

In the Name of Allah, the All-Beneficent, the All-Merciful

## FOODS THAT HAVE POSITIVE EFFECT ON THE BRAIN

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IMPORANT INFORMATION ABOUT STRENGHTENING THE INTELLECT:

### 1. CONSUMING VINEGAR:



Ahmad bin Muhammad Al-Barqi in his *al-Mahasin* [v.2, p. 485] narrates the following tradition from Imam al-Sadiq ('a):

الْخَلُّ يَشُدُّ الْعَقْلَ

*Vinegar strengthens the intellect*

Shaykh al-Tabrasi narrates a hadith in his *Makarim al-Akhlaq* [p. 190] from Imam al-Sadiq ('a):

إِنَّا نَبْدَأُ بِالْخَلِّ عِنْدَنَا كَمَا تَبْدَوْنَ بِالْمِلْحِ عِنْدَكُمْ، فَإِنَّ الْخَلَّ يَشُدُّ الْعَقْلَ

*We begin with vinegar the way you begin with salt, for surely vinegar strengthens the intellect.*

Shaykh al-Kulayni quotes a tradition in *al-Kafi* from Imam al-Sadiq ('a) which says:

حَلُّ الْخَمْرِ يَشُدُّ اللَّتَّةَ وَيَقْتُلُ دَوَابَّ الْبَطْنِ وَيَشُدُّ الْعَقْلَ

*Vinegar which is originally from Liquor (for example when brandy completely changes into vinegar) strengthens the gums, kills the germs in the stomach and strengthens the intellect.*

## 2. EATING BROAD BEANS



Shaykh al-Kulayni quotes a tradition in al-Kafi [v.6, p. 344] from Imam al-Sadiq (‘a) which says:

أَكْلُ الْبَاقِلِيِّ ... وَيَزِيدُ فِي الدِّمَاغِ، وَيُولِّدُ الدَّمَ الطَّرِيَّ

*Eating Broad Beans ...strengthens the brain and produces fresh blood*

## 3. BEET



Ahmad bin Muhammad Al-Barqi in his *al-Mahasin* [v.2, p. 520] narrates a tradition from Imam al-Ridha (‘a) about the advantages of the Beet. A part of this long tradition is as follows:

الإِمَامُ الرِّضَا (عَلَيْهِ السَّلَامُ) فِي ذِكْرِ فَوَائِدِ السَّلْتَقِ: ... يَشُدُّ الْعَقْلَ، وَيُصَفِّي الدَّمَ

*Imam al-Ridha (‘a) while mentioning the benefits of the Beet says: "...it strengthens the intellect and cleans one's blood"*

#### 4. EATING PURSLANE



Although purslane is considered a weed in some places, it can be eaten as a leaf vegetable. It has a slightly sour and salty taste and is eaten throughout much of Europe and Asia. It can be used fresh as a salad, or cooked like spinach, and because of its mucilaginous quality it is also suitable for soups and stews. Australian Aborigines used to use its seeds to make seedcakes.

Purslane contains more Omega-3 fatty acids than any other leafy vegetable plant. It also contains vitamins (mainly vitamin C, some vitamin B and carotenoids), as well as dietary minerals, such as magnesium, calcium, potassium and iron

Shaykh al-Kulayni in his *al-Kafi* [v.6, p.367] reports a hadith from Imam al-Sadiq ('a):

عَنْ فُرَاتِ بْنِ أَحْنَفٍ قَالَ: سَمِعْتُ أَبَا عَبْدِ اللَّهِ عَلَيْهِ السَّلَامُ يَقُولُ: لَيْسَ عَلَيَّ وَجْهَ الْأَرْضِ بِقُلَّةٍ  
أَشْرَفُ وَلَا أَنْفَعُ مِنَ الْفَرْفَخِ وَهُوَ بَقْلَةٌ فَاطِمَةَ عَلَيْهَا السَّلَامُ

*Furat Ibn Ahnaf says: I heard Aba Abdillah [al-Sadiq ('a)] saying: There is no plant on the face of the earth more sacred and more useful than al-farfakh (Purslane), and it is the vegetable of Hadhrat Fatima ('a)*

Ahmad bin Muhammad Al-Barqi in his *al-Mahasin* [v.2, p. 323] narrates a tradition from the Holy Prophet (s) as follows:

عَلَيْكُمْ بِالْفَرْفَخِ؛ فَهِيَ الْمَكْيَسَةُ؛ فَإِنَّهُ إِنْ كَانَ شَيْءٌ يَزِيدُ فِي الْعَقْلِ فَهِيَ

*On you is Purslane, for it bestows cleverness, for surely if there is something that increases the intellect, it is the thing.*

## 5. EATING PUMPKIN



In the Book *Shu'ab al-Iman* [v.5, p. 102, h no. 5947] the following tradition has been reported from the Holy Prophet (s):

عَلَيْكُمْ بِالْقَرَعِ ؛ فَإِنَّهُ يَزِيدُ فِي الْعَقْلِ ، وَيُكَبِّرُ الدِّمَاغَ

*On you is gourd, for surely it increases the intellect and enlarges the brain.*

## 6. EATING CELERY

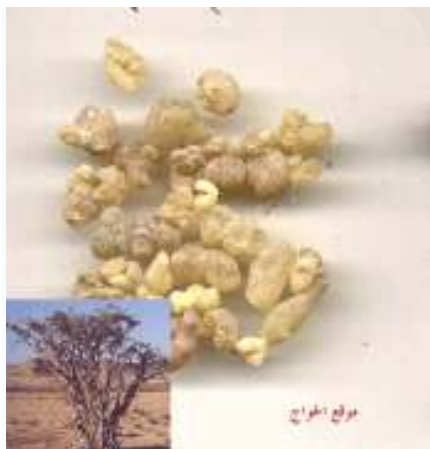


‘Allamah Majlisi in his *Bihar al-Anwar* [v. 62, p. 300] narrates a tradition from the Holy Prophet (s) that says:

عَلَيْكُمْ بِالْكَرْفَسِ فَإِنَّهُ إِنْ كَانَ شَيْءٌ يَزِيدُ فِي الْعَقْلِ فَهُوَ هُوَ

*On you is celery, for verily if there is anything that increases the intellect, then this is it*

## 7. EATING FRANKINCENSE OR OLIBANUM [IN ARABIC AL-LIBAAN]

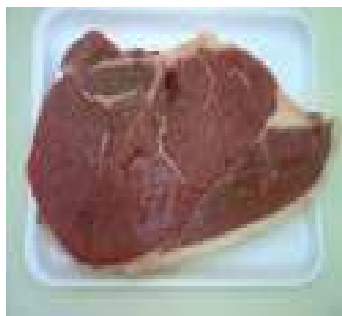


‘Allamah Majlisi in his *Bihar al-Anwar* [v. 62, p. 294] narrates a tradition from the Holy Prophet (s) that says:

عَلَيْكُمْ بِاللِّبَانِ؛ فَإِنَّهُ... يَزِيدُ فِي الْعَقْلِ، وَيُذَكِّي الذِّهْنَ، وَيَجْلُو الْبَصَرَ، وَيُذْهِبُ التَّسْيَانَ

*Upon you is Olibanum, for surely it... increases the intellect, makes the mind clever, enlightens the eye, and removes forgetfulness.*

## 8. EATING MEAT



‘Allamah Majlisi in his *Bihar al-Anwar* [v. 66, p. 72, h no. 68] narrates a tradition from the Imam al-Sadiq (‘a) as follows:

اللَّحْمُ يُنْبِتُ اللَّحْمَ وَيَزِيدُ فِي الْعَقْلِ، وَمَنْ تَرَكَ أَكْلَهُ أَيَّامًا فَسَدَ عَقْلُهُ

*Flesh makes flesh grow and increases one's intellect, and whosoever abandons eating it for days, his intellect would get in the state of imbalance.*

## 9. CONSUMING RUE (RUTA GRAVEOLENS). IN THE ARABIC IT IS CALLED AL-SADHAAB



**Rue** (*Ruta*) is a genus of strongly scented evergreen subshrubs 20-60 cm tall, in the family Rutaceae, native to the Mediterranean region, Macaronesia and southwest Asia. Different authors accept between 8-40 species in the genus. The most well-known species is the Common Rue.

The leaves are bipinnate or tripinnate, with a feathery appearance, and green to strongly glaucous blue-green in colour. The flowers are yellow, with 4-5 petals, about 1 cm diameter, and borne in cymes. The fruit is a 4-5 lobed capsule containing numerous seeds.

It was used extensively in Middle Eastern cuisine in olden days, but because it is very bitter, it is usually not suitable for most modern tastes. However, it is still used in certain parts of the world, particularly in northern Africa.

Ahmad bin Muhammad al-Barqi in his *al-Mahasin* [v.2, p. 515] narrates a tradition from Imam al-Ridha ('a) about the advantage of Rue. The tradition is as follows:

السَّدَابُ يَزِيدُ فِي الْعَقْلِ

*Rue increases the intellect*