

Syeda Sadia Ghaznavi On The Holy Prophet As A Psychologist And Educationist

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Abstract

The science of psychology directly relates to human and human relations. Now a day's psychiatric diseases are spreading rapidly everywhere. However as much as psychology has been discussed and consulted in Islam, no other religion has done so much. In the light of the Holy Quran and the sayings of Holy Prophet, there is an easy solution to all the diseases of psychology. The present research provides an in-depth overview about the personality of Holy Prophet especially as a psychologist and an educationist. The life of Holy Prophet is a great example for all mankind of all times. As a psychologist, His valuable suggestions and advices are beautifully discussed in Sadia Ghaznavi's book, which is a great source of learning. The main objective of this research is to bring the psychological examples and suggestions of Holy Prophet which are never overlooked by the academic word. This qualitative research has utilised the evaluative, explorative and descriptive techniques. Both Primary and secondary sources e.g. Holy Quran, Ahadis, books of Muslim scholars not only make this research informative but also healthier for all people. Being the last prophet of Allah, Holy Prophet is the best of all creatures and His statements, there is goodness for all creatures.

Key words: Islam, Holy Prophet, Psychologist, Educationist, Human beings.

ABOUT AUTHOR AND THE BOOK

The author of the book is Syeda Sadia Ghaznavi, she is a renewed Pakistani Scholar. In her book, she proved that Holy Prophet was an expert of psychology. In her book, she praised Holy Prophet by using His Ahadis and presents a unique sketch of Islamic balanced moral values. There are some everyday psychological problems that are not treated as separate diseases among psychologists; however their status in habits and character is unquestionable, such as malice, jealousy, anger, backbiting, slander and espionage etc.

According to the writer, in the light of the psychological sayings of the Holy Prophet, complete psychological problems can be solved. The current research highlights the salient aspects of this book so that the psychological problems can be solved according to the teachings of Holy Prophet.

GLIMPSES OF THE BOOK

This book is full of psychological suggestions of Holy Prophet. The present world is suffering from a lot of psychological problems, for the solution of which millions are used and expensive medicines are also utilised. Syeda Sadia has not only covered the serious

psychological problems of this society in her book, but also written a suitable solution for them according to the sayings of Holy Prophet. The author argues that all psychological problems should be resolved in the light of the statements of Holy Prophet. His personality was actually INFJ type, which is the rarest of the Myers Briggs types, more interestingly only 2 % people in the world belongs to that category.¹ There are so many examples of Holy Prophet's life which needs to be used as remedy of psychological patients for soothing their diseases. Psychological problem can be just as serious and potentially harmful as any psychological disease. So we can take fruitful examples from the life of Holy Prophet, and it is the duty of all Muslims to achieve the good for this world and the hereafter by following them.

PERSONAL TRAITS OF HOLY PROPHET

The position of man in the world created by Allah is that of his vicegerent or Caliph. The life of Holy Prophet is the best example for living a better life in this world.

Allah says in the Holy Quran:

“For you, the life of the Messenger of Allah is the best example of good character”.²

The etiquette and manners in every aspects of life were evident from the way the Holy Prophet walked, ate, drank and talked. He taught how to rule the world with your good manners. He gave a new shape to practical psychology and promoted the mentally and physically strong human state and race.³ Narrated by Hazrat Mutlab bin Abdullah:

“A man asked the messenger of Allah, what is backbiting? He said: To mention something about someone in his absence in such a way that if it were done in front of him so he would feel bad”.³

Psychology describes all these things as symptoms of other diseases and Holy Prophet

describes them individually proved that each of them is an important issue in its own right. If there is any person in this world who is perfect, faultless, perfect in every aspect of life and an absolute ideal, then without any doubt, it would be Holy Prophet (SAW).⁴ He had so many qualities which made him the best ever personality in all over the globe. First of all his first trait Choosing Allah over everything is the most pious and psychologically strong quality which made Him sensible, mature and foresighted than all. Besides this the other qualities are Kindness, mannerism, equality, humbleness, helping other, truthful, merciful, modest and generous.⁵

FEAR AND COMPLEX ACCORDING TO HOLY QURAN

Sadia Ghaznavi has highlighted both the psychological factors with examples by including quite comprehensive Quranic verses regarding fear in her book. According to the writer, panic, terror, fear and grief can be the source of illness, social conflicts, family and kinship problems. When these signs happen to a Muslim, the Quranic verses about it as follows:

“There is good news for those who are patient and those who are afflicted by a calamity say that whatever we have belongs to Allah and to Him we must return, they will receive rewards and mercy from Allah, and these are the people who are guided”.⁶

In the Holy Quran, the believers have been prevented from fear and terror in clear words:

Allah Says:

“Those who said, Our Lord is Allah, and then stood firm on Him, they will not have any fear.”⁷

In another verse Allah Says:

“Allah himself will save those who fear Him, neither shall they suffer any evil, nor shall they suffer sorrow”.⁸

In the Holy Quran, believers are urged to fear only Allah.

“Those who believe and do good deeds, pray and give Zakat, they will have a good reward from Allah and they will have nothing to fear, nor will they ever need to fear”.⁹

In this verse, it is clearly stated that those who follow the path indicated by Allah do not need to fear and the believer always seek help from Allah. The believer seeks help from Allah in such words:

“I explain the situation of trouble and grief to my Allah”.¹⁰

It is a matter of course that healing is from Allah, life and death is also in His hands, so there can be no benefit from coming in front of Humans. It should not be but should only fear Allah, who has power over all things.

HOLY PROPHET'S STATEMENTS ABOUT FEAR

Regarding fear Holy Prophet has presented the most important principle, He said:

“Your job is to give satisfaction to the patient; Allah Himself will do the Treatment”.¹¹

Reassuring the patient is very important during trauma and mental illness. Holy Prophet said:

“When you go to the patient, give him hope and encouragement, doing so gives psychological satisfaction”.¹²

Hazrat Jabir bin Abdullah narrates that the Holy Prophet said:

“Allah has not sent down any disease on earth for which He has not sent down medicine. When the effects of the medicine are in accordance with the nature of the patient, healing takes place by the command of Allah”.¹³

The above stamen proves that the healing from disease and factors such as fear and fear is

achieved only by the grace of Allah. The basic remedy for the nature of fear is to put trust and faith in Allah. In order to get rid of terror, pain, sorrow and grief, Holy Prophet said:

“Talbina is a complete cure for all disorders of the heart; it removes grief from the heart”.¹⁴

Apart from this, Holy Prophet also forbade bad temper, rudeness and pride. Anas Bin Malik narrated:

“Holy Prophet said, blasphemy and backbiting will spoil your personality, while esty will beautify and adorn it”.¹⁵

Hazrat Abdullah Ibn Abbas narrates that the Holy Prophet said: He who is filled with sorrow and worry should read this over and over again.

“There is no might, no power except Allah”.¹⁶

Prayer should be performed to remove grief, trouble and fear because Allah said:

“Seek help with patience and prayers”.¹⁷

Holy Prophet narrated the Prayer of Hazrat Yunus to get rid of grief and fear; He said that this Dua is very powerful to remove grief and fear.

“There is no deity except You, exalted are You. Indeed I have been of wrongdoers”.¹⁸

The Holy Prophet has narrated that the problems of fear in the light of Holy Quran and clarified the principle that if faith and belief are strong then no grief, worry or fear can be caused. If there is any grief or fear, it should be removed in the light of Quranic verses.

ISLAMIC TEACHINGS ABOUT GUILT COMPLEX

Remembering the slightest mistakes all the time creates panic and anxiety which leads to psychological problems. According to psychologists, guilt is an emotional state in which there is always a feeling that one has violated a moral value. This situation arises

when a person has set a moral standard for himself with his own conviction. Different religious attributes strange things about God's glory. In any case, it is true that only Allah has power over all things, He is the One who punishes and He is the One who judges. In Christianity, Buddhism and Hinduism, the concept of taking revenge on the person of God creates terror in the hearts of people for sin and future suffering.¹⁹ The Holy Prophet said:

"Every human being is prone to sin the best sinners are those who repent of their sins".²⁰

Those who commit sins should seek forgiveness from Allah as mentioned in the Holy Quran:

"Our Lord: do not hold us to account for our mistakes and do not burden us with the sense of responsibilities as was imposed on the nations before us. Our Lord, do not put any burden on us that we do not have the strength to bear, forgive us our sins, have mercy on us and help us against the disbelievers".²¹

The Holy Quran has shown us the straight path and has also told us that it is human's habit to make mistakes but he should seek Allah's forgiveness for every mistake he makes.

"If anyone apologizes after his transgressions, repents and corrects himself, then Allah accepts his repentance".²²

"Whoever repents, people are protected from it and do good deeds, he will enter into paradise and no injustice will be done to him".²³

Hazrat Abdullah Bin Umar narrates that the Holy Prophet said:

"Allah accepts the repentance of his man as long as his breathing is gurgling".²⁴

"The Holy Prophet says that one who repents of a sin is just as if he had never sinned".²⁵

Allah clearly stated in the Holy Quran that whatever you do, you will get a reward. Repentance and forgiveness for one's sins is the

mark of a believer. There is only one remedy for the feeling of sin and that is forgiveness.

ISLAM AND INFERIORITY COMPLEX

Thinking of oneself as inferior to others is called feeling of inferiority. If someone has a deficiency, nature has compensated in other cases, such as the hearing and memory of the blind is much higher than others. The world is filled with many examples, in which disability is not only tolerated as a challenge but made a name and did not let disabilities become a feeling of inferiority.²⁶

Jealousy fall under the category of inferior complex, it is stated in the Holy Quran:

"I seek refuge in Allah, from the envoy of the envious".²⁷

The Holy Prophet said:

"Beware of envoy, it consumes good deeds like firewood".²⁸

Hazrat Anas bin Malik narrated that the Holy Prophet said:

"Do not be envious, do not be jealous and do not turn your back from each other".²⁹

If someone is psychically inferior, then Allah says about him:

"Allah created your form as the best masterpiece of creation and to Him you must ultimately return".³⁰

No Muslim has the right at all to despise another, the Holy Prophet made it clear in his farewell sermon:

"An Arab does not have superiority over a foreigner, nor a white over a black. Superiority among human beings comes from good deeds comes and remember that you are all the children of Adam who was created from dust. Allah does not like those who spend so much wealth, do not settle for what you got and do not

regret what you did not get, because Allah does not like the arrogance”.³¹

Hazrat Abdullah bin Amr Bin Al-Aas narrates that the Holy Prophet said:

“A Muslim is one whose hands and tongue keep other Muslim safe”.³²

Islam has given personal dignity to every human being and has declared them deserving of superiority based on good deeds, good morals and service to others. It is important for a Muslim to be satisfied with what Allah has given him, not to look at anyone's condition and to deal with everyone in harmony and sincerity. All are equal in Islam, if one is superior to another, then there is no justification for a Muslim to suffer from inferior complex after accepting and following Islamic teachings by heart.

INTERPRETATIONS OF DREAMS ACCORDING TO HOLY QURAN

Everyone dreams while sleeping, dreams are also related to daily routine. Sometimes dreams are true and sometimes, they are not related to reality. Every soul has dreams including all creatures of Allah. Regarding good and bad dreams, Hazrat Abu Saeed narrates that the Holy Prophet said:

“A good dream is from Allah while a bad dream is from the devil. The dream should not be explained to anyone but from Allah should seek refuge from the evil of Satan”.³³

Istikhara is also a type of dream because it has been proved in modern psychology that a person does not have the power to bring a dream of his own volition, but Holy Prophet has told us the way to bring a dream of our own choice and this is called Istikhara. In this regard, one prays to Allah by reciting Nawafil and sees a sign in a dream according to one's request. Almost all the religions have presented their beliefs about dreams and the Quran is significant in that it not only provides guidance on every issue but also provides many verses

about dreams.³⁴ First dream is that of Hazrat Ibrahim:

“When he grew up enough to walk with his own father, one day, Hazrat Ibrahim said that O my son, I see in a dream that I am slaughtering you, now think and tell me what you think. Answer: O my father, do as Allah has commanded and you will find me patient. The father laid the son on the ground at the command of Allah and We called Ibrahim and you made the dream come true. It was a test from Me and We replaced it with an animal. We made this commandment of obedience an example for future generation”.³⁵

Sometimes a dream should not be told to anyone, because it can lead to loss rather than gain. Similarly, the dream of Hazrat Yusuf is also included in the Quran.

“Yusuf told his father Yaqoob that In saw in a dream that eleven suns and stars were bowing down to me. He replied that do not tell this dream to your brothers. They will tend to harm you and Satan is the open enemy of men. Your Allah will bless you very soon and send down on you and your defendants as many blessings as He sent down on your father, Ibrahim and Ishaq. He is all knowing and wise”.³⁶

PROPHETIC VIEWS ABOUT DREAMS

The sayings of Holy Prophet about dreams are very valuable, He has given a good guidance about dreams, He said:

“The greatest slander is that a man showed his two eyes what he did not see”.³⁷

Abu Saeed narrates that the Holy Prophet said:

“The truest dream is the one seen in the last part of the night.”³⁸

Hazrat Abu Musa narrates that :

“Holy Prophet saw a dream that I was wielding a sword, it broke at once, then I shook it, it would be very sharp. When the Holy Prophet was asked about an explanation, He said that the Muslims were in trouble in Uhad but

gradually the situation improved and after some time Makkah was conquered".³⁹

Hazrat Abdullah bin Umar says that the Holy Prophet once narrated his dream, He said:

"Once I was sleeping and a cup of milk was brought in my dream. I drank the milk then it started leaking from my nails, then I gave the remaining cup to Umer. When the companions asked for an explanation, Holy Prophet said, Knowledge".⁴⁰

Holy Prophet said that there are three types of dreams, one is psychological thoughts, the other is good news from Allah and the third is the frightening of Satan. Psychologists have describes dreams as the events of daily life, but only Holy Prophet has the privilege of explaining the messages received through dreams in the forms of knowledge and teaching the knowledge of their interpretation. He also edited the things seen in the dream and gave a freat recipe to avoid nightmares. It is also a fact that the name of the psychologist who made dream interpretation a form of knowledge is Holy Prophet Hazrat Muhammad (SAW).⁴¹

MARTIAL PROBLEMS SOLUTIONS ACCORDING TO ISLAM

Marriage is a declaration of life between a man and a woman. Allah Almighty has liked this bond very much and it is said in the Holy Quran:

"Marry the woman you like, whether they are two, three or four, if you fear that you will not be able to do justice then one is enough".⁴²

Seeing one's future partner is a good thing in Islam and a woman's consent in marriage is so important in Islam that a girl's father cannot marry her without her consent.

Hazrat Muhammad bin Hatib narrates that the messenger of Allah said that:

"The difference between Halal and Haram is the sound and the drum".⁴³

The Holy Prophet said:

"Announce the marriage, read it in Mosques and beat the drum on that occasion".⁴⁴

Among the things that the Holy Prophet forbade is divorce, it is an act that Allah and Holy Prophet severely dislike. The wonderful way that has been explained by is not easy but also very useful and it is very important to follow them in today's situation. If doubts start to rise in the relationship between husband and wife, it is not only difficult but also impossible to resolve them. In the Holy Prophet's time, a man accused his wife adultery. He did not have a witness, but his wife also swore several times and denied the crime. The Holy Prophet declared this two-way oath as Divorce and separated the two. Not only does Allah get angry with false oaths, but Allah's punishment also descends on the one who swear falsely. Both human relations and character are damaged by false oaths. Islam has also made the woman a share in her husband's property. In the full code of life of Islam, a woman with children has one-eight shares, while the remaining part is divided among the children.⁴⁵

It was the spiritual and universal principles of Islam, who considered the sacred duty like marriage to be the most important. Holy Prophet also used to do marriage counselling. In which there was guidance for the coming generations and in their light a married life was a sure bond.

NARCOTICS ADDICTIONS AND THEIR SOLUTION

Since ancient times, the use of drugs in human society has been causing mental and psychical disorders. In the history of various religions Som Rus, hemp, opium and poppy were used widely. Where priests and Sadhus would not only drink it themselves but also get their devotees to use it. Drugs have been used in various forms throughout history, sometimes to mask grief and sometimes to alter mood. Some people even believe that consuming a small

amount of alcohol instils confidence in a person. A small amount of drugs gradually becomes a daily routine and then impossible to live with it and as a result, a good person becomes humiliated in the society and neither respects him. It is also surprisingly true that drugs are used in many medicines.⁴⁶ Along with hemp and opium, alcohol is also used in Vedic medicines for various ailments. Gradually, these drugs were included in modern medicines. Modern research on alcohol has shown that it is a poison for the brain and nerves. Earlier, it was believed that a small amount of alcohol is consumed after meal, it is good for the arteries of the heart and does not damage the liver, but according to modern research, even a small amount of it can damage the nerves. The cells that are destroyed by the effects of alcohol do not regenerate. In this regard, it is said by Holy Prophet that one day Hazrat Tariq bin Saweed said to the Holy Prophet that there are many grapes in our areas and we squeeze and use them.

Holy Prophet replied that it is not a medicine at all, rather it is a disease in itself”.⁴⁷

Mental disorders caused by drugs are not today’s discovery but Holy Prophet had shed light on them. Hazrat Abu Darda narrates and explains the advice of Holy Prophet in some way that Holy Prophet gave me a will of not to use intoxicants because

“drugs are the key to all evils”.⁴⁸

Compounds from the Thohar trees are increasingly used in narcotics, even though the Holy Quran describes it as the worst at various places centuries ago. Allah says in the Holy Quran:

“This thohar trees is the food of sinners, it is just like molten copper”.⁴⁹

Hazrat Abdullah bin Abbas narrates that the Holy Prophet said:

“Everything that intoxicates is wine, everything is forbidden”.⁵⁰

In the matter of worship, the Holy Prophet said:

“O believers, do not pray with intoxicated and this restriction will remain until you have control over your words and actions.”⁵¹

Almost all drug treatment can be treated from mental hospitals to our psychiatry because the harms of drugs are very high and even a small amount of intoxicating is forbidden. Drugs creates strife and enmity, drug addicts can be freed from this scourge by educating them about the harms of drugs and providing a clean environment. It is also a fact that drugs can never cure any disease, they are a disease itself. If we look back at the religion of Islam, it is known that Islam is a practical and practicable religion, its basic teachings, duties and rights are very simple. It also commands tolerance in other areas of life. Muslims increase patience and endurance by fasting in the month of Ramadan and this training reduces the endurance of the human race in other areas of life as well.⁵² Addicts should be advised to follow the teachings of Islam so that they can walk on the right path of Islam and rid themselves of addiction. Such persons can be persuaded by lovely explaining and it is also true that those who have faith in their heart never find it difficult to give up intoxicants. The pain of giving up drugs is only for those whose faith is not firm. Physical punishment for such evil is useful. During the era of Hazrat Ali, it was decided to 80 flog to drunkards and this punishment was so useful that during his reign drug problem never became a serious issue.⁵³

ISLAMIC VIEWS ABOUT SUICIDE

A person who tries to end the life given by Allah with his own hands is called suicide; this act is a crime both by religiously and legally. If a person who commits dies, no case can be filed against him, if he is lucky to survive this act is an illegal act under section 308 of the Pakistan Penal Code and the punishment is one year imprisonment with hard labour. Any act that is harmful to health and well-being falls under the category of suicide.⁵⁴

Allah Almighty says in the Holy Quran:

“Spend in the way of Allah and do not let yourself perish by your own hands”.⁵⁵ Al Baqarah, 195

In different religions of the world, suicide is neither considered bad nor is there any way to prevent it. Islam is a system of life in which a person who commits suicide has been told that death is forbidden. The Holy Prophet has shed deep light on all the reasons under which he thought or intention of suicide can come to heart and mind. The Holy Prophet's mission is to lead a dignified life with love, mercy and forgiveness. He came into the world to eliminate the killing, torturing people, rob, kidnapping and exterminate the infamous. An important part of Islamic teachings against suicide is coping with the situation.⁵⁶ The religion of Islam bears witness to countless examples. For example, Bilal was dragged on the hot sand while Kubaib was hanged after being tortured but he did not change his mission and position even in the last moments and continued to face every problem. The teachings of Islam are also to face the situation.

Hazrat Abdullah bin Zubair went to his mother before going to the battlefield. His mother hugged him and realized that he was wearing armour under the shirt. Mother asked: Abdullah are you going to battle field to fight the enemy and you are afraid from death. If you are right on the right, the number of companion does not matter. Abdullah replied: I am not afraid of dying but I am left alone, so I am afraid that the enemies will mutilate my body. The mother said that when a goat is slaughtered it does not matter if it is made into Kabab or Curry. Hazrat Abdullah fought bravely alone and martyred. Islam also teaches that if enemies enter the house of a Muslim woman in a conquered area and try to dishonour her, she should attack them instead of jumping into the well or out of the home.⁵⁷

In the Holy Quran it is said in this regard:

“If one trusts in Allah, the He will definitely take of him”.⁵⁸

The basic belief of Islam is that Allah is all-powerful if a person knowing that Allah is capable of solving all kinds of confusion and that He hears the supplicant, then he decides that his condition is out of control and he kill himself because his problem is beyond the solution. After doing this he becomes a disbeliever before committing suicide in that sense. Suicide is permissible for a Muslim in only two cases; number one either he becomes an infidel and number two if he is mentally ill. The Holy Prophet, the great psychologist of Islam and the world has taught man how to lead a dignified life, which is beneficial for every age and every human being.⁵⁹

HOLY PROPHET'S PSYCHOLOGICAL TECHNIQUES

The life of Holy Prophet is an exemplary model for all people and times till the day of Judgment. He was not only an obedient son, a loving husband but also honest and trustworthy in social transactions. A patient, high moral and peaceful person has ever come into the world. He was the helper of all difficult persons and fulfils the all needs of needy person. He is the last and true Prophet of Allah, a successful military leader and intelligent politician. His qualities are limitless which cannot be covered by human pen. As an author, sociologist, economist and psychologist, His words will remain forever. Every aspect of His life is bright from which every person of knowledge gets grace. As a psychologist, He has given very good statements in the light of which every mental patient can not only be cured and his life hereafter can also be better.⁶⁰ The Holy Prophet emphasized on behaviour, Hazrat Anas bin Malik narrates that the messenger of Allah says:

“In the balance of a believer, nothing will weigh more than good morals”.⁶¹

It is mentioned in the Musnad of Ahmed bin Hanbal that the Holy Prophet used to say that

prayer should be performed to remove grief, trouble and grief because Allah Almighty says in the Holy Quran:

“Ask for help with patience and prayer”.⁶²

On the other hand, there is always there the saying of Holy Prophet even with regret and repentance for your sins. He said:

“The door of repentance will remain open until the Day of Judgment for the time, when the sun will rise from the west instead of the east”.⁶³

Hoy Prophet used to listen to the conversation in a soft tone and said that with sweet language you can make Allah’s people happy. Any patient should be counselled in soft language so that he listens carefully to you as his own and follow it. In this way, the Holy Prophet also explained the difference between good and evil to the companions.⁶⁴ He said:

“Goodness is good character, evil is that which gnaws in your heart and you do not like others to know about it”.⁶⁵

The Holy Prophet has done the most important feats to make people’s lives easier and to remove the burden of the customs of the age of ignorance. He has solved many psychological dilemmas with simple living, simple opinion and simple thinking. Addressing a person with love and compassion has also been taught by Holy Prophet. He also added the knowledge of interpretation of dreams to the world of science. He forbade himself to tell his dreams to anyone. His act with justice even when it comes to a great bond like marriage. He said: Marry the women of your choice but if you think that you could not do justice, then one is enough. Consent of both man and woman is required before marriage before marriage and Holy Prophet has saved the society from corruption by defining the rights of husband and wife.⁶⁶ He has strictly forbidden the use of obscene clothes and intoxicants. He has declared everything intoxicating as harm and also said that healing

cannot be obtained from forbidden things and He has also advised with love to the addicts.⁶⁷

The blessed biography of Holy Prophet proves that He was among the most advanced psychologists; He laid down very good and simple principles. Repaying your mercy and soft language to the most hardened infidels of Makkah. His life lit the candle of Islam and His life is an eternal example for every people of all times.

HOLY PROPHET AS AN EDUCATIONIST

The Holy Prophet (SAW) was the combination of extreme knowledge and wisdom, the first word which was reviled upon Holy Prophet was Iqra means Read. The main teaching of Islam is reading and seeking knowledge. According to Holy Quran the main difference between Human Beings and other creatures is knowledge. Holy Prophet was very much serious about the education of both male and female. He also suggested the Muslims to memorize the Holy Quran as it is the main source of knowledge.⁶⁸ The Holy Prophet said:

“A person is better among you who teaches and learn Quran to others”.⁶⁹

Holy Prophet gave a special tribute to teachers, He said:

“I have been sent on earth as a teacher”.⁷⁰

After the victory of Ghazwa Badr, Holy Prophet made it compulsory for the prisoners to teach at least ten Muslims to read and write before then they would be released from prison. He was the only person on the earth who has set up the platform for the spiritual education of all mankind.⁷¹ The Hdaybiyah treaty was a simple example of his critical and smart thinking and foresighted that he agreed to sign it even though some of the terms and conditions were not favourable to the Muslims and most of the terms and conditions were not favourable to the Muslims and most of His companions were not willing to sign the treaty, though it was a

contract but it became a blessings in the disguise of Muslims.

CONCLUSION

The above discussion proves that the life of Holy Prophet is an ideal model for all eras and times. Every aspect of his life is wonderful and instructive which also gives solution to every problem. Sadia Ghaznavi's book as a psychologist is a complete and comprehensive book which contains solutions to all psychological problems in the light of Ahadis Mubarakah. In this book, the author uncovers very important psychological problems and also writes their solutions in the light of Quran and Hadith. Actually this book is very informative for everyone. Very smooth Urdu was used, due to which, people of all ages and all walks of life can easily read it.

In that book, the personal characteristics and virtues of Holy Prophet have been highlighted very well, also mentioned many psychological diseases which have taken roots in our society. Inferior, fear and anxiety are the most prevalent psychological disorders in a society at present. The Holy Prophet has said very well about fear and feeling of inferiority and at the same time he has called feeling of inferiority as a great sin. According to the Holy Prophet Repentance for sins is a good thing but it is not a good thing to make it a disease of one's life. In addition to those contained in the Holy Quran. The sayings of the Holy Prophet about dreams are priceless. Apart from this the solutions to marriage and marital problems are also found very beautifully in the Holy Quran and the Sunnah of the Holy Prophet, who have declared marriage as a very important duty. The solution to the problems arising in relation to marriage is found in the life of Holy Prophet, besides there are other psychological problems such as drugs and their use is increasing day by day, due to which many psychological diseases are generating. Feelings of depression, suicide and loneliness are spreading rapidly among people, which is a killer poison for human society. The life of the Holy Prophet covers all these

problems and there is only solution to them and that is to follow the sunnah of Holy Prophet with heart and soul.

The Holy Prophet as a human being, son, husband, father, politician, educator, lawyer, sociologist and psychologist was a wonderful person. No one like Him came into this world and no one will come. His life is a shining example for all of us. As a psychologist, following your simple and noble statements can lead to a happy and successful life.

RECOMMENDATIONS

1. In today's age, everyone is suffering from psychological stress or disease, the solution of which is moderation and this thing we can get from the study of the biography and the life of Holy Prophet.
2. Complete faith in Allah eliminates all fear pressures and feelings of inferiority, which requires strict adherence to the pillars of Islam and re-establishing one's relation with Allah.
3. In order to avoid all kinds of unethical behaviour illusion, hypocrisy, backbiting, one should study books related to Seerat Tayyaba to get rid of all these moral problems.
4. The marital problems are scattered in the society, problems related to divorce can be eliminated to some extent by following the clear principles of Islam.
5. In order to prevent drugs and suicide, it is very important to study and publicise the Seerat-Tayyaba. In this context religious scholars can also play their better role.
6. It is the duty of the government to arrange lectures for both men and women in Mosques and Madrassa under the supervision of religious scholars. These statements should be made on a weekly basis so that an Islamic atmosphere is created in the society so that unity and solidarity could be promoted.
7. In the current educational curriculum, the blessed biography of the Holy Prophet should be included in detail so that the

Islamic colour can be imprints in the minds of the student's period so that they can become good and balanced citizens in future.

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