



50 Madani Pearls of Fenugreek



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میتھی کے 50 مدنی پھول

Maythī kay 50 Madanī Phūl

50 Madanī pearls of FENUGREEK

This booklet was written by Shaykh-e-Tarīqat Amīr-e-Aḥl-e-Sunnat, the founder of Dawat-e-Islami ‘Allāmah Maulānā Abu Bilal Muhammad Ilyas Attar Qadiri Razavi دامت برکاتہم العالیہ in Urdu. **Majlis-e-Tarājim** (Translation department) has translated it into English. If you find any mistake in the translation or composing, please inform the Translation Majlis on the following postal or email address with the intention of earning reward [Šawāb].

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الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ وَالصَّلَاةُ وَالسَّلَامُ عَلَى سَيِّدِ الْمُرْسَلِينَ
أَمَّا بَعْدُ فَأَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Du'ā for Reading the Book

Read the following Du'ā (supplication) before you study a religious book or an Islamic lesson, you will remember whatever you study, *إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ*:

اللَّهُمَّ افْتَحْ عَلَيْنَا حِكْمَتَكَ وَانْشُرْ
عَلَيْنَا رَحْمَتَكَ يَا ذَا الْجَلَالِ وَالْإِكْرَامِ

Translation

Yā Allah *عَزَّوَجَلَّ*! Open the door of knowledge and wisdom for us, and have mercy on us! O the One Who is the Most Honourable and Glorious!

(Al-Mustatraf, vol. 1, pp. 40)

Note: Recite Ṣalāt-‘Alan-Nabī ﷺ once before and after the Du'ā.

Transliteration Chart

ء	A/a	ژ	Ř/ř	ل	L/l
ا	A/a	ز	Z/z	م	M/m
ب	B/b	ژ	X/x	ن	N/n
پ	P/p	س	S/s	و	V/v,
ت	T/t	ش	Sh/sh		W/w
ٹ	Ĥ/ĥ	ص	Ş/ş	ه / ه / ة	Ĥ/ĥ
ث	Š/š	ض	Ḍ/ḍ	ی	Y/y
ج	J/j	ط	Ṭ/ṭ	ے	Y/y
چ	Ch	ظ	Ẓ/ẓ	َ	A/a
ح	Ḥ/ḥ	ع	‘	ُ	U/u
خ	Kh/kh	غ	Gh/gh	ِ	I/i
د	D/d	ف	F/f	و مدہ	Ū/ū
ڈ	Ḍ/ḍ	ق	Q/q	ی مدہ	Ī/ī
ذ	Ẓ/ẓ	ك	K/k	ا مدہ	Ā/ā
ر	R/r	گ	G/g		

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50 Madanī Pearls of Fenugreek

Excellence of Ṣalāt-‘Alan-Nabī ﷺ

Sayyidunā Ubayy Bin Ka’b رَضِيَ اللهُ تَعَالَى عَنْهُ said humbly, ‘O the Blessed and Beloved Prophet صَلَّى اللهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ, I will (quit all of invocations/litanies and) spend all of my times in reciting Durūd (Ṣalāt-‘Alan-Nabī)’. The Beloved and Blessed Prophet صَلَّى اللهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ said, ‘It will suffice to remove your worries and your sins will be forgiven.’

(Sunan-ut-Tirmizī, vol. 4, pp. 207, Ḥadīṣ 2465)

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللهُ تَعَالَى عَلَى مُحَمَّدٍ

Fenugreek is also one of the countless blessings of Allah عَزَّوَجَلَّ which is highly beneficial to human health and الْحَمْدُ لِلَّهِ عَزَّوَجَلَّ I (Sag-e-Madīnāh) have also enjoyed its benefits. Since there is a saying of the Prophet of Raḥmah, the Intercessor of Ummaḥ صَلَّى اللهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ, ‘خَيْرُ النَّاسِ مَنْ نَفَعَ النَّاسَ’, صَلَّى اللهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ the best amongst humans is the one who benefits others.

(Shu‘ab-ul-Īmān, vol. 6, pp. 117, Ḥadīṣ 7658)

Therefore, with the intention to act upon the above-mentioned Ḥadīṣ, I consider myself highly privileged to present 50 Madanī pearls about fenugreek. Always remember that one should not use any medicines or a remedy suggested in a book, told by someone or even mentioned in a Ḥadīṣ without consulting any qualified doctors.

1. The Holy Prophet صَلَّى اللهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ has said, 'اِسْتَشْفُوا بِالْحَلْبَةِ' Get cure from fenugreek.¹ Fenugreek is known in Arabic as 'حَلْبَةٌ [Ḥulbaḥ]', in Persian as 'Shambalilāh', in Pashto as 'Malkhūzah' and in Urdu as 'Maythī'.
2. Fenugreek contains vitamin B, iron, phosphorus and calcium which removes physical weakness and blood deficiency.
3. Fenugreek can be cooked like pulses, in Khichrī [a comfort food made from rice and lentils (dāl) with less spices used in subcontinent] or availed its benefits by adding fenugreek powder in sauce or in Chāch (buttermilk).
4. One should add some seeds of fenugreek in every kind of vegetable curry.
5. Fenugreek removes yellowness of eyes, bitter taste of mouth and nausea.
6. Use of fenugreek has amazing effects for the one who drools.

¹ Tanzī-ush-Sharī'ah, vol. 2, pp. 246

Cure of stomach diseases and chronic constipation

7. Fenugreek relieves indigestion and sour belches as well as stimulates appetite.
8. Fenugreek improves liver function and helps release stomach gas.
9. If chronic constipation caused by intestine weakness then add 5 gram powder of fenugreek with jaggery (coarse brown sugar) and take it with water in the morning and in the evening for some days. It will not only relieve chronic constipation but also strengthen liver function, **إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ**.
10. Fenugreek helps cure stomach ulcers, swelling and infection of intestines.
11. Using 5 gram (one teaspoon) of fenugreek powder with water is good for the patients of dysentery.
12. Fenugreek kills intestinal parasites.
13. Fenugreek seeds relieve digestive ailments, abdominal discomforts and swellings.

Backache and arthritis (joints pain)

14. Usage of fenugreek is good for backache, arthritis and for enlarged spleen.
15. Usage of boiled seeds of fenugreek with jaggery relieves backache and arthritis pain.

16. For arthritis (joints pain), grind 10 gram fresh leaves of fenugreek mix some water and take it on empty stomach in the morning, (fenugreek leaves are available at green grocers).

Treatment of haemorrhoids/piles

17. By the grace of Allah **عَزَّوَجَلَّ**, regular use of fenugreek stops bleeding of haemorrhoid and sometimes the moles of haemorrhoid are also removed, if fig is also used along with the fenugreek then its benefits would be increase.
18. A matchless prescription for curing haemorrhoid: Grind 250 gram seeds of fenugreek with an equal quantity of green cardamom, take one tea spoon of this powder with water/milk twice or thrice a day.
19. Apart from haemorrhoid, the above-mentioned prescription is also useful in the following diseases: Loss of appetite, chronic gastric problem, acidity, indigestion, sour belches, heart burning, stomach inflammation, abdominal swelling, and feeling drowsy and heavy soon after having meal.
20. Cough syrups usually upset the stomach; therefore it is very difficult for the patients of chronic cough to prevent diseases of indigestion and stomach inflammation. Usage of fenugreek not only relieves cough but also improves stomach function.

21. Fenugreek protects the inner skin of lungs and helps get rid of phlegm.
22. Drinking fenugreek seeds powder (dissolved in hot water) is good for the patients of cough and asthma.
23. Boil fenugreek seeds properly at a low flame. When it is lukewarm, gargle with this water, **إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ** you will find it soothing for sore throat and swelling.

Treatment of skin boils and external swelling

24. Peel off the skin of fenugreek seeds and apply its pulp as a poultice on swelling or boils. It cures if Allah **عَزَّوَجَلَّ** willing.

Mouth ulcer

25. If you are suffering from mouth ulcer, either take cooked or fresh fenugreek leaves and boil over to gargle/rinse your mouth with its lukewarm water in the morning and evening. Mouth ulcers would be healed up **إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ**.

Treatment of diabetes

26. Usage of fenugreek seeds is also good for the patients with insulin-dependent diabetes; but it is necessary to prevent rice, potato, cauliflower, taro, banana and other sweet edibles. Morning walk also benefits. There is no harm to continue usage of fenugreek along with medical treatment.

27. Taking 20gm half grinded fenugreek seeds daily can reduce sugar quantity in blood and urine within 10 days **إِنَّ شَاءَ اللَّهُ عَزَّوَجَلَّ**. Though the patients can themselves feel the betterment due to reducing symptoms, yet it is good to have a diabetic test every 10 days. Fenugreek can be used up to 100gm daily depending on the sugar level of the patient. You can also have cooked fenugreek seeds (as like pulses) or by mixing it with vegetable curry.
28. One of the side effects of fenugreek is abdominal blotting, which may be felt by a few patients but this disappears shortly.
29. Diabetic patients with low blood sugar should not use fenugreek.

Fenugreek reduces cholesterol

- 30-31. According to a study, regular usage of fenugreek seeds reduces cholesterol and triglycerides and it also lowers the risk of heart diseases.
32. Fenugreek is diuretic. When the urinary flow reduces due to swelling of kidneys, the usage of fenugreek normalizes the urinary flow.

صَلُّوا عَلَيَّ الْحَبِيبِ صَلَّى اللهُ تَعَالَى عَلَيَّ مُحَمَّدٍ

Advantages of fenugreek in winter

33. Regular use of (1/2 tsp) fenugreek seeds with water will protect the body from many of the winter diseases
إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ.
34. Access urination in cold weather can be cured with the use of fenugreek seeds along with honey
إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ.

Increases hair growth, prevents hair loss

35. Soak fenugreek seeds in water and grind them. Apply the paste to your scalp and leave it for about an hour and wash your head afterwards. إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ it will prevent hair fall and increase hair growth.
36. Rubbing fenugreek leaves on face cleans the skin.

Women diseases

37. In the beginning of females' puberty due to the onset of menstruation, they often suffer from fatigue, physical weakness, tiredness, and look pale and drawn. These symptoms often appear due to menstruation. In such cases, eating fried fenugreek with meat or other vegetables can restore health
إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ.
38. The usage of fenugreek is useful to cure excessive menstrual bleeding.

39. Fenugreek relieves uterus swelling and pain.
40. If there is a low milk supply in a nursing mother after childbirth, use little quantity of fenugreek seeds with the consultation of a medical consultant. It can increase the milk supply.

Have cheerful mood

41. After boiling the fenugreek leaves, fry lightly and have them. It will remove the excess bile (i.e. the excess of a bitter, greenish-yellow fluid produced by the liver) from the body, which makes you feel cheerful.
42. Fenugreek leaves stimulate appetite.
43. Fenugreek leaves relieve constipation, it helps bowels move quickly, thus a patient feels light, fresh and relaxed.

Madani pearls about fenugreek Qahwa

44. It is very easy to prepare fenugreek Qahwa [essence of a boiled stuff]. Boil fenugreek seeds (as per your requirement) properly for a while then strain the liquid. Fenugreek Qahwa is ready!
45. Fenugreek Qahwa is an effective cure for cough and sore throat.
46. Fenugreek Qahwa is good for suffocation and burning sensation in stomach.

47. Fenugreek Qahwa cleans wastes from the stomach and intestines and helps a person pass excessive and harmful secretions from digestive system.
48. Fenugreek Qahwa causes perspiration and if any poison or bacterial infection present in the blood causing a fever, fenugreek Qahwa helps to remove these impurities from the body and brings down the duration of fever as well.
49. If fenugreek Qahwa is taken three or four times on an empty stomach, the common diseases like flu, cold and fever will be relieved within two or three days **إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ**.
50. In case of foul breath, foul substance stuck in any part of the body such as nose, ear, etc., frequent breaking of the foul wind, strong-smelling perspiration and body odour, use fenugreek Qahwa, as it helps get rid of all impurities and toxins from the body and cures such diseases.

Gutka addict cured! (Parable)

A summarized statement of a person: I was used to chewing Pān and Gutka for about 20-years and I used to have them abundantly, except the timings of Ṣalāh and meals, I kept on chewing them all the time. **الْحَمْدُ لِلَّهِ عَزَّوَجَلَّ** Now it has been four years since I quitted Pān & Gutka. The reason behind quitting Gutka is that I developed severe mouth ulcers. Not to speak of simple curry, I was not able to take even bread with yogurt.

Curry and yogurt caused mouth inflammation. I used to have simple Khichrī without salt and pepper [bland diet]. I was not even able to open my mouth properly. I got very anxious when I came to know that Pān and Gutka cause mouth cancer.

Once I shared my anxiety with a 70-year old watchman, he said, ‘Buy alum (Pḥītkarī) and fenugreek seeds (which are used in making pickles) of 10 rupees each, put both the items in four litres water in a steel bowl and boil it on a low flame. Alum will dissolve in water and fenugreek seeds would crack. Lift the bowl from stove when 1 litre water is evaporated, i.e., 3 litres water will remain. Fill the water in the bottles when it is cooled, keep them at a cool place away from sunlight but don’t place it in fridge. Try to keep this water in your mouth a bit longer while gargling and rinsing your mouth with it daily in the morning on an empty stomach. Similarly, follow this method four five times daily and before going to bed. No edible should be taken at least for half an hour after gargles.

The elderly person assured me that **إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ** all germs of mouth and throat would be killed with the help of alum. Fenugreek seeds would cure all ulcers. It is just a matter of week, after which you can eat whatever you like. **إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ** You will not be bothering any more.

I started using the said prescription from the very day, **أَلْحَمْدُ لِلَّهِ عَزَّوَجَلَّ** my mouth started recovering in the same week, then I started another prescription after it. That one was about ‘mint’ because

I had read that mint is an anti-allergic herb and I had also read that mint cures cancer, therefore, I dried it and put it in a bottle. I used to chew and suck a pinch of mint many times in a day; I felt little inflammation and burning but **اَلْحَمْدُ لِلّٰهِ عَزَّوَجَلَّ** I fully recovered from mouth ulcers.

The days are gone when eating a bit spicy food was a big challenge for me. But now I feel as if I did not undergo any sufferings and had never tasted any betel leaf (Pān & Gutka). Now **اَلْحَمْدُ لِلّٰهِ عَزَّوَجَلَّ** I have repented forever. My jaws were not much affected, nevertheless, I began to use Miswāk (a teeth cleaning twig usually made from the *Salvadora persica* tree) before Ṣalāh. I used to move my jaws lightly by pressing Miswāk between my teeth and my jaws had begun to restore at their actual position then. **اَلْحَمْدُ لِلّٰهِ عَزَّوَجَلَّ** I have now absolutely recovered from the malignant mouth disease. (Please read the booklet ‘Pān & Gutka’ published by Maktaba-tul-Madīnah to get more information about the health damages caused by Pān and Gutka).

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللهُ تَعَالَى عَلَى مُحَمَّدٍ

Removal of cataract and eyesight improved (parable)

Somebody stated: My brother’s eyesight was becoming poor and eyesight numbers were increasing. He followed the advice of somebody and his eyesight restored! Our grandmother suffered from cataract, when she followed the same prescription **اَلْحَمْدُ لِلّٰهِ عَزَّوَجَلَّ** she regained her vision as well.

Method of treatment: Fill pure Āb-e-Zamzam in an empty dropper and put one drop in each eye five times after each Ṣalāh. You will feel burning if you have some eye disease but don't worry, it would be alleviate as your eyesight starts improving **إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ**. (Duration of treatment: till recovery)

A parable about divine Barakah in bike's fuel

A person has stated: I used to fuel my bike with 8 litres petrol every week. I started reciting Sūrah Kawṣar seven times with Ṣalāt-ʿAlan-Nabī ﷺ (before and after it) and blew in the fuel tank before refuelling my bike's tank. **اَلْحَمْدُ لِلّٰهِ عَزَّوَجَلَّ** Now the same 8 litres petrol suffice for three weeks!

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللَّهُ تَعَالَى عَلَى مُحَمَّدٍ

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