RUQYAH®

INDIA

Al-Isti'saal · The Eradication

The Self-Ruqyah Guide

Protection and healing from the Qur'an and the Sunnah

FREE · ENGLISH EDITION · 2026

BEFORE YOU BEGIN

Four foundations

Ruqyah is reciting the Qur'an and authentic duas, seeking healing from Allah alone. Keep these four things in your heart before you start.

1 · The cure is from Allah

وَإِذَا مَرِضْتُ فَهُوَ يَشْفِينِ

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

Qur'an 26:80 (the words of Ibrahim ﷺ)

2 · The Qur'an is healing

وَنُنَزِّلُ مِنَ ٱلْقُرْءَانِ مَا هُوَ شِفَآءٌ وَرَحْمَةٌ لِّلْمُؤْمِنِينَ ۙ وَلَا يَزِيدُ ٱلظَّٰلِمِينَ إِلَّا خَسَارًا

"And We send down of the Qur'ān that which is healing and mercy for the believers, but it does not increase the wrongdoers except in loss."

Qur'an 17:82

3 · No shirk, ever

"There is no harm in Ruqyah as long as it does not involve shirk." No taweez, no calling on jinn, no words you do not understand.

Sahih Muslim 2200

4 · See a doctor too

"There is no disease that Allah has created, except that He also has created its treatment." Ruqyah and medicine go together. Never stop medicine without your doctor.

Sahih al-Bukhari 5678

Ruqyah works best alongside a living faith: keep your five daily prayers, turn back to Allah from sins, give charity, and trust Allah's decree.

Good to know: the evil eye is real (Sahih al-Bukhari 5740), but not every difficulty is sihr, evil eye or jinn. Stress, illness and life problems are real too. Don't let fear take over: Allah is greater.

EVERY DAY

Your daily protection

Six short practices. Together they take about ten minutes a day, and they are your shield.

Ayat al-Kursi

Before sleep

ٱللَّهُ لَآ إِلَٰهَ إِلَّا هُوَ ٱلْحَىُّ ٱلْقَيُّومُ ۚ لَا تَأْخُذُهُۥ سِنَةٌ وَلَا نَوْمٌ ۚ لَّهُۥ مَا فِى ٱلسَّمَٰوَٰتِ وَمَا فِى ٱلْأَرْضِ ۗ مَن ذَا ٱلَّذِى يَشْفَعُ عِندَهُۥٓ إِلَّا بِإِذْنِهِۦ ۚ يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ ۖ وَلَا يُحِيطُونَ بِشَىْءٍ مِّنْ عِلْمِهِۦٓ إِلَّا بِمَا شَآءَ ۚ وَسِعَ كُرْسِيُّهُ ٱلسَّمَٰوَٰتِ وَٱلْأَرْضَ ۖ وَلَا يَـُٔودُهُۥ حِفْظُهُمَا ۚ وَهُوَ ٱلْعَلِىُّ ٱلْعَظِيمُ ﴿255﴾

Whoever recites it when going to bed has a guard from Allah, and Shaytan will not come near him until morning. Meaning: “Allāh - there is no deity except Him, the Ever-Living, the Self-Sustaining. Neither drowsiness overtakes Him nor sleep. To Him belongs whatever is in the heavens and whatever is on the earth. Who is it that can intercede with Him except by His permission? He knows what is [presently] before them and what will be after them, and they encompass not a thing of His knowledge except for what He wills. His Kursī extends over the heavens and the earth, and their preservation tires Him not. And He is the Most High, the Most Great.”

Qur’an 2:255 · Sahih al-Bukhari 2311

In the name of Allah

Morning ×3 · Evening ×3

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ

Bismillāhil-ladhī lā yaḍurru maʿa-smihī shay’un fil-arḍi wa lā fis-samā’, wa huwas-samīʿul-ʿalīm.

“In the name of Allah, with whose name nothing on earth or in the heavens can cause harm, and He is the All-Hearing, the All-Knowing.” Whoever says it three times will not be struck by sudden calamity until the next morning or evening.

Sunan Abi Dawud 5088 (sahih) · Jami at-Tirmidhi 3388

Seeking refuge in Allah’s words

Wherever you stop

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

A‘ūdhu bi-kalimātil-lāhit-tāmmāti min sharri mā khalaq.

“I seek refuge in the perfect words of Allah from the evil of what He has created.” Nothing will harm you at that place until you leave it.

Sahih Muslim 2708

EVERY DAY · CONTINUED

The three Quls

Recite all three, three times each, in the morning and in the evening. The Prophet ﷺ said this “will suffice you against everything.” (Sunan Abi Dawud 5082, hasan · Jami at-Tirmidhi 3575)

Al-Ikhlas

Qur’an 112

قُلْ هُوَ ٱللَّهُ أَحَدٌ ﴿1﴾ ٱللَّهُ ٱلصَّمَدُ ﴿2﴾ لَمْ يَلِدْ وَلَمْ يُولَدْ ﴿3﴾ وَلَمْ يَكُن لَّهُۥ كُفُوًا أَحَدٌۢ ﴿4﴾

Say, "He is Allāh, [who is] One, Allāh, the Eternal Refuge. He neither begets nor is born, Nor is there to Him any equivalent."

Al-Falaq

Qur’an 113

قُلْ أَعُوذُ بِرَبِّ ٱلْفَلَقِ ﴿1﴾ مِن شَرِّ مَا خَلَقَ ﴿2﴾ وَمِن شَرِّ غَاسِقٍ إِذَا وَقَبَ ﴿3﴾ وَمِن شَرِّ ٱلنَّفَّٰثَٰتِ فِى ٱلْعُقَدِ ﴿4﴾ وَمِن شَرِّ حَاسِدٍ إِذَا حَسَدَ ﴿5﴾

Say, "I seek refuge in the Lord of daybreak From the evil of that which He created And from the evil of darkness when it settles And from the evil of the blowers in knots And from the evil of an envier when he envies."

An-Nas

Qur’an 114

قُلْ أَعُوذُ بِرَبِّ ٱلنَّاسِ ﴿1﴾ مَلِكِ ٱلنَّاسِ ﴿2﴾ إِلَٰهِ ٱلنَّاسِ ﴿3﴾ مِن شَرِّ ٱلْوَسْوَاسِ ٱلْخَنَّاسِ ﴿4﴾ ٱلَّذِى يُوَسْوِسُ فِى صُدُورِ ٱلنَّاسِ ﴿5﴾ مِنَ ٱلْجِنَّةِ وَٱلنَّاسِ ﴿6﴾

Say, "I seek refuge in the Lord of mankind, The Sovereign of mankind, The God of mankind, From the evil of the retreating whisperer - Who whispers [evil] into the breasts of mankind - From among the jinn and mankind".

At night & at home

Last two verses of Al-Baqarah

At night

ءَامَنَ ٱلرَّسُولُ بِمَآ أُنزِلَ إِلَيۡهِ مِن رَّبِّهِۦ وَٱلۡمُؤۡمِنُونَۚ كُلٌّ ءَامَنَ بِٱللَّهِ وَمَلَٰٓئِكَتِهِۦ وَكُتُبِهِۦ وَرُسُلِهِۦ لَا نُفَرِّقُ بَيۡنَ أَحَدٖ مِّن رُّسُلِهِۦۚ وَقَالُواْ سَمِعۡنَا وَأَطَعۡنَاۖ غُفۡرَانَكَ رَبَّنَا وَإِلَيۡكَ ٱلۡمَصِيرُ ﴿285﴾ لَا يُكَلِّفُ ٱللَّهُ نَفۡسًا إِلَّا وُسۡعَهَاۚ لَهَا مَا كَسَبَتۡ وَعَلَيۡهَا مَا ٱكۡتَسَبَتۡۗ رَبَّنَا لَا تُؤَاخِذۡنَآ إِن نَّسِينَآ أَوۡ أَخۡطَأۡنَاۚ رَبَّنَا وَلَا تَحۡمِلۡ عَلَيۡنَآ إِصۡرٗا كَمَا حَمَلۡتَهُۥ عَلَى ٱلَّذِينَ مِن قَبۡلِنَاۚ رَبَّنَا وَلَا تُحَمِّلۡنَا مَا لَا طَاقَةَ لَنَا بِهِۦۖ وَٱعۡفُ عَنَّا وَٱغۡفِرۡ لَنَا وَٱرۡحَمۡنَآۚ أَنتَ مَوۡلَىٰنَا فَٱنصُرۡنَا عَلَى ٱلۡقَوۡمِ ٱلۡكَٰفِرِينَ ﴿286﴾

"Whoever recites the last two verses of Surah Al-Baqarah at night, they will be sufficient for him."

Qur'an 2:285–286 · Sahih al-Bukhari 5009 · Sahih Muslim 807

> **In your home:** "Shaytan runs away from the house in which Surah Al-Baqarah is recited." Recite or play it at home regularly. (Sahih Muslim 780)

Your daily checklist

When	What	✓
Morning	Three Quls ×3 · "Bismillāhil-ladhī…" ×3	
Evening	Three Quls ×3 · "Bismillāhil-ladhī…" ×3	
Anywhere you stop	"A'ūdhu bi-kalimātil-lāh…" ×1	
At night	Last two verses of Al-Baqarah	
Before sleep	Ayat al-Kursi · blow and wipe with the three Quls	
At home	Surah Al-Baqarah, recited or played regularly	

DO IT YOURSELF

Self-Ruqyah, step by step

You do not need a "special" person. The Prophet ﷺ recited over himself, and Aisha recited over him when he was ill (Sahih al-Bukhari 5017, 5735).

1 Prepare your heart

Make wudu if you can. Sit calmly. Remember that only Allah cures, and ask Him with certainty.

2 Recite Al-Fatihah

بِسْمِ ٱللَّهِ ٱلرَّحْمَٰنِ ٱلرَّحِيمِ ﴿1﴾ ٱلْحَمْدُ لِلَّهِ رَبِّ ٱلْعَٰلَمِينَ ﴿2﴾ ٱلرَّحْمَٰنِ ٱلرَّحِيمِ ﴿3﴾ مَٰلِكِ يَوْمِ ٱلدِّينِ ﴿4﴾ إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ ﴿5﴾ ٱهْدِنَا ٱلصِّرَٰطَ ٱلْمُسْتَقِيمَ ﴿6﴾ صِرَٰطَ ٱلَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ ٱلْمَغْضُوبِ عَلَيْهِمْ وَلَا ٱلضَّآلِّينَ ﴿7﴾

A companion recited Al-Fatihah over a sick man, he recovered, and the Prophet ﷺ approved it. Sahih al-Bukhari 5749

3 Recite Ayat al-Kursi and the three Quls

Then cup your hands, recite the three Quls, blow lightly into your hands, and wipe over as much of your body as you can, starting with your head and face. Do this three times. Sahih al-Bukhari 5017

4 Where it hurts

Place your hand on the pain. Say "Bismillah" three times, then seven times:

أَعُوذُ بِاللَّهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا أَجِدُ وَأُحَاذِرُ

"I seek refuge in Allah and His power from the evil of what I feel and fear." Sahih Muslim 2202

5 Make the Prophet's ﷺ dua

اللَّهُمَّ رَبَّ النَّاسِ مُذْهِبَ الْبَاسِ اشْفِ أَنْتَ الشَّافِي لَا شَافِيَ إِلَّا أَنْتَ شِفَاءً لَا يُغَادِرُ سَقَمًا

"O Allah, Lord of mankind, Remover of harm, cure, for You are the Healer. There is no healer but You: a cure that leaves no illness." Sahih al-Bukhari 5742

6 Stay consistent

Repeat daily, keep up your adhkar and prayers, and be patient. A suggested routine is once or twice a day; this is a habit, not a fixed rule from the Sunnah.

FOR SPECIFIC CONCERNS

What to add

The whole Qur'an is healing, and you can recite any of it. These are verses and duas that are commonly added for particular problems, alongside your daily protection.

Concern	What to recite
Evil eye	وَإِن يَكَادُ ٱلَّذِينَ كَفَرُوا۟ لَيُزْلِقُونَكَ بِأَبْصَٰرِهِمْ لَمَّا سَمِعُوا۟ ٱلذِّكْرَ وَيَقُولُونَ إِنَّهُۥ لَمَجْنُونٌ ﴿51﴾ وَمَا هُوَ إِلَّا ذِكْرٌ لِّلْعَٰلَمِينَ ﴿52﴾ Qur'an 68:51–52, commonly recited for the evil eye, together with the Prophet's ﷺ dua *Allāhumma Rabban-nās…* (Sahih al-Bukhari 5742). The evil eye is real (Sahih al-Bukhari 5740).
Sihr (magic)	فَلَمَّآ أَلْقَوْا۟ قَالَ مُوسَىٰ مَا جِئْتُم بِهِ ٱلسِّحْرُ ۖ إِنَّ ٱللَّهَ سَيُبْطِلُهُۥٓ ۖ إِنَّ ٱللَّهَ لَا يُصْلِحُ عَمَلَ ٱلْمُفْسِدِينَ ﴿81﴾ وَيُحِقُّ ٱللَّهُ ٱلْحَقَّ بِكَلِمَٰتِهِۦ وَلَوْ كَرِهَ ٱلْمُجْرِمُونَ ﴿82﴾ Qur'an 10:81–82, with 7:117–122 and 20:69: verses about Musa ﷺ and the magicians, commonly recited by raqis for sihr. If you find a taweez or suspicious object, **do not open or burn it yourself**; ask a qualified raqi.
Worry & anxiety	اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ وَالْعَجْزِ وَالْكَسَلِ وَالْجُبْنِ وَالْبُخْلِ وَضَلَعِ الدَّيْنِ وَغَلَبَةِ الرِّجَالِ "O Allah, I seek refuge with You from worry and grief, from incapacity and laziness, from cowardice and miserliness, from heavy debt and from being overpowered by others." (Sahih al-Bukhari 6369) And remember: "Those who have believed and whose hearts are assured by the remembrance of Allāh. Unquestionably, by the remembrance of Allāh hearts are assured."" (Qur'an 13:28)
Pain in the body	Hand on the place of pain, "Bismillah" ×3, then *A'ūdhu billāhi wa qudratihī min sharri mā ajidu wa uḥādhir* ×7 (Sahih Muslim 2202). Keep taking your medicine.

STAY SAFE

What to avoid

- ✕ **Taweez, amulets and "protection" threads.** The Prophet ﷺ said that spells, amulets and love charms are shirk. (Sunan Abi Dawud 3883)
- ✕ **Anyone who calls on jinn,** asks for your mother's name to "find the problem", uses unknown words, numbers or symbols. That is not Ruqyah. (Sahih Muslim 2200)
- ✕ **Pressure, hidden charges, and "special" cures for sale.** Honest, agreed payment for Ruqyah is allowed, as the Prophet ﷺ approved it (Sahih al-Bukhari 5749). Exploitation is not.
- ✕ **Being alone with a healer.** Sisters should always attend with a mahram or a trusted chaperone.
- ✕ **Stopping medicine** because someone told you Ruqyah is enough.

When to get help

- ✓ **Speak to a qualified raqi** if symptoms continue or get worse after a few weeks of consistent self-Ruqyah, or if you have strong reactions while reciting.
- ✓ **See a doctor** for any physical or mental health symptoms: Ruqyah and medicine work together.

> **If you or someone you know has thoughts of self-harm, or is in danger,** call **112** now. For free mental-health support in India, call Tele-MANAS: **14416**.

SOURCES

Every reference in this guide

Qur'an 1:1–7 · 2:255 · 2:285–286 · 10:81–82 · 13:28 · 17:82 · 26:80 · 68:51–52 · 112–114 (and 7:117–122, 20:69 mentioned)

Sahih al-Bukhari 2311 · 5009 · 5017 · 5678 · 5735 · 5740 · 5742 · 5749 · 6369

Sahih Muslim 780 · 807 · 2200 · 2202 · 2708

Sunan Abi Dawud 3883 (sahih, al-Albani) · 5082 (hasan) · 5088 (sahih)

Jami at-Tirmidhi 3388 · 3575

Hadith numbers follow the standard numbering used on sunnah.com. Qur'an text: Uthmani script. English Qur'an translation: Saheeh International.

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