

وضو کا ثواب

WUZU KA SAWAB

Roman-Urdu

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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 perhayngey yaad rahay ga. Du'a yeh hay:

اللَّهُمَّ افْتَحْ عَلَيْنَا حِكْمَتَكَ وَأَنْشُرْ
عَلَيْنَا رَحْمَتَكَ يَا ذَا الْجَلَالِ وَالْإِكْرَامِ

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.

أَلْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ وَالصَّلَاةُ وَالسَّلَامُ عَلَى سَيِّدِ الْمُرْسَلِينَ
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WUZU KA SAWAB

Ya Allah pak! jo koi is risalay ‘Wuzu Ka Sawab’ ko parh ya sun
lay us kay nama-e-a’maal gunahon say pak kar day.

أَمِينٌ بِجَاهِ النَّبِيِّ الْأَمِينِ صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ

Durood Shareef ki Fazilat

Farman-e-Mustafa صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ : baroz-e-qiyamat logon may
meray qareeb tar woh hoga jis nay mujh par ziyadah Durood
parhayn hon gay. (Tirmizi, jild. 2, safha. 27, Hadees 484)

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللَّهُ عَلَى مُحَمَّدٍ

Hauz-e-Kausar Ka Jaam

Allah Pak kay aakhiri Nabi صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ (aik martabah)
qabristan ki taraf tashreef layey to farmaya: Tum par salam ho,
aye Mu`min kay ghar walon! Agar Allah pak nay chaha to hum
bhi tum say milnay walay hayn, Mayn pasand karta hon kay
hum apnay bhaiyon ko daykh laytay, Sahabah Kiraam عَلَيْهِمُ الرِّضْوَانُ
nay ‘arz kiya: Ya Rasoolallah صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ! Kiya hum aap
صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ kay bhai nahin hayn? Farmaya: Tum mayray

Sahabah ho aur hamaray bhai woh log hay jo abhi tak payda nahin huway. Sahabah Kiraam عَلَيْهِمُ الرِّضْوَانُ nay ‘arz kiya: Jo abhi tak payda nahin huway, aap صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ unhayn kesay pehchanayn gay? Rasoolullah صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ nay farmaya: Tumhara kiya khayal hay kay agar siyah ghoron kay darmiyan kisi kay sufaid taangon auir sufaid payshani walay Ghoray ho to kiya woh apnay Ghoray nahin pehchan lay ga? ‘arz kiya: kiyun nahin Ya Rasoolallah صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ! Irshad farmaya: Jab yeh meray Hauz par aeyen gay to in logon kay a’aza Wuzu kay ba’is chamaktay hon gay aur Mayn Hauz-e-Kausar par in kay istiqbal kay liye maujood hon ga. (*Muslim, Safhah. 123, Hadees 584*)

Piyaray Piyaray Islami Bhaiyon! Bila shubah har ‘aqlmand shahks is baat say achi tarah waqif hay kay safai suthrai insan kay waqar may izafah karti hay jab kay gandagi insan ki ‘izzat-o-‘azamat ko ghata dayti hay. Deen-e-Islam nay jahan insan ko kufr-o-shirk ki najasaton say pak kar kay ‘izzat-o-bulandi ‘ata farmai hay wohi zahiri safai suthrai ka bhi dars diya hay. Bahar hal badan ki pakeezgi ho ya libas ki safai, har har cheez ko saaf suthra rakhnay ki Deen-e-Islam may ta’leem aur targeeb di gae hai, Allah pak parah 2 Surah Al-Baqarah ki ayat number 222 may irshad farmata hay:

إِنَّ اللَّهَ يُحِبُّ التَّوَّابِينَ وَيُحِبُّ الْمُتَطَهِّرِينَ ﴿٢٢٢﴾

Tarjamah-e-Kanz-ul-Iman: Bayshak Allah pasand rakhta hai bahot tobah karnay walon ko aur pasand rakhta hai suthron ko.

Isi tarah kaey Ahadees mubarakah mayn bhi safai suthrai ki ahamiyyat ko bayan kiya gaya hay. Aaiye 3 Farameen-e-Mustafa صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ Parhay:

1. Farmaya **الطُّهُورُ نِصْفُ الْإِيمَانِ** ya'ni safai aadha iman hai
(Tirmizi, jild. 5, safha. 308, Hadees 3530)
2. Bayshak Islam saaf suthra (Deen) hay to tum bhi nazafat (ya'ni safai suthrai) hasil kiya karon kiyun kay Jannat may saaf suthra rehnay wala hi dakhil hoga.
(Kanz-ul-'Ummal, jild. 5 safha. 123, Hadees 25996)
3. Jo cheez tumhay haasil ho us say nazafat (ya'ni safai suthrai) ikhtiyar karo, Allah pak nay Islam ki bunyad safai par rakhi hay aur Jannat may saaf suthray rehnay walay hi dakhil hon gay. (Jam'-ul-jawami' jild. 4, safha. 115, Hadees 10624)

Piyaray Piyaray Islami Bhaiyon! Hamayn chahiye kay hum apnay aap ko har tarah ki gandagi aur mail kuchail say pak aur saaf rakhnay ki koshish karayn, saaf suthra rehnay say insan kafi had tak jismani beemariyon say mehfooz reh kar doctors kay chakkar laganay say bhi bach sakta hay. Apnay aap ko saaf suthra rakhnay aur apni sehat ko barqarar rakhnay kay liye ba-Wuzu rehna bila shubah ek **behtareen 'amal** hay.

Allah pak nay Quran Kareem may Wuzu may dhoey Janay walay chand a'za ko khusoosiyat kay sath bayan farmaya hay, chunan-chay Parah 6 Surah Al-Maa'idah ki aayat number 6 may irshad hota hay:

يَا أَيُّهَا الَّذِينَ آمَنُوا إِذَا قُمْتُمْ إِلَى الصَّلَاةِ فَاغْسِلُوا وُجُوهَكُمْ وَأَيْدِيَكُمْ
إِلَى الْمَرَافِقِ وَامْسَحُوا بِرُءُوسِكُمْ وَأَرْجُلَكُمْ إِلَى الْكَعْبَيْنِ ۗ وَإِنْ
كُنْتُمْ جُنُبًا فَاطَّهَّرُوا ۗ

*Tarjamah-e-Kanz-ul-Iman: aye Iman walon jab namaz ko
kharay hona chaho to apnay mounh dhon aur kohniyon tak
hath aur sir ka mash karo aur gitto tak paaon dho.*

Ba-Wuzu Rehnay Ki Barkateyn

Har waqat ba-Wuzu rehna shahadat ka martabah panay ka zari'ah hay:

Nabi kareem ﷺ nay Hazrat Sayyiduna Anas رَضِيَ اللهُ عَنْهُ say farmaya: Bayta agar tum hameshah ba-Wuzu rehnay ki istita'at rakho to aesa hi karo kiyun kay Malak-ul-Maut (ya'ni rooh qabz karnay wala firishtah) jis banday ki rooh halat-e-Wuzu may qabz karta hay us kay liye shahadat likh di jati hay.

(Kanz-ul-'Ummal, jild. 5, safha. 130, Hadees 26061)

Meray Aaqa A'la Hazrat Imam Ahl-e-Sunnat Maulana Shah Imam Ahmed Raza khan رَحِمَهُ اللهُ عَلَيْهِ likhtay hayn: Hamesha ba-Wuzu rehna mustahab hay. *(Fatawa-e-Razawiyyah, jild. 1, safhah 702)*

Aik aur maqam par farmatay hayn: Hamesha ba-Wuzu rehna Islam ki sunnat hay. *(Fatawa-e-Razawiyyah, jild. 1, safhah 702)* ba'z

‘aarifeen nay farmaya jo hamesha ba-Wuzu rahay Alla Pak usay 7 fazeelat ‘ata fermata hay.

1. Malaikah us ki suhbat may ragbat karayn.
2. Qalam us ki naykiyan likhta rahay.
3. Us kay a’za tasbeeh karay.
4. Us say Takbeer-e-Ola faut na ho.
5. Jab soye Allah Kareem kuch firishtay bhayjayn kay jin aur ins (ya’ni insan aur jinnat) ki shar say us ki hifazat karayn.
6. Sakrat-e-Maut (ya’ni maut ki takleef) us par aasan ho.
7. Jab tak ba-Wuzu ho Aman-e-Ilahi may rahay.

(Fatawa-e-Razawiyyah, jild. 1, safhah 702)

Dil Ki Safai

Hakeem-ul-Ummat Hazrat Mufti Ahmed Yar Khan Na’eemi رَحْمَةُ اللهِ عَلَيْهِ Farmatay hayn: Ba’z Sufiya farmatay hayn pak kaproon may rehna pak bistar may sona hamesha ba-Wuzu rehna dil ki safai ka zari’ah hay. *(Mirat-ul-Manajeeh, jild. 1, safha. 468)*

Ihsas-e-Kamtari Ka aik ‘Ilaj

Piyaray Piyaray Islami Bhaiyon! Har waqat ba-Wuzu rehnay ki ‘aadat daliye kay ba-Wuzu rehnay say jahan deegar bay shumar fawaid aur barakaat hasil hotay hayn wohin ihsas-e-kamtari say bhi najat milti hay. *(Hafizah kesay mazboot hay?, safhah. 95-96)*

Sheikh-e-Tareeqat Ameer-e-Ahl-e-Sunnat Bani-e-Dawat-e-Islami Hazrat ‘Allamah Maulana Muhammad Ilyas Attar Qadiri Rizvi دَامَتْ بَرَكَاتُهُمُ الْعَالِيَةَ nay tamam Musalmanon ko ‘72 **Madani In’aamaat’ ka tohfah ‘ata farmaya hay jis par Riza-e-Ilahi kay liye ikhlas kay sath ‘amal karnay wala yaqeenan nayk Musalman ban sakta hay. Aap** دَامَتْ بَرَكَاتُهُمُ الْعَالِيَةَ apnay is risalay may din ka aksar hissah ba-Wuzu rehney ki targheeb dilatay huway Madani in’aam number 39 may irshad farmatay hayn: **‘Kiya aaj aap din ka aksar hissah ba-Wuzu rahay?’**

Rozanah apna muhasabah kartay huway Madani in’aamat ka risalah pur kar kay har islami mahinay ki pehli tareekh ko apnay zimmahdar ko jama’ karwanay ka ma’mool bana liye neez har maah pabandi kay sath ‘Aashiqan-e-Rasool kay sath sunnatayn seekhnay kay liye kam az kam 3 din kay Madani Qafilay may sunnaton bhara safar ikhtiyar kijye, libas aur badan kay sath sath kirdar aur akhlaq bhi saaf suthra ho jaye ga. *اِنْ شَاءَ اللهُ عَزَّوَجَلَّ*

*Kar lo niyyat khoob koshish kar kay hum apna ‘amal
Madani in’aamaat par har dum barhatay jayen gay
Kar lo niyyat sunnaton ki tarbiyat kay wasitay
Qafilon may hum safar kartay karatay jayen gay*

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللهُ عَلَى مُحَمَّدٍ

Wuzu kay 6 Fazail

1. Wuzu gunah jharnay ka zari'ah hay

Allah kareem kay aakhiri Rasool ﷺ nay farmaya: Jab bandah Wuzu kartay huway kulli (Rinse mouth) karta hay to us kay mounh say gunah nikal jatay hayn, jab naak may pani dalta hai to naak kay gunah nikal jatay hayn phir jab chehra dhota hai to us kay chehray say gunah jhar jatay hayn, yaha tak kay us ki aankhoon ki palkhon (Eyelashes) kay neechay kay gunah bhi jhar jatay hayn, phir jab woh apnay sir ka mash (wipe) karta hay to us kay sir kay gunah jhar jatay hayn yahan tak kay us kay kaanon kay bhi gunah jhar jatay hayn, phir jab apnay paaon dhota hay to us kay paaon kay gunah jhar jatay hayn hatta kay paaon kay nakhunon kay gunah bhi jhar jatay hayn phir us ka Masjid ki taraf chalna aur namaz parhna mazed bar aan (ya'ni is kay 'ilawah 'ibadat) hay.

(Nasai, Safhah 25, Hadees 103)

2. Baroz-e-Qiyamat Wuzu karnay walay ki payshani chamakti hogi:

Huzoor ﷺ ka farman hay: Jab Mayri ummat ko qiyamat kay din pukara jaye ga to Wuzu kay ba'is in ki payshaniyan (Foreheads) aur qadam chmaktay hon gay, lihaza tum may say jo apni chamak may izafah karnay ki istita'at rakhay usay chahiye kay is may izafah karay.

(Bukhari, jild. 1, safha. 71, Hadees 136)

3. Mushaqqat kay waqt kamil Wuzu karna bhi darajaat ki bulandi ka sabab hay:

Apni ummat say piyar karnay walay piyaray piyaray Aaqa **صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ** nay irshad farmaya: Kiya Mayn tumhari aysay a'maal ki taraf rahnumai na karo jis kay sabab Allah pak gunah mitata hay aur darajat ko buland farmata hay? Sahaba Kiraam **عَلَيْهِمُ الرِّضْوَان** nay 'arz kiya Ya Rasoolallah **صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ**! kiyun nahin zaroor kijyey. Irshad farmaya: Dushwari kay waqt kamil Wuzu karna aur Masajid ki taraf kasrat say chalna aur aik namaz kay ba'd dusri namaz ka intizar karna, pas yehi gunahon say hifazat kay liye qila'h hay. *(Muslim, safhah. 132 hadees 587)*

4. Wuzu par Wuzu karna 10 naykiyan panay ka zaria'h hay:

Hum gunahgaron ki shafa'at farmanay walay piyaray piyaray Aaqa **صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ** nay irshad farmaya: jo Wuzu honay kay ba-wajood Wuzu karay ga us kay liye 10 naykiyan likhi jayen gi.

(Abu Dawood, jild. 1, safha. 56, Hadees 62)

5. Wuzu kar kay 2 rak'at parhna jannat wajib karnay wala 'amal hay:

Hum gunahgaron ko apnay Rab say Jannat dilanay walay piyaray piyaray Aaqa **صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ** ka farman-e-jannat nishan hay: Jo shakhs ahsan (ya'ni acchay) tareeqay say Wuzu karay aur 2 rak'atayn dil jam'i say ada karay to us kay liye Jannat wajib ho jaye gi. *(Muslim, Safhah. 118, Hadees 553)*

6. Ba-Wuzu sonay walon ki murad poori honay ki basharat hay:

Sacchay Nabi صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ nay irshad farmaya: jo ba-Wuzu Allah pak ka zikr kartay huway apnay bistar ki taraf aaye yahan tak kay us par ganodgi (Drowsiness) chha jaye to woh raat ki jis ghari may bhi Allah Pak say dunya aur aakhirat ki jo bhalai talab karay ga Allah Pak usay woh bhalai ‘ata farma dey ga.

(Tirmizi, jild. 5, safha. 311, Hadees 3537)

Wuzu kay duniyawi faiday aur hikmatayn

Piyaray piyaray Islami Bhaiyo! Khush naseeb aur sa’adat mand Musalman namaz kay paband hotay hayn, namaz say pehlay kiya janay wala Wuzu apnay andar sawab-e-aakhirat ka khazanah rakhnay kay sath sath duniyawi bhi kaey fawaid kay husool ka zaria’h hay, kiya aap nay kabhi is bat par ghaur kiya hay kay Wuzu ki ibdtida hath dhonay say hi kiyun ki jati hay? Nahin? Chaliye Mayn ‘arz karta hon: Hum saray din may apnay hathon say tarah tarah kay kaam kartay hayn, jis kay sabab hamaray haathon may kai jaraseem lag jatay hayn, agar apnay haathon ko saaf suthra na rakha jayey to yeh jaraseem hamaray ma’day tak pahonch saktay hayn. Wuzu kartay waqt niyyat karnay aur بِسْمِ اللّٰهِ Shareef parhnay kay ba’d sab say pehlay donon haathon ko puhonchon tak 3, 3 bar dhoya jata hay, sunnat pay ‘amal ki niyyat kay sath sath is par ‘amal karnay ki barakat say hamayn sunnat par ‘amal karnay ka sawab milta aur bahut si beemariyon aur jaraseem say bhi hifazat hoti hay.

Hath dhonay ki hikmatayn

(Doctors ka kehna hay) mukhtalif cheezayn hathon kay sath mass (Touch) honay ki wajah say mukhtalif keemiyai ajza aur jaraseem chhor jati hayn agar sara din na dhoye to jald hi hath in jildi amraz may muhtala ho saktay hayn, masalan haathon kay garmi danay, jildi sozish ya'ni khaal ki sojan, eczema, phaphondi (woh jaraseem jo kisi cheez par kaai ki tarah jam jati hayn) ki beemariyan, jild ki rangat (Skin Color) tabdeel ho jana waghayrah. Jab hum hath dhotay hayn to ungliyon kay paouray say shua'eyen (Rays) nikal kar aik aysa halqah banati hayn jis say hamara andaroni barqi nizam mutaharrik (Active) ho jata hay aur haathon may husn payda hojata hay aur hath in cheezon say honay walay infection say mahfooz ho jatay hayn.

(Wuzu aur Science, safhah. 10, Mulakhasan)

Miswak Shareef ki 12 barakatayn

Miswak shareef bhi wuzu ki behtareen sunnat hay jo kaseer hikmaton say bharpoor hay aur is may kaseer dunyawii aur ukhurawi fawaid hayn. Hazrat 'Allamah Sayyid Ahmed Tahtawi Hanafi رَحْمَةُ اللهِ عَلَيْهِ naqal farmatay hayn:

- Miswak shareef ko lazim karlo, is say ghaflat na karo. Isay hamesha kartay raho kiyun kay is may Allah kareem ki khushnudi hay.
- Hamesha Miswak kartay rehnay say rozi may aasani aur barakat rehti hay.

- Dard-e-sir dor hota hay.
- Balgham ko door karti hay.
- Nazar ko taiz karti hay.
- Ma'day ko drust rakhti hay.
- Hafizah (quwwat-e-yaddasht) ko tayz karti hay aur 'aql ko barhati hay.
- Naykiyon may izafah ho jata hay.
- Firishtay khush hotay hayn.
- Burhapa dayr may aata hay.
- Peeth ko mazboot karti hay.
- Naza' may aasani aur kalimah shahadat ko yaad dilati hay.

(Hashiya-tut-Tahtawi, safhah. 69) (Miswak shareef kay fazail Safhah 19)

Ahl-e-'ilm nay to Miswak kay fazail aur fawaid apnay apnay kutub may bayan farmaye hi hayn magar jaded science nay Miswak par tehqeeq kar kay is kay baray may aesay inkishafat kiye hayn kay sun kar 'aqlayn dang (shock) reh jayen chunan-chay

Science kay i'tibar say Miswak kay tibbi fawaid

America ki aik mashoor company ki tehqeeqat kay mutabiq **Miswak** may nuqsan daynay walay becteria ko khatm karnay ki salahiyat kisi bhi dosray tareeqay ki nisbat 20 feesad ziyadah hay.

- Sweden kay scientist ki aik tehqeeq kay mutabiq **Miswak** kay rayshay becteria ko chhuway baghayr barah-e-rast (Direct) khatm kar daytay hayn aur danton ko kai beemariyon say bachatay hayn.
- U.S National library of medicine ki shaya' shudah tehqeeq may yeh bataya gaya hay kay agar **Miswak** ko sahi taur par ist'imal kiya jaye to yeh daanton aur mounh ki safai neez masorhon ki sehat ka behtreen zari'ah hay.
- Aik tahqeeq kay mutabiq jo log **Miswak** kay 'aadi hayn in kay masorhon say khoon aanay ki shikayat bahut kam hoti hayn.

Piyaray piyaray Islami bhaiyo! Mounh hamaray badan ka aik aham hissah hay, is kay zari'ay hum khana, pani, aur deegar kai cheezeyn khatay peetay hayn, isi mounh say Tilawat-e-Quran ki sa'adat patay, na'at aur manqabat parhtay hayn. **الْحَمْدُ لِلَّهِ** dooran-e-wuzu kulli aur gararay karnay ki barakat say mounh pak aur saaf rehta hay aur bahut say beemariyon say bhi hifazat ho jati hay.

Kulli aur gararay karnay ki tibbi fawaid

Hawa ka zari'ay la ta'dad muhlik jaraseem aur ghiza kay ajza mounh aur danton may lua'ab kay sath chipak jatay hayn. Agar wuzu may Miswak aur kulliyon kay zari'ay mounh ki behtareen safai na ki jaye to khatarnak amraz payda ho saktay hayn: Rozanah na ho to kulli kay sath gargarah karna bhi Sunnat hay aur pabandi kay sath gargaray karnay wala kawway

(Tonsil) barhnay, galay may maujood tonsils kay infection aur galay kay bahut saray amraz hatta kay galay kay cancer say mahfooz rehta hay.

Naak may pani dalnay kay tibbi fawaid

Dooran-e-wuzu naak may pani dalna tibbi I'tibar say bahut mufeed hay aur yeh 'amal kai beemariyon say mehfooz rakhta hay. Daaimi nazlah aur naak kay zakhm kay mareezon kay liye naak ka ghysl (ya'ni wuzu ki tarah naak may pani charhana) bay had mufeed hay aur mahireen '**Hydrothy**' ya'ni pani say 'ilaj kay mahireen kay nazdeek naak may pani dalna basarat (nazar) ko taiz karta hay.

Piyaray piyaray Islami bhaiyo! 'Umooman ba'z log apnay chehray ki khubsorati aur tar-o-taazgi barhanay aur kil muhason say jan churanay kay liye chehray par mukhtalif totkay aur nuskhay azmatay aur mehangi mehangi creams lagatay hayn ta kay chehray par masno'i chamak damak aa jaey. Yaad Rakhiye! Totkay aur nuskhay aazmanay aur mehangi mehangi creams laganay kay ba'd chehrah waqti taur par to chamakdar ho jata hay magar ba'd may in kay sabab jhurriyan, daanay, kil muhasay aur 'ajeeb-o-ghareeb dagh nikal aatay hayn, jo sakht takleef ka sabab ban jatay hayn aur in kay sabab chehra khubsoorat honay kay bajaye intihai bad-soorat ho jata hay. Chehray ki khubsoorati ko char chand laganay aur usay tar-o-tazgi bakhshnay kay liye wuzu aik behtareen nuskhah hay, kiyun kay wuzu may 3 bar chehra dhoya jata hay jis kay

sabab na sirf chehray ki ronaq may izafah ho jata hay balkay is ki barakat say deegar bahut say tibbi fawaid bhi hasil hotay hayn chunan-chay

Chehrah dhonay kay tibbi fawaid

Wuzu kay dooran chehray par 3 baar hath phayrnay say na sirf dimagh pur sukoon hota hai balkay chehray kay ‘azlat may chamak aur jild may narmi aur latafat payda ho jati hay. Gard-o-gubar saaf ho kar chehrah ba ronaq aur pur kashish aur baru‘ub ho jata hay. Aankhon kay ‘azlat ko taqwiyyat pahonchti hay aur aankhayn pur kashish khubsoorat aur pur khumar ho jati hayn. Aik European docton nay aik maqalah likha jis ka nam tha ‘Eye Water Health’ is may is nay is baat par zor diya kay ‘apni aankhon ko din may baar baar dhotay raho warna tumhayn khatarnak beemariyon say do char hona paryga’.

Day shoq-e-tilawat day zoq-e-‘ibadat

Rahon ba-wuzu Mayn sada Ya Ilahi

(Wasail-e-Bakhshish, safhah. 102)

Wuzu aur High blood pressure

Aik heart specialist ka baray wosoq (ya’ni i’timad) kay sath kehna hay: High blood pressure kay mareez ko wuzu karwao phir us ka blood pressure check karo laziman kam hoga. Aik Musalman mahir-e-nafsiyat ka qawl hay: ‘**Nafsiyati amraaz ka behtareen ‘ilaj wuzu (Ablution) hay**’. Maghribi mahireen nafsiyati mareezon ko wuzu ki tarah rozana badan may kai bar pani lagwatay hayn. *(Wuzu aur science, Safhah. 3)*

Wuzu aur falij

Wuzu jo tarteeb aur a'za dhoye jatay hayn yeh bhi hikmat say khali nahin. Pehlay haath pani may dalnay say jism kay a'sabi nizam muttala' ho jata hay aur phir aahistah aahistah chehray aur dimagh ki ragon ki taraf is kay asrat pahonchtay hayn. Wuzu may pehlay hath dhonay phir kulli karnay phir nak may pani dalnay phir chehrah aur phir deegar a'za dhonay ki tarteeb falij kay rok tham kay liye mufeed hay. Agar chehrah dhonay aur mash karnay say aaghaz kiya jayey to badan kai beemariyon may muhtala ho sakta hay. (*Wuzu aur Science, Safhah. 3*)

Ghar may wuzu khana banwaiye

Aaj kal beysan (hath dhonay ki kundi) par kharay kharay wuzu karnay ka rawaj hay jo kay khilaf-e-mustahab hay. **Afsos!** Log aasaishon bhari bari bari koothiyan to banatay hayn magar is may **wuzu khana** nahin banwatay! Sunnaton ka dard rakhnay walay islami bhaiyon ki khidmaton may Madani iltija hay kay ho sakay to apnay makaan may kam az kam aik toonti ka wuzu khanah zaroor banwaiye. Is may yeh ihtiyat zaroor rakhiye ga kay toonti ka dhaar barah-e-rast farsh par girnay kay bajaye dhalan par giray warnah danton may khoon waghayrah aanay ki sorat may badan ya libas par cheentay urnay ka mas'ala rahay ga agar aap muhtat wuzu khana banwana chahtay hayn to isi risalay kay peechnay diye huway naqshay say rahnumai hasil kijye. W.C, water closet may pani may istinja karnay ki soorat may 'umooman donon paaon kay takhnon ki taraf cheentay aatay hayn lihaza faraghat kay ba'd ihtiyatan paaon kay yeh donon hissay dho layna chahiye.

Wuzu khana banwanay ka tareeqah

Aik nal kay gharelo **wuzu khanay** ki kul masahat ya'ni lambai saray 42 inch aur chorai ponay 49 inch, onchai zameen say ponay 14 inch, is kay oper mazeed sarhay 7 inch onchi nashist gah (Seat) jis ka 'arz (Ya'ni chorai) saray 32 inch aur lambai aik siray say dusray siray tak ya'ni zeenay ki manind, is nashist gah aur saminay ki deewar ka darmiyani faslah 25 inch, aagay ki taraf is tarah dhalwan (Slope) banwaye kay nali sarhay 7 inch say ziyadah na ho, paaon rakhnay ki jagah qadam ki lambai say ma'moli say ziyadah masalan kul sawa 11 inch ho aur is sari jagah ka agla hissah saray 4 inch khardar rakhiyey ta kay ragar kar paon ka mail (khusoosan sardiyan may) churaya ja sakay. **L** ya **u** saakht ka 'mixer null' nali ki zameen say 32 inch oper ho, nal ki tarkeeb is tarah rakhiye key pani ki dhar dhalwan (Slope) par giray aur aap kay liye dantoon kay khoon waghayrah najasat say bachna aasan ho. Hasb-e-zaroorat tarmeem kar kay Masajid may bhi isi tarkeeb say wuzu khana banwaya ja sakta hay.

Note: agar tiles lagwani ho to kam az kam dhalwan may safaid rang ki lagwaiye ta kay Miswak karnay par danton say agar khon waghayra aata ho to thook waghayrah may nazar aa jaye.

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللَّهُ عَلَى مُحَمَّدٍ

Note: Mazeed ma'loomat kay liye Ameer-e-Ahl-e-Sunnat ka risalah 'Wuzu ka tareeqah' ka mutala'h farmaiye.