10538 - Does writing al-Zalzalah in a vessel make childbirth any easier?

the question

Does reciting al-Zalzalah at the time of childbirth make giving birth easier? Are there any du’aa’s or adhkaar that are prescribed when giving birth to make it easier? Will du’aa’s made at the time of childbirth be answered?

Detailed answer

Praise be to Allah.

Writing al-Zalzalah in saffron in a vessel, and other verses which mention that Allaah knows what is in the wombs, such as the aayaahs (interpretation of the meaning):

“No fruit comes out of its sheath, nor does a female conceive nor brings forth (young), except by His Knowledge” [Fussilat 41:47]

“Allaah knows what every female bears, and by how much the wombs fall short (of their time or number) or exceed. Everything with Him is in (due) proportion” [al-Ra’d 13:8]

- this was tried, then water was poured into the vessel and stirred until the saffron was dissolved. Then the woman in labour was given it to drink, and some of it was wiped on her stomach. Or these verses were recited into water and she was given it to drink and some of it was wiped on her stomach. Or these verses were recited over the woman whilst she was experiencing labour pains. All of this was beneficial, by the grace of Allaah.

With regard to the issue of du’aa’… the du’aa’ of a woman who is experiencing labour pains – when she has contractions – deserves to be answered, because it is a time of distress, and Allaah says (interpretation of the meaning):

“Is not He (better than your gods) Who responds to the distressed one, when he calls on Him, and Who removes the evil, and makes you inheritors of the earth, generations after generations? Is

there any ilaah (god) with Allaah?” [al-Naml 27:62]

How often has Allaah answered du’aa’s at times of distress and provided a way out! And Allaah knows best.

Shaykh Muhammad ibn Saalih al-‘Uthaymeen, may Allaah preserve him.