

**Like a person finding pain in his brain due to a need or other than it. Or it can be due to old age".** [Fath Dhil-Jalal wal-Ikraam Sharh Bulugh al-Maram (2/179)]

### **Cures for Dementia**

The following supplication:

Narrated Sa'd bin Abi Waqqas: The Prophet salla allaahu alayhi wa salam used to teach us these words as he used to teach us the Book (Qur'an): **"O Allah! I seek refuge with You from miserliness, and I seek refuge with You from cowardice, and I seek refuge with You from being brought back to (senile) geriatric old age, and I seek refuge with You from the affliction of the world and from the punishment in the Hereafter"**. [Bukhari no. 6390]

Imam al-Mubaraakfoori (1353 H.), may Allah have mercy upon him, said commenting on this Hadith : **"...It is the condition of old age and weakness in performing the obligations and taking care of oneself in terms of cleaning. So he/she becomes a burden to his family..."** [Tuhfatul Ahwadhi (10/11)]

### **Acting Upon Knowledge**

Imam Shinqiti (1393 H.), may Allah have mercy upon him, said: **"Some scholars said: the scholars who act [upon knowledge] will not reach this dementia and loss of knowledge and intellect in old age"**. [Adwaa al-Bayaan (3/39)]

### **Reading the Quran**

Ibn 'Abbas (may Allah be pleased with him) said: **"Whoever recites the Quran will not become senile . That is His statement: "Then We reduced him to the lowest of the low Save those who believe (in Islamic Monotheism) and do righteous deeds" [95:5-6]. He said: except those who recite the Quran"**. [Saheeh Targheeb no. 1435]



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# **PREVENTING DEMENTIA: AN ISLAMIC PERSPECTIVE**

**WRITTEN BY:**

**FAISAL IBN ABDUL QAADIR IBN  
HASSAN**

**ABU SULAYMAAN**



## What is Dementia?

**“Dementia is not a specific disease. It's an overall term that describes a wide range of symptoms associated with a decline in memory or other thinking skills severe enough to reduce a person's ability to perform everyday activities. Alzheimer's disease accounts for 60 to 80 percent of cases”.**

[<http://www.alz.org/what-is-dementia.asp>]

## What Does Allah Say About Dementia in the Quran?

**“And Allah has created you and then He will cause you to die, and of you there are some who are sent back to senility, so that they know nothing after having known (much). Truly! Allah is All-Knowing, All-Powerful”.** [16:70]

**“And among you there is he who dies (young), and among you there is he who is brought back to the miserable old age, so that he knows nothing after having known”.** [22:5]

**“And he whom We grant long life, We reverse him in creation (weakness after strength). Will they not then understand?”** [36:68]

## Causes for Dementia

Shaikh Ibn ul-'Uthaymeen (1421 H.), may Allah have mercy upon him, said:

**“You find someone who is afflicted with an accident, so his mind deteriorates then it becomes like a child. Or that can be due to old age, the second form, because every time a person reaches forty years of age, then his [mind] decreases. However, the people differ in [the amount]. Some decrease a lot and some decrease a little; however, it is necessary for his mind to decrease if he reaches forty years of age when he reaches maturity and full strength, the mind will decrease. From the people is the one who has dementia while in his sensory and intellectual strength. So his body weakens and he needs to be carried, washed, and directed, and what resembles that. Or his intellect [is gone] such that he rambles and he does not know what he says. So dementia/senility includes this one and that one. What is caused by an accident and what is caused by age”.** [Sharh Riyaad us-Saliheen (5/500)]

He, may Allah have mercy upon him, also said: **“Dementia/senility can be [due] to an emergency/accident or it can be temporary...**

Bismillah ar-Rahman ar-Raheem

All Praise is due to Allah and may Peace and Blessings be upon the Prophet, his Companions, and his followers until the Last Day.

As for what proceeds:

Dementia and Alzheimer's is increasingly becoming a global concern. **“Worldwide, nearly 44 million people have Alzheimer's or a related Dementia”**

[<http://www.alzheimers.net/resources/alzheimers-statistics/>]. The increase in cases has put a heavy strain on health care systems and costs millions in treatment/care. In order to address this growing problem, I present the following pamphlet. I ask Allah ,our Lord, to protect us all from it. Verily,He is capable of all things.