1174 - Curing Insinuating Whispers in Purification

the question

I am a young married woman and I have been suffering from the problem of waswas (insinuating thoughts from Shaytan) for quite some time. This waswas distracts me when I do wudu (ablution), to the extent that I cannot continue properly. It takes me an hour and a half each time I do wudu, because I think that I have not completed it. It is the same with ghusl (taking a bath) for janabah (impurity following marital relations) – it takes me hours, and I think that I have not cleaned myself or become pure (tahir). I have been in the hospital for psychological illnesses. What do you advise me to do?

Detailed answer

Praise be to Allah.

Continue with your treatment in the hospital for psychological illnesses and with the doctors, in the hope that Allah may grant you healing. Seek the help of Allah and ask Him to cure you of your illness. Recite Ayat al-Kursi when you lie down to sleep. Say: “Bismillahi-lladhi la yadurru ma’a ismihi shay un fi’l-ardi wa laa fi’s-sama wa huwa as-Samee’ al-‘Aleem (In the Name of Allah, with (the mention of) Whose Name nothing on earth or in heaven can do any harm, and He is the All-Hearing, All-Knowing)” three times in the morning and three times in the evening. Treat yourself with ruqya (shar’ee incantations) by reciting Soorat al-Ikhlas and al-Mu’awwadhatayn [the last two soorahs of the Quran] three times, blowing into your hands each time and wiping your hands over as much of your body as you can, before you go to sleep, because of the hadeeth (prophetic tradition) narrated by al-Bukhari in his Saheeh and by other scholars of hadeeth, from ‘Aishah (may Allah be pleased with her). She said: “When the Prophet (peace and blessings of Allah be upon him) went to bed each night, he would put his hands together and blow in them and recite in them Qul huwa Allahu ahad (Say: He is Allah, (the) One), Qul a’oodhu bi Rabbi’l-Falaq (Say: I seek refuge with (Allah) the Lord of the daybreak) and Qul a’oodhu bi Rabbi’n-nas (Say: I seek refuge with (Allah) the Lord of mankind) [i.e., the last three soorahs of the Quran], then he would wipe

with his hands whatever he could of his body, starting with his head and face, and the front part of his body, doing that three times.” Pray to Allah to rid you of what you are suffering from, and say: “Adh-hab al-bas Rabb an-nas washfi anta’sh-Shafee la shifa a illa shifa uka shifa an la yughadiru saqaman (Remove the suffering, Lord of mankind, and heal me, for You are the Healer. There is no healing except Your healing, the healing which does not leave any illness behind)”, repeating that three times. Also recite the du’a (supplication) for one in distress: “La ilaha ill-Allah ul-‘Azeem ul-Haleem, la ilaha ill-Allah Rabb ul-‘arsh il-‘adheem, la ilaha ill-Allah Rabb us-samawati wa Rabb ul-ardi wa Rabb ul-‘arsh il-kareem (There is no god but Allah, the Almighty, the Patient. There is no god but Allah, Lord of the magnificent Throne. There is no god but Allah, Lord of the heavens, Lord of the earth, and Lord of the noble Throne).” When you have finished your wudu or ghusl/bath (for the end of menstruation or for janabah (impurity following marital relations)), then assume that you are now clean and pure, and ignore the waswas. Do not stay for too long in the bathroom because this is from Shaytan. In this way the waswas will stop, with the permission of Allah.