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Remedy

Remedy الدَّواء

To Treat Oneself

التَّداوي

1ـ الإمامُ الصّادقُ (عَلَيهِ الّسَلامُ): إنَّ نبيّاً مِنَ الأنبياءِ مَرِضَ، فقالَ: لا أتَداوى حتّى يكونَ الذي أمرَضَنِي هُو الذي يَشفينِي ، فأوحَى اللّهُ تعالى إلَيهِ: لا أشفِيكَ حتّى تَتَداوى، فإنَّ الشِّفاءَ مِنّي.

1– Imam al-Sadiq (a.s.) said, 'A prophet from among the prophets fell sick and said, 'I will not treat myself [with medicine] until the One who made me sick heals me'. Then Allah revealed to him saying, 'I will not heal you until you treat yourself [with medicine] for verily the healing is from Me.'[Bihar al-Anwar, v. 62, p. 66, no. 15]

There is a Cure for Every Ailment

لِكُلِّ عِلَّةٍ دَواءٌ

2ـ رسولُ اللهِ (صَلَّيَ اللهُ عَلَيهِ وَ آلِهِ): تَداوَوا فإنَّ اللّهَ تعالى لَم يُنزِلْ داءً إلّا وقد أنزَلَ اللّهُ لَهُ شِفاءً ، إلّا السّامَ والهَرَمَ.

2– The Prophet (S) said, 'Treat yourselves with medicine, for verily Allah has not sent down any ailment except that he has sent down a cure for it with the exception of death and old age.'[Kanz al-'Ummal, no. 28088]

3ـ الإمامُ عليٌّ (عَلَيهِ الّسَلامُ): لِكُلِّ عِلّةٍ دَواءٌ.

3– Imam Ali (a.s.) said, ‘For every ailment, there is a cure.’[Ghurar al-Hikam, no. 7275]

Beware of Hastening towards Resorting to Medicine

إيّاك والتَّسَرُّعَ في تَناوُلِ الدَّواءِ

4ـ رسولُ اللهِ (صَلَّيَ اللهُ عَلَيهِ وَ آلِهِ): تَجَنَّبِ الدَّواءَ ما احتَمَلَ بَدنُكَ الداءَ ، فإذا لم يَحتَمِلِ الداءَ فالدواءُ

4– The Prophet (S) said, ‘Avoid medicine as long as your body can bear the ailment, but if it cannot bear the ailment, then resort to medicine.’[Bihar al-Anwar, v. 81, p. 211, no. 30]

5ـ الإمامُ عليٌّ (عَلَيهِ السّلامُ): لا يَتَداوَى المُسلمُ حتّى يَغلِبَ مَرَضُهُ صِحَّتَهُ

5– Imam Ali (a.s.) said, ‘A Muslim does not seek to treat himself [with medicine] until the ailment overcomes his health.’[al-Khisal, p. 620, no. 10]

6ـ الإمامُ الكاظمُ (عَلَيهِ السّلامُ): لَيسَ مِن دواءٍ إلّا وهو يُهَيِّجُ داءً، وليسَ شيءٌ في البَدنِ أنفَعَ مِن إمساكِ اليدِ إلّا عمّا يَحتاجُ إلَيهِ .

6– Imam al-Kazim (a.s.) said, ‘There is no medicine except that it exacerbates another ailment, and there is nothing more beneficial to the body than self-restraint from all except that which the body needs.’[al-Kafi, v. 8, p. 273, no. 409]

الحِميةُ رَأسُ الدَّواءِ

Diet Control is the Fountainhead of Remedies

7ـ الإمامُ عليٌّ (عَلَيهِ السّلامُ): التَّجوُّعُ أنفَعُ الدواءِ

7– Imam Ali (a.s.) said, ‘Starving out is the best of remedies.’[Ghurar al-Hikam, no. 903]

8ـ الإمامُ الصّادقُ (عَلَيهِ السّلامُ): لا يَضُرُّ المَريضَ ما حَمَيتَ عنهُ الطَّعامَ

8– Imam al-Sadiq (a.s.) said, ‘Dieting from food causes no harm to the sick person.’[Bihar al-Anwar, v.

62, p. 140, no. 2]

9ـ الإمامُ الصّادقُ (عَلَيهِ السّلامُ): لا تَنفَعُ الحِميَةُ لمريضٍ بعدَ سبعَةِ أيّامٍ

9– Imam al-Sadiq (a.s.) said, ‘[Starting to] Diet from food is of no benefit to the sick person after seven days.’[al-Kafi, v. 8, p. 291, no. 442]

10ـ الإمامُ الكاظمُ (عَلَيهِ السّلامُ): الحِميةُ رأسُ الدواءِ ، والمَعِدةُ بيتُ الداءِ ، عَوِّدْ بَدَناً ما تَعَوّدَ

10– Imam al-Kazim (a.s.) said, ‘Diet control is the fountainhead of remedies and the stomach is the house of all ailments, so condition your body while it can be conditioned.’[Makarim al-Akhlaq, v. 2, p. 180, no. 2468]

11ـ الإمامُ الكاظمُ (عَلَيهِ السّلامُ): لَيسَ الحِميةُ أنتَدَعَ الشيءَ أصلاً لاتَأكُلَهُ، ولكنَّ الحِميَةَ أن تَأكُلَ مِنَ الشيءِ وتُخَفِّفَ .

11– Imam al-Kazim (a.s.) said, ‘Diet control is not to avoid eating absolutely anything, rather diet control is to eat lightly.’[al-Kafi, v. 8, p. 291, no. 443]

The Greatest

الدَّواءُ الأكبَرُ

12ـ الإمامُ الصّادقُ (عَلَيهِ السّلامُ): في طِينِ قبرِ الحسينِ (عَلَيهِ السّلامُ) الشِّفاءُ مِن كلِّ داءٍ وهُوَ الدواءُ الأكبَرُ .

12– Imam al-Sadiq (a.s.) said, ‘In the soil of the grave of ?usayn (a.s.) is a healing for every disease, for it is the greatest remedy.’[Bihar al-Anwar, v. 101, p. 123, no. 18]

Miscellaneous

النَّوادِرُ

13ـ الإمامُ عليٌّ (عَلَيهِ السّلامُ): ربّما كانَ الدَّواءُ داءً والدّاءُ دواءً .

13– Imam Ali (a.s.) said, ‘It is possible for a medicine to be an ailment and an ailment to be a medicine.’[Nahjul Balaghah, Letter 31]

14 ـ الإمامُ عليٌّ (عَلَيهِ السّلامُ): مَن لم يَحتَمِلْ مَرارَةَ الدواءِ دامَ أَلَمُهُ .

14– Imam Ali (a.s.) said, ‘The pain of one who cannot bear the bitterness of a remedy will continue.’

15 ـ الإمامُ الحسينُ (عَلَيهِ السّلامُ): لا تَصِفَنَّ لِمَلِكٍ دواءً ، فإن نَفَعَهُ لَم يَحمَدْكَ ، وإن ضَرَّهُ اتَّهَمَكَ .

15– Imam al–Husayn (a.s.) said, ‘Do not prescribe any remedy for a king, for if it benefits him, he will fail to show gratitude to you, and if it harms him he will accuse you.’[Bihar al–Anwar, v. 75, p. 382, no. 47]

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