

SALT VITAL FOR GOOD HEALTH

“Whoever commences (meals) with salt, Allah will remove (cure) seventy (many) ailments, the least of which is leprosy”.

In another tradition quoting the Holy Prophet, the eight Imam said:

“For you is recommended the consumption of salt for it is a cure for seventy (numerous) ailments the worst being leprosy and madness.”

It is interesting to notice that the present day treatment by psychiatry for those suffering from mental disorders is by prescribing the intake daily of salt capsules, the dosage measured in relation to the deficiency in their blood after prior blood test. Thus the foregoing tradition of more than twelve hundred years ago had already provided an indication of the link between salt and the treatment of madness.

Besides for protection against heat stroke in extremely hot places, salt pills are prescribed particularly to those at work in hot environment of factories. As a result of excessive perspiration causing dehydration, the body loses its normal level of salt which is medically believed to be app. 200 gms and this also affects human brain.

Salt not only adds to the taste of many food but it helps in producing sufficient mouth saliva which is necessary for easy absorption of food and digestion. It also acts as disinfectant and antibiotic against possible entry of harmful germs in the mouth.

However exceeding limits in taking salt can prove harmful particularly in cases of high blood pressure.

It is only a pinch of salt when starting with and ending meals that is recommended.