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## For Al-Kham, Cold In The Belly, And Colic

Harun b. Shu'ayb narrated from Dawud b. 'Abd Allah from Ibrahim b. Abu Yahya from Muhammad b. Isma'il b. Abu Zaynab from al–Ju'fi from Jabir from Abu Ja'far Muhammad b. 'Ali, peace be upon him, [that Jabir] said: A man complained to him [Abu Ja'far] of *al–kham*, cold in the belly, and wind of colic. He [Abu Ja'far] said: 'As for the colic, write for it the first sura of the Qur'an (*al–Fatiha* (1)), the two suras of taking refuge (*al–Falaq* (113) and *al–Nas* (114)), and the sura *al–lkhlas* (112). Write below that:

"I take refuge in the Face of Allah, the Mighty, and in His Strength, which is unceasing, and in His Power, which nothing can resist, from the evil of this pain, and the evil of what is in it, and the evil of what I fear from it."

Write this on a shoulder-blade (*al-katif*), tablet, or cup, with musk (*misk*) and saffron. Then wash it out with rainwater and drink it before breakfast ('*ala al-riq*) or before bed.'

Al-Hasan b. 'Abd Allah narrated from Faddala b. Ayyub from Muhammad b. Muslim b. Yazid al-Sakuni from Abu 'Abd Allah from his father from 'Ali b. Abu Taib, peace be upon him, "Whosoever eats 'ajwa [a variety of dates from Medina] seven times before sleeping will kill the worms (al-dud) in his belly."

From him, that he said: "Give him wine vinegar to drink, for it kills the creatures in the belly (*dawwab al-butn*)."

From Amir al–Mu'minin, peace be upon him: "Eat 'ajwa, for the dried date of the 'ajwa will cause them to die – and eat it on an empty stomach."

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