

## Eating /Drinking Manners Mustahab rules

Imam Ali [a.s.] told Imam Hassan [a.s.]: **Shall I teach you four traits by which you will be in no need of any medical treatment?" "Yes,"** Imam Hassan [a.s.] answered. Then, Imam Ali [a.s.] said:

- **Do not sit for food (in order to eat) unless you are hungry;**
- **And, do not leave the (table of) food but you still have an appetite for it;**
- **Chew (your food in your mouth) well;**
- **And, when you want to go to bed, (primarily) go to the water-closet to ease nature.**
- **If you take these in action, you will be in no need of any medical treatment.** (Wasa'il-ush Shi'ah, vol. 24, p. 245)

There are certain acts that are encouraged when taking a meal:

- (a) Washing both the hands before taking a meal.
- (b) After taking a meal, one should wash one's hands, and dry them with a dry cloth.
- (c) One should say Bismillah before starting to eat, and if there are several dishes, it is Mustahab to say Bismillah before partaking of each of the dishes.
- (d) One should eat with one's right hand.
- (e) One should eat using three or more fingers and should not eat with two fingers only.
- (f) If several persons are sitting together for their meals, everyone of them should partake of the food placed in front of him.
- (g) One should take small bits of food.
- (h) One should prolong the duration of taking a meal.
- (i) One should chew the food thoroughly.
- (j) After taking one's meal one should praise and thank Allah.
- (k) One should lick one's fingers clean after taking food.
- (l) One should use a toothpick after taking a meal.
- (m) One should collect and eat the food which is scattered on the dining cloth. However, if one takes meal in an open place, like a desert, etc., it is better to leave the food which has fallen aside, so that it may be eaten by the animals and the birds.
- (n) One should take one's meal in the earlier part of the day, and in the earlier part of the night and should not eat during the day or during the night.
- (o) After taking one's meal one should lie on one's back, and should place one's right foot on one's left foot.
- (p) One should take sea salt ( not table salt) before and after the meal.
- (q) When eating a fruit, one should first wash it before eating.

There are certain acts that are discouraged when taking a meal:

- a- To eat when not hungry.
- b- To over-eat.
- c- To gaze at others while eating.
- d- To eat food while it is very hot.
- e- To blow on food or drink to cool it.
- f- To throw a fruit before one has fully eaten it.
- g- To scrape off meat from a bone in such a manner that nothing remain on it.
- h- To peel those fruits which are normally eaten with their skins.

Imam Kadhimi [as] said: **"Had people a moderate habit in eating, their bodies would become strengthened.** (Bihar-ul-Anwar, vol. 66, p.334)

### MANNERS OF DRINKING WATER

There are certain acts which are Mustahab while drinking water, they are as follows:

- (a) Water should be drunk slowly as if it were sucked.
- (b) During daytime, one should drink water while standing.
- (c) One should say Bismillah, before drinking water and Al-Hamdulillah after drinking water.
- (d) One should drink water when one feels thirsty.
- (e) After drinking water, one should remember Imam Husayn (a.s.) and his Ahlul-Bayt (a.s.), and curse their murderers.

**Note:** It is unworthy to drink too much water; to drink water after eating fatty food; and to drink water while standing during the night. It is also unworthy to drink water with one's left hand; to drink water from the side of a container which is cracked or chipped off, or from the side of its handle.

Best is Faatir water – boiled then cooled

- Cold water is the water cooled down and kept in clay pots – extremely beneficial, stays cool and get minerals
- Refrigerated water freezes the liver
- How much?
  - Excessive water does to our body what it does to plants, we have a sensor...thirst
  - Inestine, liver, kidney become weak
  - If you feel too thirsty, liver is dry...khakh shir, sikenjabeen, water with lemon and honey, carrot juice, apple (without skin), peach – good to moderate the liver.
- How?
  - Drink in sips, gulping down weakens the liver – fatty liver, cold kidneys
  - Moderate with lemon
  - Recite dhikr, salaam, al Hamd on water, it has effects.
- When?
  - before meals or an hour after, not in between
  - Less during the night, or early morning except in summer