

Ruqyah رُقْيَة

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Walking and feet

13 passages of the Quran, gathered for this purpose — Arabic, transliteration and Sahih International translation.

المشي والأرجل

"THESE VERSES HAVE AN EFFECT IN SOME CASES OF PARALYSIS CAUSED BY MASS, 'AYN OR SIHR. THEY ALSO REVEAL WHETHER THE PARALYSIS IS OF A LIMB: ON RECITATION THE PAR

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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يَا أَيُّهَا الَّذِينَ ءَامَنُوا إِذَا قُمْتُمْ إِلَى الصَّلَاةِ فَاغْسِلُوا وُجُوهَكُمْ وَأَيْدِيَكُمْ إِلَى الْمَرَافِقِ وَامْسَحُوا بِرُءُوسِكُمْ وَأَرْجُلَكُمْ إِلَى الْكَعْبَيْنِ ۚ وَإِنْ كُنْتُمْ جُنُبًا فَاطَّهَّرُوا ۚ وَإِنْ كُنْتُمْ مَرْضَىٰ أَوْ عَلَىٰ سَفَرٍ أَوْ جَاءَ أَحَدٌ مِّنْكُمْ مِنَ الْغَائِطِ أَوْ لَمَسْتُمُ النِّسَاءَ فَلَمْ تَجِدُوا مَاءً فَتَيَمَّمُوا صَعِيدًا طَيِّبًا فَامْسَحُوا بِوُجُوهِكُمْ وَأَيْدِيكُمْ مِنْهُ ۚ مَا يُرِيدُ اللَّهُ لِيَجْعَلَ عَلَيْكُمْ مِنْ حَرَجٍ وَلَكِنْ يُرِيدُ لِيُطَهِّرَكُمْ وَلِيُتِمَّ نِعْمَتَهُ عَلَيْكُمْ لَعَلَّكُمْ تَشْكُرُونَ ﴿٦﴾

Yaaa aiyuhal lazeena aamanoo iza qumtum ilas Salaati faghsiloo wujoohakum wa Aidiyakum ilal maraafiqi wamsahoo biru'oosikum wa arjulakum ilal ka'bayn; wa in kuntum junuban fattahharoo; wain kuntum mardaaa aw'ala safarin aw jaaa'a ahadum minkum minal ghaaa'iti aw laamastumunnisaaa'a falam tajidoo maaa'an fatayammamoo sa'eedan taiyiban famsahoo biwujoohikum wa aideekum minh; ma yureedul laahu liyaj'ala 'alaikum min harajinw wa laakidy yureedu liyutahirakum wa liyutimma m'matahoo 'alaikum la'allakum tashkuroon

O you who have believed, when you rise to [perform] prayer, wash your faces and your forearms to the elbows and wipe over your heads and wash your feet to the ankles. And if you are in a state of janabah, then purify yourselves. But if you are ill or on a journey or one of you comes from the place of relieving himself or you have contacted women and do not find water, then seek clean earth and wipe over your faces and hands with it. Allah does not intend to make difficulty for you, but He intends to purify you and complete His favor upon you that you may be grateful.

إِنَّمَا جَزَاءُ الَّذِينَ يُحَارِبُونَ اللَّهَ وَرَسُولَهُ وَيَسْعَوْنَ فِي الْأَرْضِ فَسَادًا أَنْ يُقَتَّلُوا أَوْ يُصَلَّبُوا أَوْ تُقَطَّعَ أَيْدِيهِمْ وَأَرْجُلُهُمْ مِنْ خَلْفٍ أَوْ يُنْفَوْا مِنَ الْأَرْضِ ۚ ذَٰلِكَ لَهُمْ خِزْيٌ فِي الدُّنْيَا وَلَهُمْ فِي الْآخِرَةِ عَذَابٌ عَظِيمٌ ﴿٣٣﴾

Innamaa jazaaa'ul lazeena yuhaariboonal laaha wa Rasoolahoo wa yas'awna fil ardi fasaadan ai yuqattalooo aw yusallabooo aw tuqatta'a aideehim wa arjuluhum min khilaafin aw yunfaw minalard; zaalika lahum khizyun fid dunyaa wa lahum fil Akhirati 'azaabun 'azeem

Indeed, the penalty for those who wage war against Allah and His Messenger and strive upon earth [to cause] corruption is none but that they be killed or crucified or that their hands and feet be cut off from opposite sides or that they be exiled from the land. That is for them a disgrace in this world; and for them in the Hereafter is a great punishment,

وَلَوْ أَنَّهُمْ أَقَامُوا التَّوْرَةَ وَالْإِنْجِيلَ وَمَا أُنْزِلَ إِلَيْهِمْ مِنْ رَبِّهِمْ لَأَكُلُوا مِنْ فَوْقِهِمْ وَمِنْ تَحْتِ أَرْجُلِهِمْ
مِنْهُمْ أُمَّةٌ مُقْتَصِدَةٌ وَكَثِيرٌ مِنْهُمْ سَاءٌ مَا يَعْمَلُونَ ﴿٦٦﴾

Wa law annahum aqaamut Tawraata wal Injeela wa maaa unzila ilaihim mir Rabbihim la akaloo min fawqihim wa min tahti arjulihim; minhum ummatum muqta sidatunw wa kaseerum minhum saaa'a maa ya'maloon

And if only they upheld [the law of] the Torah, the Gospel, and what has been revealed to them from their Lord, they would have consumed [provision] from above them and from beneath their feet. Among them are a moderate community, but many of them - evil is that which they do.

قُلْ هُوَ الْقَادِرُ عَلَىٰ أَنْ يَبْعَثَ عَلَيْكُمْ عَذَابًا مِّنْ فَوْقِكُمْ أَوْ مِنْ تَحْتِ أَرْجُلِكُمْ أَوْ يَلْبِسَكُمْ شِيْعًا
وَيُزَيِّقَ بَعْضُكُم بِأَسْ بَعْضٍ ۚ أَنْظُرْ كَيْفَ نَصَرَفُ الْآيَاتِ لَعَلَّهُمْ يَفْقَهُونَ ﴿٦٥﴾

Qul huwal Qaadiru 'alaaa ai yab'asa 'alaiikum 'azaabam min fawqikum aw min tahti arjulikum aw yalbisakum shiya'anw wa yuzeeqa ba'dakum baasa ba'd; unzur kaifa nusarriful Aayaati la'allahum yafqahoon

Say, "He is the [one] Able to send upon you affliction from above you or from beneath your feet or to confuse you [so you become] sects and make you taste the violence of one another." Look how We diversify the signs that they might understand.

أَلَهُمْ أَرْجُلٌ يَمْشُونَ بِهَا ۖ أَمْ لَهُمْ أَيْدٍ يَبِطِشُونَ بِهَا ۖ أَمْ لَهُمْ أَعْيُنٌ يَبْصُرُونَ بِهَا ۖ أَمْ لَهُمْ آذَانٌ
يَسْمَعُونَ بِهَا ۚ قُلْ أَدْعُوا شُرَكَاءَكُمْ ثُمَّ كِيدُونِ فَلَا تُنْظِرُونِ ﴿١٩٥﴾

A lahum arjuluny yamshoona bihaa am lahum aidiny yabtishoona bihaaa am lahum a'yunuy yubsiroona bihaaa am lahum azaanuny yasma'oona bihaa; qulid'oo shurakaaa'akum summa keedooni falaa tunziroon

Do they have feet by which they walk? Or do they have hands by which they strike? Or do they have eyes by which they see? Or do they have ears by which they hear? Say, [O Muhammad], "Call your 'partners' and then conspire against me and give me no respite.

قَالَ ءَامَنْتُمْ لَهُ قَبْلَ أَنْ ءَاذَنَ لَكُمْ إِنَّهُ لَكَبِيرُكُمُ الَّذِي عَلَّمَكُمُ السِّحْرَ فَلَأُقَطِّعَنَّ أَيْدِيَكُمْ وَأَرْجُلَكُمْ مِنْ خَلْفٍ وَلَأُصَلِّبَنَّكُمْ فِي جُذُوعِ النَّخْلِ وَلَتَعْلَمَنَّ أَنَا أَشَدُّ عَذَابًا وَأَبْقَى ﴿٧١﴾

Qaala aamantum lahoo qabla an aazana lakum; innahoo lakabeerukumul lazee 'allama kumus sihra fala uqatti'anna aidiyakum wa arjulakum min khilaafinw wa la usallibannakum fee juzoo'in nakhli wa lata'lamunna aiyunaaa ashaddu 'azaabanw wa abqaa

[Pharaoh] said, "You believed him before I gave you permission. Indeed, he is your leader who has taught you magic. So I will surely cut off your hands and your feet on opposite sides, and I will crucify you on the trunks of palm trees, and you will surely know which of us is more severe in [giving] punishment and more enduring."

يَوْمَ تَشْهَدُ عَلَيْهِمُ أَلْسِنَتُهُمْ وَأَيْدِيهِمْ وَأَرْجُلُهُمْ بِمَا كَانُوا يَعْمَلُونَ ﴿٢٤﴾

Yawma tashhhadu 'alaihim alsinatuhum wa aideehim wa arjuluhum bimaa kaanoo ya'maloon

On a Day when their tongues, their hands and their feet will bear witness against them as to what they used to do.

وَقُلْ لِلْمُؤْمِنَاتِ يَغْضُضْنَ مِنْ أَبْصَرِهِنَّ وَيَحْفَظْنَ فُرُوجَهُنَّ وَلَا يُبْدِينَ زِينَتَهُنَّ إِلَّا مَا ظَهَرَ مِنْهَا ۖ
وَلْيَضْرِبْنَ بِخُمُرِهِنَّ عَلَىٰ جُيُوبِهِنَّ ۖ وَلَا يُبْدِينَ زِينَتَهُنَّ إِلَّا لِبُعُولَتِهِنَّ أَوْ آبَائِهِنَّ أَوْ آبَاءَ بُعُولَتِهِنَّ أَوْ
أَبْنَائِهِنَّ أَوْ أَبْنَاءَ بُعُولَتِهِنَّ أَوْ إِخْوَانِهِنَّ أَوْ بَنِي إِخْوَانِهِنَّ أَوْ نِسَائِهِنَّ أَوْ مَا مَلَكَتْ
أَيْمَانُهُنَّ أَوِ التَّبِيعِينَ غَيْرَ أُولَىٰ الْأَرْبَةِ مِنَ الرِّجَالِ أَوْ الْطِفْلِ الَّذِينَ لَمْ يَظْهَرُوا عَلَىٰ عَوْرَتِ النِّسَاءِ ۖ
وَلَا يَضْرِبْنَ بِأَرْجُلِهِنَّ لِيُعْلَمَ مَا يُخْفِينَ ۚ وَتَوْبُوا إِلَى اللَّهِ جَمِيعًا أَيُّهَا الْمُؤْمِنُونَ لَعَلَّكُمْ
تُفْلِحُونَ ﴿31﴾

Wa qul lilmu'minaati yaghdudna min absaarihinna wa yahfazna furoojahunna wa laa yubdeena zeenatahunna illaa maa zahara minhaa walyadribna bikhumurihinna 'alaa juyoobihinna wa laa yubdeena zeenatahunna illaa libu'oolatihinna aw aabaaa'i hinna aw aabaaa'i bu'oolati hinna aw abnaaa'ihinna aw abnaaa'i bu'oolatihinnna aw ikhwaanihinna aw baneee ikhwaanihinna aw banee akhawaatihinna aw nisaaa'i hinna aw maa malakat aimaanuhunna awit taabi'eena ghairi ilil irbati minar rijaali awit tifillazeena lam yazharoo 'alaa 'awraatin nisaaa'i wala yadribna bi arjuli hinna min zeenatihinn; wa toobooo ilallaahi jammee'an aiyuhal mu'minoona la'allakum tuflihoon

And tell the believing women to reduce [some] of their vision and guard their private parts and not expose their adornment except that which [necessarily] appears thereof and to wrap [a portion of] their headcovers over their chests and not expose their adornment except to their husbands, their fathers, their husbands' fathers, their sons, their husbands' sons, their brothers, their brothers' sons, their sisters' sons, their women, that which their right hands possess, or those male attendants having no physical desire, or children who are not yet aware of the private aspects of women. And let them not stamp their feet to make known what they conceal of their adornment. And turn to Allah in repentance, all of you, O believers, that you might succeed.

وَاللَّهُ خَلَقَ كُلَّ دَابَّةٍ مِّن مَّاءٍ ۖ فَمِنْهُمْ مَّن يَمْشِي عَلَىٰ بَطْنِهِ ۚ وَمِنْهُمْ مَّن يَمْشِي عَلَىٰ رِجْلَيْنِ وَمِنْهُمْ مَّن يَمْشِي عَلَىٰ أَرْبَعٍ ۚ يَخْلُقُ اللَّهُ مَا يَشَاءُ ۚ إِنَّ اللَّهَ عَلَىٰ كُلِّ شَيْءٍ قَدِيرٌ ﴿45﴾

Wallaahu khalaqa kulla daaabbatim mim maaa'in faminhum mai yamshee 'alaa batnihee wa minhum mai yamshee 'alaa rijlaine wa minhum mai yamshee 'alaaa arba'; yakhlulquq laahu maa yashaaa'; innal laaha 'alaa kulli shai'in Qadeer

Allah has created every [living] creature from water. And of them are those that move on their bellies, and of them are those that walk on two legs, and of them are those that walk on four. Allah creates what He wills. Indeed, Allah is over all things competent.

يَوْمَ يَغْشَاهُمْ الْعَذَابُ مِنْ فَوْقِهِمْ وَمِنْ تَحْتِ أَرْجُلِهِمْ وَيَقُولُ ذُوقُوا مَا كُنْتُمْ تَعْمَلُونَ ﴿55﴾

Yawma yaghsaahumul 'azaabu min fawqihim wa min tahti arjulim wa yaqoolu zooqoo maa kuntum ta'maloon

On the Day the punishment will cover them from above them and from below their feet and it is said, "Taste [the result of] what you used to do."

الْيَوْمَ نَخْتِمُ عَلَى أَفْوَاهِهِمْ وَتُكَلِّمُنَا أَيْدِيهِمْ وَتَشْهَدُ أَرْجُلُهُمْ بِمَا كَانُوا يَكْسِبُونَ ﴿65﴾

Al-Yawma nakhtimu 'alaaa afwaahihim wa tukallimunaaa aideehim wa tashhadu arjuluhum bimaa kaanoo yaksiboon

That Day, We will seal over their mouths, and their hands will speak to Us, and their feet will testify about what they used to earn.

أَرْكُضْ بِرِجْلِكَ هَذَا مُغْتَسَلٌ بَارِدٌ وَشَرَابٌ ﴿42﴾

Urkud birijlika haaza mughtasalum baaridunw wa sharaab

[So he was told], "Strike [the ground] with your foot; this is a [spring for] a cool bath and drink."

يَا أَيُّهَا النَّبِيُّ إِذَا جَاءَكَ الْمُؤْمِنَاتُ يَبَايِعُكَ عَلَى أَنْ لَا يُشْرِكْنَ بِاللَّهِ شَيْئًا وَلَا يَسْرِقْنَ وَلَا يَزْنِينَ وَلَا يَقْتُلْنَ أَوْلَادَهُنَّ وَلَا يَأْتِينَ بِبَهْتٍ يَفْتَرِيهِ بَيْنَ أَيْدِيهِنَّ وَأَرْجُلِهِنَّ وَلَا يَعَصِينَكَ فِي مَعْرُوفٍ فَبَايِعْهُنَّ وَاسْتَغْفِرْ لَهُنَّ اللَّهُ إِنَّ اللَّهَ غَفُورٌ رَحِيمٌ ﴿12﴾

Yaaa ayyuhan nabbiyyu izaa jaaa'akal mu'minaau yubaai naka 'alaaa allaa yushrikna billaahi shai 'anw wa laa yasriqna wa laa yazneena wa laa yaqtulna awlaadahunna wa laa yaateena bibuhtaaniny yaftaree nahoo baina aydeehinna wa arjulihinna wa laa ya'seenaka fee ma'roofin fabaayi'hunna wastaghfir lahunnal laaha innal laaha ghafoorur raheem

O Prophet, when the believing women come to you pledging to you that they will not associate anything with Allah, nor will they steal, nor will they commit unlawful sexual intercourse, nor will they kill their children, nor will they bring forth a slander they have invented between their arms and legs, nor will they disobey you in what is right - then accept their pledge and ask forgiveness for them of Allah. Indeed, Allah is Forgiving and Merciful.

Ruqyah رُقْيَا

WITH NIZAM

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