ALLAH
IS THE SOURCE OF ALL HEALING

When I become ill,
He is the One who heals me.

QUR'AN 26:80 - ENGLISH RENDERING OF MEANING

A PRAYER OF THE PROPHET MUHAMMAD (PEACE BE UPON HIM)

Adhhib il-ba'sa, Rabban-nas, washfi Antash-Shafi.
La shifa'a illa shifa'uka,
shifa'an la yughadiru saqaman.

Meaning: Lord of humankind, remove this suffering and grant healing. You are the Healer. Healing comes only from You; grant healing that leaves no sickness.

SAHIH MUSLIM 2191a | LATIN TRANSLITERATION

RECITE

Read Al-Fatihah as ruqyah and turn to Allah with hope.

ASK

Use authentic supplications and speak to Allah in your own words.

SEEK CARE

Accept medical help and continue the care your condition needs.

Bukhari 5736 | Muslim 2200, 2202 | Abu Dawud 3855

Ask with hope. Take the means of care.
Offer compassion to those who are ill.

Prayer accompanies medical care. Do not postpone urgent treatment or change prescribed medicines without clinical advice. Ongoing illness is not proof of weak faith.

Qur'an 21:83: Ayyub called upon Allah in suffering.

Care guidance: NIH / NCCIH. See the companion trifold for methods, counts and sources.