Sayyid Al-Hakeem reviews some narrations from Ahl Al-Bayt (peace be upon them) about the benefits of certain types of food

Continuing our discussion on the Message of Rights by our master, Imam Zain al-Abidin, peace be upon him, where we were discussing the eighth right, the right of the stomach, and the ninth illumination related to this right, which refers to the categories of food. Sayyid Ammar Al-Hakeem, Head of Al-Hikma National Movement, mentioned the category of vegetables within its categories, presenting three examples and mentioning the narrations attributed to them.

In today's lecture, H.E. elaborated on several other categories of vegetables, including lettuce, watercress, spinach, kale, pumpkin (squash), carrots, colocynth (squash), cucumber, eggplant, and onion. H.E. cited numerous narrations from the Prophet Mohammed (peace be upon him and his family) and his purified household about the importance, methods, and benefits of consuming the aforementioned foods. Among these narrations:

Regarding lettuce, Imam al-Sadiq (peace be upon him) said, "Stick to lettuce as it purifies the blood."

Concerning watercress, Imam al-Sadiq (peace be upon him) said, "A man should not eat watercress after the last evening prayer, as that night his soul will not fail to succumb to leprosy."

About spinach, Imam al-Sadiq (peace be upon him) said, "Indeed, Allah, the Almighty, relieved the Jews from leprosy by their consumption of spinach and by extracting their veins."

Regarding kale, it is reported from the Prophet Mohammed (peace be upon him and his family), "Kale is from paradise, and its water is a cure for the eyes."

Concerning pumpkin (squash), the Prophet Mohammed (peace be upon him and his family) said, "When you cook, increase the pumpkin, as it comforts the heart of the sad."

Regarding radish, it is reported from Imam al-Sadiq (peace be upon him), "Eat radish, as it possesses three qualities: its leaves expel winds, its pulp helps in urination, and its root cuts mucus."

About carrots, Imam al-Sadiq (peace be upon him) said, "Carrots safeguard against pleurisy and hemorrhoids and assist in intercourse."

Concerning colocynth (squash), Imam Abu al-Hasan al-Kadhim (peace be upon him) said, "Consume colocynth (squash), for there is no one who does not have a trace of leprosy in them, and colocynth (squash) melts them away."

Regarding cucumber, Imam al-Sadiq (peace be upon him) said, "The Messenger of Allah (peace be upon him and his family) used to eat cucumber with salt."

About eggplant, Imam al-Sadiq (peace be upon him) said, "Eat eggplant, as it removes diseases, and there is no disease in it."

Concerning onions, Imam al-Sadiq (peace be upon him) said, "Onion removes flatulence, strengthens nerves, increases footsteps, increases water, and removes fever."