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# HEART DISEASES

Tib e Ahlebait

## In the name of Allah Almighty

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## Heart diseases

### Causes in Tib e Ahlebait a.s:

1. carrion
2. blood meal
3. Alcohol/wine
4. Music
5. Adultery

### Hateful things for heart:

1. Overeating
2. Forbidden sights
3. Pollution
4. Brushing hair while standing
5. Sleeping a lot
6. Laughing a lo
7. Sins and falsehood
8. Prohibited food

### Symptoms:

There are several symptoms of heart disease, some are as follows:

1. chest pain
2. Difficulty in breathing
3. Difficulty while going on stairs.
4. Swelling of hands and feet
5. Acroparaeesthesia
6. Severe chest pain or feeling cold on neck
7. Heartbeat disorder
8. Dizziness
9. Dull face

### Heart strengthening foods in Tib e Ahlebait a.s

1. Quince
2. Lamb's meat cooked in cow's milk
3. Apples
4. Pears
5. Apple cider vinegar
6. Pomegranate
7. lentils
8. Pumpkin sweet
9. Celery

10. Honey
11. Brushing hair while sitting
12. frankincense
13. Beetroot leaves
14. Jaggery
15. Daffodil's fragrance
16. Lemon balm/bee balm tea

### Medicines in Tib e Ahlebait a.s

- 1.Heart strengthening medicine (Daroo e taqwiyat e qalb)
- 2.Daroo e Shafia
- 3.Jame' Imam Raza a.s along quince's juice
- 4.Murakkabe 4
- 5.Qurs e khoon (iron tablets)
- 6.Tabigh blood pressure

### Narrations of Ahlebait a.s

#### Prophet Muhammad P.B.U.H said:

- 1.“There is a piece of meat (heart) in human. If it is healthy the whole body will be healthy and if it is

ill the whole body will become unhealthy. And that is 'heart'."

(Al-khisal saduq pg 109)

**2.** "Eat melons. It whitens the teeth, freshens the breath, and cleanses the heart. Celery boosts the brain and speed u the heart."

(Duroos ush Shaheed pg 290, Tib ul Aimma a.s pg 27)

**3.** "Have frankincense, it is good for memory and wisdom, get rid of heart burn and brighten up the eyes."

(Bihar ul Anwar part 59 pg 249)

**4.** "Consume raisin it boosts the heart."

**5.** "four things destroy the heart and build up the hypocrisy in your heart(soul):

- a. Amusement
- b. Despise someone
- c. Relations with the royal court

d. Hunting

**And other four things which destroy your heart(soul):**

a. Constant sins

b. Women's companionship

c. Fighting or convincing any fool who is not accepting the truth.

d. Visiting or associating with rich

(Al khisal pg 124)

**6. Five things make your heart dead:**

a. Overeating

b. Too much Laughing

c. Too much Sleeping

d. Talking too much

e. Corruption

f. Sadness and grief.

(Roda tul Muttaqeen part 12 pg 4)

## Imam Ali a.s said:

**1.** “Vinegar(organic) brighten ups and gives life to your heart.”

(Bihar part 66 pg 304)

**2.** “lentils strengthen the heart.”

(Al Kafi part 6 pg 343)

**3.** “Use honey it kills all diseases and cleanses your heart.”

(Makarim ul Akhlaq part 1 pg 359)

**4.** “cook meat in milk it is the cure of weakness.”

(Al Mahasin part 2 pg 368)

**5.** “Resin strengthens the heart, heat up the body and freshens the soul.”

(Bihar ul Anwar part 63 pg 151)

**6.** “Eat figs it softens the veins and walls.”

(Bihar ul Anwar part66 pg 186)



7. “don’t kill your heart by overeating or overdrinking, as, it is like a yield you destroy it by overwatering.”

(Jame’ ul Ikhbar)

8. “Prevent overeating as, it makes you cruel, weakens you to obey Allah and makes your ears deaf to hear any advice.”

(Mizan ul Hikmat Muntakhib pg 251)

9. “Who eats less his stomach is healthier and his heart sparkles, and who eats a lot his stomach becomes ill and his heart becomes hard and cruel.”

(Muntakhib Mizan ul Hikmat pg 247)

10. “Honey is cure to all diseases. It cuts phlegm and brightens the heart.”

(Bihar ul Anwar part 63 pg 29)

Imam Ja'far e Sadiq a.s said:

1. "Oh Mufaddal! Just note that the heart is kept in the human's chest, and is covered with a membrane. Who has protected it with the ribs? Who has kept it with the meat and muscles to protect it from any scratch."  
(Tohid e Mufaddal pg 164)
2. "Apple is beneficial for heart."  
(Bihar ul Anwar part 66 pg 175)
3. "Eat pears, it makes the heart healthy."  
(Makarim ul Akhlaq part pg 379)
4. "Eat wheat porridge, it cleanses the heart."  
(Al Mahasin part 2 pg 171)
5. "whoever has weakness or a weak heart should eat lamb's meat cooked in cow's milk."  
(Bihar part 76 pg 194)

**6.** “Eggplants are good for every disease. It brightens the face, softens the veins and makes sperm.”

(Makarim ul Akhlaq part 1 pg 398)

**Imam Musa Kazim a.s said:**

**1.** “Eat quince it strengthens the heart.”

(Al Mahasin part 2 pg 366)

**2.** “Eat sugarcane, it cleanses coronary arteries and open ups the veins.”

(Bihar ul Anwar part 65 pg 189)

**3.** “Don’t brush your hair while standing it weakens the heart, sit and brush them it strengthens the heart and freshens the skin.”

(Mustadrak ul Wasail part 1 pg 429)

**Imam Ali Raza a.s said:**

“eat pomegranate, it makes devil far away from you and brightens the heart.”

(‘Uyoon al Ikhbar baab111 31)

**Blood meal**

Blood meal causes bad breath, ugliness, madness, cruelty, brutality as a person can kill his own kids or parents. Nor his relatives neither he himself his safe from his own self.

(Al Kafi part 6 pg 66)

**Imam Ja’far Sadiq a.s said:**

“Allah has prohibited blood to eat as it causes madness, cruelty and can cause the person kill his own relatives.”

(Tafsire e Burhan part 1 pg 434)

### Imam Ali a.s said:

“whenever you want to cook meat just wash it thoroughly and not any blood remained in it.”

### Medicines in Tib e Ahlebait a.s

1. Daroo e taqwiyat e qalb (it is good for all heart diseases)
2. Safarjal (it is cure for all blood problems, veins blockage and walls)
3. Murakkabe 6
4. Qurs e khoon
5. Daroo e Baaz kunanade (it is a miraculous to open up veins)
6. Jame' Imam Raza a.s + quince juice
7. Ajwa dates' paste

## Heart diseases

### 1. Myocardial infarction:

It is heart attack and is a life threatening condition that occurs when blood flow to the heart muscle is abruptly cut off, causing tissue damage. This usually the result of a blockage in one or more of the coronary arteries.

### Symptoms:

1. Instant chest pain and neck pain, breathing problems cold sweat.
2. Heart beat disorder
3. Pain in left arm, jaws and neck and shortness of breath
4. Men feel severe chest pain while in women it appears as jaw pain and difficulty in breathing

### Causes:

1. High blood pressure
2. Smoking
3. Diabetes
4. Lack of exercise
5. Obesity
6. Blood clotting in arteries
7. Blockage of valves by phlegm and blood
8. Alcohol
9. Depression and trauma
10. High cholesterol

**Risk (danger signs):**

1. High blood pressure
2. High cholesterol
3. Insulin
4. Smoking
5. Obesity/overweight
6. Diabetes
7. Drinking

## Cure and treatment in Tib

1. Daroo e taqwiyat e qalb
2. Daroo e Qurs e khoon
3. Daroo e Shafia
4. Quince
5. Pecan at night 1tsp
6. Grape vinegar
7. Thyme+ salt
8. Baaz kunanade
9. Daroo e 'Urooq
10. Lamb's meat cooked in cow's milk
11. Enfie/snuff

### Some efficient ways to cure:

1. Draw some blood by needle from finger tips it will prevent blood clotting
2. Rubbing hands and feet with olive oil
3. C P R (cardiopulmonary resuscitation)
4. Restoring the respiratory tract
5. Press pressure points of left foot( under toe) and palms



## Preventions:

1. Fatty foods
2. Smoking
3. Too much medicines
4. Drinking
5. Foods which produces Phlegm
6. Cold foods
7. Depression

## Blockage of heart veins:

### Things which are beneficial to eat in this situation:

1. Wild basil
2. Figs
3. Sugarcane
4. Eggplants
5. Lamb's meat cooked in cow's milk
6. Cow's ghee
7. Pomegranate
8. Quince's juice
9. 3 to 4 Ajwa dates paste
10. Turnip soup (boiled for 15-20 mins)

11. Oranges
12. Peganum harmala 2to 10 grams
13. Half walnut at night
14. Take thyme+seasalt before meal
15. Cinnamon
16. Black cumin
17. Ginger

### Avicenna's prescription

1. 20 Garlic + milk + lime + honey + saffron  
At morning or at evening
2. Grape and apple vinegar
3. Oranges

### Medicines in Tib e Ahlebait

1. Daroo e taqwiyat e qalb
2. Baz kunanade
3. Shafia
4. Saooth/snuff

### Narrations of Ahlebait a.s

Imam Ja'far e sadiq a.s said:

“Eggplants are good for any disease, makes veins work easily and increase men power.”

(Makarim ul Akhlaq part 1 pg 398)

“Wild basil open up the heart veins.”

(Al Kafi part 6 pg 364)

**Imam Ali a.s said:**

“fig gives relief to veins.”

(Tib ul Aimma pg 137)

“Jealousy makes man ill and weakens the heart.”

(Wasail ush shi’a (tabrasi) part 12 pg 18)

**Imam Musa e Kazim a.s said:**

“sugarcane open ups the arteries.”

(Bihar ul Anwar part 66 pg 189)

**Thing to do to prevent:**

- 1.** Olive oil instead other cooking oils
- 2.** Flour with its fiber
- 3.** Exercise daily

4. Vinegar before meal
5. Ginger and garlic
6. Less medicines
7. Don't have old or frozen meat
8. Have less meat
9. Eat less
10. Organic and natural juices
11. Use cow's butter (ghee) it has health benefits for heart and veins.

### Thing to avoid:

1. Avoid fatty and fried foods
2. Outside food
3. Spices
4. Cold drinks
5. Sweets
6. Cold water
7. Brushing hair while standing
8. Brushing hair in bathroom
9. Music

## Rheumatic heart disease (RHD)

It is damage to one or more heart valves that remains after an episode of acute rheumatic fever (ARF) is resolved. It is caused by an episode or recurrent episodes of ARF, where the heart has become inflamed.

### Causes:

It is a condition in which permanent damage to heart valves is caused by rheumatic fever. The heart valves are damaged by a disease process that generally begins with a strep throat caused bacteria called streptococcus and may eventually causes rheumatic fever.

### Symptoms:

1. Fever
2. Joint's pain and redness
3. Tonsils and infection in throat
4. Nausea
5. Red, raised, lattice-like rash. Usually on the chest. Back and abdomen.
6. Chest discomfort

7. Shortness of breath

8. Weakness and fatigue

9. Tongue redness

10. Swollen, tender, red and extremely painful joints particularly the knees and ankles

11. Loss of body control

12. Enlargement of lymph nodes

13. Difficulty in Swallowing

### Treatment in Tib e Ahlebait a.s:

1. Daroo e Turaifel

2. Taqwiyat e qalb

3. Qurs e Khoon

4. Jame' + quince juice

5. Daroo e Ibne Bastham

## Atherosclerosis

Atherosclerosis refers to the buildup of fats, cholesterol and other substances in and on your artery walls (plaque), which can restrict blood flow. The plaque can burst, triggering a blood clot. Although it is considered a heart

problem, it can affect arteries anywhere in your body.

### Symptoms:

1. Chest pain and pressure
2. Hearing loss
3. Dyslexia
4. Temporarily eyesight weakness
5. Disorder of face muscles if not cured it can cause paralysis
6. Atherosclerosis in legs can cause leg pain
7. Atherosclerosis with high blood pressure in kidneys can cause kidney fail.

### Causes (in medical):

1. High cholesterol
2. Diabetes
3. Arthritis
4. Lupus

### Causes (in Tib Islami)

1. Drinking

2. Cold foods

3. Overeating

4. Eating blood

### Treatment in Tib e Ahlebait:

1. Baz kunande 'Urooq
2. Peganum harmala 1tsp daily
3. Grapes vinegar
4. Ajwa dates paste
5. Daroo e taqwiyat e qalb
6. Lamb's meat cooked with cow's milk
7. Shafia
8. Quince
9. Pomegranate
10. Cow's fat(ghee)
11. Garlic
12. Senna +rose (tea)
13. Sesame oil
14. Basils



### Things to avoid:

1. Cold foods
2. Fatty foods
3. Overeating
4. Cold drinks

## Cardiomegaly

Cardiomegaly is an enlarged heart. It is not a disease, but a sign of another condition.

### Symptoms:

1. Heart enlargement
2. Rapid heartbeat while lying down
3. Chest pain
4. Cough
5. Dizziness
6. Fatigue
7. Shortness of breath
8. Swelling of feet, legs and ankles

### Severe case:

Sometimes it causes high blood pressure in coronary arteries and heart fails because it can't pump the blood thoroughly.

### Medicines (Tib Ahlebait a.s)

1. Daroo e taqwiyat e qalb
2. Baz kunande
3. Murakkabe 6
4. Qurs e khoon

### Beneficial Foods:

1. Quince
2. Pomegranate
3. Ginger
4. Peganum harmala

### Palpitation

Heart palpitations are feelings of having a fast beating, fluttering or pounding heart.

Stress, exercise, meditation or, rarely a medical condition can trigger them.

### Causes:

1. Blood deficiency
2. Onanism or self-abuse
3. Hashish
4. Smoking
5. Depression, stress or overthinking
6. Constipation
7. Stomach disorder
8. Overeating

### Symptoms

Palpitations can feel like the heart is fluttering, throbbing, flip-flopping, murmuring or pounding. They can also feel like the heart skips a beat. Some people feel palpitations as a pounding in the chest or neck: others feel them as a general sense of unease.

### Medicines in Tib:

1. Murakkabe 2
2. Murakkabe 4
3. Jame'+ cumin water
4. Saaf kunandeh khoon (blood purifier)
5. Cupping

**Beneficial food:**

1. Salad leaves
2. Pomegranate
3. Plums
4. Jojoba
5. Cumin tea
6. Apples
7. Guavas
8. Thyme
9. Quince
10. Safarjal tea
11. Citrus aurantium fragrance

**12.** Quince + its leaves +rose petals+2glasses of water boil them and when it remains 1 glass then have it and add little honey into it

**Imam Ja'far e Sadiq a.s said:**

“Eat guavas it purifies the heart. Reliefs stomach ache, strengthens the stomach and eliminates panic disorder.

(Wasail ush shi'a part 17 pg 105)

Abdullah bin Usman said that I asked Imam Taqi a.s about anxiety of the heart (panic) and stomach's acidity.

Imam a.s said to me,” have jame' with cumin water you will get relief Insha'Allah.”

(Tib ul Aemma pg 76)

**Imam Ali Raza a.s said:**

Cupping in between two shoulders is good for acidity and anxiety.

(Risalah azzabiyah pg 49)

### Things to avoid:

1. Tea
2. Tobacco
3. Intoxication
4. Depression and anger

### Congenital heart defect

A congenital heart defect is a problem with the structure of the heart. It is present at birth.

Congenital heart defects are the most common type of birth defect. The defects can involve the walls, the valves of the heart, and the arteries and veins near the heart.

### Causes:

1. Copulation in the 1<sup>st</sup>, 15<sup>th</sup> and in the last date of Islamic months.

Mother should consume sawiq Gandum (wheat), Sawiq jo(barley) to prevent.

## Medicine:

1. Daroo e Qurs e khoon

## Pulmonary atresia

### Medicines:

1. Daroo e Qurs khoon
2. Murakkabe 6

## Thrombosis hemorrhoids

### Medicines in Tib:

1. Daroo e Turaifel
2. Daroo e lakhta e khoon
3. Jame'+ marjoram
4. Shafia+ marjoram

## Stokes Adams disease

Sudden collapse into unconsciousness due to a disorder of heart rhythm in which there is slow or absent pulse resulting in syncope (fainting) with or without convulsions.

### Symptoms:

In this case, the normal heartbeat passing from the upper chambers of the heart to the lower chambers is interrupted.

### Medicines in Tib e Ahlebait:

1. Daroo e taqwiyat e qalb
2. Quince

### Stenosis Valve disease

It occurs when the heart's aortic valve narrows. This narrowing prevents the valve from opening fully, which reduces or blocks blood flow from the heart into the main artery to your body and onward to the rest of body.

### Symptoms:

1. Chest pain and pressure
2. Fatigue, dizziness and breathing problems
3. Fast heartbeat and heart murmur
4. Fast pulse

### Medicines in Tib:



1. Qurs e khoon
2. Jame'+ cumin water
3. Pumpkin sweet
4. Baz kunandeh
5. Shafia

All then above medicines are beneficial to open up arteries and valves.

### Bradycardia

Bradycardia is a heart rate that's too slow. It can depend on the age and physical condition. Elderly people are more prone to be bradycardia. In the general for, for adults, a resting heart rate of fewer than 60 beats per minute (BPM) qualifies as bradycardia.

### Symptoms:

1. Dizziness and lightheadedness
2. Fatigue and lethargy
3. Shortness of breath

4. Chest pain
5. Memory disorder
6. Easily become tired while doing some activity
7. Feeble heartbeat

### Treatment in Tib:

1. Daroo e taqwiyyat e qalb
2. Jame'+ quince juice
3. Qurs e khoon

### Food:

1. Quince
2. Safarjal
3. Pomegranate at Friday
4. Pears
5. Vinegar
6. lentils
7. Apples
8. Carom
9. Good and fresh fragrance

10. Honey

11. Brushing hair while sitting

12. Lamb's meat cooked in cow's milk

13. Oats

14. Quince juice+ honey+ milk

### Preventions:

1. Brushing hair while standing
2. Overeating
3. Fried foods
4. Jealousy
5. Pollution
6. Music
7. Adultery
8. Prohibited foods and meat
9. Drinking

### Cardiac ablation

Cardiac ablation is a procedure used to scar small areas in heart that may be involve in

heart rhythm problems. This can prevent the abnormal electrical signals or rhythms from moving through the heart.

### Treatment in Tib e Ahlebait a.s

1. Qurs e khoon
2. Shafia
3. Daroo e Safarjal

### High blood pressure

It is a common condition in which the long-term force of the blood against the artery walls is high enough that it may eventually cause health problems such as heart disease.

### Causes:

1. Blockage of blood in veins
2. Blood clotting

### Symptoms:

1. Dizziness

2. Headache
3. Heaviness
4. Lip bleeding
5. Darkness over eyes

### Treatment in Tib e Sunnati:

1. Curd with garlic
2. Sea salt
3. Cow's ghee
4. cupping
5. White pepper with every meal
6. Sikanjbin (best cure for this case)

### Medicines in Tib e Ahlebait:

1. Daroo e Tabigh
2. Saaf kunandeh

### Treatment:

Rub hands and feet before going to sleep

### Preventions:

1. Oil
2. Fatty foods

3. foods from outside
4. Sweets
5. Eggs
6. Salt

### Septal defect

A ventricular septal defect (VSD), a hole in the heart, is a common heart defect that's present at birth. The hole (defect) occurs in the septum that separates the heart's lower chambers and allows blood to pass from the left to the right side of the heart.

### Symptoms:

1. Shortness of breath
2. Fatigue
3. Swelling of legs, feet or abdomen
4. Stroke
5. Heart palpitation
6. Heart murmur

### Treatment:

1. Qurs e khoon
2. Jame '+quince juice
3. Pumpkin sweet

All the medicines of Tib e Ahlebait a.s are available online across all Pakistan.

At: [Ahlebaitstore.com](http://Ahlebaitstore.com)

Order the medicines on

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