

SUNNAT-E-RASOOL ﷺ

Huzur Rahmat-e-Aalam ﷺ se sachchi mohabbat iman hai. Aur isi imaan par dono jahaan me kaamyabi ki bunyad hai. Khud pyare Nabi Kareem ﷺ ne farmaya ki: Tum me se koi shakhs us waqt tak imaan wala nahi ho sakta jab tak main uski nigaah me uske maa baap, Aulad aur tamam logo se ziyadah Mehboob na ho jaanun. (Sahi Bukhari, Hadees No.12)

Huzur ﷺ se sachchi mohabbat ka matlab ye hai ki: Aap ﷺ ki har sunnat, har tariqa, har tarz-e-amal balki har soch se mohabbat ho jaae, Jaisa ki Huzur ﷺ ke khaadim Hazrat-e-Anas radhi allaho anho bayan karte hain ki: Huzur ﷺ ne mujh se farmaya: Aye pyare bite! Agar tum se ho sake ki tum subah aur shaam is haal me karo ki dil me kisi ek aadmi ke liye bhi koi khot (kina) na rahe to aisa karo, Kyunki ye chiz meri sunnat hai aur jis ne meri sunnat se mohabbat kiya to usne mujh se mohabbat kiya aur jis ne mujh se mohabbat kiya woh mere saath Jannat me rahega. (Shifa sharif, vol 2, Page No.25. Taarikh ibne Asaakar, Vol 2, Page No.145)

Is Hadees sharif se maloom hua ki Huzur ﷺ ke tariqe, namaz, roza aur dusri ibaadato aur khaane pine, sone jaagne wagiarah ki sunnato ko ada karne ke saath hame chaahiye ki apne dil me apne mukhaalif aur dushmano ke liye uthne wale jazbe ko bhi sirf is liye dil me paal kar na rakhe ki ye bhi huzur ﷺ ki seerat aur tariqe ke khilaaf hai. Aur jab bhi kisi chiz ke baare me pata chale ki fulan chiz se Huzur ﷺ ne mana farmaya hai, to woh chiz kitni hi piyari kyun na ho fauran us se alag ho jaae aur us chiz ko chhor de. Aap ﷺ ne farmaya ki : Tum me se koi shakhs us waqt tak momin nahi ho sakta jab tak ki woh apni khaahish ko meri laai hui shari'at ke taabe na kar de. (Mishkaat sharif)

Ita'at-e-Rasool ﷺ ka In'aam

Ek din Sahaabi-e-Rasool Hazrat-e-Saubaan radhi allaho anho Huzur ﷺ ki baargah me haazir hue, Chehre ka rang bilkul badla hua tha, Aur gam me dobe hue the. Huzur ﷺ ne puchha kya baat hai? To unhone arz kiya Ya Rasoolallah ﷺ ! Main aap se apni jaan maal, maa baap, aulad sab se ziyadah mohabbat karta hun, Ya Rasoolallah ﷺ ! Main apne ghar me apni biwi bachcho ke saath hota hun, tab bhi mera dil aap hi ke saath laga rahta hai aur jab mera dil parishan hota hai to main fauran daurte hue aap ke paas chala aata hun aur ap ko dekh kar sukoon haasil kar leta hun, Lekin aaj ye soch kar main bahut parishan hun ki is dunya se jaane ke baad aakherat me aap to Jannat ke sab se oonche darje me

honge, aur agar main Allah ke fazl-o-karam se Jannat me chala bhi gaya to ye baat yaqeeni hai ki main aap ke buland darje tak kabhi nahi pahunch sakunga, phir to main aap ke didaar se mehroom ho jaaunga. bus yahi soch kar main gamgeen hun. Isi baat par Allah Ta'ala ne Quran sharif ki ye aayat naazil hui.

وَمَنْ يُطِيعِ اللَّهَ وَالرَّسُولَ فَأُولَئِكَ مَعَ الَّذِينَ أَنْعَمَ اللَّهُ عَلَيْهِمْ مِنَ النَّبِيِّينَ وَالصِّدِّيقِينَ
وَالشُّهَدَاءِ وَالصَّالِحِينَ ۗ وَحَسُنَ أُولَئِكَ رَفِيقًا

Tarjama: Aur Jo log itaa'at aur farma-bardaari karenge Allah aur Rasool ki, To woh un logo ke saath rahenge jin par Allah Ta'ala ne fazl farmaya, Yani Ambiya, Siddiqeen, Shaheedo aur nek log. Aur ye log kitne achchhe saathi hain. (Surah Nisa, Aayat No.69)

Sahaabi-e-Rasool ki mohabbat ke izhaar ke jawab me ye aayat naazil farma kar ye saaf saaf bata diya ki agar tum apni mohabbat me sachche ho to mera aur mere Mehboob ﷺ ki itaa'at ekhtiyar karo, Agar tum ne zindagi me ye raasta ekhtiyar kiya to Jannat me bhi apne Mehboob ﷺ ke saath rahna aur unka didaar ata karunga.

Is liye hame bhi chaahiye ki ham har maamle me Huzur ke tariqe aur sunnat ko ekhtiyar karen kyunki yahi bhalaai aur kaamyabi ka raasta hai.

Khaana Khaane ki Sunnaten

(1) Khaane se pahle dono haath gatto tak dhona. Hazrat-e-Salman faarsi radhi allaho anho bayan karte hain ki: Main ne Taureet me padha tha ki khaane ke baad haath dhona aur kulli karna barkat ka zariya hai. Is ko main ne Huzur Sallallaho alaihe wasallam se bataaya to Aap ﷺ ne irshad farmaya ki: Khaane ki barkat khaane se pehle aur us ke baad haath dhona hai. (Tirmizi, Hadis No.1846)

(2) Bismillah padhna. Hazrat-e-Jaabir radhi allaho anho bayan karte hain ki Huzur Nabi kareem Sallallaho alaihe wasallam ne irshad farmaya ki Jab koi shakhs apne ghar me daakhil hote waqt aur khaana khaate waqt Bismillah padh leta hai to shaitaan apni aulado se kehta hai ki: Is ghar me na tumhen rehna milega aur nahi khaana. Aur agar daakhil hote waqt Bismillah nahi padhta hai to kehta hai ki: Ab tumhe rehne ki jagah mil gayi. Aur khaane ke waqt bhi Bismillah nahi padhta hai to kehta hai ki: Rehne ki jagah bhi mili aur khaana bhi mila. (Sahi Muslim, Hadis 2018) Ek dusri hadis me hai ki Huzur Sallallaho alaihe wasallam ne farmaya ki: Jis khaane par Bismillah nahi padhi jaati hai woh khaana shaitaan ke liye halaal ho jaata hai. (Sahi Muslim, Hadis No.2017) Hazrat-e-Aaisha radhi allaho anha bayan karti hain ki: Nabi kareem Sallallaho alaihe wasallam ne irshad farmaya ki: Jab tum me se koi khaana khaae to Bismillah padh le aur agar shuru me padhna bhol jae to ye keh le.

بِسْمِ اللَّهِ فِي أَوَّلِهِ وَآخِرِهِ

(Bismillahi fee auwwalehi wa aakherihi).(Tirmizi,Hadis No.1858)

(3) Daaheni haath se khaana. Hazrat-e-Abdullah bin Umar radhi allaho anho bayan karte hain ki:Huzur Nabi kareem Sallallaho alaihe wasallam ne farmaya ki:Jab tum me se koi shakhs khaana khaae to daaheni haath se khaae,Aur jab tum me se koi kuchh piye to daaheni haath se piye kyunki baa'ain haath se shaitaan khaata pita hai.(Sahi Muslim,Hadis No.2020)

(4) Teen unguliyo se khaana aur khaane ke baad unguliyo ko chaat

lena. Hazrat-e-Ka'ab bin Malik radhi allaho anho bayan karte hain ki Nabi kareem Sallallaho alaihe wasallam 3 unguliyo se khaana khaate the aur khaane ke baad unguliya chaat liya karte the.(Sahi Muslim, Hadis No.2032)

Hazrat-e-Jaabir radhi allaho anho bayan karte hain ki Huzur Sallallaho alaihe wasallam ne bartan aur unguliyo ko chaatne ka hukm diya aur farmaya ki:Tum nahi jaante ki kaun se daane me barkat hai.(Sahi Muslim,Hadis No.2033)

(5) Khaane ki chiz me aib na lagaana. Hazrat-e-Abu Hurairah radhi allaho anho bayan karte hain ki:Huzur Nabi kareem ﷺ kabhi kisi khaane me aib nahi lagaate,Agar aap ko khaahish hoti to khaa lete,nahi to chhor dete.(Sahi Bukhari,Hadees No.5093)

(6) Khaane ke baad Allah Ta'ala ki taarif karna. Hazrat-e-Anas radhi allaho anho bayan karte hain ki:Huzur Sallallaho alaihe wasallam ne farmaya ki:Allah Ta'ala us bande se khush hota hai jo kuchh khaata hai ya pita hai to us ke baad Allah Ta'ala ki hamd yani taarif karta hai.(Sahi Muslim,Hadis No.2724.Tirmizi,hadis No.1816)

Hazrat-e-Abu Sa'eed khudri radhi allaho anho bayan karte hain ki:Huzur Sallallaho alaihe wasallam khaane ke baad ye dua padhte the.

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنَا وَسَقَانَنَا وَجَعَلَنَا مِنَ الْمُسْلِمِينَ

(Alham do lillah hilla-Zee At Amana wa saquana waja 'alana minal Muslimeen.).(Abu Dawood,Hadis No.3850)

Paani wagairah pine ki sunnaten

(1) Beth kar pina. Hazrat-e-Abu Sa'eed khudri radhi allaho anho bayan karte hain ki:Huzur Sallallaho alaihe wasallam ne khade ho kar paani pine se mana farmaya.(Sahi Muslim,hadis No.2025)

Haan! Zam Zam sharif aur wazu ka paani khade ho kar pina chaahiye.Is ke elawah aur kisi bhi paani ko khade ho kar pine ki ijaazat nahi.(Sahi Muslim,hadis No.2027)

(2)Bartan me saans nahi lena aur bartan ke baahar 3 martaba saans

lena. Hazrat-e-Abu Qataada radhi allaho anho bayan karte hain ki:Huzur Nabi kareem Sallallaho alaihe wasallam ne bartan me saans lene se mana farmaya.(Sahi Muslim,Hadis No.2028)

Hazrat-e-Anas radhi allaho anho bayan karte hain ki: Huzur Sallallaho alaihe wasallam paani teen saanso me pite the.Aur farmate the ki is tarah pine se khoob sairabi hoti hai,Piyaas bujhti hai aur khaana hazam hota hai.(Sahi Bukhari,Hadis No.5631.Sahi Muslim,Hadis No.2028)

(3)Pine ki chiz me phonk nahi maarna. Hazrat-e-Abu Sa'eed khudri radhi allaho anho bayan karte hain ki:Huzur Sallallaho alaihe wasallam ne pine ki chizo mein phonk maarne se mana farmaya.(Sahi Bukhari,Hadis No.5628.Tirmizi,hadis No.1887/1888)

(4) Lota wagairah me munh laga kar nahi pina. Hazrat-e-Abdullah bin Abbas radhi allaho anhuma bayan karte hain ki:Rasoolallah Sallallaho alaihe wasallam ne “Mashak” me muh laga kar pine se mana farmaya.(Sahi Bukhari,Hadis No.5629)

(5)Sone aur chaandi ke bartan me nahi pina. Hazrat-e-Huzaifa radhi allaho anho bayan karte hain ki: Huzur Sallallaho alaihe wasallam ne farmaya ki:Sone aur chaandi ke bartano mein nahi piyo aur resham ke kapde nahi pehno.Kyunki ye dunya mein kaafiro ke liye hai aur aakhirat mein musalmano ke liye hai.(Sahi Bukhari,Hadis No.5633)

Hazrat-e-Umme Salma radhi allaho anha bayan karti hain ki: Huzur Sallallaho alaihe wasallam ne farmaya ki:Jo shakhs chaandi (Ya sone) ke bartan mein pita hai woh apne pet mein gataa-gat jahannam ki aag bharta hai.(Sahi Muslim,hadis No.2065)

(6) Pine se pahle Bismillah padhna aur pine ke baad Al-hamdulillah kahna. Hazrat-e-Abdullah bin Abbas radhi allaho anhuma bayan karte hain ki:Rasoolallah Sallallaho alaihe wasallam ne irshad farmaya ki: Ek saans mein paani nahi piyo jaise oont pita hai.Balki do aur teen martaba mein piyo.Aur jab piyo to Bismillah keh lo aur jab bartan se muh hatao to Allah ki hamd karo.(Yani Al-hamdulillah kaho.).(Tirmizi,Hadis No.1885)

Khushbu Lagaana

Hadees:Hazrat-e-Anas bin Malik radhi allaho anho bayan karte hain ki:Huzur Sallallaho alaihe wasallam ke paas ek itar-daan tha,Us se Aap khushboo lagaya karte the.(Abu Dawood,Hadis No.4162)

Hadees:Hazrat-e-Anas bin Malik radhi allaho anho bayan karte hain ki: Main ne kabhi aisa nahi dekha ki Huzur Sallallaho alaihe wasallam ko kisi ne

khushbo pesh kiya aur Aap ne use qabool nahi kiya ho.(Tirmizi, Hadis No.2789)

Hadees: Hazrat-e-Usman Nehdi radhi allaho anho bayan karte hain ki: Huzur Sallallaho alaihe wasallam ne farmaya ki: Jab tum mein se kisi ko khushbo diya jaae to inkaar na kare. Kyunki woh jannat se nikla hai.(Tirmizi, Hadis No.2791)
Hazrat-e-Abu Hurairah radhi allaho anho bayan karte hain ki: Huzur Sallallaho alaihe wasallam ne farmaya ki: Mardo ki khushboo woh hai jis ki khushboo tez aur rang chhupa ho. Aur aurato ki khushboo woh hai jis ka rang zaahir aur khushboo halki ho.(Tirmizi, Hadis No.2787)

Hadees: Hazrat-e-Ashari radhi allaho anho bayan karte hain ki: Huzur Sallallaho alaihe wasallam ne farmaya ki: Beshak woh aurat jis ne tez khushboo lagayi phir woh kisi qaum ke paas se guzri ki woh log uski khushboo mehsoos kare to woh zaaniya hai (Yani use zina karne ka gunaah hoga) (Sunan Nisa'ee , Hadis No.5126)

Surma Lagaana

Hadees: Hazrat-e-Abdullah bin Abbas radhi allaho anho bayan karte hain ki: Huzur Sallallaho alaihe wasallam ne farmaya ki: “ ISMID ” surma lagao kyunki woh nigaah ko tez karta hai aur baal ko ugaata hai. Aur unhone bayan kiya ki: Huzur Sallallaho alaihe wasallam ke paas ek surma-daani thi. Aap Sallallaho alaihe wasallam har raat ko us se teen martaba daaheni aankh mein lagaate the aur teen martaba baa'ee aankh mein.(Tirmizi, Hadis No.1757. Sharhussunah, Hadis No.3201)

Hadees: Hazrat-e-Anas bin Malik radhi allaho anho bayan karte hain ki: Huzur Sallallaho alaihe wasallam daaheni aankh mein 3 martaba aur baa'ee aankh mein do martaba Ismid surma lagaate the. (Sharhussunah, Hadis No.3205)

Note: Huzur Sallallaho alaihe wasallam se surma lagaane ka do tariqa saabit hai. Ek ye ki dono aankh mein 3/3 baar lagaae aur dusra ye ki daaheni aankh mein 3 baar aur baa'ee aankh mein 2 baar lagaae. Is liye ye dono hi tariqa sunnat hai. Isi tarah koi bhi surma lagaa sakte hain magar zyada achhchha “Ismid” surma hai kyunki khud Huzur Sallallaho alaihe wasallam ne farmaya ki: Tum jo bhi surma lagaate ho un mein sab se behtar surma “Ismid” Hai.(Sunan Nisa'ee, Hadis No.5113. Sharhussunah, Hadis No.3201)

Salaam Karna

Salam karna Nabi kareem sallallaho alaihe wasallam ki sunnat hai aur us ka jawab dena wajib hai Chahe saamne salam kare ya khat wagairah mein salam likh kar bheje ya kisi dusre ki zabani salam kahalwaye. Nabi kareem sallallaho alaihe wasallam ne irshad farmaya ki: Ek musalman ka dusre musalman par 6 Huqooq hain. (1) Jab woh bimaar ho jaae to us ki ayadat karna. (2) Jab woh mar

jaae to us ke janaze mein hazir hona.(3)Jab woh bulaye to us ke paas jana.

(4)Jab mile to salam karna. (5)Jab chhinke to jawab dena.(6) Woh saamne ho ya na ho har haal me us ki khair-khahi karna.[Ibn-e-Majah,Hadith No.1433]

Mas'ala: Har musalman ko chahiye ki woh pehle salam karne ki koshish kare.Huzur Sallallaho alaihe wasallam ne farmaya ki:Allah Ta'ala ke zyada qareeb woh shakhs hai jo pehle salam karta hai.(Abu Dawood,Hadis No.5197)

Mas'ala:Salam sirf jaan pehchan ke logon hi ko nahi balki sab se salaam karni chahiye,Woh umar me chhota ho ya bada,Ameer ho ya garib.Ek shakhs ne huzur sallallaho alaihe wasallam se puchha ki Ya Rasollah Sallallaho alaihe wasallam! Sab se achchha musalman kaun hai?To Aap Sallallaho alaihe wasallam ne farmaya ki woh jo khana khilaye aur sab se salaam kare jise pehchanta ho us ko bhi aur jise nahi pehchanta ho us ko bhi.[Sahi Bukhari,Hadith No.28]

Mas'ala:Jab bhi kisi se mulaqat ho to pehle salam karna chahiye phir koi baat.Huzur Sallallaho alaihe wasallam ne farmaya ki:Jab koi shakhs apne bhai se mile to pehle salam kare.Phir un dono ke bich kisi darakht ya diwar ki wajah se parda ho jae aur phir mile to phir salam kare.(Abu Dawood,Hadis No.5200)

Mas'ala:Jab bahut saare log baithe ho aur un ke paas koi aa kar salam kare to baithe hue logon mein se ek shakhs ka jawab de dena kaafi hai.(Abu Dawood,Hadis No.5209)

Masa'ala:Jab koi shakhs ghar me daakhil ho to use chahiye ki woh apne ghar walo ko salam kare.Hazrat-e-Anas radhi allaho anho bayan karte hain ki:Huzur Sallallaho alaihe wasallam ne mujh se farmaya ki: Bete! Jab tum apne ghar walo ke paas jao to unhein salam karo.Is ki wajah se tum par aur tumhare ghar walo par barkat hogi.(Tirmizi,Hadis No.2698)

Hadis:Huzur Nabi kareem Sallallaho alaihe wasallam ne farmaya ki woh shakhs ham mein se nahi jo hamare gair se mushabehat kare. Tum log yahud-o-nasaara ki mushabehat nahi karo.Beshak Yahudiyo ka salam ungliyo ke ishaare se hota hai.Aur Nasraniyo ka salam haath ke ishaare se.(Tirmizi,Hadis No.2695)

Is hadis se maloom hua ki ungali ya haath ke ishare se salam nahi karni chaahiye.Isi tarah se kuchh log salam ki jagah par "Good morning" aur dusre lafz istemal karte hain.Puri dunya ke liye huzur ke batae hue tariqe se behtar kisi ka tariqa nahi ho sakta hai.Is liye ham musalmano ko wahi tariqa apnana chahiye jo hamare nabi ne bataya hai.

Mas'ala:Kaafir,Mushrik,Yahudi aur Isa'ee wagairah ko salam karna durust nahi.Aur agar woh kare to jawab me sirf "walaikum"kehna chahiye.Jaisa ki Hazrat-e-Abu Hurairah radhi allaho anho bayan karte hain ki Huzur Sallallaho alaihe wasallam ne farmaya ki:Yahud-o-Nasaara ko pehle salam nahi

karo.(Sahi Muslim,Hadis No.2167) Aur Hazrat-e-Anas radhi allaho anho bayan karte hain ki: Huzur Sallallaho alaihe wasallam ne farmaya ki:Jab Ahl-e-Kitab(Yani yahud-o-nasaara)Tum ko salam kare to tum un ke jawab me sirf “walaikum” kaho.[Sahi Bukhari,Hadith No.6258]

Ghar se nikalne aur ghar me daakhil hone ka tariqa

Hazrat-e-Malik ashari radhi allaho anho bayan karte hain ki:Huzur Nabi kareem Sallallaho alaihe wasallam ne irshad farmaya ki:Jab koi shakhs apne ghar mein daakhil ho to use chaahiye ki ye dua padh le.

اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَ الْمَوْلِجِ وَخَيْرَ الْمَخْرَجِ، وَبِسْمِ اللَّهِ وَلَجْنَا وَبِسْمِ اللَّهِ خَرَجْنَا وَ عَلَى اللَّهِ رَبِّنَا تَوَكَّلْنَا.

Allahumma inni asa'luka khairal mulija wa khairal makhraj,wa bismillahi walajna wa bismillahi kharajna wa alallahi rabbina tawakkalna.

Phir apne ghar walo ko salam karte hue daakhil ho.(Abu Dawood,Hadis No.5099)

Hazrat-e-Anas bin Malik radhi allaho anho bayan karte hain ki:Nabi kareem Sallallaho alaihe wasallam ne irshad farmaya ki: Jab koi shakhs apne ghar se nikalte waqt ye dua padh leta hai.

بِسْمِ اللَّهِ تَوَكَّلْتُ عَلَى اللَّهِ لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ.

Bismillahi tawakkaltu alallahi laa haula wa laa quwwata illa billahi.

To har tarah ki parishaniyo se mahfuz ho jaata hai.Aur shaitaan us se alag ho jaata hai.(Abu Dawood,Hadis No.5095)

Dusre ke ghar me daakhil hone ka tariqa

Dusre ke ghar me daakhil hone ka tariqa ye hai ki pahle andar aane ki ijazat haasil kare phir jab andar aa jae to pahle salaam kare us ke baad hi baat chit shuru kare.Allah ta'ala irshad farmata hai ki:Aye imaan walo! Dusron ke gharon me daakhil na ho jab tak ki ijazat na le lo aur ghar walon ko salaam na kar lo.[Surah Noor,Aayat No.27.28]

Note: ijazat maangte waqt agar ye puchha jae ki kaun? To jawab me”Main”na kahe balke apna naam bataae.kyunki huzur sallallaho alaihe wasallam ne “Main”wale jawab ko na'pasand farmaya aur irshad farmaya ki “Main”to sab hai.(Yani “Main”to har aadmi apne ko bol sakta hai.)[Tirmizi,Hadith No.2711]

Mas'ala:Jab kisi ke ghar jae aur ijazat maange lekin ijazat na mile to us se na'raaz na ho balki khushi khushi wapas laut jae kyunki ho sakta hai ki woh us waqt us se ziyadah aham kaam me laga hua ho. Allah Ta'ala ka farmaan hai ki.(Ijazat maangne par)Agar tum se kaha jae ki laut jaao to tum wapas chale jaao.Ye tumhare liye ziyadah paakiza hai.Aur jo kuchh tum karte ho Allah use khoob jaanta hai.[Surah Noor,Aayat No.27.28]

Naakhun Kaatne ka tariqa aur Masa'il

Mas'ala: Naakhun kaatna ambiya-e-Kiram ki sunnat hai. (Sahi Bukhari, Hadis No. 5891)

Mas'ala: Juma ke din naakhun kaatna behtar hai. Jaisa ki hadis sharif mein aaya hai ki: Huzur Sallallahu alaihe wasallam Juma ke din namaaz ke liye jaane se pehle moochh chhota karte the aur apne nakhuno ko kaat te the. (Sharhussunah, Hadis No. 3198)

Mas'ala: Agar naakhun zyada badh gaya ho to juma ka intezaar nahi kare kyunki naakhun ka badha hua hona achhchhi baat nahi. Ye rozi mein tangi ka zariya hai.

Mas'ala: Naakhun kisi bhi din kaat sakte hain. Lekin ek za'eef hadis mein hai ki Budh ke din naakhun kaatne se safeed daag ki bimari paida hoti hai. Ye hadis agarche zaeef hai. Lekin jab hadis mein hai to is se bachne hi mein bhala'ee hai. Kyunki bela wajah apne aap ko khatre mein daalna aqalmandi nahi.

Naakhun kaatne ka sunnat tariqa: Ye hai ki sab se pehle daahene haath ke kalma ki ungli se shuru kare aur sab se chhoti ungli tak kaate. Phir baae haath ki sab se chhoti ungli se shuru kare aur anguthe par khatam kare. Phir sab se baad mein daahene haath ke anguthe ka naakhun kaate.

Pair mein daahene paao ki sab se chhoti ungli se shuru kare aur angutha par khatam kare. Phir baae pair ke anguthe se shuru kar ke sab se chhoti ungli tak kaate.

Mas'ala: Daant se naakhun nahi kaatna chaahiye. Kyunki ye makruh hai aur aisa karne se safeed daag ki bimaari paida hone ka darr hai.

Note: Kuchh log saare naakhun kaat lete hain aur kisi ek naakhun ko chhod dete hain. Ye Huzur aur sahaba ka tariqa nahi hai. Is liye musalmano ke liye aisa karna munasib nahi hai.

Baithne ka tariqa

Baithna har tariqe se jaaiz hai siwae ek tariqa ke, woh ye hai ki admi apna baayan haath apni pith par rakh le aur daahine haath ki hathili par tek laga kar baithe. Huzur sallallahu alaihe wasallam ne farmaya ki is tarah se baithna un logon ka tariqa hai jin par Allah Ta'ala ka gazab hua. [Abu'dawood, Hadith No. 4848]

Mas'ala: Begair kisi zarurat ke sadkon ke kinare par baithna durust nahi hai kyunki huzur sallallahu alaihe wasallam ne is se mana farmaya aur irshad

farmaya ki agar kisi wajah se baithna hi pad jae to raaste ka haq ada karo.Sahaba ne puchha ki raaste ka kya haq hai? To Aap sallallaho alaihe wasallam ne farmaya ki : Nigahon ko niche rakhna.Taklifon ko door karna.Salaam ka jawab dena Aur achchhi baaton ka hukm dena aur buri baaton se rokna.[Sahi Bukhari hadith No.2465]

Mas'ala:pahle se baithe hue kisi shakhs ko utha kar uski jagah par baithna durust nahi hai.Isi tarah se pahle se baithe hue do shakhs ke bich me baith jaana bhi mana hai.(Abu Dawood,Hadis No.4844)

Mas'ala:Jab koi shakhs kahin par baitha hua ho aur thodi der ke liye uth kar kahin jae to wapas aane ke baad us jagah ka haqdaar wahi shakhs hai.(Sahi Muslim,Hadis No.2179)

Mas'ala:Majlis me jab bahut saare log baithe hon aur aane wale ke liye jagah na ho to us surat me khasak kar jagah banana aur use jagah dena sunnat hai.(Bukhari,Muslim)

Hadis:Huzur Sallallaho alaihe wasallam ne farmaya ki agar koi shakhs dhoop me baitha ho phir wahan par saaya aa jae aur us ka kuchh hissa dhoop me ho jae aur kuchh saaya me to wahan se uth jae.(Abu Dawood,Hadis No.4821)

Mas'ala:Kisi bhi majlis me baithne ke baad Allah Ta'ala ki hamd karna sunnat hai aur begair hamd kiye hue us majlis se uth jaana sunnat ke khilaaf hai.(Abu Dawood,Hadis No.4855-56)

Hadis: Huzur Sallallaho alaihe wasallam ne farmaya ki:Kuchh kalme hain.Jo shakhs kisi majlis se faarig ho kar un ko 3 martaba padh lega to Allah Ta'ala us ke gunah ko mita dega.Woh kalme ye hain.

Subhanakallahumma wa bihamdika,Laa ilaaha illa anta astagfiruka wa atuboo ilaika.(Abu Dawood,Hadis No.4857)

Chalne ka tariqa

Chalne ka tariqa ye hai ki na bahut tezi ke saath chale aur nahi bahut aahista balki darmiyana chaal chale.

Mas'ala:Ghamand se itra itra kar chalna sakht gunaah aur Allah ta'ala ke azaab ka zari'ya hai.Allah Ta'ala ne irshad farmaya ki:Zameen me itra kar na chal.Beshak to nahi zameen ko cheer paaega aur nahi bulandi me pahaado ko pahuch jaaega.(Surah Bani isra'il,Aayat No.37)

Hadis: Huzur Sallallaho alaihe wasallam ne farmaya ki Ek shakhs do chaadar udhe hue itra itra kar chal raha tha.To use zameen me dhasa diya gaya.Aur qayamat tak woh dhasta hi jaaega.(Sahi Muslim,Hadis No.2088)

Mas'ala:Do auraton ke bich me mardo ko chalne se Huzur Sallallaho alaihe wasallam ne mana farmaya.(Abu Dawood)

Mas'ala:Raasta chhod kar kisi ki khaas zameen me chalna mana hai.Haan agar wahan par raasta na ho to chal sakta hain lekin agar malik mana karde to phir nahi chal sakte.

Sone ka tariqa

Sone ka sunnat tariqa ye hai ki pehle kuchh der daheni karwat par daheni rukhsaar ke niche apna dahina haath rakh kar soye.Phir baa'e karwat par soye.[Shama'ile Tirmizi,Hadith No.238]

Mas'ala:Pet ke bal letna aur sona mana hai.Ek shakhs ko Huzur sallallaho alaihe wasallam ne pet ke bal lete hue dekha to mana kiya aur irshad farmaya ki:Ye jahannamiyon ke letne ka tariqa hai.Yani jahannamiyon ko jahannam mein isi tarah letaya jaayega.[Ibn-e-Majah,Hadith No.3724]

Mas'ala:Chit letne ki haalat mein ek pair ko khada kar ke dusre pair ko us par rakhna mana hai jab ki woh tehband ya koi aisa kapda pehna ho jis mein satar ke khulne ka dar ho.(Muslim,Hadis No.2099)

Mas'ala:Begair rok wali chhat par sona mana hai.

Mas'ala:Asar ke baad aur isha ki namaz padhne se pehle sona makruh hai.Hazrat-e-Aaisha radhi allaho anha se riwayat hain ki agar koi shakhs asar ke baad soe aur uski aqal jaati rahe to woh apne aap hi par malammat kare.(Abu Dawood,Hadis No.4849)

Mas'ala:Behtar ye hai ke sote waqt agar wazu na ho to wazu kar le aur kalma,Istigfaar,Quran sharif ki kuchh suratein aur darood-e-paak wagairah padh kar soye kyunki jis haalat par insaan sota hai usi haalat par uthta hai aur jis haalat par marta hai qayamat ke din usi haalat par uthaya jaayega.

Hadis: Huzur Sallallaho alaihe wasallam ne farmaya ki Jo shakhs wazu kar ke sota hai.Phir raat mein jaag kar Allah Ta'ala se dunya aur aakherat ki jo bhi bhala'ee maangta hai.Allah Ta'ala use ata farmata hai.(Abu Dawood,Hadis No.5042)

Joote aur chappal wagairah pehan ne aur nikaalne ka tariqa.

Joote aur chappal wagairah pehan ne ka sunnat tariqa ye hai ki:Pehle daahine paaon mein phir baaye paaon mein pehne.Hazrat-e-Aaisha radhi allaho anha bayan karti hain ki:Huzur Sallallaho alaihe wasallam har chiz mein daaheni taraf se shuru karna pasand farmate the.Chaahe woh joota pehan na ho ya

kanghi karna ya wazu karna.(Sahi Bukhari,Hadis No.5854.Sahi Muslim,Hadis No.268)

Hadis:Hazrat-e-Abu Hurairah radhi allaho anho bayan karte hain ki Huzur Sallallaho alaihe wasallam ne farmaya ki:Jab tum mein se koi joota pehne to chahiye pehle daahine se shuru kare aur jab nikale to chaahiye ki baaye se shuru kare.(Sahi Muslim,Hadis No.2097)

Hadis:Hazrate Jaabir radhi allaho anho bayan karte hain ki Huzur Sallallaho alaihe wasallam ne khade ho kar joota pahan ne se mana farmaya.(Abu Dawood,Hadis No.4135)

Note:Ulma bayan karte hain ki ye tasmee wale jooto ka hukm hai.Aur begair tasmee wale jooto ko khade ho kar pahan ne mein koi harj nahi hai.(Islami akhlaq-o-Aadaab,Page No.71-72)

Bimaaro ki ayadat

Bimaaro ki ayadat karna yani un ki khabar khairyat puchhne ke liye jaana sunnat hai.Aur hadees sharif me is ki badi fazilat bayan ki gayi hain.Is liye hame chaahiye ki jab koi shakhs bimaar ho jae to uski ayadat karne ke liye jae.

Hadees:Hazrat-e-Anas bin Malik radhi allaho anho bayan karte hain ki: Huzur Nabi kareem Sallallaho alaihe wasallam ne irshad farmaya ki: Jo shakhs achchi tarah se wazu karta hai aur sawab ki niyat se apne kisi musalman bhai ki ayadat karne ke liye jaata hai.To Allah Ta'ala use 70 saal ki doori ke barabar jahannam se door farmaa deta hai.(Abu Dawood,Hadees No.3097)

Hadees:Hazrat-e-Ali radhi allaho anho bayan karte hain ki: Huzur Nabi kareem Sallallaho alaihe wasallam ne irshad farmaya ki:Jab koi musalman kisi musalman ki ayadat karne ke liye subah ko jaata hai to shaam tak 70 hazaar farishte us ke liye istigfaar karte hain.Aur shaam ko jaata hai to subah tak 70 hazaar farishte us ke liye istigfaar karte hain. Aur us ke liye us ki wajah se jannat me ek baag hoga.(Tirmizi)

Ayadat karne ka sunnat tariqa: Ye hai ki wazu na ho to wazu kar ke bimar ke paas jae aur us se ye kahe ki: لَا بَأْسَ طَهُورٌ إِنْ شَاءَ اللَّهُ Ghabrane ki koi baat nahi hai.In sha Allah ye bimari gunaho se paak kar dega.Aur ho sake to 7 baar ye dua padhe.

أَسْأَلُ اللَّهَ الْعَظِيمَ، رَبَّ الْعَرْشِ الْكَرِيمِ أَنْ يَشْفِيكَ -

Tarjama: Azmat wale Allah se,Jo Arshe kareem ka maalik hai.Main ye dua karta hun ki tujhe shifa ata farmaae.

Aur us se aisi baat kare jis se us ka dil khush ho aur use tasalli mile. Aisi koi baat na kare jis se woh ghabrahat ka shikaar ho jaae. Aur us ke paas begair zarurat ke itni der na baithe ki woh ukta jaae. Aur ho sake to bimaar ke haal ke etebaar se kuchh khaane pine ki chiz le jaae. Aur agar use rupiye ya dawa wagairah ki zarurat ho to rupiye ya dawa wagairah ka intezaam bhi kar de.

Pakhaana aur pashaab karne ka tariqa.

Pakhaana aur pashaab karne ka tariqa ye hai ki Baitul khala mein daakhil hone se pehle ye dua padh le. *Allahumma in-nee a'oozu bika minal khubu-see wal khabaa is.* (Sahi Bukhari, Hadis No. 142)

phir pehle baya pair daakhil kare us ke baad daahina pair aur nikalte waqt pehle dahina pair nikaale us ke baad baya pair. aur ye dua padhe. *Alhamdulillah-hillazee az-haba ann-nil azaa wa 'afaani.*

Mas'ala: Pakhaana aur pashaab karte waqt Qibla ki taraf muh ya pith kar ke baithna jaa'iz nahi hai. (Sahi Bukhari, Hadis No. 144)

Mas'ala: Khade ho kar pashaab karna mana hai. (Tirmizi, Hadis No. 12)

Mas'ala: Daahine haath se paaki haasil karna mana hai. (Tirmizi, Hadis No. 15)

Mas'ala: Surakhon, Gusal khaano aur there hue paaniyon me pashaab karna mana hai. (Bukhari, Hadis No. 239. Tirmizi, Hadis No. 68)

Note: Kuchh log naaliyo ke kinaare istinja karne ke liye baith jaate hain, Jab ki waha par koi parda na hone ki wajah se log unhein dekh rahe hote hain. Ye baat sharm aur haya ke khilaaf hai. Huzur Sallalloho alaihe wasallam ko jab haajat hoti to Aap logo ki nazro se bahut door chale jaaya karte the. (Tirmizi, Hadis No. 20)

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