

Adaab-e-Mubashrat

Al-Hussain Foundation

Pehle ise padhljiye

Alhamdu LILLAHAH (Azzawajal) iss kitaab "Adaab-e-Mubashrat" ko likhne ka maqsad sirf ye hai ke jise urdu nahi aati hai unn tak ma'alumaat-e-Mubashrat pahunchayein agar iss kitaab mein koyi bhi galti dikhaayi dein jaise ki grammatically ya spelling mistakes ya aur koyi galti ho toh baraye karam iss mail id (alf.bellary@gmail.com) par uss galti ko batayiye, InSha ALLAAH hum uss galti ko durust karenge.

Min jaanib -

AI Hussain Foundation.



Mazameen

- 1. Mubashrat ki fazilat**
- 2. Mubashrat ka Tariqa**
- 3. Shab-e-Zufaaf**
- 4. Chand Zaruri Batain**
- 5. Mubashrat ke Dauran Na karne wale kaam**
- 6. Mubashrat ke Aukat (Waqt)**

Allaah ke Naam se Shuru Jo Bohuth Mehrbaan, Rahmat wala hai!
Beshumar Darood-o-Salam hoo Rasool-e-Azam (Swallallaahu alaihi wa sallam) per.

Mubashrat Ki Fazilat

- 1) Mubashrat [Sohbat ya Jimaa] karna sunnath aur kaar-e-sawaab hai.

Quraan me Rab azzawajal farmata hai : “Toh Ab unse sohbat karo aur talab karo jo Allah ne tumhare nasib me likha ho.”

Aur **Hadees** me aya hai ke “Tum mein se apne biwi ke sath Mubashrat karna bhi sadaqa hai”.

Imaam Gazali (Radiallahu ta'ala anhu) farmate hain ke “Jab kabhi Mubashrat kare toh niyat sirf maza lene ya shewat ki aag bujhane ki na ho, balke niyat ye rakhe ki zina se bacheega aur aulaade swaleh wa nek sirat paida hogi, agar us niyat se Mubbasharat karega to sawaab payega.”

NOTE: *Inzaal:- Mard ki mani uske aale se nikal kar, Aurat ki farj mein dakhil ho.*

Mubashrat ka Tariqa

- 1) Mubashrat se pehle wuzu kare, uske bahut se faide hain aur Mubashrat se pehle Khushboo lagana sunnat hai, khushboo Jim'aa aur asbabe Jim'aa me madadgaar hai.
- 2) Mard ko chahiye ke apne biwi per jaanwar ki tarha na kare, Sohbat se pehle Qasid hote hai, Sahaba-e-kiram ne arz kiya Ya Rasoolullah (Swallallahu Alaihi Wa Sallam) wo Qasid kya hain, to pyare Aaqa (Sallallahu Alaihi Wa Sallam) ne irshad farmaya wo bosa ,kinaar aur Mubashrat aamez guftugu wagairah hai.
- 3) Ummul Momineen Hazrate Ayesha Siddiqa (Radiallaha ta'al anha) se marvi hai ke Rasoolullah (Swallallahu Alaihi Wa Sallam) ne farmaya jo Mard apne biwi ka hath usko behlane ke liye pakadtha hai Allah azzawajal uske liye ek neki likh detha hai, jab Mard Mubashrat se apne Aurath ke gale me hath daltha hai uske haq me "10" nekiyan likhi jaathi hai aur jab Aurath se Jimaa karta hai toh duniyan aur jo kuch usme hai un sab se behtar hai.
- 4) Sohbat se pehle khud bechain na hojaye, apne aap per pura itmenaan rakhe, jaldbazi nakare, pehle biwi se pyar bhari guftugu kare phir bosa wa kinaar ke zariye use Mubashrat ke liye amaadah kare uss dauraan dil hi dil me ye dua padhe, "**Bismillaahil Aliul Azeemi Allahu Akbar Allahu Akbar**" uske baad jab Mard, Aurath, Sohbath ka irada karle toh barhana hone se pehle ek martaba **Sura-E-Ikhlaas padhle (Qul hu wallahu ahad)**, Sura-E-Ikhlaas padhne ke baad ye dua padhe, "**Bismillaahi Allahumma Jannib nashaitaan Wa Janni Bishaitaan Maa Razakhtanaa.**"
Agar koyi shaks Sohbat ke waqt dua na padhe (yani shaitan se Allah ki pana na mange) toh uss shaks ki Sharamgah se shaitaan lipat jatha hai, uss Mard ke sath shaitaan bhi uski biwi se Sohbat karne lagtha hai aur uss Jimaa se jo aulaad paida hoti hai wo Nafarmaan, Buri khaslathwaali, Begairath, Bad-deen wa Gumrah hoti hai, shaitaan ki iss dakhla andaazi ke sabab aulaad me tabhakari aajathi hai. Lihaza us musibath se bachne ke liye jab bhi Sohbat kare tho yaad karke dua padhle ya kam-az-kam**Aauzubillah aur Bismillaah Sharif zaroor padhle.**

5) Sohbat sirf Aurath ki "faraaj" me hi honi chahiye, chahe aage se kare ya piche se, daaye karwat se ho ya baaye karwat se.

6) Mubashrat ka sahi tarikha ye hai ke bistar per lete lete ho aur Aurath niche ki janib ho aur Mard upar ki janib ho, is tarikhe se Mard ke jism se Aurath ka jism dhak jayega. Dekhajaye toh iss tarikhe me rahath wa asani hai, aurat ko isse mushaqath nahi hoti aur Mard ki mani ka asani se kharij hokar Aurath ke faraaj me dakhil hoti hai aur isteqaraar hamal jald paata hai. Agar Aurath upar Mard niche ho toh, iss surath me Mard ki kuch mani uske aazu me bakhi rehkar fatun paida karegi aur phir baad me taklif wa iziyath ka bayiz banegi.

7) Jiswaqt Inzaal ho, uswaqt dil hi dil me ye dua padhe. "**Allahumma Laa Tajala Lishaitanaa Feemaa Razakhtani Naseeba.**" Inzaal hone ke baad Aurath se fauran juda na ho yahan tak ke Aurath ki bhi hajath puri ho. Chunanche Mard ko Inzaal ho bhi jaye toh fauran Aurath se alag na ho jaye balke isi tarha kuch der aur ruke rahe taake Aurath ke bhi talab puri hojaye kyoun ke Aurath ko der me Inzaal hota hai.

8) Mubashrat ke dauran Mard aur Aurath koyi chadar wagaira odhle, jaanwaron ki tarha barhana Sohbat na kare. Nabe-E-Karim (Swallallahu Alaihi Wa Sallam) irshad farmate hai "Jab tumme se koyi apni biwi se Jimaa kare tho parda karle, bepara hoga toh Farishte haya ki wajha se bahar nikal jayenge. Aur Shaitaan aajayega, aub koyi bachcha ho tho shaitaan ki shirkath hogi. **Aala Hazrath (Alairehma) farmate** hai ke " Barhana rehkar Sohbath karne se aulaad ka besharm wa behaya hone ka khatra hai. "

9) Miya Biwi ka Sohbat ke waqt ek dusre ki sharmgah ko mass karna jayiz hai balke nek niyath se ho toh mustahab wa sawab hai magar bagair zarurat ke sharmgah ko dekhna aur chuna khilafe ula aur makru hai. Dourane Sohbat Mard aur Aurath ek dusre ki sharmgah ki taraf nahi dekhna chahiye iske bahut se nuqsanat hai, Ankhon ki Binayi(Roshni) khatam hojathi hai.

10) Mubashrat ke waqt aurath ke pistaan(Breasts) chumna ya chusne me koyi haraj nahi lekin khayal rakhe ke doodh halaq me najaye, agar halaq me doodh ajaye toh fauran thook de, jaanbjur kar doodh pina Najayiz wa Haraam hai, agar doodh halaq se utar gaya ho toh Nikha na tutega.

11) Sohbath ke baad Mard aur Aurath alag hojaye phir kisi saaf kapde se pehle dono apne apne maqaame makhsoos ko saaf kare taake bistar per gandagi na lagne paye. Safayi ke baad peshab kare, uske bahut se faide hai, peshab karle ne ke baad sharmgah aur uske athraaf ke hisse ko achchi tarha se dhole usse badan tandarust rehetha hai aur khuqli ki bimari se bachawo ho jatha hai.

12) Lekin yaad rakhe ke Mubashrat ke fauran baad thanda paani se na dhoye ke isse bimaar hone ka khatra hota hai, isliye ke Sohbath ke baad jism ka temperature badh jatha hai aur jism me garmi ajathi hai, agar garam jism par thanda paani dala jayega toh bukhar jald hone ka khatra hai. Lihaza Sohbath karne ke baad takriban 5 ya 10 minute baitjaye ya letjaye take badan ki hararath Etedaal (Normal) par ajaye phir uske baad paani ka istemaal kare, agar jaldi hai toh halka sa garam pani se dhone me koyi nuqsan nahi.

13) Mubashrat ke baad usi rath me dusri martaba Sohabat ka irada ho toh Mard aur Aurath dono Wazu karle ye faidamand hai aur agar Sohbath na bhi karna hai toh Wazu karke sojaye.

Shab-e-Zufaa (Suhag Rath)

- 1) Jab dhulha aur dhulhan kamre me jaye aur tanhayi hoto behtar ye hai ke sab se pehle dhulha aur dhulhan 2 rakat namaz nafil shukrana padle agar dulhan haiz ki halath me hoto namaz na pade lekin dulha zaroor padhe.
- 2) Namaz ke baad istarha dua kare " Aye Allaah tera shukr-o- Ahsan hai ke thune hame ye din diyaa aur hame is khushi wa niyamath se nawaza aur hame apne pyare Habeeb (swallallaahu alaihi wa sallam) ki iss sunnath par amal karne ki toufiq ata farmayi, aye Allaah hamari is khushi ko hamesh isitarha qayim rakh, hame meel milap, pyar - muhabbat ke saath itfaaq wa ittehaad ki zindagi guzarne ki toufiq ata farma, aye Allaa hame nek, saleha aur farmabardar aulad ata farma aye Allaah mujhe isse aur usko mujse raazi ata farma aur humpar apni rehmatain hamesh khayam rakh aur iman ke sath salamath rakh (Ameen).
- 3) Namaz aur dua padhlene ke baad dulhan aur dulha sukoon wa itminaan se bait jaye phir uske baad dulha apni dulhan ki peshani ke thode se baal apne seedhe (right) haath me narmi ke saath muhabbat bhare andaz me pakdhe aur ye dua pade "**Allaahumma inni as aluka min khairi maa jabal tahaa alaihi wa awuzu bika min sharri haawa sharri maa jabal tahaa alaihi**"
Tarjuma: Aye Allaah main tujse uski (biwi) ki bhalayi aur khair-o-barkath mangtha houn aur uski fitrathi adatain ki bhalayi aur teri panah chahata hoo uski burayi aur fitrathi adatain ki burayi se
- 4) Dua ki fazilath: shabbe zufaa ke roz uss dua ke padhne ki fazilat me ulamaye ikram irshad farmatain hai Allaah azzawajjal uske padhne ki barkat se miya biwi ke darmiyan ittehad wa ittefaaq aur muhabbat qayim rakhega aur aurath me agar koyi burayi ho toh use dur farmayega uske zariye neki pheleyega aur aurath hamesh shohar ki khidmathguzar wafadar aur farmabardar rahegi.

Chand Zaruri Batain

- 1) Sohbat hamesha tanhayi me kare aur aisi jagah kare jahan kisi ke achanak aneka khatra na ho, us waqt kamre me andhera karlo, roshni me hargiz na kare.
- 2) Biwi ka hath pakadkar, makan ke ander legaya aur darwaza band karliya aur logon ko malum hogaya ke Mubashrat karne ke liye aisa kiya hai toh Makruh hai.
- 3) Jahan per Quraan Sharif ki koyi kisi cheezoun per likhi huwi ho, agarche upar shisha ho, jab tak usper kapde ka gilaaf na daal le, waha Sohbat karna ya barhana hona be-adabi hai.
- 4) Jo bachcha samajtha ho aur dusron ke samne bayan karsaktha hai, uske samne Sohbath karna Makru-e-tehrimi hai.
- 5) Kisi ki 2 Biwiyan ho toh ek biwi se dusre biwi ke samne Sohbath karna Jayiz nahi.
- 6) Nashe ki halath me Mubashrat na kare, warna “Rheumatic Pain” naami bimari paida ho jathi hai aur aulaad apaahich (Langdi, Lulli) paida ho jathi hai.
- 7) Sohbath ke waqt Qible ke taraf muh ya peet karna Makru wa khilaafe aadab hai.
- 8) Iss baath ka hamesha khayal rakhe ke jab bhi Mubashrat ka iraada ho toh ye malum karle ke kahi Aurath Haiz se toh nahi hai, Aurath se saaf saaf puchle, Aurath ki bhi zimedari hai ke wo agar haayiza ho tho be-jhijak apne Shohar ko isse agha kar de. Agar Aurath halate haiz me ho toh hargiz hargiz Mubashrat na kare, un ayyam me Mubashrat karna bahuth bada gunah hai.
- 9) Aurath agar kisi pareshani ya bemari me mubtila ho tho uski sehat ka khayal kiye bagair hergiz Mubashrat na kare.

Mubashrat ke Dauran ye Na kare

- 1) Sohbath khade khade na kare ye jaanwaron ka tarikha hai aur baite bhi na kare ye Mard aur Aurath dono ko nuqsan de hai.
- 2) Sohbath ke dauran guftugu na kare, khamosh rahe, Aala Hazrath (Alairehma) farmate hai ke " Jimaa ke dauran bath cheeth karna Makru hai, bachche gunge ya tutile hone ka khatra hai.
- 3) Sohbath ke dauran Mard kisi dusri Aurath ka aur Aurath kisi dusre Mard ka khayal na laye, iss tarha lana gunah aur chote kism ka zina hai.
- 4) Sohbath ke baad fauran paani na piye kyoun ke isse saans ki bimari hone ka khatra hai.
- 5) Sohbat ke batein doston se na kahe, usse napasand farmaya gaya hai. Sarkare Madina (Swallallahu Alaihi Wa Sallam) farmate hai, " Jis kisi ne Sohbath ki batein logon me bayan ki uski misaal aisi hai jaise shaitaan Mard aur shaitaan Aurath se mile, aur logon ke samne hi khule aam Sohbat karne lage."

Mubashrat ke Aukat (Waqt)

- 1) Shariate islamiyan me Mubashrat ke liye koyi khas waqt nahi bataya gaya hai, Namaz ke auqaat ke ilaawa din aur raat ke har hisse me Sohbat kar sakte hain.
- 2) Sohbath ke liye sab se behtar waqt rath ka akhri hissa hai kyoun ke rath ke pehle hisse me pet giza (khane) se bhara hotha hai, aur bhara pet Mubashrat karne se sehat ko nuqsande hai.

Bhare Pet sohbat karne ke nuqsanath

- a) Inzaal jald hota hai.
- b) Meda kamzor hotha hai.
- c) Hazme ki quwwat kamzor hoti hai.
- d) Jigar per waram aa jaata hai.
- e) Sugar ki bimari ho jati hai.
- f) Aulaad kund zehn paida hoti hai.

- 3) Raat ke pehle hisse me Sohbat karna Makruh hai, ke Sohbath ke baad poori raath napaaki ke halath me sona padhega.
- 4) Baaz ulama ne Shab-e-Juma (Jumerat ki raat) aur Juma ka din Mubashrat karna mustahab kaha hai.
- 5) Azaan aur Namaaz ke waqt Mubashrat na kare, uss se aulaad Nafarmaan, Mazhoo se begana paida hothi hai.
- 6) Har mahine ki chand raath, chand ki 15vi shab aur chand ki mahine ki akhri shab Mubashrat karna Makruh hai. Unn raton me Jim'aa ke waqt shaitaan maujood hotha hai.

Reference : Kareena-e-Zindagi.

Dua go:

Arakeen-e-AHF,

AL-HUSSAIN FOUNDATION,

Ballari, Karnataka (State), INDIA.

Website: www.hussainibneali.com.