Supplication for one afflicted by whispering in prayer or recitation

'othman Ibn Al-aas narrated: I said 'O Messenger of Allah[PBUH], verily the devil comes between me and my prayer and recitation making me confused' The Messenger of Allah [PBUH] replied 'That is a devil called Khanzab, so if you sense his presence then seek refuge in Allah from him and spit (A form of spitting comprising mainly of air with little spittle) on your left side three times.'