

ڪام ڪي ٻاٽين

# KAAM KI BATEIN

Translation Department (Dawat-e-Islami) nay is ko Roman-Urdu main compose kiya hay. Agar is mayn koi kami-bayshi paeyn to Translation Department ko aagah kar kay Sawab kay haqdar baniye.

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

## Kitab Parhnay ki Du'a

Az: Sheikh-e-Tariqat, Ameer-e-Ahl-e-Sunnat, Bani-e-Dawat-e-Islami, Hazrat 'Allamah Maulana Abu Bilal Muhammad Ilyas Attar Qadiri Razavi (دَامَتْ بَرَكَاتُهُمُ الْعَالِيَةَ)

Deeni Kitab ya Islami Sabaq Parhnay say Pehlay Zail mayn Di hui Du'a Parh Lijiye إِنَّ شَاءَ اللَّهُ jo Kuch Parhayn gay yaad rahay ga. Du'a yeh hay

اللَّهُمَّ افْتَحْ عَلَيْنَا حِكْمَتَكَ وَأَنْشُرْ  
عَلَيْنَا رَحْمَتَكَ يَا ذَا الْجَلَالِ وَالْإِكْرَامِ

### Tarjamah:

Aye Allah عَزَّوَجَلَّ hum par 'ilm-o-hikmat kay darwazay khol day aur hum par apni rahmat nazil farma! Ay 'azamat aur buzrug walay!

(Al-Mustatraf, Jild. 1, Safnah. 40)

**Note:** Awwal akhir aik aik bar durood-e-pak parh lain.

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أَلْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ وَالصَّلَاةُ وَالسَّلَامُ عَلَى سَيِّدِ الْمُرْسَلِينَ  
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## Kam ki batein

### Du'a-e-Attar

Ya Allah Pak jo koi 17 safhat ka risalah “kaam ki batein” parh ya sun lay us kay duniya-o-aakhirat kay kam bana day aur usay Apnay Piyaray Piyaray Aakhiri Nabi صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ ki shafa'at say Jannat-ul-Firdaus mayn bila hisab dakhila naseeb farma.

أَمِينٌ بِجَاهِ النَّبِيِّ الْأَمِينِ صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ

### Durood Shareef ki fazilat

Allah Pak kay Aakhri Nabi صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ nay irshad farmaya: Jis nay Mujh par soo martabah Durood-e-Pak parha Allak Pak us ki donon ankhon kayn darmiyan likh dayta hay keh yeh nifaq aur jahannam ki aag say azad hay aur usay baroz-e-qiyyamat shuhada kay sath rakhay ga. *(Mu'jam Awsat, Jild. 5, Safah 252, Hadees 7235)*

صَلُّوا عَلَيَّ الْحَيِّبِ صَلَّى اللهُ عَلَيَّ مُحَمَّدٍ

## 49 intiha'i kar aamad madani phool

1. Raat ko darwazah band kartay waqt ghar kay andar achi tarah daykh bhal kar lijiye keh koi ajnabi ya koi kutta, bili andar tou nahin reh gaya yeh 'adat dal laynay say **إِنْ شَاءَ اللَّهُ**! Ghar mayn koi nuqsan nahin hoga.
2. Gahr aur ghar kay tamam samanon ko saaf suthra rakhiye aur har cheez ko is ki gajah par rakhiye.
3. Sab ghar walay apas mayn tay kar layn fulan cheez fulan jagah par rahay gi phir sab ghar walay is kay paband ho jayn keh jab is cheez ko wahan say uthayn tou isti'mal kar kay phir isi jaga rakh dayn takeh har adami ko baghayr puchay aur bila dhonday woh mil jaya karay aur zarorat kay waqt talash karnay ki hajat nah paray.
4. Ghar kay tama bartanon ko dho, manjh kar kisi almari ya taaq par ulta kar kay rakh dijiye aur phir dobarah is bartan ko isti'mal karna ho tou phir bartan ko baghayr dho'ay isti'mal mat kijiye.
5. Koi jhutha bartan ya giza ya dawa laga ho`a bartan hargiz hargiz na rakh diya karayn, juthay ya ghiza`on aur dawa`on say alodah bartanon mayn jaraseem payda hotay hayn aur tarah tarah ki bimariyon kay payda honay ka khatra rehta hay.
6. Andhyray mayn bila daykhay hargiz hargiz pani nah piy`ayn na khana kha`ayn.

7. Ghar kya angan kay rastay mayn charpai ya kursi ya bartan ya koi saman mat dal diya karayn aysa karnay say ba'az daf'ah roz ki 'adat kay mutabiq bay khatkay chaly anay walay ko thokar zaror lagti hay aur ba'az martabah tou sakht chotayn bhi lag jati hayn.
8. Surahi (pitcher) kay mon ya loytay ki tonti say mon laga kar hargiz kabhi pani nah piy`ayn kiun keh awwalan tou yeh khilaf-e-tahzeeb hay dosra yeh khatrah hay keh surahi ya tonti mayn koi kira makora chupa ho aur woh pani kay sath payt mayn chala ja`ay.
9. Haftah das dinon mayn aik din ghar ki mukamal safa`i kay liye muqarrar kar lijiye is din poray makan ki safa`i kar lijiye.
10. Din raat baythay rehna palang par so`ay ya laytay rehna tandrusti kay liye bay had nuqsan deh hay. Islami bhayon ko saaf aur khuli hawa may kuch chal phir layna aur islami behnon ko kuch mehnat kay kaam hath say kar layna tandrusti kay liye bahut zarori hay.
11. Jis jagah chand admi baythay hon us jagah bayth kar nah thukayn nah khankhar nikalyn nah naak saaf karayn keh khilaf-e-tehzeeb bhi hay aur dosron kay liye ghin payda karnay wali cheez hay.

12. Daman ya anchal ya asteen say naak saaf nah karyn nah hath monh in cheezon say ponchyn kiun keh yeh gandagi hay aur tehzeeb kay khilaf bhi.
13. Jooti aur kapra ya bistar isti'mal say pehlay jhaar liya karayn mumkin hay koi muzi janwar baytha ho jo baykhabri mayn aap ko das lay.
14. Chotay bachon ko khilatay behlatay kabhi hargiz hargiz uchal uchal kar nah khilayn Khuda nakhuastah hath say chut gaya tou bachay ki jaan khatray mayn parr ja`ay gi.
15. Beech darwazay mayn nah baytha karayn sab anay janay walon ko takleef hogi aur khud aap bhi takleef uthayn gay.
16. Agar poshidah jagahon mayn kisi kay phora phunsi (rashes and pimples) dard-o-waram ho tou us say mat pochiye keh kahan hay? Is say kham-khuwah us ko sharmindagi hogi.
17. Bait-ul-khila ya ghusl khanay say kamar band ya tehband ya sarrhi badhtay ho`y bahar nah niklayn balkeh andar say hi bandh kar bahar niklayn.
18. Jab aap say koi shakhs koi baat pochay tou pehly is ka jawab dijiye us kay ba`d hi dosra kaam kijiye.
19. Jo baat kisi say kahin ya kisi ka jawab dayn tou saaf saaf bolayn aur itni awaz say bolayn keh samnay wala achi tarah sun lay aur samjh lay.

20. Agar kisi kay baray mayn koi poshidah baat kisi say kehni ho aur woh shaks is majlis mayn mojood ho to aankh ya hath say bar bar us ki taraf isharah mat kijiye keh na haq is shakhs ko tarah tarah kay shubhat hon gay.
21. Kisi ko koi cheez dayni ho tou apnay hath say is kay hath mayn dijiye ya bartan mayn rakh kar is kay samnay paysh kijiye, door say phaynk kar koi cheez kisi ko mat dijiye keh shayad is kay hath mayn nah pohanch sakay aur zameen par gir kar toot phot ja`ay ya kharab ho ja`ay.
22. Agar kisi ko pankha karayn tou is ka khayal rakhayn keh is kay sar ya chehray ya badan kay kisi hissay mayn pankha lagnay nah pa`ay aur pankhay ko itnay zor say bhi nah jhula karayn keh khud aap ya dosray parishan ho ja`ayn.
23. Maylay kapray jo dhobi kay yahan janay walay hon in ko ghar mayn idhar udhar paray ya bikhray zameen par nah rahnay dayn balkeh makan kay kisi konay mayn lakri ka aik ma`muli box rakh lijiye aur maylay kapron ko isi mayn jama` kartay rahiye.
24. Apnay ooni kapray kabhi kabhi dhoop mayn sukha liya karayn aur kitabon ko bhi takeh kiray makoray kapron aur kitabon ko kat kar kharab nah kar sakayn.
25. Jahan koi adami baytha ho wahan gardo ghubr wali cheezon kon nah jharayn.



26. Kisi dukh ya parishani ya gham aur bimari waghayrah ki khabron ko hargiz us waqt tak nahin kehna chahiye jab tak keh us ki khob achi tarah tahqeeq nah ho ja`ay.
27. Khanay pinay ki koi cheez khuli mat rakhiye hamayshah dhank kar rakha kijiye aur makhiyon kay baythnay say bachaiye.
28. Daur kar, monh upar utha kar nahin chalna chahiye is mayn thokar lagnay kisi say takra janay wagayrah kay bahut say khatrat hayn.
29. Chalnay mayn paon ko pora uthaya karayn aur pora paon zameen par rakha karayn panjon ya ayrri kay bal chalna ya paon ghasit-tay ho`ay chalna yeh tehzeeb kay khilaf hay.
30. Kapra pehnay pehnay nahin seena chahiye.
31. Har kisi par andha bharosa mat kar liya karayn jab tak kisi ko har tarah say bar bar azma nah layn is ka i'tibar mat kar liya karayn khas kar aksar shehron mayn bahut si `aurtayn koi hajjan sahibah bani hoi ka`bah ka ghilaf liye ho`ay , koi ta`weez ganday jhar phonk karti ho`i gharon mayn ghusti phirti hayn aur `auraton kay majma` mayn bayth kar Allah Pak-o-Rasool صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ ki baatayn karti hay, Khabardar! Khabardar! In `aurton ko hargiz hargiz gharon mayn anay hi mat dijiye darwazay hi say wapas kar dijiye. Aysi `aurton nay bahut say gharon ka

safaya kardala hay in 'auraton mayn ba'az choron aur dako'on ki mukbar bhi hua karti hayn jo ghar kay andar ghus kar sara mahool daykh layti hayn phir choron aur dako'on ko un kay gharon ka haal batati hayn.

32. Jahan tak ho sakay koi soda saman udhar mat mangaya karayn aur agar majboori mayn mangana par hi ja'ay tou dam poch kar tarikh kay sath likh lijiye aur jab rupay aap kay pass ajayn tou foran ada kar dijiye zabani yad par bharosa mat kijiye.
33. Jahan tak hosaky kharch chalanay mayn bahut ziyadh kifayat say kaam lijiye aur rupiya paisa bahut hi intizam say uthaiye balkeh jitna kharch kay liye aap ko milta hay us mayn say kuch nah kuch bacha liya kijiye.
34. Jo 'auratayn bahut say gharon mayn aya jaya kari hayn jaysay dhoban, kaam waliyan waghayrah in kay samnay hargiz hargiz apnay ghar kay ikhtilafat aur jhagron ko mat bayan karayn kiun keh aksar aysi 'aurtayn gharon ki batayn das gharon mayn kehti phirti hayn
35. Koi shakhs aap kay ghar kay darwazay par akar aap kay ghar kay kisi fard ka dost ya rishtaydar hona zahir karay tou hargiz is ko apnay makan kay andar mat bulaiye nah is ka koi sman apnay ghar mayn rakhiye nah apna koi qimti saman is kay supurd kijiye.

36. Mahabbat mayn apnay bachon ko bila bhok kay khana mat khilaiye nah israr kar ka ziyada khilao dono suraton mayn bachay bimar ho jatay hayn jis ki takleef aap ko aur bachon dono ko bhugatni par sakti hay.
37. Bachon kay sardi garmi kay kapron ka khas taur par dihan lazmi dayn bachay sardi garmi lagnay say bimar hojaya kartayn hayn.
38. Bachon ko Maa Bap balkeh Dada Dadi ka naam bhi (balkeh ghar ka address bhi) yad kara dijiye aur kbhi kbhi pochay kijiye takeh yad rahay, us mayn yeh fai`dah hay keh agar Khuda nakhuastah bacha kho ja`ay aur koi is say pochay keh tayray bap ka kiya naam hay? Tayray maa bap kon hayn? (tumhara ghar kahan hay) tou agar bachay ko koi naam-o-pata waghayrah yad hon gay tou bata day ga phir koi na koi is ko aap kay pass pohncha day ga ya aap ko bula kar bacha aap kay supurd kar day ga aur agar bachay ko maa bap ka naam-(o-pata) yad nah raha tou bacha yahi kahay ga keh mayn amma ya abba ka bacha hon kuch khabar nahin keh kon abba kon amma?
39. Islami behnayn chotay bachon ko akayla chor kar bahar nah chali jaya karayn keh aysa bhi hoa hay keh aik `aurat bachay kay agay khana rakh kar chali ga`i bahut say kawo`on nay bachay kay agay ka khana cheen kar kha liya aur chonch mar mar kar bachay ki ankh bhi phorr dali. Isi

tarah bili nay bachay ko akayla pa kar is qadr noch dala keh bacha mar gaya.

40. Kisi ko tehranay ya khana khilanay par bahut israr mat kijiye ba'az martabah is mayn mehman ko uljhan ho jati hay phir sochiye keh bhala aysi mahabbat say kiya fai`da jis ka anjam naftrat aur badnami ho.
41. Wazan ya khatray wali cheez kisi adami kay upar say utha kar mat diya karayn Khuda nakhwastah wo cheez hath say chut kar adami kay upar gir parri tou is ka anjam kitna khtarnak hoga?
42. Kisi bachay ya shagird ko saza dayni ho tou matti, lakri ya laal ghonsa say mat marayn Khuda nakhwastah agar kisi nazuk jagah chot lag ja`ay tou kitni baari musubat sar par aaparay gi!
43. Agar aap kisi kay ghar mehman ban kar jayn aur kha kha chukay hon tou hasb-e-haal jatay hi ghar walon say keh dayn keh hum khana kha kar a`ay hayn kiun keh ghar walay lihaz ki wajah say baghayr pochay chupkay chupkay khana tayyar kar layn gay aur jab khana samnay agaya tou aap nay keh diya keh hum tou khana kha kar a`ay hayn tou sochiye keh us waqt ghar walon ko kitna afsos hoga?
44. Makan mayn agar raqam ya zaywar waghayrah dafan kar kay rakha hay tou apnay ghar walon mayn say jis par bharosa ho is ko bata dijiye warnah shayad tumhra

achanak itnikal ho ja`ay tou woh zaywar ya raqam waghayrah hamyshah zameen mayn hi reh ja`ay gi. (isi tarah digar khufiya amwal-o-amanat-o-dastawizat kay baray mayn kisi ko i'timad mayn lay layna mufeed hay)

45. Makan may jalta chiragh ya aag chor kar bahar mat chaly jaiye chiragh-o-agg ko makan say nikaltay waqt bujha dayna chaiye.
46. Itna ziyadah mat khaiye keh choran ki jagah bhi payt mayn baqi nah reh ja`ay.
47. Jahan tak mumkin ho raat ko makan mayn tanha mat rahiye Khuda janay raat ko kiya itifaq par ja`ay? Lachari aur majbori ki tou aur baat hay magar jab tak ho sakay makan mayn raat ko akyla nahin sona chaiye.
48. Apnay hunar par naz mat kijiye.
49. Buray waqt ka koi sathi nahin hota is liye sirf Khuda par bharosa rakhiye. (*Jannati Zaywar, Safah 558, batkhayr qaleel*)

### **30 ghaltiyon ki nishandahi**

1. Is khayal mayn hamayshah magan rehna keh jawani-o-tandrusti hamayshah rahay gi.
2. Musibaton mayn bay sabra ban kar chikh-o-pukar karna.
3. Apni `aql ko sab say barh kar samjhna.

4. Dushman ko haqeer samjhna.
5. Bimari ko ma'moli samjh kar shuru' mayn 'ilaj nah karna.
6. Apni ra'ay par 'amal karna aur dosron kay mashwaron ko thukra dayna.
7. Kisi badkar ko bar bar azma kar bhi is ki chaplosi mayn ajana.
8. baykari mayn khush rehna aur rozi ko talash nah karna.
9. Apna raz kisi dosray ko bata kar isay poshidah rakhnay ki takeed karna.
10. Amdani say ziyadah kharch karna.
11. Logon ki takleef mayn shareek na hona aur un say imdad ki umeed rakhna.
12. Aik ya do mulaqaton mayn kisi shakhs ki nisbat koi achi ya buri ra'y qai'm kar layna.
13. Walidayn ki khidmat nah karna aur aulad say kidmat ki umeed rakhna.
14. Kisi kam ko is khayal say adhura chor dayna keh phir kisi waqt mukamal kar liya ja'ay ga.
15. Har shakhs say badi karna aur logon say apnay liye nayki ki tawqa' rakhna.

Kam ki batein

16. Gumrahon ki suhbat mayn uthna baythna.
17. Koi 'aml-e-sualeh ki talqeen karay tou is par dihan nah dayna.
18. Khud hala-o-haram ka khayal nah karna aur dosron ko bhi is rah par lagana.
19. Jhoti qasam kha kar jhot bol kar dhoka day kar apni tijarat ko farogh dayna.
20. 'Ilm-e-deen aur deendari ko 'izzat nah samjhna.
21. Khud ko dosron say behtar samjhna.
22. Faqiron aur sai'lon ko apnay darwazay say Dhaka day kar bhaga dayna.
23. Zaroorat say ziyadah baat cheet karna.
24. Apnay parosi say bigaar rakhna.
25. Badshahon aur ameroon ki dosti par i'tabar karna.
26. Khamkhuah kisi kay gharaylu mu'amlat mayn dakhil dayna.
27. Baghayr sochay samjhay baat karna.
28. Teen din say ziyadah kisi ka mehman banna.
29. Apnay ghar ka bhayd dosron par zahir karna.

30. Har shakhs kay samnay apnay dukh dard bayan karna.  
(*Jannati Zaywar, Safah 557*)

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللَّهُ عَلَى مُحَمَّدٍ

## 16 gharaylu 'ilaj aur kar aamad madani phool

1. Palang ki pai`nti ki janib ajwain (carom seed) ki potliyan (small bags) bandhnay say palang kay khatmal bhag jayn gay.
2. Agar machar dani muyyassir nah ho aur garmiyon kay musam mayn machar ziyadah tang karayn tou bistar par ja baja tushi (naami puday) kay patay phayla dijiye machar bhag jayn gay.
3. Lakri may keel thoktay hu`ay lakri kay phatnay ka khatra ho tou is keel ko pehlay sabon mayn thoknay kay ba`ad lakri mayn thokna chahiye is tarah lakri nahin phatay gi.
4. Kagzi limon (patlay chilkey wala limon) ka rus agar din mayn chand bar pee layn tou malayriya ka hamlah nahin hoga.
5. Loo (heatwave) say bachnay kay liye tayz dhoop mayn safar kartay waqt jayb mayn aik piyaz rakh layna chahiye.



6. Hayzah (Cholera) (naami khatarnak bimari) kay hamlay say bachnay kay liye sirkah limon aur piyaz ka bakasrat isti'mal karna chahiye.
7. Sabziyon ko jald laganay aur attay mayn khameer jald anay kay liye kharbozay kay chilkon ko khub sukhain aur is ko bareek pees kar safof (ya'ni powder) tayyar kar layn phir isi safof ko sabziyon mayn jald laganay kay liye aur attay mayn khameer jald anay kay liye thora safof attay mayn dal diya karayn.
8. Roghan-e-zaytoon (olive oil) danton par malnay say masoray aur hiltay hu`ay dant mazboot ho jatay hayn.
9. Hichki (hiccup) arahi ho tou long kha laynay say band ho jati hay.
10. Sar mayn jo`in parr jayn tou sat-e-podinah (ya'ni podinay ka 'arq) sabon kay pani mayn hal kar kay sar mayn dalayn aur sar ko khub dho`ayn do teen martabah aysa kar laynay say sab jo`in mar jayn gi.
11. Limon ki phank (tukra) cehray par malnay aur phir sabon say dho laynay say cheray kay keel muhasay door ho jatay hayn.
12. Paydal chalnay ki wajah say pao`n mayn thakan ziyadah ma'lloom ho tou namak milay hu`ay garam pani mayn

kuch dayr pao`n rakh daynay say thakawat door ho jati hay.

13. Limon ko agar bhobal (ya`ni garam rayt) mayn garam kar kay ya garma garam patilay kay andar chawalon kay upar kuch dayr rakhnay kay ba`ad nachorayn tou `arq asani kay sath ziyadah niklay ga.
14. Aag say gal jayn tou badan kay jalay hu`ay muqam par foran roshna`i (ink) lagayn ya chonay ka pani dalayn ya barodh (bargad ka darkht) ka tail lagayn ya shakar safayd pani mayn ghol kar lagayn.
15. Sanp ya koi zehreela janwar kat lay tou katnay ki jagah say zara upar foran kisi maztot dhagay say kass kar bandh dijiye aur mareez ko sonay mat dijiye. Yeh fori tarkeeb kar kay phir doctor say ruju` kijiye.
16. Agar sankhiya (naami kharatnak zayher) ya afiyon ya dhatora (aik poda jis ka beej nasha awar hota hay) kha lay tou foran soya (aik khushbudar saag) ka beej do tola aadh sayr<sup>1</sup> pani mayn paka kar is mayn pa`o bhar ghee aik tolah namak mila kar neem garam pilayn aur qay (ulti) kara`yn jab khub qay ho ja`ay tou doodh pila`yn aur agar doodh say bhi qay ho ja`ay tou bahut acha hay aur mareez

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<sup>1</sup> Aik sayr 933.2 garam ya`ni 1 kilo garam say lag bhag 7 feesad kam hota hay, aadh sayr is ka nist hoga.

Kam ki batein

ko sonay nah dayn **إِنْ شَاءَ اللَّهُ** mareez sehatyab ho ja`ay ga.  
(*Jannati Zaywar, Safah 565*)

## **Sanp, bichu, kankhajora aur chiuntiyon say nijat kay tareeqay**

### **Sanp**

Aik pa`o noshadar (Ammoniac) ko paanch sayr pani mayn ghol kar ghar kay tamam bilon (Holes) sorakhon aur konon mayn chirak dayn agar ghar mayn sanp ho tou bhag ja`ay ga aur kabhi kabhi yeh pani chiraktay rahayn tou is makan mayn sanp nahin a`ay ga, **إِنْ شَاءَ اللَّهُ** dosri tarkeeb yeh hay keh ghar kay bilon aur dosray sab sorakhon mayn raa`i daal dayn sanp foran maar ja`ay ga aur agar apnay aas pass raa`i dal kar so`yn tou sanp qareeb nahi asakta.

### **Bichu**

Moli ka `arq agar bichu (scorpion) kay upar daal diya ja`ay tou bichu mar ja`ay ga aur agar bichu kay sorakh mayn moli kay chand tukray daal diye jayn tou bichu sorakh say bahar nahin nikal sakay ga balkeh sorakh kay andar hi halak ho ja`ay ga. Dosri tarkeeb yeh hay keh chirr chita ghash ki jar agar bichonay par rakh di ja`ay tou bichu bistar par nhin char sakay

ga. Agar bichu dunk mar day tou behrozah ka tail ya chir chita ki jar ki ghiss kar lagayn zehar utar ja`ay ga.

## **Kankhajora**

Agar kisi kay badan mayn chimat ja`ay ya kaan mayn ghus ja`ay tou shakar us kay upar dalyan foran hi is kay pa`on khaal say bahar nikal jayn gay aur agar piyaz ka `arq kankhajoray kay upar daal dayn tou woh jagah bhi chor day ga aur phir foran hi mar ja`ay ga aur agar is kay pa`on chubnay say zakhm hogaya hay tou piyaz (taway par) bulbula kar is kay zakhm par bandhna ikseer hay.

## **Pisso**

(Aik pardar zehrila kira jis kay katnay say khujli hoti hay): Andraain kay phal ya is ki jar pani mayn bhigo kar tamam ghar mayn pani chirak dijiye tou is makan say pisso bhag jayn gay.

## **Chiuntiyan**

Heeng (aik darkht ka badbuo dar gond) say bhag jati hayn.

## **Kapron aur kitabon ka kira**

Afsanteen (naami dawa) ya podinah ya limon kay chilkey ya neem kay patay ya kafor kapron mayn rakh dayn tou kapray

Kam ki batein

aur kitabayn kiron kay khanay say mahfoz rahyn gi. (*Jannati Zaywar, Safah 567*)

## Monh ki badbo ka 'ilaj

Agar kisi cheez kay khanay kay sabab monh mayn badbo ati hay tou hara dhaniya chaba kar khaiye neez gulab kay tazah ya sokhay hu`ay phoolon say dant manjhiye **إِنْ شَاءَ اللَّهُ** fai`da hoga. Han agar payt ki kharabi ki wajah say badbuo ati ho tou “kam khori” (kam khanay) ki sa`adat hasil kar kay bhook ki barakatayn lotnay **إِنْ شَاءَ اللَّهُ** ! tangon aur badan kay mukhtalif hisson kay dard, qabz, seenay ki jalan, monh kay chalay, bar bar honay walay nazlay khansi aur galay kay dard, masoron mayn khon ana waghyrah bahut saray amraz kay sath sath monh ki badbuo say bhi jaan chut ja`ay gi. Bhook baqi rahay gi is tarah say kam khanay mayn 80 feesad amraz say bachat ho sakti hay. (tafsili ma`lomat kay liye Faizan-e-Madinah kay bab “payt ka quflay Madinah” ka mutala`h farmaiye) agar nafs ki hirs ka 'ilaj ho ja`ay tou ka`i jismani aur rohani amraz khud hi dam taur jayn.

*Raza nafs dushman hay dam mayn nah ana  
Kahan tum nay daykhay hayn chand ranay walay*

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Naak say gehra sans lay kar mumkin had tak rok kar rakhnay kay ba`ad monh say kharij karna sehat kay liye intihai mufeed

hay. Din bhar mayn jab jab moqa' milay bilkhus khuli fiza faza` mayn rozanah chand bar tou aysa kar layna chahiye.

## **Monh ki buo ma'loom karnay ka tareeqah**

Agar monh mayn koi taghiyar-e-ra`ayah (ya'ni bad buo) ho tou jitni bar miswak aur kuliyon say is (badbuo) ka izalah (ya'ni door karna mumkin) ho (itni baar kuliyan karna) lazim hay, is kay liye koi had muqarar nahin. Badbuo dar kaseef (garrha) bay ihtiyati ka huqah pinay walon ko is ka khiyal (rakhna) sakht zaroori hay aur un say ziyadah sigrit walay ko keh is ki badbuo murakab tambako say sakht tar aur ziyadah dayr paa hay in sab say za`id ashad zaroorat tambako khanay walon ko hay jin kay monh mayn us ka jirm (ya'ni dho`ayn kay baja`ay khud tambako hi) daba rehta hay aur monh apni badbuo say basa dayta hay. Yeh sab log wahan tak miswak aur kuliyan karayn keh monh bilkul saaf ho ja`ay aur buo ka aslan nishan nah rahay aur is ka imtihan yun hay keh hath apnay monh kay qareeb lay ja kar monh khoil kar zor say do teen bar halaq say puri sans hath par lay aur ma'an (foran) songhay. Baghayr is kay andar ki badbuo khud kam mahsos hoti hay aur jab monh mayn badbuo ho tou masjid mayn jana haram, namaz mayn dakhil hona mana'. وَاللَّهُ الْهَدَى (Fatawa razawiyyah jild. 1, safah 838)

## **Monh ki safa`i ka tareeqah**

Jo miswak aur khanay kay bad khilal ki sunnat ada ahi kartay aur danton ki safa`i karnay mayn sust hotay hayn aksar un kay monh badbuodar hotay hayn. Sirf rasmi tour par miswak aur khilal ka tinka danton mayn mass kar dayna kafi nahin hota. masorhay zakhmi nah hon is ihtiyat kay sath mumkinah surat mayn giza ka aik aik zara danton say nikalna hoga warnah danton kay darmiyan giza`i ajza paray paray sartay aur sakht sarand (Rancidity) ka ba`is bantay rahayn gay. Danton ki safa`i ka aik tareeqah yeh hi hay keh koi cheez khanay ya chay waghayrah pinay kay ba`ad aur is kay `ilawah bhi jab jab moqa` milay maslan baythay baythay koi kam kar rahay hayn is waqt pani ka ghunth monh mayn bhar layn aur junbish daytay rahayn ya`ni hilatay rahayn is tarah monh ka kachra aur mayl kuchayl saaf hota rahay ga. Sadah pani bhi chal ja`ay ga aur agar namak wala neem garam pani ho tou yeh **!إن شاء الله** “mouth wash” sabit hoga.

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللهُ عَلَى مُحَمَّدٍ

## **Jism-e-insani mayn ma`day ki ahmiyat**

Ma`dah insani jism ka aik intihai aham `azu hay. Ham jo kuch khatay pitay hayn woh ja kar ma`day may jama` ho jata hay neez ma`dah khanay ko hazam karnay ka kaam bhi karta hay ma`day ki khrabi jism kay tamam nizam ko mutasir kar sakti hay, lihaza isay durust rakhna aur is say mu`aliq ihtiyatayn janna bahut zaroori hay.

## **Ma'day ki kharabi aur mukhtalif amraz**

Ma'day may tizabiyat (Acidity), ulтийan (vomiting), seenay mayn dard aur jalan, monh mayn karwa pani ana, ma'day ka alsar (Stomach Ulcer) aur munasib 'ilaj nah karwanay ki surat mayn akhir kar ma'day ka cancer.

### **Asbab**

Ma'day ki takleef aur jalan waghayrah ka maslah 'amoman raat mayn ziyadah hota hay. Koi aur bimari nah honay ki surat mayn is ka sabab raat ko dayr say ziyadah miqdar mayn khana aur phir foran so jana ho sakta hay. Shadi waghayrah d'awaton kay moqa' par aysa maslah ziyadah hota hay. Tang fitting walay chust kapray pehanna bhi is maslay ka aik sabab hay. Mazeed asbab mayn tambako noshi, pan gutkay, soft drink, tayz mirch masalhay walay khano ka ist'mal aur pani kam pina waghayrah shamil hay.

### **Apni giza par ghor farmayn**

Jin islami bhayon kay sath ma'day kay masail waqtan fawaqtan hotay rahtay hon woh apni giza par ghor karayn aur jin cheezon kay khany kay ba'ad is takleef ka shikar hotay hon in say parhayz farmayn.

### **Parhayz**



Kam ki batein

Ma'day ki takleef mayn mubtila afrad tayz mirch masallhay wali neez tali hoi ashiya` kay ist'mal say parhayz farmayn. Woh sabziyan jo dayr say hazam hoti aur gass payda karti hayn jaysay gobhi, aloo, arwi, bayngan neez chanay ki dal, kalayji, paa`y waghayrah ist'mal nah karayn. Ubli hoi sabziyan, khichri aur daliya (porridge) thori si kali mirch kay sath is'mal farmayn.

### **Ma'day par ziyadah bojh mat dalayn**

Piyaray isalmi bhaiyo! Ma'day kay kam karnay ki bhi aik had hay. Agar achi tarah chaba`y baghayr ya zaroorat say ziyadah gizayn is mayn dali jayn tou baycharah akhir kis kis cheez ko hazam kar sakay ga? Natijatan nizam-e-inhayzam (Digestive System) darham barham ho ja`ay ga, ma'dah bimar par ja`ay ga aur phir saray jism ko amraz farham (Transfer) karnay lagay ga, jaysa keh Tabibon kay Tabib صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ ka farman-e-hikmat nihshan hay, ma'dah badan mayn hooz ki manid hay aur (badan ki) naliyan (ya'ni ragayn) ma'day ki taraf anay wali hayn agar ma'dah sehat mand ho tou ragayn (ma'day may say) sehat lay kar palt-ti hayn aur agar ma'dah kharab ho tou ragayn bimari lay kar wapas jati hayn. (*Sh'ab-ul-Iman Jild 5, Safah 66, Hadees 5796*)

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### **Pani munasib miqdar mayn ist'mal karayn**

Ma'day mayn tizabiyat waghayrah ki surat mayn sadah pani ka ziyadah say ziyadah ist'mal mufeed hay. 'Aam halat mayn kaam karnay walay afrad rozanah 10 say 12 glass jabkeh garmi mayn aur paseenah lanay walay halaat mayn kaam karnay walay is say bhi ziyadah miqdart mayn pani nush farma`yn. Ma'day mayn tizabiyat ki surat mayn thanday doodh ka ist'mal bhi mufeed hay. Agar ma'day kay alsar ki wajah say jalan ho tou doodh ist'mal nah karayn.

### **Danton ka kam anton say mat lijiye**

Ma'day ko durust rakhnay kay liye khana khatay hu`ay bhi ihtiyat zaroori hay. Lihaza luqmah chota lijiye aur chapar chapar ki awaz payda nah ho is ihtiyat kay sath is qadar chabaiye keh monh ki giza patli ho ja`ay, yun karnay say hazim lu`ab bhi achi tarah shamil ho ja`ay ga. Agar achi tarah chaba`y baghayr nigal jayn gay tou hazam karnay kay liye ma'day ko sakht zehmat karni paray gi aur natijah tarah tarah ki bimariyon ka samna ho sakta hay lihaza danton ka kam anton say mat lijiye. *(Purasrar Khazanah, Safah 20)*

### **Ma'day kay alsar ka asal i'laj**

Ma'day kay alsar ka asal i'laj payt ka qufl-e-madinah hay ya`ni sadah giza bhook say kam khana hay. Faizan-e-Sunnat jild awal kay do abwab payt ka Qufl-e-Madinah aur aadab-e-Ta`am

Kam ki batein

ka mut'alah farma kar 'amal karayn tou **إن شاء الله** !ma'day kay alsar samayt ka`i amraz say chutkara milay ga.

## **Ma'day ki bimariyon ka gharaylo i'laj**

Ma'day kay alsar ya antariyon kay zakam aur sujan mayn maythi ka ist'mal bahut mufeed hay.

- ❖ Khansi ki dawa`yn 'aam tour par ma'dah kharab karti hayn lihaza purani khansi kay mareez ka dawa`on kay ist'mal ki wajah say ma'day ki jalan aur badhazmi kay marz say bachna dushwar hay.
- ❖ Maythi kay ist'mal say nah sirf khansi ko fa`idah hoya hay balk eh ma'day ki bhi islah hoti hay.
- ❖ Maythi ka qehwah (ya'ni jishandah), ma'day aur antarriyon ki gandagiyan saaf karta aur nizamm-e-hazam say izafi aur nuqsan deh ratubatayn kharij karta hay.  
*(Maythi kay 50 Madani Phool, Safah 3 ta 8)*

## **Mutafirq madani phool**

- ❖ Insani jism ko munasib miqdar mayn protine, vitamins waghayrah ki zaroorat hoti hay lihaza daal, sabzi, chawal, gosht aur phal wagayrah sab cheezayn munasib miqdar mayn zaroor khayn sirf kisi aik ya do par zor dayna aur baqi ko tark kar dayna munasib nahin.

- ❖ Jis tarah ziyadah khanay kay nuqsanat hay yun hi gayr ma'mooli tour par ziyadah arsay ma'day ko khali rakhna bhi nuqsan deh hay.
- ❖ Khanay kay baja`ay sirf chay, coffee ya soft drink aur biscuit wagayrah par iktifa karna uar usay parhayz ka naam dayna bhi nadani hay keh yeh ma'day kay liye ziyadah nuqsan deh hay.
- ❖ Jurron kay dard ki dawa`yn ist'mal karnay walon ko bhi ma'day ka maslah ho sakta hay lihaza bilkhusus aysi adwaiyat doctor kay mashwaray kay baghayr ist'mal nah karayn.
- ❖ Fast food, junk food aur coldrink wagayrah ma'day kay liye zehar-e-qatil ki haysiyat rakhtay hayn.

### **Ma'day kay alsar wagayrah kay do gharaylo i'laj**

1. Do haftay tak din mayn teen martabah band gobhi ka rus aik aik glass pee lijiye, badh gobhi ka salan bhi khaiye **ان شاء الله** ! sab behtar ho ja`ay ga. (*Gharaylo I'laj, Safah 55*) band gobhi ka batour-e-salad ist'mal bhi fai`day mand hay.
2. Raal safayd `umdah: 5 tolah, mulaythi (Liquorice) muqashar: 5 tolah, Mulaythi ko cheel layn ya`ni is kay upar kay chilkay utar layn, phir dono ko pees kar bahifazat rakh layn. Khali payt subah sham adha adha

Kam ki batein

chamach adha cup 'arq-e-sunf kay sath ta hasul-e-shifa ist'mal farmayn. **إِنْ شَاءَ اللَّهُ** ma'day kay har tarah kay alsar kay liye mufeed hay. *(Mahnama Faizan-e-Madinah, August/September 2018, Safah 56)*

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللَّهُ عَلَى مُحَمَّدٍ

الله  
يَا وَاسِعَ الْمَغْفِرَةِ  
اغْفِرْ لِي -  
ترجمہ:  
اے وسیع مغفرت والہ!  
میری مغفرت فرما  
امین -  
الحمد