



DUA AGAINST AFFLICTIONS - II

By Basharith Alikhan

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْبَرَصِ وَالْجُنُونِ
وَالْجُدَامِ وَمِنْ سَيِّئِ الْأَسْقَامِ

O Allah, I seek refuge in You from leprosy, mental illness,
mutilation, and all evil diseases.

[Abu Dawud]

DISCUSSION POINTS

- The Prophet (Allah bless him and give him peace) recited this supplication as a means of protection from physical ailments.
- The diseases of leprosy, mental illness, and loss of limb are specifically mentioned as due to their debilitating consequences at the time of the Prophet (Allah bless him and give him peace) The supplication, however, ends with seeking refuge against all physical ailments, so we should intend to seek protection from all diseases with this dua.
- While seek protection from illness, we also recognize that illness is part of life and that Allah Most High rewards one who is patient during illness.
- Additionally, illness allows us to seek assistance from Allah Most High, the true Healer, both through medicine as well as dua [Qur'an 26:80].