

# Evil Eye

## It's Reality and Treatment

The term used for an evil eye in Arabic is al-'ayn. It refers to when a person harms another with his eye. It starts when the person likes a thing, then his evil feelings affect it, by means of his repeated looking at the object of his jealousy. Ibn al Qayyam (رحمته) states, "The evil eye is like an arrow which comes from the soul of the one who envies and the one who puts the evil eye on another towards the one who is envied and on whom the evil eye is put; sometimes it hits him and sometimes it misses. If the target is exposed and unprotected, it will affect him, but if the target is cautious and armed, the arrow will have no effect and may even come back on the one who launched it." [Zaad al-Ma'aad]

The Qur'an and Hadith guide us about the evil eye. Allah ﷻ says:

وَإِنْ يَكَادُ الَّذِينَ كَفَرُوا لَيُزْلِقُونَكَ بِأَبْصَارِهِمْ لَمَّا سَمِعُوا اللَّيْلَ كَرًّا وَبِقَوْلُنَّ إِنَّهُ لَمَجْنُونٌ  
And indeed, those who disbelieve would almost make you slip with their eyes, whenever they hear the Qur'an, and they say 'indeed he is mad...' [Al-Qalam: 51]

Ibn Kathīr (رحمته) states, 'In this ayah is a proof that the effect of the evil eye and its affliction by the command of Allah is real.' [Tafsīr Ibn Kathīr]

- ♦ Narrated Abu Hurairah (رضي الله عنه), that the Messenger of Allah ﷺ said, الْعَيْنُ حَقٌّ The evil eye is true. [Ṣaḥīḥ al-Bukhārī: 5740]
- ♦ Abu Dharr (رضي الله عنه) states, that the Messenger of Allah ﷺ said, إِنَّ الْعَيْنَ لَتُؤَلِّعُ الرَّجُلَ بِأَذْنِ اللَّهِ حَتَّى يَصْعَدَ حَالِقًا ثُمَّ يَتَرَدَّى مِنْهُ Indeed by the will of Allah, the evil eye turns an individual insane, such that (sometimes) he would ascend a high place and then fall down from it. [Musnad Aḥmad: 21302]

### Seek Protection from Evil Eye

- ♦ 'Ā'ishah (رضي الله عنها) relates that the Messenger of Allah ﷺ said, اسْتَعِيذُوا بِاللَّهِ تَعَالَى مِنَ الْعَيْنِ فَإِنَّ الْعَيْنَ حَقٌّ Seek protection in Allah from the evil eye, as the effect of the evil eye is true. [Al-Silsilah al-Ṣaḥīḥah: 737]

- ◆ Abu Sa'īd رضي الله عنه narrated that the Messenger of Allah ﷺ would seek refuge from the jinn and the (evil) eye of humans, until *Al-Mu'awwidhatain* (قُلْ أَعُوذُ بِرَبِّ النَّاسِ) were revealed. So they were revealed he used them and left other than them." [*Sunan al-Tirmidhī*: 2058]

### Pray for *barakah* in a thing that seems pleasing

- ◆ ‘Āmir bin Rabi'ah رضي الله عنه narrates that the Messenger of Allah ﷺ said, **إِذَا رَأَى أَحَدُكُمْ مِنْ أَحِبِّهِ أَوْ مِنْ نَفْسِهِ أَوْ مِنْ مَالِهِ مَا يُعْجِبُهُ فَلْيُبَيِّرْ كُهُ فَإِنَّ الْعَيْنَ حَقٌّ** When one of you finds in your brother, in his self, in his wealth, something pleasing, then supplicate for *barakah* in it, as the evil eye is real. [*Musnad Ahmad*: 15700]

### Cure from Evil Eye

To cure the effects of the evil eye, read the following supplications and blow on the effected person:

• **اللَّهُمَّ أَذْهِبْ عَنْهُ حَرَّهَا وَبَرِّدْهَا وَوَصِّبْهَا.**

*Allahumma adh-hib 'anhu ḥarrahāwa bardahā wa waṣabahā*

O Allah, remove from him its heat, its coldness, its illness and weakness.

[*Al-Silsilah al-Ṣaḥīḥah*: 2572]

• **أَعِيذُكَ بِكَلِمَاتِ اللَّهِ التَّامَّةِ مِنْ كُلِّ شَيْطَانٍ وَهَامَّةٍ وَمِنْ كُلِّ عَيْنٍ لَأَمَّةٍ.**

*U'īdhu bi kalimātillāhiḥit tāmṡati min kulli shaiṡāni(n)w wa hāmmati(n)w wa min kulli 'ainil lāmmatin.*

I seek refuge in the complete, perfect words of Allah from every Satan and poisonous pest and every evil (i.e. harmful, envious) eye. [*Sunan Abī Dāwūd*: 4737]

• **بِاسْمِ اللَّهِ أَرْقِيكَ مِنْ كُلِّ شَيْءٍ يُؤْذِيكَ مِنْ شَرِّ كُلِّ نَفْسٍ أَوْ عَيْنٍ حَاسِدٍ، اللَّهُ يَشْفِيكَ، بِاسْمِ اللَّهِ أَرْقِيكَ.**

*Bismillāhi arqīka min kulli shai'i(n)y yu'dhīka, min sharri kulli nafsin aw 'aini ḥāsīdin, Allāhu yashfīka, bismillāhi arqīka.*

In the name of Allah, I blow on you (to remove from you) from 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. [*Ṣaḥīḥ Muslim*: 5700]

♦ بِاسْمِ اللَّهِ يُبْرِيكَ وَمِنْ كُلِّ دَاءٍ يَشْفِيكَ وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ  
وَشَرِّ كُلِّ ذِي عَيْنٍ.

*Bismillāhi yubrīka wa min kulli dā'i(n)y yashfīka wa min sharri ḥāsīdin idhā ḥasada wa sharri kulli dhī 'ainin.*

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. [*Ṣaḥīḥ al-Bukhārī*: 5699]

♦ اَمْسَحِ الْبَاسَ رَبَّ النَّاسِ بِيَدِكَ الشِّفَاءُ لَا كَاشِفَ لَهُ إِلَّا أَنْتَ.

*Imsaḥil ba'sa Rabban nāsi biyadikash shifā'u lā kāshifa lahu illā Anta.*

O Lord of mankind! Remove the disease. In your hand is all cure, there is no one to relieve it except You. [*Musnad Aḥmad*: 24995]

♦ بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

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

*Bismillāhir Raḥmānir Raḥīm. Qul a'ūdhu bi rabbil falaqi. min sharri mā khalaqa. wa min sharri ghāsiqin idhā waqaba. wa min sharrin naffāthāti fil'uqadi. Wa min sharri ḥāsīdin idhā ḥasada.*

Say: I seek refuge in the Lord of the daybreak. From the evil of that which 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. [*Al-Falaq*: 1-5]

♦ بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

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

*Bismillāhir Raḥmānir Raḥīm. Qul a'ūdhu bi rabbīn nāsi. Malīkin nāsi. ilāhīn nāsi. Min sharril waswāsil khannāsi. Alladhī yuwaswisu fī ṣudūrin nāsi. Minal jinnati wannāsi.*

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] into the breasts of mankind, from among the Jinn and mankind. [*Al-Nās*: 1-6]



### ◆ **Masnūn method of warding off severe effects of the evil eye:**

If the person who cast the evil eye is known, he would be requested to perform wudū' and collect the water. The affected man would wash himself with this water. [Mu'atta Imam Malik, Kitab al-'Ain: 2]

### ◆ **Cure through Lotus Leaves**

An effective treatment for evil eye is to bathe with lotus leaves. The method is:

1. Take seven green leaves and finely crush them.
2. Place them in a container and add water that is enough to bathe with.
3. Recite the following and blow on the water: Surah al-Fātiḥah, Surah al-Baqarah verses 1-5, Ayat al-Kursī (Surah al-Baqarah 255), last three verses of Surah al-Baqarah (i.e. 284-286), Surah Ale 'Imrān 1-5, Surah al-Mu'minūn 115-118, Surah al-Qalam 3-4, Surah al-Kafirūn, Surah al-Ikhlāṣ, Surah al-Falaq, and Surah Al-Nās.
4. Drink some of the water, and bathe with the remaining water.

The above method can be repeated multiple times.

### ◆ **Refrain from all forms of shirk when treating the evil eye:**

Abu Bashir Al Ansari said that he was with the Messenger of Allah ﷺ on one of his journeys. The Messenger of Allah ﷺ sent a messenger...the people at the time were sleeping. He ﷺ sent the messenger with the message:

لَا يُتَعَسَّنَ فِي رَقَبَةِ بَعِيرٍ قِلَادَةٌ مِنْ وَتَرٍ وَلَا قِلَادَةٌ إِلَّا قُطِعَتْ “No necklace of bowstring or anything else must be left on a camels' neck, it must be cut off. The narrator Malik said “I think this was due to evil eye.” [Sunan Abī Dāwūd: 2552]

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