

Prayers and Reflections

FOR HEALTH & WELLBEING



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

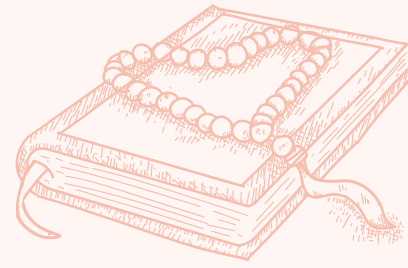
In the name of Allah the Gracious the Merciful

This booklet contains a selection of Holy Quranic verses, prayers, and Hadith chosen for you to reflect upon and use in your daily life. These teachings are meant to support your physical, emotional, and spiritual well-being, helping you live with faith, patience, and mindfulness.

May these prayers and guidance serve as a source of comfort, inspiration, and strength, nurturing your heart, guiding your actions, and deepening your connection with Allah. Ameen!



Table of Contents - Holy Quran



1 Allah Is the Ultimate Healer

6 Care for Life and Body

2 The Quran as Healing

7 Moderation in Eating & Drinking

3 Remembrance for Well-Being

8 Avoiding Harmful Things

4 Gratitude for Sustenance & Health

9 Cleansing and Hygiene

5 Lawful and Good Sustenance

10 Spiritual and Physical Balance

Table of Contents - Prayers and Hadith



11 Prayer for Health and Safety

16 Prayer for Deliverance from Pain

12 Prayer on Waking up from Sleep

17 Prayers for the Cure of Insomnia

13 Dua -e- Qunoot

18 Prayer for Recovery from Disease

14 Invocation for Health in Illness

19 Prayer on Visiting a Patient

15 Prayer for Recovery from Fever

20 Prayer for a Pious Outer & Inner Self

Allah is the Ultimate Healer

وَإِذَا مَرِضْتُ فَهُوَ يَشْفِينِ

"And when I am ill, it is He Who restores me to health."

Surah Ash-Shu'ara (26:81)

The Quran as Healing

وَنُنَزِّلُ مِنَ الْقُرْآنِ مَا هُوَ شِفَاءٌ وَرَحْمَةٌ لِّلْمُؤْمِنِينَ ۖ وَلَا يَزِيدُ الظَّالِمِينَ إِلَّا خَسَارًا

“And We are gradually revealing of the Quran that which is a healing and a mercy to the believers; but it only adds to the loss of the wrongdoers.”

Surah Bani Isra'il (17:83)

Remembrance for Well-Being

فَاذْكُرُونِي أَذْكُرْكُمْ وَاشْكُرُوا لِي وَلَا تَكْفُرُونِ

“Therefore remember Me, and I will remember you;
and be thankful to Me and do not be ungrateful to
Me.”

Surah Al-Baqarah (2:153)

Gratitude for Sustenance & Health

يَا أَيُّهَا الَّذِينَ آمَنُوا كُلُوا مِن طَيِّبَاتِ مَا رَزَقْنَاكُمْ وَاشْكُرُوا لِلَّهِ إِن كُنتُمْ إِيَّاهُ تَعْبُدُونَ

“O ye who believe! eat of the good things We have provided for you, and render thanks to Allah, if it is He Whom you worship.”

Surah Al-Baqarah (2:173)

Lawful and Good Sustenance

يَا أَيُّهَا النَّاسُ كُلُوا مِمَّا فِي الْأَرْضِ حَلَالًا طَيِّبًا ۚ وَلَا تَتَّبِعُوا خُطُوَاتِ الشَّيْطَانِ ۚ إِنَّهُ لَكُمْ عَدُوٌّ مُبِينٌ

“O ye men! eat of what is lawful and good in the earth; and follow not the footsteps of Satan; surely, he is to you an open enemy.”

Surah Al-Baqarah (2:169)

Care for Life and Body

يَا أَيُّهَا الَّذِينَ آمَنُوا لَا تَأْكُلُوا أَمْوَالَكُمْ بَيْنَكُمْ بِالْبَاطِلِ إِلَّا أَنْ تَكُونَ تِجَارَةً عَنْ تَرَاضٍ مِّنْكُمْ ۚ وَلَا تَقْتُلُوا
 أَنْفُسَكُمْ ۚ إِنَّ اللَّهَ كَانَ بِكُمْ رَحِيمًا ۝٣٠

“O ye who believe! devour not your property among yourselves by unlawful means, except that you earn by trade with mutual consent. And kill not yourselves. Surely, Allah is Merciful to you.”

Surah An-Nisa (4:30)

Moderation in Eating & Drinking

يَبْنَى اَءَمَ خُءُوا زَيْنَتَكُمْ عِنْدَ كُلِّ مَسْجِدٍ وَكُلُوا وَاشْرَبُوا وَلَا تُسْرِفُوا ؕ إِنَّهُ لَا يُحِبُّ الْمُسْرِفِينَ

“O children of Adam! look to your adornment at every time and place of worship, and eat and drink but exceed not the bounds; surely, He does not love those who exceed the bounds.”

Surah Al-A‘raf (7:32)

Avoiding Harmful Things

يَا أَيُّهَا الَّذِينَ آمَنُوا إِنَّمَا الْخَمْرُ وَالْمَيْسِرُ وَالْأَنْصَابُ وَالْأَزْلَامُ رِجْسٌ مِّنْ عَمَلِ الشَّيْطَانِ فَاجْتَنِبُوهُ لَعَلَّكُمْ
تُفْلِحُونَ ﴿٩١﴾

“O ye who believe! wine and the game of hazard and idols and divining arrows are only an abomination of Satan’s handiwork. So shun each one of them that you may prosper.”

Surah Al-Ma’idah (5:91)

Cleansing and Hygiene

إِنَّ اللَّهَ يُحِبُّ التَّوَّابِينَ وَيُحِبُّ الْمُتَطَهِّرِينَ

“Surely Allah loves those who turn to Him and loves those who keep themselves clean.”

Surah Al-Baqarah (2:223)

Spiritual and Physical Balance

وَأَقِمِ الصَّلَاةَ طَرَفَيِ النَّهَارِ وَزُلْفًا مِّنَ اللَّيْلِ ۚ إِنَّ الْحَسَنَاتِ يُذْهِبْنَ السَّيِّئَاتِ ۚ ذَٰلِكَ ذِكْرَىٰ لِلذَّاكِرِينَ

“And observe Prayer at the two ends of the day, and in the hours of the night that are nearer the day. Surely, good works drive away evil works. This is a reminder for those who would remember.”

Surah Hud (11:115)

Prayer for Health and Safety

Hazrat Aisha (ra) relates the Holy Prophet (sas) recited this prayer frequently:

اَللّٰهُمَّ عَافِنِيْ فِيْ جَسَدِيْ ، وَعَافِنِيْ فِيْ سَمْعِيْ وَبَصَرِيْ وَاجْعَلْهُمَا الْوَارِثَ
مِنْنِيْ لَا اِلَهَ اِلَّا اللهُ الْحَلِيْمُ الْكَرِيْمُ ، سُبْحَانَ اللهِ رَبِّ الْعَرْشِ
الْعَظِيْمِ ، وَالْحَمْدُ لِلّٰهِ رَبِّ الْعَالَمِيْنَ -

O Allah, grant health to my body, protect my hearing and my sight and make these two my inheritors. There is none worthy of worship except Allah, Who is Honourable and Forebearing. Holy is the Lord of the Magnificent Throne. All praise belongs to Allah, the Lord of the worlds.

Al-Adab Al-Mufrad, Hadith 701

Prayer on Waking up from Sleep

Hazrat Abu Hurairah (ra) relates that the Holy Prophet (sas) told us to recite this prayer upon waking up:

الْحَمْدُ لِلَّهِ الَّذِي عَافَانِي فِي جَسَدِي وَرَدَّ عَلَيَّ رُوحِي، وَ أَزِنَ لِي
بِذِكْرِهِ۔

All praise belongs to Allah, who bestowed health and safety upon my body, returned my soul and enabled me to remember Him.

Jami at-Tirmidhi, Hadith 3401

Dua-e-Qunoot

Hazrat Hasan bin 'Ali (ra) relates that the Holy Prophet (sas) taught me this Dua-e-Qunoot to recite during Witr: °

اَللّٰهُمَّ اهْدِنِيْ فَيِّمَنْ هَدَيْتَ وَعَافِنِيْ فَيِّمَنْ عَافَيْتَ وَتَوَلَّنِيْ فَيِّمَنْ تَوَلَّيْتَ
وَبَارِكْ لِيْ فَيِّمَآ اَعْطَيْتَ وَقِنِيْ شَرَّ مَا قَضَيْتَ اِنَّكَ تَقْضِيْ وَلَا يُقْضٰى عَلَيْكَ
اِنَّهٗ لَا يَذِلُّ مَنْ وَّالَيْتَ وَلَا يَعْزُّ مَنْ عَادَيْتَ تَبَارَكْتَ رَبَّنَا وَتَعَالَيْتَ
صَلَّى اللّٰهُ عَلَى النَّبِيِّ مُحَمَّدٍ ﷺ -

O Allah, guide me and make me one of those whom You guide. Grant me health and include me in those to whom You grant health. Make me Your friend and one of those whom You Yourself befriend. Grant blessings in whatever You bestow. Safeguard me from the harmful effects of Your decree.

Surely, You decree and there is never a decree against You. Whosoever befriends You, is never humiliated. Whosoever is Your enemy, is not respected. You are the Blessed One. O our Lord, You are the Exalted One. Peace and blessings be upon the Holy Prophet (sas).

Invocation for Health in Illness

Hazrat Abu Sa'id Khudri (ra) relates that the Angel Gabriel (as) came to the Holy Prophet (sas) and enquired from him, if he was not feeling well. On his reply in the affirmative, Angel Gabriel (as) recited these words and blew on him:

بِسْمِ اللَّهِ أَرْقِيكَ وَاللَّهُ يَشْفِيكَ مِنْ كُلِّ شَيْءٍ يُؤْذِيكَ وَمِنْ شَرِّ كُلِّ نَفْسٍ
وَعَيْنٍ حَاسِدَةٍ اللَّهُ يَشْفِيكَ بِسْمِ اللَّهِ أَرْقِيكَ۔

In the name of Allah, I blow on you. Allah will heal you from every harmful illness and save you from the mischief of every person and evil of every envious eye. Allah will heal you. In the name of Allah I blow on you.

Sahih Muslim

Prayer for Recovery from Fever

Hazrat Ibn 'Abbas (ra) relates that the Holy Prophet (sas) taught him this prayer for fever and various aches and pains:

بِسْمِ اللَّهِ الْكَبِيرِ نَعُوذُ بِاللَّهِ الْعَظِيمِ مِنْ شَرِّ كُلِّ عِرْقٍ نَّعَارٍ وَمِنْ شَرِّ حَرِّ
النَّارِ-

In the name of Allah, the Most High. We seek refuge in Him, the Greatest, from the evil of every over-active blood vessel. We seek His shelter from the affliction of the heat of the fire.

Sunan Ibn Majah, Hadith 3562

Prayer for Deliverance from Pain

Hazrat 'Uthman bin Abi al-'As (ra) complained about his bodily pains to the Holy Prophet (sas). He taught him these words and advised him to repeat "Bismillah" three times and repeat this prayer seven times:

أَعُوذُ بِاللَّهِ بِعِزَّتِهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا أَجِدُ وَأُحَازِرُ-

I seek refuge in Allah, in His honour and His power from the evil which I am suffering and the one, of which I am afraid of.

Sunan Ibn Majah, Hadith 3529

Prayers for the Cure of Insomnia

Hazrat Buraidah (ra) relates Hazrat Khalid bin Walid (ra) complained of sleeplessness and the Holy Prophet (sas) taught him this prayer to recite at night:

اَللّٰهُمَّ رَبَّ السَّمٰوٰتِ السَّبْعِ وَ مَا اَظَلَّتْ، وَ رَبَّ اَلْاَرْضَيْنِ وَ مَا
اَقَلَّتْ، وَ رَبَّ الشَّيَاطِيْنِ وَ مَا اَصَلَّتْ، كُنْ لِيْ جَارًا مِنْ شَرِّ خَلْقِكَ كُلِّهِمْ
جَمِيْعًا، اَنْ يَّفْرُطَ عَلَيَّ اَحَدٌ، اَوْ اَنْ يَّبْغِيَ عَلَيَّ، عَزَّ جَارُكَ وَ جَلَّ
ثَنَاؤُكَ، وَلَا اِلٰهَ غَيْرُكَ، لَا اِلٰهَ اِلَّا اَنْتَ۔

O Allah, Lord of the seven heavens and everything that is below them, Creator of seven earths and everything that is flourishing on them. Lord of the Satans and of the beings misguided by them, You be my shield against the evil in every creature, lest it harms me and transgresses against me. Your shelter is most dignified and Your praise is high. There is none worthy of worship except You and I affirm that there is none worthy of worship except You.

Prayer for Recovery from Disease

Hazrat Ayyub (as) fervently prayed for relief from his debilitating illness. In his heartfelt supplication, he sought mercy from the Almighty. His sincere prayers were accepted, and he experienced a miraculous recovery.

أَنِّي مَسْنِي الضُّرِّ وَأَنْتَ أَرْحَمُ الرَّحِيمِينَ-

Affliction has touched me and You are the Most Merciful of all who show mercy.

Prayer on Visiting a Patient

Hazrat Aisha (ra) relates that whenever someone from the family of the Holy Prophet (sas) was not well, he would recite this prayer:

أَذْهَبِ الْبَاسَ، رَبِّ النَّاسِ، وَاشْفِ أَنْتَ الشَّافِي لَا شِفَاءَ إِلَّا شِفَاؤُكَ
شِفَاءً لَا يُخَادِرُ سَقَمًا۔

O Lord of mankind, remove this illness. Restore health as You are the Healer. There is no one else who can cure. Grant such perfect health which leaves not a single ailment behind.

Prayer for a Pious Outer & Inner Self

Hazrat 'Umar (ra) relates that the Holy Prophet (sas) taught me this prayer:

اَللّٰهُمَّ اجْعَلْ سَرِيْرَتِيْ خَيْرًا مِّنْ عَلَانِيَّتِيْ ، وَاجْعَلْ عَلَانِيَّتِيْ صَالِحَةً اَللّٰهُمَّ
 اِنِّيْ اَسْأَلُكَ مِنْ صَالِحِ مَا تُؤْتِي النَّاسَ مِنَ الْاَهْلِ وَالْمَالِ وَالْوَلَدِ غَيْرِ
 الضَّالِّ وَالْمُضِلِّ-

O Allah, make my inner self better than my outer self and make my outer self good and pious. I supplicate for a pious family, pure wealth and pious children from among the bounties that You grant. Such family members who are neither susceptible to go astray, nor lead others astray.

May every prayer in this booklet bring light to your heart,
healing to your body,
and peace to your soul.

May Allah keep us under His protection and enable us to
care for our bodies, minds, and spirits with gratitude.
Ameen.

إِنْ شَاءَ اللَّهُ