



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

## Description

Fasting removes the ills of the chest!

Bismillahi Wal Hamdullillah was Salā tu Was Salā mu â Alâ RasÅ«lillah

Ammâ 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·º) who said: â I heard the Messenger of Allah (ï·º) say:

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

(Collected by Abdur Razā q in his â Musanaf and Ibn saâ d in his â Tabaqâ tâ and Imâ m Ahmad in his Musnad and was declared â SahÅ«hâ by Shk Albâ ni in â SahÅ«hut TarghÅ«b wat TarhÅ«b: 1033)

Imâ m Al Azhari mentions in tahdhÅ«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

Al Mundhiri mentions: اَلْوَحَارُ It (**wahar**) is deceit, hatred, malice and wiswā sâ

Thus we see that from the benefits of fasting is that it removes and purges the chest from those things that affect its tranquility including the wiswā s of the shaytān

As Allah, The Most High, mentions: اَللّٰهُمَّ **..it may be that you dislike a thing which is good for you, and that you like a thing which is bad for you. Allah knows and you do not know** (Suratul Baqarah: Vs 216)

Was Sallallāhu alā Nabiyinā Muhammad

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## Category

1. Worship

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