



Du‘ā 15
For Sickness in the
Sahīfa with two
translations



Translation by Dr. William C. Chittick	Translation by Ahmad Ali Muhani	Text of the Du‘ā in Arabic
<i>His Supplication when Sick or Visited by Distress or an Affliction</i>	<i>One of his prayers in sickness, distress and calamity.</i>	<p>وَكَانَ مِنْ دُعَائِهِ عَلَيْهِ السَّلَامُ إِذَا مَرِضَ أَوْ نَزَلَ بِهِ كَرْبٌ أَوْ بَلِيَّةٌ</p>
1. O Allah, to You belongs praise for the good health of my body which lets me move about, and to You belongs praise, for the ailments which You cause to arise in my flesh!	1. O Lord, all praise is due to You for bodily health in which I move about. All praise is due to You for such disease as You did cause in my body.	<p>(1) اللَّهُمَّ لَكَ الْحَمْدُ عَلَى مَا لَمْ أَزَلْ أَتَصَرَّفُ فِيهِ مِنْ سَلَامَةٍ بَدَنِي، وَلَكَ الْحَمْدُ عَلَى مَا أَحْدَثْتَ بِي مِنْ عِلَّةٍ فِي جَسَدِي</p>
2. For I know not, my Allah, which of the two states deserves more my thanking You and which of the two times is more worthy for my praise of You:	2. For, I do not know, O Lord, which of the two states is more suitable for thanking You and which of the two times is preferable for praising You.	<p>(2) فَمَا أَدْرِي، يَا إِلَهِي، أَيُّ الْحَالَيْنِ أَحَقُّ بِالشُّكْرِ لَكَ، وَأَيُّ الْوَقْتَيْنِ أَوْلَى بِالْحَمْدِ لَكَ</p>
3. the time of health, within which You make me delight in the agreeable things of Your provision, through which You give me the joy to seek the means to Your good pleasure and bounty, and by which You strengthen me for the acts of obedience which You have given me success to accomplish;	3. Either the time of health wherein You did cause Your pure Nourishment to support me; whereby You did make me happy in earning Your Approbation and Favor and whereby You did strengthen me for such of Your Services as You granted me grace to perform.	<p>(3) أَوْقَتُ الصِّحَّةِ الَّتِي هَنَأْتَنِي فِيهَا طَيِّبَاتِ رِزْقِكَ، وَسَشَّطْتَنِي بِهَا لِابْتِغَاءِ مَرْضَاتِكَ وَفَضْلِكَ، وَقَوَّيْتَنِي مَعَهَا عَلَى مَا وَفَّقْتَنِي لَهُ مِنْ طَاعَتِكَ</p>
4. or the time of illness through which You put me to the test and bestow upon me favours: lightening of the offenses that weigh down my back, purification of the evil deeds into which I have plunged, incitement to reach for repentance, reminder of	4. Or the time of sickness, whereby You did purify me and the blessings You did confer on me, in order to lighten (remit) such sins as were lying heavily upon my back, by way of purifying me from such inequity as I plunged into, by way of	<p>(4) أَمْ وَقَتُ الْعِلَّةِ الَّتِي مَحَصَّنْتَنِي بِهَا، وَالنِّعَمِ الَّتِي أَنْحَفْتَنِي بِهَا، تَخْفِيفاً لِمَا ثَقُلَ بِهِ عَلَيَّ ظَهْرِي مِنَ الْخَطِيئَاتِ، وَتَطْهِيراً لِمَا انْغَمَسْتُ فِيهِ مِنْ</p>

the erasure of misdeeds through ancient favour;

warning me to be prompt in repentance and in order to induce me to try to blot out my transgressions? All this through Your eternal Favor!

السَّيِّئَاتِ، وَتَنْبِيهَا لِيَتَّوَلَّ
التَّوْبَةِ، وَتَذْكَيرًا لِمَحْوِ
الْحُوبَةِ بِقَدِيمِ النُّعْمَةِ

5. And, through all that, what the two writers write for me: blameless acts, which no heart had thought, no tongue had uttered, and no limb had undertaken, rather, as Your bestowal of bounty upon me and the beneficence of Your benefaction toward me.

5. And in the meantime, what the scribes have recorded to my credit of pure deeds, which no mind has ever thought of, no tongue uttered, and no limb toiled for- only by way of kindness from You to me and of Your gracious Favor to me.

(5) وَفِي خِلَالِ ذَلِكَ مَا كَتَبَ
لِي الْكَاتِبَانِ مِنْ زَكِيِّ
الْأَعْمَالِ، مَا لَمْ يَلْقَ قَلْبٌ فِكْرَ
فِيهِ، وَلَا لِسَانٌ نَطَقَ بِهِ، وَلَا
جَارِحَةٌ تَكَلَّفَتْهُ، بَلْ إِفْضَالًا
مِنْكَ عَلَيَّ وَإِحْسَانًا مِنْ
صَنِيْعِكَ إِلَيَّ

6. O Allah, bless Muhammad and his Household, make me love what You have approved for me, make easy for me what You have sent down upon me, purify me of the defilement of what I have sent ahead, erase the evil of what I have done beforehand, let me find the sweetness of well-being, let me taste the coolness of safety, and appoint for me a way out from my illness to Your pardon, transformation of my infirmity into Your forbearance, escape from my distress to Your refreshment, and safety from this hardship in Your relief!

6. O Lord, therefore, bless Muhammad and his Āl (family). Make agreeable to me what You has, approved of for me. Lighten for me what You have visited upon me. Purify me of the taint of that sin which I committed beforehand. Remove from me the evil results of what I have performed. Confer on me the sweetness of good health. Make me taste the coolness of peace. Let my recovery from my illness be accompanied with Your Forgiveness. Let my restoration from my fall lead to Your Pardon. Let my release from distress be followed by comfort and my rescue from this affliction, by Your Deliverance.

(6) اللَّهُمَّ فَصَلِّ عَلَيَّ مُحَمَّدٍ
وآلِهِ، وَحَبِّبْ إِلَيَّ مَا رَضَيْتَ
لِي، وَيَسِّرْ لِي مَا أَحَلَلْتَ بِي،
وَطَهِّرْنِي مِنْ دَنَسٍ مَا أَسْلَفْتُ،
وَأَمْحُ عَنِّي شَرًّا مَا قَدَّمْتُ،
وَأَوْجِدْنِي حَلَاوَةَ الْعَافِيَةِ،
وَأَذِقْنِي بَرْدَ السَّلَامَةِ، وَاجْعَلْ
مَخْرَجِي عَنْ عِلَّتِي إِلَيَّ
عَفْوِكَ، وَمُتَحَوِّلِي عَنْ
صَرْعَتِي إِلَيَّ تَجَاوُزِكَ،
وَخَلَّاصِي مِنْ كَرْبِي إِلَيَّ
رَوْحِكَ، وَسَلَامَتِي مِنْ هَذِهِ
الشَّدَّةِ إِلَيَّ فَرَجِكَ

7. You are gratuitously bountiful in beneficence,

7. Verily You are benevolently Kind,

(7) إِنَّكَ الْمُتَّفَضِّلُ بِالْإِحْسَانِ،



ever gracious in kindness,
the Generous, the Giver,
Possessor of majesty and
munificence!

bountifully Gracious,
magnificently Generous and
the Possessor of Greatness

الْمُتَطَوِّلُ بِالْإِمْتِنَانِ، الْوَهَّابُ
الْكَرِيمُ، ذُو الْجَلَالِ
وَالْإِكْرَامِ

