

٢٧. وَقَالَ (عليه السلام): امشِ بِدَائِكَ مَا مَشَى بِكَ.

27. Amīr al-mu'minīn, peace be upon him, said: Keep walking in your sickness as long as you can. [1]

Footnotes :

[1] The intention is that as long as sickness does not become serious do not give it importance, because by giving importance the feelings get affected and the illness increases. Therefore, continued activity and regarding oneself well dispels sickness and also prevents the power of resistance from getting weak, and keeps up its psychological power, while the psychological power curbs small ailments by itself, provided it is not forced to give up resistance by the surrendering the imagination to the ailment.