

On Drinking Sawiq

Salih b. Ibrahim al-Misri narrated from Faddala b. Abu Bakr from Abu Ya'fur, from Abu 'Abd Allah al-Sadiq, peace be upon him, who said: "When dry *sawiq* [meal of parched barley] is taken on an empty stomach, it allays the heat and calms the bile; when it is crushed and then drunk, it does not do that."

From Abu Ja'far al-Baqir, peace be upon him, who said: "How great is the blessing of *sawiq*. If a person drinks it when he is full, it is wholesome for him and digests the food. If he drinks it when he is hungry, it fills him. The most excellent provision on a journey and at home is *sawiq*."

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