

The benefit of a headache

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allaah, the Most Merciful, the Bestower of Mercy

A headache is a means of forgiveness and reward

Aboo Said al-Khudree (May Allaah be pleased with him) reported that the Prophet (May the peace and blessings of Allaah be upon him) said:

صُدَاغُ الْمُؤْمِنِ ، أَوْ شَوْكَةٌ يُشَاكُهَا ، أَوْ شَيْءٌ يُؤْذِيهِ ؛ يَرْفَعُهُ اللَّهُ بِهَا يَوْمَ الْقِيَامَةِ دَرَجَةً ، وَيُكَفِّرُ عَنْهُ بِهَا ذُنُوبَهُ

“The headache that afflicts the believer, or a thorn that pricks him/her, or anything that harms him/her, Allaah will raise him/her a degree on the day of resurrection and expiate his/her sins due to it”¹

Also, not having headaches is a bad sign because the people destined to go the Hell-fire do not have headaches:

Aboo Hurairah (May Allaah be pleased with him) said: The Prophet (May the peace and blessings of Allaah be upon him) said:

فَهَلْ وَجَدْتُمْ هَذَا الصُّدَاغَ ؟ . قَالَ : وَمَا الصُّدَاغُ ؟ قَالَ : عَرَقٌ يَضْرِبُ عَلَى الْإِنْسَانِ فِي رَأْسِهِ . قَالَ : وَمَا : وَجَدْتُمْ هَذَا قَطُّ ! فَلَمَّا وَلَّى قَالَ النَّبِيُّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ : مَنْ أَحَبَّ أَنْ يَنْظَرَ إِلَى رَجُلٍ مِنْ أَهْلِ النَّارِ ؛ فَلْيَنْظُرْ إِلَى هَذَا

“...Have you ever felt a headache? The man said: What is a headache? He (May the peace and blessings of Allaah be upon him) said: A vein that beats in the head of a person. The man said: No I have not experienced that ever! The Prophet (May the peace and blessings of Allaah be upon him) said: Whoever would like to see a man from the people of the Hell-fire, then look at this man!”²

Having headaches are a sign of the People of ‘Eemaan and the People of Jannah.

¹ Saheeh Targheeb no. 3434

² Reported in Ibn Hibban and graded Hasan Saheeh by al-Albaanee in Saheeh Mawaarid no. 580

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Hafidh Ibn Rajab (*May Allaah have mercy on him*) said:

وصداع الرأس من علامات أهل الإيمان وأهل الجنة

“...And headaches are from the signs of the People of ‘Eemaan and the People of Jannah..”³

Then he brings the above Hadeeth and others.

عَنْ أَبِي الزِّيَّاتِ الْقُسَيْرِيِّ , قَالَ: دَخَلْنَا عَلَى أَبِي الدَّرْدَاءِ نَعُودُهُ , فَدَخَلَ عَلَيْنَا أَعْرَابِيٌّ فَقَالَ: مَا لِأَمِيرِكُمْ؟
وَأَبُو الدَّرْدَاءِ يَوْمَئِذٍ أَمِيرٌ , فَلْنَا هُوَ شَاكٍ قَالَ: وَاللَّهِ مَا اسْتَكَيْتُ قَطُّ , أَوْ قَالَ: مَا صَدَعْتُ قَطُّ فَقَالَ أَبُو
الدَّرْدَاءِ: ”أَخْرَجُوهُ عَنِّي لِيَمُتَ بِخَطَايَاهُ , مَا أُجِبُّ أَنْ لِي بِكُلِّ وَصَبٍ وَصَبْتُهُ حُمْرَ النَّعَمِ , وَإِنَّ وَصَبَ
الْمُؤْمِنِ يُكَفِّرُ خَطَايَاهُ

On the authority of Aboo Zayyaat al-Qushairee (*May Allaah have mercy on him*) said: “We entered upon Aboo Darda (*May Allaah be pleased with him*) to visit him, when a Bedouin entered upon him. So he said: Where is your Ameer? And Aboo Darda was the Ameer then. So we said: He is complaining of some pain. The man said: I have not complained of anything or he said: I did not experience a headache ever! Aboo Darda (*May Allaah be pleased with him*) said: Remove him from me, so he dies from his sins. I do not love that for every pain/sickness that I feel that I am given red camels. For verily, the pain/illness of a believer is an expiation for his sins”⁴

³ Lataaif al-Maa’rif pg. 153

⁴ Reported by Bayhaqee in Shuab al-‘Eemaan no. 9436 and the Muhaqiq of the Book Mukhtaar Ahmad Nadwee graded it Jayyid