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# Cupping, Inhaling [Medications], Steam Baths, and Clysters

Hafs b. 'Umar narrated from al-Qasim b. Muhammad from Isma'il b. Abu al-Hasan from Hafs b. 'Umar — and he is Bayya' al-Sabiri— who said: Abu 'Abd Allah, peace be upon him, said: "The best ways in which you treat yourselves are through cupping, inhaling medications, steam baths, and clysters."

Al-Mundhir b. 'Abd Allah narrated from Hammad b. 'Isa from Hariz b. 'Abd Allah al-Sijistani from Ja'far b Muhammad, peace be upon him, who said: "The medications are of four kinds: cupping, daubing (*al-taly*) [of oil, tar, clay, mud, etc.] vomiting, and clysters."

Ibrahim b. 'Abd al-Rahman narrated from Ishaq b. Hassan from 'Isa b. Bashir al-Wasiti from Ibn Muskan and Zarara, who both said: Abu Ja'far, peace be upon him, said: "The medicine of the Arabs is of three kinds: cupping, clysters, and, the final remedy, cauterization."

From Abu 'Abd Allah, peace be upon him, who said: "The medicine of the Arabs is of five kinds: cupping, clysters, inhaling medications, vomiting, steam baths, and the final remedy is cauterization."

From Abu Ja'far al-Baqir, peace be upon him, "The medicine of the Arabs is of seven kinds: cupping, clysters, steam baths, inhaling medications, vomiting, taking honey. The final remedy is cauterization, and sometimes added to that is [the application of] lime."

## On Signs of Disturbance in the Blood

'Abd Allah b. 'Ubayda narrated from Muhammad b. 'Isa from Maysar from Ibn Sinan, who said: Al–Sadiq, peace be upon him, said: "Disturbance (*al–hayajan*) in the blood has three signs: [emitting an] odour (*al–nashr*), itching (*al–hakka*), and the [sensation of] crawling creatures (*dabib al–dawabb*)."

### **An Invocation During Cupping**

Muhammad b. al-Qasim b. Munjib narrated from Khalaf b. Hammad from 'Abd Allah b. Muskan from Jabir b. Yazid al-Ju' fi, who said: Abu Ja'far al-Baqir, peace be upon him, said to one of his companions: 'When you wish to perform cupping and the blood comes out into your cupping-glass, recite before you finish and while the blood is still flowing:

"In the Name of Allah, the Merciful, the Compassionate, I take refuge in Allah, the Noble, from the evil eye in the blood and from every evil in this cupping of mine."

Then he said: 'Did you know that when you say this, you have combined together [the following]: Allah, the Mighty and Sublime, says in His Book: *Had I knowledge of the Unseen I would have acquired much good, and evil would not have touched me (7:188)*, that is, poverty.

Then He, Sublime be His Majesty, said: For she desired him, and he would have taken her, but that he saw the proof of his Lord. So was it that We might turn away from him evil and abomination (12:24). Evil here means adultery.

He, the Mighty and Sublime, said in the story of Musa, peace be upon him: *Thrust thy hand in thy bosom and it will come forth white without evil (27:12)* — that is, without illness. Combine together all this in your cupping and the blood will flow with this aforementioned invocation.'

### **Chooosing Days for Cupping**

Muhammad b. Yahya al- Bursi narrated from Muhammad b Yahya al-Armani from Muhammad b. Sinan from al-Mufaddal b. 'Umar al-Ju'fi, who said: Talha b. Zayd asked Abu 'Abd Allah, peace be upon him, about cupping on Saturday and Wednesday. He mentioned the hadith narrated by the Sunnis from the Messenger of Allah, blessings of Allah on him and his family. He [Abu 'Abd Allah] rejected it and said: 'The authentic report on the authority of the Messenger of Allah, blessings and peace be upon him, is: "When the blood is inflamed in one of you then perform the cupping; it will not be fatal." Then he said: 'I do not know any of my Ahl al-Bayt who had any objection to it.'

It is also related from Abu 'Abd Allah, peace be upon him: "Cupping on the first Tuesday of the Greek month of Azar [March] promotes health for a year, Allah, the Exalted, willing."

It is also related from the Imams, peace be upon them: "Cupping on Tuesday up to the 17th of the lunar month promotes health for a year."

Al-Sijistani narrated from Ja'far b. Muhammad, peace be upon him, who said: "Travel any day you wish and give alms (*al-sadaqa*)."

### The Benefits of Cupping

Muhammad b. al-Husayn narrated from Faddala b. Ayyub from Isma'il from Abu 'Abd Allah, peace be upon him, from al-Baqir, peace be upon him, who said; "The Messenger of Allah, blessings and peace be on him, never complained of any pain without taking recourse to cupping." Abu Tiba said: 'I cupped the Messenger of Allah, blessings be on him, and he gave me a dinar. I drank his blood. The Messenger of Allah asked: "Did you drink it?" I replied: "Yes." He said: "And what made you do that?" I replied: "I am blessed by it." He said: "You have taken protection from pains and illnesses, poverty and want. By Allah, Hell will never touch you.""

Al-Zubayr b. Bakkar narrated from Muhammad b. 'Abd al-'Aziz, from Muhammad b. Ishaq from Ammar from al-Fadl al-Rassan, who said: "Abu 'Abd Allah, peace be upon him, said: "Among the medical treatments of the Prophets are cupping, lime and inhaling medications."

### The Various Times for Cupping

Ahmad b. 'Abd Allah b. Zurayq said Ja'far b. Muhammad, peace be upon him, passed by some people performing cupping. He said: "Where was the harm if you had delayed it until Sunday evening, for he would have been cured of the illness."

The Messenger of Allah, blessings and peace be upon him, said: "Perform the cupping when there is a disturbance of the blood in you. Sometimes it becomes inflamed in a person and kills him."

From al-Baqir, peace be upon him, "The best remedies you treat yourselves with are clysters, inhaling medications, cupping, and steam baths."

### **Cupping In Various Parts Of The Body**

Ahmad b. Muhammad narrated from Abu Muhammad b. Khalld from 'Abd Allah b. Bukayr from Zarara b. A'yan who said: I heard Abu Ja'far al-Baqir, peace be upon him, say: 'The Messenger of Allah, blessings of Allah on him and his family, said: "Cupping in the head is a healing for every illness except the poison."

Al-Hadr b. Muhammad narrated from al-Hawarini from Abu Muhammad al-Bardha'i from Safwan from Abu 'Abd Allah, peace be upon him, who said: "The Messenger of Allah, blessings of Allah on him and his family, would be cupped in three places: one of them in the head, which he called the *al-mutaqaddima*; one between the shoulders, called *al-nafi'a*; and one between the hips, called *al-mu'ayyana*."

#### Looking at the Flow Of Blood

'Abd Allah b. Musa al-Tabari narrated from Ishaq b. Abu al-Hasan from his mother Umm Muhammad, who said: My master, peace be upon him, said: "Whoever looks at the first cupping-glass of his blood will be safe from *al-wahiya* until his next cupping." I asked my master: "What is *al-wahiya*?" He replied: "Pain of the neck (*al-'unq*)."

Ibrahim b. 'Abd Allah al-Khuzami narrated from al-Husayn b. Yusuf b. 'Urnar from his brother from 'Umar b. Shimr from Jabir b. Yazid al-Ju'fi from Abu Ja'far Muhammad b. 'Ali, peace be upon him, who said: "Whoever is cupped and looks at the first of his blood will be protected from inflammation until his next cupping."

Abu Zakariyya Yahya b. Adam narrated from Safwan b. Yahya al-Sabiri from 'Abd Allah b. Bukayr from Shu'ayb al-'Aqrqufi from Abu Ishaq al-Azdi from Abu Ishaq al-Sabi'i from one who said to him that Amir al-Mu'minin, peace be upon him, used to bathe himself after the cupping and steam bath. Shu'ayb said: I mentioned this to Abu 'Abd Allah, peace be upon him, who said: "When the Prophet, blessings of Allah on him and his family, would be cupped, blood would be stirred up and inflamed, so he would bathe in cold water to abate the heat of the blood. When Amir al-Mu'minin, peace be upon him, entered the steam bath, the heat of the blood would rise in him and he would pour cold water on himself to cool it down."

### **Cupping At The Base Of The Neck**

Al-Harith, the son of al-Harith al-A'war al-Hamdani, narrated from Sa'id b. Muhammad from Abu Basir, who said: Abu 'Abd Allah, peace he upon him, said: "The Prophet, blessings on him, would be cupped in the lateral parts of the neck (*al-akhda'an*) so Jibra'il, peace be upon him, brought him [the message] from Allah, the Blessed and Exalted, regarding cupping at the base of the neck (*al-kahil*)."

Dawud b. Sulayman al-Basri al-Jawhari narrated from Ahmad b. Muhammad b. Abu Nasr from his father from Abu Basir, who said: "I asked al-Sadiq, peace be upon him, about cupping on Wednesday. He disagreed with the people who regard it as an evil omen [and said that] it was a cure from every disease and protection from every calamity."

Ibrahim b. Sinan narrated from Ahmad b. Muhammad al-Darimi from Zarara b. A'yan from Abu 'Abd Allah Ja'far al-Sadiq, peace be upon him, that he was cupped and said: "O maid, bring three darnel grasses (*sakkarat*). After cupping, it will bring out pure blood and will put an end to the heat."

From Abu al–Hasan al–Askari, peace be upon him, "After cupping, eat a sweet pomegranate (*al–rumman*), for it calms the blood and purifies it in the chest (*jawf*)."

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