

Cure for Heart - Supplications and Diet

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ، وَصَلَّى اللَّهُ عَلَى سَيِّدِنَا مُحَمَّدٍ وَآلِهِ الطَّاهِرِينَ، وَسَلَّمَ 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 وَعَلِّمْهُ فَرِحَتْهُمْ وَأَعْنَّ أَعْذَانَهُمْ أَمْعَنِينَ

Cure for Heart - Supplications and Diet

Summary:

Some supplications, preferred diet and herbal medicines for the cure of heart (i.e., palpitations and blockage) are presented, as found in the Ahadith of Ahl Al-Bayt^{-asws}.

Recitations for Heart Pain

وَقَالَ الصَّادِقُ (عَلَيْهِ السَّلَامُ): «مَنْ قَرَأَهَا عَلَى الصَّدْرِ تَنْفَعُ مِنْ ضَرِّهِ، وَعَلَى الْفَوَادِ تَسْكِنُهُ بِإِذْنِ اللَّهِ، وَمَا وَهَا يَنْفَعُ لِمَنْ بِهِ الْبَرْدُ بِإِذْنِ اللَّهِ تَعَالَى»

And Al-Sadiq^{-asws} said: 'The one who recites it (Verse 94) of which chapter 94 (Ash-Sharh) upon the chest would benefit from what harms him/her, and have tranquillity on his/her heart by the Permission of Allah^{-azwj}, and its water (if recited on the water) would benefit the one with the cold, by the Permission of Allah^{-azwj}'.¹

وَمِنْ (خواص القرآن): رُوِيَ عَنِ النَّبِيِّ (صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ)، أَنَّهُ قَالَ: «مَنْ قَرَأَ هَذِهِ السُّورَةَ أَعْطَاهُ اللَّهُ بَعْدَ حِرْفَهَا عَشْرَ حَسَنَاتٍ وَمَنْ كَتَبَهَا فِي إِنَاءٍ وَغَسَلَهُ، وَعَجَنَ بِهِ عَجِينًا ثُمَّ سَحَقَهُ، وَأَسْفَهَ كُلَّ مَنْ بِهِ وَجْعٌ الْفَوَادُ، زَالَ عَنْهُ وَبَرِئَ بِإِذْنِ اللَّهِ تَعَالَى»

And from Khawas Al Quran –

It has been reported from the Prophet^{-saww} having said: 'The one who recites this Chapter (41), Allah^{-azwj} would Give him ten Rewards for the number of its letters. And the one who writes it in a container and washes with it, and kneads it with a kneading, then applies it everywhere there is pain of the heart, it would pass away from him, and he would be free from it by the Permission of Allah^{-azwj}'.²

مَكَارِمُ الْأَخْلَاقِ رُقْبَيْهِ لَوْجَعَ الْقَلْبُ ثُقْرَأَ هَذِهِ الْآيَاتُ عَلَى الْمَاءِ وَيَسْرُرُهُ لَعْنَ أَجْبَانِنَا مِنْ هَنِيَّهُ لَنْكُونَنَّ مِنَ الشَّاكِرِينَ سَيِّهُنَّ الْجَمْعُ وَيُؤْلُونَ الدُّبُرَ إِلَى قَوْلِهِ أَذْهَى وَأَمْرُ إِنَّ اللَّهَ يُمْسِكُ السَّمَاوَاتِ وَالْأَرْضَ إِلَى قَوْلِهِ غَفُورًا

(The book) 'Makarim Al Akhlaq' –

'A Ruqya (Incantation) for the heart pain. You should recite these Verses upon the water and drink it: ***If He Rescues us from this, we would happen to be from the grateful ones [6:63]*** ***The crowd would soon be defeated, and they will turn back [54:45]*** – up to His^{-azwj} Words: ***more grievous, more bitter (for them) [54:46]*** ***Surely, Allah Withholds the skies and the earth – up to His^{-azwj} Word: Forgiving' [35:41]***!

¹ Tafseer Al Burhan – H 11717

² خواص القرآن

أَيْضًا تُقْرَأُ هَذِهِ الْآيَاتُ عَلَى الْمَاءِ وَيَسْرُهُ وَيُرَدُّ عَلَى الْقَلْبِ وَيُخَبِّطُ أَيْضًا وَيُعَلَّقُ عَلَى عُنْقِهِ بِسِنْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ رَبِّنَا لَا تُرِغِّبْنَا إِلَى قَوْلِهِ لَا يُخْلِفُ الْمِيعَادَ الَّذِينَ آمَنُوا وَتَطْمَئِنُ قُلُومُهُمْ بِذِكْرِ اللَّهِ إِلَى قَوْلِهِ وَخُسْنُ مَآبٍ - لَئِنْ أَجْبَيْتَنَا مِنْ هَذِهِ لَكَنُونَ مِنَ الشَّاكِرِينَ.

Also, you should read these Verses upon the water and drink it, and repeat it to the heart, and write as well and hang it upon his neck: 'By ***In the Name of Allah the Beneficent, the Merciful [1:1] 'Our Lord! Do not Let our hearts to deviate [3:8]*** – up to His^{-azwj} Words: ***does not break the Promise [3:9]; Those who believe and their hearts are reassured by the Zikr of Allah [13:28]*** – up to His^{-azwj} Words: ***an excellent resort [13:29] 'If He Rescues us from this, we would happen to be from the grateful ones [6:63]***'.³

وَمِنْ (خواص القرآن): روى عن النبي (صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ) أَنَّهُ قَالَ: «مَنْ قَرَأَ هَذِهِ السُّورَةَ كَانَ جَزَاؤُهُ عَلَى اللَّهِ جَنَّةً وَحَرِيرًا، وَمَنْ أَدْمَنَ قِرَاءَتَهَا قُوَّيْتَ نَفْسَهُ الْمُبْعِيْفَةَ، وَمَنْ كَتَبَهَا وَشَرَبَ مَاءَهَا نَفَعَتْ وَجْهَهُ وَفَوَادُهُ، وَصَحَّ جَسْمَهُ، وَبَرَأَ مِنْ مَرْضِهِ».

And from Khawas Al-Quran –

It has been reported from the Prophet^{-saww} having said: 'The one who recites this Chapter (Holy Quran Sura الانسان, Chapter:76), Allah^{-azwj} would Reward him with a Garden and silk. And the one, who habitually recites it, would strengthen his weak self. And the one who writes it and drinks its water, would benefit against heart pain, and correct his body, and be free from his illness'.⁴

وَقَالَ رَسُولُ اللَّهِ (صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ): «مَنْ قَرَأَهَا أَجْزَاهُ اللَّهُ الْجَنَّةَ وَمَا تَحْوِي نَفْسَهُ عَلَى كُلِّ الْأُمُورِ، وَمَنْ كَتَبَهَا فِي إِنَاءٍ وَشَرَبَ مَاءَهَا نَفَعَتْ شَرْوَعَ الْفَوَادَ، وَنَفَعَ بِهَا الْجَسَدُ

And the Rasool-Allah^{-saww} said: 'The one who recites it (Chapter 76)⁵, Allah^{-azwj} would Recompense him with the Paradise, and whatsoever he loves for himself over all matters. And the one who recites it in a bowl and drink its water, would benefit against the evil of heartache, and the body would benefit by it'.⁶

وَقَالَ الصَّادِقُ (عَلَيْهِ السَّلَامُ): «مَنْ كَتَبَهَا لِيَلًا وَجَعَلَهَا فِي حَائِطٍ أَوْ بَسْتَانٍ كَثُرَتْ بِرَكَتُهُ وَأَخْضَرَ وَأَزْهَرَ وَصَارَ حَسَنًا فِي وَقْتِهِ، وَإِنْ تَرَكَتْ فِي حَائِطٍ دَكَانٌ كَثُرَ فِي الْبَيْعِ وَالشَّرَاءِ وَإِنْ كَتَبَتْ لِإِنْسَانٍ فِي الْأَدْرَةِ، زَالَ عَنْهُ ذَلِكُ وَبَرَأَ

And Al-Sadiq^{-asws} said: 'The one who writes it (Chapter 40)⁷ and makes it to be upon a wall or garden, there would be a lot of Blessings in it, and it would be greener and more flowering, and would become well in its time. And if it is left upon a wall of a shop, there would be a lot of buying and selling. And if it is written for a human being who has swelling in his testicle (الادرة), that would go away and he would be free from it'.

³ Bihar Al-Anwaar V 92 – The Book of Zikr (Chapters on supplication) – Ch 86 H 1

⁴ Tafseer Al Burhan – H 11254

⁵ Chapter 76 contains 31 verses

⁶ Tafseer Al Burhan – H 11255

⁷ Chapter 40 contains 85 verses

و إن كتبت و علقت على من به دمامل زال عنه ذلك و كذلك للمفروق يزول عنه الفرق و إذا عجن مائتها دقيق، ثم يبس حتى يصير بمنزلة الكعك، ثم يدق دقا ناعما، و يجعل في إناء ضيق مغطى، فمن احتاج إليه لوجع في فؤاده أو لغمى عليه، أو لغشى عليه، أو وجع الكبد أو الطحال، يستف منه، يرىء بإذن الله تعالى

And if it is written and attached (Amulet) upon the one who has abscesses, that would go away, similar to that for the fearful, the fear would go away from him. If its water is kneaded with flour, then left to dry until it becomes like cakes, then hammered into pieces, then made these to be in a container and covered tightly. So the one who needs it for aches in his heart, or for an unconscious person, or for the pains of the liver or the spleen, he should take (eat it) from it. He would be free from it by the Permission of Allah^{-azwj}.⁸

Supplications to Cure the Heart:

فِي كِتَابِ التَّحْصِيلِ أَنَّ رَجُلًا رَأَى النَّبِيَّ صَ فِي مَنَامِهِ فَقَالَ يَا رَسُولَ اللَّهِ عَلَيْكَ شَيْئًا يُخْبِي بِهِ اللَّهُ تَعَالَى فَقَالَ قُلْ

Prophet saww said: A time will come when lot of people will suffer from heart diseases, if my followers want to be protected from it, then they should recite after Fajr and Magrabain Salat, recite three times with Salawat the following:

‘O Living! O Eternal! There is no god except You^{-azwj}! I ask You^{-azwj} to Revive my heart! O Allah^{-azwj}! Send Salawaat upon Muhammad^{-saww} and the Progeny^{-asws} of Muhammad^{-saww}!’

فَقَالَ ذَلِكَ ثَلَاثَةَ أَيَّامٍ فَأَحْيِا اللَّهُ تَعَالَى

He^{-asws} said that (recite it) three days (and) Allah^{-azwj} will cure his heart.⁹

Cure for the heart through diet:

مُحَمَّدُ بْنُ يَحْيَىٰ عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ عَنْ الْقَاسِمِ بْنِ يَحْيَىٰ عَنْ جَدِّهِ الْحَسَنِ بْنِ رَاشِدٍ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) قَالَ قَالَ أَمِيرُ الْمُؤْمِنِينَ (عَلَيْهِ السَّلَامُ) أَكْلُ الْسَّرَّاجِ فَوْءَةً لِلْقَلْبِ الْمُضَعِّفِ وَيُطْبِقُ الْمَعْدَةَ وَيُدْكِنُ الْفَوَادَ وَيُسْتَحْجَعُ الْجَبَانَ

Muhammad Bin Yahya, from Ahmad Bin Muhammad, from Al Qasim Bin Yahya, from his grandfather Al Hassan Bin Rashid,

(It has been narrated) from Abu Abdullah^{-asws} having said: 'Amir Al-Momineen^{-asws} said: 'Eating the Quince is strengthening for the weak heart and aromatises the stomach, and purifies the heart, and emboldens the timid'.¹⁰

⁸ Tafseer Al Burhan – H 9306

⁹ Nahjul Israr, vol. 2, pg. 384

19: ص للنجاة من الشدائـد 20المجتني

الفصل الرابع و 198 المصباح للكفumi

¹⁰ Al Kafi – V 6 – The Book of Foodstuffs Ch 103 H 1

مُحَمَّدُ بْنُ يَحْيَى عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ بْنِ إِسْمَاعِيلَ بْنِ بَرِيعَ عَنْ عَمِّهِ حَمْزَةَ بْنِ بَرِيعٍ عَنْ أَبِي إِبْرَاهِيمَ (عَلَيْهِ السَّلَامُ) قَالَ قَالَ رَسُولُ اللَّهِ (صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ) لَعْنَهُ يَعْفُرُ يَا جَعْفُرُ كُلُّ السَّمَرَجَلَ فَإِنَّهُ يَمْوِي الْقَلْبَ وَ يُسْخِعُ الْجَبَانَ

Muhammad Bin Yahya, from Ahmad Bin Muhammad, from Muhammad Bin Ismail Bin Baie, from his uncle Hamza Bin Bazie,

(It has been narrated) from Abu Ibrahim^{-as} (7th Imam^{-asws}) having said: 'Rasool-Allah^{-saww} said to Ja'far^{-as}: 'Eat the Quince, for it strengthens the heart and emboldens the timid'.¹¹

مُحَمَّدُ بْنُ يَحْيَى عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ عَنِ الْقَاسِمِ بْنِ زَيْنِ الدِّينِ بْنِ رَاجِدٍ عَنْ جَدِّهِ الْحُسْنِ بْنِ زَيْنِ الدِّينِ عَنْ أَبِي بَصِيرٍ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) قَالَ كُلُّ الْحَكْمَتِيِّ فَإِنَّهُ يَجْلِلُ الْقَلْبَ وَ يُسْكِنُ أَوْجَاعَ الْجَنْوَبِ بِإِذْنِ اللَّهِ تَعَالَى .

Muhammad Bin Yahya, from Ahmad Bin Muhammad, from Al Qasim Bin Yahya, from his grandfather Al Hassan Bin Rashid, from Abu Baseer, from;

Abu Abdullah^{-asws} (6th Imam) said: 'Eat the pears for it galvanises the heart and settles the interior pains by the Permission of Allah^{-azwj} the High'.¹²

عَلَيْهِ بْنُ إِبْرَاهِيمَ عَنْ أَبِيهِ عَنْ حَنَانٍ قَالَ كُنْتُ مَعَ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) عَلَى الْمَائِدَةِ فَمَالَ عَلَى الْبَقْلَ وَ امْتَنَعْتُ أَنَا مِنْهُ لِعِلَّةِ كَانَتْ بِي فَأَلْتَقَتْ إِلَيَّ فَقَالَ يَا حَنَانُ أَمَا عَلِمْتَ أَنَّ أَمِيرَ الْمُؤْمِنِينَ (عَلَيْهِ السَّلَامُ) لَمْ يُؤْتِ بِطَبِيقٍ إِلَّا وَ عَلَيْهِ بَقْلٌ ثُمَّ وَ لَمْ جُعِلْتُ فِدَاكَ فَقَالَ لِأَنَّ قُلُوبَ الْمُؤْمِنِينَ حَضُورَةٌ وَ هِيَ تَحْنُ إِلَى أَشْكَالِهِ .

Ali Bin Ibrahim, from his father, from Hannan who said,

'I was with Abu Abdullah^{-asws} upon the food-spread, so he^{-asws} inclined upon the vegetables and I abstained from it due to an illness which was with me. So he^{-asws} turned towards me and said, 'O Hanaan! Do you not know that Amir Al-Momineen^{-asws} was never brought a platter except that upon it were vegetables?' I said, 'And why, may I be sacrificed for you^{-asws}?' So, Imam^{-asws} said: 'Because the hearts of the Believers are green, and it yearns for its forms'.¹³

عَلَيْهِ بْنُ إِبْرَاهِيمَ عَنْ بَعْضِ أَصْحَابِنَا عَنْ عَبْدِ اللَّهِ بْنِ عَبْدِ الرَّحْمَنِ الْأَصْمَمِ عَنْ شَعِيرٍ عَنْ أَبِي بَصِيرٍ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) قَالَ قَالَ أَمِيرُ الْمُؤْمِنِينَ (عَلَيْهِ السَّلَامُ) نَعَمُ إِلَيْهِمُ الْحَلْلُ يَكْسِرُ الْمَرَّةَ وَ يُطْفِئُ الصَّفْرَاءَ وَ يُحْيِي الْقَلْبَ .

Ali Bin Ibrahim, from one of our companions, from Abdullah Bin Abdul Rahman Al Samma, from Shuayb, from Abu Baseer, from;

Abu Abdullah^{-asws} narrates that Amir Al-Momineen^{-asws} said: 'The best of the sauces is the vinegar, it breaks the bitterness, and extinguishes the paleness, and revives the heart'.¹⁴

عَنْهُ عَنْ دَاؤِدَ بْنِ إِسْحَاقَ الْحَدَّاءِ عَنْ مُحَمَّدِ بْنِ الْمُهِبِّ قَالَ أَكْلَتُ عِنْدَ أَبِي عَبْدِ اللَّهِ عَمَرَقَةَ بَعْدَسِ فَقُلْتُ جَعْلُتُ فِدَاكَ إِنَّ هُؤُلَاءِ يَقُولُونَ إِنَّ الْعَدَسَ قَدَسَ عَلَيْهِ تَمَاثُونَ تَبَيَّأَ قَالَ كَذَبُوا لَا وَ اللَّهُ وَ لَا عِشْرُونَ تَبَيَّأَ .

¹¹ Al Kafi – V 6 – The Book of Foodstuffs Ch 103 H 4

¹² Al Kafi – V 6 – The Book of Foodstuffs Ch 105 H 1

¹³ Al Kafi – V 6 – The Book of Foodstuffs Ch 109 H 2

¹⁴ Al Kafi – V 6 – The Book of Foodstuffs Ch 78 H 7

From him, from Dawood Bin Is'haq Al Haza'a, from Muhammad Bin Al Qayz who said,

'I ate lentil broth in the presence of Abu Abdallah^{-asws}, so I said, 'May I be sacrificed for you^{-asws}! They (people) are saying that seventy Prophets^{-as} have sanctified upon the lentils'. The Imam^{-asws} said: 'They are lying! No, by Allah^{-azwj}, not even twenty Prophets^{-as}'.

وَرُوِيَ أَنَّهُ يُرِيقُ الْقَلْبَ وَيُسْنِعُ الدَّمْعَةَ .

And it is reported that it softens the heart and accelerates the tears'.¹⁵

الْحُسَيْنُ بْنُ مُحَمَّدٍ عَنْ أَحْمَدَ بْنِ إِسْحَاقَ عَنْ سَعْدَانَ عَنْ أَبِي بَصِيرٍ قَالَ قَالَ أَبُو عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) قَالَ رَسُولُ اللَّهِ (صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ) الْطَّيِّبُ يَشْدُدُ الْقَلْبَ .

Al Husayn Bin Muhammad, from Ahmad Bin Is'haq, from sa'dan, from Abu Baseer who said,

'Abu Abdallah^{-asws} says that Rasool-Allah^{-saww} said: 'The perfume strengthens the heart'.¹⁶

وَرُوِيَ وَالْبَصَلُ يَرِيدُ فِي الْجَمِيعِ وَيَذْهِبُ الْبَلْغُ وَيَشْدُدُ الْقَلْبَ وَيَنْهِيَ الْحُمَىَ وَيَطْرُدُ الْوَنَاءَ بِالْقُصْرِ وَالْمَدِ .

And it is reported: The onion increases in the virility (desire for union) and melts the phlegm, and strengthens the heart, and rids the fever, and repels the epidemic with 'Al-Qasr', and 'Al-Madd' (through moderation and continuity) An extract.¹⁷

الْمَحَالِلُ، بِإِسْنَادِ الْتَّعْلِيَّ عَنِ الرِّضَا عَنْ آبَائِهِ عَنْ عَلَيِّ عَنْ قَالَ: الرَّئِيْبُ يَشْدُدُ الْقَلْبَ وَيَذْهِبُ بِالْتَّرَضِ وَيُطْفِئُ الْحَرَّةَ وَيُطْبِئُ الْفَقْنَ .

(The book) 'Al Majaalis' – By a chain of Al deobaly,

'From Al-Reza^{-asws}, from his^{-asws} forefathers^{-asws}, from Ali^{-asws} having said: 'The raisins strengthen the heart, and do away with the sickness, and extinguish the heat, and freshen the breath''.¹⁸

Coldness of the Abdomen and Palpitation of the Heart:

مُحَمَّدُ بْنُ عَلَيِّ بْنُ رَجَبِهِ الْمُتَطَبِّبُ قَالَ: حَدَّثَنَا عَنْدُ اللَّهِ بْنِ عُمَرَ قَالَ: شَكَوْتُ إِلَى أَبِي جَعْفَرٍ مُحَمَّدَ بْنِ عَلَيِّ بْنِ مُوسَى عَبْرَدَ الْمَعْدَةَ فِي مَعْدِنِي وَحَقَّقَنَا فِي فُوَادِي فَقَالَ أَيْنَ أَنْتَ عَنْ دَوَاءِ أَبِي وَهُوَ الدَّوَاءُ الْجَامِعُ فُلِثُ بَا ابْنَ رَسُولِ اللَّهِ وَمَا هُوَ؟ قَالَ مَعْرُوفٌ عِنْدَ النَّبِيِّ وَمَوْلَايَ فَأَنَا كَأَحْدِهِمْ فَأَعْطِنِي صِفَتَهُ حَتَّى أَعْالِجَهُ وَأَعْطِي النَّاسَ قَالَ خذْ [يُؤْخُذُ] رَعْمَانَ وَعَاقِرَرَحَا وَسُنْبَلَ وَفَاقَةً وَبَنْجَ وَحَرْقَ أَيْضُ وَفُلْفُلَ أَيْضُ أَخْرَاءَ سَوَاءً وَإِنْرِيُونْ جُزْءَيْنِ يُدْعُ ذَلِكَ كُلُّهُ دَفَّاً نَاعِمًا وَيُسْخَلُ بِخَرِيرَةٍ وَيُعْجَنُ بِضَعْفَنِي وَرُنْبَهُ عَسَلًا مَنْزُوعَ الرَّوْعَةِ فَيُسْقَى مِنْهُ صَاحِبُ حَقَّقَانِ الْفُؤَادَ وَمَنْ يَهُ بَرْدُ الْمَعْدَةِ حَبَّةً إِنَّمَا كَمُونٌ يُطْبَخُ فَإِنَّهُ يُعَافَ بِإِذْنِ اللَّهِ تَعَالَى .

Muhammad Ibn Ali Ibn Ranjawayh al-Mutatabbib narrated from 'Abd Allah Ibn 'Uthman that he said:

¹⁵ Al Kafi – V 6 – The Book of Foodstuffs Ch 93 H 4

¹⁶ Al Kafi – V 6 – The Book of Outfits and the Beautification and the Magnanimity Ch 48 H 6

¹⁷ Bihar Al-Anwaar – V-59 The book of creation - Ch 88 H 72 / 90

¹⁸ Bihar Al-Anwaar – V 63 The book of plants - Ch 6 H 5

'I complained to Abu Ja'far Muhammad^{-asws} Ibn Ali^{-asws} Ibn Musa^{-asws} of coldness in my abdomen and of palpitation (al-khafagan) in my heart. He^{-asws} said: "What about the medication of my^{-asws} father^{-asws}, the 'comprehensive medication'?" I replied: "O son of Rasool Allah^{-asws}, what is it?" He said: "It is well known among the Shi'a." I said: "My lord and master, I am one of them, so describe it to me so that I may use it as treatment and give it to people."

He^{-asws} replied: "Take equal measures of saffron, pyrethrum, Indian nard, cardamom, henbane, white hellebore, and white pepper, and two parts of *abarfiyun*. Grind them all finely, sieve in a piece of silk, and mix with twice its weight of honey which has had its froth removed. Give the one suffering from heart fluttering and coldness in the abdomen one grain to drink with a decoction of cumin water. He will be cured, Allah, the Exalted, willing."¹⁹

Medicine for Heart Palpitations (Flutter):

أَن تَأْخُذْ مِنَ الرَّجَبِيلِ الْيَابِسِ اثْنَيْنِ وَ سَبْعِينَ مِنْقَالًا وَ مِنَ الدَّارِفُقُلِ أَرْبَعِينَ مِنْقَالًا وَ مِنْ شَنَةِ [شَبَهِ] وَ سَادَجَ وَ فُلْقُلَ وَ إِهْلِلَجَ أَسْوَدَ وَ قَافِلَةَ مُرْبَى وَ جَوْزِ طَبِيبَ وَ نَانْخَوَاهَ وَ حَبَّ الرَّمَانِ الْحَلْوِ وَ شُونِيزِ وَ كَمُونِ كِرْمَانِيِّ مِنْ كُلِّ وَاحِدٍ أَرْبَعَ مِنْقَالِيْنِ يُدْقُ كُلُّهُ وَ يُسْخَلُ ثُمَّ تَأْخُذْ سِيَّمَائَةَ مِنْقَالٍ فَانِيدِ جَيِّدٍ فَتَجْعَلُهُ فِي بَرْيَةِ وَ تَصْبُّ فِيهِ شَيْئًا مِنْ مَاءٍ ثُمَّ تُوَقْدُ تَحْتَهَا وَقُودًا حَتَّى يَدُوبَ الْفَانِيدَ ثُمَّ تَجْعَلُهُ فِي إِنَاءٍ نَظِيفٍ ثُمَّ تَدْرِ [تَدْرُ] عَلَيْهِ الْأَدْوِيَةِ الْمَدْفُوَةِ وَ تَعْجِنُهَا بِهِ حَتَّى تَخْتَلِطَ ثُمَّ تَرْفَعُهُ فِي قَارُوَةٍ أَوْ حَجَرٍ حَضْرَاءَ الشَّرَبَةِ مِنْهُ مِثْلَ جَوْزَةٍ فَإِنَّهُ لَا يُخَالِفُ أَصْلًا يَأْذِنُ اللَّهُ تَعَالَى.

The narrator says:

(Imam^{-asws} said): Take seventy-two mithqal (appro. 4.25 grams) of dry ginger, forty of long pepper, and four each of heelweed (shina), cinnamon leaves (sadhaj), pepper, black myrobalan, preserved cardamom (qaqula murabban), walnut, bishop's weed, sweet-pomegranate (Al-rumman al-hulw), seeds, fennel flower, and kirmani cumin (kammun). Grind and sieve them all. Then take six hundred mithqal of good '**fanidh**' and put it into a clay vessel and pour some water over it. Light a low fire under it so the '**fanidh**' melts. Then put it in a clean container and add to it the ground ingredients. Mix them well, then put it away in a bottle or green jar. Drink of it, the equivalent of a walnut and it will not disagree (with you), Allah^{-azwj} Willing.²⁰

General Precautions for Strengthening the Heart:

وَ عَنْ أَبِي الْحَسَنِ مُوسَى عَ قَالَ: لَا تَمْتَنِطْ مِنْ قِيَامٍ فَإِنَّهُ يُوَرِّثُ الْعَصَفَ فِي الْقَلْبِ وَ امْتَنِطْ وَ أَنْتَ جَالِسٌ فَإِنَّهُ يُعَيِّنِي الْقَلْبَ وَ يُعَجِّحُ الْجِلْدَ.

(It is narrated from) Abu Al-Hasan Musa^{-asws}, that Imam^{-asws} Said: Do not comb your hair while standing as it causes weakness in the heart, and comb your hair while sitting as it strengthens the heart and nourishes the skin.²¹

¹⁹ طب الأئمة عليهم السلام، ص: 90

²⁰ طب الأئمة عليهم السلام، ص: 77

²¹ وسائل الشيعة، ج2، ص: 125 H. 1689-3