

PAIDAL CHALNAY

KAY FAWAID

400 ghur
suwaron ka
paidal muqabla



Paidal chalnay ka
behtareen tarika



Khana khanay kay
bad sona kaisa?



Paidal hajj
ka sawab

پیدل چلنے کے فوائد

Paidal Chalnay Kay Fawaid

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اَلْحَمْدُ لِلّٰهِ رَبِّ الْعٰلَمِيْنَ وَالصَّلٰوَةُ وَالسَّلَامُ عَلٰى خَاتِمِ النَّبِيِّنَ
اَمَّا بَعْدُ فَاَعُوْذُ بِاللّٰهِ مِنَ الشَّيْطٰنِ الرَّجِيْمِ بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِيْمِ

Paidal Chalnay Kay Fawaid

Du'a-e-'Attar:

Ya Allah Pak! Jo koi 24 safhat ka risalah 'Paidal Chalnay Kay Fawaid' parh ya sun lay, usay 'ibadat par quwwat hasil karnay ki niyyat say sehat achi rakhnay walay kaamon ki taufeeq 'inayat kar, aur maa baap samet us ki be-hisaab maghfirat farma.

اٰمِيْنُ بِجَاهِ خَاتِمِ النَّبِيِّنَ صَلَّى اللّٰهُ عَلَيْهِ وَاٰلِهٖ وَسَلَّم

Durood-e-Pak ki Barakat

Ba-wuzu ye Durood-e-Pak

اَللّٰهُمَّ صَلِّ عَلٰى سَيِّدِنَا مُحَمَّدٍ طِبِّ الْقُلُوْبِ وَدَوَّآئِهَا وَعَافِيَةِ الْاَبْدَانِ وَشِفَآئِهَا وَنُوْرَ الْاَبْصَارِ وَضِيآئِهَا وَعَلٰى اٰلِهٖ وَ
اَصْحَابِهٖ وَبَارِكْ وَسَلِّمْ

likh ya likhwa kar mareez ko paani mein ghol kar pila dein. Shifa honay tak yeh 'amal barabar kartay rahein بِاِذْنِ اللّٰهِ (ya'ni Allah Pak kay hukm say) maut kay siwa har marz mein mufeed hai.¹

Durood-e-Pak tu har dam parha kar

Sabhi amraz ki is say dawa kar

صَلُّوْا عَلٰى الْحَبِيْبِ صَلَّى اللّٰهُ عَلٰى مُحَمَّدٍ

400 Ghursawaron Ka Paidal Muqabla Karnay Walay (Waqia)

Madīnah Ṭayyibah say char panch mile kay fasilay par aik aabadi thi jis ka naam

¹ Madani Panj Surah, p. 116, 117 Multaqaatan

'Ghābah' tha, Allah Pak kay pyaray pyaray aakhiri Nabi Makki Madani Muḥammad-e-'Arabī ﷺ kay kuch oont wahan par chara kartay thay. 400 lutayray (Robbers) ghoron par sawar ho kar aaye aur Nabi-e-Kareem ﷺ kay oonton ko charanay walay Sahabi رَضِيَ اللَّهُ عَنْهُ ko shaheed kar kay tamam oonton ko lay kar chalay gaye. Sahabi-e-Rasool Hazrat Salamah bin Akwa' رَضِيَ اللَّهُ عَنْهُ us waqt paidal teer kamaan liye kahin tashreef lay ja rahay thay, aap ki 'umar-e-mubarak us waqt taqreeban 12 saal thi, achanak aap رَضِيَ اللَّهُ عَنْهُ ki nazar un lutayron par pari. Aap رَضِيَ اللَّهُ عَنْهُ kay baray mein mash-hoor tha keh aap itna tez dortay thay keh bhagtay huay ghoray ko pakar laytay thay jabkeh ghora un ko pakar nahi sakta tha. Aap رَضِيَ اللَّهُ عَنْهُ teer-andazi mein bhi bohat mash-hoor thay. Aap رَضِيَ اللَّهُ عَنْهُ nay aik pahari par charh kar Madīnah Munawwarah ki taraf munh kar kay oonton kay lut jaanay ka a'laan kiya aur phir khud un lutayron kay peechay teer kamaan lay kar daur paray, yahan tak keh un kay paas pahunch kar is qadar tezi kay saath teer maarnay shuru' kiye keh woh samjhay hamaray peechay bohat zyada log lag gaye hain, jab koi peechay aata to aap رَضِيَ اللَّهُ عَنْهُ darakht ki aarh mein chhup kar ghoray ko teer maartay jis say woh zakhmi ho jaata aur sawar yeh khayal karta keh ghora gir gaya to main pakra jaunga. Hazrat Salamah رَضِيَ اللَّهُ عَنْهُ farmatay hain: woh bhagtay rahay aur main peecha karta raha yahan tak keh unhon nay Huzoor ﷺ kay jitnay oont lootay thay main nay sab kay sab wapas lay liye.¹

Paidal Chalnay Walon Mein Sab Say Behtar

Hazrat Salamah bin 'Amr bin Akwa' رَضِيَ اللَّهُ عَنْهُ ka asal naam Sinān bin 'Abdullāh hai, aap رَضِيَ اللَّهُ عَنْهُ ki mash-hoor kuniyat “Abu Iyaas” hai. Nabi-e-Kareem ﷺ nay aap رَضِيَ اللَّهُ عَنْهُ kay baray mein irshad farmaya: “خَيْرُ رَجُلٍ تَنَاسَلَتْ مِنْهُ الْاَنْكُومُ” ya'ni hamaray paidal chalnay walon mein sab say behtar Salamah bin Akwa' hai.² Huzoor-e-Aqdas ﷺ nay Salamah bin Akwa' (رَضِيَ اللَّهُ عَنْهُ) say aik jalsay mein teen baar bai'at li.³

A'la Hazrat Imam-e-Ahl-e-Sunnat Aḥmad Raḍā Khān رَحِمَهُ اللَّهُ عَلَيْهِ farmatay hain: “Un par ta'keed-e-bai'at mein raaz yeh tha keh woh hamesha piyadah (ya'ni paidal) Rah-

¹ Muslim, p. 772 to 775, Hadith 4678 Mafhooman wa Mulakhkhasan

² Asad-ul-Ghābah, vol. 2, p. 494

³ Muslim, p. 772, Hadith 4678

e-Khuda mein larha kartay thay.”¹ Aap رَضِيَ اللهُ عَنْهُ ki wafat 74 Hijri taqreeban 80 saal ki 'umar mein Madīnah Pak mein hui.² Allah Rabb-ul-'Izzat ki un par rehmat ho aur un kay sadqay hamari be-hisaab maghfirat ho.

اَمِيْنُ بِجَاهِ خَاتِمِ النَّبِيِّينَ صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ

Sahabi-e-Rasool Hazrat Salamah bin Akwa' رَضِيَ اللهُ عَنْهُ ki seerat-e-mubarakah (Blessed life) mein jur'at, bahaduri aur wafadari ka khoobsurat bayan hai, Allah Pak humein bhi un kay naqsh-e-qadam par chalnay ki taufeeq 'ata farmaye. Aap رَضِيَ اللهُ عَنْهُ ka aik khaas wasf (ya'ni khoobi) yeh bhi bayan hai keh aap bohat tez chaltay thay aur Nabi-e-Kareem صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ ki zaban-e-pak say aap ko paidal chalnay walon mein “sab say behtar” ka laqab 'inayat hua.³

صَلُّوْا عَلَى الْحَبِيْب صَلَّيْ اللهُ عَلَى مُحَمَّدٍ

Deen Mein Paidal Chalnay Ki Ahmiyat

Pyaray pyaray Islami bhaiyo! 'Ibadat par quwwat hasil karnay aur chusti (Energy) kay saath deen kay kaam karnay kay liyay achi sehat hona zaroori hai aur tandurust rehna kay liyay paidal chalna bohat faiday-mand hai kyunkeh logon ko nek namazi bananay, neki ki da'wat mein bhaag-daur karnay aur ghar ghar, dukan dukan, gali gali “Masjid Bhara Tehreek” jari karnay kay liyay paidal chalnay ki 'aadat honi chahiye, khuda-na-khwastah agar paidal chalnay ki 'aadat bilkul na hui aur har kaam kay liyay bike ya car par hi janay ki soorat rahi to neki ki da'wat kay kayi 'azeem kaamon say mahroomi ho sakti hai.

'Ajeeb Insaan

Pyaray pyaray Islami bhaiyo! Insaan bhi kitna 'ajeer hai! Pehlay kamanay kay liyay bhaag-daur karta hai phir jab raat din aik kar kay acha khaasa bank balance bana leta hai to baar-ha apni sehat kharab kar baithta hai, ab woh raqam jo bhaag-daur

¹ Malfūzāt-e-A'lā Ḥaẓrat, p. 229 bitaghayyurin qaleel

² Asad-ul-Ghābah, vol. 2, p. 495

³ Asad-ul-Ghābah, vol. 2, p. 494

kar kay jama' ki thi usay apni sehat achi bananay kay liyay kharch karta hai. Agar shuru' hi say apnay aap ko rizq-e-halal ki justuju mein ba-qadr-e-kifayat masroof rakhnay kay saath saath 'ibadaat masalan namaz, roza waghairah faraiz-o-wajibaat ki pabandi aur kuch na kuch warzish ya paidal chalnay ki 'aadat bana lay to maal kamanay kay saath sehat bhi achi reh sakti hai.

Nai Technology Achi Ya Buri?

Maujoodah daur mein fast food, tali hui ashya aur cold drinks kay barhtay huay isti'mal kay ba'is bimariyon mein bohat zyada izafa ho raha hai. Nai technology ki wajah say jismani sargarmi (physical activity) bhi kam hoti ja rahi hai. Mukhtalif scientific ijadaat nay jahan kayi kaam aasan kiye hain wahin kayi 'aadaat ko bhi tabdeel kar diya hai. Pehlay kuch na kuch kaam chal kar kar liye jatay thay, ab pankhon, ghar ki battiyon (Lights) aur darwazon tak mein sensors aa gaye hain jis ki wajah say sab kaam auto system kay tehat khud-ba-khud ya baithay baithay remote control say kar liye jatay hain. Na-jaanay aagay chal kar AI aur Robots kis qadar insani sargarmiyon ko apnay sar lay kar insan ko goya physically be-kaar banane ki koshish karein gay. **الْأَمَانُ وَالْحَفِظَةُ**

Pehlay kay zamanay mein log oont, ghoray par ya paidal safar kartay thay jis ki wajah say aik shehar ya mulk say doosray shehar ya mulk pahunchnay kay liyay kayi din balkeh kayi mah lag jatay thay jabkeh aaj mahinon ka safar dinon mein aur dinon ka safar ghanton mein tai ho jata hai. Pehlay kay log apnay haath say mehnat-mashaqqat kay kaam kartay thay jis say burhapay mein bhi un ki sehat khoob hoti thi. Aaj bhi bari 'umar kay woh afraad jo mehnat-o-mashaqqat kay kaam kartay hain ya woh boorhay jo gaon, dehaton aur paharon waghairah par rehtay hain un ki sehat-o-taaqat shehron mein rehney walay naujawanon ko sharma day. Chunkeh ab technology ka daur hai, hamaray kayi naujawanon kay liyay mehnat-mashaqqat wala kaam karna to door ki baat, thoray say fasilay par bhi jana ho to paidal chalnay kay bajaye bike ko kick laga kar chalay jatay hain, cycle mein phir bhi kuch ghaneemat thi keh pedal lagane say kuch na kuch taangon ki warzish ho jati thi lekin car nay kayi logon ko be-kaar kar diya hai. Afsos! Aaj do qadam paidal nahi chala jata, nateejan zyada der baithay rehney say mo'tapa aur deegar tarah tarah ki bimariyan nihayat tezi say 'aam hoti ja rahi hain, aisay halaat mein rozana walk

aur warzish ka ma'mool banana nihayat zaroori hai. 'Aashiqan-e-Rasool ki khair-khwahi jaisi achi achi niyyaton say paidal chalnay ka durust tareeqa aur is kay medically faiday pesh kiye jatay hain. 'Ibadat par quwwat panay aur rizq-e-halal kamanay waghairah jaisi achi niyyaton kay saath in par 'amal kijiye aur deen-o-dunya kay nek aur ja'iz kaam achay tareeqay say anjaam dijiye.

Rozana 45 Minute Paidal Chalein

Amir-e-Ahl-e-Sunnat Hazrat 'Allamah Maulana Muḥammad Ilyās 'Attar Qadiri **دَامَتْ بَرَكَاتُهُمُ الْعَالِيَةُ** likhtay hain: Zehni dabao aur a'sabi khinchao kam karnay kay liyay zehni warzish kay 'alawah rozana paun ghanta (45 minute) musalsal paidal chalna chahiye. Durood Shareef parhtay jaiye aur lagatar chaltay jaiye, chalnay mein yeh koshish farmaiye keh paon kay panjon par qadray wazan parta rahay.¹

(Albattah ba'az logon ko Heel-to-Toe walk (ya'ni eri say pair tak chalna) behtar rehta hai, ghutnon, kamar ya paon ki takleef kay mareez apnay doctor say mashwarah kar lein)

Paidal Chalnay Ka Behtareen Tareeqa

Paidal chalnay ka behtareen tareeqa yeh hai keh shuru' mein 15 minute aahistah aahistah chalein taakeh jism ba-tadreej chalnay kay liyay tayyar ho jaye. Is marhalay ko medical ki zaban mein "warm up" (ya'ni jism ko aahistah aahistah garam karna) kaha jata hai. Is kay ba'd 15 minute tez chalein, is say dil ki dharkan aur khoon ki gardish mein tawazun kay saath izafa hota hai. Aakhir mein 15 minute dobara raftar ko kam kar kay jism ko normal halat mein laayein, isay "cool down" (ya'ni jism ko thanda karna) kaha jata hai. Is tarteef say warzish karnay say a'za par ghair zaroori dabao nahi parta aur jism aahistah aahistah relax (ya'ni pursukoon) ho jata hai. Albattah aisay boorhay afraad jin ki 'umar 60 saal say zyada hai woh agar rozana 25 say 30 minute normal raftar say paidal chalein to un kay liyay itna chalna faidaymand hai. Ho sakay to walking kay liyay makhsoos shoes waghairah ka isti'mal kijiye keh in ki wajah say thakan kam mehsoos hoti hai.

¹ Khud-kushi Ka 'Ilaj, p. 72, 71

Nabi-e-Kareem ﷺ Kay Chalnay Ka Mubarak Andaz

Allah Pak kay pyaray pyaray aakhiri Nabi, Makki Madani Muḥammad-e-'Arabi ﷺ is tarah chaltay thay goya keh oopar say neechay ko tashreef la rahay hon, qadam-e-mubarak aagay ko jhuk kar rakhtay. Aap ﷺ sukoon-o-waqar kay saath chaltay. Qadam qareeb qareeb rakhtay aur mutakabbiranah chaal na chaltay.¹ Aye kaash! Hamara chalna, phirna, khana, peena, uthna, baithna sunnat kay mutabiq ho jaye.

*Tiri sunnaton pay chal kar miri rooh jab nikal kar
Chalay tu galay lagana Madani Madīnay walay²*

Chalnay Kay 3 Behtareen Auqaat

(1) Paidal chalnay kay liyay sab say behtar waqt (oxygen changing time) Fajr kay ba'd ka waqt hai kyunkeh us waqt mahol gariyon kay dhuen, gard-o-ghubar say paak aur faza khushgawar hoti hai. (2) 'Asr ki namaz kay ba'd ka waqt bhi walk kay liyay faiday-mand hai. (3) Raat ka khana khanay kay ba'd chalein (agarcheh 10 say 15 minute hi hon) kyunkeh raat ka khana kha kar sona sehat kay liyay sakht nuqsan-deh ho sakta hai. Khana khanay kay foran ba'd tez raftar say chalna munasib nahi balkeh khanay kay pandrah say bees minute ba'd walk kijiye taakeh mi'dah ghiza ko hazm karnay kay 'amal mein masroof ho sakay. Is halki walk (chehal-qadami) ki mustaqil 'aadat bana li jaye to kayi bimariyon kay khatrat mein kami kay saath saath raat ko pursukoon neend aaye gi.

Walk Karna Anmol Ne'mat Hai

Sugar (Diabetes), High Cholesterol aur Fatty Liver darasal hamari sust tarz-e-zindagi ki paida kardah bimariyan hain aur in ka behtareen 'ilaj medicine say zyada chehal-qadami (Walking) mein hai. In amraz mein muftala afraad kay liyay paidal chalna anmol ne'mat say kam nahi, agar rozana pabandi say walk ki 'aadat bana li jaye to kuch 'arsay mein in bimariyon ka level kam ho sakta hai. Aik tahqeeq kay mutabiq agar koi shakhs rozana taqreeban 7 hazar qadam (Steps) chalay to is say

¹ Shamā'il-ul-Muḥammadiyah, p. 87

² Wasā'il-e-Bakhshish, p. 428

kayi bimariyon ka khatrah numayan taur par kam ho jata hai.

7 Hazar Say 10 Hazar Qadam Rozana

World Health Organization (WHO) kay mutabiq rozana 7 hazar say 10 hazar qadam (Steps) sehat kay liyay behtareen hain. 7 hazar qadam ya'ni taqreeban sawa paanch kilometer aik sehat-mand insan kay liyay bohat acha hadaf (target) hai. Agar aik shakhs darmiyani raftar say chalay to 7 hazar qadam pooray karnay mein taqreeban 55 say 70 minute lag saktay hain, albattah raftar aur qadmon ki lambai kay mutabiq waqt kam ya zyada bhi ho sakta hai.

Aik tahqeeq kay mutabiq rozana 5 hazar say 7 hazar qadam chalnay walay kay liyay cancer ka khatrah taqreeban 37% kam, dementia (dimaghi kamzori) ka khatrah 38% kam, dil ki bimari ka khatrah 25% kam aur Type 2 ziabetes ka khatrah 14% kam ho sakta hai.

Aik research mein taqreeban 96 hazar afraad ka data dekha gaya jis say ma'loom hua keh rozana 5 hazar qadam chalnay say depression ki 'alamat kam hoti hain jabkeh 7 hazar qadam chalnay say depression ka khatrah taqreeban 42% kam ho sakta hai kyunkeh chalnay say dimagh mein khushi kay hormone (Dopamine) paida hotay hain.

Hong Kong ki aik bari tahqeeq mein bayan kiya gaya hai keh jo log tez raftar say chaltay hain un mein phephron kay cancer ka khatrah taqreeban 50% tak kam paya gaya aur yeh research kam-o-besh 4 lakh afraad kay tajrubay say saabit ki gayi hai.

Paidal Chalnay Say Sugar Control Ho Gayi

America mein rehney walay aik shakhs ki sugar barh kar khatarnak had tak barh gayi. Usay hospital mein daakhil kiya gaya, phir doctoron kay mashwaray kay ba'd jab us nay rozana paidal chalnay kay saath saath apni zindagi guzarnay kay andaz ko tabdeel kiya to us ka 20 kilo wazan kam ho gaya aur dawa say taqreeban jaan chhoot gayi.

UK kay rehney walay shakhs ko kam 'umar mein Type 2 ziabetes ho gayi, us ka wazan taqreeban 120 kilo tha. Us nay rozana 10 hazar qadam chalnay ka ma'mool

bana liya, jis say us ka wazan kam ho kar 79 kilo ho gaya, na sirf yeh balkeh sugar bhi behtar ho gayi aur medicine bhi kaafi kam ho gayi.

Paidal Chalnay Say Sugar, Cholesterol Aur Fatty Liver Mein Behtari

Allah Pak ki di hui sehat jaisi ne'mat ki hifazat ka aik behtareen aur sasta zariya subah ya shaam ki yeh 45 minute ki walk hai. Paidal chalnay kay dauran jism kay patthay khoon mein maujood izafi sugar ko tawanai kay taur par isti'mal kartay hain, jis say sugar level kam honay kay saath insulin ki hassasiyat behtar hoti hai. Isi tarah ba-qa'idah walk achay cholesterol (HDL) mein izafa aur buray cholesterol (LDL) mein kami ka sabab banti hai, jis say shiryanon mein jama' charbi kam honay kay sabab jism mein maujood izafi charbi, khususan jigar kay gird jama'-shudah charbi, aahistah aahistah tawanai mein tabdeel honay lagti hai, jis kay nateejay mein fatty liver mein numayan behtari aur heart attack, falij kay khatray say kaafi had tak bachat ho sakti hai.

Mustaqil chalnay ki 'aadat say khoon mein shakkar ki miqdar mo'tadil (Balance) rehti hai aur jism mein qudrati insulin ka nizam behtar hota hai. Triglycerides kam hotay hain. Paidal chaltay rehnay say haddiyon ki kasafat (Bone Density) barqarar rehti hai, joron mein qudrati chiknai (Synovial Fluid) banti aur kamar, taangon kay patthay mazboot hotay hain. Metabolism tez honay say calories jaltin hain aur wazan qaboo mein rehta aur mo'tapay ki aafat say hifazat ho sakti hai.

Subah ki sair kay dauran sooraj ki shu'aon say Vitamin D jazb hota hai jo haddiyon ki mazbooti kay liyay zaroori hai. Khulay sabzah-zaar ya taza hawa mein walk say phephron ko tazgi milti hai aur IgA naami hifazati antibody ki satah barhti hai jo quwwat-e-mudafa'at (Immunity) ko taaqat deti hai.

Agar sugar, cholesterol ya fatty liver kay mareez apni taza test ki report ko samnay rakh kar rozana 45 minute walk shuru' karein aur teen say chay mah ba'd dobara test karwayein to Allah Pak ki rehmat say reports mein wazeh farq samnay aaye ga, **إِنْ شَاءَ اللَّهُ الْكَرِيمُ**. Yeh muft, mahfooz aur intihai faiday-mand 'ilaj hai jis ka koi side effect (ya'ni nuqsan) nahi hai **اَلْحَمْدُ لِلّٰهِ**! Albattah tajurbah shart hai.

Halki Phulki Warzish (Exercise)

Huzoor Hafiz-e-Millat Hazrat 'Allamah Maulana Shah 'Abdul 'Aziz Muḥaddis Murādābādī رَحْمَةُ اللهِ عَلَيْهِ farmatay hain: Jism ki quwwat kay liyay warzish aur rooh ki quwwat kay liyay tahajjud zaroori hai.¹ Subah ya shaam ko khali pait walk (chehal-qadami) kay dauran bazuon ko munasib andaz mein harkat dena bhi be-had mufeed hai. Is say joron ki harkat behtar hoti, dard mein kami aati aur kandhon mein rawani paida hoti hai, neez is tarah karnay say saans kay nizām ko bhi taaqat milti hai. Warzish bimariyon say bachati aur sehat ki baharein laati hai. Nabi-e-Kareem صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ kay farman-e-'aalishan “خَيْرُ النَّاسِ مَنْ يَنْفَعُ النَّاسَ” ya'ni logon mein say behtar woh hai jo logon ko nafa' pahunchaye.² par 'amal kartay huay mashwaratan 'arz hai keh kisi achay physiotherapist say waqt lay kar apni jismani kaifiyat kay mutabiq halki phulki warzish poochh kar samajh lijiye aur phir waqtan fauqtan kartay rahiye إِنَّ شَاءَ اللهُ tibbi hawalay say mufeed paayein gay.

Paidal Chalnay Aur Warzish Karnay Mein Achi Niyyat

Amir-e-Ahl-e-Sunnat دَامَتْ بَرَكَاتُهُمُ الْعَالِيَةِ nay sauti paigham (Voice Message) kay zariye paidal chalnay ki aik achi niyyat irshad farmayi keh ‘Mein is liyay paidal chalnay ki 'aadat bana raha hun keh Allah Pak ki rehmat say Hajj-o-'Umrah Shareef ki sa'adat milnay ki soorat mein tawaf-o-sa'i mein aur rihaish (ya'ni hotel waghairah) Masjidayn Karimayn (ya'ni Masjid-ul-Ḥarām Shareef aur Masjid-e-Nabawī Shareef) say basa-auqat kayi kayi mile door honay ki wajah say paidal chalnay ki sa'adat milti hai is ki practice kar raha hun’, neez ja'iz tareeqay say (shar'i-o-'urfi ehtiyaton kay saath) warzish kay waqt yeh niyyat kijiye keh is kay zariye 'ibadat par quwwat hasil karunga. (Madani Muzakarah: 22 Safar Shareef 1439 H)

60 Sala Smart Shakhs

Kuch 'arsa pehlay raqim-ul-huroof (Abu Muhammad Tahir 'Attari رَحْمَةُ اللهِ عَلَيْهِ) ko aik bari 'umar kay shakhs milay, un ki 'umar taqreeban 60 saal ho gi, guftugu kay dauran unhon nay inkishaf kiya keh mein rozana kuch warzish karta hun, agar yeh warzish

¹ Sawānīḥ Ḥāfīz-e-Millat, p. 76

² Shu'ab-ul-Īmān, vol. 6, p. 117, Hadith 7658

80 saal ka fard bhi karay to woh ba-aasani chalnay kay saath saath bhaag bhi sakta hai. Jab unhon nay mujhay kuch warzish kar kay dikhayin to mein hairan reh gaya keh 60 saal ki 'umar mein bhi un ka jism kaafi had tak lachakdar (Flexible) tha aur woh apnay haath paon ko aasani say ghuma kar mukhtalif warzish kar rahay thay.

Jin ka jawani say warzish ka ma'mool nahi, unhein shuru' mein takleef ho sakti hai magar jab 'aadat ban jati hai to badan dheela ho kar aik had tak mur bhi jata hai jaisa keh un sahib ka badan burhapay mein bhi rubber ki tarah up-down ho raha tha. Yaad rakhiye! Badan ko jitni harkat milti hai utna faida hota hai lekin aik had tak.

Gehri Saans Lena (Deep Breathing)

Pyaray pyaray Islami bhaiyo! Shayad aksar logon ko saheeh tarah say saans lena nahi aata. Hum saans lenay kay liyay phephron ka isti'mal sirf aik tihai (one-third) hissah kartay hain jabkeh gehri saans mein pooray phephray kaam kartay hain. Subah sawaray saaf-suthri faza mein Deep Breathing bhi karni chahiye kyunkeh is kay bhi medically be-had faiday hain. Deep Breathing ka matlab hai: gehri saans lena, jis mein phephron ko poori tarah hawa say bhara jata hai aur phir aahistah aahistah khaarij kiya jata hai. 'Aalami idarah-e-sehat (WHO) ka kehna hai keh saans ki warzish dimaghi sehat kay liyay lazmi hai. (American Lung Association)

Mukammal saans lenay kay faidon mein say yeh bhi hai keh 'aam ma'mool mein is tarah saans na lenay kay sabab phephron kay nichlay hissay mein hawa na janay kay sabab jaraseem paida ho jatay hain jo keh aahistah aahistah phephron ko nuqsan pahuncha saktay hain, Allah Pak ki shaan to dekhiye keh phephron kay nichlay hissay mein maujood jaraseem say najaat sirf poora saans lena ya'ni qudrati hawa ki barakat say mil jati hai. Bahar-haal saaf aur khuli faza mein gehray saans lenay ki mashq (Practice) kartay rahiye, lambay aur gehray saans lenay say phephron ki karkardagi behtar hoti hai, jism mein oxygen ki miqdar barhti hai aur zehni sukoon hasil hota hai. Yeh mashq dil aur a'sab donon kay liyay mufeed asraat rakhti hai.

Gehri Saans Lenay (Deep Breathing) Ka Tareeqa

Is ka aasan tareeqa yeh hai keh naak kay zariye aahistah aur gehra saans lein. Saans laytay waqt pait bahar ki taraf phailay. (Agar aasani ho to) 3 say 5 second saans

rokein aur phir munh ya naak kay zariye aahistah aahistah saans bahar nikalein, rozana walk kay dauran yeh 'amal 12 martabah karein. **إِنْ شَاءَ اللَّهُ** zehni dabao, be-chaini aur ghabrahat mein kami, dil ki dharkan aur blood pressure ko level rakhnay mein madad milay gi, phephron aur dimaghi karkardagi behtar honay kay saath saath jism ko zyada oxygen milay gi.

Aham note: Agar kisi ko dama, COPD (phephron aik bimari), dil ki shadeed bimari ya saans ki koi khaas takleef ho to saans ki is warzish ko shuru' karnay say pehlay apnay doctor say zaroor mashwarah kar lijiye.

Pas-e-Anfaas

Hakeem-ul-Ummat Hazrat Mufti Ahmad Yār Khān Na'imī **رَحْمَةُ اللَّهِ عَلَيْهِ** likhtay hain: Ba'az 'arifeen (ya'ni Allah Pak ki pehchan rakhnay walay buzurgan-e-deen **رَحْمَةُ اللَّهِ عَلَيْهِم**) pas-e-anfaas kartay hain ya'ni zikr-Allah un ki saans mein jari ho jata hai.¹

Is ka tareeqa yeh hai keh Allah Pak kay zikr kay saath gehri saans lena, saans andar laytay waqt "Allah" aur khaarj kartay waqt "Hu" kehna Sufiya-e-Kiram **رَحْمَةُ اللَّهِ عَلَيْهِم** ka ma'mool raha hai jo jism-o-rooh donon kay liyay mufeed hai. Shehzadah-e-A'la Hazrat Hujjat-ul-Islam Hazrat 'Allamah Maulana Hāmid Raḍā Khān **رَحْمَةُ اللَّهِ عَلَيْهِ** kya khoob likhtay hain:

*Ya Ilahi dikha hum ko woh din bhi tu
Aab-e-Zam Zam say kar kay Haram mein wuzu
Ba-adab shauq say baith kay Qiblah-ru
Mil kay hum sab kahein yak-zaban hu-ba-hu
Allahu Allahu Allahu Allahu²*

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللَّهُ عَلَى مُحَمَّدٍ

Khana Hazm Karnay Ka Islami Tareeqa

Allah Pak kay pyaray pyaray aakhiri Nabi, Makki Madani, Muḥammad-e-'Arabī

¹ Mir'āt-ul-Manājih, vol. 7, p. 485

² Bayāz-e-Pāk, p. 12

ﷺ nay irshad farmaya: “مَنْ شَيْءٍ وَنَامَ قَسَا قَلْبُهُ” ya'ni jo pait bhar kar khaye aur so jaye to us ka dil sakht ho jata hai.¹

Aik aur Hadees-e-Pak mein farman-e-Mustafa ﷺ hai:

أَدْبُوا طَعَامَكُمْ بِالدُّكْرِ وَالصَّلَاةِ وَلَا تَنَامُوا عَلَيْهِ فَتَقْسُو قُلُوبَكُمْ

ya'ni apnay khanay ko zikr aur namaz kay zariye hazm karo aur khana kha kar so na jao keh is tarah tumharay dil sakht ho jayein gay.²

Sharh-e-Hadees: Hazrat 'Allamah 'Abdul-Ra'uf Munāwī رَحْمَةُ اللهِ عَلَيْهِ is Hadees Pak ki sharh kartay huay likhtay hain: Is say murad woh khana hai jo tum nay dopahar ya raat mein khaya hai. Khanay kay ba'd Allah Pak ka zikr karo aur namaz parho. Kyunkeh khanay kay ba'd zikr aur namaz parhnay say jism kay andar aik hararat (ya'ni garmi) paida hoti hai, jab yeh “hararat-e-ghareezi” (ya'ni jism ki qudrati garmi) bharakti hai to yeh khanay ko hazm karnay aur usay mi'day say neechay utarnay mein madad deti hai aur (yaad rakhiye) jo cheez mi'day par bojh banti hai, woh dil par is say bhi zyada bojh banti hai. Khanay kay foran ba'd mat so'o, ya'ni jab tak khana mi'day kay oopri hissay say hazm ho kar neechay na utar jaye tab tak na so'o. Warna tumharay dil sakht ho jayein gay aur un par andhera aur zang chha jaye ga aur dil mein jitni zyada sakhti hogi, Allah say doori bhi utni hi barh jaye gi.³

***Khanay ki ziyadat hai to sonay ki bhi kasrat
Aur khanda-e-be-ja ki bhi khaslat nahi jaati
Din raat musalsal hai gunahon ka tasalsul
Kuch tum hi karo na yeh nuhoosat nahi jaati⁴***

Khana Khanay Kay Ba'd Sona Kaisa?

Imam Muḥammad bin Muḥammad Ghazālī رَحْمَةُ اللهِ عَلَيْهِ likhtay hain: Behtar yeh hai

¹ Iḥyā-ul-'Ulūm, vol. 3, p. 105

² Mu'jam Awsaṭ, vol. 3, p. 404, Hadith 4952

³ At-Taysīr, vol. 1, p. 135

⁴ Wasā'il-e-Bakhshish, p. 382

keh insan pait bhara honay ki halat mein na soye balkeh usay chahiye keh namaz parhay ya baith kar Allah Pak ka zikr karay keh yeh us ki ne'mat (ya'ni khanay) par shukr kay zyada qareeb hai, khana khanay kay ba'd chahiye keh kam az kam char raka'at namaz parhay.¹ Aik aur maqam par farmatay hain: Har kaam ka aaghaz kartay huay Allah Pak kay naam say barakat hasil karni chahiye. Allah Pak kay ba'az nek banday jab kuch khatay ya paani peetay to do raka'tein parhtay. Isi tarah unhein jo mu'amlah bhi pesh aata us waqt do raka't namaz parhtay.² Allah Rabb-ul-'Izzat ki un par rehmat ho aur un kay sadqay hamari be-hisaab maghfirat ho.

اٰمِيْنُ بِجَاهِ خَاتَمِ النَّبِيِّينَ صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ

Zyada Khana To 'Ibadat Bhi Zyada

Hazrat Sufyān Thawrī رَحْمَةُ اللهِ عَلَيْهِ jab raat ko pait bhar kar khatay to shab-bedari kartay aur jab din mein pait bhar kar khatay to is kay ba'd namaz parhtay aur zikr kartay aur kabhi ('aajizi kartay huay) farmatay: gadhay ko pait bhar kar khilao aur kaam latay (ya'ni 'ibadat kartay) huay isay thaka do.³ Allah Rabb-ul-'Izzat ki un par rehmat ho aur un kay sadqay hamari be-hisaab maghfirat ho.

اٰمِيْنُ بِجَاهِ خَاتَمِ النَّبِيِّينَ صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ

Eman Leva Bimari

Pyaray pyaray Islami bhaiyo! Aik musalman kay liyay apnay pyaray pyaray aakhiri Nabi صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ ka farman: “Khana kha kar na so'o”⁴ kaafi hai, phir is kay baray mein itni bari wa'eed keh is say dil sakht ho jata hai. Yaad rakhiye! Dil ki sakhti koi choti bimari nahi balkeh yeh aik bohat bari roohani bimari hai, qasawat-e-qalb (ya'ni dil ki sakhti) kay sabab naseehat ka dil par asar honay kay bajaye nafs ko gunah karnay ka shauq mazeed barh jata hai, phir gunah karnay par koi sharmindagi nahi hoti aur tauba ki taraf tawajjuh bhi nahi jati. Dil ki sakhti ki wajah

¹ Ihya-ul-'Ulūm, vol. 3, p. 118

² Ihya-ul-'Ulūm, vol. 1, p. 277

³ Ihya-ul-'Ulūm, vol. 3, p. 118

⁴ Mu'jam Awsaṭ, vol. 3, p. 404, Hadith 4952 Mukhtasaran

say 'ibadat mein dil nahi lagta, yeh bimari neki ka kaam karnay balkeh neki ki baat sunnay say bhi mahroom kar deti hai. Ba'az jismani bimariyan jaan-lewa hoti hain jabkeh dil ki sakhti aik aisi roohani bimari hai jo eman-lewa ho sakti hai. Dil ki sakhti ki burai Qur'an-e-Kareem mein is tarah bayan hui:

فَوَيْلٌ لِلْقُلُوبِۙ قُلُوبُهُمْ مِّنْ ذِكْرِ اللَّهِ ۖ

Tarjamah-e-Kanz-ul-'Irfān: To kharabi hai un kay liyay jin kay dil Allah kay zikr ki taraf say sakht ho gaye hain.

Al-Quran, Surah al-Zumar, verse 22; translation from Kanz al-'Irfān

***Mujhay dijiye ashk-baar aankh Aaq
Yeh dil sakht, patthar say bhi ho gaya hai¹***

Khana Kha Kar Sonay Kay Medically Nuqsanaat

Allah Pak kay pyaray aur aakhiri Nabi, Makki Madani Muḥammad-e-'Arabī صَلَّی اللہُ عَلَیْہِ وَاٰلِہٖ وَسَلَّم nay pandrah sau saal pehlay aur sadiyon pehlay buzurgan-e-deen رَحْمَةُ اللہِ عَلَیْہِمْ nay jo baat khana kha kar sonay kay nuqsanaat kay baray mein irshad farmayi thi, aaj ghair-muslim science-daan aur doctors bhi apni tahqeeqaat mein is ki ta'eed kar rahay hain jaisa keh doctors ka kehna hai keh 'khanay kay foran ba'd letnay say mi'day ka tezaab oopar aata hai jisay Acid Reflux ya seenay ki jalan kehtay hain. Yeh mustaqil bimari ban sakti hai, raat ko sotay waqt jism ki harkat band ho jati hai jis say khana charbi mein tabdeel ho kar jama' honay lagta hai. Sonay say pehlay blood sugar barhti hai aur insulin ka nizam muta'assir hota hai jo aagay chal kar ziabetes ka sabab ban sakta hai. Raat ko khanay kay foran ba'd sonay walon mein heart attack aur falij ka khatrah barh jata hai. Hazmay ka 'amal jari rehlay say neend poori aur gehri nahi aati aur subah thakawat mehsoos hoti hai. Raat ko jigar safai ka kaam karta hai lekin agar woh khana hazm karnay mein lag jaye to yeh kaam muta'assir hota hai, lihaza khana hazm kiye baghair sonay mein insan mi'day ki takaleef, wazan barhnay, sugar ka khatrah, dil ki bimari aur jigar par boj

¹ Wasā'il-e-Bakhshish, p. 442

waghairah ki aafaton mein phans sakta hai.'

*Jo hain bimar sehhat kay talib
Un pay farma karam Rabb-e-Ghalib
Tujh say rehm-o-karam ki du'a hai
Ya Khuda tujh say meri du'a hai¹*

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللَّهُ عَلَى مُحَمَّدٍ

Islam Mein Sehhat Ki Ahmiyat

Allah Pak kay pyaray aur aakhiri Nabi صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ nay irshad farmaya:

الْمُؤْمِنُ الْقَوِيُّ خَيْرٌ وَأَحَبُّ إِلَى اللَّهِ مِنَ الْمُؤْمِنِ الضَّعِيفِ

Tarjamah: Allah Pak kay nazdeek taaqatwar momin kamzor momin say behtar aur zyada pasandeedah hai.²

Sharh-e-Hadees: Imam Qāḍī 'Iyāḍ رَحْمَةُ اللَّهِ عَلَيْهِ farmatay hain: Taaqatwar momin aur kamzor momin eman ki wajah say bhalai mein barabar hain lekin Allah Pak nay apni Jannat mein in donon kay martabay alag alag rakhay hain aur in ko aik doosray par darjon mein bulandi 'ata farmayi hai. Taaqatwar momin woh shakhs hai jo maali 'e'tibar say mazboot aur Allah Pak ki rah mein bohat zyada kharch karnay wala ho.³ Imam Sharaf-ud-Dīn Nawawī رَحْمَةُ اللَّهِ عَلَيْهِ farmatay hain: Qawi momin woh hai jo neki ka hukm denay aur burai say roknay mein bohat zyada koshish karta hai aur in tamam kaamon mein pahunchnay wali takleefon par sabr karta hai, neez saum-o-salat, zikr-o-azkaar aur tamam 'ibadaat mein nishaat kay saath raghbat rakhta aur un par pabandi karta hai.⁴

¹ Wasā'il-e-Bakhshish, p. 137, 136

² Muslim, p. 1098, Hadith 6774

³ Ikmal-ul-Mu'allim, vol. 8, p. 157

⁴ Sharḥ Muslim lil-Nawawī, Juz 16, vol. 8, p. 215

Tandurusti Hazar Ne'mat Hai

Pyaray pyaray Islami bhaiyo! Allah Pak ki 'azeem ne'maton mein say aik ne'mat sehat-o-tandurusti bhi hai, Allah Pak nay humein jo badan aur a'za 'ata farmaye hain yeh us ki amanat hain, Qayamat kay din in a'za kay baray mein sawal kiya jaye ga keh inhein kis kaam mein isti'mal kiya? (Tafsīr Şirāṭ-ul-Jinān, Para 15, Bani Isra'eel, teht-ul-aayat 36) Agar in a'za ko Riza-e-Ilahi hasil karnay kay liyay Allah Pak ki 'ibadat mein lagaya hoga to sawab hi sawab hoga. Sehat ki qadar ma'loom karni ho to aik chakkar hospital ka lagaiye phir aap ko ehssaas hoga keh baghair machine kay saans ka naak say nikalna kitni bari ne'mat hai? Zara Dialysis center ka visit kijiye phir pata chalay ga keh paani ka munh say daakhil ho kar baghair kisi takleef kay khaarj ho jana kitni bari ne'mat hai. Taangon ki ne'mat ka ehssaas karna ho to kisi wheelchair par baithay mareez hi ko dekh lijiye, phir samajh aaye ga keh apnay qadmon par chalna kitna bara in'aam hai. Al-gharaz sugar, blood pressure waghairah kay mareezon ko dekhnay say pata chalay ga keh achi sehat kitni bari ne'mat hai. Isi liyay kehtay hain 'Tandurusti hazar ne'mat hai.' Is ne'mat ki hifazat kay liyay ba-qa'idah halki phulki warzish ya chehal-qadami (ya'ni paidal chalnay Walking) ki 'aadat banaiye aur deen ki khidmat aur pyaray Mustafa صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ ki sunnatein 'aam karnay ka jazbah paida kijiye. Sarkar Mufti-e-A'zam Hind رَحْمَةُ اللهِ عَلَيْهِ 'aajizi kartay huay apnay aik kalam mein apnay aap say farmatay hain jo asal mein hum jaison kay liyay behtareen dars aur sabaq hai.

***Riyazat kay yehi din hain burhapay mein kahan himmat
Jo kuch karna hai ab kar lo abhi Noori jawan tum ho ¹***

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ

Paidal Chalnay Ya Jismani Sargarmi Kay 5 Mawaqay'

Insan jab kisi kaam ko karnay ka pakka irada kar kay koshish karta hai to Allah Pak us kay liyay raastay bana deta hai. Agar aap apni sehat achi karna chahtay hain to ba-qa'idah walk kay liyay waqt makhsos kar kay pursukoon-o-khushgawar mahol mein walk kijiye. Ho sakay to apnay rozana kay ma'moolat ki kuch aisi taqseem

¹ Sāmān-e-Bakhshish, p. 160

karein keh jis mein kuch na kuch jismani sargarmi (Physical Activity) bhi shamil ho. Apnay roz-marrah kay kuch kaam paidal karna shuru' kar dein. Khuda-na-khwastah har kaam phone, WhatsApp ya baithay baithay remote say karnay ki 'aadat jism ko be-jaan (nakarah) kar sakti hai. Apnay jism ko kuch na kuch harkat dein aur chaltay phirtay rahein, har waqt baithay rehna say sust parnay kay saath saath mo'tapa bhi aa sakta jo baar-ha badan mein bimariyon ka gaRh ban jata hai. Jismani sargarmi kay kuch aisay mawaqay' bayan kiye jatay hain jin ko karnay ka zehn bana liya jaye to is bahanay kuch na kuch activity ho jaye gi.

(1) Office mein kaam karnay walon ko chahiye keh paani, lights on-off karnay kay button, printer, scanner waghairah apnay table kay itna qareeb na rakhein keh in kaamon kay liyay uthna hi na paray balkeh yeh ashya kuch fasilay par rakhein taakeh paani peenay, light jalanay, band karnay, print lenay ya paper scan karnay ki soorat mein kuch chalna naseeb ho jaye. Waisay bhi computer par lagatar kaam karnay walon kay liyay aankhon ki beenai kay liyay behtar yeh hai keh aik aadh ghantay kay ba'd chand seconds kay liyay apni nazar screen say hatayein taakeh aankhon ko kuch sukoon (comfort) milay.

(2) Ghar ka samaan paidal laanay ki 'aadat banaiye: Ghar ki zarooriyat (masalan ration, gosht, doodh, sabzi, medicine waghairah) laanay kay liyay ghar kay qareeb dukanon tak apnay aap ko paidal ja kar samaan laanay ka 'aadi banayein.

(3) Lift kay bajaye seerhiyan isti'mal kijiye: Ghar, office waghairah jahan lift ho wahan lift ki bajaye seerhiyan isti'mal karnay ki 'aadat banayein. Chand manzilein (floors) seerhiyan charhna aur utarna aik behtareen jismani warzish hai jo dil, phephron aur taangon kay patthon ko mazboot banane mein madad deti hai balkeh basa-auqat seerhiyan charhnay utarnay kay faiday walk say bhi barh jatay hain.

(4) Talk Time Walk Time banayein: Phone par guftugu ya WhatsApp check kar kay reply denay kay liyay baithnay kay bajaye kamray ya sehan waghairah mein chehal-qadami kijiye, yun baat ki baat aur walk ki walk ho jaye gi lekin mobile isti'mal karnay mein is qadar inhimaak na ho keh kisi gaRhay mein gir jayein ya thokar lag jaye ya aanay-janay walon say takkar ho jaye.

(5) Kuch na kuch haath say kaam karnay ki 'aadat banayein: Agarcheh ghar mein

remote say

pankha (Fan) on-off kiya ja sakta hai lekin kabhi kabhar khud uth kar yeh kaam kijiye. Ghar mein maujood Islami behnnon ko chahiye keh sab kaam masiyon (naukranion) say karwanay kay bajaye khud apnay hathon say kuch kaam karnay ki 'aadat banayein, ghar ki safai-suthrai ya bartan aur farsh waghairah ki dhulai hoti rahay to hathon ki achi khasi warzish ho jati hai. Kisi nay kya khoob kaha hai:

*Be-kaar mabash kuch kiya kar
Kapray hi udhayr kar siya kar*

She'r ka matlab: Aadmi ko farigh nahi rehna chahiye, kuch na kuch kartay rehna chahiye. Mash-hoor muhawarah hai: 'Harkat mein barkat hai.' Amir-e-Ahl-e-Sunnat **دَامَتْ بَرَكَاتُهُمُ الْعَالِيَهُ** ka bayan kiya gaya aik dilchasp waqia parhiye:

Dil Ki Takleef Ka Naam Sun Kar Ghussa Aa Gaya (Waqia)

Aik tibb (medical) ki kitab mein parha tha keh aik boorha aadmi apnay haath say safai wala kapra lay kar cheezon say mitti waghairah jhaar raha tha, kisi nay poocha: 'Baba ji! Aap yeh kaam kitnay saal say kar rahay hain?' Baba ji nay jawab diya: 'Kayi saal say.' Sawal karnay walay nay poocha: 'Baba ji! Kya aap ko kabhi dil ki takleef hui hai?' Yeh 'ajeab-o-ghareeb sawal sun kar Baba ji ko ghussa aa gaya, woh sakht lajhay mein bolay: 'Mujhay dil ki takleef kyun hogi?'

Jis nay woh kitab likhi thi us nay yeh waqia bayan kar kay likha: Yeh boorha aadmi chunkh mehnt karta aur haath hilata rehta tha to is kay hathon ko warzish milti rehti thi, is tarah ragon mein khoon rukta nahi aur yun dil ki takleef (heart problem) say hifazat hoti hai.

(Madani Muzakarah: 18 Ramadan 1437)

Bahadur Shah Zafar ka aik she'r hai:

*Mehnat say hai 'azmat keh zamanay mein nageen ko
Be-kawish-e-seenah na kabhi namwari di*

She'r ka matlab: Dunya mein 'izzat, 'azmat aur shuhrat mehnat say hi hasil hoti hai. Jis tarah qeemti nageena taraash-kharaash aur mehnat kay ba'd hi qeemti banta hai, isi tarah insan bhi musalsal koshish aur mehnat kay zariye kamyabi aur namwari hasil karta hai.

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللَّهُ عَلَى مُحَمَّدٍ

Anda Paratha Aur Pait Ka Dard (Waqia)

Aik hakeem sahib kay paas aik naujawan pait dard ki shikayat lay kar aaya. Hakeem sahib nay us say poocha: 'Subah nashtay mein kya khaya tha?' Us nay jawab diya: 'Anda aur paratha.' Hakeem sahib nay kaha: 'Yeh to mehnat-mashaqqat karnay walon, khususan kisanon ki ghiza hai jo din bhar kheton mein kaam kartay aur sakht jismani mehnat kartay hain. Tum nay yeh bhari ghiza khayi aur phir aaram say baithay rahay, hatta keh yahan bhi sawari par aaye to pait dard na ho to aur kya ho!'

Yeh waqia sirf aik naujawan ka nahi balkeh ho sakta hai hum mein say kayi afraad ki numaindagi karta ho. Pehlay jab log paidal chaltay, ghoron aur oonton par safar kartay thay to in sawariyon say poora jism harkat mein rehta tha, goya khud-ba-khud jismani warzish hoti rehti thi. Jabkeh aaj kal hamari bohat si bimariyan aaram-talabi ka nateeja hain.

Masjid Mein Paidal Aanay Janay Ki Fazeelat

Ghar say namaz kay liyay masjid janay kay liyay bike ya car par janay ki bajaye paidal jaiye

agarcheh masjid kuch fasilay par ho, yeh bohat baray sawab ka kaam hai. Rah-e-Khuda mein jitnay qadam chalein gay har qadam kay badlay aik neki likhi jaye gi aur gunah mu'af hoga¹ neez is bahanay kuch walk bhi ho jaye gi balkeh masjid jatay huay chotay chotay qadam lein taakeh qadam zyada hon aur nekiyan bhi zyada hasil hon jaisa keh Sahabi-e-Nabi Hazrat Zaid bin Sābit رَضِيَ اللَّهُ عَنْهُ farmatay hain keh mein Allah kay pyaray Nabi صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ kay saath namaz parhnay jaya karta tha.

¹ Muslim, p. 261, Hadith 1506 Mukhtasaran

Sarkar ﷺ darmiyanay qadam chala kartay thay. Aik martabah Nabi-e-Kareem ﷺ nay mujh say poocha: 'Kya tum jantay ho keh mein darmiyanay qadam kyun chalta hun?' Mein nay 'arz ki: 'Allah Pak aur us ka Rasool ﷺ behtar jantay hain.' Aap ﷺ nay irshad farmaya: 'Mein darmiyanay qadam is liyay chalta hun taakeh namaz ki talab mein zyada qadam chal sakun.'¹

Door Say Masjid Aanay Kay Liyay Ghar Na Liya

Hazrat 'Abdullāh bin 'Abbās رَضِيَ اللهُ عَنْهُمَا farmatay hain: Ansar Sahaba-e-Kiram رَضِيَ اللهُ عَنْهُمْ kay ghar Masjid-e-Nabawī Shareef say zara door thay. Unhon nay Masjid-e-Nabawī kay qareeb rihaish ikhtiyar karnay ka irada kiya to yeh aayat-e-kareemah nazil hui:

وَنُكْتُبُ مَا قَدَّمُوا وَآثَارَهُمْ ط

Tarjamah-e-Kanz-ul-'Irfān: Aur hum likh rahay hain jo ('amal) unhon nay aagay bheja aur un kay peecharay chhoray huay nishanaat ko.²

Al-Quran, Surah Yāsīn, verse 12; translation from Kanz al-'Irfān

Aik riwayat mein hai keh Nabi-e-Kareem ﷺ nay un say irshad farmaya: 'Mujhay yeh khabar pahunchi hai keh tum masjid kay qareeb muntaqil honay ka irada rakhtay ho?' Unhon nay 'arz ki: 'Ji haan, Ya Rasool-Allah ﷺ!' To aap ﷺ nay do martabah irshad farmaya: 'Apnay hi gharon mein raho kyunkeh tumharay har qadam par nekiyan likhi jati hain.' Qabeelah-e-Banu Salamah kay Sahaba-e-Kiram رَضِيَ اللهُ عَنْهُمْ ka bayan hai keh (Nabi-e-Kareem ﷺ say sawab ki 'azeem-ush-shaan khushkhabri sun kar humein itni khushi hui) keh agar hum apnay makanaat tabdeel kar laytay to humein hargiz aisi khushi hasil na hoti.³

Hazrat Mufti Ahmad Yār Khān رَحِمَهُ اللهُ عَلَيْه likhtay hain: Tumharay namah-e-a'maal mein sawab kay liyay (qadam likhay jatay hain) kyunkeh masjid ki taraf har qadam

¹ Majma'-uz-Zawā'id, vol. 2, p. 151, Hadith 2092

² Ibn Mājah, vol. 1, p. 432, Hadith 785

³ Muslim, p. 262, Hadith 1519

'ibadat hai, ya tumhari is mashaqqat ka tazkirah Hadees ki kutub mein aur 'ulama ki tasaneef mein likha jaye ga, wa'izeen is par wa'z karein gay, jo tumharay waqi'at sun kar door say masjid mein aaya karein gay, in sab ka sawab tumhein mila karay ga. Khayal rahay keh ghar ka masjid say door hona muttaqi kay liyay ba'is-e-sawab hai keh woh door say jama'at kay liyay aaye ga magar ghafilon kay liyay sawab say mahroomi keh woh doori ki wajah say ghar mein hi parh liya karein gay.¹

*'Ata ho shauq Maula masjid mein aanay janay ka
Khudaya zauq day Qur'an parhnay ka parhanay ka*

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللَّهُ عَلَى مُحَمَّدٍ

Namaz-e-Jumu'ah Kay Liyay Paidal Chalnay Ki Targheeb

Pyaray pyaray Islami bhaiyo! Kayi 'ibadaat mein sawari kay bajaye paidal chal kar is 'ibadat ko ada karnay ki targheeb aur fazeelat zyada hai jaisa keh janazay mein shirkat karnay wala 'uzran (ya'ni kisi majboori ki wajah say) sawar ho sakta hai bila-'uzr paidal jana afzal hai. Aisay hi Namaz-e-Jumu'ah ki adaigi kay liyay masjid mein paidal aanay ka sawab bhi zyada hai.

Farman-e-aakhiri Nabi ﷺ: Jo jumu'ah kay din jaldi aur paidal aaye, sawar na ho aur imam say qareeb baithay aur kaan laga kar sunay aur koi be-hoodagi na karay to isay har qadam kay badlay saal bhar ka 'amal, rozon aur shab-bedariyon ka sawab milay ga.²

Mufti Ahmad Yār Khān رَحْمَةُ اللَّهِ عَلَيْهِ Hadees-e-Pak kay is hissay “paidal aaye sawar na ho” ki sharh kartay huay farmatay hain: Taakeh har qadam par nekiyan milein. 'Eid kay din 'Eidgah ko paidal jana bhi behtar hai. 'Eidgah paidal jana aur jatay aatay raasta badalna sunnat hai.³

¹ Mir'at-ul-Manājiḥ, vol. 1, p. 434

² Musnad Imām Aḥmad, vol. 5, p. 465, Hadith 16173

³ Mir'at-ul-Manājiḥ, vol. 2, p. 337

Paidal Hajj Ka Sawab

Hazrat 'Abdullāh bin 'Abbās رَضِيَ اللَّهُ عَنْهُمَا say riwayat hai: Jis nay paidal Hajj kiya hatta keh paidal hi wapas hua to us kay har qadam kay badlay Haram ki nekiyon say saat sau nekiyan likhi jati hain aur Haram ki har neki aik lakh neki kay barabar hai.¹

Har Qadam Par Saat Karor Nekiyan

Meray Aaqa A'la Hazrat Imam Ahmad Raḍā Khān رَحِمَهُ اللَّهُ عَلَيْهِ farmatay hain: Ho sakay to piyadah (Makkah Mukarramah say paidal Minā, 'Arafāt waghairah) jao keh jab tak Makkah Mu'azzamah palat kar aao gay har qadam par saat karor nekiyan likhi jayein gi. Yeh nekiyan takhmeenān (ya'ni andazan) athattar kharab chalees arab aati hain aur Allah Pak ka fazl us kay Nabi صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ kay sadqay mein is Ummat par be-shumar hai.²

Amir-e-Ahl-e-Sunnat دَامَتْ بَرَكَاتُهُمُ الْعَالِيَةِ farmatay hain: Ab chunkh Makkah Mu'azzamah say Minā Shareef

kay liyay paharon mein surangein (Tunnels) nikali gayi hain aur paidal chalnay walon kay liyay raasta mukhtasar aur aasan ho gaya hai, is hisab say nekiyon ki te'dad mein bhi farq waqi' ho ga.

وَاللَّهُ وَرَسُولُهُ أَعْلَمُ عَزَّوَجَلَّ وَصَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ

Paidal Haji Say Farishtay Galay Miltay Hain

Farman-e-Mustafa صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ: Jab haji sawar ho kar aatay hain to farishtay un say musafahah kartay (ya'ni haath milatay) hain aur jo paidal chal kar aatay hain farishtay un say mu'anaqah kartay (ya'ni galay miltay) hain.³

***Hajj ka sharaf ho phir 'ata Ya Rabb-e-Mustafa
Meetha Madinah phir dikha Ya Rabb-e-Mustafa⁴***

¹ Mustadrak, vol. 2, p. 114, Hadith 1735

² Fatāwā Raḍawīyyah, vol. 10, p. 746

³ Ittiḥāf-us-Sādah, vol. 4, p. 465

⁴ Wasā'il-e-Bakhshish, p. 133

Walidain Kay Liyay Anmol Naseehatein

Hujjat-ul-Islam Imam Muḥammad bin Muḥammad Ghazālī رَحْمَةُ اللهِ عَلَيْهِ bachon ko sehat-mand aur tandurust rakhnay kay baray mein walidain say irshad farmatay hain: Bachon ko din mein sonay say rokein keh din mein sona bachon kay liyay susti ka ba'is hai, haan! Raat ko sonay say na rokein. Narm bistar say bachon ko mana' karein taakeh un kay a'za mein sakhti rahay aur bachon kay badan ko mota na honay dein warna woh zyada khanay peenay say ruk nahi sakein gay balkeh bachon ko sonay, libas aur khanay kay mu'amlay mein sadagi ki 'aadat dalaiye. Bachon ko koi bhi kaam chhup kar karnay say rokein kyunkeh jin kaamon ko woh bura khayal kartay hain inhein chhup kar kartay hain. Jab walidain unhein yeh kaam chhup kar karnay say roknay ki 'aadat daal dein gay to bachay kisi kay samnay kabhi woh bura kaam nahi karein gay. Bachon ko din kay kisi waqt mein paidal chalnay aur warzish ki 'aadat dalaiye taakeh is par susti ghalib na ho aur bachon ko batayein keh apnay jism kay (chhupanay walay) hisson ko (kisi kay samnay) zahir na karein, usay apnay doston say koi cheez lenay say mana' karein, agar woh maaldar hain to bachon ko samjhayein keh ba'Rai denay mein hai na keh lenay mein jabkeh lenay mein zillat-o-ruswai hai aur agar woh ghareeb hai to usay samjhaye keh lalach karna aur maang kar lena zillat-o-ruswai ka ba'is aur kuttay ki 'aadat hai keh woh luqmay kay intizar aur lalach mein dum hilata rehta hai.¹

Neki Ki Da'wat Kay Liyay Paidal Janay Kay Baray A'la Hazrat رَحْمَةُ اللهِ عَلَيْهِ Ka Fatwa

Fatāwā Raḍawiyyah, jild 5, safhah 117 say aik fatway kay sawal-jawab ko mukhtasar aur aasan alfaz say pesh kiya jata hai. Meray Aaqa A'la Hazrat رَحْمَةُ اللهِ عَلَيْهِ say sawal hua keh kuch ghareeb musalman jo namaz parhnay ki da'wat denay kay liyay shehar say bahar paidal aur dhoop, pyaas ki takleef mein, baghair kisi zahiri faiday kay Allah Pak ki riza kay liyay aadhi raat say uth kar gaye aur doosray din wapas aaye, un ki neki ki da'wat say taqreeban aik sau musalman namaz parhnay kay liyay tayyar ho gaye, un kay wastay kya ajr hai? Taakeh aainda kay liyay mazed himmat barhay:

A'la Hazrat رَحْمَةُ اللهِ عَلَيْهِ nay jawab irshad farmaya: Un logon kay liyay un ki nek niyyat

¹ Ihya-ul-'Ulūm, vol. 3, p. 90

par bohat bara sawab hai, Nabi ﷺ farmatay hain: Allah Pak aik shakhs ko teray zariye say hidayat farma day to yeh teray liyay tamam rue-zameen ki saltanat milnay say behtar hai.¹

Neki ki da'wat denay kay liyay aatay jatay un kay jitnay qadam parein har qadam par das nekiyan hain, phir yeh aayat-e-mubarakah bayan ki:

وَنَكْتُبُ مَا قَدَّمُوا وَآثَارَهُمْ^ط

Tarjamah-e-Kanz-ul-'Irfān: Aur hum likh rahay hain jo ('amal) unhon nay aagay bheja aur un kay peechay chhoray huay nishanaat ko.

Al-Quran, Surah Yāsīn, verse 12; translation from Kanz al-'Irfān

Mujhay tum aisi do himmat Aaqa

Dun sab ko neki ki da'wat Aaqa

Bana do mujh ko bhi nek khaslat

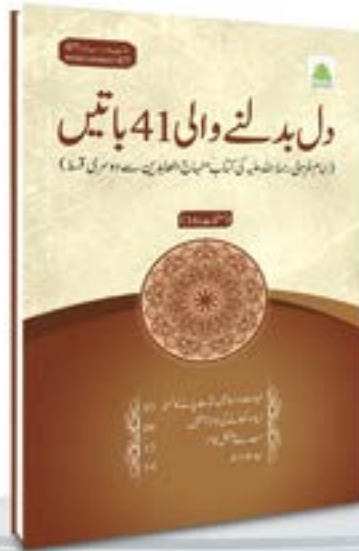
Nabi-e-Rehmat Shafee'-e-Ummat²

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللَّهُ عَلَى مُحَمَّدٍ

¹ Jāmi' Ṣaghīr, p. 444, Hadith 7219

² Wasā'il-e-Bakhshish, p. 215

Aglay Haftay ka risalah



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