

## Dua's for the Sick

- Hadrat Aa'isha رضى الله تعالى عنها relates: Whenever anyone of us would become sick, Rasulullah صلى الله عليه وسلم would pass his right hand over the affected part of the sick person's body and recite the following dua:

ذُ هَابِ الْبَيْلِ رَبِّ لِنَاسٍ وَتَلْفِ أَنْتَ لَتَلْفِ فِي لَافِئَةٍ إِلَّا قَتَاكَ قَتَاءً لَا يَخِيَارُ سَقَمًا

**Transliteration:** *Azhibil ba'sa rabban naas washfi. Antash shaafee. Laa shifaa-a illaa shifaa uk. Shifaa-al laa yughaa diru saqamaa*

**Translation:** O Allah, Lord and Sustainer of mankind, remove his difficulty and cure him. You are the only One who cures. There is no cure but Yours. Grant such (complete) cure that leaves no trace of illness.<sup>1</sup>

- Hadrat Salmaan رضى الله تعالى عنه says: Rasulullah صلى الله عليه وسلم visited me when I was ill. When he was leaving he told me, 'O Salmaan! (and made this dua for me):

كَشَفَ اللَّهُ صُورَتِي غَفَرَ ذُنُوبِي عَفَاكَ فِي يَدَيْكَ وَجَسَدِكَ

**Transliteration:** *Ka shafallaahu durrak. Wa ghafara zambak. Wa 'aafaaka fee deenika wa jasadik.*

**Translation:** May Allah remove your pain, forgive your sins, and grant you strength in your Deen and your health until your death.<sup>2</sup>

- Another Hadith has it that whoever visits a sick person whose moment of death has not yet come, and he recites the following dua seven times, Allah Ta'ala will certainly cure him of his sickness:

أَسْأَلُ اللَّهَ الْعَظِيمَ رَبَّ عَرْشِ عِلَظِيَّيْنِي يَشْفِيكَ

**Transliteration:** *As-alul laahal azeem. Rabbal arshil azeem. Ay yashfi yak*

**Translation:** I beg Allah the Almighty, the Owner of the Majestic Throne, that He should cure you.<sup>3</sup>

- Rasulullah صلى الله عليه وسلم once visited a Muslim man who was sick. His voice was very feeble and he had become very weak and skinny. Seeing his condition, Rasulullah صلى الله عليه وسلم asked him, 'What dua have you been making to Allah?' He said, 'Yes, I used to say: O Allah! Whatever punishment was in store for me in the Aakhirah, let it descend upon me now.' Rasulullah صلى الله عليه وسلم said, 'Subhaanallah! You do not have the strength to bear it. Why do you not say this dua:

رَبَّنَا تَنَافِي دُنْيَا حَسَنَةً وَفِي آخِرَةٍ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

**Transliteration:** *Rabbanaa aatinaa fid dunyaa hasana taw wafil aakhirati hasana taw wa qinaa azaaban naar*

**Translation:** O Allah, our Lord and Sustainer, grant us good in this world and good in the Hereafter, and save us from the Fire of Jahannam.

The narrator, Anas رضى الله تعالى عنه, says that the man thereafter began to make this dua, and Allah

<sup>1</sup> Bukhaari, Muslim

<sup>2</sup> Tabraani

<sup>3</sup> Abu Daawood

Ta'ala cured him.<sup>4</sup>

- Hadrat Ibn Abbaas رضى الله تعالى عنه relates that when Rasulallah صلى الله عليه وسلم would visit any sick person he would say:

لَا لَبِيسَ هَؤُورٍ إِن شَاءَ اللَّهُ

**Transliteration:** *Laaba-sa tahoorn, Inshaa Allah*

**Translation:** Have no fear! If Allah wills, your sickness will purify you of your sins.<sup>5</sup>

- Hadrat Aa'isha رضى الله تعالى عنها relates that whenever Rasulallah صلى الله عليه وسلم would become ill, he would recite the Mu'awwizaat (Surah al-Falaq and Surah an-Naas) and then blow his breath over himself and rub his hands over his (auspicious) body.<sup>6</sup> She also says that when anyone in his family was sick, he would recite the Mu'awwizaat and blow onto the sick person's body.<sup>7</sup>
- Hadrat Usmaan bin abil-Aas رضى الله تعالى عنه says that he once complained about pain in his body to Rasulallah صلى الله عليه وسلم. Rasulallah صلى الله عليه وسلم instructed him: Place your hand on the area of the pain and recite Bismillah thrice and say (the following) seven times:

أَعُوذُ بِعِزَّةِ اللَّهِ وَقُوَّتِهِ مِنْ شَرِّ مَا أَجِدُ أُودَعِرُ

**Transliteration:** *A'oozu bi'izzatillaahi wa qudratihi min sharri maa ajidu wa uhaaziru*

**Translation:** I seek protection in the might of Allah and His power from the evil of what I am experiencing and of what I am afraid.

Usmaan رضى الله تعالى عنه thereafter says, 'I did this and Allah removed my pain.'<sup>8</sup>

- Our beloved Rasulallah صلى الله عليه وسلم has also said, 'Whoever sees somebody who is sick or in some hardship, and says the following dua will never be afflicted by that sickness or difficulty :

الْحَمْدُ لِلَّهِ الَّذِي هَدَانِي مِمَّا بَلَاتَ لِأَكْبَهٍ وَفِطْنِي عَلَى تَكْرِيمٍ مَنْ لَقِيَ تَفَضِيلاً

**Transliteration:** *Alhamdu lillaa hillazee 'aafaanee mim mab-talaaka bihee wafaddala nee 'alaa kaseerim mim man khalaqa tafdeela*

**Translation:** All praise is for Allah alone Who has saved me from what He has afflicted you with and greatly favoured me over many of whom He has created.<sup>9</sup>

However, it should be recited softly and in a manner that the afflicted person is unable to hear it and does not get offended.

- It is mentioned in a Hadith that if any Muslim recites:

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

**Transliteration:** *La ilaaha illa anta Subhaanaka inni kuntu minzaalimeen*

**Translation:** There is no Diety except You (O Allah), You are free from all faults, verily, I am from the transgressors.

...forty times in the state of sickness, then if he recovers, all his sins will be forgiven, but if he dies

<sup>4</sup> Musnad Ahmad

<sup>5</sup> Bukhaari

<sup>6</sup> Bukhaari, Muslim

<sup>7</sup> Muslim

<sup>8</sup> Muslim

<sup>9</sup> Tirmizi, Ibn Maajah

from it, he will be granted the reward; of a *Shaheed* (martyr).<sup>10</sup>

- Hadrat Aa'isha رضى الله تعالى عنها says that whenever Rasulallah صلى الله عليه وسلم would become ill, he would recite the *Muawwizaat* and then blow his breath on the palm of his hands and then move them (gently) over his blessed body.<sup>11</sup>

She also says that when anyone in his صلى الله عليه وسلم family was sick, he would recite the *Mu'awwizaat* and blow onto the sick persons body.<sup>12</sup>

The *Mu'awwizaat* are Surahs al-Falaq and an-Naas.

## Dua

- O Allah, we are spiritually sick and we are physically sick.
- O my Allah, so many of our brothers and sisters, and our parents are sick and ailing. They are in hospitals. Some are in nursing homes and old-age homes.
- O Allah, grant shifa to those who are sick and ailing.
- O my beloved Allah, shifa is in Your hands.
- O Allah, we know that there is effect in du'aa and there is effect in medication, but O Allah, shifa is in Your hands.
- O Allah, we know that sometimes sickness is a rahmat and a blessing in a disguised form, but we are extremely weak.
- O Allah, even if such sickness is a rahmat... O Allah, change it to the rahmat of good health.
- ...But O Allah, we know that most of our sicknesses, depression and anxieties are because of our sins.
- O Allah, grant us shifa from all sicknesses and ailments – physical and spiritual.
- O Allah, bless us with physical health and spiritual health.

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<sup>10</sup> Haakim

<sup>11</sup> Bukhari, Muslim

<sup>12</sup> Muslim