

## Supplications from the Sunnah to recite during Illness

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

The Messenger of Allāh, may Allāh bless him and grant him peace, said: "Whosoever recites this du'ā 40 times in his illness and then dies in that illness will get the reward of a martyr and if he is cured (of that illness) all his sins will be forgiven." [Mustadrak al-Hākim]

لَا إِلَهَ إِلَّا اللَّهُ اللَّهُ أَكْبَرُ – لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ – لَا إِلَهَ إِلَّا اللَّهُ لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ

لَا إِلَهَ إِلَّا اللَّهُ وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

The fire of hell will not consume the person who recites the above in his illness and then dies in that illness. [at-Tirmidhi]

The following are some of the supplications the Messenger of Allāh, may Allāh bless him and grant him peace, used to recite when he visited the sick:

اللَّهُمَّ رَبَّ النَّاسِ أَذْهَبِ الْبَأْسَ اشْفِ أَنْتَ الشَّافِي

لَا شِفَاءَ إِلَّا شِفَاؤُكَ شِفَاءً لَا يُغَادِرُ سَقَمًا

"O Allāh, Lord of the people, remove the difficulty. Heal, for You are the Healer - there is no cure except from you - with such a healing that leaves no illnesses."

لَا بَأْسَ طَهُورٌ إِنْ شَاءَ اللَّهُ

"Have no fear; your sickness will purify you of your sins, if Allāh wills."

اللَّهُمَّ اشْفِهِ اللَّهُمَّ عَافِهِ

"O Allāh, cure him. O Allāh, grant him 'āfiyah."

أَعُوذُ بِاللَّهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا أَجِدُ وَأُحَازِرُ

Abū 'Abdillāh 'Uthmān ibn Abī Abī'l-'Ās, may Allāh be pleased with him, reported that he complained to the Messenger of Allāh, may Allāh bless him and grant him peace, of a pain he felt in his body. The Messenger of Allāh said to him, "Place your hand on the part of your body which is hurting you and say **بِسْمِ اللَّهِ** three times and say seven times (the above du'ā): **I seek refuge with the Might of Allāh and His Power from the evil of what I find and fear.**" [Muslim]

أَسْأَلُ اللَّهَ الْعَظِيمَ رَبَّ الْعَرْشِ الْعَظِيمِ أَنْ يَشْفِيكَ

'Abdullāh ibn 'Abbās, may Allāh be pleased with him, reported that Messenger of Allāh, may Allāh bless him and grant him peace, said, "Anyone who visits a sick person whose time has not yet come and says 7 times in his presence, **I ask Allāh the Magnificent, the Lord of the Magnificent Throne, to heal you,** Allāh will heal him of that illness." [Abū Dāwūd, at-Tirmidhi]

أُعِيذُكُمْ [أُعِيذُكَ] بِكَلِمَاتِ اللَّهِ التَّامَّةِ مِنْ كُلِّ شَيْطَانٍ وَهَامَّةٍ

وَمِنْ كُلِّ عَيْنٍ لَامَّةٍ

'Abdullāh ibn 'Abbās, may Allāh be pleased with him, reported that the Messenger of Allāh, may Allāh bless him and grant him peace, used to commend al-Hasan and al-Husayn, may Allāh be pleased with them both, to Allāh's protection saying, **"I commend you two [أُعِيذُكَ for one person] to the protection of Allāh's perfect words from every devil and (poisonous) vermin, and from every evil eye."** [al-Bukhārī]

Narrated Sayyidatunā 'Āishah, may Allāh be pleased with her, that in the final sickness in which he passed away, the Messenger of Allāh, may Allāh bless him and grant him peace, used to blow over himself with al-Mu'awwidhāt (**Sūrah al-Ikhlās, Sūrah Al-Falaq** and **Sūrah An-Nās**). When he became seriously ill, I blew with them (i.e. with the recitation of al-Mu'awwidhāt) for him, rubbing over his body with his own hand because of its blessings. [al-Bukhārī]