

Release from Imprisonment	76
Removing Grief	77
Repayments of Debts	78
Ringworm	79
Safety Against Burglary, Break-ins and Fire	80
Safety in Journey	81
Security Against All Harms	82
Snakebite and Scorpion Sting	83
Sore Throat and Hoarseness	84
Stomach-ache	85
Strengthening the Eyesight	86
Sweetness of Fruits	87
To Drive Out Ants From the House	88
To Drive Out Mosquitoes, Fleas Etc.	89
Toothache	90
Urinary Tract Obstruction	91
Urine Problems	92
Weakness of Memory	93
When Somebody Got Terrified	94
When Fearing An Attack From An Animal	95
When Something is Lost or Misplaced	96

A PLEASANT STAY AT ONE'S DESTINATION

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

رَبِّ أَنْزِلْنِي مُنْزَلًا مُبْرَكًا وَ
أَنْتَ خَيْرُ الْمُنْزِلِينَ ﴿٢٩﴾

Rabbi anzilnee mun zalamubaarakanw
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)

ACQUIRING CHILDREN

Recite excessively:

رَبِّ هَبْ لِي مِنْ لَدُنْكَ
ذُرِّيَّةً طَيِّبَةً إِنَّكَ
سَمِيعُ الدُّعَاءِ ﴿٣٨﴾

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

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.

الْمَنَشْرَحَ لَكَ صَدْرَكَ ۙ وَوَضَعْنَا عَنكَ
وِزْرَكَ ۙ الَّذِي أَنقَضَ ظَهْرَكَ ۙ وَرَفَعْنَا
لَكَ ذِكْرَكَ ۙ فَإِنَّ مَعَ الْعُسْرِ يُسْرًا ۙ إِنَّ
مَعَ الْعُسْرِ يُسْرًا ۙ فَإِذَا فَرَغْتَ فَانصَبْ ۙ
وَإِلَىٰ رَبِّكَ فَارْغَبْ ۙ ﴿٨﴾

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.

وَنُنزِّلُ مِنَ الْقُرْآنِ مَا هُوَ
شِفَاءٌ وَرَحْمَةٌ لِّلْمُؤْمِنِينَ ۝

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 ۝

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 ﴿١٢٦﴾

Hasbunal 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.

يُعِبَادِي الَّذِينَ اسْرِفُوا عَلَىٰ أَنفُسِهِمْ
لَا تَقْنَطُوا مِن رَّحْمَةِ اللَّهِ إِنَّ اللَّهَ
يَغْفِرُ الذُّنُوبَ جَمِيعًا إِنَّهُ هُوَ
الْعَفُورُ الرَّحِيمُ ﴿٥٣﴾

Yaa 'i-baa-di-yal 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 غِطَاءَكَ
فَبَصَّرُكَ الْيَوْمَ حَدِيدٌ ﴿٢٢﴾

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.

وَيَشْفِ صُدُورًا
قَوْمٍ مُّؤْمِنِينَ ﴿١٣﴾

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 لِلَّهِ الَّذِي أَنْزَلَ عَلَيَّ عَبْدِيهِ
الْكِتَابَ وَلَمْ يَجْعَلْ لَهُ عِوَجًا ۝١

Al ham-du lil-laa-hil la-thee
an-za-la 'a-laa 'ab-di-hil ki-taaba
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 مِّن رَّبِّ رَحِيمٍ ۝٥٨

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 فَاسْتَمِعُوا لَهُ
وَأَنْصِتُوا لَعَلَّكُمْ تُرْحَمُونَ ﴿٢٠٤﴾

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 الْوَهَّابُ ﴿٨﴾

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 ۙ وَيَسِّرْ لِي
أَمْرِي ۙ وَاحْلُلْ عُقْدَةً مِّنْ لِّسَانِي ۙ
يَفْقَهُوا قَوْلِي ۙ

Rab-bish rah lee sad-ree wa yas-sir
lee am-ree 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 وَتَطْمَئِنُّ قُلُوبُهُمْ
بِذِكْرِ اللَّهِ ۗ أَلَا بِذِكْرِ اللَّهِ
تَطْمَئِنُّ الْقُلُوبُ ۗ

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 اتَّقَوْا
وَالَّذِينَ هُمْ مُحْسِنُونَ ﴿١٢٨﴾

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 aayah on paper & rub the
portion where the spleen is situated.

إِنَّ اللَّهَ يُمْسِكُ السَّمَوَاتِ وَالْأَرْضَ
أَنْ تَزُولَا ۗ وَلَئِن زَالَتَا إِنْ
أَمْسَكَهُمَا مِنْ أَحَدٍ مِّنْ
بَعْدِهِ ۗ إِنَّهُ كَانَ حَلِيمًا غَفُورًا ﴿٢١﴾

Innallaaha yum sikussamaawaati walarda an
tazoola wala in zaalata in amsakahuma min
ahadim mim ba'dihi 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 ذُرِّيَّتِي ۗ
إِنِّي تَوَكَّلْتُ عَلَىكَ وَإِنِّي
مِنَ الْمُسْلِمِينَ ﴿١٥﴾

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 اَعُوْذُ بِكَ مِنْ هَمَزَاتِ الشَّيْطَانِ ۙ
وَاعُوْذُ بِكَ رَبِّ اَنْ يَّحْضُرُوْنِ ﴿٩٨﴾

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.

وَكَلْبُهُمْ بَاسِطٌ ذِرَاعَيْهِ بِالْوَصِيدِ ط

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

أَلَنْ خَفَّفَ اللَّهُ عَنْكُمْ وَعَلِمَ
أَنَّ فِيكُمْ ضَعْفًا فَإِنْ يَكُنْ مِنْكُمْ مِائَةٌ صَابِرَةٌ
يَغْلِبُوا مِائَتَيْنِ ۚ وَإِنْ يَكُنْ مِنْكُمْ أَلْفٌ يَغْلِبُوا
أَلْفَيْنِ بِإِذْنِ اللَّهِ ۗ وَاللَّهُ مَعَ الصَّابِرِينَ ۝

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-ith-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.

أَوَلَمْ يَرِ الَّذِينَ كَفَرُوا أَنَّ السَّمَوَاتِ
وَالْأَرْضَ كَانَتَا رَتْقًا فَفَتَقْنَاهُمَا وَجَعَلْنَا
مِنَ الْمَاءِ كُلَّ شَيْءٍ حَيٍّ أَفَلَا يُؤْمِنُونَ ﴿٣٠﴾

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-laa 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.

فَلَسُونَا الْعِظْمَ لَحْمًا ثُمَّ أَنْشَأْنَاهُ
خَلْقًا آخَرَ فَتَبَرَّكَ اللَّهُ
أَحْسَنُ الْخَالِقِينَ ﴿١٤﴾

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

وَأَنْ يَكْفُرُوا بِالَّذِينَ كَفَرُوا
بِأَبْصَارِهِمْ لَمَّا سَمِعُوا
الذِّكْرَ وَيَقُولُونَ إِنَّهُ
لَمَجْنُونٌ ﴿٥١﴾
وَمَا هُوَ إِلَّا ذِكْرٌ لِلْعَالَمِينَ ﴿٥٢﴾

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.

إِنَّا أَعْطَيْنَاكَ الْكَوْثَرَ ﴿١﴾
فَصَلِّ لِرَبِّكَ وَأَنْحَرُ ﴿٢﴾
إِنَّ شَانِئَكَ هُوَ الْأَبْتَرُ ﴿٣﴾

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 تُوعَدُونَ ﴿٢٢﴾

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 فَأَسْكَنَتْهُ فِي الْأَرْضِ نَّارًا

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 بِقَدَرٍ
فَأَسْكَنْتَهُ فِي الْأَرْضِ ۗ وَإِنَّا عَلَىٰ
ذَهَابٍ بِهِ لَقَادِرُونَ ﴿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-laa 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 ۝ مَلِكِ يَوْمِ الدِّينِ ۝
إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ ۝
اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ ۝ صِرَاطَ
الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ ۝ غَيْرِ
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 اتَّقَوْا إِذَا مَسَّهُمْ
طَٰئِفٌ مِّنَ الشَّيْطٰنِ تَذٰكُرٌ وَإِذَا
هُم مُّبْصِرُونَ ﴿٢٠١﴾

Innal-la theenattaqaw itha massahum
taaifum minash shaytaani tathakkaroo
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 اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ
الْحَمْدُ لِلّٰهِ الَّذِیْ خَلَقَ السَّمٰوٰتِ وَالْاَرْضَ
وَجَعَلَ الظُّلُمٰتِ وَالنُّوْرَ ثُمَّ الَّذِیْنَ كَفَرُوْا
یَرٰبَرٰهُمْ یَعْدِلُوْنَ ①

Bismillahi rrahmani rraheem.
Alhamdu lillaahil lathee khalaqas samaawaati
walarda waja'ala ththulumaati wannooru thummal
latheena kafaroo birabbihim ya'diloon.

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.

قُلِ اللَّهُمَّ لَكَ الْمُلْكُ نُوْتِي الْمُلْكَ مَنْ تَشَاءُ
وَتَنْزِعُ الْمُلْكَ مِمَّنْ تَشَاءُ وَتُعْزِزُ مَنْ تَشَاءُ
وَتُذِلُّ مَنْ تَشَاءُ بِبَيْدِكَ الْخَيْرُ إِنَّكَ عَلَى كُلِّ
شَيْءٍ قَدِيرٌ ۝ تُؤَلِّمُ الْبَيْلَ فِي النَّهَارِ وَتُؤَلِّجُ
النَّهَارَ فِي الْبَيْلِ وَتُخْرِجُ الْحَيَّ مِنَ الْمَيِّتِ وَتُخْرِجُ
الْمَيِّتَ مِنَ الْحَيِّ وَتَرْزُقُ مَنْ تَشَاءُ بِغَيْرِ حِسَابٍ ۝

**Qul-lil laa-humma maa-likal 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-laa 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.

قُلِ اللَّهُمَّ لِيكَ الْمُلْكُ تَوَكَّلْتُ عَلَى الْمَلِكِ مِنْ نَشَاءٍ
وَتَنَزَعُ الْمُلْكَ مِنِّي نَشَاءً وَتَعِزُّمَنْ نَشَاءٍ
وَتَذِلُّ مَنْ نَشَاءُ بِيَدِكَ الْخَيْرُ إِنَّكَ عَلَى كُلِّ
شَيْءٍ قَدِيرٌ ﴿٥٠﴾

**Qul-lil laa-humma maa-likal mul-ki tu' -til
mul-ka man ta-shaa' wa tan-zi-'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-laa 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 Thin hand is the good; surety, Thou hast power over all things.

(Ale-Imran : 26)

GALL BLADDER PROBLEMS

Recite 11 times, blow in water and drink it.

الرَّحْمَنُ عَلَى الْعَرْشِ اسْتَوَى ﴿٥٠﴾

**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 ﴿١٦٣﴾

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 ﴿١﴾
فَصَلِّ لِرَبِّكَ وَأَنْحَرُ ﴿٢﴾
إِنَّ شَانِئَكَ هُوَ الْأَبْتَرُ ﴿٣﴾

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

Surely We have given you Kauser. 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
أَمْرِي ۖ وَاحْلُلْ عُقْدَةً مِّنْ لِّسَانِي ۖ
يَفْقَهُوا قَوْلِي ۖ

Rabbish'rah lee sadree. Wayassir lee amree.
Wahlul 'uqdatammillisane. 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 نَزَلَ
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 وَمَلَائِكَتَهُ يُصَلُّونَ عَلَى
النَّبِيِّ يَا أَيُّهَا الَّذِينَ آمَنُوا صَلُّوا عَلَيْهِ
وَسَلِّمُوا تَسْلِيمًا ﴿٥٦﴾

In-nal laa-ha wa ma-laa-'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 إِلَىٰ أُمِّ مُوسَىٰ أَنْ أَرْضِعِيهِ ۖ فَإِذَا خِفْتِ
عَلَيْهِ فَالْقِيهِ فِي الْيَمِّ وَلَا تَخَافِي وَلَا تَحْزَنِي ۗ إِنَّا
رَادُّوهُ إِلَيْكِ وَجَاعِلُوهُ مِنَ الْمُرْسَلِينَ ﴿٤٠﴾

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
عَنِتُّمْ حَرِيصٌ عَلَيْكُمْ بِالْمُؤْمِنِينَ رَءُوفٌ رَّحِيمٌ ﴿١٢٨﴾
فَإِنْ تَوَلَّوْا فَقُلْ حَسْبِيَ اللَّهُ ۚ لَا إِلَهَ إِلَّا هُوَ
عَلَيْهِ تَوَكَّلْتُ وَهُوَ رَبُّ الْعَرْشِ الْعَظِيمِ ﴿١٢٩﴾

La-qad jaa-a-kum rasoolum min an-fu-sikum a-zeezun
alayhi maa anit-tum ha-ree-sun a-lay kum bil
mu'-mineena ra-'oo-fur raheem. Fa-in ta-wal-low fa-qul
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 الْعِظْمَ لَحْمًا ثُمَّ أَنشَأْنَاهُ
خَلْقًا آخَرَ فَتَبَرَّكَ اللَّهُ أَحْسَنُ
الْخَالِقِينَ ﴿١٤﴾

Fakasawnal 'ithama lahman thumma
ansha naahu khalqan aakhara
fatabaarakal laahu ahsanul khaaliqueena.

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 لِلَّهِ مَا فِي السَّمَوَاتِ 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
لِإِيلَافِ قُرَيْشٍ ۝ الْفِهِمُ رِحْلَةَ الشِّتَاءِ وَالصَّيْفِ ۝
فَلْيَعْبُدُوا رَبَّ هَذَا الْبَيْتِ ۝ الَّذِي أَطْعَمَهُمْ مِنْ
جُوعٍ ۝ وَأَمَّنَّهُمْ مِنْ خَوْفٍ ۝

Li-ee-laafi quraysh. Ee-laa-fohim rihlatash shitaai-i was sayf. Fal-ya 'budoo 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 بُشْرًا بَيْنَ يَدَيْ رَحْمَتِهِ ۗ
حَتَّىٰ إِذَا أَقَلَّتْ سَحَابًا ثِقَالًا سُقْنَهُ لِبَلَدٍ مَّيِّتٍ
فَأَنْزَلْنَا بِهِ الْمَاءَ فَأَخْرَجْنَا بِهِ مِنْ كُلِّ الثَّمَرَاتِ ۗ
كَذَٰلِكَ نُخْرِجُ الْمَوْتَى لَعَلَّكُمْ تَذَكَّرُونَ ﴿٥٧﴾

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-lika 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.

وَإِيُّوبَ إِذْ نَادَىٰ رَبَّهُ
أِنِّي مَسَّنِيَ الضُّرُّ 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-Ambiya : 83)

LIVER PROBLEMS

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

تَبْرَكَ اسْمُ رَبِّكَ ذِي الْجَلْلِ
وَالْإِكْرَامِ ۞

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 وَيَسْقِينِ ۞

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 اِدْعُ لَنَا رَبَّكَ يُبَيِّنْ لَنَا مَا هِيَ ۗ قَالَ
 اِنَّهُ يَقُولُ اِنَّهَا بَقْرَةٌ لَا فَارِضٌ وَلَا بَكْرَةٌ عَوَانُ
 بَيْنَ ذَلِكَ فَاَفْعَلُوا مَا تُؤْمُرُونَ ۝ قَالُوا اِدْعُ لَنَا
 رَبَّكَ يُبَيِّنْ لَنَا مَا لَوْهَا ۗ قَالَ اِنَّهُ يَقُولُ اِنَّهَا
 بَقْرَةٌ صَفْرَاءٌ فَاقْعُ لَوْهَا تَسُرُّ النَّظْرِيْنَ ۝ قَالُوا
 اِدْعُ لَنَا رَبَّكَ يُبَيِّنْ لَنَا مَا هِيَ ۗ اِنَّ الْبَقْرَةَ شَبَهَ عَلَيْنَا
 وَاِنَّا اِنْ شَاءَ اللهُ لَمُهْتَدُوْنَ ۝

(Al-Baqarah : 68-70)

MENSTRUATION IRREGULARITIES

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

لَا اِلٰهَ اِلَّا اَنْتَ سُبْحٰنَكَ
 اِنِّى كُنْتُ مِنَ الظّٰلِمِيْنَ

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)

MIGRANE

Recite once and blow on the patient.

قُلْ مَنْ رَبُّ السَّمَوَاتِ وَالْأَرْضِ ط قُلِ اللَّهُ ط
قُلْ أَفَاتَخَذُ ثُمَّ مِنْ دُونِهِمْ أَوْلِيَاءُ
لَا يَمْلِكُونَ لِأَنْفُسِهِمْ نَفْعًا وَلَا ضَرًّا ط

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-aa.

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.

اللَّهُ يَعْلَمُ مَا تَحْمِلُ كُلُّ أُنْثَى
وَمَا تَغِيضُ الْأَرْحَامُ وَمَا تَزْدَادُ ط
وَكُلُّ شَيْءٍ عِنْدَهُ بِإِقْدَارٍ ١

Allahu ya'lamu ma tahmilu kullu 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'aa for his/her safe return. Do this for 40 days.

إِنَّ الَّذِي فَرَضَ عَلَيْكَ الْقُرْآنَ لَرَادُّكَ
إِلَيْهِ مَعَادٌ

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 الْبُشْرَىٰ فِي الْحَيَاةِ الدُّنْيَا وَفِي
الْآخِرَةِ ۗ لَا تَبْدِيلَ لِكَلِمَاتِ اللَّهِ
ذَٰلِكَ هُوَ الْفَوْزُ الْعَظِيمُ ﴿٦٤﴾

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 ﴿٢٨﴾

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.

وَإِذَا سَأَلَكَ عِبَادِي عَنِّي
فَأِنِّي قَرِيبٌ أُجِيبُ دَعْوَةَ
الدَّاعِ 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 ۝
19

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

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
لَدُنْكَ رَحْمَةً إِنَّكَ أَنْتَ الْوَهَّابُ ۝

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 سَاءً وَإِن لَّمْ
تَغْفِرْ لَنَا وَتَرْحَمْنَا لَنَكُونَنَّ
مِنَ الْخَاسِرِينَ ﴿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
ذُرِّيَّتَنَا قُرَّةَ أَعْيُنٍ وَ
اجْعَلْنَا لِلْمُتَّقِينَ إِمَامًا ﴿٧٤﴾

Rabbana hab lana min azwajina
wathurriyyaatina qurrata a'yuninw
waj'alna lilmuttaqeen imamman.

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 ۝۱۳

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 مَن يَتَّخِذُ مِن دُونِ اللَّهِ أَنَدَادًا
يُحِبُّونَهُمْ كَحُبِّ اللَّهِ وَالَّذِينَ آمَنُوا أَشَدُّ حُبًّا لِلَّهِ
وَلَوْ يَرَى الَّذِينَ ظَلَمُوا إِذْ يَرُونَ الْعَذَابَ أَنَّ الْقُوَّةَ لِلَّهِ
جَمِيعًا ۖ وَأَنَّ اللَّهَ شَدِيدُ الْعَذَابِ ۝۱۶۵

Wa mi-nan naa-si may yat-ta-khi-thu min doo-nil
laa-hi an-daa-dan yu-hib-boo-na-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-laa-hi
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 requiting (evil).

(Al-Baqarah : 165)

PROGRESS AND PROTECTION OF BUSINESS

Repeat Aayatul Kursee and blow on merchandise daily.

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ لَا تَأْخُذُهُ
سِنَةٌ وَلَا نَوْمٌ لَهُ مَا فِي السَّمَوَاتِ وَمَا فِي
الْأَرْضِ مَنْ ذَا الَّذِي يَشْفَعُ عِنْدَهُ إِلَّا
بِإِذْنِهِ يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ
وَلَا يُحِيطُونَ بِشَيْءٍ مِنْ عِلْمِهِ إِلَّا بِمَا شَاءَ
وَسِعَ كُرْسِيُّهُ السَّمَوَاتِ وَالْأَرْضَ وَلَا يَئُودُهُ
حِفْظُهُمَا وَهُوَ الْعَلِيُّ الْعَظِيمُ ﴿٢٥٥﴾

(Al-Baqarah : 255)

PROTECTING CHILDREN AGAINST INFANTILE DISEASE

Recite this ayaah and blow on the child.

إِنِّي تَوَكَّلْتُ عَلَى اللَّهِ رَبِّي وَرَبِّكُمْ
مَا مِنْ دَابَّةٍ إِلَّا هُوَ آخِذٌ بِهَا
صِيَّتِهَا إِنْ رَجَعْتَ عَلَىٰ صِرَاطٍ
مُسْتَقِيمٍ ﴿٥١﴾

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

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 ۖ الْحَيُّ الْقَيُّومُ ۚ لَا تَأْخُذُهُ
سِنَةٌ ۚ وَلَا نَوْمٌ ۚ لَهٗ مَا فِي السَّمٰوٰتِ وَمَا فِي
الْاَرْضِ ۗ مَنْ ذَا الَّذِي يَشْفَعُ عِنْدَهٗ اِلَّا
بِاِذْنِهٖ ۗ يَعْلَمُ مَا بَيْنَ اَيْدِيهِمْ وَمَا خَلْفَهُمْ ۗ
وَلَا يُحِيطُوْنَ بِشَيْءٍ اِلَّا بِمَا شَاءَ ۗ وَسِعَ
كُرْسِيُّهٗ السَّمٰوٰتِ وَالْاَرْضَ ۗ وَلَا يَـُٔوْدُهٗ
حِفْظُهٗمَا ۗ وَهُوَ الْعَلِيُّ الْعَظِيْمُ ﴿٢٥٥﴾

Allahu la ilaaha illa huwal hayyul qayyoomu la takhuthuhu
sinatunwala nawmun lahu ma fissaamaawaati wama fil ard
man thallathee yashfa-'u 'indahu illa bi ithnihi ya'lamu ma
bayna aydechim wama khalfahum wala yuheetoona bishayi
immin 'ilmihi illa bima sha aa wasi a' kursiyyu hussamaawaati
walarda wala yaooduhu hifhuhuma wahuwal a'liyul a'theem.

(Al-Baqarah : 255)

PROTECTION FROM AN OPPRESSOR

Say in his presence (softly).

فَسْتَذْكُرُوْنَ مَا اَقُوْلُ لَكُمْ ط
وَأُقَوِّضُ اَمْرِيْ اِلَى اللّٰهِ ط
اِنَّ اللّٰهَ بِصَبْرِ الْعِبَادِ ﴿٤٤﴾

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 ﴿١٠٣﴾

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:

سَلَامٌ عَلَى نُوْحٍ فِي الْعَالَمِيْنَ ﴿٤٩﴾
إِنَّا كَذَلِكَ نَجْزِي الْمُحْسِنِيْنَ ﴿٥٠﴾
إِنَّهُ مِنْ عِبَادِنَا الْمُؤْمِنِيْنَ ﴿٥١﴾

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
الْقَرْيَةِ الظَّالِمِ أَهْلُهَا وَاجْعَلْ لَنَا
مِنْ لَدُنْكَ وَلِيًّا وَاجْعَلْ لَنَا
مِنْ لَدُنْكَ نَصِيرًا ۝

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 الْبَيْلِ وَ النَّهَارِ
وَهُوَ السَّمِيعُ الْعَلِيمُ ﴿١٣﴾
إِنَّ اللَّهَ يُمْسِكُ السَّمَوَاتِ وَالْأَرْضَ أَنْ تَزُولَا

Wa lahoo 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.

قُلِ اللَّهُمَّ مَلِكُ الْمَلِكِ تُؤْتِي الْمَلِكَ
مَنْ تَشَاءُ وَتَنْزِعُ الْمَلِكَ مِمَّنْ تَشَاءُ
وَتُعِزُّ مَنْ تَشَاءُ وَتُذِلُّ مَنْ تَشَاءُ
بِيَدِكَ الْخَيْرُ إِنَّكَ عَلَىٰ كُلِّ شَيْءٍ قَدِيرٌ ﴿٣٧﴾

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 Thin hand is
the good; surety, You has power over all things.

(Ale Imran : 26)

RINGWORM

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

فَأَصَابَهَا إِعْصَارٌ فِيهِ
نَارٌ فَاحْتَرَقَتْ ط

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 لِلَّهِ الَّذِي لَمْ يَتَّخِذْ وَلَدًا وَلَمْ
يَكُنْ لَهُ شَرِيكٌ فِي الْمَلِكِ وَلَمْ يَكُنْ لَهُ وِلِيٌّ
مِّنَ الدُّنْيَا وَكَبِيرَةٌ كَبِيرًا ۝

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 waliy-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 سَخَّرْنَا 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 ط كُنَّا أَعْمَالُنَا
وَلَكُمْ أَعْمَالُكُمْ ط لَا حِجَّةَ
بَيْنَنَا وَبَيْنَكُمْ ط اللَّهُ يَجْمَعُ 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 بُورِكَ مَنْ فِي النَّارِ
وَمَنْ حَوْلَهَا ط وَسُبْحَانَ اللَّهِ
رَبِّ الْعَالَمِينَ ①

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 الْحُلُقُومَ ﴿٨٣﴾
وَأَنْتُمْ حِينِيذٍ تَنْظُرُونَ ﴿٨٤﴾

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.

وَاللَّهُ أَخْرَجَكُمْ مِنْ
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
فَبَصَرُكَ الْيَوْمَ حَدِيدٌ ﴿٢٢﴾

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.

فَذَبْحُوهَا وَمَا كَادُوا
يَفْعَلُونَ ﴿٧١﴾

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 أَيُّهَا الْمَثَلُ ادْخُلُوا مَسْكِنَكُمْ
لَا يَحِطُّ بِكُمْ سُلَيْمَانُ 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 إِلَّا نَتَوَكَّلَ عَلَى اللَّهِ وَقَدْ
هَدَانَا سُبُلَنَا وَلَنَصْبِرَنَّ عَلَى مَا
أَذَيْتُمُونَا وَعَلَى اللَّهِ فَلْيَتَوَكَّلِ
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 اللَّيْلِ وَالنَّهَارِ ط
وَهُوَ السَّمِيعُ الْعَلِيمُ ﴿١٣﴾

Wa lahoo 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 يَلِدْهُ ۝٤ وَلَمْ يُولَدْ ۝٣ وَلَمْ يَكُنْ
لَهُ كُفُوًا أَحَدٌ ۝٤

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-Ikhlâs)

URINE PROBLEMS

Read 101 times daily.

وَجَعَلْنَا مِنَ الْمَاءِ كُلَّ شَيْءٍ حَيٍّ أَفَلَا يُؤْمِنُونَ ﴿٣٠﴾

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

سُقِّرُوكَ فَلَا تَنْسَى ۝
إِلَّا مَا شَاءَ اللَّهُ ۝

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.

(Al-A'la : 6,7)

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 حِفْظًا
وَهُوَ أَرْحَمُ الرَّحِيمِينَ ﴿١٣﴾

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.

اللَّهُ رَبُّنَا وَرَبُّكُمْ ط كُنَّا أَعْمَالُنَا
وَلَكُمْ أَعْمَالُكُمْ ط لَا حُجَّةَ بَيْنَنَا
وَبَيْنَكُمْ ط اللَّهُ يَجْمَعُ 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 **يَا حَافِظُ** (Ya Hafeezhu - O Protector)
119 times, then say 199 times.

يُبْنِيْ اِنَّهَا اِنْ تَكُ مِثْقَالَ حَبَّةٍ مِّنْ خَرْدَلٍ
فَتَكُنْ فِيْ صَخْرَةٍ اَوْ فِي السَّمَوَاتِ اَوْ فِي
الْاَرْضِ يَاتِ بِهَا اللهُ ؕ

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)