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For Pain, Cold, And Weakness in the Abdomen

He said: "Take the quantity of one *ratl* of Cassia fistula (*khiyar shanbar*) and clean it. Pound it and steep it in a *ratl* of water for a day and a night. Then strain it and throw away the residue.

Mix with the clear liquid one *ratl* of honey, two *ratl* of the juice (*afshuraj*) of quince (*al-safarjal*) and forty *mithqal* of the oil of roses (*duhn al-ward*). Cook on a low fire until it thickens. Then take the pan off the fire and leave it until cool. When it cools, add three *mithqal* each of Cassia tona (*al-qilqil*), long pepper (*dar filfil*), cinnamon (*qirfa al-qaranfal*), cardamom (*qaqula*), ginger (zanjabil), Chinese cinnamon (*dar sini*) and nutmeg (*juzbawwa*), all ground and sieved. Mix these well and put the mixture in a green earthenware jar. Drink two *mithqal* of it on an empty stomach at one time. It will warm the abdomen, digest the food and expel the wind from all the joints, if Allah, the Exalted, wills."

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