BEGIN WITH TRUST

Turn to Allah with hope

Allah is the ultimate source of healing. Medicine, skilled care and rest are means through which He may grant relief.

What is ruqyah?

Ruqyah uses Qur'an and supplications to ask Allah for healing and protection. Ask Allah alone. The Prophet permitted ruqyah free of shirk - associating partners with Allah.

Sahih Muslim 2200

The Qur'an describes itself as healing and mercy for believers. These practices express worship and reliance on Allah; they do not promise a medical outcome.

Qur'an 17:82

You can begin yourself

Make du'a in your own words. Learn recitation from a reliable teacher or recording. English meanings explain the text; transliteration helps pronunciation.

Ongoing illness is not proof of weak faith. Prophet Ayyub also experienced suffering and called upon Allah.

Qur'an 21:83

EVERYDAY EXAMPLES

Put faith into practice

These are everyday applications, not a prescribed timetable.

Before an appointment

Ask Allah for relief and beneficial treatment. Attend the appointment, explain your symptoms and follow your care plan.

While recovering at home

Recite Al-Fatihah and the healing du'a as you are able. Continue the rest, medicines and care advised for your condition.

When supporting someone

Ask permission before reciting with them. Respect their comfort. Offer practical help; touch is not required to make du'a.

Read the sources

Qur'an: 26:80; 17:82; 21:83.
Sahih al-Bukhari: 5736; 5017.
Sahih Muslim: 2200; 2202; 2191a.
Sunan Abi Dawud: 3855 (sahih).

quran.com | sunnah.com
References throughout the PDF are clickable.

English verse and prayer meanings are editorial renderings. Transliteration approximates Arabic sounds.

Care guidance: NIH / NCCIH

FAITH, HOPE & CARE

Allah is the source of all healing

A practical guide to asking Allah for healing through the Qur'an and authentic Sunnah.

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

QUR'AN 26:80 - MEANING

Ask with hope. Seek care.
Show compassion.

ENGLISH GUIDE + PRONUNCIATION AIDS

QURANIC RECITATION

Recite with reliance on Allah

1 Al-Fatihah as ruqyah

Recite Al-Fatihah, the opening chapter of the Qur'an, asking Allah for healing. The Prophet affirmed its use as ruqyah. You may recite for yourself or for someone who welcomes it.

Sahih al-Bukhari 5736

2 The bedtime Sunnah

At bedtime:
1. Cup your hands together.
2. Recite **Al-Ikhlas (112)**, **Al-Falaq (113)** and **An-Nas (114)**, and gently blow into your cupped hands.
3. Wipe over as much of your body as you can, beginning with your head, face and front.
4. Repeat this sequence **three times**.

Sahih al-Bukhari 5017

This is a reported bedtime practice for seeking protection; the count is not a promise of cure.

Read and listen to Al-Fatihah
quran.com/1
For the other chapters, open **/112**, **/113** and **/114**.

A SUPPLICATION FOR PAIN

When you feel pain in your body

3 Follow the taught sequence

First: Place your own hand on the painful area, if touching it is safe and comfortable.

Then say three times:

Bismillah.

Meaning: In the name of Allah.

Then say seven times:

**A'udhu billahi wa qudratihi
min sharri ma ajidu
wa uhadhiru.**

Meaning: I seek Allah's protection, through His power, from the harm of what I feel and what I fear.

Sahih Muslim 2202

Practical example

For an ordinary ache, make this supplication while resting and following appropriate care. New, severe or worsening pain needs medical assessment. Do not delay urgent help.

A PRAYER FOR HEALING

Ask the Healer. Take the means.

4 The prophetic healing du'a

The Prophet Muhammad (peace be upon him) taught this supplication:

**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

Seek treatment with trust

The Prophet encouraged medical treatment. Asking Allah for healing and accepting skilled care belong together.

Sunan Abi Dawud 3855 (sahih)

Care for the whole person

Continue your care plan. Discuss treatment changes with your clinician. Seek urgent help when needed. Offer compassion, never blame.