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For Pain In The Waist

Muhammad b. Ja'far al-Bursi narrated from Muhammad b. Yahya al-Armani from Muhammad b. Sinan from Abu 'Abd Allah, peace be upon him, that the Messenger of Allah, blessings and peace be upon him, said: "Drink lovage, for it is good for pain of the waist."

Al-Bursi [narrated] from Muhammad b. Yahya from Sinan from Yunus b. Zabyan from Ja'far from Jabir from Abu Ja'far, peace be upon him, who said that Amir al-Mu'minin, peace be upon him, said: 'Whosoever wishes that food not harm him should not eat until he is hungry. When he eats, let him say: "In the Name of Allah, and by Allah". Let him chew his food well and stop eating while he still has an appetite for it and desires it.'

'Abd Allah b. Bistam narrated from Muhammad b. Zurayq from Hammad b. 'Isa from Hariz from Abu 'Abd Allah from al-Husayn b. 'Ali, peace be upon him, who said that Amir al-Mu'minin, peace be upon him, said: "Whoever wishes for the eternal life and not for permanence [in this world], let him wear light clothes, eat early, and have less frequent sexual intercourse with women."

Salih b. Muhammad al-'Anbari narrated from al-Nadr b. Suwayd from 'Abd Allah b. Sinan from 'Awn b 'Abd Allah that Abu 'Abd Allah, peace be upon him, said: 'Pass your hand over the warts (*al-thu'alil*) and say: "In the Name of Allah, the Merciful, the Compassionate. In the Name of Allah, and by Allah, Muhammad is the Messenger of Allah, blessings of Allah on him and his family. There is no power nor might except with Allah, the Most High, the Mighty, O Allah, remove from me my suffering." Pass your right hand [over it] and repeat the invocation three times.'

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