



## Fasting Removes the Ills of the Chest: Hadith and Explanations

### Description

Fasting removes the ills of the chest!

Bismillahi Wal Hamdullillah was SalÄ tu Was SalÄ mu â AlÄ RasÅ«lillah

AmmÄ Baâ d:

In addition to the many benefits fasting has in relation to the development of taqwa and suppressing the desires of the fasting person, fasting also has another benefit mentioned in the following authentic hadith:

Upon the authority of a man from the companions of the prophet (ï·) who said: â I heard the Messenger of Allah (ï·) say:

â **Fasting the month of patience (Ramadhan) and three days of each month removes â Waharâ from the chests**â

(Collected by Abdur RazÄ q in his â Musanaf and Ibn saâ d in his â TabaqÄ tâ and ImÄ m Ahmad in his Musnad and was declared â SahÄhâ by Shk AlbÄ ni in â SahÄhut TarghÄb wat TarhÄb: 1033)

ImÄ m Al Azhari mentions in tahdhÄb Al Lughah: â Laith said: â **Wahar** is a reference to malice and enmity in the heart

Abu Ubaidah said: â **Wahar** is its deceit and its anxiety and perplexityâ

