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On Dampness

Salim b. Ibrahim narrated from al-Daylami from Dawud al-Raqqi, who said: 'A man complained to Musa b. Ja'far, peace be upon him, of dampness (*al-rutuba*). He instructed him to eat *barni* dates on an empty stomach and not to drink water. He did that and the dampness left him and he became excessively dry (*al-yubs*). So he complained of that to Musa b. Ja'far, who instructed him to eat *barni* dates on an empty stomach and to drink water after it. He did that and his balance was restored.'

Muhammad b. al-Sirraj narrated from Faddala b. Isma'il from Abu 'Abd Allah al-Sadiq from his father from 'Ali b. Abu Talib, peace be upon him, that he said: "Three things take away the phlegm, reciting the Qur'an, storax, and honey."

From Abu Ja'far al-Baqir, peace be upon him, that he said: "Much carding (*al-tumushshut*) takes away the phlegm, and combing the head (*tasrih al-ra's*) cuts the phlegm and takes it away at its root."

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