TRANSLATION DEPARTMENT
DAWAT-E-ISLAMI

Weekly Booklet

SPIRITUAL AND MEDICAL TREATMENTS

PENNED BY AMEER AHL AL-SUNNAH دَامَتْ بَرَكَاتُهُمُ الْعَالِيَه



- Protection From Thieves and Satan
- One Spiritual Remedy, 9 Benefits
- Recovering Money
- Remedy for Protection from Winter Diseases

روحانی و طِبّی علاج

Spiritual and Medical Treatments (Part-2)

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اَلْحَمْدُ لِلّٰهِ رَبِّ الْعٰلَمِيْنَ وَ الصَّلٰوةُ وَ السَّلَامُ عَلٰى خَاتَمِ النَّبِيّٖن

اَمَّا بَعْدُ فَاَعُوْذُ بِاللّٰهِ مِنَ الشَّيْطٰنِ الرَّجِيْمِ ؕ بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِيْمِ ؕ

Spiritual and Medical Treatments (Part-2)

Prayer of Attar:

O Generous Lord! Whoever reads or listens to the 8-page booklet “Spiritual and Medical Cures and Remedies (Part-2)”, grant them a long life filled with good health, well-being and righteous deeds, and bless them with admission into Jannat-al-Firdaws, without accountability, along with their parents.

اٰمِيْن بِجَاہِ خَاتَمِ النَّبِيّٖن صَلَّى اللّٰهُ عَلَيْهِ وَاٰلِهٖ وَسَلَّم

Excellence of Reciting Ṣalāt

Sayyiduna Samurah Suwā'ī رَضِیَ اللّٰہُ عَنْہُ, the respected father of Sayyiduna Jābir رَضِیَ اللّٰہُ عَنْہُ, narrates:

> We were present in the Blessed court of the Noble Prophet صَلَّی اللّٰہُ عَلَیْہِ وَاٰلِہٖ وَسَلَّم when a person arrived and asked, "O Messenger of Allah صَلَّی اللّٰہُ عَلَیْہِ وَاٰلِہٖ وَسَلَّم! Which action is the best in the Merciful court of Allah Almighty?" The Beloved Prophet صَلَّی اللّٰہُ عَلَیْہِ وَاٰلِہٖ وَسَلَّم said, "Speaking the truth and fulfilling trusts." (The narrator, Sayyiduna Samurah رَضِیَ اللّٰہُ عَنْہُ says) I asked, "O Messenger of Allah صَلَّی اللّٰہُ عَلَیْہِ وَاٰلِہٖ وَسَلَّم! Tell us more!" He صَلَّی اللّٰہُ عَلَیْہِ وَاٰلِہٖ وَسَلَّم replied, "Abundant remembrance of Allah and sending ṣalāt upon me, for this action removes poverty."[1]

صَلُّوْا عَلَى الْحَبِيْب صَلَّى اللّٰهُ عَلٰى مُحَمَّد

1. Four Blessings of ṣalāt

By reciting ṣalāt upon the Holy Prophet صَلَّی اللّٰہُ عَلَیْہِ وَاٰلِہٖ وَسَلَّم, troubles are averted, victory is achieved over enemies, blessings remain in one's offspring for four generations,

[1] Al-Qawl-ul-Badi', p. 273 summary

and ease is granted at the time of death.[1]

2. Protection From Thieves and Satan

Always recite Āyat al-Kursī once at bedtime, for it brings continuous protection from thieves and Satan. [2]

3. A Special Action for Shaʿbān

In the month of Shaʿbān, recite Surah Al-Kawthar 33 times with بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِيْم each time (with ṣalāt 11 times before and after) in a state of ablution at any time during the day or night. You may also recite it daily in Shaʿbān. This is an excellent spiritual remedy for the fulfilment of wishes. Keep your intention in mind while reciting. For example, such as Hajj, visiting Madinah, seeing the Final Prophet صَلَّى اللّٰهُ عَلَيْهِ وَاٰلِهٖ وَسَلَّم, blessings in sustenance, paying off debt, curing illness, desiring a son or daughter, getting married, relief from tension, solving home and business problems, achieving good results in religious exams, living a happy domestic life, getting a good job, strengthening memory, or any other desire you have. If Allah Almighty wills, He will certainly bestow His grace.

4. Spiritual Cure for Fluid in the Head

While placing a hand on the patient's head in a state of ablution, recite ṣalāt once, Surah Al-Fātiḥah three times, Surah Al-Ikhlāṣ three times, and ṣalāt once, then blow upon the patient. (Recite بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِيْم before each Surah). (Duration: until recovery is achieved).

5. Home Protected from Satan

Recite "بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِيْم" when closing the door of your house, and Satan (rebellious jinns) will not be able to enter the house. [3]

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[1] Jazb-ul-Quloob, p. 229

[2] Tafseer Na'eemi, vol. 3, p. 42, Al-Baqarah, under verse: 255

[3] Bukhari, vol. 3, p. 591, Hadith: 5623

6. One Spiritual Remedy, 9 Benefits

Recite "یاباعِثُ یانُوْرُ" 11 times (with ṣalāt once before and after) every day at bedtime while placing your right hand over your heart. With its blessing, اِنْ شَآءَاللّٰه, you will receive at least these 9 benefits:

1. If you have heart diseases, you will gain health; if not, you will receive protection.
2. Tension will be removed.
3. It will benefit high blood pressure.
4. You will be saved from disturbing dreams.
5. Your heart will be enlightened.
6. If you suffer from sleeplessness, it will help.
7. You will be blessed with visions of the pious predecessors.
8. You will be granted the ability to recite the Kalimah at the time of death.
9. The habit of anger will vanish.

(This should be recited for the pleasure of Allah Almighty. If He wills, you will receive countless benefits and blessings.)

7. To Strengthen Memory

After each of the five daily prayers, place your right hand on your head and recite "یاقَوِیُّ" eleven times. [1]

8. Spiritual Remedy for the Protection of Children

[1] Madani Panj Surah, p. 212

Whoever recites Āyat al-Kursī morning and evening and blows upon their children, their children will remain safe from Satan, magic, and the evil eye.[1]

9. Recovering Money

To recover your rightful property, such as a loan, stolen scooter, car, or money, offer two units of nafl prayer during a non-disliked time. In each prostration of this prayer, say "سُبْحٰنَ رَبِّیَ الْاَعْلٰی" three times, followed by "یَا مُعِزُّ یَا مُذِلُّ" 75 times. اِنْ شَآءَاللّٰه, you will receive what is rightfully yours. Perform this action to remain safe from the oppression of a tyrant as well.

10. A Spiritual Remedy for Friday

Whoever recites "یَا بَصِیْرُ" 100 times before the Friday prayer, Allah Almighty will enhance their insight (i.e. the vision of the heart) and grant them the ability to say good things and perform righteous deeds.[2]

11. The Blessing of "اَعُوْذُ بِاللّٰهِ"

Whoever recites "اَعُوْذُ بِاللّٰهِ مِنَ الشَّیْطٰنِ الرَّجِیْم" ten times a day will have an angel appointed by Allah Almighty to protect them from Satan.[3]

12. Madani Pearl for Remembering Things

Whoever wishes to remember something should recite this supplication: اَلْحَمْدُ لِلّٰهِ مُذَكِّرِ الْخَیْرِ وَ فَاعِلِهٖ (All praise is for Allah Almighty, Who reminds of goodness and does it.) اِنْ شَآءَاللّٰه, with the blessing of this supplication, that thing will be remembered.[4]

13. Protection from the Evil of Satan

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[1] Tafseer Na'eemi, vol. 3, p. 42, Al-Baqarah, under verse: 255
[2] Rooh-ul-Bayan, vol. 7, p. 268, Saba, under verse: 11
[3] Musnad Abi Ya'la, vol. 3, p. 400, Hadith: 4100
[4] Mafatih-ul-Jinan Sharh Shir'at-ul-Islam, p. 372

Whoever recites "هُوَاللّٰہُ الرَّحِیۡمُ" 7 times after every prayer will, اِنْ شَآءَاللّٰہ, remain safe from the evil of Satan and die with faith.[1]

14. Spiritual Cure for Colds and Flu

Recite Surah Al-Fātiḥah three times with بِسۡمِ اللّٰہِ الرَّحۡمٰنِ الرَّحِیۡمِ each time (with ṣalāt three times before and after) and blow upon the patient daily for three days. اِنْ شَآءَاللّٰہ, relief from cold and flu will be achieved.[2]

15. Invocation for Protection from Fatigue

Whoever continues to recite "یا قدوس" during a journey will, اِنْ شَآءَ اللّٰہ الْکَرِیۡم, remain protected from fatigue.[3]

16. Spiritual Remedy for Paying Off Debt

Recite "یا مُجِیۡبُ یا اللّٰہُ" 313 times (with ṣalāt once before and after) between dawn and sunrise. By the grace of Allah Almighty, means to pay off your debt will be created. (Duration: Perform this action continuously for eleven days).

17. Blessings of the Azan

Calling the Azan to gain relief from trouble and distress is a sunnah.[4]

18. Treatment for Itching

Obtain "Paneer Booti" (Withania coagulans) from a herbal medicine shop and soak 12 of its seeds in a glass of water every night. Strain it in the morning and drink it on an empty stomach. اِنْ شَآءَاللّٰہ, it will be beneficial for all kinds of rash. Keep drinking it daily until you recover. Use this treatment only during the summer season. It is good to drink it for three to four months every summer. Its use is

[1] 40 Rohani Ilaj, p. 2
[2] Beemar Aabid, p. 34
[3] Madani Panj Surah, p. 283
[4] Mirqat-ul-Mafatih, vol. 2, p. 330

beneficial for hepatitis, diabetes, indigestion, head and body aches, and skin conditions such as rash, boils, pimples, and facial acne. Its use also reduces blood cholesterol and obesity, and brightens skin colour. Remember! If you wish to undergo herbal treatment, do so only on the advice of your herbal practitioner.

19. Dangerous Toxic Substance

Heating oil for a long time and frying foods in it produces another dangerous toxic substance called "free radicals". This causes heart diseases, cancer, joint inflammation, brain diseases, and premature aging. [1]

20. Harm of Sitting in the Toilet for a Long Time

Do not sit unnecessarily long in the toilet, as there is a risk of developing piles.[2]

21. Remedy for Protection from Winter Diseases

Consuming a small (half) spoon of fenugreek seeds daily after meals during winter provides protection from most winter illnesses, اِنْ شَآءَاللّٰه. [3]

22. Weakens Eyesight

Reading while walking, travelling in a vehicle, or lying down (weakens eyesight). [4]

23. Health is a Thousand Blessings

Generally, 80 percent of illnesses are caused by stomach disorders, overeating, and putting whatever appears before you into your stomach. Heart diseases, paralysis, brain haemorrhage, etc., often occur due to excessive use of oil (ghee).[5]

24. Harm of Cold Water After Meals

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[1] Kebab Samosay kay Nuqsanat, p. 5
[2] Radd-ul-Muhtar, vol. 1, p. 616
[3] Maithi kay 50 Madani Phool, p. 6
[4] Nazar ki Kamzori kay Asbab ma' Ilaj, p. 3
[5] Tundrust Rehnay kay Formulae, p. 1

If you cannot stop yourself from drinking cold water after meals, then prepare yourself for gallstones. [1]

25. Remedy for Protection from Throat Diseases

Gargling along with rinsing the mouth during ablution is a sunnah. A person who gargles regularly remains protected from many throat diseases. (Do not gargle while fasting). [2]

26. Method of Waking Up from Sleep

When you wake up, get up by turning to your right side. Getting up straight from lying flat on your back can cause harm to your back or body.

27. Benefits of Gourd

Eating gourd is a sunnah. It has a cooling effect, so it should be used especially in summer. Eating gourd reduces fatigue, removes weakness, creates an appetite, and helps with constipation. Gourd is beneficial for liver pain, urinary issues, stomach diseases, and jaundice. [3]

28. Treatment for Stomach Diseases

Eating figs and almonds together cures most stomach illnesses. [4]

29. Blessings of Eating While Sitting According to the Sunnah

Sitting with the right foot upright and the other folded under you while eating, as per the Sunnah, brings the blessing of protection from spleen diseases and

[1] Monthly Faizan-e-Madinah, Jamadi-ul-Aula 1438 AH, February 2017, p. 42
[2] Wuzu aur Science, p. 11
[3] Tafseer Siraat-ul-Jinan, vol. 8, p. 351, Al-Saffat, under verse: 146
[4] Gharelu Ilaj, p. 112

strengthens the thigh muscles. It is said that a person who is accustomed to eating cross-legged gains weight and develops a protruding belly. [1]

30. Protection from Heat

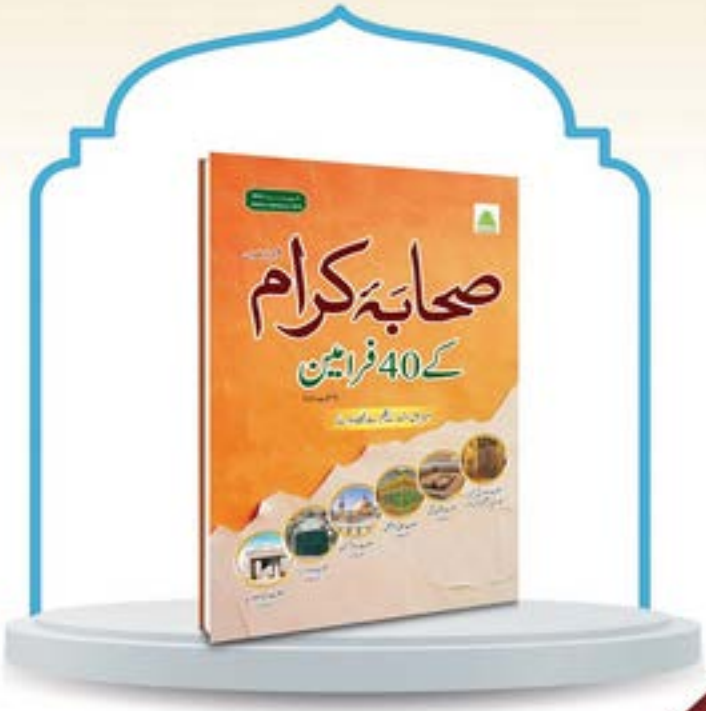
Drinking buttermilk mixed with black salt and ground carom seeds reduces the feeling of heat and also helps reduce weight. [2]

[1] Khanay ki 5 Sunnatain, p. 2 adapted

[2] Garmi say Hifazat kay Madani Phool, p. 11

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