

DUA FOR PAIN

Place your right hand on the aching part and blow after reciting the following:

Pray Durood Shareef 11 times

Then recite the following 3 times:

قَالَ مَعَ الْعُسْرِ يُسْرًا ﴿٥﴾ إِنَّ مَعَ الْعُسْرِ يُسْرًا ﴿٦﴾

فَإِذَا فَرَغْتَ فَانصَبْ ﴿٧﴾ وَإِلَىٰ رَبِّكَ فَارْغَبْ ﴿٨﴾

Finally pray Durood Shareef 11 times

Then