



QUR'AANIC CURES

Arabic Text
English Transliteration
English Translation



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QUR'AANIC CURES

DEATH ON IMAAN

Say after every salaah.

رَبَّنَا لَا تُزِغْ قُلُوبَنَا بَعْدَ إِذْ هَدَيْتَنَا
وَهَبْ لَنَا مِنْ لَدُنْكَ رَحْمَةً،
إِنَّكَ أَنْتَ الْوَهَّابُ ﴿٨﴾

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, do not cause our hearts to
go astray after You have guided us,
and give us Your special mercy. Lo,
You, and only You are The Bestower.

(Al-Imran : 8)

INTERCESSION OF RASOOLULLAH ﷺ

Recite after every salaah:

لَقَدْ جَاءَكُمْ رَسُولٌ مِّنْ أَنْفُسِكُمْ 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. A-
layhi tawak-kaltu wa huwa rabbul ar-shil a-zheem.

Surely, there has come unto you a messenger from amongst yourselves: it grieves him that you should suffer, ardently anxious is he over you. To the believers is he most kind and merciful. But if they turn away, say: "Allah suffices me; there is no deity but He; on Him is my trust. And He is the Lord of the supreme throne."

(At-Taubah : 128)

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 none worthy of worship
except You; You are Pure; surely I
am from among the wrongdoers.

(Al-Anbiya : 87)

QUR'ANIC CURES

DISPELLING BAD THOUGHTS & SUSPICION

Recite this du'aa excessively.

رَبِّ اَعُوْذُ بِكَ مِنْ هَمَزَاتِ الشَّيْطَانِ ﴿٧٠﴾
وَ اَعُوْذُ بِكَ رَبِّ اَنْ يَّحْضُرُوْنِ ﴿٧١﴾

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

My Lord, I seek Your protection
from the promptings of the devils
and I seek Your refuge, my Lord,
from them coming near me.

(Al-Mu'minun : 97,98)

FOR PLENTY OF RIZQ

Repeat at least 7 times after every salaah.

قُلِ اللَّهُمَّ مَلِكُ الْمُلْكِ تُؤْتِي الْمُلْكَ مَنْ تَشَاءُ
 وَتَنْزِعُ الْمُلْكَ مِمَّنْ تَشَاءُ وَتُعْزِزُ مَنْ تَشَاءُ
 وَتُذِلُّ مَنْ تَشَاءُ بِيَدِكَ الْخَيْرُ إِنَّكَ عَلَىٰ كُلِّ
 شَيْءٍ قَدِيرٌ ۝ تُولِيهِ اللَّيْلَ فِي النَّهَارِ وَتُولِيهِ
 النَّهَارَ فِي اللَّيْلِ وَتُخْرِجُ الْحَيَّ مِنَ الْمَيِّتِ وَتُخْرِجُ
 الْمَيِّتَ مِنَ الْحَيِّ ذُو تَرْزُقٍ مَنْ تَشَاءُ بِغَيْرِ حِسَابٍ ۝

Qu-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-Imraa : 26,27)

PROGRESS AND PROTECTION OF BUSINESS

Recite Aayatul Koursee 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 ⑥

(Al-Baqarah : 255)

EASING ONE'S TASK OR BURDEN

Recite once after every salaah.

الَّذِينَ 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)

**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 إِنَّهُ
يَقُولُ إِنَّهَا بَقْرَةٌ لَا فَارِضٌ وَلَا يَكْرُمُ عَوَانُ بَيْنَ
ذَلِكَ فَاَفْعَلُوا مَا تُؤْمَرُونَ ۝ قَالُوا اِدْعُ لَنَا رَبَّكَ
يُبَيِّنْ لَنَا مَا لَوْهَاهَا ، قَالَ إِنَّهُ يَقُولُ إِنَّهَا بَقْرَةٌ
صَفْرَاءٌ ، فَاقْرَعْ لَوْهَهَا تَسْرُ النَّظِيرِينَ ۝ قَالُوا اِدْعُ
لَنَا رَبَّكَ يُبَيِّنْ لَنَا مَا هِيَ ، إِنَّ الْبَقْرَ شَبَهَ عَلَيْنَا ، وَإِنَّا
إِنْ شَاءَ اللَّهُ لَمُهْتَدُونَ ۝

**SWEETNESS
OF FRUIT**

**Say before cutting or slicing
the fruit.**

فَذَبْحُوهَا وَمَا كَادُوا
يَفْعَلُونَ ۝

**Fa thabahoohaa wa maa
kaadoo yaf-a-loon.**

**So they slaughtered her though
almost they did not.**

(Al-Baqarah : 71)

FULFILMENT OF DEBTS

Say excessively morning and evening.

قُلِ اللَّهُمَّ مَلِكُ الْمُلْكِ تُؤْتِي الْمُلْكَ مَنْ تَشَاءُ
وَتَنْزِعُ الْمُلْكَ مِمَّنْ تَشَاءُ وَتُعْزِزُ مَنْ تَشَاءُ
وَتُذِلُّ مَنْ تَشَاءُ بِإِذْنِكَ الْخَيْرُ إِنَّكَ عَلَى كُلِّ
شَيْءٍ قَدِيرٌ ﴿٢٦﴾

Qu-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-di-kal khair.
In-naka a-laa kulli shay-in qadeer.

Say: O Allah! Lord of Power, You give power to whom You please and You strip off power from whom You please. You bestow honour to whom You please, and You bring low whom You please. In Your hand is all good. Verily, over all things You have power.

(Ale-Imran : 26)

REMOVING GRIEF

Reciting excessively.

وَلَهُ مَا سَكَنَ فِي اللَّيْلِ وَ النَّهَارِ
وَهُوَ السَّمِيعُ الْعَلِيمُ ﴿٤١﴾

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.**

**To Him belongs all that dwell in the
night and the day. He is All-Hearing,
All-Knowing. (Al-An'aam : 13)**

**Lo, Allah grasps the
heavens and the earth that they
do not deviate.**

(Al-Fatir : 41)

**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 الْمُلْكِ وَلَمْ يَكُنْ لَهُ وَاوِيٌّ
مِّنَ الدَّالِّ وَكَبِيرَةٌ تَكْبِيرًا ۝

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

And say: "Praise be to Allah who begets
no son and has no partner in (His)
dominion; nor does He have any friend
to protect Him from humiliation. And
magnify Him for His greatness and glory".

(Al-Isra' : 111)

SAFETY IN JOURNEY

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

سُبْحَانَ الَّذِي سَخَّرْنَا هَذَا
وَمَا كُنَّا لَهُ مُقْرِنِينَ ﴿١٣﴾

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

**Glorified be He who has made this
(conveyance) subservient to us and
we were not capable of subduing it.**

(Az-Zukhruf: 13)

QUR'AANIC CURES

A PLEASANT STAY AT ONE'S DESTINATION

Say before entering the town,
city, holiday place etc.

رَبِّ أَنْزِلْنِي مُنْزَلًا مُبْرَكًا وَأَنْتَ
خَيْرُ الْمُنْزِلِينَ ﴿٢٩﴾

Rabbi anzilnee munzalan
mubaarakan wa anta
khayrul munzileen.

My Lord, cause me to land at a
blessed place for You are the best
of all who bring to land.

(Al-Mu'minan 29)

WHEN SOMETHING IS LOST OR MISPLACED

Say: يَا حَفِیْظُ (Ya Hafeezhu - O Protector) 119 times, then say 119 times

يٰۤاِبْنٰی اِنَّهَا اِنْ تَكَ مِثْقَالَ حَبَّةٍ مِّنْ خَرْدَلٍ
فَتَكُنْ فِیْ صَخْرَةٍ اَوْ فِی السَّمٰوٰتِ اَوْ فِی
الْاَرْضِ یَاۤتِ بِهَا اللّٰهُ

Yaa 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.

(Luqmaan said to his son:) O my son, if there be (but) the weight of a mustard-seed and it were (hidden) in a rock, or (anywhere) in the heavens or on earth, Allah will bring it forth.

(Luqman : 16)

**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
إِلَىٰ مَعَادٍ

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

Surely, He who ordained to you
the Qur'aan, will bring you back
to the Place (Makkah).

(Al-Qasars : 85)

**AVOIDING OR
REMOVING CALAMITY**

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

حَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ ﴿١٧﴾

**Hasbunal laahu wa
ni'mal wakeel.**

**Allah suffices us and He is the
best disposer of affairs.**

(Ale-Imran : 173)

PLEASING THE HUSBAND

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

وَمِنَ النَّاسِ مَن يَتَّخِذُ مِنْ دُونِ اللَّهِ أَنْدَادًا
يُحِبُّونَهُمْ كَحُبِّ اللَّهِ وَالَّذِينَ آمَنُوا أَشَدُّ حُبًّا لِلَّهِ
وَلَوْ يَرَى الَّذِينَ ظَلَمُوا إِذْ يَرُونَ الْعَذَابَ أَنَّ الْقُوَّةَ لِلَّهِ
جَمِيعًا وَأَنَّ اللَّهَ شَدِيدُ الْعَذَابِ ﴿١٦٥﴾

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-ha an-nal quw-wata lil-laa-hi
ja-mee-'aa. Wa an-nal laa-ha sha-dee-dul a-thaab.

And from amongst men there are those who take
(for worship) others besides Allah as equal
(with Allah); they love them as they should love
Allah. But those of faith are overflowing in their
love for Allah. If only the unrighteous could see,
behold, they would see the punishment, that to
Allah belongs all power, and surely,
Allah is severe in punishment.

(Al-Baqarah : 165)

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 You a pure
progeny; surely You are the
Hearer of prayers.

(Alo-Imran : 38)

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 the Unbelievers see that the
heavens and the earth were joined
together (as one unit) before We clove
them asunder? We made from water every
living thing. Will they not then believe?

(Al-Anbiya : 30)

DISOBEDIENT CHILD

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

وَأَصْلِحْ لِي فِي ذُرِّيَّتِي ۗ
إِنِّي نَسِيتُ إِلَيْكَ 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 correct (reform) for me my
children. I have turned to You in
repentance and truly am I from
those who submit to You.

(Al-Abqaf : 15)

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.

No vision can grasp Him, but
His grasp is over all vision:
He is Gracious, Well-aware.

(Al-An'aam : 103)

PROTECTION FROM AN OPPRESSOR

Say in his presence (softly).

فَسْتَذْكُرُونَ مَا أَقُولُ لَكُمْ
وَأُقَوِّضُ أَمْرِي إِلَى اللَّهِ
إِنَّ اللَّهَ بِصَيْرُ الْعِبَادِ ۝

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

And you will remember what I say to
you. I make over my affairs unto
Allah. Surely, Allah is ever watchful
over His slaves.

(Ghafir : 44)

**PROTECTION FROM
SNAKES, SCORPIONS AND
HARMFUL CREATURES**

Say morning and evening:

سَلَامٌ عَلَى نُوحٍ فِي الْعَالَمِينَ ﴿٨٩﴾

إِنَّا كَذَلِكَ نَجْزِي الْمُحْسِنِينَ ﴿٩٠﴾

إِنَّهُ مِنْ عِبَادِنَا الْمُؤْمِنِينَ ﴿٩١﴾

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 indeed do We
reward those who do right. For he
was one of our believing servants.

(As-Saffat : 79,81)

SNAKEBITE AND SCORPION STING

Say immediately after a
snakebite or scorpion sting.

نُودِي أَنْ بُورِكَ مَنْ فِي النَّارِ
وَمَنْ حَوْلَهَا وَسُبْحَانَ اللَّهِ
رَبِّ الْعَالَمِينَ ۝

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 was proclaimed that blessed are
those in the fire and those around;
and glory to Allah, Lord
of the worlds.

(An-Naml : 8)

QUR'AANIC CURES

DOG ATTACK

When fearing a dog attack,
say 11 times.

وَكَلْبُهُمْ بَاسِطٌ ذِرَاعَيْهِ بِالْوَصِيدِ

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)

QUR'AANIC CURES

ANY SICKNESS

Read and blow on the patient.

وَنُنَزِّلُ 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 Qur'aan
that which is a healing and
mercy for the believers.

(Al-Isra' : 82)

HEADACHES

**Recite 7 times and blow on
the patient:**

إِنَّا أَعْطَيْنَاكَ الْكَوْثَرَ ①
فَصَلِّ لِرَبِّكَ وَأَنْحَرْ ②
إِنَّ شَانِئَكَ هُوَ الْأَبْتَرُ ③

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

**Surely we have given you (The
Fountain of) Kauthar. Therefore turn
in prayer to your Lord and sacrifice
(for Him only). Surely, he who hates
you, he is the one cut off
from progeny.**

(Al-Kauthar)

QUR'AANIC CURES

MIGRAINE

Recite once and blow on
the patient.

قُلْ مَنْ رَبُّ السَّمَوَاتِ وَالْأَرْضِ ۖ قُلِ اللَّهُ
قُلْ أَفَاتُخَذُتُمْ 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-'an
wa laa dhar-raa.

Say: Who is the Sustainer of the
heavens and earth? Say: (It is) Allah.
Say: Do you then take (for worship)
protectors other than Him, such as
have no power either for good or for
harm to themselves?

(Ar-Ra'ad : 16)

**WEAKNESS OF
MEMORY**

**Recite 7 times and blow on
oneself or the patient.**

سُقْرُوكَ فَلَا تَنْسَى
إِلَّا مَا شَاءَ اللَّهُ

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

**By degrees shall We teach you
so you will not forget except
what Allah wishes.**

(Al-A'la : 6,7)

FORGETFULNESS

Recite 11 times before going
to bed.

سُبْحَانَكَ لَا إِلَهَ إِلَّا مَا عَلَّمْتَنَا
إِنَّكَ أَنْتَ الْعَلِيمُ الْحَكِيمُ ﴿٣٢﴾

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 You. Of knowledge, we
have none except what You have
taught us. Surely, You are
All-knowing, All-wise.

(Al-Baqarah : 32)

DEPRESSION

Recite often.

الَّذِينَ آمَنُوا وَتَطْمَئِنُّ قُلُوبُهُمْ
بِذِكْرِ اللَّهِ أَلَا بِذِكْرِ اللَّهِ
تَطْمَئِنُّ الْقُلُوبُ ﴿٢٨﴾

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

Those who believed and their hearts find peace through the remembrance of Allah, surely only through Allah's remembrance do hearts find peace.

(Ar-Ra'ad : 28)

**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-biy. Yaa ay-yu-
hal la-thee-na aa-ma-noo sal-loo
a-lay-hi wa sal-li-moo tas-lee-maa.

Allah and His angels send blessings
on the Prophet. O you that believe,
send blessings on him and salute
him with all respect.

(Al-Ahzab : 56)

CATARACT

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

فَكَشَفْنَا عَنْكَ غِطَاءَكَ
فَبَصَرُكَ الْيَوْمَ حَدِيدٌ ﴿٢٢﴾

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

**Now have We removed your veil,
and sharp is your sight this day.**

(Qaf : 22)

QUR'AANIC CURES

DEAFNESS

Recite 7 times and blow
on patient.

وَإِذَا قُرِئَ الْقُرْآنُ فَاسْتَمِعُوا لَهُ
وَآنصِتُوا لَعَلَّكُمْ تُرْحَمُونَ ﴿٢٠٤﴾

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

When the Qur'aan is recited,
listen to it attentively and be
silent so that you may
receive mercy.

(Al-A'raf : 204)

COLDS AND FLU

**Recite 11 times and blow on
food before eating.**

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

**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.**

**Praise be to Allah who has sent to
His servant The Book, and has
allowed therein no crookedness.**

(Al-Kahf : 1)

TOOTHACHE

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

وَلَهُ مَا سَكَنَ فِي اللَّيْلِ وَالنَّهَارِ
وَهُوَ السَّمِيعُ الْعَلِيمُ ﴿١٣﴾

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

To him belong all that dwell in the night and the day, for He is the One who hears and knows all things.

(Al-An'aam : 13)

DEFECTIVE SPEECH

Recite 21 times after every salaah.

رَبِّ اشْرَحْ لِي صَدْرِي ۙ وَيَسِّرْ لِي
 اَمْرِي ۙ وَاَحْلِلْ 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.

My Lord! expand for me my breast;
 ease my task for me; and remove the
 impediment from my speech so they
 may understand my speech.

(Ta-Ha : 25-28)

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.

Then why do you not intervene
when (the soul of the dying man)
reaches the throat, and you
sit the while looking on.

(Al-Waqi'ah : 83,84)

CHEST PAIN

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

وَيَشْفِ صُدُورَ
قَوْمٍ مُّؤْمِنِينَ ﴿١٤﴾

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

And (Allah) will heal the breasts
of the believers.

(At-Taubah : 14)

COUGHING

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

سَلَامٌ قَوْلًا مِّن رَّبِّ رَحِيمٍ ﴿٥٨﴾

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

Peace! - a word of salutation from
a Lord, Most Merciful.

(Ya-Sin : 58)

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, do not cause our hearts to
go astray after You have guided us,
and give us Your special mercy. Lo,
You, and only You are The Bestower.

(Alie-Imran : 8)

STOMACH-ACHE

Read 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 took you out from
the stomachs of your mothers.**

(An-Nahl : 78)

QUR'AANIC CURES

INDIGESTION

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

وَبِالْحَقِّ أَنْزَلْنَاهُ وَبِالْحَقِّ نَزَّلْهُ
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-ran wa na-thee-raa

We sent it (the Qur'aan) in truth,
and in truth has it descended.

(Al-Isra' : 105)

And We sent you not but as a giver
of glad tidings and a warner.

(Al-Furqan : 56)

QUR'AANIC CURES

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 fear
(Him) and those who do good.

(An-Nahl : 128)

EXCESSIVE THIRST

Recite 7 times, blow in
water and drink it.

وَأَنْزَلْنَا مِنَ السَّمَاءِ مَاءً
بِقَدَرٍ فَأَسْكَنَتْهُ فِي الْأَرْضِ ۝

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

We sent down water from the sky
according to measure, and We
cause it to soak in the soil.

(Al-Mu'minun: 18)

QUR'AANIC CURES

LOSS OF APPETITE

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

هُوَ يُطْعِمُنِي وَيَسْقِينِي ۝

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

He gives me food and drink.

(Ash-Shu'ara' 79)

QUR'ANIC CURES

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 heavens is your
sustenance and what you are
promised.

(Adh-Dhariyat : 22)

LIVER PROBLEMS

**For all liver problems recite this
aayah 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, Master of Majesty and
Honour.**

(Ar-Rahman : 78)

QUR'AANIC CURES

GALL BLADDER PROBLEMS

Recite 11 times, blow in
water and drink it.

الرَّحْمَنُ عَلَى الْعَرْشِ اسْتَوَى ۝

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

The Most Kind is firmly
established on the throne.

(Ta-Ha : 5)

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 in
the earth, declares the praises
and glory of Allah: for He is The
Exalted in Might, The Wise.

(Al-Hashr : 1)

KIDNEY PROBLEMS

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

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ
 لِیْلَافِ قُرَیْشٍ ۙ الْفَهِمُ رِحْلَةَ الشِّتَاءِ وَالصَّیْفِ ۙ
 فَلیَعْبُدُوا رَبَّ هَذَا الْبَیْتِ ۙ الَّذِیْ أَطْعَمَهُمْ مِّنْ
 جُوعٍ ۙ وَآمَنَهُمْ مِّنْ خَوْفٍ ۙ

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

(It is a great grace from Allah) for the protection of the Quraish, (and with Allah's grace and protection), We cause the (Quraish) caravans to set forth safe in winter (to the south) and in summer (to the north without any fear). So let them worship (Allah) the Lord of this House, (He) Who has fed them against hunger, and gave them safety from 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 أَقْلَتِ سَحَابًا ثِقًا لَا تُسْقِنُ إِلَّا 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-tih. 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.

It is He Who sends the winds as glad tidings
before His mercy; until when they have
carried the heavy-laden clouds, we drive them
to a land that is dead, then We make rain to
descend thereon, and produce every kind of
harvest therewith: thus shall We raise up the
dead, perchance you may reflect.

(Al-A'raaf : 57)

BLADDER PROBLEMS

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

يَعْبَادِيَ الَّذِينَ أَسْرَفُوا عَلَىٰ أَنفُسِهِمْ
لَا تَقْنَطُوا مِن رَّحْمَةِ اللَّهِ ۚ إِنَّ اللَّهَ
يَغْفِرُ الذُّنُوبَ جَمِيعًا ۗ إِنَّهُ هُوَ
الْغَفُورُ 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 transgressed against their souls, despair not of the mercy of Allah, for Allah pardons all sins. Surely, He is Oft-Forgiving, Most Merciful.

(Az-Zumar : 53)

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 from water have We made
everything alive. Don't they
believe?**

(Al-Anbiya : 30)

QUR'ANIC CURES

URINARY TRACT OBSTRUCTION

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

قُلْ هُوَ اللَّهُ أَحَدٌ ۝ اللَّهُ الصَّمَدُ ۝
لَمْ يَلِدْ ۝ وَلَمْ يُولَدْ ۝ وَلَمْ يَكُنْ
لَهُ كُفُوًا أَحَدٌ ۝

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 is Allah, One. Allah the Samad
(one who is independent and all else is
dependent on Him). He does not beget
nor is He begotten and there is none to
resemble Him.

(Al-Ikhlās)

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.

We sent down water from the sky
according to measure, and We
caused it to soak in the soil; and
lo, We are able to withdraw it.

(Al-Mu'minun : 18)

QUR'AANIC CURES

GONORRHEA

Recite after every salaah 7 times.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
لَا إِلَهَ إِلَّا هُوَ الرَّحْمَنُ
الرَّحِيمُ ﴿١٣٣﴾

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,
Most Kind, Most Merciful.
None is worthy of worship except
He, Most Kind, Most Merciful.

(Al-Baqarah : 163)

PILES

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

لَا يَرُونَ فِيهَا شُمْسًا
وَلَا زَمْهَرِيرًا ﴿١٣﴾

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

They will not see therein
(i.e. jannah) (the heat of a)
sun nor bitter cold.

(Al-Insan : 13)

QUR'AANIC CURES

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-zi-foon.

Wherefrom they will get no
aching of the head nor madness.

(Al-Waqi'ah : 19)

PAIN IN THE THIGHS

Read this aayah, blow in water
and drink it.

وَإِذَا سَأَلَكَ عِبَادِي عَنِّي
فَإِنِّي 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.

When My servant questions you
concerning Me, then (say) surely I
am near. I answer the prayer of the
supplicant when he cries unto Me.

(Al-Baqarah : 186)

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 تَحْزَنِي ۗ إِنَّا
رَادُّوهُ إِلَيْكِ وَجَاعِلُوهُ مِنَ الْمُرْسَلِينَ ﴿٧﴾

Wa 'aw-hay-naa 'i-laa um-mi moo-saa an ar-
dhi-'eeh. Fa 'i-thaa khif-ti a-lay-hi fa
al-quee-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.

So We inspired to the mother of Moosa:
Suckle (your child), but when you have fears
about him, cast him into the river but fear
not, nor grieve. We shall return him to you,
and We shall make him One of Our
messengers.

(Al-Qasas : 7)

QUR'ANIC CURES

MENSTRUATION IRREGULARITIES

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

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 none worthy of worship
except You; You are Pure; surely
I am from among the wrongdoers.

(Al-Anbiya : 87)

EXCESSIVE BLEEDING IN MENSTRUATION

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

إِنَّا أَعْطَيْنَاكَ الْكَوْثَرَ ۝
فَصَلِّ لِرَبِّكَ وَأَنْحَرْ ۝
إِنَّ شَانِئَكَ هُوَ الْأَبْتَرُ ۝

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

**Surely we have given you (The
Fountain of) Kauthar. Therefore turn
in prayer to your Lord and sacrifice
(for Him only). Surely, he who hates
you, he is the one cut off from
progeny.**

(Al-Kauthar)

QUR'AANIC CURES

ECZEMA

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

فَكَسَوْنَا الْعِظْمَ لَحْمًا ثُمَّ أَنْشَأْنَاهُ
خَلْقًا آخَرَ فَتَبَرَّكَ اللَّهُ
أَحْسَنُ الْخَالِقِينَ ۝

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 made it another creation.
Blessed is Allah, the best of creators.

(Al-Ma'moon : 14)

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.

For them are glad tidings in the life
of the (present) world and in the
hereafter; no change can there be in
the words of Allah. This is indeed the
supreme triumph.

(Yunus : 64)