

'Combing Hair - Benefits'

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ، وَ صَلَّى اللَّهُ عَلَى سَيِّدِنَا مُحَمَّدٍ وَ آلِهِ الطَّاهِرِينَ، وَسَلَّمْ تَسْلِيمًا.

In the Name of Allah^{-azwj} the Beneficent, the Merciful. The Praise is for Allah^{-azwj} Lord^{-azwj} of the Worlds, and Blessing be upon our Chief Muhammad^{-saww} and his^{-saww} Purified Progeny^{-asws}, and greetings with abundant greetings.

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِ مُحَمَّدٍ وَعَجِّلْ فَرَجَهُمْ وَالْعَنِ أَعْدَاءَهُمْ أَجْمَعِينَ

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Combing hair is highly recommended and has many benefits, i.e., ‘One who passes the comb upon his head and his heart and his chest, seven times, no disease will come near him forever and attracts the sustenance, and improves the hair, and fulfils the need, and increases in water of the loins, and cuts the phlegm.

مكأ، مكارم الأخلاق عَنْ يَحْيَى بْنِ حَمَّادٍ عَنْ سُلَيْمَانَ بْنِ يَحْيَى قَالَ: تَلَبَّسَ الرَّضَا عَ يَوْمًا لِلرُّكُوبِ إِلَى بَابِ الْمَأْمُونِ وَ كُنْتُ فِي حَرْبِهِ فَدَعَا بِالْمُشْطِ وَ جَعَلَ يَمْشِطُهُ ثُمَّ قَالَ يَا سُلَيْمَانُ أَخْبِرْنِي أَبِي عَنْ أَبِيهِ عَنْ آبَائِهِ عَنْ رَسُولِ اللَّهِ ص أَنَّهُ قَالَ مَنْ أَمَرَ الْمُشْطَ عَلَى رَأْسِهِ وَ لِحْيَتِهِ وَ صَدْرِهِ سَبْعَ مَرَّاتٍ لَمْ يُقَارِنُهُ دَاءٌ أَبَدًا.

(The book) ‘Makarim Al Akhlaq’ – from Yahya Bin Hammad, from Suleyman Bin Yahya who said,

‘One day Al-Reza^{-asws} wore garments for the riding to the door of Al-Mamoun, and I was his^{-asws} guard. He^{-asws} called for the comb and went on to comb, then said: ‘O Suleyman! My^{-asws} father^{-asws} informed me^{-asws}, from his^{-asws} father^{-asws}, from his^{-asws} forefathers^{-asws}, from Rasool-Allah^{-saww} having said: ‘One who passes the comb upon his head and his heart and his chest, seven times, no disease will come near him for ever!’¹

وَ رُوِيَ أَنَّهُ قَالَ: إِذَا سَرَّحْتَ لِحْيَتَكَ فَاصْرَبْ بِالْمُشْطِ مِنْ تَحْتِ إِلَى فَوْقِ أَرْبَعِينَ مَرَّةً وَ اقْرَأْ إِنَّا أَنْزَلْنَاهُ فِي لَيْلَةِ الْقَدْرِ وَ مِنْ فَوْقِ إِلَى تَحْتِ سَبْعَ مَرَّاتٍ وَ اقْرَأْ وَ الْعَادِيَاتِ صَبْحًا ثُمَّ قُلِ اللَّهُمَّ سَخِّ عَنِّي الْهُمُومَ وَ الْعُمُومَ وَ وَحْشَةَ الصُّدُورِ وَ وَسْوَسةَ الشَّيْطَانِ.

And it is reported, he^{-asws} said: ‘When you comb your beard, strike with the comb from below to above forty times, and recite: **Surely We Revealed it during the Night of Pre-determination [97:1]** (Surah Al-Qadr), and from above to below, seven times, and recite: **(I Swear) by the running (steeds) snorting [100:1]** (Surah Al Adiyaat), then say, ‘Release away from me the worries, and the sadness, and loneliness of the chests, and the insinuations of Satan^{-la}’.²

مكأ، مكارم الأخلاق كَانَ النَّبِيُّ ص يَتَمَشِّطُ وَ يُرْجِلُ رَأْسَهُ بِالْمِدْرَى وَ تُرْجِلُهُ نِسَاؤُهُ وَ تَتَفَقَّدُ نِسَاؤُهُ تَسْرِيحَهُ إِذَا سَرَّحَ رَأْسَهُ وَ لِحْيَتَهُ فَيَأْخُذَنَّ الْمُشَاةَ فَيَقَالُ إِنَّ الشَّعْرَ الَّذِي فِي أَيْدِي النَّاسِ مِنْ تِلْكَ الْمُشَاةِ

(The book) ‘Makarim Al Aklhaq’ –

‘The Prophet^{-saww} used to comb and tie (hair of) his^{-saww} head with the bandanna, and his^{-saww} wives would tie it, and his^{-saww} wives would miss his^{-saww} comb when he^{-saww} combed his^{-saww} head and his^{-saww} beard, so they would take the comb. It is said that the hair which is in the hands of the people is from that comb.

¹ Bihar Al-Anwaar V 73 - The book of Etiquettes - Ch 14 H 2 / 1

² Bihar Al-Anwaar V 73 - The book of Etiquettes - Ch 14 H 2 / 5

فَأَمَّا مَا خَلَقَ فِي حَجَّتِهِ وَ عُمْرَتِهِ فَإِنَّ جِبْرَائِيلَ كَانَ يَنْزِلُ فَيَأْخُذُهُ فَيَعْرُجُ بِهِ إِلَى السَّمَاءِ وَ لَوْمًا سَرَّحَ لِحْيَتَهُ فِي الْيَوْمِ مَرَّتَيْنِ

As for his^{saww} having shaved during his^{saww} Hajj and his^{saww} Umrah, Jibraeel^{as} would descend and take it and ascend with it to the sky, and sometimes he^{saww} would comb his^{saww} beard twice during the day.

وَ كَانَ ص يَضَعُ الْمَشْطَ تَحْتَ وَ سَادَتِهِ إِذَا امْتَسَطَ بِهِ وَ يَقُولُ إِنَّ الْمَشْطَ يَذْهَبُ بِالْوَبَاءِ وَ كَانَ ص يُسْرِّحُ تَحْتَ لِحْيَتِهِ أَرْبَعِينَ مَرَّةً وَ مِنْ فَوْقِهَا سَبْعَ مَرَّاتٍ وَ يَقُولُ إِنَّهُ يَزِيدُ فِي الدَّهْنِ وَ يَقْطَعُ الْبَلْغَمَ.

And he^{saww} would place the comb under his^{saww} pillow when he^{saww} had combed with it, and he^{saww} said: ‘The combing does away with the plague’; and he^{saww} would comb under his^{saww} beard forty times, and from above it seven times, and he^{saww} said: ‘It increases in the mind and cuts the phlegm’.³

وَ فِي رِوَايَةٍ عَنِ النَّبِيِّ ص أَنَّهُ قَالَ: مَنْ أَمَرَ الْمَشْطَ عَلَى رَأْسِهِ وَ لِحْيَتِهِ وَ صَدْرِهِ سَبْعَ مَرَّاتٍ لَمْ يُقَارِنْهُ دَاءٌ أَبَدًا.

And in a report from the Prophet^{saww} having said: ‘One who passes the comb upon his head and his beard and his chest, seven times, no diseased will come near him, ever!’⁴

مِنْ رِوَايَةِ الرُّؤَسَاءِ وَ كَانَ رَسُولُ اللَّهِ ص يُسْرِّحُ تَحْتَ لِحْيَتِهِ أَرْبَعِينَ مَرَّةً وَ مِنْ فَوْقِهَا سَبْعَ مَرَّاتٍ وَ يَقُولُ إِنَّهُ يَزِيدُ فِي الدَّهْنِ وَ يَقْطَعُ الْبَلْغَمَ.

From (the book) ‘Rowzat Al Waizeen’ –

‘And Rasool-Allah^{saww} would comb below his^{saww} beard forty times, and from above it seven times, and he^{saww} said: ‘It increases in the mind and cuts the phlegm’’.⁵

الْخِصَالُ عَنِ إِسْمَاعِيلَ بْنِ مَنْصُورٍ بْنِ أَحْمَدَ الْقَصَّارِ عَنْ مُحَمَّدِ بْنِ الْقَاسِمِ بْنِ مُحَمَّدِ الْعَلَوِيِّ عَنْ أَحْمَدَ بْنِ عَلِيٍّ الْأَنْصَارِيِّ عَنِ ابْنِ أَبِي رَافِعٍ عَنِ ابْنِ فَضَالٍ عَنْ ثَعْلَبَةَ عَنْ عَبْدِ الرَّحْمَنِ بْنِ الْحَجَّاجِ عَنْ أَبِي عَبْدِ اللَّهِ ع فِي قَوْلِ اللَّهِ عَزَّ وَ جَلَّ حُدُّوا زِينَتَكُمْ عِنْدَ كُلِّ مَسْجِدٍ

(The book) ‘Al Khisaal’ – from Ismail Bin Mansour Bin Ahmad Al Qasr, from Muhammad Bin Al Qasim Bin Muhammad Al Alawy, from Ahmad Bin Ali Al Ansari, from Al Barqy, from Ibn Fazzal, from Sa’alba, from Abdul Rahman Bin Al Hajjaj,

‘From Abu Abdullah^{asws} regarding Words of Allah^{azwj} Mighty and Majestic: **Take to your adornments at every Masjid, [7:31].**

قَالَ الْمَشْطُ يَجْلِبُ الرِّزْقَ وَ يُحْسِنُ الشَّعْرَ وَ يُنْجِزُ الْحَاجَةَ وَ يَزِيدُ فِي مَاءِ الصُّلْبِ وَ يَقْطَعُ الْبَلْغَمَ وَ كَانَ رَسُولُ اللَّهِ ص يُسْرِّحُ تَحْتَ لِحْيَتِهِ أَرْبَعِينَ مَرَّةً وَ مِنْ فَوْقِهَا سَبْعَ مَرَّاتٍ وَ يَقُولُ إِنَّهُ يَزِيدُ فِي الدَّهْنِ وَ يَقْطَعُ الْبَلْغَمَ.

He^{asws} said: ‘The combing attracts the sustenance, and improves the hair, and fulfils the need, and increases in water of the loins, and cuts the phlegm, and Rasool-Allah^{saww} used to comb

³ Bihar Al-Anwaar V 73 - The book of Etiquettes - Ch 15 H 3 a

⁴ Bihar Al-Anwaar V 73 - The book of Etiquettes - Ch 15 H 3 b

⁵ Bihar Al-Anwaar V 73 - The book of Etiquettes - Ch 15 H 4 / 5

under his^{-saww} beard forty times, and seven times from above it, and he^{-saww} said: 'It increases in the mind and cuts the phlegm''.⁶

Abbreviations:

saww: - Sal lal la ho Allay hay Wa Aal lay he Wasallam

azwj: - Az Za Wa Jalla

asws: - Allay hay Salawat Wass Salam

AJFJ: Ajal Allah hey wa Fara Jaak

ra: - Razi Allah^{azwj}

La: - Laan Allah^{azwj}

⁶ Bihar Al-Anwaar V 73 - The book of Etiquettes - Ch 15 H 6