

Care For Your Heart

“SUCH TIMES ARE TO COME WHEN PEOPLE, MANY OF THEM, WILL BE AFFLICTED WITH HEART AILMENT”

(Nahjul Asrar p.384)

How truly proven today is the above prediction made over 1400 years ago by Ali b. Abi Talib (A.S). One of the most dreaded scourge of our times is the heart ailment. And when the chest pain, indicating a deficient supply of blood and oxygen to the heart muscle, frightens the heart patient, it makes him feel depressed and hopeless. Perhaps in order to enable him to meet such psychological setback and boost up his morale that the Imam added to the above prediction by prescribing a spiritual remedy saying:

“IF MY SHIAS (FOLLOWERS) WISH TO REMAIN SAFE FROM IT, THEY SHOULD AFTER EVERY SUBH (MORNING) AND MAGHRIB (EVENING) PRAYER RECITE THE FOLLOWING DO'A (SUPPLICATION), COMMENCING AND ENDING WITH THREE TIME SALAWAT:

"YA HAYYO YA QAYYOOM YA LA ILAHA ILLA ANTA ASALOKA AN TOHYIA QALBI"

"Oh the Living, Oh the Eternal Oh the One besides Whom no other God exists but You. I implore You to liven up and uplift my heart".

It is worth noting that the recitation of salawat recommended in every prayer is to provide a sense of mental security and moral boost to one who is downcast and frustrated. It is meant to seek the intercession of the most chosen and pure personalities i.e. the Holy Prophet and his Ahl-el-Bait before Allah.

Today the primary cause of heart ailment is considered to be our wrong system of diet. The lack of moderation in our ways of eating and drinking leads to a congested and weaker heart besides other ailments. This cause was already known 1400 years ago and that is why we find that the Prophet of Islam had warned us by saying:

"Do not destroy your hearts by excessive intake of food and drinks. Verily hearts are like farms which wither if over-supplied (with water)".

While in discussion once on the subject of death, Imam Ja'far Al Sadiq(A.S.) told Abu Shakir Daysani, an atheist, that sudden death due to heart failure is caused by the thickness of blood as a result of excessive consumption of meat.

Today it is an accepted fact in the medical circle that blood thickness is liable to cause a sudden clot in the blood in an artery of the heart entailing a great risk of sudden death. Human heart being a central organ, its ailment is liable to disrupt the normal function of the whole body. This is confirmed by the following saying of the Prophet:

"Verily in the human body, there is a morsel of flesh which so long as it is in good order, all other organs of the body remain safe and in good shape. But when it goes bad, it causes other organs to suffer. It is the human heart."

The fact is that the Ahl-el-Bait not only drew our attention to the importance of the heart in the healthy function of the whole human body but also recommended the intake of such foods beneficial for it. For example Ali bin Abi Talib is mentioned to have recommended the following:

" Every seed from the pomegranate if taken into the stomach becomes the source of livening up the heart"

"Pears brightens the heart and provides rest to inner ailments"

"Consumption of quince strengthens a weak heart"

Perhaps the aforementioned fruits act as agents for purifying and normalizing the circulation of blood in the arteries of the heart thus strengthening and boosting its function. Perhaps the nutritionists can tell us more how they really benefit the human heart.

" If people knew what there was in apple, they would have medicated their sick only with it. And verily it is of quick benefit for the heart and the mouth is perfumed with it also."

By: A. H Sheriff