

Overeating And Gluttony

الشبع والبطنة-Overeating and Gluttony

1. Be wary of gluttony, for whoever persists in it, his maladies increase and his dreams get corrupted.

.. إِيَّاكَ وَالبِطْنَةَ، فَمَنْ لَزِمَهَا كَثُرَتْ أَسْقَامُهُ، وَفَسَدَتْ أَحْلَامُهُ¹

2. Be wary of gluttony, for indeed it causes hardening of the heart, sluggishness in prayer and corruption of the body.

.. إِيَّاكُمْ وَالبِطْنَةَ، فَإِنَّهَا مِفْصَاةٌ لِلْقَلْبِ مَكْسَلَةٌ عَنِ الصَّلَاةِ مَفْسَدَةٌ لِلْجَسَدِ²

3. Gluttony prevents astuteness.

.. البِطْنَةُ تَمْنَعُ الْفِطْنَةَ³

4. One who is cloyed by gluttony is obstructed by it from astuteness.

.. مَنْ كَظَّتْهُ البِطْنَةُ حَجَبَتْهُ عَنِ الْفِطْنَةِ⁴

5. There is no astuteness with gluttony.

.. لَا فِطْنَةَ مَعَ بَطْنَةٍ⁵

6. Gluttony and astuteness do not go together.

.. لَا تَجْتَمِعُ الْفِطْنَةُ وَالْبَطْنَةُ 6

7. Overeating corrupts wisdom.

.. التُّخْمَةُ تُفْسِدُ الْحِكْمَةَ 7

8. Gluttony obstructs astuteness.

.. الْبَطْنَةُ تَحْجُبُ الْفِطْنَةَ 8

9. Eating to one's fill corrupts piety.

.. الشَّبَعُ يُفْسِدُ الْوَرَعَ 9

10. When the stomach gets filled with the permissible, the heart becomes blind to righteousness.

.. إِذَا مَلَأَ الْبَطْنُ مِنَ الْمُبَاحِ عَمِيَ الْقَلْبُ عَنِ الصَّلَاحِ 10

11. What an evil companion of piety overeating is!

.. بِئْسَ قَرِينُ الْوَرَعِ الشَّبَعُ 11

12. Habitual overeating leads to a variety of ailments.

.. إِدْمَانُ الشَّبَعِ يُورِثُ أَنْوَاعَ الْوَجَعِ 12

13. Overeating brings about insolence and corrupts piety.

.. الشَّبَعُ يُورِثُ الْأَشْرَ، وَ يُفْسِدُ الْوَرَعَ 13

14. One who increases his overeating is cloyed by his gluttony.

.. مَنْ زَادَ شَبَعَهُ كَظَّتْهُ الْبَطْنَةُ 14

15. Overeating and performing one's obligation do not go together.

.. لَا تَجْتَمِعُ الشَّبَعُ وَالْقِيَامُ بِالْمُفْتَرَضِ 15

16. How helpful to sins overeating is!

.. نَعْمَ عَوْنُ الْمَعَاصِي الشَّبَعُ 16

17. You must avoid habitual overeating, for verily it induces maladies and foments diseases.

.. إِيَّاكَ وَإِدْمَانُ الشَّبَعِ، فَإِنَّهُ يَهَيِّجُ الْأَسْقَامَ، وَيُثِيرُ الْعِلَالَ 17

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