



گرمی سے حفاظت کے مدنی پھول (English)

# Madani Pearls for Protection from Heat

(Tips for making fasting easy)



Shaykh-e-Tariqat, Ameer-e-Ahl-e-Sunnat  
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**MUHAMMAD ILYAS**

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Translated into English by Majlis-e-Tarajim (Dawat-e-Islami)

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

## Du'a for Reading the Book

**R**ead the following Du'a (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

O 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 Salat-‘Alan-Nabi ﷺ once before and after the Du'a.

گرمی سے حفاظت کے مدنی پھول

Garmi say Hifazat kay Madani Phool

# MADANI PEARLS FOR PROTECTION FROM HEAT

*Tips for making fasting easy*

THIS booklet was written by Shaykh-e-Tareeqat Ameer-e-Ahl-e-Sunnat, the founder of Dawat-e-Islami 'Allamah Maulana Abu Bilal Muhammad Ilyas Attar Qadiri Razavi **دَامَتْ بَرَكَاتُهُمُ الْعَالِيَهُ** in Urdu. **Majlis-e-Tarajim** (Translation Department) has translated it into English. If you find any mistake in the translation or composing, please inform the Translation Department on the following postal or email address with the intention of earning reward [Sawab].

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## Madani pearls for protection from heat

An English translation of ‘Garmi say hifazat kay Madani Phool’



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**1<sup>st</sup> Publication:** Shawwal-ul-Mukkaramah, 1437 AH – (Aug, 2016)

**Publisher:** Maktaba-tul-Madinah

**Quantity:** -

**ISBN:** -

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## Table of Contents

### MADANI PEARLS FOR

### PROTECTION FROM HEAT ..... 1

|  |    |
|--|----|
| Excellence of Salat-‘Alan-Nabi ﷺ .....                                     | 1  |
| Summer season is a blessing.....   | 1  |
| Having seen the fire, he fell unconscious! (A parable) .....               | 2  |
| 4800 deaths .....  | 3  |
| 12 Symptoms of heatstroke or sunstroke .....                               | 4  |
| Seven Madani Pearls of first aid.....                                      | 5  |
| Extreme heat carries potential risk for:.....                              | 5  |
| Excellence of the Du’a (supplication) of hot weather .....                 | 6  |
| Omitter of even a single fast without any Shar’i reason deserves Hell..... | 7  |
| Observed fasts in extreme heat (Parable) .....                             | 8  |
| Three spiritual cures for intense thirst.....                              | 8  |
| For protection from intensity of thirst in the state of fasting ....       | 9  |
| 6 Domestic cures for sunstroke.....  | 9  |
| Use spices having cool characteristics.....                                | 10 |

|  |    |
|--|----|
| Use 'Ittriyat (fragrance) having cooling characteristics.....  | 10 |
| Tips for spending Ramadan with good health.....                | 11 |
| Rice is beneficial in summer season .....                      | 11 |
| Delicious cold drink for safety from the heat and heatstroke.. | 12 |
| Tip for overcoming weakness .....                              | 12 |
| Treatment for prickly heat.....                                | 12 |
| Treatment for menstrual blockage .....                         | 13 |
| 25 colourful Madani pearls for protecting from heat .....      | 13 |
| Mango (The king of fruits).....                                | 17 |
| 25 Madani pearls of watermelon .....                           | 20 |
| Apricot .....  | 23 |
| 14 Madani pearls of 'Apricot' .....                            | 23 |
| Faalsa (Grewia Asiatica).....                                  | 25 |

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ وَالصَّلَاةُ وَالسَّلَامُ عَلَى سَيِّدِ الْمُرْسَلِينَ  
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## MADANI PEARLS FOR PROTECTION FROM HEAT

### Excellence of Salat-‘Alan-Nabi ﷺ

Sayyiduna Ka’b-ul-Ahbaar رَضِيَ اللهُ تَعَالَى عَنْهُ has stated: Allah عَزَّوَجَلَّ sent revelation to Sayyiduna Musa عَلَيْهِ السَّلَام: ‘O Musa! Do you want to stay safe from the thirst of the Day of Judgement?’ Sayyiduna Musa عَلَيْهِ السَّلَام said: ‘O my Rab عَزَّوَجَلَّ! Yes’ Allah عَزَّوَجَلَّ said: ‘فَاكْثِرِ الصَّلَاةَ عَلَى مُحَمَّدٍ’ i.e., recite Salat upon the Beloved and Blessed Prophet صَلَّى اللهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ abundantly.’

(Ibn ‘Asakir, vol. 61, pp. 150)

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللهُ تَعَالَى عَلَى مُحَمَّدٍ

### Summer season is a blessing

الحمد لله عَزَّوَجَلَّ summer season is also a blessing of Allah عَزَّوَجَلَّ and it contains numerous pearls of wisdom. When the intensity of warm spell increases, one should exercise a great deal of patience. Uttering ill words for the heat and the cold is an

inappropriate thing. Complaining of summer season is something like that one is complaining about the Creator of heat as if he is commenting: ‘Look! Allah عَزَّوَجَلَّ has increased the heat!’

### Having seen the fire, he fell unconscious! (A parable)

A true Muslim should seek admonition from the intensity of the heat. One should remember the horrible fire of Hell and the heat of the Day of Judgement through worldly heat. When today one cannot bear this ordinary worldly heat then on the Day of Judgement how can one bear the fierce heat and blazing fire on the Day of Judgement?

It is stated on page 177 to 178 (Volume 2) of 625 page book ‘Allah walon ki Baatayn’: Sayyiduna Bakr Bin Ma’iz رَحْمَةُ اللهِ تَعَالَى عَلَيْهِ said: Once Sayyiduna Rabi’ Bin Khusaym رَحْمَةُ اللهِ تَعَالَى عَلَيْهِ Taabi’i (follower of blessed companions) and the blessed companion Abdullah Bin Mas’ood رَضِيَ اللهُ تَعَالَى عَنْهُ were walking along the Euphrates river and passed by the blacksmiths. When Sayyiduna Khusaym رَحْمَةُ اللهِ تَعَالَى عَلَيْهِ saw the furnace of fire (he remembered the fierce fire of Hell and) he fell down unconscious on the ground. (We took him to his house). Sayyiduna Abdullah Bin Mas’ood رَضِيَ اللهُ تَعَالَى عَنْهُ came to him and called him but he did not respond. He رَضِيَ اللهُ تَعَالَى عَنْهُ went to Masjid and having led the ‘Asr Salah, he رَضِيَ اللهُ تَعَالَى عَنْهُ came back



and again called Sayyiduna Khusaym رَحْمَةُ اللَّهِ تَعَالَى عَلَيْهِ but there was no response from him, he went to Masjid and after leading the Maghrib Salah he returned and called Sayyiduna Khusaym رَحْمَةُ اللَّهِ تَعَالَى عَلَيْهِ again but still there was no response from him, again he went to Masjid and after leading the Isha Salah, he returned but still there was no response from him until the time of Sahari and due to the intense cold at that time, he regained consciousness.

*(Az-Zuhd Lil-Imam Ahmad Bin Hanbal, pp. 332, Hadees 1930, Heelat-ul-Awliya vol. 2, pp. 129)*

May Allah عَزَّوَجَلَّ have mercy on all of them and forgive us without accountability for their sake!

أَمِينٌ بِجَاهِ النَّبِيِّ الْأَمِينِ صَلَّى اللَّهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللَّهُ تَعَالَى عَلَى مُحَمَّدٍ

## 4800 deaths

We seek refuge in Allah عَزَّوَجَلَّ from the terrible heat of the world and the Hereafter, we beg Him for safety. In 1436 A.H (2015), Pakistan was struck by a severe heat wave and the blessed month of Ramadan also came during these deadly heat days. According to a study, 4800 people have died due to 'heatstroke' in Bab-ul-Madinah Karachi only.

Madani pearls for protection from heat

May Allah ﷺ grant forgiveness without accountability to all those Muslims who suffered this calamity.

أَمِينَ بِجَاهِ النَّبِيِّ الْأَمِينِ صَلَّى اللَّهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ

## 12 Symptoms of heatstroke or sunstroke

- ❖ Headache, feeling dizziness.
- ❖ Having intense thirst
- ❖ Weakness and cramp of muscles
- ❖ Redness of skin
- ❖ Dryness on skin
- ❖ Running high fever suddenly
- ❖ Feeling nausea and vomiting
- ❖ Loss of consciousness and having fits
- ❖ Nose bleeding
- ❖ Deep breaths
- ❖ Getting sudden low blood pressure
- ❖ Feeling drowsiness (i.e. Sleepiness)

## Seven Madani Pearls of first aid

1. Give Nimkol (ORS – Oral Rehydration Solution) and water to the heatstroke victim
2. Transfer the patient in a cool place immediately
3. Remove unnecessary clothes
4. Have the person lie down without pillow and keep his feet slightly elevated with the support of something.
5. Put the strips of wet cloth dipped in cold water or ice, particularly on the back, armpit, neck and thighs of the patient.
6. Rub the towel damped in cold water gently on the body of patient.
7. Take the patient to the hospital, immediately.

## Extreme heat carries potential risk for:

- ❖ Children
- ❖ Old people
- ❖ Homeless individuals
- ❖ The labourers who are exposed to extreme sun
- ❖ Drug addicts

- ❖ Those who have been suffering from any particular disease for a long time, or patients of heart or breathing problem suffering for a long time.
- ❖ Birds and animals

صَلِّ اللهُ تَعَالَى عَلَيَّ مُحَمَّدٌ      صَلُّوا عَلَيَّ الْحَبِيبِ

### Excellence of the Du'a (supplication) of hot weather

At the peak time of worldly scorching heat, remember the blazing sunshine, intense thirst of Hereafter, the terrible Hell-fire and seek refuge from them.

The Noblest Prophet صَلَّى اللهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ has stated: 'When one experiences the heat reaches an excessive level then he says: 'لَا إِلَهَ إِلَّا اللهُ' It is terribly hot today, 'اللَّهُمَّ اجْرِنِي مِنْ حَرِّ جَهَنَّمَ' i.e., 'O Allah عَزَّوَجَلَّ I seek refuge in You from the Hell-fire.' Allah عَزَّوَجَلَّ says to Hell: 'My bondman seeks refuge in Me from your heat. I make you witness that I have granted him refuge from your heat' And when one experiences the cold reaches an excessive level then he says 'لَا إِلَهَ إِلَّا اللهُ' It is terribly cold today, 'اللَّهُمَّ اجْرِنِي مِنْ زَمْهَرِيرِ جَهَنَّمَ' i.e., 'O Allah عَزَّوَجَلَّ I seek refuge in You from Zamhareer (excessively bitter cold).' Allah عَزَّوَجَلَّ says to Hell: 'My bondman seeks refuge in Me from Zamhareer and I

have granted him refuge from Zamhareer.’ The blessed companions رَضِيَ اللهُ تَعَالَى عَنْهُمْ humbly asked: ‘What is Zamhareer of Hell.’ The Noblest Prophet صَلَّى اللهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ replied: ‘It is a ditch, when disbelievers will be thrown into it, their bodies will be torn into pieces due to severe cold.’

*(Al-Badoor-us-Safarah, pp. 418, Hadees 1395)*

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللهُ تَعَالَى عَلَى مُحَمَّدٍ

## Omitter of even a single fast without any Shar’i reason deserves Hell

Until Shari’ah (Islamic law) allows, it is impermissible to miss the fast. Remember! One who does not observe fast without any Shar’i reason deserves severe torment. It is stated on page 228 of Fatawa-e-Razawiyah vol. 20: If one works under sunshine and is a resident not a traveller then observing fast is obligatory for him. If one cannot observe a fast due to working under sunshine and there is a risk of contracting illness or it may cause trouble for him then working under sunshine is Haraam (forbidden) for such resident.

(For detailed information, read the chapter ‘Blessings of Ramadan, vol. 01 of Faizan-e-Sunnat)

## Observed fasts in extreme heat (Parable)

A'la Hazrat Imam Ahmad Raza Khan عَلَيْهِ رَحْمَةُ الرَّحْمَنِ mentioned parable on page 296 of Fatawa-e-Razawiyah vol. 30: During migration, Sayyidatuna Umm-e-Ayman رَضِيَ اللهُ تَعَالَى عَنْهَا felt thirst. A bucket of water fastened with blessed rope ascended from heavens. She drank from it satiating her thirst. For the rest of her life she never felt thirst again. After that, she would observe fast even in extreme heat but would not feel thirst.

*(Tabqat-e-Ibn-e-Sa'ad, vol. 8, pp. 179)*

Now three spiritual cures are presented which will make your fasting rather easy in hot temperature, إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ.

## Three spiritual cures for intense thirst

1. Recite Surah Al-Kausar only one time preceded by 'أَعُوذُ' and 'بِسْمِ اللَّهِ' after Fajr Salah and blow on your hands thereafter pass your hands across the face. إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ, In the state of fast, you will be protected from the intensity of thirst.
2. Keep reciting 'يَا فَحِيدُ' from time to time in the summer season. إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ, You will be safe from thirst.

3. Recite 'يَا مَاجِدُ' 10 times in the summer season and blow on lemon water etc., and drink, **إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ**, it will protect from illness.

### For protection from intensity of thirst in the state of fasting

After having eaten food in Sahari time, chew a date and take a sip of water along with, shake both of them well in your mouth and swallow it after mixing it. In this way, eat three dates one by one, **إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ**, in the state of fasting; you will be protected from the intensity of thirst all day long.

### 6 Domestic cures for sunstroke

- ❖ Before going out in the sun, apply raw onions on the nails. (Remember! It is Haraam to enter the Masjid with foul-smell of raw onion or any other thing.)
- ❖ Rub the paste of unripe mango pulp on the soles of the feet.
- ❖ Take approximately 250 grams Baysan (gram flour) and mix it into 10 grams camphor in water and apply it on the body. It will give coolness and prevent prickly heat. (If camphor is not mixed, still, it can be beneficial but to a lesser extent)

Madani pearls for protection from heat

- ❖ Eat tomato sauce or coconut.
- ❖ Eating jaggery after meal in summer season prevents heatstroke.
- ❖ After coming from sunshine, mixing little onion juice into honey and licking it reduces the risk of heatstroke.

### **Use spices having cool characteristics**

1. In summer, using spices having cooling characteristics instead of warm characteristics such as turmeric, dry coriander seeds, white cumin, cardamom, Dar cheeni (cinnamon), tomato, lemon, yoghurt, prune, Imli (tamarind), green coriander, pepper mint etc., are beneficial. If there is a need of adding spices with warm characteristics then use black pepper, green chillies and crushed red pepper etc., in a little amount.

### **Use 'Ittiryat (fragrance) having cooling characteristics**

2. In summer season, using fragrances (having cooling characteristics or effects) for example 'Shamamat-ul-Amber' (ambergris) , 'Henna' (Henna flower) , 'Gulaab' (Rose), 'Sandal' (sandalwood), 'Motia'(Jasmine sambac), 'Khass', 'Kaywra' (Pandanus odorifer flower), 'Champa' (Magnolia) etc., are beneficial to wear on clothes. 'Musk', Kasturi, Oad, Amber, Saffron etc., are the fragrances



having warm characteristics. These should be used in the winter season. Remember! These effects and characteristics are of real fragrances. Adulteration of chemicals reduces the effects. (Islamic sisters should not use such fragrance which spread around)

### **Tips for spending Ramadan with good health**

Eat half Tandoori bread (bread baked in clay oven) in Sahari time, if it is homemade bread then eat one or two as per need along with yogurt with little sugar and it is better to use it after mixing brown sugar with it. If it is suitable, eat half a kilo yogurt. Eat at least three dates in Iftar, some fruits, bread with simple gravy between Maghrib and Isha Salah. **إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ**, you will stay fit and healthy in the entire blessed month of Ramadan and you will like to perform Taraweeh Salah, recite glorious Quran and worship with devotion.

### **Rice is beneficial in summer season**

Rice has a cooling effect. It provides coolness to body in the summer season when eating it daily. Eating vegetables with rice is more useful. Yogurt and rice porridge are the excellent food of summer season. Remember! Spicy and tasty Biryani cooked in cauldron is harmful to health. Rice boiled in the water is appropriate to eat.

## Delicious cold drink for safety from the heat and heatstroke

As per need take some unripe mangoes, remove peelings and place it on stove with water, after a few boilings the unripe mangoes will melt, remove the mango seeds after rubbing and pressing and grind all the pulp by the grinder, a thick drink will be prepared. Mix sugar (brown sugar is better) in double quantity and place it on the stove and boil it so that it may dissolve. For making it cold, fill it in the bottles. In the month of Ramadan in Sahari and Iftari time, drink this delicious drink. **إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ** it will protect from heat and sunstroke.

## Tip for overcoming weakness

Take two spoons of sugar (brown sugar is better) and one spoon white salt, boil them in a half kg of water. Drink it in Iftar time after it gets cold. **إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ** it will overcome body weakness causing due to the shortage of water. This water is also beneficial for overcoming the weakness of the patients. (High blood pressure and diabetic patients should act according to the suggestion of doctor)

## Treatment for prickly heat

If you start developing prickly heat, eat 11 small fresh sprouts of Margosa (Neem) for 7 days and if you are suffering from severe prickly heat rashes then eat it with water for 40 days on

an empty stomach (i.e., before breakfast). **إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ**, prickly heat rashes, pimples, acne and small raised spots will be removed. If one completes this 30-day course prior to the beginning of summer, **إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ**, he will not suffer prickly heat rashes etc. (*Gharaylu Ilaaj, pp. 44*)

### **Treatment for menstrual blockage**

If a woman experiences menstrual blockage due to warm and dry climate, she should mix small spoon of watermelon seed kernels and a spoon of honey in a cup of aniseed water and drink it in the morning and evening. **إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ** it will be beneficial. Drink water abundantly and if possible drink 12 glasses of water daily. (*Gharaylu Ilaaj, pp. 102*)

### **25 colourful Madani pearls for protecting from heat**

1. Keep your eye brows moist with water as much as possible. **إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ** it will protect from sunstroke, summer heat, intensity of thirst, depression and headache.
2. Reduce the use of stove.
3. Wear white or light-colour and loose-fitting clothes. (How great it is if Islamic brothers wear Sunnah conforming white clothes)
4. Keep a small towel with you every time so that it could be put on the head after dipping into the cold water.

5. It is better to avoid any hard work. Disease does not regard for any compulsion.
6. It is highly beneficial to take bath twice a day.
7. Use of sunglasses when leaving outside exposing to sunshine protects eyes from the intensity of the heat.
8. When you go outside, keep a piece of onion in your hand or pocket, tie it around the neck of the children, **إِنَّ شَاءَ اللَّهُ عَزَّوَجَلَّ** all of you will stay safe from heatstroke.
9. Be careful, not to expose yourself to direct sunshine and spend especially the hottest part of the day between 11 am to 3 pm under any shade. Islamic brothers who go to Masjid for Zuhr Salah should cover their head and neck with any cloth and if possible they should carry umbrella. **الْحَفْدُ لِلَّهِ عَزَّوَجَلَّ** those who wear Imamah, their heads are already covered and their necks remain hidden. Having white chador (cloak) on the head increases the benefits)
10. Keep a wet towel on the head during the load shedding, use hand fan and keep pouring water on the body.
11. Whether you feel thirst or not, drink at least 12 glasses of water daily if possible. Drink 14 glasses of water. (The water contained in the food is also included in the above-mentioned quantity of glasses, for example if you take 10 glasses of water and the water equal to 2 glasses also went

into the stomach through other food and fruits, in this way you have taken 12 glasses of water.)

12. Use ORS to maintain the balance of water and body salt. Patients with high blood pressure should follow the instruction of doctors.
13. Drink juice of Sattoo (a blend of cereal powder and flour), cucumber juice, coconut water, pure juice of sugarcane, water mixed with honey, lemon water and salted butter milk.
14. Drinking buttermilk mixed with black salt and ground carom seeds reduces the heat and weight as well.
15. Reduce the use of tea, coffee, boiled eggs, excessive sweet drinks, excessive sweet dishes, cold drinks, food containing excessive oil and ghee as little as possible even the food which take enough time to digest moreover caffeine items such as chocolate etc.
16. Buying cheap drinks and Gola Gandas (Ice-based dessert made of finely crushed ice) is equivalent to buying diseases by paying price.

17. It is harmful to drink cold water immediately after coming from blazing sunshine in the state of sweating abundantly.
18. Increase the use of vegetables such as pumpkin, aubergine, beetroot and radish etc.
19. Increase the use of water and yogurt in Sahari and Iftar timings.
20. In summer season, mango, peach, apricot, guava, melon and watermelon not only provide energy to the body but also removes the body heat of stomach and liver; moreover, consume other seasonal fruits abundantly.
21. Eat simple and light diets; reduce the use of Phayni (dessert) and spicy fried items even keep away from these things. **إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ**, you will reveal its benefits yourself and it will make fasting and other acts of worship of the blessed month of Ramadan easy.
22. Eat less diet in Sahari and Iftar times.
23. Avoid sleeping on foam mattresses.
24. The most at risk are older people and small children, they need more protection from the heat.

25. While showing kindness, provide protection to your cattle and chickens etc., from the heat.

## Mango (The king of fruits)

(25 Madani pearls of mango)

The summer season fruit mango is an excellent blessing of Allah ﷻ and it carries numerous benefits.

- ❖ Mango makes new blood cells. It provides strength to intestines, stomach, kidney, urinary bladder and nervous system. It is good for acidity however carbide-ripened mangoes may increase acidity instead of decreasing it. One who suffers from sleeping disorder should eat a mango followed by a glass of milk. **إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ**, he will fall asleep.
- ❖ Consuming mango is useful for the cardiac and cancer patients.
- ❖ Mango causes obesity.
- ❖ Mango prevents constipation.
- ❖ Drinking Lassi (a yogurt based drink) or eating little Jamons (*Syzygium cumini*) after having eaten mangoes removes its warm effects.
- ❖ If milk causes gas, add small amount of ginger.

- ❖ If a pregnant woman is being fed a little fresh and sweet pulp of mango daily. **إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ** baby will be born healthy.
- ❖ Breast feeding women should eat mango daily as it increases milk.
- ❖ Mango quenches the thirst.
- ❖ Sucking off the pulp of the mango is better than eating it by slicing.
- ❖ Drinking Kachhi Lassi (i.e., yogurt based drink mixed with water) followed by eating mangoes is beneficial for the vision and the body weakness.
- ❖ Always use mangoes after getting them cold
- ❖ Eating mangoes without getting them cold may cause boils on the body and may cause eye diseases too.
- ❖ Eat mangoes in small quantity.
- ❖ Eating mangoes in excess may cause the weakness of liver and the disease in which one suffers stomach bloating and intense thirst.
- ❖ Eating 3 grams finely grind kernels of dried mango seed with water is beneficial in treating motions.



- ❖ If women have heavy menstrual bleeding then eating one spoon powder of the kernels of dried mango seed in the morning and evening will benefit immensely *إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ*. This cure is also useful for bleeding piles (haemorrhoids)
- ❖ Grafted mango is heavy for stomach and it digests slower. (It has many kinds such as Saroli, Langra, Chonsa and Sindhri etc.)
- ❖ Short-tempered and phlegmatic people should not eat mango on an empty stomach, it damages stomach and causes heat.
- ❖ Sour mango causes damage to the teeth and throat; it may lead to flu and damage blood.
- ❖ Mango helps increasing the urine.
- ❖ The chemical called ‘Carbide’ is used for artificially ripening mangoes and other fruits. Therefore, use after dipping them into the water for a while then washing them properly because even a small quantity of carbide may lead to the risk of cancer too in addition to other diseases if it is swallowed.
- ❖ Wash the mangoes properly for its gum (adhesive substance) is cleaned otherwise it may cause throat irritation.

- ❖ Patients of high blood pressure should not eat mangoes without doctor's advice.

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللهُ تَعَالَى عَلَيْهِ وَسَلَّمَ

## 25 Madani pearls of watermelon

- ❖ A'la Hazrat Imam Ahmed Raza Khan رَحْمَةُ اللهِ تَعَالَى عَلَيْهِ has quoted: 'Eating watermelon before meals washes the stomach and removes the disease from its root.'

*(Fatawa-e-Razawiyyah, vol. 5, pp. 442)*

- ❖ Finely grind the black pepper, black cumin and salt and store it in a bottle and sprinkle it on watermelon, in this way, it will also increase the taste of watermelon and it will prove to be the best medicine for digestion as well as it will stimulate appetite.
- ❖ Identification of sweet water melon: If there is round spots on the entire peeling or stripes all around then the darker the green colour, the sweeter and redder it will be **إِنْ شَاءَ اللهُ عَزَّوَجَلَّ**. If thumping watermelon lightly produces a hollow sound then it is the sign of excellent and ripe piece.

- ❖ If a pregnant woman eats 125 grams watermelon mixed with honey daily, by the mercy of Allah **عَزَّوَجَلَّ**, she will give birth to a healthy baby.
- ❖ Watermelon contains minerals such as glucose, phosphorous, carbohydrates, natural sugar, vitamins (A, B), Iron, potassium, calcium and the flesh generating ingredients.
- ❖ Those patients who are suffering urine irregularities should eat watermelon as it cleans the urinary bladder
- ❖ Watermelon is best for bladder pain and infection.
- ❖ Watermelon strengthens the heart and removes the heat of liver, bladder and kidney.
- ❖ Watermelon relieves the burning sensation of hands and feet. If one suffers any pain or discomfort at the part of navel or around it then the use of watermelon is of great advantage. It also soothes stomach inflammation.
- ❖ Whether it is a day or night, do not drink water straight after eating watermelon and sleeping immediately after eating watermelon may cause cholera.
- ❖ Phlegmatic people, the patients of stomach disease, the patients suffering muscle pain, the patients suffering

frequent urination and the diabetes patients should not use watermelon.

- ❖ Consuming of the peelings of the watermelon by the milking animals increases their milk and they become fat.
- ❖ Consuming watermelon at Sahari time prevents thirst during fasting.
- ❖ Watermelon suits short tempered people particularly in Ramadan.
- ❖ Watermelon helps treat fever caused by excessive heat.
- ❖ Never eat rice the day when you have already eaten watermelon.
- ❖ Watermelon dissolves renal and urinary bladder stones.
- ❖ In the blessed month of Ramadan, eat watermelon with the gap of 2 hours after having eaten food in Iftar time.
- ❖ Watermelon makes one fat.
- ❖ Watermelon refreshes the heart. It purifies the blood and removes the acidity and heat of the blood.
- ❖ Watermelon is an excellent diet for the patients suffering from typhoid.
- ❖ Eating a small quantity of watermelon in Sahari saves one from heat and sunstroke.

- ❖ To remain safe from various diseases, it is necessary to eat watermelon in the summer season.
- ❖ Watermelon is an excellent diet for anaemia, liver weakness, indigestion and toxins in the blood as well as it removes vapour (i.e., those vapours which move upward to the brain and causes body temperature to rise).
- ❖ Use of watermelon in the blessed month of Ramadan in summer season is extremely useful **إِنْ شَاءَ اللَّهُ عَزَّ وَجَلَّ**; it will not only overcome the shortage of water but also restore your energy and let not stimulate the thirst all the day long.

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللَّهُ تَعَالَى عَلَى مُحَمَّدٍ

## Apricot

According to the medical researchers, whether apricot is a fresh or dried, it carries surprising benefits with it as well as it is a kind of fruit which is full of nutrition. Its use for the diseases such as eyes, intestines, fever and cancer is beneficial. Along with plenty of vitamins and minerals, apricot contains potassium, iron and beta-carotene abundantly.

## 14 Madani pearls of 'Apricot'

- ❖ Apricot generates energy in the body.

- ❖ Some physicians suggest that apricot prolongs life.
- ❖ Apricot relieves constipation.
- ❖ Apricot digests food quickly.
- ❖ Apricot prevents belching.
- ❖ Apricot removes the hardness of liver.
- ❖ Apricot is beneficial for stomach irritation and piles.
- ❖ In the state of fever (caused by heat), after having taken apricot, drinking hot water mixed with honey brings about vomiting and as a result fever subsides.
- ❖ Consuming 10 fresh or dried apricots with normal water daily is beneficial for flu, bad cold and throat irritation as well as it removes foul smell.
- ❖ Apricot Jam provides strength to the heart, liver and stomach.
- ❖ Apricot seeds (almonds) should not be thrown away. They are eaten.
- ❖ The advantages of the apricot kernels are like the kernels of almonds. Kernels of almonds are more useful whereas the apricot seeds are beneficial for stomach.

- ❖ If the juice obtained by rubbing 25 grams leaves of apricot tree is made to drink to anybody, it (juice) will kill the intestinal worms. (6 grams leaves are sufficient for children)
- ❖ It is very beneficial for human heart because it is the quality of apricot that it reduces the cholesterol.

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللهُ تَعَالَى عَلَيْهِ مُحَمَّدٌ

### Faalsa (Grewia Asiatica)

In addition to 81% water, Faalsa (Grewia Asiatica) contains protein fat, fibers, carbohydrate, calcium and iron. Faalsa lowers the intensity of thirst and it prevents the deficiency of water by maintaining the flow in the body. It cleans blood and by the grace of Allah عَزَّوَجَلَّ, it possesses the characteristic of treating the blood and heart illnesses. It prevents flu, bad cold, cough, throat irritation and breathing problem. Faalsa improves the digestive system. It controls cholesterol and blood pressure. Leaves of Faalsa tree contain the cure of many skin diseases.

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللهُ تَعَالَى عَلَيْهِ مُحَمَّدٌ

## Do not delay the wages

The Noblest Prophet صَلَّى اللهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ has stated: "Pay the labourer his wage before his sweat dries." (Ibn-e-Maja, Hadith: 2443)

Interpretation of the Blessed Hadis: Do not delay paying the wage to the labourer. Instead, pay him the wage on the agreed time without any delay. There can be no such objection to the Hadis as the wage should not be paid to the labourer if he does not sweat nor can it be objected that monthly salary is forbidden or that paying the wage on a daily basis is necessary. Deep wisdom is required for understanding the blessed Hadith. (Miratul Manajih, vol: 04, pp 338)



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