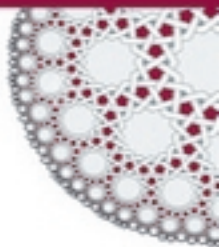


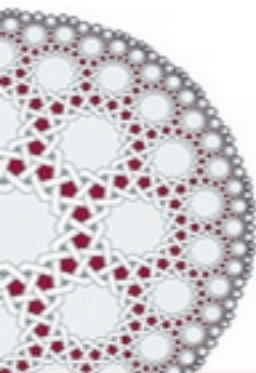


استنجاء کا طریقہ (Roman)



# Istinja Ka Tareeqah

(Hanafi)



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

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

**MUHAMMAD ILYAS**  
Attar Qadiri Razavi



استنجا کا طریقہ

# Istinja Ka Tareeqah (Hanafi)

*Roman-Urdu*

Yeh Bayan Shaykh-e-Tariqat Ameer-e-Ahl-e-Sunnat, baani-e-Dawat-e-Islami, Hazrat ‘Allama Maulana Abu Bilal Muhammad Ilyas Attar Qadiri Razavi داعیۃ بَرَکَاتُہُمُ الْعَالِیَہ nay tableegh-e-Quran o Sunnat ki A’alamgeer ghayr siyasi tahreek Dawat-e-Islami kay Sunnataun bharay ijtima’ may farmaya tha Majlis-e-Tarajim nay is risalay ko **Roman-Urdu** may compose kiya hay. Agar is risalay may kisi bhi tarah ki kami-bayshi payen 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 perrhnay ki Du'a

Deeni kitab ya Islami sabaq perhnay say pehlay zeel mayn di hui Du'a perh le-jiye **إِن شَاءَ اللَّهُ عَزَّوَجَلَّ** jo kuch perrhayn gey yaad rahay ga. Du'a yeh hay:

اللَّهُمَّ افْتَحْ عَلَيْنَا حِكْمَتَكَ وَأَنْشُرْ  
عَلَيْنَا رَحْمَتَكَ يَا ذَا الْجَلَالِ وَالْإِكْرَامِ

### Tarjama:

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

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



**Note:** Awwal aakhir aik baar Durood Shareef perh layn.

Istinja Ka Tareeqah (Hanafi)

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 lejiye. إِنَّهَا لَشَاءَ اللَّهُ عَزَّوَجَلَّ sawab o ma'loomat ka dhayron khazanah haath aaye ga

### Durood pak ki Fazeelat

Huzoor صَلَّى اللَّهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ nay farmaya: Tum apni majlison ko mujh par Durood-e-Pak perh ker aarastah karo kyun kay tumhara mujh par Durood-e-Pak perhna ba roz-e-Qiyamat tumharay liye noor hoga.

(Al Jami-us-Sagheer lis Suyuti, pp. 280, Hadees. 4580)

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللَّهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ

### 'Azab may takhfeef ho gai

Hazrat Sayyiduna Ibn-e-Abbas رَضِيَ اللَّهُ تَعَالَى عَنْهُمَا say marwi hay kay Huzoor صَلَّى اللَّهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ do qabron kay paas say guzray (to

ghayb ki khabar daytay huway) farmaya: yeh donon qabr walay ‘azab diye jarahay hayn aur kisi barri cheez may (jis say bachna dushwar ho) ‘azab nahin diye ja rahay balkay aik to payshab kay chhenton say nahin bachta tha aur dusra chughal khori kiya kerta tha phir Aap صَلَّى اللهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ nay khajoor ki tazah tahni mangwai aur usay aadho aadh cheera aur har aik ki qabr par aik aik hissah garr diya aur farmaya: jab tak yeh khushk na ho tab tak in donon kay ‘azab may takhfeef hogi. (*Sunan-e-Nasai, pp. 13, Hadees. 31, Sahih Bukhari, vol. 1, pp. 95, Hadees. 216*)

### Istinja ka Tareeqah

- ≈ Istinja khanay may jinnat aur shayateen rahtay hayn agar janay say pahlay بِسْمِ اللّٰهِ perh li jaye to is ki barakat say wo sitr nahin daykh saktay. Hadees-e-Pak may hay: Jinn ki ankhaun aur logon kay sitr kay darmiyan pardah yeh hay kay jab paakhanay ko jaye to بِسْمِ اللّٰهِ kah lay<sup>1</sup> Ya’ni jaysay diwar aur parday logon ki nigah kay liye aarr bantay hayn aysay hi yeh Allah عَزَّوَجَلَّ ka zikr Jinnat ki nigahaun say aarr banay ga kay Jinnaat us ko daykh na sakayn gay.<sup>2</sup>
- ≈ Istinja khanay may dakhil honay say pahlay بِسْمِ اللّٰهِ Parrh lejiye balkay behtar yeh hay kay yeh du’a parrh lejiye: (Awwal aakhir Durood Shareef)

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<sup>1</sup> Sunan-e-Tirmizi, vol. 2, pp. 113, Hadees. 606

<sup>2</sup> Mirat-ul-Manajeel, vol. 1, pp. 268

Istinja Ka Tareeqah (Hanafi)

بِسْمِ اللّٰهِ اَللّٰهُمَّ اِنِّيْ اَعُوْذُ بِكَ مِنَ الْخُبُثِ وَالْخُبَائِثِ

*Tarjama: Allah kay naam say shuroo', Ya Allah! Mayn na pak jinnon (Nar o Maadah) say tayri panah mangta hoon*

*(Tabarani, pp. 132, Hadees. 357)*

- ≈ Phir pahlay Ulta qadam Istinja khanay may rakh ker daakhil ho.
- ≈ Sar dhanp ker Istinja karayn.
- ≈ Nangay sar Istinja khanay may daakhil hona mamnoo' hay.
- ≈ Jab payshab kernay ya qaza-e-hajat kay liye baythayn to munh aur peeth donon may say koi bhi Qiblah ki taraf na ho agar bhool ker Qiblah ki taraf munh ya pusht ker kay bayth gaye to yaad aatay hi fauran Qiblah ki taraf say is tarah rukh badal day kay kama az kam 45 digri say baahar ho jaye is may ummeed hay kay fauran us kay liye maghfirat o bakhshish farma di jaye.
- ≈ Bachon ko bhi Qiblah ki taraf munh ya peeth kara kay payshab ya paakhanah na karayen, agar kisi nay aysa kiya to woh gunah gar hoga.
- ≈ Jab tak qaza-e-hajat kay liye baythnay kay qareeb na hon kaprra badan say na hataye aur na hi zarorat say ziyadah badan kholay.

- ≈ Phir donon paon zara kushadah (Ya'ni khhool) ker kay baayen (Ya'ni ultay) paon par zor day ker baythay kay is tarah barri aant ka munh khulta hay aur ijabat aasani say hoti hay.
- ≈ Kisi deeni masalay par ghaur na karay kay mahroomi ka baai's hay.
- ≈ Us waqt chhenk,
- ≈ Salam ya Azan ka jawab zaban say na day.
- ≈ Agar khud chhenkay to zaban say **أَلْحَمْدُ لِلَّهِ** na kahay, dil may kah lay.
- ≈ Baat cheet na karay.
- ≈ Apni sharam gaah ki taraf na daykhay.
- ≈ Us najasat ko na daykhay jo badan say nikli hay.
- ≈ Khuwa ma khuwah dayr tak Istinja khanay may na baythay kay Bawaseer honay ka andayshah hay.
- ≈ Payshab may na thhokay, na naak saaf karay, na bila zarorat khankharay, na baar baar idhar udhar daykhay, na baykar badan chhuway, na aasman ki taraf nigah karay, balkay sharam kay sath sar jhukaye rahay.
- ≈ Qaza-e-Hajat say farigh honay kay ba'd pahlay payshab ka maqaam dhoye phir paakhanay ka Maqaam.



Istinja Ka Tareeqah (Hanafi)

- ≈ Paani say Istinja kernay ka Mustahab tareeqah ye hay kay zara kushadah ho ker baythay aur seedhay haath say aahistah aahistah paani dalay aur ultay haath ki ungliyon kay payt say najasat kay maqaam ko dhoye ungliyon ka sira na lagay aur pahlay beech ki ungli oonchi rakhay phir is kay barabar wali is kay ba'd chhoti ungli ko oonchi rakhay, Lota ooncha rakhay kay chheentayn na parrayn, seedhay haath say Istinja kerna makrooh hay aur dhonay may mubalagah karay ya'ni saans ka dabao neechay ki jaanib dalay yahan tak kay achchi tarah najasat ka maqaam dhul jaye ya'ni is tarah kay chiknai ka asar baaqi na rahay agar rozah dar ho to phir mubalagah na karay.
- ≈ Taharat haasil honay kay ba'd haath bhi pak ho gaye laykin ba'd may sabun waghayrah say bhi dholya<sup>1</sup>.
- ≈ Jab Istinja khanay say niklay to pahla seedha qadam baahar nikalay aur baahar nikalnay kay ba'd (Awwal aakhir Du'ood Shareef kay sath) ye du'a parrhay:

الْحَمْدُ لِلَّهِ الَّذِي أَذْهَبَ عَنِّي الْأَذَى وَعَافَانِي

*Tarjamah: Allah Ta'aala ka shukr hay jis nay Mujh say takleef dah cheez ko door kiya aur Mujhay 'Aafiyat (rahat) bakhshi*

*(Sunan Ibn-e-Majah, vol. 1, pp. 193, Hadees. 301)*

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<sup>1</sup> Bahar-e-Shari'at, Vol. 1, pp. 408-413

Behtar yeh hay kay sath may yeh du'a bhi mila lay is tarah 2 Hadeeson par 'amal ho jaye ga 'غُفْرَانِكَ' *Tarjamah: Mayn Allah عَزَّوَجَلَّ say maghfirat ka suwal karta hoon.*

(*Sunan Tirmizi, vol. 1, pp. 87, Hadees. 7*)

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللَّهُ تَعَالَى عَلَى مُحَمَّدٍ

### Aab-e-Zam Zam say Istinja kerna kaysa?

- ≈ Zam Zam Shareef say Istinja kerna makrooh hay aur dhayla na liya ho to na-jaaiz. (*Bahar-e-Shari'at, vol. 1, pp. 413*)
- ≈ Wuzoo kay baaqi paani say Taharat kerna khilaf-e-awla hay. (Ayzan)
- ≈ Taharat kay bachay huway paani say wuzoo ker saktay hayn, ba'z log jo is ko Phaynk daytay hayn ye na chahiye Israaf may daakhil hay. (*Ayzan*)

### Istinja khanay ka rukh durust rakhiye

Agar Khuda na khuwastah aap kay ghar kay Istinja khanay ka rukh ghalat hay ya'ni baythtay waqt Qiblah ki taraf munh ya peeth hoti hay to is ko durust kernay ki fauran Tarkeeb kejiye. Magar yeh zehan may rahay kay ma'mooli sa tirschha kerna kaafi nahin. W.C is tarah ho kay baythtay waqt munh ya peeth Qiblah say 45 digri kay baahar rahay. Aasani isi may hay kay

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Qiblah say 90 digri par rukh rakhiye. Ya'ni namazon kay ba'd donon baar salam phayrnay may jis taraf munh kertay hayn in donon samton may say kisi aik jaanib W.C ka rukh rakhiye.

### Istinja kay ba'd qadam dho lejiye

Paani say Istinja kertay waqt 'umooman paaon kay takhnon ki taraf chhentay aa jatay hay lihaza ihtiyat isi may hay kay ba'd-e-faraghat qadamon kay woh hissay dho ker pak ker liye jayen magar yeh khayal rahay kay dhonay kay dawran apnay kaprron ya deegar cheezon par chhentayn na parrayn.

### Bil may payshab kerna

Huzoor ﷺ nay farmaya: Tum may say koi shakhs suraakh may payshab na karay. (*Sunan-e-Nasai, pp. 14, Hadees. 34*)

### Jinn nay shaheed ker diya

Mufassir-e-Shaheer Hazrat Mufti Ahmad Yar Khan رَحْمَةُ اللهِ تَعَالَى عَلَيْهِ farmatay hayn جُنْحَرُ say murad ya zameen ka suraakh hay ya diwar ki phatan ya'ni dararr chunkay aksar suraakhon may zahreelay janwar ya chiyuntiyan waghayrah kamzoor janwar ya jinnat rahtay hayn, chiyuntiyan payshab ya paani say takleef payen gi ya sanp o jinn nikal ker hamayn takleef dayn gay, is liye wahan payshab kerna mana' farmaya gaya. Chunanchay Hazrat Sa'd bin 'Ubadah Ansari رَضِيَ اللهُ تَعَالَى عَنْهُ ki wafat isi say hui kay aap رَضِيَ اللهُ تَعَالَى عَنْهُ nay aik suraakh may payshab kiya Jinn nay

nikal ker aap ko shaheed ker diya. Logon nay us suraakh say yeh aawaz suni:

نَحْنُ قَتَلْنَا سَيِّدَ الْخَزْرَجِ سَعْدَ بْنَ عَبَادَةَ وَرَمَيْنَاهُ بِسَهْمٍ فَلَمْ نُحِطْ فُؤَادَهُ

*Tarjamaah: Hum nay Qabeelah Khazraj kay Sardar Sa'd bin 'Ubadah رَضِيَ اللهُ تَعَالَى عَنْهُ ko shaheed ker diya aur hum nay aysa Teer maara jo un kay dil say aar paar ho gaya. (Mirat, vol. 1, pp. 267)*

Allah عَزَّوَجَلَّ ki un par rahmat ho aur un kay sadaqay hamari bay hisab maghfirat ho.

أَمِينٍ بِجَاهِ النَّبِيِّ الْأَمِينِ صَلَّى اللهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ

### Hamam May Payshab kerna

Huzoor صَلَّى اللهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ nay farmaya: Koi Ghusl-khanay may payshab na karay, phir us may nahaye ya wuzu karay kay aksar waswasay is say hotay hayn. (*Abu Dawood, vol. 1, pp. 44, Hadees. 27*)

Mufti Ahmad Yar Khan رَضِيَ اللهُ تَعَالَى عَلَيْهِ is Hadees pak kay tahat farmatay hayn: Agar Ghusl khanay ki zameen pukhtah ho, aur is may paani khaarj honay ki naali bhi ho to wahan payshab kernay may haraj nahin agar chay behtar hay kay na karay, laykin agar zameen kachhi ho aur paani nikalnay ka rastah bhi na ho to payshab kerna sakht bura hay kay zameen nahas ho jaye gi, aur Ghusl ya wuzu may ganda pani jism par parray ga. Yahan dusri surat hi murad hay is liye takeedi mumana'at

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farmaye gay, ya'ni is say waswason aur waham ki bimari payda hoti hay jaysa kay tajribah hay ya gandi chhentayn parrnay ka waswasah rahay ga. (*Mirat, vol. 1, pp. 266*)

### **Istinja kay dhaylon kay ahkam**

- ≈ Aagay peechay say jab najasat niklay to dhaylon say Istinja kerna Sunnat hay aur agar sirf paani hi say Taharat ker li to bhi jaaiz hay, magar Mustahab yeh kay dhaylay laynay ba'd paani say Taharat karay.
- ≈ Aagay aur peechay say payshab, paakhanay kay siwa koi aur najasat, masalan Khoon, peep waghayrah niklay, ya is jagah khaarj say najasat lag jaye to bhi dhaylay say saaf ker laynay say Taharat ho jaye gi, jab kay is jagah say baahar na ho magar dho dalna Mustahab hay.
- ≈ Dhaylon ki koi mu'ayyan (muqarrarah ta'dad) Sunnat nahin, balkay jitnay say safai ho jaye, to agar aik say safai ho gai Sunnat ada ho gai aur agar 3 dhaylay liye aur safai na hui Sunnat ada na hui, al battah Mustahab yeh hay kay Taaq masalan aik, teen, paanch ho aur kam say kam 3 hon to agar aik ya do say safai ho gai to 3 ki ginti poori karay, aur agar char say safai ho to aik aur lay, kay taaq ho jaye.

- ≈ Dhaylon say Taharat us waqt hogi kay najasat say makhraj (Khaarij honay ki jagah) kay aas paas ki jagah aik dirham<sup>1</sup> say ziyadah aalod na ho aur agar dirham say ziyadah san jaye to dhona farz hay, magar dhaylay layna ab bhi Sunnat rahay ga.
- ≈ Kankar, patthar, phata huwa kaprra, yeh sab dhaylay kay hukm may hayn, in say bhi saaf ker layna bila karahat jaaiz hay (Behtar yeh hay kay kaprra ya darzi ki bay qeemat katran sooti (COTTON) hota kay jald jazb ker lay).
- ≈ Haddi aur khanay aur gobar aur pakki Eent aur thaykri aur sheshah aur koyelay aur janwar kay charay say aur aysi cheez say jis ki kuch qeemat ho, agar chay aik aadh paysa sahi, in cheezon say Istinja kerna makrooh hay.
- ≈ Kaghaz say Istinja mana' hay agarchay us par kuch likha na ho, Ya Abu Jahl aysay kaafir ka naam likha ho.
- ≈ Daahnay (Seedhay) haath say Istinja kerna makrooh hay, agar kisi ka bayan haath baykar ho gaya, to usay daahnay haath say jaaiz hay.
- ≈ Jis dhaylay say aik baar Istinja ker liya usay dubarah kaam may lana makrooh hay, magar dusri karwat us ki saaf ho to us say kar saktay hayn.

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<sup>1</sup> Dirham ki miqdar Bahar-e-Shari'at Maktab-tul-Madinah ki matbo'ah jild 1 safha 389 par mulahazah farmaye

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- ≈ Mard kay liye peechay kay Maqaam kay liye dhaylon ka isti'mal ka Tareeqah yeh hay kay garmi kay mausam may pahla dhayla aagay say peechay ko lay jaye, dusra peechay say aagay ko aur teesra aagay say peechay ko, sardiyan may pahla dhayla peechay say aagay, dusra aagay say peechay aur teesra peechay say aagay ko lay jaye.
- ≈ Pak dhaylay seedhi jaanib rakhna aur ba'd kaam may laanay kay, baayen taraf daal dayna, is tarah par kay jis rukh may najasat lagi ho neechay ho, Mustahab hay.  
*(Bahar-e-Shari'at, vol. 1, pp. 410)*
- ≈ Toilet Paper kay isti'mal ki ulama nay ijazat di hay kyun kay yeh isi Maqsad kay liye banaya gaya hay aur likhnay may kaam nahin aata. Al battah behtar mitti ka dhayla hay.

### **Mitti ka dhayla aur sciency tahqeeq**

Aik tahqeeq kay mutabiq mitti may Nawshadar (Ammonium Chloride) neez badbu door kernay walay bahtareen ajzaa maujood hayn. Payshab aur fuzlah jaraseem say labrayz hota hay, is ka jism-e-insani par lagna nuqsan deh hay. Is kay ajzaa badan par chipkay rah janay ki surat may tarah tarah ki beemariyan payda honay ka andayshah hay. Doctor Halook likhta hay: Istinja kay mitti kay dhaylay nay sciency dunya ko wartah-e-hayrat may daal rakha hay. Mitti kay tamam ajzaa jaraseem kay qaatil hotay hayn lihaza mitti kay dhaylay kay

isti'mal say parday ki jagah par maujood jaraseem ka khatimah ho jata hay balkay is ka isti'mal parday ki jagah kay cancer (Cancer Of Penis) say bachata hay.

### **Buddhay Kaafir doctor ka inkishaf**

Meethay meethay Islami bhaiyo! Sunnat kay mutabiq qaza-e-hajat kernay may aakhirat ki sa'adat aur dunya may bimariyon say hifazat hay. Kuffar bhi Islami atwaar ka khuwahi na khuwahi iqrar ker hi laytay hayn. Is ki aik jhalak is hikayat may mulahazah kejiye. Chunanchay physiology kay aik senior professor ka bayan hay: Mayn un dinon Marrakesh may tha mujhay bukhari aa gaya, dawa kay liye ghayr muslim buddhay Ghaag doctor kay paas pohacha, us nay poocha: Kiya Musalman ho? Mayn nay kaha haan Musalman hoon aur Pakistani hoon. Yeh sun ker kahnay laga: Agar tumharay Pakistan may aik tareeqah jo khud tumharay Nabi صَلَّى اللهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ ka bataya huwa hay zindah ho jaye to Pakistani bahut saray amraaz say bach jayen mayn nay hayrat say poocha: woh kaunsa tareeqah hay? Bola: Agar qaza-e-hajat kay liye Islami tareeqay par baytha jaye to Appendicitis Daaimi qabz, bawaseer aur gurdon kay amraaz nahin hon gay.

### **Rafa' hajat kay liye baythnay ka tareeqah**

Meethay meethay Islami bhaiyon yaqeenan aap bhi janna chaahay gay kay woh karishmati tareeqah kaunsa hay to sunye



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Hazrat Sayyiduna Suraqah bin Malik رضي الله تعالى عنه farmatay hayn: Hamayn Huzoor صلى الله تعالى عليه وآله وسلم nay hukm diya kay hum rafa' hajat kay waqt ultay paon par wazan dayn aur dayan paon kharra rakhayn. (*Majm'a-uz-Zawaa'id, vol. 1, pp. 488, Hadees. 1020*)

### **baayen paon par wazan daalnay ki hikmat**

Rafa' hajat kay waqt ukrron bayth ker dayaan (Seedha) paon khara ya'ni apni asli halat par (Normal) rakh ker baayen ya'ni ultay paon par wazan daynay say barri aant jo kay ulti taraf hoti hay aur usi may fuzlah hota hay us ka munh achchi tarah khul jata aur ba-aasani faraghat ho jati aur payt achchi tarah saaf ho jata hay aur jab payt saaf ho jaye ga to bahut saari bimariyon say tahaffuz haasil rahay ga.

### **Kursi numa Commode**

Afsoos aaj kal Istinja kay liye Commode 'aam hota ja raha hay is par kursi ki tarah baythnay kay sabab taangayn poori tarah nahin khulti, ukrron baythnay ki tarkeeb na honay kay sabab ultay paon par wazan bhi nahin diya ja sakta aur yon aantun aur me'dah par zor nahin parrrta is liye barabar faraghat nahin ho paati kuch na kuch fuzlah aant may baaqi rah jata hay jis say aantun aur me'day kay muta'addid amraaz payda honay ka andayshah rahta hay. Commode kay isti'mal say a'asabi tanao payda hota hay, haajat kay ba'd payshab kay qatrat girnay kay bhi khatraat rahtay hayn.

## **Parday ki jagah ka cancer**

Kursi numa Commode may paani say Istinja kerna aur apnay badan aur kaprron ko pak rakhna aik amar-e-dushwar hay. Ziyadah tar is kay liye toilet papers ka isti'mal hota hay. Kuch 'arsah qabl Europe may parday kay hisson kay muhlik amraaz bil khusoos parday ki jagah ka cancer tayzi say phaylnay ki khabayn akhbaraat may shaa'i hui. Tahqeeqi board baytha aur us nay nateejah yeh bayan kiya kay in amraaz kay do hi asbaab samnay aaye hayn.

1. Toilet paper ka isti'mal
2. Pani ka isti'mal na kerna

## **Toilet paper say payda honay walay amraaz**

Toilet paper bananay may ba'z aysay chemical isti'mal hotay hayn jo jild kay liye intihaye nuqsan deh hayn. Is kay isti'mal say jildi amraaz payda hotay hayn jaysa kay Agzima aur chamrri ka rang tabdeel hona. Doctor Canon Davis ka kahna hay Toilet papers ka isti'mal kernay walay in 4 amraaz kay istiqbaal ki tayyari karayn:

1. Parday ki jagah ka cancer
2. Bhagandar (Aik phorra jo maq'ad kay aas paas hota ya'ni baythnay ki jagah par aur bahut takleef pohnchata hay)

Istinja Ka Tareeqah (Hanafi)

### 3. Skin Infection

### 4. Phaphondi kay amraaz (Viral Diseases)

## Toilet paper aur Gurdon kay amraaz

Atibba ka kahna hay kay toilet paper say safai barabar nahin hoti lihaza jaraseem phayltay aur badan-e-insani kay andar ja ker tarah tarah ki bimariyon ka sabab bantay hayan. Khusosan ‘auraton ki payshab gaah kay zaree’ay gurdon may daakhil hotay hayn jis kay sabab basa awqat gurdon say peep aana shuru’ ho jata hay. Haan toilet paper kay ist’mal kay ba’d agar paani say Istinja ker liya jaye to is ka nuqsan na honay kay barabar rah jata hay.

## Sakht Zameen Par Qaza-e-Hajat kay nuqsanaat

Kursi numa Commode aur W.C ka isti’mal shar’an jaaiz hay. Sahulat kay lihaz say Commode kay muqabalay may W.C behtar hay jabkay itna kushadah ho kay is par Sunnat kay mutabiq baytha ja sakay. Laykin aaj kal chhotay W.C lagaye jatay hayn aur un mayn kushadah ho kar nahyn baytha ja sakta. Haan agar qadamchay ya’ni paon rakhnay ki jagah farsh kay sath hamwar rakhi jaye to hasb-e-zarorat kushadah baytha ja sakta hay. Aik Sunnat narm zameen par rafa’ hajat kerna bhi hay. Jaysa kay Hadees-e-Rasool ﷺ may hay: Jab Tum may say koi payshab kerna chaahay to payshab kay liye narm jagah dhoonday. *(Al Jami-us-Saggher, pp. 37, Hadees. 507)*

Is kay fawaa'id ko tasleem kertay huway Louval Poul kahta hay: Insan ki baqa mitti aur fana bhi mitti hay jab say logon nay narm mitti ki zameen par qaza-e-hajat kernay kay bajaye sakht zameen (Ya'ni W.C, Commode waghayrah) ka isti'mal shuru' kiya hay us waqt say mardon may jinsi (Mardanah) kamzori aur pathri kay amraaz may izafah ho gaya hay! Sakht zameen par hajat kernay kay asraat masanay kay ghudood (Prostate glands) par bhi parrtay hayn, payshab ya fuzlah jab narm zameen par girta hay to is kay jaraseem aur tayzabiyat fauran jazb ho jatay hayn jab kay sakht zameen chunkay jazb nahin ker pati is liye tayzabi aur jaraseemi asraat ba-rah-e-rast jism par hamlah aawar hotay aur tarah tarah kay amraaz ka baa'is bantay hayn.

### **Aaqa صَلَّى اللهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ door tashreef lay jatay**

Huzoor صَلَّى اللهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ ki shan-e-'azamat nishan par qurban kay jab qaza-e-hajat ko tashreef lay jatay to itni door jatay kay koi na daykhay. (*Abu Dawood, vol. 1, pp. 35, Hadees. 2*)

Ya'ni ya to darakht ya diwar kay pee-chay baythtay aur agar chatyal maydan hota to itni door tashreef lay jatay jahan kisi ki nigah na parr sakti. (*Mirat, vol. 1, pp. 262*)

Yaqeenan Huzoor صَلَّى اللهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ kay har fa'l may deen o dunya ki bay shummar bhalaiyan pinhan hoti hayn. Payshab kernay kay ba'd agar har fard aik lota paani baha diya karay to

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اِنْ شَاءَ اللهُ عَزَّوَجَلَّ badbu aur jaraseem ki afzaaish may kami hogi, barra payshab kernay kay ba'd bhi jahan aik aadh lota paani kaafi ho wahan flush tank say paani na bahaya jaye kyun kay woh kai lotay par mushtamil hota hay.

### **Qaza-e-Hajat say qabl chalnay kay fawaaid**

Aaj kal bil khusoos shahron may bandah kamrah kay andar hi bayt-ul-khula (Attached Bath) hotay hayn, jo kay jaraseem ki nashonuma aur un kay zaree'ay phaylnay walay amraaz kay zaraai' hayn. Aik Biochemistary kay maahir ka kahna hay: jab say shahron may wus'at aabadiyon ki kasrat aur khayton ki qillat honay lagi hay tab say amraaz ki khoob ziyadat honay lagi hay. Qaza-e-Hajat kay liye jab say door chal ker jana tark kiya hay qabz, gas, tabkheer aur jigar ki bimariyan barrh gai hayn. Chalnay say aanton ki harakataun may tayzi aati hay jis kay sabab hajat tasalli bakhsh ho jati hay, aaj kal baghayr chalay (ghar hi ghar may) bayt-ul-khala may daakhil ho janay ki wajah say basa auqat faraghat bhi takheer say hoti hay.

### **Bayt-ul-Khala janay ki 47 Niyyatayn**

Farman-e-Mustafa صَلَّى اللهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ : Musalman ki niyyat us kay 'amal say behtar hay.

*(Al Mu'jam-ul-Kabeer, vol. 6, pp. 185, Hadees. 5942)*

1. Sar dhaanp ker
2. Janay may ultay paon say aur

3. Baahar nikalnay may seedhay paon say pahal ker kay ittiba'-e-Sunnat karon ga
4. Donon baar ya'ni daakhilay say qabl aur nikalnay kay ba'd Masnoon du'a parrhoon ga
5. Sirf andhayray ki surat may yeh niyyat kejiye: Taharat par madad haasil kernay kay liye batti jalaon ga
6. Faraghat kay fauran ba'd Israaf say bachnay ki niyyat say batti bujha doon ga
7. Hadees-e-Pak 'الْطُّهُورُ شَطْرُ الْإِيمَانِ' (Muslim, pp. 140, Hadees. 223)  
*Tarjama: Paaki nisf Iman hay, par amal kertay huway paon ko gandagi say bachanay kay liye chappal pahnon ga*
8. Pahantay huway seedhay qadam say
9. Aur utartay huway ultay say pahal ker kay ittibaa'-e-Sunnat karon ga
10. Sitr khula honay ki surat may istiqbal-e-qiblah (Qiblah ki taraf munh) aur istidbar-e-qiblah (Qiblah ki taraf peeth) kernay say bachon ga
11. Zameen say qareeb ho ker faqat hasb-e-zaroorat sitr kholon ga
12. Isi tarah faraghat kay ba'd uthnay say qabl hi sitr chhupa loon ga
13. Jo kuch khaarij hoga us ki taraf nahin daykhon ga

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14. Payshab kay chhenton say bachon ga
15. Haya say sar jhukaye rahon ga.
16. Zaroratan ankhayn band kar loon ga
17. Bila zarorat sharam gah ko daykhnay aur chhonay say bachon ga
18. Ultay haath say dhayla pakarr ker ultay hi haath say khushk kr kay ultay haath ki taraf ulta (Ya'ni najasat wala hissah zameen ki taraf) rakhon ga paak seedhi taraf rakhon ga Mustahab ta'dad may masalan 3, 5, 7 dhaylay isti'mal karon ga
19. Paani say taharat kertay waqt bhi sirf ulta haath sharam gah ko lagaon ga
20. Shar'i masaail par ghaur nahin karon ga (kay baai's-e-mahroomi hay)
21. Sitr khula honay ki surat may baat cheet nahin karon ga
22. Aur payshab waghayrah may na thookon ga na hi is may naak sinko ga
23. Agar fauran Hammam hi may wuzu kerna huwa to taharat wali hadees par 'amal kertay huway donon haath dhoun ga neez
24. Jo kuch nikla us ko baha doon ga (payshab kernay kay ba'd agar har fard aik lota paani baha diya karay to إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ)

badbu aur jaraseem ki afzaaish may kami ho gi, barra Istinja kernay kay ba'd bhi jahan aik aadh lota kaafi ho wahan flush tank say paani na bahaye kyun kay woh kai loton par mushtamil hota hay)

25. Paani say Istinja kernay kay ba'd paon kay takhnnon walay hissay ihtiyat kay sath dho loon ga (kyun kay is mauqa' par umoman takhnnon ki taraf ganday paani kay cheentay aa jatay hayn)
26. Farigh ho ker jaldi niklon ga
27. Bay pardagi say bachnay kay liye Bayt-ul-Khala ka darwazah band karon ga
28. Musalmanon ko ghin say bachanay kay liye ba'd-e-faraghat darwazah band karon ga

### **'Awami Istinja khanay may jatay huway yeh niyyatayn bhi kejiye**

29. Agar line lambi hui to sabr kay sath apni baari ka intizaar karon ga, kisi ki haq talafi nahin karon ga, baar baar darwazah baja ker us ko eiza nahin doon ga
30. Agar mayray andar hotay huway kisi nay baar baar darwazah bajaya to sabr karon ga



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31. Agar kisi ko mujh say ziyadah haajat hui aur koi sakht majburi ya namaaz faut honay ka andayshah na huwa to isaar karon ga
32. Hattal imkan bheerr kay waqt Istinja khanay ja ker bheerr may mazeed izafah ker kay Musalmanon par bojh nahin bano ga
33. Dar o diwar par kuch nahin likhon ga
34. Wahan bani hui fohash tasveerayn daykh ker aur
35. Haya soz tahreerayn parrh ker apni ankhaun ko ba-roz qiyamat apnay khilaf gawah nahin banaon ga

صَلِّ اللّٰهُ تَعَالٰى عَلٰى مُحَمَّدٍ صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ



Yeh Risalah

Perh ker Dusray ko day dejiye

Shaadi ghami ki taqribaat, ijtima'at, a'raas Juluos-e-Meelad waghayrah mayn Maktaba-tul-Madinah kay shaa'i kardah rasaail aur madani phoolon par mushtamil pamphlets taqseem kar kay sawab kamaaye, gahkon ko ba niyyat e sawab tohfay mayn daynay kay liye apni dukanaun par bhi rasaail rakhnay ka ma'amul banaaye, akhbar faroshon ya bachchon kay zaree'ay apnay mahallay kay ghar ghar mayn mahanah kam az kam aik 'adad sunntaun bhara risaalah ya Madani phoolon ka pamphlet pohnta kar nayki ki dawat ki dhoomayn machaiye.

## Nayk Namazi Bannay Kay Liye

Har jumeraat ba'd namaz-e-magrib ap kay yahan honay walay **Dawat-e-Islami** kay hafta-waar sunnato'n bharay Ijtima' mayn rizay-e-Elaahi kay liye achi achi niyato'n kay sath saari rat shirkat farmaiye ♦Sunnato'n ki Tarbiyat kay liye **Madani Qafilay** mayn A'shiqan-e-Rasool kay sath har mah 3-din safar aur ♦Rozana "**Fikr-e-Madinah**" kay zariy'e **Madani In'amat** ka risala pur kar kay Madani mah ki pehli taarikh ko apnay yahan kay zimmdaar ko jama' karwanay ka ma'mool bana lijiye

**Mayra Madani Maqsad:** "Mujhay apni aur saari dunya kay logon ki islaah ki koshish karni hay." (بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ) Apni islaah kay liye "**Madani In'amat**" per a'mal aur saari duniya kay logon'n ki islaah ki koshish kay liye "**Madani Qafilo'n** mayn safar karna hay." (بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ)



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