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Q: 307 ? Title: I have a medical issue that has affected my life. What is Allah's purpose for this difficulty?

Question

I am 23 years old. I have a medical issue which has affected my life and myself very much. Over the years it's getting worse. My problem is I have high levels of male hormone in me. I find it very embarrassing and it has affected my self esteem tremendously. I have been to many many doctors throughout the years but none could find a solution to it, instead they made it worse. The last doctor I've seen wanted to do a specific test which could determine what is causing this male hormone in me, but unfortunately this test cannot be done on a virgin girl. I don't know where to turn to now. I am becoming hopeless. Every day I keep praying to *All?h* to heal this complication in me because I'm afraid I might face difficulty to find a life partner for me.

My question is, though I tried many doctors for this issue, why did it make the matter worse? What is *All?h*'s purpose? All my life I have been living on a hope that one day *All?h* would reward me for keeping my virginity safe, so where is my reward? What should I do? I'm so confused. Is there any specific dua that could heal this complicated disease in me? I don't like the way I look because the medicines side effects burnt my skin and lost my hair. What can I do to get my beauty back so that I can get married soon? Is there any dua for that? Please help me. I wish there was a way to communicate with *All?h*, but that's just not possible.

Answer

In the Name of All?h, the Most Gracious, the Most Merciful.

As-sal?mu ?alaykum wa-rahmatull?hi wa-barak?tuh.

We are extremely grieved at your situation and make *du???* that *All?h* gives you complete cure from this condition.

At the outset we want you to know that *All?h* tests his beloved slaves to increase their rewards and ranks in His sight. Hence, such difficulties are a sign that

All?h

wishes to credit you with immense reward.

Our beloved Prophet *salall?hu ?alayhi wasallam* has mentioned in one *had?th* that no soul experiences pain, so much so that even a thorn does not prick him, except that his sins are alleviated and his ranks are increased.

[\[1\]](#)

So while you endure these difficult times, always keep in mind that these difficulties are securing you a better place in the eyes of

All?h

.

All?h is *Al-Hak?m* (The Wise). There is wisdom in everything that *All?h* does. It is due to our short sightedness and lack of understanding that we do not understand the system of *All?h*

.

Maulana Yunus Patel Saheb (db)

explains that every

Muslim

should know any calamity that strikes a person, has an even severer one which could have

occurred. In this way he will realize that

All?h

has safeguarded him/her from a worse calamity and afforded him/her the rewards by afflicting difficulty of a lesser degree.

In our times, hormonal imbalance has become a very common condition among women. There is a rise of distress and anxiety attacks because of this condition. This is primarily due to the increase in chemically altered foods. However, these conditions were also present in the times of *Sah?ba radiall?hu ?anhum* as well. In fact, *Im?m Tirmidhi rehmatull?h ?alayh* records in his *Sunan*

a detailed incident of

Zainab bint Jahsh radiall?hu

?

anha

seeking advice from

Rasulullah

salall?hu

?

alayhi wasallam

regarding continual menstrual bleeding (state of

Mustah?dhah

).

[\[2\]](#)

This is one of the common symptoms of hormonal imbalance.

Rasulullah

salall?hu

?

alayhi wasallam

gave her some advice with regards to the situation keeping consideration of her personal condition as well as the geographical and climatic conditions.

Islam encourages us to live a healthy and wholesome life. Do not become despondent with these trials and tribulations and continue your efforts to find a suitable cure. If conventional medical treatments are not helping then you may try some alternative medicine as well. There is much benefit in some herbal medicines to resolve such imbalances.

In one *Had?th Jabir radiall?hu ?anhu* narrates from *Rasulull?h salall?hu ?alayhi wasallam* that,

?There is a cure for every illness, and when the medicine is applied to the disease it is cured with the permission of All?h All Mighty and Glorious.

(Sah?h al-Muslim #5466) [\[3\]](#)

Whenever you feel despondent of the situation and helplessness begins to shake your hope for mercy from All?h, then turn to the Holy Quran and read the life of Sayiduna Ayub ?alayh sal?m.

All?h
has narrated the history of
Ayub
?
alayh sal?m
to instil
sabr
and patience within the self. It was nothing but the servitude and patience of
Ayub
?
alayh sal?m
which earned him the honour of being praised by
All?h
Himself.
All?h
states about him:

*?Truly We found him full of patience. How excellent a servant!
Continually returning (toward his Lord)!?*

(Qur??n 38:44) [\[4\]](#)

So keep striving and keep hoping for the bounties of All?h to pave your path. During your endeavour, keep a close link with All?
h subh?nahu wa ta
?
?la
since this is the primary test in these trials. Stay firm with your daily

sal?h

, reading of

Qur??n

and other

?

ibad?t

. Utilize these times of worship to increase in your supplications.

All?h

loves the humility and humbleness of his slave. When the tests and trials reach an unbearable stage, and yet the slave of

All?h

persists in His

?

ib?dah

and supplication, then the doors of

rahmah

(mercy) open up and shower the blessings of

All?h

upon that slave.

You should also recite the following *du???* abundantly as per the sunnah of *Rasulullah salall?h*
u *?alay*

hi wasallam

.

????? ?????????? ?????? ??????? ?????????? ?????????? ??????? ???????

?????????? ????????

"??? ?????? ?????? ??????? ??????????? ??????????? ??? ?????? ?????? ???????

????? ?????????????? ?????????????? ??????? ?????????????? ?????????????? "

Whenever Prophet salallahu ?alayh wasallam would face distress he would recite:

?There is no deity except Allah, The Mighty and Forbearing; There is no deity except Allah, Lord of the skies and the Earth and the Lord of the Mighty Throne?

(*Sahih al Bukhari? #6345*) [\[5\]](#)

And Allah knows best.

[1] " ??? ????? ????????? ????????? ????????????? ????? ????????????? ????????? ?????????? ????????? ????????????? ????????? ????????? ????????????? " (???? ??? ??? ?????? ??? 10921)

[2] (??? ????????? ? ??? ?? ??????????? : ?????? ??? ????? ? ??? 128)

[3] "??? ??? ????? ????? ????? ????? ?????? ??? ????? ????? ?? ???" (???? ????? ? ??? ??? ??? ?????? ?????????? ????????? ? ??? 2205)

[4] ?????? ?????????? ?????????? ????????????? ?????? ?????? ?????????? ????????? ?????????????? ?????????? ?????????? ?????????? ?????????? ?????????? (???????? ????????? ? ????? ? ??? 44)

[5] ??????? ??????? ????????? ? ?????? ?????????????? ????????? ?????????????? ??? 6345)