

Medications For The Aforementioned Illnesses

‘Abd Allah and al-Husayn, the sons of Bistam, narrated from Ahmad b. Ribah al-Mutabbib, who cited these medications and said that they were shown to the Imam, peace be upon him, and he approved of them. He [Ahmad] said: ‘They will be beneficial, if Allah, the Exalted, wills, for black and for yellow bile, for phlegm, pain in the belly, vomiting, fever, pleurisy (*al-birsam*), chapping of hands and feet, suppression of urine (*al-usr*), looseness of the bowels, pain in the belly and in the liver, and heat in the head. It is necessary to abstain from dried dates, fish, vinegar (*khall*) and legumes (*al-baql*), and the person who drinks it should eat *zirabaja* [a dish of sugar, almonds, and vinegar] with sesame oil. He should drink it for three days, two *mithqal* a day. I would give him one *mithqal* to drink but the Imam, peace be upon him, said: “Two *mithqal*”, and said that the Prophets had apportioned it for our Prophet, blessings be on him and his family.’

‘Take one *ratl* of cleansed Cassia fistula and steep it in a *ratl* of water for a day and a night. Then strain it, taking the clear liquid and throwing away the residue. Add to the clear liquid one *ratl* of honey, one *ratl* of the juice of quince, and forty *mithqal* of the oil of roses. Cook it on a low fire until it thickens. Then remove it from the fire and leave to cool. When cooled, add three *mithqal* each of pepper, long pepper, cinnamon, clove, cardamom, ginger, Chinese cinnamon, and nutmeg, all ground and sieved. Mix it well and put in a green earthenware jar or in a bottle. Drink two *mithqal* of it on an empty stomach and it will be beneficial, Allah, the Mighty and Sublime, willing. It is beneficial for what has been mentioned, and for jaundice and severe, continuous fever from which there is a fear of the person getting pleurisy, and for a high temperature.’