

Ruqyah رُقْيَة

WITH NIZAM · A PLAN

7-day detox

Recited olive oil over the whole body before sleep and recited water on an empty stomach every morning — for seven days.

7 DAYS · TICK EACH ACTION AS YOU DO IT

Before you start

A simple, strong start. Everything here is from the Sunnah cures: recited water and recited olive oil, with your own daily ruqyah. Prepare on day 0, then keep every day the same. If you miss a day, continue — do not restart from zero.

Safety: If you have a skin condition or allergy, test the oil on a small area first. Keep seeing your doctor for any medical symptoms.

Medical first. Ruqyah runs alongside medical care, never instead of it. Not every illness is spiritual — please keep seeing your doctor.

Prepare

- ☐ Prepare a bottle of olive oil and recite ruqyah over it (see Cures → Recited olive oil)
- ☐ Prepare a large container of drinking water and recite ruqyah over it (see Cures → Recited water)
- ☐ Choose a fixed time and place for your daily recitation

Every day

Drink a glass of recited water on an empty stomach · Morning

Morning adhkār (Āyat al-Kursī, the three Quls ×3, the Sunnah du'ās) · Morning

Recite ruqyah over yourself for at least 15 minutes (or listen with presence) · Any time

Evening adhkār · Evening

Apply recited olive oil over the whole body, head to feet · Before sleep

Kursī, last two verses of al-Baqarah, the three Quls — blow into hands and wipe · Before sleep

The 7 days

DAY	DRINK A GLASS OF RECITED W...	MORNING ADHKĀR (ĀYAT AL-KU...	RECITE RUQYAH OVER YOURSEL...	EVENING ADHKĀR	APPLY RECITED OLIVE OIL OV...	KURSĪ, LAST TWO VERSES OF ...	NOTES / REACTIONS
01	☐	☐	☐	☐	☐	☐	
02	☐	☐	☐	☐	☐	☐	
03	☐	☐	☐	☐	☐	☐	Three days in – reactions (yawning, heaviness, vivid dreams) can rise around now. Keep going.
04	☐	☐	☐	☐	☐	☐	
05	☐	☐	☐	☐	☐	☐	
06	☐	☐	☐	☐	☐	☐	
07	☐	☐	☐	☐	☐	☐	Seven days complete. Note how you feel compared to day 1. Many continue for another week or move to Home purification.



Track this plan on your phone at
ruqyahwithnizam.com/plans/seven-day-detox — with
reactions, notes and the texts to recite, all in one place.

ruqyahwithnizam.com · [@ruqyahwithnizam](https://twitter.com/ruqyahwithnizam)

Everything here is free — only a scheduled consultation is paid.