

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ



QUR'ANIC VERSE COLLECTION — WITH ENGLISH MEANING

Ayat al-Mashy wal-Arjul

Verses relating to walking, the leg and running



Sheikh Khalid al-Habashi — alroqya.com

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Introduction — when these verses are read

English rendering of Sheikh Khalid al-Habashi's Arabic introduction.

These verses have an effect in some paralysis caused by athar (possession by a jinn), ayn (evil eye) or sihr (magic). Whether the paralysis is due to biological causes or to something else can be checked with them; while they are recited, the numb limb may move and its movement keep increasing, and sometimes the possessing jinn lodged in the body speaks. They are also for one whose leg has been struck by the evil eye, who has stepped on sihr or stepped over it, or in whose shoe sihr has been placed. While they are recited, the two legs are seen to become restless and move violently, and many other things happen whose description is long.

In this collection:

13 passages

13 verses

The verses are kept in the order of the original compilation, unchanged. The Arabic is set in the Indo-Pak (Nurani) style. English translation: Saheeh International.

Important note: Ruqyah is a Shariah-based method of treatment. It runs alongside necessary medical examination and treatment, never in place of it. Matching a symptom is not proof of sihr (sorcery), the evil eye or jinn possession.

Ayat al-Mashy wal-Arjul

13 verses in 13 passages.

1

Surah Al-Maaida 5:6

يَا أَيُّهَا الَّذِينَ ءَامَنُوا إِذَا قُمْتُمْ إِلَى الصَّلَاةِ فَاغْسِلُوا وُجُوهَكُمْ وَأَيْدِيَكُمْ
إِلَى الْمَرَافِقِ وَامْسَحُوا بِرُءُوسِكُمْ وَأَرْجُلَكُمْ إِلَى الْكَعْبَيْنِ^ج وَإِنْ كُنْتُمْ
جُنُبًا فَاطَّهَّرُوا^ج وَإِنْ كُنْتُمْ مَرْضَى أَوْ عَلَى سَفَرٍ أَوْ جَاءَ أَحَدٌ مِّنْكُمْ مِّنَ
الْغَائِطِ أَوْ لَمَسْتُمُ النِّسَاءَ فَلَمْ تَجِدُوا مَاءً فَتَيَمَّمُوا صَعِيدًا طَيِّبًا
فَامْسَحُوا بِوُجُوهِكُمْ وَأَيْدِيكُمْ^ج مِنْهُ مَا يُرِيدُ اللَّهُ لِيَجْعَلَ عَلَيْكُمْ مِّنْ
حَرَجٍ وَلَكِنْ يُرِيدُ لِيُطَهِّرَكُمْ وَلِيُتِمَّ نِعْمَتَهُ^{قَفَّة} عَلَيْكُمْ لَعَلَّكُمْ

تَشْكُرُونَ ﴿٦﴾

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 janābah, 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. Allāh 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.

2

Surah Al-Maaida 5:33

إِنَّمَا جَزَاُ الَّذِينَ يُحَارِبُونَ اللَّهَ وَرَسُولَهُ وَيَسْعَوْنَ فِي الْأَرْضِ فَسَادًا أَنْ يُقَتَّلُوا أَوْ يُصَلَّبُوا أَوْ تُقَطَّعَ أَيْدِيهِمْ وَأَرْجُلُهُمْ مِّنْ خَلْفٍ أَوْ يُنْفَوْا مِنَ الْأَرْضِ ^ج ذَلِكَ لَهُمْ خِزْيٌ فِي الدُّنْيَا ^ص وَلَهُمْ فِي الْآخِرَةِ عَذَابٌ

عَظِيمٌ ﴿٣٣﴾

Indeed, the penalty for those who wage war against Allāh 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 لَأَكَلُوا
 مِنْ فَوْقِهِمْ وَمِنْ تَحْتِ أَرْجُلِهِمْ ^ج مِنْهُمْ أُمَّةٌ مُقْتَصِدَةٌ ^{صلی} وَكَثِيرٌ مِّنْهُمْ

سَاءَ مَا يَعْمَلُونَ ﴿٦٦﴾

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

قُلْ هُوَ الْقَادِرُ عَلَى أَنْ يَبْعَثَ عَلَيْكُمْ عَذَابًا مِّنْ فَوْقِكُمْ أَوْ مِنْ تَحْتِ
 أَرْجُلِكُمْ أَوْ يَلْبِسَكُمْ شِيْعًا وَيُذِيقَ بَعْضَكُمْ بَأْسَ بَعْضٍ ^{قله} انْظُرْ كَيْفَ

نُصَرِّفُ الْآيَاتِ لَعَلَّهُمْ يَفْقَهُونَ ﴿٦٥﴾

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 ^{صَلِّ} أَمْ لَهُمْ أَيْدٍ يَبِطُشُونَ بِهَا ^{صَلِّ} أَمْ لَهُمْ أَعْيُنٌ
يُبْصِرُونَ بِهَا ^{صَلِّ} أَمْ لَهُمْ آذَانٌ يَسْمَعُونَ بِهَا ^{قَلِّ} قُلِ ادْعُوا شُرَكَاءَكُمْ ثُمَّ

كِيدُونَ فَلَا تُنْظَرُونَ ﴿١٩٥﴾

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 Muḥammad], "Call your 'partners' and then conspire against me and give me no respite.

6

Surah Taa-Haa 20:71

قَالَ ءَامَنْتُمْ لَهُ ^{صَلَّى} قَبْلَ أَنْ ءَاذَنَ لَكُمْ إِنَّهُ لَكَبِيرُكُمُ الَّذِي عَلَّمَكُمُ
 السِّحْرَ ^{صَلَّى} فَلَا تُقِطَعَنَّ أَيْدِيكُمْ وَأَرْجُلُكُمْ مِنْ خَلْفٍ وَلَا أُصْلَبَبْنَكُمْ فِي جُدُوعِ
 النَّخْلِ وَلَتَعْلَمَنَّ أَيُّنَا أَشَدُّ عَذَابًا وَأَبْقَى ﴿٧١﴾

[Pharaoh] said, "You believed him [i.e., Moses] 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."

7

Surah An-Noor 24:24

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

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 ^{صَلِّ} وَلْيَضْرِبْنَ بِخُمُرِهِنَّ عَلَى جُيُوبِهِنَّ ^{صَلِّ} وَلَا
 يُبْدِينَ زِينَتَهُنَّ إِلَّا لِبُعُولَتِهِنَّ أَوْ آبَائِهِنَّ أَوْ آبَاءِ بُعُولَتِهِنَّ أَوْ أَبْنَائِهِنَّ
 أَوْ أَبْنَاءِ بُعُولَتِهِنَّ أَوْ إِخْوَانِهِنَّ أَوْ بَنَى إِخْوَانِهِنَّ أَوْ خَوَاتِهِنَّ أَوْ نِسَائِهِنَّ
 أَوْ مَا مَلَكَتْ أَيْمُنُهُنَّ أَوِ التَّبَعِينَ غَيْرِ أُولَى الْإِرْبَةِ مِنَ الرِّجَالِ أَوِ الطِّفْلِ
 الَّذِينَ لَمْ يَظْهَرُوا عَلَى عَوْرَتِ النِّسَاءِ ^{صَلِّ} وَلَا يَضْرِبْنَ بِأَرْجُلِهِنَّ لِيُعْلَمَ مَا
 يُخْفِينَ ^ج مِنْ زِينَتِهِنَّ وَتُوبُوا إِلَى اللَّهِ جَمِيعًا أَيُّهَ الْمُؤْمِنُونَ لَعَلَّكُمْ

تُفْلِحُونَ ﴿٣١﴾

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 [i.e., beauty] 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 [i.e., slaves], 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 Allāh in repentance, all of you, O believers, that you might succeed.

9

Surah An-Noor 24:45

وَاللَّهُ خَلَقَ كُلَّ دَابَّةٍ مِّن مَّاءٍ ^{صَلَى} فَمِنْهُمْ مَّن يَمْشِي عَلَى بَطْنِهِ ^١ وَمِنْهُمْ مَّن يَمْشِي عَلَى رِجْلَيْنِ وَمِنْهُمْ مَّن يَمْشِي عَلَى أَرْبَعٍ ^ج يَخْلُقُ اللَّهُ مَا يَشَاءُ ^ج إِنَّ اللَّهَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ ﴿٤٥﴾

Allāh 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. Allāh creates what He wills. Indeed, Allāh is over all things competent.

10

Surah Al-Ankaboot 29:55

يَوْمَ يَغْشَاهُمْ الْعَذَابُ مِنْ فَوْقِهِمْ وَمِنْ تَحْتِ أَرْجُلِهِمْ وَيَقُولُ ذُوقُوا مَا

كُنْتُمْ تَعْمَلُونَ ﴿٥٥﴾

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."

11

Surah Yaseen 36:65

الْيَوْمَ نَخْتِمُ عَلَى أَفْوَاهِهِمْ وَتُكَلِّمُنَا أَيْدِيهِمْ وَتَشْهَدُ أَرْجُلُهُمْ بِمَا كَانُوا

يَكْسِبُونَ ﴿٦٥﴾

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.

ارْكُضْ بِرِجْلِكَ^{صَلِّ} هَذَا مُغْتَسَلٌ بَارِدٌ وَشَرَابٌ ﴿٤٢﴾

[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 يُبَايِعْنَكَ عَلَى أَنْ لَا يُشْرِكْنَ بِاللَّهِ شَيْئًا
وَلَا يَسْرِقْنَ وَلَا يَزْنِينَ وَلَا يَقْتُلْنَ أَوْلَدَهُنَّ وَلَا يَأْتِينَ بِبُهْتَانٍ يَفْتَرِينَهُ^{تَفْتَرِي}
بَيْنَ أَيْدِيهِنَّ وَأَرْجُلِهِنَّ وَلَا يَعْصِيَنَّكَ فِي مَعْرُوفٍ^{لَا} فَبَايِعْهُنَّ وَاسْتَغْفِرْ
لَهُنَّ اللَّهُ^{صَلَّى} إِنَّ اللَّهَ غَفُورٌ رَحِيمٌ ﴿١٢﴾

O Prophet, when the believing women come to you pledging to you that they will not associate anything with Allāh, 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 Allāh. Indeed, Allāh is Forgiving and Merciful.

Sources and credits:

Original Arabic compilation: Sheikh Khalid al-Habashi (alroqya.com). Arrangement and presentation: Raqī Faisal Ahmed Sabit.

Source file: *walk_leg_view.pdf*. English translation: Saheeh International. The Arabic text is taken from a verified Qur'an dataset by surah and verse number. Footnote markers in the translation are omitted.

Personal guidance:

If you are not sure whether your problem is the evil eye, envy, sihr or something else, message the center and write **Diagnosis**.

Ruqyah is a Shariah-based method of treatment. It is not a substitute for necessary medical care.

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