Al-Islam.org
Ahlul Bayt Digital Islamic Library Project
Published on *Al-Islam.org* (https://www.al-islam.org)

On The Weakness Of The Body

Muhammad b. Musa al-Sudayfi narrated from Ibn Mahbub and Harun b. Abu al-Jahm from Isma'il b. Muslim al-Sakuni from Abu 'Abd Allah from Muhammad b. 'Ali al-Baqir, peace be upon him, that the Messenger of Allah, blessings of Allah on him and his family, said: 'Nuh, peace be upon him, complained to his Lord, the Mighty and Sublime, of weakness (*al-du'f*) of his body, Allah, the Exalted, revealed to him: "Cook meat (*al-lahm*) with milk and eat it, for I have created strength and blessing in both."'

Ibrahim b. Hizam al-Hariz narrated from Muhammad b. Abu Nasr from Taghlaba from 'Abd al-Rahman b. 'Abd al-Majid al-Qusayr from Ja'far b. Muhammad al-Sadiq, peace be upon him, who said: 'Whosoever is afflicted with weakness in his heart or his body, let him eat mutton (*lahm al-da'n*) with milk. It will expel from his limbs every illness and danger, and will strengthen his body and harden his gums.

Let him say: "***There is no god but Allah, the One. No partner has He. He gives life, and makes to die*** (***7:158***), and makes die and gives life. He is the Living, the Undying."

Repeat it ten times before sleep, glorify Allah with the *tasbih* of Fatima, peace be upon her. And recite the verse of the Throne (2:255) and the sura *al-Ikhlas* (112).'

Source URL: https://www.al-islam.org/fr/node/41500#comment-0