

٢٥٦. وَقَالَ (عليه السلام): صِحَّةُ الْجَسَدِ مِنْ قِلَّةِ الْحَسَدِ.

256. Amīr al-mu'minīn, peace be upon him, said: Health of body comes from paucity of envy. [1]

Footnote :

[1] Envy produces such a poisonous matter in the body which destroys the natural heat of the body as a result of which the body weakens and the spirit withers. That is why an envious person never prospers and melts away in the heat of envy.