

**First:** Imam al-Şādiq ( `a) is reported to have advised of the following

In the Name of Allah (I begin) and in Allah (I trust).	bismillāhi wa billāhi	بِسْمِ اللَّهِ وَبِاللَّهِ
Too many are the graces of Allah	kam min ni`matin lillāhi	كَمْ مِنْ نِعْمَةٍ لِلَّهِ
in the calm and the stirred up veins	fī `irqin sākinin wa ghayri sākinin	فِي عِرْقٍ سَاكِنٍ وَغَيْرِ سَاكِنٍ
to grateful and ungrateful servants (of Him).	`alā `abdin shākirin wa ghayri shākirin	عَلَىٰ عَبْدٍ شَاكِرٍ وَغَيْرِ شَاكِرٍ

Upon accomplishing an obligatory prayer, you may grasp your beard with your right hand and repeat the following prayer three times:

O Allah, (please) relieve me from my agony,	allāhumma farrij `annī kurbatī	اللَّهُمَّ فَرِّجْ عَنِّي كُرْبَتِي
hasten my healing,	wa `ajzil `āfiyatī	وَعَجِّلْ عَافِيَتِي
and remove my harm.	wakshif ḍurri	وَأَكْشِفْ ضُرِّي

Make sure that you associate this prayer with tears and weeping.

**Second:** Imam al-Şādiq ( `a) advised: Put your hand on the ailed organ and say this:

In the Name of Allah (I begin) and in Allah (I trust).	bismillāhi wa billāhi	بِسْمِ اللَّهِ وَبِاللَّهِ
Muhammad is the messenger of Allah,	wa muḥammadun rasūlu allāhi	وَمُحَمَّدٌ رَسُولُ اللَّهِ
may Allah bless him and his Household.	ṣallā allāhu `alayhi wa ālihi	صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ
There is neither might nor power except with Allah.	wa lā ḥawla wa lā quwwata illā billāhi	وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ
O Allah, (please) wipe out what I am suffering from.	allāhumma imsaḥ `annī mā ajidu	اللَّهُمَّ امْسَحْ عَنِّي مَا جِدُّ

You may then rub your right hand over the ailed organ three times.

**Third:** Imam al-Bāqir ( `a) is reported to have said: When Imam `Alī ( `a) was ailed, the Holy Prophet (ṣ) came to him and advised him to say this prayer:

O Allah, I beseech You for haste of Your healing,	allāhumma innī as'aluka ta`jīla `āfiyatika	اللَّهُمَّ إِنِّي أَسْأَلُكَ تَعْجِيلَ عَافِيَتِكَ
endurance of Your tribulation,	wa ṣabran `alā baliyyatika	وَصَبْرًا عَلَىٰ بَلِيَّتِكَ
and exit to Your mercy.	wa khurūjan ilā raḥmatika	وَخُرُوجًا إِلَىٰ رَحْمَتِكَ

**Fourth:** Imam al-Şādiq ( `a) is reported to have advised of the following:

You may put your hand on the ailed organ and repeat this prayer three times:

O Allah, I beseech You in the name of the Great Qur'ān	allāhumma innī as'aluka biḥaqqi alqur'āni al`aẓīmi	اللَّهُمَّ إِنِّي أَسْأَلُكَ بِحَقِّ الْقُرْآنِ الْعَظِيمِ
with which the Faithful Spirit has descended	alladhī nazala bihī alrūḥu al- amīnu	الَّذِي نَزَلَ بِهِ الرُّوحُ الْأَمِينُ

and which is with You in the  
Mother of the Book is  
elevated and full of wisdom,

wa huwa `indaka fī ummi  
alkitābi `aliyyun ḥakīmun

وَهُوَ عِنْدَكَ فِي امِّ الْكِتَابِ عَلِيٌّ  
حَكِيمٌ

to cure me with Your cure,

an tashfiyanī bishifā'ika

أَنْ تَشْفِيَنِي بِشِفَائِكَ

medicate me with Your  
medicine,

wa tudāwiyanī bidawā'ika

وَتُدَاوِينِي بِدَوَائِكَ

heal me from Your tribulation,

wa tu`āfiyanī min balā'ika

وَتُعَافِينِي مِنْ بَلَائِكَ

and bless Muhammad and the  
Household of Muhammad,

wa tuṣalliya  
`alā muḥammadin wa āli  
muḥammadin

وَتُصَلِّيَ عَلَيَّ مُحَمَّدٍ وَآلِ مُحَمَّدٍ

peace be upon them.

`alayhim(u) alssalām

عَلَيْهِمُ السَّلَامُ

### Supplication for Deliverance from Every Pain and Disease Sahifa Razvia

Khalid al-Absiyy said: 'Ali ibn Moosa (a.s.) taught me this invocation and said:

أَعِيذُ نَفْسِي بِرَبِّ الْأَرْضِ وَ رَبِّ  
السَّمَاءِ أَعِيذُ نَفْسِي بِالَّذِي لَا يَضُرُّ  
مَعَ اسْمِهِ دَاءٌ أَعِيذُ نَفْسِي بِالَّذِي  
اسْمُهُ بَرَكَتٌ وَ شِفَاءٌ.

O-E'EZO NAFSEE BE-RABBIL  
ARZE WA RABBIS SAMAAA-E O-  
E'EZO NAFSEE BIL-LAZEE LAA  
YAZURRO MA-A'S MEHI DAA-UN  
O-E'EZO NAFSEE BIL-  
LAZIS MOHU BARAKTUN WA  
SHEFAAUN.

I seek protection for myself in the Lord of  
the earth and the Lord of the heavens. I  
seek protection for myself in Him with  
Whose Name no disease causes harm. I  
seek protection for myself in Him Whose  
Name is a blessing and a healing.[]

Zakariyya ibn Adam, who used to serve Imam Reza (a.s.) in Khorasan,

يَا مُنْزِلَ الشِّفَاءِ وَ مُذْهِبَ الدَّاءِ أَنْزِلْ  
عَلَيَّ وَجَعِي الشِّفَاءَ.

YAA MUNZELASH  
SHEFAAAA-E WA  
MUZHEBAD DAA-E ANZIL  
A'LAA WAJA-E'YASH  
SHEFAA-E.

O Bestower of healing and  
Remover of illness, send down  
healing for my ailment.'