

AL HADIYYAH LI AL HAWĀMIL

A GIFT TO THE EXPECTANT MOTHER

WRITING THE ĀYĀT OF SŪRAH AL-AḤQĀF AND SŪRAH AL-NĀZI'ĀT

Imām al-Bayhaqī رَحِمَهُ اللَّهُ has mentioned in his book, al-Da'awāt al-Kabīr, that 'Abdullāh bin 'Abbās رَضِيَ اللَّهُ عَنْهُمَا advised that a woman who is experiencing difficulty during childbirth should have the following written on a page for her, which should then be placed in water for her to drink.

بِسْمِ اللَّهِ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْحَكِيمُ الْكَرِيمُ، سُبْحَانَ اللَّهِ تَعَالَى رَبِّ الْعَرْشِ الْعَظِيمِ، الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ، ﴿كَأَنَّهُمْ يَوْمَ يَرُونَ مَا يُوعَدُونَ لَمْ يَلْبُثُوا إِلَّا سَاعَةً مِنْ نَهَارٍ فَهَلْ يُهْلَكُ إِلَّا الْقَوْمُ الْفَاسِقُونَ﴾ [الاحقاف: 35] ﴿كَأَنَّهُمْ يَوْمَ يَرُونَهَا لَمْ يَلْبُثُوا إِلَّا عَشِيَّةً أَوْ ضُحَاهَا﴾ [النازعات: 46].

WRITING THE ĀYĀT OF SŪRAH AL-INSHIQĀQ

Mawlānā Ashraf 'Alī Tahānwī رَحِمَهُ اللَّهُ states, "If the following Āyāt are written on a ta'wīdh and tied onto the thigh of a woman in labour, she will give birth with ease, if Allāh wills.

This ta'wīdh should be removed immediately after birth.

إِذَا السَّمَاءُ انشَقَّتْ ﴿١﴾ وَأَذْنَتْ لِرَبِّهَا وَحُقَّتْ ﴿٢﴾ وَإِذَا الْأَرْضُ مُدَّتْ ﴿٣﴾ وَأَلْقَتْمَا فِيهَا وَتَخَلَّتْ ﴿٤﴾ [الانشقاق: 1-4]

Mawlānā Muḥammad Abasoomar رَحِمَهُ اللَّهُ comments on this saying, "Some of our elders would advise the husband to recite these Āyāt near his wife during labour."

RECITING THE ĀYĀT OF SŪRAH AL-ANBIYĀ' AND SŪRAH AL-INSHIQĀQ

Muftī Abdool Kader Hoosen رَحِمَهُ اللَّهُ says that the following Āyāt should be recited for an easy childbirth.

﴿أَوَلَمْ يَرَ الَّذِينَ كَفَرُوا أَنَّ السَّمَاوَاتِ وَالْأَرْضَ كَانَتَا رَتْقًا فَفَتَقْنَاهُمَا وَجَعَلْنَا مِنَ الْمَاءِ كُلَّ شَيْءٍ حَيٍّ أَفَلَا يُؤْمِنُونَ﴾ [الانبیاء: 30] ﴿إِذَا السَّمَاءُ انشَقَّتْ ﴿١﴾ وَأَذْنَتْ لِرَبِّهَا وَحُقَّتْ ﴿٢﴾ وَإِذَا الْأَرْضُ مُدَّتْ ﴿٣﴾ وَأَلْقَتْمَا فِيهَا وَتَخَلَّتْ ﴿٤﴾ [الانشقاق: 1-4]

EATING DATES TO EASE A DIFFICULT LABOUR

Imām Abū Ya' lā رَحِمَهُ اللَّهُ and Imām Abū Nu' aym رَحِمَهُ اللَّهُ have both reported a Ḥadīth from Rasūlullāh ﷺ wherein he says that a woman who is about to give birth should be given dates to eat.

(مجمع الزوائد 11/88 دار المنهاج، والمقاصد الحسنة 1/474 دار الميمنة)

Imām al-Qurṭubī رَحِمَهُ اللَّهُ says that if labour becomes difficult for a woman, there is nothing better for her than dates.

PLACING THE MUWAṬṬĀ OF IMĀM MĀLIK RAḤIMAHULLĀH NEAR THE HEAD OF A WOMAN DURING LABOUR

In the Muqaddimah of his masterpiece, Awjaz al-Masālik ilā Muwaṭṭa Mālik, Shaykh al Ḥadīth Mawlānā Muḥammad Zakariyyā Kāndehlawī رَحِمَهُ اللَّهُ says, "I was informed by the daughter of Muḥaddith Gangohī that placing the book Muwaṭṭa Imām Mālik near the head of a pregnant woman during labour will ease her delivery. This practice has been tried and tested."

The same has been reported from Imām Sakhāwī رَحِمَهُ اللَّهُ and Mawlānā Ashraf 'Alī Tahānwī رَحِمَهُ اللَّهُ.

