

# وَثُنَرِّ لُمِنَ الْقُرُ آنِ مَا هُوَشِفَاءٌ وَرَحْمَةٌ لِلْمُؤْمِنِينَ

"We have sent down in the Quran that which is healing and a mercy to those who believe" 17:82

This compendium is a handy reference booklet enabling the reciter access to duas from the Qur'an & Asmaul Husna for every circumstance.

Super handy for those "I wish I had a dua moment"



Sura No	Name of Sura	Physical benefits	Spiritual benefits (thawab)	Other Benefits
1	Suratul Fatiha	Cure for every disease 70x to cure pain anywhere	2/3 of the Qur'an	
2	Suratul Baqara	Aya 72-73 for chest pains Aya 107 3x for shoulders Ayatul Kursi for eyes Aya 165 on sweet and feed displeased person	Shaytan will keep away Will not forget Allah Shade on Qiyama if recited with Suratu Aali Imran	Life, property and family protected if recite first 4 ayaat+ayatul kursi+last 3 ayaat Shade on Qiyama if recited with Aali Imran
3	Suratu Aali Imran	Fertility treatment for women Ayaat 8 & 9 for migraines Aya 145 for backache	If recited on Friday, rahma of Allah and angels ask forgiveness for reciter	Increase in sustenance if worn
4	Suratun Nisa	7x for love between two people		Safety from squeezing in the grave
5	Suratul Maida	Aya 54 on sweet for love	Forgiveness	



Sura No	Name of Sura	Physical benefits	Spiritual benefits (thawab)	Other Benefits
6	Suratul Anaam	If written (saffron) and drunk, free from all ailments		
7	Suratul A'raaf	If worn, then safety from enemies and wild animals	Once a month recitation – no fear on Qiyama	Veil between shaytan and reciter
8	Suratul Anfaal	Aya 8 for stomach ailments	Intercession on Qiyama	Fulfillment of hajat
9	Suratut Tawba (Baraa'a)		Protection from hypocrisy	Safety from thieves and fire and plan by enemy if worn
10	Suratu Yunus		Closeness to Allah	Identifying theives
11	Suratu Hud	Aya 44 for nosebleeds	Forgiveness and easy accounting of deeds	Courage and boldness if kept
12	Suratu Yusuf		Protection from fear on Qiyama Raised on Qiyama with husn of Yusuf (pbuh)	Removal of jealousy Easy sakaraat at death



Sura No	Name of Sura	Physical benefits	Spiritual benefits (thawab)	Other Benefits
13	Suratur Ra'd		Easy accounting Intercession on behalf of friends	Destroys tyranny of ruler if written and hung outside tyrants door
14	Suratulb rahim	Keeps child safe from ailments if worn. Assists digestion in children		If recited in two raka salaa with Suratul Hijr in one rakaa, will keep away poverty, insanity and sudden calamity
15	Suratul Hijr	Increase in breast milk if worn by new mother		Profitability in business if worn Safety of valuables if kept with them.
16	Suratun Nahl	Safety from 70 types of diseases if read once a month	No questioning about ne'ma Reciter amongst Ahlul Janna	



Sura No	Name of Sura	Physical benefits	Spiritual benefits (thawab)	Other Benefits
17	Suratu Bani Israil (Israa)	Written with saffron and water given to child having speech problems		Reciter will not die without meeting Imam (pbuh) Last 2 ayaat protection against theft.
18	Suratul Kahf		Noor created with angels praying for forgiveness if read before sleep	Protection from fitna for 8 days Last aya – alarm clock
19	Suratu Maryam	Safe pregnancy		Protection from thieves
20	Suratu Taha		Forgiveness Friendship of Allah	Marriage arranged
21	Suratul Ambiya	Aya 69 for fever	Easy accounting on Qiyama	Removal of stress and worry
22	Suratul Hajj			Once every three days – visit Ka'ba within the year



Sura No	Name of Sura	Physical benefits	Spiritual benefits (thawab)	Other Benefits
23	Suratul Mu'minun		Easy death for reciter Company of Prophets	If worn will wean person of drink, drugs
24	Suratun Nur	Prevention of wet dreams Aya 35 for eyes (as eyedrops)	Forgiveness	Beneficial for women
25	Suratul Furqan		No questioning No punishment if read every night	Safety of possessions
26	Suratush Shuara	Water on which recited is shafaa for illnesses	Equivalent to reciting all revealed books	Protection from thieves, drowning and fire.
27	Suratun Naml	Aya 88 with Fatiha, Ikhlas, & Qadr for toothache		Safety from dangerous creatures
28	Suratul Qasas	Water – remedy for illnesses and worries		



Sura No	Name of Sura	Physical benefits	Spiritual benefits (thawab)	Other Benefits
29	Suratul		If recited	Water - joy
	'Ankabut		with Suratur	and happiness
			Rum on 23 <sup>rd</sup>	
			Ramadhan -	
			definite	
			entry into	
			Janna	
30	Suratu		If recited	
	Rum		with Suratul	
			'Ankabut on	
			23 Ramadhan –	
			definite	
			entry into Ianna	
21	Suratu	Water - cure	Protection	
31	Lugman	for illnesses	from	
	Luqiilaii	and pain	Shaytan	
32	Suratus	Cure for aches	Equivalent	
34	Sajda	and pains	to all night	
	Sajaa	and pams	ibada on	
			Laylatul	
			Oadr if	
			recited with	
			Suratul Mulk	
33	Suratul		Safety from	If kept on
رر	Ahzaab		fear in grave	person,
				honour from
				people



Sura No	Name of Sura	Physical benefits	Spiritual benefits (thawab)	Other Benefits
34	Suratus Saba			Recited with Suratul Fatir – protection of Allah all night Water- Removal of fear in heart Safety from enemies
35	Suratul Fatir	Aya 41 - cure for headaches Aya 42 for migraines	Doors of Janna opened for reciter	
36	Suratu Yaseen (Qalbe Qur'an)	Cure for 1000 illnesses Drinking mixture of rose water and saffron – excellent memory Increase in breast milk	Equivalent to 12 complete Qur'ans Thawab of 20 Hajj	Forgiveness for one on deathbed – angels accompany janaza and easy sakarat Fulfillment of hajat Safety from squeezing of grave
37	Suratus Saffaat		Protection from Shaytan	Safety from all calamities Increase in wealth and children



Sura No	Name of Sura	Physical benefits	Spiritual benefits (thawab)	Other Benefits
38	Suratu Saad		Inspires reciter to keep away from sins Reciter able to take family, loved ones and even employees to Janna	Downfall of tyrant ruler
39	Suratuz Zumar		Fire of Jahannam haram on reciter	Respect and honour from people
40	Suratul Mu'min	Cure for wounds and scars Remedy for heart problems, dizziness and nausea	Forgiveness if recited once in 3 days	Prosperity in business
41	Suratu Haamim Sijda (Fussilat)	Water – alleviates eye problems	Nur on Qiyama	



Sura No	Name of Sura	Physical benefits	Spiritual benefits (thawab)	Other Benefits
42	Suratush Shura		Forgiveness and salaams from angels	Safety on journey
43	Suratuz Zukhruf	Water - Relief from pain		Safety from squeezing in the grave
44	Suratud Dukhan	No nightmares if kept under pillow Water - Cure for stomach ailments	Forgiveness and houses in Janna Easy accounting Protection from Shaytan	Prosperity in business Protection from authorities
45	Suratul Jaathiya (Sharia')	Protection of newborn from all calamities	Reciter will not see Jahannam	Safety from those who slander and backbite
46	Suratul Ahqaaf	Cure for diseases	Safety from punishment	If written with saffron and dissolved in Zam Zam water – honour from people, memory retention, and safety from Jinn



Sura No	Name of Sura	Physical benefits	Spiritual benefits (thawab)	Other Benefits
47	Suratu Muhammad	Safety from insanity	Thirst quenched by river in Janna 1000 graves send salaams to grave of reciter Will see Prophet (pbuh) when raised from grave	Protection from problems
48	Suratul Fath	Cure for heart problems		Protection in times of war & during travel
49	Suratul Hujurat	Safety of mother and child in pregnancy Increase in breast milk	Protection from Shaytan	Protection in times of war and unrest
50	Suratu Qaaf	Aya 23 - shifa for eyes Aya 37 for heart ailments		Increase in sustenance No suffering at time of death



Sura No	Name of Sura	Physical benefits	Spiritual benefits (thawab)	Other Benefits
51	Suratudh Dhariyaat	Water - Remedy for backache Taweedh - Pregnancy and delivery easy		Easy death
52	Suratut Tur	Taweedh – good health in children	Safety from anger of Allah	Release from bondage
53	Suratun Najm			Courage and respect Upper hand in discussions
54	Suratul Qamar			Ease of difficulties Respect of people if kept with one during Jumua' salaa
55	Suratur Rahmaan (Bride of Qur'an)	Cures eye problems	Removal of hypocrisy from the heart May ask forgiveness for whoever one wants Safety angel appointed	If written on wall, keeps away household pests



Sura No	Name of Sura	Physical benefits	Spiritual benefits (thawab)	Other Benefits
56	Suratul Waaqia		Loved by Allah and people	Safety from poverty Forgiveness of sins if recited on deathbed Sustenance increased if read no of times as lunar date
57	Suratul Hadid		No punishment if read with Suratul Mujadila in wajib salaa	Release from imprisonment Safety in war Makes one courageous
58	Suratul Mujadila	Tawidh - Shafa of illness		Protects whatever is buried in the ground Ease to resitlessness Safety from Jinn & men If recited on sand and thrown towards enemy – overcome



Sura No	Name of Sura	Physical benefits	Spiritual benefits (thawab)	Other Benefits
59	Suratul Hashr	Water - good for memory retention and concentration Ayaat 21-24 3x with hand on joint pain Ayaat 21-24 for earache	Salaams from all creations Forgiveness If recited with Suratur Rahmaan, angel appointed to protect at all times	4 raka salaa – Suratul Hashr after Suratul Hamd – important work successful If recited 40 days – even hardest task becomes easy
60	Suratul Mumtahana	Increases vision Protection from insanity Water -cure for ailments	If recited in wajib salaa – heart filled with eiman	
61	Suratus Saff		Forgiveness	Safety on journey
62	Suratul Jumua'		Safety from Shaytan Forgiveness	Safety from all danger
63	Suratul Munafiqun	Cure for any aches and pains	Freedom from shirk and hypocrisy	
64	Suratut Taghabun		Intercession to Janna if recited in wajib salaa	Safety at time of death Protection from tyranny



Sura No	Name of Sura	Physical benefits	Spiritual benefits (thawab)	Other Benefits
65	Suratut Talaq		If recited with Surat Tahreem, protection on Qiyama Inspiration to do sincere tawba	
66	Suratut Tahreem	Water – cure for diseases Cures insomnia Calms agitation		Clears debts
67	Suratul Mulk (Munjiya)		Thawab of doing ibada on Laylatul Qadr Will remove reciter from Jahannam Protection of Allah Recitation on Eid gives thawab of allnight ibada	Safety from fear in grave Relief for marhum/a who has just died Intercession for memoriser in Qiyama
68	Suratul Qalam	Tawidh on painful part - Alleviates pain		No financial difficulties



Sura No	Name of Sura	Physical benefits	Spiritual benefits (thawab)	Other Benefits
69	Suratul Haaqqaa	Safety in pregnancy Improves child's intellect and memory	Sign of eiman Easy accounting on Qiyama Reciter will never loose religion	
70	Suratul Ma'aarij		Covering of sins Safety from Shaytan	Release from imprisonment
71	Suratu Nuh		Will not die until sees place in Janna	Hajat answered straight after recitation
72	Suratul Jinn			Protection from Jinn Protection from unjust people Safety from poverty Upperhand in confront- ations Debts paid Safety of possessions



Sura No	Name of Sura	Physical benefits	Spiritual benefits (thawab)	Other Benefits
73	Suratu Muzzammil	Protection from insanity	Purity of heart Forgiveness - recite 100x	Fulfilment of hajat Prevents slavery by people
74	Suratu Muddathir			Protection from misfortunes Hajat fulfilled if dua after recitation Will not die until memorised Qur'an if dua for memorisation done with recitation of sura
75	Suratul Qiyama	Water - safety from heart ailments	Raised with radiance on Qiyama	Increase of sustenance Protects life and possessions Liked by people
76	Suratud Dahr (Insaan)	Water - heart ailments	Janna	Victory in war



Sura No	Name of Sura	Physical benefits	Spiritual benefits (thawab)	Other Benefits
77	Suratul Mursalat	Water+onion juice – cure for aches and pains Tawidh – helps to combat oversleeping		Always victorious over enemies
78	Suratun Naba	Water – stomach problems Reciter not overcome by sleep if wishes to stay awake Eye problems – recite after 'Asr	Daily recitation guarantees visit to Ka'ba	Safety and ease in journey
79	Suratun Naazhiaat			Safety in a dangerous place
80	Suratul 'Abasa		Recite with Suratut Takweer to be under shade of Prophet (pbuh) in Janna	Success in all endeavours Safe journey



Sura No	Name of Sura	Physical benefits	Spiritual benefits (thawab)	Other Benefits
81	Suratut Takweer	On rose water and applied to eyes for ailments of eyes	Rahma on Qiyama	
82	Suratul Infitar	Recite and blow gently into eyes for cure	Forgiveness of sins even if much as raindrops	Protection from humiliation Release from imprisonment 7x for hajat
83	Suratul Mutaffifeen	Recite on child who cries a lot	Safety from Jahannam No accounting	Safekeeping
84	Suratul Inshiqaq	Easy delivery of child 7x Cure for poisonous bite		
85	Suratul Buruj	Tawidh - To wean child of breast milk Piles	Protection of Allah	Safety from danger Safety from one who speaks evil
86	Suratut Tariq	Recite over medicine before taking Water – if poured over wound – shifa	Honour with Allah if recited in wajib salaa	Recite over food for safety from harm



Sura No	Name of Sura	Physical benefits	Spiritual benefits (thawab)	Other Benefits
87	Suratul 'A'laa	Memory retention Relief of ear pain	Entry through any door of Janna	Safety on journey
88	Suratul Ghashiya	Calms frightened and crying child Pain relief Toothache	Easy accounting in Qiyama	Removes bad effects of food
89	Suratul Fajr		Nur on Qiyama	
90	Suratul Balad	Tawidh – safety for child from illnesses Cure for nose ailments	Safety from anger of Allah	
91	Suratush Shams	Water – Fever		Increase in sustenance, popularity & courage To remove intense grief – 7x with Suratul Layl
92	Suratul Layl		Inspiration of good deeds ¼ of the Qur'an if read in Eisha Salaa	15x - One will dream about what pleases one most



Sura No	Name of Sura	Physical benefits	Spiritual benefits (thawab)	Other Benefits
93	Suratudh Dhuha		Allah's pleasure	Find missing person or something lost
94	Suratul Inshira	Water - Kidney and heart ailments 3x on boils Relieves chest pains	Yaqeen in deen	
95	Suratut Teen		Palace in Janna	Evil effects on food removed Hajat For lost thing to be found 7x
96	Suratul 'Alaq		Thawab of shaheed	Safety from accidents Safeguarding treasure
97	Suratul Qadr	Ailments of eyes	iox - 1000 sins forgiven ix - fasting for a month In wajib salaa - all sins forgiven	Increase in sustenance Safety from enemies Debt payment Pious children - 7x on spouse iix - safety at night 7x on grave - marhum/as sins forgiven



Sura No	Name of Sura	Physical benefits	Spiritual benefits (thawab)	Other Benefits
98	Suratul Bayyina	Water - cure for all ailments Safety from miscarriage	Protection of eiman Forgiveness Acceptance of a'maal 21x	Removal of ill effects of food
99	Suratuz Zilzal		Sees nur of Janna at death	Safety from tyrants Safety from natural disasters Easy death
100	Suratul Aadiyaat		Equivalent to reciting entire Qur'an	Clear debts Safety from fear Find sustenance
101	Suratul Qaria		Safety from Jahannam	Business booster Water – unwanted pests
102	Suratut Takathur	Cure for headaches	Thawab of shaheed Recite in 'Asr salaa for protection	
103	Suratul 'Asr	Stomach ailments – 10x Fever	Nur on Qiyama Increase in eiman	Safety from tyrant if recited in Eisha salaa



Sura No	Name of Sura	Physical benefits	Spiritual benefits (thawab)	Other Benefits
104	Suratul Humaza	Eye ailments – blow gently into eye		Safety from poverty if recited in wajib salaa Easy death Protection from 'evil eye'
105	Suratul Feel			Safety from enemies Problem solver
106	Suratul Quraysh	Heart ailments		Ill effects of food removed Sustenance easier to find if recited before sunrise
107	Suratul Maaun		Acceptance of salaa if read as part of salaa Forgiveness	If read 41x every day – free from dependency on anyone (Salawat 10x before and after)
108	Suratul Kawthar		Drink from Kawthar	



Sura No	Name of Sura	Physical benefits	Spiritual benefits (thawab)	Other Benefits
109	Suratul Kaafirun		1/4 of Qur'an Safety from shirk Forgiveness Thawab of shaheed	Safety in journey (with Nasr, Ikhlas, Falaq & Naas)
110	Suratun Nasr		Recite for success in all matters	Recite with the 4 Quls for safety
111	Suratul Lahab	Relief from backache and stomach pain		Safety at night
112	Suratul Ikhlas (Tawheed)		1/3 of Qur'an 11x - Palaces in Janna 100x - 25 yrs sins forgiven	Abundance in wealth Safety in travelling Hajat Protection from 'evil eye'
113	Suratul Falaq		Recited in wajib salaa in Ramadhan – as though fasted in Makka and thawab of hajj	



Sura No	Name of Sura	Physical benefits	Spiritual benefits (thawab)	Other Benefits
114	Suratun	Tawidh -		Safe from Jinn
	Naas	protection of children from Jinn Releif of pain – fast cure when read on medicine		& shaytan



#### **AWESOME AYAAT**

AYATUL KURSI (2:255-257)

بِسُمِ اللهِ الرَّحْمَنِ الرَّحِيْمِ

اللهُ لاَ اللهَ الرَّهُوَ الْحَيُّ الْقَيُّوْمُ لاَ قَالَحُنُ هُ سِنَةٌ وَّلاَ نَوَمُ لَّهُ مَا

في السَّمَا وَاتِ وَمَا فِي الْوَرْضِ مَنْ ذَا الَّذِي يَشْفَعُ عِنْدَهُ الرَّ

بِإِذْنِهِ يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ وَلاَ يُحِيْطُونَ

بِشَيْءٍ مِّنْ عِلْمِهِ الرَّبَهَ اشَاءَوسِعَ كُرُسِيَّهُ السَّمَا وَاتِوَ

الْرَبْضَ وَلاَ يُؤُودُهُ حِفْظُهُمَا وَهُوَ الْعَلِيُّ الْعَظِيمُ



"Amongst the things that improve one's memory is the recitation of Ayatul Kursi"

When leaving home, if one recites it once, a group of angels is assigned to protect one. If recited twice, 2 groups of angels are assigned. If recited 3 times Allah tells the angels not to worry as He himself takes care of him.

Recited after every salaa ensures the acceptance of salaa. There is no barrier between the person who recites Ayatul Kursi after every salaa and Jannah except for death



#### AMANAR RASUL (2:285-286)

بِسُمِ اللهِ الرَّحْمَنِ الرَّحِيْمِ السَّوِ اللهِ الرَّحْمَنِ الرَّحِيْمِ اللهِ الرَّحْمَنِ الرَّحِيْمِ المَنَ الرَّسُولُ مِمَا النَّزِلَ اليَهِ مِنْ رَبِّهِ وَ الْمُؤْمِنُونَ كُلُّ الْمَنَ بِاللهِ وَمَلاَئِكَتِهِ وَكُمُّ لِهِ وَكُمُ للهِ لاَنْفَرِّ قُنْ بَيْنَ اَحَدٍ مِّنْ رَبِّنَا وَ اللهِ مَنْ اللهِ وَقَالُوْ السَمِعْنَا وَ اَطَعْنَا غُفُرَ انكَ مَرَّبَنَا وَ اليَكَ الْمُصِيرُ لُكُمِّ لِلهِ وَقَالُوْ السَمِعْنَا وَ اَطَعْنَا غُفُرَ انكَ مَرَّبَنَا وَ اليَكَ الْمُصِيرُ لُكُمِّ لَكُمِّ لَلهُ اللهُ نَفْسًا اللَّوسُعَهَا لَهَا مَا كَسَبَتْ وَعَلَيْهَا مَا الْكَتَسَبَتُ وَعَلَيْهَا مَا الْكَتَسَبَتُ وَعَلَيْهَا مَا كَسَبَتْ وَعَلَيْهَا مَا الْكَتَسَبَتُ

مَّ تَنَالاَ تُوَّاخِذُنَا إِنْ نَسِيْنَا اَوَ اَخْطَأَنَا مَّ تَنَا وَلاَ تَحْمِلُ عَلَيْنَا إِصْرًا كَمَا حَمَلْتَهُ عَلَى الَّذِيْنَ مِنْ قَبْلِنَا مَنَّنَا وَلاَ تُحَمِّلُنَا مَا لاَطَاقَةَ لَنَا بِهِ وَاعْفُ عَثَّا وَاغْفِرُ لَنَا وَامُحَمُنَا اَنْتَ مَوْلاَنَا فَانْصُرُنَا عَلَى الْقَوْمِ الْكَافِرِيْنَ



The Prophet (pbuh) used to smile when recited the last ayaat of Suratul Baqara and Ayatul Kursi, saying: "Verily, they are both from the treasure of Allah, which lies beneath the Throne."

Jibrail was once sitting with the Prophet (pbuh), when he heard the sound of a door opening above and he raised his eyes to the heavens saying: "This is a door which has opened in the heavens which has never been opened before." An angel descended from it and came to the Prophet (pbuh), saying: "I bring you the good tiding of two Lights which have been given to you and no Prophet before you has ever received them: Suratul Fatiha and the final ayaat of Suratul Baqara; you shall not recite a single letter from them except that it (the reward of the recitation Will be given to you."

The Prophet (pbuh) said: 'Allah completed Suratul Baqara with two verses which He has given me from His Treasure which is under the Throne: so learn them and teach them to your womenfolk and children, for they are a blessing, a recitation and a supplication"



#### AYATUSH SHAHADA (3:18-19)

بِسْمِ اللهِ الرَّحْمَنِ الرَّحِيْمِ

شَهِدَ اللهِ النَّهُ الْكَلَالِةَ الرَّهُ الْمَلَائِكَةُ وَ الْوَلُو الْعِلْمِ قَآئِمًا

بِالْقِسْطِ

الْالْهَ الرَّهُ وَ الْعَزِيْرُ الْحَكِيْمُ

الْاللهَ الرَّهُ وَ الْعَزِيْرُ الْحَكِيْمُ

الْكِتَابِ اللهِ يَنَ عِنْدَ اللهِ الْرِسُلاَمُ وَمَا الْحَتَلَفَ النَّذِيْنَ اُوْتُوا

الْكِتَابِ اللهِ مَنْ بَعُدِمَا جَآءَهُمُ الْعِلْمُ بَغْيًا بَيْنَهُمْ وَمَنَ

الْكِتَابِ اللهِ فَإِنَّ الله سَرِيْعُ الْحِلْمُ بَغْيًا بَيْنَهُمْ وَمَنَ

يَكُفُّرُ بِأَيَاتِ اللهِ فَإِنَّ الله سَرِيْعُ الْحِسَابِ

The Prophet (pbuh) has said "One who recite Ayatush Shahada make a covenant with Allah and Allah always fulfils His covenants." Janna is guaranteed to the one who recites it after every salaa.



### **AYATUL MULK (3:26-27)**

بِسْمِ اللهِ الرَّحْمَنِ الرَّحِيْمِ

قُلِ اللَّهُمَّ مَالِكَ الْمُلْكِ ثُوْنِ الْمُلْكَ مَن تَشَاءُوتَنْزعُ
الْمُلْكَ مِثَن تَشَاءُوتُعِزُّ مَنْتَشَاءُوتُذِلُّ مَن تَشَاءُوتَنْزعُ
الْمُلْكَ مِثَن تَشَاءُوتُعِزُّ مَنْتَشَاءُوتُولِ الْمُلْكَ مِن تَشَاءُوبِيركَ
الْمُيْرِانِّكَ عَلَى كُلِّ شَيْءٍ قَدِيثِرُ
الْمُيِّتِ وَثُخُرِجُ الْمَيِّتَ مِنَ الْحَيِّوتَوَرُرُقُ مَن تَشَاءُهِ عَيْرِ
الْمُيِّتِ وَتُخُرِجُ الْمَيِّتَ مِنَ الْحَيِّوتَوَرُرُقُ مَن تَشَاءُهِ عَيْرِ
حِسَابِ

The Prophet (pbuh) once advised one of his companions, who was in debt, to recite Ayatul Mulk after every salaa and then ask Allah for the repayment of his debts saying that even if the debts are equal to the entire land on Earth, they will be repaid.



## DUAS FROM THE QUR'AN



Reference	Ayaat
1:6,7	Guidance
Suratul Fatiha	إهْدِنَا الصِّرَاطَ الْمُسْتَقِيْمَ صِرَاطَ الَّذِيْنَ
	أنْعَمْتَ عَلَيْهِمْ غَيْرِ الْمَغْضُوْبِ عَلَيْهِمْ وَلاَ
	الضَّمَا لِيْنَ
	Guide us on the right path, The path of those upon whom You have bestowed favours, not the path of those upon whom You are angry nor of those who go astray.
7:23 Suratul A'raaf	Forgiveness Dua recited by Prophet Adam (pbuh) and Sayyida Hawwa (pbuh) after being deceived by Shaytan.
	ى بَنَا ظَلَمْنَا أَنْفُسَنَا وَإِنْ لِمُتَغْفِرُ لِنَا وَ
	تَرُحَمُنَالنَّكُوْنَنَّ مِنَ الْخَاسِرِيْنَ
	Our Rabb! We have been unjust to ourselves, and if You do not forgive us and have mercy on us, we shall certainly be of the losers.



Reference	Ayaat
23:29 Suratul Mu'minun	Travelling Dua recited by Prophet Nuh (pbuh) when he boarded the ark.
	؆ؚؚۜٲؙٮؙ۬ۯؚڶڹۣۿڹٛۯؘڷٲ۠ٛۺ۠ڸۯڴٲۊۧٲؙٛڶٛؾؘڿؽٷ
	المُنْزِلِينَ
	My Rabb! Cause me to disembark a blessed landing, and You are the best to cause to land.
54:10 Suratul Qamar	Help against enemies  Dua recited by Prophet Nuh (pbuh) when he was being mocked by the people.
	؆ڹۜؖۿۜٳٙڣۣٚڡؘۼ۬ڷٷٮؙؚٛڣٵڹٛؾؘڝؚۯ
	Indeed I am overcome, so help me.
2:127	Offer for acceptance Dua recited by Prophet Ibraheem &
Suratul Baqara	Prophet Ismail (pbuh) after they raised the foundations of the Ka'ba.
	ىَبَنَّا تَقَبَّلُمِنَّا إِنَّكَ أَنْتَ السَّمِيْعُ الْعَلِيْمُ
	Our Rabb! Accept from us; Indeed You are the
	Hearing, the Knowing.



Reference	Ayaat
14:40 Suratu Ibraheem	Acceptance of salaa Dua recited by Prophet Ibraheem (pbuh) for establishment of salaa and for his children.
	؆ؚؚۜٵۼٛۼڶڹۣٛؠٛڠقؚؽۄؘٳڞؖڶۅۊٚۅٙڝؙ۬ۮ۠؆ۣؾۜؿؚ
	ى بَنَّنَا وَتَقَبَّلُ دُعَا ءِ
	My Rabb! Make me keep up salaa – and from my offspring (too); Our Rabb! And accept my dua
14:41 Suratu	Forgiveness Dua recited by Prophet Ibraheem (pbuh)
Ibraheem	؆ڹۜڹؘٵۼٛڣۯڸؽۅٙڶۅٵڶؚۯؾۣۜۅۛڶؚڵڡۢٷٛ۫ڡڹؽڹؽڎؘۄؘ
	يَقُوْمُ الْحِسَابُ
	Our Rabb! Forgive me and my parents and believers on the day of accounting.
17:24	Parents
Suratu Bani Israil	ىَبِّ الْمُحَمَّهُمَا كَمَا رَبَّينِيْ صَغِيْرًا
	My Rabb! Have mercy on them (parents) just as they nourished (cherished & sustained) me when I was young.



Reference	Ayaat
66:11 Suratut Tahreem	Strengthen Eiman Dua recited bySayyidaAasiya (pbuh) when she was tortured by her husband Firawn for her belief in tawheed.
	ىَتِّ ابْنِ لِيُ عِنْدَكَ بَيْتًا فِي الْجُنَّةِ
	Rabb! Build for me a house with You in Janna
20:25-28	Ease of speech
Suratut Taha	Dua recited by Prophet Musa (pbuh) when he was commanded by Allah to go to Firawn.
	ىَ بِّ اشُرَحُ لِي صَلَىٰ ِيَ وَيَسِّرُ لِيُّ أَمُرِيُ
	وَاحْلُلُ عُقُدَةً مِنْ لِسَانِي يَفْقَهُو اقَوْلِي
	Rabb! Expand my chest for me, make my
	task easy for me, loosen the knot of my
	tongue, that they may understand my speech.



Reference	Ayaat
28:16	Forgiveness & protection
Suratul	Dua recited by Prophet Musa (pbuh)
Qasas	when he went to help a man from amongst his people who was being beaten - in the ensuing fight he killed the other man with one blow - he asks for forgiveness and protection.
	ىَّتِ إِنِّى ظُلَمْتُ نَفُسِى فَاغْفِرُ لِي فَغَفَرَ لَهُ
	إِنَّهُ هُوَ الْغَفُومُ الرَّحِيْمُ
	Rabb! Indeed I have done injustice on
	myself, thus do You protect me; Indeed
	He is the Forgiving, the Merciful.
28:24	Beginning a new task
Suratul	Dua recited from Prophet Musa (pbuh)
Qasas	after he had helped the two daughters of
	Prophet Shuayb (pbuh) obtain water from the well.
	from the well.
	مَتِ إِنِّي لِمَا ٱنْزَلْتَ إِلَيَّ مِنْ حَيْرٍ فَقِيرٌ
	Rabb! Indeed I need whatever You send down of goodness.



Reference	Ayaat
2:250	Steadfastness
Suratul	Dua recited by Taalut (Saul) and his
Baqara	people as they marched towards Palestine to fight the Philistines whose commander was Jaalut (Goliath).
	رَبَّنَا اَفُرِغُ عَلَيْنَا صَبُرًا اوَّ ثَبِّتُ اَقُدَامَنَا وَ
	انْصُرُنَاعَلَى الْقَوْمِ الْكُفِرِيْنَ
	Our Rabb! Pour down upon us patience, and make our steps firm and assist us
	against the unbelieving people.



Reference	Ayaat
27:19 Suratun Naml	Thanksgiving Dua recited by Prophet Sulayman (pbuh) when marching through the valley of the ants he heard their chief warning the other ants of the coming of Prophet Sulayman (pbuh) and his army.
	صَالِحًا تَرُضُهُ وَادَخِلْنِيْ بِرَحْمَتِكَ فِيْ و در سال
	عِبَادِكَ الصَّلِحِينَ
	Rabb! Grant me that I should be thankful to Your favours which You have bestowed upon me and my parents, and that I should do the good deeds which please You and make me be amongst Your righteous 'ibaad through Your Rahma.
21:87 Suratul	Ayatul Kareema - Appeal Dua recited buy Prophet Yunus (pbuh) whilst
Ambiya	in the stomach of the fish.
	لاَ إِلهَ اِلاَّ اَنْتَسُبُحٰنَكَ اِنِّى كُنْتُمِنَ
	الظُّلِمِينَ
	There is no god except You, Glory be to You, Indeed I have been unjust to myself.



Reference	Ayaat
18:10 Suratul Kahf	Success  Dua recited by Ashabul Kahf (Companions of the cave) when they took refuge in the cave.
	؆ؚؚۜۘٳؙۅؙڔٚۼ۫ڹۣٓٵؘڶٲۺؙػ۠ڒڹۼؙڡؘؾٙڰؘٳڷۜؾؘ
	ٱنْعَمْتَ عَلَيَّ وَعَلَى وَالِدَيِّ وَأَنْ أَعْمَلَ
	Our Rabb! Grant us mercy and help us to get out of this trouble in a righteous way.
20:114	Knowledge
Suratu Taha	ىَّ بِّ زِدُنِيُ عِلْمًا
	Rabb! Increase for me knowledge
23:109 Suratul Mu'minun	Rahma رَبَّنَا الْمَنَّافَاغُفِرُ لَنَا وَالرُّحَمُنَا وَانْتَ
	خَيْرُ الرَّحِمِينَ
	Our Rabb! We believe, so forgive us and have mercy on us, and You are the best of the Merciful ones.



Reference	Ayaat
60:4 Suratul Mumtahana	Tawakkul - Trust  Dua recited by Prophet Ibraheem (pbuh) when his people including his uncle Azar (father figure) refused to believe in tawheed.
	مَبَّنَا عَلَيْكَ تَوكَّلْنَا وَالِيْكَ اَنْبُنَا وَلَيْكَ
	الْمُصِيْدُ
	Our Rabb! On You do we rely, and to You do we turn and to You is the final return.
66:8 Suratut Tahreem	Nur Dua which will be recited by those with the Prophet (pbuh) on the day of Qiyama – indicating that they will seek continued spiritual excellence.
	مَبَّنَا ٱتْمِمْ لِنَانُوْمَ نَاوَاغُفِرُ لِنَا ۖ إِنَّكَ عَلَى
	ػ۠ڸؚۺؘؠۣٛۦٟۊٙڔؽؙڒ
	Our Rabb! Make perfect for us our nur, and grant us protection, Indeed You have power over all things.



Reference	Ayaat
3:8	Strengthen eiman
Suratu Ali Imran	ىَبَّنَالِآتُٰزِغُ قُلُونِنَا بَعُلَ إِذْهَلَ يَتَنَا وَهَبُلْنَا
	مِنُ لَّدُنُكَ مَ حَمَةً إِنَّكَ أَنْتَ الْوَهَّابُ
	Our Rabb! Do not deviate our hearts after You have guided us, and grant us Rahma from You, for Indeed only You are the Bestower.
3:193	To die with eiman
Suratu Ali Imran	هَبَّنَا فَاغُفِرُ لَنَا ذُنُوْبَنَا وَكَفِّرُ
	عَنَّا سَيِّ اٰتِنَا
	وَتُوَفَّنَامَعَ الْأَبُرَامِ
	Our Rabb! Forgive us our sins and cover our evil deeds and make us die with the righteous.



Reference	Ayaat
2;201	Seeking goodness
Suratul	سر البرا والشور برستان واقبل برو
Baqara	رَبَّنَا الِّتَافِي اللُّانُيَا حَسَنَةً وَّفِي الْأَخِرَةِ
	, i
	حَسَنَةً وَّقِنَا عَنَ ابَ النَّايِ
	Our Rabb! Grant us good in this world
	and good in the hereafter, and save us
	from the punishment of the fire.



Reference	Ayaat
2:286	Forgiveness & ease
Suratul Baqara	رَبَّنَا لاَتُوَاخِذُنَا اِنْ نَّسِيْنَا اَوْ اَخْطَأْنَا رَبَّنَا وَلاَ
	تَخْمِلُ عَلَيْنَا اِصْرًا كَمَا حَمَلَتَهُ عَلَى الَّذِيْنَ
	مِنْ قَبُلِنَا
	رَبَّنَاوَلَا تُحَمِّلُنَامَالَاطَاقَةَلَنَابِهِ وَاعْفُعَنَّا
	وَاغْفِرُ لِنَّا وَالْهُ حَمْنَا أَنْتَ مَوْلاَنَا فَانْصُرُ نَا عَلَى
	الْقَوْمِ الْكَافِرِيْنَ
	Our Rabb! Do not punish us if we forget or make a mistake,
	Our Rabb! Do not place on us a burden as You placed a burden on those before us, Our Rabb! Do not impose on us that which we have not the strength to bear, and forgive us, grant us protection and have Rahma on us;
	You are our mawla, so help us against the unbelieving people.



Reference	Ayaat
3:147	Remove hardships
Suratu Aali Imran	رَبَّنَا اغْفِرُ لِنَا ذُنْوُبَنَا وَاسْرَ افْنَا فِي ۖ اَمُرِنَا
	وَتُبِّيثُ أَقُلَ امَنَا وَانْصُرُنَا عَلَى
	الْقَوْمِ الْكَفِرِيْنَ
	Our Rabb! Forgive us our faults and our excesses in our affairs, and make firm our feet and help us against the unbelieving
	people.
3:191 Suratu Aali Imran	Creation رَبَّنَامَا خَلَقُتَ هٰنَ ابَاطِلًا سُبُحٰنَكَ فَقِبَا
	عَنَابِ النَّايِ
	Our Rabb! You have not created this (creation) in vain, glory be to You, save us from the punishment of the fire.



Reference	Ayaat
3:194	Safety on Day of Qiyama
Suratu Aali Imran	ىَبَّنَا وَاتِنَامَا وَعَدُتَّنَاعَلَى مُسْلِكَ وَلَا
	تُخْزِنَا يَوْمَ الْقِيمَةِ ۚ إِنَّكَ لَاتُّخُلِفُ الْمِيْعَادَ
	Our Rabb! Grant us what You promised us through Your messengers and do not disgrace us on the day of Qiyama, Indeed You never break Your promise.
23:118	Rahma
Suratul Mu'minun	ىَّبِّ اغْفِرُ وَالْهَحَمْ وَٱنْتَ خَيْرُ الرَّحِمِيْنَ
	Rabb! Forgive and have Rahma, Indeed You are the best of the Merciful ones.



Reference	Ayaat
46:15	Thankfulness
Suratul Ahqaaf	؆ؚؚۜٳؘۏؙڔؚۼ۫ڹۣٙٳؘڶؙٲۺؙػ۠ڒڹؚۼؙڡؘؾؘڰؘٳڵؖؾؘۣ
	ٱنْعَمْتَ عَلَيَّ وَعَلَى وَالدِّيَّ وَأَنْ أَعُمَلَ
	صَالِحًا تَرُضْهُ وَاصْلِحُ لِيُ فِي ثُرِّيَّتِي ۗ الِّي
	تُبُثُ اِلْيُكَ وَاِنِّي مِنَ الْمُسْلِمِينَ
	Rabb! Grant me that I should be thankful to Your favours which You have bestowed upon me and my parents, and that I should do the good deeds which please
	You and do good to me in respect of my offspring, Indeed I turn to You and surely I am of those who submit.



## ASMAUL HUSNA

Allah in the Qur'an tells us to invoke Him through Asmaul Husna – the most beautiful names (attributes) of Allah. Some of the attributes of Allah found in the Quran are names that consist of a single word, whereas others are a combination of names. The one-worded names total 99 in number. These names have been divided into three: the *Jalal, Jamal* and *Kamal*.

The attributes of Allah that fall under the name of *Jalal* are known to us through His infinite and divine Majesty which are apparent through His creation throughout the universe.

The attributes of *Jamal*, on the other hand, become evident with their plentiful blessings, which we respond to with gratitude.

The *Kamal* names reveal works of art that have been created with perfection and wisdom and invite people to contemplate on this.

And Allah's are the best names, therefore call on Him thereby, and leave alone those who violate the sanctity of His names; they shall be recompensed for what they did.7:180



Name	Meaning	Benefits of recitation
ALLAH		Recite it as many times as
الله		possible for fulfilment of
الله		hajat.
Ar-Rahman	The Merciful	Repeat Ya Rahman 100x
1		after wajib salaa to develop
کابر فیدا .		a good memory, keen
أكرَّ محمَّرُ أ		awareness and be freed of
		a heavy heart.
Ar-Rahim	The	Repeat Ya Rahim 100x after
2	Compassionate	Salatul Fajr for friendship.
-15		Recite 100x after every
ٱلرَّحِيْمُ		salaa for safety from
		calamities.
Al-Malik	The King/	Recite Ya Malik frequently
3	Sovereign	and you may be treated
0 . 34		with respect by others.
المتلك		Read after noon for
		abundant wealth. Prophet
		Khidr taught dua
		"Allahumma atal Malikul
		Haqq. Allazhiy laa ilaaha
		illaa anta. Ya Allahu, Ya
		Salaamu, Ya Shaafiy"
		followed by Ya Shaafiyal
		Quloob" 3x



Name	Meaning	Benefits of recitation
Al- Quddoos 4 اَلْقُتُّوْسُ As-Salaam	The Flawless	Recite Ya Quddoos at sunset for expansion of the heart. Also recite to free heart from thoughts that cause trouble, worry and pain.  Recite Ya Salaam 100x to
5 اَلسَّلامُ		regain health. Recite 160x and blow on sick person for shifa.
Al-Mu'min 6 اَلُمُوُّومِنِ	The Giver of Faith	Recite Ya Mu'min to be freed from the harm of the ego. Recite 36x when faced with danger and hostility. Write on paper and keep for safety.
Al- Muhaymin 7 اَلْمُهُيَّدِمِنُ	The Guardian	Recite Ya Muhaymin after wudhoo 15x for inner illumination. Write on a piece of silk and hold it over the smoke of burning amber, musk and sugar and place under pillow to dream of events affecting future. Recite 5000x for 7 days for success.



Name	Meaning	Benefits of recitation
Al-Azeez 8 اَلْعَزِيْرُ	The Incomparable	Recite ya 'Azeez for forty days between wajib salaa, for independence. 115x for acquaintance with the unseen.
Al-Jabbar 9 اَلْمِنْبَارُ	The Compeller	Recite Ya Jabbar 21x each time and you should not be compelled to do anything. Recite for safety against tyrant. If engraved on a ring it will enhance presence in front of others.
Al- Mutakabbir 10	The Proud	Begin every act with Ya Mutakkabir for successful completion. Recite 10x before intimacy for a righteous child.
Al-Khaliq 11 اَلْحَالِقُ	The Creator	Recite ya Khaliq at night to act for His sake. If recited at night angels will pray till the end of the night.



Name	Meaning	Benefits of recitation
Al-Baari' 12 ٱلْبَارِئُ	The Maker of Perfect Harmony	Recite ya Baari' frequently and hard work should become easy. For conceiving fast for 7 days and break fast with 'Ya Khaaliq, Ya Baari', Ya Musawwiru' 21 times
Al- Musawwir 13 اَلْمُصُوِّع	The Shaper of Unique Beauty	Recite Ya Musawwir frequently and hard work should become easy.
Al-Ghaffar 14 اَلۡغَفَّارُ	The Forgiver	Recite to subdue anger. Recite 100x after Salatul Jumua' for forgiveness of previous week's faults.
Al-Qahhar القهار	The Subduer	Recite Ya Qahhar 100x after fajr salaa to overcome your enemy. Repeat Ya Qahhar frequently, to gain inner peace and be freed from being wronged by another.



Name	Meaning	Benefits of recitation
Al-Wahhab 16	Bestower	Repeat Ya Wahhab 7x at midnight for dua to be answered. If you have a desire, or cannot earn enough, repeat Ya Wahhab for three or seven nights 100x after a two rakat midnight salaa. For hajat, do 3 sajdas in the courtyard of a masjid or your home and repeat Ya Wahhab 100x.
Ar-Razzaq 17 اَلرَّرَّاقُ	Provider	Repeat Ya Razzaq 10x facing qiblah and then 10x in other 3 directions to remove poverty. Repeat 545x for increased sustenance. Go into seclusion and repeat 1000x to meet Prophet Khidr. Write and hang in workplace to be successful. Recite 100x after Salatul Jumua' if stressed and depressed.



Name	Meaning	Benefits of recitation
Al-Fattah	Opener	With hands on your chest,
18		repeat ya Fattah 70x after
		Salatul Fajr for the heart to
الفُتّاحُ		be free of rust and be
		opened, given victory over
		the ego and be purified.
Al-'Aleem	Knower	Recite ya 'Aleem 100 times
19		after every wajib salaa for
(35		intuition. For hidden
العَلِيْمُ		knowledge, do sijda on
		Friday night and say ya
		'Aleem 100 times. Recite ya
		'Aleem for the heart to be
		illuminated. For haajat, go
		outside, pray 2 rakat salaa
		and then recite ya 'Aleem
A1 O-1-11-	Constrictor	1000 times.
Al-Qabidh	Constrictor	For 4 days write Ya Qabidh
20		on a piece of bread with
القارية ه		your finger and eat it to be
الْقَابِض		safe from hunger, thirst,
		pain and the punishment of the grave. Recite 903x
		for safety from tyranny.
		for safety froill tyrallity.



Name	Meaning	Benefits of recitation
Al-Basit	Expander	Recite frequently for peace
21		of mind, freedom from
75. 21		stress, and to gain love and
ألْبَاسُطُ		respect.
		Recite ya Basitu 10x after
		Salatul Fajr with open
		hands, and pass over face
		for self sufficency. Ism of
A1 771 C 11	4.1	the angel Israfeel.
Al-Khafidh	Abaser	Fast for three days and on
22		the fourth day, recite Ya
اَ أَيَاءَ بِهِ		Khafidh 70,000 times in a
ٱلْحَافِض		gathering and you should be free from harm. Recite
		10x every day for honour.
Ar-Rafi'	Exalter	Recite Ya Rafi' 100x on
23	Laitei	Thursday and Sunday
25		night to attain a higher
اَلرَّ افِحُ		sense of honour, richness
الراج		and merit.
Al-Mu'izz	Honourer	Repeat Ya Mu'izz 140 times
24		after Maghrib salaa on
برج و		Sunday and Thursday to
المُعِرَّاً		develop dignity in eyes of
-		others and fear no one but
		God.



Name	Meaning	Benefits of recitation
Al-Muzhill	The	Recite Ya Muzhill 75 times
25	Dishonourer	when you sense harm from
أأه و الله		a jealous person. If you go
ٱلمُناِكُ		to sijda and say, "Oh God save me from the
		oppression of so and so"
		and you should be safe.
As-Sami'	The All	Recite Ya Sami' 500x after
26	Hearing	Zhuhr salaa for hajat.
ا ا ا ا		Recite so that one's words
السَّمِيْعُ		have a greater effect
Al-Baseer	The All Seeing	100x Ya Allahu, Ya Baseer
27		before Salatul Jumua' for
2 31		success in any task. Recite
البحيير		Ya Baseer 100x after Salatul
		Jumua' to raise esteem, strength in eyesight and
		illumination of heart
Al-Hakam	The Arbiter	Recite Ya Hakam on
28		Thursday night in the
7.37		middle of the night
ٱلْحَكُمُ		frequently to know the
		hidden meanings in things.
Al-'Adl	The Just	Write ya 'Adl on a piece of
29		bread on Thursday night for obedience
العدام		for obedience.
العان		



Name	Meaning	Benefits of recitation
Al-Lateef 30 اَللَّطِيۡعُثُ	The Subtle	Recite Ya Lateef 129x when stressed or depressed. Recite "Allahu Lateefun bi 'ibaadihi yarzuku manyashaau wa huwal Qawiyyul 'Azeez" (12:100) 9x daily for ease. Recite 133x for abundance in sustenance. After 2 rakaats salaa recite it 11x for deliverance from poverty, illness, sickness, loneliness and misery.
Al-Khabir 31 مانگیریا	The Aware	Recite Ya Khabir frequently to be freed of bad habits. Recite it for 7 days to perceive hidden secrets.
Al-Haleem 32 اَخْلِيْمُ	The Forbearer	Recite 88x for subsidence of anger. Write ya Haleem on a piece of paper and place where you plant something to preserve it from harm. Recite on an apple and give to spouse who has fallen out of love to restore affection. Recite on water for plants for better growth.



Name	Meaning	Benefits of recitation
Al-'Azheem	The	Recite ya 'Azheem
33	Magnificent	frequently to develop
. 34		respect among people.
العظيه		Recite 100x for success and
J- #7		protection from harm of
		enemies.
Al-Ghafur	The Concealer	Recite Ya Ghafur
34	of Faults	frequently for headaches,
اَکُر ہِ م		fever or temporary despair
الْعَفُومُ		and despondency. Recite
		100x after Salatul Jumua' for relief from a heavy
		heart due to sins and
		forgiveness of the sins.
Ash-Shakur	The Rewarder	Repeat Ya Shakur 41x on
35	of	water and wash your face
	Thankfulness	to lighten a heavy heart
اَلشَّكُومِ		and maintain composure.
V 9 ' '		Recite 41x for any
		difficulty.
Al-'Ali	The Highest	Constant recitation
36		improves conditions -
ياترا ه		poor becomes richer,
العَلِيُّ		troubled becomes at
<del></del>		peace
		If faith is low repeat Ya 'Ali
		frequently. 41x for relief
		from difficulty.



Name	Meaning	Benefits of recitation
Al-Kabeer 37 اَلْکیِیْرُ	The Greatest	If someone has lost his job or been demoted unjustly or has debts which cannot be paid – fast for 7 days and recite – Yaa Kabeeru antallazhee laa tahdil 'uqulu liy wasfi 'azhamatihi 1000x. Recite 232x over food and give to couple having marital problems
Al-Hafeezh 38 اَلْحُقِيْظُ	The Preserver	Recite ya Hafeezh 16x a day for protection from calamities.
Al-Muqeet 39 اَلُاقِیْتُ	The Maintainer	Recite and write 7x over water –drink from the water during a journey for strength to bear the difficulties of travel. If someone is ill-mannered, repeat Ya Muqeet several times into a glass of water and give it to the person to drink. Recite 7x on water for fulfilment of hajat.



Name	Meaning	Benefits of recitation
Al-Haseeb 40 آگئسینب	The Reckoner	Repeat ya Haseeb 70x on Thursday for seven days and nights and the 71st time say, "Allah al- Haseeb," "God is my Reckoner," and you should be freed from fear of being robbed, or the jealousy of another or being harmed. Write on bottle of colicky child.
Al-Jaleel 41 اَلْجِلْلِيْلُ	The Majestic	Write Ya Jaleel on a piece of paper with saffron and musk ink. Wash the paper and drink esteem.
Al-Kareem 42 اَلْكَرِيْمُ	The Generous	Recite 270x for freedom from debt. If recited until one falls asleep then appreciation and help from others. Recite for forgiveness.
Ar-Raqeeb 43 اَلَرَّ قِيْب	The Vigilant	Repeat Ya Raqeeb 7x for yourself, family and property to be under Allah's protection. Recite to find lost thing. Recite 312x to render bad vibes ineffective.



Name	Meaning	Benefits of recitation
Al-Mujeeb 44 اَلُمُجِيْبُ	The Responder to prayer	Recite Ya Mujeeb to continue to have faith. Recite 55x at sunrise after salaa for hajat. Reciting also helps stop gossip and slander.
Al-Waasi' 45 اَلُوَ اسِعُ	The Vast	Recite Ya Waasi' frequently if you have difficulty earning a living. Recite 137x to cure depression
Al-Hakim 46 مُوكِرِكُوا	The Wise	Recite Ya Hakim continuously to overcome difficulties in work and for knowledge and wisdom.
Al-Wadud 47 اَلُوَدُوْدُ	The Loving	If there has been a quarrel between two people and one of the two repeats Ya Wadud 1000x over food and gives the food to the other to eat, the disagreement may be resolved.
Al-Majeed 48 اَلْمَجِيْدُ	The Glorious	Recite ya Majeed 100x at iftar on the 13th, 14th & 15th of the Lunar month to cure sickness especially psoriasis, heart disease and depression.



Name	Meaning	Benefits of recitation
Al-Ba'ith 49 اَلْبَاعِثُ	The Resurrector	Recite Ya Bai'th 100x and to gain taqwa and wisdom. Recite frequently with hand on chest at bedtime. Recite 7070x to clear name if wrongly accused.
Ash- Shaheed 50 اَلشَّهِيْثُ	The Witness	Repeat Ya Shaheed 21X with your hand on the forehead of a rebellious child to calm him down. Assists in controlling one's own disobedience.
Al-Haqq 51 اَلْحُقُ	The Truth	Recite to find lost thing. For sustenance recite 100x La Ilaha Malikul Haqqul Mubeen every day.
Al-Wakeel 52 اَلُو کِیۡلُ	The Trustee	If you are afraid of drowning, being burned in a fire, repeat Ya Wakeel for protection.
Al-Qawiy 53 ٱلۡقُوِيُّ	The Strong	Recite Ya Qawiy for safety from an enemy. Recite 116x for strength to do ibada.



Name	Meaning	Benefits of recitation
Al-Mateen 54 اَلْمُتِينِّيْ	The Firm	Recite Ya Mateen for your troubles to disappear. To increase breast milk write on a cup and drink water from it. Recite 500x to eliminate tyranny and negativity from oneself.
Al-Waliy 55 اَلُولِيٌّ	The Friend	Recite Ya Waliy frequently to become a Friend of God. Recite in the presence of a spouse who is ill of character.
Al-Hameed 56 اَلْحُمِیْنُ	The Praised	Repeat Ya Hameed be loved and praised. Write on a cup and drink from it for refined speech.
Al-Muhsi 57 اَلُمُخُصِئ	The Appraiser	Recite Ya Muhsi 100x for ease on the Day of Judgement. Recite 148x to assist in understanding and memorisation. Also gives courage for self- criticism.



Name	Meaning	Benefits of recitation
Al-Mubdi' 58 اَهُرُبُلِئُ	The Beginner	Repeat Ya Mubdi' and breathe towards someone who is about to lose something and that person should become free of danger. Recite to make decisions when undecisive. If a pregnant woman fears a miscarriage then place right hand on the stomach and recite Ya Mubdi' 99x.
Al-Mu'eed 59 اَلْمُعِيْثُ	The Restorer	Repeat Ya Mu'eed 70x for the safe return of a family member who is away.
Al-Muhyi 60 اَلَّهُ تُحْيِّيُ	The Life Giver	If you are weighed down with a heavy burden repeat Ya Muhyi 7x daily. Recite 68x after every salaa to cure a chronic illness.
Al-Mumeet 61	The Life Taker	Recite Ya Mumeet frequently with your hands on your chest on falling asleep to control your passions and destroy your enemy.



Name	Meaning	Benefits of recitation
Al-Hayy 62 اَکُتُی	The Living	Recite Ya Hayy frequently for a long life and to cure sickness. Recite 500x before sunrise for peace. Write with musk and rose water on a bowl; wash and drink for shifa from any illness.
Al-Qayyum	The Self	Recite Ya Qayyum at the
63	Existing	time of Fajr salaa for friendship. Recite 16x daily
الْقَيُّوْمُ		for memorisation help. Recite it in seclusion for
		affluence. To remove
		lethargy and laziness recite Al Hayyu and Al Qayyum
		after Fajr salaa.
Al-Waajid	The	Repeat Ya Waajid with
64	Resourceful	every morsel of food to become resourceful.
ٱلْوَاجِدُ		become resourceful.
Al-Maajid	The Noble	Recite Ya Maajid 465x
65		morning and night to be understood by others.
<u>اَلْمَاجِ</u> نُ		Recite also to understand
ر محج محر		the language of other
		creation e.g. animals etc



Name	Meaning	Benefits of recitation
Al-Waahid 66 اَلْوَاحِلُ	The Unique	Repeat Ya Waahid 1000x when you are alone and in a dark place to be free of fear and delusions.
Al-Ahad 67 اُلاَحَدُ	The One	1000x for unification of nafs. For pious children keep ism on self.
As-Samad 68 اَلصَّمَنُ	The Eternal	Repeat Ya Samad 1000x to know the hidden meanings of things. Recite Ya Samad 115x at dawn or at midnight while in sajda, to be safe from oppression. Recite to improve character.
Al-Qaadir 69 اَلْقَادِرُ	The Able	Recite Ya Qaadir while washing each limb during the wudhoo and no enemy should harm you. If you face a difficulty recite Ya Qadir 41x to be free from difficulty. Recite 305x when love not responded to.



Name	Meaning	Benefits of recitation
Al-	The Powerful	Repeat Ya Muqtadir
Muqtadir		frequently to become
70		aware of the Truth. Recite
الويس		744x to sharpen the
المُقتربر		memory.
Al-	The Promoter	Repeat Ya Muqaddim on
Muqaddim		the battlefield or when you
71		are afraid of being alone in
آه ير س		a frightening place. Recite
المُقْلِمُ		to present things in their
		right places.
Al-	The Postponer	Recite Ya Mu'akhkhir 100
Mu'akhkhir		times for tawba to be
72		accepted. Recite 1446x
رآه سر س		before sunrise for 7 days to
ٱلْمُؤخِّرُ		prevent tyrant from
		gaining power.
Al-Awwal	The First	Recite Ya Awwal 40 times
73		on Thursday night for
يوسر در		fulfilment of needs. Recite
الأوّالُّ		1000 times for 40 Fridays
		for an overwhelming
		problem and for safe
		return from journey.



Name	Meaning	Benefits of recitation
Al-Aakhir 74 اَلْأُخِرُرُ	The Last	Those who recite Ya Aakhir frequently should lead a good life and have a good end at the time of death. Recite 1000 times on Friday for increased sustenance. Kaffara for sins.
Azh-Zhahir 75 اَلظَّاهِرُ	The Manifest	Recite Ya Zhaahir 500x for divine Light to enter your heart.
Al-Baatin 76 ٱلْبَاطِنُ	The Hidden	Recite Ya Baatin 22x to see the truth in things. Recite 33x for enlightenment. For hajat pray 2 rakats salaa after which recite "Huwal Awwalu wal Aakhiru wazh Zhaahiru wal Baatin; wa huwa 'alaa kulli shayin Qadeer"
Al-Waali 77 اَلْوَ الِيْ	The Governor	Repeat Ya Waali in your home to be free from danger. Recite 11x to subdue another's anger.



Name	Meaning	Benefits of recitation
Al- Muta'aali 78 اَلْمُتَتَعَالِيُ	The Exalted	Repeat Ya Muta'ali to ease difficulties. Recommend for women tor recite during menstruation to relieve ailments. If demoted recite 540x to be restored to honour. Also
Al-Barr 79 اُلْکِرُا	The Source of Goodness	effective for interviews.  Repeat Ya Barr frequently to be blessed and be free from misfortune. Recite 7x daily to create aversion to bad habits. If recite 7x on an newborn baby it will give the child protection from calamities.
At-Tawwab 80 اَلتَّوَّابِ	The Acceptor of Tawba	Repeat Ya Tawwab many times for acceptance of tawba. Recite frequently for accomplishment of a task. Recite 10x in front of a tyrant to be free from oppression.
Al- Muntaqim 81 اُهُنْتَقِمُ	The Avenger	Repeat Ya Muntaqim to be victorious against your enemy. To remove a tyrant from power, recite Ya Muntaqimu and Ya Qahhaar 1000x.



Name	Meaning	Benefits of recitation
Al-Afw 82	The Pardoner	Repeat Ya 'Afw frequently for forgiveness
ٱلْعَفْوُ		
Ar-Ra'uf 83	The Clement	Repeat Ya Ra'uf frequently to be blessed. Recite also
ٱلرَّوْفُ		to gain affection of creation.
Malik al	The King of	Recite Ya Malik al Mulk to
Mulk 84	the Kingdom	gain esteem and change doubts into reassurance.
مَالِكَ الْمُلْكِ		Recite 212x daily to gain sustenance from unexpected means.
الْمُلْكِ		
Dhul Jalaal	The Lord of	Repeat Ya Dhul jalaal wal
wal Ikraam 85	Majesty & Generosity	ikraam to develop self esteem.
دُّوا الجُلالِ وَ		
ذُواالجُلالِوَ الْإكرَامِ		



Name	Meaning	Benefits of recitation
A-Muqsit 86 اَلْمُقُسِطُ	The Equitable	Repeat Ya Muqsit 100x to be free from the harm of your idol/ego and you should attain your purpose. Recite 700x for hajat. If the mind wanders in salaa recite 239x before salaa. Also recite for anger and depression.
Al-Jaami' 87 اَلِمُامِعُ	The Gatherer	Repeat Ya Jaami' to find lost things or be reconciled with someone who has separated. Do ghusl at Zhuhr anf lifting gaze towards heavens recite Ya Jaami' 10x closing each finger as you do so to reconcile dispersed family.
Al-Ghaniy 88 اَلْغَنِيُّ	The Rich	Repeat Ya Ghani frequently for contentment. Recite 70x daily for abundance in rizq. Recite and blow over body for shifaa from illness.



Name	Meaning	Benefits of recitation
Al-Mughni 89 اَ <b>الُكُة</b> ِيْ	The Enricher	Recite Ya Mughni 1000 x every Friday to become self-sufficient. Recite 1121x every Friday for 10 Fridays to eliminate nervous tension. Recite on hands and pass over afflicted part of body to recover. For spiritual and material wealth, recite 11x Salawat, followed by 1111x Ya Mughni and end with 11x Salawat and Suratul Muzzammil.
Al-Maani' 90 اَلْمَانِعُ	The Protector	Repeat Ya Maani' to have a good family life. Recite 20x to subside anger. Recite 161x to help relieve pain and fear. Recite for safety during journeys. Recite silently to rekindle affection between spouses.
Adh-Dharr 91 اَلْضَّاسُّ	The Punisher	Repeat Ya Dharr 100x on Thursday nights to grow closer to Allah. Recite for safety from tyranny.



Name	Meaning	Benefits of recitation
An-Nafi' 92 اَلنَّافِحُ	The Beneficial	Recite Ya Nafi' for 4 days to avoid harm. Recite 41x for completion of task. Provides safety on a journey. Recite before intimacy for pious children.
An-Nur 93 اَلَنُّوْصُ	The Light	Recite Ya Nur 700 times on Thursday night for receive inner light. Recite Surah Nur 7 times and ya Nur 1000 times to gain light in your heart.
Al-Haadi 94 اَهْمَادِی	The Guide	Repeat Ya Haadi frequently to gain spiritual knowledge.
Al-Badi' 95 ٱلْبَوِيْعُ	The Originator	Repeat Ya Badi' 1000 x by saying, "Ya Badi' assamawati' wa 'l-ardh," for troubles. Relieves depression and stress. Recite before sleeping for guidance on feasibility of task. For accomplishment of a task recite 1200x Ya Badi' al ajaaib bil khayr. Ya Badi' for 12 days.



Name	Meaning	Benefits of recitation		
Al-Baaqi	The	Recite Ya Baaqi on		
96	Everlasting	Thursday night to be free		
2.31		of difficulties. Recite		
الْبَاقِي		frequently for acceptance		
		of duas.		
Al-Waarith	The Inheritor	Recite Ya Waarith 100x at		
	The Inneritor	sunrise to be free of		
97		difficulties. Recite it often		
ٱلْوَايِثُ		to fulfil a task. To remove		
الواريك		worries recite 1000x		
		between Maghrib and		
		Eisha salaa.		
Ar-Rasheed	The Right in	Repeat Ya Rasheed, 1000x		
98	Guidance	between Maghrib and		
		Eisha Salaa to remove		
الرَّشِيْنُ		troubles, and for financial		
, , ,		progress. Recite also to		
		make words effective.		
As-Sabur	The Patient	Repeat Ya Sabur 33x for		
99		relief from troubles,		
. 111		difficulties and sorrow.		
ألصَّبُومُ		Recite 100x before sunrise		
		for safety from calamities		
		and 'tying' the enemy's		
		tongue. Repeat 298x for		
		physical pain. Repeat		
		frequently if unjustly		
		accused. In difficulty recite		
		1020X,		



## **NOTES**



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