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On Figs

Ahmad b. Muhammad b. 'Abd Allah al-Nisaburi narrated from Muhammad b. 'Arafa, who said: I was in Khurasan during the days of Al-Ridha', peace be upon him, and Ma'mun. I said to Al-Ridha': "O son of the Messenger of Allah, what do you say about eating figs (*al-tin*)?" He replied: "It is good for colic, so eat it."

From Abu Ja'far al-Baqir, peace he upon him, who said: 'Amir al-Mu'minin, blessings of Allah be on him, said: "Eat figs, for they are beneficial for colic. Eat less of fish, for its flesh wastes away the body and increases the phlegm and coarsens the soul."'

From Amir al-Mu'minin, peace be upon him, he said: "Eating figs relaxes obstructions (*al-sadad*) [in the body] and is beneficial for the wind of colic. So eat a lot of it during the day, and eat it at night but not too much."

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