

Rohani aur Tibbi Ilaj

ROMAN



Qaabil-e-Tawajjuh 3 Cheezain

Jism mein Dard ka Rohani Ilaj

Shifa Milne na Milne ka Raaz

Bimariyon se Bachne ka
Lajawab Nuskha

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الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ وَالصَّلَاةُ وَالسَّلَامُ عَلَى خَاتِمِ النَّبِيِّينَ
أَمَّا بَعْدُ فَأَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ ط بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

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Dua-e-Attar:

Ya Allah Pak jo koi 22 safhaat ka risala ”Rohani o Tibbi Ilaj“ parh ya sun le usay hamesha apni rehmaton ke saaye mein rakh aur maa aur khandan samait us ko be-hisaab bakhsh de.

اٰمِيْنُ بِجَاهِ خَاتِمِ النَّبِيِّينَ صَلَّى اللّٰهُ عَلَيْهِ وَاٰلِهٖ وَسَلَّم

Durood Shareef ki Fazilat

”Sa'adatud Darain“ mein hai, Hazrat Sayyiduna Ibrahim bin Ali bin Atiyyah رَحْمَةُ اللّٰهِ عَلَيْهِ farmate hain: Maine khwab mein Janab-e-Risalat Ma'aab صَلَّى اللّٰهُ عَلَيْهِ وَاٰلِهٖ وَسَلَّم ka deedar kiya to arz ki: Sarkar! صَلَّى اللّٰهُ عَلَيْهِ وَاٰلِهٖ وَسَلَّم Aap ki shafa'at ka talabgaar hoon. Sarkar صَلَّى اللّٰهُ عَلَيْهِ وَاٰلِهٖ وَسَلَّم ne farmaya: أَكْثَرُ مِنَ الصَّلَاةِ عَلَى ya'ni ”Mujh par kasrat ke sath Durood-e-Pak parha karo.“¹

Ka'bay ke Badr-ud-Duja tum pe karoron Durood

Taybah ke Shams-ud-Duha tum pe karoron Durood²

صَلُّوْا عَلَى الْحَبِيبِ صَلَّى اللّٰهُ عَلَى مُحَمَّدٍ

¹ Sa'adat al-Darain, p. 137

² Hadaiq-e-Bakhshish Shareef, p. 264

Chanbali aur Zukaam ka 'Ilaaj (Waqea)

Kehte hain ke Farsi Chanbali (Persian jasmine) Irani Badshah Nausherwan (No-sheer-waan) ke zamane mein daryaft hui. Hua kuch yun ke aik din badshah baitha hua tha ke achanak us ke saamne aik saanp nikal aaya aur kisi faryadi ki tarah pachhadein khane laga, sipahiyon ne usay maarna chaha to badshah ne unhein mana'a karte hue kaha: "Dekho yeh karta kya hai?" Badshah ki yeh baat sun kar saanp jahan se aaya tha usi taraf wapas chal para. Badshah bola: "Is ka peeche karo aur dekho yeh kahan jaata hai?" Sipahi saanp ke peeche peeche chalne lage, saanp aik kuwwein ke paas pahunch kar us kuwwein ki taraf dekhne laga, sipahiyon ne kuwwein mein jhaanka to dekha ke aik bahut bara saanp para hua hai aur us ki pusht par aik siyah (ya'ni kaala) bichhoo (Scorpion) sawaar hai, aik sipahi ne neza maar kar bichhoo ko qatl kar diya phir saanp ko waheen chhor kar tamam sipahi wapas aa gaye aur badshah ko saare muamle ki khabar di. Doosre din saanp munh mein kuch beej (Seeds) liye aaya aur badshah ke saamne rakh kar chala gaya. Badshah ne kaha: "Saanp hamare ehsaan ka badla chukana chahta hai lehaza in beejon ko zameen mein bo do! Dekhte hain ke is se kya banta hai." Sipahiyon ne woh beej zameen mein bo diye. In se "Chanbali ka pauda" nikla. Kehte hain badshah ko "Zukaam" tha, jab us ne chanbali ka phool soongha to us ki yeh bimari jaati rahi.¹

¹ Al-Mustatrafi, vol. 2, p. 182

Shifa Dene Wali Zaat

Pyare Pyare Islami bhaiyo! Allah Pak ne koi shai bekaar paida nahi farmayi. Allah Pak ka aik sifati naam ” شَافِي (ya'ni shifa dene wala)“ bhi hai aur haqeeqi taur par bimariyon se shifa dene wali zaat sirf o sirf usi ki hai: **وَإِذَا مَرِضْتُ فَهُوَ يَشْفِينِ** Tarjuma-e-Kanz ul Iman: ”Aur jab main bimar hoon to wohi mujhe shifa deta hai.“¹

Azeem Tabi'i buzurg, Hazrat Ka'b al-Ahbar رَضِيَ اللَّهُ عَنْهُ bayan karte hain ke Allah Pak irshad farmata hai: Haqeeqi taur par main hi har marz ka ilaaj karta hoon.²

Insan aur Jinnat kyun paida kiye gaye?

Allah Pak ne insan aur Jinnat ko apni ibadat ke liye paida farmaya hai jaisa ke Parah 27, Surah Adh-Dhariyat, Aayat number 56 mein irshad hota hai: **وَمَا خَلَقْتُ الْجِنَّ وَالْإِنْسَ إِلَّا لِيَعْبُدُونِ** Tarjuma-e-Kanz ul Iman: ”Aur maine Jinn aur Aadmi itne hi (isi) liye banaye ke meri bandagi karein.“ Insan ko ibadat ke liye paida kiya gaya hai jabke deegar makhlooqat maslan chaand, suraj, sitare, janwar, parinde, phal, sabziyan aur jari bootiyan waghera insan ki zarooriyat ke liye paida farmayi gayi hain taake hum in se apni ghiza waghera haasil karke dil laga kar apne Khaaliq o Maalik ki itaat o farmanbardari karein. Kisi shayar ne

¹ P. 19, Ash-Shu'ara: 80

² Hilyat al-Awliya, vol. 6, p. 25, Qawl: 7691. Allah walon ki baatein, vol. 6, p. 39

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kya khoob kaha hai:

Janwar paida hue teri wafa ke waaste

Khetiyen sar-sabz hain teri ghiza ke waaste

Chaand suraj aur sitare hain ziya ke waaste

Sab jahan tere liye par tu Khuda ke waaste

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللَّهُ عَلَى مُحَمَّدٍ

Qaabil-e-Tawajjuh Teen Cheezein

Hazrat Sufyan bin Uyainah رَحْمَةُ اللَّهِ عَلَيْهِ ne farmaya: Agar Allah Pak teen cheezon ke zariye insan ki haisiyat kam na karta to koi bhi cheez insan ko qaabu na kar sakti woh teen cheezein lazmi taur par insan mein hain magar phir bhi insan bahut uchhalta hai woh teen cheezein yeh hain: Mohtaji, Bimari aur Maut.¹

Achhi Sehat Ne'mat hai

Pyare Pyare Islami bhaiyo! Zindagi mein insan tarah tarah ki bimariyon mein muhtala ho hi jaata hai. Bimariyan kisi ke gunah mitane ka aur kisi ke darje barhane ka sabab banti hain aur kabhi bimari dunya mein saza bhi hoti hai taake banda tauba karke apni zindagi Allah Pak ke ahkaamat ke mutabiq guzare.

¹ Hilyat al-Awliya, vol. 7, p. 327, Qawl: 10710. Allah walon ki baatein, vol. 7, p. 330

Achhi sehat bahut bari ne'mat hai. Agar sehat achhi hogi to Allah Pak ki ibadat, Namaz, Roza aur Hajj waghera mein aasani rahe gi. Bimar shakhs ko achhi tarah ibadat karne mein dushwariyan balke basa awqat aam ma'moolat mein bhi tarah tarah ki aazmaishon ka saamna hota hai. Hamein har haal mein Allah Pak ki riza par raazi rehna chahiye, woh tandurust rakhe to bhi us ka shukr hai aur agar hum bimar ho jayein to bhi us ka shukr ada karna chahiye. Hadith-e-Qudsi mein hai, Allah Pak irshad farmata hai: Beshak mere ba'z Momin bande aise hain ke un ke Iman ki bhalai sehat mand rehne mein hai agar main unhein bimar kar doon to is bina par un ka Iman kharab ho jaye ga. Beshak mere ba'z Momin bande aise hain ke un ke Iman ki bhalai bimar rehne mein hai agar main unhein sehat ata kar doon to is ki wajah se un ka Iman kharab ho jaye ga. Main apne Ilm se apne bandon ke mu'amalaat ka intezam farmata hoon, beshak main Aleem o Khabeer (ya'ni jaanne wala batane wala) hoon.¹

Ilaaj karwane ki Targheeb

Pyare Pyare Islami bhaiyo! Allah Pak ke pyare pyare Aakhri Nabi, Makki Madani Muhammad-e-Arabi ﷺ ne bimari mein ilaaj karwane ki targheeb irshad farmai hai aur hamare pyare Aaqa ﷺ se bhi ilaaj karwana saabit hai chunanche Hadith-e-Pak mein hai: Huzoor ﷺ ne halat-e-Ihram mein Hajaamah karwaya.²

¹ Sharh as-Sunnah, vol. 3, p. 69, Hadith: 1242 Bi-taghayyurin

² Sahih Bukhari, vol. 1, p. 289, Hadith: 1835

Allah Pak ki ibadat karne, sunnaton par amal karne, neki ki dawat dene aur Aashiqan-e-Rasool ke sath sunnatein seekhne aur sikhane ke teen din, 12 din aur aik maah balke zahe naseeb! 12 maah ke qaafilon mein safar karke sunnaton ki dhoomein machane ki achhi achhi niyyaton ke sath bimari mein ilaaj karwaiye. Allah Pak chahe to kaise kaise mareez theek ho jaate hain is hawale se aik bara dilchasp waqea parhiye:

Qaatilana Hamle ne Tandurust kar Diya

Kehte hain: Haakim-e-Mawsil (Iraq ka aik sheher) Nasir ud Daulah ko Qulanj (bari aantri Big intestine) ka dard hua, tabeeb is ka ilaaj kar kar ke tang aa gaye lekin marz theek na hua. Aakhir-e-kaar un logon ne Nasir ud Daulah ke qatl ka mansooba banaya aur aik aadmi ko is kaam par laga diya. Qaatil khanjar liye taak mein baith gaya. Jaise hi Nasir ud Daulah apne mahal ki dehleez par aaya ghaat mein baithe qaatil ne khanjar ka waar kiya jo pehlu ke neeche theek usi aant par laga jis mein Qulanj ka dard tha, khanjar lagne se aant ka ganda mawad beh nikla aur haakim Nasir ud Daulah marne ke bajaye bilkul theek ho gaya.¹

Shifa Milne na Milne ka Raaz

Allah Pak ke pyare pyare Aakhri Nabi ﷺ ka Farman-e-Sehat Nishan hai: ”Har bimari ki dawa hai, jab dawa bimari

¹ Al-Mustatraf, vol. 2, p. 140

tak pahuncha di jaati hai to Allah Pak ke hukm se mareez achha ho jaata hai.¹

Hazrat Allama Ali Qari رَحْمَةُ اللهِ عَلَيْهِ is Hadith-e-Pak ki sharah mein likhte hain: Allah Pak jab kisi bimar ki shifa nahi chahta to dawa aur maraz ke darmiyan aik farishte ke zariye aa'rr (ya'ni rukawat paida) kar deta hai jis ki wajah se dawa maraz par waqe nahi hoti, jab shifa ka irada hota hai to woh pardah hata diya jaata hai jis se dawa maraz par waqe hoti hai aur shifa ho jaati hai.²

Pyare Pyare Islami bhaiyo! Is risale mein bayan kiye gaye tamam desi nuskhe Hakeem sahib se check karwaye gaye hain.

اَلْحَمْدُ لِلّٰهِ! In nuskhon ka maqsad Allah Pak ki riza haasil karne ke liye khair khwahi-e-Ummat hai aur Ummat ki khair khwahi bahut bare sawab ka kaam hai. Hadith-e-Pak mein hai:

يَا خَيْرُ النَّاسِ أَنْفَعُهُمْ لِلنَّاسِ ya'ni behtareen shakhs woh hai jo logon ko faida pahunchaye.³

Allah Pak ke Pyare Habeeb, hum gunahon ke mareezon ke tabeeb صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ aik aur farman hai: Tum mein se jo koi apne bhai ko faida pahuncha sakta ho to usay faida pahunchana chahiye.⁴

¹ Sahih Muslim, p. 933, Hadith: 5741

² Mirqat al-Mafatih, vol. 8, p. 289, Taht al-Hadith: 4515

³ Jami' Sagheer li al-Suyuti, p. 246, Hadith: 4044

⁴ Sahih Muslim, p. 931, Hadith: 5727

Ilm-e-Tibb ki Maloomat

Hazrat Allama Faqeeh Abul Laith Samarqandi رَحْمَةُ اللهِ عَلَيْهِ farmate hain: Tabeeb is baat par muttafiq hain ke Tibb (ya'ni ilaaj mu'alje ke ilm) mein parhez se ziyada faida pahunchane wali koi cheez nahi. Aik Sahabi رَضِيَ اللهُ عَنْهُ se riwayat hai ke unhon ne aik shakhs ko farmaya: Kya tumhein aisi Tibb na bataun jis se tamam Atibba aajiz hon? Arz kiya gaya: Kyun nahi! Farmaya: Woh yeh hai ke dastar khwan par us waqt baitho jab tumhein khoob bhook lagi ho aur abhi bhook baqi ho aur uth jao.¹

Insani Tabiyatein

Hazrat Faqeeh Abul Laith Samarqandi رَحْمَةُ اللهِ عَلَيْهِ farmate hain: Allah Pak ne makhlooq ko paida farmaya aur us mein chaar tabiyaton ko rakha: ﴿1﴾ Yaboosat (ya'ni khushki) ﴿2﴾ Ratoobat (ya'ni tari) ﴿3﴾ Hararat (ya'ni garmi) ﴿4﴾ Buroodat (ya'ni thandak).

Aap رَحْمَةُ اللهِ عَلَيْهِ farmate hain: Allah Pak ne nafs ke andar in chaaron ko rakha hai taake jism ki islah ho kyunke in ke baghair badan ka sahih rehna mumkin nahi. Jis badan mein yeh chaaron barabar hon gi to woh tandurust rahe ga aur jab in mein se aik cheez doosri par ghalib ho to us taraf se bimari aa jaati hai. Aur in mein se jo thori ho to us taraf se kamzori aa jaati hai.²

Pyare Pyare Islami bhaiyo! Allah Pak ne insan ke jism mein teen

¹ Bustan al-Arifeen, p. 89

² Bustan al-Arifeen, p. 121

sau saath (360) ragein (Veins) aur badan ko jakarne, milane aur is ki durusti ke liye do sau artalees (248) haddiyan (Bones) paida farmayi hain. Allah Pak Quran Majeed mein irshad farmata hai:

وَفِي الْأَرْضِ آيَاتٌ لِلْمُوقِنِينَ ﴿٢٠٨﴾ وَفِي أَنْفُسِكُمْ أَفَلَا تُبْصِرُونَ ﴿٢٠٩﴾

Tarjuma-e-Kanz ul Iman: "Aur zameen mein nishaniyan hain yaqeen walon ko aur khud tum mein to kya tumhein soojhta nahi"¹

Tafseer-e-Quran "Noor ul Irfan" mein hai: Ya'ni Mominon ke liye zameen ma'rifat-e-Ilahi (Allah Pak ki pehchan) ka daftar hai woh is zameen ke halaat ko dekh kar Rab ki qudrat balke Hashr o Nashr, Jannat o Dozakh ko maan lete hain, zameen khushk ho kar phir sar-sabz ho jaati hai maloom hua ke hamein bhi mar kar jeena hai, zameen mein jo bo'o ge wohi kaato ge maloom hua ke wahan hisaab o kitaab hai. Tumhari paidaish, a'za ki ajeeb tarteeb dunya mein tumhare halaat ka badalna, sab kuch ho kar kuch na rehna bata raha hai ke tum kisi aur ke qabze mein ho.²

Sab ka paida karne wala Mera Maula Mera Maula

Sab se afzal sab se a'la Mera Maula Mera Maula

¹ Al-Quran, Al-Dhariyat, verse 20-21; translation from Kanz al-Iman

² Tafseer-e-Noor ul Irfan, Para 26, Surah Al-Dhariyat, Taht al-Aayah: 21, vol. 9, p. 495

Sab ko woh hi de hai rozi Ne'mat uski daulat uski

Raaziq Daata paalan haara Mera Maula Mera Maula'

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللَّهُ عَلَى مُحَمَّدٍ

Hikmat ke 'Ilaaj ka Tareeqa-e-Kaar

Pyare Pyare Islami bhaiyo! Herbal (ya'ni Hakeemi) ilaaj zid ke zariye hota hai ya'ni agar badan mein sardi saudawiyat (ya'ni sard kaifiyat) barh gayi ho to safrawi (ya'ni garam mizaj ki) ghizaon aur dawaon se ilaaj kiya jaata hai. Isi tarah agar balghami mizaj wale ke badan mein tari balgham barh gayi ho to damawi (ya'ni khushk) dawaon aur ghizaon se ilaaj kiya jaye ga.

Yaad rakhiye! Tibb ki yeh chand batein parhne se koi tabeeb nahi ban sakta, mareez ke ilaaj ke liye aur bahut si cheezon ko dekhna hota hai neez in qawaid mein bhi bahut tafseel aur bareekiyan hoti hain jin ko samajhna har aik ke bas ki baat nahi lehaza kisi bimari mein Tibb ki kitabein parh kar khud hi se ilaaj karne ke bajaye kisi achhe tabeeb se ilaaj karwaya jaye.

'Ilaaj ki Ehtiyatein

Tandurusti mein i'tidal (ya'ni tawazun) ke sath tamam hi mizajon ki ghizayein istemal ki ja sakti hain magar halat-e-maraz mein khaas khayal kijiye aur apne mizaj, maraz aur

¹ Riyaz-e-Naeem, p. 17

mausam ke mutabiq hi ghizayein lijiye. Garam safrawi mizaj wale ko agarche tarbooz (watermelon) bahut faida pahunchane wala hai magar yeh sardiyon mein nahi khaya jaye ga neez aik aham baat yeh bhi hai ke sard aur tar yeh dono mizaj qareeb qareeb hain. Isi tarah garam aur khushk mizaj qareeb qareeb hain. (Ya'ni in ki ghizayein aur parhez milti julti hain)

Balghami Mizaj (Tar)

Balghami mizaj (tar) ke muta'alliqah amraaz: Balghami khansi, balghami sar dard, is'haal, peshab ka baar baar aana, baras, dimaghi amraaz, mirgi, motapa, baalon ka jald safaid ho jaana, neend ziyada aana, susti kaahili, kaam mein dil na lagana, jism ke mukhtalif hisson mein dard rehna.

Balghami Amraaz walon ke liye Faida mand Ghizayein

Khubaani, aam, jamun, kalonji, ajwain, laung, jaiphal, daar cheeni, anday, kaale aur safaid chane, methi daana, methi paalak, saag, karela, chilghoza, kaaju, seb, laal mirch, roghan-e-baadam, machhli, kishmish, munaqqa, anjeer, khajoor, baadam, pista, akhrot, kharbooza, garma, strawberry, pineapple, khubaani, chane ki daal, shehad, coffee, chaye, mushk kasturi, murabba aamla, parindon ka gosht. Bakre aur desi murghi ka gosht.

Safrawi Mizaj (Garam)

Safrawi mizaj (garam) ke muta'alliqah amraaz: Garma daane,

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peeliya, munh mein chhale, garmi ziyada lagna, peshab peela aana, high blood pressure, garmi ka nazla, pechis, maror, likoria.

Safrawi Amraaz walon ke liye Faida mand Ghizayein

Lauki, tinday, tori, gaajar, mooli, khushk dhaniya, gaajar ka juice, kaddu shareef ka raita, bhindi, arvi, gobhi, chuqandar, shaljam, doodh, dahi, lassi, kachchi lassi, saada chawal, mausam bi, khichri, aalu bukhara, falsa, kharbooza, shehtoot, tarbooz, meetha, anar, tukhm-e-balango, gond katira, chhilka ispaghol, jau shareef ka daliya, sattu, anbar.

Saudawi Mizaj (Sard)

Saudawi mizaj (sard) ke muta'alliqah amraaz: Saans mein tangi, pasli chalna, pathon ki kamzori, hare dast aana, daanton ka girna, chehre par chhaiyan, aankhon ke neeché siyah halqe, baalon ka jharna, khoon ki kami, ra'sha, rukawat-e-haiz, giltyian, sardi ziyada lagna, pittay ki pathri, blood pressure low, jism ke mukhtalif maqamat par rasoliyon ka banna. Sozish-e-jigar

Saudawi Mizaj walon ke liye Faida mand Ghizayein

Karela, baingan, khajoor, shehad, angoor, masoor ki daal, namak, zeerah mila kar podeenay ki chatni, anjeer, baadam, kaaju, akhrot, roghan-e-baadam, anda, pineapple, lehsan, leechi, haldi, adrak, zafran, desi murghi, bakre ka gosht, zaitoon.

Damawi Mizaj (Khushki)

Damawi mizaj (khushki) ke muta'alliqah amraaz: Phore phunsiyan, hath, pairon mein garmaish rehna, munh karwa rehna, airiyon aur honton ka phatna, daaimi qabz, khushk khansi, kera, irqun nisa, joron ka dard, neend na aana, peshab jal kar aana, gurday masane ki pathriyan, nakseer behna, jism ke deegar a'za se khoon behna jaise khansi mein khoon aana, khooni o baadi bawaseer, gas ki wajah se jism ke mukhtalif a'za mein dard hona waghera.

Damawi Mizaj mein Faida Pahunchane Wali Ghizayein

Kaddu shareef, tinday, lauki, kheera, kakri, mooli, ghiya kaddu, lauki shareef ka raita, lauki shareef ka halwa, doodh, dahi, lassi, mausam bi, kino, moong ki daal, chhoti ilaichi, anbar, desi ghee mein sooji ka halwa.

Baarish aur Aam ka Ta'alluq

Baarishon se pehle ya baad mein aam khane ka koi ta'alluq nahi magar awam mein yeh baat mash'hoor zaroor hai ke garmi ke mausam mein aam, baarish ho jaane ke baad hi khaya jaye. Mumkin hai woh afraad jin ka mizaj safrawi (ya'ni garam) hai, un ke liye baarish ke baad aam munasib miqdaar mein khana is liye faiday mand rehta ho ke baarishon ke baad garmi mein kami aur mausam mein nami barh jaati hai magar deegar mizaj maslan sard mizaj ya tar (ya'ni balghami mizaj) wale afraad

munasib miqdaar mein baarish se pehle ya baad mein jab bhi khayein faida hi hoga.

Yeh bhi mumkin hai ke log deegar phalon ki nisbat aam ziyada miqdaar mein musalsal khate hain aur paani kam peene ki aadat hoti hai aur aam taur par garmi ke mausam mein bhi ziyada muraghan (ya'ni ghee, tel wali) ghizayein istemal ki jaati hain yun bare aur bachche dono garmi daanon se mutaasir ho jaate hain. Yeh bhi kaha jaata hai ke market mein shuru shuru mein jo aam aate hain woh "Carbide (Calcium carbide)" naami chemical se pakaye jaate hain. Jab tak baarish ka mausam aata hai tab darakhton par lage aam bhi pak jaate hain jo sehat ke liye faiday mand hote hain aur chemical wale na-munasib.

Aam aur Garmi Daano ke 3 Ilaj

{1} Khaalis Arq-e-Gulaab ke 4 se 5 chammach pee lijiye.
{2} Kachchi lassi (ya'ni doodh kam paani ziyada miqdaar mein shamil karke) peena bahut mufeed hai. {3} Podeenay aur chhoti ilaichi ka qehwah.

Qehwah banane ka tareeqa: Teen daane chhoti ilaichi das (10) patte podeena 2 cup paani mein ubaal lijiye, jab aik cup reh jaye to chhaan kar pee lijiye. Aam khane ke sath garmi daanon se hifazat ke liye in cheezon ka istemal faida mand rahe ga. إِنْ شَاءَ اللَّهُ

High Blood Pressure ka Rohani Ilaj

"يَا سَلَامُ" (ya'ni Aye salamati dene wale)" 111 baar parh kar apne

ooper dam kare ya paani par dam karke pee le, yunhi chalte phirte, uthte baithte ”يَا سَلَامُ“ parhne se اِنْ شَاءَ اللّٰهُ dono jahan ki salamati naseeb hogi. Yeh wird har bimari ke liye mufeed hai.¹

Neend Laane ka Rohani Ilaaj

Agar neend na aati ho to ”لَا اِلٰهَ اِلَّا اللّٰهُ“ 11 baar parh kar apne ooper dam kar dijiye, اِنْ شَاءَ اللّٰهُ neend aa jaye gi.²

Blood Pressure Normal, Depression Khatm aur Neend Laane ka Nuskha

Herbal (ya'ni desi) ilaaj

Gul Surkh 6 gram
Sonf 6 gram
Khushk Dhaniya 6 gram
Ustookhooddoos 6 gram
Sandal Safaid 3 gram
Chhoti Ilaichi 5 daane

Tamam cheezon ko aik glass paani mein ubaal lijiye aur jab aik cup reh jaye to chhaan kar pee lijiye. (Istemaal ka tareeqa: Rozana subah khaali pait aur sote waqt)

¹ Madani Panj Surah, p. 283 Maakhoozan; Malfoozat-e-Ameer-e-Ahl-e-Sunnat, vol. 5, p. 35

² Bimar Aabid, p. 26

Dard waghera ke Sabab Neend na Aati ho to

Jis ko dard waghera ke sabab neend na aati ho to us ke paas ”**لَا إِلَهَ إِلَّا اللَّهُ**“ kasrat se parhne se us ko **إِنْ شَاءَ اللَّهُ** neend aa jaye gi neez Allah Rabbul Izzat ki rehmat se mareez jald sehatyaab bhi ho jaye ga. (Mareez ko parhne ki aawaz na jaye is ki ehtiyat kijiye)¹

Behtar Neend ke liye

Baadam ka tel (Almond oil) rozana sote waqt sar mein masaaj kijiye aur aik chammach doodh mein mila kar pee lijiye. **إِنْ شَاءَ اللَّهُ** faida haasil hoga. Yeh ilaaj neend ke sath sath sar aur jild (Skin) ki khushki ke liye bhi mufeed hai neez garmi daanon se hifazat ke sath sath pait ka nizam bhi behtar rahe ga. **إِنْ شَاءَ اللَّهُ**

Roghan-e-Baadam 100 gram

Roghan-e-Kaddu Shareef 100 gram

Roghan-e-Kahu 100 gram

Roghan-e-Dhaniya 100 gram

Tareeqa-e-Istemaal: Sote waqt sar mein halke hathon se masaaj kijiye. Chahein to kisi achhi company ka bana banaya tel khareed lijiye ya phir yeh tamam cheezein aadha aadha kilo le kar mix (Mix) karke is ka oil khud nikalwa lijiye: {1} Baadam {2} Maghz-e-Kaddu Shareef {3} Maghz-e-Kahu {4} Khushk Dhaniya Beej.

¹ Bimar Aabid, p. 26

Dimaghi Kamzori ka Rohani Ilaaj

أُسْكُنْ سَكْنُتَكَ بِالنِّدَى لَهُ مَا فِي النَّيْلِ وَالتَّهَارِ وَهُوَ السَّيِّعُ الْعَلِيمُ ط

Jis ke sar mein dard ho ya chakkar aate hon us ke sar par dard ki jagah hath rakh kar yeh kalimaat saat baar parh kar sar par phoonk maar dijiye. Islami behn khud apne sar ke dard ki jagah pakar le aur us ka mehram ya shohar parh kar us ke sar par phoonk maar de, **إِنْ شَاءَ اللَّهُ** sar ka dard khatm ho jaye ga aur dimaghi kamzori door ho gi magar dimaghi kamzori ke liye yeh zaroori hai ke yeh amal rozana kisi aik hi waqt mein (masalan rozana din ke 12 baje) saat din tak musalsal kiya jaye.¹

Dimaghi Kamzori Door karne ka Nuskha

Khushk Dhaniya (beej) 100 gram

Sonf 100 gram

Maghz-e-Kaddu Shareef 100 gram

Maghz-e-Baadam 100 gram

Baal Chhar 50 gram

Tukhm-e-Kahu 50 gram

Chhoti Ilaichi 50 gram

Misri 100 gram

Tamam cheezein pees kar subah aur shaam aik aik chammach (Spoon) paani ya doodh se khaali pait kha lijiye ya sirf sote waqt

¹ Madani Panj Surah, p. 283

Rohani aur Tibbi Ilaj

2 chammach doodh mein mila kar le lijiye. (Sugar ho to misri na milayein)

Binai, Zehni, Aankhon ki Kamzori aur Quwwat-e-Hafiza ke liye Nuskha

Maghz Kaddu Shareef 100 gram

Maghz Baadam 100 gram

Sonf 100 gram

In tamam cheezon ko pees kar rakh lijiye aur sote waqt 2 chammach doodh mein mila kar pee lijiye, yeh safoof binai, zehni aur dimaghi kamzori, aankhon ki kamzori aur quwwat-e-hafiza ke liye faida mand hai.

Jism mein Dard ka Rohani Ilaj

” يَا عَنِّي (ya'ni Aye har cheez se be-parwa)“ reerh ki haddi, ghutnon, joron ya jism mein kahin bhi dard ho, chalte phirte uthhte baithte parhte rahiye **إِنْ شَاءَ اللَّهُ** dard jaata rahe ga.¹

Sugar, Motapa, Fatty Liver, Wazan Kam karne ke liye, Badan ki zaid Charbi, Joron ka Dard, Jildi Amraaz, Kharish, Phore Phunsi, Gas aur Mede ke Amraaz mein bahut Faiday wala Nuskha

Karela 50 gram

¹ Madani Panj Surah, p. 269

Aloe Vera ka gooda 25 gram
Adrak 3 gram
Leemoon aadha
Podeenay ke patte 15 adad
Kaali Mirch 3-5 adad

2 glass paani mein grind karke rozana subah khaali pait pee liya jaye to behtar warna kisi bhi waqt yeh thora thora karke do baar bhi piya ja sakta hai.

Garmi Daano ke liye Nuskha

Unnab (ber ki tarah aik phal hai, is ka zaiqa meetha hota hai) ke 11 daane baron ke liye aur bachchon ke liye 5 se 7 daane raat ko aik ya aadhe glass paani mein bhigo kar subah khaali pait chhaan kar pee lijiye. **إِنْ شَاءَ اللَّهُ** garmi daano ke sath sath high blood pressure ke liye bhi faida mand hai.

Sugar ke Mareezon ke liye

”Paneer Boti“ taqreeban 10 daane raat ko aik ya do glass paani mein bhigo dijiye. Subah chhaan kar is ka paani pee lijiye. **إِنْ شَاءَ اللَّهُ** sugar ke marz mein faida mand hai.

Balgham ki Ziyadati mein Faida Pahunchane wala Nuskha

Sapistan 250 gram

Rohani aur Tibbi Ilaj

Unnab 250 gram

Behi Daana 60 gram

In teeno cheezon ko mota mota koot lijiye aur mix (Mix) kar ke rakh lijiye. Raat ko rozana 2 chammach aik glass paani mein bhigo dijiye. Subah (khaali pait) ise ubaal kar jab aadha paani reh jaye to chhaan kar pee lijiye. Balgham ko nikaalne ke liye faiday mand hoga.

Karela (Bitter melon) ke Fawaid

Karela apne mizaj ke hisaab se khushk garam hai. Is ke be-shumar faiday hain maslan musaffi khoon (ya'ni khoon saaf karne wala hai). Jildi amraaz phore, phunsi, kharish mein faida mand hai. Balghami mizaj walon ko khaas taur par mufeed hai. Sugar, malaria, pait ke keeron, haizay ke marz, fatty liver, bhook ki kami, faalij, joron ke dard, pittay ki pathri aur aanton, mede ki kamzori ke liye mufeed hai albatta garam mizaj wale ziyada istemal na karein.

Karele ka Juice

Karele ke juice ka istemal musalsal na kiya jaye balke teen din pee kar teen din ka waqfa ya paanch roz pee kar teen roz ka waqfa kar lena munasib rahe ga kyunke musalsal aik hi mizaj ki dawa ka istemal mufeed nahi hota. Jin ka mizaj khushk ya garam hai un ko bhi khaas taur par waqfay se istemal karna chahiye warna tabiyat mein zaroorat se ziyada garmi ya khushki barh jaye gi.

Karele ke juice mein aadhe leemoon ka ras ya kaali mirch ki aik do chutki daal lena is ke fawaid barha de ga. **إِنْ شَاءَ اللَّهُ**

Tandurusti aur Lambi Umr ka Nuskha (Waqea)

Manqool hai pehle ke zamane mein aik shakhs ne kaafi lambi umr paayi. Un se un ki lambi umr ka raaz poocha gaya to unhon ne jawab diya: ”Jab hum khana pakate hain to khane ko khoob galate hain aur jab hum khana khate hain to khoob chaba chaba kar khate hain aur abhi pait bhara nahi hota ke hum khane se hath utha lete hain.“¹

Bimariyon se Bachne ka Lajawab Nuskha

Pyare Pyare Islami bhaiyo! Allah Pak ki riza paane ke liye Sunnat ke mutabiq khayein, piyein ge to kai tarah ki bimariyon se hifazat hogi. Nafs ke mutalbat par jo hath mein aaya woh khate rahe masalan pizzay, parathe, fast food, zinger, shawarma waghera der se hazam hone wali ghizaon se bachein aur barf ka thanda paani, cold drinks, rang barangay soda water waghera bhi na piyein balke kuch na kuch paidal chalne aur halki phulki warzish ki aadat banaiye **إِنْ شَاءَ اللَّهُ** aap ka meda durust rahe ga. Meda bimariyon ka ghar aur parhez dawaon ka sar hai. Agar meday ko theek rakhne aur sehat kharab karne wali ghizaon (Junk Foods) se bach gaye to high cholesterol, sugar, blood pressure, fatty liver waghera samait kai pareshaniyon se hifazat

¹ Bustan al-Arifeen, p. 89

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hogi. Atibba kehte hain: Taqreeban 80 feesad bimariyan pait ki kharabi ke baais paida hoti hain.

Ibadat par quwwat paane ki niyyat se achhi sehat ke baare mein maloomat ke liye Maktabat ul Madinah ke in rasail, Kabab Samose, Wazan Kam karne ka Tareeqa, Faizan-e-Sunnat Jild 1 ka baab Pait ka Qufl-e-Madinah aur Gharelu Ilaj naami kutub parhiye. In kitabon ko free download karne ke liye Dawat-e-Islami ki website www.dawateislami.net visit kijiye.

Tajruba Shart hai aur Sau Dawa ki Ik Dawa Parhez hai

Koi Ilaaj Yaqeeni nahi

Tajruba karne walon ka muhawra hai: **يَا أَيُّهَا الْعَالَمُ رَفَى السَّهْمِ فِي الطُّلُمَاتِ** ya'ni ilaaj andheron mein teerandazi hai. Matlab yeh ke ilaaj chahe kaisa bhi ho us se shifa milna ”zanni“ hai yaqeeni nahi, jo log shartiya ilaaj ka board lagate hain unhein bhi aise jumle likhne mein ehtiyat karni chahiye kyunke shifa min jaanibillah (ya'ni Allah Pak ki taraf se) hai aur Allah Pak ke chahne hi se shifa mile gi agar woh na chahe to dawa zeher ka kaam bhi kar sakti hai jaisa ke adwiyat (Medicine) ke reaction ke kai waaqeaat aaye din sunne ko milte rehte hain balke kabhi kabhi akhbarat mein bhi chhap jaate hain. Hamari tawajjuh sirf o sirf Allah Pak ki taraf lagi rehni chahiye aur us se dua karte rahein. **نَسْأَلُ اللَّهَ الْعَاقِبَةَ** ya'ni hum Allah Pak se aafiyat ka sawal karte hain.

Suna sunaya ilaj khatarnaak sabit ho sakta hay

Yad rakhay! Kitabon ya logo kay bata'ay huwa'ay nuskhon kay mutabiq ilaj khatarnaak bhi sabit ho sakta hay. Khaas takeed hay keh is risalay mayn diya huwa nuskhah apnay tabeeb say mashwara kiye baghayr isti'maal na kijiye agarchah ye nuskhah ussi beemari kay liye ho, jis mayn ap muhtala hayn. Logo ki tab'ai (Tab-'Ai) kayfiyat (Ya'ani Temperaments) mukhtalif hoti hayn lihaza ap ki jismani kayfiyat (Ya'ani Physical conditions) say waqif Aap ka makhsoos tabeeb hi behtar bata sakta hay. Keh ap ko kn sa nuskhah mawafiq ho sakta hay aur kon sa nahin. Kitab mayn ilaj kay tareeqay bayan karna aur hay jabkeh kisi khaas mareez ka ilaj karna aur.

Beemar-e-Hajar ka abih ho jae ga ilaj
Ja'o utha kay la'o Madinay ki thori dhool

(243. Wisa'il-e-Bakhshish, p)



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