

Verses for Healing, Comfort and Wellness

Reading the Holy Quran is a great way to overcome turmoil, anxiety and distress, and to relieve us. There is one particular Ayah in particular that Prophet Muhammad salallahu alaihi wasallam spoke of, that is said to give its reader great benefits in this life and the afterlife – Ayatul Kursi (Surat Al-Baqarah 2:255), also known as the Verse of the Throne.

The narrations (hadith) that speak of the virtues, and benefits, of Ayatul Kursi are numerous.

Narrated Abu Huraira: Prophet Muhammad salallahu alaihi wasallam ordered me to guard the Zakat revenue of Ramadan. Then somebody came to me and started stealing of the foodstuff. I caught him and said, “I will take you to Allah’s Apostle!” Then Abu Huraira described the whole narration and said: That person said (to me), “Please don’t take me to Allah’s Apostle and I will tell you a few words by which Allah will benefit you. When you go to your bed, recite Ayatul Kursi, (2.255) for then there will be a guard from Allah who will protect you all night long, and Satan will not be able to come near you till dawn.” When the Prophet heard the story he said (to me), “He (who came to you at night) told you the truth although he is a liar; and it was Satan.”

Sahih Al-Bukhari – Book 61 Hadith 530

<https://www.youtube.com/watch?v=Xlf70K7yPZ8>

It is narrated in the tradition of Harith bin Abu Umama that whoever recites Surah Yaseen, then if he is in fear, he will gain peace and safety. If he is sick, he will be cured. If he is starved, Allah will nourish him’. (Ad-Daa’i wad Dawaa)

<https://www.youtube.com/watch?v=7wfnKKro2tc>

Surah Al Nas and Al Falaq are the most well-known and the most powerful chapters of the Quran.

Aisha (RA) narrated that whenever Allah’s Apostle (S.A.W.S.) became sick, he would recite Surah Al-Falaq and Surah An-Nas and then blow his breath over his body. When he became seriously ill, I used to recite (these two Surahs) and rub his hands over his body for its blessings. [Narrated by Saheeh Al-Bukhari: The Book of the Virtues of the Qur’aan, 5016]

https://www.youtube.com/watch?v=_jTswHfhAXg