

Ruqyah رُقْيَة

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Enjoyment (tamattu')

24 passages of the Quran, gathered for this purpose — Arabic, transliteration and Sahih International translation. A practitioner's working set — for raqis, or those training under one.

التمتع

"THESE VERSES ARE RECITED FOLLOWING THE VERSES FOR THE 'ASHIQ JINN AND THE VERSES CONDEMNING INDECENCY, AND ALSO IN CALLING THE JINN [TO ISLAM]."

How to use this set

Make wudū', sit somewhere quiet, and begin with *A'ūdhu billāhi minash-shayṭānir-rajīm* and *Bismillāh*.

Recite clearly and with presence of heart. You need not finish the whole set in one sitting — consistency over quantity.

Blow lightly into your palms and wipe over the head, face and body, or recite over water and oil.

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

Ruqyah itself is always free at Ruqyah with Nizam. Text of the Quran: Uthmani script; translation: Sahih International. Please report any typo to us so it can be corrected.

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زِينِ لِلنَّاسِ حُبُّ الشَّهَوَاتِ مِنَ النِّسَاءِ وَالْبَنِينَ وَالْقَنَاطِيرِ الْمُقَنْطَرَةِ مِنَ الذَّهَبِ وَالْفِضَّةِ وَالْخَيْلِ
الْمُسَوَّمَةِ وَالْأَنْعَمِ وَالْحَرْثِ ۚ ذَٰلِكَ مَتَاعُ الْحَيَاةِ الدُّنْيَا ۗ وَاللَّهُ عِنْدَهُ حُسْنُ الْمَتَابِ ﴿14﴾

*Zuuyina linnaasi hubbush shahawaati minannisaaa'i wal baneena walqanaateeril muqantarati minaz zahabi
walfiddati walkhailil musawwamati wal an'aami walhars; zaalika mataa'ul hayaatid dunyaa wallaahu 'indahoo
husnul ma-aab*

Beautified for people is the love of that which they desire - of women and sons, heaped-up sums of gold and silver, fine branded horses, and cattle and tilled land. That is the enjoyment of worldly life, but Allah has with Him the best return.

مَتَاعٌ قَلِيلٌ ثُمَّ مَا لَهُمْ جَهَنَّمَ ۖ وَبِئْسَ الْمِهَادُ ﴿197﴾

Mataa'un qaleelun summa maawaahum Jahannam; wa bi'sal mihaad

[It is but] a small enjoyment; then their [final] refuge is Hell, and wretched is the resting place.

* وَالْمُحْصَنَاتُ مِنَ النِّسَاءِ إِلَّا مَا مَلَكَتْ أَيْمَانُكُمْ ۖ كَتَبَ اللَّهُ عَلَيْكُمْ ۖ وَأُحِلَّ لَكُمْ مَا وَرَاءَ ذَٰلِكُمْ
أَنْ تَبْتَغُوا بِأَمْوَالِكُمْ مُحْصِنِينَ غَيْرَ مُسْفِحِينَ ۖ فَمَا اسْتَمْتَعْتُمْ بِهِ مِنْهُنَّ فَآتُوهُنَّ أُجُورَهُنَّ فَرِيضَةً ۚ وَلَا
جُنَاحَ عَلَيْكُمْ فِيمَا تَرْضَيْتُمْ بِهِ مِنْ بَعْدِ الْفَرِيضَةِ ۚ إِنَّ اللَّهَ كَانَ عَلِيمًا حَكِيمًا ﴿24﴾

*Walmuhsanaatu minan nisaaa'i illaa maa malakat aimaanukum kitaabal laahi 'alaikum; wa uhilla lakum maa
waraaa'a zaalikum an tabtaghoo bi amwaali kum muhsineena ghaira musaa fiheen; famastamta'tum bihee
minhunna fa aatoohunna ujoorahunna fareedah; wa laa junaaha 'alaikum feemaa taraadaitum bihee mim ba'dil
fareedah; innal laaha kaana 'Aleeman Hakeemaa*

And [also prohibited to you are all] married women except those your right hands possess. [This is] the decree of Allah upon you. And lawful to you are [all others] beyond these, [provided] that you seek them [in marriage] with [gifts from] your property, desiring chastity, not unlawful sexual intercourse. So for whatever you enjoy [of marriage] from them, give them their due compensation as an obligation. And there is no blame upon you for what you mutually agree to beyond the obligation. Indeed, Allah is ever Knowing and Wise.

أَلَمْ تَرَ إِلَى الَّذِينَ قِيلَ لَهُمْ كُفُّوا أَيْدِيَكُمْ وَأَقِيمُوا الصَّلَاةَ وَآتُوا الزَّكَاةَ فَلَمَّا كُتِبَ عَلَيْهِمُ الْقِتَالُ إِذَا فَرِيقٌ مِنْهُمْ يَخْشَوْنَ النَّاسَ كَخَشْيَةِ اللَّهِ أَوْ أَشَدَّ خَشْيَةً وَقَالُوا رَبَّنَا لِمَ كَتَبْتَ عَلَيْنَا الْقِتَالَ لَوْلَا أَخَّرْتَنَا إِلَى أَجَلٍ قَرِيبٍ قُلْ مَتَاعُ الدُّنْيَا قَلِيلٌ وَالْآخِرَةُ خَيْرٌ لِمَنِ اتَّقَى وَلَا يُظْلَمُونَ فَتِيلًا ﴿٧٧﴾

Alam tara ilal lazeena qeela lahum kuffooo aidiyakum wa aqeeumus Salaata w aaatuz Zakaata falammaa kutiba 'alaihimul qitaalu iza faareequm minhum yakhshawnnan naasa kakhashyatil laahi aw ashadda khashyah; wa qaaloo Rabbanaa lima katabta 'alainal qitaala law laaa akhkhartanaa ilaaa ajalin qareeb; qul mataa'ud dunyaa qaleelunw wal Aakhiratu khairul limanit taqaa wa laa tuzlamoonaa fateelaa

Have you not seen those who were told, "Restrain your hands [from fighting] and establish prayer and give zakah"? But then when fighting was ordained for them, at once a party of them feared men as they fear Allah or with [even] greater fear. They said, "Our Lord, why have You decreed upon us fighting? If only You had postponed [it for] us for a short time." Say, The enjoyment of this world is little, and the Hereafter is better for he who fears Allah. And injustice will not be done to you, [even] as much as a thread [inside a date seed]."

وَيَوْمَ يُحْشَرُهُمْ جَمِيعًا يَمْعَشَرُ الْجِنِّ قَدْ اسْتَكْثَرْتُمْ مِنَ الْإِنْسِ وَقَالَ أَوْلِيَاؤُهُمْ مِنَ الْإِنْسِ رَبَّنَا اسْمِثْ بَعْضُنَا بِبَعْضٍ وَبَلَّغْنَا أَجَلَنَا الَّذِي أَجَلْتَ لَنَا قَالَ النَّارُ مَثْوَاكُمْ خُلِدِينَ فِيهَا إِلَّا مَا شَاءَ اللَّهُ إِنَّ رَبَّكَ حَكِيمٌ عَلِيمٌ ﴿١٢٨﴾

Wa yamwa yahshuruhum jamee'ai yaa ma'sharal jinni qadistaksartum minal insi wa qaala awliyaaa'uhy minal insi Rabbanas tamta'a ba'dunaa biba'dinw wa balaghnaaa ajalannal lazeee ajjalta lanaa; qalan Naaru maswaakum khaalideena feehaaa illaa maa shaaa'allaah; inna Rabbaka Hakeemun 'Aleem

And [mention, O Muhammad], the Day when He will gather them together [and say], "O company of jinn, you have [misled] many of mankind." And their allies among mankind will say, "Our Lord, some of us made use of others, and we have [now] reached our term, which you appointed for us." He will say, "The Fire is your residence, wherein you will abide eternally, except for what Allah wills. Indeed, your Lord is Wise and Knowing."

قَالَ أَهْبِطُوا بَعْضُكُمْ لِبَعْضٍ عَدُوٌّ وَلَكُمْ فِي الْأَرْضِ مُسْتَقَرٌّ وَمَتْعٌ إِلَىٰ حِينٍ ﴿٢٤﴾

Qaalah bitoo ba'dukum liba'din aduwwunw wa lakum fil ardi mmustaqarrunw wa mataa'un ilaaheen

[Allah] said, "Descend, being to one another enemies. And for you on the earth is a place of settlement and enjoyment for a time."

فَلَمَّا أَنْجَاهُمْ إِذَا هُمْ يَبْغُونَ فِي الْأَرْضِ بِغَيْرِ الْحَقِّ يَا أَيُّهَا النَّاسُ إِنَّمَا بَغِيكُمْ عَلَىٰ أَنْفُسِكُمْ مَتَاعَ الْحَيَاةِ الدُّنْيَا ثُمَّ إِلَيْنَا مَرْجِعُكُمْ فَأُنَبِّئُكُم بِمَا كُنتُمْ تَعْمَلُونَ ﴿٢٣﴾

Falammaa anjaahum izaahum yabghoona fil ardi bighairil haqq; yaaa aiyuhannaasu innamaa bagh yukum 'alaaa anfusikum mataa'al hayaatid dunyaa summa ilainaa marji'ukum fanunabbi 'ukum bimaa kuntum ta'maloon

But when He saves them, at once they commit injustice upon the earth without right. O mankind, your injustice is only against yourselves, [being merely] the enjoyment of worldly life. Then to Us is your return, and We will inform you of what you used to do.

مَتَاعٌ فِي الدُّنْيَا ثُمَّ إِلَيْنَا مَرْجِعُهُمْ ثُمَّ نَذِقُهُمُ الْعَذَابَ الشَّدِيدَ بِمَا كَانُوا يَكْفُرُونَ ﴿٧٠﴾

Mataa'un fiddunyaa summa ilainaa marji'uhum summa nuzeequhumul 'azaabash shadeeda bimaa kaanoo yakkfuroon

[For them is brief] enjoyment in this world; then to Us is their return; then We will make them taste the severe punishment because they used to disbelieve

قِيلَ يٰنُوحُ اهْبِطْ بِسَلَامٍ مِنَّا وَبَرَكَاتٍ عَلَيْكَ وَعَلَىٰ أُمَمٍ مِّمَّنْ مَعَكَ وَأُمَمٌ سَنَتَّبِعُهُمُ الْفُتُورَ ثُمَّ يُمَسِّحُهُمِنَا عَذَابُ الْإِلِيمِ ﴿٤٨﴾

Qeela yaa Noohuh bit bisalaamim minnaa wa barakaatin 'alaika wa 'alaaa umamim mimmam ma'ak; wa umamun sanumatti'uhum summa yamassuhum minaa 'azaabun aleem

It was said, "O Noah, disembark in security from Us and blessings upon you and upon nations [descending] from those with you. But other nations [of them] We will grant enjoyment; then there will touch them from Us a painful punishment."

فَعَقَرُوهَا فَقَالَ تَمَتَّعُوا فِي دَارِكُمْ ثَلَاثَةَ أَيَّامٍ ۖ ذَٰلِكَ وَعَدٌ غَيْرُ مَكْذُوبٍ ﴿٦٥﴾

Fa 'aqarooohaa faqaala tamatta'oo fee daarikum salaasata aiyaamin zaalika wa'dun ghairu makzooob

But they hamstrung her, so he said, "Enjoy yourselves in your homes for three days. That is a promise not to be denied."

اللَّهُ يَبْسُطُ الرِّزْقَ لِمَن يَشَاءُ وَيَقْدِرُ ۚ وَفَرِحُوا بِالْحَيَاةِ الدُّنْيَا وَمَا الْحَيَاةُ الدُّنْيَا فِي الْآخِرَةِ إِلَّا مَتَعٌ ﴿٢٦﴾

﴿26﴾

Allaahu yabsutur rizqa limai yashaaa'u wa yaqdir; wa farihoo bilhayaatid dunyaa wa mal hayaatud dunya fil Aakhirati illaa mataa'

Allah extends provision for whom He wills and restricts [it]. And they rejoice in the worldly life, while the worldly life is not, compared to the Hereafter, except [brief] enjoyment.

وَجَعَلُوا لِلَّهِ أَنْدَادًا لِّيُضِلُّوا عَنْ سَبِيلِهِ ۚ قُلْ تَمَتَّعُوا فَإِنَّ مَصِيرَكُمْ إِلَى النَّارِ ﴿٣٠﴾

Wa ja'aloo lillaahi andaadal liyudilloo 'an sabeelih; qul tamatta'oo fa innaa maseerakum ilan Naar

And they have attributed to Allah equals to mislead [people] from His way. Say, "Enjoy yourselves, for indeed, your destination is the Fire."

ذَرَهُمْ يَأْكُلُوا وَيَتَمَتَّعُوا وَيُلْهِمُ الْأَمَلُ ۖ فَسَوْفَ يَعْلَمُونَ ﴿٣﴾

Zarhum yaakuloo wa tatamatta'oo wa yulhihimul amalu fasawfa ya'lamoona

Let them eat and enjoy themselves and be diverted by [false] hope, for they are going to know.

﴿88﴾ لَا تُمَدِّنْ عَيْنَيْكَ إِلَىٰ مَا مَتَّعْنَا بِهِ أَزْوَاجًا مِنْهُمْ وَلَا تَحْزَنْ عَلَيْهِمْ وَادْخُلْ جَنَاحَكَ لِلْمُؤْمِنِينَ

Laa tamuddanna 'ainaika ilaa maa matta 'naa biheeee azwaajam minhum wa laa tahzan 'alaihim wakhfid janaahaka lilmu 'mineen

Do not extend your eyes toward that by which We have given enjoyment to [certain] categories of the disbelievers, and do not grieve over them. And lower your wing to the believers

﴿117﴾ مَتَّعْ قَلِيلًا وَلَهُمْ عَذَابٌ أَلِيمٌ

Mata'un qaleelunw wa lahum 'azaabun aleem

[It is but] a brief enjoyment, and they will have a painful punishment.

﴿205﴾ أَفَرَأَيْتَ إِنْ مَتَّعْنَاهُمْ سِنِينَ

Aara'aita im matta'naahum sineen

Then have you considered if We gave them enjoyment for years

﴿206﴾ ثُمَّ جَاءَهُمْ مَا كَانُوا يُوعَدُونَ

Summa jaaa'ahum maa kaanoo yoo'adoon

And then there came to them that which they were promised?

﴿207﴾ مَا أَغْنَىٰ عَنْهُمْ مَا كَانُوا يُمَتَّعُونَ

Maaa aghnaaa 'anhum maa kaanoo yumaatoo'oon

They would not be availed by the enjoyment with which they were provided.

أَفَن وَعَدْنَاهُ وَعْدًا حَسَنًا فَهُوَ لَاقِيهِ كَمَنْ مَتَعْنَاهُ مَتَاعَ الْحَيَاةِ الدُّنْيَا ثُمَّ هُوَ يَوْمَ الْقِيَمَةِ مِنَ الْمُحْضَرِينَ

﴿61﴾

Afamanw wa'adnaahu wa'dan hasanan fahuwa laaqeehi kamam matta'naahu mataa'al hayaatid dunyaa summa huwa Yawmal Qiyaamati minal muhdareen

Then is he whom We have promised a good promise which he will obtain like he for whom We provided enjoyment of worldly life [but] then he is, on the Day of Resurrection, among those presented [for punishment in Hell]?

لِيَكْفُرُوا بِمَا ءَاتَيْنَهُمْ وَلِيَتَمَتَّعُوا فَسَوْفَ يَعْلَمُونَ ﴿66﴾

Li yakfuroo bimaaa aatainaahum wa li yatamatta'oo fasaw fa ya'lamoon

So that they will deny what We have granted them, and they will enjoy themselves. But they are going to know.

نُتِّعُهُمْ قَلِيلًا ثُمَّ نَضْطَرُّهُمْ إِلَىٰ عَذَابٍ غَلِيظٍ ﴿24﴾

Numatti'uhum qaleelan summa nadtarruhum ilaa 'azaabin ghaleez

We grant them enjoyment for a little; then We will force them to a massive punishment.

* وَإِذَا مَسَّ الْإِنْسَانَ ضُرٌّ دَعَا رَبَّهُ مُنِيبًا إِلَيْهِ ثُمَّ إِذَا خَوَّلَهُ نِعْمَةً مِّنْهُ نَسِيَ مَا كَانَ يَدْعُوًا إِلَيْهِ مِنْ قَبْلُ وَجَعَلَ لِلَّهِ أَنْدَادًا لِّیُضِلَّ عَنْ سَبِيلِهِ قُلْ تَمَتَّعْ بِكُفْرِكَ قَلِيلًا إِنَّكَ مِنْ أَصْحَابِ النَّارِ ﴿8﴾

Wa iza massal insaana durrun da'aa Rabbahoo muneeban ilaihi summa iza khawwalahoo ni'matam minhu nasiya maa kaana yad'ooo ilaihi min qablu wa ja'ala lillaahi andaadal liyudilla 'ansabeelih; qul tamatta' bikufrika qaleelan innaka min Ashaabin Naar;

And when adversity touches man, he calls upon his Lord, turning to Him [alone]; then when He bestows on him a favor from Himself, he forgets Him whom he called upon before, and he attributes to Allah equals to mislead [people] from His way. Say, "Enjoy your disbelief for a little; indeed, you are of the companions of the Fire."

يَقُومُ إِنَّمَا هَذِهِ الْحَيَاةُ الدُّنْيَا مَتَجٍ وَإِنَّ الْآخِرَةَ هِيَ دَارُ الْقَرَارِ ﴿39﴾

Yaa qawmi innamaa haazihil hayaatud dunyaa mataa'unw wa innal Aakhirata hiya daarul qaraar

O my people, this worldly life is only [temporary] enjoyment, and indeed, the Hereafter - that is the home of [permanent] settlement.

وَيَوْمَ يُعْرَضُ الَّذِينَ كَفَرُوا عَلَى النَّارِ أَذْهَبْتُمْ طَيِّبَاتِكُمْ فِي حَيَاتِكُمُ الدُّنْيَا وَاسْتَمْتَعْتُمْ بِهَا فَالْيَوْمَ تُجْزَوْنَ عَذَابَ الْهُونِ بِمَا كُنْتُمْ تَسْتَكْبِرُونَ فِي الْأَرْضِ بِغَيْرِ الْحَقِّ وَبِمَا كُنْتُمْ تَفْسُقُونَ ﴿20﴾

Wa Yawma yu'radul lazeena kafaroo 'alan Naai azhabtum taiyibaatikum fee hayaatikumud dunyaa wastam ta'tum bihaa fal Yawma tujzawna 'azaabal hooni bima kuntum tastakbiroona fil ardi bighairil haqqi wa bima kuntum tafsuqoon

And the Day those who disbelieved are exposed to the Fire [it will be said], "You exhausted your pleasures during your worldly life and enjoyed them, so this Day you will be awarded the punishment of [extreme] humiliation because you were arrogant upon the earth without right and because you were defiantly disobedient."

إِنَّ اللَّهَ يُدْخِلُ الَّذِينَ ءَامَنُوا وَعَمِلُوا الصَّالِحَاتِ جَنَّاتٍ تَجْرِي مِنْ تَحْتِهَا الْأَنْهَارُ وَالَّذِينَ كَفَرُوا يَسْتَعْتُونَ وَيَأْكُلُونَ كَمَا تَأْكُلُ الْأَنْعَامُ وَالنَّارُ مَثْوًى لَهُمْ ﴿12﴾

Innal-laaha yudkhilul lazeena aamanoo wa 'amilus saalihaati Jannaatin tajree min tahtihal anhaaru wallazeena kafaroo yatamatta'oon wa yaakuloona kamaa taakuluian'aamu wan Naaru maswallahum

Indeed, Allah will admit those who have believed and done righteous deeds to gardens beneath which rivers flow, but those who disbelieve enjoy themselves and eat as grazing livestock eat, and the Fire will be a residence for them.

كُلُوا وَتَمَتَّعُوا قَلِيلًا إِنَّكُمْ مُجْرِمُونَ ﴿46﴾

Kuloo wa tamatta'oo qaleelan innakum mujrimoon

[O disbelievers], eat and enjoy yourselves a little; indeed, you are criminals.

Ruqyah رُقْيَا

WITH NIZAM

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