

Ḥadīth Five

Reciting, blowing and wiping are the sources and means of power against illnesses and pain

And when I am ill, it is He who cures me (113:5).

وَإِذَا مَرِضْتُ فَهُوَ يَشْفِينِ ﴿٨٠﴾

'Āishah reports that when Allāh's Messenger (ﷺ) would fall ill, he would recite over his body Mu'awwidhatayn and blow over himself. When his sickness would be severe I would recite over him and rub him with his hand with the hope that it was more blessed.

عَنْ عَائِشَةَ أَنَّ النَّبِيَّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ كَانَ إِذَا اشْتَكَى يَقْرَأُ عَلَى نَفْسِهِ بِالْمُعَوِّذَاتِ وَيَنْفُثُ فَلَمَّا اشْتَدَّ وَجَعُهُ كُنْتُ أَقْرَأُ عَلَيْهِ وَأَمْسَحُ عَنْهُ بِيَدِهِ رَجَاءَ بَرَكَتِهَا

Recorded in Al-Bukhārī & Muslim.

Points of benefit:

1. Blowing and wiping whilst reciting are powerful means of destroying siḥr, evil eye, jinn-possession and any other illness.
2. A person other than the sick person can recite, blow and wipe.
3. The wiping can be all over the body irrespective of where the pain or the illness is.
4. A reason for blowing is that the intended pure words are blown against the intended evil words to over power and burn them into non-existence.

The wisdom of wiping is that any hidden places of the illness is exposed to the treatment of wiping.