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Of the majestic narrator and the scholar, the jurist, the Sheykh
Muhammad Bin Yaqoub Al-Kulayni

Well known as 'The trustworthy of Al-Islam Al-Kulayni'

Who died in the year 329 H

كتاب الأَطْعَمَة

THE BOOK OF FOODSTUFFS (4)

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ، وَصَلَّى اللَّهُ عَلَى سَيِّدِنَا مُحَمَّدٍ وَآلِهِ الطَّاهِرِينَ، وَسَلَّم 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.

أَبْوَابُ الْحَبُوبِ

CHAPTERS ON THE GRAINS

بَابُ الْأُرْزِ

Chapter 90 – The Rice

مُحَمَّدُ بْنُ يَحْيَى عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ عَنْ عَلِيِّ بْنِ الْحَكَمِ وَالْحَسَنِ بْنِ عَلِيٍّ بْنِ فَضَّالٍ عَنْ يُونُسَ بْنِ يَعْقُوبَ قَالَ قَالَ أَبُو عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) مَا يَأْتِينَا مِنْ نَاحِيَتِكُمْ شَيْءٌ أَحَبُّ إِلَيَّ مِنَ الْأُرْزِ وَالْبَنْفَسَجِ إِنِّي اسْتَكْبَيْتُ وَجَعِي ذَلِكَ الشَّدِيدَ فَأَلْهَمْتُ أَكْلَ الْأُرْزِ فَأَمَرْتُ بِهِ فَعُغِلَ وَ جُفِّفَ ثُمَّ قَلِيَ وَ طَجَّنَ فَجَعَلْتُ لِي مِنْهُ سَفُوفٌ بِزَيْتٍ وَ طَبِيخٌ أَنْحَسَاهُ فَأَذْهَبَ اللَّهُ عَزَّ وَ جَلَّ عَنِّي بِذَلِكَ الْوَجَعِ.

Muhammad Bin Yahya, from Ahmad Bin Muhammad, from Ali Bin Al Hakam, and Al Hassan Bin Ali Bin Fazzal, from Yunus Bin Yaquob who said,

‘Abu Abdullah^{asws} said: ‘There has not been brought to us^{asws} from your areas anything more beloved to me^{asws} than the rice, and the viola. I^{asws} complained of intense pain, so I^{asws} was inspired to eat the rice. So I^{asws} ordered with it, so it was washed and dried. Then it was fried, and ground, so it was made from me^{asws} as an oiled powder, and cooked, so I^{asws} took it, so Allah^{azwj} Mighty and Majestic Made that pain to go away from me^{asws}.¹

عَلِيُّ بْنُ إِبْرَاهِيمَ عَنْ أَبِيهِ عَنْ إِسْمَاعِيلَ بْنِ مَرَّارٍ وَ عَمْرٍو عَنْ يُونُسَ بْنِ يَعْقُوبَ عَنْ هِشَامِ بْنِ الْحَكَمِ عَنْ زُرَّارَةَ قَالَ رَأَيْتُ دَائِيَةَ أَبِي الْحَسَنِ مُوسَى (عَلَيْهِ السَّلَامُ) تَلْفُمُهُ الْأُرْزَ وَ تَضْرِبُهُ عَلَيْهِ فَعَمَنِي مَا رَأَيْتُهُ فَنَدَخَلْتُ عَلَى أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) فَقَالَ لِي أَحْسَبُكَ عَمَّكَ مَا رَأَيْتُ مِنْ دَائِيَةِ أَبِي الْحَسَنِ مُوسَى قُلْتُ لَهُ نَعَمْ جَعَلْتُ فِذَاكَ

Ali Bin Ibrahim, from his father, from Ismail Bin Marrar, and someone else, from Hisham Bin Al Hakam, from Zurara who said,

‘I saw a nurse-maid of Abu Al-Hassan Musa^{asws} being fed the rice, and she threw it upon him^{asws}. So it grieved me, what I saw. So I went over to Abu Abdullah^{asws}, so he^{asws} said to me: ‘I^{asws} reckon your grief is due to what you saw from a nursemaid of Abu Al-Hassan Musa^{asws}. I said, ‘Yes, may I be sacrificed for you^{asws}’.

فَقَالَ لِي نِعْمَ الطَّعَامُ الْأُرْزُ يُوسِّعُ الْأَمْعَاءَ وَ يَقْطَعُ الْبَوَاسِيرَ وَ إِنَّا لَنَعْبِطُ أَهْلَ الْعِرَاقِ بِأَكْلِهِمُ الْأُرْزَ وَ الْبُسْرَ فَإِنَّهُمَا يُوسِّعَانِ الْأَمْعَاءَ وَ يَقْطَعَانِ الْبَوَاسِيرَ .

So he^{asws} said to me: ‘The best of the foods is the rice, it expands the intestine, and cuts off the hemorrhoids, and we envy the people of Al-Iraq with their eating of the

¹ Al Kafi – V 6 – The Book of Foodstuffs Ch 91 H 1

rice, and partially-ripened dates, for these two expand the intestine and cut off the hemorrhoids'.²

عِدَّةٌ مِنْ أَصْحَابِنَا عَنْ أَحْمَدَ بْنِ أَبِي عَبْدِ اللَّهِ عَنْ أَبِي سَلَيْمَانَ الْحَدَّاءِ عَنْ مُحَمَّدِ بْنِ الْفَيْضِ قَالَ كُنْتُ عِنْدَ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) فَجَاءَهُ رَجُلٌ فَقَالَ لَهُ إِنَّ ابْنَتِي قَدْ ذَبَلَتْ وَبِهَا الْبِطْنُ فَقَالَ مَا يَمْنَعُكَ مِنَ الْأُرْزِ بِالشَّحْمِ خُذْ حِجَارًا أَرْبَعًا أَوْ خَمْسًا فَاطْرَحْهَا بِجَنْبِ النَّارِ وَاجْعَلِ الْأُرْزَ فِي الْفِئْرِ وَاطْبُخْهُ حَتَّى يَذْرَكَ وَخُذْ شَحْمَ كُلِّي طَرِيًّا فَإِذَا بَلَغَ الْأُرْزُ فَاطْرَحِ الشَّحْمَ فِي قَصْعَةٍ مَعَ الْحِجَارَةِ وَكُبِّ عَلَيْهَا قَصْعَةٌ أُخْرَى ثُمَّ حَرِّكْهَا تَحْرِيكًا جَيِّدًا وَاضْبِطْهَا كَيْ لَا يُخْرَجَ بُخَارُهُ فَإِذَا ذَابَ الشَّحْمُ فَاجْعَلْهُ فِي الْأُرْزِ ثُمَّ تَحَسَّاهُ .

A number of our companions, from Ahmad Bin Abu Abdullah, from Abu Suleyman SI Haza'a, from Muhammad Bin Al Fayz who said,

'I was in the presence of Abu Abdullah^{asws}, so a man came over, so he said to him^{asws}, 'My daughter has withered and with her is the belly (pregnancy)'. So he^{asws} said: 'What prevents you from the rice with the fat? Take four or five stones, so place these by the side of the fire and make the rice to be in the pot and cook it until it is done, and take the fat of fresh kidneys. So when the rice reaches (is cooked), so place the fat in a bowl along with the stones, and cover over it with another bowl. Then stir it with a new stirring, and set it such that no steam comes out. So when the fat has melted, so make it to be in the rice, then she can eat it'.³

عِدَّةٌ مِنْ أَصْحَابِنَا عَنْ أَحْمَدَ بْنِ مُحَمَّدَ بْنِ خَالِدٍ عَنْ عُثْمَانَ بْنِ عِيسَى عَمَّنْ أَخْبَرَهُ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) قَالَ نَعْمَ الطَّعَامُ الْأُرْزُ وَ إِنَّا لَنَدَّخِرُهُ لِمَرْضَانَا .

A number of our companions, from Ahmad Bin Muhammad Bin Khalid, from Usman Bin Isa, from the one who informed him,

(It has been narrated) from Abu Abdullah^{asws} having said: 'The best of the foods is the rice, and we^{asws} preserve it for our^{asws} sick ones'.⁴

عَنْهُ عَنْ يَحْيَى بْنِ عِيسَى عَمَّنْ أَخْبَرَهُ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) قَالَ قَالَ نَعْمَ الطَّعَامُ الْأُرْزُ وَ إِنَّا لَنَدَّأُوِي بِهِ مَرْضَانَا .

From him, from Yahya Bin Isa, from the one who informed him,

(It has been narrated) from Abu Abdullah^{asws} having said: 'The best of the foods is the rice, and we^{asws} cure our^{asws} sick ones with it'.⁵

عَنْهُ عَنْ عُثْمَانَ بْنِ عِيسَى عَنْ خَالِدِ بْنِ نَجِيحٍ قَالَ شَكَوتُ إِلَى أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) وَجَعَ بطني فَقَالَ لِي خُذِ الْأُرْزَ فَاعْسِلْهُ ثُمَّ جَفِّفْهُ فِي الظِّلِّ ثُمَّ رُضِّهِ وَ خُذْ مِنْهُ فِي كُلِّ غَدَاةٍ مِلءَ رَاحَتِكَ

From him, from Usman Bin Isa, from Khalid Bin Najeeh who said,

'I complained to Abu Abdullah^{asws} of stomach pains, so he^{asws} said to me: 'Take the rice, wash it, then dry it in the shade, then powder it, and take from it during every morning as per your convenience'.

وَ زَادَ فِيهِ إِسْحَاقُ الْجَرِيرِيُّ تَقْلِيهِ قَلِيلًا وَزَرَ أَوْقِيَّةً وَ اشْرَبَهُ .

² Al Kafi – V 6 – The Book of Foodstuffs Ch 91 H 2

³ Al Kafi – V 6 – The Book of Foodstuffs Ch 91 H 3

⁴ Al Kafi – V 6 – The Book of Foodstuffs Ch 91 H 4

⁵ Al Kafi – V 6 – The Book of Foodstuffs Ch 91 H 5

And Is'haq Al Jareery increased in it, '(He^{asws} said): 'Fry it a little, the weight of one Awqiya (Unit of measurement), and drink it'.⁶

عَدَّةٌ مِنْ أَصْحَابِنَا عَنْ سَهْلِ بْنِ زِيَادٍ عَنْ ابْنِ فَضَّالٍ عَنْ ثَعْلَبَةَ بْنِ مَيْمُونٍ عَنْ حُمْرَانَ قَالَ كَانَ بِأَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) وَجَعُ الْبَطْنِ فَأَمَرَ أَنْ يُطْبَخَ لَهُ الْأُرْزُ وَ يُجْعَلَ عَلَيْهِ السُّمَّاقُ فَأَكَلَهُ فَبُرَأَ .

A number of our companions, from Sahl Bin Ziyad, from Ibn Fazzal, from Sa'alba Bin Maymoun, from Humran who said,

'Abu Abdullah^{asws} was with stomach pain, so he^{asws} instructed that the rice be cooked for him^{asws}, and the Sumac (a kind of pepper) sprinkled upon it. So he^{asws} ate and was cured'.⁷

باب الحمص

Chapter 91 – The Chick-peas

مُحَمَّدُ بْنُ يَحْيَى عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ بْنِ عِيْسَى عَنِ الْحُسَيْنِ بْنِ سَعِيدٍ عَنْ نَادِرِ الْخَادِمِ قَالَ كَانَ أَبُو الْحَسَنِ (عَلَيْهِ السَّلَامُ) يَأْكُلُ الْحَمَصَ الْمَطْبُوخَ قَبْلَ الطَّعَامِ وَ بَعْدَهُ .

Muhammad Bin Yahya, from Ahmad Bin Muhammad Bin Isa, from Al Husayn Bin saeed, from Nadir the servant who said,

'Abu Al-Hassan^{asws} used to eat the cooked chick-peas before the meal and after it'.⁸

عَلِيُّ بْنُ إِبْرَاهِيمَ عَنْ أَبِيهِ عَنِ ابْنِ أَبِي عُمَيْرٍ عَنْ مُعَاوِيَةَ بْنِ عَمَّارٍ قَالَ قُلْتُ لِأَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) إِنَّ النَّاسَ يَزُورُونَ أَنَّ النَّبِيَّ (صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ) قَالَ إِنَّ الْعَدَسَ بَارَكَ عَلَيْهِ سَبْعُونَ نَبِيًّا فَقَالَ هُوَ الَّذِي يُسَمُّونَهُ عِنْدَكُمْ الْحَمَصَ وَ نَحْنُ نُسَمِّيهِ الْعَدَسَ .

Ali Bin Ibrahim, from his father, from Ibn Abu Umeyr, from MUawiya Bin Ammar who said,

'I said to Abu Abdullah^{asws} that the people are reporting that the Prophet^{saww} said: 'The Lentils, seventy Prophets^{as} have Blessed upon it'. So he^{asws} said: 'It is that which is named with you as the chick-peas, and we^{asws} called it the lentils'.⁹

عَدَّةٌ مِنْ أَصْحَابِنَا عَنْ أَحْمَدَ بْنِ مُحَمَّدَ بْنِ خَالِدٍ عَنْ أَبِيهِ عَنْ فَضَالَةَ عَنْ رِفَاعَةَ قَالَ سَمِعْتُ أَبَا عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) يَقُولُ إِنَّ اللَّهَ تَبَارَكَ وَ تَعَالَى لَمَّا عَاقَى أَيُّوبَ (عَلَيْهِ السَّلَامُ) نَظَرَ إِلَى بَنِي إِسْرَائِيلَ قَدْ ازْدَرَعَتْ فَرَفَعَ طَرْفَهُ إِلَى السَّمَاءِ وَ قَالَ إِلَهِي وَ سَيِّدِي عَبْدُكَ أَيُّوبُ الْمُبْتَلَى عَاقَيْتَهُ وَ لَمْ يَزْدِرِعْ شَيْئاً وَ هَذَا لِبَنِي إِسْرَائِيلَ زَرْعٌ

A number of our companions, from Ahmad Bin Muhammad Bin Khalid, from his father, from Fazalat, from Rafa'at who said,

'I heard Abu Abdullah^{asws} saying: 'When Allah^{azwj} Blessed and High Restored the health of Ayoub^{as}, he^{as} looked at (the affairs of) the Children of Israel who had farmed, so he^{as} raised his^{as} eyes towards the sky and said: 'My^{as} God, and my^{as} Master! Your^{azwj} servant Ayoub^{as} was afflicted and You^{azwj} Granted him^{as} health, and he^{as} has nowhere to plant anything, and this is a plantation of the Children of Israel'.

⁶ Al Kafi – V 6 – The Book of Foodstuffs Ch 91 H 6

⁷ Al Kafi – V 6 – The Book of Foodstuffs Ch 91 H 7

⁸ Al Kafi – V 6 – The Book of Foodstuffs Ch 92 H 1

⁹ Al Kafi – V 6 – The Book of Foodstuffs Ch 92 H 2

فَأَوْحَى اللَّهُ عَزَّ وَجَلَّ إِلَيْهِ يَا أَيُّوبُ خُذْ مِنْ سُبْحَتِكَ كَفًّا فَايْزُرْهُ وَكَانَتْ سُبْحَتُهُ فِيهَا مِلْحٌ فَأَخَذَ أَيُّوبُ (عليه السلام) كَفًّا مِنْهَا فَبَذَرَهُ فَخَرَجَ هَذَا الْعَدَسُ وَ أَنْتُمْ تُسَمُّونَهُ الْحِمَّصَ وَ نَحْنُ نَسْمِيهِ الْعَدَسَ .

So Allah^{azwj} Mighty and Majestic Revealed unto him^{as}: “O Ayoub^{as}! Take a handful from your^{as} rosary, so plant it”; and his^{as} rosary had salt in it. So Ayoub^{as} took a handful from it, so he^{as} planted it, and there came out this lentil, and you all are calling is as chick-peas, and we^{asws} are calling it as lentils’.¹⁰

عَنْهُ عَنِ أَحْمَدَ بْنِ مُحَمَّدٍ بْنِ أَبِي نَصْرِ عَنِ الرَّضَا (عليه السلام) قَالَ الْحِمَّصُ جَيِّدٌ لِيُوجِعَ الظَّهْرَ وَ كَانَ يُدْعُو بِهِ قَبْلَ الطَّعَامِ وَ بَعْدَهُ .

From him, from Ahmad Bin Muhammad Bin Abu Nasr,

(It has been narrated) from Al-Reza^{asws} having said: ‘The chick-peas is good for the back pain’, and he^{asws} used to call for it before the meal and after it’.¹¹

باب العَدَسِ

Chapter 92 – The Lentils

عَلِيُّ بْنُ إِبْرَاهِيمَ عَنِ أَبِيهِ عَنِ النَّوْفَلِيِّ عَنِ السَّكُونِيِّ عَنِ أَبِي عَبْدِ اللَّهِ (عليه السلام) قَالَ قَالَ أَمِيرُ الْمُؤْمِنِينَ (عليه السلام) (أَكَلُ الْعَدَسِ يُرِقُّ الْقَلْبَ وَ يُكْثِرُ الدَّمْعَةَ .

Ali Bin Ibrahim, from his father, from Al Nowfaly, from Al Sakuny,

(It has been narrated) from Abu Abdullah^{asws} having said: ‘Amir Al-Momineen^{asws} said: ‘Eating the lentils softens the heat and frequents the tears’.¹²

عِدَّةٌ مِنْ أَصْحَابِنَا عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ بْنِ خَالِدٍ عَنْ فَرَاتِ بْنِ أَحْنَفَ أَنَّ بَعْضَ بَنِي إِسْرَائِيلَ شَكَا إِلَى اللَّهِ عَزَّ وَجَلَّ قَسْوَةَ الْقَلْبِ وَ قِلَّةَ الدَّمْعَةِ فَأَوْحَى اللَّهُ عَزَّ وَجَلَّ إِلَيْهِ أَنْ كُلِ الْعَدَسَ فَأَكَلَ الْعَدَسَ فَرَقَّ قَلْبُهُ وَ جَرَّتْ دَمْعَتُهُ .

A number of our companions, from Ahmad Bin Muhammad Bin Khalid,

from Furaat Bin Ahnaf that one of the Children of Israel complained to Allah^{azwj} Mighty and Majestic of the hardness of the heart and the scarcity of the tears. So Allah^{azwj} Mighty and Majestic Revealed unto him: “Eat the lentils”. So he ate the lentils, and the heart softened and the tears flowed’.¹³ (P.s. – This is no a Hadeeth)

عَنْهُ عَنِ مُحَمَّدِ بْنِ عَلِيٍّ عَنِ مُحَمَّدِ بْنِ الْفُضَيْلِ عَنِ عَبْدِ الرَّحْمَنِ بْنِ زَيْدٍ عَنِ أَبِي عَبْدِ اللَّهِ (عليه السلام) قَالَ شَكَا رَجُلٌ إِلَى نَبِيِّ اللَّهِ (صلى الله عليه وآله) قَسَاوَةَ الْقَلْبِ فَقَالَ لَهُ عَلَيْكَ بِالْعَدَسِ فَإِنَّهُ يُرِقُّ الْقَلْبَ وَ يُسْرِخُ الدَّمْعَةَ .

From him, from Muhammad Bin Ali, from Muhammad Bin Al Fuzayl, from Abdul Rahman Bin Zayd,

¹⁰ Al Kafi – V 6 – The Book of Foodstuffs Ch 92 H 3

¹¹ Al Kafi – V 6 – The Book of Foodstuffs Ch 92 H 4

¹² Al Kafi – V 6 – The Book of Foodstuffs Ch 93 H 1

¹³ Al Kafi – V 6 – The Book of Foodstuffs Ch 93 H 2

(It has been narrated) from Abu Abdullah^{asws} having said: 'A man complained to the Prophet^{saww} of Allah^{azwj} of the hardness of the heart. So he^{saww} said to him: 'It is upon you with (eating) the lentils, for it softens the heart and accelerates the tears'.¹⁴

عَنْهُ عَنْ دَاوُدَ بْنِ إِسْحَاقَ الْحَدَّاءِ عَنْ مُحَمَّدِ بْنِ الْفَيْضِ قَالَ أَكَلْتُ عِنْدَ أَبِي عَبْدِ اللَّهِ ع مَرَقَةً بِعَدَسٍ فَقُلْتُ جُعَلْتُ فِدَاكَ إِنَّ هَؤُلَاءِ يَقُولُونَ إِنَّ الْعَدَسَ قَدَسٌ عَلَيْهِ ثَمَانُونَ نَبِيًّا قَالَ كَذَبُوا لَا وَاللَّهِ وَ لَا عَشْرُونَ نَبِيًّا .

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 Abdullah^{asws}, so I said, 'May I be sacrificed for you^{asws}! They (people) are saying that seventy Prophets^{as} have sanctified upon the lentils'. He^{asws} said: 'They are lying! No, by Allah^{azwj}, not even twenty Prophets^{as}'.

و رُوِيَ أَنَّهُ يُرِقُّ الْقَلْبَ وَ يُسْرِعُ الدَّمْعَةَ .

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

باب الْبَاقِلِيِّ وَ اللُّوبِيَاءِ

Chapter 93 – The Borad-beans and the Kidney-beans

مُحَمَّدُ بْنُ يَحْيَى عَنْ مُحَمَّدِ بْنِ أَحْمَدَ عَنْ مُوسَى بْنِ جَعْفَرٍ عَنْ مُحَمَّدِ بْنِ الْحَسَنِ عَنْ عُمَرَ بْنِ سَلَمَةَ عَنْ مُحَمَّدِ بْنِ عَبْدِ اللَّهِ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) قَالَ أَكَلُ الْبَاقِلِيِّ يُمَخِّخُ السَّاقَيْنِ وَ يَزِيدُ فِي الدِّمَاغِ وَ يُؤَلِّدُ الدَّمَ الطَّرِيَّ .

Muhammad Bin Yahya, from Muhammad Bin Ahmad, from Musa Bin Ja'far, from Muhammad Bin Al Hassan, from Umar Bin Salma, from Muhammad Bin Abdullah,

(It has been narrated) from Abu Abdullah^{asws} having said: 'Eating the Broad-beans enhances the two thighs, and increases in the brain, and gives birth to fresh blood'.¹⁶

عَنْهُ عَنْ أَحْمَدَ بْنِ مُحَمَّدِ بْنِ عِيْسَى عَنْ أَحْمَدَ بْنِ مُحَمَّدِ بْنِ أَبِي نَصْرِ عَنِ الرَّضَا (عَلَيْهِ السَّلَام) قَالَ أَكَلُ الْبَاقِلِيِّ يُمَخِّخُ السَّاقَيْنِ وَ يُؤَلِّدُ الدَّمَ الطَّرِيَّ .

From him, from Ahmad Bin Muhammad Bin Isa, from Ahmad Bin Muhammad Bin Abu Nasr,

(It has been narrated) from Al-Reza^{asws} having said: 'Eating the broad-beans enhances the two thighs, and gives birth to the fresh blood'.¹⁷

عِدَّةٌ مِنْ أَصْحَابِنَا عَنْ أَحْمَدَ بْنِ أَبِي عَبْدِ اللَّهِ عِنْ بَعْضِ أَصْحَابِهِ عَنْ صَالِحِ بْنِ عُفْبَةَ قَالَ سَمِعْتُ أَبَا عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) يَقُولُ كُلُوا الْبَاقِلِيَّ بِقَشْرِهِ فَإِنَّهُ يَدْبِغُ الْمَعِدَةَ .

A number of our companions, from Ahmad Bin Abu Abdullah, from one of his companions, from Salih Bin Uqba who said,

'I heard Abu Abdullah^{asws} saying: 'Eat the Broad-beans with its skin for it repairs the stomach'.¹⁸

¹⁴ Al Kafi – V 6 – The Book of Foodstuffs Ch 93 H 3

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

¹⁶ Al Kafi – V 6 – The Book of Foodstuffs Ch 94 H 1

¹⁷ Al Kafi – V 6 – The Book of Foodstuffs Ch 94 H 2

عَلِيُّ بْنُ مُحَمَّدٍ عَنْ سَهْلِ بْنِ زِيَادٍ عَنِ ابْنِ أَبِي نَجْرَانَ عَمَّنْ ذَكَرَهُ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) قَالَ اللَّوْبِيَاءُ يَطْرُدُ الرِّيَّاحَ الْمُسْتَبِطَةَ .

Ali Bin Muhammad, from Sahl Bin Ziyad, from Ibn Abu Najran, from the one who mentioned it,

(It has been narrated) from Abu Abdullah^{asws} having said: 'The Kidney-beans expel the underlying wind'.¹⁹

باب الماش

Chapter 94 – The Mung-beans

مُحَمَّدُ بْنُ يَحْيَى عَنْ مُحَمَّدِ بْنِ مُوسَى عَنْ أَحْمَدَ بْنِ الْحَسَنِ الْجَلَّابِ عَنْ بَعْضِ أَصْحَابِنَا قَالَ شَكَأَ رَجُلٌ إِلَى أَبِي الْحَسَنِ (عَلَيْهِ السَّلَامُ) الْبَهَقَ فَأَمَرَهُ أَنْ يَطْبِخَ الْمَاشَ وَ يَحْسَأَهُ وَ يَجْعَلُهُ فِي طَعَامِهِ .

Muhammad Bin Yahya, from Muhammad Bin Musa, from Ahmad Bin Al Hassan Al Jallab, from one of his companions who said,

'A man complained to Abu Al-Hassan^{asws} of vitiligo, so he^{asws} ordered him that he should cook the Mung-beans, and apportion it and make it to be in his meal'.²⁰

باب الجاؤرس

Chapter 95 – The Finger-millet

عِدَّةٌ مِنْ أَصْحَابِنَا عَنْ سَهْلِ بْنِ زِيَادٍ عَنْ أَيُّوبَ بْنِ نُوحٍ قَالَ حَدَّثَنِي مَنْ أَكَلَ مَعَ أَبِي الْحَسَنِ الْأَوَّلِ (عَلَيْهِ السَّلَامُ) هَرَيْسَةً بِالْجَاؤُرْسِ وَ قَالَ أَمَا إِنَّهُ طَعَامٌ لَيْسَ فِيهِ ثِقَلٌ وَ لَا لَهُ غَائِلَةٌ وَ إِنَّهُ أُعْجِبَنِي فَأَمَرْتُ أَنْ يُتَّخَذَ لِي وَ هُوَ بِاللَّبَنِ أَنْفَعُ وَ أَلْيَنُ فِي الْمَعِدَةِ .

A number of our companions, from Sahl Bin Ziyad, from Ayoub Bin Nuh who said,

'The one who ate *Hareys* with Abu Al-Hassan^{asws} the 1st, (has) narrated to me with the Finger-millet and (he^{asws}) said, 'But, it is a food in which there is no heaviness, nor is there any painful suffering for it, and I^{asws} like it, therefore I^{asws} instructed that it should be taken for me^{asws} and it is beneficial with the milk, and soft in the stomach'.²¹

مُحَمَّدُ بْنُ يَحْيَى عَنْ بَعْضِ أَصْحَابِنَا عَنْ عَلِيِّ بْنِ حَسَّانَ عَنْ عَبْدِ الرَّحْمَنِ بْنِ كَثِيرٍ قَالَ مَرَضْتُ بِالْمَدِينَةِ فَأَنْطَلَقَ بَطْنِي فَوَصَفَ لِي أَبُو عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) سَوِيْقَ الْجَاؤُرْسِ وَ أَمَرَنِي أَنْ أَخَذَ سَوِيْقَ الْجَاؤُرْسِ وَ أَشْرَبَهُ بِمَاءِ الْكُمُونِ فَفَعَلْتُ فَأَمْسَكَ بَطْنِي وَ عُوْفَيْتُ .

Muhammad Bin Yahya, from one of our companions, from Ali Bin Hassan, from Abdul Rahman Bin Kaseer who said,

'I fell sick at Al-Medina, so my stomach went (diarrhoea), so Abu Abdullah^{asws} prescribed for me *Al-Suweyq* of the finger-millet and instructed me that I should take

¹⁸ Al Kafi – V 6 – The Book of Foodstuffs Ch 94 H 3

¹⁹ Al Kafi – V 6 – The Book of Foodstuffs Ch 94 H 4

²⁰ Al Kafi – V 6 – The Book of Foodstuffs Ch 95 H 1

²¹ Al Kafi – V 6 – The Book of Foodstuffs Ch 96 H 1

Al-Suwayq of the finger-millet and drink it with water of cumin. So I did it and my belly retained, and I regained health'.²²

باب التمر

Chapter 96 – The Dates

عَدَّةٌ مِنْ أَصْحَابِنَا عَنْ أَحْمَدَ بْنِ مُحَمَّدَ بْنِ خَالِدٍ عَنْ إِبْرَاهِيمَ بْنِ عُقْبَةَ عَنْ مُيَسَّرٍ عَنْ مُحَمَّدِ بْنِ عَبْدِ الْعَزِيزِ عَنْ أَبِيهِ عَنْ أَبِي جَعْفَرٍ أَوْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) فِي قَوْلِ اللَّهِ عَزَّ وَجَلَّ فَلْيَنْظُرْ أَيُّهَا أَزْكَى طَعَاماً فَلْيَأْتِكُمْ بِرِزْقٍ مِنْهُ قَالَ أَزْكَى طَعَاماً التَّمْرُ .

A number of our companions, from Ahmad Bin Muhammad Bin Khalid, from Ibrahim Bin Uqba, from Muayassar, from Muhammad Bin Abdul Aziz, from his father,

(It has been narrated) from Abu Ja'far^{asws} or Abu Abdullah^{asws} regarding the Words of Allah^{azwj} Mighty and Majestic [18:19] then let him see which of them has purest food, so let him bring you provision from it'.²³

عَنْهُ عَنْ أَبِيهِ عَنِ ابْنِ سِنَانَ عَنْ إِبْرَاهِيمَ بْنِ مَهْرَمٍ عَنْ عُنْبَسَةَ بْنِ بَجَادٍ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) قَالَ مَا قُدِّمَ إِلَيَّ رَسُولِ اللَّهِ (عَلَيْهِ السَّلَامُ) طَعَامٌ فِيهِ تَمْرٌ إِلَّا بَدَأَ بِالتَّمْرِ .

From him, from his father, from Ibn Sinan, from Ibrahim Bin Mihzam, from Anbasa Bin Bajad,

(It has been narrated) from Abu Abdullah^{asws} having said: 'Never was a meal presented to Rasool-Allah^{saww} in which were dates, except that he^{saww} began with the dates'.²⁴

عَلِيُّ بْنُ إِبْرَاهِيمَ عَنْ أَبِيهِ عَنْ حَنَّانِ بْنِ سَدِيرٍ عَنْ أَبِيهِ قَالَ كَانَ عَلِيُّ بْنُ الْحُسَيْنِ (عَلَيْهِ السَّلَامُ) يُحِبُّ أَنْ يَرَى الرَّجُلَ تَمْرِيًّا لِحُبِّ رَسُولِ اللَّهِ (صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ) التَّمْرُ .

Ali Bin Ibrahim, from his father, from Hanaan Bin Sudeyr, from his father who said,

'Ali^{asws} Bin Al-Husayn^{asws} loved to see a date-loving person due to the love of Rasool-Allah^{saww} for the dates'.²⁵

عَلِيُّ بْنُ إِبْرَاهِيمَ عَنْ أَبِيهِ عَنِ ابْنِ أَبِي عُمَيْرٍ عَنْ أَبِي الْمَغْرَاءِ عَنْ بَعْضِ أَصْحَابِيهِ عَنْ عُقْبَةَ بْنِ بَشِيرٍ عَنْ أَبِي جَعْفَرٍ (عَلَيْهِ السَّلَامُ) قَالَ دَخَلْنَا عَلَيْهِ فَاسْتَدْعَى بِتَمْرٍ فَأَكَلْنَا ثُمَّ أَرَدْنَا مِنْهُ ثُمَّ قَالَ قَالَ رَسُولُ اللَّهِ (صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ) إِنِّي أُحِبُّ الرَّجُلَ أَوْ قَالَ يُعْجِبُنِي الرَّجُلُ إِذَا كَانَ تَمْرِيًّا .

Ali Bin Ibrahim, from his father, from Ibn Abu Umeyr, from Abu Al Magra, from one of his companions, from Uqba Bin Bashir,

(It has been narrated) from Abu Ja'far^{asws}, said, 'We went over to him^{asws}, so he^{asws} called for the dates, and we ate them. Then he^{asws} increased it for us from it, then

²² Al Kafi – V 6 – The Book of Foodstuffs Ch 96 H 2

²³ Al Kafi – V 6 – The Book of Foodstuffs Ch 97 H 1

²⁴ Al Kafi – V 6 – The Book of Foodstuffs Ch 97 H 2

²⁵ Al Kafi – V 6 – The Book of Foodstuffs Ch 97 H 3

said: 'Rasool-Allah^{saww} said: 'I^{saww} love the man', or said: 'I^{saww} like the man who loves to (eat) the date'.²⁶

عَلِيُّ بْنُ إِبْرَاهِيمَ عَنْ أَبِيهِ عَنْ عَمْرِو بْنِ عُثْمَانَ عَنْ أَبِي عَمْرٍو عَنْ رَجُلٍ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) قَالَ خَيْرُ ثَمَرِكُمْ
الْبَرْنِيُّ يَذْهَبُ بِالذَّاءِ وَ لَا دَاءَ فِيهِ وَ يَذْهَبُ بِالْإِعْيَاءِ وَ لَا ضَرَرَ لَهُ وَ يَذْهَبُ بِالْبَلْغَمِ وَ مَعَ كُلِّ تَمْرَةٍ حَسَنَةٌ

Ali Bin Ibrahim, from his father, from Amro Bin Usman, from Abu Amro, from a man,

(It has been narrated) from Abu Abdullah^{asws} having said: 'The best of your dates is *Al-Barny*, it does away with the illnesses, and there is no illness in it, and it does away with the fatigue and there is no harmfulness for it, and it does away with the phlegm; and with every date is a Reward'.

وَ فِي رِوَايَةٍ أُخْرَى يَهْنَأُ وَ يَمْرَأُ وَ يَذْهَبُ بِالْإِعْيَاءِ وَ يُسْبِعُ .

And in another report, 'It is palatable, and it is wholesome (nourishing), and it does away with the fatigue, and it satiates'.²⁷

عِدَّةٌ مِنْ أَصْحَابِنَا عَنْ سَهْلِ بْنِ زِيَادٍ عَنْ مُحَمَّدِ بْنِ إِسْمَاعِيلَ الرَّازِيِّ عَنْ سُلَيْمَانَ بْنِ جَعْفَرِ الْجَعْفَرِيِّ قَالَ دَخَلْتُ عَلَى أَبِي
الْحَسَنِ الرِّضَا (عَلَيْهِ السَّلَامُ) وَ بَيْنَ يَدَيْهِ تَمْرٌ بَرْنِيُّ وَ هُوَ مُجَدِّ فِي أَكْلِهِ يَأْكُلُهُ بِشَهْوَةٍ فَقَالَ لِي يَا سُلَيْمَانُ اذْنُ فَكُلْ قَالَ
فَدَنَوْتُ مِنْهُ فَأَكَلْتُ مَعَهُ وَ أَنَا أَقُولُ لَهُ جُعِلْتُ فِدَاكَ إِنِّي أَرَاكَ تَأْكُلُ هَذَا التَّمْرَ بِشَهْوَةٍ فَقَالَ نَعَمْ إِنِّي لِأَحِبُّهُ

A number of our companions, from sahl Bin Ziyad, from Muhammad Bin Ismail Al Razy, from Suleyman Bin Ja'far Al Ja'fary who said,

'I went over to Abu Al-Hassan Al-Reza^{asws} and in front of him^{asws} were *Barny* dates he^{asws} was constant in eating it, eating it with desire. So he^{asws} said to me: 'O Suleyman! Approach and eat'. So I approached him^{asws} and ate with him^{asws}, and I said to him^{asws}, 'May I be sacrificed for you^{asws}! I see you^{asws} eating this date with desire'. So he^{asws} said: 'Yes, I^{asws} love it'.

قَالَ قُلْتُ وَ لِمَ ذَلِكَ قَالَ لِأَنَّ رَسُولَ اللَّهِ (صَلَّى اللَّهُ عَلَيْهِ وَ آلِهِ) كَانَ تَمْرِيًّا وَ كَانَ عَلِيٌّ (عَلَيْهِ السَّلَامُ) تَمْرِيًّا وَ كَانَ
(عَلَيْهِ السَّلَامُ) تَمْرِيًّا وَ كَانَ أَبُو عَبْدِ اللَّهِ الْحُسَيْنِ (عَلَيْهِ السَّلَامُ) تَمْرِيًّا وَ كَانَ زَيْنُ الْعَابِدِينَ (عَلَيْهِ السَّلَامُ) تَمْرِيًّا وَ كَانَ
أَبُو جَعْفَرٍ (عَلَيْهِ السَّلَامُ) تَمْرِيًّا وَ كَانَ أَبُو عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) تَمْرِيًّا وَ كَانَ أَبِي (عَلَيْهِ السَّلَامُ) تَمْرِيًّا وَ أَنَا تَمْرِيٌّ وَ
شِيعَتُنَا يُحِبُّونَ التَّمْرَ لِأَنَّهُمْ خُلِقُوا مِنْ طِينَتِنَا وَ أَعْدَاؤُنَا يَا سُلَيْمَانُ يُحِبُّونَ الْمُسْكِرَ لِأَنَّهُمْ خُلِقُوا مِنْ مَارِجٍ مِنْ نَارٍ .

He (the narrator) said, 'I said, 'And why is that so?' He^{asws} said: 'Because Rasool-Allah^{saww} was a date-lover, and Ali^{asws} was a date-lover, and Al-Hassan^{asws} was a date-lover, and Abu Abdullah Al-Husayn^{asws} was a date-lover, and Zayn Al-Abideen^{asws} was a date-lover, and Abu Ja'far^{asws} was a date-lover, and Abu Abdullah^{asws} was a date-lover, and my^{asws} father^{asws} was a date-lover, and our^{asws} Shias are loving the dates because they have been Created from our^{asws} clay, and our^{asws} enemies, O Sulayman, are loving the intoxicants because they have been Created from the **[55:15] smokeless fire**'.²⁸

عَلِيُّ بْنُ إِبْرَاهِيمَ عَنْ أَبِيهِ عَنْ إِسْمَاعِيلَ بْنِ مَرَّارٍ عَنْ يُونُسَ عَنْ هِشَامِ بْنِ الْحَكَمِ عَنْ زُرَّارَةَ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) قَالَ
(قَالَ التَّمْرُ الْبَرْنِيُّ يُسْبِعُ وَ يَهْنَأُ وَ يَمْرَأُ وَ هُوَ الدَّوَاءُ وَ لَا دَاءَ لَهُ يَذْهَبُ بِالْعِيَاءِ وَ مَعَ كُلِّ تَمْرَةٍ حَسَنَةٌ .

²⁶ Al Kafi – V 6 – The Book of Foodstuffs Ch 97 H 4

²⁷ Al Kafi – V 6 – The Book of Foodstuffs Ch 97 H 5

²⁸ Al Kafi – V 6 – The Book of Foodstuffs Ch 97 H 6

Ali Bin Ibrahim, from his father, from Ismail Bin Marrar, from Yunus, from Hisham Bin Al Hakam, from Zurrar,

(It has been narrated) from Abu Abdullah^{asws} having said: '*Al-Barany* dates satiate, and it is palatable, and it is nourishing, and it is the cure and there is no illness for it. It does away with the fatigue, and with every date is a Reward'.²⁹

عِدَّةٌ مِنْ أَصْحَابِنَا عَنْ أَحْمَدَ بْنِ أَبِي عَبْدِ اللَّهِ عَنْ مُحَمَّدِ بْنِ عَلِيٍّ عَنْ عَلِيِّ بْنِ خَطَّابِ الْحَلَّالِ عَنْ عَلَاءِ بْنِ رَزِينٍ قَالَ قَالَ لِي أَبُو عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) يَا عَلَاءُ هَلْ تَدْرِي مَا أَوَّلُ شَجَرَةٍ نَبَتَتْ عَلَى وَجْهِ الْأَرْضِ قُلْتُ اللَّهُ وَرَسُولُهُ وَابْنُ رَسُولِهِ أَعْلَمُ قَالَ إِنَّهَا الْعَجْوَةُ فَمَا خُلِصَ فَهُوَ الْعَجْوَةُ وَ مَا كَانَ غَيْرَ ذَلِكَ فَإِنَّمَا هُوَ مِنَ الْأَشْبَاهِ .

A number of our companions, from Ahmad Bin Abu Abdullah, from Muhammad Bin Ali, from Ali Bin Khattab Al Hallal, from A'ala Bin Razeyn who said,

'Abu Abdullah^{asws} said to me: 'O A'ala! Do you know what is the first tree planted upon the surface of the earth?' I said, 'Allah^{azwj} and His^{azwj} Rasool^{saww} and a son^{asws} of His^{azwj} Rasool^{saww} are most knowing'. He^{asws} said: 'It is *Al-Ajwa*. So whatever is pure so it is *Al-Ajwa*, and whatever was other than that, so rather it is from its resemblances'.³⁰

عَنْهُ عَنْ أَبِيهِ عَنْ حَمَّادِ بْنِ عَيْسَى عَنْ رَبِيعِ بْنِ عَبْدِ اللَّهِ عَنِ الْفُضَيْلِ عَنْ أَبِي جَعْفَرٍ (عَلَيْهِ السَّلَام) قَالَ أَنْزَلَ اللَّهُ عَزَّ وَ جَلَّ الْعَجْوَةَ وَ الْعَتِيقَ مِنَ السَّمَاءِ قُلْتُ وَ مَا الْعَتِيقُ قَالَ الْفَحْلُ .

From him, from his father, from Hammad Bin Isa, from Rabie Bin Abdullah, from Al Fuzayl,

(It has been narrated) from Abu Ja'far^{asws} having said: 'Allah^{azwj} Mighty and Majestic Sent down *Al-Ajwa* and *Al-Ateeq* from the sky'. I said, 'And what is *Al-Ateeq*?' He^{asws} said: 'The stallion'.³¹

مُحَمَّدُ بْنُ يَحْيَى عَنْ مُحَمَّدِ بْنِ الْحُسَيْنِ عَنْ عَبْدِ الرَّحْمَنِ بْنِ أَبِي هَاشِمٍ عَنْ أَبِي خَدِيجَةَ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) قَالَ الْعَجْوَةُ هِيَ أُمُّ التَّمْرِ الَّتِي أَنْزَلَهَا اللَّهُ عَزَّ وَ جَلَّ لِآدَمَ (عَلَيْهِ السَّلَام) مِنَ الْجَنَّةِ .

Muhammad Bin Yahya, from Muhammad Bin Al Husayn, from Abdul Rahman Bin Abu Hashim, from Abu Khadeeja,

(It has been narrated) from Abu Abdullah^{asws} having said: '*Al-Ajwa*, it is the mother of the dates which Allah^{azwj} Mighty and Majestic Sent down to Adam^{as}, from the Paradise'.³²

الْحُسَيْنُ بْنُ مُحَمَّدٍ عَنْ مُعَلَّى بْنِ مُحَمَّدٍ عَنِ الْوَشَاءِ عَنْ أَحْمَدَ بْنِ عَائِذٍ عَنْ أَبِي خَدِيجَةَ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) قَالَ الْعَجْوَةُ أُمُّ التَّمْرِ وَ هِيَ الَّتِي أَنْزَلَهَا اللَّهُ عَزَّ وَ جَلَّ مِنَ الْجَنَّةِ لِآدَمَ (عَلَيْهِ السَّلَام) وَ هُوَ قَوْلُ اللَّهِ عَزَّ وَ جَلَّ مَا قَطَعْتُمْ مِنْ لَبَنَةٍ أَوْ تَرَكْتُمُوهَا قَائِمَةً عَلَى أُصُولِهَا قَالَ يَعْنِي الْعَجْوَةَ .

Al Husayn Bin Muhammad, from Moala Bin Muhammad, from Al Washa, from Ahmad Bin A'iz, from Abu Khadeeja,

²⁹ Al Kafi – V 6 – The Book of Foodstuffs Ch 97 H 7

³⁰ Al Kafi – V 6 – The Book of Foodstuffs Ch 97 H 8

³¹ Al Kafi – V 6 – The Book of Foodstuffs Ch 97 H 9

³² Al Kafi – V 6 – The Book of Foodstuffs Ch 97 H 10

(It has been narrated) from Abu Abdullah^{asws} having said: 'Al-Ajwa is the mother of the dates and it is which Allah^{azwj} Mighty and Majestic Sent down from the Paradise to Adam^{as}, and these are the Words of Allah^{azwj} Mighty and Majestic [59:5] **Whatever palm-tree you cut down or leave standing upon its roots – it Means Al-Ajwa**'.³³

مُحَمَّدُ بْنُ يَحْيَى عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ عَنْ مُعَمَّرِ بْنِ خَلَادٍ عَنْ أَبِي الْحَسَنِ الرِّضَا (عَلَيْهِ السَّلَام) قَالَ كَانَتْ نَخْلَةُ مَرْيَمَ (عَلَيْهَا السَّلَام) الْعَجْوَةَ وَ نَزَلَتْ فِي كَانُونَ وَ نَزَلَ مَعَ آدَمَ (عَلَيْهِ السَّلَام) الْعَيْقُ وَ الْعَجْوَةُ وَ مِنْهَا تَفَرَّقَ أَنْوَاعُ النَّخْلِ .

Muhammad Bin Yahya, from Ahmad Bin Muhammad, from Moamar Bin Khallad,

(It has been narrated) from Abu Al-Hassan Al-Reza^{asws} having said: 'The palm tree of Maryam^{as} was Al-Ajwa, and it was Sent down in December/January, and Al-Ajwa and Al-Ateeq were Sent down with Adam^{as}, and from it the variety of the palm trees disseminated'.³⁴

مُحَمَّدُ بْنُ يَحْيَى عَنْ مُحَمَّدِ بْنِ الْحُسَيْنِ عَنْ عَبْدِ الرَّحْمَنِ بْنِ أَبِي هَاشِمٍ عَنْ أَبِي خَدِيجَةَ قَالَ أَخَذْنَا مِنَ الْمَدِينَةِ نَوَى الْعَجْوَةِ فَغَرَسَهُ صَاحِبٌ لَنَا فِي بُسْتَانٍ فَخَرَجَ مِنْهُ السُّكَّرُ وَ الْهَيْرُونَ وَ الشَّهْرِيذُ وَ الصَّرْفَانُ وَ كُلُّ ضَرْبٍ مِنَ التَّمْرِ .

Muhammad Bin Yahya, from Muhammad Bin Al Husayn, from Abdul Rahman Bin Abu Hashim, from Abu Khadeeja who said,

'We took a variety of dates from Al-Medina, so a companion of our planted it in an orchard. So there came out from it, Al-Sakkar, and Al-Heyroun, and Al-Shahreyz, and Al-Sarfan, and every type of date'.³⁵

عَلِيُّ بْنُ إِبْرَاهِيمَ عَنْ أَبِيهِ عَنِ ابْنِ أَبِي عُمَيْرٍ عَنْ هِشَامِ بْنِ الْحَكَمِ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) قَالَ الصَّرْفَانُ سَيِّدُ تُمُورِكُمْ .

Ali Bin Ibrahim, from his father, from Ibn Abu Umeyr, from Hisham Bin Al Hakam,

(It has been narrated) from Abu Abdullah^{asws} having said: 'Al-Sarfan is the chief of your dates'.³⁶

الْحُسَيْنُ بْنُ مُحَمَّدٍ عَنْ أَحْمَدَ بْنِ إِسْحَاقَ وَ مُحَمَّدُ بْنُ يَحْيَى عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ بْنِ عِيْسَى عَنْ مُحَمَّدِ بْنِ إِسْمَاعِيلَ جَمِيعاً عَنْ سَعْدَانَ بْنِ مُسْلِمٍ عَنْ بَعْضِ أَصْحَابِنَا قَالَ لَمَّا قَدِمَ أَبُو عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) الْحَبِيرَةَ رَكِبَ دَابَّتَهُ وَ مَضَى إِلَى الْخَوْرَنَقِ فَنَزَلَ فَاسْتَنْظَلَ بِطَلِّ دَابَّتِهِ وَ مَعَهُ غُلَامٌ لَهُ أَسْوَدُ فَرَأَى رَجُلًا مِنْ أَهْلِ الْكُوفَةِ قَدْ اسْتَرَى نَخْلًا فَقَالَ لِلْغُلَامِ مَنْ هَذَا فَقَالَ لَهُ هَذَا جَعْفَرُ بْنُ مُحَمَّدٍ (عَلَيْهِ السَّلَام)

Al Husayn Bin Muhammad, from Ahmad Bin Is'haq, and Muhammad Bin Yahya, from Ahmad Bin Muhammad Bin Isa, from Muhammad Bin Ismail, altogether from Sa'dan Bin Muslim, from one of our companions who said, '

When Abu Abdullah^{asws} proceeded to Al-Hira, he^{asws} rode his^{asws} animal, and went to Al-Khowrank. So he^{asws} descended and took shade with the shadow of his^{asws} animal, and with him^{asws} was a black slave of his^{asws}. So he^{asws} a man from the

³³ Al Kafi – V 6 – The Book of Foodstuffs Ch 97 H 11

³⁴ Al Kafi – V 6 – The Book of Foodstuffs Ch 97 H 12

³⁵ Al Kafi – V 6 – The Book of Foodstuffs Ch 97 H 13

³⁶ Al Kafi – V 6 – The Book of Foodstuffs Ch 97 H 14

people of Al-Kufa who had bought a palm tree said to the slave: 'Who is this one?' So he said to him, 'This is Ja'far^{asws} Bin Muhammad^{asws}'.

فَجَاءَ بَطْبِقٍ ضَخْمٍ فَوَضَعَهُ بَيْنَ يَدَيْهِ فَقَالَ لِلرَّجُلِ مَا هَذَا فَقَالَ هَذَا الْبَرْنِيُّ فَقَالَ فِيهِ شِفَاءٌ وَ نَظَرَ إِلَى السَّابِرِيِّ فَقَالَ مَا هَذَا فَقَالَ السَّابِرِيُّ فَقَالَ هَذَا عِنْدَنَا الْبَيْضُ وَقَالَ لِلْمُشَانِ مَا هَذَا فَقَالَ الرَّجُلُ الْمُشَانُ فَقَالَ (عليه السلام) هَذَا عِنْدَنَا أُمَّ جِرْدَانَ وَ نَظَرَ إِلَى الصَّرْفَانِ فَقَالَ مَا هَذَا فَقَالَ الرَّجُلُ الصَّرْفَانُ فَقَالَ هُوَ عِنْدَنَا الْعَجْوَةُ وَ فِيهِ شِفَاءٌ .

So he came with a huge platter (of various dates) and placed it in front of him^{asws}. So he^{asws} said to the man: 'What is this?' He said, 'This is *Al-Barny* (dates)'. So he^{asws} said: 'Therein is a healing', and he^{asws} looked at *Al-Sabiriyya* (dates), so he^{asws} said: 'What is this?' So he said, '*Al-Sabiriyya*'. So he^{asws} said: 'With us this is (called) *Al-Bayz*'. An he^{asws} said for *Al-Mushan* (dates): 'What is this?' So the man said, '*Al-Mushan* (dates)'. So he^{asws} said: 'This, with us is (called) *Umm Jirzan*'. And he^{asws} looked at *Al-Safran*, so he^{asws} said: 'What is this?' So the man said, '*Al-Sarfan*'. So he^{asws} said: 'With us it is (called) *Al-Ajwa* and therein is a healing'.³⁷

عَلِيُّ بْنُ إِبْرَاهِيمَ عَنْ أَبِيهِ عَنِ ابْنِ أَبِي عُمَيْرٍ عَنْ هِشَامِ بْنِ الْحَكَمِ عَنْ أَبِي عَبْدِ اللَّهِ (عليه السلام) قَالَ ذُكِرَتِ التَّمُورُ عِنْدَهُ فَقَالَ الْوَاحِدُ عِنْدَكُمْ أَطِيبٌ مِنَ الْوَاحِدِ عِنْدَنَا وَ الْجَمِيعُ عِنْدَنَا أَطِيبٌ مِنَ الْجَمِيعِ عِنْدَكُمْ .

Ali Bin Ibrahim, from his father, from Ibn Abu Umeyr, from Hisham Bin Al Hakam,

(It has been narrated) from Abu Abdullah^{asws}, said, 'The dates were mentioned in his^{asws} presence, so he^{asws} said: 'The one (type) with you is better than one (type) with us, and the entirety of what is with us is better than the entirety of what is with you all'.³⁸

مُحَمَّدُ بْنُ يَحْيَى عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ عَنْ عَبْدِ اللَّهِ بْنِ مُحَمَّدٍ الْحَجَّالِ عَنْ أَبِي سَلَيْمَانَ الْحَمَّارِ قَالَ كُنَّا عِنْدَ أَبِي عَبْدِ اللَّهِ (عليه السلام) فَجَاءَنَا بِمَضِيرَةٍ وَ طَعَامٍ بَعْدَهَا ثُمَّ أَتَى بِقِنَاعٍ مِنْ رُطْبٍ عَلَيْهِ الْوَأْنُ فَجَعَلَ (عليه السلام) يَأْخُذُ بِيَدِهِ الْوَاحِدَةَ بَعْدَ الْوَاحِدَةِ فَيَقُولُ أَيُّ شَيْءٍ نُسَمُونَ هَذَا فَنَقُولُ كَذَا وَ كَذَا حَتَّى أَخَذَ وَاحِدَةً فَقَالَ مَا نُسَمُونَ هَذِهِ فَقُلْنَا الْمُشَانَ فَقَالَ نَحْنُ نُسَمِّيهَا أُمَّ جِرْدَانَ إِنَّ رَسُولَ اللَّهِ (صلى الله عليه وآله) أَتَى بِشَيْءٍ مِنْهَا فَأَكَلَ مِنْهَا وَ دَعَا لَهَا فَلَيْسَ شَيْءٌ مِنْ نَخْلِ أَحْمَلُ مِنْهَا .

Muhammad Bin Yahya, from Ahmad Bin Muhammad, from Abdullah Bin Muhammad Al Hajjal, from Abu Suleyman Al Hammar who said,

'We were in the presence of Abu Abdullah^{asws}, so they came to us with *Mazeyra* (a sauce), and food after it. Then we were given a basket of dates upon which were a variety of these. So he^{asws} went on to take with his^{asws} hand one after the other, and he^{asws} was saying: 'Which thing do you call this one?' So we said such and such, until he^{asws} he took (another) one, so he^{asws} said: 'So what are you calling this one?' So we said, '*Al-Mushan*'. So he^{asws} said: 'We call it *Umm Jirzan*, and that Rasool-Allah^{saww} was given something from it, so he^{saww} ate from it, and supplicated for it, therefore there is nothing from the palm trees which is more fruit-bearing than it'.³⁹

أَبُو عَلِيٍّ الْأَشْعَرِيُّ عَنْ مُحَمَّدِ بْنِ عَبْدِ الْجَبَّارِ عَنِ ابْنِ فَضَّالٍ عَنْ ثَعْلَبَةَ بْنِ مَيْمُونٍ عَنْ عَمَّارِ السَّابِاطِيِّ قَالَ كُنْتُ مَعَ أَبِي عَبْدِ اللَّهِ (عليه السلام) فَأَتَى بِرُطْبٍ فَجَعَلَ يَأْكُلُ مِنْهُ وَ يَشْرِبُ الْمَاءَ وَ يُنَاوِلُنِي الْإِنَاءَ فَأَكْرَهُ أَنْ أَرُدَّهُ فَأَشْرَبُ حَتَّى فَعَلَ ذَلِكَ مِرَارًا قَالَ فَقُلْتُ إِنِّي كُنْتُ صَاحِبَ بَلْعَمٍ فَسَكَوْتُ إِلَى أَهْرَنَ طَبِيبِ الْحَجَّاجِ فَقَالَ لِي أَلَّا نَخْلُ فِي بُسْتَانٍ قُلْتُ نَعَمْ قَالَ فِيهِ نَخْلٌ قُلْتُ نَعَمْ فَقَالَ لِي عُدَّ عَلَيَّ مَا فِيهِ

³⁷ Al Kafi – V 6 – The Book of Foodstuffs Ch 97 H 15

³⁸ Al Kafi – V 6 – The Book of Foodstuffs Ch 97 H 16

³⁹ Al Kafi – V 6 – The Book of Foodstuffs Ch 97 H 17

Abu Ali Al Ashary, from Muhammad Bin Abdul Jabbar, from Ibn Fazzal, from Sa'alba Bin Maymoun, from Ammar Al Sabaty who said,

'I was with Abu Abdullah^{asws}, so he^{asws} brought me some dates, and he^{asws} went on to eat from it, and drank the water, and he^{asws} gave me the bowl. So I disliked to return it, so I drank until I had done that repeatedly. So I said, 'I was with excess phlegm so I complained about it to Ahran the physician of Al-Hajjaj'. So he^{asws} said to me: 'Is there a palm tree for you in the orchard?' I said, 'Yes'. He^{asws} said: 'Therein are palm trees?' I said, 'Yes'. So he^{asws} said to me: 'Count to me^{asws} whatever its therein'.

فَعَدَدْتُ حَتَّى بَلَغْتُ الْهَيْرُونَ فَقَالَ لِي كُلُّ مِنْهُ سَبْعَ تَمْرَاتٍ حِينَ تُرِيدُ أَنْ تَنَامَ وَ لَا تَشْرَبِ الْمَاءَ فَفَعَلْتُ وَ كُنْتُ أُرِيدُ أَنْ أَبْصُقَ فَلَا أَقْدِرُ عَلَى ذَلِكَ فَشَكَّوْتُ إِلَيْهِ ذَلِكَ فَقَالَ لِي اشْرَبِ الْمَاءَ قَلِيلًا وَ أَمْسِكْ حَتَّى يَغْدِلَ طَبْعُكَ فَقَالَ أَبُو عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) أَمَا أَنَا فَلَوْ لَا الْمَاءُ مَا بَالَيْتُ إِلَّا أَدُوْقَهُ .

So I counted until I reached *Al-Heyroun* (a type of date). So he^{asws} said to me: 'Eat seven dates from it whenever you intend to sleep, and do not drink the water'. So I did it, and I wanted to spit but I did not have the ability upon that. So I complained to him^{asws} of that, so he^{asws} said to me: 'Drink the water, a little, and wait until your condition is moderate'. So I did it. So Abu Abdullah^{asws} said: 'As for myself^{asws}, so had it not been for the water, I would not care if I^{asws} do not taste it'.⁴⁰

عَدَّةٌ مِنْ أَصْحَابِنَا عَنْ أَحْمَدَ بْنِ أَبِي عَبْدِ اللَّهِ عَنْ مُحَمَّدِ بْنِ عَيْسَى عَنِ الدَّهْقَانِ عَنْ دُرُسْتِ بْنِ أَبِي مَنْصُورٍ عَنْ عَبْدِ اللَّهِ بْنِ سِنَانَ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) قَالَ مَنْ أَكَلَ فِي كُلِّ يَوْمٍ سَبْعَ تَمْرَاتٍ عَجْوَةٍ عَلَى الرَّيْقِ مِنْ تَمْرِ الْعَالِيَةِ لَمْ يَبْصُرْهُ سَمٌّ وَ لَا سِحْرٌ وَ لَا شَيْطَانٌ .

A number of our companions, from Ahmad Bin Abu Abdullah, from Muhammad Bin Isa, from Dahqan, from Dorost Bin Abu Mansour, from Abdullah Bin Sinan,

(It has been narrated) from Abu Abdullah^{asws} having said: 'The one who eats seven *Ajwa* dates during every day upon the empty stomach from the dates of *Al-Aaliya* (A place in Al-Medina), neither would poison harm him, nor sorcery, nor Satan^{la}'.⁴¹

عَنْهُ عَنْ يَعْقُوبَ بْنِ يَزِيدَ عَنْ زِيَادِ بْنِ مَرْوَانَ الْقَنْدِيِّ عَنْ عَبْدِ اللَّهِ بْنِ سِنَانَ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) قَالَ مَنْ أَكَلَ سَبْعَ تَمْرَاتٍ عَجْوَةٍ عِنْدَ مَنَامِهِ قَتَلَنَ الدِّيَانَ مِنْ بَطْنِهِ .

From him, from Yaqoub Bin Yazeed, from Ziyad Bin Marwan Al Qindy, from Abdullah Bin Sinan,

(It has been narrated) from Abu Abdullah^{asws} having said: 'The one who eats seven *Ajwa* dates at his sleep time, would kill the insects in his belly'.⁴²

⁴⁰ Al Kafi – V 6 – The Book of Foodstuffs Ch 97 H 18

⁴¹ Al Kafi – V 6 – The Book of Foodstuffs Ch 97 H 19

⁴² Al Kafi – V 6 – The Book of Foodstuffs Ch 97 H 20

Chapter 97 – The Fruits

عِدَّةٌ مِنْ أَصْحَابِنَا عَنْ أَحْمَدَ بْنِ أَبِي عَبْدِ اللَّهِ عَنْ أَبِيهِ عَنْ أَحْمَدَ بْنِ سُلَيْمَانَ عَنْ أَحْمَدَ بْنِ يَحْيَى الطَّحَّانِ عَمَّنْ حَدَّثَهُ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) قَالَ خَمْسٌ مِنْ فَوَاحِي الْجَنَّةِ فِي الدُّنْيَا الرُّمَّانُ الْإِمْلِيْسِيُّ وَ التَّقَّاحُ الشَّيْشَقَانُ وَ السَّقْرَجَلُ وَ الْعِنَبُ الرَّازِقِيُّ وَ الرُّطْبُ الْمُشَانُ .

A number of our companions, from Ahmad Bin Abu Abdullah, from his father, from Ahmad Bin Suleyman, from Ahmad Bin Yahya Al Tahhan, from the one who narrated it,

(It has been narrated) from Abu Abdullah^{asws} having said: 'Five are from the fruits of the Paradise in the world – the *Al-Amleysi* Pomegranate, and *Al-Sheysqan* apple, and the Quince, and the *Al-Raziqy* grapes, and *Al-Mushan* dates'.⁴³

مُحَمَّدُ بْنُ يَحْيَى عَنْ عَبْدِ اللَّهِ بْنِ جَعْفَرٍ عَنْ عَبْدِ الْعَزِيزِ بْنِ زَكَرِيَّا اللَّوْلُؤِيِّ عَنْ سُلَيْمَانَ بْنِ الْمُفَضَّلِ قَالَ سَمِعْتُ أَبَا الْجَارُودِ يُحَدِّثُ عَنْ أَبِي جَعْفَرٍ (عَلَيْهِ السَّلَامُ) قَالَ أَرْبَعَةٌ نَزَلَتْ مِنَ الْجَنَّةِ الْعِنَبُ الرَّازِقِيُّ وَ الرُّطْبُ الْمُشَانُ وَ الرُّمَّانُ الْإِمْلِيْسِيُّ وَ التَّقَّاحُ الشَّيْشَقَانُ .

Muhammad Bin Yahya, from Abdullah Bin Ja'far, from Abdul Aziz Bin Zakariyya Al Lu'lui, from Suleyman Bin Al Mufazzal who said,

'I heard Abu Al-Jaroud narrating Abou Abu Ja'far^{asws} having said: 'Four descended from the Paradise – *Al-Raziqy* grape, and *Al-Mushan* date, and *Al-Amleysi* pomegranate, and *Al-Sheysqan* apple'.⁴⁴

عِدَّةٌ مِنْ أَصْحَابِنَا عَنْ سَهْلِ بْنِ زِيَادٍ عَنْ جَعْفَرِ بْنِ مُحَمَّدٍ عَنِ ابْنِ الْقَدَّاحِ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) أَنَّهُ كَانَ يَكْرَهُ تَقَشِيرَ الثَّمَرَةِ .

A number of our companions, from Sahl Bin Ziyad, from Ja'far Bin Muhammad, from Ibn Al Qaddah,

(It has been narrated) from Abu Abdullah^{asws} him^{asws} having disliked peeling the fruits'.⁴⁵

عِدَّةٌ مِنْ أَصْحَابِنَا عَنْ أَحْمَدَ بْنِ أَبِي عَبْدِ اللَّهِ عَنِ الْحُسَيْنِ بْنِ الْمُنْذِرِ عَمَّنْ ذَكَرَهُ عَنْ فُرَاتِ بْنِ أَحْنَفَ قَالَ قَالَ أَبُو عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) إِنَّ لِكُلِّ ثَمَرَةٍ سَمًّا فَإِذَا أَتَيْتُمْ بِهَا فَمَسُوْهَا بِالْمَاءِ أَوْ اغْمَسُوْهَا فِي الْمَاءِ يَعْني اغْسِلُوْهَا .

A number of our companions, from Ahmad Bin Abu Abdullah, from Al Husayn Bin Al Munzar, from the one who mentioned it, from Furat Bin Ahnaf who said,

'Abu Abdullah^{asws} said: 'For every fruit there is poison, so whenever you are given it, so wipe it with the water, or immerse it in the water, meaning wash it'.⁴⁶

⁴³ Al Kafi – V 6 – The Book of Foodstuffs Ch 98 H 1

⁴⁴ Al Kafi – V 6 – The Book of Foodstuffs Ch 98 H 2

⁴⁵ Al Kafi – V 6 – The Book of Foodstuffs Ch 98 H 3

⁴⁶ Al Kafi – V 6 – The Book of Foodstuffs Ch 98 H 4

Chapter 98 – The Grapes

عَدَّةٌ مِنْ أَصْحَابِنَا عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ عَنْ عَلِيِّ بْنِ الْحَكَمِ عَنِ الرَّبِيعِ الْمُسْلِيِّ عَنْ مَعْرُوفِ بْنِ خَرْبُودَ عَمَّنْ رَأَى أَمِيرَ الْمُؤْمِنِينَ (عَلَيْهِ السَّلَام) يَأْكُلُ الْخُبْزَ بِالْعِنْبِ .

A number of our companions, from Ahmad Bin Muhammad, from Ali Bin Al hakam, from Al Rabie Al Musally, for Marouf Bin Kharbouz,

(It has been narrated) from the one who saw Amir Al-Momineen^{asws} eating the bread with the grapes'.⁴⁷

عَنْهُ عَنِ الْقَاسِمِ الزَّيَّاتِ عَنْ أَبَانَ بْنِ عُثْمَانَ عَنْ مُوسَى بْنِ الْعَلَاءِ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) قَالَ لَمَّا حَسَرَ الْمَاءُ عَنْ عِظَامِ الْمَوْتَى فَرَأَى ذَلِكَ نُوحٌ (عَلَيْهِ السَّلَام) جَزَعُ جَزَعاً شَدِيداً وَاعْتَمَ لِذَلِكَ فَأَوْحَى اللَّهُ عَزَّ وَجَلَّ إِلَيْهِ هَذَا عَمَلِكَ بِنَفْسِكَ أَنْتَ دَعَوْتَ عَلَيْهِمْ فَقَالَ يَا رَبِّ إِنِّي أَسْتَغْفِرُكَ وَآتُوبُ إِلَيْكَ فَأَوْحَى اللَّهُ عَزَّ وَجَلَّ إِلَيْهِ أَنْ كُلِ الْعِنْبَ الْأَسْوَدَ لِيَذْهَبَ غَمُّكَ .

From him, from Al Qasin Al Zayyat, from Aban Bin Usman, from Musa Bin Al A'ala,

(It has been narrated) from Abu Abdullah^{asws} having said: 'When the water laid bare the bones of the dead, so Noah^{as} saw that and panicked with an intense panic, and was aggrieved due to that. So Allah^{azwj} Mighty and Majestic Revealed unto him^{as}: "This is your doing, you^{as} supplicated against them". So he^{as} said: 'O Lord^{azwj}! I^{as} seek Forgiveness from You^{azwj} and I^{as} repent to You^{azwj}'. So Allah^{azwj} Mighty and Majestic Revealed unto him^{as}: "If you^{as} were to eat the black grapes, it would do away with (remove) your grief'.⁴⁸

عَلِيُّ بْنُ إِبْرَاهِيمَ عَنْ أَبِيهِ عَنْ ابْنِ أَبِي عُمَيْرٍ عَنْ هِشَامِ بْنِ سَالِمٍ قَالَ كَانَ عَلِيُّ بْنُ الْحُسَيْنِ (عَلَيْهِ السَّلَام) يُعْجِبُهُ الْعِنْبُ فَكَانَ يَوْمًا صَائِمًا فَلَمَّا أَفْطَرَ كَانَ أَوَّلَ مَا جَاءَ الْعِنْبُ أَنْتَهُ أُمَّ وَلِدًا لَهُ بَعْنُقُودٍ عِنْبٌ فَوَضَعَتْهُ بَيْنَ يَدَيْهِ فَجَاءَ سَائِلٌ فَدَفَعَهُ إِلَيْهِ فَدَسَّتْ أُمَّ وَلَدِهِ إِلَى السَّائِلِ فَاسْتَرْتَهُ مِنْهُ ثُمَّ أَنْتَهُ بِهِ فَوَضَعَتْهُ بَيْنَ يَدَيْهِ فَجَاءَ سَائِلٌ آخَرَ فَأَعْطَاهُ إِيَّاهُ فَفَعَلَتْ أُمَّ الْوَلَدِ كَذَلِكَ ثُمَّ أَنْتَهُ بِهِ فَوَضَعَتْهُ بَيْنَ يَدَيْهِ فَجَاءَ سَائِلٌ آخَرَ فَأَعْطَاهُ فَفَعَلَتْ أُمَّ الْوَلَدِ مِثْلَ ذَلِكَ فَلَمَّا كَانَ فِي الْمَرَّةِ الرَّابِعَةِ أَكَلَهُ (عَلَيْهِ السَّلَام) .

Ali Bin Ibrahim, from his father, from Ibn Abu Umeyr, from Hisham Bin Salim who said,

'Ali^{asws} Bin Al-Husayn^{asws} liked the grapes. So one day he^{as} was Fasting, and when he^{as} broke Fast the first of what came were the grapes, given to him^{asws} by a mother of his^{as} child, a cluster of grapes. So she placed these in front of him^{asws}, and a beggar came over. So he^{asws} handed these over to him, and the mother of his^{as} child went to the beggar and bought them off from him. Then she came with it and placed it in front of him^{asws}. So another beggar came over, and he^{asws} gave these to him. So the mother of his^{as} child did the like of that. Then she came with these and placed them in front of him^{as}. So there came another beggar, and he^{asws} gave these to him. So the mother of his^{asws} child did the like of that. So when it was during the fourth time, he^{asws} ate it (as no other beggar came over)'.⁴⁹

عَدَّةٌ مِنْ أَصْحَابِنَا عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ عَنْ بَكْرِ بْنِ صَالِحٍ رَفَعَهُ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) أَنَّهُ قَالَ شَكَأ نَبِيٌّ مِنَ الْأَنْبِيَاءِ إِلَى اللَّهِ عَزَّ وَجَلَّ الْعَمَّ فَأَمَرَهُ اللَّهُ عَزَّ وَجَلَّ بِأَكْلِ الْعِنْبِ .

⁴⁷ Al Kafi – V 6 – The Book of Foodstuffs Ch 99 H 1

⁴⁸ Al Kafi – V 6 – The Book of Foodstuffs Ch 99 H 2

⁴⁹ Al Kafi – V 6 – The Book of Foodstuffs Ch 99 H 3

A number of our companions, from Ahmad Bin Muhammad, from Bakr Bin Salih,

(It has been narrated) raising it from Abu Abdullah^{asws} having said: 'A Prophet^{as} from the Prophets^{as} complained to Allah^{as} Mighty and Majestic of the gloom, so Allah^{azwj} Mighty and Majestic Commanded him^{as} with eating the grapes'.⁵⁰

مُحَمَّدُ بْنُ يَحْيَى عَنْ مُوسَى بْنِ الْحَسَنِ عَنْ بَعْضِ أَصْحَابِهِ عَنِ ابْنِ بَقَّاحٍ عَنْ هَارُونَ بْنِ الْخَطَّابِ عَنْ أَبِي الْحَسَنِ الرَّسَّانِ قَالَ كُنْتُ أُرْعَى جَمَالِي فِي طَرِيقِ الْخُورِثِقِ فَبَصُرْتُ بِقَوْمٍ قَادِمِينَ فَمَلْتُ إِلَى بَعْضِ مَنْ مَعَهُمْ فَقُلْتُ مَنْ هَؤُلَاءِ فَقَالَ جَعْفَرُ بْنُ مُحَمَّدٍ (عَلَيْهِ السَّلَامُ) وَ عَبْدُ اللَّهِ بْنُ الْحَسَنِ قُدِّمَ بِهِمَا عَلَى الْمُنْصُورِ

Muhammad Bin yahya, from Musa Bin Al Hassan, from one of his companions, from Ibn Baqqah, from Haroun Bin Al Khattab, from Abu Al Hassan Al Rasan who said,

'I was grazing my sheep in a road of Al-Khowrnak, so I saw a group of people walking over. So I inclined towards one who was with them and I said, 'Who are they?' So he said, 'Ja'far^{asws} Bin Muhammad^{asws} and Abdullah Bin Al-Hassan. They are both being taken to Al-Mansour'.

قَالَ فَسَأَلْتُ عَنْهُمْ مِنْ بَعْدِ فَقِيلَ لِي إِنَّهُمْ نَزَلُوا بِالْحَيْرَةِ فَبَكَرْتُ لِأَسَلِّمْ عَلَيْهِمْ فَدَخَلْتُ فَإِذَا قُدِّمَهُمْ سِلَالٌ فِيهَا رُطْبٌ قَدْ أُهْدِيَتْ لَهُمْ مِنَ الْكُوفَةِ فَكَشَفْتُ قُدِّمَهُمْ فَمَدَّ يَدَهُ جَعْفَرُ بْنُ مُحَمَّدٍ (عَلَيْهِ السَّلَامُ) فَأَكَلَ وَ قَالَ لِي كُلْ لِي كُلْ ثُمَّ قَالَ لِعَبْدِ اللَّهِ بْنِ الْحَسَنِ يَا أَبَا مُحَمَّدٍ مَا تَرَى مَا أَحْسَنَ هَذَا الرُّطْبِ ثُمَّ التَفَتَ إِلَيَّ جَعْفَرُ بْنُ مُحَمَّدٍ (عَلَيْهِ السَّلَامُ) فَقَالَ لِي يَا أَهْلَ الْكُوفَةِ فَضَلْتُمْ عَلَى النَّاسِ فِي الْمَطْعَمِ بِثَلَاثِ سَمَكِكُمْ هَذَا الْبُنَانِي وَ عَيْبِكُمْ هَذَا الرَّازِقِي وَ رُطْبِكُمْ هَذَا الْمُشَانِ .

He (the narrator) said, 'So, I asked about them afterwards, and it was said to me, 'They have lodged at Al-Hira. So, I rose early in order to greet them. So, I went over and there were baskets in front of them in which were dates which had been gifted to them from Al-Kufa and were uncovered in front of them. So, Ja'far^{asws} Bin Muhammad^{asws} extended his^{asws} hand, so he^{asws} ate and said to me: 'Eat'. Then he^{asws} said to Abdullah Bin Al-Hassan: 'O Abu Muhammad! What is your view, how good are these dates?' Then Ja'far^{asws} Bin Muhammad^{asws} turned around towards me, so he^{asws} said to me: 'O people of Al-Kufa! You have been preferred over the people in the foods with three – Your fishes, this *Al-Bunany*; and your grapes, this *Al-Raziqy*; and your dates, this *Al-Mushan*'.⁵¹

الْحُسَيْنُ بْنُ مُحَمَّدٍ عَنْ مُعَلَّى بْنِ مُحَمَّدٍ عَنْ عَلِيِّ بْنِ السَّنْدِيِّ قَالَ حَدَّثَنِي عَيْسَى بْنُ عَبْدِ الرَّحْمَنِ عَنْ أَبِيهِ عَنْ جَدِّهِ قَالَ دَخَلَ أَبُو عَكَاشَةَ بْنُ مِحْصِنِ الْأَسَدِيِّ عَلَى أَبِي جَعْفَرٍ (عَلَيْهِ السَّلَامُ) فَقَدَّمَ إِلَيْهِ عَنَاباً وَ قَالَ لَهُ حَبَّةٌ حَبَّةٌ يَأْكُلُ الشَّيْخُ الْكَبِيرُ وَ الصَّبِيُّ الصَّغِيرُ وَ ثَلَاثَةٌ وَ أَرْبَعَةٌ يَأْكُلُ مَنْ يَظُنُّ أَنَّهُ لَا يَشْبَعُ وَ كُلُّهُ حَبَّتَيْنِ حَبَّتَيْنِ فَإِنَّهُ مُسْتَحَبٌّ .

Al Husayn Bin Muhammad, from Moala Bin Muhammad, from Ali Bin Al Sandy, from Isa Bin Abdul Rahman, from his father, from his grandfather who said,

'Abu Akasha Bin Mihsan Al-Asady came over to Abu Ja'far^{asws}, so he^{asws} forwarded some grapes to him and said to him: 'One, one (at a time) is how the old man and the young children eat, and three or four (at a time) is how he eats, the one who things he is not satiated, and you eat two (at a time), for it is preferable'.⁵²

⁵⁰ Al Kafi – V 6 – The Book of Foodstuffs Ch 99 H 4

⁵¹ Al Kafi – V 6 – The Book of Foodstuffs Ch 99 H 5

⁵² Al Kafi – V 6 – The Book of Foodstuffs Ch 99 H 6

باب الزبيب**Chapter 99 – The Raisins**

عَلِيُّ بْنُ إِبْرَاهِيمَ عَنْ أَبِيهِ عَنِ النَّوْفَلِيِّ عَنِ السَّكُونِيِّ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) قَالَ قَالَ أَمِيرُ الْمُؤْمِنِينَ (عَلَيْهِ السَّلَام) مَنْ أَصْطَبَحَ بِإِحْدَى وَ عَشْرِينَ زَبِيْبَةً حَمْرَاءَ لَمْ يَمْرَضْ إِلَّا مَرَضَ الْمَوْتِ إِنْ شَاءَ اللَّهُ .

Ali Bin Ibrahim, from his father, from Al Nowfaly, from Al Sakuny,

(It has been narrated) from Abu Abdullah^{asws} having said: ‘Amir Al-Momineen^{asws} said: ‘The one starts his morning with (eating) twenty one red raisins would not fall sick except for the sickness of death, Allah^{azwj} Willing’.⁵³

مُحَمَّدُ بْنُ يَحْيَى عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ عَنِ الْقَاسِمِ بْنِ يَحْيَى عَنْ جَدِّهِ الْحَسَنِ بْنِ رَاشِدٍ عَنْ أَبِي بَصِيرٍ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) قَالَ قَالَ أَمِيرُ الْمُؤْمِنِينَ (عَلَيْهِ السَّلَام) إِحْدَى وَ عَشْرُونَ زَبِيْبَةً حَمْرَاءَ فِي كُلِّ يَوْمٍ عَلَى الرِّيْقِ تَدْفَعُ جَمِيعَ الْأَمْرَاضِ إِلَّا مَرَضَ الْمَوْتِ .

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

(It has been narrated) from Abu Abdullah^{asws} having said: ‘Amir Al-Momineen^{asws} said: ‘(Eating) twenty one raisins every day upon the empty stomach dispels the entirety of the diseases except for the disease of death’.⁵⁴

عِدَّةٌ مِنْ أَصْحَابِنَا عَنْ أَحْمَدَ بْنِ أَبِي عَبْدِ اللَّهِ عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ عَنْ أَبِي نَصْرِ قَالَ حَدَّثَنِي رَجُلٌ مِنْ أَهْلِ مِصْرَ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) قَالَ الزَّبِيْبُ يَشُدُّ الْعَصَبَ وَ يَذْهَبُ بِالنَّصَبِ وَ يُطَيِّبُ النَّفْسَ .

A number of our companions, from Ahmad Bin Abu Abdullah, from Ahmad Bin Muhammad Bin Abu Nasr, from a man from the people of Egypt,

(It has been narrated) from Abu Abdullah^{asws} having said: ‘The raisins tighten the nerves, and do away with the exhaustion, and aromatise the breath’.⁵⁵

عِدَّةٌ مِنْ أَصْحَابِنَا عَنْ سَهْلِ بْنِ زِيَادٍ عَنْ يَعْقُوبَ بْنِ يَزِيدَ عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ عَنْ أَبِي نَصْرِ عَنْ فُلَّانِ الْمِصْرِيِّ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) قَالَ الزَّبِيْبُ الطَّائِفِيُّ يَشُدُّ الْعَصَبَ وَ يَذْهَبُ بِالنَّصَبِ وَ يُطَيِّبُ النَّفْسَ .

A number of our companions, from Sahl Bin Ziyad, from Yaqoub Bin Yazeed, from Ahmad Bin Muhammad Bin Abu Nasr, from an Egyptian,

(It has been narrated) from Abu Abdullah^{asws} having said: ‘The raisins of Al-Ta’if tighten the nerves, and do away with the exhaustion, and aromatise the breath’.⁵⁶

⁵³ Al Kafi – V 6 – The Book of Foodstuffs Ch 100 H 1

⁵⁴ Al Kafi – V 6 – The Book of Foodstuffs Ch 100 H 2

⁵⁵ Al Kafi – V 6 – The Book of Foodstuffs Ch 100 H 3

⁵⁶ Al Kafi – V 6 – The Book of Foodstuffs Ch 100 H 4

باب الرُّمَّان**Chapter 100 – The Pomegranate**

عَلِيُّ بْنُ إِبْرَاهِيمَ عَنْ أَبِيهِ وَ مُحَمَّدُ بْنُ إِسْمَاعِيلَ عَنِ الْفَضْلِ بْنِ شَاذَانَ عَنِ ابْنِ أَبِي عُمَيْرٍ عَنْ إِبْرَاهِيمَ بْنِ عَبْدِ الْحَمِيدِ قَالَ سَمِعْتُ أَبَا عَبْدِ اللَّهِ (عليه السلام) يَقُولُ عَلَيْكُمْ بِالرُّمَّانِ فَإِنَّهُ لَمْ يَأْكُلْهُ جَائِعٌ إِلَّا أَجْزَأَهُ وَ لَا سَبْعَانُ إِلَّا أَمْرَاهُ .

Ali Bin Ibrahim, from his father, and Muhammad Bin Ismail, from Al fazl Bin Shazaan, from Ibn Abu Umeyr, from Ibrahim Bin Abdul Hameed who said,

'I heard Abu Abdullah^{asws} saying: 'It is upon you with (eating) the Pomegranate, for it would not be eaten by a hungry one except that it would suffice him, nor by a satiated one except that it would be order him (for more food)'.⁵⁷

عَلِيُّ بْنُ إِبْرَاهِيمَ عَنْ هَارُونَ بْنِ مُسْلِمٍ عَنْ مَسْعَدَةَ بْنِ زِيَادٍ عَنْ أَبِي عَبْدِ اللَّهِ (عليه السلام) قَالَ الْفَاكِهَةُ مِائَةٌ وَ عَشْرُونَ لَوْ نَأْتَى سَيِّدَهَا الرُّمَّانُ .

Ali Bin Ibrahim, from Haroun Bin Muslim, from Mas'ada Bin Ziyad,

(It has been narrated) from Abu Abdullah^{asws} having said: 'The fruits are of one hundred and twenty types, the chief of these being the Pomegranate'.⁵⁸

عِدَّةٌ مِنْ أَصْحَابِنَا عَنْ أَحْمَدَ بْنِ أَبِي عَبْدِ اللَّهِ عَنْ أَبِيهِ عَنْ فَضَالَةَ بْنِ أَيُّوبَ عَنْ عُمَرَ بْنِ أَبَانَ الْكَلْبِيِّ قَالَ سَمِعْتُ أَبَا جَعْفَرٍ وَ أَبَا عَبْدِ اللَّهِ (عليه السلام) يَقُولَانِ مَا عَلَى وَجْهِ الْأَرْضِ ثَمْرَةٌ كَانَتْ أَحَبَّ إِلَيَّ رَسُولِ اللَّهِ (صلى الله عليه وآله) مِنْ الرُّمَّانِ وَ كَانَ وَ اللَّهِ إِذَا أَكَلَهَا أَحَبَّ أَنْ لَا يَشْرَكَهُ فِيهَا أَحَدٌ .

A number of our companions, from Ahmad Bin Abu Abdullah, from his father, from Fazalat Bin Ayoub, from Umar Bin Aban Al Kalby who said,

'I heard Abu Ja'far^{asws} and Abu Abdullah^{asws} both^{asws} having said: 'There is no fruit upon the surface of the earth more beloved to Rasool-Allah^{saww} than the Pomegranate, and, by Allah^{azwj} whenever I^{asws} have eat it I^{asws} love it that no one else should participate in it with me'.⁵⁹

عَنْهُ عَنْ مُحَمَّدِ بْنِ عَيْسَى عَنِ الدَّهْقَانَ عَنْ دُرُسْتٍ عَنْ إِبْرَاهِيمَ بْنِ عَبْدِ الْحَمِيدِ عَنْ أَبِي الْحَسَنِ (عليه السلام) قَالَ مِمَّا أَوْصَى بِهِ آدَمُ (عليه السلام) هِبَةَ اللَّهِ أَنْ قَالَ لَهُ عَلَيْكَ بِالرُّمَّانِ فَإِنَّكَ إِنْ أَكَلْتَهُ وَ أَنْتَ جَائِعٌ أَجْزَأَكَ وَ إِنْ أَكَلْتَهُ وَ أَنْتَ شَبْعَانُ أَمْرَاكَ .

From him, from Muhammad Bin Isa, from Al Dahqan, from Dorost, from Ibrahim Bin Abdul Hameed,

(It has been narrated) from Abu Al-Hassan^{asws} having said: 'From what Adam^{as} bequeathed with to Hibtullah^{as} was that he^{as} said to him^{as}: 'It is upon you with (eating) the Pomegranate, for if you^{as} were to eat it and you^{as} are hungry so it would suffice you^{as}, and if you^{as} were to eat it and you^{as} are satiated, it would order you (for more food)'.⁶⁰

⁵⁷ Al Kafi – V 6 – The Book of Foodstuffs Ch 101 H 1

⁵⁸ Al Kafi – V 6 – The Book of Foodstuffs Ch 101 H 2

⁵⁹ Al Kafi – V 6 – The Book of Foodstuffs Ch 101 H 3

⁶⁰ Al Kafi – V 6 – The Book of Foodstuffs Ch 101 H 4

عَلِيُّ بْنُ إِبْرَاهِيمَ عَنْ أَبِيهِ عَنِ ابْنِ أَبِي عُمَيْرٍ عَنْ حَمَّادِ بْنِ عُثْمَانَ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) قَالَ مَا مِنْ شَيْءٍ أُشَارِكُ فِيهِ أَبْعَضَ إِلَيَّ مِنَ الرُّمَّانِ وَ مَا مِنْ رُمَّانَةٍ إِلَّا وَ فِيهَا حَبَّةٌ مِنَ الْجَنَّةِ فَإِذَا أَكَلَهَا الْكَافِرُ بَعَثَ اللَّهُ عَزَّ وَ جَلَّ إِلَيْهِ مَلَكًا فَانْتَزَعَهَا مِنْهُ .

Ali Bin Ibrahim, from his father, from Ibn Abu Umeyr, from Hammad Bin Usman,

(It has been narrated) from Abu Abdullah^{asws} having said: 'There is none from the things the participation (of others) in it is more hateful for me than in (eating of) the Pomegranate, and there is none from the Pomegranates except that inside it is a seed from the Paradise. So when the Infidel eats it, Allah^{azwj} Mighty and Majestic Sends an Angels to him, so he removes from it'.⁶¹

أَبُو عَلِيٍّ الْأَشْعَرِيُّ عَنْ مُحَمَّدِ بْنِ عَبْدِ الْجَبَّارِ عَنْ مُحَمَّدِ بْنِ سَالِمٍ عَنْ أَحْمَدَ بْنِ النَّضْرِ عَنْ مُفَضَّلٍ قَالَ سَمِعْتُ أَبَا عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) يَقُولُ مَا مِنْ طَعَامٍ أَكَلُهُ إِلَّا وَ أَنَا أَشْتَهِي أَنْ أُشَارِكُ فِيهِ أَوْ قَالَ يَشْرِكُنِي فِيهِ إِنْسَانٌ إِلَّا الرُّمَّانَ فَإِنَّهُ لَيْسَ مِنْ رُمَّانَةٍ إِلَّا وَ فِيهَا حَبَّةٌ مِنَ الْجَنَّةِ .

Abu Ali Al Ashary, from Muhammad Bin Abdul Jabbar, from Muhammad Bin Salim, from Ahmad Bin Nazar, from Mufazzal who said,

'I heard Abu Abdullah^{asws} saying: 'There is none from the foods that I^{asws} eat except that I^{asws} am desirous of a human to participate in it except for the Pomegranate, for there is none from the Pomegranates except inside it is a seed from the Paradise'.⁶²

عَدَّةٌ مِنْ أَصْحَابِنَا عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ عَنْ عُثْمَانَ بْنِ عِيسَى عَنْ سَمَاعَةَ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) قَالَ كَانَ أَمِيرُ الْمُؤْمِنِينَ (عَلَيْهِ السَّلَامُ) إِذَا أَكَلَ الرُّمَّانَ بَسَطَ تَحْتَهُ مَنَدِيلًا فَسُئِلَ عَنْ ذَلِكَ فَقَالَ إِنَّ فِيهِ حَبَاتٍ مِنَ الْجَنَّةِ .

A number of our companions, from Ahmad Bin Muhammad, from Usman Bin Isa, from Sama'at,

(It has been narrated) from Abu Abdullah^{asws} having said: 'Whenever Amir Al-Momineen^{asws} ate the Pomegranate placed a towel underneath it. So he^{asws} was asked about that, so he^{asws} said: 'Therein are seeds from the Paradise'.

فَقِيلَ لَهُ إِنَّ الْيَهُودَ وَ النَّصَارَى وَ مَنْ سِوَاهُمْ يَأْكُلُونَهُ فَقَالَ إِذَا كَانَ ذَلِكَ بَعَثَ اللَّهُ عَزَّ وَ جَلَّ إِلَيْهِ مَلَكًا فَانْتَزَعَهَا مِنْهُ لِكَيْلَا يَأْكُلَهَا

So it was said to him^{asws}, 'The Jews, and the Christians, and the ones besides them are eating it'. So he^{asws} said: 'When it was like that, Allah^{azwj} Mighty and Majestic Sends an Angel to him, so he removes (that seed) from it, perhaps he might eat it'.⁶³

أَبُو عَلِيٍّ الْأَشْعَرِيُّ عَنْ مُحَمَّدِ بْنِ عَبْدِ الْجَبَّارِ عَنْ صَفْوَانَ بْنِ يَحْيَى عَنْ مَنْصُورِ بْنِ حَارِمٍ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) قَالَ مَنْ أَكَلَ حَبَّةً مِنْ رُمَّانٍ أَمْرَضَتْ شَيْطَانَ الْوَسْوَسةَ أَرْبَعِينَ يَوْمًا .

Abu Ali Al Ashary, from Muhammad Bin Abdul Jabbar, from Safwan Bin Yahya, from Mansour Bin Hazim,

(It has been narrated) from Abu Abdullah^{asws} having said: 'The one who eats a seed from a Pomegranate sickens the whisperings of the Satan^{la} for forty days'.⁶⁴

⁶¹ Al Kafi – V 6 – The Book of Foodstuffs Ch 101 H 5

⁶² Al Kafi – V 6 – The Book of Foodstuffs Ch 101 H 6

⁶³ Al Kafi – V 6 – The Book of Foodstuffs Ch 101 H 7

مُحَمَّدُ بْنُ يَحْيَى عَنْ أَحْمَدَ بْنِ مُحَمَّدِ بْنِ عَيْسَى وَ مُحَمَّدِ بْنِ الْحُسَيْنِ جَمِيعاً عَنْ مُحَمَّدِ بْنِ إِسْمَاعِيلَ بْنِ بَزِيعٍ عَنْ صَالِحِ بْنِ عُقْبَةَ عَنْ يَزِيدَ بْنِ عَبْدِ الْمَلِكِ النَّوْفَلِيِّ قَالَ دَخَلْتُ عَلَى أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) وَ فِي يَدِهِ رُمَّانَةٌ فَقَالَ يَا مُعْتَبُ أَعْطِهِ رُمَّانَةً فَإِنِّي لَمْ أَشْرِكْ فِي شَيْءٍ أَبْغَضَ إِلَيَّ مِنْ أَنْ أَشْرَكَ فِي رُمَّانَةٍ

Muhammad Bin Yahya, from Ahmad Bin Muhammad Bin Isa, and Muhammad Bin Al Husayn, altogether from Muhammad Bin Ismail Bin Bazie, from Salih Bin Uqba, from Yazeed Bin Abdul Malik Al Nowfaly who said,

'I went over to Abu Abdullah^{asws} and in his^{asws} hand was a Pomegranate, so he^{asws} said to me: 'O Mo'tab! Give him a Pomegranate, for there is nothing more hateful to me^{asws} in letting someone participating in something than letting him participate in a Pomegranate'.

ثُمَّ احْتَجَمَ وَ أَمَرَنِي أَنْ أَحْتَجِمَ فَاحْتَجَمْتُ ثُمَّ دَعَا بِرُمَّانَةٍ أُخْرَى ثُمَّ قَالَ يَا يَزِيدُ أَيُّمَا مُؤْمِنٍ أَكَلَ رُمَّانَةً حَتَّى يَسْتَوْفِيَهَا أَذْهَبَ اللَّهُ عَزَّ وَ جَلَّ الشَّيْطَانَ عَنْ إِنْارَةِ قَلْبِهِ مِائَةَ يَوْمٍ وَ مَنْ أَكَلَ اثْنَتَيْنِ أَذْهَبَ اللَّهُ عَزَّ وَ جَلَّ الشَّيْطَانَ عَنْ إِنْارَةِ قَلْبِهِ مِائَةَ يَوْمٍ وَ مَنْ أَكَلَ ثَلَاثًا حَتَّى يَسْتَوْفِيَهَا أَذْهَبَ اللَّهُ عَزَّ وَ جَلَّ الشَّيْطَانَ عَنْ إِنْارَةِ قَلْبِهِ سَنَةً لَمْ يَذْنِبْ وَ مَنْ لَمْ يَذْنِبْ دَخَلَ الْجَنَّةَ .

Then he^{asws} had cupping done and ordered me that I should get cupping done. So I had cupping done. Then he^{asws} called for another Pomegranate, then said: 'O Yazeed! But rather, a Believer eats a Pomegranate until he completes eating it, Allah^{azwj} Mighty and Majestic Sends the Satan^{la} away from the illumination of his heart for forty mornings; and the one who eats two, Allah^{azwj} Mighty and Majestic Sends the Satan^{la} away from the illumination of his heart for a hundred days; and the one who eats three until he completes these, Allah^{azwj} Mighty and Majestic Sends the Satan^{la} away from the illumination of his heart for a year; and the one from whom Allah^{azwj} Sends the Satan^{la} away from his heart for a year, would not sin, and the one who does not sin would enter the Paradise'.⁶⁵

مُحَمَّدُ بْنُ يَحْيَى عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ عَنْ ابْنِ مَحْبُوبٍ عَنْ عَبْدِ اللَّهِ بْنِ سِنَانَ قَالَ سَمِعْتُ أَبَا عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) يَقُولُ عَلَيْكُمْ بِالرُّمَّانِ الْحُلُوِّ فَكُلُوهُ فَإِنَّهُ لَيْسَتْ مِنْ حَبَّةٍ تَقَعُ فِي مَعْدَةِ مُؤْمِنٍ إِلَّا أَبَادَتْ دَاءً وَ أَطْفَأَتْ شَيْطَانَ الْاَوْسُوسَةِ عَنْهُ .

Muhammad Bin Yahya, from Ahmad Bin Muhammad, from Ibn Mahboub, from Abdullah Bin Sinan who said,

'I heard Abu Abdullah^{asws} saying: 'It is upon you with (eating) the sweet Pomegranate for there is none from a seed which falls in a stomach of a Believer except that it annihilates an illness and extinguishes the whispering of the Satan^{la} from him'.⁶⁶

عَلِيُّ بْنُ إِبْرَاهِيمَ عَنْ أَبِيهِ عَنْ ابْنِ أَبِي عُمَيْرٍ عَنْ هِشَامِ بْنِ سَالِمٍ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) قَالَ سَمِعْتُهُ يَقُولُ مَنْ أَكَلَ رُمَّانَةً عَلَى الرِّيقِ أَنْارَتْ قَلْبَهُ أَرْبَعِينَ يَوْمًا .

Ali Bin Ibrahim, from his father, from Ibn Abu Umeyr, from Hisham Bin Salim,

(It has been narrated) from Abu Abdullah^{asws} having said, 'I heard him^{asws} saying: 'The one who eats a Pomegranate upon the empty stomach, illuminates his heart for forty days'.⁶⁷

⁶⁴ Al Kafi – V 6 – The Book of Foodstuffs Ch 101 H 8

⁶⁵ Al Kafi – V 6 – The Book of Foodstuffs Ch 101 H 9

⁶⁶ Al Kafi – V 6 – The Book of Foodstuffs Ch 101 H 10

عَلِيُّ بْنُ مُحَمَّدٍ بْنِ بُنْدَارٍ عَنْ أَبِيهِ عَنْ مُحَمَّدِ بْنِ عَلِيٍّ الْهَمْدَانِيِّ عَنْ أَبِي سَعِيدٍ الرَّقَّامِ عَنْ صَالِحِ بْنِ عُقْبَةَ قَالَ سَمِعْتُ أَبَا عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) يَقُولُ كُلُوا الرُّمَانَ بِشَحْمِهِ فَإِنَّهُ يَدْبُغُ الْمَعِدَةَ وَ يَزِيدُ فِي الذَّهْنِ .

Ali Bin Muhammad Bin Bundar, from his father, from Muhammad Bin Ali Al Hamdany, from Abu Saeed Al Raqqan, from Salih Bin Uqba who said,

'I heard Abu Abdullah^{asws} saying: 'Eat the Pomegranate with its dividing lining, for it repairs the stomach and increased in the intellect'.⁶⁸

عِدَّةٌ مِنْ أَصْحَابِنَا عَنْ سَهْلِ بْنِ زِيَادٍ عَنْ جَعْفَرِ بْنِ مُحَمَّدٍ الْأَشْعَرِيِّ عَنِ ابْنِ الْقَدَّاحِ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) قَالَ كُلُوا الرُّمَانَ الْمُرَّ بِشَحْمِهِ فَإِنَّهُ دِبَاغٌ لِلْمَعِدَةِ .

A number of our companions, from Sahl Bin Ziyad, from Ja'far Bin Muhammad Al Ashary, from Ibn Al Qaddah,

(It has been narrated) from Abu Abdullah^{asws} having said: 'Eat the *Al-Muzz* Promegranate with its dividing lining, for it repairs the stomach'.⁶⁹

عَلِيُّ بْنُ إِبْرَاهِيمَ عَنْ أَبِيهِ عَنِ ابْنِ أَبِي عُمَيْرٍ عَنْ إِبْرَاهِيمَ بْنِ عَبْدِ الْحَمِيدِ عَنِ الْوَلِيدِ بْنِ صَبِيحٍ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) قَالَ ذَكَرَ الرُّمَانَ الْحُلُوَّ فَقَالَ الْمُرُّ أَصْلَحُ فِي الْبَطْنِ .

Ali Bin Ibrahim, from his father, from Ibn Abu Umeyr, from Ibrahim Bin Abdul Hameed, from Al Waleed Bin Sabeeh,

(It has been narrated) from Abu Abdullah^{asws}, said, 'The sweet Pomegranate was mentioned, so he^{asws} said: '*Al-Muzz* (a type of Pomegranate) is corrective in the belly'.⁷⁰

مُحَمَّدُ بْنُ إِسْمَاعِيلَ عَنِ الْفَضْلِ بْنِ شَذَانَ عَنِ ابْنِ أَبِي عُمَيْرٍ عَنِ إِبْرَاهِيمَ بْنِ عَبْدِ الْحَمِيدِ عَنِ الْوَلِيدِ بْنِ صَبِيحٍ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) مِثْلَهُ .

Muhammad Bin Ismail, from Al Fazl Bin Shazaan, from Ibn Abu Umeyr, from Ibrahim Bin Abdul Hameed, from Al Waleed Bin Sabeeh,

(It has been narrated) from Abu Abdullah^{asws} – similar to it.

عِدَّةٌ مِنْ أَصْحَابِنَا عَنْ أَحْمَدَ بْنِ مُحَمَّدِ بْنِ خَالِدٍ عَنِ ابْنِ بَقَّاحٍ عَنْ صَالِحِ بْنِ عُقْبَةَ الْخَيَّاطِ أَوْ الْقَمَّاطِ عَنْ يَزِيدَ بْنِ عَبْدِ الْمَلِكِ قَالَ سَمِعْتُ أَبَا عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) يَقُولُ مَنْ أَكَلَ رُمَانَةً أَنْارَتْ قَلْبُهُ وَ مَنْ أَنْارَ اللَّهُ قَلْبَهُ بَعَدَ الشَّيْطَانُ عَنْهُ فَلْتُ أَيُّ الرُّمَانَ جُعِلَتْ فِدَاكَ فَقَالَ سُورَانِيكُمْ هَذَا .

A number of our companions, from Ahmad Bin Muhammad Bin Khalid, from Ibn Baqqah, from Salih Bin Uqba Al Khayyat, or Al Qammat, from Yazeed Bin Abdul Malik who said,

'I heard Abu Abdullah^{asws} saying: 'The one who eats a Pomegranate illuminates his heart, and the one whose heart Allah^{azwj} illuminates, the Satan^{la} would be remote

⁶⁷ Al Kafi – V 6 – The Book of Foodstuffs Ch 101 H 11

⁶⁸ Al Kafi – V 6 – The Book of Foodstuffs Ch 101 H 12

⁶⁹ Al Kafi – V 6 – The Book of Foodstuffs Ch 101 H 13

⁷⁰ Al Kafi – V 6 – The Book of Foodstuffs Ch 101 H 14

from him'. I said, 'Which Pomegranate, may I be sacrificed for you^{asws}?' So he^{asws} said: 'Your Sowraniyya, this one'.⁷¹

عَنْهُ عَنِ النَّهَيْكِيِّ عَنْ عَبْدِ اللَّهِ بْنِ أَحْمَدَ عَنْ زِيَادِ بْنِ مَرْوَانَ الْقَنْدِيِّ قَالَ سَمِعْتُ أَبَا الْحَسَنِ (عَلَيْهِ السَّلَام) يَعْني الْأَوَّلَ يَقُولُ مَنْ أَكَلَ رُمَانَهُ يَوْمَ الْجُمُعَةِ عَلَى الرَّبِيقِ تَوَرَّتْ قَلْبُهُ أَرْبَعِينَ صَبَاحًا فَإِنْ أَكَلَ رُمَانَيْنِ فَتَمَانِينَ يَوْمًا فَإِنْ أَكَلَ ثَلَاثًا فَمِائَةً وَ عَشْرِينَ يَوْمًا وَ طَرِدَتْ عَنْهُ وَسْوَسةُ الشَّيْطَانِ وَ مَنْ طَرِدَتْ عَنْهُ وَسْوَسةُ الشَّيْطَانِ لَمْ يَعْصِ اللَّهَ عَزَّ وَ جَلَّ وَ مَنْ لَمْ يَعْصِ اللَّهَ أَدْخَلَهُ اللَّهُ الْجَنَّةَ .

From him, from Al Naheyki, from Ubeydullah Bin Ahmad, from Ziyad Bin Marwan Al Qindy who said,

'I heard Abu Al-Hassan^{asws}, meaning the 1st. saying: 'The one who eats a Pomegranate on the day of Friday upon the empty stomach, would enlighten his heart for forty mornings; and if he were to eat two Pomegranates so it would be for eighty days; and so if he were to eat three, so one hundred and twenty days; and the whisperings of the Satan^{la} would be dispelled from him, and the one from whom the whisperings of the Satan^{la} are dispelled would not disobey Allah^{azwj} Mighty and Majestic, and the one who does not disobey Allah^{asws}, Allah^{azwj} would Enter him into the Paradise'.⁷²

عَنْهُ عَنِ الْحُسَيْنِ بْنِ سَعِيدٍ عَنْ عَمْرِو بْنِ إِبْرَاهِيمَ عَنِ الْخُرَّاسَانِيِّ قَالَ أَكَلُ الرُّمَانَ الْخُلُو يَزِيدُ فِي مَاءِ الرَّجُلِ وَ يُحَسِّنُ الْوَلَدَ.

From him, from Al Husayn Bin Saeed, from Amro Bin Ibrahim, from Al Khurasany who said,

'Eating the sweet Pomegranate increases in the water of the man, and improves the childbirths'. (P.s. – This is not a Hadeeth).⁷³

عَدَّةٌ مِنْ أَصْحَابِنَا عَنْ سَهْلِ بْنِ زِيَادٍ عَنْ إِبْرَاهِيمَ بْنِ عَبْدِ الرَّحْمَنِ عَنْ زِيَادٍ عَنْ أَبِي الْحَسَنِ (عَلَيْهِ السَّلَام) قَالَ دُخَانُ شَجَرِ الرُّمَانَ يَنْفِي الْهُوَامَ .

A number of our companions, from Sahl Bin Ziyad, from Ibrahim Bin Abul Rahman, from Ziyad,

(It has been narrated) from Abu Al-Hassan^{asws} having said: 'Smoke of the Pomegranate negates the vermin'.⁷⁴

بَابُ النَّفَّاحِ

Chapter 101 – The Apple

مُحَمَّدُ بْنُ يَحْيَى عَنْ أَحْمَدَ بْنِ مُحَمَّدِ بْنِ عِيْسَى عَنْ مُحَمَّدِ بْنِ سِنَانَ عَنْ إِسْمَاعِيلَ بْنِ جَابِرٍ قَالَ سَمِعْتُ أَبَا عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) يَقُولُ النَّفَّاحُ تَضُوحُ الْمَعْدَةِ .

Muhammad Bin Yahya, from Ahmad Bin Muhammad Bin Isa, from Muhammad Bin Sinan, from Ismail Bin Jabir who said,

'I heard Abu Abdullah^{asws} saying: 'The apple radiates the stomach'.⁷⁵

⁷¹ Al Kafi – V 6 – The Book of Foodstuffs Ch 101 H 15

⁷² Al Kafi – V 6 – The Book of Foodstuffs Ch 101 H 16

⁷³ Al Kafi – V 6 – The Book of Foodstuffs Ch 101 H 17

⁷⁴ Al Kafi – V 6 – The Book of Foodstuffs Ch 101 H 18

⁷⁵ Al Kafi – V 6 – The Book of Foodstuffs Ch 102 H 19

أَحْمَدُ بْنُ مُحَمَّدٍ عَنْ بَكْرِ بْنِ صَالِحٍ عَنِ الْجَعْفَرِيِّ قَالَ سَمِعْتُ أَبَا الْحَسَنِ مُوسَى (عَلَيْهِ السَّلَامُ) يَقُولُ النَّفَّاحُ يَنْفَعُ مَنْ خَصَّالٍ عِدَّةٍ مِنَ السَّمِّ وَالسَّحْرِ وَاللَّمَمِ يَعْرِضُ مِنْ أَهْلِ الْأَرْضِ وَالْبُلْعَمِ الْعَالِيَةِ وَ لَيْسَ شَيْءٌ أَسْرَعَ مِنْهُ مَنْفَعَةً .

Ahmad Bin Muhammad, from Bakr Bin Salih, from Al Ja'fary who said,

'Abu Al-Hassan Musa^{asws} saying: 'The apple benefits from the effects from a number of toxins, and the sorcery, and the small faults presented from the people of the earth, and the overwhelming phlegm, and there is nothing quicker than it in benefitting'.⁷⁶

عَلِيُّ بْنُ مُحَمَّدٍ بْنِ بُنْدَارٍ عَنْ أَبِيهِ عَنْ مُحَمَّدِ بْنِ عَلِيٍّ الْهَمْدَانِيِّ عَنْ عَبْدِ اللَّهِ بْنِ سِنَانَ عَنْ دُرُسْتِ بْنِ أَبِي مَنْصُورٍ قَالَ بَعَثَنِي الْمُفَضَّلُ بْنُ عُمَرَ إِلَى أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) بِلُطْفٍ فَدَخَلْتُ عَلَيْهِ فِي يَوْمٍ صَائِفٍ وَ قَدَامَهُ طَبَقٌ فِيهِ تَفَاحٌ أَخْضَرٌ فَوَّاهُ اللَّهُ إِنْ صَبَرْتُ أَنْ قُلْتُ لَهُ جُعِلْتُ فِدَاكَ أ تَأْكُلُ مِنْ هَذَا وَ النَّاسُ يَكْرَهُونَهُ فَقَالَ لِي كَأَنَّهُ لَمْ يَزَلْ يَعْرِفُنِي وَ عَكَتْ فِي لَيْلِي هَذِهِ فَبَعَثْتُ فَأَتَيْتُ بِهِ فَأَكَلْتُهُ وَ هُوَ يَقْلَعُ الْحُمَى وَ يُسَكِّنُ الْحَرَارَةَ

Ali Bin Muhammad Bin Bundar, from his father, from Muhammad Bin Ali Al Hamdany, from Abdullah Bin Sinna, from Dorost Bin Abu Mansour who said,

'Al-Mufazzal Bin Umar sent me to Abu Abdullah^{asws} as a courtesy. So I went over to him^{asws} on a scorching hot day, and facing him^{asws} was a tray in which there were green apples, so by Allah^{azwj} I could not be patient and I said to him^{asws}, 'May I be sacrificed for you^{asws}! You^{asws} are eating from this and the people are abhorring it?' So he^{asws} said to me as if he^{asws} had not ceased to recognise me: 'I^{asws} woke up in this night of mine^{asws}, so I^{asws} sent for it and they came with it, So I^{asws} ate it and it takes off the fever and settles the temperature'.

فَقَدِمْتُ فَأَصَبْتُ أَهْلِي مَحْمُومِينَ فَأَطَعَمْتُهُمْ فَأَقْلَعَتِ الْحُمَى عَنْهُمْ .

So I proceeded (home) and I found my family with fever, so I fed them (apples), and the fever was lifted from them'.⁷⁷

عِدَّةٌ مِنْ أَصْحَابِنَا عَنْ سَهْلِ بْنِ زِيَادٍ عَنْ يَعْقُوبَ بْنِ يَزِيدَ عَنْ زِيَادِ الْقَنْدِيِّ قَالَ دَخَلْتُ الْمَدِينَةَ وَ مَعِيَ أَخِي سَيْفٌ فَأَصَابَ النَّاسَ بِرُعَافٍ فَكَانَ الرَّجُلُ إِذَا رَعَفَ يَوْمِينَ مَاتَ فَرَجَعْتُ إِلَى الْمَنْزِلِ فَإِذَا سَيْفٌ يَرْعُفُ رُعَافًا شَدِيدًا فَدَخَلْتُ عَلَى أَبِي الْحَسَنِ (عَلَيْهِ السَّلَامُ) فَقَالَ يَا زِيَادُ أَطَعِمَ سَيْفًا النَّفَّاحَ فَأَطَعَمْتُهُ إِيَّاهُ قَبْرًا .

A number of our companions, from Sahl Bin Ziyad, from Yaqoub Bin Yazeed, from Ziyad Al Qindy who said,

'I entered Al-Medina and with me was my brother Sayf and the people had been struck with nose-bleed, and it was so that when the man had nose-bleed for two days, he died. So I returned to the house and Sayf had nose-bleed with intense bleeding. So I went over to Abu Abdullah^{asws}, so he^{asws} said: 'O Ziyad! Feed Sayf the apple'. So I fed it to him, so he was cured'.⁷⁸

مُحَمَّدُ بْنُ يَحْيَى عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ عَنْ عَلِيِّ بْنِ الْحَكَمِ عَنْ زِيَادِ بْنِ مَرْوَانَ قَالَ أَصَابَ النَّاسَ وَبَاءٌ بِمَكَّةَ فَكَتَبْتُ إِلَى أَبِي الْحَسَنِ (عَلَيْهِ السَّلَامُ) فَكَتَبَ إِلَيَّ كُلِّ النَّفَّاحِ .

⁷⁶ Al Kafi – V 6 – The Book of Foodstuffs Ch 102 H 2

⁷⁷ Al Kafi – V 6 – The Book of Foodstuffs Ch 102 H 3

⁷⁸ Al Kafi – V 6 – The Book of Foodstuffs Ch 102 H 4

Muhammad Bin Yahya, from Ahmad Bin Muhammad, from Ali Bin Al Hakam, from Ziyad Bin Marwan who said,

'The people were struck with plague at Makkah, so I wrote to Abu Al-Hassan^{asws}. So he^{asws} wrote to me: 'Eat the apple'.⁷⁹

أَبُو عَلِيٍّ الْأَشْعَرِيُّ عَنْ مُحَمَّدِ بْنِ عَبْدِ الْجَبَّارِ عَنِ ابْنِ فَضَّالٍ عَنِ ابْنِ بُكَيْرٍ قَالَ رَعَفْتُ سَنَةً بِالْمَدِينَةِ فَسَأَلَ أَصْحَابُنَا أَبَا عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) عَنْ شَيْءٍ يُمَسِّكُ الرَّعَافَ فَقَالَ لَهُمْ اسْفُوهُ سَوِيْقِ النَّفَّاحِ فَسَفَوْنِي فَأَنْقَطَعَ عَنِّي الرَّعَافُ .

Abu Ali Al Ashary, from Muhammad Bin Abdul Jabbar, from Ibn Fazzal, from Ibn Bukeyr who said,

'I had nose-bleed for a year at Al-Medina. So our companions asked Abu Abdullah^{asws} about something which could stop the nose-bleed, so he^{asws} said to them: 'Make him drink *Suweyq* of the apples'. So they made me drink it, and the nose-bleed cut-off from me'.⁸⁰

مُحَمَّدُ بْنُ يَحْيَى عَنْ مُحَمَّدِ بْنِ مُوسَى عَنْ بَعْضِ أَصْحَابِنَا رَفَعَهُ إِلَى أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) أَنَّهُ قَالَ مَا أَعْرِفُ لِلشُّمُومِ دَوَاءً أَنْفَعُ مِنْ سَوِيْقِ النَّفَّاحِ .

Muhammad Bin yahya, from Muhammad Bin Musa, from one of our companions,

(It has been narrated) raising it to Abu Abdullah^{asws} having said: 'I^{asws} do not know for the toxins, any cure more beneficial that a *Suweyq* of the apples'.⁸¹

عَنْهُ عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ عَنِ الْحُسَيْنِ بْنِ سَعِيدٍ عَنْ أَحْمَدَ بْنِ مُحَمَّدِ بْنِ يَزِيدَ قَالَ كَانَ إِذَا لَسَعَ إِنْسَانًا مِنْ أَهْلِ الدَّارِ حَبَّةٌ أَوْ عَقْرَبٌ قَالَ اسْفُوهُ سَوِيْقِ النَّفَّاحِ .

From him, from Ahmad Bin Muhammad, from Al Husayn Bin Saeed, from Ahmad Bin Muhammad Bin Yazeed who said,

'Whenever if a person from the household is stung by a snake or a scorpion, he^{asws} said: 'Make him drink *Suweyq* of the apples'.⁸²

عِدَّةٌ مِنْ أَصْحَابِنَا عَنْ أَحْمَدَ بْنِ أَبِي عَبْدِ اللَّهِ عَنْ يَعْقُوبَ بْنِ يَزِيدَ عَنِ الْقَنْدِيِّ عَنِ الْمُفَضَّلِ بْنِ عُمَرَ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) قَالَ ذَكَرَ لَهُ الْحَمِيُّ فَقَالَ (عَلَيْهِ السَّلَامُ) إِنَّا أَهْلُ بَيْتٍ لَا تَنْدَاوَى إِلَّا بِإِفَاضَةِ الْمَاءِ الْبَارِدِ يُصَبُّ عَلَيْنَا وَ أَكَلِ النَّفَّاحِ .

A number of our companioins, from Ahmad Bin Abu Abdullah, from Yaqoub Bin Yazeed, from Al Qindy, from Al Mufazzal Bin Umar,

(It has been narrated) from Abu Abdullah^{asws}, said, 'The fever was mentioned to him^{asws}, so he^{asws} said: 'We^{asws} the People^{asws} of the Household do not cure it except by the pouring of the cold water upon us (for cooling the external heat) and eating the apple (for cooling the internal heat)'.⁸³

عَنْهُ عَنْ أَبِيهِ عَنْ يُونُسَ عَمَّنْ ذَكَرَهُ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) قَالَ لَوْ يَعْلَمُ النَّاسُ مَا فِي النَّفَّاحِ مَا دَاوَوْا مَرْضَاهُمْ إِلَّا بِهِ .

⁷⁹ Al Kafi – V 6 – The Book of Foodstuffs Ch 102 H 5

⁸⁰ Al Kafi – V 6 – The Book of Foodstuffs Ch 102 H 6

⁸¹ Al Kafi – V 6 – The Book of Foodstuffs Ch 102 H 7

⁸² Al Kafi – V 6 – The Book of Foodstuffs Ch 102 H 8

⁸³ Al Kafi – V 6 – The Book of Foodstuffs Ch 102 H 9

From him, from his father, from Yunus, from the one who mentioned it,

(It has been narrated) from Abu Abdullah^{asws} having said: 'If the people knew what was in the apple, they would not cure their sick ones except by it'.

قَالَ وَ رَوَى بَعْضُهُمْ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) قَالَ أَطْعَمُوا مَحْمُومِيكُمْ التُّفَّاحَ فَمَا مِنْ شَيْءٍ أَنْفَعَ مِنَ التُّفَّاحِ .

He (the narrator) said, 'And some of them have reported from Abu Abdullah^{asws} having said: 'Feed the apple to your feverish ones, for there is none from the things more beneficial than the apple'.⁸⁴

عِدَّةٌ مِنْ أَصْحَابِنَا عَنْ سَهْلِ بْنِ زِيَادٍ عَنْ مُحَمَّدِ بْنِ الْحَسَنِ بْنِ شُمُونَ عَنْ عَبْدِ اللَّهِ بْنِ عَبْدِ الرَّحْمَنِ عَنْ مَسْمَعِ بْنِ عَبْدِ الْمَلِكِ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) قَالَ إِنَّ أَمِيرَ الْمُؤْمِنِينَ (عَلَيْهِ السَّلَام) قَالَ كُلُوا التُّفَّاحَ فَإِنَّهُ يَدْبِغُ الْمَعِدَةَ .

A number of our companions, from Sahl Bin Ziyad, from Muhammad Bin Al Hassan Bin Shamoun, from Abdullah Bin Abdul Rahman, from Misma'a Bin Abdul Malik,

(It has been narrated) from Abu Abdullah^{asws} having said: 'Amir Al-Momineen^{asws} said: 'Eat the apple for it repairs the stomach'.⁸⁵

باب السَّفْرَجَلِ

Chapter 102 – The Quince

مُحَمَّدُ بْنُ يَحْيَى عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ عَنِ الْقَاسِمِ بْنِ يَحْيَى عَنْ جَدِّهِ الْحَسَنِ بْنِ رَاشِدٍ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) قَالَ قَالَ أَمِيرُ الْمُؤْمِنِينَ (عَلَيْهِ السَّلَام) أَكَلُ السَّفْرَجَلِ قُوَّةٌ لِلْقَلْبِ الضَّعِيفِ وَ يُطَيِّبُ الْمَعِدَةَ وَ يُدَكِّي الْفُؤَادَ وَ يُشَجِّعُ 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'.⁸⁶

عَلِيُّ بْنُ إِبْرَاهِيمَ عَنْ أَبِيهِ عَنِ التَّوْفَلِيِّ عَنِ السَّكُونِيِّ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) قَالَ كَانَ جَعْفَرُ بْنُ أَبِي طَالِبٍ عِنْدَ النَّبِيِّ (صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ) فَأَهْدَى إِلَى النَّبِيِّ (صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ) سَفْرَجَلٌ فَقَطَعَ مِنْهُ النَّبِيُّ (صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ) قِطْعَةً وَ نَاولَهَا جَعْفَرًا فَأَبَى أَنْ يَأْكُلَهَا فَقَالَ خُذْهَا وَ كُلْهَا فَإِنَّهَا تُدَكِّي الْقَلْبَ وَ تُشَجِّعُ الْجَبَانَ

Ali Bin Ibrahim, from his father, from Al Nowfaly, from Al Sakuny,

(It has been narrated) from Abu Abdullah^{asws} having said: 'Ja'far^{asws} Bin Abu Talib^{as} was in the presence of the Prophet^{saww} and he^{as} gifted a Quince to the Prophet^{saww}. So the Prophet^{saww} cut off a piece from it and gave it to Ja'far^{as}, but he^{as} refused to eat it (out of respect). So he^{saww} said: 'Take it, and eat it, for it purifies the heart, and emboldens the timid'.

وَ فِي رِوَايَةٍ أُخْرَى كُلُّ فَإِنَّهُ يُصَفِّي اللَّوْنَ وَ يُحَسِّنُ الْوَلَدَ .

⁸⁴ Al Kafi – V 6 – The Book of Foodstuffs Ch 102 H 10

⁸⁵ Al Kafi – V 6 – The Book of Foodstuffs Ch 102 H 11

⁸⁶ Al Kafi – V 6 – The Book of Foodstuffs Ch 103 H 1

And in another report: '(He^{saww} said): 'Eat, for it clears the colour and improves the child birth'.⁸⁷

الْحُسَيْنُ بْنُ مُحَمَّدٍ عَنْ مُعَلَّى بْنِ مُحَمَّدٍ رَفَعَهُ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) قَالَ مَنْ أَكَلَ سَفْرَجَلَةً عَلَى الرَّيْقِ طَابَ مَاؤُهُ وَ حَسُنَ وَادُّهُ .

Al Husayn Bin Muhammad, from Moala Bin Muhammad, raising it,

(It has been narrated) from Abu Abdullah^{asws} having said: 'The one who eats a Quince upon the empty stomach would make good his water and improve the child birth'.⁸⁸

مُحَمَّدُ بْنُ يَحْيَى عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ عَنْ مُحَمَّدِ بْنِ إِسْمَاعِيلَ بْنِ بَزِيْعٍ عَنْ عَمِّهِ حَمْرَةَ بْنِ بَزِيْعٍ عَنْ أَبِي إِبْرَاهِيمَ (عَلَيْهِ السَّلَام) قَالَ قَالَ رَسُولُ اللَّهِ (صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ) لَجَعْفَرِ يَا جَعْفَرُ كُلِّ السَّفْرَجَلِ فَإِنَّهُ يُفَوِّي الْقَلْبَ وَ يُشَجِّعُ 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'.⁸⁹

أَحْمَدُ بْنُ مُحَمَّدٍ عَنِ الْحَسَنِ بْنِ عَلِيٍّ عَنْ جَمِيلِ بْنِ دَرَّاجٍ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) قَالَ مَنْ أَكَلَ سَفْرَجَلَةً أَنْطَقَ اللَّهُ عَزَّ وَجَلَّ الْحِكْمَةَ عَلَى لِسَانِهِ أَرْبَعِينَ صَبَاحًا .

Ahmad Bin Muhammad, from Al Hassan Bin Ali, from Jameel Bin Darraj,

(It has been narrated) from Abu Abdullah^{asws} having said: 'The one who eats a Quince Allah^{azwj} Mighty and Majestic would Make his tongue speak wisdom for forty mornings'.⁹⁰

مُحَمَّدُ بْنُ عَبْدِ اللَّهِ بْنِ جَعْفَرٍ عَنْ أَبِيهِ عَنْ عَلِيِّ بْنِ سُلَيْمَانَ بْنِ رُشَيْدٍ عَنْ مَرْوَكِ بْنِ عُبَيْدٍ عَمَّنْ ذَكَرَهُ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) قَالَ مَا بَعَثَ اللَّهُ عَزَّ وَجَلَّ نَبِيًّا إِلَّا وَ مَعَهُ رَائِحَةُ السَّفْرَجَلِ .

Muhammad Bin Abdullah Bin Ja'far, from his father, from Ali Bin Suleyman Bin Rusheyd, from Marwak Bin Ubeyd, from the one who mentioned it,

(It has been narrated) from Abu Abdullah^{asws} having said: 'Allah^{azwj} Mighty and Majestic did not Send a Prophet^{saww} except that his^{as} fragrance was that of a Quince'.⁹¹

عِدَّةٌ مِنْ أَصْحَابِنَا عَنْ أَحْمَدَ بْنِ أَبِي عَبْدِ اللَّهِ عَنْ عِدَّةٍ مِنْ أَصْحَابِهِ عَنْ عَلِيِّ بْنِ أَسْبَاطٍ عَنْ أَبِي مُحَمَّدٍ الْجَوْهَرِيِّ عَنْ سُفْيَانَ بْنِ عُيَيْنَةَ قَالَ سَمِعْتُ جَعْفَرَ بْنَ مُحَمَّدٍ (عَلَيْهِ السَّلَام) يَقُولُ السَّفْرَجَلُ يَذْهَبُ بِهِمَّ الْحَزِينِ كَمَا تَذْهَبُ الْيَدُ بِعَرَقِ الْجَبِينِ .

A number of our companions, from Ahmad Bin Abu Abdullah, from a number of his companions, from Ali Bin Asbaat, from Abu Muhammad Al Jowhary, from Sufyan Bin Uyayna who said,

⁸⁷ Al Kafi – V 6 – The Book of Foodstuffs Ch 103 H 2

⁸⁸ Al Kafi – V 6 – The Book of Foodstuffs Ch 103 H 3

⁸⁹ Al Kafi – V 6 – The Book of Foodstuffs Ch 103 H 4

⁹⁰ Al Kafi – V 6 – The Book of Foodstuffs Ch 103 H 5

⁹¹ Al Kafi – V 6 – The Book of Foodstuffs Ch 103 H 6

'I heard Ja'far^{asws} Bin Muhammad^{asws} saying: 'The Quince removes the distress of the grief just as the hand removes the sweat from the forehead'.⁹²

باب التين

Chapter 103 – The Fig

عَلِيُّ بْنُ إِبْرَاهِيمَ عَنْ أَبِيهِ عَنْ أَحْمَدَ بْنِ مُحَمَّدَ بْنِ أَبِي نَصْرٍ عَنْ أَبِي الْحَسَنِ الرَّضَا (عَلَيْهِ السَّلَام) قَالَ التَّيْنُ يَذْهَبُ بِالْبَخْرِ وَ يَشُدُّ الْفَمَّ وَ الْعَظْمَ وَ يُنْبِتُ الشَّعْرَ وَ يَذْهَبُ بِالذَّاءِ وَ لَا يُحْتَاجُ مَعَهُ إِلَى دَوَاءٍ

Ali Bin Ibrahim, from his father, from Ahmad Bin Muhammad Bin Abu Nasr,

(It has been narrated) from Abu Al-Hassan Al-Reza^{asws} having said: 'The Fig removes the bad breath, and strengthens the gums and the bones, and builds the hair, and eliminates the illnesses and with it you would not be in need for a medicine'.

وَ قَالَ (عَلَيْهِ السَّلَام) التَّيْنُ أَشْبَهُ شَيْءٍ بِنَبَاتِ الْجَنَّةِ.

And he^{asws} said: 'The Fig is something with the vegetation of the Paradise'.⁹³

وَ رَوَاهُ سَهْلُ بْنُ زِيَادٍ عَنْ أَحْمَدَ بْنِ الْأَشْعَثِ عَنْ أَحْمَدَ بْنِ مُحَمَّدَ بْنِ أَبِي نَصْرٍ أَيْضاً مِثْلَهُ .

And Sahl Bin Ziyad reported from Ahmad Bin Al Ash'as, from Ahmad Bin Muhammad Bin Abu Nasr as well – similar to it.

باب الكمثرى

Chapter 104 – The Pears

مُحَمَّدُ بْنُ يَحْيَى عَنْ أَحْمَدَ بْنِ مُحَمَّدَ بْنِ الْقَاسِمِ بْنِ يَحْيَى عَنْ جَدِّهِ الْحَسَنِ بْنِ رَاشِدٍ عَنْ أَبِي بَصِيرٍ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) قَالَ كُلُوا الْكُمَّثْرَى فَإِنَّهُ يَجْلُو الْقَلْبَ وَ يَسْكُنُ أَوْجَاعَ الْجَوْفِ 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,

(It has been narrated) from Abu Abdullah^{asws} having said: 'Eat the pears for it galvanises the heart and settles the interior pains by the Permission of Allah^{azwj} the High'.⁹⁴

مُحَمَّدُ بْنُ يَحْيَى عَنْ أَحْمَدَ بْنِ مُحَمَّدَ بْنِ عَبْدِ اللَّهِ بْنِ جَعْفَرٍ عَنْ مُحَمَّدَ بْنِ عَيْسَى عَنِ الْوَشَاءِ عَنْ بَعْضِ أَصْحَابِنَا عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) قَالَ الْكُمَّثْرَى يَذْبَعُ الْمَعْدَةَ وَ يُقْوِيهَا هُوَ وَ السَّقْرَجَلُ سَوَاءٌ وَ هُوَ عَلَى الشَّيْبِ أَنْفَعُ مِنْهُ عَلَى الرَّيِّقِ وَ مَنْ أَصَابَهُ طَخَاءٌ فَلْيَأْكُلْهُ يَعْني عَلَى الطَّعَامِ .

Muhammad Bin Yahya, from Ahmad Bin Muhammad, from Abdullah Bin Ja'far, from Muhammad Bin Isa, from Al Washa, from one of our companions,

⁹² Al Kafi – V 6 – The Book of Foodstuffs Ch 103 H 7

⁹³ Al Kafi – V 6 – The Book of Foodstuffs Ch 104 H 1

⁹⁴ Al Kafi – V 6 – The Book of Foodstuffs Ch 105 H 1

(It has been narrated) from Abu Abdullah^{asws} having said: 'The pears repair the stomach and strengthens it, it and the Quince are the same, and it is more beneficial upon the full stomach than upon the empty, and the one who is hit by overwhelming stress so let him eat it, meaning upon the food'.⁹⁵

باب الإِجَاصِ

Chapter 105 – The Plums

مُحَمَّدُ بْنُ يَحْيَى عَنْ عَبْدِ اللَّهِ بْنِ جَعْفَرٍ عَنْ يَعْقُوبَ بْنِ يَزِيدَ عَنْ زِيَادِ الْقَنْدِيِّ قَالَ دَخَلْتُ عَلَى أَبِي الْحَسَنِ الْأَوَّلِ (عَلَيْهِ السَّلَامُ) وَبَيْنَ يَدَيْهِ تَوْرُ مَاءٍ فِيهِ إِجَاصٌ أَسْوَدٌ فِي إِبَائِهِ فَقَالَ إِنَّهُ هَاجَتْ بِي حَرَارَةٌ وَ إِنَّ الْإِجَاصَ الطَّرِيَّ يُطْفِئُ الْحَرَارَةَ وَ يُسَكِّنُ الصَّفْرَاءَ وَ إِنَّ الْيَابِسَ مِنْهُ يُسَكِّنُ الدَّمَ وَ يَسَلُّ الدَّاءَ الدَّوِيِّ .

Muhammad Bin Yahya, from Abdullah Bin Ja'far, from yaqoub Bin Yazeed, from Ziyad who said,

'I went over to Abu Al-Hassan^{asws} the 1st and in front of him^{asws} was a bowl of water in which were black plums during its season. So he^{asws} said: 'There was a fever with me and the soft plums extinguish the heat, and settle the paleness, and the dried from it settles the blood and takes away the illness of the rumbling'.⁹⁶

باب الأُتْرُجِ

Chapter 106 – The Citron

مُحَمَّدُ بْنُ يَحْيَى عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ عَنْ عَلِيِّ بْنِ الْحَكَمِ وَ الْوَشَاءِ جَمِيعاً عَنْ عَلِيِّ بْنِ أَبِي حَمْرَةَ عَنْ أَبِي بصير قَالَ كَانَ عِنْدِي ضَيْفٌ فَتَشَهَّى أُتْرُجًا بَعْسَلٍ فَأَطْعَمْتُهُ وَ أَكَلْتُ مَعَهُ ثُمَّ مَضَيْتُ إِلَى أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) وَ إِذَا الْمَائِدَةُ بَيْنَ يَدَيْهِ فَقَالَ لِي اذُنُ فَكُلْ فَقُلْتُ إِنِّي أَكَلْتُ قَبْلَ أَنْ آتَيْتُكَ أُتْرُجًا بَعْسَلٍ وَ أَنَا أَجِدُ ثِقَلَهُ لِأَنِّي أَكْثَرْتُ مِنْهُ

Muhammad Bin Yahya, from Ahmad Bin Muhammad, from Ali Bin Al Hakam and Al Washa altogether from Ali Bin Abu Hamza, from Abu Baseer who said,

'I had a guest with me, so he desired to eat the Citron with honey, so I fed it to him, and I ate with him. Then I went to Abu Abdullah^{asws} and there was a meal on the table in front of him^{asws}. So he^{asws} said to me: 'Approach, and eat'. So I said, 'I have eaten before coming to you^{asws}, Citron with honey, and I still find its heaviness as I ate a lot from it'.

فَقَالَ يَا غُلَامُ انْطَلِقْ إِلَى الْجَارِيَةِ فَقُلْ لَهَا ابْعَثِي إِلَيْنَا بَحْرَفٍ رَغِيفٍ يَابِسٍ مِنَ الَّذِي تُجَفِّفُهُ فِي النَّتُورِ فَأَتَيْتُ بِهِ فَقَالَ لِي كُلْ مِنْ هَذَا الْخُبْزِ الْيَابِسِ فَإِنَّهُ يَهْضِمُ الْأُتْرُجَ فَأَكَلْتُهُ ثُمَّ قُمْتُ فَكَأَنِّي لَمْ أَكُلْ شَيْئاً .

So he^{asws} said: 'O slave, go to the maid and say to her to send to us the dry pieces of bread from the ones she dries in the oven'. So he came with it, and he^{asws} said to me: 'Eat this dry bread for it would digest the Citron'. So I ate it. Then I arose, and it was as if I had not eaten anything'.⁹⁷

مُحَمَّدُ بْنُ يَحْيَى عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ عَنْ بَكْرِ بْنِ صَالِحٍ عَنْ عَبْدِ اللَّهِ بْنِ إِبْرَاهِيمَ الْجَعْفَرِيِّ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) قَالَ بَأَى شَيْءٍ يَأْمُرُكُمْ أَطْبَاؤُكُمْ فِي الْأُتْرُجِ فَقُلْتُ يَا مَرْوَنَّا أَنْ نَأْكُلَهُ قَبْلَ الطَّعَامِ فَقَالَ إِنِّي أَمُرُّكُمْ بِهِ بَعْدَ الطَّعَامِ .

⁹⁵ Al Kafi – V 6 – The Book of Foodstuffs Ch 105 H 2

⁹⁶ Al Kafi – V 6 – The Book of Foodstuffs Ch 106 H 1

⁹⁷ Al Kafi – V 6 – The Book of Foodstuffs Ch 107 H 1

Muhammad Bin Yahya, from Ahmad Bin Muhammad, from Bakr Bin Salih, from Abdullah Bin Ibrahim Al Ja'fary,

(It has been narrated) from Abu Abdullah^{asws} having said: 'What are your physicians instructing you with regarding the Citron?' So I said, 'They are instructing us that we eat it before the meal'. So he^{asws} said: 'I^{asws} am ordering you all with it after the meal'.⁹⁸

عَدَّةٌ مِنْ أَصْحَابِنَا عَنْ أَحْمَدَ بْنِ مُحَمَّدَ بْنِ خَالِدٍ عَنِ الْقَاسِمِ بْنِ يَحْيَى عَنِ جَدِّهِ الْحَسَنِ بْنِ رَاشِدٍ عَنْ أَبِي بَصِيرٍ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) قَالَ كُلُوا الْأَثْرَجَ بَعْدَ الطَّعَامِ فَإِنَّ آلَ مُحَمَّدٍ (عَلَيْهِمُ السَّلَامُ) يَفْعَلُونَ ذَلِكَ .

A number of our companions, from Ahmad Bin Muhammad Bin Khalid, from Al Qasim, from Al Qasim Bin Yahya, from his grandfather Al Hassan Bin Rashid, from Abu Baseer,

(It has been narrated) from Abu Abdullah^{asws} having said: 'Eat the Citron after the meal, for the Progeny^{asws} of Muhammad^{saww} are doing that'.⁹⁹

عَدَّةٌ مِنْ أَصْحَابِنَا عَنْ سَهْلِ بْنِ زِيَادٍ عَنْ أَحْمَدَ بْنِ مُحَمَّدَ بْنِ أَبِي نَصْرِ عَنْ أَبِي الْحَسَنِ الرَّضَا (عَلَيْهِ السَّلَامُ) قَالَ الْخُبْزُ الْيَابِسُ يَهْضُمُ الْأَثْرَجَ .

A number of our companions, from Sahl Bin Ziyad, from Ahmad Bin Muhammad Bin Abu Nasr,

(It has been narrated) from Abu Al-Hassan Al-Reza^{asws} having said: 'The dried bread digests the Citron'.¹⁰⁰

مُحَمَّدُ بْنُ يَحْيَى عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ عَنِ الْحُسَيْنِ بْنِ سَعِيدٍ عَنْ حَمَّادِ بْنِ عِيسَى عَنْ إِبْرَاهِيمَ بْنِ عُمَرَ الْيَمَانِيِّ قَالَ قُلْتُ لِأَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) إِنْ كَانَ قَبْلَ الطَّعَامِ خَيْرٌ فَهَوَّ بَعْدَ الطَّعَامِ خَيْرٌ وَخَيْرٌ وَأَجْوَدُ .

Muhammad Bin Yahya, from Ahmad Bin Muhammad, from Al Husayn Bin Saeed, from Hammad Bin Isa, from Ibrahim Bin Umar Al Yamany who said,

'I said to Abu Abdullah^{asws}, 'They (people) are claiming that the Citron (eaten) upon the empty stomach is the best of what can be'. So Abu Abdullah^{asws} said: 'If it was before the meal, good, and if it was after the meal, good, and better, and best'.¹⁰¹

عَلِيُّ بْنُ إِبْرَاهِيمَ عَنْ أَبِيهِ عَنْ عَلِيِّ بْنِ مُحَمَّدٍ الْقَاسَانِيِّ عَنْ أَبِي أَيُّوبَ الْمَدِينِيِّ عَنْ سُلَيْمَانَ بْنِ جَعْفَرِ الْجَعْفَرِيِّ عَنْ أَبِي الْحَسَنِ الرَّضَا (عَلَيْهِ السَّلَامُ) أَنَّ رَسُولَ اللَّهِ (صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ) كَانَ يُعْجِبُهُ النَّظَرُ إِلَى الْأَثْرَجِ الْأَخْضَرِ وَالنَّفَّاحِ الْأَحْمَرِ .

Ali Bin Ibrahim, from his father, from Ali Bin Muhammad Al Qasany, from Abu Ayoub Al Madainy, from Suleyman Bin Ja'far Al Ja'fary,

(It has been narrated) from Abu Al-Hassan Al-Reza^{asws} that Rasool-Allah^{saww} liked looking at the green Citron and the red Apple'.¹⁰²

⁹⁸ Al Kafi – V 6 – The Book of Foodstuffs Ch 107 H 2

⁹⁹ Al Kafi – V 6 – The Book of Foodstuffs Ch 107 H 3

¹⁰⁰ Al Kafi – V 6 – The Book of Foodstuffs Ch 107 H 4

¹⁰¹ Al Kafi – V 6 – The Book of Foodstuffs Ch 107 H 5

¹⁰² Al Kafi – V 6 – The Book of Foodstuffs Ch 107 H 6

باب الموز**Chapter 107 – The Banana**

عَدَّةٌ مِنْ أَصْحَابِنَا عَنْ أَحْمَدَ بْنِ أَبِي عَبْدِ اللَّهِ عَنْ أَبِيهِ عَنْ مُحَمَّدِ بْنِ أَبِي عُمَيْرٍ عَنْ يَحْيَى بْنِ مُوسَى الصَّنَعَانِيِّ قَالَ دَخَلْتُ عَلَى أَبِي الْحَسَنِ الرِّضَا (عليه السلام) بِمِنَى وَ أَبُو جَعْفَرٍ الثَّانِي (عليه السلام) عَلَى فَخْدِهِ وَ هُوَ يُقَشِّرُ لَهُ مَوْزاً وَ يُطْعِمُهُ .

A number of our companions, from Ahmad Bin Abu Abdullah, from his father, from Muhammad Bin Abu Umeyr, from Yahya Bin Musa Al Sanainy who said,

'I went to Abu Al-Hassan Al-Reza^{asws} at Mina, and Abu Ja'far^{asws} the 2nd at Mina, and Abu Ja'far^{asws} the 3rd (9th Imam^{asws}) was upon his^{asws} thigh, and he^{asws} was peeling a banana him^{asws} and feeding him^{asws}.¹⁰³

أَبُو عَلِيِّ الْأَشْعَرِيِّ عَنْ مُحَمَّدِ بْنِ عَبْدِ الْجَبَّارِ عَنْ صَفْوَانَ عَنْ أَبِي أُسَامَةَ قَالَ دَخَلْتُ عَلَى أَبِي عَبْدِ اللَّهِ (عليه السلام) فَفَرَّبَ إِلَيَّ مَوْزاً فَأَكَلْتُهُ .

Abu Ali Al Ashary, from Muhammad Bin Abdul Jabbar, from Safwan, from Abu Asma who said,

'I went over to Abu Abdullah^{asws}, so he^{asws} forwarded a banana closer to me, so I ate it'.¹⁰⁴

عَدَّةٌ مِنْ أَصْحَابِنَا عَنْ سَهْلِ بْنِ زِيَادٍ عَنْ عَلِيِّ بْنِ أَسْبَاطٍ عَنْ يَحْيَى الصَّنَعَانِيِّ قَالَ دَخَلْتُ عَلَى أَبِي الْحَسَنِ الرِّضَا (عليه السلام) وَ هُوَ بِمَكَّةَ وَ هُوَ يُقَشِّرُ مَوْزاً وَ يُطْعِمُهُ أَبَا جَعْفَرٍ (عليه السلام) فَقُلْتُ لَهُ جُعِلْتُ فِدَاكَ هَذَا الْمَوْلُودُ الْمُبَارَكُ قَالَ نَعَمْ يَا يَحْيَى هَذَا الْمَوْلُودُ الَّذِي لَمْ يُوَلَدْ فِي الْإِسْلَامِ مِثْلُهُ مَوْلُودٌ أَعْظَمَ بَرَكَهَةً عَلَى شِيعَتِنَا مِنْهُ .

A number of our companions, from Sahl Bin Ziyad, from Ali Bin Asbaat, from Yahya Al Sana'any who said,

'I went over to Abu Al-Hassan Al-Reza^{asws} and he^{asws} was at Makkah, and he^{asws} was peeling a banana and feeding it to Abu Ja'far^{asws} (9th Imam^{asws}). So I said to him^{asws}, 'May I be sacrificed for you^{asws}! Is this the new-born, the Blessed?' He^{asws} said: 'Yes, O Yahya! This is the new-born the like of whom has not been born in Al-Islam, a birth of great Blessings upon our^{asws} Shias from him^{asws}.¹⁰⁵

باب العُجْبِرَاءِ**Chapter 108 – The Rowan-berries**

مُحَمَّدُ بْنُ يَحْيَى عَنْ مُحَمَّدِ بْنِ مُوسَى عَنْ أَحْمَدَ بْنِ الْحَسَنِ بْنِ عَلِيٍّ عَنْ أَبِيهِ عَنْ ابْنِ بُكَيْرٍ أَنَّهُ سَمِعَ أَبَا عَبْدِ اللَّهِ (عليه السلام) يَقُولُ الْعُجْبِرَاءُ لَحْمُهُ يُنْبِتُ اللَّحْمَ وَ عَظْمُهُ يُنْبِتُ الْعَظْمَ وَ جِلْدُهُ يُنْبِتُ الْجِلْدَ وَ مَعَ ذَلِكَ [فإنه] يُسَخِّنُ الْكُلَيْبِيْنَ وَ يَدْبِغُ الْمَعْدَةَ وَ هُوَ أَمَانٌ مِنَ الْبُؤْسِ وَ التَّقْيِيرِ وَ يَقْوِي السَّاقِيْنَ وَ يَقْمَعُ عِرْقَ الْجَذَامِ .

Muhammad Bin Yahya, from Muhammad Bin Musa, from Ahmad Bin Al Hassan Bin Ali, from his father,

¹⁰³ Al Kafi – V 6 – The Book of Foodstuffs Ch 107 H 6

¹⁰⁴ Al Kafi – V 6 – The Book of Foodstuffs Ch 107 H 2

¹⁰⁵ Al Kafi – V 6 – The Book of Foodstuffs Ch 107 H 3

(It has been narrated) from Ibn Bukeyr who heard Abu Abdullah^{asws} saying: 'The Rowan-berries, its flesh builds the flesh, and its bones build the bones, and its skin builds the skin, and along with that it warms the kidneys, and it repairs the stomach, and it is a security from the hemorrhoids, and the frugality, and the strengthens the thighs, and suppresses the vein of leprosy'.¹⁰⁶

باب البَطِيخِ

Chapter 109 – The Melon

عَلِيُّ بْنُ إِبْرَاهِيمَ عَنْ يَاسِرِ الْخَادِمِ عَنِ الرَّضَا (عَلَيْهِ السَّلَام) قَالَ الْبَطِيخُ عَلَى الرَّيْقِ يُورِثُ الْفَالِجَ نَعُوذُ بِاللَّهِ مِنْهُ .

Ali Bin Ibrahim, from Yasser Al Khadim,

(It has been narrated) from Al-Reza^{asws} having said: 'The Melon upon the empty stomach inherits the stroke. We^{asws} seek Refuge with Allah^{azwj} from it'.¹⁰⁷

مُحَمَّدُ بْنُ يَحْيَى عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ عَنِ ابْنِ فَضَّالٍ عَنْ بَعْضِ أَصْحَابِهِ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) قَالَ كَانَ رَسُولُ اللَّهِ (صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ) يَأْكُلُ الرُّطْبَ بِالْخَرْبِزِ .

Muhammad Bin Yahya, from Ahmad Bin Muhammad, from Ibn Fazzal, from one of his companions,

(It has been narrated) from Abu Abdullah^{asws} having said: 'Rasool-Allah^{saww} ate the dates with the melon'.¹⁰⁸

عَلِيُّ بْنُ إِبْرَاهِيمَ عَنْ أَبِيهِ عَنِ النَّوْفَلِيِّ عَنِ السَّكُونِيِّ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) قَالَ كَانَ رَسُولُ اللَّهِ (صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ) يَأْكُلُ الْبَطِيخَ بِالتَّمْرِ .

Ali Bin Ibrahim, from his father, from Al Nowfaly, from Al Sakuny,

(It has been narrated) from Abu Abdullah^{asws} having said: 'Rasool-Allah^{saww} ate the melon with the dates'.¹⁰⁹

عِدَّةٌ مِنْ أَصْحَابِنَا عَنْ سَهْلِ بْنِ زِيَادٍ عَنْ جَعْفَرِ بْنِ مُحَمَّدٍ الْأَشْعَرِيِّ عَنِ ابْنِ الْقَدَّاحِ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) قَالَ كَانَ النَّبِيُّ (صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ) يُعْجِبُهُ الرُّطْبُ بِالْخَرْبِزِ .

A number of our companions, from Sahl Bin Ziyad, from Ja'far Bin Muhammad Al Ash'ary, from Ibn Al Qaddah,

(It has been narrated) from Abu Abdullah^{asws} having said: 'The Prophet^{saww} liked the dates and the melon'.¹¹⁰

عِدَّةٌ مِنْ أَصْحَابِنَا عَنْ أَحْمَدَ بْنِ أَبِي عَبْدِ اللَّهِ عَنْ مُحَمَّدِ بْنِ عَيْسَى عَنْ عُبَيْدِ اللَّهِ بْنِ عَبْدِ اللَّهِ الدَّهْقَانِيِّ عَنْ دُرُسْتِ بْنِ إِبْرَاهِيمَ بْنِ عَبْدِ الْحَمِيدِ عَنْ أَبِي الْحَسَنِ الْأَوَّلِ (عَلَيْهِ السَّلَام) قَالَ أَكَلَ النَّبِيُّ (صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ) الْبَطِيخَ بِالسُّكَّرِ وَ أَكَلَ الْبَطِيخَ بِالرُّطْبِ .

¹⁰⁶ Al Kafi – V 6 – The Book of Foodstuffs Ch 107 H 1

¹⁰⁷ Al Kafi – V 6 – The Book of Foodstuffs Ch 108 H 1

¹⁰⁸ Al Kafi – V 6 – The Book of Foodstuffs Ch 108 H 2

¹⁰⁹ Al Kafi – V 6 – The Book of Foodstuffs Ch 108 H 3

¹¹⁰ Al Kafi – V 6 – The Book of Foodstuffs Ch 108 H 4

A number of our companions, from Ahmad Bin Abu Abdullah, from Muhammad Bin Isa, from Ubeydullah Bin Abdullah Bin Abdullah Al Dahqan, from Dorost, from Ibrahim Bin Abdul Hameed,

(It has been narrated) from Abu Al-Hassan^{asws} 1st having said: 'The Prophet^{saww} ate the melon with the sugar, and ate the melon with the dates'.¹¹¹

باب البقول

Chapter 110 – The Vegetables

عِدَّةٌ مِنْ أَصْحَابِنَا عَنْ سَهْلِ بْنِ زِيَادٍ عَنْ أَحْمَدَ بْنِ هَارُونَ عَنْ مُوَقِّعِ الْمَدِينِيِّ عَنْ أَبِيهِ عَنْ جَدِّهِ قَالَ بَعَثَ إِلَيَّ الْمَاضِي (عليه السلام) يَوْمًا فَأَجْلَسَنِي لِلْعَدَاءِ فَلَمَّا جَاءُوا بِالْمَائِدَةِ لَمْ يَكُنْ عَلَيْهَا بَقْلٌ فَأَمْسَكَ يَدَهُ ثُمَّ قَالَ لِلْغُلَامِ أَمَا عَلِمْتَ أَنِّي لَا أَكُلُ عَلَى مَائِدَةٍ لَيْسَ فِيهَا خُضْرَةٌ فَأَتَيْتِي بِالْخُضْرَةِ قَالَ فَذَهَبَ الْغُلَامُ فَجَاءَ بِالْبَقْلِ فَأَلْقَاهُ عَلَى الْمَائِدَةِ فَمَدَّ يَدَهُ (عليه السلام) حِينَئِذٍ وَ أَكَلَ .

A number of our companions, from Sahl Bin Ziyad, from Ahmad Bin Haroun, from Mowfaq Al Madainy, from his father, from his grandfather who said,

'Al-Maazy^{asws} (7th Imam^{asws}) sent for me one day, so he^{asws} made me sit for the lunch. So when they came with the meal, there were no vegetables upon it. So he^{asws} restrained his^{asws} hand, then said to the slave: 'Do you no know that I^{asws} do not eat upon a food-spread in which there is no greenery? So bring me the greens'. So the slave went and came with the vegetables and placed it upon the food-spread. So he^{asws} extended his^{asws} hand at that time and ate'.¹¹²

عَلِيُّ بْنُ إِبْرَاهِيمَ عَنْ أَبِيهِ عَنْ حَنَّانٍ قَالَ كُنْتُ مَعَ أَبِي عَبْدِ اللَّهِ (عليه السلام) عَلَى الْمَائِدَةِ فَمَالَ عَلَى الْبَقْلِ وَ امْتَنَعْتُ أَنَا مِنْهُ لِغَلَّةٍ كَانَتْ بِي فَالْتَفَتَ إِلَيَّ فَقَالَ يَا حَنَّانُ أَمَا عَلِمْتَ أَنَّ أَمِيرَ الْمُؤْمِنِينَ (عليه السلام) لَمْ يُؤْتِ بِطَبَقٍ إِلَّا وَ عَلَيْهِ بَقْلٌ قُلْتُ وَ لِمَ جَعَلْتُ فِدَاكَ فَقَالَ لِأَنَّ قُلُوبَ الْمُؤْمِنِينَ خَضِرَةٌ وَ هِيَ تَحْنُ إِلَى أَشْكَالِهَا .

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 he^{asws} said: 'Because the hearts of the Believers are green, and it yearns for its forms'.¹¹³

باب مَا جَاءَ فِي الْهَنْدَبَاءِ

Chapter 111 – What has come regarding the Endive

مُحَمَّدُ بْنُ يَحْيَى عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ عَنْ عَلِيِّ بْنِ الْحَكَمِ عَنِ الْمُتَنَّى بْنِ الْوَلِيدِ عَنْ أَبِي عَبْدِ اللَّهِ (عليه السلام) قَالَ مَنْ بَاتَ وَ فِي جَوْفِهِ سَبْعُ طَاقَاتٍ مِنَ الْهَنْدَبَاءِ آمَنَ مِنَ الْقَوْلَجِ لَيْلَتَهُ بَلْكَ إِنْ شَاءَ اللَّهُ .

Muhammad Bin Yahya, from Ahmad Bin Muhammad, from Ali Bin Al Hakam, from Al Musny Bin Al Waleed,

¹¹¹ Al Kafi – V 6 – The Book of Foodstuffs Ch 108 H 5

¹¹² Al Kafi – V 6 – The Book of Foodstuffs Ch 109 H 1

¹¹³ Al Kafi – V 6 – The Book of Foodstuffs Ch 109 H 2

(It has been narrated) from Abu Abdullah^{asws} having said: 'The one who sleeps and inside him are seven leaves of the endive would be safe from the colitis during that night, Allah^{azwj} Willing',¹¹⁴

عَنْهُ عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ عَنْ عَلِيِّ بْنِ الْحَكَمِ عَنْ خَالِدِ بْنِ مُحَمَّدٍ عَنْ جَدِّهِ سُفْيَانَ بْنِ السَّمْطِ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) قَالَ مَنْ أَحَبَّ أَنْ يَكْتَرَّ مَأْوُهُ وَوَلَدُهُ فَلْيَكْتَرْ أَكْلَ الْهِنْدَبَاءِ .

From him, from Ahmad Bin Muhammad, from Ali Bin Al Hakam, from Khalid Bin Muhammad, from his grandfather Sufyan Bin Al Samti,

(It has been narrated) from Abu Abdullah^{asws} having said: 'The one who loves that his water and his children be abundant, so let him be habitual in eating the endive',¹¹⁵

عَلِيُّ بْنُ إِبْرَاهِيمَ عَنْ أَبِيهِ عَنِ النَّوْفَلِيِّ عَنِ السَّكُونِيِّ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) قَالَ مَنْ أَحَبَّ أَنْ يَكْتَرَّ مَأْوُهُ وَوَلَدُهُ فَلْيَكْتَرْ أَكْلَ الْهِنْدَبَاءِ .

Ali Bin Ibrahim, from his father, from Al Nowfaly, from Al Sakuny,

(It has been narrated) from Abu Abdullah^{asws} having said: 'The one who loves that his water and his children be abundant, so let him frequent in eating the endive',¹¹⁶

عَلِيُّ بْنُ إِبْرَاهِيمَ عَنْ أَبِيهِ عَنِ النَّوْفَلِيِّ عَنِ السَّكُونِيِّ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) قَالَ نَعَمْ الْبُقْلُ الْهِنْدَبَاءُ وَ لَيْسَ مِنْ وَرَقَةٍ إِلَّا وَ عَلَيْهَا قَطْرَةٌ مِنَ الْجَنَّةِ فَكُلُوهَا وَ لَا تَنْفُضُوهَا عِنْدَ أَكْلِهَا قَالَ وَ كَانَ أَبِي (عَلَيْهِ السَّلَام) يَنْهَانَا أَنْ نَنْفُضَهُ إِذَا أَكَلْنَاهُ .

Ali Bin Ibrahim, from his father, from Al Nowfaly, from Al Sakuny,

(It has been narrated) from Abu Abdullah^{asws} having said: 'The best of the vegetables is the endive, and there is none from a leaf except that upon it is a drop (dew) from the Paradise. So eat it and do not shake it off during eating it. My^{asws} father^{asws} forbade us that we shake it when we^{asws} ate it'.¹¹⁷

عَلِيُّ بْنُ إِبْرَاهِيمَ عَنْ أَبِيهِ عَنْ هَارُونَ بْنِ مُسْلِمٍ عَنْ مَسْعَدَةَ بْنِ صَدَقَةَ عَنْ زِيَادٍ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) قَالَ الْهِنْدَبَاءُ سَيِّدُ الْبُقُولِ .

Ali Bin Ibrahim, from his father, from Haroun Bin Muslim, from Mas'ada Bin sadaqa, from Ziyad,

(It has been narrated) from Abu Abdullah^{asws} having said: 'The endive is the chief of the vegetables',¹¹⁸

مُحَمَّدُ بْنُ يَحْيَى عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ وَ أَبُو عَلِيٍّ الْأَشْعَرِيُّ عَنْ مُحَمَّدِ بْنِ عَبْدِ الْجَبَّارِ جَمِيعاً عَنِ الْحَجَّالِ عَنْ ثَعْلَبَةَ عَنْ رَجُلٍ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) قَالَ عَلَيْكَ بِالْهِنْدَبَاءِ فَإِنَّهُ يَزِيدُ فِي الْمَاءِ وَ يُحَسِّنُ الْوَلَدَ وَ هُوَ حَارٌّ لَيْنٌ يَزِيدُ فِي الْوَلَدِ الذَّكُورَةِ .

¹¹⁴ Al Kafi – V 6 – The Book of Foodstuffs Ch 110 H 2

¹¹⁵ Al Kafi – V 6 – The Book of Foodstuffs Ch 110 H 2

¹¹⁶ Al Kafi – V 6 – The Book of Foodstuffs Ch 110 H 3

¹¹⁷ Al Kafi – V 6 – The Book of Foodstuffs Ch 110 H 4

¹¹⁸ Al Kafi – V 6 – The Book of Foodstuffs Ch 110 H 5

Muhammad Bin Yahya, from Ahmad Bin Muhammad and Ali Al Ashary, from Muhammad Bin Abdul Jabbar altogether from Al Hajjal, from Sa'alba, from a man,

(It has been narrated) from Abu Abdullah^{asws} having said: 'It is upon you with (eating) the endive, for it increased in the water, and improves the child birth, and it is hot, soft, increasing in the male children'.¹¹⁹

عِدَّةٌ مِنْ أَصْحَابِنَا عَنْ أَحْمَدَ بْنِ أَبِي عَبْدِ اللَّهِ عَنْ أَبِي سُلَيْمَانَ الْحَدَّاءِ الْجَبَلِيِّ عَنْ مُحَمَّدِ بْنِ الْفَيْضِ قَالَ تَعَدَّيْتُ مَعَ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) وَ عَلَى الْخَوَّانِ بَقْلٌ وَ مَعَنَا شَيْخٌ فَجَعَلَ يَتَنَكَّبُ الْهَنْدَبَاءَ فَقَالَ أَبُو عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) أَمَا أَنْتُمْ فَتَزْعُمُونَ أَنَّ الْهَنْدَبَاءَ بَارِدَةٌ وَ لَيْسَتْ كَذَلِكَ وَ لَكِنَّهَا مُعْتَدِلَةٌ وَ فَضْلُهَا عَلَى الْبَقُولِ كَفَضْلِنَا عَلَى النَّاسِ .

A number of our companions, from Ahmad Bin Abu Abdullah, from Abu Suleyman Al Haza'a, from Muhammad Bin Al Fayz who said,

'I had lunch with Abu Abdullah^{asws} and upon the food-spread were vegetables, and with us was an old man who avoided the endive. So Abu Abdullah^{asws} said: 'But you all are thinking that the endive is cold, and it is not like that, but it is moderate, and its merits upon the vegetables is like our^{asws} merits upon the people'.¹²⁰

عَنْهُ عَنْ بَعْضِ أَصْحَابِنَا عَنِ الْأَصَمِّ عَنْ شُعَيْبٍ عَنْ أَبِي بَصِيرٍ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) قَالَ قَالَ أَمِيرُ الْمُؤْمِنِينَ (عَلَيْهِ السَّلَامُ) كُلُوا الْهَنْدَبَاءَ فَمَا مِنْ صَبَاحٍ إِلَّا وَ تَنْزِلُ عَلَيْهَا قَطْرَةٌ مِنَ الْجَنَّةِ فَإِذَا أَكَلْتُمُوهَا فَلَا تَنْفُسُوهَا

From him, from one of our companions, from Al Samma, from Shuayb, from Abu Baseer,

(It has been narrated) from Abu Abdullah^{asws} having said: 'Amir Al-Momineen^{asws} said: 'Eat the endive, for there is none from the mornings except that there descends upon it a drop from the Paradise. So when you eat it, so do not shake it off'.

قَالَ وَ قَالَ أَبُو عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) كَانَ أَبِي (عَلَيْهِ السَّلَامُ) يَنْهَانَا أَنْ نَنْفُسَهَا إِذَا أَكَلْنَاهَا .

He (the narrator) said: 'And Abu Abdullah^{asws} said: 'My^{asws} father^{asws} forbade us^{asws} from shaking it whenever we^{asws} ate it'.¹²¹

عِدَّةٌ مِنْ أَصْحَابِنَا عَنْ سَهْلِ بْنِ زِيَادٍ عَنْ مُحَمَّدِ بْنِ إِسْمَاعِيلَ قَالَ سَمِعْتُ الرَّضَا (عَلَيْهِ السَّلَامُ) يَقُولُ الْهَنْدَبَاءُ شِفَاءٌ مِنْ أَلْفِ دَاءٍ مَا مِنْ دَاءٍ فِي جَوْفِ ابْنِ آدَمَ إِلَّا قَمَعَهُ الْهَنْدَبَاءُ

A number of our companions, from Sahl Bin Ziyad, from Muhammad Bin Ismail who said,

'I heard Al-Reza^{asws} saying: 'The endive is a healing from a thousand illnesses. There is none from an illness in the inside of a son of Adam^{as} except that the endive suppresses it'.

قَالَ وَ دَعَا بِهِ يَوْمًا لِبَعْضِ الْحَشَمِ وَ كَانَ تَأْخُذُهُ الْحُمَّى وَ الصُّدَاعُ فَأَمَرَ أَنْ يُدَقَّ وَ صَيَّرَهُ عَلَى قِرْطَاسٍ وَ صَبَّ عَلَيْهِ دُهْنُ الْبَيْفُتْسِجِ وَ وَضَعَهُ عَلَى جَبِينِهِ ثُمَّ قَالَ أَمَا إِنَّهُ يَذْهَبُ بِالْحُمَّى وَ يَنْفَعُ مِنَ الصُّدَاعِ وَ يَذْهَبُ بِهِ .

He (the narrator) said, 'And one day he^{asws} called for it for one of the servants, and the fever had seized him, and the headache. So he^{asws} ordered that it (endive) should be pounded and rendered upon a paper, and the viola oil be poured over it,

¹¹⁹ Al Kafi – V 6 – The Book of Foodstuffs Ch 110 H 6

¹²⁰ Al Kafi – V 6 – The Book of Foodstuffs Ch 110 H 7

¹²¹ Al Kafi – V 6 – The Book of Foodstuffs Ch 110 H 8

and for it to be placed upon his forehead. Then he^{asws} said: 'But, it removes the fever and benefits from the headache, and eliminates it'.¹²²

مُحَمَّدُ بْنُ يَحْيَى عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ عَنْ أَبِي يَحْيَى الْوَأَسْطِيِّ عَنْ بَعْضِ أَصْحَابِنَا عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) قَالَ بَقْلُهُ رَسُولُ اللَّهِ (صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ) الْهَنْدَبَاءُ وَبَقْلُهُ أَمِيرُ الْمُؤْمِنِينَ (عَلَيْهِ السَّلَام) الْبَادِرُوجُ وَبَقْلُهُ فَاطِمَةُ (عَلَيْهَا السَّلَام) الْفَرْفَخُ .

Muhammad Bin Yahya, from Ahmad Bin Muhammad, from Abu Yahya Al Wasity, from one of our companions,

(It has been narrated) from Abu Abdullah^{asws} having said: 'The vegetable of Rasool-Allah^{saww} was the endive, and the vegetable of Amir Al-Momineen^{asws} was sweet basil, and the vegetable of Fatima^{asws} was the purslane'.¹²³

باب البادرُوج

Chapter 112 – The Sweet basil

عَلِيُّ بْنُ إِبْرَاهِيمَ عَنْ أَبِيهِ عَنِ النَّوْفَلِيِّ عَنِ السَّكُونِيِّ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) قَالَ قَالَ أَمِيرُ الْمُؤْمِنِينَ (عَلَيْهِ السَّلَام) كَانَ يُعْجِبُ رَسُولَ اللَّهِ (صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ) مِنَ الْبُقُولِ الْحَوْكُ .

Ali Bin Ibrahim, from his father, from Al Nowfaly, from Al Sakuny,

(It has been narrated) from Abu Abdullah^{asws} having said: 'Amir Al-Momineen^{asws} said: 'Rasool-Allah^{saww} liked the sweet basil, from the vegetables'.¹²⁴

مُحَمَّدُ بْنُ يَحْيَى عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ بْنِ عَيْسَى عَنِ ابْنِ أَبِي عُمَيْرٍ عَنْ حَمَادِ بْنِ عَثْمَانَ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) قَالَ كَانَ أَمِيرُ الْمُؤْمِنِينَ (صَلَوَاتُ اللَّهِ عَلَيْهِ) يُعْجِبُهُ الْبَادِرُوجُ .

Muhammad Bin Yahya, from Ahmad Bin Muhammad Bin Isa, from Ibn Abu Umeyr, from Hammad Bin Usman,

(It has been narrated) from Abu Abdullah^{asws} having said: 'Amir Al-Momineen^{asws} liked the sweet basil'.¹²⁵

عِدَّةٌ مِنْ أَصْحَابِنَا عَنْ سَهْلِ بْنِ زِيَادٍ عَنْ أَيُّوبَ بْنِ نُوحٍ قَالَ حَدَّثَنِي مَنْ حَضَرَ مَعَ أَبِي الْحَسَنِ الْأَوَّلِ (عَلَيْهِ السَّلَام) الْمَائِدَةَ فَدَعَا بِالْبَادِرُوجِ وَقَالَ إِنِّي أَحِبُّ أَنْ أَسْتَفْتَحَ بِهِ الطَّعَامَ فَإِنَّهُ يَفْتَحُ السُّدَدَ وَيُشَهِّي الطَّعَامَ وَيَذْهَبُ بِالسُّبُلِ وَمَا أَبَالِي إِذَا أَنَا افْتَتَحْتُ بِهِ مَا أَكَلْتُ بَعْدَهُ مِنَ الطَّعَامِ فَإِنِّي لَا أَخَافُ دَاءً وَلَا غَائِلَةً

A number of our companions, from Sahl Bin Ziyad, from Ayoub Bin Nuh who said,

'It was narrated to me by the one who was present with Abu Al-Hassan^{asws} the 1st at the food-spread, that he^{asws} called for the sweet basil and said: 'I^{asws} love that I^{asws} begin my^{asws} meal with it, for it opens the blockages, and makes one desirous for the food, and does away with the other ways; and I^{asws} don't mind when I^{asws} begin with it, what I^{asws} eat after it from the food, for I^{asws} do not fear an illness nor any crisis'.

¹²² Al Kafi – V 6 – The Book of Foodstuffs Ch 110 H 9

¹²³ Al Kafi – V 6 – The Book of Foodstuffs Ch 110 H 10

¹²⁴ Al Kafi – V 6 – The Book of Foodstuffs Ch 110 H 1

¹²⁵ Al Kafi – V 6 – The Book of Foodstuffs Ch 110 H 2

فَلَمَّا فَرَّغْنَا مِنَ الْعَدَاءِ دَعَا بِهِ أَيْضاً وَرَأَيْتُهُ يَتَّبِعُ وَرَقَهُ عَلَى الْمَائِدَةِ وَيَأْكُلُهُ وَيُنَاوِلُنِي مِنْهُ وَهُوَ يَقُولُ اخْتِمِ طَعَامَكَ بِهِ فَإِنَّهُ يُمْرِئُ مَا قَبْلُ كَمَا يُسَهِّي مَا بَعْدُ وَيَذْهَبُ بِالثَّقَلِ وَيُطَيِّبُ الْجُشَاءَ وَالنَّكْهَةَ .

So when we were free from the lunch, he^{asws} called for it again, and I saw him^{asws} pursuing its leaves upon the food-spread and eating it, and he^{asws} gave me from it, and he^{asws} was saying: 'Finish your meal with it, for it makes agreeable what was before just as it makes you desirous for what is after it, and does away with the heaviness, and aromatises the burps and the smell of the breath'.¹²⁶

مُحَمَّدُ بْنُ بَحْيَبِ عَنْ مُحَمَّدِ بْنِ مُوسَى عَنْ إِشْكِيْبِ بْنِ عَبْدِ الْهَمْدَانِيِّ بِإِسْنَادٍ لَهُ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) أَنَّهُ قَالَ الْحَوْكُ بَقْلَةُ الْأَنْبِيَاءِ أَمَا إِنَّ فِيهِ تَمَانَ خِصَالٍ يُمْرِئُ وَيَفْتَحُ السُّدَدَ وَيُطَيِّبُ الْجُشَاءَ وَيُطَيِّبُ النَّكْهَةَ وَيُسَهِّي الطَّعَامَ وَيَسْلُ الدَّاءَ وَهُوَ أَمَانٌ مِنَ الْجُدَامِ إِذَا اسْتَقَرَّ فِي جَوْفِ الْإِنْسَانِ فَمَعَ الدَّاءُ كُلَّهُ .

Muhammad Bin Yahya, from Muhammad Bin Musa, from Ashkeyb Bin Abdat Al Hamdany, by a chain of his,

(It has been narrated) from Abu Abdullah^{asws} having said: 'The sweet basil is a vegetable of the Prophets^{as}, therein are eight qualities – It is palatable, and it opens the blockages, and it aromatises the burps, and aromatises the breath, and makes one desirous of the food, and it removes illnesses, and it is a security from the leprosy when it settles in the inside of the human being, it suppresses the illnesses, all of them'.¹²⁷

بَابُ الْكُرَاتِ

Chapter 113 – The Leek

عِدَّةٌ مِنْ أَصْحَابِنَا عَنْ سَهْلِ بْنِ زِيَادٍ عَنْ عَلِيِّ بْنِ حَسَّانَ عَنْ مُوسَى بْنِ بَكْرِ قَالَ اسْتَنْكَى غُلَامٌ لِأَبِي الْحَسَنِ (عَلَيْهِ السَّلَامُ) فَسَأَلَ عَنْهُ فَقِيلَ بِهِ طَحَالٌ فَقَالَ أَطْعَمُوهُ الْكُرَاتِ ثَلَاثَةَ أَيَّامٍ فَاطْعَمْنَاهُ فَفَعَدَ الدَّمُ ثُمَّ بَرَأَ .

A number of our companions, from Sahl Bin Ziyad, from Ali Bin Hassan, from Musa Bin Bakr who said,

'A slave of Abu Al-Hassan^{asws} complained, so he^{asws} asked about him, and it was said to him^{asws}, 'He is with spleen illness'. He^{asws} said: 'Feed him the leek for three days'. So we fed it to him, so the blood settled, then he was cured'.¹²⁸

عَنْهُ قَالَ حَدَّثَنِي مَنْ رَأَى أَبَا الْحَسَنِ (عَلَيْهِ السَّلَامُ) يَأْكُلُ الْكُرَاتِ فِي الْمَشَارَةِ وَيَغْسِلُهُ بِالْمَاءِ وَيَأْكُلُهُ .

From him, said,

'It was narrated to me by the one who saw Abu Al-Hassan^{asws} eating the leek in the farm, and he^{asws} washed it with the water, and he^{asws} ate it'.¹²⁹

سَهْلُ بْنُ زِيَادٍ عَنْ مُحَمَّدِ بْنِ الْوَلِيدِ عَنْ يُونُسَ بْنِ يَعْقُوبَ قَالَ رَأَيْتُ أَبَا الْحَسَنِ (عَلَيْهِ السَّلَامُ) يَقَطُّعُ الْكُرَاتِ بِأَصُولِهِ فَيَغْسِلُهُ بِالْمَاءِ وَيَأْكُلُهُ .

¹²⁶ Al Kafi – V 6 – The Book of Foodstuffs Ch 110 H 3

¹²⁷ Al Kafi – V 6 – The Book of Foodstuffs Ch 110 H 4

¹²⁸ Al Kafi – V 6 – The Book of Foodstuffs Ch 111 H 1

¹²⁹ Al Kafi – V 6 – The Book of Foodstuffs Ch 111 H 2

Sahl Bin Ziyad, from Muhammad Bin Al Waleed, from Yunus Bin Yaqoub who said,

'I saw Abu Al-Hassan^{asws} cutting the leek by its roots, so he^{asws} washed it with the water and he^{asws} ate it'.¹³⁰

عَلِيُّ بْنُ مُحَمَّدٍ بْنِ بُنْدَارٍ عَنْ أَبِيهِ عَنْ مُحَمَّدِ بْنِ عَلِيٍّ الْهَمْدَانِيِّ عَنْ عَمْرِو بْنِ عَيْسَى عَنْ فُرَاتِ بْنِ أَحْنَفَ قَالَ سَأَلْتُ أَبَا عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) عَنِ الْكُرَاتِ فَقَالَ كُلُّهُ فَإِنَّ فِيهِ أَرْبَعُ خِصَالٍ يُطَيِّبُ النَّكْهَةَ وَ يَطْرُدُ الرِّيَّاحَ وَ يَقْطَعُ الْبُؤَاسِيرَ وَ هُوَ أَمَانٌ مِنَ الْجَدَامِ لِمَنْ أَدْمَنَ عَلَيْهِ .

Ali Bin Muhammad Bin Bundar, from his father, from Muhammad Bin Ali Al Hamdany, from Amro Bin Isa, from Furaat Bin Ahnaf who said,

'Abu Abdullah^{asws} was asked about the leek, so he^{asws} said: 'Eat it, for therein are four qualities – It aromatises the breath, and it dispels the wind, and it cuts off the hemorrhoids, and it is a safety from the leprosy for the one who is habitual over it'.¹³¹

عِدَّةٌ مِنْ أَصْحَابِنَا عَنْ أَحْمَدَ بْنِ أَبِي عَبْدِ اللَّهِ عَنْ مُحَمَّدِ بْنِ عَيْسَى أَوْ غَيْرِهِ عَنْ عَبْدِ الرَّحْمَنِ عَنْ حَمَادِ بْنِ زَكَرِيَّا عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) قَالَ ذَكَرْتُ الْبُقُولَ عِنْدَ رَسُولِ اللَّهِ (صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ) فَقَالَ كُلُوا الْكُرَاتِ فَإِنَّ مِثْلَهُ فِي الْبُقُولِ كَمِثْلِ الْخُبْزِ فِي سَائِرِ الطَّعَامِ أَوْ قَالَ الْإِدَامِ .

A number of our companions, from Ahmad Bin Abdullah, from Muhammad Bin Isa, or someone else, from Abdul Rahman, from Hammad Bin Zakariyya,

(It has been narrated) from Abu Abdullah^{asws} having said: 'The vegetables were mentioned in the presence of Rasool-Allah^{saww}, so he^{saww} said: 'Eat the leek, for its example among the vegetables is like the example of the bread in the rest of the foods', or said, 'Sauces'.¹³²

عَنْهُ عَنْ دَاوُدَ بْنِ أَبِي دَاوُدَ عَنْ رَجُلٍ رَأَى أَبَا الْحَسَنِ (عَلَيْهِ السَّلَامُ) بِخُرَاسَانَ يَأْكُلُ الْكُرَاتَ مِنَ الْبُسْتَانِ كَمَا هُوَ فَقِيلَ لَهُ إِنَّ فِيهِ السَّمَادَ فَقَالَ (عَلَيْهِ السَّلَامُ) لَا تَعْلُقُ بِهِ مِنْهُ شَيْءٌ وَ هُوَ جَيِّدٌ لِلْبُؤَاسِيرِ .

From him, from Dawood Bin Abu Dawood,

(It has been narrated) from a man who saw Abu Al-Hassan^{asws} at Khurasan eating the leek from the orchards just as it was. So it was said to him^{asws}, 'There is compost in it'. So he^{asws} said: 'Nothing from it attaches to it, and it is good for the hemorrhoids'.¹³³

عَنْهُ عَنْ بَعْضِ أَصْحَابِهِ عَنْ حَنَانَ بْنِ سَدِيرٍ قَالَ كُنْتُ مَعَ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) عَلَى الْمَائِدَةِ فَمِلْتُ عَلَى الْهَنْدَبَاءِ فَقَالَ لِي يَا حَنَانُ لِمَ لَا تَأْكُلُ الْكُرَاتَ قُلْتُ لِمَا جَاءَ عَنْكُمْ مِنَ الرَّوَايَةِ فِي الْهَنْدَبَاءِ فَقَالَ وَ مَا الَّذِي جَاءَ عَنَّا قُلْتُ إِنَّهُ قِيلَ عَنْكُمْ إِنَّكُمْ قُلْتُمْ إِنَّهُ يُفْطَرُ عَلَيْهِ مِنَ الْجَنَّةِ فِي كُلِّ يَوْمٍ قِطْرَةٌ قَالَ فَقَالَ (عَلَيْهِ السَّلَامُ) فَعَلَى الْكُرَاتِ إِذْ سَبَعُ قِطْرَاتٍ قُلْتُ فَكَيْفَ أَكَلْتُهُ قَالَ أَقْطَعُ أَصُولَهُ وَ أَقْذِفُ بِرُءُوسِهِ .

From him, from one of his companions, from Hanaan Bin Sudeyr who said,

'I was with Abu Abdullah^{asws} upon the food-spread, so I inclined towards the endive, so he^{asws} said to me: 'O Hanaan! Why are you not eating the leek?' I said, 'Due to

¹³⁰ Al Kafi – V 6 – The Book of Foodstuffs Ch 111 H 3

¹³¹ Al Kafi – V 6 – The Book of Foodstuffs Ch 111 H 4

¹³² Al Kafi – V 6 – The Book of Foodstuffs Ch 111 H 5

¹³³ Al Kafi – V 6 – The Book of Foodstuffs Ch 111 H 6

what has come from you^{asws} from the reports regarding the endive'. So he^{asws} said: 'And what is that which has come from us^{asws}? I said, 'It is said from you^{asws} that you^{asws} said that a drop from the Paradise falls upon it, every day one drop'. So he^{asws} said: 'So upon the leek then, seven drops'. I said, 'So how should I eat it?' He^{asws} said: 'Cut off its root and throw away its head'.¹³⁴

عَنْهُ عَنْ بَعْضِ أَصْحَابِهِ رَفَعَهُ قَالَ كَانَ أَمِيرُ الْمُؤْمِنِينَ (عَلَيْهِ السَّلَام) يَأْكُلُ الْكُرَاتَ بِالْمَلْحِ الْجَرِيشِ .

From him, from one of his companions, raising it, said,

'Amir Al-Momineen^{asws} said: 'Eat the leek with the grained salt'.¹³⁵

باب الكرفس

Chapter 114 – The Celery

عِدَّةٌ مِنْ أَصْحَابِنَا عَنْ أَحْمَدَ بْنِ أَبِي عَبْدِ اللَّهِ عَنْ مُحَمَّدِ بْنِ عِيسَى أَوْ غَيْرِهِ عَنْ قُتَيْبَةَ بْنِ مِهْرَانَ عَنْ حَمَّادِ بْنِ زَكَرِيَّا عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) قَالَ قَالَ رَسُولُ اللَّهِ (صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ) عَلَيْكُمْ بِالْكَرْفَسِ فَإِنَّهُ طَعَامُ إِيَّاسَ وَ الْيَاسِ وَ الْيَسَعِ وَ يُوْشَعَ بْنِ نُونٍ.

A number of our companions, from Ahmad Bin Abu Abdullah, from Muhammad Bin Isa, or someone else, from Quteyba Bin Mihran, from Hammad Bin Zakariyya,

(It has been narrated) from Abu Abdullah^{asws} having said: 'Rasool-Allah^{saww} said: 'It is upon you with (eating) the celery, for it is a food of Ilyas^{as}, and Al-Yas'a^{as}, and Yoshua^{as} Bin Noun^{as}.¹³⁶

عَنْهُ عَنْ نُوحِ بْنِ شُعَيْبِ النَّيْسَابُورِيِّ عَنْ مُحَمَّدِ بْنِ الْحَسَنِ بْنِ عَلِيٍّ بْنِ يَفْطِينَ فِيمَا أَعْلَمَ عَنْ نَادِرِ الْخَادِمِ قَالَ ذَكَرَ أَبُو الْحَسَنِ (عَلَيْهِ السَّلَام) الْكَرْفَسَ فَقَالَ أَنْتُمْ تَشْتَهُونَهُ وَ لَيْسَ مِنْ دَابَّةٍ إِلَّا وَ هِيَ تُحْتَكُّ بِهِ .

From him, from Nuh Bin Shuayb Al Neyshapouri, from Muhammad Bin Al Hassan Bin Ali Bin Yaqteen regarding what is known from Nadir the servant who said,

'Abu Al-Hassan^{asws} mentioned the celery, so he^{asws} said: 'You all are desiring it and there is none from an animal except that it has rubbed with it'.¹³⁷

باب الكزبرة

Chapter 115 – The Coriander

مُحَمَّدُ بْنُ يَحْيَى عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ عَنْ مُحَمَّدِ بْنِ عِيسَى عَنِ الدَّهْقَانِ عَنْ دُرُسْتِ عَنْ إِبْرَاهِيمَ بْنِ عَبْدِ الْحَمِيدِ عَنْ أَبِي الْحَسَنِ (عَلَيْهِ السَّلَام) قَالَ أَكُلِ النَّفَّاحَ وَ الْكُزْبُرَةَ يُورِثُ النَّسِيَانَ .

Muhammad Bin yahya, from Ahmad Bin Muhammad, from Muhammad Bin Isa, from Al Dahqan, from Dorost, from Ibrahim Bin Abdul Hameed,

¹³⁴ Al Kafi – V 6 – The Book of Foodstuffs Ch 111 H 7

¹³⁵ Al Kafi – V 6 – The Book of Foodstuffs Ch 111 H 8

¹³⁶ Al Kafi – V 6 – The Book of Foodstuffs Ch 111 H 1

¹³⁷ Al Kafi – V 6 – The Book of Foodstuffs Ch 111 H 2

(It has been narrated) from Abu Al-Hassan^{asws} having said: 'Eating the apple and the coriander inherits the forgetfulness'.¹³⁸

باب الفرّخ

Chapter 116 – The Purslane

مُحَمَّدُ بْنُ يَحْيَى عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ عَنْ عُثْمَانَ بْنِ عِيسَى عَنْ فُرَاتِ بْنِ أَحْنَفَ قَالَ سَمِعْتُ أَبَا عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) يَقُولُ لَيْسَ عَلَى وَجْهِ الْأَرْضِ بَقْلَةٌ أَشْرَفُ وَلَا أَنْفَعُ مِنَ الْفَرَفْرِخِ وَ هُوَ بَقْلَةٌ فَاطِمَةَ (عَلَيْهَا السَّلَام)

Muhammad Bin Yahya, from Ahmad Bin Muhammad, from Usman Bin Isa, from Furat Bin Ahnaf who said,

'I heard Abu Abdullah^{asws} saying: 'There is no vegetable upon the surface of the earth more noble, nor any more beneficial than the Purslane, and it is a vegetable of Fatima^{asws}'.

ثُمَّ قَالَ لَعَنَ اللَّهُ بَنِي أُمَيَّةَ هُمْ سَمَوْهَا بَقْلَةَ الْحَمَقَاءِ بُغْضًا لَنَا وَ عَدَاوَةً لِفَاطِمَةَ (عَلَيْهَا السَّلَام) .

Then he^{asws} said: 'May Allah^{azwj} Curse the Clan of Umayya! They named it as the 'vegetable of the idiots' due to their hatred and enmity to Fatima^{asws}'.¹³⁹

عَلِيُّ بْنُ إِبْرَاهِيمَ عَنْ أَبِيهِ عَنْ ابْنِ أَبِي عُمَيْرٍ عَنْ بَعْضِ أَصْحَابِنَا عَنْ أَبِي عَبْدِ اللَّهِ قَالَ وَطِئَ رَسُولُ اللَّهِ (صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ) الرَّمْضَاءَ فَأَحْرَقَتْهُ قَوِطِي عَلَى الرَّجْلَةِ وَ هِيَ الْبَقْلَةُ الْحَمَقَاءُ فَسَكَنَ عَنْهُ حَرُّ الرَّمْضَاءِ فَدَعَا لَهَا وَ كَانَ يُحِبُّهَا (صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ) وَ يَقُولُ مِنْ بَقْلَةٍ مَا أُبْرِكُهَا .

Ali Bin Ibrahim, from his father, from Ibn Abu Umeyr, from one of our companions,

(It has been narrated) from Abu Abdullah^{asws} having said: 'Rasool-Allah^{saww} trod upon the scorching ground, so it burned him^{saww}. So he^{saww} trod upon the purslane, and it is referred to as the 'vegetable of the idiots', so it settled from him^{saww} the heat of the scorching ground. So he^{saww} supplicated for it, and he^{saww} used to love it, and he^{saww} was saying: 'From the vegetables, there is none more Blessed'.¹⁴⁰

باب الخس

Chapter 117 – The Lettuce

عِدَّةٌ مِنْ أَصْحَابِنَا عَنْ أَحْمَدَ بْنِ أَبِي عَبْدِ اللَّهِ عَنْ أَبِيهِ عَنْ بَعْضِ أَصْحَابِهِ عَنْ أَبِي حَفْصِ الْأَبَارِ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) قَالَ عَلَيْنَكُمْ بِالْخَسِّ فَإِنَّهُ يُصَفِّي الدَّمَ .

A number of our companions, from Ahmad Bin Abu Abdullah, from his father, from one of his companions, from Abu Hafsa Al Abbar,

¹³⁸ Al Kafi – V 6 – The Book of Foodstuffs Ch 112 H 1

¹³⁹ Al Kafi – V 6 – The Book of Foodstuffs Ch 113 H 1

¹⁴⁰ Al Kafi – V 6 – The Book of Foodstuffs Ch 113 H 2

(It has been narrated) from Abu Abdullah^{asws} having said: 'it is upon you with (eating) the lettuce, for it cleans the blood'.¹⁴¹

باب السداب

Chapter 118 – The Rue (A herb)

مُحَمَّدُ بْنُ يَحْيَى عَنْ أَحْمَدَ بْنِ مُحَمَّدِ بْنِ عَيْسَى عَنْ يَعْقُوبَ بْنِ عَامِرٍ عَنْ رَجُلٍ عَنْ أَبِي الْحَسَنِ (عَلَيْهِ السَّلَام) قَالَ السَّدَابُ يَزِيدُ فِي الْعَقْلِ .

Muhammad Bin yahya, from Ahmad Bin Muhammad Bin Isa, from yaqoub Bin aamir, from a man,

(It has been narrated) from Abu Al-Hassan^{asws} having said: 'The rue increases in the intellect'.¹⁴²

عَنْهُ عَنْ مُحَمَّدِ بْنِ مُوسَى عَنْ عَلِيِّ بْنِ الْحَسَنِ الْهَمْدَانِيِّ عَنْ مُحَمَّدِ بْنِ عَمْرٍو بْنِ إِبرَاهِيمَ عَنْ أَبِي جَعْفَرٍ أَوْ أَبِي الْحَسَنِ (عَلَيْهِ السَّلَام) الْوَهُمُ مِنْ مُحَمَّدِ بْنِ مُوسَى قَالَ ذَكَرَ السَّدَابُ فَقَالَ أَمَا إِنَّ فِيهِ مَنَافِعَ زِيَادَةً فِي الْعَقْلِ وَ تَوْفِيرًا فِي الدَّمَاعِ غَيْرَ أَنَّهُ يُنْتِنُ مَاءَ الظَّهْرِ .

From him, from Muhammad Bin Musa, from Ali Bin Al Hassan Al Hamdany, from Muhammad Bin Amro Bin Ibrahim,

(It has been narrated) from Abu Ja'far^{asws} or Abu Al-Hassan^{asws} – the uncertainty being from Muhammad Bin Musa who said, 'The rue was mentioned, so he^{asws} said: 'But there are benefits therein – it increases the intellect, and augments the brain, apart from it that it decays the water of the back'.

و رُوِيَ أَنَّهُ حَيْدٌ لَوْجَعِ الأُذُنِ .

And it is reported that it is good for the ear ache'.¹⁴³

باب الجرجير

Chapter 119 – The Watercress

عِدَّةٌ مِنْ أَصْحَابِنَا عَنْ أَحْمَدَ بْنِ أَبِي عَبْدِ اللَّهِ عَنْ مُحَمَّدِ بْنِ عَيْسَى وَ غَيْرِهِ عَنْ قُتَيْبَةَ الْأَعَشَى أَوْ قَالَ قُتَيْبَةَ بْنِ مِهْرَانَ عَنْ حَمَّادِ بْنِ زَكَرِيَّا عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) قَالَ مَا تَضَلَّعَ الرَّجُلُ مِنَ الْجَرَجِيرِ بَعْدَ أَنْ يُصَلِّيَ الْعِشَاءَ الْآخِرَةَ فَبَاتَ تِلْكَ اللَّيْلَةَ إِلَّا وَ نَفْسُهُ تُنَازِعُهُ إِلَى الْجُدَامِ .

A number of our companions, from Ahmad Bin Abu Abdullah, form Muhammad Bin Isa, and someone else, from Quteyba Al A'ashy, or said Quteyba Bin Mihran, from Hammad Bin Zakariyya,

(It has been narrated) from Abu Abdullah^{asws} having said: 'The man would not fill himself up with the watercress after he has Prayed al-Isha the last, so he sleeps during that night, except that his soul would pull him towards the leprosy'.¹⁴⁴

¹⁴¹ Al Kafi – V 6 – The Book of Foodstuffs Ch 114 H 1

¹⁴² Al Kafi – V 6 – The Book of Foodstuffs Ch 114 H 1

¹⁴³ Al Kafi – V 6 – The Book of Foodstuffs Ch 114 H 2

¹⁴⁴ Al Kafi – V 6 – The Book of Foodstuffs Ch 115 H 1

عَلِيُّ بْنُ إِبْرَاهِيمَ عَنْ أَبِيهِ عَنِ النَّوْفَلِيِّ عَنِ السَّكُونِيِّ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) قَالَ مَنْ أَكَلَ الْجَرَجِيرَ بِاللَّيْلِ ضَرَبَ عَلَيْهِ عِرْقُ الْجُدَامِ مِنْ أَنْفِهِ وَبَاتَ يُنَزِفُ الدَّمَ .

Ali Bin Ibrahim, from his father, from Al Nowfaly, from Al Sakuny,

(It has been narrated) from Abu Abdullah^{asws} having said: 'The one who eats the watercress at night, the vein of leprosy would hit him from his nose, and he would sleep with blood flowing'.¹⁴⁵

مُحَمَّدُ بْنُ يَحْيَى عَنْ مُوسَى بْنِ الْحَسَنِ عَنْ أَحْمَدَ بْنِ سُلَيْمَانَ عَنْ أَبِيهِ عَنْ أَبِي بصير قَالَ سَأَلَ رَجُلٌ أَبَا عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) عَنِ الْبَقْلِ الْهَنْدَبَاءِ وَ الْبَادِرُوجِ وَ الْجَرَجِيرِ فَقَالَ الْهَنْدَبَاءُ وَ الْبَادِرُوجُ لَنَا وَ الْجَرَجِيرُ لِنَبِيِّ أُمَّيَّةَ .

Muhammad Bin Yahya, from Musa Bin Al Hassan, from Ahmad Bin Suleyman, from his father, from Abu Baseer who said,

'A man asked Abu Abdullah^{asws} about the vegetable, the endive and the sweet basil and the watercress. So he^{asws} said: 'The endive and the sweet basil is for us^{asws} and the watercress is for the Clan of Umayya'.¹⁴⁶

باب السَّلْقِ

Chapter 120 – The Chard

عَدَّةٌ مِنْ أَصْحَابِنَا عَنْ أَحْمَدَ بْنِ أَبِي عَبْدِ اللَّهِ عَنِ الْحَسَنِ بْنِ عَلِيٍّ عَنِ أَبِي عَثْمَانَ رَفَعَهُ إِلَى أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) قَالَ إِنَّ اللَّهَ عَزَّ وَ جَلَّ رَفَعَ عَنِ الْيَهُودِ الْجُدَامَ بِأَكْلِهِمُ السَّلْقَ وَ قَلَعَهُمُ الْعُرُوقَ .

A number of our companions, from Ahmad Bin Abu Abdullah, from Al Hassan Bin Ali, from Abu Usman,

(It has been narrated) raising it to Abu Abdullah^{asws} having said: 'Allah^{azwj} Mighty and Majestic Raised the leprosy from the Jews by their eating the Chard, and their gouging out the veils'.¹⁴⁷

عَنْهُ عَنْ مُحَمَّدِ بْنِ عَبْدِ الْحَمِيدِ عَنْ صَفْوَانَ بْنِ يَحْيَى عَنْ أَبِي الْحَسَنِ (عَلَيْهِ السَّلَام) قَالَ نَعِمَ الْبَقْلَةُ السَّلْقُ .

From him, from Muhammad Bin Abdul Hameed, from Safwan Bin Yahya,

(It has been narrated) from Abu Al-Hassan^{asws} having said: 'The best of the vegetables is the Chard'.¹⁴⁸

عَنْهُ عَنْ عَلِيِّ بْنِ الْحَسَنِ النَّيْمِيِّ عَنْ سُلَيْمَانَ بْنِ عَبَّادٍ عَنْ عَيْسَى بْنِ أَبِي الْوَرْدِ عَنْ مُحَمَّدِ بْنِ قَيْسٍ عَنْ أَبِي جَعْفَرٍ (عَلَيْهِ السَّلَام) أَنَّ بَنِي إِسْرَائِيلَ شَكَّوْا إِلَى مُوسَى (عَلَيْهِ السَّلَام) مَا يَلْقَوْنَ مِنَ الْبَيَاضِ فَشَكَا ذَلِكَ إِلَى اللَّهِ سُبْحَانَهُ وَ تَعَالَى فَأَوْحَى اللَّهُ إِلَيْهِ أَنْ مَرَّهُمْ بِأَكْلِ لَحْمِ الْبَقْرِ بِالسَّلْقِ .

From him, from Ali Bin Al Hassan Al Taymi, from Suleyman Bin Abbad, from Isa Bin Abu Al Ward, from Muhammad Bin Qays,

¹⁴⁵ Al Kafi – V 6 – The Book of Foodstuffs Ch 115 H 2

¹⁴⁶ Al Kafi – V 6 – The Book of Foodstuffs Ch 115 H 3

¹⁴⁷ Al Kafi – V 6 – The Book of Foodstuffs Ch 116 H 1

¹⁴⁸ Al Kafi – V 6 – The Book of Foodstuffs Ch 116 H 2

(It has been narrated) from Abu Ja'far^{asws} that the Children of Israel complained to Musa^{asws} of what they were facing from the whiteness (Vitiligo), so he^{as} took that complaint to Allah^{azwj} Glorious and High. So Allah^{azwj} Revealed unto him^{as} that: "Order them with eating the cow meat with the Chard".¹⁴⁹

مُحَمَّدُ بْنُ يَحْيَى عَنْ عَبْدِ اللَّهِ بْنِ جَعْفَرٍ عَنْ مُحَمَّدِ بْنِ عَيْسَى عَنْ أَبِي الْحَسَنِ الرَّضَا (عَلَيْهِ السَّلَام) أَنَّهُ قَالَ أَطْعَمُوا مَرْضَاكُمْ السَّلْقَ يَعْنِي وَرَقَهُ فَإِنَّ فِيهِ شِفَاءً وَ لَا دَاءَ مَعَهُ وَ لَا غَائِلَةَ لَهُ وَ يُهْدَى نَوْمَ الْمَرِيضِ وَ اجْتَنِبُوا أَصْلَهُ فَإِنَّهُ يُهَيِّجُ السَّوْدَاءَ .

Muhammad Bin Yahya, from Abdullah Bin Ja'far, from Muhammad Bin Isa,

(It has been narrated) from Abu Al-Hassan Al-Reza^{asws} having said: 'Feed the Chard to your sick ones, meaning a leaf of it, for therein is a healing, and there is no cure with it, nor is there a suffering for it, and gifts the sleep to the patient, and keep away from its root for it agitates the black bile'.¹⁵⁰

عَنْهُ عَنْ مُحَمَّدِ بْنِ عَيْسَى عَنْ بَعْضِ الْحُصَيْنِيِّينَ عَنْ أَبِي الْحَسَنِ (عَلَيْهِ السَّلَام) أَنَّ السَّلْقَ يَفْمَعُ عِرْقَ الْجَدَامِ وَ مَا دَخَلَ جَوْفَ الْمُبْرَسَمِ مِثْلُ وَرَقِ السَّلْقِ .

From him, from Muhammad Bin Isa, from one of the Husayniyayn,

(It has been narrated) from Abu Al-Hassan^{asws} that the Chard suppresses the vein of the leprosy, and there does not enter the inside of the sufferer of the vitiligo like a leaf of the Chard'.¹⁵¹

باب الكُمَاة

Chapter 121 – The Truffle

مُحَمَّدُ بْنُ يَحْيَى عَنْ عَبْدِ اللَّهِ بْنِ مُحَمَّدِ بْنِ عَيْسَى عَنْ عَلِيِّ بْنِ الْحَكَمِ عَنْ أَبَانَ بْنِ عُثْمَانَ عَنْ أَبِي بَصِيرٍ عَنْ فَاطِمَةَ بِنْتِ عَلِيٍّ عَنْ أَمَامَةَ بِنْتِ أَبِي الْعَاصِ بْنِ الرَّبِيعِ وَ أُمِّهَا زَيْنَبُ بِنْتُ رَسُولِ اللَّهِ (صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ) قَالَتْ أَتَانِي أَمِيرُ الْمُؤْمِنِينَ عَلِيٌّ (عَلَيْهِ السَّلَام) فِي شَهْرِ رَمَضَانَ فَأَتَيْتُ بِعِشَاءٍ وَ تَمْرٍ وَ كَمَاةٍ فَأَكَلْتُ (عَلَيْهِ السَّلَام) وَ كَانَ يُحِبُّ الْكُمَاةَ .

Muhammad Bin Yahya, from Abdullah Bin Muhammad Bin Isa, from Ali Bin Al Hakam, from Aban Bin Usman, from Abu Baseer,

(It has been narrated) from Fatima^{as} daughter of Ali^{asws}, from Amamat daughter of Abu Al A'as, from Al Rabie and her mother Zaynab daughter of Rasool-Allah^{saww}, said, 'Amir Al Momineen^{asws} came over to me in a Month of Ramazan, so he^{asws} came for dinner, and dates, and truffles. So he^{asws} ate, and he was loving the truffles'.¹⁵²

عِدَّةٌ مِنْ أَصْحَابِنَا عَنْ أَحْمَدَ بْنِ أَبِي عَبْدِ اللَّهِ عَنْ مُحَمَّدِ بْنِ عَلِيٍّ عَنْ مُحَمَّدِ بْنِ الْفُضَيْلِ عَنْ عَبْدِ الرَّحْمَنِ بْنِ زَيْدٍ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) قَالَ قَالَ رَسُولُ اللَّهِ (صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ) الْكُمَاةُ مِنَ الْمَنِّ وَ الْمَنْ مِنَ الْجَنَّةِ وَ مَا وَهَا شِفَاءٌ لِلْعَيْنِ .

A number of our companions, from Ahmad Bin Abu Abdullah, from Muhammad Bin Ali, from Muhammad Bin Al Fuzayl, from Abdul Rahman Bin Zayd,

¹⁴⁹ Al Kafi – V 6 – The Book of Foodstuffs Ch 116 H 3

¹⁵⁰ Al Kafi – V 6 – The Book of Foodstuffs Ch 116 H 4

¹⁵¹ Al Kafi – V 6 – The Book of Foodstuffs Ch 116 H 5

¹⁵² Al Kafi – V 6 – The Book of Foodstuffs Ch 117 H 1

(It has been narrated) from Abu Abdullah^{asws} having said: ‘Rasool-Allah^{saww} said: ‘The truffle is from the Manna, and the Manna is from the Paradise, and its water is a healing for the eyes’.¹⁵³

باب القُرْع

Chapter 122 – The Pumpkin

عَلِيُّ بْنُ إِبْرَاهِيمَ عَنْ أَبِيهِ عَنِ النَّوْفَلِيِّ عَنِ السَّكُونِيِّ عَنِ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) أَنَّ أَمِيرَ الْمُؤْمِنِينَ (عَلَيْهِ السَّلَام) سَأَلَ عَنِ الْقُرْعِ يُدَبِّحُ فَقَالَ الْقُرْعُ لَيْسَ يُذَكَّى فَكُلُوهُ وَلَا تَذْبَحُوهُ وَلَا يَسْتَهْوِيَنَّكُمُ الشَّيْطَانُ لَعْنَةُ اللَّهِ .

Ali Bin Ibrahim, from his father, from Al Nowfaly, from Al Sakuny,

(It has been narrated) from Abu Abdullah^{asws} that Amir Al-Momineen^{asws} was asked about the pumpkin to be slaughtered. So he^{asws} said: ‘The pumpkin is not to be slaughtered. So eat it, and do not slaughter it, do not let the Satan^{la} tempt you all, may Allah^{azwj} Curse him^{la}’.¹⁵⁴

وَابِسْنَادِهِ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) قَالَ كَانَ النَّبِيُّ (صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ) يُعْجِبُهُ الدُّبَّاءُ فِي الْقُدُورِ وَهُوَ الْقُرْعُ .

And by his chain,

(It has been narrated) from Abu Abdullah^{asws} having said: ‘The Prophet^{saww} fascinated by the gourd in the pots, and it is the pumpkin’.¹⁵⁵

مُحَمَّدُ بْنُ يَحْيَى عَنْ أَحْمَدَ بْنِ مُحَمَّدَ بْنِ عِيسَى عَنِ ابْنِ فَضَّالٍ عَنْ عَبْدِ اللَّهِ بْنِ مَيْمُونِ الْقَدَّاحِ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) قَالَ كَانَ النَّبِيُّ (صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ) يُعْجِبُهُ الدُّبَّاءُ وَ يَلْتَقِطُهُ مِنَ الصَّحْفَةِ .

Muhammad Bin Yahya, from Ahmad Bin Muhammad Bin Isa, from Ibn Fazzal, from Abdullah Bin Maymoun Al qaddah,

(It has been narrated) from Abu Abdullah^{asws} having said: ‘The Prophet^{saww} liked the gourd, and he^{asws} used to pick it up from the platter’.¹⁵⁶

عِدَّةٌ مِنْ أَصْحَابِنَا عَنْ سَهْلِ بْنِ زِيَادٍ عَنْ أَحْمَدَ بْنِ مُحَمَّدَ بْنِ أَبِي نَصْرِ عَنْ عَبْدِ اللَّهِ بْنِ مُحَمَّدِ الشَّامِيِّ عَنِ الْحُسَيْنِ بْنِ حَنْظَلَةَ عَنْ أَحَدِهِمَا (عَلَيْهِمَا السَّلَام) قَالَ الدُّبَّاءُ يَزِيدُ فِي الدَّمَاغِ .

A number of our companions, from Sahl Bin Ziyad, from Ahmad Bin Muhammad Bin Abu Nasr, from Abdullah Bin Muhammad Al Shamy, from Al Husayn Bin Hanzala, from one of the two (5th or 6th Imam^{asws}) having said: ‘The gourd increases the mind’.¹⁵⁷

عَنْهُ عَنْ عَلِيِّ بْنِ حَسَّانَ عَنْ مُوسَى بْنِ بَكْرِ قَالَ سَمِعْتُ أَبَا الْحَسَنِ (عَلَيْهِ السَّلَام) يَقُولُ الدُّبَّاءُ يَزِيدُ فِي الْعَقْلِ .

From him, from Ali Bin Hassan, from Musa Bin Bakr who said,

‘I heard Abu Al-Hassan^{asws} saying: ‘The gourd increases the intellect’.¹⁵⁸

¹⁵³ Al Kafi – V 6 – The Book of Foodstuffs Ch 117 H 2

¹⁵⁴ Al Kafi – V 6 – The Book of Foodstuffs Ch 118 H 1

¹⁵⁵ Al Kafi – V 6 – The Book of Foodstuffs Ch 118 H 2

¹⁵⁶ Al Kafi – V 6 – The Book of Foodstuffs Ch 118 H 3

¹⁵⁷ Al Kafi – V 6 – The Book of Foodstuffs Ch 118 H 4

الْحُسَيْنُ بْنُ مُحَمَّدٍ عَنِ السَّيَّارِيِّ رَفَعَهُ قَالَ كَانَ النَّبِيُّ (صَلَّى اللهُ عَلَيْهِ وَآلِهِ) يُعْجِبُهُ الدُّبَّاءُ وَكَانَ يَأْمُرُ نِسَاءَهُ إِذَا طَبَخْنَ قَدْرًا يُكْتَرَنَ مِنَ الدُّبَّاءِ وَهُوَ الْقَرَعُ .

Al Husayn Bin Muhammad, from Al Sayyari, raising it, said,

‘The Prophet^{saww} liked the gourd, and he^{saww} would order his^{saww} wives, when they cooked a pot, so they should be frequenting from the gourd, and it is the pumpkin’.¹⁵⁹

عَدَّةٌ مِنْ أَصْحَابِنَا عَنْ أَحْمَدَ بْنِ أَبِي عَبْدِ اللَّهِ عَنْ أَبِيهِ عَنْ بَعْضِ أَصْحَابِنَا عَنْ أَبِي الْحَسَنِ مُوسَى (عَلَيْهِ السَّلَامُ) قَالَ كَانَ فِيمَا أَوْصَى بِهِ رَسُولُ اللَّهِ (صَلَّى اللهُ عَلَيْهِ وَآلِهِ) عَلِيًّا (عَلَيْهِ السَّلَامُ) أَنَّهُ قَالَ لَهُ يَا عَلِيُّ عَلَيْكَ بِالدُّبَّاءِ فَكُلْهُ فَإِنَّهُ يَزِيدُ فِي الدِّمَاغِ وَالْعَقْلِ .

A number of our companions, from Ahmad Bin Abu Abdullah, from his father, from one of our companions,

(It has been narrated) from Abu Al-Hassan Musa^{asws} having said: ‘Among what Rasool-Allah^{saww} bequeathed to Ali^{asws} with was that he^{saww} said: ‘O Ali^{asws}! It is upon you^{asws} with (eating) the gourd. Therefore eat it, for it increases the mind and the intellect’.¹⁶⁰

باب الفجل

Chapter 123 – The Radish

عَلِيُّ بْنُ مُحَمَّدٍ بْنُ بُنْدَارٍ عَنْ أَبِيهِ عَنْ مُحَمَّدِ بْنِ عَلِيٍّ الْأَهْمَدَانِيِّ عَنْ حَنَّانٍ قَالَ سَمِعْتُ أَبَا عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) وَكَنْتُ مَعَهُ عَلَى الْمَائِدَةِ فَنَاقَلَنِي فُجْلَةً وَ قَالَ يَا حَنَّانُ كُلِّ الْفُجْلِ فَإِنَّ فِيهِ ثَلَاثَ خِصَالٍ وَرَفُّهُ يَطْرُدُ الرِّيَّاحَ وَ لُبُّهُ يَسْرِبِلُ الْبَوْلَ وَ أَصْلُهُ يَقَطِّعُ الْبَلْعَمَ .

Ali Bin Muhammad Bin Bundar, from his father, from Muhammad Bin Ali Al Hamdany, from Hanaan who said,

‘I heard Abu Abdullah^{asws}, and I was with him^{asws} upon the food-spread, so he^{asws} gave me a radish and said: ‘O Hanaan! Eat the radish for therein are three qualities – its leaf dispels the wind, and its core eases the flow of urine, and its root cuts the phlegm’.

وَ فِي رِوَايَةٍ أُخْرَى وَرَفُّهُ يُمْرِئُ .

And in another report: ‘And its leaf nourishes’.¹⁶¹

عَنْهُ عَنِ السَّيَّارِيِّ عَنْ أَحْمَدَ بْنِ مُحَمَّدِ بْنِ خَالِدٍ عَنْ أَحْمَدَ بْنِ الْمُبَارَكِ عَنْ أَبِي عَثْمَانَ عَنْ دُرُسْتٍ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) قَالَ الْفُجْلُ أَصْلُهُ يَقَطِّعُ الْبَلْعَمَ وَ لُبُّهُ يَهْضِمُ وَ وَرَفُّهُ يَحْدِرُ الْبَوْلَ حَدْرًا .

From him, from Al Sayyari, from Ahmad Bin Muhammad Bin Khalid, from Ahmad Bin Al Mubarak, from Abu Usman, from Dorost,

¹⁵⁸ Al Kafi – V 6 – The Book of Foodstuffs Ch 118 H 5

¹⁵⁹ Al Kafi – V 6 – The Book of Foodstuffs Ch 118 H 6

¹⁶⁰ Al Kafi – V 6 – The Book of Foodstuffs Ch 118 H 7

¹⁶¹ Al Kafi – V 6 – The Book of Foodstuffs Ch 119 H 1

(It has been narrated) from Abu Abdullah^{asws} having said: 'The radish, its root cuts the phlegm, and its core digests, and its leaf flows the urine with a flowing'.¹⁶²

باب الجزر

Chapter 124 – The Carrot

مُحَمَّدُ بْنُ يَحْيَى عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ عَنِ الْحَسَنِ بْنِ عَلِيٍّ أَوْ غَيْرِهِ عَنْ دَاوُدَ بْنِ فَرْقِدٍ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) قَالَ أَكَلُ الْجَزْرِ يُسَخِّنُ الْكُلَيْبَيْنِ وَيُعِيمُ الذَّكَرَ .

Muhammad Bin Yahya, from Ahmad Bin Muhammad Bin Al Hassan Bin Ali, or someone else, from Dawood Bin Farqad,

(It has been narrated) from Abu Abdullah^{asws} having said: 'Eating the carrots warms the kidneys and stirs the manhood'.¹⁶³

مُحَمَّدُ بْنُ يَحْيَى عَنْ مُحَمَّدِ بْنِ مُوسَى عَنْ أَحْمَدَ بْنِ الْحَسَنِ الْجَلَّابِ عَنْ مُوسَى بْنِ إِسْمَاعِيلَ عَنِ ابْنِ أَبِي عُمَيْرٍ عَنْ بَعْضِ أَصْحَابِنَا قَالَ قَالَ أَبُو عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) الْجَزْرُ أَمَانٌ مِنَ الْفُولَنْجِ وَالْبَوَاسِيرِ وَيُعِينُ عَلَى الْجِمَاعِ .

Muhammad Bin Yahya, from Muhammad Bin Musa, from Ahmad Bin Al Hassan Al Jallab, from Musa Bin Ismail, from Ibn Abu Umeyr, from one of our companions who said,

'Abu Abdullah^{asws} said: 'The carrots are a security from the colitis, and the hemorrhoids, and it aids upon the copulation'.¹⁶⁴

عِدَّةٌ مِنْ أَصْحَابِنَا عَنْ سَهْلِ بْنِ زِيَادٍ عَنْ إِبْرَاهِيمَ بْنِ عَبْدِ الرَّحْمَنِ عَنْ أَبِيهِ عَنْ دَاوُدَ بْنِ فَرْقِدٍ قَالَ سَمِعْتُ أَبَا الْحَسَنِ (عَلَيْهِ السَّلَام) يَقُولُ أَكَلُ الْجَزْرِ يُسَخِّنُ الْكُلَيْبَيْنِ وَيُنْصِبُ الذَّكَرَ قَالَ فَقُلْتُ لَهُ جَعَلْتُ فِدَاكَ كَيْفَ أَكَلُهُ وَ لَيْسَ لِي أَسْنَانٌ قَالَ فَقَالَ لِي مِرُّ الْجَارِيَةِ تَسْلُفُهُ وَ كُلُّهُ .

A number of our companions, from Sahl Bin Ziyad, from Ibrahim Bin Abdul Rahman, from his father, from Dawood Bin Farqad who said,

'I heard Abu Al-Hassan^{asws} saying: 'Eating the carrots warms the kidneys, and establishes the manhood'. I said to him^{asws}, 'May I be sacrificed for you^{asws}! How can I eat it and there are no teeth for me'. So he^{asws} said to me: 'Instruct the maid to boil it, and eat it'.¹⁶⁵

باب السلجم

Chapter 125 – The Turnip

مُحَمَّدُ بْنُ يَحْيَى عَنْ عَبْدِ اللَّهِ بْنِ جَعْفَرٍ عَنْ مُحَمَّدِ بْنِ عَيْسَى عَنْ عَلِيِّ بْنِ الْمُسَيَّبِ قَالَ قَالَ الْعَبْدُ الصَّالِحُ (عَلَيْهِ السَّلَام) عَلَيْكَ بِاللَّفْتِ فَكُلَّهُ يَعْزِي السَّلْجَمَ فَإِنَّهُ لَيْسَ مِنْ أَحَدٍ إِلَّا وَ لَهُ عِرْقٌ مِنَ الْجَدَامِ وَاللَّفْتُ يُدْبِيهِ .

Muhammad Bin Yahya, from Abdullah Bin Ja'far, from Muhammad Bin Isa, from Ali Bin Al Musayyab who said,

¹⁶² Al Kafi – V 6 – The Book of Foodstuffs Ch 119 H 2

¹⁶³ Al Kafi – V 6 – The Book of Foodstuffs Ch 120 H 1

¹⁶⁴ Al Kafi – V 6 – The Book of Foodstuffs Ch 120 H 2

¹⁶⁵ Al Kafi – V 6 – The Book of Foodstuffs Ch 120 H 3

'Al-Abd Al-Salih^{asws} (7th Imam^{asws}) said: 'It is upon you with (eating) *Al-Lafti* (a turnip dish), so eat it, meaning the turnip, for there is no one except for him is a vein for the leprosy, and *Al-Lafti* removes it'.¹⁶⁶

عَدَّةٌ مِنْ أَصْحَابِنَا عَنْ أَحْمَدَ بْنِ أَبِي عَبْدِ اللَّهِ عَنْ عَبْدِ الْعَزِيزِ الْمُهَنْدِيِّ رَفَعَهُ إِلَى أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) قَالَ مَا مِنْ أَحَدٍ إِلَّا وَ فِيهِ عِرْقٌ مِنَ الْجَدَامِ فَأَذِيبُوهُ بِالسَّلْجَمِ .

A number of our companions, from Ahmad Bin Abu Abdullah, from Abdul Aziz Al Muhtady,

(It has been narrated) raising it to Abu Abdullah^{asws} having said: 'There is no one except inside of him is a vein of the leprosy, so melt it by the turnip'.¹⁶⁷

عَنْهُ عَنْ يَعْقُوبَ بْنِ بَزِيدٍ عَنْ يَحْيَى بْنِ الْمُبَارَكِ [عَنْ عَبْدِ اللَّهِ بْنِ الْمُبَارَكِ] عَنْ عَبْدِ اللَّهِ بْنِ جَبَلَةَ عَنْ عَلِيِّ بْنِ أَبِي حَمْرَةَ عَنْ أَبِي الْحَسَنِ (عَلَيْهِ السَّلَام) أَوْ قَالَ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) قَالَ مَا مِنْ أَحَدٍ إِلَّا وَ بِهِ عِرْقٌ مِنَ الْجَدَامِ فَأَذِيبُوهُ بِأَكْلِ السَّلْجَمِ .

From him, from Yaqoub Bin Yazeed, from Yahya Bin Al Mubarak, from Abdullah Bin Al Mubarak, from Abdull Bin Jabala, from Ali Bin Abu Hamza,

(It has been narrated) from Abu Al-Hassan^{asws}, or said, from Abu Abdullah^{asws} having said: 'There is no one except with him is a vein of the leprosy, therefore melt it by eating the turnip'.¹⁶⁸

عَنْهُ عَنِ الْحَسَنِ بْنِ الْحُسَيْنِ عَنْ مُحَمَّدِ بْنِ سِنَانَ عَمَّنْ ذَكَرَهُ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) قَالَ عَلَيْكُمْ بِالسَّلْجَمِ فَكُلُوهُ وَ أَدِيمُوا أَكْلَهُ وَ اكْتُمُوهُ إِلَّا عَنْ أَهْلِهِ فَمَا مِنْ أَحَدٍ إِلَّا وَ بِهِ عِرْقٌ مِنَ الْجَدَامِ فَأَذِيبُوهُ بِأَكْلِهِ .

From him, from Al Hassan Bin Al Husayn, from Muhamad Bin Sinan, from the one who mentioned it,

(It has been narrated) from Abu Abdullah^{asws} having said: 'It is upon you with (eating) the turnips, so eat these and be habitual in eating it, and conceal it except from its deserving one, for there is no one except with him is a vein of the leprosy, therefore melt it by eating it'.¹⁶⁹

بابُ الْقِتَاءِ

Chapter 126 – The Cucumbers

عَدَّةٌ مِنْ أَصْحَابِنَا عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ عَنِ الْحَجَّالِ عَمَّنْ ذَكَرَهُ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) قَالَ كَانَ رَسُولُ اللَّهِ (صَلَّى اللَّهُ عَلَيْهِ وَ آلِهِ) يَأْكُلُ الْقِتَاءَ بِالْمِلْحِ .

A number of our companions, from Ahmad Bin Muhammad, from Al Hajjal, from the one who mentioned it,

(It has been narrated) from Abu Abdullah^{asws} having said: 'Rasool-Allah^{saww} used to eat the cucumbers with the salt'.¹⁷⁰

¹⁶⁶ Al Kafi – V 6 – The Book of Foodstuffs Ch 120 H 1

¹⁶⁷ Al Kafi – V 6 – The Book of Foodstuffs Ch 120 H 2

¹⁶⁸ Al Kafi – V 6 – The Book of Foodstuffs Ch 120 H 3

¹⁶⁹ Al Kafi – V 6 – The Book of Foodstuffs Ch 120 H 4

¹⁷⁰ Al Kafi – V 6 – The Book of Foodstuffs Ch 121 H 1

مُحَمَّدُ بْنُ يَحْيَى عَنْ عَبْدِ اللَّهِ بْنِ جَعْفَرٍ عَنْ مُحَمَّدِ بْنِ عَيْسَى عَنْ عَبْدِ اللَّهِ الدَّهْقَانِ عَنْ دُرُسْتِ الْوَاسِطِيِّ عَنْ عَبْدِ اللَّهِ بْنِ سِنَانَ قَالَ قَالَ أَبُو عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) إِذَا أَكَلْتُمْ الْفَتَاءَ فَكُلُوهُ مِنْ أَسْفَلِهِ فَإِنَّهُ أَعْظَمُ لِبَرَكَتِهِ .

Muhammad Bin Yahya, from Abdullah Bin Ja'far, from Muhammad Bin Isa, from Ubeydullah Al Dahqan, from dorost Al Wasity, from Abdullah Bin Sinan who said,

'Abu Abdullah^{asws} said: 'When you eat the cucumbers, so eat it from its lower part, for it is greater in its Blessing'.¹⁷¹

باب الباذنجان

Chapter 127 – The Aubergine

عِدَّةٌ مِنْ أَصْحَابِنَا عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ عَنْ عَبْدِ اللَّهِ بْنِ عَلِيٍّ بْنِ عَامِرٍ عَنْ إِبْرَاهِيمَ بْنِ الْفَضْلِ عَنْ جَعْفَرِ بْنِ يَحْيَى عَنْ أَبِيهِ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) قَالَ كُلُوا الْبَاذَنْجَانَ فَإِنَّهُ يُدْهِبُ الدَّاءَ وَ لَا دَاءَ لَهُ .

A number of our companions, from Ahmad Bin Muhammad, from Abdullah Bin Ali Bin Aamir, from Ibrahim Bin Al Fazl, from Ja'far Bin Yahya, from his father,

(It has been narrated) from Abu Abdullah^{asws} having said: 'Eat the aubergine for it removes the illness and there is no disease in it'.¹⁷²

عِدَّةٌ مِنْ أَصْحَابِنَا عَنْ سَهْلِ بْنِ زِيَادٍ عَنْ بَعْضِ أَصْحَابِنَا قَالَ قَالَ أَبُو الْحَسَنِ الثَّلَاثِ (عَلَيْهِ السَّلَامُ) لِيَعْضِ فَهَارِمَتِهِ اسْتَكْبَرُوا لَنَا مِنَ الْبَاذَنْجَانِ فَإِنَّهُ حَارٌّ فِي وَقْتِ الْحَرَارَةِ وَ بَارِدٌ فِي وَقْتِ الْبُرُودَةِ مُعْتَدِلٌ فِي الْأَوْقَاتِ كُلِّهَا جَيِّدٌ عَلَى كُلِّ حَالٍ .

A number of our companions, from Sahl Bin Ziyad, from one of our companions who said,

'Abu Al-Hassan^{asws} the 3rd said to one of his^{asws} workers: 'Frequent for us from the aubergines, for it is hot during the time of heat, and cool in the times of coldness, being moderate in all of the times, good upon every state'.¹⁷³

الْحُسَيْنُ بْنُ مُحَمَّدٍ عَنْ مُعَلَّى بْنِ مُحَمَّدٍ عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ وَ عَبْدِ اللَّهِ بْنِ الْقَاسِمِ عَنْ عَبْدِ الرَّحْمَنِ الْهَاشِمِيِّ قَالَ قَالَ لِيَعْضِ مَوَالِيهِ أَقْلِلْ لَنَا مِنَ الْبَيْضِ وَ أَكْثِرْ لَنَا مِنَ الْبَاذَنْجَانِ فَقَالَ لَهُ مُسْتَفْهِمًا الْبَاذَنْجَانُ قَالَ نَعَمْ الْبَاذَنْجَانُ جَامِعُ الطَّعْمِ مَنْفِي الدَّاءِ صَالِحٌ لِلطَّبِيعَةِ مُنْصَفٌ فِي أَحْوَالِهِ صَالِحٌ لِلشَّيْخِ وَ الشَّابِّ مُعْتَدِلٌ فِي حَرَارَتِهِ وَ بُرُودَتِهِ حَارٌّ فِي مَكَانِ الْحَرَارَةِ وَ بَارِدٌ فِي مَكَانِ الْبُرُودَةِ .

Al Husayn Bin Muhammad, from Moalla Bin Muhammad, from Ahmad Bin Muhammad, and Abdullah Bin Al Qasim, from Abdul Rahman Al Hashimy who said,

'He^{asws} said to one of his slaves: 'Be (buy) less for us^{asws} from the onions, and more for us^{asws} from the aubergines'. So he said to him^{asws} for his understanding, 'The aubergines?' He^{asws} said: 'Yes, the aubergines, in all its tastes is beneficial for the illnesses, corrective for the health, balanced in its states, corrective for the old man and the youth, being moderate in its heat and its coolness, being hot in hot places and cool in cold places'.¹⁷⁴

¹⁷¹ Al Kafi – V 6 – The Book of Foodstuffs Ch 121 H 2

¹⁷² Al Kafi – V 6 – The Book of Foodstuffs Ch 122 H 1

¹⁷³ Al Kafi – V 6 – The Book of Foodstuffs Ch 122 H 2

¹⁷⁴ Al Kafi – V 6 – The Book of Foodstuffs Ch 122 H 3

باب البصل**Chapter 128 – The Onion**

عَدَّةٌ مِنْ أَصْحَابِنَا عَنْ سَهْلِ بْنِ زِيَادٍ عَنْ مَنْصُورِ بْنِ الْعَبَّاسِ عَنْ عَبْدِ الْعَزِيزِ بْنِ حَسَّانِ الْبَغْدَادِيِّ عَنْ صَالِحِ بْنِ عُقْبَةَ عَنْ عَبْدِ اللَّهِ بْنِ مُحَمَّدِ الْجُعْفِيِّ قَالَ ذَكَرَ أَبُو عَبْدِ اللَّهِ (عليه السلام) الْبَصَلَ فَقَالَ يُطَيِّبُ النَّكْهَةَ وَ يَذْهَبُ بِالْبَلْغَمِ وَ يَزِيدُ فِي الْجِمَاعِ .

A number of our companions, from sahl Bin Ziyad, from Mansour Bin Al Abbas, from Abdul Aziz bin Hassan Al Baghdady, from Salih Bin Uqba, from Abdullah Bin Muhammad Al Ju'fy who said,

'Abu Abdullah^{asws} mentioned the onions, so he^{asws} said: 'It aromatises the breath, and does away with the phlegm, and increases in the copulation'.¹⁷⁵

أَبُو عَلِيٍّ الْأَشْعَرِيُّ عَنْ مُحَمَّدِ بْنِ سَالِمٍ عَنْ أَحْمَدَ بْنِ النَّضْرِ عَنْ عَمْرِو بْنِ شِمْرٍ عَنْ جَابِرٍ قَالَ قَالَ أَبُو عَبْدِ اللَّهِ (عليه السلام) الْبَصَلَ يَذْهَبُ بِالنَّصَبِ وَ يَسُدُّ الْعَصَبَ وَ يَزِيدُ فِي الْخَطَى وَ يَزِيدُ فِي الْمَاءِ وَ يَذْهَبُ بِالْحَمَى .

Abu Ali Al Ashary, from Muhammad Bin Salim, from Ahmad Bin Al Nazar, from Amro Bin Shimr, from Jabir who said,

'Abu Abdullah^{asws} said: 'The onion removes the mental breakdown and strengthens the nerves, and increases in the walking ability, and increases in the water, and does away with the fever'.¹⁷⁶

عَلِيُّ بْنُ مُحَمَّدٍ بْنِ بُنْدَارَ عَنْ أَبِيهِ عَنْ مُحَمَّدِ بْنِ عَلِيٍّ الْهَمْدَانِيِّ عَنْ الْحَسَنِ بْنِ عَلِيٍّ الْكَسَلَانَ عَنْ مُبَسَّرِ بْنِ بِيَّاعِ الرُّطْبِيِّ وَ كَانَ خَالَهُ قَالَ سَمِعْتُ أَبَا عَبْدِ اللَّهِ (عليه السلام) يَقُولُ كُلُوا الْبَصَلَ فَإِنَّ فِيهِ ثَلَاثَ خِصَالٍ يُطَيِّبُ النَّكْهَةَ وَ يَسُدُّ اللَّتَّةَ وَ يَزِيدُ فِي الْمَاءِ وَ الْجِمَاعِ .

Ali Bin Muhammad Bin Bundar, from his father, from Muhammad Bin Ali Al hamdany, from Al Hassan Bin Ali Al Kaslaan, from Maysar Baya'a the Zaty, and he was his maternal uncle who said,

'I heard Abu Abdullah^{asws} saying: 'Eat the onion for therein are three qualities – It aromatises the breath, and strengthens the gums, and increases in the water and the copulation'.¹⁷⁷

عَنْهُ عَنِ السَّيَّارِيِّ عَنْ أَحْمَدَ بْنِ مُحَمَّدِ بْنِ خَالِدٍ عَنْ أَحْمَدَ بْنِ الْمُبَارَكِ الدَّيْنَوَرِيِّ عَنْ أَبِي عُثْمَانَ عَنْ دُرُسْتٍ عَنْ أَبِي عَبْدِ اللَّهِ (عليه السلام) قَالَ الْبَصَلَ يُطَيِّبُ النَّكْهَةَ وَ يَسُدُّ الظُّهْرَ وَ يُرِقُّ الْبِشْرَةَ .

From him, from Al Sayyari, from Ahmad Bin Muhammad Bin Khalid, from Ahmad Bin Al Mubarak Al Deynaoury, from Abu Usman, from Dorost,

(It has been narrated) from Abu Abdullah^{asws} having said; 'The onion aromatises the breath, and strengthens the back, and softens the skin'.¹⁷⁸

عَدَّةٌ مِنْ أَصْحَابِنَا عَنْ أَحْمَدَ بْنِ مُحَمَّدِ بْنِ خَالِدٍ عَنْ مُحَمَّدِ بْنِ عَلِيٍّ عَنْ عَبْدِ الرَّحْمَنِ بْنِ زَيْدِ بْنِ أَسْلَمَ عَنْ أَبِي عَبْدِ اللَّهِ (عليه السلام) قَالَ قَالَ رَسُولُ اللَّهِ (صلى الله عليه وآله) إِذَا دَخَلْتُمْ بِلَاداً فَكُلُوا مِنْ بَصَلِهَا يَطْرُدُ عَنْكُمْ وَبَاءَهَا .

¹⁷⁵ Al Kafi – V 6 – The Book of Foodstuffs Ch 123 H 1

¹⁷⁶ Al Kafi – V 6 – The Book of Foodstuffs Ch 123 H 2

¹⁷⁷ Al Kafi – V 6 – The Book of Foodstuffs Ch 123 H 3

¹⁷⁸ Al Kafi – V 6 – The Book of Foodstuffs Ch 123 H 4

A number of our companions, from Ahmad Bin Muhammad Bin Khalid, from Muhammad Bin Ali, from Abdul Rahman Bin Zayd Bin Aslam,

(It has been narrated) from Abu Abdullah^{asws} having said: 'Rasool-Allah^{saww} said: 'When you enter a city, so eat from its onions, it would dispel from you its plague'.¹⁷⁹

باب الثوم

Chapter 129 – The Garlic

عَلِيُّ بْنُ إِبْرَاهِيمَ عَنْ أَبِيهِ عَنْ ابْنِ أَبِي عُمَيْرٍ عَنْ عُمَرَ بْنِ أُدَيْنَةَ عَنْ مُحَمَّدِ بْنِ مُسْلِمٍ عَنْ أَبِي جَعْفَرٍ (عَلَيْهِ السَّلَام) قَالَ سَأَلْتُهُ عَنْ أَكْلِ الثُّومِ فَقَالَ إِنَّمَا نَهَى رَسُولُ اللَّهِ (صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ) عَنْهُ لِرِيحِهِ فَقَالَ مَنْ أَكَلَ مِنْ هَذِهِ الْبَقْلَةِ الْخَبِيثَةِ فَلَا يَقْرَبُ مَسْجِدَنَا فَأَمَّا مَنْ أَكَلَهُ وَ لَمْ يَأْتِ الْمَسْجِدَ فَلَا بَأْسَ .

Ali Bin Ibrahim, from his father, from Ibn Abu Umeyr, from Umar Bin Azina, from Muhammad Bin Muslim,

(It has been narrated) from Abu Ja'far^{asws}, said, 'I asked him^{asws} about eating the garlic, so he^{asws} said: 'But rather Rasool-Allah^{saww} forbade from it due to its smell, so he^{saww} said: 'The one who eats this bad vegetable, so he should not go near our Masjids. So as for the one who eats it and does not come to the Masjid, so there is no problem'.¹⁸⁰

مُحَمَّدُ بْنُ يَحْيَى عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ عَنِ الْحُسَيْنِ بْنِ سَعِيدٍ عَنْ حَمَادٍ عَنْ شُعَيْبٍ عَنْ أَبِي بَصِيرٍ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) قَالَ سُئِلَ عَنْ أَكْلِ الثُّومِ وَالْبَصَلِ وَالْكَرَّاثِ فَقَالَ لَا بَأْسَ بِأَكْلِهِ نِيًّا وَ فِي الْفُؤُورِ وَ لَا بَأْسَ بِأَنْ يُنْدَاوَى بِالثُّومِ وَ لَكِنْ إِذَا أَكَلَ ذَلِكَ أَحَدُكُمْ فَلَا يَخْرُجْ إِلَى الْمَسْجِدِ .

Muhammad Bin Yahya, from Ahmad Bin Muhammad, from Al husayn Bin Saeed, from Hammad, from Shuayb, from Abu Baseer,

(It has been narrated) from Abu Abdullah^{asws}, said, 'He^{asws} was asked about eating the garlic, and the onion, and the leek, so he^{asws} said: 'There is no problem in eating it remotely, and in the pots, and there is no problem in curing (illnesses) with the leek, but when one of you eats that (garlic), so he should not go out to the Masjid'.¹⁸¹

عِدَّةٌ مِنْ أَصْحَابِنَا عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ بْنِ خَالِدٍ عَنْ عُثْمَانَ بْنِ عِيسَى عَنْ عَبْدِ اللَّهِ بْنِ مُسْكَانَ عَنِ الْحَسَنِ الزِّيَّاتِ قَالَ لَمَّا أَنْ قَضَيْتُ نُسْكَي مَرَرْتُ بِالْمَدِينَةِ فَسَأَلْتُ عَنْ أَبِي جَعْفَرٍ (عَلَيْهِ السَّلَام) فَقَالَ هُوَ بَيْنَيْعَ قَائِبْتُ بَيْنَيْعَ فَقَالَ لِي يَا حَسَنُ مَشَيْتَ إِلَيَّ هَاهُنَا فَلْتُ نَعْمَ جُعِلَتْ فِدَاكَ كَرِهْتُ أَنْ أَخْرُجَ وَ لَا أَرَاكَ فَقَالَ (عَلَيْهِ السَّلَام) إِنِّي أَكَلْتُ مِنْ هَذِهِ الْبَقْلَةِ يَعْنِي الثُّومَ فَأَرَدْتُ أَنْ أَتَنَحَّى عَنْ مَسْجِدِ رَسُولِ اللَّهِ (صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ) .

A number of our companions, from Ahmad Bin Muhammad Bin Khalid, from usman Bin Isa, from Abdullah Bin Muskan, from Al Hassan Al Zayyat who said,

'When I had fulfilled my rituals, I passed by Al-Medina. So I asked about Abu Ja'far^{asws}, and was told that he^{asws} is at Al-Yanba'a. So I went to Yanba'a. So he^{asws} said to me: 'O Hassan! You have walked to over here?' I said, 'Yes, may I be sacrificed for you^{asws}, as I disliked going out and I have not seen you^{asws}'. So he^{asws}

¹⁷⁹ Al Kafi – V 6 – The Book of Foodstuffs Ch 123 H 5

¹⁸⁰ Al Kafi – V 6 – The Book of Foodstuffs Ch 124 H 1

¹⁸¹ Al Kafi – V 6 – The Book of Foodstuffs Ch 124 H 2

said: 'I^{asws} ate from this vegetable, meaning the garlic, so I^{asws} wanted to keep away from the Masjid of Rasool-Allah^{saww}'¹⁸².

باب السَعْتَر

Chapter 130 – The Thyme

مُحَمَّدُ بْنُ يَحْيَى عَنْ أَحْمَدَ بْنِ مُحَمَّدِ بْنِ عَيْسَى عَنْ زِيَادِ الْقَنْدِيِّ عَنْ أَبِي الْحَسَنِ الْأَوَّلِ (عَلَيْهِ السَّلَام) قَالَ كَانَ دَوَاءَ أَمِيرِ الْمُؤْمِنِينَ (عَلَيْهِ السَّلَام) السَّعْتَرُ وَكَانَ يَقُولُ إِنَّهُ بَصِيرٌ لِلْمَعْدَةِ خَمَلًا كَخَمَلِ الْقَطِيفَةِ .

Muhammad Bin Yahya, from Ahmad Bin Muhammad Bin Isa, from Ziyad Al Qandy,

(It has been narrated) from Abu Al-Hassan^{asws} the 1st having said: 'The medicine of Amir Al-Momineen^{asws} was the thyme, and he^{asws} was saying: 'It comes to the stomach as velvet like the plush brocade'.'¹⁸³

عَنْهُ عَنْ مُوسَى بْنِ الْحَسَنِ عَنْ عَلِيِّ بْنِ سُلَيْمَانَ عَنْ بَعْضِ الْوَاسِطِيِّينَ عَنْ أَبِي الْحَسَنِ (عَلَيْهِ السَّلَام) أَنَّهُ شَكَا إِلَيْهِ رُطُوبَةً فَأَمَرَهُ أَنْ يَسْتَفَّ السَّعْتَرَ عَلَى الرَّيْقِ .

From him, from Musa Bin Al Hassan, from Ali Bin Suleyman, from one of the middle-men,

(It has been narrated) from Abu Al-Hassan^{asws}, that he complained to him^{asws} of moisture (acidity), so he^{asws} ordered him that he should eat the thyme upon the empty stomach'.¹⁸⁴

باب الخِلال

Chapter 131 – The Toothpick

عَلِيُّ بْنُ إِبْرَاهِيمَ عَنْ أَبِيهِ عَنْ ابْنِ أَبِي عُمَيْرٍ عَنْ هِشَامِ بْنِ سَالِمٍ قَالَ قَالَ أَبُو عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) قَالَ رَسُولُ اللَّهِ (صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ) نَزَلَ جِبْرَائِيلُ (عَلَيْهِ السَّلَام) عَلَيَّ بِالْخِلَالِ .

Ali Bin Ibrahim, from his father, from Ibn Abu Umeyr, from Hisham Bin Salim who said,

'Abu Abdullah^{asws} said: 'Rasool-Allah^{saww} said: 'Jibraeel^{as} descended unto me^{saww} with the toothpick'.¹⁸⁵

عِدَّةٌ مِنْ أَصْحَابِنَا عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ عَنْ ابْنِ فَضَّالٍ عَنْ أَبِي جَمِيلَةَ قَالَ قَالَ لِي أَبُو عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) نَزَلَ جِبْرَائِيلُ (عَلَيْهِ السَّلَام) عَلَى رَسُولِ اللَّهِ (صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ) بِالسَّوَالِكِ وَالْخِلَالِ وَالْحَجَامَةِ .

A number of our companions, from Ahmad Bin Muhammad, from Ibn Fazzal, from Abu Jameela who said,

'Abu Abdullah^{asws} said: 'Jibraeel^{as} descended unto Rasool-Allah^{saww} with the toothbrush, and the toothpick, and the cupping'.¹⁸⁶

¹⁸² Al Kafi – V 6 – The Book of Foodstuffs Ch 124 H 3

¹⁸³ Al Kafi – V 6 – The Book of Foodstuffs Ch 125 H 1

¹⁸⁴ Al Kafi – V 6 – The Book of Foodstuffs Ch 125 H 2

¹⁸⁵ Al Kafi – V 6 – The Book of Foodstuffs Ch 126 H 1

مُحَمَّدُ بْنُ يَحْيَى عَنْ أَحْمَدَ بْنِ مُحَمَّدِ بْنِ عَيْسَى عَنْ ابْنِ مَحْبُوبٍ عَنْ وَهْبِ بْنِ عَبْدِ رَبِّهِ قَالَ رَأَيْتُ أَبَا عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) يَتَخَلَّلُ فَتَنظَرْتُ إِلَيْهِ فَقَالَ إِنَّ رَسُولَ اللَّهِ (صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ) كَانَ يَتَخَلَّلُ وَهُوَ يُطَيِّبُ الْفَمَ .

Muhammad Bin Yahya, from Ahmad Bin Muhammad Bin Isa, from Ibn Mahboub, from Wahab Bin Abd Rabbihi who said,

'I saw Abu Abdullah^{asws} picking teeth, so I looked at him^{asws}. So he^{asws} said: 'Rasool-Allah^{saww} used to pick teeth and he^{asws} was of the aromatic mouth'.¹⁸⁷

مُحَمَّدُ بْنُ يَحْيَى عَنْ أَحْمَدَ بْنِ مُحَمَّدِ بْنِ إِبْرَاهِيمَ الْحَدَّاءِ عَنْ أَحْمَدَ بْنِ عَبْدِ اللَّهِ الْأَسَدِيِّ عَنْ رَجُلٍ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) قَالَ نَأَوَلَ النَّبِيُّ (صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ) جَعْفَرَ بْنَ أَبِي طَالِبٍ (عَلَيْهِ السَّلَامُ) خَلَالًا لَهُ يَا جَعْفَرُ تَخَلَّلْ فَإِنَّهُ مَصْلَحَةٌ لِلْفَمِ أَوْ قَالَ لِلنَّوَى وَ مَجْلَبَةٌ لِلرِّزْقِ .

Muhammad Bin Yahya, from Ahmad Bin Muhammad, from Ibrahim Al Haza'a, from Abdullah Al Asady, from a man,

(It has been narrated) from Abu Abdullah^{asws} having said: 'The Prophet^{saww} gave a toothpick to Ja'far^{as} Bin Abu Talib^{as}, so he^{saww} said to him: 'O Ja'far^{as}! Pick teeth for it is corrective for the mouth', or said: 'For the gums, and brings sustenance'.¹⁸⁸

عِدَّةٌ مِنْ أَصْحَابِنَا عَنْ سَهْلِ بْنِ زِيَادٍ عَنْ جَعْفَرِ بْنِ مُحَمَّدٍ الْأَشْعَرِيِّ عَنْ ابْنِ الْقَدَّاحِ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) قَالَ قَالَ النَّبِيُّ (صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ) تَخَلَّلُوا فَإِنَّهُ مَصْلَحَةٌ لِلنَّوَى وَ التَّوَاجِدِ .

A number of our companions, from Sahl Bin Ziyad, from Ja'far Bin Muhammad Al Ashary, from Ibn Al Qaddh,

(It has been narrated) from Abu Abdullah^{asws} having said: 'The Prophet^{saww} said: 'Pick teeth for it is corrective for the gums and the back teeth'.¹⁸⁹

عِدَّةٌ مِنْ أَصْحَابِنَا عَنْ سَهْلِ بْنِ زِيَادٍ عَنْ جَعْفَرِ بْنِ مُحَمَّدٍ الْأَشْعَرِيِّ عَنْ ابْنِ الْقَدَّاحِ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) قَالَ قَالَ النَّبِيُّ (صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ) تَخَلَّلُوا فَإِنَّهُ يُنْقِي الْفَمَ وَ مَصْلَحَةٌ لِلنَّوَى .

A number of our companions, from Sahl Bin Ziyad, from Ja'far Bin Muhammad Al Ashary, from Ibn Al Qaddah,

(It has been narrated) from Abu Abdullah^{asws} having said: 'Pick teeth for it purifies the mouth and is corrective for the gums'.¹⁹⁰

عِدَّةٌ مِنْ أَصْحَابِنَا عَنْ أَحْمَدَ بْنِ أَبِي عَبْدِ اللَّهِ عَنْ أَبِيهِ عَنْ عَلِيِّ بْنِ النُّعْمَانَ عَنْ يِعْقُوبَ بْنِ شُعَيْبٍ عَمَّنْ أَخْبَرَهُ أَنَّ أَبَا الْحَسَنِ (عَلَيْهِ السَّلَامُ) أَتَى بِخَلَالٍ مِنَ الْأَخْلَةِ الْمُهَيَّأَةِ وَ هُوَ فِي مَنْزِلِ فَضْلِ بْنِ يُونُسَ فَأَخَذَ مِنْهَا شَطِيبَةً وَ رَمَى الْبَاقِي .

A number of our companions, from Ahmad Bin Abu Abdullah, from his father, from Ali Bin Al No'man, from Yaqaub Bin Shuayb, from the one who informed him that,

'Abu Al-Hassan^{asws} was brought the toothpick from prepared (manufactured) toothpicks, and he^{asws} was in the house of Fazl Bin Yunus. So he^{asws} took one splinter and put back the rest'.¹⁹¹

¹⁸⁶ Al Kafi – V 6 – The Book of Foodstuffs Ch 126 H 2

¹⁸⁷ Al Kafi – V 6 – The Book of Foodstuffs Ch 126 H 3

¹⁸⁸ Al Kafi – V 6 – The Book of Foodstuffs Ch 126 H 4

¹⁸⁹ Al Kafi – V 6 – The Book of Foodstuffs Ch 126 H 5a

¹⁹⁰ Al Kafi – V 6 – The Book of Foodstuffs Ch 126 H 5b

عَلِيُّ بْنُ إِبْرَاهِيمَ عَنْ أَبِيهِ عَنِ ابْنِ أَبِي عُمَيْرٍ عَنْ إِبْرَاهِيمَ بْنِ عَبْدِ الْحَمِيدِ عَنْ أَبِي الْحَسَنِ (عَلَيْهِ السَّلَامُ) قَالَ لَا تَخَلُّوا بِعُودِ الرِّيحَانِ وَ لَا بِقَضِيبِ الرُّمَّانِ فَإِنَّهُمَا يُهَيِّجَانِ عِرْقَ الْجُدَامِ .

Ali Bin Ibrahim, from his father, from Ibn Abu Umeyr, from Ibn Abu Umeyr, from Ibrahim Bin Abdul Hameed,

(It has been narrated) from Abu Al-Hassan^{asws} having said: 'Do not pick teeth with a stem of basil, nor with a stem of the pomegranate, for these two agitate the vein of leprosy'.¹⁹²

عَلِيُّ عَنْ مُحَمَّدِ بْنِ عَيْسَى عَنْ يُونُسَ بْنِ عَبْدِ الرَّحْمَنِ عَمَّنْ ذَكَرَهُ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) قَالَ مَنْ تَخَلَّلَ بِالْقَصَبِ لَمْ تَقْضَ لَهُ حَاجَةٌ سِتَّةَ أَيَّامٍ .

Ali, from Muhammad Bin Isa, from Yunus Bin Abdul Rahman, from the one who mentioned it,

(It has been narrated) from Abu Abdullah^{asws} having said: 'The one who picks teeth with the reeds would not get his needs fulfilled for him for six days'.¹⁹³

عَلِيُّ بْنُ إِبْرَاهِيمَ عَنْ أَبِيهِ عَنِ النَّوْفَلِيِّ عَنِ السَّكُونِيِّ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) قَالَ نَهَى رَسُولُ اللَّهِ (صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ) أَنْ يَتَخَلَّلَ بِالْقَصَبِ وَ الرِّيحَانِ .

Ali Bin Ibrahim, from his father, from Al Nowfaly, from Al Sakuny,

(It has been narrated) from Abu Abdullah^{asws} having said: 'Rasool-Allah^{saww} forbade picking teeth with the reed and the basil stem'.¹⁹⁴

عِدَّةٌ مِنْ أَصْحَابِنَا عَنْ أَحْمَدَ بْنِ أَبِي عَبْدِ اللَّهِ عَنْ مُحَمَّدِ بْنِ عَيْسَى عَنِ الدَّهْقَانِ عَنْ دُرُسْتِ عَنْ عَبْدِ اللَّهِ بْنِ سِنَانَ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) قَالَ كَانَ النَّبِيُّ (صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ) يَتَخَلَّلُ بِكُلِّ مَا أَصَابَ مَا خَلَا الْخُوصَ وَ الْقَصَبَ .

A number of our companions, from Ahmad Bin Abu Abdullah, from Muhammad Bin Isa, from Al Dahqan, from Dorost, from Abdullah Bin Sinan,

(It has been narrated) from Abu Abdullah^{asws} having said: 'The Prophet^{saww} used to pick teeth with everything he^{saww} came across except for the palm leaves and the reeds'.¹⁹⁵

عَنْهُ عَنْ بَعْضِ مَنْ رَوَاهُ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) قَالَ نَهَى رَسُولُ اللَّهِ (صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ) عَنِ التَّخَلُّلِ بِالرُّمَّانِ وَ الْأَسِ وَ الْقَصَبِ وَ قَالَ (صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ) إِنَّهُنَّ يُحَرِّكُنَّ عِرْقَ الْأَكِلَةِ .

From him, from the one who reported it,

(It has been narrated) from Abu Abdullah^{asws} having said: 'Rasool-Allah^{saww} forbade from picking teeth with the pomegranate (stem) and the myrtle (leaf), and the reeds, and said: 'These stir the vein of the ulcers'.¹⁹⁶

¹⁹¹ Al Kafi – V 6 – The Book of Foodstuffs Ch 126 H 6

¹⁹² Al Kafi – V 6 – The Book of Foodstuffs Ch 126 H 7

¹⁹³ Al Kafi – V 6 – The Book of Foodstuffs Ch 126 H 8

¹⁹⁴ Al Kafi – V 6 – The Book of Foodstuffs Ch 126 H 9

¹⁹⁵ Al Kafi – V 6 – The Book of Foodstuffs Ch 126 H 10

¹⁹⁶ Al Kafi – V 6 – The Book of Foodstuffs Ch 126 H 11

بَاب رَمِي مَا يَدْخُلُ بَيْنَ الْأَسْنَانِ**Chapter 132 – Throwing what enters in between the teeth**

عَدَّةٌ مِنْ أَصْحَابِنَا عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ بْنِ خَالِدٍ عَنْ عَثْمَانَ بْنِ عِيسَى عَنْ إِسْحَاقَ بْنِ جَرِيرٍ قَالَ سَأَلْتُ أَبَا عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) عَنِ اللَّحْمِ الَّذِي يَكُونُ فِي الْأَسْنَانِ فَقَالَ أَمَا مَا كَانَ فِي مُقَدِّمِ الْفَمِ فَكُلْهُ وَ مَا كَانَ فِي الْأَضْرَاسِ فَاطْرَحْهُ .

A number of our companions, from Ahmad Bin Muhammad Bin Khalid, from Usman Bin Isa, from Is'haq Bin Jareer who said,

'I asked Abu Abdullah^{asws} about the meat which happens (to be stuck) in the teeth. So he^{asws} said: 'As for what is in the front of the mouth, so swallow it, and whatever was in the molars, so toss it'.¹⁹⁷

عَنْهُ عَنِ ابْنِ مَحْبُوبٍ عَنِ ابْنِ سِنَانٍ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) قَالَ أَمَا مَا يَكُونُ عَلَى اللِّثَةِ فَكُلْهُ وَ اِزْدَرِدْهُ وَ مَا كَانَ بَيْنَ الْأَسْنَانِ فَارْمِ بِهِ .

From him, from Ibn Mahboub, from Ibn Sinana,

(It has been narrated) from Abu Abdullah^{asws} having said: 'As for what happens to be upon the gums, so swallow it and gobble it, and whatever was in between the teeth, so throw it'.¹⁹⁸

عَنْهُ عَنِ أَبِيهِ عَنْ عَبْدِ اللَّهِ بْنِ الْفَضْلِ التَّوْفَلِيِّ عَنِ الْفَضْلِ بْنِ يُوسُفَ قَالَ تَعَدَّى عِنْدِي أَبُو الْحَسَنِ (عَلَيْهِ السَّلَامُ) فَلَمَّا فَرَغَ مِنَ الطَّعَامِ أَتَى بِالْخِلَالِ فَقُلْتُ جُعِلْتُ فِدَاكَ مَا هَذَا الْخِلَالِ فَقَالَ يَا فَضْلُ كُلُّ مَا بَقِيَ فِي فَمِكَ فَمَا أَدْرَتْ عَلَيْهِ لِسَانُكَ فَكُلْهُ وَ مَا اسْتَكَنَّ فَأَخْرِجْهُ بِالْخِلَالِ فَأَنْتَ فِيهِ بِالْخِيَارِ إِنْ شِئْتَ أَكَلْتَهُ وَ إِنْ شِئْتَ طَرَحْتَهُ .

From him, from his father, from Abdullah Bin Al Fazl Al Nowfaly, from Al Fazl Bin Yunus who said,

'Abu Al-Hassan^{asws} had lunch with me. So when he^{asws} was free from the meal, they came with the toothpicks. So I said, 'May I be sacrificed for you^{asws}! What is a limit of this toothpick?' So he^{asws} said: 'O Fazl! Eat what remains in your mouth. So whatever your tongue can get around to, so eat it, and whatever is settled, so extract it with the tooth pick. So you are in the choice with regards to it, if you so desire to, eat, and if you so desire to, toss it'.¹⁹⁹

مُحَمَّدُ بْنُ يَحْيَى عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ رَفَعَهُ إِلَى أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) قَالَ قَالَ لَا يَزِدْرِدَنَّ أَحَدُكُمْ مَا يَتَخَلَّلُ بِهِ فَإِنَّهُ يَكُونُ مِنْهُ الدُّبَيْلَةُ .

Muhammad Bin Yahya, from Ahmad Bin Muhammad,

(It has been narrated) raising it to Abu Abdullah^{asws} having said: 'Not one of you should swallow what he picks teeth with, for the pus can happen from it'.²⁰⁰

¹⁹⁷ Al Kafi – V 6 – The Book of Foodstuffs Ch 127 H 1

¹⁹⁸ Al Kafi – V 6 – The Book of Foodstuffs Ch 127 H 2

¹⁹⁹ Al Kafi – V 6 – The Book of Foodstuffs Ch 127 H 3

²⁰⁰ Al Kafi – V 6 – The Book of Foodstuffs Ch 127 H 4

Chapter 133 – The Saltwort (a salt-water plant), and the Cyperus

مُحَمَّدُ بْنُ يَحْيَى عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ عَنِ الْحُسَيْنِ بْنِ سَعِيدٍ عَنْ أَحْمَدَ بْنِ يَزِيدَ عَنْ أَبِي الْحَسَنِ الْأَوَّلِ (عَلَيْهِ السَّلَام) قَالَ أَكَلُ الْأَشْنَانَ يُبْخِرُ الْفَمَ .

Muhammad Bin Yahya, from Ahmad Bin Muhammad, from Al Husayn Bin Saeed, from Ahmad Bin Yazeed,

(It has been narrated) from Abu Al-Hassan^{asws} the 1st having said: 'Eating the saltwort disinfects the mouth'.²⁰¹

بَعْضُ أَصْحَابِنَا عَنْ جَعْفَرِ بْنِ إِبْرَاهِيمَ الْحَضْرَمِيِّ عَنْ سَعْدِ بْنِ سَعْدٍ قَالَ قُلْتُ لِأَبِي الْحَسَنِ (عَلَيْهِ السَّلَام) إِنَّا نَأْكُلُ الْأَشْنَانَ فَقَالَ كَانَ أَبُو الْحَسَنِ (عَلَيْهِ السَّلَام) إِذَا تَوَضَّأَ ضَمَّ شَفَتَيْهِ وَ فِيهِ خِصَالٌ تُكْرَهُ إِنَّهُ يُورِثُ السَّلَّ وَ يَذْهَبُ بِمَاءِ الظَّهْرِ وَ يُوْهِى الرُّكْبَتَيْنِ

One of our companions, from Ja'far Bin Ibrahim Al Hazramy, from Sa'ad who said,

'I said to Abu Al-Hassan^{asws}, 'I eat the saltwort'. So he^{asws} said: 'Abu Al-Hassan^{asws}, when he^{asws} performed ablution (with saltwort), closed his^{asws} lips, and in it is an abhorrent quality, it inherits the tuberculosis, and does away with the water of the back, and weakens the knees'.

فَقُلْتُ فَالطِّينُ فَقَالَ كُلُّ طِينٍ حَرَامٌ مِثْلُ الْمَيْتَةِ وَ الدَّمِ وَ لَحْمِ الْخِنْزِيرِ إِلَّا طِينَ قَبْرِ الْحُسَيْنِ (عَلَيْهِ السَّلَام) فَإِنَّ فِيهِ شِفَاءً مِنْ كُلِّ دَاءٍ وَ لَكِنْ لَا يُكْتَرُ مِنْهُ وَ فِيهِ أَمَانٌ مِنْ كُلِّ خَوْفٍ .

So I said, 'So (what about) the clay?' So he^{asws} said: 'Every clay is Prohibited (to eat), like the dead, and the blood, and the flesh of the swine, except for the clay of the grave of Al-Husayn^{asws}, for therein is a healing from every illness, but do not frequent from it, and in it is a security from every fear'.²⁰²

مُحَمَّدُ بْنُ يَحْيَى عَنْ عَلِيِّ بْنِ الْحَسَنِ بْنِ عَلِيٍّ عَنْ أَحْمَدَ بْنِ الْحُسَيْنِ بْنِ عُمَرَ عَنْ عَمِّهِ مُحَمَّدِ بْنِ عُمَرَ عَنْ رَجُلٍ عَنْ أَبِي الْحَسَنِ الْأَوَّلِ (عَلَيْهِ السَّلَام) قَالَ مَنْ اسْتَنْجَى بِالسُّعْدِ بَعْدَ الْعَائِطِ وَ عَسَلَ بِهِ فَمَهُ بَعْدَ الطَّعَامِ لَمْ تُصِبْهُ عِلَّةٌ فِي فَمِهِ وَ لَمْ يَخَفْ شَيْئاً مِنْ أَرْيَاحِ الْبَوَاسِيرِ .

Muhammad Bin Yahya, from Ali Bin Al Hassan Bin Ali, from Ahmad Bin Al Husayn Bin Umar, from his uncle Muhammad Bin Umar, from a man,

(It has been narrated) from Abu Al-Hassan^{asws} the 1st having said: 'The one who cleans himself with the cyperus after defecation, and washes his mouth with it after the food would not be hit by an illness in his mouth, and would not fear anything from the winds of hemorrhoids'.²⁰³

عِدَّةٌ مِنْ أَصْحَابِنَا عَنْ أَحْمَدَ بْنِ أَبِي عَبْدِ اللَّهِ عَنْ أَبِي الْخَزْرَجِ الْحَسَنِ بْنِ الزُّبَيْرِ الْقَانِ الْأَنْصَارِيِّ عَنِ الْفَضْلِ بْنِ عُثْمَانَ عَنْ أَبِي عَزِيزِ الْمُرَادِيِّ قَالَ وَ هُوَ خَالَ أُمِّي قَالَ سَمِعْتُ أَبَا عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) يَقُولُ اتَّخَذُوا فِي أَسْنَانِكُمْ السُّعْدَ فَإِنَّهُ يُطَيِّبُ الْفَمَ وَ يَرْيِدُ فِي الْجَمَاعِ .

²⁰¹ Al Kafi – V 6 – The Book of Foodstuffs Ch 128 H 1

²⁰² Al Kafi – V 6 – The Book of Foodstuffs Ch 128 H 2

²⁰³ Al Kafi – V 6 – The Book of Foodstuffs Ch 128 H 3

A number of our companions, from Ahmad Bin Abdu Abdullah, from Abu Al Khazraj Al Hassan Bin Al Zabarqan Al Ansary, from Al Fazl Bin Usman, from Abu Aziz Al Murady who said, and he is a maternal uncle of my mother,

'I heard Abu Abdullah^{asws} saying: 'Take the cyperus to be in your teeth for it aromatises the mouth, and increases in the copulations'.²⁰⁴

عَنْهُ عَنِ ابْنِ مَحْبُوبٍ عَنْ أَبِي وَوَالِدٍ قَالَ رَأَيْتُ أَبَا الْحَسَنِ الْأَوَّلَ (عَلَيْهِ السَّلَامُ) فِي الْحَجْرِ وَهُوَ قَاعِدٌ وَ مَعَهُ عِدَّةٌ مِنْ أَهْلِ بَيْتِهِ فَسَمِعْتُهُ يَقُولُ ضَرَبْتُ عَلِيَّ أَسْنَانِي فَأَخَذْتُ السُّعْدَ فَدَلَكْتُ بِهِ أَسْنَانِي فَتَفَعَّلَنِي ذَلِكَ وَ سَكَنَتْ عَنِّي .

From him, from Ibn Mahboub, from Abu Wallad who said,

'I saw Abu Al-Hassan^{asws} the 1st in Al Hijr (at the Kabah), and he^{asws} was seated, and with him^{asws} were a number of his^{asws} family members, so I hear him^{asws} saying: 'My teeth hurt, so I took the cyperus and rubbed it down by my teeth, and that benefitted me, and settled down from it'.²⁰⁵

تَمَّ كِتَابُ الْأَطْعَمَةِ وَ يَتْلُوهُ كِتَابُ الْأَشْرِبَةِ إِنْ شَاءَ اللَّهُ وَ الْحَمْدُ لِلَّهِ وَحْدَهُ وَ الصَّلَاةُ عَلَى مَنْ لَا نَبِيَّ بَعْدَهُ .

The Book of Foodstuffs is completed and it would be followed by the Book of Drinks, Allah^{azwj} Willing, and the Praise is for Allah^{azwj}, One, and the Blessings be upon the one after whom^{saww} there is no Prophet^{as}.

²⁰⁴ Al Kafi – V 6 – The Book of Foodstuffs Ch 128 H 4

²⁰⁵ Al Kafi – V 6 – The Book of Foodstuffs Ch 128 H 5