



eCard

# Supplications for Healing

For the cure of diseases and  
protection from magic, jinns and devils.

**Al-Ruqiyah Al-Shari'ah**

وَنُنَزِّلُ مِنَ الْقُرْآنِ مَا هُوَ شِفَاءٌ وَرَحْمَةٌ لِّلْمُؤْمِنِينَ  
وَلَا يَزِيدُ الظَّالِمِينَ إِلَّا خَسَارًا ۝

And we send down of the Qur'an that which is healing  
and mercy for the believers, but it does not  
increase the wrongdoers except in loss. [Bani Israel: 82]

مَا أَنزَلَ اللَّهُ دَاءً إِلَّا أَنزَلَ لَهُ شِفَاءً

There is no disease that Allah has sent down except that He  
also has sent down its treatment. [Sahih al-Bukhari: 5678]

## SUPPLICATIONS FOR HEALING

أَعُوذُ بِاللّٰهِ السَّمِيعِ الْعَلِيمِ مِنَ الشَّيْطَانِ الرَّجِيمِ  
بِسْمِ اللّٰهِ الرَّحْمَنِ الرَّحِيمِ

اَلْحَمْدُ لِلّٰهِ رَبِّ الْعَالَمِينَ ۝ الرَّحْمٰنِ الرَّحِيْمِ ۝ مَلِكِ يَوْمِ  
الدِّينِ ۝ اِيَّاكَ نَعْبُدُ وَاِيَّاكَ نَسْتَعِيْنُ ۝ اِهْدِنَا الصِّرَاطَ  
المُسْتَقِيْمَ ۝ صِرَاطَ الَّذِيْنَ اَنْعَمْتَ عَلَيْهِمْ غَيْرِ الْمَغْضُوْبِ  
عَلَيْهِمْ وَلَا الضَّالِّيْنَ ۝ (الفاتحة: 1-7)

(All) praise is (due) to Allah, Lord of the worlds. The Entirely  
Merciful, the Especially Merciful. Sovereign of the Day of  
Recompense. You we worship and You we ask for help. Guide us to  
the straight path. The path of those upon whom You have  
bestowed favour, not of those who have evoked anger nor of  
those who are astray.

اَللّٰهُ لَا اِلٰهَ اِلَّا هُوَ الْحَيُّ الْقَيُّوْمُ ۚ لَا تَاْخُذُهٗ سِنَةٌ وَّ لَا نَوْمٌ لَّهٗ  
مَا فِى السَّمٰوٰتِ وَمَا فِى الْاَرْضِ ۚ مَن ذَا الَّذِى يَشْفَعُ عِنْدَهٗ  
اِلَّا بِاِذْنِهٖ يُعَلِّمُ مَا بَيْنَ اَيْدِيْهِمْ وَمَا خَلْفَهُمْ ۚ وَلَا يُحِيطُوْنَ  
بِشَيْءٍ مِّنْ عِلْمِهٖ اِلَّا بِمَا شَاءَ ۚ وَسِعَ كُرْسِيُّهٗ السَّمٰوٰتِ  
وَالْاَرْضَ ۚ وَلَا يَـُٔودُهٗ حِفْظُهُمَا ۚ وَهُوَ الْعَلِىُّ الْعَظِيْمُ ۝ (البقرة:255)

Allah - there is no true deity except Him, the Ever-Living, the  
Sustainer of [all] existence. Neither drowsiness overtakes Him nor

sleep. To Him belongs whatever is in the heavens and whatever is  
on the earth. Who is it that can intercede with Him except by His  
permission? He knows what is (presently) before them and what  
will be after them and they encompass not a thing of His  
knowledge except for what He wills. His Kursi extends over the  
heavens and the earth and their preservation tires Him not. And  
He is the Most High, the Most Great.

اٰمَنَ الرَّسُوْلُ بِمَا اُنْزِلَ اِلَيْهِ مِنْ رَّبِّهِ وَالْمُؤْمِنُوْنَ ۖ كُلٌّ اٰمَنَ  
بِاللّٰهِ وَمَلٰئِكَتِهٖ وَكُتُبِهٖ وَرُسُلِهٖ ۚ لَا نَفَرٌ بَيْنَ اَحَدٍ مِّنْ رُّسُلِهٖ  
ۚ وَقَالُوْا سَمِعْنَا وَاَطَعْنَا ۚ غُفْرٰنَكَ رَبَّنَا وَاِلَيْكَ الْمَصِيْرُ ۝  
لَا يُكَلِّفُ اللّٰهُ نَفْسًا اِلَّا وُسْعَهَا ۗ لَهَا مَا كَسَبَتْ وَعَلَيْهَا  
مَا اكْتَسَبَتْ ۗ رَبَّنَا لَا تُؤَاخِذْنَا اِنْ نَّسِيْنَآ اَوْ اٰخَطَاْنَا ۗ رَبَّنَا وَلَا  
تَحْمِلْ عَلَيْنَا اَصْرًا كَمَا حَمَلْتَهٗ عَلَى الَّذِيْنَ مِنْ قَبْلِنَا ۗ رَبَّنَا  
وَلَا تُحَمِّلْنَا مَا لَا طَاقَةَ لَنَا بِهِ ۚ وَاعْفُ عَنَّا ۗ وَاعْفِرْ لَنَا ۗ وَفَقِهِ  
وَارْحَمْنَا ۗ اَنْتَ مَوْلٰنَا فَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِيْنَ ۝ (البقرة:285-286)

The Messenger has believed in what was revealed to him from his  
Lord, and [so have] the believers. All of them have believed in Allah  
and His angels and His books and His messengers, [saying], “We  
make no distinction between any of His messengers.” And they say,  
“We hear and we obey. We seek Your forgiveness, our Lord, and to  
You is the final destination.” Allah does not charge a soul except  
[with that within] its capacity. It will have the consequence of what  
good it has earned, and it will bear the consequence of what evil it

has earned. “Our Lord, do not impose blame upon us if we have  
forgotten or erred. Our Lord, and lay not upon us a burden like that  
which You laid upon those before us. Our Lord, and burden us not  
with that which we have no ability to bear. And pardon us; and  
forgive us; and have mercy upon us. You are our Protector, so give us  
victory over the disbelieving people.”

حَسْبِىَ اللّٰهُ لَا اِلٰهَ اِلَّا هُوَ عَلَيْهِ تَوَكَّلْتُ وَهُوَ رَبُّ الْعَرْشِ  
الْعَظِيْمِ ۝ (التوبة:129)

Sufficient for me is Allah ; there is no deity except Him. On Him I  
have relied, and He is the Lord of the Great Throne.

قُلْ يٰٓاَيُّهَا الْكٰفِرُوْنَ ۝ لَا اَعْبُدُ مَا تَعْبُدُوْنَ ۝ وَلَا اَنْتُمْ عٰبِدُوْٓنِ  
مَا اَعْبُدُ ۝ وَلَا اَنَا عٰبِدٌ مَّا عٰبَدْتُمْ ۝ وَلَا اَنْتُمْ عٰبِدُوْنَ مَا اَعْبُدُ ۝  
لَكُمْ دِيْنُكُمْ وَلِىَّ دِيْنِ ۝ (الكافرون:1-6)

Say, “O disbelievers, I do not worship what you worship. Nor are  
you worshippers of what I worship. Nor will I be a worshipper of  
what you worship. Nor will you be worshippers of what I worship.  
For you is your religion, and for me is my religion.”

قُلْ هُوَ اللّٰهُ اَحَدٌ ۝ اللّٰهُ الصَّمَدُ ۝ لَمْ يَلِدْ وَلَمْ يُوْلَدْ ۝ وَلَمْ يَكُنْ  
لَّهٗ كُفُوًا اَحَدٌ ۝ (الاخلاص:1-4)

Say: He is Allah, the One and Only. Allah, the Eternal Refuge. He  
neither begets nor is He born. Nor is there to Him any equivalent.

قُلْ اَعُوْذُ بِرَبِّ الْفَلَقِ ۝ مِنْ شَرِّ مَا خَلَقَ ۝ وَمِنْ شَرِّ غَاسِقٍ اِذَا  
وَقَبَ ۝ وَمِنْ شَرِّ النَّفَّٰثِۙتِۙ فِى الْعُقَدِ ۝ وَمِنْ شَرِّ حَاسِدٍ اِذَا  
حَسَدَ ۝ (الفلق:1-5)

Say: I seek refuge in the Lord of the daybreak. From the evil of  
what He created. And from the evil of darkness when it settles.  
And from the evil of the blowers in knots. And from the evil of an  
envier when he envies.

قُلْ اَعُوْذُ بِرَبِّ النَّاسِ ۝ مَلِكِ النَّاسِ ۝ اِلٰهِ النَّاسِ ۝ مِنْ شَرِّ  
الْوَسْوَاسِ الْخَنَّاسِ ۝ الَّذِى يُّوَسْوِسُ فِى صُدُوْرِ النَّاسِ ۝ مِنْ  
الْجِنَّةِ وَالنَّاسِ ۝ (الناس:1-6)

Say: I seek refuge in the Lord of mankind, the Sovereign of  
mankind, the God of mankind, from the evil of the retreating  
whisperer, who whispers [evil] in the chests of mankind, amongst  
the Jinn and mankind.

اَعُوْذُ بِكَلِمٰتِ اللّٰهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ (صحيح مسلم:6880)

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

اَعُوْذُ بِكَلِمٰتِ اللّٰهِ التَّامَّاتِ مِنْ كُلِّ شَيْطٰنٍ وَهٰمٰةٍ وَمِنْ كُلِّ  
عَيْنٍ لَّامَةٍ (صحيح البخارى:3371)

I seek refuge in the complete, perfect words of Allah from every  
Satan and poisonous pest and every evil (i.e. harmful, envious)  
eye.

اَعُوْذُ بِكَلِمٰتِ اللّٰهِ التَّامَّاتِ مِنْ غَضَبِهٖ وَعِقَابِهٖ وَشَرِّ عِبَادِهٖ ۝  
وَمِنْ هَمَزَاتِ الشَّيَاطِيْنِ وَاَنْ يَّحْضُرُوْنَ (سنن الترمذى:3528)

O My Lord! I seek refuge in You from the incitements of the Satans,  
and I seek refuge in You, my Lord, lest they be present with me.

اَعُوْذُ بِكَلِمٰتِ اللّٰهِ التَّامَّاتِ الَّتِى لَا يَجَاوِزُهِنَّ بَرٌّ وَّلَا  
فَاجِرٌ مِّنْ شَرِّ مَا يَنْزِلُ مِنَ السَّمَآءِ وَمَا يَعْرَجُ فِيْهَا وَمِنْ شَرِّ  
فِتَنِ اللَّيْلِ وَالنَّهَارِ وَمِنْ كُلِّ طَارِقٍ اِلَّا طَارِقًا يُّطْرَقُ بِخَيْرٍ  
يَّارْحَمٰنُ (المعجم الاوسط للطبرانى، ج:5411:6)

I seek refuge in the complete, perfect words of Allah which neither  
the righteous nor the sinful person can exceed, from the evil that  
descends from the sky and the evil of what ascends in it, and from  
the trials of the night and the day and from the visitations of the  
night and the day except for the one that knocks with good, O  
Merciful One!

بِسْمِ اللَّهِ أَرْقِيكَ مِنْ كُلِّ شَيْءٍ يُؤْذِيكَ مِنْ حَسَدِ 21  
حَاسِدٍ وَمِنْ كُلِّ عَيْنٍ اللَّهُ يَشْفِيكَ  
(سنن ابن ماجه: 3527)

In the name of Allah, I blow on you (to remove from you) all that harms you, and from the envy of the envier and from every evil eye; May Allah cure you.

بِسْمِ اللَّهِ يُبْرِيكَ وَمِنْ كُلِّ دَاءٍ يَشْفِيكَ وَمِنْ شَرِّ حَاسِدٍ 22  
إِذَا حَسَدَ وَشَرِّ كُلِّ ذِي عَيْنٍ  
(صحيح مسلم: 5699)

In the name of Allah, may He cure you and from every illness heal you, and (protect you) from the evil of one who envies when he envies and from the evil of every one with an (evil) eye.

بِسْمِ اللَّهِ أَرْقِيكَ مِنْ كُلِّ شَيْءٍ يُؤْذِيكَ مِنْ شَرِّ كُلِّ 23  
نَفْسٍ أَوْ عَيْنٍ حَاسِدٍ، اللَّهُ يَشْفِيكَ بِاسْمِ اللَّهِ أَرْقِيكَ  
(صحيح مسلم: 5700)

In the name of Allah, I blow on you (to remove from you) all that harms you, and from the evil of every soul or envious eye; May Allah cure you; in the name of Allah, I blow on you.

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أَعُوذُ بِاللَّهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا أَجِدُ وَأُحَازِرُ (7 times)

(صحيح مسلم: 5737)

In the name of Allah.

I seek refuge in Allah and His Power from the evil that I find and that I fear.

18 Read while stroking the right hand over the sick - one may read it over their own self:

أَذْهَبِ الْبَاسَ رَبَّ النَّاسِ وَاشْفِ أَنْتَ الشَّافِي لَا شِفَاءَ إِلَّا  
شِفَاؤُكَ شِفَاءً لَا يُغَادِرُ سَقَمًا  
(صحيح مسلم: 5707)

O Lord of mankind! Remove the disease and bring about healing as You are the Healer. There is no healing but Your Healing, a healing that leaves no ailment.

19 أَسْأَلُ اللَّهَ الْعَظِيمَ رَبَّ الْعَرْشِ الْعَظِيمِ أَنْ يَشْفِيكَ (7 times)

(سنن أبي داود: 3106)

I ask Allah, the Great, Lord of the Great Throne, to cure you.

20 اِمْسَحِ الْبَاسَ رَبَّ النَّاسِ بِيَدِكَ الشِّفَاءُ لَا كَاشِفَ لَهُ إِلَّا  
أَنْتَ  
(صحيح البخاري: 5744)

O Lord of mankind! Remove the disease. In your hand is all cure, there is no one to relieve sorrow and distress except You.

O Allah! Lord of the heavens and Lord of the earth and Lord of the Great Throne, Our Lord and the Lord of everything, One who cleaves the grain and the seed, and One who sent down the Torah and the Gospel and the Criterion, I seek refuge from the evil of every thing You have grasped by its forelock. O Allah! You are the First thus there is nothing before You, You are the Final thus there is nothing after You, You are the Ascendant thus there is nothing above You, and You are the Intimate thus there is nothing besides You, remove from us our debts and enrich us against poverty.

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي 15  
السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ  
(سنن أبي داود: 5088)

In the name of Allah, by Whose name nothing on the earth or in the heavens can cause harm, and He is the Knowing, the Hearing.

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ 16  
وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ  
(صحيح البخاري: 3293)

(100 times)

There is no true deity except Allah, alone, He has no partners. To Him belongs the dominion and to Him is due all praise and He is over all things competent.

17 Place hand on the affected area and say:

بِسْمِ اللَّهِ (3 times)

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ الَّتِي لَا يَجَاوِزُهَا بَرٌّ وَلَا 13  
فَاجِرٌ مِنْ شَرِّ مَا خَلَقَ وَذَرَأَ وَبَرَأَ وَمِنْ شَرِّ مَا يَنْزِلُ مِنَ  
السَّمَاءِ وَمِنْ شَرِّ مَا يَعْرُجُ فِيهَا وَمِنْ شَرِّ مَا ذَرَأَ فِي الْأَرْضِ  
وَبَرَأَ وَمِنْ شَرِّ مَا يَخْرُجُ مِنْهَا وَمِنْ شَرِّ فِتَنِ اللَّيْلِ وَالنَّهَارِ  
وَمِنْ شَرِّ كُلِّ طَارِقٍ إِلَّا طَارِقًا يَطْرُقُ بِخَيْرٍ يَا رَحْمَنُ

(السلسلة الصحيحة: 840)

I seek refuge in the complete, perfect words of Allah which neither the righteous nor the sinful person can exceed, from the evil of all that He created and from that which He spread and from that which He made and from the evil that descends from the sky and the evil of what as-cends in it and from the trials of the night and the day and from the visitations of the night and the day except for the one that knocks with good, O Merciful One.

اللَّهُمَّ رَبَّ السَّمَاوَاتِ وَرَبَّ الْأَرْضِ وَرَبَّ الْعَرْشِ الْعَظِيمِ 14  
رَبَّنَا وَرَبَّ كُلِّ شَيْءٍ فَالِقَ الْحَبِّ وَالنَّوَى وَمُنْزِلَ التَّوْرَةِ  
وَالْإِنْجِيلِ وَالْفُرْقَانِ، أَعُوذُ بِكَ مِنْ شَرِّ كُلِّ شَيْءٍ أَنْتَ  
أَخِذٌ بِنَاصِيَتِهِ، اللَّهُمَّ أَنْتَ الْأَوَّلُ فَلَيْسَ قَبْلَكَ شَيْءٌ، وَأَنْتَ  
الْآخِرُ فَلَيْسَ بَعْدَكَ شَيْءٌ، وَأَنْتَ الظَّاهِرُ فَلَيْسَ فَوْقَكَ  
شَيْءٌ، وَأَنْتَ الْبَاطِنُ فَلَيْسَ دُونَكَ شَيْءٌ اقْضِ عَنَّا الدَّيْنَ  
وَاعْنِنَا مِنَ الْفَقْرِ (صحيح مسلم: 6889)