



Babu wani abu mafi sharri da Mutum yake cikawa, ya ishi Dan Adam ya dan ci wani abu da zai to she hanjinsa, to idan Mutum ba zai iya jurewa ba, to ya kasa cikinsa uku daya don abinci daya don abun sha daya donnumfashinsa.

Daga Miqdam Dan Ma'adi Karib - Allah ya yarda da shi- zuwa ga Annabi: "Babu wani abu mafi sharri da Mutum yake cikawa, ya ishi Dan Adam ya dan ci wani abu da zai to she hanjinsa, to idan Mutum ba zai iya jurewa ba, to ya kasa cikinsa uku daya don abinci daya don abun sha daya donnumfashinsa.

[Ingantacce ne] [Ibnu Majah ne ya Rawaito shi - Al-Tirmithi Ya Rawaito shi - Ahmad ne ya rawaito shi]

Annabi Tsira da Amincin Allah su tabbata a gareshi yana shiryar da mu zuwa wani Ginshikin abu daga cikin Ginshikan Likitanci, wannda shi ne Riga kafi wanda zai kare lafiyar Dan Adam, kuma shi ne cewa Mafi Sharri Mazubi za'a cika shi cikin Dan Adam sabi da abinda izai bayu izuwa koshi da zai Jawo Miyagun cituttuka wadan da bazasu kidanyu ba yanzu yanzu ko nan gaba a fili ko a boye, sannan kuma cewa Annabi ya ce: Idan Mutum ba zai iya Jurewa ba dole sai ya cika cikin, to ya raba cikinsa uku yasanya daya don abinci, daya kuma don abin sha daya kuma don shakar iskar numfashi ta yadda ba zai samu kuncin da cutuwa ba, ko kuma kasala wacce zata hana shi yin aikin Allah ya wajabta Masa na al'amarin Addininsa ko Duniyarsa.

<https://sunnah.global/hadeeth/ha/show/4723>

