



A Panacea for Diseases of the Heart

“O Mankind! There has come to an exhortation from your Lord, a healing for the diseases in your hearts, a guidance and mercy for believers. Say: the bounty of Allah, and in His mercy – in that let them rejoice, that is better than the wealth they hoard”

(Surah Yunus: Ayaat 57-58)

يَتَأْتِيهَا النَّاسُ قَدْ جَاءَتْكُمْ مَوْعِظَةٌ مِّن رَّبِّكُمْ وَشِفَاءٌ لِّمَا
 فِي الصُّدُورِ وَهُدًى وَرَحْمَةٌ لِّلْمُؤْمِنِينَ ﴿٥٧﴾ قُلْ بِفَضْلِ اللَّهِ
 وَبِرَحْمَتِهِ فَبِذَلِكَ فَلْيَفْرَحُوا هُوَ خَيْرٌ مِّمَّا يَجْمَعُونَ ﴿٥٨﴾

The Glorious Quran is literally the word of Allah, and as such it is the greatest gift of our Lord. It's a complete manual for seeking Allah's will. It is the only book of Allah which has remained in its original and pristine form not a dot obliterated nor a vowel added. It has remained remarkably unaltered in 1444 years.

In these verses, four outstanding features of this Great book are mentioned.

First it is called Mauzat, which means a sincere and useful advice and reminder. The Quran constantly reminds man of his relation to his creator and tells the reader of his duties and responsibilities. “O man! What has deceived you from your generous Lord.” The Quest for peace of mind and tranquillity are important requirements for a healthy individual and a peaceful society. The Quran gives us an excellent piece of advice about achieving peace of mind, it says, “Surely in the remembrance of Allah do hearts find satisfaction. For those who believe and work, righteousness is every blessedness, and a beautiful place of final return.” (Surah Ar-Raad, Ayaat 28-29)

The second description is it is a healer. In Allah's revelation is a healing for the broken soul, hope for spiritual future, and joy in the forgiveness of our sins.” It is a healer in the sense that its antidote against moral poisons; hate, greed, selfishness, pride and hypocrisy. By condemning these vices and warning against their awful consequences the Quran frees the human heart of such weaknesses. After cleaning the heart the Quran decorates it with positive values like love, honesty humility and truthfulness. Mustafa ﷺ said, “For everything there is a cleaner, and the cleaner for the heart is the Quran and Dhikrullah.”

The third feature of the Quran is that it is a guidance. It makes a clear cut distinction between truth and falsehood. Removes doubts. Illuminates the straight path and highlights pitfalls along the arduous and dangerous journey of misery and death and brings him into the blessed paradise of perfect bliss.

Fourthly, the Quran is mercy. Like a blind teacher it doesn't merely teach and give rules and regulations, it lovingly and tenderly holds our hand in times of crisis. The beautiful counsel, the purification of the heart the showing of the straight path are all aspects of this mercy.

After outlining the benefits and values of this glorious book, we are told to rejoice and to be happy and content with having God's masterpiece. It is more valuable than all that we could amiss from worldly things. According to some commentators of the Quran, Ayah 57 of Surah Yunus reveals the four processes of human perfection:

- i. The Mauzat refers to avoiding evil activities;
- ii. Shefa ul lema - points to purification of the heart;
- iii. Huda is the adoption of truth as a way of life;
- iv. Rahmah is the rain of Allah's kindness on a clean body and soul.

Imam Fakhrudin Razi has alluded that “these four Quranic descriptions respectively stand for: Shariat, Tariqat, Haqiqat and Nubuwat.” What do you understand by these terms and how they relate to the four features of the Quran described above?