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DOES THE HUMAN HEART GET EXHAUSTED ??
IF SO? WHAT IS THE REMEDY ???

By Ahmed H. Sheriff
Heart (H)

Man is often heard of complaining of exhaustion in the course of his day to day life. At times he complains of pains in his legs having get tired of constant walking. At times he can be heard of complaining of mental fatigue following deep^a study or worry over life problems. He is also heard of complaining about his eyes being tired of prolonged reading or writing.

But rarely does he mention of his heart being exhausted and tired. Does this mean that like other organs of human body, the human heart does not suffer some kind of exhaustion? No it does, call it depression or break-down or^{with} any other name.

Man is surrounded by all sorts of ups and downs of life. He has at times to face severe calamities and crises. He becomes overtaken by mental depression. Suffering from ill-health, loss of dear ones and a number of such other afflictions bear heavily upon him and^{are} liable to cause heavy strain over his heart. In Nahjul Balagha, Hazrat Ali a.s. is reported to have touched this subject by saying:

" INNA HAZIRIL QULOUB TAMILLO KAMA TAMILLOL ABDAN
FABTAGHO LAHA TARAI FAL HIKAM"

Like the (human) bodies, their hearts also get tired. Cure them with (divine) sayings and knowledge of wisdom.

The tire^aness of human heart is more often caused by psychological reasons than physical as such the right and lasting cure should be based on the root cause of the illness. It would have to be the one which can restore confidence to a broken heart, instil optimism in place of pessimism and replace disappointments with new courage and vigour. It is through spiritual treatment of divine teachings and words of wisdom that an exhausted and broken heart gets a boost. For a faithful Muslim, the holy Quran and the prayers and sayings of the holy Prophet and his right^{ful} successors are enough to provide this. When one makes a deep study^{of them} ~~these~~ with full faith and understanding, he is bound to be convinced of the transient nature of this worldly life and derive consolation from the noble examples of those have had to endure all sorts of sufferings^{yet they remained steadfast} with full submission to the will of Allah.