

An Invocation and Medication for Pain of the Waist

Hariz b. Ayyub narrated from Abu Samina from 'Ali b. Asbat from Abu Hamza from Hamran b. A'yan, who said: A man questioned Muhammad b. 'Ali al-Baqir, peace be upon him, saying: "O son of the Messenger of Allah, I suffer from severe pain in the waist (*al-khasira*) and have treated it with many remedies, but it has not been cured."

Al-Baqir said: "What about the invocation of Amir al-Mu'minin?" The man replied: "And what is that, O son of the Messenger of Allah?" He said: "When you complete your prayers, put your hand on the place of prostration, stroke it, and say:

What, did you think that We created you only for sport, and that you would not be returned to Us? Then high exalted be God, the King, the True! There is no god but He, the Lord of the noble Throne. Whosoever calls upon another god with God, whereof he has no proof, his reckoning is with his Lord. Surely the unbelievers shall not prosper. And say: My Lord, forgive and have mercy, for Thou art the best of the merciful (23: 115-18).

The man said: "I did that and the pain subsided, praise be to Allah, the Exalted."

Muhammad b. Ja'far al-Bursi narrated from Muhammad b. Yahya al-Armani from Muhammad b. Sinan from Abu 'Abd Allah, peace be upon him, who said: 'The Messenger of Allah, blessings on him and his family, said: "Drink lovage (*al-kashim*), for it is good for pain of the waist."

Also from him from Muhammad b. Yahya from Yunus b. Zabyan from Jabir from Abu Ja'far, peace be upon him, who said Amir al-Mu'minin, peace be upon him, said: "Whoever wishes that food may not harm him, let him not eat until he is hungry and his abdomen (*al-ma'ida*) is cleansed. When he eats, let him take the Name of Allah and chew well and let him stop eating while he still has an appetite for it [food] and wants it."

‘Abd Allah b. Bistam narrated from Muhammad b. Razin from Hammad b. ‘Isa from Hariz from Abu ‘Abd Allah, peace be upon him, from Amir al-Mu’minin, peace be upon him, who said: “Whoever wishes for the eternal life in the next world, and not for permanence in this world, let him wear light clothes, eat early, and have intercourse (*al-mujami’a*) with women less frequently.”

An Invocation for Pain of the Spleen

Muhammad b. ‘Abd Allah b. Mihran al-Kufi narrated from Ayyub from Umar b. Shimr from Jabir from Abu Ja’far, peace be upon him, who said: A man from Khurasan came to ‘Ali b. al-Husayn, peace be upon him, and said: “O son of the Messenger of Allah, I performed the Hajj and resolved to call on you upon my departure, for I have a pain in the spleen (*al-tihal*). Pray for me to be relieved of it.”

‘Ali b. al-Husayn replied: “Allah has protected you from that, praise be to Him. When you experience the pain, write this verse with saffron (*al-za’faran*) mixed with the water of [the] Zamzam [spring in Mecca], and drink it. Allah, the Exalted, will drive away that pain from you:

Say: Call upon God, or call upon the Merciful whichsoever you call upon, to Him belong the Names Most Beautiful. And be thou not loud in thy prayer, nor hushed therein, but seek thou for a way between that. And say: Praise belongs to God, who has not taken to Him a son, and who has not any associate in the Kingdom, nor any protector out of humbleness. And magnify Him with repeated magnificats (17: 110-11).

Write the following on the parchment of a gazelle (*ghazal*) and attach it to your left arm (*al-’adud*) for seven days and the pain will abate: . . .”

لا س س س ح ح دم كرم ل له ومحي حج لله صره

ر حب سي حججت عشره به هك ان عنها ح حل

يصر س هو بوا اميوا مسعوف

Ahmad b. Yazid narrated from al-Sahhaf al-Kufi from Musa b. Ja’far, peace be upon him, from al-Sadiq, peace be upon him, from al-Baqir, peace be upon him, that he said: ‘One of his followers complained to al-Baqir of pain in the spleen. He had treated it with every remedy but its evil increased every day until he was on the threshold of death. Al-Baqir said to him: “Buy a piece of leek (*al-kurrath*) and fry it well in Arab clarified butter (*saman ‘arabi*). Give it for three days to the one who has this pain. If that is done, he will be cured, Allah, the Exalted, willing.”

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