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Home > Islamic Medical Wisdom, The Tibb al-A'imma > Gall

## Gall

Ibrahim b. 'Abd al–Hamid al–Ansari narrated from Muhammad b. Marwan from Khalid b. Najih from 'Umar b. Shamr Irom Jabir b. Yazid al–Ju'fi from Abu Ja'far, peace be upon him, that he [Jabir] said: A man complained to Abu Ja'far of gall (*al–marar*) which was inflamed in him until he was almost bent over. He [Abu Ja'far] said to him: "Make it subside with plums (*al–ijass*)."

From al-Azraq b. Sulayman, who said: I asked Abu 'Abd Allah, peace be upon him, about plums and he said: "They are beneficial for gall and relax the joints, but do not eat much of them for they will produce wind in your joints."

On his authority, he, peace be upon him, said: "Plums on an empty stomach calm the bile but stir up the wind."

From them, peace be upon them: "Eat mellowed (al-'atiq) plums, for the benefit of mellowed plums remain and the harm is removed. Eat them peeled, for they arc beneficial for every [kind of] gall and heat, and the blaze stirred up from it."

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