



وزن کم کرنے کا طریقہ (Roman)

WAZN KAM KARNAY KA TAREEQAH



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

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MUHAMMAD ILYAS
Attar Qadiri Razawi





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SHAYKH-E-TAREEQAT AMEER-E-AHL-E-SUNNAT BAANI-E-DAWAT-E-ISLAMI
HAZRAT 'ALLAMAH MAULANA MUHAMMAD ILYAS ATTAR QADIRI RAZAWI
دَامَتْ بَرَكَاتُهُمُ الْعَالِيَةُ

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Majlis-e-Al-Madina-tul-'Ilmiyyah
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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 mein di huyi Du'a perh li-jiye **إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ** jo kuch perhain gay yaad rahay ga. Du'a yeh hay:

اللَّهُمَّ افْتَحْ عَلَيْنَا حِكْمَتَكَ وَأَنْشُرْ
عَلَيْنَا رَحْمَتَكَ يَا ذَا الْجَلَالِ وَالْإِكْرَامِ

Terjama:

Ay Allah (**عَزَّوَجَلَّ**)! Hum per 'ilm-o-hikmat kay darwazay khol day aur hum per Apni rahmat naazil ferma! Ay 'azamat aur buzurgi walay!

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



Note:

Awwal aakhir aik bar Durood Shareef perh lain.

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الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ وَالصَّلَاةُ وَالسَّلَامُ عَلَى سَيِّدِ الْمُرْسَلِينَ
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Wazn kam karnay ka tareeqah

Durood Shareef ki fazeelat

Huzoor صَلَّى اللهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ ka farman hay: Zikr-e-Ilahi ki kasrat karna aur mujh par Durood-e-Pak parhna faqr (ya'ni tangdasti) ko door karta hay. (Al-Qawl-ul-Badee', pp. 273)

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللهُ تَعَالَى عَلَى مُحَمَّدٍ

Jo koi wazn kam karnay ki niyyat karay us kay liye sab say bari rukawat 'khaaon khaaon' ka Wazifah perhnay wala nafs hay jo kay kamzori waghayrah kay jhootay daraway dayta rehta hay aur raha khanay peenay ka shauqeen bandah! To woh bhi phir man bhata 'darawa' paa kar khoob khata, badan barhata aur anjam-e-kar tarah tarah kay amraaz may phansa chala jata hay. Lihaza Madani iltija hay kay aap ka wazn ziyadah hay to 'ibadat par quwwat haasil karnay ki niyyat say kam karnay ka sanjeedagi say zehan banaiye aur is par madad haasil karnay kay liye ibtida`an chand riwayatayn waghayrah parhiye ta kay 'azm may pukhtagi aaey, jab zehan ban jaey kay mujhay dunya-o-aakhirat ki behtariyan paanay kay liye wazn mu'tadil (normal) karna hi karna hay to Allah عَزَّوَجَلَّ say bhalaey ki taufeeq talab kartay huway mazeed aagay ki sutoor parhiye. (Wazn kam karnay ka Tareeqah aagay aa raha hay)

Dubla aur kam khor bandah Allah ko pasand hay

Thaans thaans kar khana, badan mota banana aur ubhri huyi tond liye phirna daykhnay walay par bahut bura ta`assur chhorta hay! Apnay wazn ka khayal Rakhiye kay 'ibadat par

madad haasil karnay ki niyyat say sehat achhi aur wazn mu'tadil (normal) rakhna kaar-e-sawab-e-aakhirat aur Khauf-e-Khuda kay ba'is dubla patla hona ba'is-e-sa'adat hay, Sarkar صَلَّى اللهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ nay farmaya: Allah عَزَّوَجَلَّ ko tum may sab say ziyadah pasand woh bandah hay jo kam khanay wala aur khafeef (ya'ni halkay) badan wala hay. *(Al-Jami'-us-Sagheer, pp. 20, Hadees 221)*

Allah ko mota shakhs na-pasand hay

Bara-e-Karam! Apnay haal par rahm kijiye, yaqeen maniye mota pa bazaat-e-khud aik manhoos maraz balkay bay shummar amraaz ka majmo'ah hay, mota pa nayk kaamon may rukawat banta hay, Mota pay ki sab say bari aur tashweeshnak aafat bayan kartay huway Ameer-ul-Mu`mineen Sayyiduna Farooq-e-A'zam رَضِيَ اللهُ تَعَالَى عَنْهُ farmatay hayn: Allah عَزَّوَجَلَّ motay zi 'ilm ko na-pasand karta hay. *(Al-Ju' ma' Mausoh'ah Ibn-e-Abid Dunya, vol. 4, pp. 94, Raqam 81)*

Kyun kay mota pa ghaflat aur ziyadah khanay par dalalat karta hay aur yeh buri baat hay khas taur par zi 'ilm kay liye.

(Ithaf-us-Sadah liz Zabeedi, vol. 9, pp. 12)

Yaad rahay! 'Ulama Kiraam رَحِمَهُمُ اللهُ تَعَالَى farmatay hayn kay woh fazhabi (ya'ni mota pa) Mazmoom hay jo (bahut khanay peenay aur 'aish-o-'ishrat kay zari'ay) qasdan payda ki jaey, qudrati mota pay ka yahan zikr nahin hay.

(Mirqat-ul-Mafateeh, vol. 10, pp. 362, Taht-al-Hadees 6010)

(Mota pay ki wajah say kisi Musalman par hans kar, chher kar dil dukhana gunah hay)

Wazn dar shakhs ka mazaq urana haraam hay

Agar koi ziyadah khata ho, bayshak khoob mota tazah ho magar us ka mazaq urana balkay us ki taraf daykh kar eiza daynay walay andaz may muskurana ya isharay karna Haraam aur Jahannam may lay janay wala kaam hay, neez yeh bhi yaad Rakhiye kay har aik kay mota pay ka sabab ziyadah khana hi ho

yeh bhi zaroori nahin, mushahadah yeh hay kay ba'z Islami bhai wazn kam karnay kay liye ghizaon ki parhayziyon ki koshishon kay ba-wujood wazn kam karnay may na-kaam rehtay hayn jis ka ma'na saaf zaahir hay kay kisi beemari ya dawaanon kay manfi asarat ki wajah say bay Charon ka badan phool jata ho ga. Behar haal mota pay ka koi bhi sabab ho dil aazari ki ijazat nahin.

Dakarayn aana ziyadah khanay ki 'alamat hay

Dakarayn aana ziyadah khanay ki 'alamat hay chunan-chay Allah kay piyaray Nabi صَلَّى اللهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ nay aik shakhs ki Dakar suni to farmaya: Apni Dakar kam kar, is liye kay qiyamat kay din sab say ziyadah bhooka woh ho ga jo duniya may ziyadah payt bharta hay. (*Sharh-us-Sunnah, lil Baghawi, vol. 7, pp. 294, Hadees 3944*)

Jinhon nay Dakar li thi woh Sahabi (Abu Juhayfah رَضِيَ اللهُ تَعَالَى عَنْهُ) farmatay hayn: Allah ki qasam! Jis din Sarwar-e-Ka`inat صَلَّى اللهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ nay mujh say yeh baat Irshad farmaey, us roz say lay kar aaj tak (ya'ni ta dam-e-bayan) Mayn nay kabhi payt bhar kar nahin khaya aur mujhay Allah عَزَّوَجَلَّ say ummed hay kay aa`indah bhi (payt bhar kar khanay say) mayri hifazat farmaey ga.

(*Qoot-ul-Quloob, vol. 2, pp. 282*)

Khanay ki miqdar

Farman-e-Mustafa صَلَّى اللهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ hay: 'Aadami apnay payt say ziyadah bura bartan nahin bharta, insan kay liye chand luqmay kaafi hayn jo is ki peeth ko seedhi rakhayn, agar aysa na kar sakay to tihay $\frac{1}{3}$ khanay kay liye, tihay paani kay liye aur aik tihay saans kay liye ho.' (*Sunan-e-Ibn-e-Majah, vol. 4, pp. 48, Hadees 3349*)

Lzzat kay liye dat kar khana Kuffar ki sifat hay

Yaad rahay! Mota hona ya lazzat kay liye koi ghiza isti'mal karna ya payt bhar kar khana gunah nahin, al-battah in cheezon say bachna bahut munasib ha. Jaysa kay Mufti Muhammad

Amjad 'Ali A'zami رَحْمَةُ اللَّهِ تَعَالَى عَلَيْهِ farmatay hayn: bhook say kam khana chahiye aur poori bhook bhar kar khana kha layna Mubah hay ya'ni na sawab hay na gunah, kyun kay is ka bhi sahih Maqsad ho sakta hay kay taqat ziyadah ho gi aur bhook say ziyadah kha layna haraam hay. Ziyadah ka matlab yeh hay kay itna kha layna jis say payt kharab honay ka guman hay, masalan dast aeayn gay aur tabe'at bad mazah ho jaey gi.

(Durr-e-Mukhtar, vol. 9, pp. 560)

Aagay chal kar mazeed farmatay hayn: Quran-e-Kareem may Kuffar ki sifat yeh bayan ki gaey kay khanay say un ka maqsood Tamattu'-o-Tana'um (ya'ni lazzat-o-maza layna) hota hay aur Hadees may kasrat-e-khawri (ya'ni ziyadah khana) Kuffar ki sifat bataey gaey. (Bahar-e-Shari'at, vol. 3, pp. 375)

12 maah ki 'ibadat say barh kar nafa' bakhsh fa'l

Apnay nafs ko maartay huway Riza-e-Ilahi عَزَّوَجَلَّ kay liye kam khana bahut bari sa'adat hay aur khuwahish-e-nafs ko tark karnay ka fa'idah to daykhiye! Hazrat Sayyiduna Abu Sulayman رَحْمَةُ اللَّهِ تَعَالَى عَلَيْهِ farmatay hayn: 'Nafs ki kisi khuwahish ko chhor dayna 12 maah kay din kay rozon aur raat ki 'ibadaton say bhi barh kar dil kay liye nafa' bakhsh hay.' (Qoot-ul-Quloob, vol. 2, pp. 292)

Khana ziyadah to naza' ki sakhtiyani bhi ziyadah

Manqool hay: 'Bayshak sakarat-e-maut ki shiddat dunya ki lazzaton kay mutabiq hay.' To jis nay ziyadah lazzatayn uthaeyn usay naza' ki takleef bhi ziyadah ho gi. (Minhaj-ul-'Aabideen, pp. 94)

Qiyamat may bhookay hon gay

Farman-e-Mustafa صَلَّى اللَّهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ hay: bahut say log duniya may ziyadah khanay walay aur aasodah zindagi guzaarnay walay hayn magar qiyamat kay din woh bhokay nangay hon gay. Aur bahut say log duniya may bhookay nangay hayn magar qiyamat kay din na'maton may hon gay. (Shu'ab-ul-Iman, vol. 2, pp. 170, Hadees 1461)

*Bhook ki na'mat bhi day aur sabr ki taufeeq
Ya Khuda har haal may Tu shukr ki taufeeq day*

Ziyadah khanay say honay wali gunahon ki beemariyan

Hujja-tul-Islam Hazrat Sayyiduna Imam Muhammad Ghazali رَحْمَةُ اللهِ تَعَالَى عَلَيْهِ Irshad farmatay hayn: Ziyadah khanay say a'za may fitnah payda hota aur fasaad barpa karnay aur bayhoodah kaam kar guzarnay ki raghbat janam layti hay, kyun kay jab insan khoob payt bhar kar khata hay to us kay jism may Takabbur aur aankhon may bad nigahi ki hawas chutkiyan layti hay, kaan buri Baatayn sunnay kay Mushtaq rehtay hayn, zuban fuhush goi (bay hayaey ki baaton) par aamadah hoti hay, sharmgah shehwat raani ka taqaza karti hay, paoon na-jaeyz maqamaat ki taraf chal parnay kay liye bay qarar hotay hayn. Is kay bar 'aks agar insan bhooka ho to tamam a'za-e-badan pur sukoon rahayn gay, na to kisi buraey ka lalach karayn gay aur na hi buraey ko daykh kar khush hon gay. Hazrat-e-Ustaz Abu Ja'far رَحْمَةُ اللهِ تَعَالَى عَلَيْهِ ka Irshad-e-Girami hay: 'Payt agar bhooka ho to jism kay baaqi a'za sayr ya'ni pur sukoon hotay hayn, kisi shay ka mutalabah nahin kartay aur agar payt bhara huwa ho to dusray a'za bhokay reh janay kay ba'is Mukhtalif buraiyon ki taraf ruju' kartay hayn.' (Minhaj-ul-'Aabideen, pp. 83)

Ziyadah khanay say honay wali 12 qism ki jismani beemari

Mota ho ya dubla patla jo koi bhi khoob dat kar khanay ka 'aadi ho usay kisi bhi muhlik (ya'ni halakat may daalnay wali) beemari kay istiqbal kay liye zehn bana layna chahiye kyun kay ziyadah khanay say payt kharab hota hay aur ba-qawl atibba 80 feesad amraaz payt ki kharabi say payda hotay hayn, jin may 12 qismayn yeh hay:

1. Dimaghi amraaz.
2. Aankhon ki beemariyan.
3. Zuban aur galay ki beemariyan.

4. Seenay aur phayphray kay amraaz.
5. Faalij aur laqwah.
6. Jism kay nichlay hissay ka sun ho jana.
7. Sugar.
8. High blood pressure.
9. Dimaghi shiryaan (ya'ni maghaz ki nas) phat jana.
10. Nafsiyati amraaz (ya'ni pagal ho jana waghayrah).
11. Jigar aur pittay kay amraaz.
12. Depression.

Mota pa maut ka sabab ban sakta hay!

Aik tibbi tahqeeq kay mutabiq motay afraad may khoon kay lothray (Clots) bannay ka 'amal tayz hota hay, jo jald zindagi khatm karnay ka paysh khaymah banta hay. Tahqeeq kay mutabiq mota pa maut ko da'wat daynay kay barabar hay, kyun kay is say khoon kay lothray (Clots) banna shuru' ho jatay hayn, taangon may bannay walay lothray pooray jism may khoon ki rawani muta'assir kartay hayn. Aik aur tibbi tahqeeq kay mutabiq ziyadah meethay aur muragghan (ya'ni ghi, tayl aur tarah tarah ki chiknaiyon walay) khanay aur mashrobaat (Drinks) na sirf wazn aur mota pay may izafay ka ba'is bantay hayn balkay in kay isti'mal say dil aur Dimagh ki shiryanon ya'ni (khoon ki bareek nason) may dornay wala khoon bhi gaarha ho jata hay jo dil kay dawray ya dimaghi ragon may khoon jamnay jaysay jaan laywa 'aarizon (ya'ni beemariyon) ka sabab ban sakta hay.

Kiya bayth kar kaam karnay say mota pa aata hay?

Ba'z bhaari bharkam afraad apni sifat-e-bisyar khori ya'ni khoob khatay peetay rehney ki khaslat say qat'-e-nazar kartay

huway yeh kehtay sunaey daytay hayn kay bhaey kiya karayn, hamara kaam hi baythnay ka hay is liye wazn barh aur payt ubhar gaya hay!!! Ye un ki ghalat fahmi hay. Ayson ki khidmat may 'arz hay is say pehlay kay doctor bhari fees lay kar kisi mohlik beemari ki khabar-e-wahshat asar suna kar khauf say adh muwa kar kay aap ko kam khanay aur wazn ghatanay ki takeed karay is say qabl Ummat kay khayr khuwah Sag-e-Madinah **عَفِيَّ عَنْهُ** ki hamdardi say labrayz Madani iltija Qabool farma lijiye aur husool-e-sawab ki niyyat say payt ka Qufl-e-Madinah lagaiye ya'ni sadah Ghiza aur woh bhi khuwahish say kam khaiye aur phir bayshak pehlay say ziyadah waqt bayth kar kaam kijiye **إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ** aap khush andaam (Smart) hi rahayn gay.

Kis ka kitna wazn hona chahiye

Qad kay mutabiq mard kay liye fi inch aik kilo wazn munasib hay masalan sarhay 5 fit kay mard kay liye 66 Kilo aur sawa 5 fit ki 'aurat ka wazn 59 Kilo.

Thehariye! Pehlay khoon test karwaiye

Pehlay sugar (Glucose) aur Lipid profile ka test karwa lijiye. Lipid may Cholesterol bhi shamil hay, is kay liye kam az kam 12 aur Ziyadah say ziyadah 14 ghanay say payt khaali hona zaroori hay. Ho sakay to Riza-e-Ilahi kay liye rozah rakh kar sham ko waqt ki miqdar kay mutabiq yeh tamam test karwaiye agar report kharab aae to Doctor kay Mashwaray kay mutabiq wazn ki Tarkeeb kijiye.

Rozanah pon ghantah paydal chaliye

Rozanah 45 minutes is tarah paydal chaliye: Pehlay 15 minutes tayz qadam, dusray 15 minutes mu'tadil (Normal) aur aakhiri 15 minutes tayz. Is tarah chalnay say **إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ** bahut saray jismani fawa'id kay sath wazn may bhi kami aae gi.

Wazn kam karnay ka Tareeqah

Din may sirf aik baar khana sunnat hay agar aik baar khanay say kamzori aati ho to din may do martabah kha lijiye. Chaahay aik baar khaeyn ya do baar magar bhook say kam khana zaroori hay. 3 baar khanay balkay do baar kay 'ilawah deegar Awqat may Mukhtalif cheezayn khanay say bachiye. Beech may bhook lagay aur khana chaahay to kheera, kakri, salad kay pattay 'Diet sayb' waghayrah kha lijiye. Aik ya do martabah jo khana khaeyn gay us may salad waghayrah neez ubli huyi ya bahut hi kam ya'ni aik aadh chhoti si chammach tayl may pakaey huyi sabziyan, aalu na khaiye. Agar roti ya chawal khana zaroori ho to mazkurah sabzi kay sath sirf aadhi chapati khaiye, chawal faqat paani may ublay huway sirf aadha cup, sirf aik boti woh bhi chhoti si bighayer charbi ki, aam khana zaroori ho to haftay may aik aadh baar sirf darmiyanah qism ka aadha aam. Payt ki takleefon aur tarah tarah ki beemariyon say bachnay ka behtareen nuskhah jo bhi ghiza khaeyn khoob chiba kar khaeyn, ya'ni itni chabaeyn kay ghiza paani ki tarah patli ho kar khud hi halq kay neechay utar jaey. Chaey peena chaahay to 'skimmed milk' ki pheeki hi pee lijiye agar bighayer mithas kay na pee sakay to doctor kay Mashwaray say chaey kay cup may Sweetener ki aik gooli daal lijiye, (kaha jata hay kay ba'z sweetener muzir-e-sehat hoti hayn) agar sugar ka maraz na ho to mumkinah soorat may cheeni ki jagah chaey may shehad ya gur daal lijiye, (Din raat may sirf do baar darmiyanah cup woh bhi aadha aadha piyayn) charbi, ghi, khanay ka tayl, anday ki zardi, dairy ki cheezayn masalan makkhan, paneer (cheese) aur har tarah ki chiknahat wali ghizaeyn, meethay aur cream walay biscuit, Mukhtalif meethi dishes jaysa kay Rabri, kheer firni, pudding, fruit jelly, custard, faloodah waghayrah. Cake, pastries, coco chocolate aur toffies, nimco walon ki tali huyi cheezon, cream lagi huyi ya meethi ghizaon, mithaiyon, ice cream, thanday mashrobaat (Cold drinks) phalon kay ras, fast food masalan pizzay parathay, pooriyan, kachoriyan, pakoray,

kabab, samosay anda omelete waghayrah har woh cheez jis may maydah, chiknahat ya mithas shamil ho un say bachiye. **إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ** wazn may kami aaey gi aur aap **إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ** khush andam (smart) ho jaeyn gay. Doctors kay paas khanay ka 'chart' milta hay un kay zari'ay bhi wazn ka tanasub bar qarar rakha ja sakta hay. Apnay family doctor ya maahir hakeem say Mashwarah kar kay sirf ghizaon aur parhayziyon say wazn kam karna chahiye. Magar dawa (Medicine) kay zari'ay wazn kam nahin karna chahiye kay is kay manfi asaraat (Side effects) sehat ko nuqsan pohancha saktay hayn.

Wazn kam karnay kay liye Kaddu shareef pakanay ka Tareeqah

Hasb-e-Zaroorat Kaddu Shareef (Loki) kay qatlay (tukray) paani may choolahay par charha dijiye, thori si haldi aur hasb-e-za'iqah namak daliye. Tayl na daliye is kay beech say kuch na kuch tayl nikal aaey ga. Thori si dayr may wazn kam karnay ka behtareen nuskhah tayyar hay. Magar aagay bayan kardah tarkeebayn bhi 'amal may laani hayn.

Wazn kam karnay ka nuskhah

Lakh danah, zeerah siyah aur kalonji, teeno ham wazn lay kar achhi tarah bareek pees kar yakja (mix) kar kay baray munh ki bottle may mahfooz kar lijiye rozanah subh-o-sham aik aik chammach paani kay sath khanay say pehlay kha lijiye. Magar parhayzi bhi jaari Rakhiye.

Ghabraiye nahin!

Payt ka Qufl-e-Madinah ya'ni bhook say kam khana aap ko sirf chand roz dushwar ma'loom ho ga, woh bhi ziyadah tar us waqt jab tak kay dastarkhuwan par baythay rahayn gay, dastarkhuwan barha laynay kay ba'd **إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ** tawajjoh hat jaey gi. Is kay ba'd jab payt kay Qufl-e-Madinah ki 'aadat par jaey gi aur is ki barakaton ka mushahadah farma layn gay to ziyadah khanay ko **إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ** ji nahin chaahay ga.

Daygon ka paka huwa khana

Daygon kay zabardasti kay 'lazeer' banaey gaey khoob muragghan aur masalay daar qormay, biryani waghayrah chat patay khanay akharay kay pehalwan aur maydan kay khilari kay liye bhi sehat kush (ya'ni sehat ko tabah karnay walay) hayn aur khususan wazn daar aadami ki sehat kay to nihayat hi sakht dushman hayn. Da'waton ki daygon ki khush za'iqah ghizaeyn khanay kay dawran lazzat ki wajah say aadami haath bhi jaldi nahin rok pata, ma'mool say ziyadah khata aur dusron ki maujodagi may hirs ki wajah say us say barabar chabaya bhi nahin jata, jaldi jaldi nigalnay aur payt may larkhanay kay sabab is ki sehat ko shaded nuqsanaat pohanchtay hayn. Aik tibbi tehqeeq kay mutabiq chat pati ghizaon say Ulcer, ma'day ki tayzabiyat, bad hazmi aur bawaseer ki beemariyan janam layti hayn.

Kha kar fauran sojanay kay nuqsanaat

Aaj kal kaafi afraad kaam kaaj say raat ko farigh ho kar thakay haaray aa kar, jaldi jaldi khana kha kar fauran so jatay hayn, ayson ko sugar, dil kay amraaz, ma'day ki beemariyan, falij waghayrah kay amraaz ho saktay hayn. Lihaza khana khanay kay 2 ya 3 ghanay ba'd sona chahiye. Raat dayr say kha kar fauran so janay may aap ki lakh majbooriyan hon, magar 'beemari' aap ki koi majboori nahin daykhay gi, aap ko hi apnay andaz badalnay hi paray gay. (Tafseeli ma'lomaat kay liye Faizan-e-Sunnat Jild Awwal kay baab 'Payt ka Qufl-e-Madinah' ka mutala'ah farmaiye)

*Ya Ilahi bhok ki dawlat say maala maal kar
Do jahan may apni rahmat say mujhay khush haal kar*

اٰمِيْنَ بِجَاہِ النَّبِيِّ الْاَكْمِيْن صَلَّى اللهُ تَعَالَى عَلَيْهِ وَاٰلِهٖ وَسَلَّمَ

صَلَّى اللهُ تَعَالَى عَلَى مُحَمَّدٍ

صَلُّوْا عَلَى الْحَبِيْبِ

Nayk Namazi Bannay Kay Liye

Har Juma'rat ba'd Namaz-e-Maghrib Aap kay yahan honay walay Dawat-e-Islami kay Haftah-waar sunnaton bharay ijtimaa' may Rizaa-e-Ilahi kay liye achhi achhi niyyaton kay sath saaari raat shirkat farmaiye. ❖ Sunnaton ki tarbiyyat kay liye Madani Qafilay may A'ashiqn-e-Rasool kay sath har maah 3 din safar aur ❖ Rozanah Fikr-e-Madinah kay zari'ay Madani Ina'amaat ka Risalah pur kar kay har Madani Maah kay pahli tareekh ko apnay yahan kay Zimmahdar ko jama' karwanay ka ma'mool bana lijiye.

Mayra Madani Maqsad "Mujhay Apni aur sari dunya kay logon ki Islah ki Koshish karni hay" **بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ** Apni Islah kay liye Madani Ina'amaat par 'amal aur sari dunya kay logon ki Islah ki Koshish kay liye Madani qafilon may safar karna hay.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ



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