

= Al @-@ Risalah al @-@ Dhahabiah =

Al @-@ Risalah al @-@ Dhahabiah (Arabic : ??????? ??????? , Arabic pronunciation : [' r?sælætæ ' ðæhæ 'biæ] ; " The Golden Treatise ") is a medical dissertation on health and remedies attributed to Ali ibn Musa al @-@ Ridha (765 ? 818) , the eighth Imam of Shia . He wrote this dissertation in accordance with the demand of Ma 'mun , the caliph of the time . It is revered as the most precious Islamic literature in the science of medicine , and was entitled " the golden treatise " as Ma 'mun had ordered it written in gold ink . The chain of narrators is said to reach Muhammad ibn Jumhoor or al @-@ Hassan ibn Muhammad al @-@ Nawfali who is described as " highly esteemed and trustworthy " by al @-@ Najjashi .

The treatise of Ali al @-@ Ridha includes scientific branches such as Anatomy , Physiology , Chemistry and Pathology when medical science was still primitive . According to the treatise , one 's health is determined by four humors of blood , yellow bile , black bile and phlegm , the suitable proportion of which maintains the health . The liver plays an important role in producing and maintaining the required proportions in the body . Ali al @-@ Ridha describes the body as a kingdom whose king is the heart while the (blood) vessels , the limbs , and the brain are the laborers .

= = Author = =

The treatise is authored by Ali al @-@ Ridha who was the seventh descendant of the Islamic prophet Muhammad and the eighth of the Twelve Imams . His given name was ' Al? ibn M?s? ibn Ja 'far . He was born in the house of Imam Musa al @-@ Kadhim (the seventh Imam of Twelver Shia Islam) in Medina on the eleventh of Dhu al @-@ Qi 'dah , 148 AH (December 29 , 765 CE) . Ali al @-@ Ridha was summoned to Khurasan and reluctantly accepted the role of successor to Ma 'mun that was forced on him . He did not outlive Ma 'mun , having been given poisoned grapes by him while accompanying him in Persia , and died at Tus on May 26 , 818 . Ali al @-@ Ridha is buried within Imam Ridha Mosque , in Mashhad , Iran .

= = Background = =

The Ma 'mun 's palace was a center for philosophical and scientific researches in which many scientific seminars were held . One of the mentioned seminars was on man 's body which included the greatest scholars and leaders . Ali al @-@ Ridha , Ma 'mun , Gabriel b . Bakhtishu (the physician) , Masawaiyh (the physician) and Salih ibn Salhama (the Indian philosopher) were some participants of that medical seminar . The participants were involved in a lengthy discussion about the body makeup and various types of foods , while Ali al @-@ Ridha kept silent . Afterwards , Ma 'mun asked him to demonstrate his knowledge of physiology and nutrition and Imam replied :

I have of it knowledge of what I have personally tested and came to know about its accuracy by experience and by the passage of time in addition to what I was told by my ancestors of what no body afford to be ignorant of , nor excused for leaving it . I shall compile it with an equal portion of what everyone should know .

Soon after that , Ma 'mun departed for Balkh , and wrote to Imam asking him to fulfill his promise and write a treatise on the body and its health , hence Imam authored " The Golden Treatise " at the request of Ma 'mun .

= = Contents = =

The dissertation of Ali al @-@ Ridha includes scientific branches such as Anatomy , Physiology , Chemistry and Pathology when medical science was still primitive. it begins as follows :

In the Name of Allah , the Most Gracious , the Most Merciful . Know , when Allah tries a servant with a disease , he appoints for him a medicine in order to cure himself with it , and for every kind of disease there is a kind of medicine , conduct , and prescription .

Ali al @-@ Ridha writes in his treatise that one 's health is in accordance with the balance of phlegm , yellow bile , blood and black bile ; an individual becomes sick when this proportion is unbalanced . Nutrition and traditional medicine may be used to cure imbalances . The liver plays an important role in producing and maintaining the required proportions in the body .

Ali al @-@ Ridha describes the body as a kingdom whose king is the heart while the (blood) vessels , the limbs , and the brain are workers . He then continues as such :

The house of the king is his heart ; the body is his land ; his hands , his legs , eyes , lips , tongues , and his ears are the helpers ; his storekeepers are his stomach and ; and his chamberlain is his chest . Therefore , the hands are two helpers which bring (things) near , take (them) away , and work as the king reveals to them . The legs are king 's vehicle and carry him wherever he likes . The eyes lead the king to that which disappears from him

Imam al @-@ Rida names the main organs of the human body as the heart , the nerves , the brain , the hands and the Legs the ear and the eye . He discusses their characteristics and functions in detail . Regarding the human body containing systems and cells he said :

Do you think that you are a small body , while the greatest world has folded itself in you .

In another part of the treatise , he discusses what kind of foods are suitable according to season , time of the day and the age of an individual . He says :

eat cold (foods) in summer , hot (foods) in winter , and moderate (foods) in the two seasons according to your strength and appetite ; and start with the lightest food on which your body feed according to your material , your ability , your activity , and your time in which you must have food every eight hours or three meals every two days ...

In other parts , he discusses body disease , months and seasons of the year .

= = Reception = =

Ali ibn Musa al @-@ Rida sent his dissertation to Ma 'mun who was very pleased to receive it and showed his great interest by ordering that the treatise be written down in gold ink , hence it came to be known as the " Gold Treatise " . Ma 'mun praised it and said :

I have reviewed the dissertation of my learned cousin , the loved and virtuous one , the logical physician , which deals with the betterment of the body , the conduct of bathing , the balance of nutrition , and I found it very well organized and one of the best blessings . I carefully studied it , reviewed and contemplated upon it , till its wisdom manifested itself to me , and its benefits became obvious , and it found its place in my heart , so I learned it by heart and I understood it by my mind , for I found it to be a most precious item to post , a great treasure , and a most useful item , so I ordered it to be written in gold due to its being precious , and I deposited it at the depository of wisdom after I had it copied down by the descendants of Hashim , the youths of the nation . Bodies become healthy by balanced diets , and life becomes possible by overcoming disease , and through life wisdom is achieved , and through wisdom Paradise is won , and it is worthy of being safeguarded and treasured , and an object of value and esteem and a reliable physician and a counselor to refer to and a substance of knowledge in its injunctions and prohibitions .

Because it came out of the house of those who derive their knowledge from the knowledge of the Chosen One (S) , the missive of the prophets , the proofs of successors to the prophets , the manners of scholars , the cure to the hearts and the sick from among the people of ignorance and blindness ... , may God be pleased with them , bless and be merciful to them , the first of them and the last , the young and the old , I showed it to the elite among my closest train who are known for their wisdom , knowledge of medicine , authors of books , those who are counted among the people of knowledge and described with wisdom , and each one of them lauded it and thought highly of it , elevated it with esteem and appreciated it in order to be fair to its author , submitting to him , believing in the wisdom he included therein .

= = Commentaries on the treatise = =

Various commentaries have been written on this dissertation some of which are as follows :

Tarjamat al @-@ Alawi lil Tibb al @-@ Radawi by Sayyid Diaud @-@ Din Abul @-@ Rida Fadlallah ibn Ali al @-@ Rawandi (548 AH)

Tarjamat al @-@ Dhahabiyya by mawla Faydallah ' Usarah al @-@ Shushtari

Tarjamat al @-@ Dhahabiyya by Muhammad Baqir Majlisi . (Available at the private library of the late Sayyid Hassan al @-@ Sadr , Kazimiyya , Iraq)

Afiyat al @-@ Bariyya fi Sharh al @-@ Dhahabiyya by Mirza Muhammad Hadi son of Mirza Muhammad Salih al @-@ Shirazi

Sharh Tibb al @-@ Rida by mawla Muhammad Sharif al @-@ Khatoonabadi . (around 1120 AH)

Tarjamat al @-@ Dhahabiyya by Sayyid Shamsud @-@ Din Muhammad ibn Muhammad Badi ' al @-@ Radawi al @-@ Mashhadi .

Sharh Tibb al @-@ Rida by mawla Nawrooz Ali al @-@ Bastami .