



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

### Description

Fasting removes the ills of the chest!

Bismillahi Wal Hamdullillah was Salātu Was Salāmu âllāh Alā Rasūlillah  
Ammā Baâd: 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 (i·o) who said: âllāh I heard the Messenger of Allah (i·o) say:

âllāh **Fasting the month of patience (Ramadhan) and three days of each month removes âllāh Waharâllāh from the chestsâllāh**

(Collected by Abdur Razāq in his âllāh Musanaf and Ibn Saâd in his âllāh Tabaqâtâllāh and Imām Ahmad in his Musnad and was declared âllāh Sahâhâllāh by Shk Albâni in âllāh Sahâhut Targhâib wat Tarhâib: 1033)

Imām Al Azhari mentions in tahdhîb Al Lughah: âllāh Laith said: âllāh **Wahar** is a reference to malice and enmity in the heart

Abu Ubaidah said: âllāh **Wahar** is its deceit and its anxiety and perplexityâllāh

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Al Mundhiri mentions: ﴿ It (**wahar**) is deceit, hatred, malice and wiswâs sâs﴾

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 wiswâs of the shayâtânn

As Allah, The Most High, mentions: ﴿ ..**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 Sallallâhu hu âlâ Alâ Nabiyyinâlâ Muhammad

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## Category

1. Worship

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