

# *Tibb – e – Ahlebait*

- (Islamic Medical)

**Alama Jan Ali Kazmi**

**(Alia University)**

- **Tibb e Ahlebait is an medical science based on the teachings of the Prophet Muhammad Mustafa (s.a.w) and his family to the peoples.**
- **It contains accurate and reliable cures and precautions of diseases and illness.**

- **It has no side effects but has side benefits.**

- **Imam Jafar said, Allah only has revealed medicine and shifa – Allah has not created any disease of which he has not created any medicine/cure.**
- **Imam Jafar Sadiq (a.s) said, Allah puts him enemy who eats more – Divide your stomach in 3 parts while eating, 1 part for food, 1 part for water, 1 part for Air.**
- **Imam Baqir (a.s) said, The mabgoos tareen person near Allah is the one who eats more.**

- **Luqmaan Hakim wills to his son that, o son, the thoughts get sleep and wisdom becomes dumb of those whose stomach are full and there body becomes lazy for the ibadat of Allah.**
- **Imam Jafar Sadiq (a.s) said, it doesn't grace an momin that he is overtaken by shewat/lust and dishonourable by his stomach.**
- **Imam Jafar Sadiq (a.s) said, when you go to any new city then eat onions of that city you will be protected from the diseases of that city.**

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## **Heart diseases**

**Celery – It is the food of hazrat Ilyas (a.s), hazrat Yasa (a.s) and hazrat Yusha (a.s). It increases memory and boost heart.**

**Red raisins/grapes – Eat 21 raisins in breakfast, it will prevent heart diseases and increases memory.**

**Pears – Imam Jafar Sadiq (a.s) said pears strengthens and alive the heart and it is also beneficial for stomach.**

**Quince – Nabi (s.a.w) said quince strengthens the heart, makes miser an donor.**

**Pomegranate – Eating pomegranate on Friday and Thursday is recommended in Islam.**

**Imam Jafar Sadiq (a.s) said pomegranate removes heart diseases and temptations, also cleans the blood, if eaten with white membrane present in it then it also strengthens the stomach and boost the brain.**

**Reyhan (Basil) – Imam Musa Kazim (a.s) said basil removes bad odour of mouth, digests the food and opens the blocked valves of heart.**

**Masoor/lentils – Nabi (s.a.w) said O Ali eat masoor/lentils it strengthens the heart.**

**Vinegar – It opens the blocked valves of heart.**

## **(1) Heart attack :**

**Taqviyat e qalb**

**Morakkab 6**

**Quince**

**Vinegar**

**Baaz kunanda (it opens blocked veins of patient)**

## **(2) Heart valve block :**

**Wild rue**

**Baz kunanda**

**Morakkab 7 (shafiyah 4 months old) with grapes vinegar**

**Taqviyat e qalb (medicine)**

**Shafiyah 4 months old**

**Ajawa dates seed powder**

**Grapes vinegar**

**Orange and Turnip (boil the Turnip)**

### **(3) Triglycerides :**

**Sana e makki with rose petals every 3<sup>rd</sup> day.**

**Daru tarkibi charbi khoon**

**Cow's ghee**

### **(4) Septal defect :**

**Morakkab 6**

**Pumpkin/pumpkin sweet**

**Paste/chutney for heart health :**

**Pomegranate+Walnut+Garlic+Ginger+Ajwa dates**

**Jame Imam Ali Raza (a.s) with quince**

## **(5) Thalassemia :**

**Morakkab 6**

**Water chestnuts**

**Dill water**

**Carrot juice with honey**

**Jame imam Raza (a.s)**

**Daru e khoon saz**

**Apple nectar with honey**

## **(6) Deficiency of RBC :**

**Pomegranate juice**

**Barberry**

**Prune**

**Jujube**

**Karaas**

**Makal arzak**

## **(7) Blood purification :**

**Drinking hot water every six hours.**

**Saaf kunanda**

**Grape water**

**Celery seeds**

**Hot water and honey**

**Sumac**

**Aspand (peganum harmala)**

**Khak shir (descurainia Sophia)**

**Hijama (Islamic cupping therapy)**

# Cancer

**Cancer can be easily removed or cured by Islamic medicines and precautions are also given to prevent the disease.**

## **Treatment :**

- 1.Grapes**
- 2.Olive oil**
- 3.Paste of walnut,pomegranate,lemon and garlic.**

## **Medicines :**

- 1.Propolis (capsule) with royal jelly**
- 2.Safa (blood purifier)**

## **Rouhani treatment by Imam Jafar Sadiq (a.s) :**

**After namaz e fajr recite 100 times salawat,70 times sura Al hamd,70 times sura Qul ho wallaho ahad,70 times sura Falak and 70 times sura Naas and blow it on Zam zam water or rain water and store it in bottle and drink it for 40 days for small disease and drink it 70 days for big disease.**

## **Prostate cancer :**

**Morakkab – 4**

**Safa**

**Abin bastaam**

**Markb 04**

## **Blood cancer :**

**Safa**

**Qaras khoon (tablet/pill)**

**Qaras sabz (tablet/pill)**

**Jame imam Raza (a.s) with tara**

**Sheep meat**

**Daru of hazrat Muhammad (s.a.w)**

**Fasad/hijama**

## **Mouth cancer :**

**Safa**

**Daru of hazrat Muhammad (s.a.w)**

**Shafiyah with marjoram water**

**Chest cancer :**

**Take half flour and half natural sea salt and make dough and put in on the chest for 12 hours (for 12 to 21 days).**

**In 1 kg of honey add 200 grams of kalonji and eat one small spoon at morning and one spoon at night.**

**Fennel extract**

**Sana e Makki**

**Safa**

**Daru e hazrat Muhammad (s.a.w)**

**Torefil (triphala)**

**Intestine cancer :**

**Safa**

**Torefil (triphala)**

**Sana e makki**

**Dastur waram**

**Dua for waram**

**Lung cancer :**

**Safa**

**Kasham**

**Jame imam Raza (a.s) with fennel water**

**Liver cancer :**

**One glass of vinegar of angabeen kasni every six hours.**

**Extract of kasni (chicory) in replacement of water.**

**Abin Bastaam**

**Markb char**

**In 1 kg of honey add 200 grams of kalonji and eat one small spoon at morning and one spoon at night.**

**Stomach cancer :**

**Safa**

**Pomegranate**

**Eat more pomegranate**

**Mint tea**

**Markb 02**

**Jame imam Raza (a.s) with jeera (cumin) water.**

**One spoon honey with 21 kalonji seeds.**

**Pancreatic cancer :**

**Safa**

**Daru of hazrat Muhammad (s.a.w)**

**Torefil (triphala)**

**Sana e Makki**

**Shafiyah with marjoram water**

**Brain cancer :**

**Safa**

**Royal jelly**

**Shafiyah**

**Apple seeds**

**Walnut**

**Rogan e Banafsha (violet oil) with sesame oil – put two drops in each nostrils.**

**Daru of hazrat Muhammad (s.a.w)**

## **Anti cancer :**

**Chives**

**Basil**

**Alfa Alfa**

**Carrot**

**Turnip**

**Cress**

**Fennel seeds**

**Apple seeds**

**Cumin**

**Purslane**

**Dawa e Hazrat Muhammad (s.a.w) with shakakal water  
or with yellow carrot.**

**Put Banafsha oil (which is made in sesame seeds oil)  
drops in nose/nostrils**

# Headache

**Imam Jafar Sadiq (a.s) : After doing gusal (bathing) do not come out without covering your head with cloth or cap,And do not do gusal on empty stomach or full stomach,and after bathing wash your hands and feet with normal water doing this will prevent the headache and mental disorders.**

**Nabi (s.a.w) : the one who drinks water before eating will never get headache (migraine).**

**Imam Jafar Sadiq (a.s) : before doing gusal drink 5 sips of hot water and pour remaining water on the head even in summer and winter, this will prevent headache.**

**Nabi (s.a.w) : if anyone sleeps after eating sadaab he will not get head diseases in which dizziness occurs.**

### **Treatment :**

**1. Walnut : Nabi (s.a.w) said take walnut and heat it until it get roasted but do not burn it, and then give it to the patient to eat it hot so his headache (migraine) can be cured. it is also useful in stomach pain and mental disorders.**

**Gul khatami (hollyhock) : Nabi (s.a.w) said if anyone washes his head with Gul khatmi on Friday will get increase in his sustenance and will not get headache.**

**Imam Musa Kazim (a.s) : if anyone has extreme headache (migraine) he should wash his head by hollyhock flowers (Gul khatami) on Friday, his headache is cured – and it also cures skin disease.**

**Zam zam water : Nabi (s.a.w) said with the intention you drink Zam zam water you will get cure from that disease.**

**Kalonji : Nabi (s.a.w) said kalonji is cure for headache and stomach-ache (pain).**

**Imam Ali Raza (a.s) : anyone complained imam of having severe headache then imam said to him to make powder of Kasni (chicory) and mix it with Rogan e Banafsha (violet oil) and apply it on forehead.**

**Sesame seeds oil : Imam Jafar Sadiq (a.s) said, when Nabi (s.a.w) gets headache he used to put two drops of sesame seed oil in each nostrils.**

**Imam Ali Raza (a.s) : anyone complained to imam of having cold in head and pain and I will fall down, then imam replied mix zanbak (lily) and anbak and eat it and also smell it.**

**Rogan e Banafsha prepared with sesame oil is used for migraine headache, put two drops of it in each nostrils.**

**Applying Rogan e Banafsha on eyebrows massaging it also removes headache.**

### **Spiritual treatment**

**Nabi (s.a.w) : take 1 chickpea and crush it (Powder it) and recite 3 times Qul ho wallaho ahad on it and give it to patient.**

**At the time of government of Mola Ali (a.s) one king was having Headache – he was done many treatments but not get any benefit – one kaasid came to imam – imam gave him one cap and said put it on king’s head – every time the king wear it his headache goes away – when cap get opened it has written “Bismillah hir rahman nir rahim” in it. when anyone get headache then put “Bismillah**

**hir rahman nir rahim” in cloth or cap and put it on him.**

**Nabi (s.a.w) said opening fast (iftaar) with hot water removes the headache (migraine).**

# **Bones,joints,and other aches and pains**

**Fig (anjeer) : Imam Ali Raza (a.s) said eat figs as they remove bad breath from mouth and strengthen the bones,grows hair and remove diseases.**

**Prunes (aaloo bukhara) : sometimes the bone marrow gets lower and also the liquid present in joints and bones also gets lower due to this pain occurs and sound comes from bones/joints,this can be cured by eating Prunes.**

**Beetroot : eat the leaves of beetroot as they cures the many diseases and it strengthens the bones and also forms meat on bones.**

**Sawiq : Nabi (s.a.w) said eat Sawiq,it strengthens the bones,fairs the skin.(eat it with olive oil or as it is)**

**Fenugreek : Imam Musa Kazim (a.s) said take fenugreek around one fist and fig around one fist and add five glass of water into it and boil it and then strain it and give it to patient,it will remove back pain,knee pain and excess balgam(mucus).**

**Milk : Imam Jafar Sadiq (a.s) said drink milk it strengthens the bones.**

**Broad beans : Imam Ali Raza (a.s) said broad beans strengthens the bones, increases the brain power,makes new blood,if eaten whole then it strengthens the stomach.**

**Senjed (Russian olive) : it strengthens the bones, removes dropping of urine drops,it's seeds also strengthens the bones, removes the fever and also increases muscles.**

**Chickpeas : Imam Ali Raza (a.s) said eat chickpeas it removes back pain.**

**Rice soup : drink rice soup it strengthens the bones.**

**Turkey : Imam Musa Kazim (a.s) said eat turkey's meat,it removes back pain and increases man power.**

**Haleem : Nabi (s.a.w) said eat haleem it removes back pain.(compulsory add wheat and barley to haleem)**

**Imam Jafar Sadiq (a.s) said cook meat in milk and eat it strengthens bones and prevents knee pain.**

**Partridge : Imam Musa Kazim (a.s) said eat partridge meat it removes all pain,strengthens the bones and it has shifa.**

## **Rouhani/spiritual treatment**

**Foot pain :**

**Someone complained about foot pain to imam Hussain (a.s),**

Then imam Hussain kept aside the taweez of imam Hasan (a.s) and said, recite the first 4 ayats of Surah Al Fatah and put your hand where pain occurs, Ayats are following,

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

إِنَّا فَتَحْنَا لَكَ فَتْحًا مُبِينًا

لِيَغْفِرَ لَكَ اللَّهُ مَا تَقَدَّمَ مِنْ ذَنْبِكَ وَمَا تَأَخَّرَ وَيُتِمَّ نِعْمَتَهُ عَلَيْكَ وَيَهْدِيكَ  
صِرَاطًا مُسْتَقِيمًا

وَيَنْصُرَكَ اللَّهُ نَصْرًا عَزِيزًا

هُوَ الَّذِي أَنْزَلَ السَّكِينَةَ فِي قُلُوبِ الْمُؤْمِنِينَ لِيَزْدَادُوا إِيمَانًا مَعَ إِيمَانِهِمْ وَاللَّهُ  
جُنُودُ السَّمَاوَاتِ وَالْأَرْضِ وَكَانَ اللَّهُ عَلِيمًا حَكِيمًا

Rawi said I done like this and get relief from pain.

## Back pain

Someone complained Mola Ali about back pain, so imam replied, heat the water and sit in it and put hand where pain occurs and recite Surah Anbiya.

## Leg pain

Someone complained Imam Jafar Sadiq (a.s) about leg pain so Imam replied that put hand where pain occurs and recite the following

أَوْ لَمْ يَرِ الَّذِينَ كَفَرُوا أَنَّ السَّمَوَاتِ وَالْأَرْضَ كَانَتَا رَتْقًا فَفَتَقْنَاهُمَا<sup>ط</sup> وَجَعَلْنَا مِنَ الْمَاءِ كُلَّ شَيْءٍ حَيٍّ<sup>ط</sup> أَفَلَا يُؤْمِنُونَ {كهف ٣٠}

## Back pain

Salman e Farsi complained to Rasoolallah about back pain so Rasoolallah replied recite more namaaz.

## Pain

Imam Baqir (a.s) said, put hand where pain occurs and recite the following Ayats of Surah Hashr

لَوْ أَنْزَلْنَا بِذَا الْقُرْآنِ عَلَى جَبَلٍ لَرَأَيْتَهُ  
 خَاشِعًا مُتَصَدِّعًا مِّنْ خَشْيَةِ اللَّهِ ۗ وَ تِلْكَ  
 الْأَمْثَالُ نَضْرِبُهَا لِلنَّاسِ لَعَلَّهُمْ يَتَفَكَّرُونَ  
 هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ ۚ عِلْمُ الْغَيْبِ وَ  
 الشَّهَادَةِ ۗ هُوَ الرَّحْمَنُ الرَّحِيمُ ﴿٢٢﴾  
 هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ ۚ الْمَلِكُ الْقُدُّوسُ  
 السَّلَامُ الْمُؤْمِنُ الْمُهَيْمِنُ الْعَزِيزُ الْجَبَّارُ الْمُتَكَبِّرُ ۗ  
 سُبْحَانَ اللَّهِ عَمَّا يُشْرِكُونَ ﴿٢٣﴾  
 هُوَ اللَّهُ الْخَالِقُ الْبَارِئُ الْمُصَوِّرُ لَهُ الْأَسْمَاءُ  
 الْحُسْنَى ۗ يُسَبِّحُ لَهُ مَا فِي السَّمَوَاتِ وَالْأَرْضِ ۗ  
 وَ هُوَ الْعَزِيزُ الْحَكِيمُ ﴿٢٤﴾

Then recite ayat no.130 of Surah Ali-imran 7 times or three times, the recite Surah Qadr 7 times.

آیت ۱۳۵ وَ الَّذِينَ إِذَا فَعَلُوا فَاحِشَةً أَوْ ظَلَمُوا أَنْفُسَهُمْ ذَكَرُوا اللَّهَ فَاسْتَغْفَرُوا لِذُنُوبِهِمْ وَ مَنْ يَغْفِرِ الذُّنُوبَ إِلَّا اللَّهُ وَ لَمْ يُصِرُّوا عَلَىٰ مَا فَعَلُوا وَ هُمْ يَعْلَمُونَ سات یا تین بار پڑھو

Doing tawassul of imam Musa Kazim (a.s) is shifa/cure for every pain, specially for eye pain :

اللَّهُمَّ بِحَقِّ وَلِيِّكَ مُوسَىٰ بْنِ جَعْفَرِ الْكَاسِمِ إِلَّا سَلَّمْتَنِي فِي جَمِيعِ جَوَارِحِي مَا ظَهَرَ مِنْهَا وَ مَا بَطَّنَ يَا جَوَادُ يَا كَرِيمُ وَ صَلَّى اللَّهُ عَلَىٰ مُحَمَّدٍ وَ آلِهِ

# Fever

**Imam Jafar Sadiq (a.s) said eat apple it removes fever.**

**Plum/Aaloo sihah : Imam Musa Kazim (a.s) said plum removes the fever of both inside and outside and moderate safra.**

**Jujube : Nabi (s.a.w) said if anyone has fever then take 5 to 7 piece of jujube for child and 12 piece for adult.**

**Senjed (russian olive) : Imam Ali Raza (a.s) said eat senjed it removes fever.**

**Onion : Imam Jafar Sadiq (a.s) eat onions it removes fever, strengthens the nervous system, removes bad breath of mouth and increases male power.**

**Olive oil and vinegar : Imam Jafar Sadiq (a.s) said mix olive oil and vinegar and give it to patient,it removes the fever.**

**Chicory powder : Imam Jafar Sadiq (a.s) said mix chicory powder with Rogan e Banafsha (made with olive oil) and apply on the forehead of patient,it is beneficial for both fever and headache.**

**Masoor/lentils : Imam Ali Raza (a.s) said if internal fever occurs and no temperature observed outside then give the powder of masoor/lentils to patient for eating.**

**Partridge meat, kalonji,wheat sattu,combing hairs,Hijama also helps to remove fever.**

**Nabi (s.a.w) said if someone has fever then wet the cloth and put it on him,if winter is there then put hands in water.**

**Imam Jafar Sadiq (a.s) said dissolve jaggery/brown sugar in water and give it to patient 3 to 4 times the fever will be gone.(it is also used in malaria)**

**Vinegar in water : give vinegar mixed with water if alkaline increases.(for fever)**

**Imam Ali Raza (a.s) said boil water 7 times and cool it quickly and give it to patient.(for fever)**

**Imam Baqir (a.s) said three things reduces the fever are vomiting of patient, more sweating, and eating things which cleans the stomach.**

**One person came to Imam Jafar Sadiq (a.s) and complained about his fever since 2 months and his face become yellow, Imam said open collar and put your face in side and recite Azaan and Akamat after that in same position recite Sura Al-hamd 7 times, that person done the same thing and get relief from fever.**

### **Tawassul of Janabe Fatema Zehra :**

**Recite Qul ho wallaho ahad 1000 times and hadia it to Janabe Fatema Zehra and give wasta of her the fever will be gone.**

### **Ayatul kursi :**

**Imam Baqir (a.s) said write Ayatul kursi on glass utensil and wash it water and give that water to patient for drinking.**

### **Extreme fever**

**If someone has extreme fever and it doesn't relive in any condition than take Khak-e-shifa and mix it with water.**

**write "salamun qawlan man rabbar rahim" on glass (glass utensil)**

**Now wash it with water and add that water to Khak-e-shifa and give it to patient, insha'Allah he will be cured.**

**For fever : Shafiyah (10 months old)**

**Dawa e Imam Musa Kazim (a.s)**

# Stomach

**Broad beans : Nabi (s.a.w) said eat Broad beans - it cures the infection of stomach, strengthens the digestion, removes moisture and reduces inflammation of stomach wall.**

**Masoor/lentils : Imam Jafar Sadiq (a.s) said eat masoor it strengthens the stomach.**

**Celery : Nabi (s.a.w) said eat celery it is the food of prophets, it is fine for stomach.**

**Senjed (Russian olive) : eat senjed make powder of whole senjed (with seed) it strengthens stomach and bones.**

**Pomegranate : Imam Jafar Sadiq (a.s) said that eating white membrane present in pomegranate is beneficial for stomach and it fine the digestion.**

**Quince : Imam Ali (a.s) said quince cleans the stomach and digest the food.**

**Apple : Imam Ali (a.s) said eat apple in breakfast it elderly the stomach.**

**Berni dates : Nabi (s.a.w) said Berni dates freshens the breath, cleans the stomach, digest the food, increases the power of visualization and hearing, strengthens the back, and removes the devil (satan).**

**Pears : Imam Jafar Sadiq (a.s) said pears strengthens the heart and alive it and is beneficial for stomach.**

**Imam Jafar Sadiq (a.s) said roti/chapati made from rice is very beneficial for stomach.**

**Imam Jafar Sadiq (a.s) said cow's milk is very good for stomach.**

**Drink boiled warm water slowly.**

**Morakkab – 3**

**Markb 02**

**Jema**

# Digestion problems

**Imam Ali (a.s) said eat to live, do not live to eat.**

**In Islamic lifestyle there are only two meals :**

**(1) Breakfast (2) Dinner**

**You can eat fruits in between breakfast and dinner.**

**Taking lunch between breakfast and dinner leads to diseases and illness.**

**Imam Jafar Sadiq (a.s) said eating white membrane present in pomegranate leads to food digestion.**

**Apple Juice and quince juice digest everything.**

**Berni dates : Nabi (s.a.w) said Berni dates digest the food.**

**Fig : Fig fine the digestion.**

**Thyme : Nabi (s.a.w) said eating thyme with roti/bread and salt digests the food.**

**Radish/daikon : Imam Jafar Sadiq (a.s) said eating radish roots removes mucus/balgam and digests the food and it's leaf/leaves give relief from problems in urination.**

**Broad beans : Nabi (s.a.w) said broad beans strengthens the digestion.**

**Imam Ali Raza (a.s) said when you eat heavy meal then eat Sawiq, the food will be digested.**

**Basil : Imam Musa Kazim (a.s) said I wish to start and end eating with basil, it creates desire to eat, it relive burp and bad smell/bed breath, it makes food smell good.**

**Gawao : Nabi (s.a.w) said eat gawao, it digests food and cleans the blood.**

**Salt of hazrat Muhammad Mustafa (Hazoom) :**

**Nabi (s.a.w) said if before eating and after eating I get this salt then not necessary how is food or how heavy it is it will be digested.**

**Sea salt + Ajwain + Kalonji + Thyme**

**Mix all of them and make salt.**

**Nabi (s.a.w) said if anyone wants to be safe from side effects of yogurt, he should add Ajwain seeds to it.**

**One person came to Imam Ali Raza (a.s) and said the yellow coloured water is stored in my stomach what should I do, Imam replied write Ayatul kursi with saffron on his stomach and wash it and give it to patient. He does the same thing and get cured.**

**Hunger increasing food :**

**Cow's milk**

**Basil**

**Do miswak**

# Haemorrhoid/Piles treatment

**Constipation is the main cause of piles or haemorrhoid.**

**Dry carrot and rice : As found in riwayat that dry carrot and rice widen the intestine and cure haemorrhoid.**

**Walnut, black cumin, paneer, fig (at night), senjed (Russian olive), rain water, carrot.**

**Massage iris oil**

**Maqal azrak**

**Jame Imam Raza (a.s) + honey**

**Soad kufi**

**Bala dur**

**Istanja with cold water**

## Male Haemorrhoid/piles

**Iris oil**

**Saad kufi**

**Bala dur**

**Saru (سرو)**

**Takes walnut and Ajwain (same weight) and grind it and eat one spoon of it every night.**

# Kidney and bladder

**Walnut :**

**Imam Ali Raza (a.s) said eat walnut in winter it fine the kidney.**

**Imam Jafar Sadiq (a.s) said if you eat walnut with Ajwain then kidney diseases and gas are relieved.**

**Carrot : To prevent kidney disease eat carrots.**

**Senjed (Russian olive) : Jafar Sadiq (a.s) said eat senjed it strengthens the bones, repairs the kidneys and fair the skin.**

**Muskmelon : Imam Jafar Sadiq (a.s) said muskmelon cleans the bladder.**

**Cow's milk**

## **Kidney and bladder stones**

### **Do Hijamah (Islamic cupping therapy)**

**Radish : Imam Jafar Sadiq (a.s) said for kidney and bladder stones eat radish (daikon) and its leaf/leaves clean kidneys and radish breaks the stones.**

**Muskmelon : Nabi (s.a.w) said eat muskmelon it breaks stones.**

**Cucumber : Imam Musa Kazim (a.s) said if you get any disease in bladder or cancer then remove Cucumber skin and boil/cook it with kasni (chicory) - then add jaggery and boil/cook it then strain it and use it for three days in breakfast (around 420 grams) it will be cured.**

**Date seeds :**

**Take 30 date seeds and boil them in water and then give that water to the patient the stone will be broken.**

**Jema Ali Raza a.s**

**Markb 3**

# Problem in urination

**Kalonji – it is cure for 1000 diseases.**

**One person complained Imam Musa Kazim (a.s) that he gets problem in urination, then imam replied eat one spoon kalonji.**

## **Spiritual treatment :**

**Nabi (s.a.w) said write Sura Alam nashra with saffron on glass utensil and wash it with water and give that water to patient his problem in urination, stones of kidneys and bladder will be removed.**

## **Medicine**

**Morakkab – 3**

## Liver diseases

**Nabi (s.a.w) said if someone desire to not get any liver diseases, he should drink warm water, - it also repair stomach and no headache (migraine).**

**Sura Qadr : Anyone who has liver disease should write Sura Qadr and wash it with rain water and drink it.**

**Syrup (sharbat) of imam Raza (a.s) : If anyone has problem in his liver or spleen he should drink three glasses of sharbat of imam Raza (a.s).**

**Fig tree milk : Hazrat Hezekil (a.s) get problem in liver, he complained about it to Allah, then Allah sends the message That take milk of fig tree and apply it on body, liver and chest. hazrat Hezekil (a.s) does same and get cured.(fig milk comes from fig tree)**

**Markb 01**

**Markb 04**

## **Jaundice**

**One person came to Imam Ali Raza (a.s) and said I have jaundice, then Imam replied take Cucumber, remove it's skin and boil it in water and drink it in breakfast for 3 days.**

## **Spleen**

**Tara (garlic leaves) : one person said to Imam Musa Kazim (a.s) that I have disease in my spleen, Imam replied eat Tara (garlic leaves) daily.**

**One person complained Imam Jafar Sadiq (a.s) about his problem with spleen, Imam replied take Tara (garlic leaves) and cook it in cow's ghee and eat for three days.**

**Syrup (sharbat) of Imam Ali Raza (a.s) : After eating drink 3 glass of sharbat of Imam Ali Raza (a.s) it is very Beneficial for spleen.**

# Blood pressure

## Low blood pressure :

**Morakkab – 6**

**Honey**

**Sea salt**

## High blood pressure :

**Hijamah (Islamic cupping therapy)**

**Saaf kunanda**

**Drink yogurt water**

**White pepper**

**Sea salt**

**Cow's ghee**

## ● **Nervous system**

**Rogan e Banafsha (violet oil) : Imam Jafar Sadiq (a.s) said if anyone get injury on his head put drops of Rogan e Banafsha in his nostrils (nose).(it is cold in summer and hot in winter)**

**Raisins : Imam Jafar Sadiq (a.s) said eat big raisins it boosts the nervous system.**

**Onion : Imam Jafar Sadiq (a.s) said eat onions, it removes the weakness of nervous system.**

**Olive oil : Nabi (s.a.w) said use olive oil it strengthens the nervous system, improves Akhlaq (ethics), reduces anger and reduces mucus (balgam).**

**Beetroot leaves : Eat beetroot leaves it has cure 70 diseases, reduces the heat of blood and it strengthens nervous system and bones.**

## **Temptations**

**Recitation of names of Allah (s.w.t)**

**Person should do more recitation of Allah, say “La ilaha illallah” as many as you can.**

**Imam Jafar Sadiq (a.s) said if someone eats one pomegranate on Friday then 40 days, if eats two then 80 days, if eats three then for 120 days he will be away from temptations and his heart will be enlightened.**

**Henna : Imam Jafar Sadiq (a.s) said apply henna, it removes temptations Satan.**

**Combing hairs : Imam Jafar Sadiq (a.s) said for removing temptations Comb hairs**

**Fasting (sawm) : Nabi (s.a.w) said for removing temptations fast three days.**

## **Grief/trouble/anger**

**Imam Ali (a.s) said, by walking between sheep, by wearing trouser in standing position, by cleaning face by clothes he is wearing the person becomes grief.**

**Imam Ali (a.s) said if you do mating with your wife on 1,14,15,29,30 dates of Islamic months and if your wife gets pregnant, then born child may be grief and angry.**

**If mate another time before doing gusal (islamic bath), it may lead to birth of mad child – doing urine on/between graves, sleeping alone in house, shoe in one feet not in another.**

**Black colour shoes :**

**Imam Jafar Sadiq (a.s) said wearing black shoes makes person grief and put him in trouble.**

**Sadar leaves (by which gusal is given to dead body)**

**Imam Jafar Sadiq (a.s) said that anyone who is having temptations and he doesn't get relief then he should bath and wash his head with sadar leaves mixed in water, for 70 days he will be protected from temptations.**

**The one who is always greif and sad should bath (gusl) before and after meal and do miswak more.**

**Very long hair of males and females are reason for greif/sadness.**

**Grapes : Imam Jafar Sadiq (a.s) said when Nuh (a.s) watched bones he become very sad and greif,**

**Then Allah send message that eat grapes sadness and greif will go away.**

**Ring :**

**Imam Hasan (a.s) watched hazrat Isa (a.s) in his dream, he watched that Isa (a.s) is always happy, Imam asked him what is reason, hazrat Isa (a.s) replied he has written “La ilaha illalla hul malekul haqqul mubeen” on his ring. Anyone who has written this on his ring will be no sad/greif.**

**Quail : Imam Jafar Sadiq (a.s) said eat quail’s meat it removes trouble/problems.**

**Recite more salwat (durood)**

**Remember the tragedy of Imam Hussain (a.s) and hear majalis.**

## **Recitation of hazrat Yunus (a.s)**

**When Yunus (a.s) was in the stomach of fish he was in greif and was very sad so he do follow recitation and get rid of it**

**“ La ilaha illa anta subhanaka inni kunto menaz zalemeen ”.**

**Rose : Imam Jafar Sadiq (a.s) said that the person who touches his face with rose flower will never be in grief and worry and sadness.**

**Doing long prostration (sujud/sajda) and reciting something, for example – Recitation of hazrat Yunus (a.s) “ La ilaha illa anta subhanaka inni kunto menaz zalemeen ”.**

**Nabi (s.a.w) said anyone who cut his nails once in week (for male trimming moustache and cutting beard also) he will never be in greif and sadness.**

**Guava : Imam Jafar Sadiq (a.s) said eat guava it removes panic from the heart and stomach pains goes away.**

**Atar (natural perfume) : Nabi (s.a.w) said apply Atar it increases intelligence and removes stress.**

**Olive oil : Nabi (s.a.w) said use olive oil it reduces anger and strengthens the nervous system.**

**Taqwa e Ilaahi : Imam Ali (a.s) said taqwa e Ilaahi is the cure for all diseases of body.**

**Medicine :**

**Safrabar**

**Sauda bar : Take one tablet all stress will go away.**

# Memory and Wisdom

Imam Ali (a.s) said that this are the reasons for the loss of memory and reduces intelligence :

**Green sour apple**

**Coriander**

**Paneer/cheese**

**Eating food which is previously eatan by mouse/rat.**

**Reading name plates of Graves.**

**Watching the person who has been hanging (hanged as punishment for crime or anything else).**

**Not killing lice in hair**

**Urinating in still water.**

**Hijamah at back side of head**

**Eating old and more meat**

**Sitting with fool peoples**

**Excessive talking/vulgar talking.**

**Imam Jafar Sadiq (a.s) said by skipping/leaving business the intelligence decreases.**

## **Things that increase mind/intelligence**

**Pumpkin : Nabi (s.a.w) said eat pumpkin curry because it grows brain and increase intelligence.**

**Vinegar : Imam Jafar Sadiq (a.s) said eat vinegar it increases mind – and kill the worms which grows in children's stomach.**

**Rue/Ruta (سداب) : Imam Musa Kazim (a.s) said eat Rue, powder it and eat one spoon daily, it increases mind.**

**Boswellia : Chewing boswellia increases mind, reduces mucus, if pregnant women eat it then his child will not fall/terminate.**

**Celery : it increases mind and reduces weight.**

**Halila (Terminalia chebula) : Imam Ali Raza (a.s) said eating 3 unit halila everyday increases mind and hairs will remain black.**

**Imam Jafar Sadiq (a.s) said eating 23 gram of boswellia and 23 grams of clove in breakfast increases memory.**

**Purslane : Nabi (s.a.w) said eat Purslane, for increasing mind nothing is better than Purslane.  
(It is also cure for diabetes)**

**Quince : Imam Jafar Sadiq (a.s) said eat quince it increases mind.**

**Masoor/lentils : Eat masoor/lentils on Friday night (Thursday) it increases mind.**

**Quince (پہی) : Eat quince it increases mind.**

**Atar (natural perfume) : Imam Jafar Sadiq (a.s) said apply Atar, it increases mind and male power.**

**Hijamah (Islamic cupping therapy) : Imam Ali (a.s) said do Hijamah and Miswak it increases mind and reduces mucus.**

**Saffron and saod e kufi : Imam Ali (a.s) said take saod e kufi and saffron same weight and grind it and eat it with honey, it increases memory too much.**

**Big raisins : Imam Ali Raza (a.s) said take big raisins 7 units and put ginger in honey and eat 3 pieces of it daily it boosts the brain.**

## **Morakkab – 2 Ibne Masood**

**Maweez (raisins) : Imam Ali Reza (a.s) said that anyone who desires to have strong memory then he should eat 7 raisins every morning.**

**Ginger jam : Any person who wishes to reduce his amensia he should eat 3 pieces of ginger Which is preserved in honey.(cut ginger in small pieces and put it in honey and use it daily)**

**Include mustard seeds in your food/meal.**

**More thinking : Imam Ali (a.s) said thinking more increases mind and wisdom.**

**Recitation of Quran : Nabi (s.a.w) said reciting 50 ayats of Quran daily will increase memory.**

**Doing business/trade**

**Compulsorily eat meat at least once in 40 days.**

**Very important recipe**

**Senna leaves + white pepper + boswellia + saffron, take all ingredients same weight and grind them and make paste and add honey to it and use one or two times a day.**

**Eat Meat of Neck of Dunba/dumba (sheep like animal)  
It increases memory.**

**Daru e Aqal (medicine)**

## **Venomous snake biting and scorpion sting**

**Put cut with blade on area where snake has bited so the venom come out with blood.**

**Do not drink water.**

**Put salt on place were snake has bited it reduces the effect of venom, salt absorbs the venom.**

### **Treatment :**

**Imam Hasan Askari (a.s) said take Jame Imam Reza (a.s) with asafoetida water (asafoetida water is made by boiling asafoetida in water) and give it to person to whom snake or scorpion has bited.**

**If vomiting of blood occurs then give Jame Imam Reza (a.s) with fennel water.**

**Ajwa dates : Nabi (s.a.w) said Ajwa dates are best medicine for venom/poisoning.**

## **Food poisoning**

**Shafiyah (Morakkab – 7)**

**Pharaoh invited peoples of Bani Israel to eat food, and he mixed poison in that food.**

**Then Allah sends message to Musa (a.s) and he gave shafiyah to his peoples and they do not get affected by poison.**

## **Treatment for stomach worms**

**Vinegar : Use vinegar in breakfast it kills worms present in stomach, drink half glass of it, the compulsorily eat anything or acidity will occur.**

**If acidity occurs then use honey, if you also use royal jelly it will be more powerful.**

**Date fruit : At night before sleeping eat seven dates the worms of stomach will be killed.**

**Coldness of hands and feet :**

**Eat Ginger in breakfast.**

## **Insomnia (no sleep)**

**Beetroot leaves : Imam Ali Raza (a.s) said eat beetroot leaves, sleep will come.**

**Beetroot leaves and lettuce leaves :**

**Nabi (s.a.w) said anyone who doesn't get asleep should eat beetroot leaves and lettuce together, sleep will come.**

## **Nasal congestion (blocked nose)**

**Marjoram (Marzanjush) : Imam Ali (a.s) said that anyone who get nasal congestion should smell marjoram, he will get relief.**

# Hair diseases

Imam Jafar Sadiq (a.s) said that Allah has created hairs on head for the protection of head, it protects it from warm and cool.

## Hair falling and whitening :

Apply Banafsha oil (violet oil) in hairs, hair fall will stop.

Imam Ali (a.s) said it is cool in summer and warm in winter.

**Combing hairs** : Imam Jafar Sadiq (a.s) said do combing minimum 26 times in day and night.

**Hair cutting** : Doing hair cutting once in year, it strengthens hairs and vision.

**White hair** : Clipping white hair is strictly prohibited, but you can dye them.

**How to cut hairs :** Imam Musa Kazim (a.s) said hair cutting should be start from forehead.

**The way of combing hairs :**

Nabi (s.a.w) said do not comb hairs while standing, it weakens the heart. Do combing while sitting it is beneficial for skin and heart, if hairs are hard then wet it with water before combing.

It is mustahab to put small comb and Miswak in pocket.

**Hair size :** Imam Jafar Sadiq (a.s) said do not grow long hair on backside/behind of head (for men), it increases pain/suffering and sadness.

**Combing in beard (for men) :**

Nabi (s.a.w) said that comb beard down to up 40 times and also recite Surah Qadr and then comb up to down 7 times and also recite Surah Al-Adiyat, do not forget it and you will get protected from diseases. (Start it from

left side) Memory will increase, mucus will decrease, teeth will become strong and greif will go away.

## **Rogan e Banafsha (violet oil/Banafsha oil)**

Nabi (s.a.w) said apply oil in hairs increases their life – by using Banafsha oil/violet oil hairs will remain black.

### **Time for applying oil in hairs :**

Women should apply oil to hairs every night but man should apply oil in hairs only once in week – oil softens the skin and hairs.

### **How to apply oil in hairs :**

Nabi (s.a.w) said while applying oil recite “Bismillah hir rahman nir rahim” – then apply on eyebrows, by doing this lips will not become dry, then apply on head (hairs) and no migraine will occur.

## **Hair strengthening**

**Fig : Imam Ali Raza (a.s) said eat fig, it strengthens bones and hairs.**

**How hairs can remain black :**

**Halila (Terminalia chebula) : Imam Ali Raza (a.s) said by eating 3 pieces of halila every day hairs can remain black.(Black halila)**

**Shampoo for hairs :**

**Gul khatami/hollyhock flowers**

**Procedure for making it :**

**Take white hollyhock flowers and put it in hot water for few minutes and then strain it and then wash hairs and body with it.**

**It's benefits :**

**Grease, dirt and lice :**

**Imam Ali (a.s) said that by washing head and body with hollyhock flowers the grease and dirt are removed and insects (lice) are killed.**

**Removes dryness, poverty and headache :**

**Imam Jafar Sadiq (a.s) said that wash head with hollyhock flowers which removes the pain of migraine, will remove poverty, and dryness of hairs.**

**Attracts the sustenance/rizq :**

**Imam Musa Kazim (a.s) said, wash head with hollyhock flowers it attracts the sustenance/rizq.**

**Happiness (شادابی) :**

**Imam Jafar Sadiq (a.s) said washing head with hollyhock flowers is cause of happiness.**

**Reward (sawab) :**

**Imam Jafar Sadiq (a.s) said, if anyone cut his nails and wash his head with hollyhock flowers on Friday then it is like freeing one slave.**

## **Banafsha oil/violet oil**

**Imam Jafar Sadiq (a.s) said, violet oil (Rogan e Banafsha) is king of oils.**

**Imam Jafar Sadiq (a.s) said, In oils Banafsha oil has that position which we have in peoples.**

**Imam Jafar Sadiq (a.s) said, Banafsha oil has that virtue which Islam has on other religions – what a nice oil – it removes diseases from head and eyes – massage yourself with this oil.**

## **Specialties of Banafsha oil :**

**Cure for head injury : Take two drops of Banafsha oil in each nostril (nose).**

**Cure for headache : Drop oil in nose.**

**Cure for fever : Mix Banafsha oil with chicory powder and apply it on forehead.**

**Cure for brain diseases like syndrome and autism.**

**Cure for dryness of lips : Apply Banafsha oil on eyebrows.**

**Cure for cracked hands and feet and skin fissure :**

**Apply Banafsha oil in navel/belly button and apply duck tape on it so it doesn't come out.**

**Cure for hair diseases : (hair falling, whitening of hair, dryness of hair and breaking of hairs)**

**Note : women should put oil in hairs every night and men should put oil in hairs once or twice a week.**

**Cure for small bumps and lesions of skin : Apply it on skin.**

## **Henna**

**Nabi (s.a.w) said apply henna and do miswak it will prevent diseases of brain (head) and eyes.**

**Combing hairs : Nabi (s.a.w) said, for strengthening hair do combing in hairs (comb made of elephant's bone).**

**It makes face soft and gentle.**

## **Process of making Banafsha oil/violet oil :**

**Take Banafsha flowers in utensil (glass utensil is better) and pour sesame oil or olive oil on it till it sinks, and put it in partial sunlight and stir it every few days, after one month strain it.**

**For making best oil add Banafsha flowers second time in it for one month.**

**If this is done for ten months then the Banafsha oil will get will be the best and cure for diseases.**

**Note : Flowers should be semi dry and no stems should be there.**

**It is better to crush it so the volume of it decreases.**

**Banafsha oil made with sesame oil is for internal use (nostrils, ear) and Banafsha oil made with olive oil is for external use (skin, hairs, body).**

## **Salt of prophet Muhammad (s.a.w) – Hazoom**

**Sea salt + kalonji + ajwain + thyme**

**Prophet Muhammad (s.a.w) was using it before eating and after eating – it digests the food and it is very beneficial for stomach.**

## **Weakness**

**Seekh kebab/kebab skewer :**

**One person came to Imam Musa Kazim (a.s) and complained about his weakness, Imam replied eat seekh kebab/skewer kebab, it will remove the yellowness of face and weakness and blood will increase – that person eat that and become healthy in few months.**

## **Less children or no children :**

**Hazrat Nuh (a.s) complained to Allah about having less children and not having more childrens, Allah said eat chicken eggs with onion and olive (oil), it will increase male power and children will be more.**

**Nabi (s.a.w) said cook meat in milk and eat, weak person will become healthy.**

**Secret of long life of prophet Nuh (a.s) :**

**He used to eat meat cooked in milk.**

**Rice bread :**

**Imam Ali Raza (a.s) eat rice bread weak will become healthy.**

# Appendix

**Honey + kalonji : If appendix occur then mix honey and 30 seeds of kalonji and give it to patient, it will go away.**

# Atar – Natural perfume

## Benefits :

**Relief from troubles – Nabi (s.a.w) said if anyone washes his face with rose water then that day he will not have any difficulty, his requirements will be fulfilled and poverty will go away.**

**Sawab of 1 rakat namaz will be 70 rakat namaz : Imam Jafar Sadiq (a.s) said if anyone recite one rakat namaz after applying atar will get reward of reciting 70 rakat namaz.**

**Increase in mind : Nabi (s.a.w) said start day with applying atar and also apply it before sleeping, the mind will increase.**

**Best place for applying atar : The best place for applying atar is forehead and neck.**

**Atar reduces depression : Applying atar will reduce depression and will increase male power and increases heart health.**

**While applying atar recite durood/salawat on prophet Muhammad (s.a.w).**

**How was the smell of prophet Muhammad (s.a.w) :**

**Nabi (s.a.w) said that, if you want to know how was the smell of my body then smell Nargis flower – Nabi (s.a.w) said it has many benefits, smell it daily or once in week or once in month or once in a year or compulsorily once in whole life – it prevents madness and leprosy.**

## **Flu and cold**

**Imam Ali Raza (a.s) said if you get flu and cold in winter then smell Nargis flower you will be cured.**

# Mucus/Balgam

**Boswellia : Imam Ali Raza (a.s) said, eat boswellia it decreases mucus, increases mind and digests food.**

**Sawiq : Imam Jafar Sadiq (a.s) said eat Sawiq it decreases mucus and is cure for 70 diseases.**

**Honey : Imam Ali Raza (a.s) said eat honey, it reduces mucus.**

**Quince : Nabi (s.a.w) said eat quince, it increases memory, reduces mucus and makes children beautiful (if eaten during pregnancy).**

**Miswak : Nabi (s.a.w) said, doing miswak reduces mucus.**

**Onion : Eating onion decreases mucus.**

## **Bad breath**

**Henna : Nabi (s.a.w) said applying henna (on head) removes bad breath and diseases of ears and eyes.**

**Khol/surma : Imam Jafar Sadiq (a.s) said apply khol in eyes, it removes bad breath and increase vision.**

**Miswak : It removes bad breath and reduces mucus.**

**Berni dates : Nabi (s.a.w) said eat Berni dates, bad breath will go away.**

**Arak miswak : Nabi (s.a.w) said use Arak miswak, it is the best miswak of world, it removes bad breath and teeth diseases.**

**Raisins : Nabi (s.a.w) said eat raisins, it makes saliva fragrant and strengthens the nervous system and removes anger.**

**Onion : Imam Jafar Sadiq (a.s) said, eat onions (if miswak has done after eating it) it removes bad breath, removes fatigue and increases male power.**

**Tara/Garlic leaves : Imam Jafar Sadiq (a.s) said, eat Tara it removes bad breath (if done miswak after eating it) Haemorrhoids, Leprosy and increases male power.**

## **Bitter mouth after fever**

**Do miswak**

**Drink rain water**

**Drink hot water before breakfast**

**Reyhan/basil : Imam Ali Raza (a.s) said eat basil, it opens the veins, increases saliva, removes TB, reduces burp and if eaten after meal it digests the food.**

## **Dropped Uvula/swollen Uvula**

**Vinegar : Do gargles with vinegar, dropped Uvula will go up.**

## **Ear diseases**

### **Pain in ear :**

**Imam Ali Raza (a.s) said, anyone who desires that he doesn't get pain of ear then he should put cotton in ears before sleeping.**

**Sneezing : Nabi (s.a.w) said that those who desires that he doesn't get head or ear diseases then after sneezing he should recite this "Alhamdolillahe rabbil aalameen alaa kulle halan wa Salle ala Mohammadin wa aale Mohammed.**

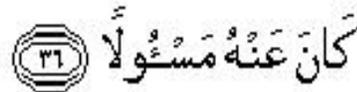
### **Sesame and mustard :**

**Take 1 fist sesame (whole) and 1 fist mustard and grind them, then mix them together and take out oil from it and fill it in bottle and close the bottle with metal cap - And use it when you want – drop two drops of oil in ear and put cotton in it – do it for three days.**

**Jasmine and violet oil (Banafsha oil) :**

**Recite 7 times the following Ayat on violet oil**

وَلَا تَقْفُ مَا لَيْسَ لَكَ بِهِ عِلْمٌ إِنَّ السَّمْعَ وَالْبَصَرَ وَالْفُؤَادَ كُلُّ أُولَئِكَ  
كَانَ عَنْهُ مَسْئُولًا



**Surah Al – Israa, Ayat – 36, then put oil in ear.**

**Dua for ear pain : Yunus bin Zabain says that I complained imam Jafar Sadiq (a.s) of ear pain, Imam replied that keep hands on ear and recite the following dua 7 times : “ Aauzo billa hil lazee sakana lahu ma Feeb-bare wa bahre wa ma fis samawaate wal arze wa howas smee-ul aleem”.**

**Cure for ear pus and bleeding :**

**Ibne Bastaam copies from Ibrahim bin Mohammed tabeb that one person complained Imam Ali (a.s) that he has pus and bleeding in ear, so Imam replied that take old paneer and crush it and make it soft and then mix it with woman's milk and put it on low flame/low**

fire and then put some drops of it in ear – by the Allah's grace you will be fine.

Rue/wild rue : Rue is the important treatment for ear diseases – for using rue mix it with olive oil and put it on low flame for whole night then strain it and put some drops of it in ear, insha'Allah it will be cure.

### Ringling in ears

Nabi (s.a.w) said anyone who has ringling in ears should recite salwat on me and say :

“Man zakarni be kheyryn zakarahul-laaho be khyer”

Anyone who remember me with good deeds and goodness then Allah will also remember him with his goodness.

### Less hearing and deafness

Ravandi copies from some ashaabs of Imam Sadiq (a.s) that, I complained imam sadiq (a.s) about deafness of ear, so Imam replied recite tasbih e Fatema Zehra (s.a)

**Allah ho Akbar – 34 times**

**Alhamdulillah – 33 times**

**Subhanallah – 33 times**

**However reciting this tasbih continuously/regularly everyday is compulsory for treating the deafness and less hearing.**

**Meat :**

**It comes in riwayat that eat meat it increases the listening and visualization (vision) ability.**

**Use meat in small quantity for using as treatment of hearing loss/deafness.**

# Women diseases

## Menstruation/Menstrual cycle

**On person came to Imam Musa Kazim (a.s) and said that my daughter doesn't get menstruation, so Imam replied that apply Henna on her head, so he applied henna on her head and she get menstruation.**

**Hijamah/Islamic cupping therapy :**

**If menstruation doesn't occurs, do Hijamah on calf/calves.**

## Menstruation bleeding doesn't stop

**Menstruation should not occur for more than 1 week or it will be dangerous for the women, which make women weak.**

**One person came to Imam Ali Raza (a.s) and said, my daughter's menstruation bleeding doesn't stop, so**

**Imam replied that, take 1 fist sumac and 1 fist coriander and boil it in 4 glasses of water till it becomes half, then give half glass of it to patient everyday, for four days the menstrual bleeding will stop.**

**Masoor/lentils powder :**

**Imam Baqir (a.s) said, if menstrual bleeding doesn't stop then make powder of masoor/lentils and give it to patient.**

## **Foods for pregnant women**

**(also for born of beautiful child)**

- (1) Boswellia : Prophet (s.a.w) said, give boswellia to your pregnant women for eating, because if boswellia is given to child in his mother's womb then his heart will be strong and mind will be more, if the child born is boy then he will be brave, if the child born is girl then he will be sweet and lucky near his husband (husband will like her).**
  
- (2) Pears : It is better to eat pear for women at time of pregnancy it makes child beautiful.**
  
- (3) Sattu : One person said to Imam Jafar Sadiq (a.s) that, o the son of prophet of Islam our children Bron are ill/sick and weak.**

**Imam said which thing prevents you from eating sattu, before the sperm is held eat sattu and also order your wife to eat sattu because it produces meat/muscles and makes bones stronger. Your**

**children will not born but will be strong and powerful.**

- (4) Milk : Hazrat Muhammad (s.a.w) said give milk to your pregnant ladies for drinking because it increases the mind of child.**
  
- (5) Muskmelon and paneer : Hazrat Muhammad (s.a.w) said that if pregnant lady eats muskmelon with paneer then child born will be beautiful and good-tempered.**
  
- (6) Quince : Nabi (s.a.w) said give quince to your pregnant women because it makes the behaviour better.**

**When Imam Jafar Sadiq (a.s) watched an beautiful child then he said that of course his mother used to eat quince.**

- (7) Sawiq : Imam Jafar Sadiq (a.s) said if you want child to be born right and healthy then give Sawiq for eating to mother (pregnant women).**

# **Baby food in tibb e Islami**

## **First food for baby**

**Give dates, rain water and small piece of khak e shifa (Karbala) – child will be protected from diseases.**

**In modern medicine it is not allowed to give any food to baby other than his mother's milk until 6 months but in tibb e Islami you can give at least sattu and pomegranate to baby.**

**Mother's milk : Imam Ali (a.s) said that any milk given to baby is not more blessed than his mother's milk.**

**Milk of mad women : Abstain from bad (corrupt) and mad woman's milk because their effect move with milk.**

**Give milk from both sides (both breast) : “when I was feeding milk to my one of the children the Imam Sadiq (a.s) watched me and said,**

**O mother of Ishaq, do not feed him by only one side (breast) but feed him from both sides (both breast) because 1 side has food and other side has water/liquid.**

**Breast feeding for how much time :**

**Narrated from Imam Raza (a.s) that the breast feeding period is of 21 months if it is not done for 21 months then it will be injustice in his rights.(But breast feeding for 2 years is prominent)**

**Sattu**

**Nabi (s.a.w) said give sattu to your children to eat because it makes meat/muscle and strengthens the bones.**

**Pomegranate**

**Nabi (s.a.w) said give pomegranate to babies, so they become young early.**

**First food for mother after child birth/delivery should be dates.**

**For increasing milk :**

**Use medicine for increasing milk which is made by mixing fennel seeds, jeera, big fennel seeds and radish seeds.**

**Dry milk/milk powder :**

**Milk powder is not good for babies and after sometime that was known that in many items they mix Pig fat in it.**

## **Diseases of kids**

**Imam Jafar Sadiq (a.s) said to his companion mufazzal that, o mufazzal see that what is benefit in the crying of babies, know this that kids brain have an liquid which if remains inside it can cause problem/diseases.**

**But if baby cries the liquid gets out of the brain and many diseases and troubles are prevented.**

**But there parents don't know it and they do every possible try/things to stop the crying baby.**

**Crying of baby is beneficial and good for him.**

## **Urinating of kids while sleeping**

**If kids do urine while sleeping, then give saod e kufi and saffron with honey to kids everyday.**

## **Diseases of babies/kids**

**When babies are sick, they cannot say it so we are not able to know that. If you desire that your kids doesn't become ill/sick then do following amal :**

**Imam Musa Kazim (a.s) said that before sleeping at night recite this on babies/children, three times surah Naas, three times surah Falaq, and 50 times surah Qul ho wallaho daily, by doing this your baby will be protected form the diseases, and it's effect will remain on child until he becomes young.**

## Remedy for less crying of baby :

It comes in riwayat that the babies who cry very much and awake from sleep again and again or the women who cannot sleep due to severe pain then read the following taweez on him :

فَضَرَبْنَا عَلَى آذَانِهِمْ فِي الْكَهْفِ سِنِينَ عَدَدًا  
 ثُمَّ بَعَثْنَاهُمْ لِنَعْلَمَ أَيُّ الْجِزْيَيْنِ أَحْصَى لِمَا  
 لَبِثُوا أَمَدًا

## Ear pain in babies/kids :

For ear pain in babies, mix sesame seed oil and mustard seed oil and put drops of it in ear.

# Infertility

## **Foods for increasing fertility :**

- **Chicken Eggs :**

**Imam Ali (a.s) said, the prophet complained to Allah about not having children, Allah said eat chicken eggs with onions.**

**Someone asked imam Musa Kazim (a.s) for children, then Imam replied eat chicken eggs with onion.**

- **Kasni/chicory :**

**Imam Jafar Sadiq (a.s) said, eat kasni/chicory, the children will born beautiful and increases men's semen.**

- **Onions :**

**Nabi (s.a.w) said, when you go to any new city then eat onions of there you will be protected from diseases, onions also increases male power.**

- **Pomegranate :**

**Ali Raza (a.s) said eat pomegranate, it increases male power and also makes child beautiful.**

- **Milk and honey :**

**Imam Musa kazim (a.s) said drink milk with honey, it Increases male power.**

- **Olive :**

**Imam Jafar Sadiq (a.s) said, olive Increases male power.**

- **Combing hairs :**

**Imam Jafar Sadiq (a.s) said, do combing in hairs, it Increases sustenance and sexual power.**

- **Muskmelon :**

**Imam Jafar Sadiq (a.s) said, eat muskmelon it Increases sexual power.**

- **Imam Musa Kazim (a.s) said Anyone who who doesn't have children should eat chicken eggs with onions cooked in olive oil.**
- **Imam Jafar Sadiq (a.s) said, in the season of dates, when they ripe eat lots of eggplant/brinjal because it is cure for every pain, increases face's shadabi, softens the vein and Increases sexual power.**

## **Skin diseases**

**Beetroot leaves and cow's meat**

**The peoples of Bani Israel fallen into skin illnesses/diseases –**

**Musa (a.s) complained about it to the Allah –**

**Then Allah said eat cow's meat with beetroot leaves.**

**Drink rain water**

**Nails cutting :**

**Imam Jafar Sadiq (a.s) said, anyone who wants that he do not get skin diseases, madness and leprosy then he**

**should cut his nails on Thursday after Zohar namaz and start cutting nails from small finger of left hand, he will get this diseases.(leave the cutting of one nail and cut it on Friday)**

**Dry Sawiq :**

**Imam Jafar Sadiq (a.s) said, for skin diseases eat dry Sawiq.**

**Nails cutting :**

**Nabi (s.a.w) said, anyone who wants that he doesn't get skin diseases so he should cut his nails once a week.**

**Salt :**

**Nabi (s.a.w) said to Imam Ali (a.s) that, O Ali do starting and ending of eating with salt because salt has cure for 70 diseases, some of them are madness, leprosy, pain of throat, stomach, teeth.**

- **Henna :**

**The prophet (s.a.w) said, anyone who rubs henna on his body and do khizab with it then Allah protects him from three things, leprosy and leucoderma.**

## **White patches on skin :**

**It comes in riwayat that one person complained to Imam about white patches on his skin, so Imam said (a.s) replied, go to bathroom and rub Norah and henna on this white patches, that person does it and get cured.**

**Imam Sadiq (a.s) said use henna after Norah (expect Friday and Wednesday) because it prevents leucoderma.**

**The prophet Muhammad (s.a.w) used to treat feet's wound with henna.**

**One person complained to Imam Musa Kazim (a.s) about his white patches on skin, so**

**Imam replied that cook mung beans and eat it and also drink it's soup.**

### **Burned skin**

**If skin get burn then mix rose extract, vinegar and powder of masoor and apply it on burned skin, the effects of burn will go away and skin will also recover.**

### **Cracked hands**

**Ben oil :**

**One person said to Imam Jafar Sadiq (a.s) that his hands get cracked, imam replied that soak cotton in Ben oil and put it in navel (belly button), you will be fine.**

## **Unwanted/unnecessary hairs on face**

**Bakla/Broad beans : Remove the skin of green stems of broad beans, and rub it on face the unnecessary hairs will be removed.**

## **Spots, wrinkles, pimples and black skin**

**Take extract of pussy willow add apple juice and honey to it and massage with it on skin.**

**Remain in wazu/wudhu**

**Start eating with salt**

**Abstain from**

**Don't eat chicken eggs**

**Don't eat fried and sour food.**

# **Numbness in hands and feet**

**It is an type of warning of heart attack.**

**Kalonji**

**Honey (before sleeping)**

**Boswellia (chew it)**

**Use 7 garlic cloves in breakfast**

# Teeth

**Muskmelon : Nabi (s.a.w) said, eat Muskmelon and cut its peel/skin with teeth, teeth will become white.**

**Miswak : Nabi (s.a.w) said, do miswak and khilal (toothpick) after namaz**

**Best miswak : Nabi (s.a.w) said, use Arak miswak (salvadora persica), it is the best miswak.**

**Onion : Nabi (s.a.w) said, eat onions it strengthens the teeth and gums.**

**Combing beard : Nabi (s.a.w) said, do combing in beard before namaz, it strengthens the gums.**

**Hot water : Nabi (s.a.w) said, do iftar with hot water, it strengthens the teeth.**

**Salt : Eat salt before and after eating, it cleans the teeth.**

**Vinegar : vinegar strengthens the gums.**

**Boswellia : Chewing boswellia cleans the teeth and make them stronger.**

**Drinking water after eating hot or sweet food :**

**Imam Ali Raza (a.s) said, drinking cold water after eating hot or sweet food finishes the teeth.**

**Pain in tooth : Nabi (s.a.w) said, anyone who cuts his nails on Thursday will not get pain of tooth.**

**Rain water : Rain water removes the pain of tooth.**

**Saood : Anyone complained to Imam Musa Kazim (a.s) about his tooth pain, Imam replied that grind saood and mix it with rain water and make paste and apply it on tooth which is paining, the pain will go away.**

**Taweez for toothache (tooth pain)**

**It comes in riwayat that, Jibrail (a.s) brought this taweez for Imam Hasan (a.s) to remove his pain of tooth.**

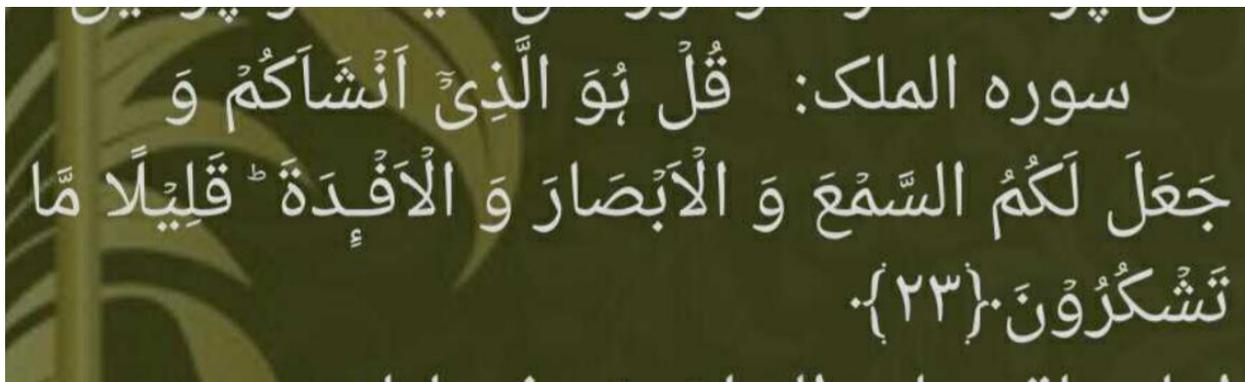
**Put hand on tooth on which pain occurs and recite the following 7 times.**

الْعَجَبُ كُلُّ الْعَجَبِ لِدَابَّةٍ تَكُونُ فِي الْفَمِّ تَأْكُلُ  
الْعَظْمَ وَ تَتْرُكُ اللَّحْمَ أَنَا أَرْزُقِي وَ اللَّهُ الشَّافِي  
الْكَافِي لَا إِلَهَ إِلَّا اللَّهُ وَ الْحَمْدُ لِلَّهِ رَبِّ  
الْعَالَمِينَ.

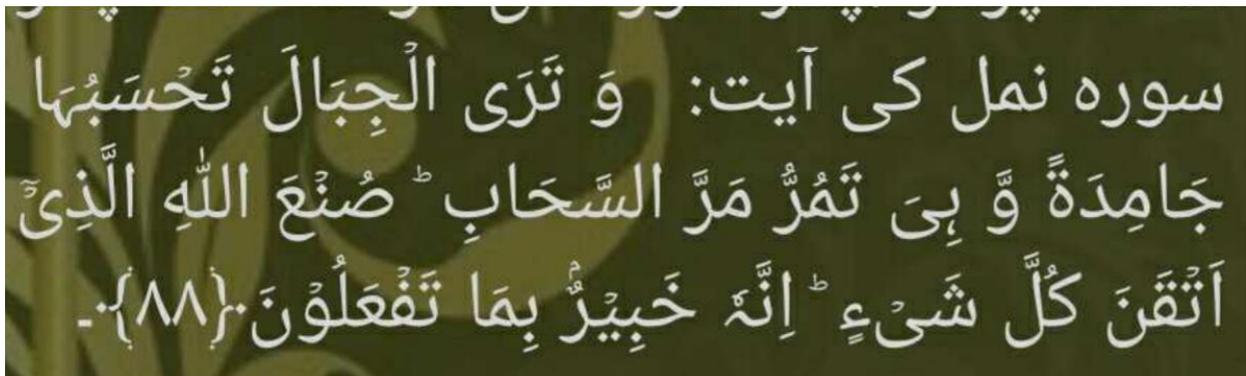
«وَ إِذْ قَتَلْتُمْ نَفْسًا فَادَّارَأْتُمْ فِيهَا وَ اللَّهُ مُخْرِجُ  
مَا كُنْتُمْ تَكْتُمُونَ فَقُلْنَا اضْرِبُوهُ بِبَعْضِهَا كَذَلِكَ  
يُحْيِي اللَّهُ الْمَوْتَى وَ يُرِيكُمْ آيَاتِهِ لَعَلَّكُمْ  
تَعْقِلُونَ

**Nabi (s.a.w) said, put hand on tooth in which pain  
occurs and recite the following Ayat :**

**(Surah Mulk, Ayat 23)**



Imam Baqir (a.s) said that put hand on tooth in which pain occurs and recite Surah Al hamd, Surah Qul ho wallaho ahad and then recite the following Ayat of Surah Naml (Ayat 88)



## **Cavities in teeth**

**If cavities occur in teeth then put some drops of oil of Hindwana abu Jahal on it, use it for three nights it will be cured.**

**If tooth get break and pain occurs, then put some drops of oil of Hindwana abu Jahal in the ear, which side pain occurs. (For left side tooth put drops in left ear)**

## **Gum bleeding**

**If gum bleeding occurs then put some drops of oil of Hindwana abu Jahal on gums, bleeding will stop.**

## Miswak

**Imam Jafar Sadiq (a.s) said, keep your teeth pure and clean.**

### How to do miswak :

**Imam Ali (a.s) do miswak up to down and eat food will all fingers of hand.**

### Benefits of miswak

**Imam Jafar Sadiq (a.s) said that there are 12 benefits of doing miswak :**

- 1. It is Sunnat of Nabi (s.a.w)**
- 2. Teeth remains pure**
- 3. Eyes get vision (vision increases)**
- 4. Allah becomes happy**
- 5. Makes teeth white**
- 6. Protect teeth from decay**
- 7. Tightens the gums**
- 8. Remove the remained food**

9. Decreases mucus
10. Strengthens the memory
11. Increase in Neki/goodness and
12. Angles become happy

### Khilal/toothpick :

**Nabi (s.a.w) said, how good they are who do wudhu and khilal after eating. For angles the food remain in teeth is cause of hate.**

### Khilal/toothpick after eating :

**Nabi (s.a.w) said, doing khilal/toothpick after eating is cause of health of mouth and teeth and it increases Rizq/sustenance.**

# Eye diseases

**By cutting nails :**

**Nabi (s.a.w) said, anyone who cut his nails on Thursday, will not get eye diseases and headache. On Thursday after Zohar cut nails and start cutting from the last finger of left hand.**

**Rain water :**

**Nabi (s.a.w) said anyone who has eye disease/pain should put drops of rain water in both eyes, his pain/disease will go away.**

**Miswak :**

**Nabi (s.a.w) said do miswak it increases the vision of eyes.**

**Things which make eyesight powerful and increases vision :**

**Quince : Prophet (s.a.w) said eat quince and give it as gift to others, because quince increases the vision and creates friendship in heart.**

**Berni dates : Nabi (s.a.w) said while stating the benefits of dates of area called Berni that, this is Jibrail (a.s) who told me that your dates have 9 specialities from which one is this that it increases the hearing/listening and vision power.**

**Onions : Nabi (s.a.w) said, if you go to an area and afraid of there's diseases then eat onions of that area – it increases eyesight/vision.**

**Boswellia : Nabi (s.a.w) said, you must eat boswellia, because it removes the heat from the heart.....  
Increases the vision and removes forgottenness.**

**Meat : Imam Baqir (a.s) said, eating meat increases your ability of hearing and vision.**

**Marjoram : Nabi (s.a.w) said, how good vegetable marjoram is! It grows in the foot of Arsh and it's water is cure for eyes.**

## **Zam zam water**

**It is copied from Ibn Abbas that**

**At the time of Qayamat, Allah will dry the all sources of fresh water except Zam zam water.**

**Zam zam water removes the fever and headache and increases the vision.**

## Surma/khol Ismad

**Nabi (s.a.w) said, three things increases the ability of vision, using Ismad khol, watching green and watching beautiful face.**

**Imam Baqir (a.s) said, Ismad khol produces good smell and makes eyelids strong.**

**Imam Sadiq (a.s) said, Ismad khol increases the vision, regrows fallen hairs, Stops the water falling from eyes, sharpens the eyesight, makes mouth water tasty and help people to do long prostration.**

**Prophet (s.a.w) said, Ismad khol is best khol, because it increases the vision, regrows fallen hairs and removes the pollution/impurities from eyes.**

## Washing hands :

Washing hands before and after eating removes grief and trouble and provides health to eyes.

Imam Ali (a.s) said, washing hands before and after eating..... Increases the vision.

## Morakkabs of Masoomeen (a.s)

### Powerful Islamic antibiotics

10 Morakkabs are very famous, it is necessary for a momin to put them in his home, they are cure for all diseases.

### Morakkab 1

For liver disease, stomach, safra, mucus, vomiting, jaundice, fever, stone in urinary bladder, diarrhea with blood,

### Morakkab 2

**Heart attack, trouble in breathing, stomach diseases, removes yellowness, removes pain near navel.**

### **Morakkab 3**

**Inflammation in stomach, pain, stomach diseases, reduces mucus, stone in urinary bladder (special for it), problem in urination, inflammation and diseases of urination and urinary bladder.**

### **Morakkab 4**

**Diabetes, prostate cancer, stomach pain, irritation in urination, control urination, breathing problem, boost heart and make heart rate normal, removes yellowness of eyes, liver diseases, shivering in fever, male power, gas and acidity.**

### **Morakkab 5**

**It can cure more than 40 diseases,**

**If snake or scorpion bites then give it with anbooz water, old cough/coughing, for infection give it with**

**honey, if stone (kidney stone) then give it with radish water, for heart diseases take it with quince water.**

### **Morakkab 6**

**Hole in heart (Septal defect), blocked heart valve, blood cancer, Haemorrhoids.**

### **Morakkab 7 (Shafiyah)**

**As it becomes old, it's benefits increases.**

**Paralysis/stroke, appendix, old cough/coughing, pain of neck and feet, weakness of stomach, removes stomach water, leprosy, removes toxins from the body – also removes venom of snake or scorpion, vision/eyesight.**

**1 month old removes teeth pain and decreases mucus.**

**2 months old removes fever, tremor/shake, eye diseases, indigestion.**

**3 months old removes excess mucus.**

**4 months old removes weakness of vision/eyes, trouble in breathing, opens blocked veins of heart.**

**5 months old removes migraine.**

**6 months old removes eyes pain.**

**7 months old removes ear pain.**

**8 months old removes safra.**

**9 months old removes tension, depression, insomnia.**

**10 months old removes safra, mental disorders.**

**11 months old removes mental patient and weak mind.**

**12 months old removes stroke, paralysis and mental disorders.**

**13 months old removes appendix.**

**14 months old removes poison from the body.**

**15 months old removes cold, flu and fever.**

**16 months old removes blindness and weakness of vision.**

**17 months old removes leprosy and skin diseases.**

**18 months old removes leprosy.**

**Morakkab 8 (medicine of hazrat Muhammad (s.a.w))**

**Cure (shifa) for all diseases.**

## **Morakkab 9**

**For all diseases, specially for testis pain and dryness.**

## ***Morakkab 10***

**For all diseases, specially for skin diseases – leprosy.**

## **Medicine of Imam Musa Kazim (a.s)**

**This is very powerful medicine, it increases immunity.**

**It removes cold, cough, fever, sore throat, throat pain, influenza and prevents body from diseases.**

### **Dose :**

**For immunity : 1 table spoon every 10 days (3 times per month)**

**For treatment : 1 table-spoon every day.**

## **Triphala/Atarefil/Atrifal**

**This remedy was bought by Jibrail (a.s) for Nuh (a.s)**

### **Ingredients :**

- 1. Myrobalan (Terminalia chebula)**
- 2. Beleric Myrobalan (Terminalia bellirica)**
- 3. Indian Gooseberry (Phyllanthus emblica)**
- 4. Desi ghee**
- 5. Honey**

### **Process :**

**First of all grind dry Myrobalan, beleric Myrobalan and Indian Gooseberry.**

**Then take all of them in same amount and add Desi ghee 10% of it's weight.**

**Then add honey 2x to its total weight. (For 100 grams of powder add 200 grams of honey)**

**Then put it in dark room for 30 days.**

**Benefits :**

**Decreases body fluids – watery mouth (excess saliva), salivation during sleep and talking and excess sweating.**

**Decreases secretions – during cold and flu.**

**Removes pain of rheumatism.**

**Cure for joints pain.**

**Removes stored water from lungs, heart, kidney.**

**Decreases mucus (balgam).**

## **Hijamah – Islamic cupping therapy**

**Hijamah is an removing of toxins and wastes from the body but not pure blood is removed and the time, date and month are also seen before doing Hijamah also specific body part is chosen for specific disease and illness.**

**The best time for Hijamah is after Zohar on Monday.**

**Imam Jafar Sadiq (a.s) said, do Hijamah on Thursday it is good but do not do Hijamah on first and last date of Islamic months.**

**Imam Ali Raza (a.s) said, doing Hijamah in spring season is very good.**

**Do not do Hijamah on empty stomach, eat something before doing Hijamah – it takes around 40 to 50 minutes in doing islamic Hijamah.**

**Eat pomegranate or quince or their juice before and after Hijamah.**

**Recite Ayatul kursi while Hijamah and sit on legs.**

**In islamic Hijamah the cups are placed on same place for two to three times before putting cut and then bad substances/toxins are removed from after cutting and putting cup.**

**Do not bath for 24 hours after Hijamah and drink Juices.**

**Do not eat meat or fish until 6 hours of doing Hijamah.**

**Eat more fruits.**

**If Hijamah is done in summer than apply some Banafsha oil on wounds and cassia, rose and camphor on head.**

**In winter apply shabwab oil.**

**Do not do anger before and after doing Hijamah.**

**Do not do intercourse with wife before and after 24 hours of doing Hijamah.**

## Hijamah replacement

**If you cannot do Hijamah then use this things :**

**Rain water**

**Plum**

**Sawiq of masoor/lentils**

# Temperaments/Mizaaj

Things that moderate the temperaments :

**Kasni (chicory)**

**Pomegranate**

**Dates**

**Banafash**

**There are four temperaments found in human body :**

**1.Safra**

**2.Balgam**

**3.Sauda**

**4.Dam**

**Allah (s.w.t) says in hadis e kudsi that I gave humans four temperaments, Safra, Balgam, Sauda and Damm.**

**Nabi (s.a.w) said, if all the diseases of world get divided then there will be 3 types, due to excess blood (damm), due to mucus (balgam) and due to safra and Sauda.**

**Four temperaments – from which two are hot and two are cold.**

**These four temperaments are related to glands present in the body and there secretions.**

**According to these four temperaments, the human body is divided into four parts :**

**1.Head**

**2.Chest**

**3.Abdomen**

**4.Legs**

**1. Head, mouth, nose, ear, eyes are included in Damm.**

**2. Chest is with mucus.**

**3. Abdomen is with bile.**

**4. Legs are with Sauda.**

## **1. Damm temperament – warm and wet**

**Excess blood – warm and wet**

### **Symptoms :**

**Boils and pimples in between two shoulders.**

**Itching on body.**

**Redness (of face, under eyelids, tongue, urine, faeces, Hijamah blood)**

**Allergy to foods and season.**

**High blood pressure**

**Numbness of hand and foot.**

**Tingling sensation of skin**

**Gum bleeding**

**Blood stained face**

**Sweetness of mouth and stickiness of saliva.**

**In humans normally the Damm is dominant till the age of 15 years.**

## **Treatment from food :**

**Things that purifies blood**

**Bakla – broad beans**

**Roasted powder (Sawiq) of masoor/lentils.**

**Pomegranate**

**Dry pear**

**Lettuce and lettuce seeds**

**Roasted meat**

**Bathing with cold water**

**Beetroot leaves**

**Dried Aaloo bukhara/plum**

**Kasni**

**Shahtar**

**Sweet pomegranate**

**Cold nature fruits**

**Apple**

**Cucumber**

**Mulberry**

**Barberry**

**Jujube**

**Barley soup**

**Pumpkin**

**Half fried egg**

**Syrup of imam Ali Reza (a.s)**

**Honey at empty stomach**

### **Treatment from Morakkab**

**Ibne bastam**

**Zanbak/iris**

**تبیغ (tabig)**

### **Other treatments**

**Hijamah**

**Washing hands and feet with cold water**

**Removing blood from fasad vein**

**Eating jaggery after Hijamah**

**After Hijamah eating fresh fish and washing body with cold water**

**Smelling fruits**

**Taweez of blood**

**Give sadqa/charity, specially on Tuesday**

**Eat less**

**Eating foods that causes defecation**

**Doing intercourse**

**Abstain from**

**Oily/greasy foods**

**Be more careful in spring season, eat light food.**

**Fish and dried meat or meat which is preserved by applying salt on it.**

**Warm and wet nature foods**

**Excess eating**

**Spicy foods**

**Meat of hunted animal**

**Two temperaments are very dangerous, safra and sauda**

## 2. Safra – warm and dry

### Symptoms :

**Body remains hot/warm**

**Anger/became anger fast**

**Face, eyes, tongue, urine, faeces and blood of Hijamah has yellow colour.**

**Body heat and dryness**

**Stubborn and disobedient**

**Internal fever**

**Fatigue**

**Hair fall at young age**

**Anorexia**

**Yellow and green vomiting, sometimes diarrhea**

**Getting heat/warm**

**Liver diseases**

**Sweating of hands and feet**

**Thirst**

**Internal tiredness and problem**

**Headache and migraine**

**Mind problems**

**Gall bladder big**

**Bitterness of mouth**

**Warm/hot air from mouth**

**No getting sleep at early and wake up late morning and feels sleepy.**

**Average man has Safra dominant till age of 15 to 35 year.**

### **Treatment by Food**

**Sawiq – it balances both safra and sauda, eat it in breakfast, and don't drink water on it.**

**Pomegranate**

**Fresh plum**

**Senna leaves with rose petals**

**For removing thirst drink date water**

**Kasni/chicory**

**Purslane**

**Warm water at empty stomach**

**Cold water**

**Eating constipation reliving foods**

**Dunbe ka meat**

**Naspati black**

**Vinegar**

**Olive oil**

**Raisins**

**Eating pomegranate before and after Hijamah**

**Beetroot leaves**

**Lettuce**

**Pumpkin**

**Eating roasted fresh fish after Hijamah**

**Cold and wet nature foods**

**Honey**

**Drinking cold water**

## **Barberry**

**Wet nature fruits such as Cucumber, pear, sweet pomegranate, plum, apple grapes, yellow carrot.**

**Masoor/lentils dal, barley and wheat sattu (eat on empty stomach)**

**Sour foods – vinegar**

**Fish (natural)**

**Plantago Major**

**fistula Cassia**

**Isabgol**

## **Morakkab**

**Ibne bastam**

**Ahleej(Safra bar)**

**Torefil/triphala**

**Shafiyah 3 months old with honey**

**Basafeej**

**Shafiyah 40 days 8 and 10 months old**

## **Yadawi treatment**

**Giving air/wind**

**Standing straight**

**One finger honey with cold water and boswellia**

**Intercourse**

**Less movement**

**Combing hairs with comb made from elephant's bone**

**Resting**

**Bathing after eating**

**Playing with water**

**Massage and apply Atar in spring season**

## **Abstain from :**

**Don't drink salty water**

**Be careful in summer season**

**Don't take beetroot sugar**

**Fat containing meat**

**Artificial scent or perfume**

**Warm and dry nature foods**

**Food of freezer and cooker**

**Eating hot food**

### 3. Saida temperament – cold and dry

#### Symptoms :

**Dryness**

**Worry and think**

**Black skin colour**

**Black Eyes, tongue, under eyes and colour of Hijamah blood is black.**

**Cough**

**Black spots on face**

**Problem**

**Fear**

**Nervous system diseases**

**Temptations of worry**

**Horror and trouble in dreams**

**Always Talking with self**

**Dry and hard veins**

**Cruelty**

**Salty and stinky mouth**

**Stinky and cold faeces**

**Blur eyes**

**Night blindness**

**Big spleen**

**Personality is with dignity, Ba-viqar, Matin**  
**Dryness of skin/body**  
**More hairs on body**

**Average man has Sauda temperament dominant  
from 35 to 60 years of age.**

**Treatment from food :**

**Senna leaves**  
**Pomegranate**  
**Honey**  
**Dry fruits**  
**Brinjal**  
**Vinegar**  
**Sattu**  
**Meat of 1 year old dumba**  
**Water**  
**Senjed/Russian olive**  
**Jujube**  
**Olive oil**  
**Meat of camel and pegion**  
**Salad of warm nature vegetables**  
**Fig**

**Mulberry**

**Cardamom**

**Cinnamon**

**Ginger**

**Treatment :**

**Medicine**

**Ibne Bastam**

**Afteymoon(Sodabar)**

**Basfayej**

**Shafiyah 10 months or 11 months or 40 days old**

**Yadawi treatment :**

**Do comb on back of head**

**Eat laxative**

**Fasad (Persian word)**

**Ki aamadi**

**Norah**

**Eating 1 finger first thing in morning**

**Cutting nails**

**Eating warm and wet nature foods**

**Abstain from :**

**Cow's meat**

**Cold perfumes/Atar**

**Beetroot**

**Beetroot sugar**

**Goat's meat**

**Sleeping at sunrise**

**Watching to ugly lady**

**Eating cold and dry foods**

**Chicken**

**Fish**

**Freezer foods**

## **4.    Balgam/mucus temperament**

**Symptoms :**

**Whiteness of face, eyes, tongue, urine, faeces and blood of Hijamah.**

**Mucus/phlegm in throat**

**More saliva in mouth and salivation during sleep.**

**Weak intentions**

**Weak memory**

**Likes alonenesss**

**Less motive**

**Weakness of eyes**

**Weakness of ears**

**Coldness of body**

**Coldness of hands and feet**

**Whitening of hairs and hair fall**

**Generally fat**

**Fat Face**

**Rheumatism**

**Pain of stomach and abdomen**

**Generally in humans it is dominant after the age of 60.**

## **Treatment from foods :**

**Walnut**

**Saffron and honey**

**Do miswak more**

**Do comb in hairs**

**Do bath before breakfast**

**Take 1 finger honey before breakfast**

**Olive oil**

**Kalonji**

**Rain water**

**Surma/Khol**

**Boswellia**

**Raisins**

**Apple**

**Radish**

**Red radish**

**Jeera**

**Satureja**

**Origanum vulgare**

**Sattu of barley and wheat before breakfast, don't drink water on it.**

**Drink hot/war water before breakfast**

**Berni and Ajwa dates**

**Yellow carrots**

**Turnip**

**Kholrabi**

**Pumpkin halwa**

**Garlic leaves**

**Meat (pigeon, camel, sparrow)**

**Ripped and sweet fruits**

**Ajwain leaves**

**Morakkab treatment :**

**Ibne Bastam**

**Sawiq of lentils**

**Asarown**

**Medicine of Imam Sadiq (a.s)**

**Zanbak (iris/lily)**

**Basfayaj**

**Triphala**

**Ibne Masood**

**Shafiyah 40 days or 1 month or 3 months old**

**Arak miswak**

**Saatar**

## **Other treatments :**

**Miswak of arak/pilu tree**

**Roza/Sawm**

**Recitation of Quran**

**Do more comb in hairs (don't use plastic comb, use comb made up of elephant's tooth or bone or Wooden comb)**

**Sit under the sun with back facing sun.**

**Before breakfast swim in swimming pool.**

**Sexual intercourse**

**Keep hairs short and apply oil in hairs and massage**

**Eat less**

## **Abstain from :**

**Cold and wet nature foods**

**Be careful in winter season**

**Fish**

**Body dirt**

**Cold nature vegetable**

**Salty**

**Drinking excess water**

**Drinking water during eating**

**Cow's and goat's meat**

**Ice water**

**Sleeping after eating**

**Ripped dates**

**Chicory or chicory powder**

# Paralysis

## Treatment :

**Nabi (s.a.w) said, anyone who recites Ayatul kursi before sleeping well never get paralysis.**

**Nabi (s.a.w) said, after fajr namaaz recite “la hawla wala quwata illa billahil ali-yil azeem” 70 times, you will be protected from 70 diseases and one of them is paralysis.**

# **Foods in tibb e Islami**

## **Meat :**

### **Method of cooking**

**In tibb e Islami there is no frying of meat but wash it and cook it in milk or make Seekh Kebab on burning coals or steam.**

### **Dunba meat :**

**Imam Ali Reza (a.s) said, if Allah (s.w.t) had created any meat better than dunba meat then he used to render it on Ismail (a.s).**

### **Camel's meat :**

**Rasool e Akram said, you have necessary to eat camel's meat because only momin eats it's meat.**

### **Cow's meat :**

**Imam Ali (a.s) said, cow's meat is disease and pain and it's milk is medicine and it's ghee is shifa.**

**Chicken meat :**

**Alkafi copies from sayari that, some talk about meat to Umar, then Umar said best meat is chicken meat.**

**Ameerul-momineen Ali (a.s) said, No, chicken is pig in birds.**

**Best meat is of penguin's baby, who just started flying or near to fly.**

**Fish's meat :**

**Imam Sadiq (a.s) said, anyone who eats fish at night and and do not eat dates or honey in some amount and sleeps then vein of paralysis gets active.**

**Egg and fish :**

**Imam Reza (a.s) said, you should Abstain from eating fish's meat and egg together because when they get meet (in stomach) then causes stomach ache (pain), Haemorrhoids and teeth pain.**

**Fresh fish :**

**Nabi (s.a.w) said, always eating fresh fish melts the body muscles (meat).**

**Eat less fish :**

**Imam Ali (a.s) said, eat less fish because eating it melts the body, increases the mucus and it cause of trouble of nafs.**

**Fish is killed inside water or outside water :**

**Imam Jafar Sadiq (a.s) said, if you don't know that the fish is dead inside the water or outside on ground then put it again in water and watch, if the fish's stomach comes up then it means it is died outside of water, if the stomach doesn't come up and back comes up that means it is died inside the water – it is not right.**

## **Rice**

**Method of cooking :**

**Imam Jafar Sadiq (a.s) said, wash the rice properly and dry it, then cook it in low flame – add olive oil in it – drink rice soup – it strengthens the bones, also add Aaloo bukhara/plum it increases the bone marrow.**

**Imam Jafar Sadiq (a.s) said, After cooking rice add samaad on it.**

**Imam Ali Reza (a.s) said, cook in stone utensil.**

## **Roti/bread**

**Recite “Bismillah hir rehman nir rahim” before cooking.**

### **Barley roti/bread**

**Imam Ali Reza (a.s) said, the virtue which Allah has given us to public, that virtue barley bread has on other breads.**

### **Khameeri roti**

**Nabi (s.a.w) said, don't eat roti/bread without khameer, it increases memory.**

### **Refined flour/white flour**

**One Nabi (s.a.w) went on invitation of eating, there they had cooked the bread from refined flour so Nabi (s.a.w) refused to eat.**

## **Fruits**

### **How to eat fruits**

**Imam Jafar Sadiq (a.s) said, the outer layer of fruits has poison, that's why eat it after washing it properly.**

**When Adam (a.s) came on earth, he bring branches of 130 types of fruits, by growing these branches the fruits were yielded.**

### **Manners of eating fruits**

**Say “ Bismillah hir rehman nir rahim” and eat in odd numbers (3,5,7) not in even numbers (2,4,6).**

### **Pear :**

**Imam Jafar Sadiq (a.s) said, eat pears it strengthens and alive the heart.**

**Walnut :**

**It is cure for brain diseases.**

**Fruits of heaven :**

**Nabi (s.a.w) said, red grapes, dates, pomegranate are made from the soil remained after making Adam (a.s).**

**Pomegranate :**

**Imam Jafar Sadiq (a.s) said, there are 120 types of fruits and there chief is pomegranate, eat pomegranate with white membrane present in it, it strengthens the stomach and boosts mind, enlightens the heart and removes temptations and troubles.**

**Apple :**

**Imam Musa Kazim (a.s) said, for mucus, magic and greif which is given by creatures on land the Apple is best treatment.**

**Imam Muhammad Baqir (a.s) said, when you bring Apple Frist smell it and then eat, if you do that then it will remove all disease, cause and reason.**

**Imam Jafar Sadiq (a.s) said, we Ahlebait do treatment of fever with Apple and cold water.**

- Sour/green apple is cause of amensia.**

**Quince :**

**Nabi (s.a.w) said, quince strengthens the heart, makes miser a donor, makes mind strong, makes the child of pregnant women beautiful (if eaten during pregnancy), removes anxiety of chest, and removes grief of sore person.**

**Fig :**

**Imam Ali Reza (a.s) said, fig strengthen the bones, grows the hairs and removes diseases.**

**Guava :**

**Imam Jafar Sadiq (a.s) said, guava polish the heart and is cure for stomach pains.**

**Aaloo bukhara/plum :**

**Imam Musa Kazim (a.s) said, plum removes body heat and safra.**

**Dried plum soothe body heat and absorb diseases.**

**Muskmelon :**

**Nabi (s.a.w) said, Muskmelon improves the digestion, whitens the teeth, Nabi (s.a.w) eat Muskmelon with fresh dates and also with sugar, but don't eat it (breakfast) empty stomach, also increases power and removes stone from urinary bladder.**

**Red cabbage :**

**Nabi (s.a.w) liked the red cabbage very much.**

**He used to eat it in salad.**

# Breakfast of prophets

**Ingredients : (1) Rice, (2) Milk, (3) Honey**

**They cook rice in milk and then they add honey and eat it.**

## **Which foods to be eating together according to riwayat.**

**Egg with onion**

**Fish with dates and honey**

**Yogurt with Ajwain**

**Dunba head with sattu (Sawiq)**

**Paneer with walnut**

**Vegetable salad with food**

**Piece of roti/bread before and after eating sweets.**

**Dates with warm water**

**Roti with egg**

**Meat with egg**

**Pumpkin with lentils**

**Sattu (Sawiq) with honey**

**Vinegar with olive oil**

**Milk with bumba meat**

**Cucumber with dates**

**Cucumber with salt**

**Muskmelon with sugar**

**Muskmelon with roti/bread**

**Muskmelon with dates**

**Muskmelon with paneer**

**Meat with pareaed (pieces of bread/roti soaked in gravy)**

**Roti/bread with oil**

**Dates with desi ghee**

**Cow's meat with dates (cow's meat is used only for treatment purpose only).**

**Beetroot leaves with Cow's calf meat (cow's calf meat is only used for treatment purpose only)**

# Diabetes

If diabetes is moderate then,

Eat Purslane (on type of green leafy vegetable)

Fenugreek

If you have to take injections then,

Sawiq of barley

Eat walnut leaves and Kasni (chicory) together.

Pennyroyal

Raw onion

Cabbage

Bitter almond

Medicine

Markb 04

Ads ul mulk

Jema Imam Raza a.s

**Aabe Nasian** – rain water collect from the rain occurs after 12 April, it has very much benefits.

Shifa for paralysis patient.

Shifa for stomach worms.

Cure for stomach and skin diseases.

Cure for Madness and leprosy

Stops blood coming in nose

Removes eye pain

Cure for black water in eyes

**Drink 1 glass in morning and 1 glass in evening for 7 days.**

**Recite 100 times salawat, 70 times surah Al-hamd, 70 times surah Qul ho wallaho ahad, 70 times surah Falaq, 70 times surah Naas, 70 times surah Kaferoon, 70 times Ayatul kursi and again 100 salawat on rain water and drink 1 glass in morning and 1 glass in the evening for 7 days.**

- **Zam zam water**

**Recite 100 times salawat, 70 times surah Al-hamd, 70 times surah Qul ho wallaho ahad, 70 times surah Falaq, 70 times surah Naas, 70 times surah Kaferoon, 70 times Ayatul kursi and again 100 salawat on rain water and drink 1 glass in morning and 1 glass in the evening for 7 days.**

**With any purpose you drink, you will get relief from that.**

**Warm water :**

**It comes in riwayat that, boil water 7 times and then suddenly cool it, and drink it warm – running after drinking warm water is cure for many diseases even cancer.**

## **Dressing/clothing**

**The way of wearing clothes**

**Imam Ali Reza (a.s) wears his clothes from right side.**

**Imam Ali (a.s) said, the prophets used to wear shirt first and then pants, wear pants while standing is not allowed because it can cause extreme pain.**

**While wearing or removing clothes recite “Bismillah hir rehman nir rahim” you will be protected form germs/bacteria.**

**What to do at the time of wearing new clothes?**

**Imam Ali Reza (a.s) used to recite Surah Qadr 3 times, surah Qul ho wallaho ahad 10 times and surah Kaferoon 10 times on utensil of water and then wear new clothes and says, anyone who wears new clothes like this will always get delighted (by Allah) till only thread of it remains.**

## **Which type of clothes to wear**

**Nabi (s.a.w) has not allowed to wear these two types of clothes, clothes which are very attractive/show off, transparent and very short or very long clothes.**

**Imam Jafar Sadiq (a.s) said, cotton clothes are the clothes of prophets.**

**Women can wear silk clothes but men are not allowed to wear silk clothes because it decreases male power.**

**Women are allowed to wear gold but men are not allowed to wear gold.**

**Nabi (s.a.w) said, cotton clothes are best clothes.**

**Nabi (s.a.w) said, when you remove clothes recite  
“Bismillah hir rehman nir rahim” and after removing  
clothes fold them.**

### **New clothes and protection from diseases**

**Imam Jafar Sadiq (a.s) said, when you wear new clothes  
recite following dua,**



**When you do this, you will be protected from all  
diseases.**

**Wearing clothes made from Haraam animals causes diseases, it causes skin diseases.**

**If animal is halaal then also not allowed.**

**Nabi (s.a.w) liked the white colour clothes then after green colour which is colour of heaven.**

**Black colour clothes : specially black colour pants/trousers are not allowed.**

## Shoes

**Imam Jafar Sadiq (a.s) said, don't wear pointed shoes, these are Pharaoh's shoes.**

**Nabi (s.a.w) said, wear light and comfortable shoes, do not do/be like Ahle-kitab.**

**Imam Jafar Sadiq (a.s) said, anyone who wears yellow shoes he will get profit and happiness.**

**Wearing black shoes causes decrease in mind and male power.**

## **Manners of eating**

**Imam Jafar Sadiq (a.s) said, eat breakfast and dinner only, do not eat anything in between these two meals because it produces diseases.**

**Start eating with saying “Bismillah hir rehman nir rahim”.**

**Rasoolallah said, remove your shoes at the time of eating because it gives rest to feet and eating food in market causes poverty, do not blow on food and water, don't lay on abdomen after eating, don't eat hot food,**

**in summers according to combination eat cold nature foods and in winters eat warm nature foods and other mild/moderate foods.**

**Imam Ali said, when you sit to eat don't put one leg on another and also don't sit with crossed legs, Allah knows him enemy who sits like this.**

**Imam Ali (a.s) said, eat food fallen/remained on dastarkhawn, it has cure for all diseases.**

**Hazrat Isa (a.s) said, do not load your stomach by eating excess food, because it is hard on stomach which results in going away of shadabi from face.**

## **Manners of drinking water**

**Imam Jafar Sadiq (a.s) said, drink water while standing at daytime and while sitting at night, drinking water while standing at daytime makes food pleasant (digests) and drinking water while standing at night is cause for diseases.**

**Nabi (s.a.w) do not breath while drinking water and remove vessel away from mouth and then breath.**

**Hot/warm water**

**Imam Ali Reza (a.s) said, warm water is beneficial for everything, it doesn't have any loss.**

## **Manners of sleeping and treatment of diseases**

**Nabi (s.a.w) said, the Satan puts surma/khol in the eyes of the person who sleeps excessive.**

**Second reason : when someone speaks lie on that day he will sleep more/excessive.**

**Third reason : The person who is arrogant.**

**When sleeping is not allowed?**

**From the time of fajr namaz till sunrise sleeping is not allowed because at this time the winds of heaven blows, it is shifa/cure for human, if someone is sick/ill then wake up him at this time and say him to do recitation of Allah.**

**Sleeping at the time of sunrise or sunset is strictly prohibited, because at this time the germs/bacteria attacks more.(the probability of heart attack is more in early morning while sleeping)**

### **Rapid eye movement sleep**

**(REM sleep, REMS) is a unique phase of sleep in mammals and birds, distinguishable by random/rapid movement of the eyes, accompanied with low muscle tone throughout the body, and the propensity of the sleeper to dream vividly.**

**The period (full cycle of REM and non-REM) lasts for about 90 minutes in humans, 22 minutes in cats, and 12 minutes in rats. ... However they do exhibit sleep cycles with phases of REM-like electrical activity measurable by EEG.**

### **Eating fish at night**

**Don't eat fish at night, it can cause paralysis. If there is compulsion then eat honey after eating fish.**

**In Tibb e Islami eating apple at night is not allowed, eating apple in breakfast is preferred.**

### **At which time to sleep at day time :**

One time the one sahabi of came to Nabi (s.a.w) and said, my memory is decreased but before my memory was very strong, Nabi (s.a.w) said, you were doing kalila before and now you have leaved it. That sahabi said, I was doing kalila every day before Zohar namaaz for half an hour now I am not doing it. Nabi (s.a.w) said, start doing kalila as you does it before.

Sleeping after Zohar decreases mind, specially at the time of sunset.

Nabi (s.a.w) sleeping at the staring of day causes ignorance, doing kalila is blessing, sleeping after Asar is stupidity, sleeping between Magrib and Isha decreases the sustenance.

Allah's friend :

Allah keeps three things as friend, less sleeping, less speaking, less eating.

**Excessive sleeping :**

**Imam Ali (a.s) said, by excessive sleeping and excessive eating the soul get loss and damage.**

### **Sleeping according to Sunnat :**

**Imam Ali (a.s) said, there are three ways to sleep, prophets were used to sleep on their back, their eyes remains open for Wahi/elham, momin sleeps in direction of Qibla/Kaba and on his right hand, kings and there children sleep on left hand for better digestion of there food, Iblees (Satan) and his brothers, mad, mentally ill sleep on there stomach.**

**Imam Jafar Sadiq (a.s) said, when Rasoolallah wanted to sleep he do miswak and the go to bed and sleep on right hand, and put his right hand below his cheek.**

### **Alone sleeping :**

**Imam Musa Kazim (a.s) said, Rasoolallah has curse three times on those who sleeps alone.(if there is no any compulsion)**

**Please inform us about suggestion or mistake**

**Syed Mustafa Kazmi**

**Email: [ghulammustafa187@gmail.com](mailto:ghulammustafa187@gmail.com)**

**Whats up&Mobile**

**+923445013241**