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KHANA KHANE KI SUNNATEIN AUR ADAAB

1. **Bismillah se shuru karna** - Har kaam ki shuruaat Allah ka naam lekar karni chahiye.
Hadees: Nabi e kareem (saws) ne irshad farmaya "Jis bhi kaam ki shuruaat Bismillah ke baghair hoti hai, woh kaam adhoora rehta hai. (Abu Dawood, 4840)
2. **Daayein haath se khana** - Rasulullah (saws) ne daayein haath se khane ka hukm diya.
Hadees: Tum apne daayein haath se khao, kyunki shaytaan apne baayein haath se khata hai. (Muslim, 2020)
3. **Apne samne se khana** - Aap (saws) ne farmaya "Bachay! Allah ka naam lo, apne daayein haath se khao, aur apne samne se khao." *(Bukhari, 5376)*
4. **Aaram se khana** - Tez tez khane ki jagah aaram sechaba kar khana chahiye.
5. **Teen ungliyon se khana** - "Nabi e Akram (saws) Teen ungliyon se khate aur khane ke baad unhein chat lete." *(Muslim, 2032)*
6. **Jhoota saaf karna** - Tum mese koi shakhs apni plate ko na chhode jab tak usko achi tarah se saaf na kar le." *(Muslim, 2034)*
7. **Mil kar khana** - "Ek shakhs ka khana do ke liye kaafi hai, do ka chaar ke liye kaafi hai." *(Muslim, 2059)*



8. **Zyada na khana** - "Insan ne kisi bartan ko apne pait se zyada bura nahi bhara." (Tirmizi, 2380)

9. **Zameen par baith kar khana** - "Main ek ghulam ki tarah baithta hoon aur ek ghulam ki tarah khata hoon." (Abu Dawood, 3770)

PANI PEENE KI SUNNATEIN AUR ADAAB:

1. **Baith kar paani peena** - "Tumme se koi shakhs khade hokar paani na piye." (Muslim, 2026)

2. **Teen saans me peena** - "Rasulullah(saws) teen baaron me paani peete aur har baar 'Alhamdulillah' farmate." (Tirmizi, 1885)

3. **Paanime foonk na maarna** - Paani me foonk maarna mana hai.

4. **Mashroobat ko dhak kar rakhna** - "Agar tum apni mashroobat ka dhakkan na kar sako, toh kam az kam usko dhak do." (Bukhari, 5624)

5. **Dua parh kar peena** - "Jis shakhs ne paani peene se pehle 'Bismillah' kaha, aur peene ke baad 'Alhamdulillah' kaha, uska paani uske liye shifa ban jata hai." (Tirmizi, 3456)

Ye sab Sunnatein sirf roz marra ki zindagi me amal karne ke liye hi nahi, balki sehat aur barakat ke liye bhi hain

Ye sab Sunnatein sirf roz marra ki zindagi me amal karne ke liye nahi, balki sehat aur barakat ke liye bhi hain.