

UNIQUE SON



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بَيِّتًا هُوَ تُو أَيَسَا!

Baytā hō to Aysā

UNIQUE SON

This booklet was written by Shaykh-e-Tarīqat Amīr-e-Ahl-e-Sunnat, the founder of Dawat-e-Islami ‘Allāmah Maulānā Abu Bilal Muhammad Ilyas Attar Qadiri Razavi دامت بركاته العالیه 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
أَمَا 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 وَأَنْشُرْ
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-Mustaṭraf*, 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	Ṭ/ṭ	ص	Ş/ş	ه / ه / ة	Ĥ/ĥ
ث	Ṣ/ṣ	ض	Ḍ/ḍ	ی	Y/y
ج	J/j	ط	Ṭ/ṭ	ے	Y/y
چ	Ch	ظ	Ẓ/ẓ	َ	A/a
ح	H/h	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	امدہ	Ā/ā
ر	R/r	گ	G/g		

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Unique Son

Excellence in Ṣalāt-‘Alan-Nabi ﷺ

The Renowned and Revered Prophet صَلَّى اللهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ has stated, ‘The one who recites Ṣalāt upon me 50 times daily, I will shake hands with him on the Day of Judgement.’ (*Ibn Bishkwal, pp. 90, Hadīṣ 90*)

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللهُ تَعَالَى عَلَى مُحَمَّدٍ

The same dream during three nights

On the eighth night of Žul-Hajj, Sayyidunā Ibrāhīm عَلَيْهِ الصَّلَاةُ وَالسَّلَامُ dreamt that someone said, ‘Indeed Allah عَزَّوَجَلَّ has ordered you to slaughter your son.’ From dawn to dusk, he عَلَيْهِ السَّلَامُ continued to contemplate whether the dream was from Allah عَزَّوَجَلَّ or from satan. This is the reason why the eighth of Žul-Hajj was named ‘يَوْمُ التَّرْوِيَةِ’, i.e. the day of contemplation. On the ninth night of Žul-Hajj, he عَلَيْهِ السَّلَامُ had the same dream and was convinced that the dream was from Allah عَزَّوَجَلَّ, which is why

the ninth of Żul-Hajj is referred to as 'يَوْمَ عَرَفَةَ', i.e. the day of recognition. After he عَلَيْهِ السَّلَام had the same dream once again on the tenth of Żul-Hajj, he عَلَيْهِ السَّلَام made a firm intention of sacrificing his son, which is why the tenth of Żul-Hajj is called 'يَوْمَ النَّحْرِ', i.e. the day of slaughter. (*Tafsīr Kabīr*, vol. 9, pp. 346)

Futile attempt of satan to prevent Sayyidunā Ibrāhīm

عَلَيْهِ السَّلَام from sacrificing his son

Acting upon the order of Allah عَزَّوَجَلَّ, Sayyidunā Ibrāhīm عَلَيْهِ الصَّلَاةُ وَالسَّلَام took his beloved son with him who was 7 (or 13 years of age or a little over) at that time. On the way, satan disguised as an acquaintance of Sayyidunā Ibrāhīm عَلَيْهِ الصَّلَاةُ وَالسَّلَام appeared and asked, 'O Ibrāhīm! Where do you intend to go?' He عَلَيْهِ السَّلَام replied, 'I have a piece of work to do.' Satan asked again, 'Are you going to slaughter your son?' Sayyidunā Ibrāhīm عَلَيْهِ الصَّلَاةُ وَالسَّلَام replied, 'Have you ever seen a father slaughter his son?' Satan said, 'Yes I see you because you are going for the very same purpose. Have you assumed that Allah (عَزَّوَجَلَّ) has ordered you to do so?' Sayyidunā Ibrāhīm عَلَيْهِ الصَّلَاةُ وَالسَّلَام replied, 'If Allah عَزَّوَجَلَّ has ordered me to do it, then I will obey Him.' Disappointed, satan then came to the mother of Sayyidunā Ismā'il عَلَيْهِ الصَّلَاةُ وَالسَّلَام and asked, 'Where has Ibrāhīm taken your son to?' Sayyidatunā Hājirah رَضِيَ اللهُ تَعَالَى عَنْهَا replied, 'He has gone to do a piece of work.' Satan said, 'He has taken your son to slaughter him.' She رَضِيَ اللهُ تَعَالَى عَنْهَا asked, 'Have you ever seen a

father slaughter his son?’ Satan said, ‘He has assumed that Allah (عَزَّوَجَلَّ) has ordered him to do that.’ Listening to this, Sayyidatunā Hājirah رَضِيَ اللهُ تَعَالَى عَنْهَا responded, ‘If it is true, then he is going to do something very good by obeying Allah (عَزَّوَجَلَّ).’ Thereafter, satan came to Sayyidunā Ismā’il عَلَيْهِ الصَّلَاةُ وَالسَّلَامُ and tried to trick him in the same way but he also replied, ‘If my father (عَلَيْهِ السَّلَامُ) is taking me with him to slaughter me in order to carry out the order of Allah (عَزَّوَجَلَّ), then he (عَلَيْهِ السَّلَامُ) is doing something very good.’ (*Al-Mustadrak, vol. 3, pp. 426, Raqm 4094*)

Satan was stoned

Having failed in tricking the father and the son عَلَيْهِمَا الصَّلَاةُ وَالسَّلَامُ, satan approached the ‘Jamarah’ where Sayyidunā Ibrāhīm عَلَيْهِ الصَّلَاةُ وَالسَّلَامُ threw seven pieces of small stones at him. After satan was stoned, he got out of the way of Sayyidunā Ibrāhīm عَلَيْهِ الصَّلَاةُ وَالسَّلَامُ. Having failed at one place, satan moved to the other ‘Jamarah’ where an angel asked Sayyidunā Ibrāhīm عَلَيْهِ الصَّلَاةُ وَالسَّلَامُ to throw stones at him. Sayyidunā Ibrāhīm عَلَيْهِ الصَّلَاةُ وَالسَّلَامُ threw seven stones at him again, so he got out of his way. Satan then approached the third ‘Jamarah’ where the angel asked Sayyidunā Ibrāhīm عَلَيْهِ الصَّلَاةُ وَالسَّلَامُ to throw stones at satan and he عَلَيْهِ السَّلَامُ did so, causing satan to flee.¹ The tradition of stoning satan is still alive, and Hujjāj even today throw stones at Jamarāt in the same three places.

¹ Tafsīr Ṭabarī, vol. 10, pp. 509, 516; summary of two narrations

Son was prepared to be sacrificed

When Sayyidunā Ibrāhīm عَلَيْهِ الصَّلَاةُ وَالسَّلَامُ along with Sayyidunā Ismā'il عَلَيْهِ الصَّلَاةُ وَالسَّلَامُ reached the mount of Šabīr, he عَلَيْهِ الصَّلَامُ عَزَّوَجَلَّ informed his son of the order of Allah عَزَّوَجَلَّ. The dialogue between them is described in the Holy Quran in these words:

يُبْنَىٰ إِنِّي أَرَىٰ فِي الْمَنَامِ أَنِّي أَذْبَحُكَ فَانظُرْ مَاذَا تَرَىٰ ط

O my son, I have seen a dream that I am sacrificing you - now consider what your opinion is.

Listening to this, the obedient son replied:

يَا أَبَتِ افْعَلْ مَا تُؤْمَرُ سَتَجِدُنِي إِن شَاءَ اللَّهُ مِنَ الصَّابِرِينَ ﴿١٠٢﴾

O my father! Do as you are commanded! Allah willing, you will find me the patient one!

[Kanz-ul-Īmān (Translation of Quran)] (Part 23, Sūrah Aṣ-Ṣāffāt, verse 102)

Yeḥ fayzān-e-naẓar thā yā kay maktab kī karāmat thī

Sikhāye kis nay Ismā'il ko ādāb-e-farzandī

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللَّهُ تَعَالَى عَلَى مُحَمَّدٍ

Tie me with ropes tightly

Sayyidunā Ismā'il عَلَيْهِ الصَّلَاةُ وَالسَّلَامُ further said to his father: Dear father! Tie me tightly with ropes before you slaughter me so that I do not move lest my reward should get reduced. Also please protect your clothes from the splashes of my blood because my mother will get grieved if she sees it. Sharpen the knife so that it runs properly over my throat (i.e. my throat gets cut immediately) because death is extremely painful. Make me lie on my front placing my forehead over the ground so that you cannot see my face while slaughtering me. And when you go to my mother, please convey my Salām to her. And if you consider it appropriate, so please give my Qamiṣ [i.e. a long loose and full-sleeved shirt] to her. This will comfort her and help her have patience. Sayyidunā Ibrāhīm عَلَيْهِ الصَّلَاةُ وَالسَّلَامُ said, 'O my son! How helpful you are to me in carrying out the order of Allah عَزَّوَجَلَّ!'

Thereafter, Sayyidunā Ibrāhīm عَلَيْهِ الصَّلَاةُ وَالسَّلَامُ tied his son as suggested by him, made him lie on his front with his forehead placed over the ground, sharpened his knife, averted his eyes from his face and ran the knife over his throat but the knife did not cut, i.e. his throat was not slit. At the very moment Sayyidunā Ibrāhīm عَلَيْهِ الصَّلَاةُ وَالسَّلَامُ received divine revelation. Translation from Kanz-ul-Iman:

We called to him, 'O Ibrāhīm! You have indeed made the dream come true; and this is how We reward the righteous ones. Indeed

this was a clear test. And We rescued him in exchange of a great sacrifice as a ransom.'

(Tafsīr Khāzin, vol. 4, pp. 22)

Ram from Paradise

After Sayyidunā Ibrāhīm عَلَيْهِ الصَّلَاةُ وَالسَّلَامُ made Sayyidunā Ismā'il عَلَيْهِ الصَّلَاةُ وَالسَّلَامُ lie on the ground to slaughter him, Sayyidunā Jibrā'il عَلَيْهِ الصَّلَامُ brought a ram from Paradise as Fidyah with the order of Allah عَزَّوَجَلَّ and uttered loudly from a distance 'اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ'. Listening to this voice, Sayyidunā Ibrāhīm عَلَيْهِ الصَّلَاةُ وَالسَّلَامُ lifted his head towards the sky and realized that the ordeal he was made by Allah عَزَّوَجَلَّ to go through has turned into ease and a ram has been sent as Fidyah to be sacrificed in place of his son. Delighted, he said 'لَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ'. Listening to this, Sayyidunā Ismā'il عَلَيْهِ الصَّلَاةُ وَالسَّلَامُ said, 'اللَّهُ أَكْبَرُ وَاللَّهُ أَكْبَرُ'. Since then, the Sunnah of all of these three holy figures uttering these blessed words is kept alive till the Day of Judgement. *(Bināyah Sharah Hidayah, vol. 3, pp. 387)*

What about the meat of ram from Paradise?

Most commentators of the Holy Quran have stated that the ram slaughtered by Sayyidunā Ibrāhīm عَلَيْهِ الصَّلَاةُ وَالسَّلَامُ as Fidyah for Sayyidunā Ismā'il عَلَيْهِ الصَّلَاةُ وَالسَّلَامُ was brought from Paradise. It was the same ram presented as sacrifice by Sayyidunā Hābil

رَحْمَةُ اللَّهِ تَعَالَى عَلَيْهِ, the son of Sayyidunā Ādam عَلَيْهِ الصَّلَاةُ وَالسَّلَامُ.¹ The meat of the ram was not cooked but was eaten by beasts and birds. (*Tafsīr Jamal*, vol. 6, pp. 349)

Horns of ram from Paradise

Sayyidunā Sufyān Bin ‘Uyaynah رَحْمَةُ اللَّهِ تَعَالَى عَلَيْهِ has stated, ‘The horns of this ram were housed in the Holy Ka’bah for a very long period of time. When the blessed Ka’bah was burnt, these horns were also burnt.’ (*Musnad Imām Aḥmad Bin Ḥanbal*, vol. 5, pp. 589, Ḥadīṣ 16637)

When and how was Ka’bah set on fire?

Mentioned below is an excerpt taken from the book ‘*Sawāniḥ Karbalā’*’, describing how the blessed Ka’bah and horns were set on fire: Two years after Sayyidunā Imām Ḥusayn رَضِيَ اللَّهُ تَعَالَى عَنْهُ, the grandson of the Holy Prophet صَلَّى اللَّهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ, was martyred, the dirty Yazīd sent 12 or 20 thousand troops under the command of Muslim Bin ‘Uqbaḥ to invade Madīna-tul-Munawwarah. The cruel Yazīdis shed too much blood in Madīna-tul-Munawwarah, martyred over ten thousand people including seven thousand blessed companions رَضِيَ اللَّهُ تَعَالَى عَنْهُمْ, looted homes in Madīnah, committed extremely shameful crimes, and even tied horses to the pillars of Masjid-un-Nabawī.

¹ Tafsīr Khāzin, vol. 4, pp. 24

This army then reached Makka-tul-Mukarramah where boulders were thrown by catapults, filling the blessed corridor of the Holy Haram with stones and causing the blessed pillars of Masjid-ul-Haram to collapse. These cruel people then set fire to the blessed roof of the Holy Ka'bah and its blessed cover. The horns of the ram (that had come from Paradise) and was sacrificed by Sayyidunā Ibrāhīm عَلَيْهِ الصَّلَاةُ وَالسَّلَامُ as Fidyah for Sayyidunā Ismā'il عَلَيْهِ الصَّلَاةُ وَالسَّلَامُ were kept safe as holy relics on the roof of the Holy Ka'bah but even they were burnt due to the fire. The very same day, i.e., 15 Rabī'ul-Awwal 64 AH, when the Holy Ka'bah was desecrated, the dirty Yazīd also met his doom in Hams, a Syrian city, at the age of 39. Intoxicated by his rule, the ill-fated Yazīd oppressed the people of Makkaḥ and Madīnah beyond measure and brutally assassinated the blessed family members of the Holy Prophet صَلَّى اللهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ including Imām Ḥusayn رَضِيَ اللهُ تَعَالَى عَنْهُ, trampling over the fragrant flowers of the garden of the Holy Prophet صَلَّى اللهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ. His satanic rule lasted for only three years and seven months.¹ How great lesson can be drawn from his death! Fast-approaching death!

Na Yazīd kī woḥ jafā rahī, na shimar kā zulm-o-sitam rahā
Jo rahā to nām Ḥusayn kā, jisay yād rakhtī hay Karbalā

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللهُ تَعَالَى عَلَى مُحَمَّدٍ

¹ Sawāniḥ Karbalā, pp. 178

Can anyone slaughter his son on the basis of dream?

Remember! Nobody is allowed to slaughter his own or anyone else's child or any other human being just on the basis of a dream or a voice from the Ghayb. If anyone did so, he would be an extreme sinner, deserving the torment of hellfire. As for Sayyidunā Ibrāhīm عَلَيْهِ الصَّلَاةُ وَالسَّلَامُ being prepared to slaughter his son on the basis of a dream, this is the truth because he عَلَيْهِ السَّلَامُ is a Prophet and the dream of a Prophet is based on divine-revelation.

In effect, it was a test for them. Sayyidunā Jibrāil عَلَيْهِ الصَّلَاةُ وَالسَّلَامُ brought a ram from Paradise which was slaughtered by Sayyidunā Ibrāhīm عَلَيْهِ الصَّلَاةُ وَالسَّلَامُ with the order of Allah عَزَّوَجَلَّ in place of his beloved son. This unique sacrifice of Sayyidunā Ibrāhīm and Sayyidunā Ismā'il عَلَيْهِمَا الصَّلَاةُ وَالسَّلَامُ will remain alive till the Day of Judgement. Muslims will continue to sacrifice particular types of animals every year on the occasion of Eid-ul-Adhā. (For information about 'Qurbānī', read the booklet '*Piebald Horse Rider*' published by Maktaba-tul-Madīnah.)

Meaning of إِسْمَاعِيلِ (Ismā'il)

Sayyidunā Ibrāhīm عَلَيْهِ الصَّلَاةُ وَالسَّلَامُ remained childless for a very long period of time. He عَلَيْهِ السَّلَامُ was blessed with Sayyidunā Ismā'il عَلَيْهِ الصَّلَاةُ وَالسَّلَامُ at the age of 99.¹ Praying to be blessed with a son, Sayyidunā Ibrāhīm عَلَيْهِ الصَّلَاةُ وَالسَّلَامُ used to say:

¹ Tafsīr Qurtubī, vol. 5, pp. 265

‘إِسْمَعْ يَا إِيْل’. The word ‘إِسْمَعْ’ means ‘listen’ while the word ‘إِيْل’ is a name of the Almighty in the Hebrew language. Therefore, ‘إِسْمَعْ يَا إِيْل’ means: *O Almighty! Listen to me.* When he عَلَيْهِ السَّلَام was born, he was named ‘Ismā’īl’ in remembrance of this prayer. (*Tafsīr Na’īmī, vol. 1, pp. 688*)

Ten pieces of information in excellence of Sayyidunā

Ibrāhīm in connection with the ten letters of ‘أَبُو الْأَنْبِيَاءِ’

1. After our Beloved and Blessed Prophet صَلَّى اللهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ, Sayyidunā Ibrāhīm عَلَيْهِ الصَّلَاةُ وَالسَّلَام is the greatest.
2. Sayyidunā Ibrāhīm عَلَيْهِ الصَّلَاةُ وَالسَّلَام is the father of all the Prophets succeeding him.
3. Every divinely-revealed religion has declared it obligatory to follow and obey him.
4. The followers of every religion honour him.
5. ‘Sacrifice’ is performed in remembrance of him.
6. Hajj rites are performed in remembrance of him.
7. He عَلَيْهِ السَّلَام is the first to have built the Holy Ka’bah, making it like a house.
8. People began to stand in worship and perform prostration by the stone he عَلَيْهِ السَّلَام stood on while building the Holy Ka’bah. [This stone is referred to as Maqām-e-Ibrāhīm.]

9. On the Day of Judgement, he عَلَيْهِ السَّلَام will be the first to be bestowed upon excellent attire. Immediately after him, our Beloved and Blessed Prophet صَلَّى اللهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ will be blessed with this favour.
10. He عَلَيْهِ السَّلَام and his respected wife, Sayyidatunā Sārāh رَضِيَ اللهُ تَعَالَى عَنْهَا, bring up the deceased Muslim children in Barzakh, i.e., the period from death to resurrection.

(Tafsīr Na'imī, vol. 1, pp. 682)

Lions lick feet

Two hungry lions were once let loose towards Sayyidunā Ibrāhīm عَلَيْهِ الصَّلَاةُ وَالسَّلَام. (By the omnipotence of Allah عَزَّوَجَلَّ), they began to lick his feet and prostrate to him despite being hungry. *(Az-Zuhd lil-Imām Ahmad Bin Hanbal, pp. 114)*

Red wheat came out of sacks of sand

Once Sayyidunā Ibrāhīm عَلَيْهِ الصَّلَاةُ وَالسَّلَام could not find any grain. On the way, he عَلَيْهِ السَّلَام found red sand and filled his sacks with it. After he عَلَيْهِ السَّلَام reached home, his family members asked, 'What is it?' He عَلَيْهِ السَّلَام replied, 'It is red wheat.' As the sacks were opened, they really contained red wheat. When this wheat was sowed, its crops were full of wheat from root to ear. *(Muṣannaf Ibn Abī Shaybah, vol. 7, pp. 228)* This is a Mu'jizah (i.e. Prophetic miracle) of Sayyidunā Ibrāhīm عَلَيْهِ الصَّلَاةُ وَالسَّلَام.

Sayyidunā Ibrāhīm is the initiator of many things

Sayyidunā Ibrāhīm عَلَيْهِ الصَّلَاةُ وَالسَّلَامُ initiated many things including the following eight ones:

1. He عَلَيْهِ السَّلَامُ was the first in the world whose hair turned white.
2. The first to apply henna and Katam as dye to white hair was Sayyidunā Ibrāhīm عَلَيْهِ الصَّلَاةُ وَالسَّلَامُ. [Katam is a type of dye made of indigofera plants¹.]
3. He عَلَيْهِ السَّلَامُ was the first to wear sewn pyjamas.
4. He عَلَيْهِ السَّلَامُ was the first to recite sermon at the Mimbar [a raised pulpit-like structure].
5. He عَلَيْهِ السَّلَامُ was the first to do Jihad in the divine path.
6. He عَلَيْهِ السَّلَامُ was the first to establish the tradition of hospitality.
7. He عَلَيْهِ السَّلَامُ was the first to embrace people at the time of meeting them.
8. He عَلَيْهِ السَّلَامُ was the first to prepare Šarīd. (Soup-soaked pieces of bread are called Šarīd).

(*Mirqāt*, vol. 8, pp. 264)

¹ In Urdu, it is called 'Nil'.

Toffees and sweet-and-sour candies

Most children are fond of eating toffees, candies, chocolates, snow cones and other colourful sweet things but they are probably unaware that these things can harm their teeth, throat, chest, stomach and intestines, etc. because they are unhealthy and are eaten carelessly. Presented here are some slightly amended medical researches derived from websites about toffees etc., with the intention of benefiting Muslims.

Breaking of teeth

Human teeth naturally contain a teeth-protecting hard white outer layer called enamel. Eating unhealthy things attracts bacteria (i.e., germs) in the mouth, which harms this layer, causing the teeth to start breaking.

Cause of mouth blisters and sore throat

After they eat toffees etc., children often do not clean their teeth. As a result of it, a fine coating of sugar is formed over the teeth, producing germs and teeth-worms besides causing mouth blisters and throat infection.

Destructiveness of unhealthy sweet-and-sour candies

The toffees and sweet-and-sour candies sold in the streets of Pakistan are often unhealthy and unhygienic. According to a news report, candies and toffees prepared from unhealthy raw

material in small-scale factories are having detrimental effects on the health of children. These home-based factories use glucose, saccharin and very poor quality material for making candies and toffees which are also supplied to villages, increasing dental diseases among the children of villages to an alarming extent. *(Extracted from daily Dunya)*

Cake, biscuits, ice creams etc. cause diabetes

The chemical used as a sweetener in biscuits, ice creams and soft drinks are a cause of diabetes throughout the world. According to the research carried out by the Oxford University (England), the chemical used by food products-manufacturing companies to sweeten their products causes diabetes (a disease in which there is too much sugar in urine).

In the research, the chemical analysis of biscuits, cakes and juices from 42 different countries was carried out. The chemical element 'Hi-Fructose' (i.e. a type of sugar) increases the risk of diabetes. According to the research, the percentage of the disease in the countries where bakery items are used in excess is 8 per cent high! Among the bakery items-consuming countries, America is at the top of the list where every person uses almost 55 pounds of sweet items annually, whereas England consumes the least amount of it where every individual uses more or less one pound of sweet items on a yearly basis. *(Dunya News Online)*

Risk of 17 types of diseases

Besides other ingredients, chocolate also contains caffeine. Dark chocolate contains caffeine four times as compared to milk one! No doubt caffeine temporarily removes ache, fatigue, etc., but its excessive use is injurious to health. Those using it on a regular basis are prone to the following diseases: Fatigue, irritability, frequent urination, excessive excretion of calcium through urine and faeces, indigestion, swelling of the large intestine, severity of piles, increased and irregular heartbeats, high blood pressure, heartburns, stomach ulcer, disturbance in sleep (i.e. excess or deprivation of sleep, untimely sleep, insomnia, waking up to even a soft sound, etc.) ache in the whole of or half of the head, depression, disappointment, liver and kidney diseases, etc. Besides chocolate, cola drinks, tea, coffee, cocoa and painkillers also contain caffeine.

(Extracted from the Medical book 'Qātil Ghizāyain')

What should children eat?

In lieu of detrimental sweet-and-sour candies and toffees, feed fruits and dry fruits to your children in an appropriate quantity in view of their age or with the consultation of the doctor. You also benefit from these favours of Allah عَزَّوَجَلَّ. Here are the benefits of some of the dry fruits.

Almond

1. All almonds are cholesterol-free.
2. Bitter or Iranian almonds prevent cancer.
3. Eating almonds derived from the seeds of dry apricots heals wounds.
4. Almond contains calcium which is an essential nutrient to bones.
5. Eating almonds removes acidity and decreases the risk of heart diseases.
6. Almond decreases the risk of cancer and cataract.
7. Almond reduces the amount of LDL cholesterol.
8. Almond helps pass faeces normally, removing constipation.
9. Eating almonds also decreases the risk of obesity.
10. Almond is beneficial to hair and skin, improving complexion.
11. Regular massage with almond oil prevents skin dryness, blackheads, wrinkles and moles.
12. Almonds prevent the illness of hair-falling.
13. Almond removes dandruff and prevents hair from turning white.

14. Almond is beneficial for eyesight.
15. Soak seven pieces of almonds and twenty one raisins (whether small or big) in water every night and eat them with milk in the morning chewing them properly. This will prove to be an excellent and effective recipe for relieving headache and strengthening memory, *إِنَّ شَاءَ اللَّهُ عَزَّوَجَلَّ*.
16. Eating figs and almonds together cures stomach diseases.

*Ziyādā ger dimāghī ḥay tayrā kām
To khāyā ker milā ker shahād bādām*

Translation: If you have to do a lot of intellectual work, you should eat honey-mixed almonds.

Pistachio

Pistachio strengthens the heart and the brain. It fattens the body up and prevents the malfunction of kidneys. Besides strengthening the brain and memory, it also serves as an effective medicine for cough. (*Kitāb-ul-Mufridāt, pp. 156*)

Cashew

Cashew provides the body with a nutrient, strengthens the brain and fattens the body up. Eating cashew with honey on an empty stomach in the morning removes forgetfulness. A leper

(one suffering from leprosy) was cured just because of eating cashews in abundance. (*ibid*, pp. 336)

Pine nut

Pine nut removes phlegm and fattens the body up. It stimulates the appetite, strengthening the heart and muscles. Add a little honey to shelled and crushed pine nuts and eat it. This will prove to be an effective medicine for a loose cough. (*ibid*, pp. 211)

Peanut

Peanut seeds are highly nutritious. Peanut parallels cashew and walnut in terms of benefits. Peanut oil is a good substitute for olive oil. (*ibid*, pp. 476)

Crystallized sugar lumps*

Crystallized sugar improves eyesight. Drinking crystallized sugar-mixed lukewarm water as syrup clears the voice. Using it as eye-drops removes 'webs' from the eyes. (*ibid*, pp. 461)

Coconut

Eating a Tola [i.e. 11.66 grams] of coconut with rock sugar every day on an empty stomach in the morning improves eyesight,

* Crystallized sugar lump is called 'Mişri' in Urdu.

softens the abdomen and stimulates appetite. Applying coconut oil over the head grows hair and is beneficial to the brain.

Dried dates

Dried date produces clean blood, stimulates appetite and fattens the body up. It also strengthens the back and the kidneys.

(Kitāb-ul-Mufridāt, pp. 222)

Walnut

Walnut eases indigestion. The roasted nuts of walnuts serve as an effective medicine for winter cough. Applying chewed walnut to ringworm removes its mark. *(ibid, pp. 68)*

Currant and raisin

A Ḥadīṣ states: Eat raisin as it is a good meal, strengthens muscles, makes [the angered person] cool down, makes the mouth fragrant and removes phlegm.¹ Another narrated Ḥadīṣ states that currant removes grief.

(Aṭ-Ṭibb-un-Nabawī li Abī Nu'aym, pp. 379, Ḥadīṣ 319)

Small and big grapes, when dried, turn into currants and raisins respectively. Raisin fattens the thin body up and its seeds improve stomach-functioning. Eating raisin with the juicy seeds of

¹ Aṭ-Ṭibb-un-Nabawī li Abī Nu'aym, pp. 719, Ḥadīṣ 809

pomegranate improves digestion. The pulp of raisin is very beneficial to the lungs. Raisin is a nutrient as well as a medicine. One can eat it with or without its skin in an appropriate quantity.

A famous Muḥaddiṣ, Sayyidunā Imām Zuḥrī رَحْمَةُ اللَّهِ تَعَالَى عَلَيْهِ has stated, ‘He who is fond of memorising Ḥadīṣ should eat (an appropriate quantity of) raisins.’¹ One can also eat raisins with its seed. In fact, the seeds of raisins improve stomach-functioning. Soak raisins in water for a few hours, remove the skin, and eat the pulp. The pulp of raisin is an effective remedy for lung problems and chronic cough. It relieves the pain of the kidney and bladder besides strengthening the spleen and the liver. It also softens the abdomen and strengthens the stomach, improving digestion.

Red raisins

Sayyidunā ‘Alī كَرَّمَ اللَّهُ تَعَالَى وَجْهَهُ الْكَرِيمَ has stated that the person who eats 21 red raisins daily will remain safe from bodily ailments. (*Aṭ-Ṭibb-un-Nabawī li Abī Nu’aym*, pp. 721, Ḥadīṣ 813)

Fig

A Ḥadīṣ states: Eat fig as it cures piles and relieves gout (i.e. pain in the ankles and toes). (*ibid*, pp. 485, Ḥadīṣ 467)

¹ Al-Jāmi’-ul-Akhlāq Ar-Rāwī, pp. 304

1. Figs contain a good nutrient compared to all other fruits.
2. Figs cure piles and relieve joints-ache.
3. There are unique benefits of eating fig on an empty stomach in the morning.
4. Those feeling bloated after the meal should eat three pieces of fig after every meal.
5. Fig normalizes the bulged belly, removing obesity.
6. Figs cure cough and asthma.
7. Figs improve complexion.
8. Figs extinguish thirst. (*G̃haraylū 'Ilāj, pp. 111*)

Delicious powder for eyes

Taking the same quantity of aniseed, crystallized sugar lumps and Iranian almonds, crush and mix them and store them in a big-mouthed bottle. Eat a teaspoon of it daily without any gap on an empty stomach in the morning without water. (It does no harm if the quantity is a little more than a teaspoon.) Using this recipe for a long time improves eyesight. Let me share with you an experience about its benefits. The eyes of a little girl watered. Eventually an appointment was made to take her to an eye-specialist. I presented the very same delicious powder. By the grace of Allah عَزَّوَجَلَّ, her illness was cured by virtue of

eating it just once or twice and she no longer needed any medical treatment. Those who have no eye disease can also use it on a regular basis. (*Gĥaraylū 'Ilāj*, pp. 33)

22 Żul-Qa'da-til-Ĥarām, 1435 AH
September 18, 2014

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One not giving reply to his mother became dumb

It is narrated that
the mother of a person called him
but he did not reply. Upon this,
his mother cursed him so he
became dumb.

(Bir-ul-Walidayn li-Tartash, pp. 79)



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