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Q: 329 ? Title: What do I do about my sickness?

Question

Assal?mualaikum.? Can you please send me a waz?fah or zikr to get rid of my kidney infection.

Since a few days, I have pain in my back.? I have shown it to many doctors but the treatment is slow.? Can you please give me any suggestion on what I should do.

Answer

**In the Name of Allah, the Most Gracious, the Most Merciful.**

**As-sal?mu ?alaykum wa-rahmatull?hi wa-barak?tuh.**

We make duʿa to Allāh Taʿālā that He grant you complete cure. Amʿn.

Allāh Taʿālā created the human race physically weak. Allāh Taʿālā says in the Glorious Qurʾān:

ʾAnd man has been created weak? (Qurʾān 4/28)

Amongst the signs of man's weakness is his susceptibility to sickness. There are many trivial factors rotating around our life that cause us to become sick. Sometimes a slight change in the weather pattern causes us to remain bedridden for days. At times, the food we consume disrupts our digestive system, resulting in unbearable pain.

It is through the wisdom of Allāh Taʿālā that we are afflicted with sickness. Allāh Taʿālā wants us to realize and understand our helplessness and our dependency on Him. When our sight is directed towards the grandeur of Almighty Allāh and towards our own feebleness, we attain the Maʿrifah and recognition of Almighty Allāh, which is a necessary ingredient for true success.

Hence, our illnesses are signs that All?h Ta??I? intends good for us.

Nab? Sallall?hu Alaihi Wa Sallam has stated: [\[1\]](#)

?When All?h intends good for someone then He afflicts him.?

(Sah?h Al-Bukh?r?, Had?th No. 5645: D?r Tauq An-Naj?h)

Furthermore, sickness is a means of clearing ones slate in the court of Almighty All?h.? Man is prone to sin. Hence, All?h Ta??I? through His Mercy has organized a natural purifier for the dirt accumulated by committing sins.

Nab? Sallall?hu Alaihi Wa Sallam has said:

Allah Ta'ala forgives a Muslim in lieu of every calamity that afflicts him even though he is pricked by a thorn. (Sahih Al-Bukhari, Hadith No. 5640: Dir Tauq An-Najih) [2]

Therefore we come to understand that every aspect of a believer's life is fruitful, whether he is the target of Allah's bounties or he is afflicted by pain and sickness.

Nabi Sallallahu Alaihi Wa Sallam has stated:

How strange is the condition of a believer. All of his affairs are fruitful. And this state is only for a believer. If he is put in a good situation he is grateful and this is good for him. And if he is troubled, then he is patient, and that is good for him.

(Muslim, Hadith No. 2999: Dir Ihy' At-Turath Al-Arab) [3]

Furthermore, when an individual becomes sick, the most vital point of focus is that the belief in the heart remains correct. The attention should be directed towards Allah Ta'ala that He is the only one who can cure.

The statement of Ibrahim Alaihissalam when inviting his father towards Allah Ta'ala is a sufficient advise for us. In the Quran it is stated:

???? ???? ??? ????? (???? ????????, ??? 80)

Translation: When I become sick, Allah is the One who cures me. (Quran 26/80)

With regards to a wazifah, make it a habit of reciting the Du'a that was recited by Sayidun' Ayub Alaihissalam when he was afflicted with sickness. The Dua is mentioned in the Glorious Quran:

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Translation: O my sustainer, pain has afflicted me and You are the most merciful. (Quran 21/83)

Transliteration: Rabbe ann' massan' adh-dhurru wa anta arhamur r'ham'n

Furthermore, it was the noble practice of Nabī Sallāllāhu Alaihi Wa Sallam that whenever he would experience pain, he would recite Surah Al-Falaq and Surah An-Nās, blow on his hands and rub over his body. [4] Insha Allah, through the adherence of this Sunnah, Allah will give you relief and cure.

Along with these wazāfas, continue to consult an expert physician and adhere to his advice.

### And Allah Taʿāla Knows Best

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