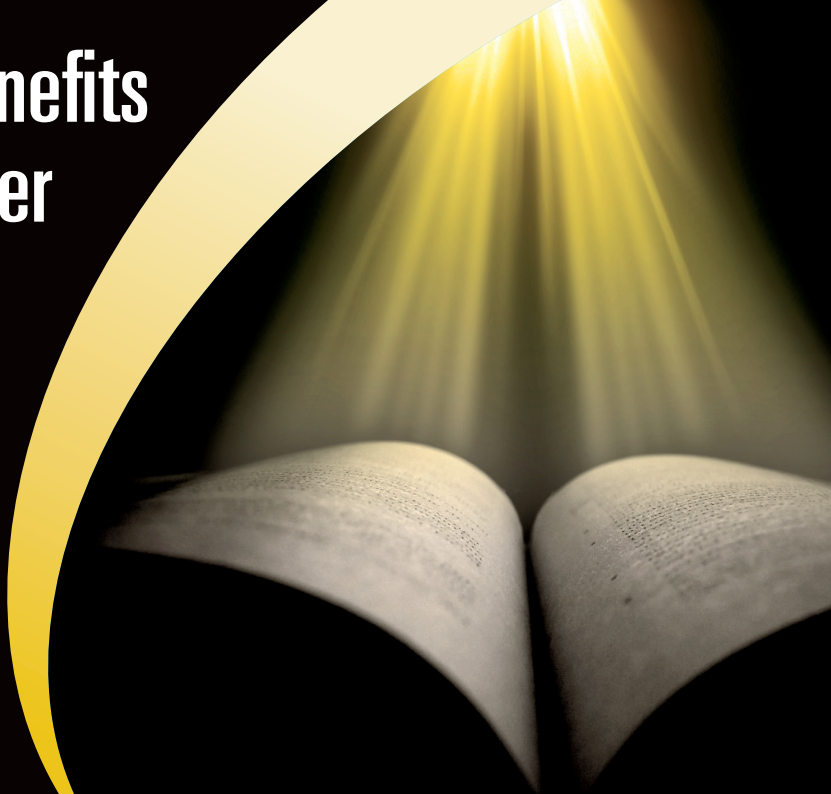


The Benefits of Suwer

Q1114



INTRODUCTION

“We have sent down in the Quran that which is healing and a mercy to those who believe”

Suratu Bani Israil 17:82

Healing from Quran is of three types:

i) Legislative effect: This includes eiman (faith) in Allah as not only the Creator but the Sustainer and the Protector (Rabb) . This also includes the benefits of salaa, sawm, khums, zakaa, hajj...

ii) Health Guidelines: Health-promoting items from the Qur’an and ahadith of the ma’sumeen include use of honey, olive, fruit, lean meat, avoiding excessive eating, and prohibition of alcohol, pork etc

iii) Direct healing effect of Quran: Recitation of Quran by or for a sick person has shown to have a direct healing effect. This most likely uses medical benefits of Echo. Echo of sound is such a powerful force that it has been used to blast off mountains. Now the miniaturized version of Echo is used in medicine to break kidney stones (lithotripsy), and gallstones. Listening to the recitation of Quran, in a study conducted by Dr. Ahmed E. Kadi and Associates, has been shown to lower blood pressure, heart rate, and to cause smooth muscle relaxation.

The Prophet (S.A.W.) always stressed reading the Qur’an loudly and not silently by saying “The comparison between a silent reader and a recite is like a bottle of perfume when it is closed and when it is opened.”

Reciting and pondering over the verses of Qur’an, devoting time regularly to its study and implementation is the only way to reach one’s full potential.

This book looks at just a few of the benefits of recitation of each sura. Each benefit stands as an encouragement to dedicate ourselves to the study of the Qur’an.

Sura No	Name of Sura	Physical benefits	Spiritual benefits (thawab)	Other Benefits
1	Suratul Fatiha	Cure for every disease 70x to cure pain anywhere	2/3 of the Qur'an	
2	Suratul Baqara	Aya 72-73 for chest pains Aya 107 3x for shoulders Ayatul Kursi for eyes Aya 165 on sweet and feed displeased person	Shaytan will keep away Will not forget Allah Shade on Qiyama if recited with Suratu Aali Imran	Life, property and family protected if recite first 4 ayaat+ayatul kursi+last 3 ayaat Shade on Qiyama if recited with Aali Imran
3	Suratu Aali Imran	Fertility treatment for women Ayaat 8 & 9 for migraines Aya 145 for backache	If recited on Friday, rahma of Allah and angels ask forgiveness for reciter	Increase in sustenance if worn
4	Suratun Nisa	7x for love between two people		Safety from squeezing in the grave
5	Suratul Maida	Aya 54 on sweet for love	Forgiveness	
6	Suratul Anaam	If written (saffron) and drunk, free from all ailments		
7	Suratul A'raaf	If worn, then safety from enemies and wild animals	Once a month recitation – no fear on Qiyama	Veil between shaytan and reciter
8	Suratul Anfaal	Aya 8 for stomach ailments	Intercession on Qiyama	Fulfillment of hajat
9	Suratut Tawba (Baraa'a)		Protection from hypocrisy	Safety from thieves and fire and plan by enemy if worn

Sura No	Name of Sura	Physical benefits	Spiritual benefits (thawab)	Other Benefits
10	Suratu Yunus		Closeness to Allah	Identifying thieves
11	Suratu Hud	Aya 44 for nosebleeds	Forgiveness and easy accounting of deeds	Courage and boldness if kept
12	Suratu Yusuf		Protection from fear on Qiyama Raised on Qiyama with husn of Yusuf (A.S.)	Removal of jealousy Easy sakaraat at death
13	Suratur Ra'd		Easy accounting Intercession on behalf of friends	Destroys tyranny of ruler if written and hung outside tyrants door
14	Suratulbrahim	Keeps child safe from ailments if worn. Assists digestion in children		If recited in two raka salaa with Suratul Hijr in one raka, will keep away poverty, insanity and sudden calamity
15	Suratul Hijr	Increase in breast milk if worn by new mother		Profitability in business if worn Safety of valuables if kept with them.
16	Suratun Nahl	Safety from 70 types of diseases if read once a month	No questioning about ne'ma Reciter amongst Ahlul Janna	

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17	Suratu Bani Israil (Israa)	Written with saffron and water given to child having speech problems		Reciter will not die without meeting Imam (A.S.) Last 2 ayaat protection against theft.
18	Suratul Kahf		Noor created with angels praying for forgiveness if read before sleep	Protection from fitna for 8 days Last aya – alarm clock
19	Suratu Maryam	Safe pregnancy		Protection from thieves
20	Suratu Taha		Forgiveness Friendship of Allah	Marriage arranged
21	Suratul Ambiya	Aya 69 for fever	Easy accounting on Qiyama	Removal of stress and worry
22	Suratul Hajj			Once every three days – visit Ka'ba within the year
23	Suratul Mu'mininun		Easy death for reciter Company of Prophets	If worn will wean person of drink, drugs
24	Suratun Nur	Prevention of wet dreams Aya 35 for eyes (as eyedrops)	Forgiveness	Beneficial for women
25	Suratul Furqan		No questioning No punishment if read every night	Safety of possessions

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26	Suratush Shuara	Water on which recited is shafaa for illnesses	Equivalent to reciting all revealed books	Protection from thieves, drowning and fire.
27	Suratun Naml	Aya 88 with Fatiha, Ikhlas, & Qadr for toothache		Safety from dangerous creatures
28	Suratul Qasas	Water – remedy for illnesses and worries		
29	Suratul 'Ankabut		If recited with Suratur Room on 23 rd Ramadhan – definite entry into Janna	Water – joy and happiness
30	Suratu Rum		If recited with Suratul 'Ankabut on Laylatul Qadr then definite entry into Janna	
31	Suratu Luqman	Water – cure for illnesses and pain	Protection from Shaytan	
32	Suratus Sajda	Cure for aches and pains	Equivalent to all night ibada on Laylatul Qadr if recited with Suratul Mulk	
33	Suratul Ahzaab		Safety from fear in grave	If kept on person, honour from people

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34	Suratus Saba			Recited with Suratul Fatir – protection of Allah all night Water- Removal of fear in heart Safety from enemies
35	Suratul Fatir	Aya 41 – cure for headaches Aya 42 for migraines	Doors of Janna opened for reciter	
36	Suratu Yaseen (Qalbe Qur'an)	Cure for 1000 illnesses Drinking mixture of rose water and saffron – excellent memory Increase in breast milk	Equivalent to 12 complete Qur'ans Thawab of 20 Hajj	Forgiveness for one on deathbed – angels accompany janaza and easy sakarat Fulfillment of hajat Safety from squeezing of grave
37	Suratus Saffaat		Protection from Shaytan	Safety from all calamities Increase in wealth and children
38	Suratu Saad		Inspires reciter to keep away from sins Reciter able to take family, loved ones and even employees to Janna	Downfall of tyrant ruler

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39	Suratuz Zumar		Fire of Jahannam haram on reciter	Respect and honour from people
40	Suratul Mu'min	Cure for wounds and scars Remedy for heart problems, dizziness and nausea	Forgiveness if recited once in 3 days	Prosperity in business
41	Suratu Haamim Sijda (Fussilat)	Water – alleviates eye problems	Nur on Qiyama	
42	Suratush Shura		Forgiveness and salaams from angels	Safety on journey
43	Suratuz Zukhruf	Water - Relief from pain		Safety from squeezing in the grave
44	Suratud Dukhan	No nightmares if kept under pillow Water - Cure for stomach ailments	Forgiveness and houses in Janna Easy accounting Protection from Shaytan	Prosperity in business Protection from authorities
45	Suratul Jaathiya (Sharia')	Protection of newborn from all calamities	Reciter will not see Jahannam	Safety from those who slander and backbite
46	Suratul Ahqaaf	Cure for diseases	Safety from punishment	If written with saffron and dissolved in Zam Zam water – honour from people, memory retention, and safety from Jinn

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47	Suratu Muhammad	Safety from insanity	Thirst quenched by river in Janna 1000 graves send salaams to grave of reciter Will see Prophet (S.A.W.) when raised from grave	Protection from problems
48	Suratul Fath	Cure for heart problems		Protection in times of war & during travel
49	Suratul Hujurat	Safety of mother and child in pregnancy Increase in breast milk	Protection from Shaytan	Protection in times of war and unrest
50	Suratu Qaaf	Aya 23 – shifa for eyes Aya 37 for heart ailments		Increase in sustenance No suffering at time of death
51	Suratudh Dhariyaat	Water - Remedy for backache Taweedh - Pregnancy and delivery easy		Easy death
52	Suratut Tur	Taweedh – good health in children	Safety from anger of Allah	Release from bondage
53	Suratun Najm			Courage and respect Upper hand in discussions

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54	Suratul Qamar			Ease of difficulties Respect of people if kept with one during Jumua' salaa
55	Suratur Rahmaan (Bride of Qur'an)	Cures eye problems	Removal of hypocrisy from the heart May ask forgiveness for whoever one wants Safety angel appointed	If written on wall, keeps away household pests
56	Suratul Waaqia		Loved by Allah and people	Safety from poverty Forgiveness of sins if recited on deathbed Sustenance increased if read no of times as lunar date
57	Suratul Hadid		No punishment if read with Suratul Mujadila in wajib salaa	Release from imprisonment Safety in war Makes one courageous
58	Suratul Mujadila	Tawidh - Shafa of illness		Protects whatever is buried in the ground Ease to restlessness Safety from Jinn & men If recited on sand and thrown towards enemy – overcome

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59	Suratul Hashr	Water – good for memory retention and concentration Ayaat 21-24 3x with hand on joint pain Ayaat 21-24 for earache	Salaams from all creations Forgiveness If recited with Suratul Rahmaan, angel appointed to protect at all times	4 raka salaa – Suratul Hashr after Suratul Hamd – important work successful If recited 40 days – even hardest task becomes easy
60	Suratul Mumtahana	Increases vision Protection from insanity Water –cure for ailments	If recited in wajib salaa – heart filled with eiman	
61	Suratus Saff		Forgiveness	Safety on journey
62	Suratul Jumua’		Safety from Shaytan Forgiveness	Safety from all danger
63	Suratul Munafiqun	Cure for any aches and pains	Freedom from shirk and hypocrisy	
64	Suratut Taghabun		Intercession to Janna if recited in wajib salaa	Safety at time of death Protection from tyranny
65	Suratut Talaq		If recited with Surat Tahreem, protection on Qiyama Inspiration to do sincere tawba	

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66	Suratut Tahreem	Water – cure for diseases Cures insomnia Calms agitation		Clears debts
67	Suratul Mulk (Munjiya)		Thawab of doing ibada on Laylatul Qadr Will remove reciter from Jahannam Protection of Allah Recitation on Eid gives thawab of allnight ibada	Safety from fear in grave Relief for marhum/a who has just died Intercession for memoriser in Qiyama
68	Suratul Qalam	Tawidh on painful part - Alleviates pain		No financial difficulties
69	Suratul Haaqqaa	Safety in pregnancy Improves child's intellect and memory	Sign of eiman Easy accounting on Qiyama Reciter will never loose religion	
70	Suratul Ma'aarij		Covering of sins Safety from Shaytan	Release from imprisonment
71	Suratu Nuh		Will not die until sees place in Janna	Hajat answered straight after recitation

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72	Suratul Jinn			Protection from Jinn Protection from unjust people Safety from poverty Upperhand in confrontations Debts paid Safety of possessions
73	Suratu Muzzammil	Protection from insanity	Purity of heart Forgiveness – recite 100x	Fulfilment of hajat Prevents slavery by people
74	Suratu Muddathir			Protection from misfortunes Hajat fulfilled if dua after recitation Will not die until memorised Qur'an if dua for memorisation done with recitation of sura
75	Suratul Qiyama	Water – safety from heart ailments	Raised with radiance on Qiyama	Increase of sustenance Protects life and possessions Liked by people
76	Suratud Dahr (Insaan)	Water – heart ailments	Janna	Victory in war

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77	Suratul Mursalat	Water+onion juice – cure for aches and pains Tawidh – helps to combat oversleeping		Always victorious over enemies
78	Suratun Naba	Water – stomach problems Reciter not overcome by sleep if wishes to stay awake Eye problems – recite after 'Asr	Daily recitation guarantees visit to Ka'ba	Safety and ease in journey
79	Suratun Naazhiaat			Safety in a dangerous place
80	Suratul 'Abasa		Recite with Suratut Takweer to be under shade of Prophet (S.A.W.) in Janna	Success in all endeavours Safe journey
81	Suratut Takweer	On rose water and applied to eyes for ailments of eyes	Rahma on Qiyama	
82	Suratul Infitar	Recite and blow gently into eyes for cure	Forgiveness of sins even if much as raindrops	Protection from humiliation Release from imprisonment 7x for hajat

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83	Suratul Mutaffifeen	Recite on child who cries a lot	Safety from Jahannam No accounting	Safekeeping
84	Suratul Inshiqaq	Easy delivery of child 7x Cure for poisonous bite		
85	Suratul Buruj	Tawidh - To wean child of breast milk Piles	Protection of Allah	Safety from danger Safety from one who speaks evil
86	Suratut Tariq	Recite over medicine before taking Water – if poured over wound – shifa	Honour with Allah if recited in wajib salaa	Recite over food for safety from harm
87	Suratul 'Alaa	Memory retention Relief of ear pain	Entry through any door of Janna	Safety on journey
88	Suratul Ghashiya	Calms frightened and crying child Pain relief Toothache	Easy accounting in Qiyama	Removes bad effects of food
89	Suratul Fajr		Nur on Qiyama	

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90	Suratul Balad	Tawidh – safety for child from illnesses Cure for nose ailments	Safety from anger of Allah	
91	Suratush Shams	Water – Fever		Increase in sustenance, popularity & courage To remove intense grief – 7x with Suratul Layl
92	Suratul Layl		Inspiration of good deeds ¼ of the Qur'an if read in Eisha Salaa	15x – One will dream about what pleases one most
93	Suratudh Dhuha		Allah's pleasure	Find missing person or something lost
94	Suratul Inshira	Water - Kidney and heart ailments 3x on boils Relieves chest pains	Yaqeen in deen	
95	Suratut Teen		Palace in Janna	Evil effects on food removed Hajat For lost thing to be found 7x

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96	Suratul 'Alaq		Thawab of shaheed	Safety from accidents Safeguarding treasure
97	Suratul Qadr	Ailments of eyes	10x – 1000 sins forgiven 1x – fasting for a month In wajib salaa – all sins forgiven	Increase in sustenance Safety from enemies Debt payment Pious children – 7x on spouse 11x – safety at night 7x on grave – marhum/as sins forgiven
98	Suratul Bayyina	Water – cure for all ailments Safety from miscarriage	Protection of eiman Forgiveness Acceptance of a'maal 21x	Removal of ill effects of food
99	Suratuz Zilzal		Sees nur of Janna at death	Safety from tyrants Safety from natural disasters Easy death
100	Suratul Aadiyaat		Equivalent to reciting entire Qur'an	Clear debts Safety from fear Find sustenance
101	Suratul Qaria		Safety from Jahannam	Business booster Water – unwanted pests
102	Suratut Takathur	Cure for headaches	Thawab of shaheed Recite in 'Asr salaa for protection	

Sura No	Name of Sura	Physical benefits	Spiritual benefits (thawab)	Other Benefits
103	Suratul 'Asr	Stomach ailments – 10x Fever	Nur on Qiyama Increase in eiman	Safety from tyrant if recited in Eisha salaa
104	Suratul Humaza	Eye ailments – blow gently into eye		Safety from poverty if recited in wajib salaa Easy death Protection from 'evil eye'
105	Suratul Feel			Safety from enemies Problem solver
106	Suratul Quraysh	Heart ailments		Ill effects of food removed Sustenance easier to find if recited before sunrise
107	Suratul Maaun		Acceptance of salaa if read as part of salaa Forgiveness	If read 41x every day – free from dependency on anyone (Salawat 10x before and after)
108	Suratul Kawthar		Drink from Kawthar	
109	Suratul Kaafirun		¼ of Qur'an Safety from shirk Forgiveness Thawab of shaheed	Safety in journey (with Nasr, Ikhlas, Falaq & Naas)

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110	Suratun Nasr		Thawab of being with Rasulullah at the conquest of Makka	
111	Suratul Lahab	Relief from backache and stomach pain		Safety at night
112	Suratul Ikhlas (Tawheed)		1/3 of Qur'an 11x – Palaces in Janna 100x – 25 yrs sins forgiven	Abundance in wealth Safety in travelling Hajat Protection from 'evil eye'
113	Suratul Falaq		Recited in wajib salaa in Ramadhan – as though fasted in Makka and thawab of hajj	
114	Suratun Naas	Tawidh – protection of children from Jinn Relief of pain – fast cure when read on medicine		Safe from Jinn & shaytan



About Q Fatima

Q Fatima is an independent, charitable organisation (UK Registered Charity No. 1129840) whose purpose is to enable a greater understanding of the basics of Islam. Our vision is to utilise the information technology foundation coupled with modern teaching and learning methods to provide a comprehensive online Muslim resource centre.

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