

RUQYAH

Alhamdulillah, many African people (and in fact people around the world) are beginning to become aware of Ruqyah.

Nevertheless, the first questions most of our Raaqis still receive from first time patients are mostly questions like "What exactly is Ruqyah?", "Can you first tell us more about this Ruqyah?" Where does this Ruqyah come from?" When Arab people hear this, they are shocked. "A country which has come so far in deen is unaware of Ruqyah?"

I remember a few years ago when one of our ustaadhs was been interview with regards to Ruqyah the first question the interviewer had was "What is Ruqyah?" Sheikh was so taken aback that in his own words he said "I almost fell off my chair!"

How do people not know about one of the most basic aspects of Islam?

The truth is we do know Ruqyah. We have learnt about it in primary school maddressa. Our Ulama have learnt the Hadith which speak about Ruqyah in our Darul Ulooms. In fact, most of us have at sometime in our lives practiced Ruqyah!

Shocked? Don't be!

Have you ever read your "three Quls" and blown on yourself?...Then you have done "Ruqyah" on yourself. If any parent reads "Ayatul Kursi" for protection for their children? Ruqyah again!

So is Ruqyah something new or alien to us? The latest trend to hit our shores? No, quite the opposite.

It's really going back to our roots, going back to the way things were done in the time of our Nabi s.a.w. So what exactly is Ruqyah? Ruqyah means reciting Qur'an and supplications (Duas) reported from the Messenger of Allah s.a.w over someone as a means of protection, or over the sick as a means of being cured. It is an excellent means of cure. Nabi s.a.w used to recite over the sick and so did the Sahaabah may Allah be pleased with them.

Did you know that Jibraeel A.S performed Ruqyah on Nabi s.a.w?

Abu Sa'id Al-Khudri ra reported: Jibraeel a.s came to the Messenger and said: "O Muhammad! Do you feel sick?" He s.a.w said, "Yes." Jibril supplicated thus: .

بِسْمِ اللّٰهِ اَرْقِيْكَ ، مِنْ كُلِّ شَيْءٍ يُؤْذِيْكَ ،
مِنْ شَرِّ كُلِّ دَآئِيٍّ نَفْسٍ اَوْ عَيْنٍ حَاسِدٍ
اللّٰهُ يَشْفِيْكَ ، بِسْمِ اللّٰهِ اَرْقِيْكَ

"Bismillahi arqika, min kulli shay'in yu'dhika, min sharri kulli nafsin aw `ayni hasid, Allahu yashfika, bismillahi arqika.

[With the Name of Allah. I recite over you (perform Ruqyah on you) from all that troubles you, and from every harmful mischief and from the evil of the eyes of an envier. Allah will cure you; and with the Name of Allah, I recite over you]."

(Sahih Muslim 2186 ; Sunan At-Tirmidhi 972)

In fact in the time of Nabi whenever someone had any problem, whether a problem of Jinn, or sickness, or even being bitten by a snake, the first thing they would do was to recite Qur'aan on them. Take a look at this beautiful hadith about the sahaba performing Ruqyah:

Abu Saeed Al-Khudri narrated: "Some of the Sahaabah (companions) of Nabi Muhammad went on a journey till they reached some of the Arab tribes (at night). They asked the tribe to treat them as their guests but they refused. The chief of that tribe was then bitten by a snake (or stung by a scorpion) and they tried their best to cure him but in vain.

Some of them said (to the others), 'Nothing has benefited him, will you go to the people who resided here at night, it may be that some of them might possess something (as treatment).'

They went to the group of Sahaabah (companions of Nabi Muhammad) and said, "Our chief has been bitten by a snake (or stung by a scorpion) and we have tried everything but he has not benefited. Have you got anything (useful)?"

One of them replied, 'Yes, by Allah! I can recite a Ruqyah, but as you have refused to accept us as your guests, I will not recite the prayer for you unless you fix some wages for it.'

They agreed to pay them a flock of sheep. One of them then recited Surah Al-Faatihah and blew over the chief who became right as if he was released from a chain, and got up and started walking, showing no signs of sickness. They paid them what they agreed to pay.

Some of them (i.e. the Sahaabah) then suggested dividing their earnings among themselves, but the one who performed the recitation said, 'Do not divide them till we go to Nabi Muhammad s.a.w and tell the whole story to him, and wait for his order.' So, they went to Allah's Messenger s.a.w and narrated the story, Allah's Messenger asked: "How did you come to know that the Surah Al-Fatihah could be recited as a Ruqyah?" Then he added: "You have done the right thing. Divide (what you have earned) and assign a share for me as well." (Tirmidhi)

Yes it is that simple, that's what Ruqyah is: reading Qur'aan and Duaas over people with niyyah (intention) of shifaa (cure). But is it effective you ask? Can my 20 year old jinn and jadu problem that I have seen 40 moulanas for be cured that easily? Yes. Of course you need a trained Raaqi (practitioner of Ruqyah) to help you diagnose your problem first, you need to know which particular ayats (verses) to read for your particular problem, how to read it, how often to read, how many times to read, when to read etc. but simply speaking, yes there is no case which is too big for the Qur'aan and Sunnah.

For sorcery (black magic, jadu) especially the remedy is the Qur'aan because sorcery is made with satanic words, which are cancelled by the words of Allah.

Almighty Allah says: "And We sent down in the Qur'aan such things that have healing and mercy for the believers."

(Aayah 82 Surah an-Najm 17)

Almighty Allah says: "If We had sent down this Qur'aan upon a mountain, you would have seen it (the mountain) humbled and coming apart from the fear of Allah. And these examples We present to the people that perhaps they will give thought." (Aayah 21 Surah Al Hashr 59)

Aisha r.a narrated: "Whenever Allah's Nabi s.a.w became sick, he would recite Surah Al-Falaq and Surah An-Nas and then blow his breath over his body. When he became seriously ill, I used to recite (these two Surahs) and rub his hands over his body for its blessings." (Sahih Al-Bukhari 5016)
Suratul-Fatihah, the opening surah of the Qur'an, is also recommended as a cure for sicknesses and diseases.

Allah's Messenger s.a.w said, "Fatihatul Kitab (Surah al Faatiha) contains healing for every disease." (Tirmidhi)

Aisha ra narrated that the Nabi, used the following Duaa when family members were sick, "Allahumma Rabban-nas, adh-hibil-ba's, washfi, Antash-Shafee, la shifa'a, ilia shifa'uk, shifa'an la yughadiru saqaman.

[O Allah, Sustainer of mankind! Remove this disease and cure him. You are the Great Curer, there is no cure but through You that leaves behind no disease.]" (Bukhari and Muslim)

It was narrated that Ubaid bin Rifa'ah Az-Zuraqi said: Asma (bint Umaish) said, "O Allah's Messenger! The children of Ja'far have been afflicted by the evil eye, shall I recite Ruqyah for them?" He S.a.W said, "Yes, for if anything were to overtake the Divine Decree, it would be the evil eye." (Hadith No. 3510, Chapters on Medicine, Sunan Ibn Majah, Vol. 4; Hadith No. 2059, Chapters on medicine, Jami' At-Tirmidhi, Vol. 4).

So Alhamdulillah, it is clear from hadith that Ruqyah was the way practised and recommended by our Nabi and as such, there can be no greater motivation for us to practise Ruqyah. It is Sunnah, simple, effective and really the only way you should be treating yourself if you have a magic (jadu), jinn or evil-eye (nazr) problem.

Ruqyah is commonly translated in English as "incantation" which carries a negative meaning, since the word incantation is usually associated with magic, spells, and witchcraft. However, Ruqyah in Islam is the recitation of Qur'aan (tilawat), seeking of refuge (ta'aawuz), remembrance (zikr) and supplications (duas) that are used as a means of treating sicknesses and other problems.

The Nabi said: "There is nothing wrong with Ruqyah that does not involve shirk." (Sahih Muslim 4079)

Nabi told Amr ibnul Aas ra, "Place your hand where you feel pain and say 'Bismillah' three times, and then repeat seven times *A'oudho bi'izzatil-lahi wa qudratihi min sharri ma ajidu wa 'uhadhir.*

[I seek refuge with Allah and with His Power from the evil that afflicts me and that which I apprehend.]" (Muslim)