

Dieting – Moderation in Food Intake

The 8th Imam^{-asws} says: Healthy bodies are due to less meal intake.

وَعَنِ الرِّضَا ع أَنَّهُ قَالَ: لَوْ أَنَّ النَّاسَ قَصَبُوا فِي الطَّعَامِ لَأَسْتَقَامَتْ أَبْدَانُهُمْ.

And from Al-Reza^{-asws} having said: ‘If only the people had reduced in the meal, their bodies would have been straight’.¹

وَعَنْ أَبِي عَبْدِ اللَّهِ ع قَالَ: لَيْسَ الْحِمْيَةُ مِنَ الشَّيْءِ تَزَكُّهُ إِلَّا مَا الْحِمْيَةُ مِنَ الشَّيْءِ الْإِفْلَاحُ مِنْهُ.

And from Abu Abdullah^{-asws} having said: ‘The dieting from the thing isn’t leaving it. But rather, the dieting from the thing is the reducing from it’.²

وَعَنِ الْعَالِمِ ع قَالَ: الْحِمْيَةُ رَأْسُ الدَّوَاءِ وَالْمَعْدَةُ بَيْتُ الدَّاءِ وَ عَوْدٌ بَدَنًا مَا تَعَوَّدَ.

And from the Scholar^{-asws} having said: ‘The dieting is chief of the medications, and the stomach is a house of diseases, and restore the body to what is its norm’.³

الْمَحَاسِينُ، عَنِ الْقَاسِمِ بْنِ يَحْيَى عَنْ جَدِّهِ الْحُسَيْنِ بْنِ رَاشِدٍ عَنْ مُحَمَّدِ بْنِ مُسْلِمٍ عَنْ أَبِي عَبْدِ اللَّهِ ع قَالَ قَالَ قَالَ أَمِيرُ الْمُؤْمِنِينَ ع عَشَاءُ الْأَنْبِيَاءِ بَعْدَ الْعَتَمَةِ فَلَا تَدْعُوا الْعَشَاءَ فَإِنَّ تَرْكَ الْعَشَاءِ خَرَابُ الْبَدَنِ.

(The book) ‘Al Mahasin’ – from Al Qasim Bin Yahya, from his grandfather Al-Hassan Bin Rashid, from Muhammad Bin Muslim,

‘From Abu Abdullah^{-asws} having said: ‘Amir Al-Momineen^{-asws} said: ‘Dinner of the Prophets^{-as} was after the darkness, so do not leave the dinner, for neglecting the dinner ruins the body’.⁴

الْمَحَاسِينُ، عَنِ النَّوْفَلِيِّ عَمَّنْ ذَكَرَهُ عَنْ أَبِي جَعْفَرٍ ع قَالَ: أَوَّلُ خَرَابِ الْبَدَنِ تَرْكَ الْعَشَاءِ.

(The book) ‘Al Mahasin’ – from Al Nowfaly, from the one who mentioned it,

‘From Abu Ja’far^{-asws} having said: ‘The first ruination of the body is (due to) neglecting the dinner’.⁵

الشِّهَابُ، قَالَ ص تَعَشَّنُوا وَ لَوْ بِكَفِّ مِنْ حَشْفٍ فَإِنَّ تَرْكَ الْعَشَاءِ مَهْرَمَةٌ.

Al Shihaab –

‘He^{-saww} said: ‘Have dinner and even if it be a handful of dry yeast, for neglecting the dinner ages (a person, i.e., weakens)’.⁶

¹ Bihar Al-Anwaar V 78 – The Book Cleanliness – Ch 2 H 30 e (Chapters on Funerals)

² Bihar Al-Anwaar V 78 – The Book Cleanliness – Ch 2 H 30 f (Chapters on Funerals)

³ Bihar Al-Anwaar V 78 – The Book Cleanliness – Ch 2 H 30 g (Chapters on Funerals)

⁴ Bihar Al-Anwaar – V 63 The book of plants - Ch 7 H 6 (Chapters on praise and condemnation of food)

⁵ Bihar Al-Anwaar – V 63 The book of plants - Ch 7 H 10 (Chapters on praise and condemnation of food)

وَمِنْهُ، بِإِسْنَادِهِ عَنْ أَبِي عَبْدِ اللَّهِ ع قَالَ: طَعَامُ اللَّيْلِ أَنْفَعُ مِنْ طَعَامِ النَّهَارِ.

And from him, by his chain,

‘From Abu Abdullah^{-asws} having said: ‘Food at night is beneficial than food at daytime’’.⁷

وَمِنْهُ، عَنْ أَبِيهِ عَنْ سُلَيْمَانَ عَنْ أَحْمَدَ بْنِ الْحَسَنِ وَهُوَ الْخُتَالِيُّ عَنْ أَبِيهِ عَنْ حَمِيلِ بْنِ دَرَّاجٍ قَالَ سَمِعْتُ أَبَا عَبْدِ اللَّهِ ع يَوْمًا يَقُولُ مَنْ تَرَكَ الْعِشَاءَ لَيْلَةَ السَّبْتِ وَ لَيْلَةَ الْأَحَدِ مُتَوَالِيَتَيْنِ ذَهَبَتْ مِنْهُ قُوَّةٌ لَمْ تَرْجِعْ إِلَيْهِ أُزْبَعِينَ يَوْمًا.

And from him, from his father, from Suleyman, from Ahmad Bin Al-Hassan, and he is Al Khutaly, from his father, from Jameel Bin Darraj who said,

‘I heard Abu Abdullah^{-asws} saying one day: ‘One who neglects the dinner on the night of Saturday and the night of Sunday consecutively, strength would go away from him, not returning to him for forty days’’.⁸

وَمِنْهُ، عَنِ النَّضْرِ عَنْ عَلِيِّ بْنِ صَامِتٍ عَنِ ابْنِ أَخِي شِهَابِ بْنِ عَبْدِ رَبِّهِ قَالَ: شَكَوْتُ إِلَى أَبِي عَبْدِ اللَّهِ ع مَا أَلْقَى مِنَ الْأَوْجَاعِ وَ التَّخَمِ فَقَالَ تَعَدَّ وَ تَعَشَّ وَ لَا تَأْكُلْ بَيْنَهُمَا شَيْئًا فَإِنَّ فِيهِ فَسَادَ الْبَدَنِ أ مَا سَمِعْتَ اللَّهُ عَزَّ وَ جَلَّ يَقُولُ - هُمْ رَزَقُهُمْ فِيهَا بُكْرَةً وَ عَشِيًّا.

And from him, from Al Nazr, from Ali Bin Samit, from a son of a brother of Shihab Bin Abd Rabbih who said,

‘I complained to Abu Abdullah^{-asws} of what I was facing from the pains and the indigestion. He^{-asws} said: ‘Have lunch and dinner and do not eat anything between the two for in it is spoiling of the body. Have you not heard Allah^{-azwj} Mighty and Majestic Saying: **and for them would be their sustenance therein morning and evening [19:62]**’’.⁹

الْمَحَاسِنُ، عَنْ إِبْرَاهِيمَ بْنِ هَاشِمٍ عَمَّنْ ذَكَرَهُ عَنِ الْحُسَيْنِ بْنِ نَعِيمٍ عَنْ أَبِي عَبْدِ اللَّهِ ع قَالَ: يَنْبَغِي لِلْمُؤْمِنِ أَنْ لَا يَخْرُجَ مِنْ بَيْتِهِ حَتَّى يَطْعَمَ فَإِنَّهُ أَعَزُّ لَهُ.

(The book) ‘Al Mahasin’ – from Ibrahim Bin Hashim, from the one who mentioned it, from Al Husayn Bin Nueym,

‘From Abu Abdullah^{-asws} having said: ‘It is befitting for the Momin that he does not go out from his house until he eats, for it is more honourable for him’’.¹⁰

13- كا، الكافي عِدَّةٌ عَنْ سَهْلِ بْنِ عَلِيِّ بْنِ حَسَّانَ عَنْ مُوسَى بْنِ بَكْرِ قَالَ كَانَ أَبُو الْحَسَنِ الْأَوَّلُ ع كَثِيرًا مَا يَأْكُلُ السُّكَّرَ عِنْدَ النَّوْمِ.

(The book) ‘Al Kafi’ – A number of our companions, from Sahl Bin Ziyad, from Ali Bin Hassan, from Musa Bin Bakr who said,

‘Abu Al-Hassan^{-asws} the 1st used to frequently eat the sugar at sleep time’’.¹¹

⁶ Bihar Al-Anwaar – V 63 The book of plants - Ch 7 H 23 (Chapters on praise and condemnation of food)

⁷ Bihar Al-Anwaar – V 63 The book of plants - Ch 7 H 26 (Chapters on praise and condemnation of food)

⁸ Bihar Al-Anwaar – V 63 The book of plants - Ch 7 H 18 (Chapters on praise and condemnation of food)

⁹ Bihar Al-Anwaar – V 63 The book of plants - Ch 7 H 5 (Chapters on praise and condemnation of food)

¹⁰ Bihar Al-Anwaar – V 63 The book of plants - Ch 7 H 3 (Chapters on praise and condemnation of food)

¹¹ Bihar Al-Anwaar – V 48, The book of History – Musa Al-Kazim^{-asws}, Ch 5 H 13