



40 روہانی علاج (Roman)

40

Roohani 'Ilaj

Ma' Tibbi 'ilaj



Composed by
Majlis-e-Tarajim (Dawat-e-Islami)

Shaykh-e-Tareeqat Amoer-e-Ahl-e-Sunnat
Bani-e-Dawat-e-Islami Hazrat 'Allamah Maulana Abu Bilal

MUHAMMAD ILYAS
Attar Qadiri Razawi



40 ROOHANI 'ILAJ MA' TIBBI 'ILAJ

40 روحانی علاج
مع
طبی علاج

SHAIKH-E-TAREEQAT AMEER-E-AHL-E-SUNNAT BAANI-E-
DAWAT-E-ISLAMI HAZRAT 'ALLAMAH MAULANA ABU BILAL
MUHAMMAD ILYAS ATTAR QADIRI RAZAVI دَامَتْ بَرَكَاتُهُمُ الْعَالِيَةِ

Nashir:

Maktaba-tul-Madinah Baab-ul-Madinah Karachi

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ وَالصَّلَاةُ وَالسَّلَامُ عَلَى سَيِّدِ الْمُرْسَلِينَ
أَمَّا بَعْدُ فَأَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Kitab Parhnay ki Du'a

Deeni kitab ya Islami sabaq parhnay say pehlay zayl may di huyi Du'a parh lijiye *إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ* jo kuch parrhayn gay yaad rahay ga. Du'a yeh hay:

اللَّهُمَّ افْتَحْ عَلَيْنَا حِكْمَتَكَ وَانْشُرْ
عَلَيْنَا رَحْمَتَكَ يَا ذَا الْجَلَالِ وَالْإِكْرَامِ

Terjamah:

Aye Allah (*عَزَّوَجَلَّ*)! Hum par 'ilm-o-hikmat kay darwazay khol day aur hum per Apni rahmat naazil ferma! Ay 'azamat aur buzurgi walay!

(*Al-Mustatraf, vol. 1, pp. 40*)



Note:

Awwal aakhir aik bar Durood Shareef parh layn.

Fehrist

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Durood Shareef ki fazeelat

Sarkar-e-Madinah Rahat-e-Qalb-o-Seenah صَلَّى اللهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ ka farman hay: Jo mujh par shab-e-jumu'ah aur rooz-e-jumu'ah (ya'ni Juma'raat kay ghuroob-e-aftab say lay kar jumu'ah ka sooraj doobnay tak) 100 baar Durood Shareef parrhay Allah عَزَّوَجَلَّ us ki 100 haajatayn poori farmaey ga 70 aakhirat ki aur 30 duniya ki. (Shu'ab-ul-Iman, vol. 3, pp. 111, Hadees 3035)

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللهُ تَعَالَى عَلَى مُحَمَّدٍ

Har wurd kay Awwal-o-Aakhir aik baar Durood Shareef parrh lijiye, faa'idah zaahir na honay ki soorat may shikwah karnay kay bajaey apni kootahiyon ki shamat Tasawwur kijiye, Allah عَزَّوَجَلَّ ki hikmat par nazar Rakhiye.

هُوَ اللهُ الرَّحِيمُ

1. Jo har namaz kay ba'd 7 baar parrh liya karay ga إِنَّ شَاءَ اللهُ عَزَّوَجَلَّ shaytan kay shar say bacha rahay ga aur us ka iman par khatimah ho ga.

يَا اللهُ

2. 100 baar sotay waqt parrhnay say إِنَّ شَاءَ اللهُ عَزَّوَجَلَّ shayateen ki shararat aur falij aur laqway ki aafat say hifazat ho gi.

يَا مَلِكُ

3. 90 baar jo ghareeb-o-nadaar rozanah parrha karay إِنَّ شَاءَ اللهُ عَزَّوَجَلَّ ghurhat say najat paayey ga.

يَا قُدُّوسُ

4. Jo koi dawran-e-safar wird karta rahay إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ thakan say mahfooz rahay ga.

يَا سَلَامُ

5. 111 baar parrh kar beemar par dam karnay say إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ shifa haasil ho gi.

يَا مُهَيِّمِنُ

6. 29 baar jo koi Ghamzadah rozanah parrh lay إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ us ka gham door ho, neez إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ aafaton aur balaaon say bhi mahfooz rahay.

يَا عَزِيزُ

7. 41 baar haakim ya afsar wahghayrah kay paas janay say qabl parrh lijiye إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ woh haakim ya afsar Maharban ho jaey ga.

يَا مُتَكَبِّرُ

8. 21 baar jo rozanah parrh lay, darawnay khuwab aatay hon gay to إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ nahin aaeyn gay.

(Muddat-e-'Ilaj: Ta husool-e-shifa)

يَا مُتَكَبِّرُ

9. Zawjah say milaap say qabl 10 baar parrh laynay wala إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ nayk baytay ka baap banay ga.

يَا بَارِيُّ

10. 10 baar jo koi har Jumu'ah ko parrh liya karay إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ us ko bayta 'ata ho ga.

يَا قَهَّارُ

11. 100 baar agar koi museebat aa parray to parrhiye إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ mushkil aasan ho gi.

يَا وَهَّابُ

12. 7 baar jo rozanah parrha karay ga إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ Mustajab-ud-Da'waat ho ga. (ya'ni us ki du'aen Qabool huwa karay gi).

يَا فَتَّاحُ

13. 70 baar jo rozanah ba'd namaz-e-fajr donon haath seenay par rakh kar parrha karay ga إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ us kay dil ka zang-o-mayl door ho ga.

يَا فَتَّاحُ

14. 7 baar jo rozanah (kisi bhi waqt din may aik martabah) parrha karay ga إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ us ka dil roshan ho ga.

يَا قَابِضُ ، يَا بَاسِطُ

15. 30 baar jo har roz parrha karay إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ woh dushman par fath paey ga.

يَا رَافِعُ

16. 20 baar jo rozanah parrha karay ga إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ us ki murad poori ho gi.

يَا بَصِيرُ

17. 7 baar jo koi rozanah ba-waqt-e-'asr (ya'ni ibtida-e-waqt-e-'asr ta ghuroob-e-aftab kisi bhi waqt) parrh liya karay ga إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ achanak maut say mahfooz rahay ga.

يَا سَمِيعُ

18. 100 baar jo rozanah parrhay aur is dauran guftugu na karay aur parrh kar du'a maangay يَا سَمِيعُ jo mangay ga paaey ga.

يَا حَكِيمُ

19. 80 baar jo rozanah paanchon namazon kay ba'd parrh liya karay يَا حَكِيمُ kisi ka mohtaj na ho.

يَا جَلِيلُ

20. 10 baar parrh kar jo apnay maal-o-asbab aur raqam waghayrah par dam kar day يَا جَلِيلُ chori say mahfooz rahay ga.

يَا شَهِيدُ

21. 21 baar, subh (tulu'-e-aftab say pahlay pahlay) na-farman bachay ya bachi ki payshani par haath rakh kar aasman ki taraf munh kar kay jo parrhay يَا شَهِيدُ us ka woh bacha ya bachi nayk banay.

يَا وَكِيلُ

22. 7 baar jo rozanah 'asr kay waqt parrh liya karay يَا وَكِيلُ aafaton say panah paey.

يَا حَمِيدُ

23. 90 baar, jis ki gandi baaton ki 'aadat na jaati ho woh parrh kar kisi khaali piyalay ya glass may dam kar day. Hasb-e-Zaroorat usi may paani piya karay يَا حَمِيدُ fuhush goi (ya'ni bay haya'i ki baaton) ki 'aadat nikal jaey gi.

(Aik baar ka dam kiya huwa glass barson tak chala saktay hayn)

يَا مُخْصِنِي

24. Aik hazaar baar, jo koi har shab-e-jumu'ah (ya'ni juma' raat-o-jumu'ah ki darmiyani shab) parrh liya karay إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ qabr-o-qiyamat kay 'azab say mahfooz ho.

يَا مُخَيِّنِي

25. 7 baar parrh kar apnay ouper dam kar lijiye, gas ho ya payt ya kisi bhi jagah dard ho ya kisi 'uzw kay zai' ho janay ka khauf ho إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ faa'idah ho ga.

(Muddat-e-'Ilaj: ta husool-e-shifa, rozanah kam az kam aik baar)

يَا مُمِيتُ ، يَا مُخَيِّنِي

26. 7 baar rozanah parrh kar apnay ouper dam kar liya kijiye إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ jadu asar nahin karay ga.

يَا وَاجِدُ

27. Jo koi khana khatay waqt har niwalay par parrha karay ga إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ woh khana us kay payt may noor ho ga aur beemari door ho gi.

يَا مَاجِدُ

28. 10 baar parrh kar sharbat waghayrah par dam kar kay jo pee liya karay إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ (Sakht) beemar na ho ga.

يَا وَاحِدُ

29. Aik hazaar aik baar, jis ko akaylay may dar lagta ho, tanhaey may parrh lay إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ us kay dil say khauf jata rahay ga.

يَا قَادِرُ

30. Jo wuzu kay dawran har 'uzw dhotay huway parrhnay ka ma'mool bana lay إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ dushman us ko ighwa nahin kar sakay ga.

يَا قَادِرُ

31. 41 baar, mushkil aa parray to parrh lijiye إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ aasani ho jaey gi.

يَا مُقْتَدِرُ

32. 20 baar, jo rozanah parrh liya karay ga إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ rahmaton kay saey may rahay ga.

يَا مُقْتَدِرُ

33. 20 baar, jo neend say baydaar ho kar parrh liya karay ga us kay har kaam may madad-e-ilahi shamil rahay gi.

يَا أَوَّلُ

34. 100 baar, jo rozanah parrh liya karay ga إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ us ki zawjah us say mahabbat karay gi.

يَا مَانِعُ، يَا مُعْطِي

35. 20 baar, biwi naraz ho to shauhar aur agar shauhar naraz ho to biwi sonay say qabl bichhonay par bayth kar parrhay إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ sulh ho jaey gi (*Muddat: ta husool-e-murad*)

يَا ظَاهِرُ

36. Ghar ki deewar par likh lijiye إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ deewar salamat rahay gi.

يَا رَوْوُفُ

37. Jo kisi mazloom ka kisi zalim say peecha chhurrana chaahay, 10 baar parrhay phir us zalim say baat karay إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ woh zalim us ki sifarish Qabool kar lay ga.

يَا غَنِيُّ

38. Reerrh ki haddi, ghutnon, jorron ya jism may kahi bhi dard ho, chaltay phirtay uthtay baythtay parrhtay rahiye إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ dard jata rahay ga.

يَا مُغْنِي

39. Aik baar parrh kar haathon par dam kar kay dard ki jagah par malnay say إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ sukoon milay ga.

يَا نَافِعُ

40. 20 baar, jo koi kaam shuru' karnay say qabl parrh lay إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ woh kaam us ki marzi kay mutabiq poora ho ga.

15 Tibbi 'ilaj

1-2. Baal lamba karnay kay 2 nuskhay

- ≈ 250 gram aamla, 126 gram sikakaey aur 125 gram maythi daanah pees kar mahfooz kar lijiye. Do chammach hasb-e-zaroorat paani may raat ko bhigo dijiye, subh chhan kar sar dho lijiye, haftah may aik baar yeh 'amal kijiye, إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ baal girna band hon gay aur baal lambay honay bhi shuru' ho jaeyn gay.
- ≈ Aamlay ka sufoof (powder) banwa lijiye, hasb-e-zaroorat powder may paani mila kar gaarrha sa layp bana lijiye, phir usay tamam baalon ki jarron may laga kar kuch dayr ba'd sar dho lijiye.

3. Daanton kay dard aur soojan ka tibbi 'ilaj

Masoorrhon may soojan ho, khoon ya peep nikalta ho to thorra sa garam paani lay kar us may thoorri si phitkiri daal dijiye, phitkiri hal ho janay kay ba'd woh paani daanton aur masoorrhon par maliye إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ kaafi faa'idah ho ga.

4-5 Sugar ka tibbi 'ilaj

- ≈ Barri eila'ichi lay andar say daanay nikal kar rozanah subh-o-sham 5, 5 daanay chaba liya karayn, إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ jald shifa haasil ho gi.

≈ Aamla, jaman kay beej aur karaylon kay beej yeh teenon cheezayn hum wazn lay kar un ka sufoof (powder) bana lijiye, Diabetes ki 'umdaah dawa tayyar hay, is sufoof ki aik chhoti chammach din may aik ya do baar layna maraz barhnay say rokta hay.

6. Maahwari kay dard ka tibbi 'ilaj

Jis ko maahwari (M.C.) kay dinon may payt aur kamar waghayrah may dard hota ho, naaf may tayl laga liya karay, إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ dard say chhutkara mil jaey ga.

7-8 Dast (loose motion) kay 2 tibbi 'ilaj

≈ Aadhi chammach chaey ki patti paani say phaank lijiye, إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ dast khatm ho jaeyn gay. Chhotay bachon ko aik chutki chaey ki patti paani say dayna hi kaafi hay, إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ un ko bhi fa`idah ho jaey ga.

≈ Sabz podeenah dhoop may sukha kar, pees kar us ka powder kisi bottle may mahfooz kar lijiye. Agar kabhi dast (loose motion) lag jaeyn to subh-o-sham aadha chammach paani say isti'mal kijiye إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ ma'day may thandak aa jaey gi aur shifa haasil ho gi.

9. Nikseer band karnay ka tibbi 'ilaj

Leemo ka ras kaprray may chhan kar droper say naak may qatrah qatrah daliye, إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ khoon band ho jaey ga.

10. Naak band honay ka tibbi 'ilaj

Naak band ho jaey aur saans laynay may rukawat aati ho to neem kay thorray say tazah pattay saaf kar kay un ko paani may choohay par josh day kar khanay ka namak hal kar kay

qabil-e-bardasht ho janay par us paani say naak dhoiye aur din may do baar isi say ghararay kijiye, **إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ**, naak khul jaey gi.

11-12 Hichki kay 2 chutkulay

- ≈ Kaghaz ki thayli ya plastic ka shopper munh aur naak par charrha kar haathon say is tarah daba kar Rakhiye kay naak aur munh ki saans ki hawa baahir na nikalnay paey, usi shopper kay andar saans lijiye, **إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ**, aik do minute kay andar andar hichki band ho jaey gi.
- ≈ Aik chhoti Ela`ichi achhi tarah chaba kar nigal lijiye aur fauran thanday paani ka aik glass pee lijiye, **إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ**, hichki band ho jaey gi.

13 -15 Munh kay badbu kay 3 tibbi 'ilaj

- ≈ Kachi piyaaz aur kacha lahsan khanay say munh may badbu ho jati hay, adrak ka tukra khoob chaba kar kha lijiye, isi tarah ajwa`in ya, gurr ya sonf ya chand chhoti ela`ichiyen khoob chaba kar nigal lijiye, **إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ**, badbu khatm ho jaey gi.
- ≈ Neem kay 12 pattay aik glass paani may achhi tarah ubaal kar chhaan lijiye, paani ki garmi kuch kam honay par us say ghararay kijiye, yeh jaraseem kash hay, is kay ba-qai`dah isti`mal say munh ka androni hissah saaf hota aur munh ki badbu door ho jati hay.
- ≈ Neem garam paani may namak mila kar ghararay kijiye, namak may paaey janay walay `anasir murdah khulyon ko nikaal kar munh ki badbu door kartay hayn.

Nayk Namazi Bannay Kay Liye

Har Juma'rat ba'd Namaz-e-Maghrib Aap kay yahan honay walay Dawat-e-Islami kay Haftah-waar sunnaton bharay ijtima' may Rizaa-e-Ilahi kay liye achhi achhi niyyaton kay sath saaari raat shirkat farmaiye. ❖ Sunnaton ki tarbiyyat kay liye Madani Qafilay may A'ashiq-e-Rasool kay sath har maah 3 din safar aur ❖ Rozanah Fikr-e-Madinah kay zari'ay Madani Ina'amaat ka Risalah pur kar kay har Madani Maah kay pahli tareekh ko apnay yahan kay Zimmahdar ko jama' karwanay ka ma'mool bana lijiye.

Mayra Madani Maqsad "Mujhay Apni aur sari dunya kay logon ki Islah ki Koshish karni hay" **إِن شَاءَ اللهُ عَزَّوَجَلَّ** Apni Islah kay liye Madani Ina'amaat par 'amal aur sari dunya kay logon ki Islah ki Koshish kay liye Madani qafilon may safar karna hay.

إِن شَاءَ اللهُ عَزَّوَجَلَّ



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