

Supplication for Pain Relief

‘Uthmān ibn Abul ‘Ās Al-Thaqafī reported that he once informed the Messenger of Allāh ﷺ of pain in his body.

Thereupon the Messenger of Allāh ﷺ said:

Place your hand at the place where you feel pain and recite 3 times

بِسْمِ اللَّهِ

Bismillāh

In the name of Allāh

Then recite 7 times

أَعُوذُ بِاللَّهِ وَقُدْرَتِهِ

A‘ūdhu billāhi wa qudratihī

I seek refuge with Allāh and with His Power

مِنْ شَرِّ مَا آجِدُ وَأُحَاذِرُ

min sharri mā ajidu wa uhādhiru

from the evil that I find and that I fear