

BENEFITS OF *Zamzam* PART I

The Prophet ﷺ said: "The best water on the face of the earth is the water of Zamzam; it is a kind of food and a healing from sickness."

It was reported that the Prophet ﷺ drank it, did ablution with it and poured it on his head. He used to carry Zamzam water in small vessels and large containers in order to pour it on the sick and give it to them to drink.

A companion of the Prophet ﷺ called Abu Dhar Al Ghaffari survived drinking only the water of Zamzam for a whole month. Ironically it also made him so fat that his stomach bulged with ripples. Prophet Muhammed ﷺ thus remarked: "Verily Zamzam is food."

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ﷺ Peace be upon him