

THE HUMAN BODY

A MANIFESTATION OF DIVINE POWER

IN THE LIGHT OF
THE QUR'AN AND SCIENCE



DISCOURSES OF
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(دامت برکاتہم)

THE PHYSICIAN OF THE UMMAH
AND A LEADING ISLAMIC SCHOLAR

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A Manifestation of Divine Power In the Light of the Qur'an and Science

Discourses of

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At the time of the creation of the earth, Allah سبحانه وتعالى placed mountains throughout the larger world (the earth and the universe) as a means of stability and balance.

These mountains serve as pegs, helping to steady the earth.

In a similar manner, within the smaller world of the human body, Allah سبحانه وتعالى created bones to provide structure, support, and stability.

Just as mountains act as pegs that help stabilize the earth, bones serve as the framework of the human body, providing support, strength, and stability, and enabling it to stand, move, and carry out its functions with ease.

Just as rain falls across the larger world, so too, in the smaller world of the human body, moisture emerges in the form of perspiration during times of heat, helping to cool and regulate the body.

Just as greenery and flourishing vegetation are seen in the larger world, similarly, in the smaller world (the human body), this is reflected by a man's beard and a woman's hair.

Every organ and part of the human body is a unique blessing bestowed upon us by our Creator, Allah سبحانه وتعالى.

Out of His kindness and favour, Allah سبحانه وتعالى has repeatedly mentioned them in the Noble Qur'an. For example:

أَلَمْ نَجْعَلْ لَهُ عَيْنَيْنِ ﴿٨﴾ وَلِسَانًا وَشَفَتَيْنِ ﴿٩﴾

"Have We not given him two eyes, a tongue, and two lips?"

(Surah Al-Balad, verses 8–9)

If one reflects carefully, every organ of the human body is such a tremendous blessing that its true value can never be fully understood and appreciated.

Each organ serves a unique purpose and contributes to the well-being and functioning of the body in countless ways.

How could it be otherwise when Allah سبحانه وتعالى, the Perfect Creator, has fashioned the human being in the finest form.

Allah Ta'ala mentions in the Quraan-e-Kareem

لَقَدْ خَلَقْنَا الْإِنْسَانَ فِي أَحْسَنِ تَقْوِيمٍ

"Indeed, We created man in the best of forms."

(Surah At-Tin, verse 4)

When these organs are such great blessings, it becomes necessary for us to express gratitude for them.

One form of gratitude is verbal gratitude, which is to praise and thank Allah سبحانه وتعالى with our tongues.

Another form is practical gratitude, which is to use these organs in accordance with the commands of their Creator.

Allah سبحانه وتعالى has assigned each organ a distinct function and purpose, and He has guided us on how to use them correctly

Lets reflect upon the human brain.

Such remarkable abilities have been placed within the brain from the very beginning. Its intricate design and extraordinary functions clearly manifest the wisdom, power, and command of the Creator at every turn.

Allah Ta'ala mentions in the Quraan-e-Kareem

وَفِي الْأَرْضِ آيَاتٌ لِّلْمُوقِنِينَ

"And in the earth are signs for those who possess certainty."

(Surah Adh-Dhariyat, verse 20)

At another place, attention has been drawn by the words:

أَفَلَا تَعْقِلُونَ

"Will you then not understand?"

(Surah Al-Anbiya, verse 67)

To recognise your Creator as He truly is, reflect upon the signs of His greatness and power with your intellect and reason. Fill your heart and mind with the light of His love and recognition, and allow this recognition to deepen your connection with Him.

As we move slightly downward from the region of the brain, we find the ears positioned on either side of the head.

Here too, the command of the Creator is present:

وَلَا تَجَسَّسُوا

"And do not spy on one another."

(Surah Al-Hujurat, verse 12)

Do not use your ears to listen to the faults of others, backbiting, or unlawful matters such as music.

In gratitude for the blessing of hearing, protect your ears from listening to anything that displeases your Creator.

Moving forward from the area between the ears, we come to the region of the eyes.

Allah سبحانه وتعالى has given us a warning with regards to the eyes aswell.

يَعْلَمُ خَائِنَةَ الْأَعْيُنِ

"He knows the stealthy glance of the eyes."

(Surah Ghafir, verse 19)

"Your Creator observes every glance cast by your eyes. The One Who knows even the hidden glances of the eyes has commanded us to guard our sight."

Now, as we move down from the eyes, we come to the cheeks.

Here too, the command of the Creator is present:

وَلَا تُصَعِّرْ خَدَّكَ لِلنَّاسِ

"And do not turn your cheek away from people in contempt."

(Surah Luqman, verse 18)

When speaking to people, do not turn your face away from them in arrogance. Rather, meet people with cheerfulness and kindness.

Now, as we move down from the cheeks, we come to the mouth, through which food enters the body.

Here too, the command of the True Creator

Allah سبحانه وتعالى is directed to us:

وَقُولُوا لِلنَّاسِ حُسْنًا

"And speak good words to people."

(Surah Al-Baqarah, verse 83)

Speak kindly to everyone, young or old, as it is often mentioned that gentle and pleasant words have the ability to win hearts.

Allah سبحانه وتعالى says in the Quraan e Kareem:

وَاذْكُرُوا اللَّهَ ذِكْرًا كَثِيرًا

"And remember Allah with abundant remembrance."

(Surah Al-Ahzab, verse 41)

Whenever you take the name of your Creator Allah سبحانه وتعالى then do so in abundance, as though your heart and tongue are completely absorbed in the remembrance of Allah سبحانه وتعالى

The Human Being: A Reflection of Allah's Divine Power

Now, as we move slightly lower, we come to the throat.

In the throat there is a place which, in the language of science, is called the **voice box**.

Here too, the command of the True Creator is directed to us:

وَاعْصُصْ مِنْ صَوْتِكَ إِنَّ أَنْكَرَ الْأَصْوَاتِ لَصَوْتُ الْحَمِيرِ

"Lower your voice. Indeed, the harshest of voices is the voice of a donkey."

(Surah Luqman, verse 19)

Therefore, keep your voice moderate when speaking. There should be dignity, composure, and refinement in conversation. Speak in such a manner that your words reach the hearts of others.

Now, as we move slightly lower, we come to the heart.

The heart holds a position of great importance in the human body, not only because it sustains physical life, but also because it is closely connected to a person's inner state, spiritual well-being, and relationship with Allah سبحانه وتعالى.

Regarding it, our beloved Nabi Muhammad ﷺ said:

"Indeed, in the body there is a piece of flesh. If it is sound, the entire body is sound; and if it becomes corrupt, the entire body becomes corrupt."

Thereafter, Nabi ﷺ said: أَلَا وَهِيَ الْقَلْبُ

"Listen carefully! It is the heart."

The heart, too, has been mentioned repeatedly in the Noble Qur'an.

Here also, the command of the True Creator is directed to us:

أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ

"Verily, in the remembrance of Allah do hearts find peace."

(Surah Ar-Ra'd, verse 28)

Indeed, the tranquillity of the heart is a priceless treasure, and this treasure is attained only through the remembrance of Allah, the True Creator.

Those who are close to Allah are blessed with a special serenity, and through their company and spiritual influence, this tranquillity is passed from one heart to another.

A poet expressed beautifully in a couplet:

جس قلب کی آہوں نے , دل پھونک دیے لاکھوں
اُس قلب میں یا اللہ , کیا آگ لگی ہوگی

**The heart whose sighs (whose Aah),
kindled the flame of Divine love in countless hearts,**

**O Allah, what an intense fire of love and longing for
You must have been burning within that heart!**

A Reflection of Qur'anic Insights and Scientific Facts

Now, if we come to the arms,

a person carries out many of his necessary tasks through them.

Here too, the command of the True Creator is directed to us:

وَاخْفِضْ جَنَاحَكَ لِلْمُؤْمِنِينَ

"And lower your wing for the believers."

(Surah Al-Hijr, verse 88)

Believers have been instructed to use their strength, abilities, and capabilities in bringing comfort, benefit, and ease to fellow believers.

Now, if we look at the front part of the arm,

which is the hand and palm, we see that through it a person gives and receives, carries out dealings, and spends on others.

Here the command of the True Creator is:

وَلَا تَجْعَلْ يَدَكَ مَغْلُولَةً إِلَىٰ عُنُقِكَ وَلَا تَبْسُطْهَا كُلَّ الْبَسْطِ فَتَقْعُدَ مَلُومًا مَّحْسُورًا

"Do not keep your hand chained to your neck, nor stretch it out completely."

(Surah Al-Isra, verse 29)

Do not withhold your hand from spending in the path of Allah.
Rather, spend from what Allah has granted you.

Now, as we move down from our arms, we come to the stomach.

Regarding it, the Creator has said:

كُلُوا مِنَ الطَّيِّبَاتِ وَاعْمَلُوا صَالِحًا

"Eat from the pure and lawful things and perform righteous deeds."

(Surah Al-Mu'minun, verse 51)

Partake only of what is lawful and pure and engage in righteous deeds. When a person uses these limbs to perform good actions, his sustenance becomes pure, lawful, and filled with blessings.

Now, below the stomach is the area of a person's private parts

Here too, the Creator has drawn the attention of the believers by saying: Look, this is the quality of the believers, that they guard their private parts.

Allah Ta'ala mentions in the Quraan-e-Kareem:

وَالَّذِينَ هُمْ لِأُفْرُوجِهِمْ حَافِظُونَ

"And those who guard their private parts."

(Surah Al-Mu'minun, verse 5)

Below the stomach also lies the legs

Through them a person stands, walks, travels, works, and carries out countless daily tasks. They support the entire body and allow a human being to move through the world with ease.

The Creator has also drawn His servant's attention to this great blessing by reminding him to reflect upon the very ground on which he walks.

Allah Ta'ala mentions in the Quraan-e-Kareem:

مِنْهَا خَلَقْنَاكُمْ

"From it We created you."

وَفِيهَا نُعِيدُكُمْ

"And into it We shall return you."

وَمِنْهَا نُخْرِجُكُمْ تَارَةً أُخْرَى

"And from it We shall bring you out once again."

(Surah Taha, verse 55)

Therefore, do not walk arrogantly on the earth.

Allah سبحانه وتعالى says:

وَلَا تَمْشِ فِي الْأَرْضِ مَرَحًا

"And do not walk upon the earth with arrogance."

(Surah Al-Isra, verse 37)

Instead, Allah سبحانه وتعالى instructs us:

وَأَقْصِدْ فِي مَشْيِكَ

"And be moderate in your walking."

(Surah Luqman, verse 19)

Keep moderation in your way of walking.

The Human Limbs Are a Great Blessing of Allah

In conclusion, from head to toe, every limb of the human body holds great importance and is a remarkable blessing from the Creator and Master.

Therefore, a person must not misuse these limbs instead he or she should use these limbs in accordance with the commands and pleasure of their Creator.

May Allah سبحانه وتعالى grant us the ability to truly recognise His blessings, appreciate them correctly, and through them attain His recognition. Aameen.

Recognising Allahs Treasures in the Light of the Qur'an and Science

Allah Most High has placed countless treasures of His recognition throughout this world of colour, beauty, and wonder.

He has also established clear signs and decisive proofs of His Oneness and Divine Power.

If, after witnessing all of this, a person still denies the existence of his Creator, then regarding such people, the Qur'an states:

Allah تعالى says in the Quraan-e-Kareem:

فَإِنَّهَا لَا تَعْمَى الْأَبْصَارُ وَلَكِنْ تَعْمَى الْقُلُوبُ الَّتِي فِي الصُّدُورِ

"Indeed, it is not the eyes that become blind, but it is the hearts within the chests that become blind."

(Surah Al-Hajj, verse 46)

Their eyes may be seeing, yet the hearts within their chests have become blind. For this reason, we should ask Allah Most High to grant us both (Basarat) physical sight and (Basirat) spiritual insight at all times.

Larger world (Aalam al-Kabir) Smaller world (Aalam al-Saghir)

Notice that there are many categories of worlds, but two of them deserve special attention: the Larger World and the Smaller World.

The Larger World is everything around us, including the heavens, the earth, and all that exists within them.

The Smaller World is the human being, the human body itself.

Reflect on how Allah Most High describes the deep connection between the human being, the earth, and water.

Just as these realities are present in the Larger World, their reflection is found within the Smaller World, the human body.

We have been encouraged to ponder and reflect on these signs.

Allah Most High says:

وَفِي الْأَرْضِ آيَاتٌ لِّلْمُوقِنِينَ

"And in the earth are signs for those who possess certainty."

(Surah Adh-Dhariyat, 20)

This verse points towards Aalam al-Kabir (the Larger World).

Allah Most High then says:

وَفِي أَنْفُسِكُمْ أَفَلَا تُبْصِرُونَ

"And within your own selves; do you not then see?"

(Surah Adh-Dhariyat, 21)

This verse points toward Aalam al-Saghir (the Smaller World), which is the human being and the human body itself.

Manifestations of Divine Power in the Smaller World

Man is called Aalam al-Saghir the Smaller World, because he is the essence and embodiment of all creation.

Everything found throughout the Larger World has a reflection within him.

In this way, the human being becomes a concise summary of the vast universe, carrying within himself signs that point back to the Creator.

The Noble Qur'an itself refers to mankind as a world,

Allah Most High says:

أَتَأْتُونَ الذُّكْرَانَ مِنَ الْعَالَمِينَ

"Do you approach the males from among the worlds?"

(Surah Ash-Shu'ara, verse 165)

Every human being is a world in himself. This is because the various substances, elements, realities and signs found throughout the Larger World point to the existence of the Creator and Master of the universe Allah سبحانه وتعالى and reveal His Divine Power.

In the same way, the human being also contains within himself many such signs and manifestations.

For Example, for the stability of the earth, Allah Most High has placed mountains in the Larger World as pegs.

In a similar manner, for the support and structure of the human being, He has utilised the bones to perform the function of mountains.

Just as rain falls in the Larger World, so too, in the Smaller World, during times of intense heat, springs of water begin to flow from the body.

And just as lush greenery and magnificent vegetation are seen throughout the Larger World, so too, in the Smaller World, this beauty is reflected in the beard of a man and the hair of a woman.

After creating this remarkable Smaller World, Allah Most High proclaimed:

فَتَبَارَكَ اللَّهُ أَحْسَنُ الْخَالِقِينَ

"So blessed is Allah, the Best of Creators."

(Surah Al-Mu'minun, verse 14)

Allah Most High also issues a challenge:

هَلْ تَعْلَمُ لَهُ سَمِيًّا

"Do you know of anyone who can be compared to Him?"

(Surah Maryam, verse 65)

In other words, it is as if Allah Most High is saying:

Can you present anyone equal to My Power, My Creation, My Craftsmanship, and My Divinity?

This is Allah's challenge and His claim. And what proof is there for it?

Man: A Manifestation of Divine Power

Now consider the Smaller World, the human being.

Within the human body there are four organs that, if removed, cannot be replaced.

Not only are they irreplaceable, but if any one of them is separated from the body even for a moment, a person may lose his life

The Brain

The first organ is the brain.

The brain is the centre of the nervous system.

It serves as the control hub for the entire body and is an extremely delicate creation within the human body.

It cannot be separated from the body even for a moment, and no one can create anything that matches its abilities of understanding, memory, comprehension, and reflection.

A true replacement is simply not possible.

Thus, the Divine claim from Allah سبحانه وتعالى stands proven here.

هَلْ تَعْلَمُ لَهُ سَمِيًّا

"Do you know of anyone who can be compared to Him?"

(Surah Maryam, verse 65)

The Eyes

Allah Most High says:

أَلَمْ نَجْعَلْ لَهُ عَيْنَيْنِ

"Have We not given him two eyes?"

(Surah Al-Balad, verse 8)

The second organ is the eye

The eyes connection is linked to the brain and this great bounty in the human body has no substitute.

Within it are thousands of light-sensitive cells.

The retina contains rods and cones, through which a person is able to see. Its function is to transmit the image of the outside world to the brain.

If the retina is removed from the eye, no alternative can be found to replace it.

Now, if someone were to attempt to remove the eye and place an alternative in its position, this would be impossible.

Its example is like that of a light bulb. If a bulb becomes fused, it can no longer perform its function.

Likewise, the eye has no true replacement.

Thus, the Divine claim from Allah سبحانه وتعالى stands proven here.

هَلْ تَعْلَمُ لَهُ سَمِيًّا

"Do you know of anyone who can be compared to Him?"

(Surah Maryam, verse 65)

The Tongue

Allah Most High says:

وَلِسَانًا وَشَفَتَيْنِ

"And a tongue and two lips."

(Surah Al-Balad, verses 9–10)

The third organ is the tongue

Its connection to the brain is maintained through a network of nerves.

Through the movement of the vocal cords and the tongue striking the correct points of articulation, the gift of speech is produced.

The ability to taste is also found within it.

Now, if someone were to cut off the tongue and attempt to replace it with another that carries these same qualities and functions, it would be impossible.

Here too, replacing the tongue is impossible.

Thus, the Divine claim from Allah سبحانه وتعالى stands proven here.

هَلْ تَعْلَمُ لَهُ سَمِيًّا

"Do you know of anyone who can be compared to Him?"

(Surah Maryam, verse 65)

The Lips

Allah Most High says:

وَشَفَتَيْنِ

"And two lips."

(Surah Al-Balad, verse 9)

The fourth organ is the lips.

The lips is another remarkable organ mentioned in the Noble Qur'an.

The power of movement found in them is produced by muscles which, in scientific terminology, are known as the Orbicularis Oris.

Through these muscles, a person is able to speak and smile.

The lips are also among the most sensitive parts of the body.

Now, if someone were to attempt to present an equivalent or replacement for them, whether in the form of plastic or anything else, it would be impossible.

Science fails to produce a substitute that can fully match their natural function and sensitivity.

A true replacement of the lips is also impossible.

Thus, the Divine claim from Allah سبحانه وتعالى stands proven here.

هَلْ تَعْلَمُ لَهُ سَمِيًّا

"Do you know of anyone who can be compared to Him?"

(Surah Maryam, verse 65)

Man and Woman

In the same way, man possesses the male reproductive organ and woman possesses the womb.

The Noble Qur'an points to this when Allah Most High says:

إِنَّا خَلَقْنَاكُمْ مِّنْ ذَكَرٍ وَأُنْثَىٰ

"Indeed, We created you from a male and a female."

(Surah Al-Hujurat, 49:13)

To produce an identical counterpart or a substitute for these organs, and then to connect that substitute to the **nervous system** in such a manner that it performs all of its natural functions, is impossible.

Thus, the Divine claim from Allah سبحانه وتعالى stands proven here.

هَلْ تَعْلَمُ لَهُ سَمِيًّا

"Do you know of anyone who can be compared to Him?"

(Surah Maryam, verse 65)

There are treasures of Divine recognition hidden within the study of science.

It is for this reason, the Most Honoured Physician of the Ummah, Hazrat Shah Hakim Muhammad Kaleemullah Sahib (دامت برکاتهم), would often say by way of a challenge:

“Whoever from amongst you wishes to become an Aarif Billah (one who truly recognises Allah) should study science.

Through it, he will gain the light of Divine recognition, ”إن شاء الله“

However, there is one condition: the goal must be the recognition of Allah سبحانه وتعالى, and not worldly status, fame, or material gain.

May Allah Most High grant all of us the light of His recognition.

آمِينَ يَا رَبَّ الْعَالَمِينَ

NOTE

From the head to the feet, the organs of the human body are of immense importance and are among the greatest blessings given by the Creator and Master.

Because of this, it is necessary for a person to use these organs as a true servant of Allah, and not as one who rebels against Him.

To use them as a true servant means to use every organ in accordance with the commands, wishes, and pleasure of the Creator and Master.

Indeed, tranquillity of the heart is a priceless treasure,
and it is attained only through the remembrance of the
True Beloved, Allah سبحانه وتعالى

The people of Allah are blessed with this tranquillity,
and this tranquillity is then passed on from heart to
heart.

As a poet has beautifully said:

جس قلب کی آہوں نے , دل پھونک دیے لاکھوں
اُس قلب میں یا اللہ , کیا آگ لگی ہوگی

**The heart whose sighs (whose Aah),
kindled the flame of Divine love in countless hearts,
O Allah, what an intense fire of love and longing for
You must have been burning within that heart!**

NB:

Every effort has been made to faithfully preserve the message and teachings of Hazrat Aqdas Shah Hakeem Muhammad Kaleemullah Sahib (دامت برکاتهم), and to convey them with the accuracy and reverence they deserve.

Any errors, omissions, or shortcomings found in this publication are solely due to our own limitations and deficiencies.

We seek the forgiveness of Allah سبحانه وتعالى for any mistakes that may have occurred and ask Him to accept this humble effort, overlook its shortcomings, and make it beneficial for all who read it.

We humbly request your du'aas for all those who contributed towards the research, preparation, publication, and distribution of this book.

We also ask Allah سبحانه وتعالى to grant us sincerity (ikhlaas), steadfastness (istiqamah), beneficial knowledge, and acceptance (qubool) in all our efforts.

May Allah سبحانه وتعالى make this publication a means of guidance, benefit, and ongoing reward (sadaqah jaariyah) for all those who contributed towards its preparation and publication, as well as for our parents, teachers, and all its readers.

May He accept this humble effort, forgive our shortcomings, shower His mercy upon us, our parents, our teachers, and the entire Ummah of Prophet Muhammad ﷺ آمِينَ يَا رَبَّ الْعَالَمِينَ

For any queries, corrections, or suggestions, please contact:

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ABOUT THIS BOOK



This book is a collection of enlightening discourses that explore the human body as a magnificent creation of Allah.



Through the light of the Qur'an and the discoveries of modern science, it reveals countless signs of Divine wisdom, power and mercy embedded in every cell, organ and system.



It is a reminder that understanding the human body is not merely a scientific pursuit, but a means to recognize, love and submit to the Creator.

“Within yourselves are signs.
Will you not then reflect?”

وَفِي أَنْفُسِكُمْ أَفَلَا تُبْصِرُونَ

(Qur'an 51:21)



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