Doctors are prone to an occupational phenomenon commonly referred to as “physician burnout.” In 1974, an American psychologist called Herbert Freudenberger introduced the phrase of “burnout in healing professional workers,” which has since then attracted the attention of many people to this type of sacrifice in the medical world. Despite the existence of numerous investigations on physician burnout, a few studies on its historical aspects are scarce. This present study is the first research work to provide some historical evidence regarding “physician burnout” as pointed out in the book “Adab al-Tabib,” a book written in the 9th century AD by ‘Ruhawi’ (9th century AD). He has shown to provide a way of understanding the concept for talking about job stress in his book though he fails to offer an exact equivalent definition for this state. In fact, finding a term with its triple characteristics defined in the 20th century in a book dating to a thousand years ago or so is almost impossible. Most interestingly, ‘Ruhawi’ introduced the same preventive strategies for physician burnout and its causes that are remarkably similar to those as those scientifically discovered in recent years. Hence, “Adab al-Tabib” proves to be an outstanding medieval work representing that addresses the same physician burnout addressed in a way that is similar to how it is addressed today—the current era.