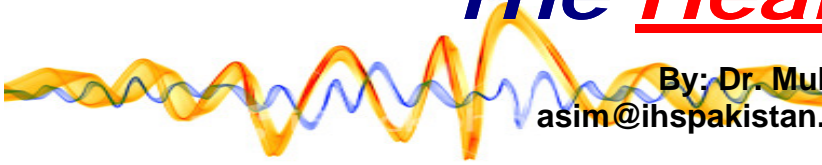


The Healing Sound



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Summary:

Recitation of the Qur'anic verses can have healing effects that are mediated through both the tongue movements and sound waves.

Healing can be mediated through recital of some specific verses and words that involve touching of the tip of the tongue on the 'magic spot' located in the hard palate on the back of the gums of upper incisors (front teeth). Touch of tongue stimulates the mechanoreceptors located underneath the mucosal lining covering the hard palate, which in turn activates more obscure processes in the brain leading to health positive effects. The sacred words specially related with the 'magic spot' include 'Allah', 'La ilaha illallah' the first four 'kalima's and specially the verse about whom the Prophet (PBUH) has said that it gives cure from 99 diseases:

"Lahaula wala quwata illa Billah L-Aliyyil-Adhim"

Effects of sound waves generated during Qur'anic recitation are mediated by two mechanisms. Firstly, through the ears sound waves are converted into electrical stimuli that activate the Auditory area of the brain that in turn stimulates release of chemicals and messengers that have healing properties. Secondly, the sound waves especially at frequencies ranging from 50 – 800 db pass through the body and in the process they are transduced by the body tissues and cells leading to a positive change in the vibratory frequency of the cells and generation of electrical stimuli.

Discussion in the following pages make it clear that stimuli are generated as a consequence of movements of tongue and the effects of sound waves on the body and the brain but it is still not clear that how these stimuli promote health. More work is needed. However on face value we can correctly assume that they must have healing effects as Allah in very plain terms has disclosed in the Holy Qur'an:

"And We sent down in the Qur'an that which is healing and a mercy to those who believe" (Qur'an 17:82)

Medical science has made rapid progress during the last two centuries; treatment modes have changed. This development has been largely focused in one direction: the pharmaceutical industry driven Allopathic Medicine.

Human beings have existed in this world for a much longer time. During all the eras and phases of history cure from disease has been of prime concern to mankind. Various holistic approaches have been explored and practiced based on a variety of philosophies. Even today people seek cure through other modes like the Traditional Chinese Medicine,

the Unani Medicine, Homeopathy, Acupuncture, Herbal Medicine, etc. And patients do get cured with them as well.

Being a medical doctor and a practicing Physician I have always been fascinated with the multiple approaches that one can adopt to treat diseases. After 15 years of medical practice based on the knowledge of modern day medicine I believe that there are other effective ways to treat that can supplement medical treatment.

Allah, the Creator, has made some very categorical statements in this regard:

"O Mankind: There has come to you a direction from your Lord and a healing for the (disease) in your hearts - and for those who believe a guidance and mercy!" (Qur'an 10:57)

"And We sent down in the Qur'an that which is healing and a mercy to those who believe; to the unjust it causes nothing but loss after loss" (Qur'an 17:82)

"Those who believe and whose hearts find rest in the remembrance of God, for in the remembrance of God do hearts find rest" (Qur'an 13:28)

Scientifically healing effects of reciting Qur'an have not yet been studied in detail; medical science of the 21st century does not understand the exact processes and chemical reactions that take place during recitation. However with the belief that what ever Allah has said is true we can relate the modern day scientific findings with the hints and leads given by the Creator to hypothetically postulate a viable but vague bio-electro-mechanical model of some of the processes that may be taking place. I have tried to do the same thing. It is my ignorant view based on my limited knowledge and may not be true. Only Allah knows best.

Every action needs some input. In the case of healing through Qur'an what can be that input? Let us analyze the different forces, factors or events that are involved in recitation and can be the input leading to healing effects. Body parts involved in recitation are:

1. Vocal cords, tongue & lips: Read or recite.
2. Eyes: See (reading).
3. Ears: Listen (reciting in a loud voice or if listening to a recorded source).
4. Brain / Mind: to analyze and absorb the meanings and the sound.

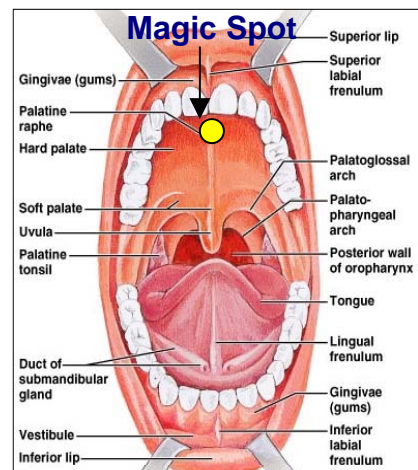
Activities that take place during recitation include:

1. Movements of lips, tongue and vocal cords.
2. Generation of sound waves.
3. Perception of sound waves by the brain and the body as a whole.

I could only relate the tongue movements and the effects of sound waves with healing. I have failed to understand the role of lips and vocal cord movements or the effects of meanings mediated through nerve impulses triggered in the brain and elsewhere.

Effects of Tongue Movements

You must have noticed the tongue moving and touching the walls of the oral (mouth) cavity while we speak. Recently scientists have found out that there are very



sensitive receptors underneath the mucosal lining of the oral cavity specially the hard palate. These receptors are stimulated when even lightly pressed by the tongue. It has been documented that this pressure at various points is responsible for initiating the swallowing reflex and other motor movements when we have food in the mouth cavity.

For a moment say the word "ALLAH" and notice your tongue. The tip of the tongue gently presses against a spot (see the spot in the figure above) on hard palate in the mid line just above the back of the gums of the upper front teeth (incisors). Pressure on this spot stimulates release of signals from *mechanoreceptors* embedded in the mucosa covering the hard palate.

Allah All Mighty has 99 names (Asma ul Husna). All of them indicate different characteristics of God. Only "ALLAH" is the name (al-ism al-a'zam, the Greatest Name) that God has chosen for himself. Why not some thing else? God could have taken any name. Why specifically this word. Can the sound of ALLAH have healing powers?

Signals generated through pressure at this 'magic spot' are transmitted to centers in the brain; here what these signals do is not yet known. At least we can very safely assume that they cannot be harmful. They must be beneficial as they relate to the name of our Creator.

An authentic saying of the Prophet Muhammad (PBUH) further supports the possibility of this spot possessing some magical properties. He (PBUH) is reported to have said that reciting the following verse a 100 times daily has cure for 99 diseases and the most minor disease among them is Leprosy:

"Lahaula wala quwata illa Billah L-Aliyyil-Adhim"
("There is no power and strength except in Allah, the Exalted, the Majestic")

Now again notice the finely calibrated knock on the 'magic spot'. The tip in a very rhythmic fashion presses against this magic spot almost 10-12 times in about 3 seconds that are consumed in one recital. The advise of the Prophet (PBUH) is for continuous recitation for a 100 times resulting in 1200-1300 continuous harmonically synchronized knocks.

Here I would also draw your attention towards another saying of the Prophet (PBUH):

"Jabir (RAW) reported: I heard the Messenger of Allah (PBUH) saying, 'the best way to remember Allah is to say: La ilaha illallah (there is no God but Allah).'"
(Ref: Tirmidhi)

Once more notice tongue movements during the recital of 'La ilaha illallah'. Same spot is touched four times in an amazingly synchronized manner. Tuk Tuk . Tuk Tuk.

It is worth mentioning that more than routine involvement of this spot is also observed while reciting all the Kalma's specially the first four:

Kalma Tayyab: "Laa ilaaha illal Lahoo Mohammadur Rasool Ullah"

Kalma Shaadat: "Ashahado An Laa ilaaha illal Laho Wa Ash Hado Anna Mohammadan Abdo Hoo Wa Rasoolohoo"

Kalma Tamjeed: "Subhanallahe Wal Hamdulillahe Wa Laa ilaha illal Laho Wallahooakbar. Wa Lahaula Wala Quwwata illa billahil AliYil Azeem"

Kalma Tauheed: "Laa ilaha illal-Lahu Wahdahoo Laa Shareekalahu Lahul-Mulko Walahul Hamdo Yuhee Wa Yumeeto Wa Hoa Haiy Yul La Yamooto Beyadihil Khair. Wa hoa Ala Kulli Shai 'in Qadeer"

Involvement of this particular ***magic spot*** during recital of some of the most important words and verses in Islam besides the one prescribed by the Prophet (PBUH) as cure cannot be a coincidence. Every thing ordered by Allah is very well thought of; human intelligence cannot comprehend it. It becomes even more interesting when we notice that during our daily conversation or routine recital of Holy Qur'an, this spot is not involved as much and in the same rhythmic manner as it is during recital of the prescribed verse.

Scientific research has pointed out towards existence of very sensitive '*Mechanoreceptors*' in the oral cavity including the hard palate. Although these studies were not done to prove this hypothesis but I have benefited from them by correlating them with the '*magic spot*' phenomenon discussed above. I have here reproduced abstract of one of those studies that documents complex sensory perception of these receptors involved in initiation of reflexes and coordination and timing of patterned motor behaviors. (*For my non-medical friends I have highlighted the main points in italics*):

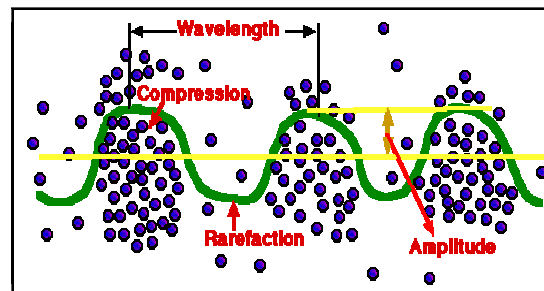
Study: Mechanisms of Oral Sensation.

Norman F. Capra, Department of Oral and Cranio-facial Biological Science, University of Maryland Dental School, 666 W. Baltimore St., 21201 Baltimore, USA.

Sensory nerves that supply *mechanoreceptors* in the mucosal lining of the oral cavity (*incl. mucosa lining the hard palate*), pharynx, and larynx provide the substrate for a variety of sensations. They are essential for the *perception of complex or composite sensory experiences* including oral kinesthesia and oral stereognosis. Relevant to the concerns of the oral health care delivery specialist they also contribute to *initiation of reflexes and coordination and timing of patterned motor behaviors*. The response of oral mechanoreceptors to natural stimuli is determined to a large degree by morphological factors such as the nature of the relationship between nerve ending and certain cellular specializations, their distribution in the mucosa, the diameter of their primary afferent nerve fibers, and the *central distribution of these fibers in the brainstem*. Because of morphological similarities to certain cutaneous mechanoreceptors, the mucosal lining may be considered as an *internal continuation of the large "receptor sheet"* for *localization and detection of mechanical stimuli*. In some regions of the oral, pharyngeal, and laryngeal mucosa, this analogy is appropriate whereas in others, existing data suggest a different role consistent with regionally specific demands (i.e., initiation of protective reflexes).

Frequency of Sound Waves

Sound is basically a compression waveform at a certain frequency. Sound can move through air or other materials like water or solids. It causes vibration in the object it strikes.



Sound is a primitive & powerful force. It has been used to blast off mountains; in medicine Radiologists use it for scanning the body in the form of ultra sound and Urologists use it to break Kidney and Gall Bladder stones. Creation of the earth was through a massive sound when Allah All Mighty said the very powerful word "***Kun***"; and its end, the doomsday will also be through an extremely powerful sound form called '***Soor***' that will destroy the whole world. As Qur'an reveals:

"And when the trumpet shall sound one blast; And the earth with the mountains shall be lifted up and crushed with one crash". (Al-Qur'an 69:13-14)

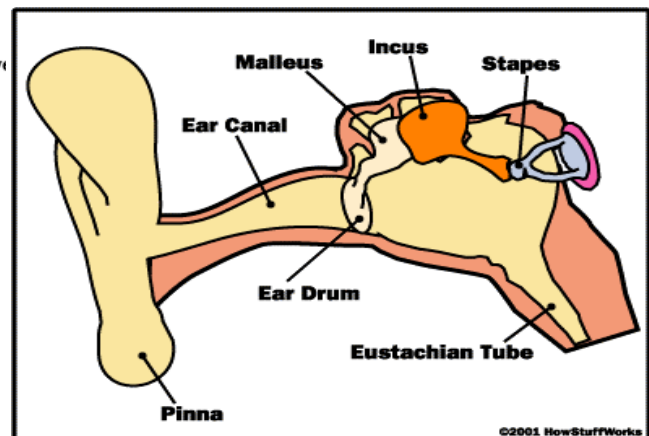
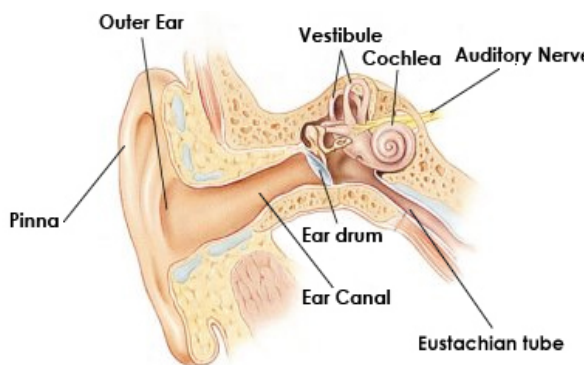
"For when the trumpet shall sound; Surely that day will be a day of anguish; Not of ease, for disbelievers." (Al-Qur'an 74:8-10)

For centuries, healers have intuitively used sound's therapeutic powers. In ancient cultures, many examples of use of sound and vibration as treatment are found. Numerous tools have been used since the beginning of time to create music that aids healing: planetary gongs and Tibetan bowls, didgeridoos, rattles and drums.

Even today, a growing number of medical professionals are embracing sound as an effective tool for healing. It has been proved that the entry of sound waves into the human body is not just through the ears. We also hear and perceive sound by skin and bone conduction. We are sensitive to sounds in ways that most people do not even consider. It passes through the body and in the process the human tissues transduces *pressure waves* (sound waves) into *electrical stimuli* primarily by means of the *pacinian corpuscles* (a special type of mechanoreceptors). The frequency range in which the human tissue can transduce sound waves lie between 50 and 800 cycles per second while the human ear is sensitive to sound waves between 20 and 20,000 cycles per second. Now lets see what sound waves do when they enter the body:

Entry through Ears – The Hearing Effect:

Ears are extraordinary organs. They pick up all the sounds around us and then translate this information into a form that brain can understand. A remarkable aspect of this process is that it is completely mechanical. On the other hand the senses of smell, taste and vision all involve chemical reactions.



The *pinna*, the outer part of the ear is like an *antenna*. It "catches" the sound waves. Outer ear is pointed forward and has a number of curves that determine the direction of a sound. *Sound reflection* by pinna alters the pattern of the sound wave. Your brain recognizes the distinctive patterns and determines whether the sound is in front of you, behind you, above you or below you. Once in the ear canal, sound waves vibrate the *tympanic membrane* (*eardrum*). This vibration translates through a group of 3 very small bones (smallest bones of the body), the *ossicles* into a force that acts as a piston creating waves in the inner-ear fluid to represent the air-pressure fluctuations of the sound wave.

Fig: Sound waves vibrate the eardrum, which moves the *Ossicles*: malleus, incus and stapes

The ossicles amplify the force from the eardrum. This amplification system is extremely effective. The pressure applied to the cochlear fluid is about 22 times the pressure felt at the eardrum. This pressure amplification is enough to pass the sound information on to the inner ear, where it is translated into electrical information that is transmitted by the *cochlear nerve* to *cerebral cortex*, the part of brain that contains the hearing center and provides us the final perception of sound.

Entry through Body Tissues – The Vibratory Effect:

The Bible equates "the Word", a form of sound, with God and creation:

“In the beginning was the Word, and the Word was with God, and the Word was God.” (John I: 1-2)

Waves in sound move at certain frequencies. Rather sound in itself is a frequency just like light, aroma, vibration, music, brain waves or nerve impulses that are all frequencies. Everything, as its most common denominator, is frequency. In reality, there are no solids. We exist in a universe that consists entirely of energy at different frequencies. Einstein proved this. Frequency defines it.

Everything in the universe is in a state of vibration creating sound waves at variable frequencies. Each celestial body, in fact, each and every atom, produces a particular sound frequency on account of its movement, rhythm or vibration. This includes the human body. Every organ, bone, tissue and other parts of the body have a healthy resonant frequency (vibratory rate of an object). When that frequency alters, that part of the body vibrates out of harmony and this is what is termed disease. If it were possible to determine the correct resonant frequency for a healthy organ and then project it into that part which is diseased, the organ should return to its normal frequency and healing should occur. Our body is receiving and absorbing sound frequencies all the time from its surroundings. These external sound frequencies together with the vibration of the body organs make up a composite frequency, a harmonic that is your own *personal vibratory signature*. This signature encircles the whole body with a field, like an aura.

How does the body know what to do with all of the frequencies it receives? The body hears frequency. The ears change that sensory input into biochemical impulses and send that information to the brain. The eyes feast on frequencies of light input, change those impulses into biochemical energy and send that information to the brain. The nose receives frequencies of aromas and changes it into biochemical input and sent it to the brain. Each sensory organ collects information as frequency input and changes that input into biochemical impulses, which it sends to the brain. The brain in turn digitizes the information and redistributes it to systems and functions of the body to maintain homeostasis.

Sound at different frequencies when enters the body it is not only translated into electrical signals but it also comes in contact with the body cells and alters their basal vibratory resonance that can be detrimental or beneficial for the body depending on the frequency of sound.

Researchers are desperately trying to find the healing frequencies. There's plenty of scientific proof that it can be effective for everything from enhancing the mental faculties, reducing stress and boosting mind-power. Many studies in recent times have shown that music (sound) can reduce pain and ease anxiety during surgical procedures. In a German study there were lower levels of stress hormones in the bloodstreams of patients having endoscopies when they listened to the music of their choice during the procedures. At the Bethesda Naval Medical Center in Maryland, USA, doctors found that men who listened to music during sigmoidoscopies felt more relaxed during this uncomfortable examination.

Sound therapy can make you smarter, too—at least temporarily. A study at the University of California, USA, found that college students who listened to Mozart for 10 minutes scored eight to nine points higher on intelligence tests than they did after sitting in silence

for the same amount of time. However the effect lasted only 10 to 15 minutes, after which the scores returned to normal.

Another study from Louisiana State University in Shreveport, USA, concluded that listening to slow and easy music lowered heart rates and allowed longer training sessions in a group of 24 young adults. While listening to hard-driving rock music had the opposite effect: heart rates increased and workouts were shorter when the subjects tuned in to rock 'n' roll. A new branch of sound therapy, called *Music Thanatology*, has evolved that seeks to ease the emotional and physical suffering of terminally ill patients through soothing sounds at specific frequencies.

In one of the few medical studies conducted on listening to the recitation of Holy Qur'an Dr. Ahmed E. Kadi and Associates (Cairo), have shown a reduction in blood pressure, heart rate, and smooth muscle relaxation in Muslims as well as non-Muslims.

There should be no doubt that the *sounds of the words of Allah* have divine healing powers. Allah has made the work of scientists easier by revealing the healing frequencies:

"And We sent down in the Qur'an that which is healing and a mercy to those who believe; to the unjust it causes nothing but loss after loss." (Qur'an 17:82)

Sound of recitation enters the body just like all other sounds or frequencies:

- Through the ears into the brain, and
- Directly into the organs and tissues.

All of us are familiar with the first type of entry mechanism as this is what we hear; its effect is the audible sound, which in case of Qur'anic recitation would result in pleasing and positive effects mediated through unknown processes taking place in the brain.

The second mode is entirely different. In this case, sound wave frequencies pass right through the body organs and tissues, in the process altering the vibratory resonance of the body cells into a healthier pattern and getting converted into electrical stimuli.

Prophet (PBUH) always stressed reading Qur'an loudly and not silently by saying:

"The comparison between a silent reader and a recitor is like a bottle of perfume when it is closed and when it is opened".

Allah has also emphasized reciting Qur'an slowly (*with pauses*) for complete absorption of its effects. That means that if we recite very fast then the frequencies can overlap and mingle up resulting in a vibratory chaos thus rendering the beneficial effects useless.

Effects of Recitation with Understanding

Our Qur'anic understanding can take various forms:

- Simple comprehension of the literal meaning. Such comprehension must be the bare minimum requirement, the key to all other stages, but it is not enough.
- *The next step is to find out how the Islamic scholars have understood it, either by hearing their expositions or reading their exegeses and other sources.*
- *Third is to study and ponder, on your own in order to discover and absorb the meanings using your imagination and knowledge. And,*
- *Finally to discover the benefits of its meanings and commands by obeying the messages and fulfilling the duties and mission that it entrusts us.*

If someone recites Qur'an properly and with understanding of its meanings it would have a pleasant and positive effect on the body besides the spiritual gains.

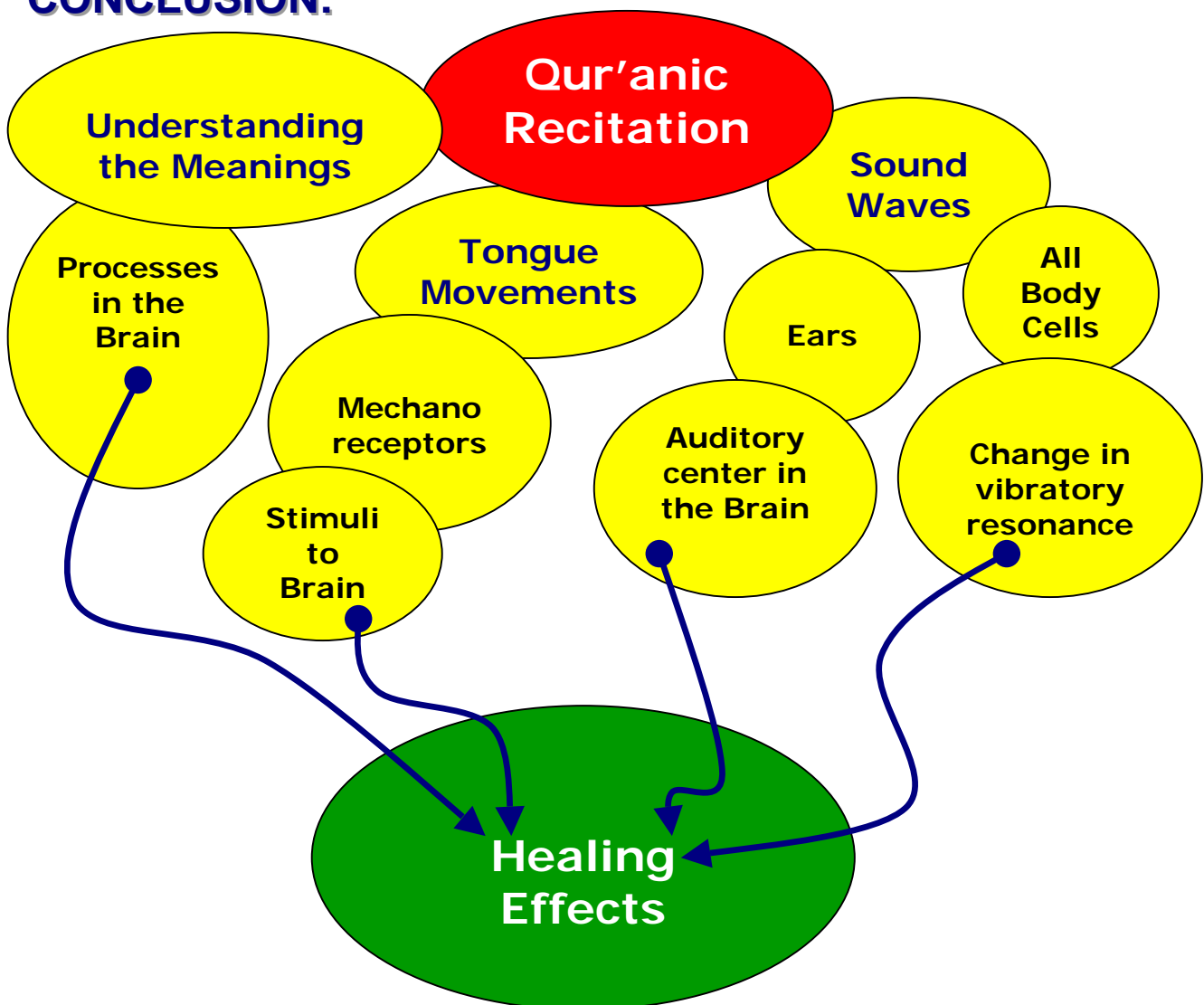
Qur'an is guidance and mentor for everyone. It's a complete book of life. There is a lot more to it than what the eye catches. In between the lines and beneath the simple meanings there are treasures of wisdom and knowledge for us to explore and benefit. Man is yet to decipher many of the codes that it contains.

Understanding it is therefore vital; otherwise it will remain no more than a sacrament. Allah has openly invited mankind to understand the Qur'an instead of just reciting it without comprehending the meanings. At so many places the Lord of the lords asks us: Why you hear not? Why you see not? Why you think not? Why you reason not? Why you ponder not? Why you understand not? Why you take not to heart? To whom are these invitations addressed if not to every human being who possesses the senses of hearing, seeing and thinking?

“What, do they not ponder the Qur'an? Or, is it that there are locks on their hearts (Muhammad 47:24)”

“Indeed we have made this Qur'an easy for understanding and remembering (dhikr). Is there any, then, that will take it to heart” (Al-Qamar 54: 17)

CONCLUSION:



The Divine Prescriptions

In light of the above discussion we can formulate a very effective and convenient prescription for healing that is not only free of cost but also free of side effects:

Prescription # 1

Recital of verses and words that have unusual rhythmic involvement of the 'magic spot' are healing for the body. The Prophetic prescription of reciting "*Lahaula wala quwata illa Billah L-Aliyyil-Adhirr*" 100 times daily should be made a regular practice. All patients with chronic problems would immensely benefit from it besides in healthy people it would help in prevention and promoting health as a whole. Experience indicates that it is easiest to do so if one can make a habit of reciting it before going to bed. Also please remember to recite it a hundred times in one go. The knock at the magic spot has to be sustained otherwise the exact dosage will not be delivered. It is also advisable to do so in a state of **wudu** as it is a basic pre-qualification for the prayers to be accepted as is apparent from a Hadith about a blind man who asked the Prophet (PBUH) to restore his sight. The Prophet (PBUH) taught him a dua to recite, but He (PBUH) didn't say to him, "Go and read this dua". Instead He (PBUH) said to the blind man: "*First go to the ablution area and make ablution.*"

Prescription # 2

Every day recite in a loud voice or listen to a good quality audio of *Qur'anic Recitation* for at least 5-10 minutes. More would be even better. Ideally environment should be calm, quiet and free from other noises. Best time would be early morning before starting work. Chronic or terminally sick patients should have an audio player in their room and listen to 30 to 60 minutes of recitation 2-3 times daily.

Prescription # 3

Make a habit of reciting '*La ilaha illallah*', the other '*kalimas*' or simply '*Allah, Allah*' in your free time like walking, driving, climbing stairs, etc. Nothing can be a better utilization of your time than the remembrance of Allah.

Prescription # 4

Always make a genuine effort to understand the '*meanings*' of the recited verses. First know the literal meanings and follow it up by reading authentic commentaries by Muslim scholars. Afterwards ponder through your imagination on the verses of Allah as they can have multiple meanings and explanations.

Note:

1. *Have complete and unbreakable faith in Allah and the Last Prophet Muhammad, peace be upon him.*
2. *Wudu (purification) is an important pre-requisite to attain maximum benefit.*
3. *Though faith is an essential ingredient but still Non-Muslims can also gain health benefits by following this prescription, as Allah has no limits.*
4. *Death is pre-destined and fixed. When the time will come no prescription will work.*

Here I also wish to emphasize that we must not view Qur'an as a substitute for medical treatment. Anas ibn Mas'ud reported that the Prophet (PBUH) said:

“Verily, Allah has not let any malady occur without providing its remedy. Therefore seek medical treatment for your illnesses.” (Nasa’i, Ibn Majah, and al-Hakim)

Jabir (RAW) narrated that the Messenger of Allah, peace be upon him, said:

“There is a cure for every disease. Whenever an illness is treated with its right remedy, it will, by Allah’s permission, be cured.” (Sahih Muslim)

“God did not send down an illness for which He did not send a cure, except old age” (Sahih Bukhari)

When the Prophet (PBUH) was ill, he sought medical treatment although the Prophet (PBUH) knew the Qur'an by heart and he recited it all the time. Yet, he wished to show us that trying to overcome an illness by proper medicine or herb is necessary. It is not acceptable, from the Islamic point of view to deny the body by saying, that the Qur'an is a better substitute. The best approach for seeking a cure is to *combine the spiritual remedies with modern medicine.*

Note by the Author:

This article is not meant to prove the truth of Islam. It doesn't need a proof. A small mind like me can never decipher the complexities of the creations of the Creator of All. It's just an effort to scientifically acknowledge that whatever Allah has proscribed has multiple benefits for us, though we may not comprehend them.

Each Qur'anic verse and expression has a universal content. For the last 1400 years scholars and common people like me have been trying to elucidate and relate it to their level of knowledge. However Quran's interpretations at the same time can be time-specific and not time-specific. Time-specific interpretations address only the aspects of a particular period in the history of the world while in future man would relate the same verse or phrase with the knowledge of their era in a very different context or scenario. Qur'anic expressions have multiple meanings. If a Qur'anic verse or expression appears to point exactly to an established scientific fact, we should not restrict its meaning to that fact; rather, we should consider all other possible meanings and interpretations as well. The same applies here. The interpretation I have made is just another way to look at it. There can be hundreds and thousands more. Only Allah, The Magnificent knows all.

The analysis that I have done is more of a theoretical work. But if instruments and aids like sensors that can measure the touch and pressure of tongue, and equipment to scan brain activity during recitation are available a much better and convincing analysis can be done. This is a healing revolution in waiting for which I request Muslim philanthropists to fund such research to make it possible in our life times. I also request my colleagues from the medical profession to ponder on these lines and dig out the real bio-electrochemical processes. I would appreciate your comments and suggestions. You may contact me on my E-mails: asim@ihspakistan.com or ihspakistan@yahoo.com.

Please pray for me and my parents and all the Muslims of this world. May Allah guide and save us all from the fire of Hell. Amen.

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