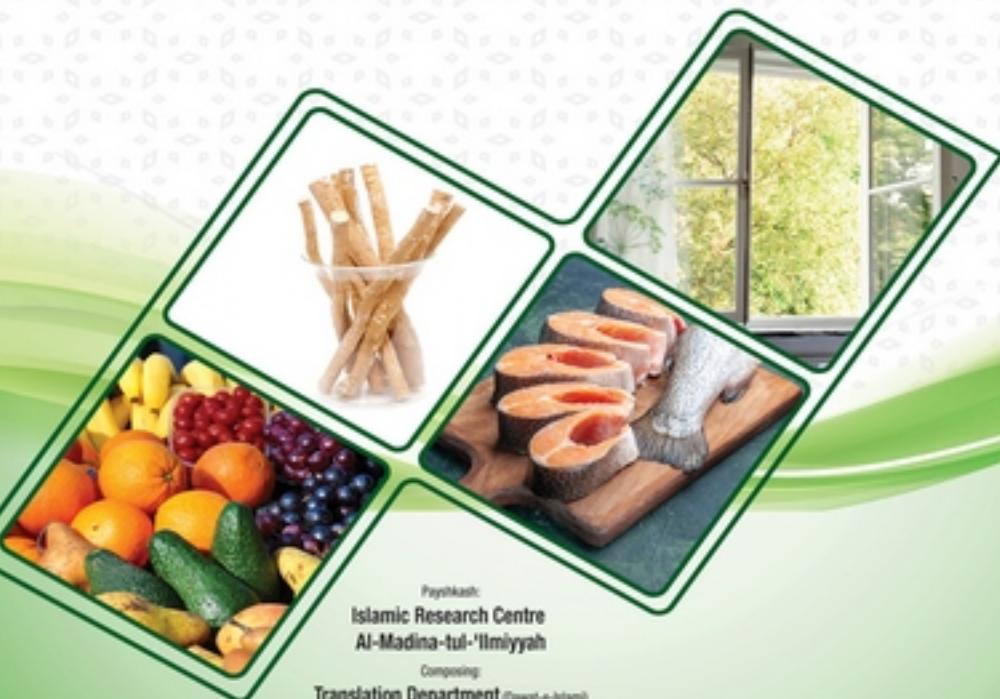




# Tandrust rehnay kay formulay

Roman



Published:

Islamic Research Centre  
Al-Madina-tul-'Ilmiyyah

Composed:

Translation Department (Dawat-e-Islam)

تندرست رہنے کے فارمولے

*Roman-Urdu*

## Tandrust rehnay kay formualy

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الْحَمْدُ لِلّٰهِ رَبِّ الْعَالَمِينَ وَالصَّلٰوةُ وَالسَّلَامُ عَلٰى سَيِّدِ النُّبُوٰتِ سَلِيْمٌ  
أَبَأْ بَعْدُ فَأَعُوذُ بِاللّٰهِ مِنَ الشَّيْطٰنِ الرَّجِيمِ يُسَوِّ اللّٰهُ الرَّحْمٰنُ الرَّحِيمُ

## *Kitab perhnay ki Du'a*

deeni kitab ya Islami sabaq perhnay say pehlay zayl mayn di hui. Du'a perh li-jiye jo kuch perhayngey yaad rahay ga. Du'a yeh hay:

اللّٰهُمَّ افْتَحْ عَلَيْنَا حِكْمَتَكَ وَانْشِرْ  
عَلَيْنَا رَحْمَتَكَ يَا ذَا الْجَلَالِ وَالْإِكْرَامِ

### Tarjama:

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

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



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

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الْحَمْدُ لِلّٰهِ رَبِّ الْعَالَمِينَ وَالصَّلوةُ وَالسَّلَامُ عَلٰى سَيِّدِ النَّبِيِّنَ  
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## Tandrust rehnay kay formualy

### Du'a-e-'Attar

Ya Rab e Mustafa! jo koi risala “Tandrust rehnay kay formulay” parh ya sun lay usay apni ‘ibadat kay liye achi sehat day aur usay khoob naiki ki da’wat ‘aam karnay ki tofeeq ‘ata farma kar bila hisab maghfirat say Nawaz day.

أَمِينُ بِحَجَّةِ الْتَّبَّانِ الْأَكْمَمِينُ صَلَّى اللّٰهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ

### Durood shareef ki fazeelat

Farman-e-Aakhiri Nabi : حَصَّلَ اللّٰهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ jisay koi mushkil paish aae usay mujhpar kasrat say durood parhna chahiye kyun kay mujh par Durood parhna musibaton aur balaoun ko talnay wala hay. (*Al-Qawl ul badi'*, *Safha. 414*)

### Tandrusti hazar ne'mat hay

‘Aam taur par assi (80) feesad amaraaz pait ki kharabi, ziyadah khanay aur jo saminay aaya usay pait main dalay janay say hotay hayn, isi liye galay saray chips, tofeoun, chocolates, kabab, samousoun aur hotels kay ghair ma’yari khanay kay bajaye mosami phalon, dry fruits aur sabziyon ka isti’mal

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kijiye, neez khana ghar ka khaiye, ‘aam tor par ghar ka paka huwa khana acha hota hay, lekin jin gharon main tail, vegetable ghee bakasrat isti’mal hota hay in gharon main dil kay amaraz bhi ziyadah ho saktay hayn kay tibbi tahqeeqat kay mutabiq dil kay amaraz, faalij, brain haemorrhage ‘aam tor par tail kay ziyadah isti’mal karnay say hotay hayn. Isi tarah izafi namak kay isti’mal say bhi kae bimariyan paida hoti hayn, kae tarah kay items kay zari’ay izafi namak isti’mal kiya ja raha hota hay masalan sardiyoun main ‘umooman ublay huway anday namak laga kar isti’mal kiye jatay hayn, zaroori ghiza kay ilawah mukhtalif namkeen beej (nuts) waghayrah kay zari’ay ya ziyadah khana khanay kay zari’ay pait main ziyadah namak pohanchanay say gurdoun ko namak nikalnay kay liye mehnat ziyadah karna parti hay, phir bhi kuch na kuch namak gurday main jama hota rehta hay, yun yeh silsilah aahistah aahistah gurdon ko amaraz ki taraf lay jata aur bil akhir inhen fail kar dayta aur dialysis ki nobat aa jati hay. Namak kam isti’mal kiya jaye tou high blood pressure main bhi kami aati hay, ba’az auqaat aadami ko pata bhi nahin chalta aik dum blood pressure high ho jata hay jis ki wajah say kai martabah brain haemorrhage ho jata aur jaan par ban jati hay. Wazan ziyadah honay, tail, ghee aur tali huyi cheezon ko bakasrat isti’mal karnay say bhi ‘aam tor par yeh maraz ho jata hay. Yun hi meethi chaey ziyadah peenay ya ziyadah mithas khanay say sugar ho jati hay. Mayn nay note kiya hay gharon main jo dishayn pakti hayn in main ‘umooman mithas ziyadah hoti hay, double triple cheeni daltay hayn, jis ka nateejah sugar aur

deegar beemariyan hoti hayn. Madani muzakron main bar ha Mayn is tarah ki baatyn kehta rehta hon ta kay ummat ko nafa' ho. ایک تا'dad hogi jo 'Madani Muzakaray' main sehat kay baray main mufeed baatyn sun sun kar 'amal karti hogi, in ka kuch na kuch ihtiyat ka zehan banta hoga, lihaza 'ibadat par quwwat haasil karnay ki niyyat say ihtiyat kijiye, sehat achi hogi to ان شاء الله namaz main bhi dil lagay ga, rozay bhi rakh sakayn gay aur dusri 'ibadaat bhi achay andaaz say ada ho jayen gay, Allah Pak kay deen ki khidmat kay liye bhag dour aur Sunnatayn seekhnay kay liye Madani qafiloun main Ashiqan-e-Rasool kay sath safar kar sakayn gay. Agar sugar high hogi, khoon main cholesterol level barha huwa hoga, tarah tarah ki beemariyan apnay andar liye huway hon gay to badan main susti hogi, aur deen ki khidmat aur dunyawi kaam karnay ka dil nahin chahay ga. Allah paak achi achi niyatoun kay sath hamyn apni sehat ki hifazat karnay ki toufeeqq naseeb farmaye.<sup>1</sup>

أَمِينٌ بِجَادَاللَّهِيْ أَمِينٌ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ

Is mazmoon ki tibbi tafteeesh Majlis Tibbi 'ilaaj kay Doctor Kamran Ishaq 'Attari nay farmae hay (*Mahnaama Faizan-e-Madinah, May 2021*)

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<sup>1</sup> Yeh mazmoon 5 Rabi-ul-Awwal 1439 Hijri kay Madani Muzakaray ki madad say tayyar kar kay Ameer-e-Ahl-e-Sunnat دامت برکاتہ الشاملة say mazeed mashwaray lay kar paysh kiya ja raha hay.

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## Taaza hawa ki ahamiyat

Bay shumaar jaraseem aisay hotay hayn jo dhoop aur taazah hawa (fresh air) say mar jatay hayn. Jin gharon ki khirkiyan gard o gubaar (dust) kay khauf say har waqt band rakhi jati hayn un main dhoop aur taaza hawa nahin pohanch paati, tarah tarah kay jaraseem parwarish paatay aur khoob bimariyan phaylatay hayn, lihaza rozanah din ka aksar waqt khirkiyan (windows) khuli rakhani chahiyan. Har kamray main aaminay saaminay do khirkiyan is tarah banwaey jayen kay aik say taazah hawa daakhil ho aur dusri say baahar nikalti rahay. Sirf aik khirki khuli rakhna kafi nahin hota, agar aaminay saaminay do khirkiyan na houn to phir khirki aur darwazy ki aisi tarakeeb ho kay aik taraf say hawa dakhil ho aur dusri taraf say kharij.

## Exhaust fan ki ahamiyat aur ihtiyatyn

Bayt-ul-khula (Toilet) aur bawarchi khanay (Kitchen) balkay zarooratan kamray main bhi “Exhaust Fan” lagwaya jaey magar plastic ka sirf chaar inch waala munna sa nahin balkay munasib size wala lohay ka ho, masalan gharayloo bawarchi khanay main 12 Inch ka lohay ka exhaust fan munasib hay, plastic wala dayr paa nahin hota aur hawa bhi nisbatan kam uthata hay.<sup>1</sup>

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<sup>1</sup> Yeh mazmoon 5 Rabi-ul-Awwal 1439 Hijri kay Madani Muzakaray ki madad say tayyar kar kay Ameer-e-Ahl-e-Sunnat دامت برکاتہم العالیۃ say mazeed mashwaray lay kar paish kiya ja raha hay.

Exhaust fan wali poori deewar main balkay charoun taraf aik ma'mooli si daraar bhi khuli na ho, agar sirf darwazay say hawa kheenchnay ki tarkeeb rahi to kamray ki hawa bhi saaf hoti rahay gi, aisi soorat main zarooratan darwazah poora ya thora sa khula rakhna hogta kay kamray waghayrah ki hawa bahar niklay aur darwazay say taaza hawa dakhil ho sakay warna exhaust fan hi sust chalay ga! Kamra bara ho to 18 inch aur hasb-e-zaroorat 24 inch ka exhaust fan bhi lagwaya ja sakta hay. Agar bara hall ho to yeh soorat bhi ho sakti hay kay aaminay saaminay do baray exhaust fan lagwaey jayen aik hawa kay rukh masalan Pakistan kay maghrib (West) ya'ni Qiblah ki janib wali deewar main is tarah bhi lagaya ja sakta hay kay baahar ki hawa andar laey aur saaminay wala andar ki hawa baahar kharij karay. 'Inda-z-zaroorat (ya'ni zarooratan) do say zaid exhaust fan bhi lagaey ja saktay hayn. Jab yeh fan chal rahay hon us waqt agar charoun taraf khirkiyan waghayrah band rakhi jayen to is soorat main ﷺ habs (ya'ni ghutan bhi nahin hogta aur bary kamray aur hall ki faza saaf hawa ki farhami kay sabab thandi rahay gi. Agar exhaust fan ki goolae kay atraf main jagah khuli rahy ya darar aur khirkiyan band na ki gaen to exhaust fan chalnay ki soorat main ho sakta hay khatir khuwah nateejha haasil na ho.

*(Mahnama Faizan-e-Madinah Zil-Hajjah tul Haraam 1440)*

Allah Pak ki aik bahut bari ne'mat sooraj bhi hay aur is ki dhoop (Sunlight) main kaseer fawaed rakhayn gaey hayn, jism-

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e-insani sehat kay liye dhoop ka aham kirdar hay, aik kahawat hay: “jis ghar main sooraj dakhil nahin hota us main Doctor dakhil hota hay.” Bay shumar jaraseem aisay hotay hayn jo dhoop aur tazah hawa say mar jatay hayn

- Sooraj ki ultra violet shu’ayen (Ultra violet rays) jab insani jism par parti hayn to khaal main soya huwa Vitamin D baydaar ho kar mutaharrik (Active) hota aur Vitamin D3 main tabdeel ho kar khoon main shamil ho jata hay jo kay aantoun say calcium aur phosphorus ko khoon kay andar jazb karnay main madad dayta hay aur yeh donon cheezayn hamari haddiyoun ki sahi nashoonuma kay liye bayhad zaroori hayn.
- Sooraj ki woh shu’ayen jo band khirkiyoun kay sheeshay say paar ho kar insani jism tak pohanchti hayn in main ultra violet shu’ayen nahin hoti jo soye huway vitamin D3 ko baydaar kar kay kaar aamad bana sakayn.
- 6 maah say 2 saal ki umr kay darmiyan bachon ki haddiyen tayzi say barhti hayn. Agar haddiyon ki sahi nashoonuma na ho to in main “Rikts” naami beemari paida hoti hay, jis ki sab say bari wajah tang mahallon ya chhoti chhoti galiyon kay andar bari bari ‘imaraton kay band gharon main rihaesh hay kay jahan sooraj ki ultra violet shu’ayen (Ultra violet rays) sahi taur par insani jism tak pohanch

paati aur nateejatan bacha is beemari ka shikar ho sakta hay.

- Bachon ko aaindah ki museebatoun say bachanay kay liye zaroori hay kay aik ya do maaah ki umr hi say munasib dhoop muhayya ki jaey neez chaar maah ki umr say ghiza main anday ki zardi bhi isti'mal karwae jaey.
- Vitamin D3 ki kami ki wajah say koolhay ki haddi ki sahi nashoonuma nahin hoti aur yeh bajaye phaylnay kay sukar jati hay jis say 'aurat ko bachay ki wiladat kay waqt tarah tarah ki pareshaniyon ka saamna hota hay aur aakhir kar operation karna parta hay.

### Dhoop hasil karnay ka tareeqa

Tuloo'-e-Aaftab kay fauran ba'd aur ghuroob-e-aaftab kay aakhiri lamhat main kam az kam barah barah minute kay liye (mausim kay lihaz say waqt main kami bayshi kar kay) bachay ko aisi jagah laytaiye ya bithaiye jahan mukammal dhoop aati ho, har umr main dhoop khana zaroori hay lihaza inhi auqaat main har aik ko itni dair tak mukammal dhoop main rehna chahiye kay khaal garam ho jaey. Bayan kardah auqaat behtareen hayn, agar na ban paray to din bhar main kisi bhi waqt main kuch na kuch dhoop haasil kar layni chahiye. Agar chaooun main ho aur dhoop aani shuru' ho jaey to kuch dhoop aur kuch chhaoun main mat baythayn balkay wahan say

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hat jayen ya mukammal dhoop main aa jayen ya mukammal chhaoun main. Piyaray Aaqa ﷺ nay irshad farmaya: “Tum main agar koi saaey main baytha ho aur us par say sayah hat jaey aur us ka kuch hissah dhoop main aur kuch saey main ho jaey to us ko chahiye kay wahan say uth khara ho.” (*Abu Dawood, jild. 4, Safhah. 338, Hadees 4821*) (*Mahnamah Faizan-e-Madinah Jumadal Owla 1440*)

### **Moung phali (peanut) kay fawaid**

Sardi ka mausim jari hay, Sardi say bachnay kay liye jahan garam kapron ka isti'mal hota hay wahin tarah tarah kay pakwan aur khushk maywon (dry fruits) ka isti'mal bhi kiya jata hay. In mewah jaat main say aik moung phali bhi hay. Moung phali aik phali daaar poda hay laykin is ka shumar mewah jaat main hi hota hay. Moung phali shauq say khae jati hay neez is ka tail bhi nikala jata hay jo mukhtalif khanon, double roti, cake aur adwiyah waghayrah main shamil kiya jata hay. Moung phali ko log kacha, bhoon kar aur ubaal kar isti'mal karty hayn neez isay mukhtalif pakwanon bil khusoos meethay pakwanon (sweet dishes) main shamil kiya jata hay. Is kay bay shumar tibbi fawaaid bhi hayn:

- Moung phali main protein, calcium, vitamin E, vitamin B1, B6 aur phosphorus shamil hotay hayn.
- Moung phali maqwi a'saab (ya'ni patthoun ko mazboot karnay wali) hay.

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- Moung phali dublay patlay aur kamzoor afraad kay liye mufeed hay.
- Moung phali main maujood faulad (iron) khoon kay naey khulyay (cells) banany main madadgar hay.
- Mutthi bhar moung phali kafi hoti hay.
- Moung phali main maujood vitamins haddiyoun aur danton ko mazboot banatay hayn.
- Moung phali main aisi antioxidant paey jata hayn jo gizae lihaz say saib, chuqundar aur gaajar say bhi ziyyadah hay.

### Ihtiyat

1. “Hamilah”moung phali khanay sya parhaiz karayn, allergy honay ka khatra hota hay.
2. Kharish honay ki soorat main moung phali isti’mal na kiya jaey.

### Madani mashwarah

Kachi moung phali kay bajaye bhooni huiy moung phali khae jaey. (*Mahnama Faizan e Madinah, Jumadal Owla 1439*)

### Machli kay faiday

- Machli insani sehat kay liye aham ghiza hay.

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- Is main iodine hota hay jo kay sehat kay liye nihayat ahamiyyat ka hamil hay, is ki kami say jism ki gudoodi nizam ka tawazun bigar sakta hay, galay ka aham gudood thyroid main suqum (ya'ni khami) paida ho kar jismani nizaam main bahut si kharabiyan paida ho sakti hayn.
- Machli batoor e giza isti'mal karnay walon ki umr lambi hoti hayn.
- Aik tibbi tahqeeq kay mutabiq sardi say honay wali khansi ka Machli say behtar koi 'ilaaj nahin.
- Dil kay mareezon kay liye Machli bahut hi faidah mand hay, mahireen ka kehna hay: Haftay main kam az kam do baar to zaroor Machli kha layni chahiye.
- Ghiza main Machli ka ziyadah isti'mal masany ka cancer barhnay say roknay kay bharpoor salahiyat rakhta hay.
- Machli kay sir ki yakhni jisay shoorba ya soop bhi kehtay hayn, beena ki kamzoori aur deegar kae amraaz kay liye faidah mand hay.
- Ba qa'idgi say yeh yakhni peenay say aankhon kay chashmay utar saktay hayn.
- Machli kay sir ki yakhni (soup) faalij, laqwah, 'Arq-un-Nisa (ya'ni langri ka dard jo kay chadday say lay kar paoun kay takhnay tak pohanchta hay) a'saabi kamzoori, patthon ki kamzori, qabal az waqt burhapay, joroun kay pooranay

dard aur jismani-o-a'sabi khenchao aur quwwat-e-hafizah barhanay kay liye nihayat mufeed hay.

- Aisay log jo apni yaddasht bilkul kho chukay hon ya jin ki yaddasht khatm honay kay qareeb ho woh khuwah jawan hon ya burhay yeh yakhni(soup) zaroor isti'mal karyn.
- Agar garmi kay mausim main na muwafiq mahsoos karyn to sardiyon main isti'mal karayn.
- Agar bayan kardah tamam beemariyon main say koi maraz nahin tab bhi agar kuch 'arsah Machli kay sir ka soup isti'mal karyn to ان ﷺ in bemariyon say tahaffuz hasil hoga.
- Aik tabeeb ka kahna hay: Hind kay riyasat Kerala kay aik sahib nay Bayron-e-mulk mujhay bataya kay Kerala kay log riyazi (jis main hisab, Algebra aur Geometry waghayrah shamil hay) Science aur duniya kay deegar mushkil tareen 'uloom main kafi ba kamal hotay hayn. Main nay is kamal ki wajah poochi to kehnay lagay: Machli aur Machli kay sir ka isti'mal.

## Madani bahaar

Jami'a-tul-Madinah, Faizan-e-Bilal, Baab-ul-Madinah Karachi darajah Salisah kay talib 'ilm Hamzah bin 'Abid ka bayan hay kay meri beenae kamzoor thi aur 2.5 ka nazar ka chashmah isti'mal karta tha. Jab Main nay Maktaba-tul-Madinah kay

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risalay “Machli kay ‘Ajaibaat” main bayan kardah nuskhay (Machli kay sir ki yakhni beenai ki kamzori kay liye faiday mand hay, ba qa’idgi say yeh yakhni peenay say aankhon kay chashmay utar saktay hayn) par pabandi say ‘amal kiya to ﷺ meri beenae bilkul theek ho gae aur ab Main mukammal taur par a’inak say chutkara hasil kar chuka hon.

(Mahnamah Faizan-e-Madinah Jumadis Sani 1440)

### Burhapay (balkay har ‘umr) main sukhi rehnay kay formulay

Kaha jata hay: “یک پیری و صد عیب“ ya’ni burhapa (100) beemariyoun kay barabar hay. Waqa’i burhay afraad bicharay bahut sari azmaishon ka shikar rehtay hayn. Burhapay (balkay zindagi) ko kisi had tak pur sukoon guzarnay kay liye in guzarishat par ‘amal karna ﷺ mufeed ho sakta hay:

1. Agar jawani hi say me’dah, chiknaey aur mithas wali cheezon ka isti’mal kam kar diya jaey to zindah bach janay ki soorat main burhapay main sahoolat ho sakti hay han agar sugar low ya high hota ho to mithas kay ta’alluq say Doctor ki hidayat par ‘amal karna hoga.
2. Hamayshah khanay main tail masalay ki miqdar kam rakhiye.
3. Doodh ka isti’mal har ‘umr main mufeed hay aur kam-o-baish 25 saal ki ‘umr tak khalis doodh ka isti’mal burhapay main haddiyoun waghayrah kay amraaz say bacha sakta hay.
4. Hamayshah achi tarah chiba kar khaiye aur daant ka kam aant say mat lijiye.

5. Kuch bhook baqi honay ki soorat main hath kheench lijiye aur khoob pait bhar kar khany ki ‘aadat nikal dijiye.
6. Sadah ghiza khaiye, sabziyan aur phal ba kasrat isti’mal farmaiye, ghosht ka salan bahut ziyadah miqdar main mat khaiye.
7. Agar ghar main aksar din gaey ya bakray ka gosht pakta ho to hattal imkaan sirf aik aadh darmiyani boti khanay ki ‘adat banaiye (bahut ziyadah botiyan mat khaiye).
8. Jab tak khoob bhook na lagay us waqt tak khana mat khaiye.
9. Cheeni walay fruit juices isti’mal na farmaiye.
10. Ice cream, thandi botlaon, tali huwi ghizaoun, pakouron, kabab samoson, shadi biyah ki da’waton kay lazeez khanon, parathon, tofyon, coco chocolate, cigarette noshi, ghutka, khushbu dar supari, tombaco waghayrah say bachiye ﴿لَهُ حَمْدٌ﴾ sehat achi rahay gi.
11. Chae ka isti’mal kam kijiye, jo piyen us main bhi ho sakay to cheeni ki jagah desi ghee gur ya shehad daliye.
12. Meethi ghizayen desi gur ya shehad main banaiyay, magar in ka isti’mal bhi bahut ziyadah na ho
13. Rozanah aik sath kam az kam aadha ghanta pedal chaliye aur kisi physiotherapist kay mashwaray sy har rooz exercise bhi kartay rahiye.

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14. Jin ki ‘umr bari ho gae ho woh bhi apnay hath say ghar ka kaam kaaaj kartay rahayn, masalan jharoo pocha lagana, khirkiyoun darwazoun waghayrah ka gard o gubaar jharna waghayrah, baazar say soda salt bhi khud hi lay ayen, لَهُ شَاهِدٌ اللَّهُ أَعْلَمُ badan kay patthay (muscles) waghayrah akarnay say bachyn gay aur Allah Pak nay chaha to sehat main behtari rahay gi.
15. Allah aur Rasool ki narazi say khud ko bachanay aur burhapa sehatmand guzarnay kay liye shuru’ hi say gunahon ki beemari say bhi khud ko bachatay rahiye, Hazrat Abu Tayyib Tabari صَحَّةُ اللَّهِ عَلَيْهِ nay 100 saal say ziyadah ‘umr pae, laykin aakhir dam tak jismani aur zehni taur par tandrust-o-tawana rahay, burhapay main is qadar sehat mand rehnay ka raaz poocha gaya to farmaya: “Main nay kabhi jism kay kisi bhi hisssay say Allah Kareem ki nafarmani nahin ki.” (*Siyar-e-Ae’laam -un-Nubala, jild. 13, Safhah 439*)

Allah kareem achi achi niyyatoun kay saath hamyn apni sehat ki hfazat karnay ki taufeeq ‘ata farmaey.<sup>1</sup>

أَمِينٌ بِجَاهِ الْبَيِّنِ الْأَمِينُ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ

(*Mahnamat Faizan-e-Madinah Rabi’-ul-Awwal, 1442 Hijri*)

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<sup>2</sup> Yeh Mazmoon 2 Shawwal-ul-Mukarram 1441 Hijri kay silsilay “Buzurgon ki eid Ameer-e-Ahl-e-Sunnat kay saath” aur “Adaab-e-ta’am” ki madad say tayyar kar kay Ameer-e-Ahl-e-Sunnat ذَافِتَ تَدْرِيَةِ الْعَالَمِيَّةِ say mazeed mashwaray lay kar paish kiya gaya hay.

### Khoon test karwa lijiye

- Sehat mand ko har 6 maah ba'd aur mareez ko doctor ki hidayat kay mutabiq kuch test karwatay rehna chahiye.
- Yeh soch kar test na krwana kay kuch nikla to 'ilaaj aur parhaiz karna paray ga danishmandi nahin kyun kay beemari say la parwahi baratnay say masala hal nahin hota.

### Khoon kay yeh test karwanay munasib hayn

1. Lipid profile test (is main (cholesterol) bhi shamil hay is test kay liye 12 ta 14 ghantay khali pait hona zaroori hay, yeh bhi ho sakta hay kay Allah paak ki riza kay liye rozah rakh kar namaz-e-'asar kay baad test karwa lijiye, warnah raat jaldi khana kha lijiye aur subh naashtay say qabal karwa lijiye)
2. Sugar (Glucose)
3. Uric acid
4. Serum urea creatinine (is say gurdah main agar kisi qism ki kharabi ya fail honay ka khatrah shuru ho raha ho to ma'loom ho sakta hay aur bar waqt 'ilaaj ki tarkeeb ban sakti hy is par nazar rakhna zaroori hay kyun kay aaj kal hamaray yahan gurday fail honay kay waqi'at barhtay ja rahay hayn)
5. Urine DR (yeh bhi gurdoon ka aham test hay)

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6. Blood CP (yeh khoon ka bunyadi test hay)
7. SGPT (Jigar kay hawalay say aham aur ibtidaey Test hay).
  - Report Doctor ko dikha dijiye
  - Report kharab aae to Doctor kay mashwaray kay mutabiq ‘amal kijiye.

### **Wazan kitna hona chahiye?**

Qad kay mutabiq mard kay liye fee inch aik kilo (1 kg) wazan munasib hay. Masalan: Sarhay paanch feet kay mard ka wazan taqreeban 66 kilo jab kay sawa paanch feet ki ‘aurat ka wazan taqreeban 59 kilo hona chahiye.

**Madani phool:** 100 dawa ki aik dawa parhaiz hay. (Tafseeli ma’loomat kay liye “Faizan-e-Sunnat” (jild awwal) kay baab “Aadaab-e-Ta’am” kay safhah 619 ta 625 ka mutala’ah kijiye)  
*(Mahnamah Faizan-e-Madinah Shawwal-ul-Mukarram 1439)*

### **Miswak kay faiday aur aadaab**

Miswak Allah kay Piyaray Habeeb ﷺ ki bahut piyari sunnat hay. Achi Achi niyyaton kay saath miswak ki sunnat par ‘amal karna na sirf ajr o sawab kay husool ka zari’ah hay balkay is ki badoolat duniya kay muta’adid faiday bhi hasil hotay hayn. Aayie! Miswak kay chand fawaid o aadaab parhiye aur fawaid panay aur aadaab par ‘amal ki niyyat farmaiye.

## Do farameen-e-Mustufa ﷺ :

1. Do rak'at miswak kar kay parhna baghayr miswak ki 70 rak'aton say afzal hay (*Attargheeb Wattarheeb, jild. 1, Safhah. 102, Hades 18*)
2. Miswak ka isti'mal apne liye lazim kar lo kyun kay yeh munh ki safai aur Rab-e-Kareem ki riza ka sabab hay. (*Musnad Imam Ahmed, jild. 2, safhah 438, Hades 5849*)
  - Hazrat Ibn-e-'Abbas رضي الله عنهما say riwayat hay kay miswak main dus (10) khoobiyen hayn: munh saaf karti, masoorhay ko mazboot banati hay, beenae barhati, balgham door karti hay, munh ki badbu khatm karti, sunnat kay muwafiq hay, firshtay khush hotay hayn, Rab raazi hota hay, naiki barhati aur me'dah durust karti hay. (*Jam'-ul-jawama', Jild. 5, Safhah. 249, Hades 14867*)
  - Hazarat Imam Shafi'e رحمه اللہ علیہ farmatay hayn: Chaar cheezayn 'aqal barhati hayn: fuzool baaton say parhaiz, miswak ka isti'maal, naik logon ki sohbat aur apnay 'ilm par 'amal karna (*Hayat-ul-Haywan, jild. 2, Safhah, 166*)

## Miswak say muta'lliq chand aadaab

Ho sakay to apnay kurtay main seenay par daaen baaen do jaib banwaiyae aur dil ki janib (ya'ni left side wali) jaib kay barabar main miswak rakhnay kay liye aik choti si jaib banwa lijiye. Yun Piyaray Aaqa ﷺ ki piyari piyari sunnat miswak shareef goya seenay aur dil say lagi rahay gi

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- Miswak ko khara kar kay rakhna sunnat hay. (*Mirat-ul-Manajih, jild. 1, Safhah. 372*)
- Agar isay khara nahin kartay yun hi neechay gira daytay hayn to aisa karnay walay kay liye junoon (ya'ni pagal pan) ka khatrah hay. Tabi'e buzurg hazrat Sa'eed bin Zubair رضي الله عنه nay farmaya: Jo miswak ko zameen par rakhay aur majnoon (ya'ni pagal) ho jaae to apnay 'ilawah kisi ko malamat na karay (*Miswak kay fazaail, safhah. 30*)
  - Jis tarah deeni kitaab ko zameen par rakhna adab kay khilaf hay isi tarah miswak ko bhi zameen par na rakha jaaey.
  - Miswak ko onchi jagah jahan matti kachra waghayrah na ho lita kar rakhnay main haraj nahin.
  - Musta'mal (ya'ni isti'maal shudah, used) miswak kay reshay neez jab miswak na qabil-e-isti'maal ho jaey to isay phaynk mat dijiye kay yeh aala-e-aada-e-Sunnat hay.
  - Kisi jagah ihtiyat say rakh dijiye ya dafan kar dijiye ya patthar waghayrah kisi bhari cheez kay saath bandh kar samundar main dubo dijiye. Dawateislami ki Majlis Tahaffuz-e-Awraaq-e-Muqaddasah kay tahat mukhtalif maqamat par box lagaey jatay hayn. Aik hal yeh bhi ho sakta hay kay miswak kay reshay ya musta'mal miswak is tarah kay kisi dabbay waghayrah

main daal di jaae. Allah kareem hamyn aada e sunnat ki niyyat say miswak ko apnanay aur dusron ko is ki targheeb dilanay ki taufeeq ‘ata farmaey.

أَمِينٌ بِجَاهِ اللَّهِيَّ الْأَكْمَمُ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ

(Mahnamah Faizan-e-Madinah, Rajab-ul-Murajjab 1440)

### Garmi say hifazat kay madani phool

- Jitna ho sakay apni bhanway (eyebrow) pani say tar rakhay.
- Choolhay ka isti'mal kam kar dijiye.
- Aik chota toliyah (towel) geela kar kay sir par rakhnay kay liye apnay sath rakhkiye.
- Dhoop main nikalnay say parhaiz karyn.
- Dhoop main nikalna ho to sir aur gardan dhanp kar ya ho sakay to chhatri lay kar niklayn
- Dhoop main nikaltay waqt sun glasses ka isti'maal aankhon ko garmi say mutasir honay say bachata hay.
- Foam kay gadeelay par sonay say parhaiz kijiye
- Rozana kam az kam 12 balkay ho sakay to 14 glass paani pijiy.

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- Sattu ka sharbat, kheeray ka juice, nariyal ka paani, gannay ka khalis rus, shehad mila paani, lemon pani aur namkeen chaach isti'maal kijiye.
- Kaddu shareef, bayngan, chuhundar, mooli waghayrah sabziyon ka isti'mal khoob barha dijiye.
- Khanon main garam taseer walay masalon kay bajaae thandi taseer walay masalay jaisay: Haldi, dar cheeni, tamatar, dahi, aalu, hara dhaniya waghayrah isti'maal kijiye.
- Garam masalay daalnay hon to kaali mirch, hari mirch ya peese huway laal mirch waghayrah kam miqdar main daliye.
- Chawal ka isti'maal barha dijiye (pani main ublay huway chawal khana munasib hay)
- Dahi khichri garmiyon ki behtareen ghiza hay.
- Aam, aaroo, khoobani, amrood, kharboozah, tarbooz, nariyal neez deegar mausimi phalon ka isti'maal kijiye.
- Badan kay paani aur namkiyat ka tawazun barqarar rakhnay kay liye O.R.S ka isti'maal kijiye (high blood pressure kay mareez doctor kay mashwaray kay mutabiq 'amal karayn)

- Garam ghizaon, ziyadah mithas walay sharbat, khoob meethi dishon, cold drinks, ziyadah ghee tail walay khanon aur dair main hazam honay wali ghizaoun neez caffeine wali ashya masalan chocolate waghayrah ka isti'mal kam say kam kijiye.
- Thandi taseer walay e'triyaat maslan shamama tul 'Anbar, hina, gulaab, sandal, motia, khas, kiyora, champa waghayrah isti'mal kijiye
- Mushk, kastoori, 'aud, 'Anbar, za'afraan waghayrah garam taseer walay i'triyaat sardiyon main isti'maal karna ziyadah munasib hayn
- Din main do martabah nahana mufeed tar hay. (*Makhooz az "Garmi say hifazat kay Madani phool", safhah 7 ta 12 (Mahnamah Faizan-e-Madinah Sha'ban ul Mua'zzam 1438)*)

### Social media aur na qabil-e-talafi nuqsanaat

Jaded technology nay agarchay hamari kae mushkilat ko asaan kar diya hay laykin aik bari ta'daad hay jo jaded technology ka acha aur zaroori isti'mal karnay kay bajaae is ka bura aur bay ja isti'mal kartay hayn. Internet aur Social Media bhi jadeed technology kay hi tohfay hayn, logon ko inhi main masroof rakhnay kay liye din ba din is main nae nae cheezon ka izafah kiya ja raha hay, is waqt jis tarah mua'shrah internet aur Social Media ki ghayr zaroori, fuzool aur buri sar garmiyon ki lapait

Tandrust rehnay kay formualy

main hay to mustaqbil main ummat ko har har field main mahireen ki kami ka saamina karna par sakta hay. Achay doctors, saainsdaan, muhaqqiqeen aur mufakkireen aagay chal kar shayad napaid ho jayen. ﷺ! Ho skata hay kay shayad andhon ki ta'dad barh jaae, nazar kay chashmay ziyadah biknay ki wajah say shayad bahut mahangay ho jayen, log dusray dhanday chor kar shayad is karoobar ki taraf aa jayen, ho sakta hay kay eye specialist ki ta'dad bhi barh jaae. Is liye kay students kay 'umdash dimagh aur nazuk aankhyn ab social media par jamay huway hayn, chotay chotay bachon ko bhi bahlanay kay liye in kay hathon main mobile, tablets waghayrah day diye jatay hayn. Mazhabi mahool rakhnay walon ki bhi aik bari ta'dad Social Media main lagi huyi hay. Na islah karnay walon kay pass waqt hay kay muta'lliqueen ki islah karayn aur na hi choton kay paas time hay kay buzurgon ki bargah main aa kar kuch faiz haasil kar layn. Achay aur manjhay huway 'Aalim o Mufti sahiban Social Media ko ziyadah time nahin daytay balkay woh is dar say bach kar rehtay hayn kay agar is ko munh lagaya to galay par jaye ga, ungli pakrae to hath pakar layga aur phir 'ilmi mashaghil jari rakhnay main dushwari hogi. 'Awam main bhi jo social media main masroof rehtay hayn to who ghaur kar layn kay is kay sabab na namaz main dil lagta hogna tilawat aur aurad o wazaif kay liye waqt milta hogna. Log majbooran naukari karnay jatay to hon gay magar kaam kay doran bhi social media par lagay hotay hon gay. Driving kay doran is kay

isti'mal kay sabab hadsaat bhi hotay hayn jis say log ma'zoori ka shikar hotay aur basa auqat apni qeemati janon ko zaya' kar baytay hayn. Jin ki security ki naukari hoti hay woh bhi dooran-e-duty social media par lagay hotay hayn. Yehi wajah hay kay kae idaron say mulazimeen say dooran-e-duty mobile phone lay kar jama' kar liye jataj hayn. Aye 'Aashiqan-e-Rasool! Social media aur net say jaan churaiye aur apni deeni o dunyawi zimmahdariyon ko poora karnay main lag jaiye, neez apni pedaish kay maqsad ya'ni Allah Pak ki 'ibadat main bhi kotahi mat kijiye. Mumkin ho to sadah mobile say kaam chalaiye, agar Android mobile rakhna aur Social Media ko isti'mal karna hi ho to is kay liye koi waqt muqarrar kar lijiye yun is kay kasrat-e-isti'mal kay sabab honay walay nuqsanat main kami laiye. Suljhay huway aur samajhdar log aisa hi kartay hayn, masalan 'Asar aur Maghrib kay darmiyan ya 'isha kay namaz kay ba'd ya jis ko jo waqt miltा ho to woh is main kuch dair achi niyyaton kay saath social media ko sharia't kay mutabiq isti'mal kar lay, muqarrarah waqt kay ba'd is say khud ko door kar lay aur phir aaindah kal isti'mal karnay ka zehan bana lay, laykin social media kay matwaloun kay liye aisa karna bahut mushkil hay kyun kay inhayn har waqt aik gud gudi aur bayqarari si hoti hay kay daykhon to sahi kis ka paigham aaya hay? Misaal kay taur par koi shakhs namaz kay liye pukhta iraday kay saath chala lekin ek dum mobile phone ki ghanti baji aur kisi ka audio paigham ya post aa gae. Ab agar kisi 'aam shakhs ka hay to sabar ho jaye ga kay chalo ba'd main daykhayn gay lekin agar kisi khas banday ka paigham ya post

Tandrust rehnay kay formualy

hay to ab ye isay zaroor daykhe ga ya is audio paigham ko sunnay main lag jaye ga aur is dooran jama'at balkay ba'az ki **معاذ اللہ** Namazyn bhi qaza ho jati hon gi. Allah kareem hamaray haal par reham farmaye aur hamyn har tarah ki aafat say chutkara naseeb farmaye.

اُمیْن بِجَاهِ النَّبِیِّ الْأَکْمَمِنْ صَلَّى اللَّهُ عَلَيْهِ وَآلِہِ وَسَلَّمَ

### Tandrust rehnay ka nuskha

Hazart Ibn-e-Saalim رحمۃ اللہ علیہ fermatay hayn, agar koi shakhs gandum ki sookhi roti adab kay mutabiq kha lay us ko maut kay siwa koi beemari nahin aa sakti ya'ni woh kabhi beemar na ho. Poocha gaya, adab kiya? Farmaya, bhook lagnay par khaye aur sair honay say pehlay hath utha lay. (*Ihya-ul-'uloom, jild. 3, Safhah. 95*)

*Na samajh beemar ko amrat bhi zehar aameez hay*

*Such yehi hay soo dawa' ki aik dawa parhaiz hay*

الحمد لله رب العالمين وشكراً وعذراً نعتذر عن تأخير نشر المنشورات السابقة فالنوعية بالطبع المنشورة بغير المواعيد

## 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 ijtimai' may Rizaa-e-Ilahi kay liye achhi achhi niyyaton kay sath saari 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" ای خاتمۃ عامل 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.  
ان خاتمۃ عامل



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