

## Supplications for Ease in Childbirth

عَدَّةٌ مِنْ أَصْحَابِنَا عَنْ سَهْلِ بْنِ زِيَادٍ عَنْ مُحَمَّدِ بْنِ عَلِيٍّ عَنْ مُحَمَّدِ بْنِ سِنَانٍ عَنِ الرَّضَا (عليه السلام) قَالَ أَطْعَمُوا حَبَالًا لَكُمْ دَكَرَ اللَّبَانِ فَإِنْ يَكُ فِي بَطْنِهَا غُلَامٌ خَرَجَ ذَكِيًّا الْقَلْبُ غَالِمًا شَجَاعًا وَإِنْ تَكُ جَارِيَةً حَسَنَ خَلْقُهَا وَحُلْفُهَا وَعَظْمَتُ عَجِيذَتِهَا وَحَظِيَّتُ عِنْدَ زَوْجِهَا

A number of our companions, from Sahl Bin Ziyad, from Muhammad Bin Ali, from Muhammad Bin Sinan,

(It has been narrated) from Al-Reza<sup>-asws</sup> having said: 'Feed your pregnant women the dairy (products), so if there happens to be a boy in her belly, he would come out as pure of heart, knowledgeable, brave; and if there happens to be a girl, she would be of beautiful in her appearance, and in her manners, and of good physique, and she would be pleased with her husband'.<sup>1</sup>

الْخَوَاتِمِيُّ عَنْ مُحَمَّدِ بْنِ عَلِيٍّ الصَّبْرِيِّ عَنْ مُحَمَّدِ بْنِ أَسْلَمَ عَنِ الْحَسَنِ بْنِ مُحَمَّدٍ الْهَاشِمِيِّ عَنْ أَبِي عِيَّاشٍ عَنِ سُلَيْمِ بْنِ قَيْسِ الْهَلَالِيِّ عَنْ أَمِيرِ الْمُؤْمِنِينَ عَلَيْهِ السَّلَامُ، قَالَ إِنِّي لَأَعْرِفُ آيَتَيْنِ مِنْ كِتَابِ اللَّهِ الْمُتَنَزِّلِ تُكْتَبَانِ لِلْمَرْأَةِ إِذَا عَسُرَ عَلَيْهَا وَلِدَّهَا، تُكْتَبَانِ فِي رِقِّي وَرِقِّي وَ يُعَلِّفُهُ فِي حَقْوَيْهَا: بِسْمِ اللَّهِ وَ بِاللَّهِ، إِنَّ مَعَ الْعُسْرِ يُسْرًا، ... إِنَّ مَعَ الْعُسْرِ يُسْرًا، سَبْعَ مَرَّاتٍ

Ibn Bastaan in Tibb Al-Aimma<sup>asws</sup>, from Al-Khwataymi, from Muhammad Bin Ali Al-Sayrafi, from Muhammad Bin Aslam, from Al-Hassan Bin Muhammad Al-Hashmy, from Abaan Bin Abu Ayyash, from Sulaym Bin Qays Al-Hilaly, who has narrated:

Amir-ul-Momineen<sup>-asws</sup> said: 'I<sup>-asws</sup> know of two Verses from the Revealed Book of Allah<sup>-azwj</sup>, to be written for the woman in order to ease her pangs of birth. Both of these are to be written on the skin of a deer, and to be attached to her waist – "In the Name of Allah<sup>-azwj</sup>, the Beneficent, the Merciful, **Surely with difficulty is ease [94:5]. With difficulty is surely ease [94:6]**" (recite) **seven times**.

يَا أَيُّهَا النَّاسُ اتَّقُوا رَبَّكُمُ، إِنَّ زَلْزَلَةَ السَّاعَةِ شَيْءٌ عَظِيمٌ، يَوْمَ تَرَوْهَا تَدْهَلُ كُلُّ مُرْضِعَةٍ عَمَّا أَرْضَعَتْ وَ تَضَعُ كُلُّ ذَاتِ حَمْلٍ حَمْلَهَا وَ تَرَى النَّاسَ سُكَارَى وَ مَا هُمْ بِسُكَارَى وَ لَكِنَّ عَذَابَ اللَّهِ شَدِيدٌ مَرَّةً وَاحِدَةً.

**O you people! Fear your Lord. Surely the earthquake of the Hour is a mighty thing [22:1]. On the Day you will see it, every breast-feeding woman shall quit from what she breastfed, and everyone with a pregnancy would place her burden; and you will see the people as intoxicated, and they will not be with intoxication, but the Punishment of Allah would be severe [22:2]. (Recite) once.**

يُكْتَبُ عَلَى وَرْقَةٍ وَ تُرَبِّطُ بِحَبِطٍ مِنْ كَتَّانٍ غَيْرِ مَقْتُولٍ وَ تُشَدُّ عَلَى فَخِذِهَا الْأَيْسَرِ، فَإِذَا وَلَدَتْهُ فَطَعَّتْهُ مِنْ سَاعَتِكَ وَ لَا تَتَوَاتَى عَنْهُ. وَ يُكْتَبُ: «حَيِّ وَ لَدَّتْ مَرْيَمُ وَ مَرْيَمُ وَ لَدَّتْ حَيٌّ، يَا حَيُّ اهُبْ إِلَى الْأَرْضِ السَّاعَةَ بِإِذْنِ اللَّهِ تَعَالَى»

Write upon the paper, and connect it with a linen thread, not being woven, to be tied to her left thigh. So, when the birth takes place, it should be untied (cutting the umbilical cord) and should not be careless of it. And write, 'The live one gave birth to Maryam<sup>-as</sup>, and Maryam gave birth to a live one. O Live one, get down to the earth right now by the Permission of Allah<sup>-azwj</sup>, the High'.<sup>2</sup>

<sup>1</sup> Al Kafi – V 6 – The Book of Aqeeqa Ch 12 H 7

<sup>2</sup> كتاب سليم بن قيس الهلالي، ج2، ص: 955