

On Phlegm and its Treatment

Hariz b. Ayyub al-Jurjani narrated from Muhammad b. Abu Nusayr from Muhammad b. Ishaq from 'Ammar al-Nawfali from Abu 'Abd Allah, peace be upon him, who attributed it to Amir al-Mu'minin, peace be upon him, who said: "Recitation of the Qur'an, *al-siwak* [twig of a particular tree used for cleansing of teeth], and storax (*al-luban*) are purifiers of phlegm."

From al-Sadiq, peace be upon him, that he said: "Whoever enters a steam bath on an empty stomach purifies the phlegm. Whoever enters it after eating, purifies the bile. If you wish to put on weight, enter the bath when you are full: and if you wish to lose weight, enter it on an empty stomach."

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