

A PLEASANT STAY AT ONE'S DESTINATION

Recite this verse on entering any town,
city or village.

رَبِّ أَنْزِلْتِي مُنْزَلًا مُبِيرًا وَ
أَنْتَ خَيْرُ الْمُنْزَلِينَ (r)

Rabbi anzilnee mun zalammubaarakanw
wa anta khayrul munzileena.

O my Lord! cause me to disembark a
blessed alighting, and You are the best to
cause to alight.

(Al-Mu'minum : 29)

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ACQUIRING CHILDREN

Recite excessively:

رَبِّ هَبْ لِي مِنْ لَدُنْكَ
ذُرْبَيْتَ طَيِّبَةً إِنَّكَ
سَمِيعُ الدُّعَاءِ

Rabbi hab lee mil la-dunka thur-riy-yatan tayyibah. Innaka samee- 'ud du'a'.

My Lord! grant me from Thee
good offspring; surely Thou art the
Hearer of prayer.
(Ale-Imran : 38)

AILMENT OF THE HEART

Recite Surah A-Inshirah and blow on the patient.

الْهُمَّ نَشَرَّحْ لَكَ صَدَرَكَ وَوَضَعْنَا عَنْكَ
وَزَرَكَ الَّذِي أَنْقَضَ ظَهَرَكَ وَرَفَعْنَا
لَكَ ذِكْرَكَ فَإِنَّ مَعَ الْعُسْرِ يُسْرًا إِنَّ
مَعَ الْعُسْرِ يُسْرًا فَإِذَا فَرَغْتَ فَانْصَبْ
وَرَأْلِي رَبِّكَ فَارْغِبْ

Alam nashrah laka sadraka Wawada-'na a'nka wizra kallathee anqada thahraka Warafa-'na laka thikrak Fa inna ma'al -usri yusran Inna ma'al -usri yusran Faitha faraghta fan sab Wa ilaa rabbika farghab.

Have We not expanded for you your breast, And
taken off from you your burden, Which pressed
heavily upon your back, And exalted for you your
esteem? Surely with difficulty is ease. With difficulty
is surely ease. So when you are free, nominate.
And make your Lord your exclusive object.

(Al-Inshirah)

ANY SICKNESS

Read and blow on the patient.

وَنُزِّلَ مِنَ الْقُرْآنِ مَا هُوَ
شَفَاءٌ وَرَحْمَةٌ لِلْمُؤْمِنِينَ ﴿٨٢﴾

Wa nunaz-zilu minal qur'aani
maa huwa shifaa-un wa
rahmatul lil mu'mineen.

And We reveal of the Quran that
which is a healing and a mercy
to the believers.

(Al-Isra : 82)

ASSURED ACCEPTANCE OF DU'AAS

Say thrice before making any du'aa.

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ
إِنِّي كُنْتُ مِنَ الظَّالِمِينَ ﴿٨٧﴾

Laa i-laa-ha il-laa an-ta sub-haa-na-ka
in-nee kun-tu mi-nazh zhaa-limeen.

There is no god but Thou, glory be to
Thee; surely I am of those who make
themselves to suffer loss.

(Al-Anbiya : 87)

AVOIDING OR REMOVING CALAMITY

Say excessively if fearing any calamity or when a calamity has already befallen.

حَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ^{۱۷}

Hasbun laahu wa ni'mal wakeel.

Allah is sufficient for us and most excellent is the Protector.
(Ale-Imran : 173)

BLADDER PROBLEMS

Say 11 times, blow in water and let the patient drink it. Do this amal for 11 days.

يَعِبَادَىٰ الَّذِينَ أَسْرَفُوا عَلَىٰ أَنفُسِهِمْ
لَا تَقْنَطُوا مِنْ رَحْمَةِ اللَّهِ إِنَّ اللَّهَ
يَغْفِرُ الذُّنُوبَ جَمِيعًا طَرَكَهُ هُوَ
الْغَفُورُ الرَّحِيمُ^{۵۲}

Yaa 'i-baa-di-yl la-thee-na as-ra-foo 'a-laa an-fu-si-him
laa taq-na-too min rah-ma-til-laah. In-nal laa-ha
yagh-fi-ruth thu-noo-ba ja-mee- 'aa.
In-naa-hoo hu-wal gha-foo-rur ra-heem.

O my servants! who have acted extravagantly against their own souls, do not despair of the mercy of Allah; surely Allah forgives the faults altogether; surely He is the Forgiving the Merciful.

(Az-Zumar : 53)

CATARACT

Recite thrice after every salaah,
blow on fingers of both hands and
caress both eyes.

فَكَشَفْنَا عَنْكَ غَطَاءَكَ
فِي صُرُكَ الْيَوْمَ حَدِيدٌ ۝

Fa ka-shafnaa anka ghi-taa-a-ka
fa basarukal yauma hadeed.

Now We have removed from you your veil,
so your sight today is sharp.

(Qaf : 22)

CHEST PAIN

Recite 41 times, blow in zamzam
and let the patient drink it.

وَيَشِفُ صُدُورَ
قَوْمٍ مُؤْمِنِينَ ۝

Wa yash-fi su-doo-ra quaw-mim
mu-mi-neen.

And (Allah) heal the hearts of a
believing people.

(At-Taubah : 14)

COLDS AND FLU

Recite 11 times and blow on food before eating.

الْحَمْدُ لِلّٰهِ الَّذِي أَنْزَلَ عَلٰى عَبْدِهِ
الْكِتٰبَ وَلَمْ يَجْعَلْ لَهُ عِوَاجًا سَكِّينٌ
①

Al ham-du lil-laa-hil la-thee
an-za-la 'a-la 'ab-di-hil ki-taab-a
wa lam yaj-'al la-hoo 'i-wa-jaa.

(All) praise is due to Allah, Who revealed the Book to His servant and did not make in it any crookedness.

(Al-Kahf : 1)

COUGHING

Recite 41 times, blow on water and let the patient drink it.

سَلَامٌ قَوْلًا مِنْ رَبِّ رَحِيمٍ ①

Sa-laa-mun qaw-lam mir
Rab-bir ra-heem.

(Peace be on you), a Word from the Lord (Allah), Most Merciful.

(Ya-Seen : 58)

DEAFNESS

Recite 7 times and blow
on patient.

وَإِذَا قُرِئَ الْقُرْآنُ فَاسْتَمِعُوهُ
وَأَنْصُتُوا لَعَلَّكُمْ تُرْحَمُونَ ⑩

Wa i-thaa qu-ri-al qur'aanu fastami-oo
lahoo wa ansitoo la'al-lakum turhamoon.

And when the Quran is recited, then listen
to it and remain silent, that mercy may be
shown to you.
(Al-A'raf : 204)

DEATH ON IMAAN

Say after every salaah.

رَبَّنَا لَا تُزِغْ قُلُوبَنَا بَعْدَ إِذْ هَدَيْتَنَا
وَهَبْ لَنَا مِنْ لَدُنْكَ رَحْمَةً
إِنَّكَ أَنْتَ الْوَهَابُ ⑥

Rabbana laa tu-zigh qu-loo-banaa ba'-da ith
ha-daytanaa wa hab lanaa mil la-dun-ka
rahmah. Innaka antal wahhaab.

Our Lord! make not our hearts to deviate
after Thou hast guided us aright, and grant
us from Thee mercy; surely Thou art
the most liberal Giver."
(Ale-Imran : 8)

DEFECTIVE SPEECH

Recite 21 times after every salaah.

رَبِّ اشْرَحْ لِي صَدْرِي ۝ وَبَسِّرْ لِي
آمِرِي ۝ وَاحْلُلْ عُقْدَةً مِنْ لِسَانِي ۝
يَفْقَهُوا قَوْلِي ۝

Rab-bish rah lee sad-ree wa yas-sir-
lee am-reed wah-lul uq-da-tam min
li-saa-nee yaf-qa-hoo qaw-lee.

O my Lord! Expand my breast for me, and
make my affair easy to me, and loose
the knot from my tongue, (that) they
may understand my word.

(Ta-Ha : 25, 26, 27, 28)

DEPRESSION

Recite often.

الَّذِينَ آمَنُوا وَتَطَهَّرُوا
بِذِكْرِ اللَّهِ ۚ أَلَا بِذِكْرِ اللَّهِ
تَطَهَّرُ القُلُوبُ ۝

Al-latheena aamanoo wa tat-ma-
innu quloobuhum bithikrillaah. Alaa
bithikril laahi tatma-innul quloob.

Those who believe and whose hearts are
set at rest by the remembrance of Allah; now
surely by Allah's remembrance are the hearts
set at rest.

(Ar-Ra'ad : 28)

DIARRHOEA

Read 1000 times, blow on water
and let the patient drink
for 7 days.

إِنَّ اللَّهَ مَعَ الَّذِينَ اتَّقُوا
وَالَّذِينَ هُمْ مُحْسِنُونَ ﴿١٨﴾

In-nal laa-ha ma-al la-thee-nat
ta-qau wal la-thee-na hum
muh-si-noon.

Surely Allah is with those who guard
(against evil) and those who do
good (to others).
(An-Nahl : 128)

DISEASE OF THE SPLEEN

Read this ayah on paper & rub the
portion where the spleen is situated.

إِنَّ اللَّهَ يُمْسِكُ السَّمَوَاتِ وَالْأَرْضَ
أَنْ تَزُولَا هَ وَلَئِنْ زَانَا إِنْ
أَمْسَكَهُمَا مِنْ أَحَدٍ فَمُنْ
بَعْدِهِ إِنَّهُ كَانَ حَلِيمًا غَفُورًا

Innallaaha yum sikussamaawaati walarda an
tazoola wala in zaalata in amsakahuma min
ahadim mim ba'dihii innahu kaana
haleeman ghafooran.

Surely Allah upholds the heavens and the earth
lest they come to naught; and if they should
come to naught, there is none who can uphold
them after Him; surely He is the Forbearing,
the Forgiving.
(Fatir : 41)

DISOBEDIENT CHILD

Keeping in mind the child's name,
say after every salaah:

وَأَصْلِحْ لِي فِي دُرَّا يَتِيٌ
رَأْنِي تُبَدِّلُ إِلَيْكَ وَلَا نِي
مِنَ الْمُسْلِمِينَ⁽¹⁵⁾

Wa 'as-lih lee fee thur-riy-ya-tee. In-nee
tub-tu i-layka wa in-nee minal muslimeen.

And do good to me in respect of my
offspring; surely I turn to Thee, and
surely I am of those who submit.

(Al-Ahqaf : 15)

DISPELLING BAD THOUGHTS & SUSPICION

Recite this du'aa excessively.

رَبِّ أَعُوذُ بِكَ مِنْ هَمَّاتِ الشَّيَاطِينِ⁽¹⁾
وَأَعُوذُ بِكَ رَبِّ أَنْ يَخْضُرُونَ⁽²⁾

Rabbi a'oo-thu bika min ha-ma-
zaa-tish sha-yaa-teen. Wa a'oo-thu
bika rabbi an yah-dhu-roon.

O my Lord! I seek refuge in Thee from
the evil suggestions of the Shaitans;
And I seek refuge in Thee! O my Lord! from
their presence.

(Al-mu'minun : 97,98)

DOG ATTACK

When fearing a dog attack,
say 11 times.

وَكُلُّهُمْ بَاسِطٌ ذِرَاعَيْهِ بِالْوَصِيلِ

Wa kal-bu-hum baa-si-tun
thi-raa-ay-hi bil wa-seed.

And their dog stretching forth
his two legs **on the threshold.**
(Al-Kahf : 18)

EASING ONE'S TASK OR BURDEN

Recite once after every salaah

أَكْنَ حَفَّ اللَّهُ عَنْكُمْ وَعَلِمَ
أَنَّ فِيهِمْ ضَعْفًا فَإِنْ يَكُنْ مِنْكُمْ مِائَةٌ صَابِرَةٌ
يَعْلُمُوا مَا تَتَبَيَّنُهُ وَإِنْ يَكُنْ قَنْكُمْ أَلْفٌ يَعْلَمُوا
الْأَفْيَنِ يَأْذِنُ اللَّهُ وَاللَّهُ مَعَ الصَّابِرِينَ ⑩

Al-aana khaf-fafal laahu ankum wa 'alima anna
feekum dha'faa. Fa in yakum minkum mi-a-tun
saabiratun yaghliboo mi-a-tain. Wa in yakum
minkum alfun yaghliboo alfaini bi-itl-nil-laah.
Wal laahu ma-as-saabireen.

Now has Allah lightened Your burden for He
knows that there is weakness in you. So if
there be of you, a hundred steadfast, they shall
overcome two hundred and if there be of you
a thousand they shall overcome two thousand
by Allah's will. And Allah is with the steadfast.
(Al-Anfal : 66)

EASY CHILDBIRTH

Recite once at the time of labour
and blow on the woman.

أَوْلَمْ يَرَ الَّذِينَ كَفَرُوا أَنَّ السَّمَاوَاتِ
وَالْأَرْضَ كَانَتَا رَتْقًا فَفَتَّقْنَاهُمَا وَجَعَلْنَا
مِنَ الْمَاءِ كُلَّ شَيْءٍ حَيٍّ أَفَلَا يُؤْمِنُونَ ﴿١٠﴾

A wa-lam yaral la-theena kafaroo annas
sa-maa-waati wal ardha kaa-nataa
ratqan fa fa-taq-naa-humaa. Wa ja-'alnaa
mi-nal maa-'i kulla shay- 'in hayy.
A-fa-laay yu'minoon.

Do not those who disbelieve see that the
heavens and the earth were closed up,
but We have opened them; and We have
made of water everything living, will they
not then believe?

(Al-Anbiya : 30)

ECZEMA

Recite 21 times daily for 41 days
in the morning and evening,
blow on water and drink it.

فَكَسَوْنَا الْعِظَمَ لَحْمًا ثُمَّ أَنْشَأْنَاهُ
خَلْقًا أَخْرَطَ فَتَبَرَّكَ اللَّهُ
أَحْسَنُ الْخَلَقِينَ

Fa ka-sow-nal i-zhaa-ma lah-maa.
Thum-ma an-sha'-naa-hu khal-qan 'aa-khar.
Fa ta-baa-ra-kal laa-hu ah-sa-nul khaa-li-qeen.

Then We clothed the bones with flesh,
then We caused it to grow into another
creation, so blessed be Allah, the best of
the creators.

(Al-Mumineen : 14)

EVIL EYE

Recite this

وَإِن يَكُادُ الَّذِينَ كَفَرُوا إِلَيْنَا لِقُونَكُمْ
بِأَبْصَارِهِمْ لَمَّا سَمِعُوا الْذِكْرَ
يَقُولُونَ إِنَّهُ لَمَجْنُونٌ^{۱۵۷}
وَمَا هُوَ إِلَّا ذِكْرٌ لِلْعَالَمِينَ^{۱۵۸}

Wa iyyakaadul latheena kafaroo layuz liqoo
naka biabsaarihim lamma sami 'oo ththikra wa
yaqooloona innahu lamajnoonun. Wa ma
huwa illa thikrul lil'aalameena.

And those who disbelieve would almost
smite you with their eyes when they hear
the reminder, and they say: Most surely he
is mad. And it is naught but a reminder
to the nations.

(Al-Qalam : 51-52)

EXCESSIVE BLEEDING IN MENSTRUATION

Recite Soorah Kauthar 303 times
daily, blow on rain water and drink.

إِنَّمَا أَعْطَيْنَاكَ الْكَوْثَرَ
فَصَلِّ لِرَبِّكَ وَانْحَرْ
إِنْ شَاءَنَّكَ هُوَ الْأَبْتَرُ

Innaa a'taynaakal kauthar. Fa salli
lirabbika wanhar. Inna shaa-ni-a-ka
huwal abtar.

Surely We have given you Kausar. Therefore
pray to your Lord and make a sacrifice. Surely
your enemy is the one who shall be
without posterity,
(Al-Kauthar)

EXCESSIVE HUNGER

One who feels hungry even after having meals, should say this verse 11 times, blow in water and drink before meals.

وَفِي السَّمَاءِ رِزْقُكُمْ
وَمَا نُوعَدُونَ
(۱۱)

Wa fis sa-maa-i riz-qu-kum
wa maa too-a-doon.

And in the heaven is your sustenance and what you are threatened with.
(Adh-Dhariyaat : 22)

EXCESSIVE THIRST

Read 7 times, blow in water and drink it.

وَأَنْزَلْنَا مِنَ السَّمَاءِ مَاءً
بِقَدَرٍ فَاسْكَنْنَاهُ فِي الْأَرْضِ
۱۱

Wa anzal-naa mi-nas sa-maa-i
maa-an bi qa-da-rin
fa as-kan-naa-hu fil ardh.

And We send down water from the cloud according to a measure, then We cause it to settle in the earth,
(Al-Muminun : 18)

EXCESSIVE URINATION

Read 41 times, blow on sugar.
Patient to lick it and use it for
sweetening food and drink.

وَأَنْزَلْنَا مِنَ السَّمَاءِ مَاءً بِقَدْرٍ
فَاسْكَنْنَاهُ فِي الْأَرْضِ فَوَالَّذِي عَلَى
ذَهَابِ بَهْلَقْبَرُونَ ﴿١٨﴾

Wa an-zal-naa mi-nas sa-maa'-i maa-am
bi qa-da-rin fa as-kan-naa-hu fil ardh.
Wa 'in-naa 'a-la tha-haa-bim bi-hee
la qaa-diroon.

And We send down water from the cloud
according to a measure, then We cause it to
settle in the earth, and most surely We are
able to carry it away.

(Al-Muminoon : 18)

EYE PAIN

Recite 41 times between Sunnat
& Farz of Fajr & blow on eyes.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ۖ الرَّحْمَنِ
الرَّحِيمِ ۗ مُلَكِ يَوْمِ الدِّينِ ۖ
إِلَيْكَ نَعْبُدُ وَإِلَيْكَ نُسْتَعِينُ ۖ
إِهْدِنَا الصَّرَاطَ الْمُسْتَقِيمَ ۖ صَرَاطَ
الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ ۖ غَيْرُ
الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ ۖ

Bis-mil-laa-hir rah-maa-nir-ra-heem.
Alhamdu lillahi rabbil 'aalameen. Arrahmani rraheem.
Maliki yawmi ddeen. Iyyaka na'budu waiyyaka nasta'een.
Ihdinassiratal mustaqeema. Sirat allatheena an'amta
'alayhim ghayril maghdoobi 'alayhim wala ddaalleen.

FEVER

Recite, and blow on the patient.

إِنَّ الَّذِينَ اتَّقُوا إِذَا مَسَّهُمْ
طِيفٌ مِّنَ الشَّيْطَنِ ثَذَرُوا فَإِذَا
هُمْ مُبْصِرُونَ ﴿٢٠﴾

Innal-la theenattaqaw itha massahum
taaifum minash shaytaani tathakkaro
faitha hum mubsiroon.

Surely those who guard (against evil), when a
visitation from the Shaitan afflicts them
they become mindful, then they see.

(Al-Araf : 201)

FOR A SPECIFIC PAIN

Recite 7 times in the morning & evening
then blow on hands and passes
them all over body.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
الْحَمْدُ لِلَّهِ الَّذِي خَلَقَ السَّمَاوَاتِ وَالْأَرْضَ
وَجَعَلَ الظُّلْمَتِ وَالنُّورَةَ شَمْمَ الَّذِينَ كَفَرُوا
بِرَبِّهِمْ يَعْدَلُونَ ①

Bismillahi rrhamani rraheem.
Alhamdu lillaahil lathee khalqaas samaawaati
walarda waja'ala ththulumaati wannoora thummal
latheena kafaroo birabbihim ya'diloон.

In the name of Allah, the Beneficent, the Merciful.
All praise is due to Allah, Who created the heavens
and the earth and made the darkness and the
light; yet those who disbelieve set up
equals with their Lord.
(Al-Anaam : 1)

FOR PLENTY OF RIZQ

Repeat at least 7 times after
every salaah.

قُلْ اللَّهُمَّ ملِكَ الْمُلْكِ تُؤْتِي الْمُلْكَ مَنْ تَشَاءُ
وَتَنْزِعُ الْمُلْكَ وَمَنْ تَشَاءُ وَتُعْزِّزُ مَنْ تَشَاءُ
وَتُنْزِلُ مَنْ تَشَاءُ بِسِيرَةِ الْخَيْرِ إِنَّكَ عَلَى كُلِّ
شَيْءٍ قَدِيرٌ تُؤْلِي لَيْلَ فِي النَّهَارِ وَتُؤْلِي
النَّهَارَ فِي الْأَيَّلِ وَتُخْرِجُ الْحَيَّ مِنَ الْمَيِّتِ وَتُخْرِجُ
الْمَيِّتَ مِنَ الْحَيِّ وَتَرْزُقُ مَنْ تَشَاءُ بِغَيْرِ حِسَابٍ

Qul-lil laa-humma maa-liikal mulki tu'-til mulka
man ta-shaa' wa tan-zi-ul mul-ka mim-man ta-shaa'
wa tu-iz-zu man ta-shaa' wa tu-thil-lu man ta-shaa.
Bi ya-di-kal khair. Innaka a-laah kulli shay-in qadeer.
Too-li-jul lay-la fin na-haari wa too-li-jun na-haa-ra
fil layli wa tukh-ri-jul hay-ya mi-nal may-yiti wa
tukh-ri-jul may-yita mi-nal hayyi wa tar-zu-qu
man ta-shaa-u bi-ghay-ri-hisaab.

(Ale-Imran : 26-27)

FORGETFULNESS

Recite 11 times before going to bed.

سُبْحَانَكَ لَا عِلْمَ لَنَا إِلَّا مَا عَلَّمْتَنَا
إِنَّكَ أَنْتَ الْعَلِيمُ الْحَكِيمُ

Sub-haa-na-ka laa il-ma la-naa il-laa
maa al-lam-ta-naa. In-na-ka
an-tal a-lee-mul ha-keem.

Glory be to Thee! we have no knowledge but
that which Thou hast taught us; surely Thou
art the Knowing, the Wise.*

(Al-Baqarah : 32)

FULFILMENT OF DEBTS

Say excessively morning and evening.

قُلْ اللَّهُمَّ مِلِكُ الْمُلْكِ تُؤْتِي الْمُلْكَ مَنْ تَشَاءُ
وَتَنْزِعُ الْمُلْكَ مَمَنْ تَشَاءُ وَ تُعَزِّمُنَّ تَشَاءُ
وَتُنْزِلُ مَنْ تَشَاءُ بِسِيلَكَ الْخَيْرِ إِنَّكَ عَلَى كُلِّ
شَيْءٍ قَدِيرٌ ﴿٦﴾

Qul-lil laa-humma maa-likal mul-ki tu'-til
mul-ka man ta-shaa' wa tan-zu-ul mulka
mim-man ta-shaa' wa tu'-iz-zu man ta-shaa'
wa tu-thil-lu man ta-shaa' bi ya-dil-kal khair.
In-naka 'a-laah kulli shay-in qadeer.

Say: O Allah, Master of the Kingdom! Thou givest the kingdom to whomsoever Thou pleasest and takest away the kingdom from whomsoever Thou pleasest, and Thou exaltest whom Thou pleasest and abasest whom Thou pleasest in Thine hand is the good; surely, Thou hast power over all things.

(Ale-Imran : 26)

GALL BLADDER PROBLEMS

Recite 11 times, blow in water and drink it.

أَلَّرَحْمَنُ عَلَى الْعَرْشِ اسْتَوَى ⑤

Ar-rah-maa-nu 'a-lal
'ar-shis ta-waa.

The Beneficent Allah is firm in power.
(Taha : 5)

GONORRHEA

Recite 7 times after every salaah .

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
لَا إِلَهَ إِلَّا هُوَ الرَّحْمَنُ
الرَّحِيمُ

Bis-mil-laa-hir rah-maa-nir ra-heem.

Laa i-laa-ha il-laa hu-war
rah-maa-nur ra-heem.

In the name of Allah, the Beneficent,
the Merciful.

There is no god but He; He is the
Beneficent, the Merciful.
(Al-Baqarah : 163)

HEADACHES

Recite 7 times and blow on
the patient

إِنَّا أَعْطَيْنَاكَ الْكَوْثَرَ
فَصَلِّ لِرَبِّكَ وَانْحَرْ
إِنَّ شَانِئَكَ هُوَ الْأَبْتَرُ

Innaa a'taynaakal kauthar. Fa salli
lirabbika wanhar. Inna shaa-ni-a-ka
huwal abtar.

Surely We have given you Kausar. Therefore
pray to your Lord and make a sacrifice.
Surely your enemy is the one who shall
be without posterity.

(Al-Kauthar)

IMPROVING THE MEMORY

Recite everyday after Fardh Salaah for strengthening the memory and progressing in knowledge.

رَبِّ اشْرَحْ لِي صَدْرِي ۝ وَيَسِّرْ لِي
اُخْرِي ۝ وَاحْلُلْ عُقْدَةً مِنْ لِسَانِي ۝
يَفْقَهُوا قَوْلِي ۝

Rabbish rah lee sadree. Wayassir lee amree.
Wahlul 'uqdatammilisanee. Yafqahoo qawlee.

O my Lord! Expand my breast for me and make my affair easy to me, and loose the knot from my tongue, (that) they may understand my word.

(Ta-Ha : 25-28)

INDIGESTION

Say 7 times, blow on a little salt and lick it.

وَبِالْحَقِّ أَنْزَلْنَاهُ وَبِالْحَقِّ نَزَّلْنَاهُ
وَمَا أَرْسَلْنَاكَ إِلَّا مُبَشِّرًا وَنَذِيرًا ۝

Wa bil haq-qi an-zal-naa-hu wa bil
haq-qi na-zal.

Wa maa ar-sal-naa-ka il-laa
mu-bash-shi-ranw wa na-thee-raa.

And with truth have We revealed it,
and with truth did it come.

(Al Isra : 105)

And We have not sent you but as a giver of good news and as a warner.

(Al-Furqan : 56)

INSOMNIA (INABILITY TO SLEEP)

Say 11 times before retiring to bed.

إِنَّ اللَّهَ وَمَلِئُكَتَهُ يُصَلُّونَ عَلَى
النَّبِيِّ يَا بَشِّرْهَا الَّذِينَ آمَنُوا صَلَوَاتٌ عَلَيْهِ
وَسَلَامٌ وَاتَّسِلِيمٌ ⑤١

In-nal laa-ha wa ma-la-aa-'i-ka-ta-hoo
yu-sal-loo-na alan na-biya. Yaa ay-yu-hal
la-thee-na aa-ma-noo sal-loo a-lay-hi wa
sal-li-moo tas-lee-maa.

Surely Allah and His angels bless the Prophet;
O you who believe! call for (Divine) blessings
on him and salute him with a (becoming)
salutation.

(Al-Ahzab : 56)

INSUFFICIENCY OF MOTHER'S MILK

The mother to recite 21 times, blow on
water and drink for 21 days.

وَأَوْحَيْنَا إِلَيْهِ مُوسَى أَنَّ أَرْضَعِيهِ فَإِذَا أَخْفَتَ
عَلَيْهِ قَانْقِبَةَ فِي الْبَيْمَ وَلَا تَخَافِي وَلَا تَهْرَنِ فَإِنَّا
رَادِدُهُ إِلَيْكَ وَجَاءَ عَلَوْهُ مِنَ الْمُرْسَلِينَ ⑦

Wa 'aw-hay-naa 'i-laa um-mi moo-saa an ar-dhi-eeh. Fa 'i-thaa khif-ti a-lay-hi fa al-qee-hi fil yamm. Wa-laa ta-khaa-fee wa-laa tah-za-nee. In-naa raad-doo-hu'i-lay-ki wa jaa'-i-loo-hu mi-nal mur-sa-leen.

And We revealed to Musa's mother, saying:
Give him suck, then when you fear for him,
cast him into the river and do not fear nor
grieve; surely We will bring him back to you
and make him one of the messengers.

(Al-Qasas : 7)

INTERCESSION OF RASOOLULLAH ﷺ

Recite after every salaah.

لَقَدْ جَاءَكُمْ رَسُولٌ مِّنْ أَنفُسِكُمْ عَزِيزٌ عَلَيْهِ مَا
عَنْتُمْ حَرِيصٌ عَلَيْكُمْ بِالْبُوَمِينِ رَءُوفٌ رَّحِيمٌ
فَإِنْ تَوَلُّوْا فَقْلُ حَسِيَ اللَّهُ ۚ لَا إِلَهَ إِلَّا هُوَ
عَلَيْهِ تَوَكِّلْتُ وَهُوَ رَبُّ الْعَرْشِ الْعَظِيمِ ۝

La-qad jaa-a-kum rasoolum min an-fu-sikum a-zeezun
alayhi maa anit-tum ha-reesun a-lay kum bil
mu'-mineena ra'-oo-fur raheem. Fa-in ta-wal-low fa-ql
has-bi-yal laahu laa-i-laaha il-laa hoo. 'alayhi
tawak-kaltu wa huwa rabbul 'ar-shil 'a-zeem.

Certainly a Messenger has come to you from among yourselves; grievous to him is your falling into distress, excessively solicitous respecting you; to the believers (he is) compassionate. But if they turn back, say: Allah is sufficient for me, there is no god but He; on Him do I rely, and He is the Lord of mighty power.

(At-Taubah : 128, 129)

ITCHING OF THE BODY

Recite this.

فَكَسَوْنَا الْعِظَمَ لَحْمًا ثُمَّ أَنْشَأْنَاهُ
خُلْقًا أَخْرَطْ قَتَبَرَكَ اللَّهُ أَحْسَنَ
الْخَلْقِينَ ۝

Fakasawnal ithama lahman thumma
ansha naahu khalqan aakhara
fatabaarakan laahu ahsanul khaaliqeena.

Then We clothed the bones with flesh, then
We caused it to grow into another creation,
so blessed be Allah, the best of the creators.

(Al-Muminun : 14)

JAUNDICE

Say 101 times, blow in water and let the patient drink it.

سَبَّحَ اللَّهُ مَا فِي السَّمَاوَاتِ وَمَا فِي
الْأَرْضِ وَهُوَ الْعَزِيزُ الْحَكِيمُ ①

Sab-ba-ha lil-laa-hi maa fis sa-maa-waa-ti wa maa fil ardh. Wa hu-wal-a-zee-zul ha-keem.

Whatever is in the heavens and whatever is in the earth declares the glory of Allah, and He is the Mighty, the Wise.
(Al-Hashr :1)

KIDNEY PROBLEMS

For kidney pain, recite Soorah Quraish once, blow on food and let patient eat it.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
لَا يَأْلِفُ قُرْيَاشَ ۝ الْفِيهِمُ رِحْلَةَ الشِّتَّاءِ وَالصَّيْفِ ۝
فَلَيَعْبُدُوا رَبَّ هَذَا الْبَيْتِ ۝ الَّذِي أَطْعَمَهُمْ مِنْ
جُوعٍ ۝ وَآمَنَهُمْ مِنْ خَوْفٍ ۝

Li-ee-laafi quraysh. Ee-laa-fihim rihlatash shitaa-i was sayf. Fal-ya 'bduo rabba haathal bayt. Al-lathee at-a-mahum min joo. Wa aamanahum min khauf.

(In the name of Allah, the Beneficent, the Merciful.)
For the protection of the Quraish. Their protection during their trading caravans in the winter and the summer. So let them serve the Lord of this House Who feeds them against hunger and gives them security against fear.
(Quraish)

KIDNEY STONES

Recite 21 times, blow in water and drink for a few days.

وَهُوَ الَّذِي يُرْسِلُ الرِّيحَ لُبْرَاً بَيْنَ يَدَيْ رَحْمَتِهِ
حَتَّىٰ إِذَا أَقْلَتْ سَحَابًا ثُقَالًا سُقْنَهُ لِيَلْكِلِ مَقِيدٍ
فَأَنْزَلْنَا بِهِ الْمَاءَ فَأَخْرَجْنَا بِهِ مِنْ كُلِّ الشَّرَابِ
كَذِلِكَ نُخْرِجُ النَّوْتَرَ لَعَلَّكُمْ تَذَكَّرُونَ ﴿٦٣﴾

Wa hu-wal la-thee yur-si-lur ri-yaa-ha bush-ram
bay-na ya-day rah-ma-thi. Hat-taa i-thaa a-qal-lat
sa-haa-ban thi-qaa-lan suq-naa-hu li-ba-la-dim may-yi
tin fa an-zal-naa bi-hil maa'a fa akh-raj-naa bi-hee
min kul-lith tha-ma-raat. Ka-thaa-likha nukh-ri-jul maw-
taa la'al-la-kum ta-thak-ka-roon.

And He it is Who sends forth the winds bearing good news before His mercy, until, when they bring up a laden cloud, We drive it to a dead land, then We send down water on it, then bring forth with it of fruits of all kinds; thus shall We bring forth the dead that you may be mindful.

(Al-A'raaf : 57)

LEPROSY

Recite and blow on the body.

وَآيُوبَ رَأْذَنَادَمْ رَبَّهُ
آتَيْتَ مَسَنِيَ الصَّرْرَ وَأَنْتَ
أَرْحَمُ الرَّحِيمِينَ ﴿٨٣﴾

Wa ayyooba ith naadaa rabbahu annee
massa niyaddurru wa anta arhamu
rraahimeena.

* And Ayub, when he cried to his Lord, (saying): Harm has afflicted me, and Thou art the most Merciful of the merciful.

(Al-Ambya : 83)

LIVER PROBLEMS

For all liver problems recite this aayah daily, blow in water and let the patient drink it.

تَبَرَّكَ اسْمُ رَبِّكَ ذِي الْجَلَلِ
وَالْأَكْرَامِ ﴿٧٨﴾

Ta-baa-ra-kas-mu rab-bi-ka
thil ja-laa-li wal ik-raam.

Blessed be the name of your Lord,
the Lord of Glory and Honor!

(Ar-Rahman : 78)

LOSS OF APPETITE

Recite 41 times, blow on food and feed it to the patient.

هُوَ يُطْعِمُنِي وَيُسْقِينِي ﴿٢٩﴾

Hu-wa yut'-i-mu-nee wa yas-qeen.

He gives me to eat and gives me to drink.
(Ash-Shu'ara' : 79)

MAKING THE RIGHT DECISION WHEN BUYING ANYTHING

Say continuously when viewing the item, merchandise, property etc to be purchased.

قَالُوا ادْعُ لِنَا رَبَّكَ يُبَيِّنُ لَنَا مَا هِيَ، قَالَ إِنَّهُ يَقُولُ إِنَّهَا بَقَرَةٌ لَا فَارِضٌ وَلَا بَكْرٌ، عَوَانٌ
 يُبَيِّنُ ذَلِكَ فَافْعُلُوا مَا تُؤْمِرُونَ ﴿٦٨﴾ قَالُوا ادْعُ لَنَا رَبَّكَ يُبَيِّنُ لَنَا مَا لَوْنَهَا، قَالَ إِنَّهُ يَقُولُ إِنَّهَا
 بَقَرَةٌ صَفَرَاءٌ، قَاتِعَةٌ لَوْنَهَا تَسْرُ النَّظَرِيْنَ ﴿٦٩﴾ قَالُوا ادْعُ لَنَا رَبَّكَ يُبَيِّنُ لَنَا مَا هِيَ لَأَنَّ الْبَقَرَ تَشَبَّهُ عَلَيْنَا،
 وَإِنَّا إِنْ شَاءَ اللَّهُ لَمْهَتَدُونَ ﴿٧٠﴾

(Al-Baqarah : 68-70)

MENSTRUATION IRREGULARITIES

Say 341 times, blow in zamzam water and drink daily.

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَنَكَ ﴿١﴾
 إِنِّي كُنْتُ مِنَ الظَّالِمِينَ ﴿٢﴾

Laa i-laa-ha il-laa an-ta sub-haa-na-ka
 in-nee kun-tu mi-nazh zhaa-liimeen.

There is no god but Thou, glory be to Thee;
 surely I am of those who make themselves
 to suffer loss.

(Al-Anbiya : 87)

MIGRANE

Recite once and blow on the patient.

قُلْ مَنْ رَبُّ السَّمَاوَاتِ وَالْأَرْضِ قُلْ اللَّهُمَّ
 قُلْ أَفَا تَخْدُلْ ثُمَّ مِنْ دُونِهِ أَوْلِيَاءَ
 لَا يَمْلِكُونَ لِأَنفُسِهِمْ نَفْعًا وَلَا ضَرًّا

Qul mar rabbus samaawaati wal
 ardh. Qu-lil-laah. Qul a fat-ta-khath-
 tum min doo-ni-hee aw-li-yaa'-a laa
 yam-li-koo-na li an-fu-si-him naf-anw
 wa laa dhar-rraa.

Say: Who is the Lord of the heavens and the earth? Say: Allah. Say: Do you take then besides Him guardians who do not control any profit or harm for themselves?

(Ar-Ra'ad : 16)

MISCARRIAGE

If there is fear of miscarriage the verse should be recited.

أَللَّهُ يَعْلَمُ مَا تَحْمِلُ كُلُّ ائْمَانٍ
 وَمَا تَغْيِضُ الْأَرْحَامُ وَمَا تَزْدَادُ
 وَكُلُّ شَيْءٍ عِنْدَهُ بِمِقْدَارٍ

Allahu ya'lamu ma tahmilu kullo untha
 wama tagheedul arhaamu wama tazdaadu
 wakullu shayin 'indahu bimiqdaarin.

Allah knows what every female bears, and that of which the wombs fall short of completion and that in which they increase; and there is a measure with Him of everything.

(Ar-Ra'ad : 8)

MISSING PERSON OR A RUN-AWAY

Perform 2 rak'aat nafl, then say the following 119 times. Finally make du'a for his/her safe return. Do this for 40 days.

إِنَّ الَّذِيْنَ فَرَضَ عَلَيْكَ الْقُرْآنَ لَرَأَدُكَ
إِلَى مَعَادٍ

Innal lathee fa-ra-dha alaykal
qur'aana la raad-duka ilaa ma'aad.

Most surely He Who has made the Quran binding on you will bring you back to the destination.

(Al-Qasas : 85)

NIGHTMARES

Recite before going to bed.

لَهُمُ الْبُشْرَى فِي الدُّنْيَا وَفِي
الْآخِرَةِ، لَا تَبْدِيلَ لِكَلِمَاتِ اللَّهِ
ذَلِكَ هُوَ الْفَوْزُ الْعَظِيمُ

Lahumul bushraa fil hayaatid dunyaa wa
fil aakhirah. Laa tabdeela likalimaatil laah.
Thaalika huwal fawzul azheem.

They shall have good news in this world's life and in the hereafter; there is no changing the words of Allah; that is the mighty achievement.

(Yunus : 64)

NOOR ON THE FACE

Recite 11 times, his face will
shine brightly on the day of Qiyamah.

إِنَّهُ هُوَ الْبَرُّ الرَّحِيمُ ﴿١٨﴾

Innahu huwa albarru alrraheemu.

Surely He is the Benign, the Merciful.
(At-Tur : 28)

PAIN IN THE THIGHS

Read this aayah, blow in water
and drink it.

وَرَأَذَا سَأَلَكَ عِبَادِي عَرْتِي
فَإِنِّي قَرِيبٌ مَا أُحِبُّ دَعْوَةً
الَّذِي ادْعَاهُ إِذَا دَعَانِ

Wa-i-thaa sa-a-la-ka 'i-baa-dee an-nee
fa in-nee qa-reeb. U-jee-bu da'-wa-tad daa'-i
i-thaa da'-aan.

And when My servants ask you concerning
Me, then surely I am very near; I answer the
prayer of the supplicant when he calls on Me.

(Al-Baqarah : 186)

PAINFUL FINGERS AND TOES

Recite 300 times, blow on sesame seed oil and massage fingers and toes.

لَا يُصَدِّعُونَ عَنْهَا
وَلَا يُنْزِفُونَ
﴿١٩﴾

Laa yu-sad-da'-oo-na an-haa
wa laa yun-zifoon.

They shall not be affected with headache thereby, nor shall they get exhausted.

(Al-Waqi'ah : 19)

PALPITATIONS

Recite 21 times, after Fajr, blow in water and drink for 21 days.

رَبَّنَا لَا تُزِغْ قُلُوبَنَا بَعْدَ إِذْ
هَدَيْتَنَا وَهَبْ لَنَا مِنْ
لَدْنُكَ رَحْمَةً إِنَّكَ أَنْتَ الْوَهَّابُ ﴿١٧﴾

Rabbanaa laa tu-zigh qu-loo-banaa
ba'-da ith ha-daytanaa wa hab
lanaa mil la-dun-ka rahmah.
Innaka antal wahhaab.

Our Lord! make not our hearts to deviate after You has guided us aright, and grant us from The mercy; surely You are the most liberal Giver."

(Ale-Imran : 8)

PARDON FROM ALLAH

Recite this du'a once after every fardh salaah.

رَبَّنَا ظَلَمْنَا أَنفُسَنَا سَكِّنَةً وَإِنْ لَمْ
تَغْفِرْ لَنَا وَتَرْحَمْنَا لَنْ كُوْنَنَّ
مِنَ الْخَسِيرِينَ ﴿٢٣﴾

Rabbana thalamna anfusana wa illam taghfir lana watar hamna lanakoonanna minal khaasireen.

Our Lord! We have been unjust to ourselves, and if You forgive us not, and have (not) mercy on us, we shall certainly be of the losers.

(Al-A'raf : 23)

PIETY IN THE FAMILY

Recite after every salaah.

رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا وَ
ذَرْبَتِنَا قُرْبَةً أَعْيُنٍ وَ
اجْعَلْنَا لِلْمُتَقِبِّلِنَ إِمَامًا ﴿٤٣﴾

Rabbana hab lana min azwjina wathurriyyatina qurrata a'yuninw waj'alna lilmuttaqeenia imaman.

O our Lord! grant us in our wives and our offspring the joy of our eyes, and make us guides to those who guard (against evil).

(Al-Furqan : 74)

PILES

Recite this aayah and blow on the arm for a few days.

لَا يَرُونَ فِيهَا شَمْسًا
وَلَا زَمْهَرِيرًا ﴿١٣﴾

Laa ya-row-na fee-haa
sham-sanw wa-laa
zam-ha-ree-raa.

They shall find therein neither
(the severe heat of) the sun
nor intense cold.

(Al-Insan : 13)

PLEASING THE HUSBAND

Recite once, blow on anything sweet and feed it to the husband.

وَمِنَ النَّاسِ مَنْ يَتَّخِذُ مِنْ دُونِ اللَّهِ أَنْدَادًا
يُحِبُّونَهُمْ كَحُبِّ الْأَنْجَانِ وَالَّذِينَ آمَنُوا أَشَدُ حُبًّا لِتَطْهِيرِ
وَلَوْ يَرَى الَّذِينَ ظَلَمُوا إِذْ يَرُونَ الْعَذَابَ أَنَّ الْقُوَّةَ لِلَّهِ
جَمِيعًا، وَأَنَّ اللَّهَ شَدِيدُ الْعَذَابِ ﴿٦٥﴾

Wa mi-nan naa-si may yat-ta-khi-thu min doo-nil
laa-hi an-daa-dan yu-hib-boon-a-hum ka hub-bil
laah. Wal la-thee-na aa-ma-noo a-shad-du hub-bal
lil-laah. Wa low ya-ral la-thee-na zha-la-moo ith
ya-row-nal a-thaa-ba an-nal quw-wata lil-laah-i
ja-mee- 'aa. Wa an-nal laa-ha sha-dee-dul a-thaab.

And there are some among men who take for themselves objects of worship besides Allah, whom they love as they love Allah, and those who believe are stronger in love for Allah and O, that those who are unjust had seen, when they see the chastisement, that the power is wholly Allah's and that Allah is severe in requiring (evil).

(Al-Baqarah : 165)

PROGRESS AND PROTECTION OF BUSINESS

Repeat Aayatul Kursee and blow on merchandise daily.

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَقُّ الْقَيُومُهُ لَا تَأْخُذُهُ
سِنَةٌ وَلَا نَوْمٌ لَهُ مَا فِي السَّمَاوَاتِ وَمَا فِي
الْأَرْضِ مَنْ ذَا الَّذِي يَشْفَعُ عِنْدَهُ إِلَّا
بِإِذْنِهِ يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفُهُمْ
وَلَا يُحِيطُونَ بِشَيْءٍ مَنْ عَلِمَهُ إِلَّا بِمَا شَاءَ
وَسَعَ كُرْسِيُّهُ السَّمَاوَاتِ وَالْأَرْضَ وَلَا يَئُودُهُ
حَفْظُهُمَا وَهُوَ الْعَلِيُّ الْعَظِيمُ

(Al-Baqarah : 255)

PROTECTING CHILDREN AGAINST INFANTILE DISEASE

Recite this ayaah and blow on the child.

إِنِّي تَوَكَّلْتُ عَلَى اللَّهِ رَبِّي وَرَبِّكُمْ
مَا مِنْ دَآبَةٍ إِلَّا هُوَ أَخْذَنَا
صِيَّرَتْهَا إِنَّ رَبِّي عَلَى صِرَاطٍ
مُسْتَقِيلٍ

Innee tawakkaltu 'alallaahi rabbee
warabbikum ma min da aabbatin illa
huwa aakhithum binasiatiha inna rabbee
'ala siratim mustaqueem.

Surely I rely on Allah, my Lord and your Lord;
there is no living creature but He holds it by its
forelock; surely my Lord is on the right path.

(Hud : 56)

PROTECTION AGAINST EVIL MEN AND JINN

Recite of the Ayatul Kursi once after every Salaah.

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَقُّ الْقَيُومُ لَا تَأْخُذْنَا
سَيْنَةً وَلَا تُؤْمِنَّ لَهُ مَا فِي السَّمَاوَاتِ وَمَا فِي
الْأَرْضِ وَمَنْ ذَا الَّذِي يَشْفَعُ عِنْدَكَ إِلَّا
بِإِذْنِهِ يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفُهُمْ
وَلَا يُحِيطُونَ بِشَيْءٍ مِّنْ عِلْمِهِ لَا يَمَاشُهُ
وَسَمْ كُرْسِيُّهُ السَّمَاوَاتِ وَالْأَرْضَ وَلَا يَئُودُهُ
حَفْظُهُمَا وَهُوَ الْعَلِيُّ الْعَظِيمُ ﴿٦٠﴾

Allahu la ilaha illa huwal hayyul qayoomu la takhuthuhu
sinatunwwala nawmun lahu ma fissamaawaati wama fil ard
man thallathee yashfa'u indahu illa bi ithnihi ya'lamu ma
bayna aydeehim wama khalfahum wala yuheetoona bishayi
imin 'ilmihii illa bima sha aa wasi a' kursiyyu hussamaawaati
walarda wala yaooduhu hifthuhuma wahuwal a'liyul a'theem.

(Al-Baqarah : 255)

PROTECTION FROM AN OPPRESSOR

Say in his presence (softly).

فَسَتَذَكَّرُونَ مَا أَقُولُ لَكُمْ
وَأُفْوَضُ أَمْرِيَ إِلَى اللَّهِ
إِنَّ اللَّهَ بِصِيرٍ بِالْعِبَادِ

Fa sa-tath-kuroona maa aqoolu lakum.
Wa u-faw-wi-dhu amree ilal laah.
Innal laaha beseerum bil ibaad.

So you shall remember what I say to
you, and I entrust my affair to Allah,
Surely Allah sees the servants.

(Ghafir : 44)

PROTECTION FROM ENEMIES

Read once, blow on the hands and pass them over the entire body.

لَا تُدْرِكُهُ الْأَبْصَارُ وَهُوَ يُدْرِكُ
الْأَبْصَارَ وَهُوَ اللَّطِيفُ الْخَبِيرُ

Laa tud-ri-ku-hul ab-saar, Wa
hu-wa yud-ri-kul ab saar.
Wa hu-wal la-tee-ful kha-beer.

Vision comprehends Him not, and He comprehends (all) vision; and He is the Knower of subtleties, the Aware.

(Al-An'aam : 103)

PROTECTION FROM SNAKES, SCORPIONS AND HARMFUL CREATURES

Say morning and evening:

سَلَّمٌ عَلٰى نُوحٍ فِي الْعَلَيْنِ
إِنَّا كَذَلِكَ نَجِزِي الْمُحْسِنِينَ
إِنَّهُ مِنْ عِبَادِنَا الْمُؤْمِنِينَ

Sa-laa-mun 'a-laa noo-hin fil aa-la-meen.
In-naa ka-thaa-li-ka naj-zil muh-si-neen.
In-na-hoo min 'i-baa-di-nal mu'mi-neen.

Peace and salutation to Nooh among the nations. Thus do We surely reward the doers of good. Surely he was of Our believing servants.

(Al-Saffat : 79,80,81)

RELEASE FROM IMPRISONMENT

Recite this *ayaah* excessively.
It will soon find a way out.

رَبَّنَا أَخْرِجْنَا مِنْ هَذِهِ
الْقَرِيَّةِ الظَّالِمِ أَهْلُهَا وَاجْعَلْ لَنَا
مِنْ لَدُنْكَ وَلِيَّا وَاجْعَلْ لَنَا
مِنْ لَدُنْكَ نَصِيرًا ﴿٦﴾

Rabbana akhrijna min haathihil qaryati
ththalimi ahlu ha waj 'allana milladunka
waliyyawwaj 'allana milladunka
naseeran.

Our Lord! cause us to go forth from this town,
whose people are oppressors, and give us from
a guardian and give us from a helper.
(An-Nisa : 75)

REMOVING GRIEF

Reciting excessively.

وَلَهُ مَا سَكَنَ فِي الَّيْلِ وَ النَّهَارِ
وَهُوَ السَّمِيعُ الْعَلِيمُ
إِنَّ اللَّهَ يُمْسِكُ السَّمَوَاتِ وَالْأَرْضَ أَنْ تَزُولَا

Wa laahoo maa sakana fil lay-li wan
nahaar. Wa hu-was sa-mee-ul 'a-leem.
In-nal laaha yum-sikus sa-maa-waati
wal ar-dha an ta-zoo-laa.

And to Him belongs whatever dwells in the
night and the day; and He is the Hearing,
the Knowing. (Al-An'aam : 13)

Surely Allah upholds the heavens and
the earth lest they come to naught.
(Al-Fatir : 41)

REPAYMENT OF DEBTS

Recite 7 times after Fajr and seven times after Maghrib.

قُلْ اللَّهُمَّ مِلَكُ الْمُلْكِ تُوْلِيَ الْمُلْكَ
مَنْ تَشَاءُ وَتُنْزِعُ الْمُلْكَ مِمَّنْ تَشَاءُ
وَتُعَزِّزُ مَنْ تَشَاءُ وَتُنْزِلُ مَنْ تَشَاءُ
بِيَدِكَ الْخَيْرُ إِنَّكَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

Qulil laahumma malikal mulki tuteel mulka
man tashau watanzi 'ulmulka mimman tashau
watu 'izzu man tashau watuthillu man tashau
biyadikal khayru innaka 'ala kulli shayin qadeer.

Say: O Allah, Master of the Kingdom! You givest the kingdom to whomsoever You pleasest and takest away the kingdom from whomsoever You pleasest, and You exaltest whom You pleasest and abasest whom You pleasest in Thine hand is the good; surely, You has power over all things.
(Ale Imran : 26)

RINGWORM

Recite 3 times on a thread & knot it, then tie it on the patient.

فَاصَابَهَا اعْصَارٌ فِيهِ
نَارٌ فَاحْتَرَقَتْ

Fa a sabahaa i'sarun feehi narun fah taraqat.

A whirlwind with fire in it smites it so it becomes blasted.
(Al-Baqarah : 266)

SAFETY AGAINST BURGLARY, BREAK-INS AND FIRE

Say thrice before going to bed.

وَقُلِ الْحَمْدُ لِلّٰهِ الَّذِي لَمْ يَتَّخِذْ وَلَدًا فَلَمْ
يَكُنْ لَّهٗ شَرِيكٌ فِي الْمُلْكِ وَلَمْ يَكُنْ لَّهٗ وَلٰئِنْ
مِّنَ النُّّلٰلِ وَكَبِيرٌ شَكِيرٌ۝

Wa qu-lil ham-du lil-laahil la-thee lam
yat-ta-khith wa-ladan wa lam yakun
lahoo sha-reekun fil mul-ki wa-lam
yakul lahoo walii-yum mi-nath thul-li
wa kab-bir-hu takbeera.

And say: (All) praise is due to Allah, Who has
not taken a son and Who has not a partner in
the kingdom, and Who has not a helper to
save Him from disgrace; and proclaim
His greatness magnifying (Him).
(Al-Isra' : 111)

SAFETY IN JOURNEY

In addition to the masnoon
du'aas, say this, too.

تَقُولُوا سُبْحَانَ الَّذِي سَخَّرَ لَنَا هَذَا
وَمَا كُنَّا لَهُ مُقْرِنِينَ۝

Subhaanal lathee sakh-kha-ra lanaa
haathaa wa maa kunnaa lahoo
muqrineen.

Glory be to Him Who made this subservient
to us and we were not able to do it.
(Al-Zukhruf : 13)

SECURITY AGAINST ALL HARMS

Recite when one fears any injury from any person or animal.

اللَّهُ رَبُّنَا وَرَبُّكُمْ كَنَّا أَعْمَالُنَا
وَلَكُمْ أَعْمَالُكُمْ لَا جُنَاحَ
بَيْنَنَا وَبَيْنَكُمْ طَالِهُ يَجْمِعُ بَيْنَنَا

Allahu rabbuna warabbukum lana a'maluna
walakum a'malukum la hujjata baynana
wabaynakum Allahu yajma'u baynana.

Allah is our Lord and your Lord; we shall have our deeds and you shall have your deeds; no plea need there be (now) between us and you: Allah will gather us together.
(Ash-Shura : 15)

SNAKEBITE AND SCORPION STING

Say Immediately After a snakebite and scorpion sting.

نُودِيَ أَنْ بُوْرِكَ مَنْ فِي النَّارِ
وَمَنْ حَوْلَهَا وَسُبْحَانَ اللَّهِ
رَبِّ الْعَالَمِينَ ⑧

Noo-di-ya an boo-ri-ka man fin naa-ri wa
man hau-la-haa. Wa sub-haa-nal-laa-hi
rab-bil aa-la-meen.

It a voice was uttered saying: Blessed is Whoever is in the fire and whatever is about it; and glory be to Allah, the Lord of the worlds;
(An-Naml : 8)

SORE THROAT AND HOARSENESS

Recite 7 times, blow on little salt and apply into the throat.

فَلَوْلَا إِذَا بَلَغَتِ الْحُلْقُومَ
وَأَنْتُمْ حِينَئِذٍ تَنْظُرُونَ

Fa low laa i-thaa ba-la-gha-til hul-qoom. Wa an-tum hee-na-'i-thin tan-zhu-roon.

Why is it not then that when it (soul) comes up to the throat, and you at that time look on.
(Al-Waqi'ah : 83-84)

STOMACH-ACHE

Recite 7 times, blow on a little salt and lick it.

وَاللّهُ أَخْرَجَكُمْ مِّنْ
بُطُونِ أُمَّهَاتِكُمْ

Wal laa-hu akh-ra-ja-kum min bu-too-ni um-ma-haa-ti-kum.

And Allah has brought you forth from the wombs of your mothers.
(Al-Nahl : 78)

STRENGTHENING THE EYESIGHT

Recite after every salaah, blow on the fingers and rub them on the eyes.

فَكَشَفْنَا عَنْكَ غِطَاءَكَ
فِي صَرْكَ الْيَوْمَ حَلِيدٌ

Fakashaf na 'anka ghitaa a'ka fabasaru kal yawma hadeedun.

Now We have removed from you your veil,
so your sight today is sharp.

(Qaf : 22)

SWEETNESS OF FRUIT

Say before cutting or slicing the fruit.

فَذَبَحُوهَا وَمَا كَادُوا
يَفْعَلُونَ ﴿٧﴾

Fa thabahoohaa wa maa kaadoo yaf'a-loon.

So they sacrificed her, though they had not the mind to do (it).

(Al-Baqarah : 71)

TO DRIVE OUT ANTS FROM THE HOUSE

Upon reciting this verse, they will
disappear very shortly.

يَا يَهَا الْفَلُ ادْخُلُوا مَسِكِنَكُمْ
لَا يَحْطِمُنَّكُمْ سُلَيْمَانٌ وَجُنُودُهُ
وَهُمْ لَا يَشْعُرُونَ ﴿١٨﴾

Ya ayyuhan namlud khuloo
masaakinakum la yahtimannakum
sulaymaanu wa junooduhu wahum la
yash 'uroona.

O ants! enter your houses, (that)
Sulaiman and his hosts may not crush you
while they do not know.

(An-Naml : 18)

TO DRIVE OUT MOSQUITOS, FLEAS ETC.

Recite numerous time, the night will
pass without disturbance.

وَمَا لَنَا أَلَا نَتَوَكَّلُ عَلَى اللَّهِ وَقَدْ
هَدَنَا سُبُلًا وَلَنَصِرَنَّ عَلَى مَا
أَذْيَتُمُونَا وَعَلَى اللَّهِ فَلَيَتَوَكَّلَ
الْمُتَوَكِّلُونَ ﴿١٢﴾

Wama lana alla natawakkala 'alal laahi waqad
hadaana subulana walanas biranna 'ala ma
aathay tumoona wa 'alal laahi fal yata
wakkalil muta wakkiloona.

And what reason have we that we should
not rely on Allah? And He has indeed guided
us in our ways; and certainly we would
bear with patience your persecution of us;
and on Allah should the reliant rely.

(Ibrahim : 12)

TOOTHACHE

After reciting Soorah Faatihah once, recite this verse 7 times, blow on right hand and caress affected areas.

وَلَهُ مَا سَكَنَ فِي الْيَلَى وَالنَّهَارِ
وَهُوَ السَّمِيعُ الْعَلِيمُ^{١٧}

Wa laahoo maa sakana fil layli wan
nahaar. Wa huwas samee-ul aleem.

And to Him belongs whatever dwells in
the night and the day; and He is
the Hearing, the Knowing.

(Al-An'aam : 13)

URINARY TRACT OBSTRUCTION

Recite Soorah Ikhlaas 11 times,
blow in water and drink.

قُلْ هُوَ اللَّهُ أَحَدٌ^١ اللَّهُ الصَّمَدُ^٢
لَمْ يَلِدْ^٣ وَلَمْ يُوْلَدْ^٤ وَلَمْ يَكُنْ^٥
لَّهُ كُفُواً أَحَدٌ^٦

Qul hu-wal laa-hu ahad. Al-laa-hus
samad. Lam yalid wa lam yoo-lad.
Wa lam ya-kun-la-hoo ku-fu-wan ahad.

Say: He, Allah, is One. Allah is
He on Whom all depend. He begets not,
nor is He begotten. And none is like Him.
(Al-Ikhlas)

URINE PROBLEMS

Read 101 times daily.

وَجَعَلْنَا مِنَ الْمَاءِ كُلَّ شَيْءٍ
حَتَّىٰ أَفَلَا يُؤْمِنُونَ ۚ

Wa ja'-al-naa mi-nal maa-i kul-la
shay-'in hayy. A fa-la-a
yu'-mi-noon.

And We have made of water everything
living, will they not then believe?
(Al-Anbiya : 30)

WEAKNESS OF MEMORY

Recite 7 times and blow on
oneself or the patient.

سُقْرِئِكَ فَلَا تَنْسَىٰ
إِلَّا مَا شَاءَ اللَّهُ مِنْهُ

Sa-nuq-ri'-u-ka fa laa tan-saa
il-laa maa shaa-al-laah.

We will make you recite so you shall
not forget except what Allah pleases.

WHEN SOMEBODY GOT TERRIFIED

One who is terrified of his enemy or fears the approach of any calamity should recite this verse excessively.

فَاللَّهُ خَيْرٌ حَفِظًا
وَهُوَ أَرْحَمُ الرَّحِيمِينَ

Fallahu khayrun haafithanw
wahuwa arhamur raahimeen.

but Allah is the best Keeper, and He is the most Merciful of the merciful ones.

(Yusuf : 64)

WHEN FEARING AN ATTACK FROM AN ANIMAL

Recite this ayaah and blow towards the animal. It won't attack.

أَللَّهُ رَبُّنَا وَرَبُّكُمْ طَكَّنَا أَعْمَالُنَا
وَلَكُمْ أَعْمَالُكُمْ طَلَّا حُجَّةً بَيْنَنَا
وَبَيْنَكُمْ طَالِلُهُ يَجْمِعُ بَيْنَنَا

Allahu rabbuna warabbukum lana a'maluna
walakum a'malukum la hujjata baynana
wabaynakum Allahu yajma'u baynana.

Allah is our Lord and your Lord; we shall have our deeds and you shall have your deeds; no plea need there be (now) between us and you: Allah will gather us together.

(Ash-Shura : 15)

WHEN SOMETHING IS LOST OR MISPLACED

Say يَاهْفِظْ (Ya Hafeezhu - O Protector)
119 times, then say 199 times.

يُبَتِّئَ إِنَّهَا إِنْ تَكُ مِثْقَالَ حَبَّةٍ مِّنْ خَرْدَلٍ
فَتَكُونُ فِي صَخْرَةٍ أَوْ فِي السَّمَوَاتِ أَوْ فِي
الْأَرْضِ يَا تِبْعَثْ بِهَا اللَّهُ

Ya bu-nay-ya 'in-na-haa 'in taku mith-qaala
hab-ba-tim min khar-dalin fa takun fee
sakh-ratin aw fis sa-maa-waati aw
fil ar-dhi ya '-ti bi-hal laah.

O my son! surely if it is the very weight of
the grain of a mustard-seed, even though it
is in (the heart of) rock, or (high above) in
the heaven or (deep down) in the earth,

Allah will bring it (to light).

(Luqman : 16)