

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ۝

مِنْ شَرِّ مَا خَلَقَ ۝

وَ مِنْ شَرِّ قَاسِقٍ إِذَا وَقَبَ ۝

وَ مِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ ۝

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قُلْ أَعُوذُ بِرَبِّ النَّاسِ ۝

مَلِكِ النَّاسِ ۝

إِلٰهِ النَّاسِ ۝

مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ ۝

الَّذِي يُوَسْوِسُ فِي صُدُورِ النَّاسِ ۝

مِنَ الْإِحْتِإِ وَالنَّاسِ ۝

# *Spiritual Healing in Islam*

**Islamic Educational and Cultural  
Research Center**

❧ **TABLE OF CONTENTS** ❧

**PREFACE.....3**

**INTRODUCTION .....4**

**THE ISLAMIC PERSPECTIVE .....6**

**STATISTICS.....10**

**CASE STUDIES.....12**

**CONCLUSION .....18**

## ﴿ PREFACE ﴾

This work is a joint IECRC Staff publication. We are deeply indebted to our Teacher and Spiritual Guide, the most respected Dr. Mohammad Ahmed Qadri for his invaluable advise and pearls of wisdom and knowledge through which we are able to serve our community in the area of Spiritual Healing and Counseling. We pray that this humble effort is accepted by our Lord and His Beloved Prophet and Messenger, Muhammad (Peace and Prayers of Allah Almighty be upon Him and His Family) and is beneficial to all of humanity. Aameen.

**IECRC Staff**  
**California, USA**  
**June 2005 / Jamaad-ul Awwal 1426**



## ❧ INTRODUCTION ❧

The practice of Spiritual Healing, called “*Ruqya*” in Islam is as old as Islam itself. The concept of using Divine positive energy to counter the negative created forces such as those of the Evil Eye, Black Magic and the like is inherent to the Islamic understanding of life and the forces that it is comprised of.

A much more detailed exposition of these forces is available for reading in the excellent research work done by Dr. Mohammad Ahmed Qadri and Dr. Syeda Saiqa Zubeda in their jointly published book: *The Islamic Treatment of Jinn, Magic And The Evil Eye* (2003).

The purpose of this short publication is to introduce the “*Ruqya*” treatment as a viable option and alternative in holistic healthcare in the modern world. This centuries old practice has been a source of healing for thousands of patients with a varying range of illnesses. The following pages intend to provide some basic theoretical knowledge and practical statistics to a novice reader about the practice of Islamic “*Ruqya*”. The knowledge is from the Islamic perspective and the statistics have been presented in the form of charts and case studies.

Neither IECRC nor its staff claims to have any power to cure. All power comes from Allah (God) Almighty and He can effect cure in any way He wishes. Allah Almighty has blessed and approved the Sunnah (Practice) of the Holy Prophet Muhammad (Peace and Prayers of Allah Almighty be upon Him and His Family) and made it the proper channel through which we receive benefit. The Awliya Kiram (Noble Saints) have exemplified the submission to the Sunnah. Spiritual healing is allowed to be effective through following the footsteps and receiving permission of these pious personalities as

Allah Almighty allows. Additionally, people seeking spiritual treatments should be cautious about fraudulent practitioners who may seek to further their own worldly ends.



## ❧ THE ISLAMIC PERSPECTIVE ❧

The source of all healing, in the Islamic perspective is Allah (God) Almighty Himself. The Holy Quran says:

وَإِذَا مَرِضْتُ فَهُوَ يَشْفِينِ ﴿٨٠﴾

**“And when I fall ill, so it is He Who heals me.”**

[Al-Quran 26:80]

Furthermore, Allah Almighty says in the Holy Quran, which is the sacred text of Islam, that His Revealed Words are a cure for all ailments.

وَنُنَزِّلُ مِنَ الْقُرْآنِ مَا هُوَ شِفَاءٌ وَرَحْمَةٌ لِّلْمُؤْمِنِينَ ۗ

**“And We send down in the Qur’an that which is a cure for the Believers, and a mercy ...”**

[Al-Quran 17:82]

The Holy Quran is therefore a healing for all ailments be they related to the mind (psychological), body (physical), or soul (spiritual). Furthermore, not only is the message that the Holy Quran brings a guiding light for the sincere seeker, the Words themselves carry a positive Divine energy.

Therefore, when these Divine Words are recited and blown on a ailing patient there is a positive energy released to counter the negative energy that has taken a patient from a state of ease to one of “dis”-ease. This method, which contributes towards the healing process is termed “*Dum*” (as in plum).

These Divine Words can also be consumed orally by writing them on a piece of non-toxic paper in an edible ink and placing that paper in water and then drinking that holy water. The paper that has the Divine Words written on it is called “*ta'weez*” (Arabic transliteration is “*ta'weedh*”) which is an Arabic word meaning protection. This Arabic word comes from the root word “*awadha*” which means to protect and is the basis for the words “*a'oodhu*”, used by Muslims to seek Protection in Allah Almighty against the accursed Satan. Derived from it is also the word “*Mu'auwidhat*” which refer to the last 2 chapters of the Holy Quran (see below), used by Muslims for protection against any harm.

Therefore the concept of protection against negative forces is inherent in the Islamic tradition as exemplified by the Holy Prophet Muhammad (Peace Be Upon Him and His Family). There are numerous Prophetic sayings (*Hadeeth*) to this effect.

**Narrated Hazrat 'Aisha رضي الله عنها:**

“During the Prophet's (prayers and peace be upon him) fatal illness, he used to recite the *Mu'auwidhat* (Surat An-Nas and Surat Al-Falaq, i.e. the last two chapters of the Holy Quran) and then blow his breath over his body. When his illness was aggravated, I used to recite those two Suras and blow my breath over him and make him rub his body with his own hand for its blessings.” (It was asked: How did the Prophet (prayers and peace be upon him) use to blow? It was said: He ﷺ used to blow on his hands and then pass them over his face.)

[Sahih Al-Bukhari]

**Narrated Hazrat Abu Said Al-Khudri رضي الله عنه:**

Some of the companions of the Prophet (prayers and peace

be upon him) came across a tribe amongst the tribes of the Arabs, and that tribe did not entertain them. While they were in that state, the chief of that tribe was bitten by a snake (or stung by a scorpion). They said to the companions of the Prophet (prayers and peace be upon him), "Have you got any medicine with you or anybody who can treat with Ruqya?" ..... One of the companions started reciting Surat-al-Fatiha and gathering his saliva and spitting it (at the snake-bite). The patient got cured ....."

[Sahih Al-Bukhari]

**Narrated Hazrat Um Salama رضي الله عنها:**

The Prophet (prayers and peace be upon him) saw in her house a girl whose face had a black spot. He ﷺ said. "*She is under the effect of an evil eye; so treat her with a Ruqya.*"

[Sahih Al-Bukhari]

**Narrated Hazrat Abu Huraira رضي الله عنه:**

The Prophet (prayers and peace be upon him) said, "*The effect of an evil eye is a fact.*"

[Sahih Al-Bukhari]

The Holy Quran also talks about the reality of Magic in the following verse:

الشَّيَاطِينُ كَفَرُوا يُعَلِّمُونَ النَّاسَ السِّحْرَ

**"...the devils disbelieved - they teach people magic..."**

[Al-Quran 2:102]

These traditions show the reality of the evil forces of magic, the evil eye and its perpetrators: the devil both in human as well as Jinn form. In the Islamic perspective, the Jinn are an-

other form of creation of Allah Almighty which are made of smokeless fire. Details about their nature and affects can be found in *The Islamic Treatment of Jinn, Magic And The Evil Eye*.

Just like amongst the humans, there are good and evil Jinn. The evil amongst the humans and amongst the Jinn cause havoc on the earth by misusing these negative forces which have been created by the Almighty as a test to distinguish between His sincere and insincere servants.

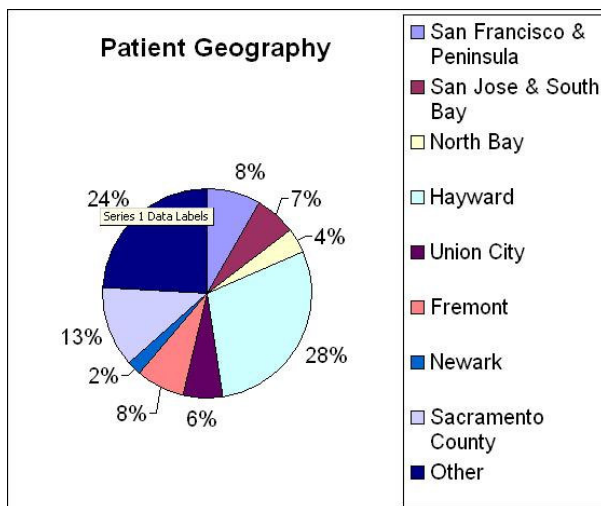
At the IECRC we recognize the effects of these negative energies which manifest themselves in various forms. The most common symptoms are either a sudden change in one's situation without an apparent cause, or a chronic state of disease despite seeking out and applying all avenues of popular treatment techniques, medical or otherwise.

The following pages outline some facts related to IECRC's Spiritual Healing experiences.

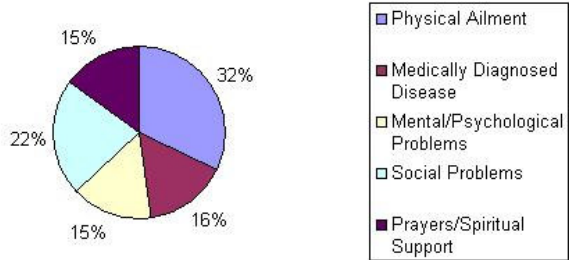


## STATISTICS

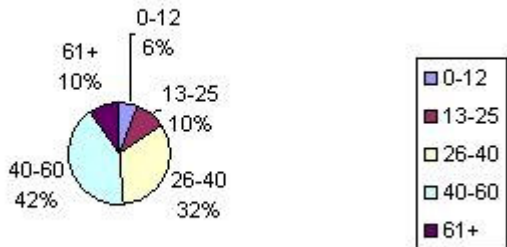
The following self-explanatory charts reveal the nature of patients that the IECRC has seen since its inception to date (a period of about 2.5 years). A small sample of several hundred patients have been used to generate these charts.



### Types of Problems



### Patient Ages



## ❧ CASE STUDIES ❧

1) The patient stated that ever since he had gotten married twenty-five years ago, his relationship with his wife was very difficult and marked by constant arguments. Several times, the police had come to his house in order to handle these domestic issues. The patient also stated that he had gotten involved in drugs. At first, the patient started using marijuana with his friends and in a few years, the patient progressed to harder drugs such as crack cocaine, heroin, speed, and angel dust. The patient stated he used to be on a "trip" for three to four days, during the time in which he would go to work, but his mind would not be in a proper mental state. His employers were always suspicious of him because he would commonly use the washroom [in order to use drugs]. The patient explained how he had been in several rehabilitation programs after spending time in prison. He was removed from some rehabilitation programs because of relapsing into drugs. Several months ago the patient was at a point in which he was attempting to kill himself and was put into jail.

His wife was trying to help and motivate him by telling him that if he did not shape up, he would never be able to see his family again. The patient received *taweez* and started drinking water from them regularly. The patient explained that over the next few weeks, his behavior improved and he could feel the cleaning effect of the water. He had taken the *taweez* four to seven times, after which he completely lost his cravings.

His relationship with his wife has improved drastically to a more loving one. The patient mentioned an incident that once in the morning after drinking the water, he felt like

throwing up. He immediately went to the sink and vomited a black thick substance that smelled badly. When the patient was asked whether he had eaten anything black, the patient replied in the negative saying that he had not eaten anything that would cause this type of vomit. After this episode, the patient stated he felt lighter.

His addiction of 25 years has completely left him and he no longer has any cravings now for the last 4-5 months since he felt better.

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2) The patient is a teenager and has been suffering from various ailments for approximately 6 months. Some of his problems started when he started smoking marijuana with his friends. Although he smoked recreationally and was not addicted, he did suffer from mental and physical disorders. Generally, the patient was feeling restless and could not stay still for any long duration of time. He suffered from insomnia and suffered shortness of breath and sometimes a burning pain in the chest. He felt that his mind was telling him to walk around and "escape" from his surroundings. He also was quick to get angry and would get tired easily. The patient visited doctors for his breathing problems but X-rays did not reveal anything abnormal. Medical doctors said that the patient showed no physical signs. A psychologist that the patient visited said that although he (the patient) was very intelligent, he needed to think before he acted and stop smoking marijuana. The patient though, did not want to quit smoking as a social and emotional outlet. The patient's father found out about the services offered by IECRC and brought his son in for treatment. The patient has been receiving treatment for approximately three months and has stopped smoking marijuana. The patient stated that he felt better immediately after drinking the *taweez* water and having some Quranic verses recited and blown upon him (traditionally referred to as '*Dum*'). Since receiving his first treatment, he

has not smoked any marijuana. Along with drinking the water containing *taweez*, the patient does come once a week to IECRC services to receive the '*Dum*' treatment and participate in *Zikr* (spiritual gathering). The patient has seen an improvement in the relationship with his family and does not feel restless as before. His shortness of breath has improved and his mind is more at rest. He claims that he just wants to be "normal" and is very satisfied with the help he has received.

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3) A patient came in for treatment who had been recently diagnosed with Hodgkin's Lymphoma. Hodgkin's disease is a malignant growth of cells in the lymph node system. The patient was suffering from nausea and vomiting, a sore throat, stomach pain, sore mouth, and bone pain. Some of this nausea or vomiting may have been due to chemotherapy or radiation. The patient had some success with the chemotherapy and radiation, and still continued the treatment during the course of *Ruqya* treatment. The patient had tumors in his underarm area. He received a continuous forty-one day treatment during which Quranic verses were recited and blown on the patient's underarms.

The patient reported feeling energized after receiving these treatments. After approximately 10 days of *Ruqya* treatment, the tumors had disappeared. When the patient appeared before the medical doctors, they were surprised at the disappearance of the tumors and had not expected the chemotherapy to be able to act so quickly. Currently, the patient is fully cured.

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4) A young baby boy of approximately two years came for treatment because his mother had complained about his

speech problems. The only words he would be able to say were "Mother" (Mama) or "Father" (Dada). His treatment consisted of some Quranic verses blown onto the mouth. The mother was also given a set of Quranic verses to recite for eleven days. The baby boy immediately responded positively and was soon speaking more words. A year later, the mother brought in the same baby boy because the boy faced a different problem - he had recently been in a state in which he would constantly cry. He received the *Dum* treatment (blowing of Quranic verses) and his crying problem has gone away.

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5) A lady came complaining about severe headaches for the past fifteen years. She wrote for an explanation of her condition's difficulty that there was nothing in the field of Medicine that she had not tried in an attempt to cure this problem. After coming for spiritual treatment once, she felt much better and writes that she is a "different person now". She has no more headaches in the morning.

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6) A female patient had been suffering from pounding headaches and depression for the past four years. She felt lethargic and had lost the emotional attachment to her children. Sometimes she would break down and cry for long durations, and also had lost a lot of hair. She also heard voices and felt something moving in her body. Doctors and psychologists had conducted a variety of tests including MRIs to diagnose her problem and she had been on various antidepressants such as Prozac. She came for spiritual treatment and felt much better after the first few sessions, which consisted of prayers of certain Quranic verses. She is regularly drinking water in which a paper with Quranic verses (*taweez*) has been put. Her family has noticed a marked improvement

in her condition and the patient now feels love towards her children.

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7) A mother came in for treatment with her four-year-old daughter. The daughter would get into a state in which she would suddenly start crying and yelling for no apparent reason. After receiving spiritual treatment, the girl has not suffered from these bouts.

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8) A lady had been complaining about constantly feeling tired and was suffering from severe depression. She wanted to kill herself. She felt heaviness on her shoulders and was going bald (possibly because of pulling hair out herself.) The lady had been suffering like this for fifteen years. She has been undergoing treatment during the past year and has recovered from her problems. Her hair has grown back and her mental state has recovered. Her family life has improved greatly.

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9) A young girl was suffering from a fear of crowded places. If she went into a crowd, she would start crying and making strange noises. She was brought in for spiritual healing treatment and currently; she is able to sit in her classroom without any problems.

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10) Spiritual healing has been used in at least two cases regarding alcohol addiction. The men in these cases were addicted to alcohol to the point that several days would go by without them eating normal food. Instead they would just keep drinking - sometimes passing out and injuring them-

selves. These excesses were ruining their family life. The men were brought in for spiritual healing, which consisted of *taweez* and prayers. In these cases, the men completely stopped drinking and were able to support their families.

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11) A woman complained that she would see and feel insects or bugs crawling on her skin, eyes, and the inside of her head. She would say the insects would come on her arm and sometimes bite her and because of this problem, she was not able to sleep properly and was pulling her hair out. Other people cannot see these insects and the lady had gone to many different doctors. She had been given painkillers and other drugs. She started her spiritual treatment, which consisted of drinking water containing *taweez*, recitation of quranic verses, being blown on by Quranic verses. Within a week, she was feeling better, and has seen a big improvement in her problems.

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12) Several family counseling problems have been solved with the combination of traditional counseling and spiritual healing. Sometimes, a husband and wife would come in and discuss the arguments they had been having. These arguments would be waged over various matters, some which were trivial and some were not. A sufficient treatment would attempt to examine some external factors, if any that would cause these types of family issues. If so, then an appropriate treatment consisting of *taweez* or recitation can be given.



## ❧ CONCLUSION ❧

Allah Almighty has created a world of means (*waseela*). In other words although belief lies in that the absolute source of all healing is Allah Almighty, it is He Himself Who has created methodologies to follow and adopt in order to achieve progress in life.

In order to teach humanity these life enhancing methodologies, Allah Almighty sent Prophets and Messengers since the time man set foot on this earth. Prophets Adam, Noah, Abraham, Moses, Jesus, and finally the last and final Holy Prophet Muhammad (Peace and Prayers be Upon Him and all those who came before Him) brought the same message from the same Divine Source: the Oneness of the Almighty and mercy to humanity. And this mercy is most consummately role modeled in the Best of Creation, the Most Beloved of Allah Almighty: The Holy Prophet Muhammad (Peace Be Upon Him) as stated in the Holy Quran:

﴿١٠٧﴾ وَمَا أَرْسَلْنَاكَ إِلَّا رَحْمَةً لِّلْعَالَمِينَ

***“And We did not send you (O dear Prophet Mohammed - peace and blessings be upon him) except as a mercy for the entire world.”***

[Al-Quran 21:107]

We pray that through the means of Spiritual Healing taught to us by the Holy Prophet Muhammad (Peace Be Upon Him) and His pious Followers (the Noble Saints), that we can continue to be of service to humanity. Aameen.



## About IECRC

IECRC is a non-profit, non-political organization, devoted to providing academic and spiritual resources to diverse religious and cultural groups. IECRC was established in 2002 and is based in Fremont, California. As a community service organization, it is based on the model of the centuries old Islamic tradition of bringing peace and harmony to society by addressing the essential needs of people regardless of their cast, creed, color or religion.

IECRC's long-term vision is to insha Allah (God willing) establish a world-class, vibrant and dynamic university that provides a forum for those seeking to quench the thirst of the heart and mind in the merger of ancient and modern knowledge and sciences in order to provide solutions to issues of our contemporary times with the goal of promoting peace, brotherhood and the betterment of humanity at large.

In order to achieve this vision, IECRC has several short term plans which are divided into the areas of education (both children and adult), culture, research and counseling.

**EDUCATION:** IECRC would like to insha Allah establish a low-cost, affordable full-time school for children ages 5 - 15 years where the young minds will be taught both traditional Islamic as well as modern knowledges. They will also be oriented in Islamic *adab* (etiquette). *This requires a school building or a piece of land where one can be built.*

**CULTURE:** IECRC would like to promote Islamic culture within the Muslim community and to bring Islamic cultural awareness to other faith communities. *This goal requires a community center with an auditorium.*

**RESEARCH:** IECRC intends to insha Allah establish a comprehensive library with a collection of Islamic books including rare ones in original sources, publish a quarterly Islamic Social Sciences Research Journal, and invite scholars of high caliber from around the world on a tenure basis. *These goals require a physical facility for the library, a printing press for efficient publishing of journals and books and a guest house to lodge visiting scholars.*

**COUNSELING:** IECRC would like to expand its already existing services of spiritual healing and counseling. Topics covered would be in the areas of Family Affairs (Marriage - *Nikah*, Divorce - *Talaq*, etc.), Individual Counseling (Depression, Anxiety, etc.), Legal Aid & Medical Camps. *The above goals require a physical facility for the counseling center that can lodge patients seeking help from far away places.*

***We invite your feedback, help and support!***

***Checks may be made payable to IECRC and mailed to:  
P.O. Box 1646, Union City, CA 94587***

***Thank You!***

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***Phone: (510) 732-6786***

## Spiritual Healing in Islam

This publication is an introduction to the concepts of *Ruqya* (healing with Quranic ayats) in Islam as mentioned in the Holy Quran and as practiced by the Holy Prophet ﷺ and his followers (may Allah be pleased with them all). IECRC has provided some current examples of how this practice has benefited people suffering from various ailments.

IECRC is a non-profit, non-political organization, devoted to providing academic and spiritual resources to diverse religious and cultural groups. As a community organization, it is based on the model of the centuries of bringing peace and harmony to society by addressing of their cast, creed, color, or religion.

Prof. Dr. Mohammad Ahmed Qadri is the Founding Director of IECRC, Northern California. Dr. Qadri is a renowned scholar from Pakistan. He has expertise both in modern education as well as traditional Islamic sciences. He is an authorized spiritual guide in the Qadiriyya, Chistiyya, Naqshbandiyya, Suharwardiyya, and Rifaiyya Sufi orders.

### Islamic Educational and Cultural Research Center of North America

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