

## Du'aa' for Shifaa'

- Abū 'Abdullāh bin Abul-'Aaṣ reported that he complained to the Messenger of Allah (ﷺ) about pain he had in his body. The Messenger said, "Place your hand where you feel the pain and say, 'Bismillāh' three times. Then repeat seven times, '*A'ūdhu bi'izzatillāhi wa qudratihi min sharri ma ajidu wa uḥādhir* (I seek refuge in the power and ability of Allah from the evil of that which I find and fear).'"<sup>1</sup>
- Ibn 'Abbās reported from the Prophet (ﷺ): "He who visits a sick person whose life is not about to end and says seven times, '*As'al ullāhal-'atheema, rabbal-'arshil-'atheemi an yashfiyaka* (I ask Allah, the Great, Lord of the Great Throne to cure you)' – Allah will surely cure him from that illness."<sup>2</sup>
- Abū Sa'eed al-Khudri related that Jibreel came to the Prophet (ﷺ) and said, "O Muḥammad, do you have a complaint?" He said, "Yes." Jibreel said, "*Bismillāhi arqeeka min kulli shay'in yu'dheeka, min sharri kulli nafsin au 'aynin ḥāsadin. Allāhu yashfeeka, bismillāhi arqeeq.* (In the name of Allah I treat you against everything that harms you, and against the evil of every being or envious eye. May Allah cure you. In the name of Allah I treat you.)"<sup>3</sup>
- 'Ā'ishah related that whenever Allah's Messenger (ﷺ) became ill, he would recite on himself *al-mu'awwidhāt* (Sūrah al-Falaq and an-Nās) and blow them over his body.
- Anas reported that the Prophet (ﷺ) used to place his right hand on the patient and say, "*Adh-ḥib al-ba's rabb an-nās, washfi anta ash-shāfi, lā shifā'a illa shifā'uka, shifā'an lā yughādiru saqaman* (Remove the affliction, Lord of mankind, and heal, for You are the Healer. There is no healing but Your healing, a healing that leaves no illness)."<sup>4</sup>
- And 'Ā'ishah reported that the Prophet (ﷺ) used to treat some of his wives by passing his hand over the place of ailment and say, "*Allāhumma, rabb an-nās, adh-ḥib al-ba's. Ishfi wa antash-shāfi. Lā shifā'a illā shifā'uka, shifā'an lā yughādiru saqaman.* (O Allah, Lord of the people, remove the affliction. Heal; and You are the Healer. There is no healing but Your healing; a healing that leaves no illness)."<sup>5</sup>
- Sa'd related that the Messenger of Allah (ﷺ) said, "*The du'aa of Dhun-Nūn [Prophet Yūnus] when he supplicated while in the belly of the fish was: 'Lā ilāha illā Anta, subḥānak. Innī kuntu minath-thālimeen.'* (There is none worthy of worship except You, praise be to You. Indeed, I have been of the wrongdoers.) And indeed, no Muslim supplicates with it for anything at all but that Allah responds to him."<sup>6</sup>

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<sup>1</sup> Muslim.

<sup>2</sup> Abu Dāwūd and at-Tirmidhi - ṣaḥeeḥ.

<sup>3</sup> Muslim.

<sup>4</sup> Muslim.

<sup>5</sup> Al-Bukhāri.

<sup>6</sup> At-Tirmidhi - ṣaḥeeḥ.