

# Introduction to the Book “The Disease and the Cure” of Imām Ibn al-Qayyim Al-‘Allāmah Ṣāliḥ al-Fawzān

Ibn al-Qayyim (رَحْمَةُ اللَّهِ) was asked about the disease of the heart and its cure. The intent of disease of the heart [here] is the spiritual disease not a physical disease. The hearts become physically sick, and the treatment is found with the medical doctors through the recognized medicines, operations and procedures. This [form of disease] poses a serious threat to life alone.

The second type – and this is the more dangerous disease – is the spiritual disease that afflicts the hearts. This occurs due to sins and acts of disobedience, as they cause the hearts to become sick, as Allāh (سُبْحَانَهُ وَتَعَالَى) said:

فِي قُلُوبِهِمْ مَرَضٌ فَزَادَهُمُ اللَّهُ مَرَضًا

“In their hearts is a disease and Allāh has increased their disease.” [Al-Baqarah: 10]

فَلَا تَخْضَعْنَ بِالْقَوْلِ فَيَطْمَعَ الَّذِي فِي قَلْبِهِ مَرَضٌ

“Then be not soft in speech, in case he in whose heart is a disease should be moved with desire.” [Al-Aḥzāb: 32]

This [last verse] is referring to the disease of lusts, because the diseases of the hearts are divided into two categories: the disease of doubts and the disease of lusts. The disease of lusts arises from sins and acts of disobedience, and the disease of doubts arises from uncertainty and unorthodox doubts [about the religion]. The latter affects belief, and this the most dangerous. The cure for this is not through medicines,

operations nor procedures. The only cure is to turn to Allāh with repentance and righteous deeds. This is the cure for the hearts. Similarly, through beneficial knowledge, which is found in the Book of Allāh and the Sunnah of His Messenger (صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ). This is the cure for this disease.

And Allāh, the Mighty and Majestic, revealed the Qur’ān as a cure for the hearts and a cure for the bodies as well. The Qur’ān is a cure for the spiritual diseases and the physical diseases. Allāh, the Mighty and Majestic, said:

قُلْ هُوَ لِلَّذِينَ آمَنُوا هُدًى وَشِفَاءً

“Say: ‘It is for those who believe, a guide and a healing.’”  
[Fuṣṣilat: 44]

And He said:

وَنُنزِّلُ مِنَ الْقُرْآنِ مَا هُوَ شِفَاءٌ وَرَحْمَةٌ لِّلْمُؤْمِنِينَ

“And We send down the Qur’ān, which is a healing and a mercy to those who believe.” [Al-Isrā: 82]

The cure for the hearts is found in the Qur’ān, repentance and righteous deeds; these three things. This is the treatment for the hearts, [and the disease of the hearts] is more dangerous than disease of the bodies because the danger of disease of the bodies is death and pains; however, the danger of disease of the hearts is the Hellfire – and refuge is sought with Allāh – and punishment. This is more harmful.

The more sins a person commits, the sicker their heart will be, and the more doubts they have, the sicker their heart will be

until the heart dies. The heart gradually becomes sicker until it dies if it is not treated through repentance, righteous deeds and the Qur'an; it will die. Thus, it will not have any feeling, awareness, jealousy or love for good. If the heart dies, then there is no benefit in it:

فَلَمَّا زَاغُوا أَزَاعَ اللَّهُ قُلُوبَهُمْ

“And when they deviated, Allah caused their hearts to deviate.” [Al-Şaff: 5]

This is death – and refuge is sought with Allāh.

This book addresses this subject, as it clarifies the danger of sins and acts of disobedience and the cure for them. For this reason, it was titled ‘The Sufficient Answer for the One Who Asked About the Remedial Cure’ and in some manuscripts ‘The Disease and the Cure,’ meaning the disease of the heart and its cure.

Without doubt, Allāh has not sent down a disease except that He has sent down a cure, whether it is a spiritual disease or physical disease. He revealed the cure out of mercy, and He did not leave His servants without a cure and treatment.

Translated by Hassan Somali  
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**The Coronavirus is a contagious disease that requires us to take the necessary precautions, but are we taking measures to fight diseases that plague the hearts and souls, which are even more severe and deadly? May Allāh protect us all.**