



پیشا ہو تو ایسا (English)

BAYTA

3

HO TO AYSA



Shaykh-e-Tareeqat, Ameer-e-Ahl-e-Sunnat
Baniye Dawat-e-Islami, Allamah Maulana Abu Bilal

MUHAMMAD ILYAS

Attar Qadiri Razavi

کاتبِ نبوی
المتفانی

Presented by
Majlis-e-Tarajim (Dawat-e-Islami)

بيٹاھوتو ایسا

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Roman-Urdu

Yeh risala Shaykh-e-Tariqat Ameer-e-Ahl-e-Sunnat, baani-e-Dawat-e-Islami, Hazrat 'Allama Maulana Abu Bilal Muhammad Ilyas Attar Qadiri Razavi دَامَتْ بَرَكَاتُهُمُ الْعَالِيَهُ nay Urdu zaban mayn tahreer fermaya tha, Majlis-e-Tarajim nay is risalay ko **Roman-Urdu** may compose kiya hay. Agar is risalay may kisi bhi tarah ki kami-bayshi paye to neechay diye gaye postal ya e-mail address per Majlis-e-Tarajim ko aagah ker kay Sawab kay haqdar banye.

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

Kitab perhnay ki Du'a

deeni kitab ya Islami sabaq perhnay say pehlay zayl mayn di huyi Du'a perh li-jiye إِنَّ شَاءَ اللَّهُ عَزَّوَجَلَّ jo kuch perhayn gey yaad rahay ga. Du'a yeh hay:

اللَّهُمَّ افْتَحْ عَلَيْنَا حِكْمَتَكَ وَأَنْشُرْ
عَلَيْنَا رَحْمَتَكَ يَا ذَا الْجَبَالِ وَالْأَكْرَامِ

Tarjama:

Ay Allah (عَزَّوَجَلَّ)! Ham per 'ilm-o-hikmat kay derwaazay khhol day aur ham per Apni rahmat naazil ferma! Ay 'azamat aur buzurgi waalay!

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



Note: Awwal aakhir aik baar Durood Shareef perh layn.

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الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ وَالصَّلَاةُ وَالسَّلَامُ عَلَى سَيِّدِ الْمُرْسَلِينَ
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Shaytan lakh susti dilaye magar aap sawab ki niyyat say yeh risalah mukammal perh lijiye. *إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ*. Aap ka Seenah hub-e-Ahl-e-Bayt ka Madinah ban jay ga

Durood shareef ki fazeelat

Farman-e-mustafa *صَلَّى اللَّهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ* : jo mujh per ayk din mayn 50 baar durood-e-pak parhay qiyamat kay din mayn is say hath milaunga. (*Ibn Bishkwal, pp. 90, Hadees 90*)

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللَّهُ تَعَالَى عَلَى مُحَمَّدٍ

Teeno'n raat mayn ayk tarha ka khuwab

Hazrat-e-Ibraheem *عَلَيْهِ السَّلَام* nay zul-hajj ki aathvi'n raat ayk khuwab daykha jis mayn koi kehney wala keh raha hay: "bay shak Allah *عَزَّوَجَلَّ* tumhay apne baytay ko zibah karnay ka hukum dayta hay." Ap subha say sham tak is baaray mayn

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ghor farmatay rahay kay ye khuwab Allah ﷺ ki taraf say hay ya shaytan ki janib say? Isi liye 8 zul-hajj ka naam 'يَوْمُ التَّرْوِيَةِ' (yani soch bichaar ka din) rakha gaya hay. Navi'n raat phir wo he khuwab daykha aur subha yaqeen karliya kay ye hukum Allah ﷺ ki taraf say hay, isi liye 9 zul-hajj ko 'يَوْمُ عَرَفَةَ' (yani pehchannay ka din) kaha jata hay. Dasvee`n raat phir wo he khuwab daykhnay kay ba`ad Ap ﷺ nay subha us khuwab per 'amal karnay yani baytay ki qurbani ka pakka irada farma liya jis ki waja say 10 zul-hajj ko 'يَوْمُ النَّحْرِ', yani "zibah ka din" kaha jata hay.

(Tafseer Kabeer, vol. 9, pp. 346)

"Baytay ki qurbani" say roknay ki shaytan ki na-kaam koshish

Allah ﷺ kay hukum per 'amal kartay huway baytay ki qurbani kay liye Hazrat-e-Ibraheem ﷺ jab apne piyaray baytay Hazrat-e-Isma'eel ﷺ ko jin ki umar us waqt 7 saal (ya 13 saal ya is say thori zaayid) thi lay kar chalay. Shaytan in ki jaan pehchaan walay ayk shakhs ki soorat mayn zahir hua aur pochney laga: Ay Ibraheem! Kahan ka irada hay? Ap nay jawab diya: ayk kam say ja raha hun. Us nay pocha: kiya ap Isma'eel ko zibah karnay ja rahay hayn? Hazrat-e-Ibraheem ﷺ nay farmaya: kiya tum nay kisi bap ko daykha hay kay wo apne baytay ko zibah karay? Shaytan bola: jee han, apko daykh raha hun kay ap isi kam kay liye chalay hayn! Ap

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samajhtay hayn kay Allah عَزَّوَجَلَّ nay apko is baat ka hukum diya hay. Hazrat-e-Ibraheem عَلَيْهِ السَّلَام nay irshad farmaya: agar Allah عَزَّوَجَلَّ nay mujhay is baat ka hukum diya hay tu phir mayn is ki farma'n-bardaari karunga. Yahan say mayoos ho kar shaytan hazrat-e-isma'eel عَلَيْهِ السَّلَام ki ammi jaan Hazrat-e-Hajra رَضِيَ اللهُ تَعَالَى عَنْهَا kay pas aya aur in say pocha: ibraheem ap kay baytay ko kahan lay kar gaye hayn? Hazrat-e-hajra رَضِيَ اللهُ تَعَالَى عَنْهَا nay jawab diya: wo apne ayk kam say gaye hayn. Shaytan nay kaha: wo inhay zibah karnay kay liye lay gaye hayn. Hazrat-e-hajra رَضِيَ اللهُ تَعَالَى عَنْهَا nay farmaya: kiya tum nay kabhi kisi bap ko daykha hay kay wo apne baytay ko zibah karay? Shaytan nay kaha: wo ye samajhtay hayn kay Allah عَزَّوَجَلَّ nay inhay is baat ka hukum diya hay. Ye sun kar Hazrat-e-hajra رَضِيَ اللهُ تَعَالَى عَنْهَا nay irshad farmaya: “agar aysa hay tu unho nay Allah عَزَّوَجَلَّ ki ita'at (yani farma'n bardaari) kar kay bohat acha kia.” Is kay ba'ad shaytan Hazrat-e-isma'eel عَلَيْهِ السَّلَام kay pas aya aur inhay bhi isi tarha say behkaanay ki koshish ki lekin unho nay bhi ye he jawab diya kay agar meray abbu jaan Allah عَزَّوَجَلَّ kay hukum per mujhay zibah karnay lay ja rahay hayn tu bohat acha kar rahay hayn. (Al-Mustadrak, vol. 3, pp. 426, Raqm 4094)

Shaytan ko kankariya`n maari`n

Jab shaytan bap baytay عَلَيْهِمَا الصَّلَاةُ وَالسَّلَام, ko behkaanay mayn na-kaam hua aur “jamray” kay pas aya tu hazrat-e-ibraheem عَلَيْهِ السَّلَام nay usay 7 “kankariya`n” maar`in, kankariya`n

maarnay per shaytan ap kay rastay say hat gaya. Yahan say na-kaam ho kar shaytan “dosray jamray” per gaya, farishtay nay dubara hazrat-e-ibraheem عَلَيْهِ الصَّلَاةُ وَالسَّلَامُ say kaha: “isay maariye” ap nay isay 7 kankariya`n maari`n tu us nay rasta chordiya. Ab shaytan “teesray jamray” kay pas pohncha, hazrat-e-ibraheem عَلَيْهِ الصَّلَاةُ وَالسَّلَامُ nay farishtay kay kehney per ayk baar phir 7 kankariya`n maari`n tu shaytan nay rasta chor diya. Shaytan ko 3 muqamaat per kankariya`n maarnay ki yad baki rakhi gayi hay aur aj b haji in teeno`n jagaho`n per kankariya`n maartay hayn.

Bayta qurbani kay liye tayyar

Hazrat-e-ibraheem عَلَيْهِ الصَّلَاةُ وَالسَّلَامُ jab hazrat-e-isma'eel عَلَيْهِ الصَّلَاةُ وَالسَّلَامُ ko lay kar Kooh-e-sabeer per pohnchay tu inhay ALLAH عَزَّوَجَلَّ kay hukum ki khabar di, jis ka zikar Quran-e-kareem mayn in alfaaz mayn hay:

يُبَيِّنِي لِي فِي الْمَنَامِ أَنِّي أَذْبَحُكَ فَانظُرْ مَاذَا تَرَى^ط

Tarjumat-ul-kanz-ul-emaan: Ay meray baytay mayn nay khuwab daykha mayn tujhay zibah karta hun ab tu daykh teri kiya raaye hay?

Farma`n bardaar baytay nay ye sun kar jawab diya:

يَا بَتِّ أَفْعَلْ مَا تَأْمُرُ سَتَجِدُنِي إِنْ شَاءَ اللَّهُ مِنَ الصَّابِرِينَ

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Tarjuma Kanz ul Iman: Ay meray bap! Kijiye jis baat ka apko hukum hota hay, khuda nay chaha tu qareeb hay kay ap mujhay sabir(yani sabar karnay wala paaye'n gey.

(Paara 23, Surah As-saffaat: Ayat 102)

Ye Faizan-e-Nazar tha ya kay maktab ki karamat
Seekhaye kis nay Isma'eel ko adab-e-farzandi

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللَّهُ تَعَالَى عَلَى مُحَمَّدٍ

Mujhay rassiyo`n say mazboot baandh dijiye

Hazrat-e-isma'eel عَلَيْهِ الصَّلَاةُ وَالسَّلَامُ nay apne walid-e-mohtaram say mazeed 'arz ki: abbu jaan! Zibah karnay say pehlay mujhay rassiyo`n say mazboot baandh dijiye taa-kay mayn hil na sakun kiyun kay mujhay dar hay kay kahen meray sawab mayn kami na hojaye aur meray khoon kay chheent'on say apne kapray bacha kar rakhiye taa-kay inhay daykh kar meri ammi jaan ghamgeen na hon. Chhuri khoob tayz kar lijiye kay meray galay per achi tarha chal jaye (yani gala foran cut jaye) kiyun kay mouth bohat sakht hoti hay, ap mujhay zibah karnay kay liye payshani kay bal litaiye (yani chehra zameen ki taraf ho) taa-kay apki nazar meray chehray per na parhay aur jab ap meri ammi jaan kay pas jayen tu inhay mera salam pohncha dijiye aur agar ap munasib samjhayn tu meri kameez inhay day dijiye, is say inko tasalli hogi aur sabar ajayega. Hazrat-e-ibraheem عَلَيْهِ الصَّلَاةُ وَالسَّلَامُ nay irshad farmaya: Ay meray baytay !

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tum Allah عَزَّوَجَلَّ kay hukum per ‘amal karnay mayn meray kaysay ‘umda madadgar saabit ho rahay ho! Phir jis tarha Hazrat-e-isma’eel عَلَيْهِ الصَّلَاةُ وَالسَّلَامُ nay kaha tha unko usi tarha baandh diya, apni chhuri tayz ki, Hazrat-e-isma’eel عَلَيْهِ الصَّلَاةُ وَالسَّلَامُ ko payshani kay bal lita diya, in kay chehray say nazar hata li aur in kay galay pay chhuri chala di, lekin chhuri nay apna kam na kiya yani gala na kata. Us waqt hazrat-e-ibraheem عَلَيْهِ الصَّلَاةُ وَالسَّلَامُ per wahi nazil hui:

Tarjuma Kanz ul Iman: “ Aur hum nay isay nida farmayi kay Ay ibraheem bay-shak tu nay khuwab such kar dikhaya, hum aysa he silaa daytay hayn nayko `n ko, bay-shak ye roshan jaanch thi aur hum nay ayk bara zabeeha is kay fidiyay mayn day kar isay bacha liya.” (Tafseer Khaazin, vol. 4, pp. 22)

Jannat ka mayndhaa

Hazrat-e-ibraheem عَلَيْهِ الصَّلَاةُ وَالسَّلَامُ nay jab hazrat-e-isma’eel عَلَيْهِ الصَّلَاةُ وَالسَّلَامُ ko zibah karnay kay liye zameen per lita diya tu Allah عَزَّوَجَلَّ kay hukum say Hazrat-e-Jibra`el عَلَيْهِ الصَّلَاةُ وَالسَّلَامُ ba-taur-e-fidiya jannat say ayk mayndha (yani dumba) liye tashreef laaye aur door say unchi awaz mayn farmaya: أَكْبَرُ اللَّهِ أَكْبَرُ jab Hazrat-e-ibraheem عَلَيْهِ الصَّلَاةُ وَالسَّلَامُ nay ye awaz suni tu apna sar asmaan ki taraf uthaya aur jaan gaye kay Allah عَزَّوَجَلَّ ki taraf say anay wali azmaayish ka waqt guzar chuka hay aur baytay ki

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jaga fidyay mayn mayndha bhayja gaya hay lihaza khush ho
kar farmaya: **لَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ**

jab hazrat-e-isma`il عَلَيْهِ الصَّلَاةُ وَالسَّلَامُ nay ye suna tu farmaya:
'اللَّهُ أَكْبَرُ وَاللَّهُ الْحَمْدُ' is kay ba'ad say in teeno`n pak hazrat kay in
mubarak alfaaz ki adayegi ki ye sunnat qiyamat tak kay liye
jari-o-saari hogayi. (*Binayah Sharah Hidayah, vol. 3, pp. 387*)

Jannati mayndhay kay ghosht ka kia hua??

Hazrat-e-ibraheem عَلَيْهِ الصَّلَاةُ وَالسَّلَامُ nay hazrat-e-isma`il عَلَيْهِ الصَّلَاةُ وَالسَّلَامُ
kay fidyay mayn jo mayndha (yani dumba) zibah farmaya tha, is
kay baaray mayn aksar mufasssireen ka kehna ye hay kay wo
mayndha (yani dumba) jannat say aya tha aur ye wo he
mayndha tha jis ko hazrat-e-Adam عَلَيْهِ الصَّلَاةُ وَالسَّلَامُ kay baytay
Hazrat-e-Habeel رَحْمَةُ اللَّهِ تَعَالَى عَلَيْهِ nay qurbani mayn paysh kia tha.
Us mayndhay ka ghosht pakaya nahin gaya balkay usay
darindo`n (yani phhaar kar kha janay walay janwaro`n) aur
parindo`n nay khaliya. (*Tafseer Jamal, vol. 6, pp. 349*)

Jannati Mayndhay kay seeng

Hazrat-e-sufiyan bin 'Uyanah رَحْمَةُ اللَّهِ تَعَالَى عَلَيْهِ farmatay hayn: is
mayndhay (yani dumbay) kay seeng arsa daraz tak ka'ba
shareef mayn rakhay rahay yahan tak kay jab ka'ba shareef
mayn aag lagi tu wo seeng bhi jal gaye.

(*Musnad Imam Ahmad Bin Hanbal, vol. 5, pp. 589, Hadees 16637*)

Ka'ba shareef mayn aag kab aur kis tarah lagi?

Ka'ba shareef mayn aag lagnay aur us mayn seeng jal janay kay ta'alluq say "sawanah-e-karbala" mayn diye huway mazmoon ki Roshni mayn 'arz hay: nawasa-e-Rasool, imam 'Aali Maqam Hazrat-e-Imam Hussain رضي الله تعالى عنه ki shahadat kay takreeban 2 saal ba'ad Yazeed paleed nay muslim bin 'uqba ko 12 hazaar ya 20 hazaar sipaahiyo`n ki fouj day kar Madinat-ul-munawwarah per hamla karnay bhayja, zalim yazeediyo`n nay madinay shareef mayn bay-inteha khoon rayzi ki, 7 hazaar Sahaba-e-kiram عليهم الرضوان sameet 10 hazaar say ziyada afraad ko shaheed kiya, ahl-e-madinah kay ghar loot liye, intehayi sharamnaak harkatayn ki, yahan tak kay masjid-e-Nabvi shareef kay satoono`n(pillars) kay sath ghoray baandhay. Phir ye fouj makka shareef pohnci, (MinjneeQ) (jo kay patthar phaynknay ka aala hota us) kay zariye patthar barsaye, Is say haram shareef ka sayhn-e-mubarak pattharo`n say bhar gaya, masjid-ul-haram kay sutoon(pillars) shaheed hogaye aur Ka'bat-ullah-Shareef kay ghilaf shareef aur chhat mubarak ko in zalimo`n nay aag laga di, Ka'bat-ullah-shareef shareef ki chhat mayn hazrat-e-isma'eel عليه الصلوة والسلام kay fidyay mayn qurban honay wala (jannati) dumbay kay jo mubarak seeng tabarruk kay taur per mehfooz thay wo bhi us aag mayn jal gaye. Jis roz yani 15 rabi-ul-awwal 64 hijri ko ka'ba shareef ki bay-hurmati hui thi us roz mulk-e-sham kay shahar "himas" mayn 39 saal ki umar mayn Yazeed paleed mar gaya. Us bad-naseeb nay jis iqtedaar kay nashay mayn bad-mast ho kar imam-e-'Aali maqam Hazrat-e-imam hussain

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رَضِيَ اللهُ تَعَالَى عَنْهُ aur khandan-e-risalat kay mahaktay phoolo`n ko zameen-e-karbala per khak-o-khoon mayn tarpaya, makkay madinay walo`n per zulm-o-sitam ki aandhiya`n chalayin, us takhat-e-hukumat per usay sirf 3 baras 7 mah “shaytanat” karnay ka moqa mila is ki mout mayn kis qadar ‘ibrat hay! Al-mout.....al-mout.....al-mout.....

*Na Yazeed ki wo jafa rahi, na shimar ka zulm-o-sitam raha
Jo raha tu naam-e-Hussain ka, jisay yad rakhti hay karbala*

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللهُ تَعَالَى عَلَى مُحَمَّدٍ

Kiya har koi khuwab daykh kar apna bayta zibah kar sakta hay?

Yad rahay! agar koi shakhs khuwab ya ghaybi awaz ki buniyaad per apne ya dosray kay bacchay ya kisi insan ko zibah kar sakta hay, karay ga tu sakht gunahgar aur ‘azaab-e-naar ka haq-daar qaraar paayega. Hazrat-e-ibraheem عَلَيْهِ الصَّلَاةُ وَالسَّلَامُ jo khuwab ki bina per apne baytay ki qurbani kay liye tayyar hogaye ye haq hay kiyun kay Ap Nabi hayn aur Nabi ka khuwab wahi-e-elaahi hota hay. In hazraat ka imtehan tha, hazrat-e-Jibra’el عَلَيْهِ الصَّلَاةُ وَالسَّلَامُ jannati dumba lay aye aur Allah Ta’ala kay hukum say hazrat-e-ibraheem عَلَيْهِ الصَّلَاةُ وَالسَّلَامُ nay apne piyaray baytay kay bajaye us jannati dumbay ko zibah farma diya. Hazrat-e-ibraheem aur hazrat-e-isma’eel عَلَيْهِ الصَّلَاةُ وَالسَّلَامُ ki is anokhi qurbani ki yad ta-qiyamat qayim rahay gi aur musalman har saal Baqra eid

mayn makhsos janwaro`n ki qurbaniyan paysh kartay rahayn gey. (qurbani kay baaray mayn ma`loomat hasil karnay kay liye Maktabat-ul-madinah ka risala “ ablaq ghoray sawar” parhiye)

Isma'eel kay ma'na

Hazrat-e-ibraheem عَلَيْهِ السَّلَام bohat bari umar tak bay-olaad thay, 99 saal ki umar mayn Ap عَلَيْهِ السَّلَام ko hazrat-e-isma'eel عَلَيْهِ السَّلَام ataa kiye gaye. Hazrat-e-ibraheem عَلَيْهِ السَّلَام baytay ki du'ayen maang kar kehtay thay: 'اِسْمَعُ يَا اِلِيل'. isma' kay ma'na hayn: “sun” aur “il” kay 'ibrani zaban mayn Khuda عَزَّوَجَلَّ ka naam, is tarah “isma' ya il” kay ma'na huway: Ay khuda عَزَّوَجَلَّ ! meri sun lay” jab ap عَلَيْهِ السَّلَام payda huway tu us du'a ki yadgaar mayn apka naam “isma'eel” rakha gaya. (Tafseer Na'eemi, vol. 1, pp. 688)

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللهُ تَعَالَى عَلَى مُحَمَّدٍ

Hazrat-e-ibraheem عَلَيْهِ السَّلَام kay 10 makhsos fazayil

1. Rasool-e-pak صَلَّى اللهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ kay ba'ad Hazrat-e-ibraheem عَلَيْهِ السَّلَام sab say afzal hayn.
2. Hazrat-e-ibraheem عَلَيْهِ السَّلَام he apne ba'ad anay walay saaray ambiya-e-kiram عَلَيْهِ السَّلَام kay walid hayn.
3. Har asmaani deen mayn ap he ki payrvi aur ita'at hay.
4. Har deen walay apki ta'zeem kartay hayn.
5. Ap he ki yad qurbani hay.

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6. Ap he ki yadgaar hajj kay arkaan hayn.
7. Ap he ka'ba shareef ki pehli ta'meer karnay walay yani isay ghar ki shakal mayn bananay walay hayn
8. Jis patthar (maqam-e-ibraheem) per kharay ho kar ap nay ka'ba shareef banaya wahan qiyam aur sajday honay lagay.
9. Qiyamat mayn sab say pehlay ap he ko 'umda libas 'ataa hoga, is kay foran ba'ad humaray Huzoor pak صَلَّى اللهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ ko.
10. Musalmano'n kay fout hojanay walay bacchon ki Aap رَضِيَ اللهُ تَعَالَى عَنْهَا aur apki biwi sahiba Hazrat-e-saara 'alam-e-barzakh mayn parwarish kartay hayn.

(Tafseer Na'eemi, vol. 1, pp. 682)

Shayr qadam chaatnay lagay

Hazrat-e-ibraheem عَلَيْهِ السَّلَام per 2 bhookay shayr choray gaye (Allah عَزَّوَجَلَّ ki shan daykhiye kay) wo bhookay honay kay bawajood Ap عَلَيْهِ السَّلَام ko chaatnay aur sajda karnay lagay.

(Az-Zuhd lil-Imam Ahmad Bin Hanbal, pp. 114)

Rayt ki boriyo`n say surkh gandum niklay!

Hazrat-e-ibraheem عَلَيْهِ السَّلَام ko ghalla(yani anaj) nahin mila, Ap عَلَيْهِ السَّلَام surkh rayt kay pas say guzray tu Ap عَلَيْهِ السَّلَام nay is say boriya`n bhar li`n jab ghar tashreef laaye tu ghar walo`n nay pocha ye kiya hay? Farmaya: "ye surkh gandum hayn." Jab inhay khola gaya tu waqay'ie surkh gandum thay, jab ye

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gandum boye gaye tu in mayn jarr say upper tak gayh`on (yani kank) ki baaliya`n lagi. (*Musannaf Ibn Abi Shaybah, vol. 7, pp. 228*)

Ye Hazrat-e-ibraheem عَلَيْهِ السَّلَام ka mu`jiza hay.

Ibraheem عَلَيْهِ السَّلَام say kai kamo`n ki shuruwat hui

Hazrat-e-ibraheem عَلَيْهِ السَّلَام say kai kamo`n ki shuruwat hui in mayn say 8 ye hayn:

1. Sab say pehlay ap عَلَيْهِ السَّلَام he kay baal safayd huway.
2. Sab say pehlay ap عَلَيْهِ السَّلَام he nay (safayd baalo`n) mayn mehndi aur katam (yani neil kay patto`n) ka khizab lagaya.
3. Sab say pehlay ap عَلَيْهِ السَّلَام nay sila hua pajama pehna.
4. Sab say pehlay ap عَلَيْهِ السَّلَام nay mimbar per khutba parha.
5. Sab say pehlay ap عَلَيْهِ السَّلَام nay raah-e-khuda mayn jihad kiya.
6. Sab say pehlay ap عَلَيْهِ السَّلَام nay mehmaan nawazi yani mehmani ki rasam shuru ki.
7. Sab say pehlay ap عَلَيْهِ السَّلَام he mulaqat kay waqt logo`n say milay.
8. Sab say pehlay ap عَلَيْهِ السَّلَام he nay sareed tayyar kiya. (shorbay mayn bhigoyi hui roti ko sareed kehtay hayn)(*Mirqat, vol. 8, pp. 264*)

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللهُ تَعَالَى عَلَى مُحَمَّدٍ

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Toffiya`n aur khhat mitthi goliya`n

Aksar madani munay toffiya`n, goliya`n, chocolate, gola ganda aur deegar rang barangi meethi cheezayn khanay kay shoqeen hotay hayn lekin in cheezo`n kay ghayr mi`yaari(yani ghatiya) honay aur in kay khanay mayn bay-ehtiyaati baratnay kay sabab in kay daanto`n, galay, seenay, ma`day aur aanto`n wagara ko nuqsan pohchnay ka khatra rehta hay. Lihaza musulmano`n ko nafa` pohnchanay ki niyat say toffiyon`n wagara kay baaray mayn mukhtalif websites say hasil karda tibbi tehqeeqat kahen kahen alfaaz wagara ki tabdeeli kay sath paysh-e-khidmat hayn:

Daanton ki toot phhoot

Enamel naami ayk mazboot chamak daar tay daanto`n per hoti hay jo in ki hifazat karti hay muzarr-e-sehat cheez khanay kay sabab mouh mayn bacteria ya (yani jaraseem) payda hotay hayn jo is tay ko nuqsan pohnchatay hayn jis ki waja say daanto`n mayn toot phhoot shuru hojati hay.

Mouh mayn chhalay aur galay mayn soozish ki ayk waja

Toffiya`n wagara khanay kay ba`ad bacchay `umooman daant saaf nahin kartay jis ki waja say mithas daanto`n mayn jam jati hay aur jaraseem palnay shuru hojatay hayn jo kay daanto`n mayn keera lagnay mouh mayn chaalon`n aur galay mayn takleef ka sabab bantay hayn.

Na-qis khhat mitthi goliyo`n ki tabah-kaariya`n

Pakistan kay gali muhallo`n mayn biknay wali aksar toffiyon`n aur khhat mitthi goliya`n na-qis aur ghatiya hoti hayn chunacha ayk akhbari report kay mutabiq mini(yani choti) factiriyo`n mayn na-qis khaam maal say tayyar shuda goliya`n toffiya`n baccho`n ki sehat per khatarnak asraat murattab kar rahi hayn. Gharo`n mayn qayim in factiriyo`n mayn goliyo`n toffiyon`n ki tayyari glucose, sekreen, aur teesray darjay ki yani(substandard/third class) ashya istemaal ki jati hayn. Tayyar goliyo`n aur toffiyon`n ko dayhaaton`n mayn (bhi) supply kiya jata hay, ye he waja hay kay gaon`n gothon`n kay bacchon mayn daanton`n ki bemariya`n tashwishnaak had tak barhti ja rahi hayn. *(Extracted from daily Dunya)*

Cake, biscuit, ice cream wagera say peeshab mayn

shakar anay ka marz.....

Biscuit, ice cream aur energy drinks mayn mithas kay liye istemaal honay walay chemical duniya bhar mayn diabetes ka ba`is ban rahay hayn. Oxford university (bartania) mayn ki gayi tahqeeq kay mutabiq ghizayi masnoo`aat (food products) bananay wali companiya`n apni masnoo`aat (products) ko meetha bananay kay liye aysa chemical istemaal karti hayn jo diabetes (yani peeshab mayn shakar anay ki bemari)ka ba`is banta hay. Tahqeeq 42 mumalik mayn banaye janay walay biscuit, cake, aur juice ka kimya`iee tajziya kiya gaya, "kimya`iee madday" 'Hi-Fructose'

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syrup yani(shakar ki ayk qisam) say diabetes (yani meethi peeshab) ka marz la-haq honay ka khatra barh jata hay. Tahqeeq kay mutabiq jin mumalik mayn bakery ki cheezayn zayada istemaal ki jati hayn wahan logo`n mayn marz ki sharah 8% zayada thi! Bakery ki masnoo`aat istemaal karnay walay mumalik mayn America sar-e-fehrist hay jahan har shakhs salana ausatan (average) 55 pound meethi cheezayn istemaal karta hay jab kay bartania mayn is ka istemaal sab say kam hay jahan ayk shakhs ausatan ayk pound bakery ki ashya salana istemaal karta hay.*(Dunya News Online)*

17 qisam ki bemariyo`n ka khatra

Chocolate mayn degar ajzaa kay `elawa (caffeine) paayi jati hay, milk chocolate kay muqablay mayn kaalay chocolate mayn 4 guna zayada caffeine hoti hay! Caffeine waqti taur per dard aur thakan wagera zaroor door karti hay magar is ka zayada istemaal zayada nuqsan day hota hay. Caffeine kay `aadi afraad mayn ye amraaz payda ho saktay hayn :thakan, chirr chirra pan, bar bar peeshab ana, peeshab aur fuzlay kay zariye calcium zayada nikal jana, haazmay ki kharabiya`n, bari aant mayn soojan, bawaseer ki shiddat, dil ki dharkan mayn izaafa aur bay-qayidgi, high blood pressure, dil ki jalan, ma`day ka alsar, neend kay andaaz aur awqaat ki tabdeeliya`n (yani kabhi neend zayada ana , tu kabhi kam, bay-waqt neend ana, sonay kay awqaat mayn neend na ana, ma`mooli say shor per ankh khul jana wagera) poray ya adhay sar mayn dard, ghabrahat, mayoosi, (depression. Disappointment)

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jigar(lever) aur Gurdai ki bemariya`n wagara. Chocolate kay `elawa , cola drinks , chaaye, coffee, koko aur dard door karnay wali, goliyo`n mayn bhi caffeine paayi jati hay.

(Extracted from the medical book 'Qaatil Ghizayain')

Tu phir madani munno`n ko kiya khilayen?

Sehat kay liye khatra bannay wali khhat mitthi goliyo`n aur toffio`n wagara ki jaga madani munno`n aur madani Munniyo`n ko in ki `umar wagara kay lihaaz say munasib miqdaar mayn ya tabeeb kay mashwaray kay mutabiq phal aur khushak mayway (dry fruit) khilayi`e aur ap khud bhi ALLAH عَزَّوَجَلَّ ki di hui in na`mato`n say faida uthayi`e. chand khushak maywo`n kay fawayid paysh-e-khidmat hayn:

Badam (almond)

1. Tamam badam cholesterol say pak hotay hayn.
2. Karway badam ya irani badam "cancer" ki rok thaam ki khusoosiyat rakhtay hayn.
3. Khushak khubaani kay **badam** khanay say zakham bhar jatay hayn.
4. Badam mayn "calcium" hota hay jo kay haddiyo`n kay liye zaroori hay.
5. Badam khanay say tayzabiyat door hoti aur amraz-e-qalb ka khatra kam hota hay.

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6. Badam cancer aur motiya band kay khatray mayn kami karta hay.
7. Badam LDL cholesterol ki satah kam karta hay.
8. Badam ijabat saaf laata aur qabz door karta hay.
9. Badam khanay say motapay ka khatra bhi kam hota hay.
10. Badam baalo`n aur jild(skin) kay liye mufeed hay aur rangat bhi nikhartay hay.
11. Badam kay tayl ki pabandi say malish jild ki khushki, keelo`n, jhuriyo`n aur masso`n ki rok thaam karti hay.
12. Badam baal jharnay kay liye rukawat hay.
13. Badam bafa(yani sar-e-insani per honay wali khushki kay safayd chhilkay) door karta hay aur baal safayd honay say rokta hay.
14. Badam ankho`n ki binaayi kay liye mufeed hay.
15. Rozana raat ko 7 daanay badam aur 21 daanay kishmish yani sookhay huway angoor(chotay baray koi say bhi hon) pani mayn bhigo dijiye aur ye donon cheezayn subha doodh kay sath aur achi tarha chaba kar kha lijiye, إِنْ شَاءَ اللَّهُ عَزَّ وَجَلَّ dard-e-sar door hoga quwwat-e-hafiza kay liye bhi ye nuskha mufeed hay.

16. Injeer aur badam mila kar khanay say payt ki aksar bemariya`n door hoti hayn.

*Ziyada ger dimaghi hay tayra kaam
To khaya ker mila ker shahad badaam*

Pistay (pistachio)

Pista dil-o-dimagh ko quwwat bakhshata hay. Badan ko mota karta aur Gurday ki kamzori ko door karta hay. Zehen aur hafiza mazboot karta hay. Khansi kay `elaaj kay liye pista mufeed hay. *(Kitab-ul-Mufridat, pp. 156)*

Kaaju (cashew)

Kaaju jisam ko ghizaiyyat aur dimagh ko taaqat dayta hay badan ko mota karta hay. Nay-haar mouh shahad kay sath Kaaju khana daafi`n nisyaan (yani bhoolnay ki bemari door karnay wala)hay. Ayk korrhi (safayd daagh ka mareez) sirf Kaaju ba-kasrat khanay say sehhat yaab hogaya. *(Ibid, pp. 336)*

Chilghozay (pine nuts)

Chilghoza balgham door karta aur badan ko mota karta hay. Bhook barhata hay. Dil aur pattho`n ko quwwat bakhshata hay chhilay huway Chilghozay ka sheera bana kar thora sa shahad shamil kar kay chaatna balghami khansi kay liye mufeed hay.*(Ibid, pp. 211)*

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Moong phali(peanut)

Moong phali kay beecho`n mayn bohat ghizaiyyat hoti hay. Moong phali apne fawayid mayn Kaaju aur akhrot wagera say kam nahin hay. Moong phali ka tayl roghan-e-zaytoon ka `umda badal hay. (*Ibid, pp. 476*)

Misri (rock sugar)

Misri ankho`n ki binaayi kay liye mufeed hay. Garam pani kay sath ba-taur-e-sharbat awaz ko saaf karti hay. Ankh mayn dalnay say jaala kaat ti hay. (*Ibid, pp. 461*)

*Jo baat kaho mouh say wo achi ho bhali
Khhatti na ho, karwi na ho, misri ki dali ho*

(Mirat-ul-manajih, vol.6)

Naariyal, khopra (coconut)

Misri kay sath har roz nay-haar mouh ayk tola khopra khana binaayi ko quwwat dayta hay. Payt ko naram karta aur bhook barhata hay. Khopray ka tayl sar mayn laganay say baal barhtay hayn aur ye dimagh kay liye mufeed hay.

Chhooharay(dried dates)

Chhoohara saaf khoon payda karta, bhook mayn izaafa karta aur badan ko mota karta hay, kamar aur Gurday ko taaqat dayta hay. (*Kitab-ul-Mufridat, pp. 222*)

Akhrot (walnut)

Akhrot bad-hazmi door karta hay, aur akhrot ka bhuna hua maghaz sard khansi kay liye mufeed hay. Akhrot ko chaba kar daad per lagaya jaye tu daad ka nishaan mit jata hay. *(Ibid, pp. 68)*

Kishmish (raisin) munaqqa (currant)

Hadees-e-pak mayn hay: munaqqa khao, ye behtreen khana hay, a'saab (yani pattho`n) ko mazboot karta, ghussay ko thanda karta mouh ko khushboo daar karta aur balgham door karta hay. Dosri riwayat mayn ye bhi hay kay (munaqqa) gham ko door karta hay. *(At-Tibb-un-Nabawi li Abi Nu`aym, pp. 379, Hadees 319)*

Chota angoor khushak ho kar kishmish aur bara angoor sookh kar munaqqa banta hay. Munaqqa kam wazan badan ko mota karta aur is kay beech ma'day ki islah karta hayn. Anaar kay daano`n kay sath munaqqa khana haazmay kay liye mufeed hay. Munaqqay ka gooda phaypro`n kay liye ikseer hay. Munaqqa dawa bhi hay aur ghiza bhi, is ko chahayn tu yu`n he ya chahayn tu chhilka utaar kar munasib miqdaar mayn kha lijiye, Mashhoor muhaddis Hazrat-e-imam zuhri رَحْمَةُ اللهِ تَعَالَى عَلَيْهِ farmatay hayn: jis ko ahadees-e-mubarka hifz karnay ka shoq ho wo (munasib miqdaar mayn) munaqqa khaye munaqqa beech sameet bhi kha saktay hayn balkay munaqqay kay beech ma'day ki islah kartay hayn. Munaqqay chand ghantay pani mayn bhigo kar rakh dijiye phir inka chhilka utaar kar gooda

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nikal lijiye. Munaqqay ka gooda phaypro`n kay liye ikseer aur porani khansi kay liye mufeed hay. Aur Masaanay kay dard ko mitata jigar aur tilli ko taaqat dayta payt ko naram karta, ma`da mazboot karta aur hazma durust karta hay.

Surkh munaqqay (red currant)

Hazrat-e-Molay-e-Kayinaat `Ali-ul-Murtuza Shayr-e-Khuda **كَرْمَةُ اللّٰهُ تَعَالٰى وَجِهَةُ الْكَرْمِ** say marvi hay: jo rozana surkh munaqqay 21 `adad khaliya karay wo jismani amraaz say mehfooz rahay ga.

(At-Tibb-un-Nabawi li Abi Nu`aym, pp. 721, Hadees 813)

Injeer (fig)

Hadees-e-pak mayn hay: “injeer khao! Kiyun kay ye bawaseer ko khatam karti aur niqris(yani ayk dard jo takhno`n aur pao`n ki ungliyo`n mayn hota hay)mayn mufeed hay”

(Ibid, pp. 485, Hadees 467)

1. Injeer mayn degar tamam phalo`n kay muqablay mayn behtar ghizaiyat hay.
2. Injeer bawaseer ko khatam kar dayta aur jorro`n kay dard kay liye mufeed hay.
3. Injeer nay-haar mouh khanay kay ajeeb-o-ghareeb fawayid hayn.
4. Jin kay payt mayn bojh hojata ho wo bahar khana khanay kay ba`ad 3 `adad injeer kha layn.

5. Injeer motay payt ko chota karta aur motapa door karta hay.
6. Injeer mayn khansi aur damay ka 'elaaj hay.
7. Injeer chehray ka rang nikharta hay.
8. Injeer piyas bujhata hay. (*Gharaylu 'Ilaj, pp. 111*)

Ankho`n ka lazeez chooran

Saunf, misri, aur iraani badam teeno`n hum wazan lay kar achi tarha bareek pees kar yakjaan (mix) kar kay baray mouh ki bottle mayn mehfooz kar lijiye aur bila-nagha rozana nay-haar mouh ayk chaaye ki chammach baghayr pani kay kha lijiye (ayk chammach say kuch zayada khanay mayn bhi harj nahin) taveel 'arsa istemaal karnay say **إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ** ankho`n ki binaayi ko faida hoga. Tajarba: ayk madani Munni ki ankho`n mayn pani ata tha bil-akhir ankho`n kay doctor say waqt lay liya tha, mayn nay lazeez chooran paysh kia, **الْحَمْدُ لِلَّهِ عَزَّوَجَلَّ** ayk adh baar khanay he say us ki bemari jati rahi aur doctor kay pas janay ki nobat he na ayi. Jin ko takleef na ho wo bhi mustaqil istemaal kar saktay hayn. (*Gharaylu 'Ilaj, pp. 33*)

الْعَفْدُ لِلَّهِ رَبِّ الْعَالَمِينَ وَالشُّكْرُ وَالشَّلَامُ عَلَى سَيِّدِ الْمُرْسَلِينَ لَمَّا نَهَى فَأَمَرَهُ بِاللَّهِ مِنَ الشُّكْرِ الْإِجَابَةِ بِسْمِ اللَّهِ الْإِعْتَابِ الْإِجَابَةِ

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-rul-Walidayn lit-Tartushi, pp. 79)



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