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CURE OF JOINTS PAIN THROUGH
THE VERSES OF THE
HOLY QURAN

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THROUGH THE VERSES
OF THE HOLY QURAN

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Before reciting any *Dua* recite:

اَللّٰهُمَّ صَلِّ عَلٰى مُحَمَّدٍ وَّآلِ مُحَمَّدٍ

And

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

After completing the *Dua* again recite:

اَللّٰهُمَّ صَلِّ عَلٰى مُحَمَّدٍ وَّآلِ مُحَمَّدٍ

FOR EVERY TYPE OF PAIN

Imam Ali (a.s.) said if some one has any pain in the body he/she should recite the following *dua*, if Allah wills, no pain would harm him/her.

أَعُوذُ بِعِزَّةِ اللَّهِ وَقُدْرَتِهِ عَلَى الْأَشْيَاءِ أُعِيدُ نَفْسِي بِجَبَّارِ السَّمَاءِ
 أُعِيدُ نَفْسِي بِمَنْ لَا يَضُرُّ مَعَ اسْمِهِ دَاءٌ أُعِيدُ نَفْسِي بِالَّذِي اسْمُهُ
 بَرَكَةٌ وَشِفَاءٌ

A-O'D'U BI-I'ZZATILLAAHI WA QUDRA-TIHEE A'LAL
 ASHIYAA-IN U-E'ED'U NAFSEE BIJABAARIS SAMAA-I
 U-E'ED'U NAFSEE BIMAN LAA YAZ"URRU, MA-A'S-
 MIHEE DAA-UN U-E'ED'U NAFSEE BILLAD'IS-MUHOO
 BARAKATUN WA SHIFAA-UN

I seek refuge with the might and power of Allah He has over (all) things. I give my soul in protection of (Allah) who keeps the sky in place. I leave my soul

to (Allah) to take care of it because when His name is pronounced no disease can harm. I give my soul in protection of (Allah) because His name gives in return well-being, health and happiness.

2

Imam Jafar as-Sadiq (a.s.) said:

Recite 1st seven verses of *Surah al-Fat-ha* on paining area and rub your right hand while reciting. Do this for forty days, pain will be cured.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

إِنَّا فَتَحْنَا لَكَ فَتْحًا مُّبِينًا ﴿١﴾ لِيُغْفِرَ لَكَ اللَّهُ مَا تَقَدَّمَ مِنْ ذَنْبِكَ وَمَا

تَأَخَّرَ وَيُتِمَّ نِعْمَتَهُ عَلَيْكَ وَيَهْدِيَكَ صِرَاطًا مُسْتَقِيمًا ﴿٢﴾ وَيَنْصُرَكَ

اللَّهُ نَصْرًا عَزِيزًا ﴿٣﴾ هُوَ الَّذِي أَنْزَلَ السَّكِينَةَ فِي قُلُوبِ الْمُؤْمِنِينَ

لِيُزِيدُوا إِيمَانًا مَعَ إِيمَانِهِمْ ۗ وَلِلَّهِ جُنُودُ السَّمَاوَاتِ وَالْأَرْضِ ۗ وَكَانَ

اللَّهُ عَلِيمًا حَكِيمًا ﴿٤﴾ لِيَدْخُلَ الْمُؤْمِنِينَ وَالْمُؤْمِنَاتِ جَنَّاتٍ تَجْرِي
 مِنْ تَحْتِهَا الْأَنْهَارُ خَالِدِينَ فِيهَا وَيُكَفَّرَ عَنْهُمْ سَيِّئَاتِهِمْ ۚ وَكَانَ
 ذَلِكَ عِنْدَ اللَّهِ فَوْزًا عَظِيمًا ﴿٥﴾ وَيُعَذِّبُ الْمُنَافِقِينَ وَالْمُنَافِقَاتِ
 وَالْمُشْرِكِينَ وَالْمُشْرِكَاتِ الظَّالِمِينَ بِاللَّهِ ظَنَّ السَّوْءِ ۗ عَلَيْهِمْ دَائِرَةُ
 السَّوْءِ ۗ وَغَضِبَ اللَّهُ عَلَيْهِمْ وَلَعَنَهُمْ وَأَعَدَّ لَهُمْ جَهَنَّمَ ۗ وَسَاءَتْ
 مَصِيرًا ﴿٦﴾ وَلِلَّهِ جُنُودُ السَّمَاوَاتِ وَالْأَرْضِ ۗ وَكَانَ اللَّهُ عَزِيزًا
 حَكِيمًا ﴿٧﴾

IN NAA FATAH'NAA LAKA FAT-H'AM MUBEENAA LLI-
 YAGHFIRA LAKALLAAHU MAA TAQADDAMA MIN D'AM-
 BIKA WA MAA TA-AKHKHARA WA YUTIMMA NI'-MATA-
 HOO A'LAYKA WA YAHDIKA S'IRAAT'AM MUSTAQEEMAA
 WA YANS'URAKALLAAHU NAS'RAN A'ZEEZAA HUWAL
 LAD'EE ANZALA SAKEENATA FEE QULOOBIL MOO-MI-
 NEENA LIYAZDAADOO EEMAANAM MA-A' EEMAANI-
 HIM WA LILLAHI JUNOODUS SAMAAWAATI WAL ARZ"

WA KANALLAAHU A'LEEMAN H'AKEEMAA LIYUDKH-
ILAL MOO-MINEENA WAL MOO-MINAATI JANNAATIN
TAJREE MIN TAH'TIHAL ANHAARU KHAALIDEENA FEE-
HAA WA YUKAFFIRA A'N HUM SAYIAATIHIM WA KAA-
NA D'AALIKA I'NDALLAAHI FAWAZAN A'Z'EEMAA WA
YU-A'D'D'IBAL MUNAAFIQEENA WAL MUNAAFIQAATI
WAL MUSHRIKEENA WAL MUSHRIKAATIZ' Z'AANNEENA
BILLAAHI Z'ANNAS SAW A'LAYHIM DAA-IRATUS SAW WA
GHAZI"BALLAAHU A'LAYHIM WA LA-A'NAHUM WA A'-
DDA LAHUM JAHANNAM WA SAA-AT MAS'EERAA WA LIL-
LAAHI JUNOODUS SAMAAWAATI WAL ARZ" WA KANAL-
LAAHU A'ZEEZAN H'AKEEMAA

Verily, We have given you a manifest victory. so that Allah may grant protection (for your sake) against that which has preceded concerning your (followers) shortcomings and that which is to come; and thus He perfects His bounty to you and guides you on the straight path, And Allah will grant you a prevailing triumph. He it is who sent down tranquility into the hearts of the believers,

that they may add faith to their faith, - Allah's are the hosts of the heavens and the earth; and Allah is all-knowing, all-wise; That He may admit men and women who believe into gardens underneath which rivers flow, wherein they will abide for ever, and remove their evil from them and that is, with Allah, a highest achievement. And that He may punish the hypocrites, men and women, and the polytheists, men and women, who think evil thoughts concerning Allah. Around them evil rotates, and Allah wrath with them, and curses them and has prepared hell for them, an evil destination. Allah's are the hosts of the heavens and the earth, and Allah is ever- prevalent all-wise.

3

Imam Ali al-Raza (a.s.) advised to recite the following verse of *Surah al-Yasin*, 40 times, on Olive Oil and apply as Massage on paining area, *Insha-Allah*, pain will be disappear.

قَالَ مَنْ يُحْيِي الْعِظَامَ وَهِيَ رَمِيمٌ ﴿٧٨﴾ قُلْ يُحْيِيهَا الَّذِي أَنْشَأَهَا أَوَّلَ
 مَرَّةٍ ۖ وَهُوَ بِكُلِّ خَلْقٍ عَلِيمٌ ﴿٧٩﴾

QAALA MAY YUH'YIL I'Z'AAMA WA HIYA RAMEEM QUL
 YUH'YIEEHALLAD'EE AN'SHA-AHAA AWWALA MARRAH
 WA HUWA B-KULLI KHALQIN A'LEEM

(He) says: “Who will put life in bones when they are decayed:” Say (O Muhammad): “He will give them life who created them for the first time. He has the absolute knowledge of all creations.”

4

It is written in *Makaram al-Akhlaq* for cure of pain in legs, pray two *Rakat Salat*. In both *rakats* after the recitation of *Surah al-Fatiha* recite the following verses and after *Salat* pray for cure of pain.

آمَنَ الرَّسُولُ بِمَا أُنزِلَ إِلَيْهِ مِنْ رَبِّهِ وَالْمُؤْمِنُونَ ۚ كُلٌّ آمَنَ بِاللَّهِ
 وَمَلَائِكَتِهِ وَكُتُبِهِ وَرُسُلِهِ لَا نُفِرُّ بَيْنَ أَحَدٍ مِنْ رُسُلِهِ ۚ وَقَالُوا
 سَمِعْنَا وَأَطَعْنَا ۗ غُفْرَانَكَ رَبَّنَا وَإِلَيْكَ الْمَصِيرُ ﴿٢٨٥﴾ لَا يُكَلِّفُ اللَّهُ
 نَفْسًا إِلَّا وُسْعَهَا ۚ لَهَا مَا كَسَبَتْ وَعَلَيْهَا مَا اكْتَسَبَتْ ۗ رَبَّنَا لَا
 تُؤَاخِذْنَا إِنْ نَسِينَا أَوْ أَخْطَأْنَا ۗ رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إِصْرًا كَمَا
 حَمَلْتَهُ عَلَى الَّذِينَ مِنْ قَبْلِنَا ۗ رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا طَاقَةَ لَنَا بِهِ ۗ
 وَاعْفُ عَنَّا وَاعْفِرْ لَنَا وَارْحَمْنَا ۚ أَنْتَ مَوْلَانَا فَانصُرْنَا عَلَى الْقَوْمِ
 الْكَافِرِينَ ﴿٢٨٦﴾

AAMANAR RASOOLU BI-MAA UNZILA ILAYHI MIR RAB-
 BIHEE WAL. MOO-MINOON KULLUN AAMANA BILLAAHI
 WA MALAA IKATIHEE WA KUTUBIHEE WA RUSULIH LAA
 NUFARRIQU BAYNA AHA'DIM MIR RUSULIH WA QAALOO
 SAMI'-NAA WA ATA'-NAA GHUFRA-ANAKA RABBANA WA
 ILAYKAL MAS'ER LAA YUKALLIFULLAAHU NAFSAN IL-
 LAA WUS-A'HAA LAHAA MAA KASABAT WA A'LAYHAA
 MAK-TASABAT RABBANAA LAA TU-AAKHID'NAA IN NA-

SEENAA AW AKHY'AA-NAA RABBANAA WA LAA TAH'MIL
A'LAYNAA IS'RAMAN KAMAA H'AMALTAHO A'LAL LAD'EE-
NA MIN QABLINA RABBANAA WA LAA TUH'AMMIL-
NAA MAA LAA T'AAQATA LANAA BIHI WA'-FU A'NNAA
WAGHFIR LANAA WAR-H'AMNAA ANTA MAWLAANAA
FANS'URNAA A'LAL QAWMIL KAAFIREEN

The Messenger believes in what has been revealed to him from his Lord, and (so do) the believers. They all believe in Allah, and His angels, and His books, and His messengers; (they say): "We make no difference between and of His Messengers", and they say: "We hear and obey. Our Lord, we long for Your forgiveness, and to You is the eventual course." Allah does not impose on any soul a duty but to the extend of its ability, for it shall be what it has earned, and against it (shall be) what it has wrought. "O Our Lord! Do not hold us responsible if we forget or make a mistake. O Our Lord! Do not lay on us a burden such as You laid on those before us. And, O Our Lord! Do not impose upon us that which

we have not the strength (to bear)! Pardon us, and forgive us, and have mercy on us. You are our master, so help us against the unbelieving people.”

5

Imam Jafar as-Sadiq (a.s.) said: Place your right hand on the pain and recite the following *dua*:

وَنُنَزِّلُ مِنَ الْقُرْآنِ مَا هُوَ شِفَاءٌ وَرَحْمَةٌ لِّلْمُؤْمِنِينَ وَلَا يَزِيدُ
الظَّالِمِينَ إِلَّا خَسَارًا ﴿٨٢﴾

WA NUNNAZILU MINAL QURAAANI MA HUWA SHI-
FAAA-UN'W WA RAH'MATUN LIL-MOO-MINEENA WA
LAA YAZEEDUZ' Z'ALIMEENA ILLAA KHASARA

We sent down the Quran which is a healing and a mercy for the believers. But it adds nothings for the unjust but perdition.

6

It is narrated from Imam Ali al-Raza (a.s.) to recite the following *dua* for every pain and diseases.

يَا مُنْزِلَ الشِّفَاءِ، وَمُذْهِبَ الدَّاءِ صَلِّ عَلَى مُحَمَّدٍ وَآلِهِ وَأَنْزِلْ عَلَيَّ
وَجَعِي الشِّفَاءَ

YAA MUNZILASH SHIFAAA-I WA MUDAHIBAD
DAAA-I S'ALLI A'LAA MUHAMMADN WA AALLIHI
WA ANZIL A'LAA WAJAISH SHIFAAA-

O Who reveals the healing and remove of ails, send blessings on Muhammad and his progeny and send the heals for my pain.

7

FOR BACK PAIN

Place your hand on the paining area and recite 3

times:

وَمَا كَانَ لِنَفْسٍ أَنْ تَمُوتَ إِلَّا بِإِذْنِ اللَّهِ كِتَابًا مُؤَجَّلًا ۗ وَمَنْ يُرِدْ
ثَوَابَ الدُّنْيَا نُؤْتِهِ مِنْهَا وَمَنْ يُرِدْ ثَوَابَ الْآخِرَةِ نُؤْتِهِ مِنْهَا وَسَنَجْزِي
الشَّاكِرِينَ ﴿١٤٥﴾

WA MAA KANA LINAFSIN A'N TAMOOTA ILLAA BI-ID'NIL-
LAAHI KITAABAM MOO-A'JJALA WA MAY' URID THA-
WAABAD DUNYAA NO-TIHI MINHAA WA MAY YURID
THAWAABAL AKHIRATI NOO-TIHI MINHA WA SAMAJ-
ZISH SHAKIREEN

And it is not (possible) for any soul to die except by Allah's permission at a time recorded in the book that fixes the term (of life). He who desires (his) reward in this world, We give him thereof, and he who desires (his) reward in the hereafter, we give him thereof. And soon We shall reward the grateful.

After that recite 7 times Surah al Qadr. Do this for forty days, pain will be cured.

8

FOR THE JOINTS PAIN AND SWELLING

Recite the following last four verses of *Surah al-Hashar*:

لَوْ أَنْزَلْنَا هَذَا الْقُرْآنَ عَلَىٰ جَبَلٍ لَّرَأَيْتَهُ خَاشِعًا مُّتَصَدِّعًا مِّنْ خَشْيَةِ
اللَّهِ ۗ وَتِلْكَ الْأَمْثَالُ نَضْرِبُهَا لِلنَّاسِ لَعَلَّهُمْ يَتَفَكَّرُونَ ﴿٢١﴾ هُوَ اللَّهُ
الَّذِي لَا إِلَهَ إِلَّا هُوَ ۗ عَالِمُ الْغَيْبِ وَالشَّهَادَةِ ۗ هُوَ الرَّحْمَنُ الرَّحِيمُ
﴿٢٢﴾ هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْمَلِكُ الْقُدُّوسُ السَّلَامُ الْمُؤْمِنُ
الْمُهَيْمِنُ الْعَزِيزُ الْجَبَّارُ الْمُتَكَبِّرُ ۗ سُبْحَانَ اللَّهِ عَمَّا يُشْرِكُونَ ﴿٢٣﴾ هُوَ
اللَّهُ الْخَالِقُ الْبَارِئُ الْمُصَوِّرُ ۗ لَهُ الْأَسْمَاءُ الْحُسْنَىٰ ۗ يُسَبِّحُ لَهُ مَا فِي
السَّمَاوَاتِ وَالْأَرْضِ ۗ وَهُوَ الْعَزِيزُ الْحَكِيمُ ﴿٢٤﴾

LAW ANZALNAA HAAD'AL QUR-AANA A'LAA JABALIL
 LARA-AYTAHOO KHAASHI-A'M MUTAS'ADDI-AM MIN
 KHASHAYATILLA AH WA TILKAL AMTHAALU NAZ"RIBU-
 HAA LIN NAASI LA-A'LLAHUM YATAFAKKAROON HU-
 WALLAAHUL LAD'EE LAA ILAAHA ILLAA HUWA 'AL-
 IMUL GHAYBI WASH SHAHAADAH HUWAR RAH'MAANUR
 RAH'EEM HUWALLAAHUL LAD'EE LAA ILAAHA ILLAA
 HUWAL MALIKUL QUDDOOSUS SALAAMUL MOO-MINUL
 MUHAYMINUL A'ZEEZUL JABBAARUL MUTAKABBIR
 SUBH'AANALLAAHI A'MMA YUSHRIKON HUWALLAA-
 HUL KHAALLIQL BAARI-UL MUS'AWWIRU LAHUL AS-
 MAA-UL H'USNAA YUSABBIHU'U LAHOO MAA FIS SA-
 MAAWAATI WAL ARZ" WA HUWAL A'ZEEZUL H'AKEEM

*Had We sent down this Quran on a mountain,
 you (O Muhammad) would certainly have seen it
 humbled and rent asunder for fear of Allah. We
 propound such similitudes unto mankind that
 haply they may reflect. He is Allah, there is no god
 save He, the knower of the unseen and the seen, He
 is the beneficent, the Merciful. He is Allah, there is
 no god save He, the king, the holy, the peace-loving,*

the bestower of conviction, the guardian, the ever-prevalent, the supreme, the great absolute. Far to exalted is Allah from what they associate (with Him). He is Allah, the creator, the maker, the fashioner, His are all the beautiful names. Whatsoever is in the heavens and the earth glorifies Him. He is ever-Prevalent, all-wise.

Then rub the blunt side of knife on the pain or swell and recite the following *dua*:

بِسْمِ اللَّهِ أَرْقِيكَ مِنَ الْحَدِيدِ وَالْحَذَرِ وَمِنْ أَثَرِ الْعُودِ وَمِنَ الْبَحْرِ
الْمَلْبُودِ وَمِنَ الْعِرْقِ الْفَاتِرِ وَمِنَ الْوَرَمِ الْأَخِيرِ وَمِنَ الطَّعَامِ وَحَرِّهِ
وَمِنَ الشَّرَابِ وَبَرْدِهِ بِسْمِ اللَّهِ فَتَحْتُ وَبِسْمِ اللَّهِ خَتَمْتُ

BISMILLAAHI ARQEEKA MINAL H'ADEEDI WAL
H'AD'ARI WA MIN ATHARIL O'ODI WA MINAL BAH'RIL
MAKBOODI WA MINAL I'RQAL FAATIRI WA MINAL WARA-
MI AL-AAKHIRI WA MNAT' T'A-A'AM WA H'ARRIHEE WA

MINASH SHARAABI WA BARDIHI BISMILLAAHI FATAH'TU
WA BISMILLAAHI KHATAMTU

In the name of Allah, I charm you from iron and fear and consequences of recurring, and from the flow of pain and from the root of a barren tree, and from another swelling, and from food and its heat, and from drink and its coldness. In the name of Allah I begin and in the name of Allah i end.

Inshallah, your pain or swelling will disappear.

9

FOR THE PAIN OF KNEES

After every Wajib prayer, recite the following *dua*:

يَا أَجُودَ مَنْ أَعْطَى يَا خَيْرَ مَنْ سُئِلَ وَيَا أَرْحَمَ مَنْ اسْتُرْجِمَ إِرْحَمْ
ضَعْفِي وَقِلَّةَ حِيلَتِي وَاعْفِنِي مِنْ وَجَعِي

YAA AJWADA MAN AA'-T'AA YAA KHAYRA MAN SU-ILA
WA YAA ARH'AMA MANISSTURH'IMA IRH'AM Z"AA-FEE
WA QILLATA H'EELATEE WAA'-FINEE MINW WAJA-EE

*O He who is the best bestower than every
bestower. O He is best to whom petition is made.
Bless me for my weakness and helplessness and
let me get the rid of my pain.*

10 FOR CURE OF CALF

Recite the following verse seven times:

وَأْتِلْ مَا أُوجِي إِلَيْكَ مِنْ كِتَابِ رَبِّكَ^ط لَا مُبَدَّلَ لِكَلِمَاتِهِ وَلَنْ تَجِدَ
مِنْ دُونِهِ مُلْتَحَدًا

WATLU MAAA OOH'IYA ILAYKA MIN KITAABI RABBIKA
LAA MUBADDILA LIKALIMAATIHI WA LAN TAJIDA MIN
DOONIHEE MULTAH'ADAA

Recite what has been revealed to you of the book of your Lord; none shall change His word, and none shall you find as a refuge other than Him.

11

Imam Jafar as-Sadiq (a.s.) had advised to recite *Surah Lahab* and place your right hand on the paining area. Your pain will be cured.

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ
تَبَّتْ يَدَا أَبِي لَهَبٍ وَتَبَّ ۝۱ مَا أَغْنَىٰ عَنْهُ مَالُهُ وَمَا كَسَبَ ۝۲
سَيَصْلَىٰ نَارًا ذَاتَ لَهَبٍ ۝۳ وَامْرَأَتُهُ حَمَّالَةَ الْحَطَبِ ۝۴ فِي جِيدِهَا
حَبْلٌ مِّن مَّسَدٍ ۝۵

BISMILLAHIR RAHMAANNIR RAHEEM

TABBAT YADAAAABEE LAH'ABIN WATABB MAAA
AGHNAA A'NHU MAA LUHOO WA MAA KASAB. SAYAS'LAA

NARAN D'AATA LAHABIN WAMRAATUHOO H'AMMAA
LATAL H'AT'AB. FEE JEEDIHAAH'ABLUM MIMMASAD.

May the hands of Abu Lahab perish. May he (too) perish. Of no avail shall be his wealth, nor what he earns. Soon he shall burn in flaming fire. And his wife, the portress of firewood. Will have a strap of twisted rope around her neck.

12

To recover the fractures, recite as many times as possible:

يَا جَابِرَ الْعَظْمِ الْكَسِيرِ

YA JABIRAL AZMIL QASEER

O He who sets broken bones.

Recite the following 28th verse of *Surah Dahr* for cure of pain.

مَنْ خَلَقْنَاهُمْ وَشَدَدْنَا أَسْرَهُمْ ۖ وَإِذَا شِئْنَا بَدَّلْنَا أَمْثَالَهُمْ تَبْدِيلًا ﴿٢٨﴾

NAHNU KHALAQNAAHUM WA SHADADNAAA AS'RAHUM
WA IZAA SHI'NA BAD-DALNAAA AMTHALAHUM TABDI-
LA

We created them and made their bones and joints strong; and when We will, We will replace them with others like them.

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