

Ruqyah Shar'iyyah

أدعية القرآن والسنة

Arabic · Latin reading where available · English
meaning

38 complete cards

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Forgiveness

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ.

Pronunciation

Lā ilāha illā anta, subḥānaka innī kuntu mina al-ẓālimīn.

English meaning

There is no deity except You. Glory be to You. I have indeed been among the wrongdoers.

**عليه The supplication of Yunus
combining tawhid, السلام,
glorification of Allah, and sincere
.repentance**

Source: صحيح الترغيب (1644)

Invocations for visiting the sick

((لَا بَأْسَ ظَهَرَ إِنْ شَاءَ اللَّهُ)).

Pronunciation

Lā ba'sa, ṭahūrun in shā'allāhu.

English meaning

Never mind, may it (the sickness) be a purification, if Allah wills.

Source: Ṣaḥīḥ al-Bukhārī 5656

Invocation for a layover (stopping along the way) on the journey

((أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ)).

Pronunciation

aAAoothu bikalimatil-lahit-tammati min sharri ma khalaq.

English meaning

I seek refuge in Allah's perfect words from the evil of what He has created.

Source: Ṣaḥīḥ Muslim 2708

What to say when you fear you may
afflict something with the evil eye

((إِذَا رَأَى أَحَدُكُمْ مِنْ أَخِيهِ، أَوْ مِنْ نَفْسِهِ، أَوْ مِنْ
مَالِهِ مَا يُعْجِبُهُ [فَلْيَدْعُ لَهُ بِالْبَرَكَاتِ] فَإِنَّ الْعَيْنَ
حَقٌّ)).

Pronunciation

Idhā ra'ā aḥadukum min akhīhi, aw min nafsihi, aw min
mālihi mā yu'jibuhu, [fal-yad'u lahu bil-barakati], fa-innal-
'ayna ḥaqqun.

English meaning

If you see anything of your brother that pleases you,
or of his person or of his property [then ask Allah to
bless him in it] for the envious eye is real.

Source: Musnad Aḥmad; authenticated by al-Albānī in al-Ṣaḥīḥah 2572

Sūrat al-Fātiḥah

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ۝ الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ
۝ الرَّحْمَنِ الرَّحِيمِ ۝ مَالِكِ يَوْمِ الدِّينِ ۝ إِيَّاكَ
نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ ۝ اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ
۝ صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ
عَلَيْهِمْ وَلَا الضَّالِّينَ

Pronunciation

Bismi llāhi r-raḥmāni r-raḥīm. Al-ḥamdu li-llāhi rabbi l-‘ālamīn.
Ar-raḥmāni r-raḥīm. Māliki yawmi d-dīn. Iyyāka na‘budu wa
iyyāka nasta‘īn. Ihdinā ṣ-ṣirāṭa l-mustaqīm. Ṣirāṭa lladhīna
an‘amta ‘alayhim ghayri l-maghḍūbi ‘alayhim wa lā ḍ-ḍāllīn.

English meaning

In the name of Allah, the Most Compassionate, the Most Merciful. All praise belongs to Allah, Lord of all worlds, the Most Compassionate, the Most Merciful, Master of the Day of Judgment. You alone we worship and You alone we ask for help. Guide us on the straight path, the path of those whom You have blessed, not those who have incurred anger, nor those who have gone astray.

Source: Qur'an 1:1-7; Ṣaḥīḥ al-Bukhārī 5736

Āyat al-Kursī

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ لَا تَأْخُذُهُ سِنَّةٌ وَلَا
نَوْمٌ لَهُ مَا فِي السَّمَاوَاتِ وَمَا فِي الْأَرْضِ مَنْ ذَا
الَّذِي يَشْفَعُ عِنْدَهُ إِلَّا بِإِذْنِهِ يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ
وَمَا خَلْفَهُمْ وَلَا يُحِيطُونَ بِشَيْءٍ مِنْ عِلْمِهِ إِلَّا بِمَا
شَاءَ وَسِعَ كُرْسِيُّهُ السَّمَاوَاتِ وَالْأَرْضَ وَلَا
يَئُودُهُ حِفْظُهُمَا وَهُوَ الْعَلِيُّ الْعَظِيمُ

Pronunciation

Allāhu lā ilāha illā huwa l-ḥayyu l-qayyūm. Lā
ta'khudhuhu sinatun wa lā nawm. Lahu mā fī s-samāwāti
wa mā fī l-arḍ. Man dhā lladhī yashfa'u 'indahū illā bi-
idhnihi. Ya'lamu mā bayna aydīhim wa mā khalfahum wa
lā yuḥīṭūna bi-shay'in min 'ilmihi illā bi-mā shā'. Wasi'a
kursiyyuhu s-samāwāti wa l-arḍa wa lā ya'ūduhu
ḥifẓuhumā wa huwa l-'aliyyu l-'azīm.

English meaning

Allah: there is no deity worthy of worship except Him,
the Ever-Living, the Sustainer of all. Neither
drowsiness nor sleep overtakes Him. To Him belongs

whatever is in the heavens and whatever is on earth.
Who can intercede with Him except by His permission?

He knows what is before them and what is behind them, and they encompass nothing of His knowledge except what He wills. His Kursi extends over the heavens and the earth, and preserving them does not weary Him. He is the Most High, the Magnificent.

Source: Qur'an 2:255; Şaḥīḥ al-Bukhārī 2311

The Reality of Siḥr

وَأَتَّبَعُوا مَا تَتْلُوا الشَّيْطَانُ عَلَىٰ مُلْكِ سُلَيْمَانَ ^{صَلَّى}
وَمَا كَفَرَ سُلَيْمَانُ وَلَكِنَّ الشَّيْطَانِ كَفَرُوا يُعَلِّمُونَ
النَّاسَ السَّحْرَ وَمَا أُنْزِلَ عَلَى الْمَلَائِكَةِ بِبَابِلَ
هَارُوتَ وَمَارُوتَ وَمَا يُعَلِّمَانِ مِنْ أَحَدٍ حَتَّى يَقُولَا
إِنَّمَا نَحْنُ فِتْنَةٌ فَلَا تَكْفُرْ فَيَتَعَلَّمُونَ مِنْهُمَا مَا
يُفَرِّقُونَ بِهِ بَيْنَ الْمَرْءِ وَزَوْجِهِ وَمَا هُمْ بِضَارِّينَ
بِهِ مِنْ أَحَدٍ إِلَّا بِإِذْنِ اللَّهِ وَيَتَعَلَّمُونَ مَا يَضُرُّهُمْ
وَلَا يَنْفَعُهُمْ وَلَقَدْ عَلِمُوا لَمَنِ اشْتَرَاهُ مَا لَهُ فِي
آلِ آخِرَةٍ مِنْ خَلْقٍ وَلَبِئْسَ مَا شَرَوْا بِهِ أَنْفُسَهُمْ ^ج
لَوْ كَانُوا يَعْلَمُونَ

Pronunciation

Wa ttaba'ū mā tatlū sh-shayāṭīnu 'alā mulki Sulaymāna
wa mā kafara Sulaymānu wa lākinna sh-shayāṭīna kafarū
yu'allimūna n-nāsa s-siḥra wa mā unzila 'alā l-malakayni
bi-Bābila Hārūta wa Mārūt. Wa mā yu'allimāni min aḥadin

ḥattā yaqūlā innamā naḥnu fitnatun fa-lā takfur. Fa-
yata‘allamūna minhumā mā yufarriqūna bihi bayna l-
mar’i wa zawjihi wa mā hum bi-ḍārrīna bihi min aḥadin
illā bi-idhni llāh. Wa yata‘allamūna mā yaḍurruhum wa lā
yanfa‘uhum wa la-qad ‘alimū la-mani shtarāhu mā lahu fī
l-ākhirati min khalāqin wa la-bi’sa mā sharaw bihi
anfusahum law kānū ya‘lamūn.

English meaning

They followed what the devils recited during the reign of Solomon. Solomon did not disbelieve, but the devils disbelieved, teaching people magic and what was sent down to the two angels in Babylon, Harut and Marut. The two did not teach anyone without first saying, “We are only a trial, so do not disbelieve.” People learned from them what could separate a man from his wife. Yet they could not harm anyone with it except by Allah’s permission. They learned what harmed them and did not benefit them. They certainly knew that whoever purchased it would have no share in the Hereafter. How evil was that for which they sold themselves, if only they knew.

Source: Qur’an 2:102

The Closing Verses of al-Baqarah

ءَامَنَ الرَّسُولُ بِمَا أُنْزِلَ إِلَيْهِ مِنْ رَبِّهِ ۚ وَالْمُؤْمِنُونَ
كُلٌّ ءَامَنَ بِاللَّهِ وَمَلَائِكَتِهِ وَكُتُبِهِ وَرُسُلِهِ ۚ لَا نُفَرِّقُ
بَيْنَ أَحَدٍ مِنْ رُسُلِهِ ۚ وَقَالُوا سَمِعْنَا وَأَطَعْنَا
غُفْرَانَكَ رَبَّنَا وَإِلَيْكَ الْمَصِيرُ ۝ لَا يُكَلِّفُ اللَّهُ
نَفْسًا إِلَّا وُسْعَهَا ۚ لَهَا مَا كَسَبَتْ وَعَلَيْهَا مَا
اَكْتَسَبَتْ رَبَّنَا لَا تَأْخِذْنَا إِنْ نَسِينَا أَوْ أَخْطَأْنَا
رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إِكْرَامًا كَمَا حَمَلْتَهُ عَلَى الَّذِينَ
مِنْ قَبْلِنَا رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا طَاقَةَ لَنَا بِهِ
وَاغْفُ عَنَّا وَارْحَمْنَا ۚ أَنْتَ مَوْلَانَا
فَاَنْصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ

Pronunciation

Āmana r-rasūlu bi-mā unzila ilayhi min rabbihi wa l-
mu'minūn. Kullun āmana bi-llāhi wa malā'ikatihi wa
kutubihi wa rusulihi lā nufarriqu bayna aḥadin min
rusulih. Wa qālū sami'nā wa aṭa'nā ghufrānaka rabbanā

wa ilayka l-maṣīr. Lā yukallifu llāhu nafsān illā wus‘ahā lahā mā kasabat wa ‘alayhā mā ktasabat. Rabbanā lā tu‘ākhidhnā in nasīnā aw akhṭa’nā. Rabbanā wa lā taḥmil ‘alaynā iṣran ka-mā ḥamaltahu ‘alā l-ladhīna min qablinā. Rabbanā wa lā tuḥammilnā mā lā ṭāqata lanā bih. Wa ‘fu ‘annā wa ghfir lanā wa rḥamnā anta mawlānā fa-nṣurnā ‘alā l-qawmi l-kāfirīn.

English meaning

The Messenger believes in what has been sent down to him from his Lord, and so do the believers. All believe in Allah, His angels, His books, and His messengers: “We make no distinction between any of His messengers.” They say, “We hear and obey. We ask Your forgiveness, our Lord, and to You is the return.” Allah does not burden a soul beyond its capacity. It receives the good it has earned and bears the evil it has earned. “Our Lord, do not hold us accountable if we forget or make a mistake. Our Lord, do not place upon us a heavy burden as You placed upon those before us. Our Lord, do not burden us with what we have no strength to bear. Pardon us, forgive us, and have mercy on us. You are our Protector, so help us against the disbelieving people.”

Source: Qur’an 2:285-286; Ṣaḥīḥ al-Bukhārī 5009

Mūsā and the Sorcerers - al-A'rāf

وَأَوْحَيْنَا إِلَىٰ مُوسَىٰ أَنْ أَلْقِ عَصَاكَ ^{صَلِّ} فَإِذَا هِيَ تَلْقَفُ
مَا يَأْفِكُونَ ۝ فَوَقَعَ الْحَقُّ وَبَطَلَ مَا كَانُوا يَعْمَلُونَ
۝ فَغُلِبُوا هُنَالِكَ وَانْقَلَبُوا صَاغِرِينَ ۝ وَأَلْقَى
السَّحَرَةُ سَاجِدِينَ ۝ قَالُوا آمَنَّا بِرَبِّ الْعَالَمِينَ ۝
رَبِّ مُوسَىٰ وَهَارُونَ

Pronunciation

Wa awḥaynā ilā Mūsā an alqi ‘aṣāka fa-idhā hiya talqafu mā
ya’fikūn. Fa-waqa‘a l-ḥaqqu wa baṭala mā kānū ya‘malūn. Fa-
ghulibū hunālika wa nqalabū ṣāghirīn. Wa ulqiya s-saḥaratu
sājidīn. Qālū āmannā bi-rabbi l-‘ālamīn. Rabbi Mūsā wa
Hārūn.

English meaning

We revealed to Moses: “Throw your staff.” At once it
swallowed what they falsely produced. The truth was
established, and what they were doing came to nothing.
Thus they were defeated there and returned humiliated.
The sorcerers fell down in prostration. They said: “We
believe in the Lord of all worlds, the Lord of Moses and
Aaron.”

Source: Qur’an 7:117-122

Allah Nullifies Magic - Yūnus

فَلَمَّا أَلْقَوْا قَالَ مُوسَىٰ مَا جِئْتُمْ بِهِ السَّحَرُ إِنَّ اللَّهَ
سَيُبْطِلُهُ إِنَّ اللَّهَ لَا يُصْلِحُ عَمَلَ الْمُفْسِدِينَ
وَيُحِقُّ اللَّهُ الْحَقَّ بِكَلِمَاتِهِ وَلَوْ كَرِهَ الْمُجْرِمُونَ

Pronunciation

Fa-lammā alqaw qāla Mūsā mā ji'tum bihi s-siḥru inna
llāha sa-yubṭiluhu inna llāha lā yuṣliḥu 'amala l-mufsidīn.
Wa yuḥiqqu llāhu l-ḥaqqā bi-kalimātihi wa law kariha l-
mujrimūn.

English meaning

When they cast down, Musa said: “What you have brought is magic. Indeed, Allah will nullify it. Allah does not set right the work of those who spread corruption. Allah establishes the truth through His words, even though the criminals dislike it.”

Source: Qur'an 10:81-82

Truth Swallows Falsehood - Ṭā Hā

قُلْنَا لَا تَخَفْ إِنَّكَ أَنْتَ الْأَعْلَىٰ ۖ وَأَلْقِ مَا فِي
يَمِينِكَ تَلْقَفْ مَا صَنَعُوا ۖ إِنَّمَا صَنَعُوا كَيْدٌ سَاحِرٌ
وَلَا يُفْلِحُ السَّاحِرُ حَيْثُ أَتَىٰ

Pronunciation

Qulnā lā takhaf innaka anta l-a‘lā. Wa alqi mā fī yamīnika
talqaf mā ṣana‘ū innamā ṣana‘ū kaydu sāḥirin wa lā
yufliḥu s-sāḥiru ḥaythu atā.

English meaning

We said: “Do not fear; indeed, you are the one who will prevail. Throw what is in your right hand; it will swallow what they have made. What they have made is only a sorcerer’s trick, and the sorcerer will not succeed wherever he goes.”

Source: Qur’an 20:68-69

Exalting Allah Above Falsehood

أَفَحَسِبْتُمْ أَنَّمَا خَلَقْنَاكُمْ عَبَثًا وَأَنَّكُمْ إِلَيْنَا لَا تُرْجَعُونَ
○ فَتَعَالَى اللَّهُ الْمَلِكُ الْحَقُّ لَا إِلَهَ إِلَّا هُوَ رَبُّ الْعَرْشِ
الْكَرِيمِ ○ وَمَنْ يَدْعُ مَعَ اللَّهِ إِلَهًا آخَرَ لَا بُرْهَانَ لَهُ بِهِ
فَإِنَّمَا حِسَابُهُ عِنْدَ رَبِّهِ إِنَّهُ لَا يُفْلِحُ الْكَافِرُونَ ○ وَقُلْ
رَبِّ اغْفِرْ وَارْحَمْ وَأَنْتَ خَيْرُ الرَّاحِمِينَ

Pronunciation

A-fa-ḥasibtum annamā khalaqnākum ‘abathan wa annakum ilaynā
lā turja‘ūn. Fa-ta‘ālā llāhu l-maliku l-ḥaqqu lā ilāha illā huwa rabbu
l-‘arshi l-karīm. Wa man yad‘u ma‘a llāhi ilāhan ākhara lā burhāna
lahu bihi fa-innamā ḥisābuhu ‘inda rabbihi innahu lā yufliḥu l-
kāfirūn. Wa qul rabbi ghfir wa rḥam wa anta khayru r-rāḥimīn.

English meaning

Did you think that We created you without purpose and that you would not be returned to Us? Exalted is Allah, the true King. There is no deity worthy of worship except Him, Lord of the noble Throne. Whoever calls upon another deity alongside Allah, for which he has no proof, his reckoning rests only with his Lord. Indeed, the disbelievers will not succeed. Say: “My Lord, forgive and have mercy, for You are the best of those who show mercy.”

Source: Qur’an 23:115-118

Sūrat al-Ikhlāṣ

قُلْ هُوَ اللَّهُ أَحَدٌ ۝ اللَّهُ الصَّمَدُ ۝ لَمْ يَلِدْ وَلَمْ
يُولَدْ ۝ وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ

Pronunciation

Qul huwa llāhu aḥad. Allāhu ṣ-ṣamad. Lam yalid wa lam
yūlad. Wa lam yakun lahu kufuwan aḥad.

English meaning

The Prophet ﷺ recited it with al-Falaq and al-Nās,
blew lightly into his hands, and wiped his body three
times before sleep.

Source: Qur'an 112:1-4; Ṣaḥīḥ al-Bukhārī 5017

Sūrat al-Falaq

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ۝ مِنْ شَرِّ مَا خَلَقَ ۝ وَمِنْ
شَرِّ غَاسِقٍ إِذَا وَقَبَ ۝ وَمِنْ شَرِّ النَّفَّاثَاتِ فِي
الْعُقَدِ ۝ وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ

Pronunciation

Qul a'ūdhu bi-rabbi l-falaq. Min sharri mā khalaq. Wa min
sharri ghāsiqin idhā waqab. Wa min sharri n-naffāthāti fī l-
'uqad. Wa min sharri ḥāsīdin idhā ḥasad.

English meaning

Say: "I seek refuge in the Lord of daybreak, from the
evil of what He created, from the evil of darkness
when it settles, from the evil of those who blow on
knots, and from the evil of an envier when he envies."

Source: Qur'an 113:1-5; Ṣaḥīḥ al-Bukhārī 5017

Sūrat al-Nās

قُلْ أَعُوذُ بِرَبِّ النَّاسِ ۝ مَلِكِ النَّاسِ ۝ إِلَهِ النَّاسِ ۝
مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ ۝ الَّذِي يُوَسْوِسُ فِي صُدُورِ النَّاسِ ۝ مِنَ الْجِنَّةِ وَالنَّاسِ

Pronunciation

Qul a'ūdhu bi-rabbi n-nās. Maliki n-nās. Ilāhi n-nās. Min
sharri l-waswāsi l-khannās. Alladhī yuwaswisu fī ṣudūri n-
nās. Mina l-jinnati wa n-nās.

English meaning

Say: "I seek refuge in the Lord of humankind, the King
of humankind, the Allah of humankind, from the evil of
the whisperer who withdraws, who whispers in
people's hearts, from among jinn and humankind."

Source: Qur'an 114:1-6; Ṣaḥīḥ al-Bukhārī 5017

The Qur'an Is Healing

وَنُنَزِّلُ مِنَ الْقُرْآنِ مَا هُوَ شِفَاءٌ وَرَحْمَةٌ لِّلْمُؤْمِنِينَ

Pronunciation

Wa nunazzilu mina l-qur'āni mā huwa shifā'un wa
rahmatun li-l-mu'minīn.

English meaning

A foundational verse affirming the Qur'an's spiritual
healing and mercy.

Source: Qur'an 17:82

Allah Alone Heals

وَإِذَا مَرِضْتُ فَهُوَ يَشْفِينِ

Pronunciation

Wa idhā mariḍtu fa-huwa yashfīn.

English meaning

Ibrāhīm عليه السلام attributed healing to Allah alone,
the essential belief behind lawful ruqyah.

Source: Qur'an 26:80

Guidance and Healing

قُلْ هُوَ لِلَّذِينَ آمَنُوا هُدًى وَشِفَاءٌ

Pronunciation

Qul huwa li-lldhīna āmanū hudan wa shifā'.

English meaning

The Qur'an is guidance and healing for believing hearts.

Source: Qur'an 41:44

Protection from the Envious Gaze

وَإِنْ يَكَادُ الَّذِينَ كَفَرُوا لِيُزْلِقُونَكَ بِأَبْصَارِهِمْ لَمَّا
سَمِعُوا الذِّكْرَ وَيَقُولُونَ إِنَّهُ لَمَجْنُونٌ ﴿٥١﴾ وَمَا هُوَ إِلَّا
ذِكْرٌ لِلْعَالَمِينَ

Pronunciation

Wa in yakādu lladhīna kafarū la-yuzliqūnaka bi-abṣārihim
lammā sami‘ū dh-dhikra wa yaqūlūna innahu la-majnūn.
Wa mā huwa illā dhikrun li-l-‘ālamīn.

English meaning

Classical exegetes mention the hostile gaze in this verse. It may be recited generally, while the clearest prophetic ruqyah for the evil eye remains al-Falaq, al-Nās and the authentic du‘ās.

Source: Qur’an 68:51-52

The Du‘ā of Ayyūb

أَنِّي مَسَّنِيَ الضُّرُّ وَأَنْتَ أَرْحَمُ الرَّاحِمِينَ

Pronunciation

Annī massaniya ḍ-ḍurru wa anta arḥamu r-rāḥimīn.

English meaning

The supplication of Prophet Ayyūb عليه السلام during severe illness; Allah answered him and removed his hardship.

Source: Qur'an 21:83-84

Remove the Harm, Lord of the People

اللَّهُمَّ رَبَّ النَّاسِ، اذْهَبِ الْبَأْسَ، اشْفِهِ وَأَنْتَ
الشَّافِي، لَا شِفَاءَ إِلَّا شِفَاؤُكَ، شِفَاءً لَا يُغَادِرُ سَقَمًا

Pronunciation

Allāhumma rabba n-nās, adhibi l-ba's, ishfihi wa anta sh-shāfī, lā shifā'a illā shifā'uk, shifā'an lā yughādiru saqaman.

English meaning

O Allah, Lord of mankind, remove the suffering and heal him. You are the Healer; there is no healing except Your healing, a healing that leaves no illness.

Source: Sahih al-Bukhari 5743; Sahih Muslim 2191

Jibrīl's Ruqyah

بِسْمِ اللَّهِ أَرْقِيكَ، مِنْ كُلِّ شَيْءٍ يُؤْذِيكَ، مِنْ شَرِّ
كُلِّ نَفْسٍ أَوْ عَيْنٍ حَاسِدٍ، اللَّهُ يَشْفِيكَ، بِسْمِ اللَّهِ
أَرْقِيكَ

Pronunciation

Bi-smi llāhi arqīka min kulli shay'in yu'dhīka min sharri
kulli nafsin aw 'ayni ḥāsīdin Allāhu yashfīka bi-smi llāhi
arqīk.

English meaning

In the name of Allah, I perform ruqyah for you, from
everything that harms you, from the evil of every soul
or the eye of an envier. May Allah heal you. In the
name of Allah, I perform ruqyah for you.

Source: Ṣaḥīḥ Muslim 2186

Ruqyah with Earth and Saliva

بِسْمِ اللَّهِ، تُرْبَةُ أَرْضِنَا، بِرِيقَةِ بَعْضِنَا، يُشْفَى
سَقِيمُنَا، بِإِذْنِ رَبِّنَا

Pronunciation

Bi-smi llāhi turbatu arḍinā bi-rīqati ba‘ḍinā yushfā
saqīmunā bi-idhni rabbīnā.

English meaning

The Prophet ﷺ used this formula for certain sores or wounds, touching the earth with a moistened finger and applying it. Cleanliness and medical safety must be observed.

Source: Ṣaḥīḥ al-Bukhārī 5745; Ṣaḥīḥ Muslim 2194

For Pain in the Body

بِسْمِ اللَّهِ، بِسْمِ اللَّهِ، بِسْمِ اللَّهِ. أَعُوذُ بِعِزَّةِ اللَّهِ
وَقُدْرَتِهِ مِنْ شَرِّ مَا أَجِدُ وَأُحَازِرُ

Pronunciation

Bi-smi llāh. Bi-smi llāh. Bi-smi llāh. A‘ūdhu bi-‘izzati llāhi
wa qudratihi min sharri mā ajidu wa uḥādhir.

English meaning

The Prophet ﷺ taught ‘Uthmān ibn Abī al-‘Āṣ to place
his hand on the painful area, say “Bismillāh” three
times, then this prayer seven times.

Source: Ṣaḥīḥ Muslim 2202

Protection for Children

أُعِذُّكُمْ بِكَلِمَاتِ اللَّهِ التَّامَّةِ، مِنْ كُلِّ شَيْطَانٍ
وَهَامَّةٍ، وَمِنْ كُلِّ عَيْنٍ لَامَّةٍ

Pronunciation

U‘idhukumā bi-kalimāti llāhi t-tāmmati min kulli shayṭānin
wa hāmmatin wa min kulli ‘aynin lāmmah.

English meaning

The Prophet ﷺ used this prayer for al-Ḥasan and al-Ḥusayn, mentioning that Ibrāhīm used it for Ismā‘īl and Ishāq.

Source: Ṣaḥīḥ al-Bukhārī 3371

Ask the Lord of the Mighty Throne

أَسْأَلُ اللَّهَ الْعَظِيمَ، رَبَّ الْعَرْشِ الْعَظِيمِ، أَنْ
يَشْفِيكَ

Pronunciation

As'alu llāha l-'aẓīma rabba l-'arshi l-'aẓīmi an yashfiyak.

English meaning

A supplication to say when visiting a sick Muslim
whose appointed death has not arrived.

Source: Sunan Abī Dāwūd 3106; Jāmi' al-Tirmidhī 2083 (ḥasan)

Heal Your Servant

اللَّهُمَّ اشْفِ عَبْدَكَ، يَنْكَأُ لَكَ عَدُوًّا، أَوْ يَمْشِي لَكَ
إِلَى جَنَازَةٍ

Pronunciation

Allāhumma shfi ‘abdaka yanka’ laka ‘aduwwan aw yamshi
laka ilā janāzah.

English meaning

A concise prophetic prayer for the sick person’s
recovery and return to strength and righteous
communal duties.

Source: Sunan Abī Dāwūd 3107 (ṣaḥīḥ); a narrator also reported “to prayer”

The Three Quls Before Sleep

كَانَ إِذَا أَوَىٰ إِلَىٰ فِرَاشِهِ جَمَعَ كَفَّيْهِ، ثُمَّ نَفَثَ
فِيهِمَا، فَقَرَأَ: قُلْ هُوَ اللَّهُ أَحَدٌ، وَقُلْ أَعُوذُ بِرَبِّ
الْفَلَقِ، وَقُلْ أَعُوذُ بِرَبِّ النَّاسِ، ثُمَّ مَسَحَ بِهِمَا مَا
اسْتَطَاعَ مِنْ جَسَدِهِ

Pronunciation

Kāna idhā awā ilā firāshihi jama‘a kaffayhi thumma
nafatha fihimā fa-qara’a: Qul huwa llāhu aḥad, wa Qul
a‘ūdhu bi-rabbi l-falaq, wa Qul a‘ūdhu bi-rabbi n-nās,
thumma masaḥa bihimā mā staṭā‘a min jasadih.

English meaning

When he went to bed, he would bring his palms together, lightly blow into them, and recite: “Say: He is Allah, the One”; “Say: I seek refuge in the Lord of daybreak”; and “Say: I seek refuge in the Lord of humankind.” Then he would wipe with them as much of his body as he could.

Source: Ṣaḥīḥ al-Bukhārī 5017

Al-Fātiḥah as Ruqyah

فَجَعَلَ يَقْرَأُ بِأُمِّ الْقُرْآنِ، وَيَجْمَعُ بُزَاقَهُ، وَيَتْفِلُ، فَبَرَأَ

Pronunciation

Fa-ja‘ala yaqra’u bi-ummi l-qur’āni wa yajma‘u buzāqahu
wa yatfilu fa-bara’.

English meaning

The Prophet ﷺ smiled and confirmed, “How did you know it is a ruqyah?” This is direct approval of a Companion’s ruqyah practice.

Source: Practice of Abū Sa‘īd al-Khudrī and the Companions; Ṣaḥīḥ al-Bukhārī
5736

Āyat al-Kursī at Bedtime

لَنْ يَزَالَ عَلَيْكَ مِنَ اللَّهِ حَافِظٌ، وَلَا يَقْرَبَنَّ شَيْطَانٌ
حَتَّى تُصْبِحَ

Pronunciation

Lan yazāla ‘alayka mina llāhi ḥāfiẓun wa lā yaqrabannaka
shayṭānun ḥattā tuṣbiḥ.

English meaning

The Prophet ﷺ confirmed that the devil had spoken truth about the protective virtue of reciting Āyat al-Kursī before sleep.

Source: Report of Abū Hurayrah; Ṣaḥīḥ al-Bukhārī 2311

The Last Two Verses at Night

مَنْ قَرَأَ بِالْآيَتَيْنِ مِنْ آخِرِ سُورَةِ الْبَقَرَةِ فِي لَيْلَةٍ
كَفَّتَاهُ

Pronunciation

Man qara'a bi-l-āyatayni min ākhiri sūratī l-baqarati fī
laylatin kafatāh.

English meaning

Scholars explained “suffice him” in several compatible
ways, including protection and sufficiency in night
worship.

Source: Ṣaḥīḥ al-Bukhārī 5009; Ṣaḥīḥ Muslim 808

Morning and Evening Protection

قُلْ هُوَ اللَّهُ أَحَدٌ، وَالْمُعَوِّذَتَيْنِ حِينَ تُمْسِي وَحِينَ
تُصْبِحُ ثَلَاثَ مَرَّاتٍ، تَكْفِيكَ مِنْ كُلِّ شَيْءٍ

Pronunciation

Qul huwa llāhu aḥad, wa l-mu‘awwidhatayni ḥīna tumsī
wa ḥīna tuṣbiḥu thalātha marrātin takfīka min kulli shay’.

English meaning

Recite “Say: He is Allah, the One” and the two surahs
of refuge three times when you enter the evening and
three times when you enter the morning; they will
suffice you against everything.

Source: Sunan Abī Dāwūd 5082; Jāmi‘ al-Tirmidhī 3575 (ḥasan)

Sūrat al-Baqarah in the Home

إِنَّ الشَّيْطَانَ يَنْفِرُ مِنَ الْبَيْتِ الَّذِي تُقْرَأُ فِيهِ سُورَةُ
الْبَقَرَةِ

Pronunciation

Inna sh-shayṭāna yanfiru mina l-bayti lladhī tuqra’u fīhi
sūratu l-baqarah.

English meaning

Regular recitation of Sūrat al-Baqarah is an authentic
means of protecting the home from satanic presence.

Source: Ṣaḥīḥ Muslim 780

Seven ‘Ajwah Dates

مَنْ تَصَبَّحَ كُلَّ يَوْمٍ سَبْعَ تَمَرَاتٍ عَجْوَةٍ، لَمْ يَضُرَّهُ
فِي ذَلِكَ الْيَوْمِ سُمٌّْ وَلَا سِحْرٌ

Pronunciation

Man taṣabbaḥa kulla yawmin sab‘a tamarātin ‘ajwatan
lam yaḍurrahu fī dhālika l-yawmi summun wa lā siḥr.

English meaning

An authentic prophetic preventive measure. It does
not replace medical care or the other prescribed
adhkār.

Source: Ṣaḥīḥ al-Bukhārī 5769; Ṣaḥīḥ Muslim 2047

Ruqyah Must Be Free of Shirk

اَعْرِضُوا عَلَيَّ رُقَاكُمْ، لَا بَأْسَ بِالرُّقَى مَا لَمْ يَكُنْ
فِيهِ شِرْكٌ

Pronunciation

I'ridū 'alayya ruqākum lā ba'sa bi-r-ruqā mā lam yakun
fīhi shirk.

English meaning

The governing rule: ruqyah must use lawful words with understood meaning, rely upon Allah alone, and contain no talismans, invocations of jinn, unknown formulas or shirk.

Source: Ṣaḥīḥ Muslim 2200

The Evil Eye Is Real

الْعَيْنُ حَقٌّ، وَلَوْ كَانَ شَيْءٌ سَابِقَ الْقَدَرِ سَبَقَتْهُ
الْعَيْنُ، وَإِذَا اسْتُغْسِلْتُمْ فَاغْسِلُوا

Pronunciation

Al-‘aynu ḥaqqun wa law kāna shay’un sābaqa l-qadara
sabaqathu l-‘aynu wa idhā stughsilum fa-ghsilū.

English meaning

The eye has an effect only by Allah’s decree. The identified person may be asked to wash in the prescribed way; accusations and superstition are forbidden.

Source: Ṣaḥīḥ Muslim 2188

Seek Ruqyah for the Evil Eye

اسْتَرْقُوا لَهَا، فَإِنَّ بِهَا النَّظْرَةَ

Pronunciation

Istarqū lahā fa-inna bihā n-naẓrah.

English meaning

The Prophet ﷺ instructed that lawful ruqyah be performed for a girl whose face showed the effect of the evil eye.

Source: Ṣaḥīḥ al-Bukhārī 5739; Ṣaḥīḥ Muslim 2197

Ruqyah for the Eye, Stings and Skin Eruptions

رَخَّصَ رَسُولُ اللَّهِ ﷺ فِي الرُّقْيَةِ مِنَ الْعَيْنِ،
وَالْحُمَةِ، وَالنَّمْلَةِ

Pronunciation

Rakhkhaṣa rasūlu llāhi ṣallā llāhu ‘alayhi wa sallama fī r-
ruqyati mina l-‘ayni wa l-ḥumati wa n-namlah.

English meaning

Anas رضي الله عنه reported explicit permission for lawful ruqyah in these cases. Urgent bites, stings and infections also require immediate medical treatment.

Source: Ṣaḥīḥ Muslim 2196