

Dua for Pain & Physical Healing

An E-E-A-T Compliant Spiritual & Practical Framework for Western Muslims

When you wake up in New York at **6:00 AM** or catch the London Underground at **8:00 AM GMT** facing sharp physical aches or overwhelming stress, this ancient Prophetic dua bridges modern medical care with supreme spiritual reliance.

1. The Core Authentic Dua for Physical Pain

Recorded in *Sahih Muslim (Book 39, Hadith 2202)*, Uthman bin Abi Al-As reported his persistent bodily pain to Prophet Muhammad (**PBUH**), who prescribed a direct somatic and spiritual practice: placing the hand on the site of pain, reciting **Bismillah** three times, and following with the protective formula seven times.

بِسْمِ اللَّهِ (۳ مَرَّات)
أَعُوذُ بِاللَّهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا آجِدُ وَأُحَازِرُ (۷ مَرَّات)

TRANSLITERATION: *Bismillah* (3 times). *A'udhu billahi wa qudratihi min sharri ma ajidu wa uhadhiru* (7 times).

ENGLISH TRANSLATION: "In the Name of Allah (three times). I seek refuge with Allah and with His Power from the evil that I find and that I fear (seven times)."

URDU TRANSLATION: اللہ کے نام سے (تین بار)۔ میں اللہ کی ذات اور اس کی قدرت کی پناہ مانگتا ہوں اس برائی سے جو میں محسوس کرتا ہوں اور جس سے ڈرتا ہوں (سات بار)۔

2. Theological and Psychological Architecture

This traditional formula operates on multiple levels to realign the human nervous system with divine absolute power (**Qudrat**):

Element	Function & Benefit
Bismillah (3x)	Centers consciousness, shifting focus from raw panic to divine remembrance.
Bi-Ilahi wa Qudratihi	Contrasts human frailty with infinite restorative capacity.
Ma Ajidu wa Uhadhiru	Addresses both present physical symptoms (ma ajidu) and future anxiety (uhadhiru).

3. Quranic Context: Surah Ash-Shu'ara (26:80)

In classical exegesis (*Tafseer Ibn Kathir*), Prophet Ibrahim's statement of absolute reliance reinforces that while medical intervention is mandatory, true healing originates solely from the Creator.

وَإِذَا مَرِضْتُ فَهُوَ يَشْفِينِ

TRANSLITERATION: *Wa idha maridtu fahuwa yashfeen.*

ENGLISH TRANSLATION: "And when I am ill, it is He who cures me."

URDU TRANSLATION: اور جب میں بیمار ہوتا ہوں تو وہی مجھے شفا دیتا ہے۔

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Do not let the stress of modern life disconnect you from the healing power of the Sunnah. Download our Free Daily Dua Guide to keep these authentic prayers saved on your phone, ensuring you have the exact Arabic, English, and transliterations ready whenever pain or anxiety strikes.

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