

## Sickness: Discussion from the Qur'an, Hadith & Du'aas

### Qur'anic Verses

**26:77.** *Verily! They are enemies to me, save the Lord of the 'Alamîn (mankind, jinn and all that exists); 78. Who has created me, and it is He Who guides me; 79. And it is He Who feeds me and gives me to drink. 80. And when I am ill, it is He who cures me; 81. And Who will cause me to die, and then will bring me to life (again); 82. And Who, I hope will forgive me my faults on the Day of Recompense, (the Day of Resurrection)*

Also look following verses that refer to sickness (*marad*) in the Holy Qur'an: 2:10; 4:43; 4:102; 5:6; 5:52; 8:49; 9:91; 9:125; 22:53; 24:50; 33:12; 33:32; 33:60; 47:20; 47:29; 73:20; & 74:31.

### Hadiths

1. The Prophet (s): 'The wrongdoings of a sick person shed away from him like the shedding of leaves from a tree.' [*The Scale of Wisdom*<sup>1</sup>, H. 5761]
2. Imam al-Baqir or Imam al-Sadiq (a): 'Staying awake from sickness or pain for one night carries a greater reward than the worship of one year.' [*SoW*, H. 5763 from *al-Kafi*]
3. Imam al-Kazim (a): 'When a believer becomes sick, Allah reveals unto the angel on his left [shoulder], 'Do not write a sin for my servant as long as he is in My confinement and My grasp, and He reveals unto the angel on his right [shoulder], 'Write for My servant what you were writing for him in merits when he was healthy.' [*SoW*, H. 5764 from *al-Kafi*]
4. The Prophet (s): 'From among the treasures of righteousness are: concealing one's tragedies, sicknesses and charity.' [*SoW*, H. 5766]
5. The Prophet (s): 'Allah Almighty has said, 'Whoever becomes sick three times and does not complain to any of his visitors, I change his flesh to flesh better than what he has and blood better than his blood. If I cure him, then I will cure him and he will have no sin, and if I take him [in death], I will take him to My Mercy.' [*SoW*, H. 5765 from *al-Kafi*]
6. Imam Ali (a): 'Whoever suppresses pain that he has been inflicted with for three days from people and complains to Allah instead, Allah will rightfully cure him from it.' [*SoW*, H. 5767 from *al-Khisal*].
7. Imam Ali (a): 'Whoever conceals his sickness from physicians has betrayed his body.' [*SoW*, H. 5768 from *Ghurar al-Hikam*]
8. Imam al-Baqir (a): 'If a body does not become sick it continues to make merry, and there is no good in a body that [only] makes merry.' [*SoW*, H. 5773 from *Mishkat al-Anwar*]
9. Imam al-Sadiq (a): 'Whoever visits a sick person, seventy thousand angels will escort him repenting for him until he returns to his house.' [*SoW*, H. 5777 from *al-Kafi*]
10. Imam Ali (a): 'The visitor with the greatest reward with Allah is he who when he visits he sits briefly, unless the sick person likes the company and wants and asks for [him to sit longer].' [*SoW*, H. 5779 from *al-Kafi*]
11. Imam al-Sadiq (a) said, ' . . . hasten to leave from him (i.e. the sick), for the visit of the foolish is harder for the sick person to bear than his pain.' [*SoW*, H. 5781 from *al-Kafi*]
12. Imam al-Sadiq (a) asked his servants who were going to visit fellow servant who was ill, 'Does any of you have an apple or a quince, or a citron, or some perfume or a piece of

<sup>1</sup> M. Muhammadi Rayshahri, *The Scale of Wisdom: A Compendium of Shi 'a Hadith*, London: ICAS Press, 2009

sandalwood?!’ They said, ‘No, we do not have any of these?’ He said, ‘Do you not know that the sick man is comforted by anything that is brought for him.’[SoW, H. 5782 from *al-Kafi*]

### Du ‘aas

1. The sixth Imam says that 60 days after the wafat of the Holy Prophet (s), Fatima became sick. When she became severely ill, she prayed:

يا حي يا قيوم برحمتك استغيث فأغثني، اللهم زحزحني عن النار وأدخلني الجنة وألحقني بأبي محمد (صلى الله عليه وآله  
*O the Ever-living, O Self Sustainer, I cry for help, so help me. O Allah, keep me away from the fire and enter me into the Paradise and join me with my father Muhammad (s).*

2. Imam Zaynul ‘Abidin (a) would recite the following supplication during sickness. It is Du‘aa No. 15 from the *Sahifa* & translated by S. Ahmed Mouhani; A alternative translation by W Chittick can be found online at [www.al-islam.org/sahifa/dual5.html](http://www.al-islam.org/sahifa/dual5.html) )

O Lord, all praise is due to Thee for bodily health in which I move about. All praise is due to Thee for such disease as Thou didst cause in my body.

For, I do not know, O Lord, which of the two states is more suitable for thanking Thee and which of the two times is preferable for praising Thee. Either the time of health wherein Thou didst cause Thy pure Nourishment to support me; whereby Thou didst make me happy in earning Thy Approbation and Favor and whereby Thou didst strengthen me for such of Thy Services Thou gavest me grace to perform.

Or the time of sickness, whereby thou didst purify me and blessings Thou didst 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 warning me to be prompt in repentance and in order to induce me to try and blot out my transgressions?

All this through Thou eternal Favor!

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 Thee to me and of Thy gracious Favor to me.

O Lord; therefore, bless Muhammad and his descendants.

Make agreeable to me what Thou hast approved of for me. Lighten for me what Thou hast visited upon me. Purify me of the taint of what 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 Thy Forgiveness. Let my restoration from my fall lead to Thy Pardon. Let my release from distress be followed by comfort and my rescue from this affliction, by Thy Deliverance.

Verily Thou art benevolently Kind, bountifully Gracious, magnificently Generous and the Possessors of Greatness and Glory!

3. Prophet Dawud (a) used to pray: ‘*O Allah, [do not give me] sickness that weakens me nor health that makes me forget [You], rather a state in between them both.*’[SoW, H. 5770 from *Ghurar al-Hikam*]