



Khanay ki

92 Sunnatayn aur Aadab

- Giray huway danay khanay kay faza'il
- Khanay kay ba'ad massah karna sunnat hay
- Barakat uranay walay af'aal



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Islamic Research Centre

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Khanay ki 92 sunnatayn aur Aadab

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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.

Fehrist

Khanay ki 92 sunnatayn aur Aadab	1
Durood sharif ki Fazeelat	1
Khanay ki niyyat kar lijiyay.....	1
Parday may pardah ki adat banaiyay.....	3
Khatay huway bhi zikr Allah jary rakhiyay	4
Teen ungliyohn say khanay ki adat daliyay	5
Roti ka kinarah torna.....	5
Daant ka kaam ant say mat lijiyay	6
Khana khanay may phal pehlay khanay chahiyay	6
Khanay ko ayb mat lagaiyay	7
Phalohn ko ayb kagana ziyadah bura hay.....	7
Khanay kay douran achi baatein kijiay	8
Achi achi botiyahn eesar kijiay.....	8
Kiray huway danay kha lenay kay fazail.....	9
Khanay may phoonk marna mana hay	10
Pani choos kar peena seekhiyay	10
Lazzat sirf zaban ki jar tak hay.....	10
Bartan chaat lijiyay	11
Dho kar peenay ka tareeqa.....	11
Khanay kay baad massah karna sunnat hay	12
Pichlay gunnah muaaf	13
Kitna khaiyay?.....	14
Qeloola sunnat hay.....	15
Barkat uranay walay afaal.....	15
Kisi kay darakht ka phal khana kesa?	16
Beghayr poochay khana kesa?	16
Murgi ka dil.....	17
بِسْمِ اللّٰهِ karo kehna sakht mamnu ha	17
Sara huwa gosht khana haram hay	17
Sabit hary mirchayn	18
Bachi hui rootiyon ka kiya karayn?	18
Kekra aur jheenga khana kesa?.....	18
Yeh Risalah parh kar dursay ko day dijiye.....	19

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Khanay ki 92 sunnatayn aur Aadab (1)

Dua-e-Attar: Ya Rabb-ul-Mustafa! Jo koyi 19 safhaat ka risala *khanay ki 92 Sunnatayn aur Aadab* parh ya sun lay usay hamesha sunnat kay mutabiq khanay peenay ki toufeeq day aur us ki maa baap samait bay hisab baksh farma.

اٰمِيْنُ بِجَاہِ النَّبِيِّ الْاَمِيْنِ صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ

Durood sharif ki Fazeelat

Farman-e-Akhiri صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ: Jis nay din aur raat may durood-e-pak parha Allah Pak par haqq hay keh voh us kay us din aaur us raat kay gunnah baksh day. (*Al-Mu'jam al-Kabir, vol. 18, p. 362, Hadith 928*)

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللهُ عَلَى مُحَمَّدٍ

Khanay ki niyyat kar lijiyay

1. Khanay say Maqsood husool-e-lazzat aur khuwahish ki takmeel na ho balkeh khatay waqt yeh niyyat karlijiyay: may Allah Pak ki ibadat par quwwat hasil karnay kay liyay kha raha hoon” yaad rahay! Khanay may ibadat par quwwat hasil karnay ki niyyat usi soorat may sachi hogi jab

¹ Yeh mazmoon Ameer-e-Ahl-e-Sunnat دامت بركاتها العالمة ki kitab Faizan-e-Sunnat safha 306 ta 328 say liya gaya hay.

keh bhook say kam khanay ka bhi iradah ho warna siray say niyyat hi jhooti hojayegi kiyonkeh khoob datt kar khanay say ibadat kay liyay quwwat hasil honay kay bajaye mazeed susti paida hoti hay. Khanay ki azeem sunnat yeh hay keh bhool lagi huwi ho keh beghayr bhook kay khanay say taqat to kiya ayegi ulta sehat kharab aur dil bhi sakht hojata hayn. Hazrat Shaykh Abu Talib Makki رَحْمَةُ اللهِ عَلَيْهِ farmatay hayn: aik Riwayat may hay: sayr honay ki halat may khana baras payda karta hay. (*Qūt al-Qulūb, vol. 2, p. 326*)

2. Aisa dastar khuwan bichaiyay jis par koyi hard, lafz, ibarat, shay rya company wagherah ka naam urdu, angrezi kisi bhi zaban may na likha huwa ho.
3. Khana khanay say pehlay aur baad donohn hath pehenchohn tak dhona sunnat hay, kuliyan kar kay mun ka agla hissa bhi dho lijiyay magar khanay say qabal dhoye huwya hath mat ponchiyay. Sarkar-e-Madinah صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ nay farmaya: khanay say pehlay aur baad may wuzu karna (ya'ani hath mun dhona) rizq may kushadgi karta aur shaytan ko door karta hay. (*Kanz al-'Ummāl, vol. 15, p. 106, Hadith 40755*)
4. Agar khanay kay liyay kisi nay mun na dhoya to yeh nahin kahengay keh is nay sunnat tark kardi. (*Bahār-e-Sharī'at, vol. 3, p. 376, part 16, summarized*)
5. Khatay waqt ulta paun bicha dijiyay aur seedha ghtuna khara rakhiyay ya sureen par beth jaiyay aur donohn ghutnay kharay rakhiyay ya dozano bethiyay, teenohn may say jis tarhan bhi bethayngay sunnat ada hojayegi.

Parday may pardah ki adat banaiyay

6. Islami bhai ho ya Islami behen sabhi chadar ya kurtay kay daman kay zariyay parday may pardah zuroor karayn warna kapray tung huway ya kurtay ka daman utha hoga to ghar kay afrad wagerah bad nigahi may par saktay hayn. Agar parday may pardah mumkin na ho to do zano bethnay ki sunnat bhi ada hojayegi aur khud bakhud pardah bhi hojayega. Khanay kay ilawah bhi bethnay may parday may pardah ki adat banaiyay.
7. Char zano ya'ani chokari maar kar bethay huway khana sunnat nahin, is say pait bahir nikalta hay.
8. Pehlay luqmay par بِسْمِ اللّٰهِ دوسray say qabal بِسْمِ اللّٰهِ الرَّحْمٰنِ اُور teesray say pehlay بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ parhiyay. (*Ihyā al-'Ulūm, vol. 3, p. 6*)
9. بِسْمِ اللّٰهِ zor say parhiyay taakeh doosrohn ko bhi yaad ajaye.
10. Shuru karnay say qabal yeh dua parh li jaye, agar khanay peenay may zeher bhi hoga to اِنْ شَاءَ اللّٰهُ agar nahin karega, dua yeh hay: ¹ بِسْمِ اللّٰهِ وَبِاللّٰهِ الَّذِیْ لَا یَضُرُّ مَعَ اَسْمِهِ شَیْءٌ فِی الْاَرْضِ وَلَا فِی السَّمٰوٰتِ یَا حَمْدُ یَا قُدُّوْسُ
Tarjuma: Allah Pak kay naam say shuru karta hoon jis kay naam ki barkat say zameen-o-asman ki koyi cheez nuqsan nahin pohancha sakti, ay hamesha zindah-o-qaim rehney walay.
11. Agar shuru may بِسْمِ اللّٰهِ parhna bhool gaye to douran-e-ta'am yaad anay par is tarhan keh lijiyay: بِسْمِ اللّٰهِ اَوَّلُهُ وَاٰخِرُهُ

¹ Kanz al-'Ummal, vol. 15, p. 109, hadith 40792

tarjuma: Allah Pak kay naam say khanay ki ibtida aur inteha.

Khatay huway bhi zikr Allah jary rakhiyay

12. **يَاوَجِدُ** jo koyi khana khatay waqt har niwalay par parha karega **إِنَّ شَاءَ اللَّهُ** voh khana us kay pait may noor hoga aur beemari door hoggi. Ya
13. Har luqme say qabal “الله” ya “بِسْمِ اللَّهِ” kehtay jaiyay takeh khanay ki hiris zikr ullah say gafil na karday. Har do luqmay kay darmiyan **أَلْحَمْدُ لِلَّهِ** aur **يَاوَجِدُ** aur **بِسْمِ اللَّهِ** kehtay jaiyay, is tarhan har luqmay ka agaaz **بِسْمِ اللَّهِ** say, beech may **يَاوَجِدُ** aur khatam-e-luqma par hamd ki tarkeeb hojayegi.
14. Mitti kay bartan may khana Afzal hay keh jo apnay ghar kay bartan mitti kay rakhta hay farishtay us ghar ki ziyarat karnay aatay hayn. (*Radd al-Muhtār, vol. 9, p. 495*)
15. Salam ya chatni ki Piyali roti par mat rakhiyay. (*Radd al-Muhtār, vol. 9, p. 490*)
16. Hath ya churi ko roti say na pochiiyay. (*Radd al-Muhtār, vol. 9, p. 490*)
17. Zameen par dastarkhuwan bicha kar khana sunnat hay. Taik laga kar, nangay sar ya aik hath zameen par taik kar, jootay pehen kar, letay letay ya char zano (ya’ani chokari mar kar) mat khaiyay.
18. Roti agar dastarkhuwan par agayi to salam ka inteazar kiiyay beghayr khana shuru karma dijiyay. (*Radd al-Muhtār, vol. 9, p. 490*)

19. Awwal akhir namak ya namkeen khaiyay keh is say sattar beemariyahn door hoti hayn. (*Radd al-Muhtār, vol. 9, p. 490*)
20. Roti aik hath say na toriyay keh magroorohn ka tareeqa hay.
21. Roti ulte hath may pakar kar seedhay hath say toriyay. Hath barha kar thaal ya salan kay bartan kay ayn beech may upar karkay roti aur double roti wagherah tornay ki adat banaiyay. Is tarhan ajza khanay hi may girengay warna dastarkhuwan par gir kar zaya hosaktay hayn.
22. Seedhay hath say khaiyay, ulte hath say khana, peena, dena shaytan ka tareeqa hay,

Teen ungliyohn say khanay ki adat daliyay

23. Teen ungliyohn ya'ani beech wali, shahadat ki aur angoothay say khana khaiyay keh yeh Sunnat-e-Ambiya عَلَيْهِ السَّلَام hay. Aadat banana kay liyay agar चाहयन to intida'an seedhay hath ki Binsar (choti ungli kay barabar wali ko Binsar kehtay hayn) ko kham kar kay us may rubberband pehen lijiyay ya roti ka tukra un donohn ki ungliyohn say hatheli ki taraf dabaye rakhiyay ya donohn amal aik sath kar lijiyay, jab adat hojayegi to إِنَّ شَاءَ اللَّهُ رَبِّكَ لَبَدَّلَ صَاحِبَهُ عَذَابًا لَّيْسَ بِكَافٍ بِهِ عَذَابُهُمْ وَلَئِنَّ اللَّهَ لَشَدِيدُ الْعَذَابِ farmatay hayn: panch ungliyohn say khana hareesohn ki nishani hay.” (*Mirqāt al-Mafātīh, vol. 8, p. 9*) agar chawal kay danay juda juda hon aur teen ungliyohn say niwala ban'na mumkin na ho to char ya panch ungliyohn say kha saktay hayn.

Roti ka kinarah torna

24. Roti ka kinarah tor kar daal dena aur beech ka hissa kha

lena israf hay. Han agar kinaray kachay reh gaye hayn, is kay khanay say nuqsan hoga to tor sakta hay, isi tarhan yeh maloom hay keh roti kay kinaray doosray log kha lengay zaya na hongay to tornay may harj nahin, yehi hukum is ka bhi hay keh roti may jo hissa phoola huwa hay usay kha leta hay baqi ko chour deta hay. (*Bahār-e-Sharīʿat, vol. 3, p. 377, part 16*)

Daant ka kaam ant say mat lijiyay

25. Luqma chotta lijiyay aur is ehtiyat kay sat keh chapar chapar ki awaaz paid ana ho aur achi tarhan chaba kar khaiyay. Agar achi tarhan chabaye beghayr nigal jayengay to hazam karnay kay liyay maidah ko sakht zehmat karni paregi lehaza dantohn ka kaa antohn say mat lijiyay.
26. Jab tak halaq say neechay na utar jaye doosray laqmay ki taraf hath barhana ya luqma utha lena khanay ki hirs ki Alamat hay.
27. Roti ko dant say kaat kar khana had darja mayoob aur baybarkati ka ba'is hay, yoohn hi kharay kharay khana sunnat-e-nasara hay. (*Sunni Bahashti Zewar, p. 565*)

Khana khanay may phal pehlay khanay चाहियay

28. Hamaray yahan phal akhir may khanay ka riwaj hay jabkeh hujjatul islam Hazrat Imam Muhammad Ghazali رحمته اللہ علیہ farmatay hayn: agar phal hon to pehlay voh paysh kiyay jayen keh tibbi lehaz say un ka pehlay khana ziyadah muwafiq hay, yeh jald hazam hotay hayn lehaza un ko mayday kay nichlay hissay may hona चाहियay aur quran-e-pak say bhi phal kay muqaddam (ya'ani pehlay)

honay par aagahi hasil hoti hay chunancha para 27 surah waqiah ki ayat number 20, 21 may Irshad hota hay: **وَلَا تَجْرِبْنَهُنَّ وَأَنْتَ عَالِمٌ بِمَا يَتَخَذُونَ** Tarjuma kanz-ul-iman: aur maiway jo pasand karayn aur parindohn ka gosht jo chahayn. *(Al-Quran, part 27, al-Wāqī'ah, verse 20-21, translation from Kanz al-'Irfān) (Ihyā' al-'Ulūm, vol. 2 p. 21)*

Meray Aaqa Aala Hazrat, Maulana Shah Imam Ahmed Raza Khan **رَحْمَةُ اللهِ عَلَيْهِ** Riwayat naqal kartay hayn: khanay say pehlay tarbooz khana pait ko khoob dho deta hay aur beemari ko jar say khatam kardeta hay. *(Al-Fatāwā al-Riḍāwiyyah, vol. 5, p. 442)*

Khanay ko ayb mat lagaiyay

29. Khanay may kisi qism ka ayb na lagaiyay maslan yeh mat kehna keh tasty (lazeez) nahin, kacha reh gaya hay, namak kam hay, teekha bohat hay ya pheeka hay wagherah wagherah. Pasand hay to kha lijiyay, warna hath rok lijiyay. Han! Pakanay walay ko mirch masalay ki kami bayshi kay liyay hidayat dena Maqsood ho to tanhayi may rehnumayi may mazaiqa nahin.

Phalohn ko ayb kagana ziyadah bura hay

30. Phalohn ko ayb lagana insan kay pakaye huway khanay kay muqablay may ziyadah bura hay keh khana pakanay may insani hathohn ka ziyadah dakhil hay jabkeh phalohn kay muamlay may aisa nahin.

31. Khanay ya salan wagherah kay beech may say mat lijiyay keh beech may barkan nazil hoti hay.

32. Apni taraf kay kinaray say khaiyay, har taraf hath mat mariyay.
33. Agar aik thaal may mukhtalif qism ki cheezayn hayn to doosri taraf say bhi utha saktay hayn.

صَلُّوا عَلَيَّ الْحَيِّبِ صَلَّى اللهُ عَلَيَّ مُحَمَّدٍ

Khanay kay douran achi baatein kijiyyay

34. Khana khatay huway acha samajh kar chup rehna atish parastohn ka tareeqa hay, han bolnay ko jee nahin chah raha to harj nahin, yooohn hi fuzool goyi har haal may namunasib hi hay, lehaza khanay kay douran achi achi baatein kartay jaiyay maslan jab bhi ghar may mil jul ka rya mehmanohn wagherah kay sath kha rahay hon to khanay peenay ki sunnatayn bayan kijiyyay. Zahay Naseeb! Khanay un madani phoolohn ki photocopiyaahn frame karwa kar ya gattay par chaspa kar kay khanay ki jaga par awaazein kardi jayen aur khanay kay auqat may waqtan fawaqtan parh kar sunayi jayen.
35. Khanay kay douran is qism ki guftugu na kijiyyay jis say logohn ko ghin aye maslan dast, paychas, qeh wagherah ka tazhirah
36. Khana khanay walay kay luqmay mat tariyay.

Achi achi botiyahn eesar kijiyyay

37. Khanay may say achi achi botiyahn chant lena ya mil kar kha rhaay hon to is liyay baray baray niwalay utha kar jaldi jaldi nigalna keh kaheen may reh na jaun ya apni taraf ziyadah khana samait lena al garz kisi bhi tareeqat say

doosrohn ko mehroom kardena dekhney walohn ko badzan karta hay aur yeh baymurawwatohn aur hareesoehn ka shewah hay. Achi ashiya apnay Islami bhaiyohn ya ahl-e-khana kay liyay eesar ki niyyat say tark karengay to **إِنْ شَاءَ اللَّهُ** sawab payengay. Jesa keh Sultan-e-Do Jahan **صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ** ka farman-e-bakshish Nishan hay: jo shakhs kisi cheez ki khuwahish rakhta ho, phir us khuwahish ko rok kar (doosrohn ko) apnay upar tarjeeh day to Allah Pak usay baksh deta hay. (*Ithāf al-Sādat al-Muttaqīn, vol. 9, p. 779*)

Kiray huway danay kha lenay kay fazail

38. Khanay kay douran agar koyi dana ya luqma wagherah gir jaye to utha kar pounch kar kha lijiyay keh magfirat ki bashrat hay.
39. Hadees-e-pak may hay, jo khanay kay giray huway tukray utha kar khaye voh parakhi (ya'ani khush hali) ki zindagi guzarta hay aur us ki aulad aur ulad ki aulad may kam aqli ssay hifazat rehti hay. (*Kanz al-Ummāl, vol. 15, p. 111, Hadith 40815*)
40. Hazrat Imam Muhammad Gazali **رَحْمَةُ اللَّهِ عَلَيْهِ** farmatay hayn: roti kay tukrohn aur rezohn ko chun lijiyay **إِنْ شَاءَ اللَّهُ** khush hali Naseeb hogi. Bachay saheeh-o-salamat aur bay ayb hongay aur voh tukray hoorohn ka meher banengay. (*Ihyā' al-'Ulūm, vol. 2, p. 7*)
41. Giri huwi roti ko utha kar choomna jayaz hay
42. Dastar khuwan par jo danay wagherah gir gaye unhayn murgiyohn, chiryohn, gayen ya bakri wagherah ko khila dena jayaz hay. Ya aisi jaga ehtiyat say rakh dayn keh choontiyahn kha layn.

Khanay may phoonk marna mana hay

43. Khanay aur chai wagherah ko Thanda karnay kay liyay phoonk mat mariyay keh bay barkati hogi. Ziyadah garam khana mat khaiyay khanay kay qabil hojanay ka intezaar farma lijiyay. (*Radd al-Muhtār, vol. 9, p. 491 summarized*)
44. Khanay kay douran bhi seedhay bath say pani nosh kijiyyay. Yeh na ho keh hath alood honay kay sabab ultay hath may glass tham kar seedhay hath ki ungli may kar kay dil ko mana liyay keh seedhay hath say pee raha hoon!

Pani choos kar peena seekhiyay

45. Pani ho ya koyi sa mashroob hamesha بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ parh kar chotay chotay ghoont peena chahiyyay magar choosnay may awaaz paida na ho, pani ho ya koyi aur mashroob, baray baray ghoont peenay say jigar ki beemari paida hoti hay. Akhir may اَلْحَمْدُ لِلَّهِ kahiyay. Afsos! Choos choo skar peenay wali sunnat par ab shayad hi koyi amal karta ho, baraye karam! Is kay liyay mashq farmaiyay aur is sunnat ko apnaiyay.
46. Jab kuch bhook baqi reh jaye khana tark kar dijiyay.

Lazzat sirf zaban ki jar tak hay

47. Datt kar khana sunnat nahin, ziyadah khanay ko jee chahay to apnay aap ko is tarhan samjhaiyay keh sirf zaban ki nok say jar tak lazzat rehti hay halaq may pohanchtay hi lazzat khatam ho jati hay to lamha bhar kay zaiqay ki khatir sunnat ka sawab chorna danishmandi nahin. Nayz ziyadah khanay say tabiyat bojhal hojati, ibadat may sasti ati, maidah kharab hota aur baazohn ko motapa ata hay.

Qabz, gas sugar aur dil wagherah ki beemariyohn ka imkan barhtha hay.

48. Faragat kay baad pehlay beech ki phir shahadat ki ungli aur akhir may angootha teen teen bar chatiyay. Sarkar-e-Madinah صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ khanay kay baad Mubarak ungliyohn ko teen martaba chat'tay. (*Shamā'il al-Tirmidhī, p. 61, Hadith 138*)

Bartan chaat lijiyay

49. Bartan bhi chat lijiyay. Hadees-e-Pak: khanay kay baad jo shakhs bartan janta hay to voh bartan us kay liyay dua karta hay aur kehta hay, Allah Pak tujhay jahannum ki aag say azaad karay jis tarhan tu nay mujhay shaytan say azaad kiya. (*Kanz al-Ummāl, vol. 10, p. 111, Hadith 40822*) aur aik Riwayat may hay keh bartan us kay liyay astagfar karta hay. (*Sunan Ibn Mājah, vol. 4, p. 14, Hadith 3271*)
50. Jis bartan may khaya is ko chatnay kay baad dho kar pee lijiyay إِنَّ شَاءَ اللهُ aik Ghulam azaad karnay ka sawab milega. (*Ihyā' al-'Ulūm, vol. 2, p. 7*)

Dho kar peenay ka tareeqa

51. Chatna aur dhona usi waqt kehlayega jab keh giza ka koyi juz aur shorbay ka asar wagherah baqi na rahay. Lehaza thora sap ani daal kar bartan kay upari kinaray say lekar neechay tak har taraf ungli wagherah say achi tarhan dho kar peena chahiyay. Do ya teen bar isi tarhan dho kar pee layn gat to إِنَّ شَاءَ اللهُ bartan khoob saaf hojayega.
52. Peenay kay baad rikabi ya thal may mamooli sa bacha huwa pani bhi ungli say jama kar kay pee lena chahiyay, ais

ana ho keh masalay ka koyi zarrah hi kaheen chipka reh jaye aur isi may barkat bhi chali jaye! Keh Hadees-e-Pak may yeh bhi hay: tum nahin jantay keh khanay kay kis hissay may barkat hay. (*Ṣaḥīḥ Muslim, p. 11123, Hadith 1023*)

53. Salan kay shorbay say aloodah katoray, chamak nayz chai, lassi, phalon kay ras (juice) sharbat aur deegar mashroobat kay aloodah piyalay, glass aur jug wagherah ko dho, pee kar is tarhan saaf kar lijiyay keh giza ka koyi zarrah ya asar baqi na rahay aur yoon khoob barkatayn lootiyay.
54. Glass may bachay huway musalman kay saaf suthray jhootay pani ko qabil-e-istemal honay kay bawujood khuwah mukhuwah phenk kar zaya kar dena israf hay aur israf haram. (*Sunni Bahashti Zewar, p. 567, summarized*)
55. Akhir may **اَلْحَمْدُ لِلّٰهِ** kahiyay. Awwal akhir masoor (ya'ani quran-o-hadees ki) dua'ayn bhi yaad hon to parhiyay.
56. Sabun say achi tarhan hath dho lijiyay takeh boo aur chiknahat jati rahay.

Khanay kay baad massah karna sunnat hay

57. Hadees-e-Pak may yeh bhi hay: (khanay say faragat kay baad) Sarkar-e-Madinah **صَلَّى اللّٰهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ** nay hath dhoye aur hathohn ki tari say mun aur kalaiyohn aur sar aqdas par massah karliya aur apnay piyaray Sahabi **رَضِيَ اللّٰهُ عَنْهُ** say farmaya: ikrash! Jis cheez ko aag nay chuwa (jo aag say pakayi gayi ho) us kay khanay kay baad yeh wuzu hay. (*Sunan al-Tirmidhī, vol. 3, p. 335, Hadith 1855*)
58. Khanay kay baad antohn ka khilal kijiayay.

Pichlay gunnah muaaf

59. Huzoor صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ nay Irshad farmaya: jo shakhs khana khaye ayr yeh kalamata kahay to us kay guzishta tamam gunnah muaaf kar diyay jatay hayn: dua kay voh kalamata yeh hayn: **اَلْحَمْدُ لِلّٰهِ الَّذِيْ اَطْعَمَنِيْ هٰذَا وَ رَزَقَنِيْهِ مِنْ غَيْرِ حَوْلٍ مِّنِّيْ وَلَا قُوَّةٍ** tarjuma: tamam tareefayn Allah Pak kay liyay hayn jis nay mujhay yeh khana khilaya aur meri kisi maharat-o-quwwat kay beghayr mujhay yhe irzq ata farmaya. (*Sunan al-Tirmidhī, vol. 5, p. 284*)
60. Khanay kay baad yeh parhiyay **اَلْحَمْدُ لِلّٰهِ الَّذِيْ اَطْعَمَنَا وَسَقَانَا وَجَعَلَنَا مُسْلِمِيْنَ** tarjuma: Allah Pak ka shukr hay jis nay hamayn khilaya, pilaya aur hamayn musulman banaya. (*Sunan Abū Dāwūd, vol. 3, p. 513, Hadith 3850*)
61. Agar kisi nay khilaya to yeh dua bhi parhiyay: **اَللّٰهُمَّ اَطْعَمْ مَنْ اَطْعَمْتَنِيْ وَ اَسْقِ مَنْ سَقَانِيْ** tarjuma: ay Allah Pak us ko khila jis nay mujhay khilaya aur us ko pila jis nay mujhay pilaya. (*Ṣaḥīḥ Muslim, p. 136, Hadith 2055*)
62. Khana khanay kay baad yeh dua bhi parhiyay: **اَللّٰهُمَّ بَارِكْ لَنَا فِيْهِ وَ اَطْعِمْنَا خَيْرًا مِنْهُ** tarjuma: ay Allah Pak! Hamaray liyay is khanay may barkat ata farma aur is say behtar khana hamayn khila. (*Sunan Abū Dāwūd, vol. 3, p. 475, Hadith 3730*)
63. Doodh peenay kay baad yeh dua parhiyay: **اَللّٰهُمَّ بَارِكْ لَنَا فِيْهِ وَ زِدْنَا مِنْهُ** tarjuma: ay Allah Pak! Hamaray liyay is may barkat day aur hamay is say ziyadah Inayat farma. (*Sunan Abū Dāwūd, vol. 3, p. 475, Hadith 3730*)

64. Sarkar-e-Madinah صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ ko halwa, shehed, sirka, khujoor, tarboox, kakri aur loki (kaddu sharif) bohat pasand tha.
65. Allah Pak kay Mehboob صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ ko bakray kay gosht may dast (bazu) gardan aur kamar ka gosht margoob tha.
66. Aqa-e-Madinah صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ kabhi kabhi khujood aur tarbooz ya khujoor aur kakri ya khujoor aur roti mila kar tanawul farmatay thay
67. Sarkar-e-Madinah صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ ko khurchan pasand thi
68. Sareed ya'ani salan kay shorbay may bhigoyi huwi roti kay tukray Sarkar-e-Madinah صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ ko bohat pasand thay.
69. Aik ungli say khana shaytan ka aur do ungliyohn say khana magroorohn ka tareeqa hay, teen ungliyohn say khana Sunnat-e-Ambiya عَلَيْهِ السَّلَام hay.

Kitna khaiyay?

70. Bhook kay teen hissay karna behtar hay. Aik hissa khana, aik hissa pani aur aik hissa hawa. Maslan teen roti may sair hojatay hayn to aik roti khaiyay aik roti jitna pani aur baqi hawa kay liyay khali chor dijiyay. Agar pait bhar kar bhi kha liya to mubah hay koyi gunnah nahin. Magar kam khanay ki deeni-o-dunyawi barkatayn Marhaba! Tajurba karkay dekh lijiyay. اِنْ شَاءَ اللهُ. pait aisa durust hojayega keh aap hairan reh jayengay. Allah Pak ham sab ko pait ka qafal-e-Madinah Naseeb farmaye. Ya'ani haram say bachnay aur halal khana bhi zuroorat say ziyadah khanay say bachay.

اٰمِيْنَ بِجَاهِ النَّبِيِّ الْاَمِيْنَ صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ

Qeloola sunnat hay

71. Dopehr kay khanay kay baad qeloola kijiyy keh dopehr kay waqt laitnay ko qeloola kehtay hayn aur yeh khusoosatan raat ko ibadat karnay walohn kay liyy sunnat hay keh is say raat ki ibadat may asani hojati hay. Sham ko khanay kay baad kam az kam 150 qadam chaliyy. Sham kay khanay kay baad matlaqan tehelna behtar hay aur yeh dhayr do qadam chalnay ka qoul atiba ka hay
72. Khanay kay baad **رَحْمَةُ اللَّهِ عَلَيْكَ** zuroor ka hiyyay
73. Dastarkhuwan uthaiyy janay say pehlay mat uthiyyay
74. Khanay kay baad hath achi tarhan dho kar ponch lijiyy. Sabun bhi isstemaal karsaktay hayn.
75. Kaghaz say hath ponchna mana hay
76. Towliyy say hath ponch saktay hayn, pehnay huway kapray say hath mat ponchiyy.

Barkat uranay walay afaal

77. Khaleel-ul-ulema mufti Khaleel Khan Barkati **رَحْمَةُ اللَّهِ عَلَيْهِ** farmatay hayn: jis bartan may khana khaya hay us may hath dhona ya hath dho kar kurtay ya tehband kay daman ya Anchal say ponchna barkat ko ura deta hay. (*Sunni Bahashti Zewar, p. 578*)
78. Khana khanay kay foran baad sakht warzish karna ya ziyadah wazni cheez uthana, ghaseetna wagherah sakht mehnat kay kaam say ant utar janay, appendix hojanay ya pait barhnay kay amraz paida hosaktay hayn.

79. Khanay kay baad **الْحَمْدُ لِلَّهِ** buland awaaz say us waqt kahiyay jab sab khanay say farig hon warna ahista kahiyay. (*Radd al-Muhtār, vol. 9, p. 490*) khanay kay baad dua'ayn bhi us waqt parhayi jayen jab har fard farig hochuka ho warna jo kha raha hay voh sharmindah hoga.

Kisi kay darakht ka phal khana kesa?

80. Bag may pohancha wahan gphal giray huway hayn to jab tak malik-e-bag ki ijazat na ho, phal nahin kha sakta aur ijazat donohn tarhan hosakti hay. Ya sarhatan ijazat ho maslan malik nay keh diya keh giray huway phalon ko kha saktay ho ya dalalatan ijazat ho ya'ani wahan aisa urf-o-adat hay keh bag walay giray huway phalon say logon ko mana nahin kartay. Darakhtoh say phal tor kar khanay ki ijazat nahin magar jabkeh phalohn ki kasrat ho aur maloom ho keh tor kar khanay may malik ko nagawari nahin hogi to tor kar bhi kha sakta hay. Magar kisi soorat may yeh ijazat nahin keh wahan say phal utha laye. (*Al-Fatāwā al-Hindiyyah, vol. 5, p. 229, summarized*) in sab sooraotn may urd-o-adat ka lehaz hay aur agar urf-o-adat na ho ya maloom ho keh malik ko nagawari hogi to giray huway phal bhi khana jayaz hay.

Beghayr poochay khana kesa?

81. Dost kay ghar gaya hoyi cheez paki huwi mili khud lekar kha li ya us kay bag may gaya aur phal tor kar kha liyay agar maloom hay keh usay nagawar na hoga to khana jayaz hay magar yahan achi tarhan ghour karlenay ki zuroorat hay, basa waqt aisa bhi hota hay keh yeh samajta hay keh

usay nagawar na hoga halankeh usay nagawar hota hay.
(*Al-Fatāwā al-Hindiyyah, vol. 5, p. 229, summarized*)

82. Zabeeha ka haram magaz khana mamnu hay lehaza pakatay waqt gardan, chanp aur beeth ki reerh ki haddi kay gosht ko achi tarhan dekh kar haram magaz alag karlijiyay.
83. Zabeeha ka gudood (ya'ani ganth, galti) khana makruh tehreemi hay lehaza pakanay say qabal hi us ko nikal dijiyay.

Murgi ka dil

84. Murgi ka dil phenkna nahin chahiyay, lambayi may char cheeray daal ka rya jis tarhan bhi mumkin ho cheer kar usmay say khoon achi tarhan saaf kar kay phir salan may daal dijiyay.

بِسْمِ اللّٰهِ karo kehna sakht mamnu ha

85. Aik khana kha raha hay doosra aaya pehlay nay us say kaha: ao khana kha lo doosray nay kaha بِسْمِ اللّٰهِ karo yeh bohat sakht mamnu hay aisay mouqay par dua-e-allfaz kehney chahiyay maslan kahay Allah Pak barkat hay.

(*Bahār-e-Sharī'at, vol. 3, p. 379, part 16, summarized*)

Sara huwa gosht khana haram hay

86. Gosht sar gaya to us ka khana haram hay. Isi tarhan jo khana kharab hojata hay voh bhi nahin kha saktay. Kharab honay ki Alamat yeh hay keh us may phaphoondi, badbu ya khati buu payda hojati hay. Agar shourba ho to us par

jhag bhi ajata hay. Daalayn, khichra aur khatayi wala salan jald kharab hota hay.

Sabit hary mirchayn

87. Bachi huwi roti aur shourba wagerah phenkna israf hay. Murgi, bakri ya gaye wagerah ko khila dayn. Chand roz ki bachi huwi rotiyohn kay tukray kar kay shourbay may paka lijiyay. **إِنْ شَاءَ اللَّهُ** behtareen khana ban jayega.

Bachi hui rootiyon ka kiya karayn?

88. Bachi hui rooti aur shorbah wagerah phaynkna israf hay. Murgi, bakri ya ga`ay wagerah ko khila dayn. Chand rooz ki bahi hu`i rotiyon kay tukray kar kay shorbay kar kay shorbay mayn paka liji`ay. **إِنْ شَاءَ اللَّهُ** behtreen khana ban ja`ay ga.

Kekra aur jheenga khana kesa?

89. Machli kay siwa darya ka har janwar haram hay. Jo machli beghayr maray khud hi mar kar pani may ulti tai gayi voh harma hay

90. Kekra khana bhi haram hay

91. Jheengay may ikhtilaf hay khana jayaz hay magar bachna Afzal hay

92. Tiddi mari huwi bhi halal hay tiddi aur machli donohn beghayr zibah kay halal hayn

Ya Rab-e-Mustafa **صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ** hamary magfirat farma, hamayn utni bar adaab ta'am ka mutaala karnay ki toufeeq ata

farma keh khanay ki sunnatayn aur adaab yaad hojaye aur hamayn un par amal karnay ki bhi toufeeq Inayat farma.

اٰمِيْنُ بِجَاةِ النَّبِيِّ الْاَوْيْنِ صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ

صَلُّوْا عَلٰى الْحَبِيْبِ صَلَّى اللهُ عَلٰى مُحَمَّدٍ

Yeh Risalah parh kar dursay ko day dijiye

Shadi ghami ki taqriibat, A'raas aur juloos-e-Milaad wagherah mayn Maktaba-tul-Madinah kay sha'a' kirdah risa'il aur Madani pholon par mushtamil pumflat taqseem kar kay sawab kama'ay, gahkon ko bah niyat-e-Sawab tauhfay mayn denay kay liye apni dukanon par bhi risa'il rakhnay ka mu'mool bana'ie, akhbar farosho ya bacho kay zariye apnay mehallay kay ghar ghar mayn mahnamah kam az kam aik adad sunnaton bhara risalah ya Madani Phoolon ka pumflat phucha kar nayki ki dawat ki duhmayn macha'ie aur khoob sawab kama'ie.

Aglay Haftay ka risalah



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