

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allāh, the Most Merciful, the Bestower of Mercy

The Way to a Healthy Heart
Imām Ibn al-Qayyim (رَحْمَةُ اللَّهِ)

ومدار الصحة على حفظ القوة، والحماية عن المؤذي، واستفراغ المواد الفاسدة؛ ونظر الطبيب دائر على هذه الأصول الثلاثة، وقد تضمنها الكتاب العزيز، وأرشد إليها مَنْ أنزله شفاءً ورحمةً.

Imām Ibn Al-Qayyim (رَحْمَةُ اللَّهِ) said,

“Healthiness [of the body] depends on three things:

1. Preservation of its strength.
2. Protection against anything harmful.
3. Cleansing it of noxious elements.

The examination of the doctor revolves around these three fundamentals. This is something found within the Mighty Book and pointed out by the One who revealed it as a cure and a mercy...”

وذاكرتُ مرةً بعض رؤساء الطب بمصر بهذا، فقال: والله لو سافرتُ إلى المغرب في معرفة هذه الفائدة؛ لكان سفرًا قليلًا أو كما قال.

“On one occasion, I discussed this with some of the most prominent doctors in Egypt and he said,

“By Allāh, if I travelled to Morocco to acquire knowledge of this benefit, then it would have been a minor journey,” or he stated something similar to this.”

وإذا عُرف هذا فالقلب محتاج إلى ما يحفظ عليه قوّته، وهو الإيمان وأوراد الطاعات؛ وإلى حمية عن المؤذى الضارّ، وذلك باجتناب الآثام والمعاصي وأنواع المخالفات؛ وإلى استفراغه من مادة فاسدة تعرض له، وذلك بالتوبة النصوح، واستغفار غافر الخطيئات.

“If this is understood, then the heart is in need of that which will preserve its strength; and this is through Īmān (faith) and acts of devotion. It needs to be protected against anything harmful and detrimental, and this is by staying away from sins, disobedience and all forms of violations. It also needs to be cleansed of every noxious substance that affects it, and this is through sincere repentance and asking for forgiveness from the Forgiver of sins.”¹

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¹ Igāthah al-Lahfān of Ibn al-Qayyim (p. 23-24).