

Mawlana Shaykh Muhammad Adil ar-Rabbani

When to Do Hijāmah?

As-Salāmu ‘Alaykum wa RaḥmatuLlāhi wa Barakātuh.

A‘ūdhu BiLlāhi Minash-shayṭāni r-rajīm. BismiLlāhi r-Raḥmāni r-Raḥīm.

Wa ṣ-Salātu wa s-Salāmu ‘alā Rasūlinā Muḥammadin Sayyidi l-Anwālina wa l-Akhirīn.

Madad yā RasūlAllāh, Madad yā Sādāti Aṣḥābi RasūliLlāh, Madad yā Mashāyikhinā,

Dastūr Mawlana Sheikh Abdullah al-Fā’iz ad-Dāghistani, Sheikh Muḥammad

Nāẓim al-Ḥaqqānī. Madad. Tariqatunā aṣ-Suḥbah wa l-Khayru fi l-Jam‘iyyah.

Our Prophet ṣallā Llāhu ‘alayhi wa-sallam is saying, there can be treatment without illness. And there is treatment when illness comes as well. But the most important thing is people should be careful about what they eat and drink, how they live to be cured.

There are two ways of treatment. One of them is very rarely used now. “Al-ḥijāmah wa l-kay”, making ḥijāmah and cauterization. It is when you heat something like iron and cauterize some parts of your body. There must be competent people in that field. Everyone can make ḥijāmah. And they do so. There is no problem with that. But the other one, unfortunately, apart from not being used often, it had a lot of benefit for patients who needed surgery and hopeless patients. Many people may claim to know it and then burn everyone. So there’s no need for that now.

What’s important is ḥijāmah. It is both sunnah and cure. And it is its time now. When the pomegranate tree starts blossoming, the time for ḥijāmah starts. That is the most beneficial time. Certainly, ḥijāmah can be made in other times as well, when there is a need. But the beneficial time is now: the time of pomegranate blossoming. With the permission of Allāh ﷻ, it has lots of benefit. And the greatest benefit is for blood pressure. Our Prophet ṣallā Llāhu ‘alayhi wa-sallam had mentioned it since that time. People didn’t know about it. They say, “Blood rush.” Blood rush means blood pressure.

It is very beneficial for that, and it is beneficial for many things. However, people have now turned it into business. In order to earn money, there are some people who advise to have ḥijāmah every day. Blood is not an easy matter to do that to. Therefore, it has its time. You cannot take blood every day and every month. Actually, it is enough to take blood once a year. But when there is a need, it can be taken twice. You may take in spring the first time, and in fall for the second time.



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They go and take it out with pumps. Pumping is wrong. Pumping pumps normal blood. But when it is by heating the cup, that takes out the dirty blood. Therefore, we must pay attention to that as well. We must pay attention to days. The most important thing also is hygiene and cleanliness. That is very important. May Allāh ﷻ protect us, instead of cure, illness may come through blood. When there are people who are not competent in their work and don't know anything about it, it happens like that. And now they have found the easy way. They put pumps and start pumping the blood. As we said, it takes out normal blood. It has no benefit. On the contrary, it can weaken the body.

By the wisdom of Allāh ﷻ, He ﷻ has given everything method, days and hours. You must know what to do, when and how. And we must have it done by such people. May Allāh ﷻ give cure. And may He ﷻ accept it as Sunnah and cure for the people who need it. Therefore, this is important. This time now is good for it. It is even more beneficial to do it after the 15th of the Hijrī Calendar. Nevertheless, it can be done in the beginning of the month if there is a need. But in terms of days, it can be done any day except Wednesday and Saturday. May Allāh ﷻ be pleased with you. May you have cure, in shā'a Llāh.

Wa min Allāhi t-Tawfiq. Al-Fātiḥa.

Mawlana Sheikh Muhammad Adil ar-Rabbani
15 May 2025/ 17 Dhu l-Qa'dah 1446
Fajr Prayer – Akbaba Dergah, Istanbul



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