



# The Pocket Shifa Guide: Essential Duas for Health

## 1. The Prophet's ﷺ Dua for Complete Cure

*Recite this when visiting the sick or for yourself.*

**Arabic:**

اللَّهُمَّ رَبَّ النَّاسِ أَذْهِبِ الْبَاسَ، اشْفِهِ وَأَنْتَ الشَّافِي

**Transliteration:** *Allahumma Rabba an-nas, adhhib il-ba's, ishfihi wa anta ash-shafi.*

**Meaning:** "O Allah, Lord of mankind, remove the pain. Heal, for You are the Healer."

## 2. For Pain in a Specific Body Part

*Place your right hand on the pain.*

**Step 1:** Say **Bismillah** (3 times). **Step 2:** Recite **7 times**:

**Arabic:**

أَعُوذُ بِعِزَّةِ اللَّهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا أَجِدُ وَأُحَازِرُ

**Transliteration:** *A'udhu bi'izzatillahi wa qudratihi min sharri ma ajidu wa uhadhiru.*

**Meaning:** "I seek refuge in Allah's glory and power from the evil I feel and worry about."

## 3. The Protection from Serious Illness

*Recite this every morning and evening.*

**Arabic:**

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْبَرَصِ وَالْجُنُونِ وَالْجُذَامِ وَمِنْ سَيِّئِ  
الْأَسْقَامِ

**Transliteration:** *Allahumma inni a'udhu bika minal-barasi, wal-jununi, wal-judhami, wa min sayyi'il-asqam.*

**Meaning:** "O Allah, I seek refuge in You from leprosy, insanity, mutilation, and from all serious illnesses."

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