

## 1025 - what food provoke desire?

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### the question

Being a single young student living in london. I would like to know which foods increase the sexual desire in the human body, and what element in food is responsible for this.

### Detailed answer

Praise be to Allaah.

We urge you to follow the advice of the Prophet (peace and blessings of Allaah be upon him) with regard to food. It was narrated that al-Miqdaam ibn Ma'diYakrab said: "I heard the Messenger of Allaah (peace and blessings of Allaah be upon him) say: 'The son of Adam does not fill any vessel worse than his stomach. It is sufficient for the son of Adam to eat a few mouthfuls to give him enough strength. If his desire for food overwhelms him, then let him fill one-third with food, one-third with drink and leave one-third for air.'" (Narrated by Ibn Maajah, al-At'imah, 3340; classed as saheeh by al-Albaani in Saheeh Sunan Ibn Maajah, no. 2704). Hence some of the scholars included this hadeeth under the heading of controlling desires. You should also fast a lot, heeding the words of the Prophet (peace and blessings of Allaah be upon him): "O young men! Whoever among you can afford to get married, let him do so, and whoever is not able to do that then let him fast, for it will be a shield for him." (Narrated by al-Bukhaari, al-Nikaah, 4677). The Prophet (peace and blessings of Allaah be upon him) enjoined fasting . So you must also pay attention to the commands of the Allaah, such as lowering the gaze and keeping away from places where men mix with women. If you have the means to get married then hasten to do so, following the command of the Prophet (peace and blessings of Allaah be upon him) mentioned above. With regard to the effects that different foods have, we suggest you refer to the books of nutritional experts. And Allaah is the Source of strength.