

Nuclear Fallout and How to Protect Against It

Praise be to Allāh, Lord of the worlds, and prayers and peace be upon our master Muḥammad.

The spread of nuclear fallout contaminates the air, leading to **severe damage to the lungs**. When a person inhales this dust, its fine particles settle in the lungs and can cause **pulmonary fibrosis** and an increased **risk of lung cancer**, because this dust is **extremely hot in nature**. It also causes **kidney damage, suppression of the nervous system, and disruption in blood formation**. Direct exposure to radiation can additionally cause **skin burns and intense heat in the eyes**.

This nuclear fallout also contains **radioactive iodine (Iodine-131)**, which is likewise extremely hot. The **thyroid gland** is affected because it absorbs iodine from the blood; when the iodine is radioactive, it accumulates in the gland and causes **damage to its tissue, enlargement, and hypofunction**. For this reason, some recommend taking **potassium iodide (KI)** to prevent the thyroid from absorbing radioactive iodine. Potassium iodide is a salt containing stable iodine bound to potassium; it blocks the thyroid from absorbing radioactive iodine because there is no remaining capacity in the gland. However, it has **harmful side effects**, such as **iodine sensitivity, thyroid disorders, and gastrointestinal disturbances**. Moreover, iodine intake does **not** prevent damage to the lungs or the digestive system, so it is **not an effective protection** against nuclear fallout and is therefore **not a successful solution**, especially since those with a **yellow bile-dominant temperament** are harmed by taking iodine.

Swallowing water or food contaminated with nuclear fallout causes **ulcerations, bleeding, or damage to the intestinal lining**.

Protection from the Harm of Nuclear Fallout

If there is a nearby nuclear explosion, one should **immediately enter a tightly sealed building**. All air vents, windows, doors, and air-conditioning openings should be closed.

Since nuclear fallout first spreads through the air and is inhaled by people, the air must be **purified**. This can be done by placing **large incense burners** around the city or town so that the smoke spreads throughout, preventing the fallout from reaching people.

Fumigation may be done with **pine wood and frankincense** if the air is cold, or with **rose, violet, myrtle, willow, and sandalwood** if the air is hot; a combination of both may be used if the air is moderate. Any aromatic plant that is available may be used.

Towels should be placed over the **mouth and nose**, wettened with fragrances suitable to the person's temperament, to prevent inhalation of nuclear dust—such as **musk, amber, and oud** for those of cold temperament, and **rose, violet, and sandalwood** for those of hot temperament, or any available aromatic plant.

The air around the home should be adjusted with pleasant scents by spraying it with liquids such as **vinegar, rose water, willow water, and water lily**, adding fragrant herbs. The ground may be spread with **willow, myrtle, and rose**, and the interior fumigated with **sandalwood and camphor** if the air is hot, or **musk and oud** if it is cold, or any available aromatic plant.

It is recommended to grind **myrtle** and scent it with **rose water, sandalwood, and camphor**, sprinkle it on clothing, and place it where clothes are stored, if possible.

If a person suffers **skin burns**, they should mix **egg white** with **one tablespoon of rose water** and **one small spoon of cornstarch**, and apply it to the burn.

If someone experiences **severe hotness in the eyes**, they should wash them with **cooled mallow water**.

One should **not drink or eat uncovered beverages or foods**, but only canned foods, after washing the can with water from a **sealed bottle** before opening it.

Written by Dr. Hani El Batal