REVIEW ARTICLE

Scientific Evidence of Prophetic Medicine: Exploring Its Role in Integrative Medicine – A Review and Bibliometric Analysis

Fadhlina A[a]*, Zakaria NH[b], Sheikh HI[c], Abdul Majid FA[b],*

[a]Department of Fundamental Dental and Medical Sciences, Kulliyyah of Dentistry, International Islamic University Malaysia, Malaysia.
[b]Institute of Climate Adaptation and Marine Biotechnology, Universiti Malaysia Terengganu, Malaysia.
[c]Faculty of Fisheries and Aquaculture Sciences, Universiti Malaysia Terengganu, Malaysia.

ABSTRACT

Prophetic medicine embodies teachings by Prophet Mohammad ﷺ regarding health and well-being. Despite its historical significance, there is a growing global interest in traditional medicine in the context of modern medicine, necessitating a comprehensive and critical analysis of its relevance today. This study aimed to evaluate the scientific landscape and research trends surrounding prophetic medicine through a bibliometric approach, complemented by a review of recent evidence on key natural remedies. Literature from the Scopus database was retrieved using relevant keywords. Inclusion and exclusion criteria were applied, with the final selection of 171 articles for bibliometric analysis using VOSviewer software. The analysis identified 15 authors, 9 countries, 15 journals, 14 documents, and 157 keywords that fulfilled the chosen threshold. Although article publication fluctuated over the years, an upward trend emerged, with rapid growth from 2022 to 2023, reflecting the recent surge in scholarly attention. Salah Mohamed El Sayed was identified as the most prolific author, while Evidence-based Complementary and Alternative Medicine was the leading journal. Saudi Arabia emerged as a recent key contributor to prophetic medicine research and had the closest collaboration with Malaysia. Common research hotspots included "black cumin" and "antioxidant activity," with recent interest focusing on honey and olives. The bibliometric findings highlight the novelty of this study by quantitatively mapping the current research landscape, identifying gaps, and highlighting emerging areas of focus. This review also integrates scientific evidence supporting the bioefficacy of prophetic remedies, reinforcing their relevance as complementary components of integrative medicine. The findings encourage further in-depth investigations to substantiate their therapeutic benefits.

INTRODUCTION

Prophetic medicine, also known as "Tibb al-Nabawi", encompasses a body of literature that elucidates the lifestyle practices and viewpoints on well-being endorsed by Prophet Muhammad ﷺ. These teachings are rooted in centuries-old wisdom and guided by a profound understanding of the intricate connections between physical, mental, and spiritual well-being. A significant contribution to this field was made by Ibn Qayyim al-Jawziyah, who dedicated a comprehensive work to prophetic medicine, highlighting its importance in Islamic tradition. Prophetic medicine has gained increased attention among academic scholars and the public due to its holistic approach to health and wellness.[1]

Emerging from the intersection of faith, tradition, and health, the principles of prophetic medicine encompass a diverse array of health-related recommendations, dietary guidelines, and natural remedies that were advocated by the Prophet Muhammad ﷺ. These teachings, confined within the framework of hadiths (the sayings and actions of the Prophet), provide a roadmap for maintaining a balanced and harmonious existence. While the roots of prophetic medicine can be traced back to the early period of Islam, its principles continue to persist in finding

favour among individuals who are pursuing comprehensive methods for enhancing health and averting illnesses.[2]

In recent years, there has been a growing interest in the integration of traditional healing practices into contemporary healthcare systems.[3] Prophetic medicine, with its emphasis on preventive care, moderation, and natural remedies, offers a unique perspective that aligns with many of the principles sought after in the modern health system.[4] However, despite the growing body of literature on prophetic medicine, there has yet to be a comprehensive bibliometric analysis that maps the current research landscape, identifies influential contributors, and uncovers emerging research trends.

While individual narrative reviews and clinical studies have explored specific remedies such as *N. sativa* and honey, limited bibliometric studies have focused on this domain, and those available tend to concentrate on narrow themes or single plants. This highlights the need for a broader, more systematic mapping of research activity in prophetic medicine to support evidence-based investigations and identify future directions.

This study aims to analyse the scientific literature on prophetic medicine through bibliometric methods to uncover publication trends, leading authors and journals, collaborative networks, and emerging areas of research focus. This dual-method approach, combining bibliometric mapping with qualitative review, offers valuable insights into the evolving interest and scientific validation of prophetic medicine in the context of modern integrative healthcare.

To guide this investigation, the following review questions are proposed:
1. What are the publication trends in the field of prophetic medicine?
2. Who are the most prolific contributors (authors, institutions, countries), and which journals are leading in this field?
3. What are the key topics and frequently studied remedies within prophetic medicine?
4. Which areas show emerging research interest or gaps that warrant further exploration?

METHODOLOGY

Data collection and analysis

Publications related to the topic of interest were retrieved from the Scopus database using relevant keywords ("Medicine of the Prophet" OR "Prophet* medicine" OR "Tib* Nabawi" OR "Tibb Al-Nabawi" OR "Islamic medicine" OR "Arab medicine"). The papers were retrieved up to 2024. A total of 445 articles were initially identified from the database. Inclusion and exclusion criteria were applied to the search.[5,6] The inclusion criteria involved literature with the search keywords mentioned in the title, abstract, or keywords. This approach was chosen to ensure that the retrieved articles had a central focus on prophetic medicine, as the presence of keywords in these fields typically indicates that the topic is a core aspect of the research. The exclusion criteria excluded non-English articles, irrelevant subject areas (e.g., engineering, social sciences, computer science, business), and any document type other than articles. Upon applying these criteria, a total of 171 articles were selected for the subsequent bibliometric analysis. The search strategy is depicted in Figure 1, illustrating the process of identifying and selecting relevant studies based on a modified PRISMA flowchart.[7]

Bibliometric analysis of the selected articles was conducted using VOSviewer 1.6.19, a software tool specifically designed for constructing and visualizing bibliometric networks.[8] VOSviewer creates various types of maps and offers advanced clustering techniques to identify research themes, as well as network visualisation (to show relationships among items) and overlay visualisation (to illustrate temporal trends or average publication years). In this study, the analysis covered the author (threshold: a minimum of 5 documents per author), country (a minimum of 5 documents per country), keyword (a minimum of 2 occurrences per keyword), source (a minimum of 5 documents per source), and document (a minimum of 100 citations per document) analyses. The thresholds were determined
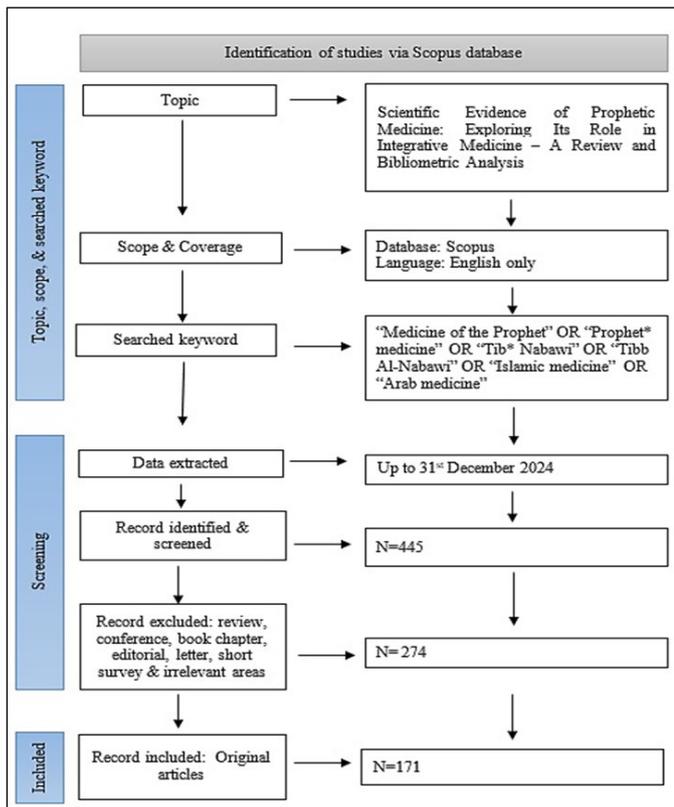
Figure 1: Modified PRISMA flowchart for selection of studies

based on the total number of items retrieved in each analysis. As a larger dataset tends to include many infrequent or less significant items, higher thresholds were applied to filter out such data and to focus on the most relevant, influential, and frequently occurring items. This approach improves the clarity, readability, and interpretability of the bibliometric maps. The results were visualised using network maps to illustrate thematic clusters and overlay maps to show publication trends over time.

RESULTS AND DISCUSSION

Author, country, and journal analysis

The connections between various authors, countries, journals, and study areas can be mapped out with the use of bibliometrics. In addition to allowing researchers to uncover key patterns and knowledge gaps, this tool can provide a visual representation of how various theories and concepts in the topic relate to one another.[9] Based on the chosen threshold, there were 5 authors, 12 countries, and 4 journals that fulfilled the criteria. Among these analysed authors, countries, and journals, the top five prolific items are listed in Table 1. Saudi Arabia and

the United States emerged as the leading countries in terms of prolific publication with 22 articles in the field of prophetic medicine, as evidenced by the largest nodes in Figure 2A. This indicates a significant interest and expertise in this field within the country. Following Saudi Arabia and the United States, Egypt, Israel, and Iran were the next prolific countries in the field. Collaborations between these countries, as shown in Figure 2A, may explain their substantial contributions to prophetic medicine research. The author analysis further supports this trend by identifying a prolific contributor from Saudi Arabia, El Sayed, Salah Mohamed. Saudi Arabia demonstrated strong international research collaboration, particularly with Malaysia. This reflects recent bilateral efforts in academic research and may be attributed to shared interest in Islamic medicine, cultural alignment, and active research partnerships between institutions in both countries. The positioning and linkage strength suggest Saudi Arabia's central role as a collaborative hub in prophetic medicine research, influencing emerging contributions from Southeast Asia. The analysis also revealed strong collaboration among the other prolific authors, except for El Sayed, Salah Mohamed (Figure 2B). This isolation may be due to his more recent entry into the field, as indicated by the yellow hue denoting more recent publication years, and possibly due to publishing independently or with different research groups that did not meet the threshold for co-authorship network visualisation in this analysis.
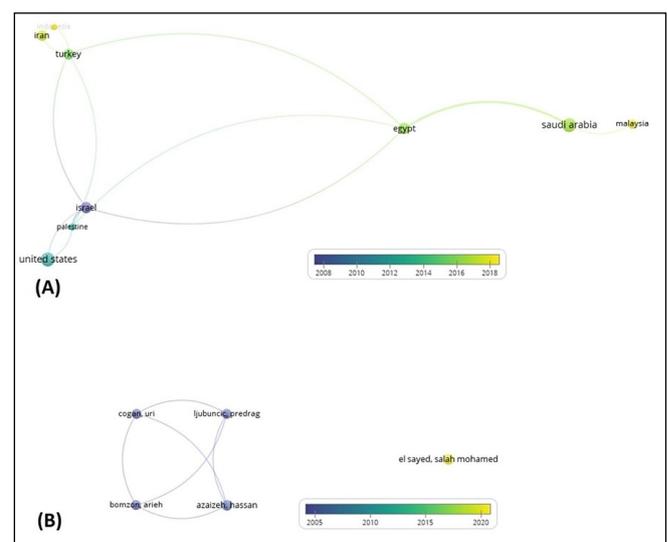

Figure 2: Overlay visualisation of (A) country and (B) author collaboration networks. The node size represents the number of documents, and the colours indicate the average year of publication. The lines between nodes reflect co-authorship or collaborative links. The closer and thicker the lines, the stronger the collaboration.

In terms of journals, Evidence-based Complementary and Alternative Medicine, and Journal of Ethnopharmacology stand out as the most prolific sources with the highest number of documents (6) among the identified sources (Table 1). Both of these journals have become preferred platforms for researchers to disseminate their findings in the field. Other notable sources for prophetic medicine studies include Journal of Religion and Health, and Studies in History of Medicine and Science with a total of 5 documents each. These sources have also been instrumental in contributing to the body of knowledge in prophetic medicine.

Table 1 List of productive authors, countries, and journals.

No.	Author	TP	Country	TP	Journal	TP
1.	El Sayed, Salah Mohamed	6	Saudi Arabia	22	Evidence-based Complementary and Alternative Medicine	6
2.	Azaizeh, Hassan	6	United States	22	Journal of Ethnopharmacology	6
3.	Bomzon, Arieh	5	Egypt	15	Journal of Religion and Health	5
4.	Cogan, Uri	5	Israel	15	Studies in History of Medicine and Science	5
5.	Ijubuncic, Predrag	5	Iran	12		

TP= Total of publication

Document analysis

The publication trend for prophetic medicine studies shows a gradual rise over the decades, with very few publications before the 2000s (Figure 3). From 2000 to 2010, research activity remained modest but steady. A noticeable increase began around 2011, with annual publications consistently ranging between 6 and 10. The most significant growth occurred from 2021 onward, peaking at 15 publications in 2023. This recent surge indicates a growing academic interest in prophetic medicine, likely driven by a broader recognition of traditional and holistic health practices within modern scientific research. Following this trend analysis, the documents were further examined based on the citation counts. A threshold of 100 citations per document was applied to identify the most impactful and widely referenced studies in prophetic medicine. This selection strategy filtered out lower-impact papers and focused on those that have significantly shaped the field. The five documents listed in Table 2 were deemed influential due to their topical novelty, particularly their focus on prophetic medicinal plants such as *N. sativa* and *Teucrium*

Table 2. List of prolific documents.

No.	Document title	Citation
1.	Chemical investigation of *Nigella sativa* I. seed oil produced in Morocco	147
2.	Traditional Arabic and Islamic medicine, a re-emerging health	120
3.	Aqueous extract of *Teucrium polium* possess remarkable antioxidant activity in vitro	116
4.	Antioxidant activity and cytotoxicity of eight plants used in traditional Arab medicine in Israel	109
5.	Antioxidant activity of *Crataegus aronia* aqueous extract used in traditional Arab medicine in Israel	108

polium, and their strong methodological approaches, including phytochemical analyses, antioxidant assays, and cytotoxicity evaluations. These studies not only reinforced the scientific basis of prophetic remedies but also paved the way for future investigations, as evidenced by their high citation counts.
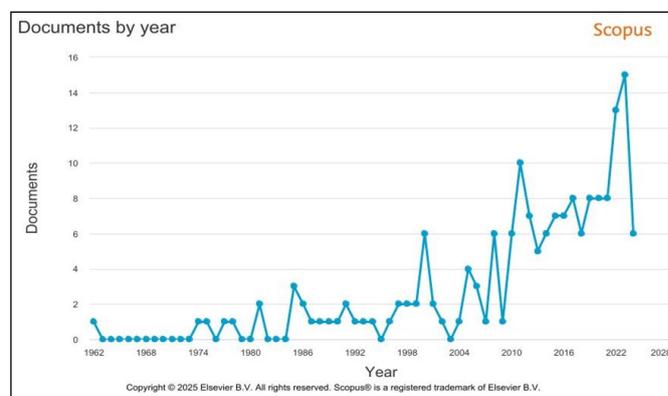
Figure 3: Publication trends of the prophetic medicine articles.

Research keyword analysis

The keyword analysis produced a total of 157 items distributed across six distinct clusters, each reflecting unique thematic areas within the research landscape of prophetic medicine (Figure 4A). The green cluster predominantly captures the sociocultural and ethical dimensions of prophetic medicine. Keywords such as religion, traditional medicine, psychology, cultural anthropology, mental health, food intake, anaesthesia, and medical ethics suggest a thematic focus on the spiritual, historical, and ethical foundations of health practices rooted in Islamic tradition.

The yellow cluster reflects a biochemical and pharmacological investigation, with particular emphasis on *N. sativa*. Keywords such as leukocyte count, malonaldehyde, alanine aminotransferase, ferritin,

essential oil, and thymoquinone indicate a strong focus on the anti-inflammatory, antioxidant, and hepatoprotective effects of black seed. This theme points to a growing body of experimental studies examining its therapeutic potential through specific biochemical markers. Meanwhile, the purple cluster showcases the contemporary relevance of prophetic remedies during the COVID-19 pandemic. Terms such as black cumin, prophetic medicine, SARS-CoV-2, COVID-19, olive oil, and garlic link traditional remedies to current global health concerns. The presence of antiquity as a keyword also connects modern exploration with the historical roots of these treatments, highlighting their re-emergence in times of crisis.

The blue and turquoise clusters highlight the application of prophetic and herbal medicine in disease-specific and therapeutic contexts. The blue cluster includes keywords such as alternative medicine, cancer therapy, *Ficus carica* extract, *T. polium* extract, pomegranate, colorectal cancer, depression, quality of life, and diet therapy, indicating a strong focus on using plant-based remedies for chronic conditions, particularly cancer and psychological well-being. Complementing this, the turquoise cluster includes keywords such as antineoplastic activity, medicinal plant, and phytotherapy, reflecting a broader interest in the pharmacological potential of traditional botanicals for anticancer and therapeutic applications.

Lastly, the red cluster encompasses themes related to experimental toxicology and cellular mechanisms. It includes keywords such as cytotoxicity, antioxidant activity, protein expression, liver homogenate, animal tissue, and oxidative stress, pointing to preclinical studies that investigate the safety, efficacy, and cellular impact of plant-based compounds, often using animal models. This cluster supports mechanistic insight into how prophetic remedies interact with biological systems.

Together, these clusters offer a comprehensive picture of the multidimensional research directions in prophetic medicines. Among the prophetic medicines, "black cumin" was the most frequently mentioned keyword, appearing 10 times. Its frequent occurrence suggests a

particular emphasis on the medicinal properties of black cumin. In terms of bioactivities, "antioxidant activity" emerged as the most mentioned keyword, with 12 occurrences. Antioxidants are essential for combating oxidative stress and supporting overall health, highlighting their importance in the study of prophetic medicine.[10,11] Based on the time trend analysis, the recent keywords reflect a growing focus on studies involving honey and olive oil (Figure 4B). Researchers were also interested in understanding the potential health benefits of Prophetic medicines in the context of alternative medicine for COVID-19 and mental health.
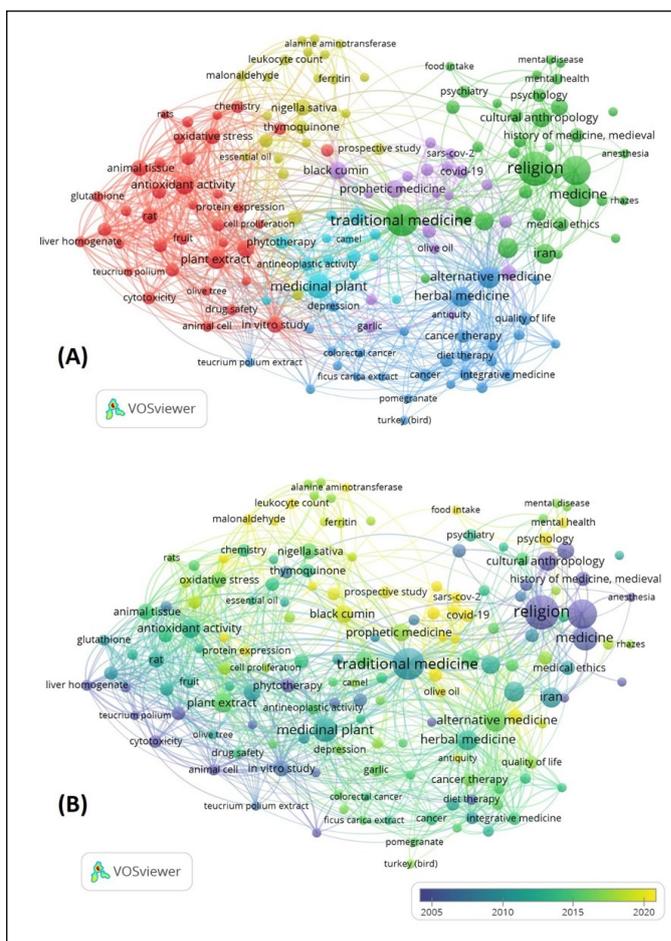

Figure 4: Network (A) and Overlay (B) visualisation of keyword analysis, in which the size of clusters represents the occurrence number of the items. The colours of nodes represent the different thematic clusters (A) and average years (B) of studies.

Phyto-therapeutics in prophetic medicine

Following the bibliometric and keyword analysis, which revealed dominant research themes centred around antioxidant, anti-inflammatory, and antineoplastic properties of various prophetic remedies, a more in-

depth exploration of these commonly cited natural agents is warranted. Traditional medical systems, such as prophetic medicine, hold significant historical and cultural value. Nevertheless, it is crucial to evaluate the effectiveness and safety of herbal remedies through scientific research and clinical evidence. Tibb al-Nabawi, which draws upon various natural resources, references several noteworthy ones, including *N. sativa* (black cumin), *Hordeum vulgare* (barley), honey, *Olea europaea* (olives), *Salvadora persica* (Miswak), and *Phoenix dactylifera* (dates). Hence, the chemical compositions, pharmacological properties, clinical trials, and safety of these prophetic medicines were reviewed to align the bibliometric insights with current biomedical evidence.

N. sativa (black seed or black cumin) is valued in prophetic medicine for its diverse pharmacological benefits. As narrated by Abu Hurairah (Sahih al-Bukhari, Hadith No. 5688; Sahih Muslim, Hadith No. 2215a), the Prophet Muhammad ﷺ said:[12] "Use the black seed, for indeed it contains a cure for every disease, except death." Its main bioactive compound, thymoquinone, exhibits antioxidant, anti-inflammatory, analgesic, anticarcinogenic, antimicrobial, hypoglycaemic, antihypertensive, immune-boosting, hepatoprotective, and anti-diabetic properties.[13] Preclinical studies have shown thymoquinone's anti-inflammatory action through inhibition of IL-1β, TNF-α, IFN-γ, and IL-6.[14,15] Additionally, black seed extracts demonstrated neuroprotection by reducing inflammation and oxidative stress in Alzheimer's disease models.[16] Thymoquinone also activated caspase 8, which plays a central role in initiating and executing apoptosis in myeloblastic leukaemia HL-60 cells. Caspase activation results in a series of events that eventually cause cell death.[17]

Several human clinical trials have been conducted to investigate the anti-inflammatory properties of *N. sativa*. In a trial involving rheumatoid arthritis patients, it was discovered that supplementing with black seed oil significantly reduced levels of several inflammatory markers, such as C-reactive protein (CRP) levels, erythrocyte sedimentation rate (ESR), and disease activity scores.[18] In addition, the administration of *N. sativa* oil

capsules to asthmatic patients was examined. According to the study, supplementation with black seed oil has reduced the symptoms of asthma and enhanced lung function, potentially as a result of the anti-inflammatory and bronchodilatory properties of black seed oil.[19] Meanwhile, a study found that black seed supplementation contributed to a reduction in inflammation markers and improved glycemic control for patients with type 2 diabetes.[20]

Barley (*Hordeum vulgare*) is rich in soluble fibres such as pectin and β-glucan, which have been shown to alleviate gas, bloating, and stomach discomfort.[21,22] Barley or Talbinah has been mentioned in many narrations of the Prophet . For example, as narrated by Sahih Bukhari and Muslim in Mishkat al-Masabih 4179 (hadith no. 18), and on the authority of 'Aisha (may Allah be pleased with her) who said: I heard the Prophet Muhammad ﷺ said: "Talbinah gives rest to an invalid's heart and removes some of his grief".[23] Talbinah is a meal made from powdered barley that was traditionally consumed during the time of the Prophet Muhammad to alleviate stomach discomfort.[12] A cardioprotective effect of β-glucan was evaluated in patients having coronary artery bypass grafting (CABG). β-glucan has also been found to support probiotic activity and showed cardioprotective effects in patients undergoing coronary artery bypass grafting by reducing ischemia-reperfusion injury and creatine kinase isoenzyme levels.[24,25] Barley is also rich in antioxidants, which help protect body cells from oxidative stress and damage. Preclinical studies have demonstrated its antioxidant potential, which may contribute to various health benefits.[26–28] Research in animal models has also suggested the positive outcomes of barley intake on cardiovascular health. The consumption of barley can improve heart health markers and lower cholesterol levels and blood pressure.[29,30]

Honey has a prominent place in prophetic medicine within the Islamic tradition. Honey is mentioned in several narrations (hadiths) of the Prophet Muhammad, highlighting its therapeutic properties.[12] It is narrated from Abu Huraira that Prophet Muhammad ﷺ said: "Whoever licks honey three mornings each month,

will not be afflicted by a major calamity (fatal disease)," (Sunan Ibn Majah, hadith no. 3450). The Prophet Muhammad referred to honey as a wholesome and nutritious food. He recommended its consumption as a part of a healthy diet, pointing to its natural sweetness and health benefits as a source of strength and energy. Honey is regarded as a natural source of antioxidants and is linked to several health benefits, including a potential role in lowering the risk of chronic diseases and increasing general well-being. The presence of phenolic compounds in honey supports its antioxidant properties, preventing cells from oxidative damage caused by free radicals.[31]

Honey has also been extensively explored in preclinical studies for its wound-healing characteristics. Its potent antimicrobial properties also contribute to its effectiveness in wound treatment.[32] Besides, the effects of honey on nocturnal cough and sleep quality in children with upper respiratory tract infections were studied in a clinical study.[33] According to the study, children who have infections and nocturnal coughs may benefit from using honey as a natural therapy. Additionally, it improved sleep quality for both children and parents.[33] Prophet Muhammad ﷺ advised combining honey with warm water or herbal teas to relieve cough.[12] Honey also contains bioactive compounds like chrysin, which has demonstrated cancer-preventive effects by suppressing early hepatocarcinogenesis and inducing apoptosis in liver preneoplastic lesions.[34]

Olea europaea (olive) contains bioactive compounds like oleocanthal and oleacin, known for their anti-inflammatory and antioxidant effects, supporting its traditional use in prophetic medicine for inflammatory conditions. It was narrated from Umar that the Prophet Muhammad ﷺ said: "Season (your food) with olive oil and anoint yourselves with it, for it comes from a blessed tree" (Sunan Ibn Majah 3319, hadith no. 69).

Olive oil's antioxidants, including polyphenols and vitamin E, help prevent oxidative cell damage.[35] Hydroxytyrosol, the main polyphenol, makes up about 50% of the phenolics in virgin olive oil and has the highest antioxidant potency among olive polyphenols.[36] Preclinical studies show that olive-derived compounds regulate blood sugar and improve insulin sensitivity.[37] Dietary interventions confirmed their role in lowering metabolic syndrome risk by improving blood pressure and glucose levels, and reducing LDL oxidation.[38] Hydroxytyrosol and oleuropein also inhibit cancer cell growth, angiogenesis, and metastasis while protecting DNA and regulating BCL-2 and COX-2 expression, offering protection against various cancers, including colon, breast, lung, and skin.[39]

Salvadora persica (miswak or siwak), commonly known as the miswak or siwak, is mentioned in several narrations (hadiths) of the Prophet Muhammad, ﷺ highlighting its dental and oral hygiene benefits. Abu Huraira reported: The Messenger of Allah, peace and blessings be upon him, said, "Were it not a burden upon my nation, I would have ordered them to use the toothstick before every prayer" (Sahih al-Bukhari 847 and Sahih Muslim 252).

Furthermore, Huzaifah (r.a.) narrated that "Whenever the Prophet (s.a.w.) got up at night, he used to clean his mouth with Siwak" (Sahih Bukhari, Book of Ablution, hadith no. 246).

It has been reported that the extract of miswak contains a wide range of organic and inorganic compounds. The Prophet Muhammad ﷺ recommended it as a natural toothbrush for cleaning the teeth and mouth.[12] Miswak contains various organic and inorganic compounds and is believed to help prevent tooth decay, gum disease, and bad breath by removing food particles, plaque, and bacteria.[40] Its antimicrobial effects have been demonstrated when chewed or applied, supporting its traditional use in preventing dental infections.[41] Studies also show its anti-inflammatory properties, which help reduce gum inflammation and prevent gingivitis.[42,43] Other pharmacological benefits include hypolipidemic, antiulcer, antifertility, and anticonvulsant effects.[44,45]

Phoenix dactylifera (dates) are rich in bioactive compounds, including tannins, flavonoids, phenolic acids, and carotenoids like beta-carotene and lutein, contributing to

their antioxidant and anti-inflammatory effects.[46] Phytosterols in dates may also help lower cholesterol and support cardiovascular health.[47] In prophetic medicine, dates are valued for boosting endurance and vitality, especially during illness or physical exertion, and serve as a natural sweetener in traditional foods.[48] Narrated by Sa`d, the Prophet Muhammad ﷺ said, "He who eats seven 'Ajwa dates every morning, will not be affected by poison or magic on the day he eats them" (Sahih al-Bukhari 5445, hadith no. 74).

In vitro and *in vivo* studies, such as those on four Tunisian date cultivars, showed the highest antioxidant activity at the Besser (early ripeness) stage, with key compounds like caffeic, ferulic, and catechin identified.[49] Date seeds have demonstrated anti-inflammatory effects by downregulating IL-1β, TGF-β, COX-1, and COX-2, and may enhance immunity and prevent chronic diseases.[50] Moreover, dates and *N. sativa* were also discovered to have a synergistic effect on hepatocyte structure and function when subjected to aflatoxin B-1-induced hepatotoxicity.[51]

Hence, phytotherapeutics in prophetic medicine represent a rich resource of natural remedies. Key components of black seed, barley, honey, olive, miswak, and dates have demonstrated diverse pharmacological properties, from anti-inflammatory and neuroprotective effects to blood sugar regulation and cardiovascular benefits. Clinical trials have confirmed their therapeutic potential in conditions such as rheumatoid arthritis, asthma, diabetes, and oral hygiene.

Despite the promising evidence, several limitations and conflicting findings have emerged in the literature regarding the efficacy and standardization of prophetic remedies. For instance, while *N. sativa* has been widely studied for its anti-inflammatory and antioxidant effects. Some clinical trials have reported inconsistent outcomes, possibly due to variations in dosage, formulation (oil vs. powder), patient population, or duration of intervention. Similarly, although honey shows potent antimicrobial and wound-healing effects in vitro and in vivo, clinical trials

in humans often lack standardization in honey types and purity, which may influence reproducibility and therapeutic outcomes.

Moreover, olive oil's health benefits, though well-established in Mediterranean diet studies, are often confounded by lifestyle and dietary factors, making it difficult to isolate the effects of olive-based remedies as used in prophetic medicine. Likewise, for miswak, while antimicrobial effects are evident, some systematic reviews have questioned its superiority over modern dental products due to limited high-quality clinical trials with standardised endpoints.

Another challenge lies in the lack of regulatory frameworks and standard quality control measures for herbal products derived from prophetic medicine. Variability in preparation methods, dosage, and lack of standardised outcome measures across studies pose a major barrier to translating these traditional practices into evidence-based complementary therapies.

These findings highlight the need for well-designed, large-scale randomised controlled trials (RCTs) with a rigorous methodology, validated biomarkers, and longer follow-up periods to confirm the clinical relevance of these remedies and to bridge the gap between traditional knowledge and modern clinical standards.

CONCLUSION

This review presents a qualitative and quantitative evaluation of the prophetic medicine by analysing its scientific landscape using a bibliometric approach to identify publication trends, key contributors, collaborative networks, and research hotspots, complemented by a narrative review of key natural remedies to provide a comprehensive overview of the field. The bibliometric findings highlight key contributors, countries, journals, keywords, and documents with a notable rise in publications in 2023. Throughout history, numerous natural remedies, herbs, and practices recommended by the Prophet have been explored for their therapeutic benefits. While scientific research has validated some of these remedies, much of the knowledge remains rooted in

tradition and faith. The therapeutic benefits of prophetic medicine include the use of natural remedies such as black seed, olive oil, and honey, among others. These remedies have shown promise in areas such as anti-inflammatory properties, immune system support, digestive health, and disease prevention.

However, several limitations remain in the current body of clinical evidence. These include small sample sizes, short trial durations, heterogeneity in formulations, and limited reproducibility of findings. Additionally, a lack of standardised outcome measures and insufficient regulatory oversight pose challenges to the widespread acceptance and integration of these remedies into modern medical frameworks. Hence, it is imperative to view prophetic medicine from a well-rounded perspective, acknowledging both its cultural and historical importance and the need for more robust scientific validation. Prophetic medicine offers valuable complementary insights into health and well-being, but its integration into evidence-based medicine should be guided by rigorous, high-quality research and clinical standards.

CONFLICT OF INTEREST

The authors declare no conflict of interest.

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