



Physis is Allah (SWT's) Doctor in Every One of Us

Prof Rashid Bhikha, Ibn Sina Institute of Tibb, Johannesburg, South Africa;
rashidb@tibb.co.za

The genetic wisdom of Physis was recognised by traditional systems of medicine for more than a few thousand years and was also hypothesised by Hippocrates, the father of medicine as *Vis Medicatrix Naturae*. Physis also highlights the perfection of creation in the maintenance and restoration of health between the physical, mental, emotional, and spiritual aspects of every individual, at a cellular/sub-cellular level, between all the organs and systems of the body, by constantly monitoring and adjusting the millions of biochemical and physiological pathways that are genetically designed. Physis within the context of the Qur'an and Sunnah comes into effect from the moment the sperm and egg cells unite, whereas the soul is divinely brought into the foetus, only after approximately four months. The paper elaborates on the secular, materialistic, and anti-religious values of the current Western system has resulted in Western medicine being unaffordable and ineffective, and also the training of Western doctors does not include the role of physis. Of greater concern is prescribing, or taking Western medication, results not only harming ourselves, but also going against the blessing of Physis that Allah (SWT) has bestowed us with.

Keywords: *Physis, Vis Medicatrix Naturae, Homeostasis*

Introduction

In keeping with the perfection of creation, Allah (SWT) has blessed each one of us with a genetic wisdom of physis to maintain and restore health and also present in every living entity/and all insects and animals. The concept of physis was also recognised by the two other traditional systems of medicine more than a few thousands of years ago – in Ayurveda as “Prana” and in Chinese medicine as “Chi energy”¹.

The concept of physis was hypothesised by Hippocrates, the father of medicine², more than 2500 years ago, as included in the different names of this system of medicine including Greek medicine, Greco-Arab medicine, Unani medicine, Western herbal medicine, and Tibb. Physis



resonates with many of the principles of Tibb-Al-Nabawi, as was recognised by Islamic scholars, due to the fact that Greek practitioners followed the Abrahamic religions³.

Physis as interpreted by Hippocrates

Hippocrates described Physis as *Vis Medicatrix Naturae*, the body's inherent ability to heal itself. The term *Vis Medicatrix Naturae*, literally means "*the healing power of nature*", and is the Latin rendering of the Greek *Νόσων φύσεις ἰητροί*⁴. The Greek philosopher, Aristotle (384 – 322 BC), described *Vis Medicatrix Naturae* as “Physis” in Latin⁵.

Physis is the sum total of the body's natural, instinctive reactions and responses to maintain, and where necessary restore homeostasis. It is responsible for maintaining balance between the physical, mental, emotional, and spiritual aspects of every individual. Physis works at a cellular/sub-cellular level, between all the organs and systems of the body, by constantly monitoring and adjusting the millions of biochemical and physiological pathways that are genetically designed⁵.

The above highlights the importance of a physician to be constantly aware of physis, in both health promotion and treatment. In fact, the word “physician”, has been derived from the word physis.

Whilst the above highlights the ability of physis to maintain and restore health, the Institute's research over the past fifteen-years confirmed the weakening of physis from the approximate age of 40 onwards and limits its effectivity, resulting in death for every individual – as part of the circle of life^{6, 7, 8}.

Interpreting Physis within the context of the Qur'an and Sunnah

Elaborating on physis within the context of the Qur'an and Sunnah, it is important to note that physis comes into effect from the moment the sperm and egg cells unite, whereas the soul is divinely brought into the foetus, only after approximately four months. This highlights that Allah (SWT) has blessed us with physis that is genetically programmed to develop the foetus and after birth, to maintain, and restore health - under the control of Allah (SWT) as mentioned in the verse below:

“And when I fall ill, it is He who heals me” Qur'an 26:80

Physis within the context of Western Medicine

Western medicine originated during the period of the Renaissance, during which the scientific thinking of modern science termed the “Cartesian model”, after the French philosopher, Rene Descartes (1596-1650 CE), heralded the birth of modern medicine, and promoted the ideology that man was separate from nature, and not body, mind, and soul, and not in keeping with the Abrahamic religions. It is unfortunate that the predominantly secular, materialistic, and anti-religious values of the current Western system has resulted in Western medicine being unaffordable and ineffective. More significantly the training of Western doctors over the past



two centuries does not include the role of physis in the maintenance and restoration of health as was known over thousands of years.

The development of Western medication (Western pharmacology) emerged from two approaches over the past 150-years. The first was the identification, extraction, and modification of active ingredients found in plants, including morphine, quinine, aspirin, atropine, and reserpine. Being ingredients from plants, the pharmacological action of these ingredients were effective, with limited side-effects⁹.

The second was based on the receptor theory. The development of synthetic organic chemistry drugs was introduced by John Newport Langley (1852-1926)¹⁰ on the basis of visualizing that a cell receptor could be turned off and on by specific drugs. This led to “new to nature chemicals”, based on the receptor theory, which stimulate, inhibit, or block receptors as a prelude to pharmacological action either to stimulate or depress normal body biochemical and physiological functions.

The receptor theory was the impetus to the development of numerous drugs that stimulate, inhibit, or block these receptors as a prelude to pharmacological action. Western drugs have also been developed to inhibit the passage of electrolytes and neuro-hormones across cell membranes.

An example of a **receptor inhibitor drug** is the proton pump Inhibitor omeprazole – which opposes the cellular mechanism responsible for the production of gastric hydrochloric acid resulting in food being incompletely digested, leading to side effects and complications, such as leaky gut syndrome, constipation, osteoporosis.

A **receptor blocking drug** is the beta blocker which not only blocks the beta receptor site in the heart muscle, but also blocks beta receptor sites in other tissues and organs, resulting in side effects such as bronchospasm, confusion, and depression centrally. Not only are the underlying causes of hypertension not addressed, but additional side effects are further created⁹.

Stimulating drugs are dopamine agonists such as bromocriptine. In Parkinson’s’ disease there is a progressive loss of the neurotransmitter dopamine, so conventional treatment often involves administering a dopamine agonist. Side effects such as hypotension, confusion, and heart rhythm disturbances often ensue⁹.

The above highlights that the “new to nature drugs” found in Western pharmacotherapy will result in side-effects, and if physis is not able to restore homeostasis, will most certainly lead to severe side-effects, interfering with biochemical, and physiological pathways⁹.



Summary and Conclusion

Being aware of the side-effects associated with Western medication especially the “new to nature drugs” based on the receptor theory, prescribing, or taking these drugs, not only are we causing harm to ourselves but are we also going against the blessing of Physis that Allah (SWT) has bestowed us with.

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