

On Indigestion

Muhammad b. ‘Abd Allah al-Asqalani narrated from al-Nadr b. Suwayd from ‘Ali b. Abu Salb, the son of my brother Shihab, [that he said:] I complained to Abu ‘Abd Allah, peace be upon him, of pains and indigestion [*al-tukham*]. He said to me: “Eat the morning meal and the evening meal, and do not eat anything in between, for in it is corruption of the body. Did you not hear Allah, the Exalted, say: ***There they shall have their provision at dawn and evening (19:62)?***”

Muhammad b. Bukayr al-Musaffi narrated from Faddala b. Ayyub from Dawud b. Farqad from one who mentioned it from Amir al-Mu'minin, peace be upon him, [that] he said: “I fully guarantee that one who eats food and says Allah, the Exalted’s, Name, will not be harmed by it.” A man from among the people stood up and said: “O Amir al-Mu'minin, I ate food yesterday and pronounced Allah’s name over it, but it harmed me.” He replied: “You ate various kinds [of food] and pronounced Allah’s Name over some and did not do so over others.” The man laughed and said: “You have spoken truly, Amir al-Mu'minin.” He said: “That [harm] is only from [the food] over which you did not pronounce Allah’s Name, foolish man.”