively to slow the progression of disease caused by HIV. But the cost of HIV treatment is very high. It varies from generic drugs to branded products.

The cost of 60 capsules or tablets of a branded drug products is about 3 to 4 times higher than the generic ones. There have been about 40 well known prescription drugs. The prices of 60 tablets or capsules of the branded products vary from \$900-\$3,993, while the generic items vary from \$300 to \$843.

However, if one is required to continue the medication for a long period of time or as long as one is alive, one can estimate the total cost, which may be nearly a million dollars. One can now imagine whether ordinary persons can afford the cost of therapy or not. It has been reported on March 8, 2017 that the average annual cost of HIV care in the ART era was estimated to be \$19,912 in 2006 and \$23,000 in 2010. The most recent published estimate of lifetime HIV treatment costs was \$367,134 in 2009 and \$379,668 in 2010.<sup>[17]</sup>

AIDS researchers are meeting frequently to discover drugs for AIDS treatment. The question is:

### Who will pay the billions of dollars needed to bring the epidemic under control in both developing and developed nations?

John Mills, an Australian scientist, says that one strain of HIV was resistant to all drugs. He further says:

*"The virus is learning to avoid anti-retroviral drugs (AZT). In developing countries, development of such drugs was not a complete answer to the epidemic, and that development of a vaccine was not an absolute certainty. Politicians, economists and health professionals should work together to combat the disease. If we rely wholly on science to counter the epidemic, we will fail."* (AFP, 26/10/2001).<sup>[18]</sup>

**For the cure and prevention of AIDS modern science recommends life-long medication:** According to modern science, a real cure or vaccine for HIV doesn't yet exist, but treatments are available to extend the lives of those with HIV and help stop transmission of the virus. A person with HIV today who is on ongoing antiretroviral (ARV) medication and in medical care can live a normal healthy life. HIV treatment also can prevent passing HIV from mother to child. ARVs work to lower the amount of virus in the body, often to levels that are undetectable by standard lab tests. In addition to improving health, getting and keeping a low viral load also prevents the spread of the virus to others. To get the full health and preventive benefits of ARVs, it is important that an individual with HIV stays connected to medical care and takes their medications as prescribed, throughout one's life, even if they do not feel sick. About the prevention of AIDS, it is said that the best way to protect one from HIV is to abstain from oral, vaginal, and anal sex and to not share needles.<sup>[19]</sup>

**Serious side effects (leading to death to some people) of modern antiretroviral drugs:** Apart from the above, most of the antiretroviral drugs produce pronounced side effects. These side effects include hypersensitivity or

allergic reactions, with symptoms such as fever, nausea, and vomiting, bleeding, bone loss, heart disease, high blood sugar and diabetes, lactic acidosis (high lactic acid levels in the blood), kidney, liver, or pancreas damage.<sup>[14]</sup> TRIUMEQ is a prescription Human Immunodeficiency Virus-type 1 medicine used to treat HIV-1 infection in adults. It is not known if TRIUMEQ is safe and effective in children who weigh less than 88 pounds. TRIUMEQ can cause serious side effects, including serious allergic reactions (hypersensitivity reaction). Death has also caused to some people with TRIUMEQ and other abacavir-containing products. The common reported side effects are rash, nausea, fever, vomiting, diarrhea, abdominal pain, ill feeling, extreme tiredness, or achiness, shortness of breath, cough, or sore throat.<sup>[20]</sup>

**ARV drugs cause a severe and irreversible damage to the patient's immune system:** Many patients may not even know they have the virus because it can take many years for symptoms to develop. An infected person will look healthy for many years and can still spread the virus. Chandra S et al (2009) report that long-term exposure to HAART is associated with a metabolic syndrome manifesting cardiovascular dysfunction, lipodystrophy, and insulin resistance syndrome (IRS). First, adverse side effects of the drug outstrip those associated with the HIV infection itself. When a patient was initially discovered through routine blood tests to have HIV virus, he doesn't present the specific symptoms and so he seems to feel healthy. So, at that stage the conventional drug therapy (HAART) can produce selective pressure on the HIV virus to, mutate and gain resistance. It becomes so hard to treat it afterwards. The administered drugs cause a severe and irreversible damage to the patient's immune system.<sup>[21]</sup>

**Problem of ARV drug resistance in HIV patients:** Drug resistance can occur due to a variety of reasons. When a patient has developed resistance to one drug, it can also become resistant to other drugs in the same class. Therefore, cross resistance can lead to additional treatment failure, requiring multiple treatment changes. This is a new problem modern ARVs drugs are facing now. As HIV multiplies in the body, the virus sometimes mutates (changes form) and produces variations of itself. Variations of HIV that develop while a person is taking HIV medicines can lead to drug-resistant strains of HIV. With drug resistance, HIV medicines that previously controlled a person's HIV are not effective against new, drug-resistant HIV. In other words, the HIV medicines can't prevent the drug-resistant HIV from multiplying. Drug resistance can cause HIV treatment to fail. A person can initially be infected with drug-resistant HIV or develop drug-resistant HIV after starting HIV medicines.<sup>[22]</sup> This treatment failure of modern ARV drugs is a serious problem scientists are facing now.

**Root cause of infection and transmission of AIDS according to modern science:** Indiscriminate and wild sex is the real cause of AIDS. According to NIAID

(August 01, 2002) *HIV is spread most commonly by having unprotected sex with an infected partner. The virus can enter the body through the lining of the vagina, vulva, penis, rectum, or mouth during sex.* HIV also is spread through contact with infected blood. HIV is transmitted through transfusions of contaminated blood or blood components. It is frequently spread among injection drug users by the sharing of needles or syringes contaminated with very small quantities of blood from someone infected with the virus.<sup>[1]</sup>

It has been reported that HIV can be spread through any type of unprotected sex (oral, vaginal, or anal) if one of the partners has the virus. This can happen when body fluids such as semen, vaginal fluids, or blood from an infected person get into the body of someone who is not infected. Someone can become infected even if only tiny amounts of these fluids are spread. Everyone who has unprotected sex with an infected person is at risk of contracting HIV, but people who already have another sexually transmitted disease (STD) are even more at risk.<sup>[19]</sup>

Thus, AIDS has become undoubtedly one of the greatest challenges to humanity. The reason is that ungodly men want to have sex with women at any time at any cost without any fear for sin or AIDS. The real danger of AIDS is mainly due to adolescents and teenagers, because at their age, they do not care about the dangers prevalent therein. They only desire to have sex, and they are eager how to fulfill their lust even at times with their nearest and dearest ones. Moreover, since the law is not strict enough in many countries of the West, the East, and Europe immoral activities like fornication, adultery, and homosexuality are practiced openly and widely.

**Root cause of AIDS according to Prophet's statement:** The real cause of AIDS can be known from the following saying of the Prophet (pbuh). It has been narrated that the Prophet (pbuh) said:

*"If a nation indulges in fornication, adultery and other forms of sexual immorality and abomination openly, new and killer diseases will be sent down from the sky which their ancestors had not yet heard of."* (Ibn Mâjah)<sup>[23]</sup>

This authentic statement of the Prophet (pbuh) made 14 centuries ago points to the fact that AIDS has been sent down as a divine punishment. It is the name of a fatal disease. The name 'AIDS' is not a single word. It has no local vernacular name in any language. It is an acronym of four words. None of our ancestors had heard the name. So, the Prophetic statement made 1400 years ago refers to no other disease except AIDS. Therefore, instead of resorting to modern therapy for the cure of AIDS we need to adopt a highly effective, inexpensive, safe antiretroviral therapy (HEISAT) based on divine wisdom. Combined therapy of black seed and honey is one of such effective cures for AIDS. The Bible (New

Living Translation, NLT) says: ***“Do not practice homosexuality, having sex with another man as with a woman. It is an abomination or detestable sin.”***<sup>[24]</sup> But it is a pity that present Bible commentators do not consider that homosexuality is a great sin.

A workshop was organized by The United Nations Development Fund for Women, 2000 (UNIFEM) on Gender, HIV and Human Rights: (Website: [www.unifem.undp.org](http://www.unifem.undp.org)). The workshop manual discussed at length about AIDS-HIV and other aspects of Gender and Human Rights. But as far as the above Prophetic statement is concerned there is absolutely no need to conduct billions of dollars' research just to investigate the cause and manifestations of AIDS-HIV and for the discovery of AIDS vaccines. It is a huge wastage of money. Instead of knowing the real cause of AIDS we are wasting money to look for something else.

**Safe sex:** The 'safe sex' slogan of the West is a barely disguised encouragement to fornicators, adulterers and homosexuals who are used to indiscriminate sexual activities with partners, including even those with whom marriage is forbidden. On the question of control of AIDS, the West advocates, ***“Do not have sex with unknown partners.”*** But they never say, ***“Avoid illegal and unlawful sex.”*** Although the Bible says, ***“Nevertheless, [to avoid] fornication, let every man have his own wife, and let every woman have her own husband.”***<sup>[25]</sup> the Western community never says, ***“Do not have sex with partners beyond one's matrimonial home.”*** Thus, the West has adopted double standards concerning this dangerous disease. Although Bible speaks aggressively against this wicked practice, laws are not specially made in their constitutions to punish the violators. However, in Islam, sexual activity outside one's matrimonial home is totally prohibited. Therefore, it is the firm conviction of the author that if we wish to live on this beautiful planet without any fear of dangerous killer diseases like AIDS (and others yet to come), we must popularize the slogans: **No unlawful sex — no illegal sex — no sex outside the marriage.**

It is the irony of fate that in this electronic age of scientific advancement, some of the so-called civilized nations show these wicked acts responsible for AIDS on various television channels. It has been reported that the Japanese hotels and guest houses have no functional TV channels that do not show these evil acts at night. Group sex is also televised on these channels until the early morning. This is undoubtedly a distorted form of human behavior from a nation which claims to be highly developed.

#### **THE HOLY QUR'AN FOR THE PREVENTION OF AN ATTACK OF AIDS**

Both the Prophet's teachings and modern science unanimously agree that AIDS spreads due to indiscriminate sexual activities, homosexuality and drug abuse. Sensing the dangers inherent in the disease, the

Prophet (pbuh) gave the strong warning 1400 years ago when science was not developed until many centuries later. Islam prohibits extramarital relationships altogether. The following Qur'anic verses and the hadith highlight the cause of the disease and its cure. Sex outside the marital bonds is known as fornication or adultery, and the Qur'an forbids it in strong terms and prescribes severe punishments for the violators. The following verses speak about the evil practices and the punishment for illegal sex with partners beyond matrimonial bonds.

As for having sex with one's wife from the rear but in the vagina, the following verse clarifies: ***“Your wives are a place of sowing of seed for you, so come to your place of cultivation however you wish.....”*** (Qur'an 2: 223).<sup>[26]</sup>

***“And do not approach unlawful sexual intercourse. Indeed, it is ever an immorality and is evil as a way.”*** (Qur'an 17: 32).<sup>[27]</sup>

***“Indeed, those who like that immorality should be spread [or publicized] among those who have believed will have a painful punishment in this world and the hereafter. And Allah knows and you do not know.”*** (Qur'an 24: 19).<sup>[28]</sup>

***“Indeed, the punishment of your Lord is severe and painful.”*** (Qur'an 11: 102)<sup>[29]</sup>

During the time of Prophet Loṭ (as), homosexuality spread among its people to such an extent that Allah (God) at last decided to destroy the entire community. About homosexuality, the Qur'an mentions severe punishments.

***“And [We had sent] Loṭ when he said to his people: Do you commit such immorality as no one has preceded you with from among the worlds? Indeed, you approach men with desire, instead of women. Rather, you are a transgressing people.”*** (Qur'an 7: 80-81)<sup>[30]</sup>

***“And We rained upon them a rain [of stones]. Then see how was the end of the criminals.”*** (Qur'an 7: 84)<sup>[31]</sup>

***“...Indeed, they were a people of evil, defiantly disobedient.”*** (Qur'an 21: 74).<sup>[32]</sup>

#### **PREVENTIVE MEASURES RECOMMENDED BY THE PROPHET (PBUH)**

**Prophet's teachings on anal sex with a man or a woman/homosexuality:** Considering the grave consequences of this detestable act from both moral and hygienic points of view, the Prophet (pbuh) made several statements on this matter, which are narrated below. Abu Hurayrah (ra) relates from the Prophet (pbuh) that he said:

***“Cursed is the person who has sex with a woman in her anal canal.”*** (Abu Dâwood)<sup>[33]</sup>

The Prophet (pbuh) said: ***Allah does not look at the person who has sex with his wife in her anal canal.*** (Ibn Mâjah)<sup>[34]</sup>

Ibn ‘Abbâs (ra) related a similar hadith that the Prophet (pbuh) said:

***“Allah does not look at a man who had anal sex with another man or with a woman.”*** (at-Tirmidhi)<sup>[35]</sup>

Abu Dharr (ra) related from the Prophet (pbuh) that he said:

***“Whoever has sexual intercourse with men or women in their anal canals will have committed disbelief.”*** (Ibn al-Qayyim)<sup>[36]</sup>

Ṭalq ibn ‘Ali (ra) reported that the Prophet (pbuh) said:

***“Do not have sex with women in their anal canals. Allah is not ashamed of mentioning the truth.”*** (at-Tirmidhi)<sup>[37]</sup>

Al-Baghawi narrated that once Qatâdah was asked about a person who has sex with his wife in her anal canal, and he related from the Prophet (pbuh) that he said:

***“That is the small (lesser form of) sodomy (homosexuality).”*** (Aḥmad)<sup>[38]</sup>

Furthermore, al-Ḥârith ibn Abi Usâmah reported that Abu Hurayrah and Ibn ‘Abbâs (ra) narrated that the Messenger (pbuh) Allah gave a speech just before he died. In the Prophet’s last speech in Madinah, he said:

***“Whoever had sex with a woman in her anal canal, or with a man or with a male child, will be gathered on the Day of Resurrection with an odor emitting from him that is more foul than rotted carrion. The people will be bothered by his smell (stench) until he enters hell fire. Also, Allah will destroy his rewards and will not accept from him a prayer or a fast. He will be made to enter into a coffin of fire, and the coffin will be shut closed on him using nails of fire.”*** (Ibn al-Qayyim).<sup>[39]</sup>

**Preventive measures for an attack of HIV: The most common way people get HIV is through unprotected anal or vaginal sex with someone with HIV, who is not aware of his status or not on antiretrovirals (ARVs).** Recent research studies on AIDS in several countries unanimously agree that the only sure way to avoid exposure to HIV is to abstain from indiscriminate sexual intercourse entirely and to maintain sexual relationship with only one faithful unaffected partner.<sup>[40]</sup> This finding echoes the above-mentioned advice given by the Prophet (pbuh) 1400 years ago. So, if we wish to protect the human communities and the future generations from the pain, ravage, devastation and misery of AIDS, we must strictly follow the limitations set by God (Allah) in the Bible and the Qur’an, and follow the Prophet’s teachings in the fight against AIDS. At the same time, we should also stop prostitution, pornographic literature and films, and other forms of immorality to stop the degradation of social and moral values. Abu Dharr Jundub ibn Junadah, and Abu Abdur-

Rahman Muadh bin Jabal (ra) narrate that the Messenger of Allah (pbuh) said:

***Fear Allah wherever you may be, .....*** (at-Tirmidhi)<sup>[41]</sup>

Several other Prophetic statements found in various sources caution against a man and a woman spending time alone together in an isolated place. When two people are attracted to each other, the opportunity for intimacy is most apparent when they are alone. Therefore, the advice is to avoid the situation that will naturally lead to temptation. However, not every encounter between a man and woman is bound to lead to sex. We must develop a sensible and balanced approach to relations between members of opposite sexes. We must also avoid adopting an attitude of excessive free mixing prevalent in Western culture whereby the boundaries between unmarried men and women completely disappear.

Jabir (ra) reported Allah's Messenger as saying, ***“Behold, no person should spend the night with a married woman, but only in case he is married to her or he is her mahram.”*** (Mahram is a male relative as specified in Qur'an, 24:32) (Sahih Muslim)<sup>[98]</sup>

The Prophet (pbuh) is also reported to have said, ***“Whoever believes in God and the Last Day must never be in privacy with a woman without their being a mahram (of hers) with her, for otherwise Satan will be the third person (with them).”*** (Ahmad)<sup>[99]</sup>

Against this backdrop, the author urges the world leaders and the scientific community to announce severe warnings, adopt preventive measures and implement strict punishment for the violators of divine order to counter this deadly epidemic. According to John Mills, an Australian scientist, ***If we rely wholly on science to counter the epidemic, we will fail.*** (AFP, 26/10/2001).<sup>[18]</sup> The preventive measures which include avoiding unlawful and illegal sex with partners beyond one’s matrimonial home.

#### **THE HOLY BIBLE FOR THE PREVENTION OF AN ATTACK OF AIDS**

Homosexuality is a big hot button issue in today’s world. The Scriptures do list homosexuality as a great sin. It is reported that a section of the Christian community disagrees with the gay lifestyle of the homosexual community, oppose and attack them vehemently. Therefore, both the Muslims and the Christians must reach out to homosexuals in an aggressive way so that this detestable sin, being the root cause of AIDS, is wiped out completely from the face of the earth. There are quite a good number of verses of the Holy Bible that speak against homosexuality, fornication and adultery in strong terms. Readers are requested to have a glimpse of the following few verses from the King James Version (KJV) of the Bible.

- *Flee fornication. Every sin that a man doeth is without the body; but he that committeth fornication sinneth against his own body.*<sup>[42]</sup>
- *Now the works of the flesh are manifest, which are [these]; Adultery, fornication, uncleanness, lasciviousness.*<sup>[43]</sup>
- *But I say unto you, That whosoever shall put away his wife, saving for the cause of fornication, causeth her to commit adultery: and whosoever shall marry her that is divorced committeth adultery.*<sup>[44]</sup>
- *Know ye not that the unrighteous shall not inherit the kingdom of God? Be not deceived: neither fornicators, nor idolaters, nor adulterers, nor effeminate, nor abusers of themselves with mankind,*<sup>[45]</sup>
- *And I say unto you, Whosoever shall put away his wife, except [it be] for fornication, and shall marry another, committeth adultery: and whoso marrieth her which is put away doth commit adultery.*<sup>[46]</sup>
- *It is reported commonly [that there is] fornication among you, and such fornication as is not so much as named among the Gentiles, that one should have his father's wife.*<sup>[47]</sup>
- *Meats for the belly, and the belly for meats: but God shall destroy both it and them. Now the body [is] not for fornication, but for the Lord; and the Lord for the body.*<sup>[48]</sup>
- *Even as Sodom and Gomorrha, and the cities about them in like manner, giving themselves over to fornication, and going after strange flesh, are set forth for an example, suffering the vengeance of eternal fire.*<sup>[49]</sup>
- *If a man also lie with mankind, as he lieth with a woman, both of them have committed an abomination: they shall surely be put to death; their blood [shall be] upon them.*<sup>[50]</sup>
- *And likewise, also the men, leaving the natural use of the woman, burned in their lust one toward another; men with men working that which is unseemly, and receiving in themselves that recompense of their error which was meet.*<sup>[51]</sup>
- *And there came two angels to Sodom at even; and Lot sat in the gate of Sodom: and Lot seeing [them] rose up to meet them; and he bowed himself with his face toward the ground.*<sup>[52]</sup>

#### **Evil consequences of homosexuals on the society:**

Apart from committing the great sins, the other ill effects of homosexuality, fornication and adultery on the society are tremendous. The direct consequences in the Western countries are a high rate of divorce, the alarming increase of 'single mothers' and the breakdown of the family. It is, therefore, understood that the divine wisdom is behind the strict punishments for fornication, homosexuality and adultery so that the causes of the disease is totally eliminated.

**Homosexuality is against the law of nature:** Anal sex is not at all suitable for the man or woman, because it is

unnatural and abnormal. It involves a tiring movement. Same-sex relationship goes against the law of nature. The anus has not been made or designed by the Creator as a human organ for comfortable sexual activities. Anus is an organ for passing out the excretory waste materials from the body, and nothing else. The anus is the place of dirt and filth. It is not a place of sex. The Bible says: **"For this cause, God gave them up unto vile affections: for even their women did change the natural use into that which is against nature."**<sup>[53]</sup>

**Medically harmful effects of anal sex (homosexuality):** Homosexuality is a wicked and distorted form of human behavior. Anal sex is totally prohibited in most major religions, and all the Prophets (as) strongly condemn it and support its prohibition. Not only that, anal sex is very harmful for the man from medical points of view, and many wise doctors advised against it. The vagina has special features in extracting the semen and relieving the man from it. The anal canal, on the other hand, does not help extract all of the semen because it is not natural. Homosexuality or anal sex is against physiology, medicine and against the very common sense.

Although no Prophet during the past generations allowed anal sex even with one's wife, it is currently practiced openly and widely in some of the countries of the West. It is a total shame for human civilization, whereas the Western media portray this act as a 'freedom of choice.' Due to the spread of rampant homosexuality, some governments have even passed bills in the parliaments. Possibly the legislators are not aware that homosexuality is the root cause of AIDS.

#### **Other social harms of homosexuality from moral points of view:**

Hafiz Ibn al Qayyim (Rah) states: *Anal sex (homosexuality) erases all the good human virtues and replaces them with the bad ones. It causes hatred between the parties and spoils their relations. Anal sex dissipates shyness, which is the life of the heart. It extinguishes shyness and finally leaves a trademark of darkness. It causes depression and distress. It alters the human behavior from the path of God to a lower animal behavior. Participants of anal sex like the evil things and deeds and fall into total disarray. Anal sex causes one to have rude behavior making him dare to commit evil. Indeed, anal sex brings one humiliation, degradation and disgrace more than any other act. It also causes one to like the disliked and dislike the liked. It leads to the destruction of Allah's bounties and torment and disaster. Allah's curse falls on them, and it leads one to receive Allah's hatred. Allah would not even look at them, thus their hearts will fall into utter ruin and destruction.*<sup>[54]</sup>

**Allah has only allowed having sex in the place where the offspring is created, and not in the anus:** Anal sex with wife is a grave error. It is one of the worst unpardonable sins (if one does not repent). Islam, being the complete and eternal way of human life, has

prescribed rules on the very private life of a man or woman, so that divine guidance is not violated. Allah has only allowed having sex in the place where the offspring is created, and not in the anus. The place of offspring is mentioned in the Qur'an (2: 223).<sup>[26]</sup> This verse, mentioned before indicates that a man is allowed to have sex with his wife from whichever direction he wishes – from the front or the rear, but only through the vagina.

### BACKGROUND OF HEALING WITH THE PROPHETIC MEDICINES

**The Prophet's statements on healing are divinely inspired and true:** Like all other great Prophets (as) of Allah (God), statements of Prophet Muhammad (peace be upon him) of Islam are divinely inspired. Prophet Muhammad (pbuh) never spoke a single lie in his lifetime. Whatever he spoke was under divine inspiration. So, traditions of the Prophet (pbuh) on healing are also true, which modern science proves through numerous researches after 14 centuries. Although the Prophet's mission was neither as a physician or pharmacist, he was inspired by God to make nearly 1000 statements on healing for the benefit of humankind because man needs to remain well free from sickness to fulfill his brief mission on earth. This further confirms that no one can claim the credit of knowing all these hidden facts of health and wellness, diseases and treatment as well as public health issues fourteen centuries ago, except a Prophet (pbuh), a chosen man from God, because Almighty Allah says in the Holy Qur'an:

***"He does not speak anything of his own desire. It is but a Revelation which is sent down to him."*** (An-Najm 53:3-4).<sup>[55]</sup>

**What is Medicine of the Prophet (pbuh)?** Medicine of the Prophet (pbuh), Prophet's medicine or Prophetic medicine comprises a set of practices and principles that have been meticulously preserved over the centuries by Muslim scholars, who believed that each and every statement of the Prophet (pbuh) relating to health and sickness contains divinely inspired words of therapy for the greater benefit of humankind. The vast number of hadiths on diseases and remedies, health and wellness, as well as medical questions, which have been systematized by early Muslim writers, became known as *aṭ-Ṭibb an-Nabawi*, the Medicine of the Prophet (pbuh) or the Prophet's medicine.

**Greatest statement of the Prophet (pbuh) on medical science:** Although the Prophet (pbuh) was not a scientist in the true sense of the term, he made specific statements on 65 medicinal plants, herbs and shrubs, out of which statement on black cumin (black seed) is the most important. About black seed Abu Hurayrah (ra) narrates that the Prophet (pbuh) said:

***"Hold on (use this seed regularly)! Because it is a remedy (cure) for every disease except death."*** (Sahih Al Bukhari, Sahih Muslim, Ahmad and Ibn Mâjah)<sup>[56]</sup>



**Black seed flower**



**Black seed**



**Black seed oil**

The above statement of the Prophet (pbuh) indicates that black cumin is very effective in strengthening and stabilizing the body's immune system. Thus, it can cure all diseases which affect immune system including cancer and AIDS. The statement of the Prophet (pbuh) was a result of divine inspiration. Prophet Muhammad (pbuh) did not have to carry out any laboratory research to make the statement. He did not attend any school, college or university for learning medical science. He did not even go to any Madrassa (religious school) for learning. He was an unlettered man of the desert of Saudi Arabia. No one can claim that he taught Muhammad (pbuh). In fact, Allah, Himself was his only Educator. He trained him as per His own divine plan. So, like his thousands of statements on various religious and socio-

economic matters, duties and obligations, war and peace, civilizations and culture, his specific statements on healing are also based on divine inspirations, because he made the statements at a time when there was no chemistry, no pharmacy or medical science.

**Black seed can cure 129 different kinds of diseases:** The Prophet's statement that 'black seed is cure for every disease except death' generated tremendous interest among the world scientific community. The scientists' concern was how an unlettered man of the desert without any pen and paper could make such a wonderful statement on medical science? The statement finally led the global scientists and researchers to carry out extensive phytochemical, pharmacological,

microbiological and toxicological studies on black seed and its oil. Researches were conducted using intact animals as well as isolated animal tissues. However, it was amazing that the researchers finally came to the conclusion that not a single statement of the Prophet (pbuh) is found to be contradictory to the basic principles of modern medical science. In other words, the Prophet's statement was found to be one hundred per cent true. Today we know through scientific researches that black seed can cure 129 different kinds of diseases including diabetes, hypertension, AIDS and cancer (Hussain and Hussain, 2016).<sup>[57]</sup> This large number of diseases curable by black seeds demonstrates the authenticity of the Prophet's statement.

**Popularity of *Nigella sativa* over time:** It is due to this statement of the Prophet (pbuh) on healing, today, modern scientists have begun to acknowledge that black cumin (*Nigella sativa* Linn) is one of the most potent natural medicines known to science. It is the only plant seed on which highest number of scientific researches has been carried out around the world. Recently 'Australian New Crops Info 2016', listed interesting plants of the World and reported the popularity of *Nigella sativa* over time. Two histograms were drawn, which show the trend (five databases) 1901-2013. During the last 113 years from 1901 to 2013, there have been 1489 scientific papers published, and highest number of researches have been carried out in 2011. From 2013 to 2018 the research conducted on *Nigella sativa* is huge, thus pointing to the figure to rise to 10,000 or more.<sup>[58]</sup>

Due to the great importance attached to the Prophet's statement, more than 200 universities have conducted scientific research on black seeds since 1959 for the award of degrees to students. In fact, researchers have acknowledged that there is no plant extract that is known to have such a wide range of healing capabilities as black cumin. Although there were more than 400 herbs in use before Prophet Muhammad (pbuh), and recorded in the herbals of Galen and Hippocrates, black seed was not one of the most popular remedies of that time. Since black seed is now considered a "**remedy of the Prophet (pbuh)**", its usage and popularity have increased significantly. Today due to findings of modern research, many modern scientists classify it as: **all-in-one therapy, cure-all herb, a universal remedy and a magical herb**. US researchers have also confirmed the benefits of black seeds, and they have written the first report on the anti-tumor effects of black seeds. The title of the report is '**Study of the Effects of *Nigella sativa* (Black Seeds) on Humans**'.<sup>[59]</sup> Many books have been written on black seed. Sylvia Luetjohann has authored a recent book on "The Healing Power of Black Cumin", Paperback in June 1, 1998.<sup>[60]</sup>

***Nigella sativa* has been used by millions of people throughout the ages:** The use of black seed as a healing herb has been traced back more than 3000 years to the

Assyrians and ancient Egypt. Black cumin seed is one of the earliest cultivated plants in human history, which means it was one of the early providers of life. Black seed is a true superfood being used since ancient times. The miracle seed has been used by millions of people to treat various ailments for centuries in different parts of world. Black seeds have also been used in cooking for thousands of years. It has been used for more than 2000 years for a wide array of diseases including diabetes, Alzheimer's disease and even migraines. Originally it was used for allergies, asthma and migraines, but as the world began to discover its many wonderful qualities, studies and research projects spread. Professor Peter Schleicher, M.D., a renowned immunologist in Munich said, "*Calling black cumin a magical cure would certainly be an exaggeration, but it is almost impossible not to exaggerate its effectiveness.*" (Schleicher P and Saleh M, 2000).<sup>[61]</sup>

**World Health Organization recommends black seeds as an effective herbal remedy:** *Nigella sativa* is one of the few natural, herbal remedies that found to have tremendous potential benefit. Today, more and more medical scientists and university professors are recognizing the healing power of this amazing little seed. It was recently recommended as herbal remedy by the World Health Organization. The ongoing scientific research in the West continues to show the positive results to generate excitement throughout the medical industry.

**Black seed extract strengthens the immune system:** AIDS is human immune deficiency disease. If a body lacks immunity it is said to be attacked easily with diseases, and due to lack of immunity patients find it difficult to recover from the disease. Professor G. Rietmuller, Director of Institute for Immunology at the University of Munich reports that black seed extract works positively on the immune system and could be used as a bio-regulator. In *Antiviral Agents Bulletin* #5,482,71, U.S. Patents Sections it was also mentioned that black seed increases immune function. Furthermore, Black Seed stimulates bone marrow and immune cells and raises the interferon production, protects normal cells against cell destroying effects of viruses, destroys tumor cells and raises the number of anti-bodies producing B cells.<sup>[62]</sup>

**United States patent for improvement of immune system:** Black seed oil approved by US Food and Drug Administration as an immune system stimulant. In the spring of 1996 the U.S. Food and Drug Administration (FDA) granted a patent for the use of the extracts of *Nigella sativa* L., commonly known as the black seed or black cumin as an immune system stimulant. The patent was based on "a pharmaceutical composition containing an extract of the plant *Nigella sativa* for treating cancer, preventing the side effects of anticancer chemotherapy, and for increasing the immune functions in humans."<sup>[63]</sup> Out of the 5 separate patents in the US, there is one for

the improvement of the immune system (US 5,482,711).<sup>[64,65]</sup>

Dr. Gary Null states, "Every time you take black cumin you are stimulating your immune system to fight on your behalf and increase natural killer cells." Thus, referring to its ability to improve the immune system and help treat even the most impossible invaders like cancer and HIV successfully. He further reveals that black cumin does this by helping to stimulate the production of bone marrow and cells of the immune system. It increases the production of interferon, protects normal cells from the damaging effects of harmful invaders, helps destroy tumor cells and increases the number of antibody-producing B cells within us. He also says that black cumin supports the entire body. Its immune-building properties and active compounds have been proven to help fight a never-ending list of diseases and autoimmune disorders via the boosting of the body's immune cell production, bone marrow and natural interferon. Even for people in the best state of health, consuming black cumin regularly has greatly increased their vitality and well-being.<sup>[66]</sup>

Studies have shown that black seed oil can not only help an immune system but it can also rebuild it. A German scientist, namely Peter Schleicher, M.D. in Munich, tested black cumin on 600 patients. Of those 600, 70% were cured of their allergies. Those allergies included pollen, asthma, acne and neuro-dermatological problems, and dust as well. Dr. Schleicher plans on including the black cumin seed oil with his preventative treatment against colds and influenza.<sup>[61]</sup>

#### **RESULTS OF MODERN RESEARCHES USING BLACK SEED FOR THE CURE OF AIDS**

**Research on the healing effects of black seeds:** Apart from the use of black seed as food additives, its use for the treatment and cure of AIDS, has recently been a subject of great importance to the scientists. Recently several clinical studies have been conducted in Nigeria, Malaysia and Saudi Arabia, where researchers used black seed oil and extract on HIV patients. There are numerous experiments and studies from various researchers who have confirmed that *Nigella sativa* is the only plant among the vast array of natural compounds, which has anti-HIV properties. It has been recently reported that this miraculous plant seed can treat HIV successfully without any side effects. *Nigella sativa* has been reported to cure as many as 129 different diseases including cancer, diabetes, and AIDS. (Hussain and Hussain, 2016).<sup>[57]</sup>

The healing powers of *Nigella sativa* really astonish the minds of many famous scientists. It was used by the ancient Egyptians as a panacea (cure for problems and diseases) for everything. The oil was a treasured part of daily Egyptian life. For thousands of years, healers have written about the tremendous healing properties of this

legendary herb. Black cumin has a complex chemical structure possessing over 100 active ingredients particularly the most effective bioactive compound 'THymoquinone' (TQ). It is a rich source of essential fatty acids. Black seed does not produce side effects. It is difficult for the scientists to believe how this one tiny seed can cure hundreds of medical conditions better than other man-made medicines. Even today, it is under immense research by scientists all over the world.

Researchers further reported that both TQ and black seed oil exposure increased glucose stimulated insulin secretion and ameliorated the suppressive effect of nelfinavir. TQ, a bioactive compound isolated from black seed, is popularly known as Prophetic chemotherapy. It may be used as a potential therapeutic agent to normalize the dysregulated insulin production observed in HAART treated patients.<sup>[67]</sup>

**International scientists and researchers recommend black seeds for the treatment of AIDS:** Dr. Haq (1997) reports that in the field of AIDS research, human clinical trials conducted at the Department of Biological and Medical Research Centre in Riyadh, Saudi Arabia showed that black seed enhanced the ratio between helper T-cell by 55% with a 30% enhancement of NK cell activity.<sup>[68]</sup> These findings suggest that black seed could play an important role in the treatment of cancer, AIDS, and other immune deficiency states.

Clinical research done at various cancer research institutes has indicated that the use of black seed significantly improves the T-cell ratio and at the same time enhances the natural killer cell activity. Thus, black seed has much potential in the treatment of immune-deficiency diseases like AIDS. In one study, it was found that black cumin helped a person diagnosed with HIV to lower the HIV virus in his immune system from 640,000 to 67,000 in 6 weeks without using any prescription drugs.<sup>[69]</sup>

The role of black seed in increasing human immunity was not clear before 1986, when Dr. Ahmad El -Qadi (Islamabad, Pakistan) and Dr. Usama Qandil (Florida, USA) started a series of researches in the United States to investigate the effects of black seed on the immunity system. Scientifically it has been proved that immunity system is the only system that has the ability to combat diseases and produce cells that kill viruses. Dr. El Qâdi and Dr. Qandil reported that 27 volunteers were given 2 grams of black seed daily which showed a positive effect on the ratio of Th and Ts. From the results the investigators concluded that black seed was a natural stimulant of immunity and could play a vital role in the treatment of cancer, AIDS and other diseases due to immune deficiency.<sup>[70]</sup>

Researchers also found that taking 1 gram of black seed oil twice daily had an amazing effect of increasing and stabilizing the body's immunity function. Dr. Qâdi

proved that the use of black seed strengthens immunity since the ratio of the T assistant lymph cells increased by an average of 72% compared to the restraining cells. There was also a considerable development in the activity of natural killer cells with an average of 74%.<sup>[71]</sup> This discovery is considered important to allow the use of black seed to increase the body's natural immunity for the treatment of cancer, AIDS and other diseases related to lack of immunity. He found through research that black seed enhances analgesia (immune system).<sup>[72]</sup>

Afterwards, many modern researches were launched in various countries, which supported the findings of Qadi. Amongst them are the results published by the International Immunity magazine in August 1995 about the effect of black seed on the outer lymph cells and the activity of white blood multi-nucleus cells.<sup>[73]</sup> In September 2000, the International Immunity magazine also published a research on the effect of black seed oil in preventing cytomegalovirus on laboratory rats.<sup>[74]</sup>

**Global research on honey and other bee products as a possible cure for AIDS:** Danica Collins wrote an article on the Internet regarding the bee products as a possible cure for AIDS. He said that propolis from honey can potentially be a natural remedy for the cure of AIDS. Propolis is a sticky resin that honey bees collect from tree buds, bark, sap flows, or other botanical sources. This natural substance has been shown to kill the virus responsible for one of the world's deadliest diseases. Furthermore, this germicide from the bees also blocks the HIV virus from entering into cells.<sup>[75]</sup>

Gekker and her research team were testing various substances against the HIV virus. She states that throughout the world, for thousands of years, people have valued the propolis benefits. The healing powers of propolis is now proven by a number of human and animal studies as effective against several ailments like burns, minor wounds, infections, inflammatory diseases, dental pain, genital herpes, ulcers, fungal infections, acne, cancer, itching and tuberculosis.<sup>[76]</sup>

Peterson states, *so far, nearly 40 million people have been affected by the HIV virus. Majority of them live in the developing world, where they cannot afford retroviral drugs, which are very expensive. Propolis is an inexpensive, natural substance. For 5,000 years, since Biblical times, propolis has been used all over the earth for medicinal purposes, with relative safety. It is also known that it is active against many bacteria, fungi and viruses. It is also a source of numerous antimicrobial activities.*<sup>[76]</sup>

Gekker extracted a propolis with a little alcohol but her research team had never tested propolis against HIV before. Thereafter, she set up the trial, and amazingly she found that propolis killed HIV. After dozens of successful lab trials testing propolis benefits against HIV, Gekker wrote up the remarkable results with an

international team of researchers led by Dr. Phil Peterson. Peterson also confirms that Propolis had not been studied in the past for its power to fight HIV. The propolis lab trials that started with Genya Gekker continued for about three years. It was exciting that every single propolis tested killed HIV in lab cultures and appeared to inhibit HIV's ability to enter cells.<sup>[75]</sup>

Although this amazing research was done in 2005, the FDA is yet to approve it as a drug because researchers would have to identify and isolate the exact active HIV-inhibiting component or components in propolis that is responsible for the therapeutic effects. Since there are at least 300 components in propolis, isolation and separation is a difficult task. The issue of batch variability also needs to be solved. This variability arises because bees collect propolis from different trees in diverse regions of the world.<sup>[75]</sup>

Peterson further explains: *HIV attacks the microglia of the brain — that is where the virus grows when it gets in the brain cells. Its other main targets are T- lymphocytes, specialized white blood cells that affect immunity. And when this propolis is put in a cell culture system, it has potent activity against the virus in both microglia and T-lymphocyte cell cultures.*<sup>[75]</sup>

Due to this propolis, a beehive is considered one of the most sterile places found in nature. The reason could be that it is produced from honey that is manufactured in a factory where there is not a single human worker. Allah SWT has inspired the honeybees to produce this precious material for the benefit of humankind. In addition to the benefits mentioned above, it has been found that honey is the best carrier for other bee products such as bee venom and bee pollen. These products also responded to therapy.

**Scientific research on honey as a potential treatment for cancer and AIDS:** The Health Campus of Universiti Sains Malaysia (USM) hosted the 2nd International Conference on the Medicinal use of Honey from 13th to 15th January, 2010, in Kota Bharu, Malaysia, in joint collaboration with agencies from the Ministry of Agriculture; FAMA (Federal Authority Marketing Agency) and MARDI (Malaysian Agriculture Research & Development Institute). About 300 researchers, medical specialists, bee keepers and related individuals from 17 countries attended the meeting. Fifty-seven research papers were presented related to basic and clinical research, including cancer biology, diabetic wound management, surgical wound care, radiation mucositis, and the role of honey in SLE and AIDS. The conference reported that honey is a potential treatment for cancer and AIDS.<sup>[77]</sup>

**Clinical research on honey in HIV patients in Malaysia:** A group of researchers from Malaysia tried oral honey in asymptomatic HIV patients and monitored their CD4+ count, viral load and quality of life at regular

intervals. Though recruitment of subjects is slow, the early results are encouraging in terms of CD4+ counts and quality of life, according to Dr. Wan Nazirah Wan Yusuf, a clinical pharmacologist from the same university who led the team on this research. The clinical benefits of honey on SLE and AIDS are probably due to the anti-inflammatory effects of honey.<sup>[78]</sup>

**Clinical case studies using black seeds and honey carried out in Nigeria:** Very recently it has been reported that this miraculous plant seed can treat HIV successfully with no side effects. *Nigella sativa* has had more than 900 peer reviews on 100's of different diseases and now **HIV is added to the list**. A study, published in the *African Journal of Traditional, Complementary, and Alternative Medicine*, tells the story of a HIV patient who went into complete remission after black seed treatment. Onifade, A A and his research team (2013) conducted the study. The study reports that a patient was treated with *Nigella sativa* for a period of six months, after which there was no detectable HIV virus or antibodies against HIV in his bloodstream. The abstract explains that the patient was suffering with symptoms common in HIV, including chronic fever, weight loss, lesions, and diarrhea. An herbalist advised him to use black seed. He noticed that the treatment had impressive and near-immediate results. The patient was commenced on *Nigella sativa* concoction 10 ml twice daily for 6 months. He was advised daily to monitor side-effects and drug efficacy. Fever, diarrhea and multiple pruritic lesions disappeared on 5th, 7th and 20th day respectively on therapy.<sup>[79]</sup>

The author of the study concludes that there are possible therapeutic agents in *Nigella sativa* that may effectively control HIV infection. The pertinent thing is that HIV came back negative on the 187th day. That was quite miraculous, not only for the patients, but for the entire medical industry. The researchers opined that the black seeds have the enormous ability to cure a deadly and incurable diseases like HIV.<sup>[79]</sup>

Since then, there was another similar case study. A person that started *Nigella sativa* (Black Seed) in 2005 that was followed through 2012. The article was published in the "Open Access Scientific Reports" by AA Onifade et al. of the University of Ibadan (University College Hospital, UCH)". It concluded 5 Month Herbal Therapy and Complete Sero-Reversion with Recovery in an Adult HIV/AIDS Patient.<sup>79</sup> The other article was published in the Journal of Infectious Diseases Photon in 2014.<sup>[80]</sup> The article discussed 3 more HIV positive persons who sero-converted after 4 months of using the black seed therapy, and have remained so for the following 2 years.<sup>[80]</sup>

The Nigerian research team reported in a **second study** that six HIV positive patients were recruited and monitored for 4 months. The patients took the herbal concoction of black seed and honey, as an alternative

therapy for HIV infection. The abstract of the study reports that the failure of conventional medicine to cure the human immunodeficiency virus (HIV) infection compels many people living with the virus to seek alternative therapy. This pilot study determined the effectiveness (clinical and laboratory responses) of  $\alpha$ -Zam (defined by the herbal therapist as a combination of *Nigella sativa* and honey), which is used by patients seeking herbal remedies for HIV infection in Nigeria. All six patients were infected by HIV, as confirmed by Western blot analysis in the nearest teaching hospital, Ahmadu Bello University Teaching Hospital Zaria (the author worked in this hospital for six years), before commencing preliminary clinical and laboratory examinations using World Health Organization (WHO) and Centers for Disease Control and Prevention (CDC) criteria.

The patients were contacted daily and visited regularly after commencement of herbal medications to assess the efficacy (disappearance of presenting signs and symptoms associated with HIV infection), side-effects, drug toxicity, and compliance. The symptoms and signs associated with HIV infection disappeared within 20 days of commencement of herbal therapy with significant difference ( $p < 0.05$ ) before treatment and at periodic intervals on  $\alpha$ -Zam therapy. Body weight increased from an average of  $53 \pm 2$  kg to  $63 \pm 2$  kg, viral load (HIV-RNA) decreased from  $42,300 \pm 1500$  copies/ml to an undetectable level ( $\leq 50$  copies/ml), and CD4<sup>+</sup> count increased from an average of  $227 \pm 9$  to  $680 \pm 12$  mm<sup>3</sup>/ $\mu$ L at 4-month post-therapy. This study concluded that the herbal remedy ( $\alpha$ -Zam) is effective in the treatment of HIV infection based on a significant improvement in both the clinical features and laboratory results of HIV infection.<sup>[81,82]</sup>

**In Case study 3** the researchers reported that a patient referred to as 'Mary from Brooklyn' was also reportedly cured of HIV, having tested positive in February of 2015. She was prescribed *Complera* (a prescription drug for HIV) in March 2015, but she opted to include 4 teaspoonfuls of black seed in her treatment protocol, which she grounded into powder and mixed with water. This mixture she had with meals 2 times per day. After a month, she reduced the dosage to 2 teaspoon black seed powder, twice per day.<sup>[81,82]</sup>

***Nigella sativa* prevents the harmful effects of antiretroviral drugs:** It has been reported that prolonged use of highly active antiretroviral therapy (HAART) is associated with insulin resistance in HIV-1-positive patients. In 2009 Chandra S, Murthy SN, Mondal D, Agrawal KC studied the therapeutic effects of *Nigella sativa* on chronic HAART-induced hyperinsulinemia in rats. They investigated the protective effects of black seed oil (BSO) from *Nigella sativa* in Sprague-Dawley rats treated with a daily HAART regimen for 7 months. The antiretroviral drugs, consisting of nelfinavir (200 mg/kg), zidovudine (50

mg/kg), and efavirenz (20 mg/kg), were mixed with diet with or without BSO (400 microL/kg) supplementation. The research findings demonstrated that chronic HAART may increase serum insulin levels by dysregulating both insulin production by beta cells and insulin action at the periphery. These deleterious effects may be prevented by dietary supplementation with BSO. Suppressed insulin production was restored in cells co-exposed to either BSO or thymoquinone.<sup>[83]</sup>

#### Most recent modern research findings on HIV virus:

**The Science:** Daily on April 02, 2018 reports that viruses have a very limited set of genes and therefore must use the cellular machineries of their hosts for most parts of their growth. A new study, led by scientists at Uppsala University, has discovered a specific host protein that many viruses use for their transport within the cell. The discovery opens up new possibilities to develop a broad spectrum anti-viral therapy.<sup>[84]</sup>

In another report by **the Science Daily** on April 17, 2018 it is revealed that scientists have just discovered a new mechanism by which HIV evades the immune system, and which shows precisely how the virus avoids elimination. The new research shows that HIV targets and disables a pathway involving a number of biological molecules that are key in blocking viral activity and clearing infection.<sup>[85]</sup>

**Long term anti-retroviral therapy merely prevents the progression of the disease to AID:** **The Science Daily** story further reveals that while people living with HIV have been treated with anti-retroviral therapy for over 30 years, this favoured therapeutic option merely prevents the progression of the disease to AIDS -- it doesn't cure patients of HIV. The discovery that HIV evades the immune system, opens the door to a new era of HIV research focused on curing people living with the virus. This discovery has just been published in international journal, *EBioMedicine*.<sup>[86]</sup> The report has also been published in *Gulf Times*.<sup>[86]</sup>

**HIV promotes the destruction of the anti-viral Interferon signaling pathway:** However, when patients are being treated with anti-retroviral therapy, HIV is not fully cleared by our immune system. This finding led the scientists from Trinity College Dublin to investigate whether HIV was somehow blocking the Interferon signaling pathway and thus avoiding the immune response that is designed to cure viral infection.<sup>[87]</sup>

Nigel Stevenson Assistant Professor in Immunology at Trinity College Dublin said: *"We discovered that HIV promotes the destruction of the anti-viral Interferon signaling pathway. Essentially, HIV uses the machinery in our own cells to do this, and the virus is thus able to reduce the production of many important anti-viral molecules. Without these anti-viral molecules, our immune system can't clear viral infections."* *"Our new revelation sheds new light on how HIV avoids*

*elimination, which, in turn, may explain why HIV is still not a curable disease. He explained how this virus evades our immune response. It should open the door to a new era of HIV research aiming to cure and eradicate this deadly virus."*<sup>[87]</sup>

**Due to mutation of HIV virus ARV medicines are found ineffective against drug-resistant HIV:** As HIV multiplies in the body, the virus sometimes mutates (changes form) and produces variations of itself. Variations of HIV that develop while a person is taking HIV medicines can lead to drug-resistant strains of HIV. With drug resistance, HIV medicines that previously controlled a person's HIV are not effective against new, drug-resistant HIV. In other words, the HIV medicines can't prevent the drug-resistant HIV from multiplying. Drug resistance can cause HIV treatment to fail. A person can initially be infected with drug-resistant HIV or develop drug-resistant HIV after starting HIV medicines.<sup>[88]</sup> This is another **limitation and drawback of HIV medicines** which scientists have just discovered.

#### REVIEW RESULTS OF RECENT AIDS RESEARCH AND DISCUSSION

**Qur'anic and the Prophetic medicines to treat AIDS:** Honey is the best Qur'anic medicine for the cure of AIDS, because Allah SWT says, in honey therein healing for man. Allah SWT says:

*"And your Lord inspired to the bee..... There emerges from their bellies a drink, varying in colors, in which there is healing for men....."* (An-Nahl 16: 68-69)<sup>[89]</sup>

Today we know through research that honey is an immune system stimulant. It cures many diseases including cancer. Honey is **'manufactured'** in one of the world's most efficient factories, the beehive. In this factory, **there is no worker who is a human, and no machinery and equipment is needed to manufacture honey.** Honeybees do all the work. Honey is a splendid gift of nature, which the most gracious God (Allah SWT) bestowed on humankind. He inspired the honeybees to make this precious natural product for the benefit of man. It is He (Allah) Who taught honeybees how to make this marvelous product. Honey is an antibiotic. It is more effective than antibiotic gentamycin. It is bactericidal. It is antibacterial. An Egyptian researcher says that sterile dilute solution of honey can cure internal infections of the eye.

Honey is also known as Prophetic medicine because the Prophet (pbuh) made several statements on the healing effects of honey. Abu Hurayrah (ra) narrates that the Prophet (pbuh) said:

*"If someone licks honey in the morning and evening for three days a month, he will not meet any incurable disease."* (Ibn Mâjah)<sup>[90]</sup>

The numerous uses of honey as food and medicine are well documented in ancient and modern medicinal system. Research on the healing effects of honey are huge. Recent scientific studies have proved that the Prophet's statements on honey made 1,450 years ago are true and in perfect agreement with the results of scientific research of the present time. Honey is the best Prophetic medicine for the treatment of diarrhea, AIDS and many other diseases.

**Modern views about disease and its healing:** In the present time when someone becomes sick he depends fully on doctors and medicine. He does not believe on anything else. But this view is not true. Medicine is essentially a means of recovery from an illness. Use of medicine for the cure of an ailment is Prophetic. Medicine alone cannot cure a disease. If medicine alone could cure someone, then why do people continue to remain sick even after taking medicine. In fact, **healing is not in the hands of man or physician. It is in the hands of Allah (God).** If Allah does not wish healing, a patient will not be healed no matter the extent of medical services extended by the physicians.

**A simple thought-provoking Question to Modern Physicians:** Let me ask a question, those who go to developed foreign countries for better treatment, do they all return home after cure? Many a time dead bodies return home, not healthy persons after getting well. A good number of political leaders of our country very recently went to several prestigious hospitals in Singapore, Bangkok, Madras and USA for better treatment, but unfortunately their dead bodies only returned home. Furthermore, no physician or man can give any guarantee or apply any force for healing. Let me give another example. Suppose the President of a nation is sick due to high fever. The army is under his command. Can he call the army with tanks and machine guns to fight with fever? No, not at all possible.

**A Note to Medical Scientists and Learned Individuals**  
It is not very important to know who invented, discovered or recommended a particular remedy, but healing is important. The gift of modern science invented or discovered by any one should be available and accessible to anyone who deserves or is in need of. Health is the greatest wealth given to man and sickness is a global problem. Therefore, it is the desire of every one of us to remain safe free from illness to fulfil our brief mission on earth. After that time whether we like it or not, we have to return to Allah (God), the Lord of the world. So, no discrimination should be made in case of healing. However, one must remember that divine remedy is the best. It is also safer, cheaper and most effective than man-made remedies, and modern medical science has proved it through numerous researches.

The Prophet's arrival was not as a physician or doctor. But he was inspired by Allah (God) to make nearly 1000 statements on healing, because man needs to remain well

free from sickness to fulfill his brief mission on earth. Therefore, it was part of Allah (God)'s divine plan that people would get sick for one reason or the other, because it is He Who created diseases and their remedies. He knows who will die due to sickness and who will have a normal death. **Nobody knows when, where and how he is going to die.** No doctor has created any disease. **Who has created AIDS, God or man? Certainly, not man.** So, Allah (God) inspired the Prophet (pbuh) to make statements on healing so that sick people can consult him as a **primary health care physician**, receive his advice and then resort to appropriate medications advised by him. A Companion of the Prophet (pbuh) once approached him concerning his chest pain. The Prophet (pbuh) immediately advised him to visit famous Arabian doctor, Harith bin Kaladah (ra) who was a heart physician. Therefore, if medical ideas were not needed at that time, why did Allah SWT address him as **a Mercy to Mankind?** It is stated in the divine book Holy Qur'an that Prophet Muhammad (pbuh) was sent down to the earth as a **Mercy to Mankind** (Rahmatullil A'lamin), while Prophet Jesus (as) was sent as a **Sign unto Humanity**.

**Two great medicines for people of all nations in all ages:** Among the remedies the Prophet (pbuh) prescribed, black seed and honey are the most important curative medicines for cure of AIDS. The Prophet (pbuh) further said,

*"You have two medicines: Honey and the Qur'an."* (Ibn Mâjah)<sup>[91]</sup>

Therefore, apart from honey, the Holy Qur'an is the best preventive medicine for the cure of AIDS, because Allah SWT says: *"And We send down of the Qur'an that which is healing and mercy for the believers....."* (Al-Isra' 17: 82)<sup>[92]</sup>

This saying of Allah SWT is endorsed and supported by the following statement of the Prophet (pbuh), who said: *"The best medicine is the Qur'an."* (at-Tirmidhi)<sup>[93]</sup>

The noble Qur'an is not a typical book of medicine, health science or pharmacy, but it provides effective guidance, which, if followed, ensures good health and absolute healing. It contains the prescription for all types of ailments, be it physical or spiritual. It provides the prescription not only to treat an individual but also a society, a nation and finally the humankind. It contains the remedy for people who possess a wicked character and for those who are socially misled. A large number of people who have come in contact with the Qur'an and received guidance from it stayed away from all kinds of pollution, evil, lust and material influence. They also remained free from diseases and sickness and were not usually dependent on doctors and physicians. There are numerous examples of such people in the pages of history. So, if we follow the Qur'anic injunctions and the Prophet's advice we shall not be attacked with AIDS or any dangerous killer disease.

In view of the above scenario, the author strongly recommends using honey and black seed for the treatment of AIDS for a period of not less than six months, and Insh'Allah (God willing), patients would be healed. This is because the Qur'an speaks about honey as healing agent for men, which is supported by the Prophet (pbuh) who said: *"Allah did not send down a disease without having sent its cure."* (Sahih Al Bukhari)<sup>[94]</sup>

**Prophetic medicines have many advantages over the modern ARVs:** Prophetic medicines used in this review study against AIDS, are honey and black seed, which have no harmful side effects or adverse reactions. Black seed at the dose of 1gm twice or thrice a day over a long period is completely harmless. The safety, efficacy, availability and affordability of these two Prophetic medicines are well documented and well known to scientists and learned people. Most of the modern ARV drugs including TRIUMEQ possess strong and harmful side effects leading to death in some people, and are usually unaffordable by poor patients due to their high cost, whereas Prophetic medicines are completely safe, natural, locally available, easily affordable and free from side effects. According to an article published in 2011 in the "American Journal of Chinese Medicine," multiple studies have confirmed there are no long-term side effects of taking black seed oil or thymoquinone orally on a regular basis.<sup>[95]</sup>

Modern HAART costs several thousand dollars, which most AIDS patients cannot afford, whereas less than \$25.00 will be adequate for the AIDS treatment using Prophetic medicine, which is a combination of two food items. These food-cum-medicines are widely perceived as natural and safe. It is a divine gift of Allah (God) to mankind. It is more affordable and easily obtainable. The raw materials from which these two Prophetic medicines are obtained are available in every country with little efforts. The great advantage of this remedy is that the treatment can be done at home at almost zero cost. So, the hospital bill will be nil. It can also be taken orally with or without food. The seed can be crushed and taken with honey, added to a salad, swallowed with water or milk or taken as an ingredient of smashed potato. The remedy in right doses can be taken twice a day.

Several case studies report that several Nigerian HIV patients got cured of AIDS within six months. Patients receiving Prophetic medicines mostly require about three to six months or so for complete recovery. On the other hand, patients receiving modern ARV prescription products need supervision of a medical doctor in a hospital. Patients also require continuing the medication over a long period of time. Some patients might need to continue the medication as long as they are alive.

#### **A Note to Medical Scientists and Health Officials**

Prescribing Prophetic medicine does not need approval from FDA or other world health bodies like WHO or any legislative body, because the raw material from which

Prophetic medicine is obtained has been used by millions of people for centuries throughout the globe as an edible safe healing herb. The black seeds are also very effective as remedies and have fewer or no unwanted side effects. Multiple studies have confirmed that there are no long-term side effects of taking Prophetic medicines orally on a regular basis. There are no known side effects of Prophetic medicine when taken in small quantities regularly.<sup>[95]</sup> On the other hand, apart from propolis, honey contains a lot of sugars and numerous other bioactive compounds which together produce a synergistic effect in destroying many kinds of bacteria and virus and produce healing effects. That is why the Qur'an says, *in honey there is healing for men.* So, I urge the global scientists to begin systematic clinical trials at the government and private levels for the cure of AIDS using black seed and honey together. I am confident the clinical trials will give reproducible results, as a result of which, scientists might give directives for its general clinical use.

Dr. Mohammed Ramsy, a Professor of Wayne State University (USA), said: *"The best thing for human health is to take black seed oil in the morning and in the evening, a teaspoon ..... We confirm that to maintain immunity it is necessary to take black cumin during the whole life. The strengthening of immunity depends on the duration of use. With the strengthening of immunity in the body, the resistance from all diseases appears in the body, from viruses and bacteria, because the body does not accept the disease."* He said that many doctors of natural medicine assure that *Nigella sativa* can be used as a main component in licensing drugs against HIV and AIDS, but so far no one has dealt with this issue at the official level.<sup>[96]</sup>

Furthermore, the Organization of Scientific Discoveries published the report of Dr. Ahmed El Kady and Dr. Osama Kandil from Egypt that read: *"United experiments on humans and animals have confirmed that black cumin extends bronchial passages, destroys microbes, regulates blood pressure, makes bile secretion abundant... After the first experiments in our laboratory, it was found that Nigella Sativa improves the immune system. Twenty-seven volunteers took part in the experiment, who daily took black seed oil. Big increase in immunity was recorded in more than half of all volunteers. These results showed the importance of black seeds impact as an element that strengthens immunity, which is very significant in the treatment not only different sicknesses caused by weak immunity, but also HIV and cancer".* In 2012 in an interview Dr. Ramsy says: *"As I said earlier, black seed works on cells, strengthening the entire body. It even works on the smallest particles of the body, as it enters the cell."*<sup>[96]</sup>

**Preventive measures:** On the other hand, as preventive measures we must ensure that the wicked people stop fornication and adultery in all its forms. These evil acts must be prohibited totally by enacting laws and if needed

by applying force. If this is done, heaven will not fall. Although before wedding deep girlfriend-boyfriend relationship leading to extra-marital affairs are prohibited, and having multiple girl and boy friends before marriage is not desirable, nonetheless one should restrict to only one faithful partner and not many. The minimum the number of girl or boyfriends, the minimum is the risk of having HIV/AIDS. Prophetic teaching recommends familiarization or knowing each other before marriage. It does not support Love Before Wedding (LBW), it supports Love After Wedding (LAW), because love before wedding can lead to unlawful sexual intercourse, which might invite AIDS. None can guarantee that there will be no sex when two people of opposite sex spend time in isolation or spend night together in hotels.

Sex with several partners is the major underlying cause of AIDS. Because, due to emotion and inherent attraction between people of opposite sex it is not possible to know before sex whether any of the two partners is having AIDS. Indeed, the root cause of AIDS is sex, (be it with man, women or animals; be it through vagina or anus), and nothing but sex. In the modern context, the term 'Sex' has now become synonymous with 'AIDS/HIV'.

Sensing the dangers inherent, the Prophet (pbuh) made several statements on sex. Ibn Abbas (ra) reports that the Prophet (pbuh) said, "*None of you should meet a woman in privacy unless she is accompanied by a relative within the prohibited degrees.*" (Sahih Al Bukhari and Sahih Muslim as quoted in Riyadh us-Salaheen, No. 1629).<sup>[97,98]</sup>

The Prophet (pbuh) further says: "*Whosoever believes in Allah and the Last Day, let him not be alone with a woman who does not have a male relative (whom she is not allowed to marry) with her. Indeed, the third (person) is Satan!*" (A sound hadith recorded by Ahmad)<sup>[99]</sup>

Based on the above, it is clear that dating, if it involves the seclusion of the two persons of opposite sex in a place where they cannot naturally and easily be approached by others, is prohibited. The point I am going to focus is that one may be astonished to know the fact that in this world there have been millions of boys and girls who never tasted sex before marriage. They never knew any other boyfriends or girlfriends before marriage. To them the only girl friends they have, are their faithful wives and the only boyfriends they have, are their faithful husbands. Thus, they are following the teachings of the Bible and the Qur'an concerning sex. That is why they are always free from AIDS. AIDS cannot attack them. The people of countries where there is free sex export AIDS through visitors and tourists to countries where there is no free sex. Ungodly visitors and tourists when they visit foreign countries desperately love to have sex with foreigners because of the freedom and opportunity to have frequent sex. Learned readers

may please compare the scenario of the AIDS epidemic in countries where there is free sex, unlawful sex and illegal sex, and the countries where there is no free and unlawful sex. In Muslim countries sex, beyond matrimonial life, is totally prohibited and a severe punishable crime. **So, let the wicked and ungodly people die due to AIDS. Is there any cause for alarm?**

**Method of use of black seed:** However, if one goes to the market to get black seeds, he or she may find that there is black seed oil as well as whole black seeds. So, I advise that one uses black seed as a whole, because oil is an extract, which represents mostly the water insoluble part of the seed. The whole seed contains other compounds (active ingredients and inactive constituents) that are present in the black seeds. In order to obtain full benefits from the effects of black seed, one has to take the whole seed or its extract. The beneficial effects of black seed are due to the synergistic effects of all the compounds present therein. Although both the whole seed and its oil have similar pharmacological effects, the seed is preferable, because the Prophetic tradition mentions whole seeds, not the oil. For example, we usually eat coconut, not the coconut oil. Similarly, we eat fish and olives frequently, but not the fish oil or olive oil. As a pharmacist, I humbly advise that the simple, easy and inexpensive remedy is to take the required amount of whole seed with a teaspoonful of honey twice a day for three to six months. Insh'Allah (God-willing) AIDS will be cured.

**Safe dosage of black seed for AIDS treatment:** Overall, black seed appears to be a very safe herb with no side effects or known toxicity. It can be used by anyone, but a person should consider the quantity or dosage, since we know that any medicine in too large a dosage will not benefit us; instead, it will be harmful. In order to cure HIV / AIDS it is recommended according to published reports that the user should take about 1 gm (previously warmed on low heat for about 30 minutes), twice daily. Since it is an herbal therapy, the effects may not be seen until after one month or so, but it will have no adverse effects if one continues the therapy. If one has HIV/AIDS and he is on ARV medication, which prolongs the effect of virus, the author advises him to try this black seed therapy. It is inexpensive and free from side effects, and there is no harm in using it; and patient has nothing to lose.

## CONCLUSION

In view of the global scenario of AIDS epidemic and the available remedies, the author strongly recommends black seed and honey for the treatment and cure of AIDS. There have been several remarkable case studies discussed above, which have been published in the African Journal of Traditional, Complementary, and Alternative Medicine. It is all about how several HIV patients from Nigeria experienced a complete recovery from HIV after undergoing *Nigella sativa* treatment and also a combination of *Nigella sativa* and

honey. The studies drew the attention of world class scientists and media as well. The researchers believed that there was a sero-reversion in HIV infection which is very rare and least expected, which even the expensive therapies aren't able to do that efficiently.

In view of the above discussed research findings on the adverse as well as negative effects of HAART on HIV patients and the positive healing effects of *Nigella sativa* and honey I humbly opine that in order to bring complete cure to millions of AIDS affected people around the world at almost no cost, there is absolutely **NO NEED** for expensive conventional treatment of AIDS any more. The disease is not created by any man or physician. It is sent down from the sky as punishment for the wrong doers. It is a divine punishment of Allah SWT for the wicked people on the earth. Since AIDS is a divine punishment I think divine remedies should be allowed to play a vital role in eliminating AIDS. So, if we can face the medical challenges of today with an open and broad mind free from bias, preconceived notions and ideas we shall soon see a brighter world free from AIDS, cancer, diabetes and other dangerous killer diseases. The world belongs to all of us. So, let's put our hands together and utilize the God-gifted talents, wisdom and intellect to change the world. Our collective wisdom is essential to eradicate AIDS from the face of the earth.

The point I intend to focus is that **developed nations must not continue spending billions of dollars' research on drugs and vaccines alone to save the wicked people, who constitute only a negligible percent of the world's population.** It is certainly not in the interest of next generations to allow the wicked people to destroy the good environment of this earth. Everybody desires to have good health free from dangerous killer diseases like cancer, diabetes, hypertension and AIDS. Good health is the greatest wealth of man and one of the most important bounties given by Allah to man, while sickness is a global problem. Sickness sometimes comes to us as a test of our faith. Therefore, if good moral and social laws are enacted in line with the Qur'anic injunctions and Biblical teachings, it is possible that within the next two decades, AIDS can be totally eliminated from this planet. Otherwise, the fornicators, adulterers and homosexuals shall have to continue to suffer and subsequently die due to this divine punishment. **Is there any need or justification to cry for the adulterators, fornicators and homosexuals, who are the residents of the Hell, the permanent abode of pain and misery, sorrows and sufferings? Why shall we have to make billions of dollars' research to develop and make medicine just to save some wicked individuals on earth? Can antiretroviral medicines or vaccines save them from death?**

Parents in non-Muslim societies generally do not speak up against these evil practices because they too might have been involved in such acts when they were young.

This is why, at times, they even encourage such evil acts. However, the scenario of the Muslim countries is different. Unlike in the West, where fornication and adultery are rampant, in the Muslim world such misdeeds, although not rampant, are still committed by some individuals secretly, without the knowledge of their parents or relatives. In some Muslim countries, this evil act carries the death penalty. Therefore, if the root causes of this problem are investigated, sources of immoral activities like homosexuality, fornication and adultery are identified and controlled, and appropriate corrective action is taken by enacting strict laws in conformance with the religious injunctions, followed by their effective implementation by the governments, then people can protect themselves from AIDS.

In view of the above, I humbly opine that man-made cure is not adequate to fully eradicate this disease from the face of the earth. Since AIDS is a divine punishment for the wicked people, divine remedies should be allowed to play a vital role in reversing the increasing trend of HIV infection and transmission. From the narrations of the Holy Bible and the Qur'an as well as the Prophetic traditions, we are aware that the divine books have already cautioned humankind about causes responsible about this killer disease many centuries ago.

Although both the Holy Bible and the Qur'an call homosexuality or anal sex or sex beyond matrimonial relationship as an abomination, it is not viewed in the European and American countries as a crime or sin. In Islamic law, there is more than one prescribed punishment. It deserves a punishment similar to that which is prescribed for sex between a married woman and a man other than her husband. History testifies that homosexuality was practiced openly among the people during the time of Prophet Luṭ (Lot, as), and Allah completely eliminated the entire community from the face of the earth. The author urges the civilized world to remember the severity of the divine punishments that were imposed on earlier communities for their wicked act. Therefore, if our collective wisdom fails to stop such abominable and detestable practices, we should be prepared to face the same disastrous consequences that occurred during the time of Prophet Luṭ (Lot, as).

#### DECLARATION

- **Conflict of interest:** The author declares no competing interest.
- **Authorship:** This work is the sole contribution of the author. He is responsible for the views expressed in the manuscript.
- **Funding:** No funding was received for this work.
- **Acknowledgements:** The author humbly acknowledges Allah (God) for His Guidance and Assistance, without which this work could not have been written and completed.

## REFERENCES FROM THE MODERN SCIENTIFIC RESEARCHES, THE BIBLE, THE QUR'AN AND PROPHETIC TRADITIONS

- National Institutes of Health (NIH) on August 1, 2002; <https://aidsinfo.nih.gov/news/105/hiv-infection-and-aids--an-overview>.
- <https://www.avert.org/professionals/history-hiv-aids/origin>.
- AFP, October 26, 1999, AFP *drug abuse*.
- Mann, J.M. (1989). AIDS: A worldwide pandemic' in Current Topics in AIDS Volume 2, edited by Gottlieb, M.S. et al. John Wiley & Sons).
- Science (1998) 'Oldest Surviving HIV Virus Tells All' (accessed 11/01/2016).
- Faria, N.R. et al (2014) 'The early spread and epidemic ignition of HIV-1 in human populations' Science 346(6205):56-61).
- <https://www.theguardian.com/notesandqueries/query/0,5753,-27837,00.html>.
- Brennan, R.O. & Durack, D. T. (1981) 'Gay compromise syndrome, Lancet 2(8259): 1338-1339.
- <https://www.avert.org/professionals/history-hiv-aids/origin>.
- Gao, F. et al (1999), 'Origin of HIV-1 in the chimpanzee Pan troglodytes troglodytes', Nature 397 (6718):436-441, PMID: 9989410.
- J Int AIDS Soc. 2008 Dec 24; 11: 9.
- UNAIDS, The Joint United Nations Program on HIV and AIDS, 2011; WHO, 2011; UNAIDS, 2012.
- UNAIDS, 2012.
- <https://us.triuneq.com/what-is-hiv-aids/>.
- <https://www.google.com/search?q=haart&oq=HAA RT&aqs=chrome.0.0j69i6112j0l3.4886j0j4&sourceid=chrome&ie=UTF-8>.
- An AFP News Report, Dated July 19, 2000.
- [www.informationvine.com/Answers](http://www.informationvine.com/Answers).
- An AFP News, Dated 26/10/2001.
- Steven Dowshen, MD, January 2015; <https://kidshealth.org/en/teens/aids.html>.
- <http://www.rethinkresistance.com/>.
- Chandra S et al, Therapeutic effects of Nigella sativa on chronic HAART- Induced hyperinsulinemia in rats Canadian Journal of Physiology and Pharmacology 87(4): 300-9 May 2009.
- <https://us.triuneq.com/what-is-hiv-aids/>; <https://us.triuneq.com/risks-and-side-effects-of-triuneq/>.
- Ibn Mâjah, Chapter Quarreling and Calamities, Hadith No. 4019.
- The Holy Bible, Leviticus 18:22.
- The Holy Bible, 1 Corinthians 7:2.
- The Holy Qur'an, Chapter Al-Baqara, 2: 223.
- The Holy Qur'an, Chapter Al-Isra', 17: 32.
- The Holy Qur'an, Chapter An-Nur, 24: 19.
- The Holy Qur'an, Chapter Hud, 11: 102.
- The Holy Qur'an, Chapter Al-A'raf, 7: 80-81.
- The Holy Qur'an, Chapter Al-A'raf, 7: 84.
- The Holy Qur'an, Chapter Al-Anbiya' 21: 74.
- Abu Dawood.
- Ibn Majah.
- at-Tirmizi.
- Ibn al-Qayyim.
- at-Tirmizi.
- Ahmad.
- Ibn al-Qayyim.
- Preventing sexual transmission of HIV, <https://www.hiv.gov/hiv-basics/hiv-prevention/reducing-sexual-risk/preventing-sexual-transmission-of-hiv>; Preventing HIV, <http://www.ashasexualhealth.org/stdsstis/hiv/preventing-hiv/>.
- at-Tirmidhi, Chapter, 40 hadith Nawawi 18, English translation, Hadith No. 18, hassan saheeh.
- The Holy Bible, 1 Corinthians 6: 18-20.
- The Holy Bible, Galatians 5: 19-21.
- The Holy Bible, Matthew 5: 32.
- The Holy Bible, 1 Corinthians 6: 9-11.
- The Holy Bible, Matthew 19: 9.
- The Holy Bible, 1 Corinthians 5: 1.
- The Holy Bible, 1 Corinthians 6: 13.
- The Holy Bible, Jude 1: 7.
- The Holy Bible, Leviticus 20: 13.
- The Holy Bible, Romans 1: 27.
- The Holy Bible, Genesis 19: 1-38.
- The Holy Bible, Romans 1: 26-28.
- Ibn al Qayyim (Rah), Healing with the Medicine of the Prophet (pbuh), translated by Jalal Abual Rub, 1991, Darussalam Publishers, Riyadh, Saudi Arabia.
- The Holy Qur'an, Chapter An-Najm, 53: 3-4.
- Sahih Al-Bukhari, Chapter Disease, Patient and Treatment Hadith No. 5277; Muslim, Chapter Salam Hadith No. 5579; Ahmad, Musnade Abu Hurayrah (ra), Hadith Nos. 7557, 9467, 10048; Ibn Majah, Chapter Treatment Hadith No. 3447.
- Hussain and Hussain, 2016; Nigella sativa (black seed) - Net Journals [www.netjournals.org/pdf/AMPR/2016/2/16-008.pdf](http://www.netjournals.org/pdf/AMPR/2016/2/16-008.pdf).
- [http://www.newcropslisting.info/listing/species\\_pages\\_N/Nigella\\_sativa\\_trends.htm](http://www.newcropslisting.info/listing/species_pages_N/Nigella_sativa_trends.htm).
- 'Study of the Effects of Nigella (Black Seeds) on Humans.' <https://www.bionatal.co/black-seeds>.
- Sylvia Luetjohann, "The Healing Power of Black Cumin", Paperback in June 1, 1998.
- Peter Schleicher, Mohamed Saleh – 2000, "Black Cumin: The Magical Egyptian Herb for Allergies, Asthma, and Immune Disorders, April 1, ISBN 10: 0892818433; ISBN 13: 9780892818433, Publisher: Healing Arts Press, 2000.
- [https://archive.org/stream/BlackSeedsBenefits/Black-Seeds-Benefits\\_djvu.txt](https://archive.org/stream/BlackSeedsBenefits/Black-Seeds-Benefits_djvu.txt).
- UNAIDS, The Joint United Nations Program on HIV and AIDS, 2011; WHO, 2011; UNAIDS, 2012 [www.islamicbulletin.org/newsletters/issue](http://www.islamicbulletin.org/newsletters/issue).
- <https://www.prlog.org/10265287-black-cumin-oil-the-wonder-ancient-herbal-remedy-with-over-6-drug-patents-in-the-us-and-uk.html>.
- <http://pfc.org.in/fac/nov2k.pdf>.
- <https://www.activationproducts.com/article/black-cumin/>.

67. Exp Biol Med (Maywood). 2009 Apr; 234(4): 442-53.
68. Mostafa Yakoot and Amel Salem, Int J Gen Med. Jan 12, 2011; 4: 45-51; <https://theblessedseed.com/black-seed-research/>; Bradford S. Weeks, MD, Black Seed for all that ails you, July 2014, <http://weeksmd.com/2014/07/black-seed-ails/>.
69. <https://www.peashealth.com/can-black-seed-cure-aids/>; <https://theblessedseed.com/black-seed-research/>.
70. <https://www.peashealth.com/can-black-seed-cure-aids/>.
71. <https://www.missionislam.com/health/blackseed.htm> 1.
72. <https://www.missionislam.com/health/blackseed.htm> 1.
73. <http://turntoislam.com/community/threads/alternativ-e-medicine.83152/>; International Immunity Magazine in August 1995.
74. <http://turntoislam.com/community/threads/alternativ-e-medicine.83152/>.
75. Collins, Danica, One of the Many Propolis Benefits: Possible cure of AIDS, <http://undergroundhealthreporter.com/propolis-benefits/>.
76. Gekker G, Hu S, Spivak M, Lokensgard JR, Peterson PK. Anti-HIV-1 activity of propolis in CD4(+) lymphocyte and microglial cell cultures. J Ethnopharmacol, 2005 Nov 14; 102(2): 158-63. Epub 2005 Jul 19.
77. Professor Dr. Nor Hayati Othman, Honey a Potential Treatment for Lupus, Cancer, AIDS, Report from the 2nd International Conference on the Medicinal Use of Honey, 13-15 January, 2010, Malaysia; e-mail: hayati@kb.usm.my.
78. Dr Wan Nazirah Wan Yusuf, Apitherapy News – The Internet's Best Source of Information About the Medicinal Use of Bee Products, published on Monday, February 15, 2010.
79. Onifade, A A et al, African Journal of Traditional, Complementary and Alternative Medicine (2013) 10(5): 332-335.
80. Journal of Infectious Diseases Photon 113; 2014; 264-269.
81. Journal of Immunity, Vol 12, No 4, 2014/15).
82. A A Onifade, A P Jewel, T A Ajadi, S K Rahamon ans O O Ogunrin, Effectiveness of a herbal remedy in six HIV patients in Nigeria, ELSEVIER Journal of Herbal Medicine, Volume 3, Issue 3, September 2013, Pages 99-103; <https://www.sciencedirect.com/science/article/pii/S210803313000456#!>. <https://italisvital.info/black-seed-nigella-sativa-cures-hiv-aids/>
83. Can J Physiol Pharmacol. 2009 Apr;87(4):300-9, doi: 10.1139/Y09-014).
84. <https://www.sciencedaily.com/releases/2018/04/180402160754.htm>.
85. The ScienceDaily, April 17, 2018 <https://www.sciencedaily.com/releases/2018/04/180417115716.htm>.
86. [https://www.tcd.ie/news\\_events/articles/scientists-discover-how-hiv-evades-the-immune-system/8835](https://www.tcd.ie/news_events/articles/scientists-discover-how-hiv-evades-the-immune-system/8835); international journal, *EBioMedicine*; June 2016, Volume 8, Page-217-229. <http://www.gulf-times.com/story/590010/New-study-shows-how-HIV-evades-the-immune-system>.
87. <https://www.sciencedaily.com/releases/2018/04/180417115716.htm>.
88. <http://www.rethinkresistance.com/>.
89. The Holy Qur'an, Chapter An-Nahl 16: 68-69.
90. Ibn Mâjah, Chapter Treatment, Hadith No. 3450; Mu'zamal Awsat, Hadith No. 408.
91. Ibn Mâjah, Chapter Treatment, Hadith No. 3452.
92. The Holy Qur'an, Chapter Al-Isra', 17: 82.
93. at-Tirmidhi.
94. Sahih Al-Bukhari, Chapter 71, Disease, Patient and Treatment, Hadith No. 5267.
95. Mohammad Akram Randhawa and Mastour Safar Alghamdi, *Am. J. Chin. Med.* 39, 1075 (2011).
96. About black seeds, common uses of Nigella sativa oil, Increases immunity, <https://www.bionatal.co/black-seeds>
97. Sahih Al Bukhari and Sahih Muslim as quoted in Riyadh us-Salaheen, No. 1629.
98. Sahih Muslim, Hadith No.5399, 3140.
99. Musnade Ahmad, as quoted by Qardawi, p. 150, Jabir Ibn Abdullah (ra), Hadith No. 14651.