

On The Common Cold

Sa'id b. Mansur narrated from Zakariyya b. Yahya al-Muzni from Ibrahim b. Abu Yahya from Abu 'Abd Allah, peace be upon him, that Ibrahim said: I complained to him of a common cold (*al-zukam*). He said: "[It is] one of the workings of Allah and one of the armies of Allah. Allah has sent it to an illness in your body to remove it. When it has been removed, you must take one *daniq* weight of fennel flower, and half a *daniq* weight of sneeze wort (*kundus*). Grind it and inhale it all. It will get rid of the cold. If it possible that you not treat it with something else, then do that, for it [the cold] has many benefits."

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