

Instructions for Having a Healthy Child in Tib Ahle Bait

Important instructions for the couple when they are planning for pregnancy

Before intercourse, do namaaz, dua and astaghfaar

The man should eat quince (safarjal) a few days before intercourse.

Both man and woman should use pears, apples, dates, sawiq sanjad, honey, garlic leaves and chicory (kasni).

Prohibitions - *The couple should not have intercourse on these occasions*

After Dohr prayers – baby will be double sighted.

The eve of Eid ud Doha – baby's fingers can be less or more.

If intercourse is done while standing up - baby will have bed-wetting.

If intercourse is done at the start, middle and end of the month - it will lead to vitiligo, Bell's palsy, madness and stroke in the parents and the child.

If intercourse is done on 15th Shaban (Shab-e-Bara'at) – baby will have ugly large patches/marks on head and face.

Having intercourse after eating full stomach- parents and baby can have paralysis, vitiligo and hernia.

Having intercourse in the beginning of the night and full stomach, nuqras (gout)- swelling of big toe in baby.

During the act of intercourse, watching the private part of the woman causes vitiligo and blindness in the baby.

Talking during intercourse can cause blindness in the baby.

Thinking of another woman while having intercourse with his wife will lead to madness in the child.

Do not have intercourse when the moon is in *dar aqrab* (amawas-last nights of lunar month when no moon is seen in the sky).

In the first week after intercourse, do not have *dhaniya* (coriander seeds), sour apple, vinegar, milk and milk products.

Iron, calcium and medicines made of chemicals can cause kidney stones in the baby.

Do not take senna makki, sauda bar and constipation relieving medicines.

Do not have foods which has a cold constituency

Instructions during Pregnancy

During pregnancy- do salaah and recite Quran

- Apply henna in hair for beautiful baby
- The woman in 3-5 weeks of pregnancy, should use barley sawiq and wheat sawiq (this will strengthen the baby's heart).
- The woman should use jau / sawiq jau to get protected from DM during pregnancy
- Solid food should be used. Do not use outside food and food in fridge.

In the last month of pregnancy - every day, woman should have **kandar** the size of a chana
-if the woman uses kharbooza, paneer, and ba, then the baby will not get yellow (jaundice) at birth.
-Walking during last days will help in easy delivery

Mixtures (Murakkabaat) and Herbs

1. **Kasni (Chicory)**-
2. **Qaraz khoon**- should be used in the first 2 months of pregnancy

If anemic then **Darwi Khoon Saaz (saaf kunanda quoon)** should be used.

Embryological defects

Causes

Embryological defects are very common nowadays because of chemicals' usage.
Intercourse In the prohibited days (eg amawas) can cause such problems.

Treatment

Sawiq wheat and sawiq barley removes all defects during pregnancy

For bone health- **daarwi tarkeebi isteqwaan saaz ghabeera**

1. Before pregnancy- both husband and wife should have these medicines and after conception mother should have these in the proper amount
Consanguineous couples (couples who are also blood relatives) should have this as a must.

Infertility

Reasons

1. In the first week of marriage, if a woman has these things then she can have infertility.
All things made of milk, vinegar, dhaniya (coriander seeds), sour apple
2. Uterus ka **judh jaana** (bicornuate uterus), infection in the reproductive glands and cervix

Identification of infertility

In men- if semen is white then it is fertile. If not white, and is reddish then he needs treatment
In women- tests

Common treatment for infertility

Use the following foods for 1-2 months

From 7th day of menses to 13th day- omlette with onions fried in olive oil, for breakfast
one glass milk with honey, at night, before sleeping

30g royal jelly in ½ kg honey- mix well and have everyday in breakfast – one spoon with 7 seeds of kalonji.

Intention of parents that if it's a boy then they will name him Muhammad or Ali and if it's a girl, then name her Fatima.

Keep praying for a child.

Treatment for male infertility

1. Murakkab 11
2. Daarwi kavar and Daarwi jazar
3. Kasini powder / kasini sabzi
4. In evening, have nutritious food in dinner and do not skip dinner
5. Figs, dates, kharbooza and carrots – eat more of these.
6. Pray in sajdah- allahuma

Treatment of female infertility

1. Daarwi tarkeebi amaadgi rehem
2. Daarwi tarkeebi jarjeer (1 spoon from 7th day of menses to 13th day at night)
3. Sawiq gandum (wheat)

After eating the above medicines, have sex the 14th night after menses, inshallah this month or the following month the woman will conceive.

Is there a medicine for conceiving?

Daarwi tarkeebi amaadgi rehem

1. Treatment of Infertility and miscarriage
2. Complications of uterus
3. Chas bandagi rahem- closing of uterus
4. Preparation of uterus for implantation

How to use-

40-80 g of medicine to boil for 20 mins in water and sit in that water for 30 mins – so that the water reaches the navel

Use 1 week before trying to conceive (7th day of start of menses)

It is enough to use this medicine for one time but it is ok to use it once more

Is there a probability of twins and more?

Before and after conception use Daarwi jarjeer

Daarwi jarjeer will increase the number of eggs and increase chances of multiple fetuses

One should intend that if they have 2 sons, they will name them Muhammed and Ali, and girls- Fatima and Zehra.

If you want a son, is there a way apart from dua?

Before conception, powder kasini. If males eat it then sons happen and if female eats it then daughters will happen.

Have to eat every night 2 weeks before conception

What to eat during pregnancy

Kandarnar

1. Strengthens the heart
2. Increases the intellect
3. If it's a boy- he will be brave, wise and powerful
4. If it's a girl – her body and face will be beautiful with wide hips
5. Heart and brain will be well-developed and strong

NOTE- it is sweet in taste. It is yellow and transparent

Safarjal (Quince) / Naspati (Pear)

1. The son will be beautiful and have a pleasant fragrant skin
2. It will improve the complexion of the baby

Sawiq gandum(wheat) and sawiq jau (barley with husk)

To have before and after conception. Have 2-3 spoons daily. Extend to one month after delivery.

1. Eliminates all disabilities
2. Increases muscle mass
3. Strengthens bones

Have 2-3 spoons daily till one month after conception.

Milk

It increases intellect

Qarbooza or paneer with walnuts

Beautifies the face and body

What to do at the time of birth?

To avoid the following which increase labour pain:

Eating baigan and dhaniya – instead eat

Sabzi rihaan, Kasini (chicory), Kulfa (purslane), Baadar naj boya

Decreased activity

Eating more

Treatment

Saffron sharbat (drink)

Recite Surah Maryam- ayahs 23, 24, 25

Read waarid shuda duas

To walk more in the last month

Following to be done before cutting of umbilicus-

Jaao sheer – to dissolve in water and put its drops in both nostrils- baby will be protected from disease.

Azaan in right ear and iqamat in left ear- baby will be saved from shaitaan

What to do after delivery?

Eating dates increases sobriety of child

Tahneek - to place honey/chewed date or any sweet in baby's mouth

Dates

Water from the River Euphrates (Aab e Furat - this will promote amity towards Ahle Bait),

Soil of Karbala (Turbat e Imam Hussain - this gets rid of diseases and enemies)

Rain water – if soil and water not available

After birth, the mother should eat dates because of the ayah in Surah Maryam- Prophet as said.

If *Ratab* (type of date) not available, then 7 dates of Madinah, or locally available dates should be eaten, because Allah said the woman who delivers a baby and then has dates, He promised that the child will be graceful and sober.

Child's food in Tibb e Islami

Sattu and anaar can be given to a child even after birth- although nowadays, infants are not fed anything except milk for the first 6 months.

Mother's milk- is the best, according to Imam Ali as.

Feed from both of the breasts, since one has nutrition and one has water- Imam Sadiq said.

Duration of breast-feeding should be for 21 months and you can extend it to 24 months, Imam Ridha as said. If the mother is reducing it's duration, then it is cruel on her part.

To increase milk flow-

Mixture of Saunf, anisoon, zeera, mooli ke beenj

Or else u can use these things separately.
