

# A SUNNAH GUIDE TO **VISITING THE SICK**

خانقاہ اختریہ حمیدیہ  
**KHANQAH**  
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"UN ACCION DE GRACIAS"  
"UNAS SEMBRAS DE LA  
"MISION DE LAS LAGRIMAS"

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# DU'AAS FOR THE SICK

## DU'AA ONE:

لَا بَأْسَ طَهُورٌ إِنْ شَاءَ اللَّهُ

*“Do not worry. You will obtain purification (from sins) through this sickness  
Insha Allah.”*

*(Bukhari, Hadith 3616)*

## DU'AA TWO:

اللَّهُمَّ رَبَّ النَّاسِ أذْهِبِ الْبَأْسَ اشْفِهِ وَأَنْتَ  
الشَّافِي لَا شِفَاءَ إِلَّا شِفَاؤُكَ شِفَاءً لَا يُغَادِرُ سَقَمًا

*“O Allah, Lord of mankind, remove all harm, grant him cure, for You are  
The Giver of cure. There is no granting of cure except Your granting such.*

*(Grant) such a cure that leaves no trace of illness.”*

*(Bukhari, Hadith 5743)*

**DU'AA THREE:**

Whoever visits a sick person and recites the following seven times, Allah will certainly cure him (unless it is his appointed time of death):

أَسْأَلُ اللَّهَ الْعَظِيمَ رَبَّ الْعَرْشِ الْعَظِيمِ  
أَنْ يَشْفِيكَ

*“I beseech Allah The Great, The Lord of the Great Throne, to cure you.”*

*(Abu Dawud, Hadith 3106)*

**DU'AA FOUR:**

Nabi ﷺ recited the following Du'aa when Uthman RA fell ill. It may be recited seven times.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ، أَعِيدُكَ بِاللَّهِ الْأَحَدِ الصَّمَدِ،  
الَّذِي لَمْ يَلِدْ وَلَمْ يُولَدْ وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ مِنْ شَرِّ  
مَا تَجِدُ

*“In the name of Allah, the Most Gracious, the Most Merciful. I seek refuge for you with Allah, the One, the Self-Sufficient, who begets not, nor is He begotten, and there is none comparable to Him from the evil of what you are experiencing.”*

*(Amalul Yawmi wal Laylah, Hadith 553)*

**DU'AA FIVE:**

Nabi ﷺ made the following Du'aa for Hazrat Ali RA when he was ill:

اللَّهُمَّ اشْفِهِ، اللَّهُمَّ عَافِهِ

*“O Allah cure him and grant him good health.”*

*(As Sunan al Kubra, Hadith 10830)*

**DU'AA SIX:**

When Nabi ﷺ fell ill Jibril AS would recite the following for him:

بِسْمِ اللَّهِ يُبْرِيكَ، وَمِنْ كُلِّ دَاءٍ يَشْفِيكَ، وَمِنْ  
شَرِّ حَاسِدٍ إِذَا حَسَدَ، وَشَرِّ كُلِّ ذِي عَيْنٍ

*“In the name of Allah [may He] cure you and may He heal you from every illness and [protect you] from the evil of the jealous person when he feels jealous and from the evil of the evil eye.”*

*(Muslim, Hadith 2185)*

### DU'AA SEVEN:

When a person complained of an ailment or wound Nabi ﷺ would touch his finger to the ground, then raise it and recite:

بِسْمِ اللَّهِ، تُرْبَةُ أَرْضِنَا، بِرِيقَةٍ بَعْضِنَا، يُشْفَى  
سَقِيمُنَا، بِإِذْنِ رَبِّنَا

*“With the Name of Allah, the dust of our ground mixed with the saliva of one of us would cure our patient with the permission of our Rabb.”*

*(Bukhari, Hadith 5745)*

### DU'AA EIGHT:

Nabi ﷺ said: “Place your hand at the place where you feel pain in your body and say ‘Bismillah’ three times, then recite seven times:

أَعُوذُ بِاللَّهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا أَجِدُ وَأُحَاذِرُ

*“I seek refuge with Allah and with His Power from the evil that I find and that I fear.”*

*(Muslim, Hadith 2202)*

**DU'AA NINE**

Nabi ﷺ taught the following Du'aa for fever and all types of pain:

بِسْمِ اللَّهِ الْكَبِيرِ أَعُوذُ بِاللَّهِ الْعَظِيمِ مِنْ شَرِّ كُلِّ  
عِرْقٍ نَعَّارٍ وَمِنْ شَرِّ حَرِّ النَّارِ

*“In the name of Allah the Great, I seek refuge with Allah the Magnificent from the evil of every gushing vein, and from the evil of the heat of the Fire.”*

*(Tirmidhi, Hadith 2075)*

**DU'AA TEN:**

Recite the following Durood:

اللَّهُمَّ صَلِّ عَلَى سَيِّدِنَا مُحَمَّدٍ  
وَعَلَى آلِ سَيِّدِنَا مُحَمَّدٍ بِعَدَدِ كُلِّ دَاءٍ وَ دَوَاءٍ  
وَبِكُلِّ عَدَدِ عِلَّةٍ وَ شِفَاءٍ

Then say:

Name of the patient اللَّهُمَّ يَا حَلِيمٌ يَا غَرِيمٌ اِشْفِ

# ETIQUETTES FOR THE SICK

1. If a person suffers from an illness, wound, sore, boil, etc. located in the region of his private parts, do not ask him about the nature of his illness. It is embarrassing to do so.
2. Do not express yourself in the presence of the sick or his family in a manner which makes them lose hope. Comfort them by telling them that Insha-Allâh, all difficulty will come to an end.
3. Should one obtain some information regarding injury, illness or death of a person, do not speak about it until you have reliably confirmed it, especially to the person's relatives. If the information was false, unnecessary grief would have been caused.
4. Do not force the sick person to eat. Allâh specially feeds those who are ill.
5. A person visiting the sick should not linger around too much. He should not engage in unnecessary conversation nor should he enquire from the ill person the details of his sickness. The sick person is inconvenienced by such behaviour.
6. Do not inform far-off relatives of slight ailments. This creates unnecessary anxiety.
7. It is improper for a physician to inform the patient that his illness cannot be remedied or that all hope is lost. Some even specify a time limit for the patient's life, which is not proper at all.

8. Some people never bother to visit the sick. This is incorrect. Whenever the opportunity arises, visit those who are sick solely on account of being a Muslim.
9. When going to visit the sick at hospitals, ensure that we abide by the rules, regarding times, number of people allowed, ages, etc. Never read the medical files of the patient. If many people have come to meet the sick, try and make one's visit as short as possible and then leave the hospital. Do not crowd the lobbies, lounges or passageways. It is completely incorrect for women especially to gather in the wards or public places for Yasin Khatams, Wazifahs, etc.
10. When visiting at the home, keep the following etiquettes in mind:
  - Call in advance and inform them of your visit. Enquire from them the appropriate time to visit. Do not visit at meal times. Give them enough time to prepare themselves for your visit. Some people call from their cell phones when they are almost there. This is incorrect.
  - Try not to take active toddlers along.
  - Refrain from talking excessively.
  - Keep the visit short. Do not unnecessarily ask to use the kitchen or bathroom etc.
11. The sick person who has a boil, sore or wound on some part of the satr (those parts which must be concealed before others) should not expose it before others who have come to enquire about the illness. Some people have this weakness that they expose their satr before others.

12. There is great reward in assisting the sick monetarily or otherwise. A pot of food can be given, preferably in a disposable container, so that there is no need to return the items. Money can be placed in an envelope and handed over to the sick person or close family member. It is against etiquette to request for Du'aas when doing a favour.
13. Never barge into the room of the sick person, whether at home or in the hospital. Seek permission first.
14. Generally people forget to recite the Sunnah Du'aas when visiting the sick. It is recommended for the family members of the sick to stick a small reminder on the wall nearby with the relevant Du'aas and etiquettes.
15. The same etiquettes apply to family members. Many parents or grandparents feel that it is not necessary to abide by these etiquettes when visiting the homes of their children or grand-children. Many a times, great inconvenience is caused to the family, which creates bitter feelings.

# CONSOLATION FOR THE SICK

1. Nabi ﷺ said: “Do not speak ill of fever, for it gets rid of the sins of the children of Adam just as a furnace gets rid of impurities from iron.”  
(Sahih Muslim, Hadith 2575)
2. Nabi ﷺ said: “Allah Almighty will say on the day of Qiyaamah: “O son of Adam, I was sick but you did not visit me.” The person will say: My Lord, how could I visit you when You are the Lord of the worlds?” Allah will say: “Did you not know that so-and-so servant of mine was sick and you did not visit him? Did you know that had you visited him you would have found Me by him?” (Sahih Muslim, Hadith 2569)
3. Nabi ﷺ said: “No Muslim visits (the sick) Muslims in the morning, except that seventy-thousand angels, send Salaat upon him until the evening, and he does not visit at night except that seventy thousand angels sent Salaat upon him until the morning, and there will be a garden for him in Paradise.” (Tirmidhi, Hadith 969)
4. Nabi ﷺ said: “On the day of Qiyaamah, when the people who were tried (in this world) are given their rewards, the people who were pardoned (in life), will wish that their skins had been cut off with scissors while they were in the world.” (Tirmidhi, Hadith 2402)
5. Nabi ﷺ said: The person who passes away due to an abdominal disease is a martyr, and the one who passes away due to a plague is a martyr.”  
(Bukhari, Hadith 5733)

# ADVICE TO PATIENTS

1. Anticipate great rewards from Allah for your patience and steadfastness. Never become upset with the decision of Allah, nor question Him.
2. The time you patient spends in the hospital should be spent in contemplation and reflection. Your current condition should motivate you to think of the next life and make adequate preparations for it.
3. Avoid committing sin as well as wasting time by engaging in the improper use of the cell phone or watching television.
4. Remain in continuous Du'aa for the success of your procedure and the complete curing of your illness. Always remember that cure is in the hands of Allah and the physician is only a means of attaining that cure.
5. Amongst the powerful methods of attaining the mercy of Allah is Du'aa, Sadaqah and Salaah.
6. Maintain modesty at all times to the best of your ability.
7. Let your stay be a reflection of the character of a Muslim and a means of inviting others to Islam.
8. Recite Qur'an Shareef in your free time or listen to its recitation. This merits great reward and assists the soul in healing.
9. Avoid using Haraam medication. Consult with a skilled Muslim physician in this regard.

10. Ensure that you are aware of those Masaa'il relevant to your condition such as the status of your Wudhu, how to perform Salaah etc.
11. Request that your procedure be scheduled at such a time that will allow you to perform your Salaah on time.
12. Ensure that you carry the following items:
  - Topee/Burqa
  - Miswaak
  - Personal Toiletries
  - Tasbih
  - Mushaf
  - Musallah
  - Spray bottle for Wudhu or a stone/rock upon which Tayammum can be made



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