

Muslim's fortress against diseases and outbreaks

ادْعُونِي أَسْتَجِبْ لَكُمْ
Call upon me, I will respond to you...



'Uthman bin 'Affan (May Allah be pleased with him) reported:

The Messenger of Allah (pbuh) said:

"He who recites three times every morning and evening:

'Bismillahil-ladhi la yadurru ma'as-mihi shai'un fil-ardi wa la fis-sama'i, wa Huwas-Sami'ul-'Alim

(In the Name of Allah with Whose Name there is protection against every kind of harm in the earth or in the heaven, and He is the All-Hearing and All- Knowing),

nothing will harm him."

[Abu Dawud and At- Tirmidhi].



'Abdullah bin Khubaib (May Allah be pleased with him) reported:

The Messenger of Allah (pbuh) said to me:

"Recite Surat Al-Ikhlās and Al-Mu'awwidhatain (Surat Al-Falaq and Surat An-Nas) three times at dawn and dusk. It will suffice you in all respects."

[Abu Dawud and At-Tirmidhi].



Anas (May Allah be pleased with him) reported:

Messenger of Allah (pbuh) said:

"Whoever says (upon leaving his house):

'Bismillah, tawakkaltu 'alallah, wa la hawla wa la quwwata illa billah

[I begin with the Name of Allah; I trust in Allah; there is no altering of conditions but by the Power of Allah],

it will be said to him: 'You are guided, defended and protected.' The devil will go far away from him".

[Abu Dawud, At-Tirmidhi and An- Nasa'i].

Abu Dawud reported it with this addition: "One devil will say to another: 'How can you deal with a man who has been guided, defended and protected?".



Khaulah bint Hakim (May Allah be pleased with her) reported:

I heard the Messenger of Allah (pbuh) saying:

"Whosoever alights somewhere and says:

'A'udhu bikalimat-illahit-tammami min sharri ma khalaqa

(I seek refuge with the Perfect Words of Allah from the evil of what He has created),

nothing will harm him until he leaves that place."

[Muslim].



Umar narrated that:

The Messenger of Allah (pbuh) said:

“Whoever sees a person afflicted and say (in himself / without letting that person hear):

‘All praise is due to Allah Who saved me from that which He has afflicted you with, and blessed me greatly over many of those whom He has created,

(Al-ḥamdulillāhi alladhī `āfānī mimmabtalāka bihī wa faḍḍalanī `alā kathīrin mimman khalaqa tafḍīla)’

then he shall be saved from that affliction for as long as he lives.”



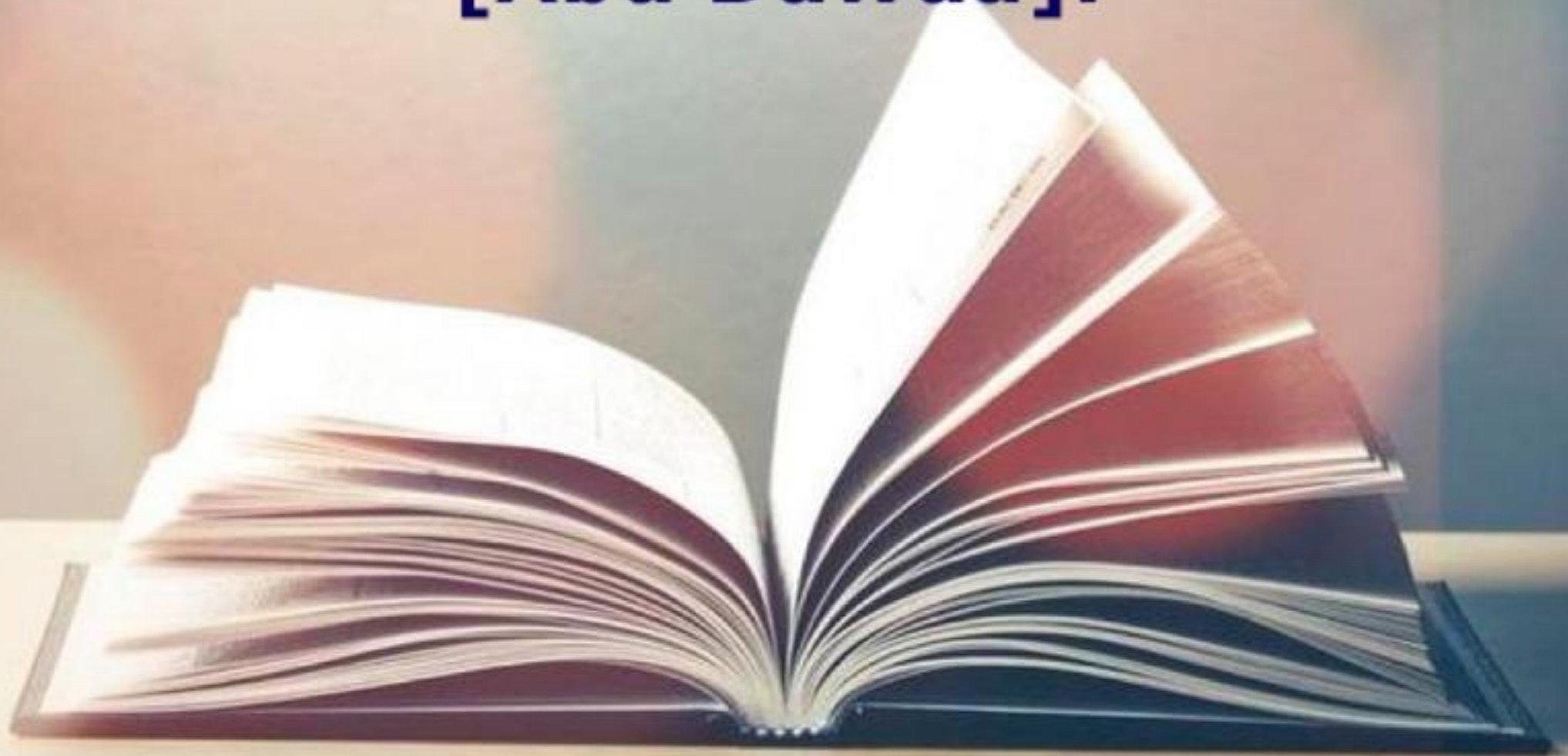
Anas (May Allah be pleased with him) reported:

The Prophet (pbuh) used to supplicate:

"Allahumma inni a'udhu bika minal-barasi, wal- jununi, wal-judhami, wa sayyi'il-asqami'

(O Allah! I seek refuge in You from leucoderma, insanity, leprosy and evil diseases)."

[Abu Dawud].



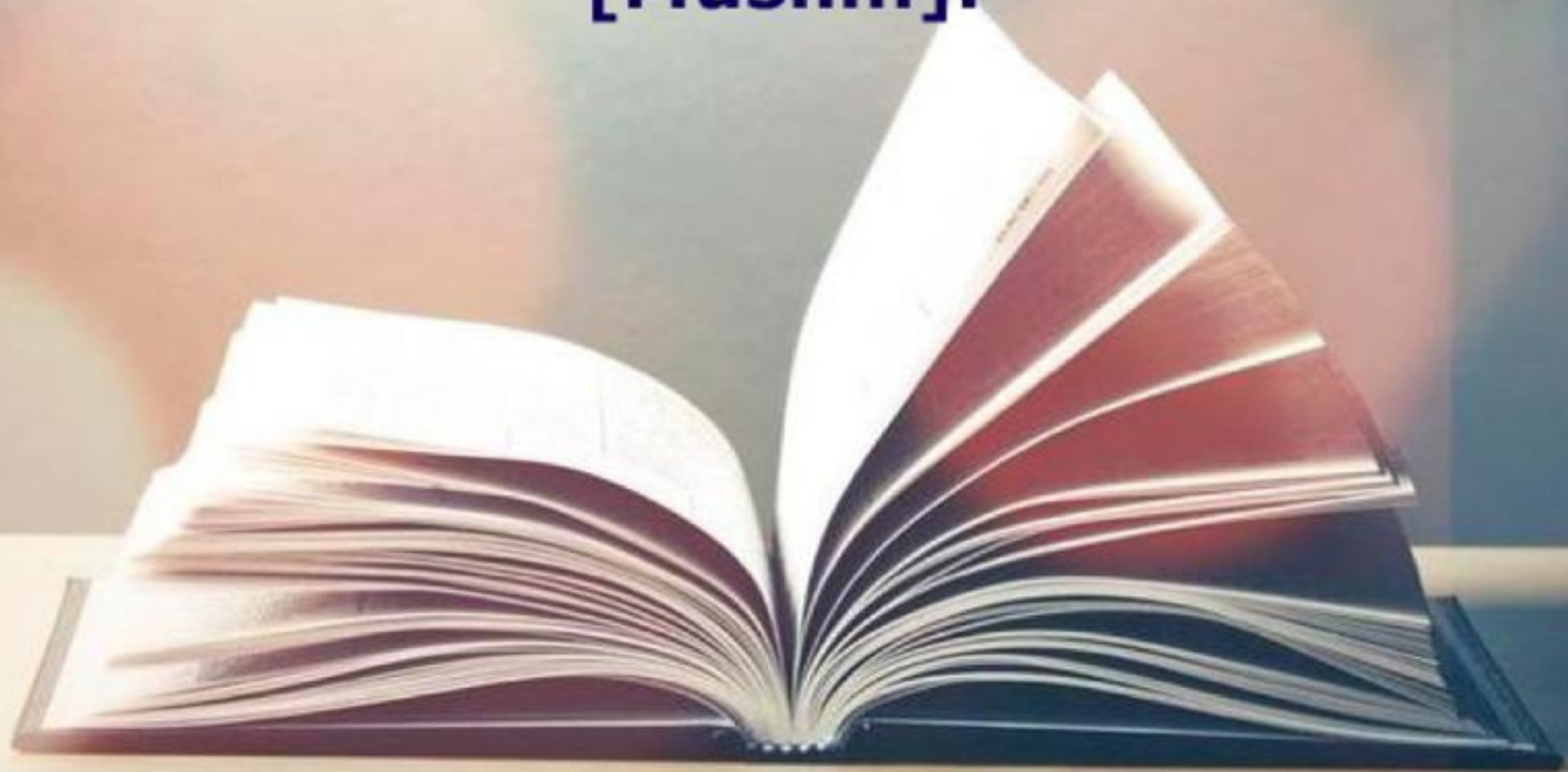
'Abdullah bin 'Umar (May Allah be pleased with them) reported:

The Messenger of Allah (pbuh) used to supplicate thus:

"Allahumma inni a'udhu bika min zawali ni'matika, wa tahawwuli 'afiyatika, wa fuja'ati niqmatika, wa jami'i sakhatika

(O Allah! I seek refuge in You against the declining of Your Favours, passing of safety, the suddenness of Your punishment and all that which displeases You)."

[Muslim].



**It was narrated that Abu Hurairah
said:**

"The Messenger of Allah (pbuh) said:

**"There is no supplication that a
person can say that is better than:**

**Allahumma inni as'aluka al-mu'afah
fid-dunya wal-akhirah**

**(O Allah, I ask You for Al-Mu'afah in
this world and in the Hereafter)."**

[Sahih Ibn majah]



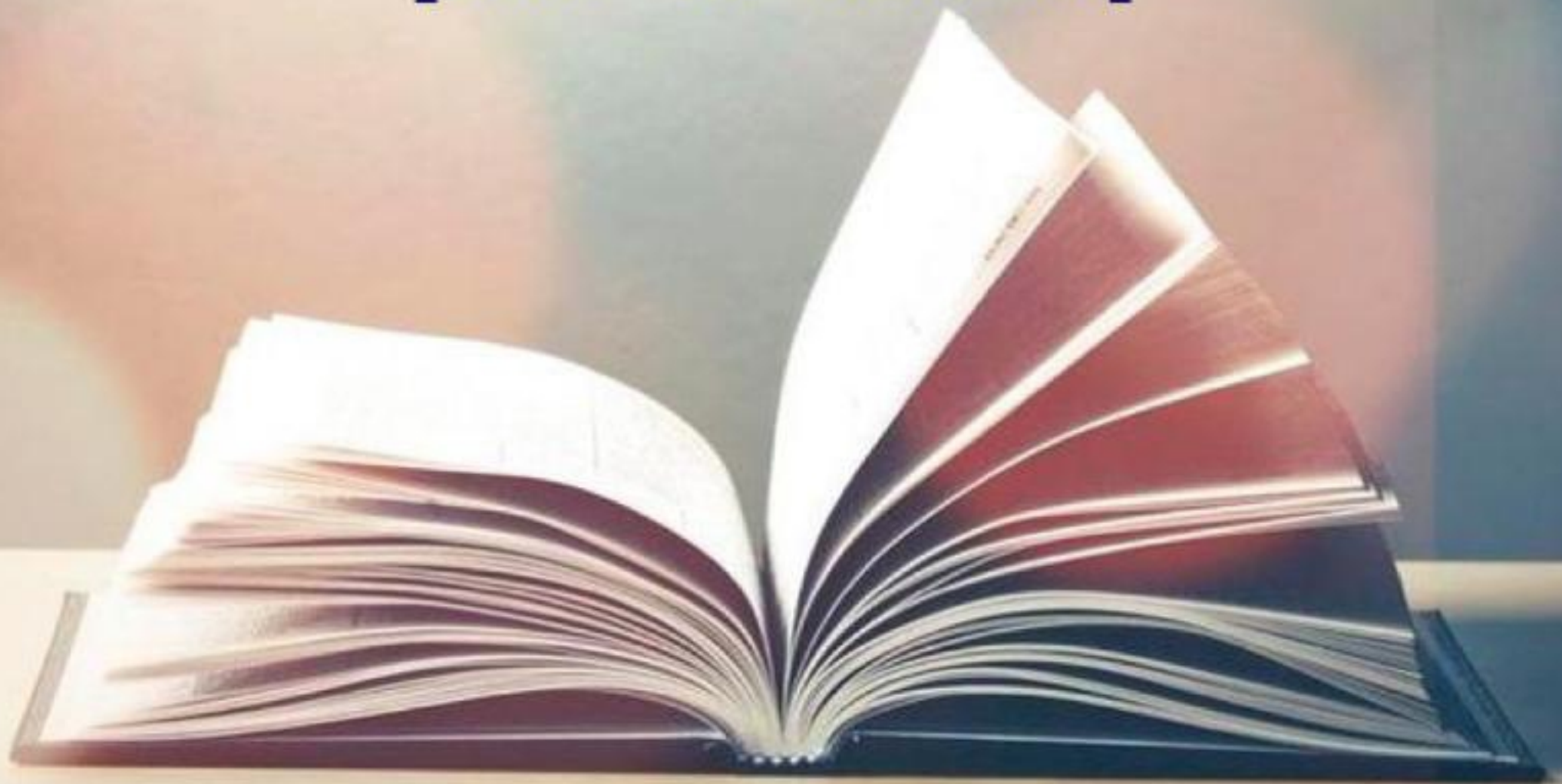
Ibrahim bin Muhammad bin Sa`d narrated from his father, from Sa`d that the Messenger of Allah (pbuh) said:

“The supplication of Dhun-Nun (Prophet Yunus) when he supplicated, while in the belly of the whale was: ‘There is none worthy of worship except You, Glory to You, Indeed, I have been of the transgressors.

(Lā ilāha illā anta subḥānaka innī kuntu minaz-zālimīn)’

So indeed, no Muslim man supplicates with it for anything, ever, except Allah responds to him.”

[Jami` at-Tirmidhi]



Narrated Abu Huraira:

**The Prophet (pbuh) said,
"Take refuge with Allah
from the difficulties of
severe calamities, from
having an evil end and a bad
fate and from the malicious
joy of your enemies."**

[Bukhari]

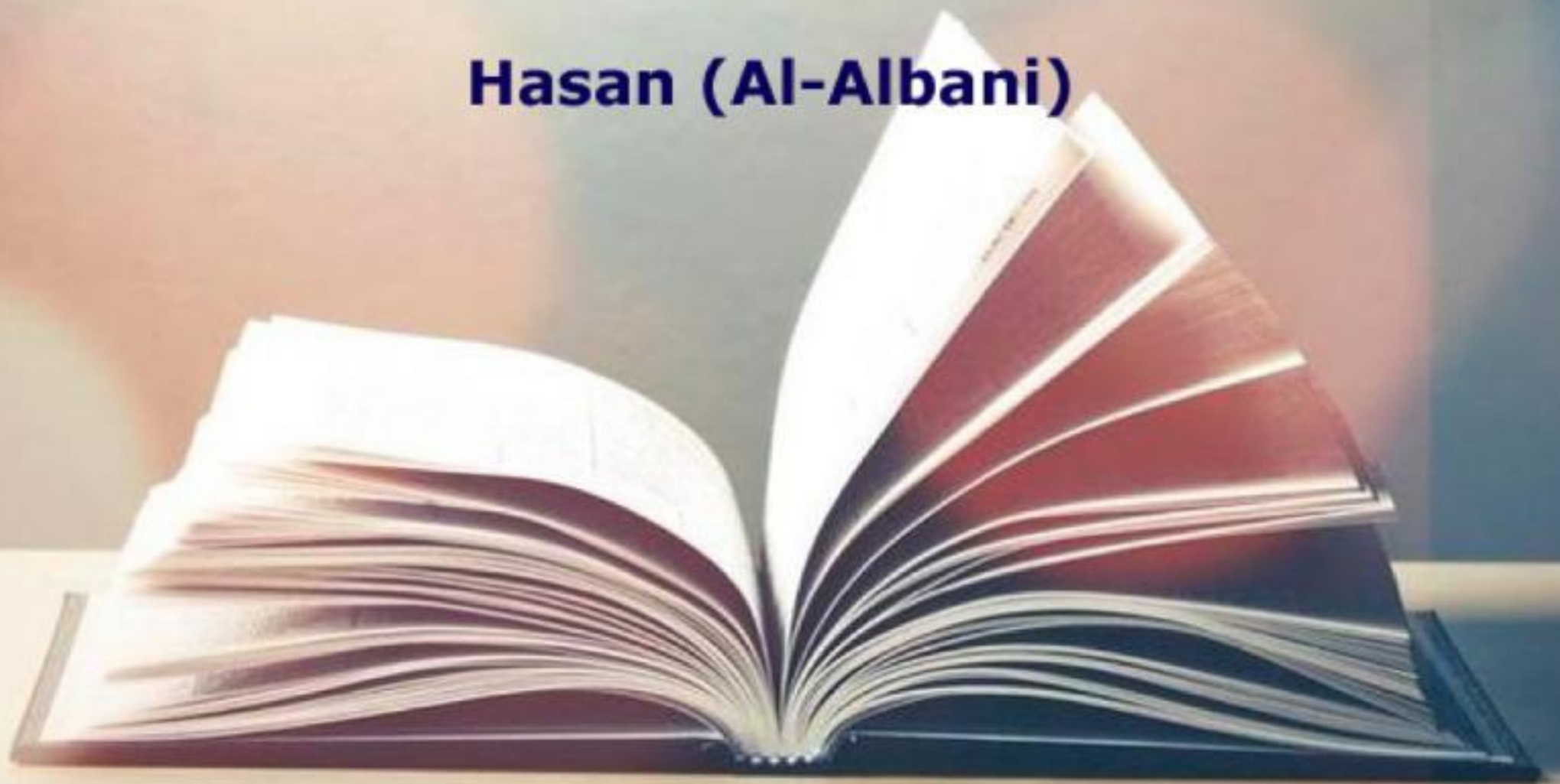


Abdu'r-Rahman ibn Abi Bakra reported that he said to his father, "I heard you making this supplication every morning:

"O Allah, make me healthy in my body. O Allah, make me healthy in my hearing. O Allah, make me healthy in my sight. There is no god but You.' and repeat it three times in the evening and three times in the morning. You say, 'O Allah, I seek refuge with You from disbelief and poverty. O Allah, I seek refuge with You from the punishment of the grave. There is no god but You,' and you repeat it three times in the evening and three times in the morning."

He replied, :Yes, my son. I heard the Messenger of Allah, may Allah bless him and grant him peace, say them and I like to follow his sunna."

Hasan (Al-Albani)

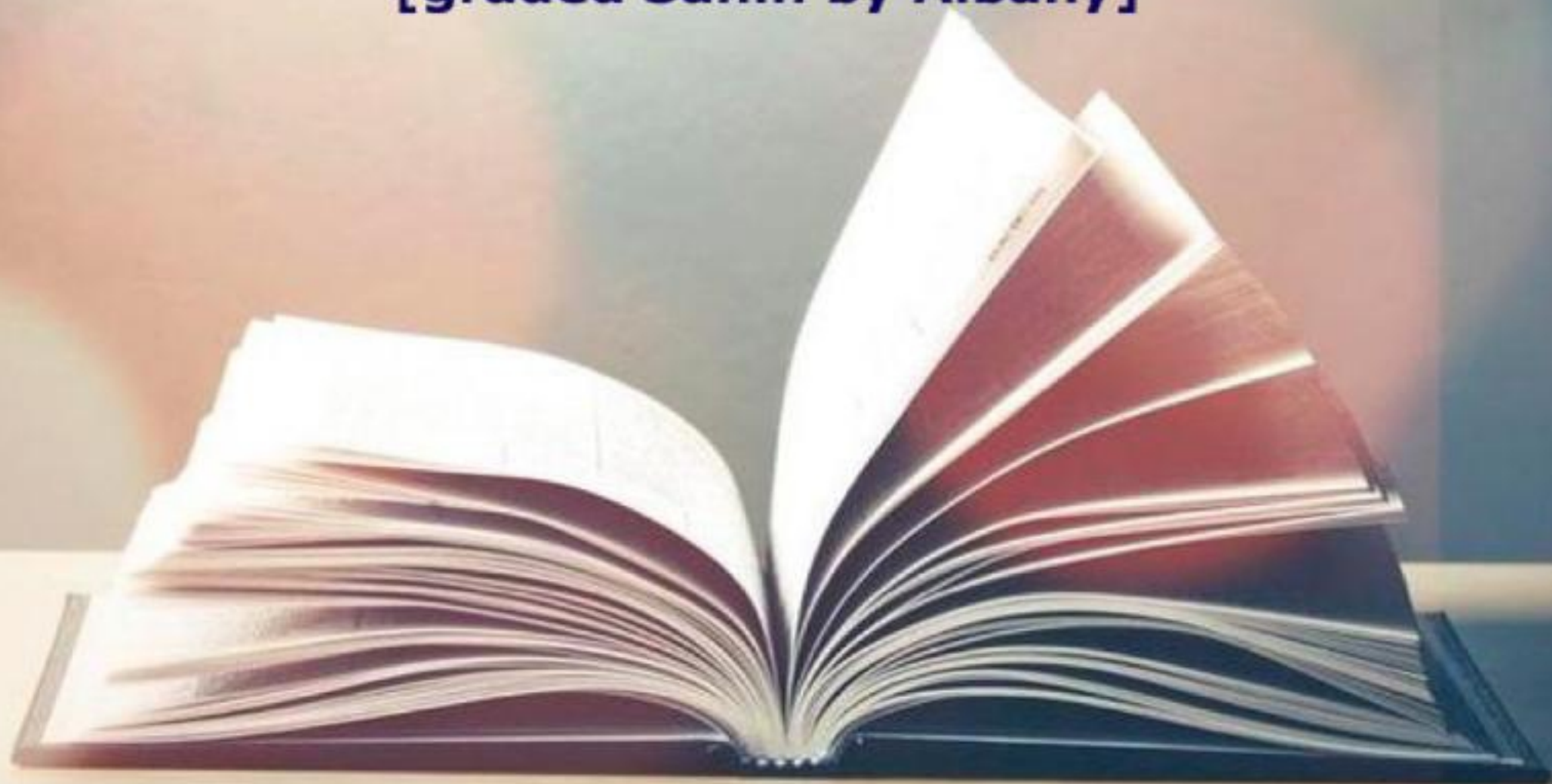


Ibn 'Umar said, "The Messenger of Allah, may Allah bless him and grant him peace, did not omit saying the following words in the morning and evening:

Allaahumma 'innee 'as'alukal-'afwa wal'aafiyata fid-dunyaa wal'aakhirati, Allaahumma 'innee 'as'alukal-'afwa wal'aafiyata fee deenee wa dunyaaya wa 'ahlee, wa maalee , Allaahum-mastur 'awraatee, wa 'aamin raw'aatee, Allaahum-mahfathnee min bayni yadayya, wa min khalfee, wa 'an yameenee, wa 'an shimaalee, wa min fawqee, wa 'a'oothu bi'athamatika 'an 'ughtaala min tahtee. '

'O Allah, I ask you for well-being in this world and the Next. O Allah, I ask you for forgiveness and well-being in my deen and in this world and in my family and my property. O Allah, veil my faults and calm my fears. O Allah, give me protection in front of me and behind me, on my right and my left and above me. I seek refuge by Your might from being overwhelmed from under me.'"

[graded Sahih by Albany]



Jundub bin Sufyan (May Allah be pleased with him) reported:

The Messenger of Allah (pbuh) said:

"He who offers the dawn (Fajr) prayers will come under the Protection of Allah. O son of Adam! Beware, lest Allah should call you to account in any respect from (for withdrawing) His Protection."

[Muslim].



Abu Mas'ud Al-Badri (May Allah be pleased with him) reported:

I heard the Prophet (pbuh) saying:

"He who recites the two Ayat at the end of Surat Al-Baqarah at night, they will suffice him."

[Al- Bukhari and Muslim].



"Whenever you go to your bed, recite the Verse of "Al-Kursi" (2.255) for then a guardian from Allah will be guarding you, and Satan will not approach you till dawn.' "

[Sahih al-Bukhari]



**The Messenger of Allah (pbuh)
said:**

“Hold fast to Qiyam al-Lail, for it is the practice of the righteous before you, and indeed Qiyam al-Lail is a means of nearness to Allah, a means of prevention from sin, an expiation for bad deeds, and a barrier for the body against disease.”

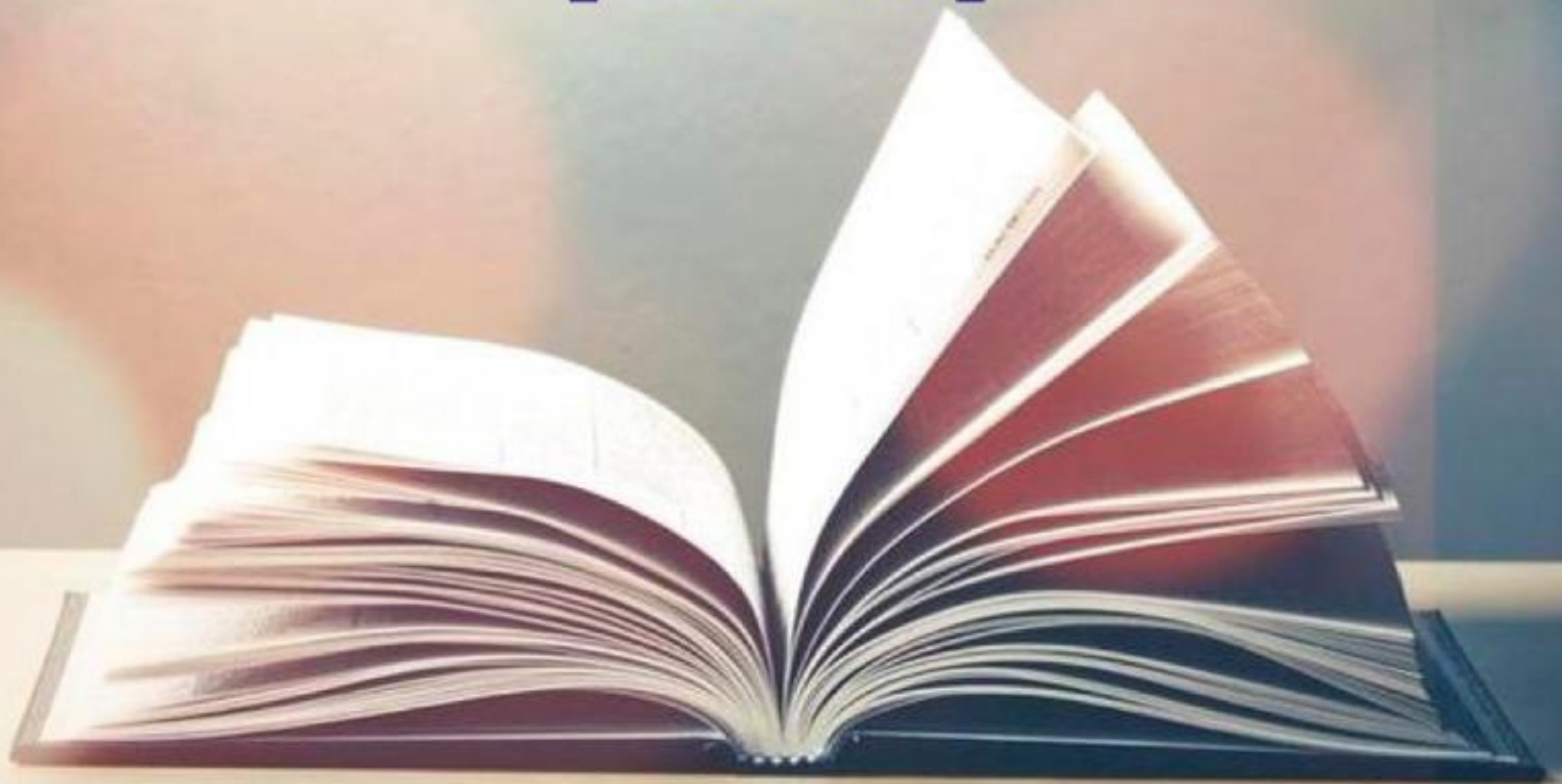
[Jami` at-Tirmidhi]



**Jabir b. 'Abdullah reported
Allah's Messenger (pbuh) as
saying:**

**"Cover the vessels and tie the
waterskin, for there is a night in
a year when pestilence descends,
and it does not pass an
uncovered vessel or an untied
waterskin but some of that
pestilence descending into it."**

[Muslim]



Narrated `Abdullah bin 'Amir:

`Umar went to Sham and when he reached Sargh, he got the news that an epidemic (of plague) had broken out in Sham. `Abdur-Rahman bin `Auf told him that Allah's Messenger (pbuh) said:

"If you hear that it (plague) has broken out in a land, do not go to it; but if it breaks out in a land where you are present, do not go out escaping from it."

[Bukhari]



Allahumma salli 'ala Muhammadin, wa 'ala 'ali Muhammadin, kama sallaita 'ala 'ali Ibrahim, innaka Hamidum Majid. Allahumma barik 'ala Muhammadin, wa 'ala 'ali Muhammadin, kama barakta 'ala 'ali Ibrahim, innaka Hamidum Majid

[Ô Allah, exalt the mention of Muhammad and the family of Muhammad as you exalted the family of Ibrahim. You are Praised and Glorious. O Allah, bless Muhammad and the family of Muhammad as You blessed the family of Ibrahim. You are Praised and Glorious.]"

[Al-Bukhari and Muslim].

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