

Ḥadīth Thirty Two

This duā can kill the shaiṭān that causes pain in the physical body

And [mention] Ayyūb, when he called to his Lord: Indeed, adversity has touched me, and you are the Most Merciful of those who show mercy (21:83).

وَأَيُّوبَ إِذْ نَادَىٰ رَبَّهُ أَنِّي مَسَّنِيَ الضُّرُّ وَأَنْتَ أَرْحَمُ الرَّاحِمِينَ ﴿٨٣﴾

Uthmān ibn Abū al-'Āṣ Al-Thaqafī reported that he made a complaint to Allāh's Messenger (ﷺ) of a pain he felt in his body since the time he had become Muslim. Thereupon Allāh's Messenger (ﷺ) said: Place your hand at the place where you feel pain in your body and say *Bismillāh* (with the name of Allāh) three times and seven times *I take refuge with Allāh and with His Power from the evil that I find and that I fear*.

عَنْ عُثْمَانَ بْنِ أَبِي الْعَاصِ التَّقْفِيِّ ، أَنَّهُ شَكَاَ إِلَى رَسُولِ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ وَجَعًا يَجِدُهُ فِي جَسَدِهِ مُنْذُ اسْلَمَ . فَقَالَ لَهُ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ : ضَعْ يَدَكَ عَلَى الَّذِي تَأَلَّمَ مِنْ جَسَدِكَ وَقُلْ بِاسْمِ اللَّهِ ثَلَاثًا وَقُلْ سَبْعَ مَرَّاتٍ أَعُوذُ بِاللَّهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا أَجِدُ وَأُحَاذِرُ

Recorded in Muslim.

Points of benefit:

1. The right hand ought to be placed upon the area of the pain by the one who is reciting the duā.
2. The basic principle in Islām is that these duās ought to be said for relief from pain or cure even if one is consuming medicine.
3. If no other treatment relieves the physical pain then this duā when said with yaqīn (certainty) can suffice to relieve and cure the pain.
4. If repeated continuously and frequently it can destroy the cause of the pain, be it sihr, evil eye or shaiṭān.