

۴۰ روحانی علاج



# 40 SPIRITUAL CURES

AMEER-E-AHL-E-SUNNAT HAZRAT ALLAMA MOULANA ABU BILAL

**MUHAMMAD ILYAS ATTAR QADRI**

RAZAVI (MADDA ZILHUL AALI)



**Publishers**



أَلْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ وَالصَّلَاةُ وَالسَّلَامُ عَلَى سَيِّدِ الْمُرْسَلِينَ  
أَمَّا بَعْدُ فَأَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

## Du'ā for Reading the Book

**R**ead the following Du'ā (supplication) before you study a religious book or an Islamic lesson, you will remember whatever you study, إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ:

اللَّهُمَّ افْتَحْ عَلَيْنَا حِكْمَتَكَ وَأَنْشُرْ  
عَلَيْنَا رَحْمَتَكَ يَا ذَا الْجَلَالِ وَالْإِكْرَامِ

**Translation:** O Allah عَزَّوَجَلَّ! Open the door of knowledge and wisdom for us, and have mercy on us! O the One Who is the Most Honourable and Glorious!

*(Al-Mustatraf, vol. 1, pp. 40)*

**Note:** Recite Ṣalāt-‘Alan-Nabī ﷺ once before and after the Du'ā.

# FORTY SPIRITUAL CURES

*(Including Medical Treatments)*

This booklet was written by Shaykh-e-Tarīqat Amīr-e-Ahl-e-Sunnat, the founder of Dawat-e-Islami ‘Allāmah Maulānā Abu Bilal Muhammad Ilyas Attar Qadiri Razavi دامت بركاته وعلو شأنه in Urdu. **Majlis-e-Tarājim** (the translation department) has translated it into English. If you find any mistake in the translation or composing, please inform the translation department on the following postal or email address with the intention of earning reward [Šawāb].

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## Forty Spiritual Cures

An English translation of '40 Rūhāni 'Ilāj'



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الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ وَالصَّلَاةُ وَالسَّلَامُ عَلَى سَيِّدِ الْمُرْسَلِينَ  
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## FORTY SPIRITUAL CURES

(Including Medical Treatments)

### Excellence of Ṣalāt-‘Alan-Nabī ﷺ

The Beloved and Blessed Prophet صَلَّى اللهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ has stated, ‘Whoever recites Ṣalāt upon me hundred times on the day and night of Friday (i.e. from sunset of Thursday to the sunset of Friday), Allah عَزَّوَجَلَّ will fulfill his hundred needs – seventy of afterlife and thirty of worldly life.’

(*Shu‘ab-ul-Īmān*, vol. 3, pp. 111, Ḥadīṣ 3035)

صَلُّوا عَلَى الْحَبِيبِ صَلَّى اللهُ تَعَالَى عَلَى مُحَمَّدٍ

## Forty spiritual cures

Invoke Ṣalāt-‘Alan-Nabī once at the beginning and once at the end of every invocation. If cure is not apparently noticed, consider it an outcome of your wrongdoings instead of complaining and remain contented with the will of Allah عَزَّوَجَلَّ.



1.

هُوَ اللَّهُ الرَّحِيمُ

Whoever invokes this 7 times after every Ṣalāh will remain secured from the evil of satan and he will be bestowed with faithful ending of life إِنَّ شَاءَ اللَّهُ عَزَّوَجَلَّ.

2.

يَا اللَّهُ

By virtue of invoking it a 100 times at the time of going to bed, one will remain secured from the evil of satan and from the infliction of paralysis and palsy *إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ*.

3.

يَا مَلِكُ

A poor or destitute person who invokes this 90 times every day, will get rid of poverty *إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ*.

4.

يَا قُدُّوسُ

Whoever invokes this repeatedly during journey, will not suffer fatigue *إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ*.

5.

## يَا سَلَامُ

Reciting this 111 times and then performing *Dam* on an ill person will, provide him relief *إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ*.

6.

## يَا مُهَيِّبُ

If a grieved person invokes this twenty nine (29) times daily, he will get relief from his grief *إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ*. Moreover he will remain secured from sufferings and afflictions *إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ*.

7.

## يَا عَزِيزُ

Invoke this 41 times before going to meet a ruler or an officer etc. That ruler/officer will be compassionate *إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ*.

8.

يَا مُتَكَبِّرُ

Invoke this 21 times every day. One who suffers from frightful nightmares, will no longer suffer them by virtue of this invocation *إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ*.  
(Duration of remedy: Until cured.)

9.

يَا مُتَكَبِّرُ

The one who invokes this 10 times before copulating with wife will be blessed with a pious son *إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ*.

10.

يَا بَارِي

Whoever invokes this 10 times every Friday, will be blessed with a son *إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ*.

11.

يَا قَهَّارُ

If somebody invokes it 100 times when afflicted by a calamity, the difficulty will be eased *إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ*.

12.

يَا وَهَّابُ

Whoever invokes this 7 times every day will become Mustajāb-ud-Da'wāt (i.e. one whose Du'ā is always accepted) *إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ*.

13.

يَا فَتَّاحُ

Whoever invokes this 70 times every day after Ṣalāt-ul-Fajr with both hands placed on his chest, the rust and dirt of his heart will be removed *إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ*.

14.

يَا فَتَّاحُ

Whoever invokes it 7 times every day (at any time), his heart will be [spiritually] brightened *إِنْ شَاءَ اللَّهُ عَزَّ وَجَلَّ*.

15.

يَا قَابِضُ ، يَا بَاسِطُ

Whoever invokes this 30 times every day will gain victory over his enemy *إِنْ شَاءَ اللَّهُ عَزَّ وَجَلَّ*.

16.

يَا رَافِعُ

Whoever invokes this 20 times every day, his desire will be fulfilled *إِنْ شَاءَ اللَّهُ عَزَّ وَجَلَّ*.

17.

يَا بَصِيرُ

Whoever invokes this 7 times every day at the time of 'Aṣr (i.e. from the beginning of 'Aṣr timings until sunset) will not suffer sudden death *إِنْ شَاءَ اللَّهُ عَزَّ وَجَلَّ*.

18.

يَا سَبِيعُ

Whoever invokes this 100 times every day without talking during invocation and then makes Du'ā, whatever he asks for will be granted *إِنْ شَاءَ اللَّهُ عَزَّ وَجَلَّ*.

19.

يَا حَكِيمُ

Whoever invokes this 80 times after each of the five daily Ṣalāh every day, will never become needy *إِنْ شَاءَ اللَّهُ عَزَّ وَجَلَّ*.

20.

يَا جَلِيلُ

One who invokes this 10 times and performs *Dam* on his assets and money, these things will remain secured from theft إِنْ شَاءَ اللَّهُ عَزَّ وَجَلَّ.

21.

يَا شَهِيدُ

One who invokes this 21 times in the morning (before sunrise) with one hand on the forehead of a disobedient child, whilst facing towards the sky, that child will become pious إِنْ شَاءَ اللَّهُ عَزَّ وَجَلَّ.

22.

يَا وَكِيلُ

Whoever invokes this 7 times at the time of 'Aṣr will get refuge from calamities إِنْ شَاءَ اللَّهُ عَزَّ وَجَلَّ.

23.

## يَا حَيِّدُ

If somebody is unable to get rid of the habit of using obscene language, he should invoke this 90 times and perform *Dam* onto an empty glass or cup. Thereafter, he should drink only from that glass/cup; his bad habit of using obscene language will die away *إِنْ شَاءَ اللَّهُ عَزَّ وَجَلَّ*. (Such a glass to which *Dam* has been made may be used for years.)

24.

## يَا مُحْصِي

Anyone who recites this one thousand (1000) times every Thursday night (i.e. night falling between Thursday and Friday) will be secured from the torment of the grave and that of the Doomsday *إِنْ شَاءَ اللَّهُ عَزَّ وَجَلَّ*.

25.

## يَا مُحْيِي

In case of suffering from abdominal pain or gas or facing the risk of losing some organ of the body, invoke this 7 times and perform *Dam* on yourself; this invocation will provide relief إِنْ شَاءَ اللَّهُ عَزَّ وَجَلَّ.

(**Duration of remedy:** Until cured, perform at least once daily.)

26.

## يَا مُحْيِي ، يَا مُبِيْتُ

Invoke this 7 times every day and perform *Dam* on yourself, magic will not affect you إِنْ شَاءَ اللَّهُ عَزَّ وَجَلَّ.

27.

يَا وَاجِدُ

Whoever invokes this with every morsel whilst eating, that food will become Nūr (light) in his stomach and disease will be cured *إِنْ شَاءَ اللَّهُ عَزَّ وَجَلَّ*.

28.

يَا مَا جِدُ

Whoever invokes this 10 times, performs *Dam* onto a beverage etc. and then drinks it, will not fall (seriously) ill *إِنْ شَاءَ اللَّهُ عَزَّ وَجَلَّ*.

29.

يَا وَاجِدُ

Whoever feels afraid in loneliness should invoke this 1001 times when alone, fear will be dispelled from his heart *إِنْ شَاءَ اللَّهُ عَزَّ وَجَلَّ*.

30.

يَا قَادِرُ

Whoever makes it a habit to invoke this whilst washing each part of the body during Wuḍū, enemy will not be able to kidnap him *إِنْ شَاءَ اللَّهُ عَزَّ وَجَلَّ*.

31.

يَا قَادِرُ

Invoke it 41 times when in trouble, the trouble will be removed *إِنْ شَاءَ اللَّهُ عَزَّ وَجَلَّ*.

32.

يَا مُقْتَدِرُ

Whoever invokes this 20 times every day, will remain under the shade of Divine blessings *إِنْ شَاءَ اللَّهُ عَزَّ وَجَلَّ*.

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