Cure for Heart - Supplications and Diet

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بِسْمِ اللَّهِ الرَّحْمنِ الرَّحِيمِ الْحَمْدُ لِلَّهِ رَبِ الْعالَمِين, وَ صَلَّى اللَّهُ عَلى سَيِّدِنا مُحَمَّدٍ وَ آلِهِ الطَّاهِرِين, وَسَلَّمَ تَسْلِيماً.
In the Name of Allah-azwj the Beneficent, the Merciful. The Praise is for Allah-azwj Lord-azwj of the Worlds, and Blessing be upon our Chief Muhammad-saww and his-saww Purified Progeny-asws, and greetings with abundant greetings.
اَللَّهُمَّ صَلِّ عَلى مُحَمَّدٍ وَّآلِ مُحَمَّدٍ وَّعَجِّلْ فَرَجَهُمْ وَالْعَنْ أَعْدَائَهُمْ اَجْمَعِيْنَ

Cure for Heart - Supplications and Diet

Summary:

Some supplications, preferred diet and herbal medicines for the cure of heart (i.e., palpitations and blockage) are presented, as found in the Ahadith of Ahl Al-Bayt-asws.

Recitations for Heart Pain

و قال الصادق (عليه السلام): «من قرأها على الصدر تنفع من ضره، و على الفؤاد تسكنه بإذن الله، و ماؤها ينفع لمن به البرد بإذن الله تعالى

And Al-Sadiq-asws said: 'The one who recites it (Verse 94) of which chapter 94 (Ash-Sharh) upon the chest would benefit from what harms him/her, and have tranquillity on his/her heart by the Permission of Allah-azwj, and its water (if recited on the water) would benefit the one with the cold, by the Permission of Allah-azwj'.[1]

ومن (خواص القرآن): روي عن النبي (صلى الله عليه و آله)، أنه قال: «من قرأ هذه السورة أعطاه الله بعدد حروفها عشر حسنات و من كتبها في إناء و غسله، و عجن به عجينا ثم سحقه، و أسفه كل من به وجع الفؤاد، زال عنه و برىء بإذن الله تعالى

And from Khawas Al Quran –

It has been reported from the Prophet-saww having said: 'The one who recites this Chapter (41), Allah-azwj would Give him ten Rewards for the number of its letters. And the one who writes it in a container and washes with it, and kneads it with a kneading, then applies it everywhere there is pain of the heart, it would pass away from him, and he would be free from it by the Permission of Allah-azwj'.[2]

مكا، مكارم الأخلاق رُقْيَةٌ لِوَجَعِ الْقَلْبِ تُقْرَأُ هَذِهِ الْآيَاتُ عَلَى الْمَاءِ وَ يَشْرَبُهُ لَئِنْ أَنْجَيْتَنا مِنْ هذِهِ لَنَكُونَنَّ مِنَ الشَّاكِرِينَ سَيُهْزَمُ الْجَمْعُ وَ يُوَلُّونَ الدُّبُرَ إِلَى قَوْلِهِ أَدْهى وَ أَمَرُّ إِنَّ اللَّهَ يُمْسِكُ السَّماواتِ وَ الْأَرْضَ إِلَى قَوْلِهِ غَفُوراً

(The book) 'Makarim Al Akhlaq' –

'A Ruqya (Incantation) for the heart pain. You should recite these Verses upon the water and drink it: ***'If He Rescues us from this, we would happen to be from the grateful ones [6:63] The crowd would soon be defeated, and they will turn back [54:45]*** – up to His-azwj Words: ***more grievous, more bitter (for them) [54:46] Surely, Allah Withholds the skies and the earth*** – up to His-azwj Word: ***Forgiving' [35:41]***!

[1] Tafseer Al Burhan – H 11717
[2] (خواص القرآن)

أَيْضاً تُقْرَأُ هَذِهِ الْآيَاتُ عَلَى الْمَاءِ وَ يَشْرَبُهُ وَ يُرَدِّدُ عَلَى الْقَلْبِ وَ يُكْتَبُ أَيْضاً وَ يُعَلَّقُ عَلَى عُنُقِهِ بِ بِسْمِ اللَّهِ الرَّحْمنِ الرَّحِيمِ رَبَّنا لا تُزِغْ قُلُوبَنا إِلَى قَوْلِهِ لا يُخْلِفُ الْمِيعادَ الَّذِينَ آمَنُوا وَ تَطْمَئِنُّ قُلُوبُهُمْ بِذِكْرِ اللَّهِ إِلَى قَوْلِهِ وَ حُسْنُ مَآبٍ – لَئِنْ أَنْجَيْتَنا مِنْ هذِهِ لَنَكُونَنَّ مِنَ الشَّاكِرِينَ.

Also, you should read these Verses upon the water and drink it, and repeat it to the heart, and write as well and hang it upon his neck: 'By ''***In the Name of Allah the Beneficent, the Merciful [1:1] 'Our Lord! Do not Let our hearts to deviate [3:8]*** – up to His[-azwj] Words: ***does not break the Promise [3:9]***; ***Those who believe and their hearts are reassured by the Zikr of Allah [13:28]*** – up to His[-azwj] Words: ***an excellent resort [13:29] 'If He Rescues us from this, we would happen to be from the grateful ones [6:63]***''.[3]

و من (خواص القرآن): روي عن النبي (صلى الله عليه و آله) أنه قال: «من قرأ هذه السورة كان جزاؤه على الله جنة و حريرا، و من أدمن قراءتها قويت نفسه الضعيفة، و من كتبها و شرب ماءها نفعت وجع الفؤاد، و صح جسمه، و برأ من مرضه».

And from Khawas Al-Quran –

It has been reported from the Prophet[-saww] having said: 'The one who recites this Chapter (Holy Quran Sura الانسان, Chapter:76), Allah[-azwj] would Reward him with a Garden and silk. And the one, who habitually recites it, would strengthen his weak self. And the one who writes it and drinks its water, would benefit against heart pain, and correct his body, and be free from his illness'.[4]

و قال رسول الله (صلى الله عليه و آله): «من قرأها أجزاه الله الجنة و ما تهوى نفسه على كل الأمور، و من كتبها في إناء و شرب ماءها نفعت شر وجع الفؤاد، و نفع بها الجسد

And the Rasool-Allah[-saww] said: 'The one who recites it (Chapter 76)[5], Allah[-azwj] would Recompense him with the Paradise, and whatsoever he loves for himself over all matters. And the one who recites it in a bowl and drink its water, would benefit against the evil of heartache, and the body would benefit by it'.[6]

وقال الصادق (عليه السلام): «من كتبها ليلا و جعلها في حائط أو بستان كثرت بركته و أخضر و أزهر و صار حسنا في وقته، و إن تركت في حائط دكان كثر في البيع و الشراء و إن كتبت لإنسان فيه الادرة، زال عنه ذلك و برىء

And Al-Sadiq[-asws] said: 'The one who writes it (Chapter 40)[7] and makes it to be upon a wall or garden, there would be a lot of Blessings in it, and it would be greener and more flowering, and would become well in its time. And if it is left upon a wall of a shop, there would be a lot of buying and selling. And if it is written for a human being who has swelling in his testicle (الادرة), that would go away and he would be free from it'.

[3] Bihar Al-Anwaar V 92 – The Book of Zikr (Chapters on supplication) – Ch 86 H 1
[4] Tafseer Al Burhan – H 11254
[5] Chapter 76 contains 31 verses
[6] Tafseer Al Burhan – H 11255
[7] Chapter 40 contains 85 verses

و إن كتبت و علقت على من به دمامل زال عنه ذلك و كذلك للمفروق يزول عنه الفرق و إذا عجن بمائها دقيق، ثم يبس حتى يصير بمنزلة الكعك، ثم يدق دقا ناعما، و يجعل في إناء ضيق مغطى، فمن احتاج إليه لوجع في فؤاده أو لمغمى عليه، أو لمغشي عليه، أو وجع الكبد أو الطحال، يستف منه، برىء بإذن الله تعالى

And if it is written and attached (Amulet) upon the one who has abscesses, that would go away, similar to that for the fearful, the fear would go away from him. If its water is kneaded with flour, then left to dry until it becomes like cakes, then hammered into pieces, then made these to be in a container and covered tightly. So the one who needs it for aches in his heart, or for an unconscious person, or for the pains of the liver or the spleen, he should take (eat it) from it. He would be free from it by the Permission of Allah-azwj'.[8]

Supplications to Cure the Heart:

فَفِي كِتَابِ التَّحْصِيلِ أَنَّ رَجُلًا رَأَى النَّبِيَّ ص فِي مَنَامِهِ فَقَالَ يَا رَسُولَ اللَّهِ عَلِّمْنِي شَيْئاً يُحْيِي بِهِ اللَّهُ تَعَالَى قَلْبِي فَقَالَ قُلْ

Prophet-saww said: A time will come when lot of people will suffer from heart diseases, if my followers want to be protected from it, then they should recite **after Fajr and Magrabain Salat, recite three times with Salawat** the following:

يَا حَيُّ يَا قَيُّومُ يَا لَا إِلَهَ إِلَّا أَنْتَ أَسْأَلُكَ أَنْ تُحْيِيَ قَلْبِي اللَّهُمَ صَلِ عَلَى مُحَمَّدٍ وَ آلِ مُحَمَّد

'O Living! O Eternal! There is no god except You-azwj! I ask You-azwj to Revive my heart! O Allah-azwj! Send Salawaat upon Muhammad-saww and the Progeny-asws of Muhammad-saww!'

فَقَالَ ذَلِكَ ثَلَاثَةَ أَيَّامٍ فَأَحْيَا اللَّهُ تَعَالَى

He-asws said that (recite it) three days (and) Allah-azwj will cure his heart.[9]

Cure for the heart through diet:

مُحَمَّدُ بْنُ يَحْيَى عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ عَنِ الْقَاسِمِ بْنِ يَحْيَى عَنْ جَدِّهِ الْحَسَنِ بْنِ رَاشِدٍ عَنْ أَبِي عَبْدِ اللَّهِ (عليه السلام) قَالَ قَالَ أَمِيرُ الْمُؤْمِنِينَ (عليه السلام) أَكْلُ السَّفَرْجَلِ قُوَّةٌ لِلْقَلْبِ الضَّعِيفِ وَ يُطَيِّبُ الْمَعِدَةَ وَ يُذَكِّي الْفُؤَادَ وَ يُشَجِّعُ الْجَبَانَ

Muhammad Bin Yahya, from Ahmad Bin Muhammad, from Al Qasim Bin Yahya, from his grandfather Al Hassan Bin Rashid,

(It has been narrated) from Abu Abdullah-asws having said: 'Amir Al-Momineen-asws said: 'Eating the Quince is strengthening for the weak heart and aromatises the stomach, and purifies the heart, and emboldens the timid'.[10]

[8] Tafseer Al Burhan – H 9306
[9] Nahjul Israr, vol. 2, pg. 384 الفصل الرابع و العشرون في ذكر آيات 198المصباحللكفعمي 19 :ص .....للنجاة من الشدائد 20المجتنى
[10] Al Kafi – V 6 – The Book of Foodstuffs Ch 103 H 1

مُحَمَّدُ بْنُ يَحْيَى عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ عَنْ مُحَمَّدِ بْنِ إِسْمَاعِيلَ بْنِ بَزِيعٍ عَنْ عَمِّهِ حَمْزَةَ بْنِ بَزِيعٍ عَنْ أَبِي إِبْرَاهِيمَ (عليه السلام) قَالَ قَالَ رَسُولُ اللَّهِ (صلى الله عليه وآله) لِجَعْفَرٍ يَا جَعْفَرُ كُلِ السَّفَرْجَلَ فَإِنَّهُ يُقَوِّي الْقَلْبَ وَ يُشَجِّعُ الْجَبَانَ

Muhammad Bin Yahya, from Ahmad Bin Muhammad, from Muhammad Bin Ismail Bin Baie, from his uncle Hamza Bin Bazie,

(It has been narrated) from Abu Ibrahim[-as] (7th Imam[-asws]) having said: 'Rasool-Allah[-saww] said to Ja'far[-as]: 'Eat the Quince, for it strengthens the heart and emboldens the timid'.[11]

مُحَمَّدُ بْنُ يَحْيَى عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ عَنِ الْقَاسِمِ بْنِ يَحْيَى عَنْ جَدِّهِ الْحَسَنِ بْنِ رَاشِدٍ عَنْ أَبِي بَصِيرٍ عَنْ أَبِي عَبْدِ اللَّهِ (عليه السلام) قَالَ كُلُوا الْكُمَّثْرَى فَإِنَّهُ يَجْلُو الْقَلْبَ وَ يُسَكِّنُ أَوْجَاعَ الْجَوْفِ بِإِذْنِ اللَّهِ تَعَالَى .

Muhammad Bin Yahya, from Ahmad Bin Muhammad, from Al Qasim Bin yahya, from his grandfather Al Hassan Bin Rashid, from Abu Baseer, from;

Abu Abdullah[-asws] (6th Imam) said: 'Eat the pears for it galvanises the heart and settles the interior pains by the Permission of Allah[-azwj] the High'.[12]

عَلِيُّ بْنُ إِبْرَاهِيمَ عَنْ أَبِيهِ عَنْ حَنَانٍ قَالَ كُنْتُ مَعَ أَبِي عَبْدِ اللَّهِ (عليه السلام) عَلَى الْمَائِدَةِ فَمَالَ عَلَى الْبَقْلِ وَ امْتَنَعْتُ أَنَا مِنْهُ لِعِلَّةٍ كَانَتْ بِي فَالْتَفَتَ إِلَيَّ فَقَالَ يَا حَنَانُ أَ مَا عَلِمْتَ أَنَّ أَمِيرَ الْمُؤْمِنِينَ (عليه السلام) لَمْ يُؤْتَ بِطَبَقٍ إِلَّا وَ عَلَيْهِ بَقْلٌ قُلْتُ وَ لِمَ جُعِلْتُ فِدَاكَ فَقَالَ لِأَنَّ قُلُوبَ الْمُؤْمِنِينَ خَضِرَةٌ وَ هِيَ تَحِنُّ إِلَى أَشْكَالِهَا .

Ali Bin Ibrahim, from his father, from Hannan who said,

'I was with Abu Abdullah[-asws] upon the food-spread, so he[-asws] inclined upon the vegetables and I abstained from it due to an illness which was with me. So he[-asws] turned towards me and said, 'O Hanaan! Do you not know that Amir Al-Momineen[-asws] was never brought a platter except that upon it were vegetables?' I said, 'And why, may I be sacrificed for you[-asws]?' So, Imam[-asws] said: 'Because the hearts of the Believers are green, and it yearns for its forms'.[13]

عَلِيُّ بْنُ إِبْرَاهِيمَ عَنْ بَعْضِ أَصْحَابِنَا عَنْ عَبْدِ اللَّهِ بْنِ عَبْدِ الرَّحْمَنِ الْأَصَمِّ عَنْ شُعَيْبٍ عَنْ أَبِي بَصِيرٍ عَنْ أَبِي عَبْدِ اللَّهِ (عليه السلام) قَالَ قَالَ أَمِيرُ الْمُؤْمِنِينَ (عليه السلام) نِعْمَ الْإِدَامُ الْخَلُّ يَكْسِرُ الْمِرَّةَ وَ يُطْفِئُ الصَّفْرَاءَ وَ يُحْيِي الْقَلْبَ .

Ali Bin Ibrahim, from one of our companions, from Abdullah Bin Abdul Rahman Al Samma, from Shuayb, from Abu Baseer, from;

Abu Abdullah[-asws] narrates that Amir Al-Momineen[-asws] said: 'The best of the sauces is the vinegar, it breaks the bitterness, and extinguishes the paleness, and revives the heart'.[14]

عَنْهُ عَنْ دَاوُدَ بْنِ إِسْحَاقَ الْخَذَّاءِ عَنْ مُحَمَّدِ بْنِ الْفَيْضِ قَالَ أَكَلْتُ عِنْدَ أَبِي عَبْدِ اللَّهِ ع مَرَقَةً بِعَدَسٍ فَقُلْتُ جُعِلْتُ فِدَاكَ إِنَّ هَؤُلَاءِ يَقُولُونَ إِنَّ الْعَدَسَ قَدَّسَ عَلَيْهِ ثَمَانُونَ نَبِيّاً قَالَ كَذَبُوا لَا وَ اللَّهِ وَ لَا عِشْرُونَ نَبِيّاً .

[11] Al Kafi – V 6 – The Book of Foodstuffs Ch 103 H 4
[12] Al Kafi – V 6 – The Book of Foodstuffs Ch 105 H 1
[13] Al Kafi – V 6 – The Book of Foodstuffs Ch 109 H 2
[14] Al Kafi – V 6 – The Book of Foodstuffs Ch 78 H 7

From him, from Dawood Bin Is'haq Al Haza'a, from Muhammad Bin Al Qayz who said,

'I ate lentil broth in the presence of Abu Abdullah-asws, so I said, 'May I be sacrificed for you-asws! They (people) are saying that seventy Prophets-as have sanctified upon the lentils'. The Imam-asws said: 'They are lying! No, by Allah-azwj, not even twenty Prophets-as'.

وَ رُوِيَ أَنَّهُ يُرِقُّ الْقَلْبَ وَ يُسْرِعُ الدَّمْعَةَ .

And it is reported that it softens the heart and accelerates the tears'.[15]

الْحُسَيْنُ بْنُ مُحَمَّدٍ عَنْ أَحْمَدَ بْنِ إِسْحَاقَ عَنْ سَعْدَانَ عَنْ أَبِي بَصِيرٍ قَالَ قَالَ أَبُو عَبْدِ اللَّهِ (عليه السلام) قَالَ رَسُولُ اللَّهِ (صلى الله عليه وآله) الطِّيبُ يَشُدُّ الْقَلْبَ .

Al Husayn Bin Muhammad, from Ahmad Bin Is'haq, from sa'dan, from Abu Baseer who said,

'Abu Abdullah-asws says that Rasool-Allah-saww said: 'The perfume strengthens the heart'.[16]

وَ رُوِيَ وَ الْبَصَلُ يَزِيدُ فِي الْجِمَاعِ وَ يُذْهِبُ الْبَلْغَمَ وَ يَشُدُّ الْقَلْبَ وَ يُذْهِبُ الْحُمَّى وَ يَطْرُدُ الْوَبَاءَ بِالْقَصْرِ وَ الْمَدِّ

And it is reported: The onion increases in the virility (desire for union) and melts the phlegm, and strengthens the heart, and rids the fever, and repels the epidemic with 'Al-Qasr', and 'Al-Madd' (through moderation and continuity) An extract.[17]

الْمَجَالِسُ، بِإِسْنَادِ الدِّعْبِلِيِّ عَنِ الرِّضَا عَنْ آبَائِهِ عَنْ عَلِيٍّ ع قَالَ: الزَّبِيبُ يَشُدُّ الْقَلْبَ وَ يَذْهَبُ بِالْمَرَضِ وَ يُطْفِئُ الْحَرَارَةَ وَ يُطَيِّبُ النَّفْسَ.

(The book) 'Al Majaalis' – By a chain of Al deobaly,

'From Al-Reza-asws, from his-asws forefathers-asws, from Ali-asws having said: 'The raisins strengthen the heart, and do away with the sickness, and extinguish the heat, and freshen the breath''.[18]

Coldness of the Abdomen and Palpitation of the Heart:

مُحَمَّدُ بْنُ عَلِيِّ بْنِ رَنْجَوَيْهِ الْمُتَطَبِّبُ قَالَ: حَدَّثَنَا عَبْدُ اللَّهِ بْنُ عُثْمَانَ قَالَ: شَكَوْتُ إِلَى أَبِي جَعْفَرٍ مُحَمَّدِ بْنِ عَلِيِّ بْنِ مُوسَى ع بَرْدَ الْمَعِدَةِ فِي مَعِدَتِي وَ خَفَقَاناً فِي فُؤَادِي فَقَالَ أَيْنَ أَنْتَ عَنْ دَوَاءِ أَبِي وَ هُوَ الدَّوَاءُ الْجَامِعُ قُلْتُ يَا ابْنَ رَسُولِ اللَّهِ وَ مَا هُوَ؟ قَالَ مَعْرُوفٌ عِنْدَ الشِّيعَةِ قُلْتُ سَيِّدِي وَ مَوْلَايَ فَأَنَا كَأَحَدِهِمْ فَأَعْطِنِي صِفَتَهُ حَتَّى أُعَالِجَهُ وَ أُعْطِيَ النَّاسَ قَالَ خذ [يُؤْخَذُ] زَعْفَرَانٌ وَ عَاقِرْقَرْحَا وَ سُنْبُلٌ وَ قَاقُلَّةٌ وَ بَنْجٌ وَ خَرْبَقٌ أَبْيَضُ وَ فُلْفُلٌ أَبْيَضُ أَجْزَاءً سَوَاءً وَ إِبْرِفْيُونٌ جُزْءَيْنِ يُدَقُّ ذَلِكَ كُلُّهُ دَقّاً نَاعِماً وَ يُنْخَلُ بِحَرِيرَةٍ وَ يُعْجَنُ بِضِعْفَيْ وَزْنِهِ عَسَلًا مَنْزُوعَ الرَّغْوَةِ فَيُسْقَى مِنْهُ صَاحِبُ خَفَقَانِ الْفُؤَادِ وَ مَنْ بِهِ بَرْدُ الْمَعِدَةِ حَبَّةً بِمَاءٍ كَمُونٍ يُطْبَخُ فَإِنَّهُ يُعَافَى بِإِذْنِ اللَّهِ تَعَالَى.

Muhammad Ibn Ali Ibn Ranjawayh al-Mutatabbib narrated from 'Abd Allah Ibn 'Uthman that he said:

[15] Al Kafi – V 6 – The Book of Foodstuffs Ch 93 H 4
[16] Al Kafi – V 6 – The Book of Outfits and the Beautification and the Magnanimity Ch 48 H 6
[17] Bihar Al-Anwaar – V-59 The book of creation - Ch 88 H 72 / 90
[18] Bihar Al-Anwaar – V 63 The book of plants - Ch 6 H 5

'I complained to Abu Ja'far Muhammad[-asws] Ibn Ali[-asws] Ibn Musa[-asws] of coldness in my abdomen and of palpitation *(al-khafaqan)* in my heart. He[-asws] said: "What about the medication of my[-asws] father[-asws], the 'comprehensive medication'?" I replied: "O son of Rasool Allah[-asws], what is it?" He said: "It is well known among the Shi 'a." I said: "My lord and master, I am one of them, so describe it to me so that I may use it as treatment and give it to people."

He[-asws] replied: "Take equal measures of saffron, pyrethrum, Indian nard, cardamom, henbane, white hellebore, and white pepper, and two parts of *abarfiyun.* Grind them all finely, sieve in a piece of silk, and mix with twice its weight of honey which has had its froth removed. Give the one suffering from heart fluttering and coldness in the abdomen one grain to drink with a decoction of cumin water. He will be cured, Allah, the Exalted, willing."[19]

Medicine for Heart Palpitations (Flutter):

أَنْ تَأْخُذَ مِنَ الزَّنْجَبِيلِ الْيَابِسِ اثْنَيْنِ وَ سَبْعِينَ مِثْقَالًا وَ مِنَ الدَّارِفُلْفُلِ أَرْبَعِينَ مِثْقَالًا وَ مِنْ شنة [شَبَهٍ] وَ سَاذَجٍ وَ فُلْفُلٍ وَ إِهْلِيلَجٍ أَسْوَدَ وَ قَاقُلَّةٍ مُرَبًّى وَ جَوْزِطِيبٍ وَ نَاخْوَاهٍ وَ حَبِّ الرُّمَّانِ الْحُلْوِ وَ شُونِيزٍ وَ كَمُّونٍ كِرْمَانِيٍّ مِنْ كُلِّ وَاحِدٍ أَرْبَعُ مَثَاقِيلَ يُدَقُّ كُلُّهُ وَ يُنْخَلُ ثُمَّ تَأْخُذُ سِتَّمِائَةِ مِثْقَالٍ فَانِيذٍ جَيِّدٍ فَتَجْعَلُهُ فِي بَرْنِيَّةٍ وَ تَصُبُّ فِيهِ شَيْئاً مِنْ مَاءٍ ثُمَّ تُوقِدُ تَحْتَهَا وَقُوداً لَيِّناً حَتَّى يَذُوبَ الفَانِيذُ ثُمَّ تَجْعَلُهُ فِي إِنَاءٍ نَظِيفٍ ثُمَّ تدر [تَذُرُّ] عَلَيْهِ الْأَدْوِيَةَ الْمَدْقُوقَةَ وَ تَعْجِنُهَا بِهِ حَتَّى تَخْتَلِطَ ثُمَّ تَرْفَعُهُ فِي قَارُورَةٍ أَوْ جَرَّةٍ خَضْرَاءَ الشَّرْبَةُ مِنْهُ مِثْلَ جَوْزَةٍ فَإِنَّهُ لَا يُخَالِفُ أَصْلًا بِإِذْنِ اللَّهِ تَعَالَى.

The narrator says:

(Imam[-asws] said): Take seventy-two mithqal (appro. 4.25 grams) of dry ginger, forty of long pepper, and four each of heelweed (shina), cinnamon leaves (sadhaj), pepper, black myrobalan, preserved cardamom (qaqula murabban), walnut, bishop's weed, sweet-pomegranate (Al-rumman al-hulw), seeds, fennel flower, and kirmani cumin (kammun). Grind and sieve them all. Then take six hundred mithqal of good ***'fanidh'*** and put it into a clay vessel and pour some water over it. Light a low fire under it so the ***'fanidh'*** melts. Then put it in a clean container and add to it the ground ingredients. Mix them well, then put it away in a bottle or green jar. Drink of it, the equivalent of a walnut and it will not disagree (with you), Allah[-azwj] Willing.[20]

Relieving Blood Pressure fluctuations:

الْكَافِي، عَنْ مُحَمَّدِ بْنِ يَحْيَى عَنْ مُحَمَّدِ بْنِ مُوسَى رَفَعَهُ عَنْ أَبِي عَبْدِ اللَّهِ ع أَنَّهُ قَالَ: سَوِيقُ الْعَدَسِ يَقْطَعُ الْعَطَشَ وَ يُقَوِّي الْمَعِدَةَ وَ فِيهِ شِفَاءٌ مِنْ سَبْعِينَ دَاءً وَ يُطْفِئُ الصَّفْرَاءَ وَ يُبَرِّدُ الْجَوْفَ

(The book) 'Al-Kafi' – From Muhammad Bin Yahya, from Muhammad Bin Musa, raising it,

'From Abu Abdullah[-asws] having said: 'The lentil Suweyq cuts the thirst and strengthens the stomach, and there is healing in it from seventy illnesses, and it extinguishes the yellowness (jaundice), and cools the inside.

[19] طب الأئمة عليهم السلام، ص: 90
[20] طب الأئمة عليهم السلام، ص: 77

وَ كَانَ إِذَا سَافَرَ ع لَا يُفَارِقُهُ وَ كَانَ يَقُولُ ع إِذَا هَاجَ الدَّمُ بِأَحَدٍ مِنْ حَشَمِهِ قَالَ لَهُ اشْرَبْ مِنْ سَوِيقِ الْعَدَسِ فَإِنَّهُ يُسَكِّنُ هَيَجَانَ الدَّمِ وَ يُطْفِئُ الْحَرَارَةَ.

And it was so, whenever he[-asws] travelled, he[-asws] would not separate from it, and he[-asws] had said when the blood had agitated with one of his[-asws] servants, he[-asws] said to him: 'Drink from the lentil Suweyq for it would settle the agitation of the blood and extinguish the heat''.[21]

الْخِصَالُ، عَنْ أَبِيهِ عَنْ سَعْدِ بْنِ عَبْدِ اللَّهِ عَنْ مُحَمَّدِ بْنِ عِيسَى الْيَقْطِينِيِّ عَنْ زَكَرِيَّا الْمُؤْمِنِ عَنْ مُحَمَّدِ بْنِ رَبَاحٍ الْقَلَّاءِ قَالَ: رَأَيْتُ أَبَا إِبْرَاهِيمَ ع يَحْتَجِمُ يَوْمَ الْجُمُعَةِ فَقُلْتُ جُعِلْتُ فِدَاكَ تَحْتَجِمُ يَوْمَ الْجُمُعَةِ قَالَ أَقْرَأُ آيَةَ الْكُرْسِيِّ فَإِذَا هَاجَ بِكَ الدَّمُ لَيْلًا كَانَ أَوْ نَهَاراً فَاقْرَأْ آيَةَ الْكُرْسِيِّ وَ احْتَجِمْ.

(The book) 'Al Khisaal' – From his father, from Sa'ad Bin Abdullah, from Muhammad Bin Isa Al Yaqteeny, from Zakariya Al Momin, from Muhammad Bin Rabah who said,

'I saw Abu Ibrahim[-asws] getting cupping done on the day of Friday. I said, 'May I be sacrificed for you[-asws]! You[-asws] are getting cupping done on the day of Friday!'[22] He[-asws] said: 'I[-asws] recited Ayat Al Kursy (2:255). Whenever the blood is agitated with you, be it night or day, so recite Ayat Al Kursy and get cupping done'.[23]

General Precautions for Strengthening the Heart:

وَ عَنْ أَبِي الْحَسَنِ مُوسَى ع قَالَ: لَا تَمْتَشِطْ مِنْ قِيَامٍ فَإِنَّهُ يُورِثُ الضَّعْفَ فِي الْقَلْبِ وَ امْتَشِطْ وَ أَنْتَ جَالِسٌ فَإِنَّهُ يُقَوِّي الْقَلْبَ وَ يُمَجِّخُ الْجِلْدَ.

(It is narrated from) Abu Al-Hasan Musa[-asws], that Imam[-asws] Said: Do not comb your hair while standing as it causes weakness in the heart, and comb your hair while sitting as it strengthens the heart and nourishes the skin.[24]

[21] Bihar Al-Anwaar – V 63 The book of plants - Ch 3 H 27 (Chapters on what is made from the cereals)
[22] Ahadith discourage, in general, cupping done on Friday (but here its to control the blood pressure)
[23] Bihar Al-Anwaar – V 59 The book of creation - Ch 54 H 6
[24] وسائل الشيعة، ج2، ص: 125, H. 1689-3