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Medications For Heart Flutter, Strengthening The Abdomen, Pain In The Waist, Increasing Brightness Of The Face, And Removing The Yellowness

Take seventy-two *mithqal* of dry ginger, forty of long pepper, and four each of heelweed (*shina*), cinnamon leaves (*sadhaj*), pepper, black myrobalan, preserved cardamom (*qaqula murabban*), walnut, bishop's weed, sweet-pomegranate (*al-rumman al-hulw*) seeds, fennel flower and *Kirmani* cumin (*kammun*). Grind and sieve them all. Then take six hundred *mithqal* of good *fanidh* and put it into a clay vessel and pour some water over it. Light a low fire under it so the *fanidh* melts. Then put it in a clean container and add to it the ground ingredients. Mix them well, then put it away in a bottle or green jar. Drink of it the equivalent of a walnut and it will not disagree [with you], Allah, the Exalted, willing.

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