



Sheikh Tareeqat, Ameer-e-Ahl-e-Sunnat,  
Bani Dawat-e-Islami, Hazrat Allamah Maulana Abu Bilal  
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kay malfuzaat ka tehreeri guldastah

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أَلْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ وَالصَّلَاةُ وَالسَّلَامُ عَلَى خَاتَمِ النَّبِيِّينَ  
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 **إِن شَاءَ اللَّهُ** 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 par 'ilm-o-hikamat kay darwaazay khool day aur ham par Apni rahmat naazil farma! Ay 'azamat aur buzurgi waalay!

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

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

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أَلْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ وَالصَّلَاةُ وَالسَّلَامُ عَلَى خَاتَمِ النَّبِيِّينَ  
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## Sehat achi rakhnay wali ghiza'on kay baray mayn 16 suwal jawab

### Du'a-e-Khalifa Ameer-e-Ahl-e-Sunnat

Ya Rab-ul-Mustafa! Jo koyi 15 safhat ka risala “*Sehat achi rakhnay wali ghiza'on kay baray mayn 16 suwal jawab*” parh ya sun lay us ko beemariyohn say mehfooz farma kar sehat-o-tandrusti ata farma aur us ko maa baap samait bay hisab bakhshish day.

اٰمِيْنُ بِجَاهِ النَّبِيِّ الْاَمِيْنِ صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ

### Durood sharif ki Fazeelat

Farman-e-Akhiri Nabi صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ: Baroz-e-Qayammat logohn may say meray qareeb tar voh hoga jis nay dunya may mujh par ziyadah durood-e-pak parhay hongay.

(Tirmizi, vol. 2, p. 27, Hadith 484)

صَلُّوا عَلَيَّ الْحَبِيْبِ صَلَّى اللهُ عَلَيَّ مُحَمَّدٍ

**Sawal:** Rozana subah nashtay may anday khana sehat kay liyay kesa hay?

**Jawab:** Woh desi murgi jo choti phirti hay us kay anday achay hotay hayn lehaza us kay desi anday khayay jayen. Anda vesay

bara mufeed hay aur is may kafi gizayi ajza hayn. Safaydi kay alag khawas hayn, zardi kay alag fawaid hayn. Bandohn ki apni apni kayfiyat hoti hayn, agar mawafiq ho to zardi aur safaydi donohn khayi ja sakti hayn. Donohn ikhattay mawafiq na hon to jinhayn safaydi mawafiq ati ho voh safaydi khayen aur jinhayn faqat zardi mawafiq ati ho voh faqat zardi khayen. Umar kay sath sath hazmay ki karkardagi may farq parta hay lehaza jisay aik anda hazam hojata ho voh aik kha lay aur jisay do teen bhi hazam hojata hon voh bhalay do teen khalay. Har aik ki jismati kayfiyat alag alag hoti hayn, baaz aisay bhi hongay jinhayn anda khatay hi kharish shuru' hojati hogi ya anda pait may qabz jama leta hoga aur hazam na honay kay sabab pareshan karta hoga to apni apni kayfiyat kay mutabiq anda istemal karna chahiyay. Agar kisi ko poora anda hazam nahin hota to voh aadha khalay, aadha bhi nahin chalta to chothayi kha lay. Beherhaal kuch na kuch anda khana chahay keh yeh bhi Allah Pak ki naimat hay aur us kay bhi apnay fawaid hayn. (*Malfuzaat-e-Ameer-e-Ahl-e-Sunnat, vol. 2, p. 154*)

**Sawal:** Baaz log doodh may kacha anda daal kar peetay hayn, kiya yeh sehat kay liyay mufeed hay?

**Jawab:** Doodh aur anda donohn cheezayn mufeed hayn lehaza jis ko doodh aur anda hazam hojata ho to voh donohn ko mila kar istemal kar sakta hay, balkeh mumkin hay keh jisay akela anda khanay say side effect (manfi asrat) hotay hayn to voh doodh kay sath mila kar khanay say is may kami ajaye. Doodh aur anda donohn aik sath mawafiq hayn ya nahin? Is ki maloomat ki do sooratayn hayn: aik yeh eh apna tajurba ho keh anda aur doodh donohn ko mila kar istemaal karna isay faidah deta hay ya nuqsan. Doosri soorat yeh hay keh apnay tabeeb say mashwarah kar liya jaye. Yaad rahay keh doctor

hamesha aik rakhna chahiyay. Kayi doctorohn kay pas phirnay wala kamiyaab nahin hota kiyonkeh ba'az dawayi side effects (manfi asrat) bhikarti hayn. Aik doctor makhsoos karlengay to us ko mareez ki kayfiyat pata hogi keh kon si dawa usay chalti hay aur kon si dawa say usay allergy hojati hay? Kis dawa say us kay pait may garbar hojati hay aur kis dawa say us ki neend urr jati hay? Wagerah wagerah. Beher haal apnay tabeeb say mashwarah kar liya jaye keh mujhay anda khana mufeed hay ya nahin? (*Malfuzaat-e-Ameer-e-Ahl-e-Sunnat, vol. 2, p. 154*)

**Sawal:** Khanay may samundari namak istemaal kiya jaye ya kaam ka namak? Jo dealer munafay kay liyay namak may milawat kar kay bechtay hayn un kay baray may aap kiya farmatay hayn?

**Jawab:** Meri naqis maloomat kay mutabiq Pahari namak jisay Lahori namak bhi kehtay hayn yeh ziyadah mufeed hay. Ham log bara piece lekar isay koot kar istemal kartay hayn. Lahori namak pisa huwa bhi milta hay laykin us may kankar pathar ka miz hona mumkin hay is liyay keh milawat karkay mineral water kay naam par bechtay hayn. Taraqqi yafta mumaliq may sakhti hoti hay jis kay sabab wahan khalis pani dastiyab hojata hay laykin kam taraqqi yafta mumalif may milawat ziyadah hoti hay. Lehaza milaway karnay walay namak may bhi pathar wagerah pees detay hongay. Allah Pak unhayn hidayat day keh itni sasti cheez may bhi milawat kartay hayn aur paisay khenchay kay liyay logohn ki jaanohn say kheltay hayn. Namaz may agar milawat ko check karna chahayn jo thora sa namak pani may ghula layn, agar namak ghulnay kay baad kuch zarrat pani keh teh may nazar ayen to yeh milawat wala kachra hoga jo pani may ghula nahin. (*Malfuzaat-e-Ameer-e-Ahl-e-Sunnat, vol. 2, p. 115*)

**Sawal:** Kiya har Mousam may garam pani hi peena chahiyay? Nayz kiya garam pani har shakhs kay liyay mufeed hay?

**Jawab:** Tibbi tour par garam pani peena mufeed hay. Aik qoul kay mutabiq sardiyoohn may garam pani peenay say beemariyoohn say tahaffuz hasil hota hay. Mumkin hay keh apni apni tabiyat kay mutabiq aisi cheezayn faidah karti hon lehaza yeh hi hosakta hay keh kisi ko garam pani peenay say faidah na ho. Is tarhan ka ilaaj apnay tabeeb (doctor) kay mashwaray say farma mufeed hota hay. Tabeeb aik hi hona chahiyay keh usay mareez kay mizaj ka pata hota hay keh kon si dawa usay mawafiq hay aur kis say side effects (manfi asrat) ho jata haya. Naye naye tabeebohn kay pas jayengay to unhayn pata nahin chalega. Beher haal umoomi tour par garam pani peena faidah mand hay. (*Malfuzaat-e-Ameer-e-Ahl-e-Sunnat, vol. 2, p. 171*)

**Sawal:** Aksar dekha hay keh aap khana shuru karnay say qabal pani peetay hayn, is ki kiya waja hay?

**Jawab:** Atibba nay hifzan-e-sehat kay chand usool bataye hayn jin may say aik yeh bhi hay keh har cheez ko us kay mubasib waqt hi may khana faidah deta hay. Jabkeh is may bay ehtiyati muzeer-e-sehat hosakti hay. Isi usool kay paysh-e-nazar khanay say qabal pani peenay ko mufeed-e-sehat batatay hayn. Tibbi nuqta-e-nazar say phal khanay say pehlay bhi pani mufeed hay. Isi tarhan chai say pehlay pani peena bhi faidah mand hay. (*Malfuzaat-e-Ameer-e-Ahl-e-Sunnat, vol. 1, p. 24*)

**Sawal:** Kiya khana khanay say pehlay pani pee saktay hayn?

**Jawab:** Jee han! Khana khanay say pehlay pani peenay may harj nahin, kiyonkeh suna aur parha hay keh khanay say pehlay pani peenay say antayn rawan hojati hayn. Jo log bhari giza'ayn apnay paitohn may daltay hayn aur kabab samosohn



par jhapat'tay hayn voh doctorohn kay yahan dhakkay khatay phirtay hayn. (*Malfuzaat-e-Ameer-e-Ahl-e-Sunnat, vol. 8, p. 52*)

**Sawal:** Phal, khanay say pehlay khana chahiyay ya baad may?

**Jawab:** Usoolan phal (fruit) bhi khanay say pehlay khana chahiyay laykin hamaray yahan aaj kal phal umooman khanay kay baad khaya jata hay. Imam Muhammad bin Muhammad bin Muhammad Ghazali رَحْمَةُ اللَّهِ عَلَيْهِ farmatay hayn: agar phal hon to pehlay voh paysh kiyay jayen keh tibbi lehaz say un ka pehlay khana ziyadah mawafiq hay, yeh jald hazam hotay hayn aur lehaza un ko mayday kay nichlay hissay may hona chahiyay aur quran-e-pak say bhi phal kay muqaddam (ya'ani pehlay) honay par aagahi hasil hoti hay. Chunancha quran-e-pak may Allah Pak nay Irshad farmaya: *وَفَاكِهَةٍ مِّمَّا يَتَخَيَّرُونَ* (Al-Quran, Al-Wāqī'a, verse 20; translation from *Kanz al-'Irfān*) tarjuma kanz-ul-iman: aur meway jo pasand karayn. Phir us kay baad farmaya: *وَلَعَلَّكُمْ تَعْلَمُونَ* (Al-Quran, part 27, Al-Wāqī'ah, verse 20, translation from *Kanz al-'Irfān*)

Tarjuma kanz-ul-iman: aur parindohn ka gosht jo chahayn. Phir phalon kay baad khanay may gosht aur sareed ko muqaddam karna Afzal hay. (Ya'ani phalohn kay ilawah deegar khanay hon to pehlay phal khayen phir gosht-o-sareed.)<sup>(1)</sup> Aala Hazrat رَحْمَةُ اللَّهِ عَلَيْهِ Riwayat naqal kartay hayn: khanay say pehlay tarbooz khana pait ko khoob dho deta hay aur beemari ko jar sa khatam kardeta hay.<sup>(2)</sup> (*Malfuzaat-e-Ameer-e-Ahl-e-Sunnat, vol. 1, p. 24*)

**Sawal:** Sab khanay kay kuch fawaid Irshad farma dijiyay.

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<sup>1</sup> Ihya'-ul-'Uloom, vol. 2, p. 21

<sup>2</sup> Fatawa Razawiyah, vol. 5, p. 442

**Jawab:** January 2017 kay mahana Faizan-e-Madinah kay safha number 29 par saib kay fawaid kuch is tarhan bayan kiyay gaye hayn: phalohn may sab ko sab say ziyadah tawanayi baksh (ya'ani taqat denay wala) samjha jata hay. Yeh aik khush zaiqa aur energy say bharpoor phal hay. Saib (ya'ani apple) kay baray may kaha jata hay keh nashtay may aik saib khaiyay, kabhi doctor kay pas na jaiyay. Saib kay bay shummar fawaid may say chand paysh-e-khidmat hayn: (1) saib dil-o-dimag ko farhat pohanchata hay (2) dil ko taqat deta aur ghabrahat door karta hay (3) saib khoob paida karna aur chehray ka rung nikharta hay (4) saib jiggar (ya'ani liver) ki islah karta, mayday ko taqat deta hay (5) nihaar mun (ya'ani khali pait) saib, doodh kay sath sehat baksh hay (6) saib ka juice pait aur aantohn kay jaraseem marta hay (7) saib dantohn aur masoorohn ko mazboot karta hay (8) pechash, typhoid, tap diq aur khansi may mufeed hay. Galay ki TB ko tap diq kaha jata hay aur pechash motion type ka pait ka marz hay jis may baaz auqat khoon aur peep bhi aata hay. (9) saib ka murabba dil-o-dimag ko mazboot karta hay (10) saib nazar aur hafiza teiz karta hay (11) saib pathri ki rok tham may ahem kirdar ada karta hay (12) kacha saib garam kar kay waram (ya'ani soojan) par lagana mufeed hay (13) saib cholesterol ko barhnay say rokta aur kam karta hay (14) aik tehqeeq kay mutabiq sab har tarhan kay cancer ko rokta hay (15) saib ka sirka hichkiyohn ki rok tham, galay ki takleef may Rahat, nazla zukham say araam deta aur wazan may kami karta hay.

## **Phalon aur khanay peenay kay ashiya par rung kiya jata hay**

Dhokay baaz log saib kay chilkoohn par laal rung charhatay hayn. Saib kay chilkey par agar waqayi rung kit agata ho to

usay utar kar khana hi mufeed hay warna saib ko chilkey samait khana चाहियay keh chilkey kay neechay vitamin ki the hoti hay. Masnoo'I rung kiyay gaye saib khareednay say bachna bohat mushkil hay kiyonkeh hamayn yeh pehchan nahin hopati keh kis saib par rung kiya gaya hay? Shayad saib par kapra rangnay ka rung lagaya jata hoga is liyay keh food color mehenga hota hay. Isi tarhan ham jo mukhtalif rang barangi cheezayn khatay hayn is may aam tour par kapray ka rung dala jata hay chunancha mujhay aik kaprohn kay rung kaytajir say Islami bhai nay bataya tha keh gulabi food color bohat mehenga hota hay, meri dukan par agar koyi khanay peenay ki cheezayn pechnay wala gulabi color lenay kay liyay aata hay to may ummat ki khayr khuwahi ki niyyat say usay nahin deta kiyonkeh mujhay pata hay keh aisay log khanay peenay ki cheezohn may yeh rung daltay hayn aur yoohn logohn ko kaprohn ka rung khilatay hayn. Hamaray yahan jo laal gulabi cheezayn aur mukhtalif sharbat miltay hayn un may yeh kapray rangnay wala color shamil kiya jata hay magar ham yaqeeni tour par yeh nahin keh saktay keh fulan sharbat ya fulan giza may naqli color istemaal kiya gaya hay. Isi tarhan toffee aur chocolate kay baray may mujhay aik dukandar nay bohat pehlay bataya tha keh yeh food color pakarti hi nahin hayn yeh sirf kaprohn ka rung pakarti hayn. Is liyay in may aur rung barangay paprohn may kaprohn ka rung istemal kiya jata hoga.

### **Ghar may pakayi gayen cheezayn khanay may hi afiyat hay**

Beherhaal bazar kay khanay khanay kay bajaye ghar may pakayi janay wali cheezayn khanay may hi afiyat hay. Apnay bachohn ko bhi sehat kay liyay nuqsan deh tarhan tarhan kay

rangeen chips khanay say rokiyay. Yaad rakhiyay! Agar koyi gali sari toffiyahn bantay huway dekhey to usay ulti hojaye kiyonkeh unhayn banatay huway safayi suthrayi ka khayal nahin Rakha jata jis kay bais un par keeray makoray chal phir rahay hotay hayn. Ham shouq say aisi aisi cheezayn khatay hayn keh agar unhayn banta huwa dekh layn to hamayn us say ghin ajaye kiyonkeh unhayn banatay waqt banana walohn ka paseena aur thook un may gir rahi hoti hayn aur jahan yeh cheezayn banti hayn wahan ird fird choohay dour rahay hotay hayn. Kaheen kaheen safayi suthrayi par tawajja di jati hogi magar safayo suthrayi ka mayar na honay kay barabar hay. Deegar cheezohn ki tarhan khana bhi ghar ki ka khana chahiyay keh ghar ki khawateen jo khana banati hayn unhayn khud bhi yeh khana hota hay aur bachohn ko bhi khilana hpota hay is liyay un ka yeh zehen bana hota hay keh coh khanay ki cheezohn ko achi tarhan dhoayn aur safayi rakhayn to yooohn ghar kay khanay ka mayyar bana hota hay. Hotelohn kay khanay ka taste agar chay bohat acha hota hay magar voh ghayr mayari hotay hayn. Deegar cheezohn ki tarhan Tayyar garam masalay ka muamla bhi hay keh garam masalay kay jo pisay huway dabbay aatay hayn un may khuda janay kiya kiya cheezayn pisi huwi hoti hayn. Aap ko aisay log milengay jo khanohn may Tayyar garam masalay nahin daltay voh alag alag masalay khareedtay, unhayn peestay aur phir istemal kartay hayn. Har company galat cheez banati ho yeh zuroori nahin magar aj kal milawat aur dhoka dahi ka dour hay, shayan yehi waja hay keh ham itni beemariyohn aur pareshaniyohn may mubtala hayn aur hamara sukoon barbar hay. Shayad hi koyi aisa shakhs milega keh jo yeh kahay may sehat man dhoon aur mujhay koyi gham nahin hay. Taqreeban sabhi log pareshan hayn, koyi bay awladi ki waja say pareshani

may hay to kisi ko us kay aulad nay sata kar Rakha huwa hay, koyi beemar bara hay to ksii ko qarzay nay jakra huwa hay, kisi ki raqam koyi daba kar beth gaya hay to kisi kay malik makan nay naak may dam kar Rakha hay aur kisi kay parosi nay us ka jeena do bhar kiya huwa hay to yoon har taraf badamani pheli huwi hay aur logohn ki niyyatayn aur kirdar kharab ho chukay hayn. Allah Pak hamayn apnay achay aur piyaray Mehboob صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ kay sadqay acha karday.

Yaad rahay! Agar apna yeh zehen ban aliya jaye keh ab ham nay milawatayn karnay, galiyahn baknay, jhoot bolnay, gheebatayn karnay aur namazayn qaza karnay say bachna hay aur musalmanohn ki khayr khuwahi kay baray may sochna hay to **إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ** achayi phelaygi aur ham achayi phelnay ka sabab banengay. Is ki barkat say dunya may bi aman qaim hoga aur hamayn qabr-o-hashar may bhi **إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ** aman milega. Isi tarhan agar ham sab mil kar dawat-e-Islami ko dunya may aam kardayn aur har taraf sunnatohn ki dhoom dhaam kar dayn to **إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ** aman qaim hojayega warna bary bary baatein karnay aur akhbarohn may bayanat daag denay say kaam nahin hota, kaam karnay say hi hota hay. *(Malfuzaat-e-Ameer-e-Ahl-e-Sunnat, vol. 6, p. 105)*

**Sawal:** Burhapa aanay say pehlay aisa kiya karayn keh burhapay may kam say kam takaleef ka samna karna paray?

**Jawab:** Dhal jayegi yeh jawani jis pay tujh ko naaz hay, jawani may 20, 22 saal tak doodh peena ziyadah mufeed hota hay keh us may calcium hota hay jis say haddiyahn mazboot hoti hayn. Jisn logohn kay joron aur haddiyohn may dard hota hay hosakta hay voh bachpan may doodhna peetay hon. May bachpan may aik rupay ka bhains ka khalis doodh lata tha, hosakta hay us may thora bohat pani bhi milatay hon magar

hamaray samnay doodh dohtay thay aur doodh par jhag banti thi, doodh bechnay walay jhag bata kar doodh naptay phir jhag muft daal detay thay, halankeh jhag may azan nahin hota bad us say khareedar par aik nafsiyati asar hota tha. Us doodh par malai ki aisi tay jamti thi keh apni usay yaad karayn to mun may pani ajaye hamaray dour may bhainsohn kay baray sheher may hotay thay magar jab abadi barhi to logohn ko takleef say bachanay kay liyay bhensohn kay baray bhains colony munaqqil kar diyay gaye, yeh saheeh kiya hay, us waqt utni khayanat bahin thi magar fee zamana khayanat bohat barh gayi hay. Beher haal jawani may doodh piyay, mayday, chiknahat aur mithas wali cheezohn say parhez karayn, **إِنَّ شَاءَ اللَّهُ عَزَّوَجَلَّ** burhapay may sehat mand rahengay. (*Malfuzaat-e-Ameer-e-Ahl-e-Sunnat, vol. 7, p. 37*)

**Sawal:** Nariyal khanay aur us ka tail laganay kay kiya fawaid hayn?

**Jawab:** Misri (cheeni ki aik qism hay is) kay sath har roz nihaar mun (ya'ani khali pait) aik touloua khoupra khana beenayi ko quwwat deta, pait ko naram karta aur bhook barhata hay. Khopray ka tail sar may laganay say baal barhtay hayn aur yeh dimag kay liyay bhi mufeed hay. (*Malfuzaat-e-Ameer-e-Ahl-e-Sunnat, vol. 10, p. 363*)

**Sawal:** Kaleji khanay kay fawaid hayn ya nuqsan? Is hawalay say aap kay kiya tajurbat hayn?

**Jawab:** Kaleji achi cheez hay, khayi jati hay aur halal bhi hay. Kaleji cholesterol say bharpoor hoti hay lehaza jis ko dil kay amraz hon ya cholesterol level high ho voh kaleji khanay say bachay. Kaleji may carbohydrate bhi ziyadah hota hay lehaza jisay gas ki beemari ho voh bhi isay khanay say bachay.

Umooman gaye, bakray aur murgi ki kaleji jhayi jati hay magar jisay uric acid ka marz ho voh red meat ya'ani bakray, gayen, bhains ya oonth ka gosht ya kaleji khanay say bhi bachay. *(Malfuzaat-e-Ameer-e-Ahl-e-Sunnat, vol. 6, p. 365)*

**Sawal:** Garam Mousam may kiya ehtiyat karni chahiyay?

**Jawab:** Garmiyohn kay Mousam may pani peenay par dehan dena chahiyay is kay liyay pani ki miqdas muqarrar kar lijiyay maslan barhyween ki nisbat say kam az kam 12 glass pani piyayn. Choonkeh sakht garmi kay sabab paseenay nikal rahay hotay hayn to hosakta hay 12 glass pani bhi na kafi hoon lehaza khoob achi tarhan pani piya jaye, 12 glass adhay adhay bhar kar nahin balkeh pooray bhar kay peenay hayn. Meray pas aik piyala hay, mujhay lagta hay is piyalay may do glass pani aajata hoga may is piyalay ko bhar kar aik waqt may aik bas pani pee leta hoon, khanay kay douran bhi pani peeta hoon phir giza'ohn may bhi pani hota hay, yoohn meri pani peenay ki adat bani huwi hay. Nayz madani muzakiray say faragat kay baad steamer (bhamp lenay wali machine) say bhap bhi leta hoon, yeh machine bohat faiday mand hay jo mujhay meray baray betay haji Ubaid raza nay di hay. Alhamdullilah! Mujhay bhap lenay ka faidah nazar aaraha hay, yoohn pani peenay ki tarhan meri bhamp lenay ki bhi adat ban gayi hay aur ab may is adat ko chorna nahin chahta.

Yaad rahay! Steamer automatic machine hay jo chalnay kay kuch deir baad bhamp dena shuru karti hay. Ap apni asani kay liyay steamer say bhamp lenay ka waqt muqarrar kar lijiyay maslan panch, sath ya das minute tak mun aur naak kay zariyay garam bhamp lijiyay, muqarrarah waqt khatam hotay hi yeh machine khud bakhud band hojayege, jin say hosakay vou bhamp liya karayn. *(Malfuzaat-e-Ameer-e-Ahl-e-Sunnat, vol. 7, p. 139)*

**Sawal:** Koyi aisi giza bataiyay jisay kha kar ham sardiyoohn kay dinohn may sehat mand reh sakayn?

**Jawab:** Maktaba tul Madinah kay risalay methi kay 50 madani phool <sup>(1)</sup> kay safha number 6 par hay: sardiyoohn may rozana khanay kay baad pani say methi danay chota chamach adha istemal kar lenay say sardiyoohn ki aksar beemariyoohn say hifazat hoti hay. Albatta har ilaaj apnay tabeeb kay mashwaray Say kiya haye, ayn mumkin hay keh methi danay kisi ki tabiyat kay mawafiq na hon. (*Malfuzaat-e-Ameer-e-Ahl-e-Sunnat, vol. 10, p. 470*)

**Sawal:** Khali pait meetha khanay ka kiya faidah hay? Nayz mithas hasil karnay kay liyay safaid cheeni ka istemal karna kesa? <sup>(2)</sup>

**Jawab:** Khali pait khujoor khana mufeed hay, nayz yeh ankhohn kay liyay bhi faiday mand hay. Mayday may moujood aik ant aisi hay jo meetha qubool karti hay, lehaz aiftar may khujoor khayay yap ani pee jiyay keh pani antohn ko kholnay kay liyay behtareen kaam karta hay, agar neem garam pani mayassar ho to ziyadah acha hay. Khushboodar aur chemicals walay bazarni sharbat peenay say bachiyay keh aisay sharbat sehat kush (ya'ani sehat barbad karnay wali) hotay hayn, may bhi aisi cheezohn say kafi door rehta hoon, albatta kabhi kabhar thora sa chakh leta hoon. Agar sharbat peena hi hay aur

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<sup>1</sup> Methi kay 50 madani phool yeh risala Ameer-e-Ahl-e-Sunnat *داعية بركاتها العالمة* ka hay jis kay 12 safhat hayn. Is risalay may methi kay fawaid, us kay zariyay daimi qabz aur pait ki beemariyoohn ka ilaj, qamar aur jorohn kay dard ka ilaj, mun kay chalohn ka ilaj aur methi kay qqehway kay madani phool aur methi kayz ariyay mukhtalif beemariyoohn kay ilaj ka tareeqakar bhi bayan kiya gaya hay. (*Shu'bah Malfuzaat-e-Ameer-e-Ahl-e-Sunnat*)

<sup>2</sup> Yeh sawal shouba malfoozat-e-Ameer-e-Ahl-e-Sunnat ki taraf say qaim kiya gaya hay jabkeh jawab Ameer-e-Ahl-e-Sunnat *داعية بركاتها العالمة* ka hi ata kiya huwa hay. (*Shu'bah Malfuzaat-e-Ameer-e-Ahl-e-Sunnat*)



Allah Pak nay maal-o-doulat say nawaza hay to doodh may chammach do chammach Asli shehed mila kar pee lijiyay keh yeh sehat baksh mashroom hay yap ani may lemon nichor lijiyay keh yeh garmi ka mfeed aur behtareen sharbat hay, nayz meetha karnay kay liyay safaid cheeni kay bajaye sheher ya gurr daal lijiyay, kiyonkeh chemical say bani huwi safaid cheeni say may muttafiq nahin hoon keh us kay bohat nuqsanat hayn, nayz kehmay walohn nay usay white poison aur sweet poison ya'ani safaid zeher aaur meetha zeher kaha hay, laykin yaad rahay! May safaid cheeni ko najayaz nahin kehta, balkeh zurooratan istemal bhi karleta hoon, albatta koshish yehi hoti hay keh safaid cheeni say bacha jaye, isi waja say hamaray yahan meethi cheezohn may safaid cheeni kay bajaye gur istemal kiya jata hay, bil farz gur mayassar na ho to majbooran safaid cheeni istemaal ki jati hay. Han! Kabhi kisi dost ya rishtay dar kay ghar koyi meethi item aajaye to bachna mushkil hojata hay. (*Malfuzaat-e-Ameer-e-Ahl-e-Sunnat, vol. 8, p. 51*)

**Sawal:** Kitna meetha khanay say aant ko taskeen hoti hay?

**Jawab:** Us ki miqdar to nahin likhi keh kitna khanay say ant ko taskeen milti hay, magar ziyadah deir bethay rehnay walohn ko meetha kam hi khana चाहियay, agar yeh meetha aant kay bajaye nas may chala gaya to azmaish hojayegi! Wesay bhi build sugar ki beemari bohat aam hay. Umooman ham log ziyadah mushaqqat walay kaam nahin kartay laykin jo mushaqqat walay kaam kartay hayn un ko meetha nahin kartay laykin jo mushaqqat walay kaam kartay hayn un ko meetha hazam hojata hay maslan mazdoori karnay wlaay, bhag dour karnay walay ya lohar wagerah. Yeh log to karahi gosht balkeh kacha pakka gosht tak kha jatay hayn unhayn kuch bhi nahin hota!

Bairoon-e-mulk (Pakistan say bahir kay kisi milk) ki baat hay: may aik Islami bhay kay ghar khanay par gaya tha, unhohn nay kafi sari mithayi rakhi huwi thi, un kay walid sahab farma rahay thay keh may yeh sary mithayi akela kha leta hoon. Mujhay nahin lagta keh un ki umar 60 saal say kam hogi choonkeh un ka lohar ka kaam tha to un ko mithayi hazam hojati hogi. (*Malfuzaat-e-Ameer-e-Ahl-e-Sunnat, vol. 6, p. 229*)

**Sawal:** Agar koyi insan mota hay aur voh patla hona chahta hay to voh aisa konsa tareeqa apnay jis say patla hojaye?

**Jawab:** Agar koyi insan mota hay aur voh patla hona chahta hay to usay chahiyay keh sab say pehlay lipid profile test karwaye kiyonkeh basa auqat insan apna wazan kam kartay kartay deegar beemariyohn may muftala hojata hay. Ehtiyat isi may hay kay insan khud say hi apni giza ahista ahista kam karday maslan pehlay do roti khata tha to ab aik chouthayi hissa roti ka khana kam kar day aur utni giza khaye keh kamzori bhi mehsoos na ho aur kuch na kuch bhook bhi baqi ho. Meethi, chiknahat aur mayday say bannay wali cheezohn say parhez karni chahiyay keh yeh cheezayn umooman sheat ko nuqsan pohanchati hayn. Yoohn hi jo cheezayn badan may wazan ko barhati hayn maslan aalu wagherah yeh badi cheezayn hayn un say bhi parhez karni chahiyay. Baaz log thandi cheezohn kay shouqeen hotay hayn, agar voh bhi apna wazan kam karna chahtay hayn to unhayn bhi thandi cheezayn khanay say bachan chahiyay.

## **Mushaqqat wala kaam karnay walohn ko umooman parhez nahin karna parta**

Jo log khayti bari kartay hayn ya bhari bhari saman utha kar

gariyohn may loading kartay hayn unhayn umooman kisi bhi cheez say parhez nahin karna parta, aisay log lakri aur pathar bhi khayen gay to voh bhi hazam hojayengay. Jo log is tarhan kay wazni kaam nahin kartay sirf kha kar beth jatay hayn unhayn in cheezohn say parhez karna chahiyay. Jab bhi kisi cheez ko tail may tala jata hay to voh tail us cheez ko apnay andar aik tarhan say coating karleta hay jis ki waja say us ka hazam hona mushkil hojata hay. Jab yeh hazam nahin hopata to insan ki sehat par bura asar parta hay aur insan beemar hojata hay, har aik ko apni sehat ka khayal rakhna chahiyay. Allah Pak ham sab ko apni aafiyat may rakhay.

*(Malfuzaat-e-Ameer-e-Ahl-e-Sunnat, vol. 8, p. 303)*

صَلَّى اللهُ عَلَى مُحَمَّدٍ      صَلَّى اللهُ عَلَى الْحَبِيبِ

### Yeh Risalah parh kar dusro ko day dijiye

Shadi ghami ki taqriibat, A'ras aur juloos wagherah mayn Makatab-tul-Madinah kay sha'a kirdah risa'il rakhnay ka mu'mool bana'ay, akhbaar faroshon ya bachon kay zari'ay apnay mehakkay kay ghar ghar mayn mahanah kam az kam aik 'adad sunnaton bhara risalah ya madani phoolon ka pumfilat puncha kar nayki ki dawat ki doom macha'ay aur khoob Sawab kama'ay.

Aglay Haftay ka risalah



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