



DUAS AND AZKAAR FOR PROTECTION AGAINST VIRUSES

There is no doubt that the world is presently troubled over the spread of the Corona Virus which has already caused the loss of many lives in different cities across the globe.

Fear and panic have already taken root in the lives of many, and there seems to be no cure, defense or prevention for the spread of this Viral disease.

As Muslims, we believe that this is the 'Qadr' (decree) of Allah, which surely has some wisdom in it (which we cannot understand). We must therefore accept it as a test and trial from Allah, and be firm and steadfast in our faith in Allah, and with the conviction that all sicknesses and diseases, come from Allah, and the cure lies only with Him. As such, besides following the guidelines given by medical experts and authorities to prevent ourselves from contracting this virus, we must also recite daily Duas and Azkaar which have been recited and taught by the Messenger of Allah (S.A.S). Some of these which can be recited everyday are the following:-

1. Recite this dua 3 times in the morning and 3 times in the evening.

اللَّهُمَّ عَافِنِي فِي بَدَنِي اللَّهُمَّ عَافِنِي فِي سَمْعِي اللَّهُمَّ عَافِنِي فِي بَصَرِي لَا إِلَهَ إِلَّا أَنْتَ
(ابو داؤد، النسائي)

Transliteration:

(Allaahumma 'Aafinii fii Badanii, Allahumma 'Aafinii fii Sam'ee, Allaahumma 'Aafinii fii Basarii Laa ilaaha illaa Anta)

Translation:

('O Allah, grant me health in my body. O Allah, grant me health in my hearing. O Allah me grant health in my sight. There is no god but You').

Reference: (Abu Dawood, An Nasa'i).

2. Recite this dua once, whenever you see someone afflicted with the virus.

الْحَمْدُ لِلَّهِ الَّذِي عَافَانِي مِمَّا ابْتَلَاكَ بِهِ وَفَضَّلَنِي عَلَى كَثِيرٍ مِمَّنْ خَلَقَ تَفْضِيلًا

Transliteration:

('Alhamdu Lillaahil Ladhi 'Aafaanii Mimmab-talaaka bihi Wa faddhalanii 'ala Katheerin Miman Khalaqa Tafdheela'.

Translation:

(All Praise be to Allah, who saved me from what He Has afflicted you with, and favored me more than many others He created').

Reference (Tirmidhi, Ibn Majah, Tabrani).

3. Recite this dua 3 times in the morning and 3 times in the evening.

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

Transliteration:

(‘Laa ilaaha illa Anta Subhaanaka Innii kuntu Minadh Dhalimeen’).

Translation:

(‘There is no god but you. Glorified are you. Surely, I am from among the wrongdoers’).

Reference (Tirmidhi).

4. Recite this dua 3 times in the morning and 3 times in the evening.

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ.

Transliteration:

(‘Bismillahilladhi laa yadhuru Ma’asmihi shai’un fil Ardhi Wa laa fis Samaa’i Wa huwas Samee’ul Aleem’)

Translation:

(‘In the name of Allah, by Whose Name nothing is harmed in the earth or in the heaven, and He is the All-Hearing and All-Knowing’).

Reference (Tirmidhi).

5. Recite this dua 3 times in the morning and 3 times in the evening.

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْبَرَصِ وَالْجُنُونِ وَالْجُدَامِ وَمِنْ سَيِّئِ الْأَسْقَامِ

Transliteration:

(‘Allahumma Inni A’ouzu bika Minal barasi wal Junuuni wa Judhami wa min Sayye-ill-Asqaam’)

Translation:

(‘O Allah, I seek refuge in you from vitiligo, madness, leprosy and bad disease’).

Reference (Abu Dawood).

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