

# **ROOHANI ELAAJ**

**(Roman)**

**KHWAJAH SHAMSUDIN AZEEMI**



# *ROOHANI ELAAJ*

*KHWAJAH SHAMSUDIN AZEEMI*

**INTESAAB**

**BA HAZOOR**

**SARWAR E KAAINAAT**

**HUZOOR ALLEIH ES SALAAT WA SALAAM**

*Shak aur be yaqeeni ke toofan se peida honey wali taqreeban doso 200 beemariyon aur masaail ko yakjaa kar ke es kitaab mein un ka hal shaaya kiya ja rahaa hai.*

*Kitaab "Roohani Elaaj" mein jitney bhi amraaz ka elaaj aur masaail ka hal peish kiya gaya hai, Who sub mujhey silsila e uwaisia, Qalandaria, Azeemia se muntakil hooye hain aur es faqeer ney en sub amalियाat ki zakaat adaa ki hai.*

*Mein allah ki makhlooq ki khidmat ke liye es roohani faiz ko aam karta hoon aur sayadna huzoor alleh es salaato wa salaam ke waseela se dast ba duaa hoon ke allah taala meri koshish ko sharfe qubooliyat bakhshhein aur apney bandon ko sehat ataa farmaayein mushkilaat o masaayeeb aur pareeshaniyon se mehfooz rakhein.*

***.A.A.MEEN SUM.A.A.A.MEEN***

# *Fehrist*

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## **PAISH LAFZ.**

*Admi zindagi ke tamam marahel waqt ke chohtey chohtey tukron mein tey karta hey, masalan eik second ka koi fraction. Admi ki zindagi khuaa so(100) bars ki kyon na ho lekin woh inhi lamhoon mein taqseem hoti rehti hey. Ghour talab amer yeh hey ke admi apni zindagi baser karney ke liye zehn mein waqt key yeh tukrey jorta hey aur inhi tukron se kam leta hey. Inhi tukron ke girdaab mein jin ko hum sochna ya fiker karna kehtey hain, hum ya tu eik turkey se aagey dosrey turkey par aa jatey hain ya waqt ke es turkey se palat tey hain.*

*Esko es tarhan samajhna chahiyey ke admi abhi sochta hey ke mein khana khaon ga lekin eis ke peat mein geraani hey es liye woh tark kardeta hey. Kab tak woh es tark par qaim rahe ga es ke barey mein esey kuch nahi maloom. Alaa haza al qayas ifkar hi es ki zindagi ke ajzaa e tarkeebi hain, jo esey naakam ya kaamyab banatey hain. Abhi woh eik iraada karta hey phir tark kardey ta hey, chahe minton mein tark karta hey, chand ghanton mein tark karta hey ya maheenon aur saloon mein tark karta hey.*

*Batana ye maqsood hey ke tark admi ki zindagi ka juzv e azam hey kyon ke wo beltabaa(naturally) araam talab waqey hooa hey. Bohat see batein hey jin ko admi doshwari ,mushkil, beemari, bezaari, be-amali, be cheni*

wagera wagherah kehta hey. In kehfiyatoon ke belmakaabil eik aisi kefiyat hey jeis ka naam woh sukoon rakhta hey .Yeh nahi kaha ja sakta ke yeh sab kehfiyetein haqiqi hain. Dar haqiqat in mein se zayada tar kefiyaat mafrozaat (fictions) per mabni hain.

Insaan ke dimaagh ki saakht (structure) hi aisey hey ke who har asaani ki taraf dorta hey aur har mehnat se ji churata hey. zahir hey ke ye do simtein hain aur en simtoon mein admi hamesha ifkaar ke zariye safar karta hey. es ki her harkat ka mamba (source) en simtoon mein se eik simt hey. Hota yeh hey ke abhi hum ne eik tadbeer (planning) ki phir us ki tanzeem ki yahan tak ke woh mukamal ho gayee us ke simt bhi sahi thi lekin sirf dus kadam chalney ke baad hamarey zehn mein tabdeli waqey hoi, tabdeli waqey hotey hi ifkaar (thoughts) ka rukh badal gaya. Nateejey mein simt bhi tabdeel ho gaye chonan chey hum jes manzil ki taraf rawana thay woh ghyeb (hide) mein challi gayee. Humarey paas baqi kya raha \_\_\_? Tatolna or tatol kar kadam uthana. wazhey rahey ke yeh tazkarah yakeen aur shak ki darmiyani raahon ka tha .

Humein ye nahe bhoolna chaiyey ke insaan ki bina wehum aur yakeen par hey .Mazhab ki estalah mein es hi ko shak aur imaan kaha gaya hey .Allah shak ko jaga deney se mana farmatey hain aur zehn mein yakeen ko puktha karney ka hokum detey hain .Quran pak mein irshad hey “LAA RAIB” hey yeH kitaab Aur es ko hidayat deti hey jes ka yakeen ghyeb par jes shak ko allah ne mamnoo karaar diya hey yeh wohi shak hey jeis se Adam (A.S) ko baz rehna ka hokum diya gaya tha, Bel aakhir sheytan ney behka kar yeh shak dal diya jes ke sabab adam ko jannat se nikala gaya. esi mukaam se adam ke dimag mein do simtoon ka taayun hoa. Yani SHAK aur YAKEEN.

*Bayan kar da haqayeq ki roshni mein insaan ke dimag ka mehvar yakeen aur shak per hai yehi woh shak aur yakeen hey jo dimaghi khalyon mein hamma waqt amal karta rehta hey. Jeis kadr shak zayadti hogi es hi kadr dimaghi khalyon mein toot phoot waqey hogi. Yeh batana bohat zaroori hey ke yeh hi woh dimaghi khaliye hain jin ke zeir e asar tamam asaab kaam karte hain aur asab ki tehrikat hi insani zindagi hey.*

*Keisi cheez per insan ka yakeen karna itna hi mushkil hey jitna fareib ko jothlana. misall es ki yeh hey ke insan jo kuch hey woh khud ko es ke khilaf peish karta hey .Woh hamesha apni kamzoriyaan chupata hey aur in ki jaga mafroza khoobiyan bayan karta hey jo es ke andar mojud nahin heyin. Mushkill sab se bari yeh hey ke woh jes muashrey mein tarbiyat pa kar jawan hoa hey woh muashra es ka aqeeda ban jata hey, eis ka zehn es kabil nahi rehta ke es aqeeda ka tajziya kar sake. Woh aqeeda yakeen ka mukam hasel karleta hey halan ke woh mehaz fareib hey .Sab se bari wajah es ki yahi hey ke admi jo kuch kudh ko zaahir karta hey aisa hey nahin balke es ke ber aks hey.*

*Eis keism ki zindagi guzarney mein esey bohat mushkilat peish aati hain. aisey mushkilat jin ka hal admi ke pass nahin hey, es zindagi mein kadm kadm par usay khatra mehsoos hota hey ke ei ka amal talf ho jaye ga aur be-natija sabit ho ga. Baaz auqat admi yeh samhajhney lagta hey ke es ki poori zindagi talf ho rahi hey .Agar talf nahi bhi ho rahi to sakht khatrey mein hey. Yeh sab in dimaghi khaliyoon ki waja se hota hey jin mein shak ki bina per bohat tezi se toot phoot waqey ho rahi hey . Dimaghi khaliyoon ki tezi se toot phoot aur rado badal*

*kadm kadm per es ke amali raaston mein rokawat peida karti hey ,Amal be natija sabit hota hey aur asab ko nuksaan puhunchta hey .*

*Admi ka dimagh dar asal es ke ikhtiyar mein hey ,who khaliyon ki toot phoot ko yakeen ki taaqat se kam aur ziyada kar sakhta hey.Dimaghi khaliyoon kit tot phoot ki kamy se asaabi nuksaan ke emkanat ,bohat hi kam hoja te hey.*

*Admi bhi eik janwer hey.Kisi tarhan sey us ney aag ka estemal seekh liya aur aag ke estemal se beltadrij elmo hunar ki boniyadein pareen .Kitab“Rang aur Roshni Se Elaaj”mein admi ke do peron per chalne ka wasf bayan kiya gaya hey.Hum ne eis kitab mein tashreeh ki hey ke heyvan aur insaan mein roshni ki takseem ka amal kin buniyadon per qaim hey aur takseem ke es amal se he admi aur heyvan ki zindagi allag allag hoti hey.*

*Tareekh mein koi aisa daur nahin aya jab admi chand fi hazar se ziyada sehet mand mojoordh raha ho.Darasal hona yeh chahiye tha ke who ziyada se ziyada roshni ki kimtoon roshni ki kismein aur roshniyon ka tarz e amal maloom karta lekin es ne kabhi es taraf tawajoh nahin ki,yeh cheez hamesha pardey mein rahi.Admi ney es pardey mein jhankney ki koshish es liye nahin ki ke ya to es ke samney roshniyoon ka parda mojoordh hi nahi tha ya os ne roshniyoon ke pardey ki tarf tawajoh nahi ki,os ne who kaide maloom karney ki tarf khayaal hi nahi kiya jo roshniyoon ke khalat malat se taluk rakhtey hain.Agar admi yeh tarz e amal ikhtiyaar karta to es ke dimaghi khaliyon ke toot phoot kam se kam ho sakti thee.Es halat mein woh ziyada se ziyada yakeen ki taraf kadam uthata,fazool aqayed aur tauhum mein mubtala na hota.shakook aisey itna pareeshan na kartey jitna ke ab*

*pareeshan kiye hooye hain aur es ki tehrikat mein jo amali rukawatein waqey hoti hain woh kam se kam hoteen. Lekin eisa nahi ho. os ne roshniyoon ki kesmein maloom nahni keyn na hi roshniyoon ki tabiyat ka hal maloom karne ki koshish ki. Woh yeh bhi nahi janta ke roshniyan bhi tabiyat aur maahiyat rakhti hain aur roshniyoon mein rojhaanaat bhi mojud hain. Usey yeh bhi ilm nahin ke roshniyaan hi es ki zindagi hain aur es ki hifazat karti hain. Woh to sirf matee ke putley se waqif hai. Us putley se jes ke ander apni koi zindagi mojud nahi hey jes ke liye Allah Talla ne farmaya ke “woh sari hoi mety se banaya gaya” aur doosri jaga yeh bhi irshad hey ke “woh mity banjy hey yani “khalaa”hey.”*

*Allah talaa ne quran pak mein irshaad kiya hey:-*

*“Insaan na qabil e tazkara shey tha hum ne us ke ander apni rooh phoonk di. Pas yeh boolta, sonta, samajhta aur mehsoos karta insan ban gaya”.*

*Rooh ki taareef yeh hai ke woh amre rab hai. Amr ki bohat mukhtaser tashreeh yeh hey:-*

*Es ka amr yeh hai ke jab woh iraada karta hey kisi baat ka to kehta hey “ho” aur woh ho jati hey.*

*Yani insan rooh hey aur rooh amr e rab hey.*

*Allah ke eis irshad se na waqfiyat wehum aur shak ko barahti hey natijey mein imaan aur yaqeen toot jatey hain,*

*Quran pak ney quom ko eik fard ki haisiyat di hey chonachey es ke sath bhi yeh hi amal hota hey jo fard ke sath hota hey. quom mein ager yaqeen ke neisbat shak ziyada ho jaye to yeh amal do rukh ikhtiyaar kar leyta hey. Jab us ka rukh urooj ki taraf hota hey to afaat samawi*



*ke aaney ka ehtimal hota, hey aur jab nazool ki taraf hota hai tu aafat e arzee aati hain. Jab afaat asman se naazel hoti hain to bhiker ker poori quom ke zehan aur asaab ko mutaaser kartey hain. In se bachney ki siwaye es ke koi tarkeeb nahi ke quom ke yakeen ki rah eik ho. Allag allag na ho. Yehi ambiya ka sabak hey. jab quom girohon mein muntashir ho jati hey aur girohon ka yakeen mukhtalef hota hey to shak zameen ki sathah per phel jata hey. Chonanchey SEILAB, ZALZALA, WABBAEIN wagherah zahoor mein aati hain. Kabhi kabhi khana jangi bhi hoti hey jes se quom aur afracad ka asaabi nizam tabaah ho jata hey jo tarhan tarhan ki bimariyaan pehlney ka moajab hota hey.*

### **AMAL AUR AAMEL HAZRAT.**

*Aamel hazrat kisi amal ki taqrar kar ke apne dimagh ko bar bar harkat detey hain. Yahan tak ke who iradey per kaboo paa letey hain. Mashq ke zariyey inki maharat jitni barhti hey esi kadr in ko qoowat e iradi ke zariyey kam leney mein asaani ho jati hey. es qism ke admi az-rooye jibillat bhi peida hotey hain. In ki tabiyat khood ba khood rohaniyat ki taraf maayel ho jati hey aur shiroo umar se in chezoon ko samjhey baghair bar bar eistemall karte hain. Pehley se innhey yeh ilm nahi hota ke hamarey ander yeh uftad e taba mojoood hey balkey es qoowat ke bar bar estemal se jo who mehaz tafreehan kartey hain, kamyabi honey lagti hey aheista aheista un per yeh raaz munkashif ho jata hey ke khayal aur iradey se kam liya ja sakta hey.*

*Jab who es per amal karytey hain aur bar bar es ko doharatey hain aur nataeja hasb-e-dil khuwa peida hotey hain to who khud ko aamel samajhney lagtey hain. Log bhi inhey AAMEL ke naam se pokarte hain.*

### **IJAAZAT AUR KI TAAWEEZ**

*Har aamel ko beltaba es baat per yaqeen hota hey ke mein jesey qoowat baksh doongah who bhi meri tarhan aamel ho jaye ga. Akser dekha gaya hey ke kisi aamel ne kisi ko apna amal baksh diya hey. jesey bakhshna hey os ki tabiyat bhi wohi ban jati hey jo aamel ki hey. Eik tabiyat ka dosri tabiyat mein saraaiyat kar jana bhi admi ka nafsiyati khaasa hey. Asal amal to boht hi shaz hota hey albata bakshey hooye aamel kafi paye jatey hain. Bakshey hooye aamel hazraat ke yaqeen mein yeh baat rasikh ho jati hey ke ager hum aisa karein gey to aisa hi hoga. Hum yeh baat bata chukey hain ke kaamyabi madarij yaqeen ki qoowat per monhasir hai.*

*Eis kitab se faayeda othaney ke liye moaalij khuwa khud mareez ho ya kisi dosrey ka elaaq karey. Giyarah giyarah(11) maratbah awal o aakhir dorood shareef parhey aur eik martabah “ بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ جَلَّ جَلَّ لَهُ ” Besmillah e al waseyo jalla jalla lahoon” parh kar haaton per dam kar ke teen bar haath chehrey per pherey. Ab meri taraf se es ko es kitab ke amaliyat ki ijazat hey. Taaweez khod estemal karney ya kisi doosrey ko likh ker deney ki soorat mein taaweez ki zakaat do rupey khairaat ker dein ya es mareez ko jis ko taaweez diya gaya hey yeh hidayat kar dein ke who taaweez ki zakaat do rupey khairat kar de.*

## ASAIB KA ELAAJ

Asaib eik aisa marz hey jo dimaagh se taluk rakhta hey eis ki ziyada ter wajah yeh hoti hey ke khoon mein mithaas ki nisbat namaak ki miqdar barh jati hey.

Yeh khoon sarey jeism mein se dor kar ke jab dimagh ke do kharab khaliyoon mein gardish karta hey to dimaagh ke who khaliyey jo insaan ke ander shaoori hawas banatey hain who muntashir ho jatey hain. Natijey mein mareez kandhon per wazan mehsoos karney lagta hey aur eis ki nazroon ke samney aisi cheezein ya soortein aaney lagti hain jin ko yeh samajh nahi sakta aur na in ka apas mein rabta ya taluk qaim rakh sakta hey. Maslan yeh ke esey keisi aurat ya mard ka heyolaa nazr ata hey choonkey eis tarhan ghyeb mein dekh na eis ki aadat nahin hey es liye who khauf zada hojata hey aur aisi harkatein karney lagta hey jo shaoori hadood se baher hoti hain baaz auqat yeh taasur itna ghera hota hey ke shaoor mein taattol waqey ho jata hey aur eis ke hawas la-shaoori tehrikat ke taabey ho jate hain. Ab who koi baat zameen ki kehta hey koi asmaan ki kabhi behosh ho jata hey aur khod ba khod hosh mein ajata hey. Kabhi be baat hasta hey aur kabhi kisi wajah ke baghier roney lagta hey. Yeh bhi hota hey ke bathki hoyee roohain jin ki tabiyat mein takhreeb hoti hey

marnay ke bad aisey logoon ki talaash mein rehti hain jo dimaghi aitbaar se kamzor hon aur jab inhey apni takhreeb kari ke liye aisa shikar mil jata hey to woh eiske samney ajati hain eis ke shaoor ko moatal kar deti hey.Eis ka ilaaj yeh hey ke eik kaghaz per

يَا مَهْلَايِيل  
يَا مَهْمَتَايِيل  
يَا مِهْمَايِيل  
يَا جَبْرَائِيل

Likh ker kaghaz ko mordh(fold) kar batee(role) bana lein.Eis mordey hooye kaghaz ko rooyee(cotton) mein lapait lein.Rooyee(cotton) aur kaghaz ki bani hoi batee ko ghee ya zeytoon(olive) ke teil(oil) mein aisee jaga jalaein jahan se mareez tak doohaans(smoke) pohanch sake yeh amal raat ko sotey waqt karna chahiye.Sobha soorajh nikalney se pehley “kol aozoobo bil rabil falkh”.poori soraa parh ker eik piyaali pani per dam kar ke nihaar monh(before breakfast) pilain.Do hafte tak namak bilkol na dein.Do hafte ke baad namak kam se kam miqdar mein eistamaal karain teen waqt khaalish shehed(pure honey) ka eistemaal bhi bohat zaroori hey.

### **AAFAT E ARZI O SAMAWI SE MEHFOOZ REHNEY KA TAREEQQA.**

Jab koi quom Allah Tallah ke banaye hooye kanoon se inheeraaf karti hey aur khair o shar ko jantey bhoojtey kanoon shikni ki murtaakib hoti hey to eis ke andar yakeen ki qoowatein aur kam se kam ho jati hain.Jaisey jaisey yakeen

kamzor parta hey eis ke aqaayed mein sokum waqey hota hey aur eis sokum ki wajah se koi quom tauhmaat mein muhtala ho jati hey. Tauhmaat ke ghalbey se insaan ke ander waswasey janam letey hain. In waswason ki wajah se eis ke ander hirso hawas eis qadr barh jati hey ke zindagi ka daar o madaar Allah Tallah ke bajaye wasaayl per reh jata hey. Yehi who marhala hey jahan se qomon ka zavaal shiroo hota hey aur qanoon e qudrat choonke aisee quomon ko bardasht nahi karta eis liye eis ke ooper afaate arzi o samawi naazil hoti hain.

Iradah aur amal ke sath be yakeeni ko khatam karney ki koshish karni chahiye aur afaate arzi o samawi se mehfooz rehney ke liye 9 inch chorey(wide) aur 12 inch lambey (long) safaid art paper ke ooper siyah chamakhdar roshni se bohat khoobsorat likh ker ya likhwa ker yeh naqsah apne ghar mein aweizan karein.

يَا حَفِيظُ يَا حَفِيظُ يَا حَفِيظُ  
يَا بَدِيعُ يَا بَدِيعُ يَا بَدِيعُ  
يَا بَدِيعُ الْعَجَائِبِ بِالْحَيْرِ يَا بَدِيعُ

ager khuda na khuasta koi waba pehal gayee ho to yeh hi naqsh safaid cheeni ki teen(3) paleton per zafraan aur arq e gulaab se likhen aur subah, shaam aur raat ko paani se doh ker sarey ghar waley piyein. Penney mein paani pakka ker eistemaal kiya jaye.

Note: Ager zafraan dastiyaab na ho ya khareedney ki eistetaut(capacity) na ho to kahney ka zard rang eistemaal karein.

## ANKHOON KE AMRAAZ.

Yeh amraaz hazmein ya bairooni awariz(external reasons) masallan garmi,sardi,chaut girdo gubar,dhooan lagney aur mustaqill nazla rehney se hotey hain.

## MOTAYA AUR PERBAAL.

Her namaz ke baad giyarah(11) martaba

Alhayo al qayoom al haqo noor (الْحَيُّ الْقَيُّومُ الْحَقُّ الْقَوْدِرُ)

parh ker aathon ongliyoon(with 8 fingers) ke poruhon per dam karein aur ankhon per phairein.

## RATONADAH YA SHAB KHORI.

Ratonadah us mraz ko kehtay hain jeis mein andehrey mein ya raat ko cheezein ya to nazer nahin ateen ya dhondli nazar aati hain aisi soorat mein

”YA AMA NAWHEEL YA AMA NAWHEEL YA AMA

NAWEEL” (يَا عَمَّا نُؤْيَلُ يَا عَمَّا نُؤْيَلُ)

(YEH EIK MARTABA HOA)

Gayarahso (1100) martaba parh ker eik pao saaf shudah kalonji per dam karein aur subah sham eik eik chutky taazah pani ke sath khaein.

## NIGAH KI KAMZORI.

“MOINOS SALAM MEATOL HEYN  
ALSABILGULAMULMARIYOO”

مُؤَيِّنُ السَّلَامَةِ مِائَاتُ الْجَيِّدِ الصَّابِ الْغَلَامِ الْمَرْيُ

Subhah suraj nikalney se qabal teen martaba parh ker eik barrey piyaley pani per dam karein. Eis piyaley mein se teen ghoont pani alag kar ke nihaar moonh pee lein aur

baki pani ko sedhe hath ke chiloo mein leker eis pani mein ankhey kholein aur band karein. Pani jab garam ho jaye to pani kisi gamaley ya kyari mein dalein. Ab dosra chiloo bhar lein eisi tarhan pehley bayen(right) ankh ko dhoyen(wash) aur phir dayen(left) ankh ko yeh amal navey(90) din karna hey Allah Talah ke fazal o karam se nigah ki kamzori door hojati hey.

## ANKH KA NARSINGA.

Eis marz mein ankh ke ooper jhilly(layer) aa jati hey aur nazer eis jhilly mein dab jati hey. Waja eik khas kism ki gas hoti hey. Pehley yeh gas dimagh per asar andaz hoti hey aur eis ke baad ankh ke ooper aser karti hey. Darasal yeh gas hi jhili ban ker ankh ke ooper pardah ban jati hey.

Stain less steal ka pyala aur eik nayee churi(knife) lejiye. Pyaley mein distilled water ya ghar mein pakaya hoa thanda pani bhar dein. Hath dho ker ya kooli kar ke teen martaba

“al hayool kayoom wa la ilaho ilallaho ya raheemo ya allaho ya moreeedo ya raheemo ya allaho ya moreeedo ya raheemo ya allaho ya moreeedo”.

الْحَمْدُ لِلَّهِ وَالْإِلَهَ إِلَّا اللَّهُ يَا رَبِّهِمْ يَا اللَّهُ يَا مُرِيدُ يَا رَبِّهِمْ يَا اللَّهُ يَا مُرِيدُ يَا رَبِّهِمْ يَا اللَّهُ يَا مُرِيدُ

Parh ker eik phoonk pani per marein aur doosri phoonk chehrey per. Ab chehrey se pani ko kaatein yani eik minute takh pani mein cross [X] banatey rahein. Dobarah phir teen martabah parh ker pani aur chehrey per dam karein aur pani ko eik minute tak kaatein. Eisi tarhan tesri martabah bhi yehi amal dohraayen. Yeh pani do do (2)ouns har chaar(4) ghantey ke baad pee lain. isi tarhan ke sooraj tuloo honey ke bad se ishaa tak yeh pani poora ho jaye. Elaaj mein mudat darkar

hey mager bafazlehi tallah kamyabi yakeeni hey.

### **AANKH KA NAASOOR.**

Aankh ke koey mein phunsi ki shakal ka dana jo rista rehta hey eis ko aankh ka naasoor kehtey hain.

Chaney ki eik dal(lentils) lee jiye (Dal se murad chane ka adha hisa hey) aur eik pather lee jiye.aisa pather jo nadiyoon ke kinarey aam taur se milta hey.Yeh pather kala safed bhoora aur baaz auqat naksho nigar se bher pur aur chikna hota hey.Hajam ki koi qaid nahin.Pather per pani dal ker eik martaba“ALLAH HO NOORUS SAMAWATO WAL ARD”

اللَّهُ نُورُ السَّمَوَاتِ وَالْأَرْضِ Parh kar dam kardein aur chaney ki daal ko pather per ghesein.Dal ghesney se eik leip(paste) sa bun jaye ga.Eis leip(paste) ko jast ki silayee se subaho sham chand roz mutasirah aankh (infected eye) mein lagayein.

### **BHENGAPAN.**

Jeis waqt mareez bilkul seedah dekh raha ho es ki aankhey band karadein aur eis ki eis aankh per jo bhengi hey andhere mein halki si patee bandh dein.Patee bandtey hoye yeh tasawur karein ke mein aur mareez arsh ke nechey hain.Yeh patee 21 roz tak bandhey rahey.Patee meli hone per andherey mein badal dein pati bandtey waqt yeh khayal rakhna zaroori hey k nazar seedhi rahey yani aankh ki putli darmiyan mein ho 21roz ke eis amal se aankh ka bhengapan kuliyatan khatam ho jata hey.



## AANKHON KE SAAMNEY KHOON TERTAA HOOA NAZAR AANA.

Yeh marz jo dimagh ke reshoo mein pani bhar janey se lahaq hota hey us ke liye dawa aur dua yeh hey.

Dakkani mirch(chilly of dakan) eik chitank aur cheeni eik chitank.Dono ko saaf haavan dasta mein bareek safoof kar liya jaye.6 masha rozana sotey waqt taazah pani ke sath kam az kam 20 roz estamal karein aur sath sath “AL RAZAAT AMA NOVIL” الرَّضَاعَاتُ عَمَّا سَافِدُ cheeni ki teen palaton per likh ker subah sham aur raat ko eik eik plate pani se dho ker piyein.Plate likhney ka tareeqa yeh hey:-Pak saaf safaid cheeni ya biloor ki 3 palatein samney rakh ker 11 martabah “YA HAFEEZO” (يَا حَفِيزُ) parh ker teeno palaton per dam kar dein.Phir 11 martabah “YA SHAFI” (يَا شَافِي) parh ker dam karien teesri bar “YA KAFIYO” (يَا كَافِي) parh ker dam karein.aur zafran ko arq-e-gulaab mein hal kar ke ya zardey ka rang arq-e-gulab mein ghol ker eis roshnayee se paleiton ke ooper manderjah bala ibarat likhee jaye.

## EMDAD E GAIBEE.

Ager muaashi halat eis kader karab ho jayein ke sudhaar ki koi soorat nazar na aaye to sirf in halat mein yeh parhney ki ijazat hey:-

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ  
 یَا اِیُّمَ یَا اِیُّمَ یَا اِیُّمَ  
 یَا قَتَّاحُ یَا قَتَّاحُ یَا قَتَّاحُ  
 یَا جِدُّ اِیُّمَ یَا مِیْنًا اِیُّمَ یَا اَمَّتًا اِیُّمَ یَا مَهْلًا اِیُّمَ

Admi raat guzerney ke baad ba wozoo musaley per beth ker 300 maratbah parhey aur haalat sazgaar honey ki dua ker ke baat kiye bagair so jaye. Zayada se zayada 21 roz mein Allah Tallah ki taraf se imdade gheibee hasel ho jaye gee. Eis ka tareeqa kuch bhi ho jo Allah Tallah pasand farmayein.

### Eistikaarah

Koi kam karney se pehley eistikarah karna sunnat hey. Eistakarrah darasal Allah Tallah se mashwarah karna hey.

“IFTAH IFTAH YA BAEEDO AL JAYEB BIL KHAIEI YA BAEEDO”

اِفْتَحْ اِفْتَحْ يَا بَدِيعَ الْعَجَائِبِ بِالْخَيْرِ يَا بَدِيعَ

21 martabah. Dorood khizri

“SAL ALLAHO TAALLAH ALLA HABIBE HI MUHAMMAD WA SALIM”

صَلِّ اللّٰهُ تَعَالٰی عَلٰی حَبِیْبِهِ مُحَمَّدٍ وَّ سَلِّمْ

Awal o akhir eik eik martabah parhiyey. Eis ke bad daanye(right) karwat let ker chehrey ke nichey daanye(right) haath ki hateli rakh kar so jayen. Sotey waqt jo baat maloom karni ho usey zehan mein dohrayein. Zayadah se zayadah 3teen ayam ke ander khuwa b ya bedaari mein jo kuch maloom kya gaya hey munkashif ho jaye ga.

## IMTIHAN MEIN KAMYABI KE LIYE.

Isha ki namaz ke baad awal o akhir 11 ,11 martabah dorood shareef ke sath teen martabah

“AL MALIK AL QUDOOS AL MALIK AL QUDOOS AL MALIK AL QUDOOS”

اَلْمَلِكُ الْقُدُّوسُ اَلْمَلِكُ الْقُدُّوسُ اَلْمَلِكُ الْقُدُّوسُ

Parh ker khushoo o kuzoo ke sath Allah Tallah se dua karein. Yeh amal imtihan ka nateeja aney takh jari rakhna chahiye.

## ALLERGY

Saat rang ke reshmi kaproon ke chotey chotey tukrey kisi jaga pehla ker rakhdein. Allergy ka mareez in rangdar kaproo mein se koi eik tukra utah ley. Eis tukrey per siyah tar kashi se

يَا مَهْلَايِيل  
يَا شَمْتَايِيل  
يَا مِيكَايِيل  
يَا جِبْرَائِيل

Kasheedah kari se likh ker mareez ke galey mein dal dein. Ager galey mein pehanney ya baazoo per bandney mein koi amer maney ho to yeh naksh takiyeh (pillow) ke ander rakhey lekin yeh ehtiyat karna zoroory hey key eh takiya (pillow) koi doosra shaks eistimal na karey

Allergic honey ki koi khaas waja mutayen nahin ki ja

sakti.Koi admi hawa se,kisi dawa se khushboo se ya kisi sakht dawa ke rade amal se bhi allergic ho jata hey.Waja koi bhi ho sab ke liye yehi elaaaj hey.

### **IKTELAAJ-E-QALB.**

Iktelaaj-e-kalb dil ki kamzori ki waja se ho,aam jismani kamzori ki waja se,blood pressure,peham sadmat ya teiz adwiyaat ke eistamal ki bina per ho sab ka elaaaj eik hey lekin tareeqa muktaarif hey.

YA HAYOO QABLA KULEY SHEYEE YAA HAYOO  
BAADA KULEY SHAYEE

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ  
يَا حَىُّ قَبْلَ كُلِّ شَىْءٍ يَا حَىُّ بَعْدَ كُلِّ شَىْءٍ

Teen martaba parh ker pani per dam kar ke pee lein.

Sadma ki waja se ager iktilaf ki kaifiyet mustaqill ho gayee hey to eis amal ko kaghaz per likh ker shehad(honey) mein dalein aur yeh shehad mareez din mein kam az kam teen bar eistamal karey.

High blood pressure ki waja se ho to subah ke waqt nihar monh cheeni ke sharbat per dam ker ke piyen.

low Blood pressure ki waja se ho to namak per dam ker ke eik sheeshi mein rakhlein aur khana khatay waqt yeh namak cherak ker khayen.

Agar aisey halat na hon ke yeh maloom kiya ja sakey ke ikhtelaaj-e-kalb ki waja kya hey to eik barey kaghaz per motey kalam se bohat khushkat الله likhein aur eis kaghaz ko

kisi gattey per chipka dein.Raat ko soney se pehley eis gattey ko aisee jaga rakhein jahan koi aur shaks na ho gehri nigah se eism ﷻ per nazar jamayein aur aankhein band ker ke yeh tasawur karein ke Allah ka noor bareish ki tarhan hamarey ooper nazil ho raha hey.Takreeban 10 minut.baad aankhey khol dein aur baat kiye baghair so jayen chand din ke eis amal se ikhtlaj-e-kalb ki takleef allah ke karam se hamesha hamesha ke liye khatam ho jayegi.

### EXEMA( ECZEMA)

Eik barey aur mazboot kaghaz per motey kalam se

“FI NOOH RAH ZAHA HANIYA” فِي نُوْحٍ رَاهٍ زَاهَا هَانِيَا

Likh ker jism ke jeis hisey per exema ho us per kaghaz malein.Jab kaghaz boosedah ho jaye jala dein chund dinon tak namak,surkh mirch,garam masala aur kisi kism ke gosht ki boti (meat) na khayen gosht(meat) mein anda(egg) aur machli(fish) bhi shamil hey.

### ANTON KE AMRAZ

Antoon mein zakham



3 plateinon per likh ker rozana subah,sham aur raat ko pani

se dho ker chalees roz piyeen.Ghiza ka taayun kisi hakeem ya doctor ke mashwarey se karein.

### **AANTON KI DIQ**

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

الرَّتْلَكَ آيَاتُ الْكِتَابِ الْمُبِينِ الرَّحِيمِ الرَّحِيمِ

Sooraj nikalney se pehley 11 martabah phar ker eik piyali per dam kar ke nihar monh 90 din tak piyen.

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### **AANTON MEIN KHUSHKI.**

“TABAT YADA ABEE LAHABIYON ◦TAB MA AGHNA  
ANHO MALOHOO◦MA KASAB.SAYASLA NARAN  
ZATA LAHAB.OAMRATUHU.”

تَبَّتْ يَدَا أَبِي لَهَبٍ وَتَبَّ (١) مَا أَغْنَىٰ عَنْهُ مَالُهُ وَمَا كَسَبَ (٢) سَيَصْلَىٰ نَارًا ذَاتَ  
لَهَبٍ (٣) وَأَمْرَأَتُهُ حَمَّالَةَ الْحَطَبِ (٤) فِي جِيدِهَا حَبْلٌ مِّن مَّسَدٍ (٥)

Eisha ki namaz ke baad 101 martabah parh kar pani per dam karein.24 ghanthey mein peeney ke liy sirif yehi pani eistimal karein. Matlab yeh hey ke itney pani per dam kiya jaye jo din aur raat ke zaroorat ke liye kafi ho. 24 ghanthey guzarney ke baad ager pani bacha rahey to us pani ko kisi kiyari ya darakht ki jarh mein daal dein aur agley 24 ghanthey ke liye naya pani tayaar karein.

Elaaj ki mudat 21 roz hey.eis doran koi dosra pani na piya jaye.

### **Aant Utarna.**

Raat ko soney se pehley 21 martabah

وَرَفَعَ ذَرَّ جَاتُهُمْ ”WARA FA DAR JATOHOM”

parh ker peit per phoonk maar dein.Elaaj ki mudat 90 din hey eis arsey mein langot bandney ka intizam kiya jaye.

## EISTEISQA

Jalhander-peit mein pani bhar jana.

Dekhney mein ayaa hey ke eis mareez ka elaaj nahi hota albata elopathy mein sooye (sring) ke zareya peit se pani nikalna eik tareeqa elaaj hey lekin kuch arse ke baad peit mein pani bhar jata hey aur nikaal diya jata hey.Yeh koi mustaqil elaaj nahi hey.Eis fakeer ne eisteiska ke kayee mareezoon ka elaaj kiya hey.Allah tallah ke fazal-o-karam se mareez ko poori tarhan aur mustaqil sehat naseeb ho jati hey.

Eik kaghaz per

وَأْتُهُمَا أَكْبَرُ مِنْ نَفْعِهِمَا

Likh ker ba taur faleeta jala ker raat ko sotey waqt ya din mein eik martabah dhooan lein.

Dosra kam yeh karna hey ke mareez zameen per chit leit jaye.Ankhey band kar ley aur dono hath sar pe rakhey.Teen(3) martabah munderja bala arbi ki ibarat parhey aur yeh tasawur karey ke peit ka pani roshni ban ker peiron ke zariyey zameen mein jazb ho raha hey.Yeh elaaj us waqt tak jari rakhna chaheye jab tak marz se kuli taur per nijaat hasil na ho jaye.

## AASAB KI KAMZORY.

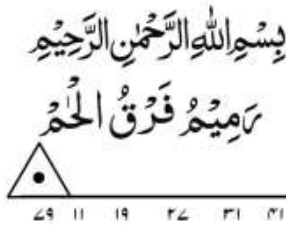
Aasabi kamzori ki wojoohat bohat hain maslan mustaqil ulhajan.Bezari dimaghi kashakash,boht ziyadah dimaghi takkhan, neend ki kami ,nizam hazam ka mustaqil kharab rehna,faza aur maahol ka taghayur ,khoof aur dehshat,roohani iqd qar se inheraaf,qannaat ka na hona,shak,waswasey aur adum tahafuz ka ehsas waghera waghera.

Sab se pehley yeh zaroory hey ke insaan apney ander qannat peida karey aur apney mamalat ko Allah Tallah per chorney ki aadat daaley.Allah Tallah per muamalat chorney se murad yeh nahin ke aadmi hath peir chor ker beth jaye.Sahi tarze fikr yeh hai ke aadmi wazeefa e aaza poora karney ke baad natijah Allah Tallah ke ooper chor de aur bator elaaj sirf eik ghoont pani per eik martaba “AL RAZAAT AMA NOVIL”

الرَّضَاعَتُ عَمَّا نُوِيْلُ

parh kar pani per dam kar ke subah nihaar monh pia jaye.

## AZAA KA MUNJAMID HONA.



Khaney ke zard rang ko pani mein ghol ker roshnayee bana



lein.Eis roshnayee se munderja bala taaweez plate per likh ker subah,teesrey pehar aur raat ko pani se dho ker pee lein.yehi taaweez esi rang se chikney aur motey eik baalisht kaghaz per likh ker mutasera uzov per din mein teen(3) bar ghari ki sooiyoon(needles) ki gardish ke mutabik malein.Giza mein sard aur baadi chizoon aur namak se perhaze zaroory hey.

### **AOULAD KA NAFARMAAN HONA.**

Yeh baat bohat gaur talab hey ke bachey zehni taur per jo kuch kabool kartey hein eis mein adha hissa maa,baap ki tarze fikr aur ghar ke mahol se banta hey, aur adha hissa baher ke maahol se. Agar ghar ka mahol pur sakoon na ho or maa,baap lartey jaghertey rahein tu bachey bhi maa,baap ki aadat ikhtiyaar karlety hein. phir yeh aadat in mein pukhta ho jatee hey.Pehley behn bhai apas mein dasto gerebaan hoty hain aur phir maa,baap se larna shiroo kardety hain.Kyon ke maaa,baap mein zehni hum ahangee nahin hoti eis liye woh bachoon ki aadat per chasham poshi ikhtiyaar kartey hain natijey mein bachey ghustak ho ker nafarman ho jatey hain aisey maa,baap jin mein zehni hum ahangi hoti hey ya apney masail ki talkhi ko aoulad ke samney zahir nahin honey detey in ki aoulad maa,baap ki khidmat guzaar hoti hey.Beja laad pyaar ya baat be baat sakhti bhi bachoon ko baghi bana deti hey.Yeh masala nihayat takleef dey hey Allah Tallah waldein ko eis se mahfooz rakhey.

Tarze amal mein tabdilee ke saath nafarman aoulaad ke liye ager yeh amal karliya jaye to us ki barkat se aoulaad farmabardar ho jati hey.

Raat ke waqt bachaa ya bara jab ghehri neend so jaye,sirhaney kharey ho ker eik mertabah.

بَلْ هُوَ قُرْآنٌ مَّجِيدٌ فِي لَوْحٍ مَّحْفُوظٍ

Maa,baap itni awaaz se parhey ke soney waley ki neend na khrab ho amal ki mudat 11 rooz aur ziyadah se ziyadah 21 roz hey.

### **EHSAAS KAMTARY.**

Ehsas kamtary qoowat e irradi ki kamzory se waqey hota hey.jab yeh samjhah jata hey ke hum kisi shaks ke samney nahin ja saktey,baat nahin kar saktey hum doosrey logon se kamtar hain ya doosrey loog hum se kamtar hain.Tarze fikr saheeh ho ya galat donon ka taluk dimaagh ke in khaliyoon se hey jo zindagi mein kam aney waley jazbaat ko taqhleek kartey hain.aur jazbaat admi key qoowat e iraady ke taabey hotey hain.eis liye jab insaan ke ander jazbaat eis ke iradey ke taabey nahin rehtey to eis ki zindagi mein khala waqey ho jata hey.Eis khala ka dabao hi darasal ehsaas kamtary ki soorat mein zaher hota hey.

Nihayat asaan aur sahel elaaj yeh hey ke admi her waqt ba wozoo rahey.Ba wozoo rehney mein eis baat ki ehtiyat lazim hey ke bolo baraz ya ikhraaj e riyah ke kudrati amal ko roka na jaye kyon ke eis se bhi dimag per zor parta hey.zaroorat parney per dobarah wozoo kar liya jaye.

## UDAASI.

Yeh baat her admi janta hey ke koi shaks na tu hamesha khush rehta hey aur na sadah ranjeeda. Lekin yeh bhi dekhney mein ayaa hey ke musalsal na kamyaaan admi ko tor kar rakh deti hain aur eis per maayoosi musalat ho jati hey. Aisi soorat e hall se dimaagh ko azad karney ke liye munderja naksh zafraan aur ark-e-gulab se likh ker mareez ke galey mein pehna di jaye ya bazoo per bandh diya jaye tu udaasi khatam ho jati hey.



Kaghaz per yeh naksh likhney se pehley 2 dafa aur taaweez likhney ke baad eik martabah "

BEISMILLAH AL WASEO JALA JALALAHO YA  
BADEEUL AJAYEB BILKHEIR YA BADEEO"

بِسْمِ اللّٰهِ الْوٰسِعِ جَلَّ جَلَالُهُ يَا بَدِيعَ الْعَجَائِبِ يَا الْخَيْرِ يَا بَدِيعَ

parh ker dam kiya jaye aur dam kartey waqt yeh tasawur kiya jaye ke taaweez likhney wala aur mareez donon arsh ke nichey kharey hain.

## **BUKHAR.**

Aam Bukhar :-

هُوَ اللَّهُ الْخَالِقُ الْبَارِئُ الْمُصَوِّرُ لَهُ الْأَسْمَاءُ الْحُسْنَىٰ

Kaghaz per likh ker bagheir mom jama ke safeid kaprey ki dhajee mein bandh ker galey mein daal dein. Bukhar uterney per taaweez aur kapra donon jala dein.

## **BAARI KA BUKHKAR:-**

KULNA YA NARO KONI BAR DAWo SALAMAN ALA  
IBRAHIM

قُلْنَا يَا نَارُ كُونِي بَرْدًا وَسَلَامًا عَلَىٰ إِبْرَاهِيمَ

Berry ki lakri ya kisi momi kaghaz per likh ker safeid dhajee mein bandh ker galey mein daal dein. Bari chahey eik din ki ho 2 din ya 3 din ki. Jab eis se nijaat mill jaye galey se nikaal ker jala dein.

## **THYPHOYED, MOTI JAHRAAH ,**

## **MIYADI BUKHAR, KHASRA:-**

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
 يَا حَفِيفُ يَا حَفِيفُ يَا حَفِيفُ  
 يَا شَافِي يَا شَافِي يَا شَافِي  
 مُرِيدُ الصُّبُوحِ قُدُّوسُ

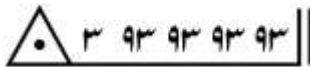
Zardey ke rang ko pani mein ghol kar roshnayee bana lein aur eis naksh ko plate mein daal ker eistimal karein. Yeh pani har chaar ghantey ke baad baron ko eik table spoon aur bachoon ko eik tea spoon pilain. Agley rooz phir nai plate likh ker eis tarhan amal karein. teesrey din bhi yeh hi amal dohraayen. Dawa aur ghiza mamnoo hey.

### BACHOON KE AMRAAZ AUR UN KA ELAAJ.

#### UM AL SUBIYAAN (SOOKHA)

Bachoon ka khouaab mein darna, ziyadah rona, cheekh cheekh ker rona. larazna, khood ko ya dosroon ko nochna, bagheir kisi waja ke baar baar bukhaar hona, kisi kism ki peidaeishi bemaari ya kamzori saheeh nash o numa na hona ya jism per se goosht khatam ho jana. Sookh ker kantey ki tarhan ho jana. Pani ki tarhan dast ana. Aur ankhon mein halkey ban jana. Yeh sab um al subiyaan ke marz ki alaamtein hain.

Eis se bachoon ko mehfooz rakhney ke liye momi kaghaz per



Likh ker mom jama ker ke asmani kaprey mein see ker galey mein daal dein.Haftey mein eik baar kaprey ke khol se nikaley bagheir taaweez ko lobaan ki dhooni zaroor dein.

### PASLY CHALNA AUR NAMONIYA

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ  
 یَاحْفِیْظُ یَاحْفِیْظُ یَاحْفِیْظُ  
 یَافْتٰحُ الْمُهِیْمِیْنَ الْعَزِیْزُ  
 یَاشَافِیْ یَاشَافِیْ یَاشَافِیْ  
 اَلْحٰی الْقَیُّوْمُ

Cheeni ki tashtari(tray) per zafran aur pani se likh ker eik 2 ghanthey doodh(milk) se dho ker teen(3) dafa pilayein.Ehtiyatan 2,3 rooz tak pilatey rehna chahiye takey namooniya ka asar poori tarhan zaayl ho jaye.

### KAAN KA DARD

KOL AAOZO BI RABIL FALAK.

قُلْ اَعُوْذُ بِرَبِّ الْفَلَقِ

Teen martabah parh ker eik chamcha pani ya doodh per dam ker ke pilayein.

### KAALI KHANSI.

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ  
 یَاحْفِیْظُ یَاحْفِیْظُ یَاحْفِیْظُ  
 قَصُّ قَصُّ قَصُّ  
 مَا نِعَاتُ الْمَآءِ

Cheeni ki tashtaree per zardey ke rang se likh ker subah,sham 11 rooz pani se dho ker pilayein.

## BEISTER MEIN PEISHAAB KARNA.

Baaz halat mein bachey kafi umer tak beister mein peishaab kartey rehtey hain. Eis ka elaaaj yeh hey ke jab bacha raat mein gheri neend mein so jaye to eis ke kareeb sirhaney ki taraf beth ker itni awaaz se ke bachey ki neend kharab na ho, eik baar surat-ul-baara ki pehli ayat {aleef laaam meeeem} الم se {yomenona bil gaeb} بِالْعَيْبِ tak 21 roz parhein.

## MITI KHANA

Bohat see aurton ko miti khaney ki aadat per jati hey. Bachey bhi miti khatay hain. Eis se tarhan tarhan ki bimaariyaan peida ho jati hain. Teen(3) martabah

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ  
فَرَدِمُ مَرْوَجُ

Parh ker doodh per dam ker ke bachon ko pilayein. Jab bhi dodh pilayein yeh amal karein. 11 roz ke ander ander miti khaney ki aadat choot jaye gi. Ager maa ko bhi miti khaney ki

adat ho to who pani per dam ker ke piyein.

### Zid karna

Bachoon ki zid khatam karney ke liye umu subiyaan wala taaweez kaghaz per likh ker bachey ke galey mein daal dein.

### PEIT MEIN KEERA

Chahey who kadoo daney hon ya chotey chotey keerey (chooney) in sab se nijaat hasil karney ke liye “INA AATAINAKAL KOWTHER” {poori sorat} **إِنَّا أَعْطَيْنَاكَ الْكُوثَرَ** teen baar parh ker pani per dam karein aur nihar moonh pilayein. Mareez yeh amal khod bhi kar sakta hey. Sath sath din mein keisi waqt, waqfey waqfey se teen martabah eik eik dafa yehi surat parh ker peite per phoonk marein. 11 rooz ke eis amal se peite mein kisi qism ke keerey hoon khatam ho jatey hain.

### DAANT NIKALNA

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
الرَّتْلِكَ آيَاتِ الْكِتَابِ الْمُبِينِ

Eik kaghaz per likh ker taaweez bana ker galey mein daal dein. Insha Allah bachoon ko jo takleef dant nikalney ke doraan hoti hey on se bacha mehfooz rahey ga.



## NAZAR LAGNA

Jo bachey MASHA ALLAH tandrust,hans mukh ya zaheen hotey hain in ko akser baron ki nazer lag jati hey..Jo yeh baat taajub khez hey lekin mushahida mein ayee hey ke maa baap aur behan bhai ki bhi nazer lag jati hey.

Nazer lagney se bachey bechain ho jatey hey.Doodh peena chor deta hey.Rota hey.Bukhar bhi ho jatea hey.Roz ba roz chir chira aur kamzoor hota chala jata hey.

Nazer otaarney ke liye beismillah shareef ke baad ‘INA ATAINAKAL KOWTHER’ {PROYEE SURAT} **إِنَّا أَعْطَيْنَاكَ** **الَّذِي خَلَقَ نَسْوَى** **وَالَّذِي قَدَّرَ فَهَدَى** **الَّذِي قَدَّرَ فَهَدَى** parh ker bachey ke moonh per phoonk marein.Nazer ka aser zaayl ho jaye ga.

## KAAN SE PEEP ANA.

Raat ko sotey waqt nai aur saaf royee(cotton) ke phoey per

AL LAZI KHALAK FASAOO”  
“O AL LAZI KADARA  
FAHADA

الَّذِي خَلَقَ نَسْوَى  
وَالَّذِي قَدَّرَ فَهَدَى

Eik baar parh ker phoya dam karein aur mutasirah raat ko soney se pehley rakh dein.Subah nai royee ke phoaye per dam kar ke kaan mein rakh dein 24 ghantey mein 2 martabah yeh amal karein.Jab kaan se peep ana bandh ho jaye to yeh amal tark kar dein.

## BEHRA YA GOONGA HONA.

Bacha ager peidaeishi gonga ya behra ho ya keisi bemmari ki

waja se yeh marz la haq ho gaya ho tu eis ka elaaj eis tarhan karein. Jab bacha ya bara raat ko ghehri neend mein so jaye to eis ke kareeb sirhaney ke rukh seedhee janeb kharey ho kar eik martabah sura maryam ki pehli ayat (kaaf haa yaa ainn suaad) **كَيْبَعِص**. Parney mein her hurf alag alag parha jaye.

Elaaj mein jaldi ya gabrahut se kaam na lein. Musalsal 6 maah tak yeh amal jari rakhein. Ba amr majboori ager beech mein nagha ho jaye to eis ka koi harj nahi hey lekin koshish yeh honi chahiye ke nagha na ho. Khawateen ager yeh amal karein to nagha ke dinon mein bhi kar sakti hey.

**KHOOAB(Dream) MEIN DARNA.**

Her waqt kuch na kuch sochthey rehney se, woh roshniyaan jo asaabi nizaam banti hain, muntashir ho ker zayaa ho jati hain. Nateejey mein dimaagh ka woh heisa jis per shaoori tahriqaat ka dar o madaar hey kamzoor par jata hey aur jab yeh soorat waqey ho jati hey darawoney khowaab ziyadah nazer aatey hain. Ager dimaagh ko kisi eik nuktey per markooz kar diya jaye to darawoney khowaab anaa bandh ho jatey hain. Eis ke liye chalthey phirthey oththey bethtey , wazoo aur bagheir wazoo

"Asha nazeefatoon " **الشَّاءُ نَظِيفَةٌ** wird kartey hain.

**BACHOON KA GHUM HO JANA**

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

يَا إِسْرَافِيلَ

|    |    |    |
|----|----|----|
| ۵  | ۴  | ۲  |
| ۱۴ | ۷  | ۱۰ |
| ۶۰ | ۳۶ | ۹  |

Abrak ya motey kaghaz per likh ker pather ya sil ke nichey aisi jaga daba dein jahan koi ulat pulat na karey. Ziyadah se ziyada teen din tak intizar karein. Bachey wapis ghar aa janey per taaweez ko behtey pani mein daal dein aur sawa paanch rupey khairaat kar dein.

### **BHOOK NA LAGNA.**

Teen roz tak BEISM-ALLAH بِسْمِ اللّٰهِ shareef ke sath 12 martabah YA RAHEEM يَا رَحِيمٌ parh ker jo cheez bhi khaney ko dein eis per dam kar dein.

### **HAFIZAA KAMZOOR HONA**

Fajr ki namaz ke baad teen martabah

RABI YESSIR WALA TOASSIR رَبِّ يَسِّرْ وَلَا تُعَسِّرْ parh ker pani per dam karein aur dam kiya hoa pani nihaar moonh 21 rooz tak piyein ya pilayein.

### **PARHNEY MEIN DILNA LAGNA**

Jab bacha raat ko ghehri neend mein so jaye to eis ke sirhaney beth ker

Beismillah-rehman-raheem

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

WA LA KAD YASAR NA  
ALQURAN LIZIKRA  
FAHAL MIN MADA KIR

وَلَقَدْ يَسَّرْنَا الْقُرْآنَ لِلذِّكْرِ فَهَلْ مِنْ مُدَّكِرٍ

Itni awaaz se parhein ke bachey ki neend kharab na hoye. Yeh elaaaj ki mudat eik mah hey.

### **BADAN PER KALEY DAG**

Raat ko jab mareez so jaye aur eis ke jaagney ka andesha na rahey to ghar ka koi fard mareez ke kareeb bhate ker eik baalisht ke fasley se

ALIF LAAM MEEM ZALIK  
AL KITABO LA RAEBA FI  
HODA LIL MUTAKIN.AL  
LAZINA YOMINOONA BIL  
GAIB.

الْمِ ذٰلِكَ الْكِتٰبُ لَا رَيْبَ فِیْهِ هُدًى

الذِّیْنَ یُؤْمِنُوْنَ بِالْغَیْبِ لِلْمُتَّقِیْنَ

Parh ker sunayen. Eis elaaaj ko kayee haftey tak jari rakhna chahiyeh.

### **BURI AADAT SE NIJAT.**

Bori adatein (maslan chori karna, jua khelna nasha karna, logon ko khoa ma khoa parishan karna, bori sohbat mein bheithn waghgera, waghgera) choraney ke liye jab mareez so jaye to koi sahab 3 foot ke fasley se zara oonchi awaaz mein eik martabah "kool ho wo-Allah ho" قُلْ هُوَ اللّٰهُ shareef 21 roz tak parhey. (kol

howo-Allah se murad hey surat ikhlas hey).

**BLOOD PRESSURE-NARVOUS BREAK DOWN-DIMAGHI AMRAAZ.**

Munderja zail naksh kaghaz likh ker faleeta (bati) bana lein aur eis ko royee mein lapete ker mareez ki chaarpai ke kareeb jalein. Jab tak mareez se nijaat na miljaye yeh elaaaj jari

rakhein.

|   |   |   |   |
|---|---|---|---|
| ۹ | ۹ | ۹ | ۹ |
| ۹ | ۹ | ۹ | ۹ |
| ۹ | ۹ | ۹ | ۹ |

high blood pressure ke liye yeh taaweez green colour se likhein.

blood pressure ke liye yeh taaweez red colour se likhey.

narvous breack down ke liye yeh taaweez zard rang se likh ker. dosrey dimaghi amraz mein yeh taaweez blue colour se likhein.

NOTE:-Ager sabz ya neela rang deistiyaab na ho to zard rang se likhna kafi hey.Sirf shart yeh hey ke rang khanoon(food colour) mein eistemall honey waley hoon.

Elaaj ki muddat ziyadah se ziyadah chaalees roz hey.Faleeta chahey roz eik bana lein ya eik se ziyadah bana ker rakhlein.Faleeta jalaney ke liye miti ke diyey mein ghee eistemal karein.

### BADKHOBI SE (KAPREY NA PAK HONA) NIJAT PAANEY KE LIYE.

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ  
يَا حَفِیْظُ يَا حَفِیْظُ يَا حَفِیْظُ  
يَا دُوْدُ يَا دُوْدُ يَا دُوْدُ  
يَا بَدِیْعُ يَا بَدِیْعُ يَا بَدِیْعُ  
اَلْعَجَائِبِ بِاَلْحَقِیْرِ يَا بَدِیْعُ  
ص ص ص ص ص  
ق ق ق ق ق  
يَا رَحِیْمُ يَا رَحِیْمُ يَا رَحِیْمُ

Soney se pehley beister mein chit late ker 11 martabah parhein aur seeney per phoonk maarein yeh amal 21 roz tak jari

rakhein garam aur khati cheezon se parhaize karein.

### **BADAN MEIN DARD.**

Badn mein dard se murad jism ka tootna,kaahili,susti aur joroon mein dard hey.

يَا حَفِظُ يَا حَفِظُ يَا حَفِظُ  
يَا شَاقِي يَا شَاقِي يَا شَاقِي  
يَا كَافِي يَا كَافِي يَا كَافِي  
يَا بَدْرِيْعُ الْعَجَائِبِ يَا الْخَيْرِ يَا بَدْرِيْعُ  
يَا بَدْرِيْعُ الْعَجَائِبِ يَا الْخَيْرِ يَا بَدْرِيْعُ  
يَا بَدْرِيْعُ الْعَجَائِبِ يَا الْخَيْرِ يَا بَدْرِيْعُ  
يَا حَفِظُ يَا حَفِظُ يَا حَفِظُ

Raat ko soney se pehley 41 martabah parh ker aadhi piyali neem garam pani per dam kar ke pee lein aur baat kiyey bagheir so jaein.Aam halaat mein yeh amal 3 din karlena kafi hey lekin अगर अगर marz porana ho to dinoon ki tadaad barha ker 11 roz kar lein.

### **BEEMARI KE BAAD KAMZORI.**

Teen platoon per zaafon aur ark-e-gulab se

رَدَدَةَ نَا هُوَ اَسْفَلًا "SOMA RADAD NA HO ASFALA SAFEELEIN.

السَّالِئِينَ

Likh ker eik plate subha,eik teesrey peher aur eik raat ko sotey waqt pani se dho ker chand roz pilain.Insha Allah kamzori rafa ho jaye gi.

### **BICHOO YA SAANP KE KATEY KA ELAAJ.**

Eis mein bichoo,sanp ya kisi zehreeley keerey ka katna shamil hey.Kisi zehreeley dawa ka reaction ho gaya to bhi yehi taaweez eistemal kiya jaye ga.

|   |             |             |
|---|-------------|-------------|
| يَا مُرِيدُ                                     | يَا اللَّهُ | يَا رَحِيمُ |
| يَا مُرِيدُ                                     | يَا اللَّهُ | يَا رَحِيمُ |
| يَا مُرِيدُ                                     | يَا اللَّهُ | يَا رَحِيمُ |
| يَا بَدِيعُ الْعَجَائِبِ يَا خَيْرُ يَا بَدِيعُ |             |             |

Cheeni ki plate per likh ker zard rang se likh ker bar bar

pilayein.Yahan tak ke zehr ka aser khatam ho jaye.

### **SIR KE BAAL LAMBHEY KARNEY KE LIYE.**

JaOni ki umer mein baal motey hotey hain jo baad mein nisbatan patley ho jatey hain.Baal eik had tak barhney ke baad rukh jatey hain aur kuch arsey ke baad gir jatey hain.Baal ki umer kamo beish chaar saal hoti hey.Kangi kartey waqt ager chand baal gir gai to yeh koi tashweesh nahi hey.Lekin ager kangee kartey waqt barey baloon ke sath chotey baal bhi nikal ayein to eis ka koi na koi subab zaror mojud hey jeis ko bimaari ka naam diya ja sakta hey.

Baloon ki girney mein amooman pehli alamat khushki hoti hey.Yeh khushki milavaty ghizaoun ke eistemaal,taze khushboo dar khalis teile(pureoil) sir dhoney mein sabon ka eistemal,Khaney mein namkeen aur bohat ziyadah chat pati chizon ke eistemal ki waja se hoti hey.In cheezoon se perhaze karna zaroori hey.

"AL KAREEM UL AAS oL MAFANAT UL FAAM"

الْكَرِيمُ الْعَاصُ وَالْمَفَانَاتُ الْفَامُ

100 martabah parh ker itney pani per dam karein jeis se achi tarhan sir shol jaye haftey mein teen bar eis tarhan dam kiye hooye pani se sir dhowein eis amal ki muddat eik mah hey.



## **BURHAPEY MEIN KAM SUNAI DENA.**

Eisha ki namaz ke baad 41 baar

"FASAWA HONA SABA SAMAWATI WAL ARD E  
SOMA ASTAWA AL ARSH"

فَسَوْهُنَّ سَبْعَ سَمَوَاتٍ وَالْأَرْضِ ثُمَّ اسْتَوَى الْعَرْشِ

Parh ker hathon per dam ker key teen martabah hath chehrey per pheir lein.41 roz poorey karna zarooray hain.

## **BEHRAPAN DOR KARNEY KE LIYE.**

Kan ke ander hadi ke ooper baal hotey hey.Ager nazla kaan ki taraf mustaklan rajoo rahey ya keisi doosri bemaari ki waja se yeh baal motey ho jayen to awaaz ki lehrey in baalon ko itna naheun hila pati jitna samaat ke liye zarooray hey.Nateeje mein admi kam sonney lagta hey.Bohat kam sunta hey ya bilkol behra ho jata hey.Eis ke liye

RAAS O S SAMA AL MARAM" \_\_\_\_\_رَأْسِ السَّمْعِ الْمَرَأَةِ

Raat ko soney se pehley aur din mein zawal ke foran baad seedhey hath ki choti ungli per dam ker ke kaan mein ghumayein yehi alfaaz kaghaz per likh ker taaweez ki shakel mein aurtein(women) galey mein pehney aur mard bazoo mein bandhein.

## **BAGAL MEIN GILLTIYAAN.**

Beismillah-rehman-raheem



alif laam raa Tilka ayaat ul kitaab  
elmubeen ar  
raheem ar raheem ar raheem

الر ت ل ك آ ي ا ت ال ك ت ا ب الم ي ب ن  
ع ف ه ط @ ل خ و • 2 ح د ر ز س ش  
ع ف ه ط @ ل خ و • 2 ح د ر ز س ش  
ع ف ه ط @ ل خ و • 2 ح د ر ز س ش

Subah suraj nikalney se pehley aur sham ko guroob e aftaab ke baad 100 martaba parh ker paani per dam karein aur pee lein. Jab tak marz poori tarhan khatam na hoo jaye yeh amal jaari rakhein aur surkh mirch (red chili) qatayee (absolutely) eistemaal na karein.

### **BEHOSHI SE HOSH MEIN LANEY KE LIYE.**

Eik pyali per eik martabah

“LA TA KHOZHO SUNNATUN WALA NOMON

لَا تَأْخُذْهُ سِنَّةٌ وَلَا نَوْمٌ

parh ker pani per dam karein aur yeh pani mareez ke halak mein dal dein aur eisi pani ka cheenta eis ke moonh per maar dein.

### **BEHN BHAIYOON KA JAGHARNA.**

Jab aisi soorat waqey ho jaye ke barey bhai behn choton se shafqat se peish na ayein aur chotey baron ki nafarmani karein to

“INAHUM YAKEEDONA KEEDAN.WA KEEDO  
KEEDAN”

إِنَّهُمْ يَكِيدُونَ كَيْدًا وَأَكْتَبُوا كَيْدًا

100 martabah parh ker tikyoon per chalees (40) rooz tak dam kiya jaye lekin yeh Ehtiyat lazmi hey eik ka takyaa (pillow) dosra eistemaal na karey.

## BARKAT KE LIYE.

Ghar ya karobaar mein khair e barkat na honey se tarhan tarhan ki perishaniyaan paish aati hain aur ghar mein aaye din larayee jhagrey hotay rehtay hain. Maa baap lartay jhagartay hain to aulad ke ooper bohat bora aser parta hey. Aulad ki tarbiyat saheeh nahi hoti to maa baap ka adab o ehteram in ke dil se uth jata hey. Aur woh maa baap se larney lagti hey.

Ghaar mein khair e barkat ke liye allah talah ka yeh farmaan yad rakhna bohat zaroori hey ke allah talah fazool kharch karney walon ko na pasand karta hey.

Karobaar mein barkat ke liye yeh asool hamesha peish nazer rehna chahiye ke khosh khalki aur munasib munafa leney se karobaar mein taraki hoti hey.

In asool per kar band honey ke bawajood ager barkat na ho to eis ka roohani elaaq yeh hey.

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ  
ب س م ا ل ا ه  
ا ل و ا س ع ج  
ل ج ل ا ل ا ه  
۹۹۹ ۹۹۹ ۹۹۹

munder ja bala naksh safaid chamakdar ya keisi momy kaghaz per likh ker chokat(door step) ya diwaar mein choti killon(small nails) se gaar dein.Taaweez gaarney se pehley hasb eistatat bachon ko mithayee takseem kar dein.

### **BAZAKHTI KI WAJA SE PAREESHANI.**

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
يَا وَدُودُ يَا وَدُودُ يَا وَدُودُ  
اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ ۝  
لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ ۝  
قُلْ هُوَ اللَّهُ أَحَدٌ ۝  
يُحِبُّونَهُمْ كَحُبِّ اللَّهِ وَالَّذِينَ آمَنُوا أَشَدُّ حُبًّا لِلَّهِ ۝

Eisha ke baad eik soo eik 101 martabah parh ker hathoon per dam karein aur hath teen baar chehrey per phaire lein.

Yeh amal 21roz, 40roz, ya 90din tak jari rakhey.Jaisey haalat hoon eis ke mutabik amal karein.

### **BAVASEER.**

Bavaseer do tarhan ki hoti hey.Eik khooni aur doosri baadi.Yeh marz ziyadah bhete rehney, dayeemi(constant) kabz,bohat ziyadah masala dar ghizayein khaney ya sharaab

peeney aur doosri nasha aur cheezon ke eistamal se ho jata hey.

### **BADI BAVASEER KE LIYE.**

Badi bavaseer mein rafa hajat ke baad tehaarat eis tarhan ki jaye ke baein hath ki bari unglee bavaseer ke mukam se rager khati rahey aur tehraat karte waqt zuban se "FAELON FAELON FAEL فَعْلُنْ فَعْلُنْ فَعْلُنْ" parhtey rahey.

### **KHOONI BAWOSEER KE LIYE.**

"MANIYOON KAMEERA مَانِيٌّ قَمِيرًا" tehaarat karte waqt eisi tarhan parhein jis tarhan badi bavaseer mein "FAELON FAELON FAEL فَعْلُنْ فَعْلُنْ فَعْلُنْ" parhney ko bataya gaya hey.

Baaz auqaat bavaseer ki takleef itni shadeed hoti hey ke mareez be chain ho jata hey aur mehsoos karta hey ke jise bavaseer ki jaga sooiyan chub rahi hein. Allah talah apney hizf o amaan mein rakhey. Takleef ki waja se mareez ko na uthtey chain milta hey na betthey aur haaye haaye karta hooa tehalta rehta hey. Eis ka fori elaaj yeh hey. Mareez

"HO WA ALLAHO LA ILAHA ILA HO" هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ

parh ker unguisht e shahdat per dam karey aur yeh unglee pani mein dal dey. Insha ALLAH foran rafa ho jaye gi.

### **BARZ (SAFED DAAG).**

"KOL HO WA MOOYEEN YA MAAROOF UL MAN NAN WAL HALEEM"

قُلْ هُوَ الْمَعِينُ يَا مَعْرُوفُ الْمَنَّانُ وَالْحَلِيمُ

Eik arsey tak plateton per likh ker pani se dho ker teen waqt piyein eis marz mein machlee,anda aur dahi se perhaze zaroory hey.

### **BEMAARI JO SAMAJH MEY NA AYE.**

Kaghaz per.



likh ker galey mein dal dein.Ager beemari duarey ki shakal mein ho to eik taaweez dho ker pilayein\_

## PITEY KE AMRAAAZ.

Pitey mein pathary ho ya zeher peida ho gaya ho tu eis ke liye eik martabah

"ALLAH HO LA ILAHA ILA HO WAL HIYOL KAYOOM.

"اللّٰهُ لَا إِلٰهَ إِلَّا هُوَ الْحَيُّ الْقَيُّوْمُ"

subah,shaam aur raat pani per dam ker ke pilayein.Chalees roz yeh amal jari rakhey.

## PAYCHEISH

Paycheis saadha ho ya khooni donon soortaun mein eis ki waja aantun mein kharish hoti hey.Eis mareez mein zameen ke ander peida honey wali tarkariyaan,tazey masaley,ziyadah namak mirch aur ghosht ki boti nihayat muzzer hey.Poraani paycheish ka daimy(constant) marz arsey tak musalsal elaaj karney se khatam ho jata hey.

Waqt be waqt kuch na kuch khaney ki aadat intehai nuksaan deh sabit hoti hey.Ghiza mein sago dana,mong ki daal,khichri jeis mein daal do haisey aur chawal eik heisa ho eistemal karna chahiye.Bakri ke ghosht ke shorbey mein jeis mein namak mirch baraye naam ho roti ko acchi tarhan bhigoh ker khayein.

Beismillah-rehman-raheem



"INA ALLAHA KANA BIKOLEY  
SHAIYEN ALEEMA"

إِنَّ اللَّهَ كَانَ بِكُلِّ شَيْءٍ عَلِيمًا

Suraj nikalney se pehley subha nihaar moonh eik piyali pani per dam ker ke eik maah tak piyein. Dam kiya hooa pani peeney ke baad aadhey ghanthey tak koi cheez khana peena manah hey.

### PASLIYOON MEIN DARD

Pasli, seena, kamar ya sir mein kitna hi shadeed dard ho koi doosra shaks ba wazoo ho ker dard ki jaga 7 martabah ungsht e shahadat se "YA ALLAH" يَا اللَّهُ likh dey aur eis amal ko din mein 7 martabah dohrayein.

### PAIRYA

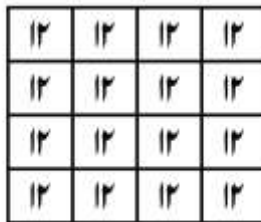
Yeh baat zehn nasheen rehna chahiye ke danton ke amraaz ka taaluk baraah e rast maidey se hota hey. Maidey ka nizaam ager saheeh rahey aur danton ki safai ka poora ehtimam kiya gaya jaye to danton ke amraaz nahi hotey.

Pairiya mein masoorhon ke ander ratoobat jama ho ker sar jati hey aur phir yeh ratoobat peep miley khoon ke sath khaarij hoti rehti hey. Bohat na muraad marz hey mushkil se peecha chorta hey. Meidey ki durastigi aur danton ki safayee ke intizam ke sath sath subha suraj nikalney se pehley eik arsey tak palak ke patey per "ILA AJALIN MUSAMA" إِلَىٰ أَجَلٍ مُّسَمًّى eik martabah dam ker ke palak ko khoob chabaya



jaye.Chabatey waqt eis baat ka khayal rakhey ke luaab halak ke ander na jaye.Palak ke patey ko achi tarhan chaba kar thook dein.eis amal ko din mein teen martabah dohrayein aur her martabah yake baad degerey eik eik pata ley ker teen patey chabayein.Eis amal ke adhey ghantey baad tak na koi cheeze khayein na piyein.

### **PATE KA DARD AUR MOTA PA KAM KARNEY KE LIYE.**



Yeh naksh eik barey kaghaz per likh ker raat ko soney se pehley aur subha othney ke baad pate per dairoon mein mala jaye.Her roz pate ko keisi dori ya feetey se napa jaye.Pehley hi roz pate ghatna shiroo ho jaye ga.Jab pate apni asli halat pe aa jaye to yeh amal tark kardein.Eis doraaan ager yeh kaghaz phat jaye to eis ko jaladein aur naye kaghaz per yeh naksh dobarah likh lein.

### **PINDLIYOON YA TANGOON KE PATHOON KA BEKAAR HONA.**

Kaley tiloon ka adha seir teil(oil) apney samney

nikalvayein.Eis per

“KOLO SHAYON YA RJIOO ILA ASLIYA”

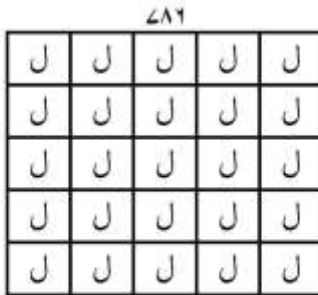
كُلُّ شَيْءٍ يَرْجِعُ إِلَىٰ أَصْلِيهِ

giyarah hazar baar parh ker dam karein.Tarkeeb yeh hey ke teil(oil) keisi bottle mein quark laga ker mehfooz karlein.Rozana eik nashist mein jitni baar parh sakhein (kam az kam eik hazar baar parhna zaroori hey) parh ker quark khol ker bottle mein phoonk marein aur bottle per quark laga dein eis tarhan giyarah hazar ki taadad poori ker lein.Eistemaal ka tareeqa yeh hey:-rozana teen maashey teil(oil) roti per chipper ker khayein aur teen teen maashey rozana halkey hath donon ghutnon aur pendiliyoon per malish karein.

### **PITI OCHHALNA.**

Pani mein khoyey ka perda ya cheeni ghol ker 11martabah “KOON FAYAKON” كُونُ فَيَاكُونُ pard ker dam karein aur mareez ko din mein teen baar pilayein.Waqti taur per eik dafa yeh amal ker lena kafi hey.Ager marz mein shidat ho to 11giyarah roz ya ziyadah se ziyadah 21ekeys roz tak jari rakhey.

### **PHUNSI, PHORA, KHAREISH, CHEEP.**



Cheeni ki plate per munderja bala naksh khaney ke zard rang se likh ker pani se dho ker piyein aur 786 ke bagheir bari plate per likh ker pani se dho ker eik balti pani mein daal dein aur eis pani se ghusel karein.

Cheehp ke liye muddat elaaj 4chaar mah hey.Mamooli phonsiyoon ke liye 11giyarah roz, phoron se nijaat paney ke liye 1eik mah aur khoon ki safai ke liye 1eik plate rozana 40chalees roz tak dho ker piyein.

**PEISHAAB KE AMRAAZ AUR IN KA ELAAJ.**

**PEISHAAB MEIN KHOON.**

Peishab mein khoon aaney ya jalan ki wojoohat bohat hey masalan gurdon ya masana mein patheri ki waja se shikayat la haq ho sakti hey.Bohat ziyadah garam cheezein ya laal mirch khaney se bhi akser peishaab mein jalan ho jati hey.Peishaab ke amraaz mein nuksaan deh gizaoun aur cheezon se perhaze ke sath sath eik martabah

Beismillah-rehman-raheem

HOWA ALLAHOL  
KHALIKOL BARIOL  
MOSAWIRO LAHOL  
ASMAUL HUSNA



هو الله الخالق البارئ المصور له الاسماء الحسنى

Parh ker pani per dam ker ke din raat mein 8aath martabah pilayein.

**PEISHAAB ROKH ROKH KER ANA.**

Subah suraj nikalney se kabl aur sham suraj guroob honey ke

foran baad 11giyarah martabah:-

Beismillah-rehman-raheem

AL MALEK UL QUDOOS AR  
RAHMAN ER RAHEEM



Parh ker pate per phoonk marein..Jab tak marz se poori tarhan nijaat hasil ho yeh elaj jari rakhey.

**PEISHAAB BAAR BAAR ANA.**

Raat ke waqt Khalwat mein bhaith ker so(100) martabah

يَا إِيْلَ يَا إِيْلِيَا يَا إِلَهَ

Parhey aur pate per phoonk maar dein.Teen mah tak yeh amal barkaraar rakhein.

**PEISHAAB MEIN SHAKR ANA,SOTHEY MEIN PEISHAAB KARNA AUR**

**MASANAY KI KAMZORI:-**

|   |   |   |   |
|---|---|---|---|
| ع | ص | م | ح |
| ء | ا | ر | ق |
| ا | ك | ل | ت |
| ل | ت | ا | ي |

Munderja bala naksh khaney ke zard rang se keisi momy kaghaz per likh ker galey mein dal dein aur platon per likh ker subha,dopehar sham eik eik plate pani se dho ker piyein ya koi doosrey sahib likh ker pilayein.

SOZAK,ATSHAK.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
يَا حَفِيظُ يَا حَفِيظُ يَا حَفِيظُ  
يَا دَاوُدُ يَا دَاوُدُ يَا دَاوُدُ  
يَا بَدِيعُ يَا بَدِيعُ يَا بَدِيعُ  
يَا بَدِيعُ الْعَجَائِبِ يَا خَيْرَ يَا بَدِيعُ

Jab bhi pani piyein yeh amal parh ker pani per dam ker lein.

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## TABADLEY KI MANSOOKHI KE LIYE.

Mulazmat ke silsiley mein keisi jaga se doosri jaga ya eik sheher se doosrey shehr mein tabaadla ho gaya ho aur eis ko rukwana maqsood ho to eis ke liye eisha ki namaz ke bad 19 roz tak 19 martabah

“TABAD YADA ABI LAHABIYOON WATAB



(poori surat) parh ker dua karein.

## TABAADLEY KE LIYE.

Ager eik shaher se dosrey sheher ya eik soobey se dosrey soobey mein tabaadla karna maqsood ho to Eisha ke baad 41 martabah ayat al kursi **عظیم آیت الكرسي** tak parh ker 40 roz dua karein. Keisi majboori se naga ho jaye to din shumaar ker ke baad mein poorey ker liye jaein.

## TASKHEER

Dushman ke shar se mehfooz rehney, hakim ko apney uper meherbaan karney aur logoon mein ba izzat aur surkh rooh honey ke liye, shohar ki narazghi aur gusa khatam karney ke

liye ya bad mizaj biwi ko ram karney ke liye woozo ker ke raat ko soney sey pehley 100 martabah.

### BEISMILLAH IL WASEY O JALA JALALAHO

★ اَلْوَابِغِ جَلِّ جَلَالُهُ ✍️ ۴۳۱۰۰۰۰۰

Parh ker maqsood aleyh ka tasawer ker ke phoonk mar dein aur dua ker ke so jayein.Amal ki muddat 40 roz aur ziyadah se ziyadah 90 din hey.Khawateen naghey ke din shumaraker ke baad mein poorey ker lein.

Ager keisi zalim ya sakht geer hakim key dil mein narmi aur muhabbat peida karna ho to (kaaa haaa yaaa aeinnnn saaa كَهَيْعِص) es tarhan parhein ke KAAF ك parh ker sedhey hath ki choti ungli band karlein HAA ه parh ker baraber wali ungli band karlein.YAA ي parh ker bari Ungli band karlein.AIN ع parh ker ungisht shahadat band kerlein aur SUAAD ص parh ker anghoota unqusht shahadat akhri teesrey poorey per rakh ker muthi band kerlein aur jab hakim ke samney paishi ho hath khol dein.Yeh zaroori nahi hey ke hath hakim ke samney khola jaye.

### TASHKHEES E AMRAAZ.

Fajr ki azaan ke foran baad.

BEISM ALLAHREHMAN  
RAHEEM

IFTAH IFTAH  
IFTAH

★ ✍️ ۴۳۱۰۰۰۰۰۰  
۴ II ⌚ ◆ ♣️ ◻️ ▪️ ② ۳۴۵۶۷  
۴ ۳ ⑩ ۱۱ ① ② ۳ ۴  
اِفْتَحْ اِفْتَحْ اِفْتَحْ

So martabah parh ker aankhey band karlein aur eis mareez ka tasawur karein jeis ke barey mein maloomat hasil karni hey mareez ki kaifiyat zehn per munkashif ho jaye gi.Ager mareez

khud maloom karna chahey ke marz kya hey to yeh amal ker ke apne dil ke ander dekhey.Zehn mein marz ki noyeeyat aa jaye gi.

Keisi mareez ka elaaj maloom karna ho to yehi amal raat ko soney se paishter shumal ki taraf monh ker ke parhey.Keisi se guftugoo na karein aur so jayen jab tak halaat ka inkeshaf na ho yeh amal rozana kartey rahein.Khuaab mein ya keisi bhi tareekey se inkeshaf ho jaye ga

### TILLI KA ELLAJ

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ  
يَا حَىُّ قَبْلَ كُلِّ شَيْءٍ يَا حَىُّ بَعْدَ كُلِّ شَيْءٍ  
يَا حَىُّ قَبْلَ كُلِّ شَيْءٍ يَا حَىُّ بَعْدَ كُلِّ شَيْءٍ  
يَا حَىُّ قَبْلَ كُلِّ شَيْءٍ يَا حَىُّ بَعْدَ كُلِّ شَيْءٍ

Kaghaz per FAHIN QATARIN AL QALAM فَهِنْ قَطَّارٍ likh ker mareez ke galey mein dal dein ya tili ki jaga pate per bandh dein aur zara si rakh kalma ki ungli per laga kar eik martabah “YA WODOOD DO”parhein unglii per phoonk marein aur tili ke upper ungli se eik yar zarb (X) ka nishaan bana dein.

### TASHNUJ AUR BADAN MEIN JHATKEY LAGNA.

Badan mein jhatkey lagna ya keisi uzov ka aker jana.Eis ki



waja khoon ka dabao ho ya khoon ki kami donon halaton mein zarda ke rang se platon per likhein eik subah aur eik sham pani se dho ker 11giyarah din tak pilayein.

### TONSILS AUR KANTH MALA.

Rakh ka phool (dhekthey koiley jab bhujtey hain to in per rakh jamna shiroo ho jati hey.Eis rakh ka kuch hisa safaid hota hey.Yehi rakh ka phool hey) unguisht shahadat ke pehley porooey per lagayein,eik martabah “YA WODOODO” Parh ker eis ke ooper dam karein aur ungli se mutasirah jaga per cross (X) banaein.Ager marz phelaa hooa ho to esee tarhan nai raakh(ashe) le ker dobarah(2<sup>nd</sup> time) aur seyh barah(3<sup>rd</sup> time) karein.

### T.B (tapey dick)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
الرَّتِلْكَ آيَاتُ الْكِتَابِ الْمُبِينِ  
الرَّرْحِيمُ الرَّحِيمُ الرَّحِيمُ

Teen platon per likh ker eik subha ‘eik shaam aur eik raat ko pani se dho ker 90 din tak pilayein.T.B ke elaaaj mein rangeen elaaaj bhi bohat ziyadah moaser aur faaidah mand hey.Tajerbey mein yeh baat aayee hey ke nili shuaaon ke teil(oil) se galey hooye aur nakabil e elaaaj pheprhon ko bhi poori tarhan sehat ho gayee hey.”Rang aur roshni se

elaaj” mein eis marz aur eis elaaj per seir hasil tabsarah kiya gaya hey.

## JIGER KE TAMAM AMRAZ

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ  
كَانَ الْبَحْرُ مِدَادًا وَالْكَلِمَاتُ رِیًّا

Eik kaghaz per likh ker taaweez bana liya jaye. Aur tein galey mein pehnein aur mard bazoo mein bandhe in. Eis ke alawa kaghaz ya platon per likh ker pani se dho ker nihaar moonh piye in. Jiger ya gurdon ki kharabi se ager jeism per wararm aa jaye ‘woh bhi eis elaaj se khatam ho jata hey.

## JAWANI MEIN BACHPAN KI SHAKAL

Zehan ke woh khaliyey (cells) jo jismani saakht ki nasho noma mein tanasub barkarar rakhtey hain ager kisi waja se mutasir ho jaye in to insaani chehra jawani mein bhi bachon jaisa nazer ata hey ‘eis ke liye chahiye ke suraj tuloo honey se pehley aur raat ko sotey waqt wozoo ker ke “BEISMILLAH SHAREEF بِسْمِ اللّٰهِ شَرِیْف” ke baad eik hazar martabah “YA SHAFI يَا شَافِي” parh ker donon hathon per dam kare in aur hath chehrey per pherein. Elaaj ki muddat kam se kam teen mah aur ziyadah se ziyadah 6 maheeney hey.

## JARIYAAN

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
يَاشَافِي يَاشَافِي يَاشَافِي  
يَاكَافِي يَاكَافِي يَاكَافِي  
يَاوَدُّوُدُ يَاوَدُّوُدُ يَاوَدُّوُدُ  
يَا رَحِيمُ يَا رَحِيمُ يَا رَحِيمُ

Parh ker eik piyali pani per dam karein aur subha suraj nikalney se pehley shumal rukh beth ker eik eik ghoont kar ke teen ghoont mein pee lein. Kabz aur garam ashyaa se perhaize karein.

## JANWER MEIN DOODH KI KAMI

Keisi esi saaf lakdi(wood) per jeis mein bad boo na ho yeh

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
مِنْ ثَمَرَةٍ رَزَقًا

|    |    |    |
|----|----|----|
| ۹۹ | ۹۹ | ۹۹ |
| ۹۹ | ۹۹ | ۹۹ |
| ۹۹ | ۹۹ | ۹۹ |

naksh likh ker lakdi mein Suraakh ker ke dori se bakri'Gaye bhains ke galey mein daldein.Insha ALLAH doodh mein farawani ho jaye gi.

**JINSI KASHISH PEIDA KARNEY KE LIYE**

Baaz halaat mein esi surat peida ho jati hey ke aurat ya mard ke ander jinsi jazba ya to bohat kam ho jata hey ya to bilkol hi nahi rehta.Eis ko mamool per laney ke liye eik kaghaz per”AL KEENA AL FEENA” الْقَيْنَا الْقَيْنَا likh ker aurtein choti mein aur mard bazoo per bandhein.

**JINSI RAGBAT (GHAIR MARD YA AURAT SE) KHATAM KER NEY KE LIYE.**

Wozoo ker ke teen martabah

"BEISM-ALLAH-REHMAN-RAHEEM"

.LA ILAHA ILA ANTA  
SUBHANAKA INI KONTO MIN  
AZ ZALEMEEN.ALLAH HO  
NOOR US SAMAWATO WAL  
ARDI LAA TA KHUZU  
SINATUN WALA NAUM.



لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ ۝ اللَّهُ نُورُ السَّمَوَاتِ وَالْأَرْضِ ۝ لَا تَأْخُذُهُ سِنَّةٌ وَلَا نَوْمٌ ۝

Parh ker eik piyali pani per dam karein aur pilayein.Yeh amal 40chalees roz tak berkarar rakhein.

## **JADOO KA TOR**

Ziyadah ter halaat mein jadoo ka khayal woswasey se ziyadah koi ehmiyat nahi rakhta lekin jadoo se inkaar bhi nahin kiya ja sakta..Jadoo eik ilm hey jo Quran Pak se sabit hey.Fil waqey ager keisi shakhs per jadoo ka aser ho aur koi janney wala eis ki tasdeek bhi kar dey ke jadoo kiya gaya hey tab yeh elaj kiya jaye.

Subha buhat sawerey uth ker fajr ki namaz parhein aur surah falaq "KOL AOZI BIRABIL FALAK" قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ parhtey parhtey samander,darya ya nadi paar karlein.Doraney safar baat karna mana hey.Nadi ya darya paar karney ke baad pani ke kinarey mashriq ki taraf moonh ker ke ukhroon beith jaye aur unghusht e shahadat se مَارُوْتُ هَارُوْتُ – هَامَانُ likh ker hath se mita dein.Likhney aur mitaney ka yeh amal har haal mein suraj nikalney se pehley kiya jaye.Keisi jaga ager samander ya darya na ho tu wahan aabadi se baahar koowyein ke pani mein apney chehrey ka aks dekhein.

## **JINNAT KE LIYE HAAZRAT**

Ager marz ki saheeh tashkhees na ho aur yeh kaha jaye ke eis ke ooper jinnat ya aaseib ka sayah hey to mareez ko samney betha ker

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ  
يَا حَفِیْظُ يَا حَفِیْظُ يَا حَفِیْظُ  
يَا بَدِیْعُ يَا بَدِیْعُ يَا بَدِیْعُ  
العجائب بالخیرِ یا بَدِیْعُ

Nihayat sukoon aur itminan ke sath 11 martabah parhein aur mareez per dam karein. Dam kartey waqt yeh tasawer hona chahiye ke mein aur mareez donon arsh e moala ke neechey hain. Ager mareez per jinnat ka aser hey to dam kartey waqt zahir ho jaye ga. Yeh tasdeek honey ke baad ke mareez ke ooper jinnat ka aser hey 11 martabah “YA HAFEZO” يَا حَفِیْظُ parh ker eik baar phir dam karein. Mareez apni asli halat mein ajaye ga.

### **JEISMANI AUR ROOHANI SALAHİYATON KI TAJDEED**

Halat jab peicheedgi ikhtiyaar ker letey hain masla keisi tarhan hal nahi hota to insaan ke ooper jamood taari ho jata hey. Eis jamood ki waja se eis ke ander fehmi o firasat aur qoowat-e-eraady maflooj ho jati hey. Bawajood koshish ke woh keisi nateeje per nahi pohanchta. Karobaar e zindagi mein nakaam rehta hey. Eis ka aser rohani aur jeismani sehet per bhi parhta hey. Yeh soorat e haal khod eis ke liye aur ghar ke doosrey afraad ke liye azaab ban jati hey. Eis se chotkara hasil karney ke liye chandi ki anghoti per no khaney bana ker hindsa kandah kara liya jaye aur yeh anghoti seedhey hath ki choti ungli ke baraber wali ungli mein pehan liya jaye. INSHA ALLAH masla hal ho jaye ga.

## CHORI KI AADAT CHORHANEY KE LIYE

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ  
يَا حَفِیْظُ يَا حَفِیْظُ يَا حَفِیْظُ  
يَا وَدُودُ يَا وَدُودُ يَا وَدُودُ

Kaghaz per likh ker eis shakas ke takiyey ke ander royee ke beach mein rakh dein. Jeis se chori ki aadat chorana maksood hey. Yeh takya koi doosra shakz ser ke nichey na rakhey.

## CHORI SHUDAH MAAL KI WAPSI KE LIYE

اِنَّا لِلّٰهِ وَاِنَّا اِلَيْهِ رٰجِعُوْنَ

Kaghaz per likh ker keisi roni pather ke nichey esi jaga daba dein jahan pather hiley julhey nahi.

## CHOAT KI TAKLEEF.

Aisi choat jeis mein koi uzv jaga se be jaga ho jaye ya band choat jeis ki waja se tees ya dard ho warurm agaya ho aur eis ko khatam karney ke liye eik martabah

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ  
كُلَّ يَوْمٍ هُوَ فِيْ شَأْنٍ

Parh ker pani per dam ker ke pilayein aur kaghaz per likh ker taaweez ko choat ki jaga ya mutasirah uzv per bandhein.

## CHALNEY PHIRNEY SEY MAZOORY

Jeism ki lambai ke barabar kachey soot ka neela dhaga saat martabah napein aur eis ko itna chota karlein ke galey mein dala ja sakhey. Eik martabah

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ  
فَبِأَيِّ آلَاءِ رَبِّكُمَا تُكَذِّبٰنِ ۝

Parhey aur dhagey mein eik gira(knot) dein. Eis tarhan 21 girhayein(knots) lagaein ganda mareez ke galey mein dal dein. Shifayabi ke baad ganda ootar ker nehar, darya ya samander mein baha dein.

## CHEHRAH KHOBSURAT AUR PUR KASHISH BANANEY KE LIYE.

Kuch chehrey aisey hotey hain ke nuks na honey ke bawajood jazib e nazer nahin hotey. Yeh sorat e haal baaz auqat bari azyat nak hoti hey.. Ager koi shaks musalsal nazr andaz hota rahey to woh past hamti aur ehsas e kamtari ka shikar ho jata hey.

فَاَوَّلَ الْقَلَمِ وَذَاتِ الْكَلَامِ

|   |   |   |   |   |   |
|---|---|---|---|---|---|
| ن | م | ن | م | ن | م |
| ة | و | ة | و | ة | و |

Umdah keism ki siyah chamakdar roshnai se full escape safeid art paper ke ooper khoskhat likh ker frame kara liya jaye. Eis frame shudah naksh ko raat ko soney se pehley teen chaar



foot ke fasley se das ya pandarah minute rozana dekha jaye.

EIK SO MARTABAH

قَالَ يُبَشِّرِي هَذَا عُلْمٌ وَأَسْرُؤُهُ بِضَاعَةٌ ط

qaala ya bushrah haaza ghulamom wa asaro hoo bidaa atan

Parh ker eik lotey pani per dam karein aur eis pani se moonh dhoyein. Moonh dhoney ke baad donon gaal thap thapayein tolya ya kaprdey se chehra khushk kiye bagheir so jaein. Albata pani kyari ya gamaley mein daal dein takey be hurmati na ho.

Elaaj ki muddat kam se kam 40chalees rooz aur ziyadah se ziyadah 90 din hey. Khawateen naga ke din shumar ker key baad mein paura karlein.

### **HIBS-E-RIYAH.**

Nizam hazm ki kharabi maidhey ki khoshki, yaboost aur kabz ki waja se be shumar riyahi amraaz peida ho jatey hain. Riyahi amraaz mein eik marz hibs e riyah bhi hey. Eis mein riyah asfal ki bajaye aala ki taraf rojoo karney lagti hey. Dil ke gird jama ho jaye to dil ke ooper dabao parta hey aur admi ka dam ghotney lagta hey. Sir ki taraf chali jaye to adha seesi ka sir dard sinus ho jata hey. Eis ka rukh hathon ki taraf ho jaye to hathoon mein dard aur baaz auqat sansanhat honey lagti hey. Ager maidey ke moonh per eis ka zakheera ho jaye to maidey mein hiddat peida ho jati hey jeis ki waja se cheenkein ba kasrat aati hain. Antoon mein yeh gas ager mustaqil daur karti rahey aur eis ka ber waqt aur saheeh tadaruk na ho to

jigar aur antoon ke kayee amraaz peida ho jatey hain.

Ghiza mein rad o badal aur perhaze ke sath hibs-e-riyah,sang rehney,kolanj ka dard,aant ka badhna,aantonn ki kamzauri,dast aur jumla amraaz maidey aur aantonn ke liye zard rang ki saaf shiffaf eik wilayeti sheeshi khareed ker eis mein paka hooa pani bhar dein aur eis mein mazboot quark laga dein.Pani bhartey waqt eis baat ka khayal rakhein ke sheeshi ka ooperi chothai heisa khali rahey.Eis sheeshi ko aisi jaga dhoop mein rakhain jahan subha se teen chaar bajey shaam tak dhoop rehti ho.Shaam ke waqt sheeshi otha lein.Eis pani mein zardey ka rang ghool ker roshnayee bana lein aur eis roshnayee se safaid cheeni ki teen adad platoon per alag alag yeh naksh likhein.

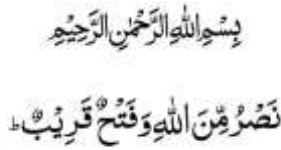
بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

|                       |                       |                       |
|-----------------------|-----------------------|-----------------------|
| رِیَّاحِیْنَ<br>مَآءِ | رِیَّاحِیْنَ<br>مَآءِ | رِیَّاحِیْنَ<br>مَآءِ |
| رِیَّاحِیْنَ<br>مَآءِ | رِیَّاحِیْنَ<br>مَآءِ | رِیَّاحِیْنَ<br>مَآءِ |
| رِیَّاحِیْنَ<br>مَآءِ | رِیَّاحِیْنَ<br>مَآءِ | رِیَّاحِیْنَ<br>مَآءِ |

Subha naashtey se pandarah minute pehley, Dopehar aur raat ko khaney se aadha minute kabal eik eik plate dhoop mein tayaar shudah pani se dho ker piyein

### **HAASID YA DUSHMAN KE SHAR SE MEHFOOZ REHNEY KE LIYE.**

Fajr ki ada namaz ke baad ya raat ko soney se pehley awal akhir 11, 11 martabah daurod-e-shareef ke sath.



100 martabah parh ker seeney per phoonkh marein. Insha allah hasid aur dushmanon ke seher se mehfooz rahein gey.

Yeh amal zaroorat ke bagheir parhney ki ijazat nahin hey. Sirf esi zaroorat mein hamari taraf se ijazat hey jab eis baat ki koi tasdeek ho jaye ke koi shakhs dushmani kar raha hey.

### **HASB-E-DIL KHUAA SHAADI KE LIYE.**

Taaweez likhney ka tareeqa:- Munder ja zail naksh ke ooper bareek likh ker khaney bana lein aur kaghaz ko alag ker ke ooper beismilaah shareef likhein aur phir khana poori eis tarhan karein ke pehley woh char khaney likhein jeis per number 1 dala gaya hey. Phir number 2 ki khana poori karein essi tarhan tarteef se aathon khaney likh lein. Eis ke nichey muhib (yani jo shadi karna chahta hey) aur eis naam ke baad

AL HOOB O اَلْحُبُّ likh ker (yani jis se shaadi karna maksood hey)ka naam likh kein.

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

|           |           |         |         |     |
|-----------|-----------|---------|---------|-----|
| وَلَمْ    | يُولَدْ   | وَلَمْ  | يَكُنْ  | (۳) |
| هُوَ      | اللَّهُ   | أَحَدٌ  | اللَّهُ | (۵) |
| يُولَدْ   | وَلَمْ    | يَكُنْ  | لَهُ    | (۷) |
| قُلْ      | هُوَ      | اللَّهُ | أَحَدٌ  | (۱) |
| الصَّمَدُ | لَمْ      | يَلِدْ  | وَلَمْ  | (۶) |
| لَهُ      | كُفُوًا   | أَحَدٌ  | قُلْ    | (۴) |
| اللَّهُ   | الصَّمَدُ | لَمْ    | يَلِدْ  | (۲) |
|           | كُفُوًا   | أَحَدٌ  |         | (۸) |

..... اَلْحُبُّ .....

Yeh taaweez muhab apney takye ke neechey rakhey. Ager bohat jaldi asar matloob ho to do pathron ke dermiyaan eis taaweez ko daba dein. Her pather ka wazan kam se kam do2 seir hona chahiyyey. Pather ziyadah wazni hoon to koi harj nahi lekin do seir se kam na ho. Yeh pather zameen per rakhein, kisi takhta, choki ya takht per na rakhey jayen yeh amal sirf jayez maksad ke liye kiya jaye na jayez kaam ke liye na karein warna nuksaan ho ga.

### HIFAAZAT DOURANEY SAFAR.

Safar pe janey se pehley ya jaye rihaeish se nikalney ke baad

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ  
يَا حَفِیْظُ يَا وَدُوْدُ يَا رَحِیْمُ يَا مُرِيْدُ يَا حَفِیْظُ  
يَا وَدُوْدُ يَا وَدُوْدُ يَا اللّٰهَ يَا حَفِیْظُ

Parh ker asmaan ki taraf moonh ker ke phoonkh mar dein. Inshallah taalab dauran e safar her afat aur na gahani hadesa se mehfooz rahein gey. Dauran e safar gheibi imdad bhi hasil ho gi.

### HAFIZEY KI KAMZORY

Subha nihar moonh wozo ya kuli ker ke " رَبِّ يَسِيْرٍ وَّلَا تُعَسِّرْ " (rabe yasir wala toasir) teen martabah parhein aur pani per dam ker ke pee lein. Eis amal ko chalees roz tak barqara rakhna chahiye ager kisi waja se naagha ho jaye to din shumar ker ke baad mein poorey kerlein.

### KHOON KI KAMI.

Jism mein khoon ki kami door karney ke lieye bism allah shareef ke sath teen martabah

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ  
يَا حَىُّ قَبْلَ كُلِّ شَيْءٍ يَا حَىُّ بَعْدَ كُلِّ شَيْءٍ

“

(ya hayoo qabla qul e shayein ya hayoo badaa qul e shayein) parh ker pani, chaey, sharbat ya doodh jo bhi mashroob piyein eis per dam ker ke piyein. Jab khoon ki kami door ho jaye yeh amal tark kardein.



## DIMAAGH KI RUG PHAT JANA

Baaz auqat sir per shadeed choat lag janey se dimagh ka androni nizam toot jata hey, koi sadma puhunchney ya dauraney khoon dimagh ko jathka lagney se dimagh ki koi rag toot jati hey aur mareez behoosh ho jata hey. Eis ko COMMA bhi kehtey hain eis ka “elaaj yeh hey ke dumbey ke oon ya bakri aur dumbey ki khaal ko esi jaga jalya jaye jahan se mareez ko dhooan puhanch sakey. Eis dhooein se dimaagh ke woh khaliyey bahal ho jatey hain jin ki waja se mareez be hosh hooa hey”. Elaaj mein bohat ziyadah ehtiyat ki zaroorat hey. Zarasi la perwaahi khatrey ka baayes ban jati hey.

## DIMAAGHI KAMZORI

Dimaagh uljhan aur nervousness ko khatam karney ke liye khaney mein namak ki miqdaar kam ker ke chothai ker deni chahiye. Elaaj ke liye keisi moomi kaghaz ke eik tukrey per zafran aur ark-e-gulaab se

الرِّضَاعَتِ عَمَانَوِيلُ

• ۸۰ •

likh ker eik pound shehed mein dal dein. Yeh shehd eik eik chamcha teen martabah rozana khayein. Jab tak shehat pauri tarhan bahal na ho eis elaaj ko tark na karein.

## DAAG, DHABEY AUR ZAKAM KE NEISHANAAT

Jism per daag aur dhabey chahey woh zakhm key hoon ya jalney ke hoon in sab ke liye subha suraj nikalney se pehley aur raat ko soney se pehley “BEISMILLAH SHAREEF” ke baad eik eik hazar baar “YA SHAFI يَا شَافِي” parh ker donon hathon per dam karein aur nishanon per phare lein. Sath hi jab bhi pani ya koi mashroob piyein 11giyarah martabah “YA SHAFI يَا شَافِي” parh ker eis per dam ker liya karein.

## DAWA YA INJECTION KA REACTION

Koi taze ya zeherily dawa eistemaal karney se baaz auqaat khoon zeherila hojata hey. Eis se mareez ke jism per dadaurey parh jatey hain. Kabhi kabhi pit bhi uchal aatey hain. Aser gehra ho jaye tu mareez dimaagh ke ander chuban aur badan mein tashanuj mehsoos karta hey. Dawa ke eis muzir aser se behoshi bhi taari ho jati hey. Food poisoning ya kisi zehereley keerey maslan saanp, bechoo, bhirh ya shehed ki makkhi wagheira ke kantney se bhi ager khoon mutaasir ho jaye to eik martabah

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
يَا رَحِيمُ يَا اللَّهُ يَا مُرِيدُ يَا رَحِيمُ يَا اللَّهُ يَا مُرِيدُ  
يَا رَحِيمُ يَا اللَّهُ يَا مُرِيدُ يَا بَدِيعَ الْعَجَائِبِ  
بِالْحَيِّرِ يَا بَدِيعُ



parh ker pani per dam ker ke mareez ko pilayein aur chikni matti ke dheiley per dam ker ke baar baar songhayein.

## **DAANT PEISNEY KI ADAT**

Soney ke dauraan soney ki bemaari kayee wajooaat ki bina per hoti hey eis mein eik waja pate mein khechooyey ya keerey bhi hoti hey. Baharal waja kuch bhi hoon mareez jab gehri neend mein so jaye to eis ke kareeb sirhaney ki taraf kharhey ho ker itni awaz se ke neend kharab na ho, chand roz tak koi saahab **كهي عيص** (kaaf yaa ain suaad) parhein. Parhtey waqt her lafz ka fasla barabar hona chahiyey.

## **DAMMAA**

Allah Tallah ke bayaan karda qanoon ke tehet aadmi dar asal roshniyoon ka majmooa hey. In roshniyoon ke ooper hi eis ki zindagi aur sehat ka daar o madar hey. Bohat se amraaz roshniyoon ke kami se peida hotey hain aur bohat se amraaz roshniyoon ki zayadati se wajood mein atey hain.

Roshni eik keism ki nahin hoti balkey insaani zindagi mein doaur karney wali roshniyoon ki kismein bey shumar hain. Her roshni ka alag alag naam rakhna insaani fikr se bahar hey. Samajhney ke liye hum in roshniyoon ko mukhtalif rangoon ka naam de saktey hain. Yeh roshniyaan insaan ko kahan se milti hain aur insaani dimaagh per nazool ker ke kisi tarhan tootthee aur bekherti hain, tootney aur bikharney ke

baad dimaagh ke liye arab khaliyey en se kis tarhan mutasir ho ker hawas ki takhleek kartey hain,eis ka poora bayan” rang aur roshni se elaaaj”mein moojod hey.

Dama aur deeq alnafs ka marz roshniyoon mein adum tawazon ki bina per hota hey.Woh roshniyaan jo poorey jism mein khoon ko gardish deney ki zimedaar hain en mein tawazoon nahi rehta.Nateejey mein khoon ki kasafat jo masamaat ke zariyey nikalni chahiye woh poori tarhan kharij nahin hoti aur jab yeh khoon poorey jism mein daur ker ke phephrdon mein puhunchta hey to phephrdon ki jaliyoon mein yeh kasfast jama hoti reti hey.Eis kasfast mein ibtada un ta’afun peida hota hey aur phir virus peida ho jata hey.Jab phephrdey in khoord been se bhi nazer na aney waley keeron se bhar jatey hain to phephroon ka pumping system kharab ho jata hey,jeis ki waja se saans leney mein dushwari peish aati hey aur esi ko damey ka naam diya jata hey.Elaaj yeh hey.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

يَا قَارِئُ يَا قَارِئُ يَا قَارِئُ

يَا قَارِئُ يَا قَارِئُ يَا قَارِئُ

يَا قَارِئُ يَا قَارِئُ يَا قَارِئُ

Cheeni ki platon ya soney ke pahtrey per zardey key rang se mondaraja bala naksh likhain aur pani se dho ker din mein teen martabah pilayein.

**EHTIYAAT:-**Mareez ko saaf hawa aur gird o gubaar se paak

fiza mein rehna chahiyeey.Martoob hawa,khatti aur thandi cheezein eis marz mein nuksaan deh hain.Ziyadah sardi aur ziyadah garmi bhi eis marz ke liye na saaz gaar hey.

## DAD

Subha,dopeher aur shaam

رَبُّ الْمَشْرِقَيْنِ وَرَبُّ الْمَغْرِبَيْنِ ۝

Giyarah giyarah(11) martabah parh ker dad per dam karein.

## DANTOON KE JUMLA AMRAAZ

Umer se pehley dantoon ka hilna,payiriya,maas khaura,danton per choona jam jana,dantoon mein keeraa lagna,dantoon per kaley dhabey par jana,dantoon ka rang haldi ki tarhan zard ho jana,dant ka reiza reiza ho ker tootna waghera waghera.In sab ke liye “WAL JOOROHO وَالْجُرُوحُ ” 9 martabh parh ker subha nihaar moonh eik glass pani per dam ker ke eik ghoont pani alag kar lein.Baki pani achi tarhan kuli karein.Kuli karney ke baad alag kiya hoaa eik ghoont pani pee lein.Eis ke aadhey ghantey baad tak koi khana peena mana hey.

## DARD

### DAANT YA DAAR MEIN DARD HONA

Us dant ya darh ko jeis mein dard ho chutki se pakar kar chor dein aur chutki per

## IZA ZULZILATEL ARDO ZILZALA HA

إِذَا زُلْزِلَتِ الْأَرْضُ زُلْزَالَهَا<sup>٧</sup>

parh ker dam karein.

### SIR MEIN DARD

Eik sooti romaal per



رَضَيْنَا بِمَا الْقَضَيْنَا فَأَتُوْا بِرُهَا نَ الْفَ مَرَّةٍ

RADAINA BIL QADAINA FATOO BURHAN ALFA  
MARATIN

parh ker phoonk marein aur girah(knot) laga dein. Yeh roomaal sir mein eis tarhan bandhey ke girah kanpati ke ooper aa jaye. Ager dard paurana ho to yeh roomaal subha sawerey bandh ker raat ko soney se pehley chand minute ke liye khol dein aur phir bandh lein aur kayee roz tak yeh silsila jari rakhein. Wozoo ya ghusal kartey waqt roomaal khol leney mein koi harj nahi hey.

### SHADEED DARD KAHEIN BHI HO

Dard kisi uzv mein aur kisi waja se ho

IZA ZULZILATEL ARDO ZILZALA HA WA AKHRAJAT IL  
ARDHO ASQALA HA

إِذَا زُلْزِلَتِ الْأَرْضُ زُلْزَالَهَا<sup>٧</sup> وَأَخْرَجَتِ الْأَرْضُ أَثْقَالَهَا<sup>٨</sup>

Aisi awaz se jeis ko mareez na sun sakey, 7 baar parh ker subha shaam sedhey kaan mein phoonk marein.

## KAAN MEIN DARD

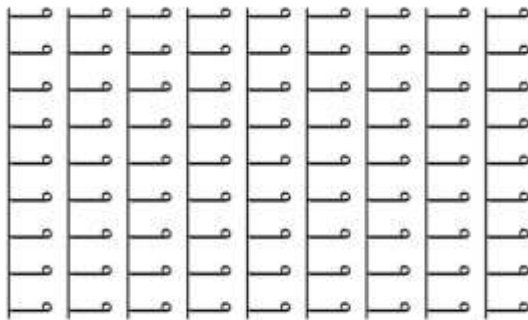
akadr e zaroorat khaalis sarsoon ka teil halka garam ker ke eis per eik martabah surah

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ۝

parh ker dam karein aur mutasirah kaan mein chand katrey daal dein.Kaan mein teil hamesha halka garam dalna chahiye.

## REERDH KI HADI MEIN DARD

Gardan taur bukhar,hadi ke chaley ka bey jaga hona yani mohroon ke darmiyaan khala waqey ho jana,reerdh ki hadi ya eis mein baal pard jana ya reerdh ki hadi ka tanasub bigher jana,reerdh ki hadi ke dermiyaan haram mughaz mein nuqs peida ho jana.In sab ke liye nilli aur zard roshnayee mila ker munderja zail taaweez likha jaye aur moom jama ker ke neeley dhagey mein mutaserah jaga bandha jaye.



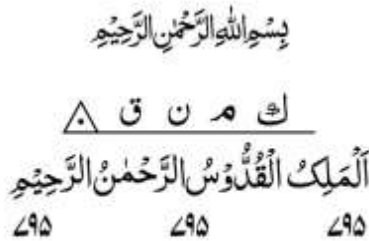
## GADI AUR KAMR MEIN DARD

Aisa dard jo khoollon ke darmiyaan reerdh ki hadi ke ooper gerdan ke jaurd mein ho ya reerdh ki hadi mein keisi jaga ho aur dard ki lehrein dimaagh tak jati hoon to esi soorat mein ooper neechey 2 moslas(triangle) bana ker munder ja zail naksh



Berry ki lakdri ya oud slab per likh ker galey mein latka lein. Shidat ke waqt kaghaz ya cheeni ki plate per likh ker pani se dho ker pee lein.

## GURDON MEIN DARD



Gurdey ka dard riyahi ho ya pathery ki waja se ho donon halatoon mein keisi moomi kaghaz per munderja bala naksh likh ker dori ke sath kamar mein eis tarhan bandhein ke taaweez gurdon ke kareeb rahey eis naksh ko pani se dho ker

pilana bhi mufeed hey.Ager gurdey mein pathery hoon to woh reit(sand) ban kar peishaab ke zerye kharij ho jati hey.

**ARQ ULNEISA (LANGRDI KA DARD)**

Dekha gaya hey ke mareez eis marz ki waja se chalney pherney se maazoor ho jata hey.Na sirf yeh ke mutasirah taang Poori tarhan jeism ka wazan nahi sambhalti balkey baaz auqaat kamar mein kham(bend) bhi ajata hey.Roohani teeb mein eis dard ki bunyad ki waja gurdoon ke nizam amal mein nuqs peida hona hey.Sath hi gurdoon mein gas bhi jama hoti hey jeis se sirf dard hi nahi,pathery bhi ban jati hey.Eis se nijaat paney ke liye jab bhi pani piyein

يَا شَافِيَ الْأَبْرَارِ مُقِيمًا سَدِيدًا

YA SHAFI UL ABRAR MUQEEMAN SADEEDAN  
parh ker dam karlein.

**EIDRI MEIN DARD**

Chaltey phirtey,uthtey bethtey bagheir wozoo

وَأَرْجُلُكُمْ إِلَى الْكَعْبَيْنِ ط

WA ARJULAKUM ILLAL KAABAYEEN  
ka wird karein.Dard khatm honey per wird bhi khatm kardein.

**ADHA SEESI KA DARD**

Subha suraj niklaney se pehley mareez ko eis tarhan ukroon bethaayein ke eis ka moonh mashriq ki taraf ho.mareez se kahein ke woh sir ke us aadhey heissey per apna seedha hath rakhey jeis taraf dard hota hey koi na balig

FAREEQUN KAZABAT MOHAYEM

☞ Ⅱ Ⓛ ◆ ♣ □ ● ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩ ⑪ ⑫ ⑬ ⑭ ⑮ ⑯ ⑰ ⑱ ⑲ ⑳ ㉑ ㉒ ㉓ ㉔ ㉕ ㉖ ㉗ ㉘ ㉙ ㉚ ㉛ ㉜ ㉝ ㉞ ㉟ ㊀ ㊁ ㊂ ㊃ ㊄ ㊅ ㊆ ㊇ ㊈ ㊉ ㊐ ㊑ ㊒ ㊓ ㊔ ㊕ ㊖ ㊗ ㊘ ㊙ ㊚ ㊛ ㊜ ㊝ ㊞ ㊟ ㊠ ㊡ ㊢ ㊣ ㊤ ㊥ ㊦ ㊧ ㊨ ㊩ ㊪ ㊫ ㊬ ㊭ ㊮ ㊯ ㊰ ㊱ ㊲ ㊳ ㊴ ㊵ ㊶ ㊷ ㊸ ㊹ ㊺ ㊻ ㊼ ㊽ ㊾ ㊿

كَذَّبْتَ مُهَيْمًا

parh ker phoonk maar dein. Baligh se murad das se barah saal ka larka ya larki hey.

### **DYPHTHERIA YA KHUNAAK**

Yeh marz aam taur per maasoom ko hota hey. Eis marz mein khurd been se bhi nazr na aney waley keerey saans ki naali mein teizi se parwarish patey hain ke chand ghantoon mein saans ki nali bandh ho jati hey. Ager ber waqt per tadaurk na kiya jaye to yeh kerey jhilli ki shakal mein saans ki naali ko bilkul bandh ker rakh detey hain aur mareez ka dam guth jata hey. Eis moozi marz ke liye eik martabah

MANZAL LAZI YASHFA HOO INDAH HOO ILLA BE  
IZNEY HI

مَنْ دَاوَى يَشْفَعْ عِنْدَهُ إِلَّا بِإِذْنِهِ

Parh ker pani per dam karein aur yeh pani bar bar halak mein daalein aur gala sehlatey rahein takey pani halak se neechey uter jaye. Eis marz mein la perwahi na karein. Khater naak marz hey.

### **ZAIKA KHARAB HONA**

Ager zaika kharab ho jaye aur her cheez seethi ya pheekei maloom ho to subha suraj tuloo honey se paishter niyar moonh

AL SIN NEY BIL SIN NEY اَلْسِنِ بِاَلْسِنِ

dil hi dil mein parh ker pani mein dam karein aur yeh pani mashriq ki taraf moonh ker ke teen ghoont mein pee lein.



## ZIYA BATEES

Shakr peishaab mein hona ya khoon mein, doonon halaton mein muderja zail taaweez kaghaz ya cheeni ki platoon per zaafran aur arq-e-gulaab se likh ker teenon waqt khaney se pandrah bees minute pehley pani se dho ker piyein

|   |   |   |   |
|---|---|---|---|
| ع | ص | م | ح |
| ء | ا | ه | ق |
| ا | ك | ل | ت |
| ل | ت | ا | ى |

Mithaas se perhaze zaroory hey albata jamun eis marz mein khana mufeed hey. Kala chana (chilkoon ke sath) peiswaa ker eis aatey ki roti khana ziya batees mein khaas taur se faidey mand hey.

## ZEHN KA MAOOF HONA

Mustaqil zehni dabao, asaabi kashakash ya aur keisi waja se ager zehan maooof rehta hey ya koi baat samajh mein na aati ho, dimaaghi ya jeismani kaam kartey waqt zehan sath na deta ho, esi soorat mein kali roshni se lobaan ke bohat chotey chotey tukrey per no 9 ke hindsey likhey jayein aur lobaan ke tukron ko dehaqhatey hooye koeylon per daal ker dhooni ki tarhan sulgayein.

Yeh amal esi jaga karna chahiyeh jahan mareez ke alawa koi aur shaks na ho. Eis ke liye raat ka waqt nihayat moozoon hey. Dhooni leney ke baad muraqba karein yani aankhein band ker ke apney dil ke ander dekhein. Muraqba pandrah minute tak kiya jaye. Eis amal se zehan mein aisi roshniyaan muntakil honey lagti hain jin se masayil ka hal asani se samajh mein aa jata hey aur zehan ke ander halaat o masail ka muqabla karney ke taaqat peida ho jati hey.

### **RAG PATHNEY KI WAJA SE KHOON ANA**

Shadeed zarb ki bina per koi rag path jaye aur eis se khoon behney lagey to yeh alamat khatrey ki hey. Eis soorat mein la perwahi nahi baratni chahiye fauri tadarak ke sath sath.

KAAN AL BAHAR O MIDADAN LE KALIMATEY RABI

كَانَ الْبَحْرُ مِدَادًا لِكَلِمَاتِ رَبِّي

Plate ya tashtari per khaney ke zard rang ki roshnayee se likh ker mareez ko baar baar pilayein. Behoshi ki halaat mein pani chamchey se eis ke halak mein daldein.

### **RAASHA**

Keisi moomi kaghaz per

② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩ ⑪ ⑫ ⑬ ⑭ ⑮ ⑯ ⑰ ⑱ ⑲ ⑳ ㉑ ㉒ ㉓ ㉔ ㉕ ㉖ ㉗ ㉘ ㉙ ㉚ ㉛ ㉜ ㉝ ㉞ ㉟ ㊱ ㊲ ㊳ ㊴ ㊵ ㊶ ㊷ ㊸ ㊹ ㊺ ㊻ ㊼ ㊽ ㊾ ㊿ Ⅱ ① ◆ ♣ ◻ • ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩ ⑪ ⑫ ⑬ ⑭ ⑮ ⑯ ⑰ ⑱ ⑲ ⑳ ㉑ ㉒ ㉓ ㉔ ㉕ ㉖ ㉗ ㉘ ㉙ ㉚ ㉛ ㉜ ㉝ ㉞ ㉟ ㊱ ㊲ ㊳ ㊴ ㊵ ㊶ ㊷ ㊸ ㊹ ㊺ ㊻ ㊼ ㊽ ㊾ ㊿

الرَّحْمَنُ عَلَّمَ الْقُرْآنَ خَلَقَ الْإِنْسَانَ عَلَّمَهُ الْبَيَانَ الشَّمْسُ وَالْقَمَرُ بِحُسْبَانٍ

likh ker eik taaweez galey mein pehna dein aur eik taaweez subha nihar moonh rozana pani se dho ker kafi muddat tak pilayein.

## RASOOLI

Rasooli jeism mein keisi bhi jaga ho



(dairon mein beech mein nukta laga ker eisey eis tarhan katein ke Cross ban jaye)

kaghaz ya plate per zard rang ya zafraan aur arq-e-gulaab se likh ker din mein teen waqt kayee mah tak piyein. Yahan tak ke rasuli katham ho jaye.

## SAYADNA HAZOOR ALAIHI SALAT WASALAAM KI ZIYARAT QADAM BOSI

Piyaray nabi shafeeh al muznabeen rehmatul allameen, sarkaar e do aalam aqaye do jahan sarwer-e-kainaat huzoor alaiha salat o salaam ki ziyarat aur qadmabosi hasil karney ke liye baad namaz eisha sab kamon se farigh honey ke baad raat ko soney se pehley

صَلَّى اللهُ تَعَالَى عَلَى حَبِيبِهِ مُحَمَّدٍ وَسَلَّمَ  
 بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ  
 يَا وَدُودُ يَا بَدِيعُ الْعَجَائِبِ يَا خَيْرَ يَا بَدِيعُ  
 بِسْمِ اللّٰهِ الْوَاسِعُ جَلَّ جَلَالُهُ يَا حَفِیْظُ

300Teenso martabah parh ker aankhein band ker ke 15pandarh 20bees minute huzoor alaiha salat wa salaam ka tasawur karein.Aur baat kiye baghier tasawur ko qaiyem rakhtey hooley so jayein.21Iqees roz ke eis amal ki barkat se insha allah huzoor ki ziyarat aur qadam boski ki saadat naseeb ho jaye gi.

Ziyarat ki saadat hasil honey ke baad meethey chawal paka key bachoon ko khiladein.

### **SHAADI KE LIYE**

Sab kamoo se farigh ho ker barkat ko soney se pehley awal aakhir 11giyarah 11giyarah martabah durood shareef parhney ke baad surah “IKHLAS ۞ اِخْلَاصُ” 41 ikataleis bar parhein sirf shadi ke liye dua karein.Amal ki muddat nawey90 din hey.Eis arsey mein mangni ya shadi ho jaye to bhi nawey din poorey karna zarooray hey.Aurtein naga ke din shumaar ker ke baad mein poorey kerlein.

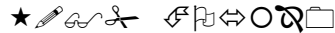
### **SHOHAR KA GUSA KHATAM KARNEY KE LIYE**

Biwi shohar ki neisbat ziyadah mohabat karney wali hoti

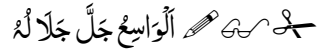
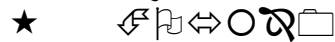
hey.Eis ke ander mohabat ka talatum khaiz samander hi hey jeis ki bina per nasal e insaani ki baqa aur nasho numa jari hey ager biwi ke sath poori muhhabat ki jaye aur shohur ki taraf se eis ko zehni sukoon mayaser aa jaye to moaashrey ki ziyadah ter buraiyaan khatam ho sakti hain jeis ka aser barah e rasat aaney wali nasloon per parta hey.

Shohur ke na rawa salook se nijaat paaney ke liye eisha ki namaz ke baad biwi awal o aakhir 11 giyarah11 giyarah martabah darood shareef ke sath.

bismilahi er rahman er rahim



bismillahi al wase o jala jalla  
lahoo



Musalley per beith key eik tasbeeh parhey aur dua karey.

Ager aisey halaat peida ho jayein ke shohar talaqaq deney per amaadah ho ya eis ke ander biwi ko alheyda karney ki zid peida ho jaye ya biwi ko ghar se nikaal dey aur inteqaman esey ghar na bulaye to biwi ko chahiye ke raat ko soney se pehley ba wazoo mussaley per beth ker 41iktaleis bar surah QULH HO WALLA AHAD قُلْ هُوَ اللهُ أَحَدٌ poori surat parh ker baat kiye baghair bister mein chali jaye aur late ker aankhey band ker ley aur apney shohar ka tasawur kartey kartey so jayein.Eis amal ki muddat bhi 90nawey din hey.

### SHOHAR KE SATH BIWI KI ZIYADATI

Her aadmi teen kamzoriyoon se murkab hey.1-Hukmurani ki khoayeesh 2-jins ka galba.3-ghazab ya gussa.Yeh teenon kamzoriyaan aurat aur mardon donon mein hoti hain baaz

gharaon mein aurton mein gussa eis kadar ziyadah hota hey ke mard ki zindagi ajeeran ho jati hey. Eis ka elaaaj bhi who hi hey jo hum “shohar ka gussa khatam karney ke liye” ke unwaan se bayaan ker chukey hain. Bajaye biwi ke shohar yeh amal karey.

## **SHOHAR AUR BIWI KA DASTo GARIBAAN HONA.**

Tali donon hathoon se bajti hey. Miyaan biwi donon baat be baat lartey rahein to eis ghar ki fiza muqder ho jati hey aur aulaad ki tarbiyat mein bara siqam waqey ho jata hey eis ka tadaruk eis tarhan karna chahiye ke miyaan biwi donon mein se koi eik aulaad ki tarbiyat ki khatir eesaar karey aur khamoshi ikhtiyaar karein. Woh misaal to aap ni sooni ho gi “Eik chup so ko harai” bilfarz mahal ager donon mein se keisi ki tabiyat mein eesaar na ho to

wal kazimin al ghaiza wal  
aafina anel naas e  
walla ho yo hibol mohsineen

وَالكَاطِمِينَ الْغَيْظَ وَالْعَافِينَ عَنِ النَّاسِ  
وَاللَّهُ يُحِبُّ الْمُحْسِنِينَ

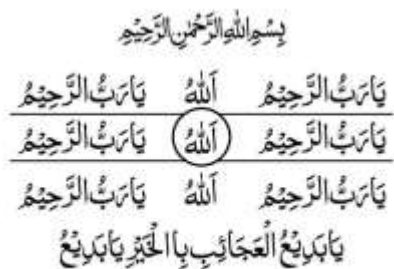
Her namaz ke baad so 100 martabah parh ker eik ghoont pani per dam ker ke piyein.

(Ayat ka tarjuma yeh hey “Jo loog gussa khatye hain aur logoon ko muaf ker detey hain. Allah ehsaan karney waley aisey bandon se mohabat kerta hey”)

## **SHAOORY KAMZORY KHATAM KARNEY KE LIYE.**

Insaan ke ander do dimagh hotey hain. Eik ko hum shaoor

kehtey hain aur doosrey ka naam la shaoory kaha gaya hey. Shaoor la shaoor ki dee hoyeei tehrikaat ko kobool ker ke hamarey ander hawaas banata hey aur hamein in hawaas se kaam lena sikhata hey ager shaoor kamzor hey to woh la shaoory tehrikaat ko poori tarhan kubool nahi karta. Nateejey mein zindagi mein kaam aney wali bohat si salaheeyaton se hum mehroom ho jatey hain. Aur kadam kadam per hamein mushkilaat ka samna hota hey. Shaoor ki eis kamzori ko door karney ke liye. Zardey ka rang aur arq-e-gulab se cheeni ki plate per munderja zail taaweez likh ker subha nihaar moonh maheeney(1month) tak pani se dho ker pilayein.



## TAOON

Yeh aisa marz hey jo aam taur se choohon(Rats) ke zariyey perwarish pata hey. Taaon sab se pehley choohon mein taaon berdaar pisooaun se phelti hey. phir yeh peisoo admiyoon per hamala aawer ho ker in taaon ki waba pehla detey hain. Alaamat ke taur per keisi na keisi jaudr per gilti namoodar hoti hey aur bukhari shiroo ho jata hey. Gilti jitna

zor karti hey utna hi bukhar badhta hey.Inteha yeh hey ke bukhar eik soo aath 108digree tak pohunch jata hey mareez do din mein ya tesrey roz khatam ho jata hey.Bukhar ki halat mein jab izaafa hota hey to mareez behosh ho jata hey.Woh keisi ko na pehchanta hey aur na hi keisi se kuch baat karta hey.Kaanon mein jo awaz puhunchti hey woh eis ko sunai deti hey lekin yeh awaz bhi woh achi tarhan nahi sunta.Gilti ziyadah ter baghlon ya chadhon se nikalti hey.

Taaon ke keerey choohon ke biloon se eik foot baaher aa jatey hain aur adami ke peiron se chemat ker ooper ki taraf chimatna shiroo ker detey hain.Yahan tak who chadhon aur bagloon tak puhunch jatey hey.In keeron ki margoob ghiza chadhon aur bagloon ka ghosht hota hei.Yeh eis shidat mein phelta hey ke ager eik mint. mein in ki taadad eik lakh hey to 2 minut mein in ki taadad dus lakh ho jati hey.Elaaj yeh hey:-

AL TALAAQ O  
 MARATAANE  
 FAMSAKON BE  
 MAROOFEN O  
 TASREEHON BE  
 EHSAANIN  
 WALA YO HILO  
 LAKUM AN TA  
 KHUZOO  
 MIMMA A  
 TEYTUMOO  
 HONA  
 SHEYEEAN AN  
 YA KHAFALLA  
 YOQEEMA  
 HODOOD  
 ALLAHEY FA  
 INA KHIFTUM  
 ALLA YOQEEMA  
 HODOOD  
 ALLAHEY FALA  
 JOONA HA  
 ALLEIHIMA L T  
 FEEMA





AFTADAT  
 BEYHEE TILKA  
 HODOOD  
 ULLAHEY FALA  
 TAATADOOHA  
 WA MAN YAA  
 TADDA  
 HODOOD  
 ALLAHEY FA  
 OOLAAEQA  
 HOOM UZ  
 ZALIMOON



Koi sahab eik hazar martabah pani per dam karein aur eik eik ghoont mareez ko pilayein. Eisi tarhan din mein kam az kam panch martabah karein. Pehley ghantey ke baad doosrey ghantey mein, doosrey ghantey ke baad chauthey ghantey mein, chauthey ghantey ke baad saathwey ghantey mein aur saathwey ghantey ke baad 12wey ghantey mein. Ager ifaqaa mamoomli ho to raat ko bhi yeh amal karein aur din mein bhi. Ifaqey ki shunakht yeh hey ke bukhari kam hona shiroo ho jaye ga. Yahan tak ke mareez ko shifa ho jaye gi.

### AQEEDAH KHARAB HONA

Aqeedah jab kharab ho jata hey to insaan ke dimagh mein aisey waswasey aur khayalaat aaney lagtey hain jin mein khuda, rasool aur mazhab se bezaari payee jati hey aur yeh bezaari ghair ikhtiyaari hoti hey. Aqeedey ki kharabi aur zameer ki malaamat se nazer na aaney wala eik mutaffan phaura eis ke baaten mein peida ho jata hey jeis ki waja se who itna be chain rehta hey ke eis ki meisaal bari se bari bimaari mein bhi nahi milti. Allah Tallah hum sab ko apney hifzo amaan mein rakhey. Eis takleef dhey kefiyat se nijaat paaney ke liye kaurey ya dhuley hoey khadar ya lathey ka eik kurta silvaya jaye yeh kurta saarey jeism per eik eik baalisht zaaid ho aur takhnaun tak neecha ho. Asteen bhi eik eik baalesht khuli hoyee hon keisi aisey kamrey mein jeis mein andhera ho. (Andhera na ho to andhera kar liye jaye) yeh kurta pehn ker panderah 15

minut tak tehaliyeh(walk) aur tehletey waqt



al hamdo llila hey rabol aalameen ar rehmaner raheem  
maaliki youmedeen

Parthey rahiyeh.Pandhra15 minut ke baad andherey hi mein kurta utaar ker teh kar ke eisi kamrey mein keisi mehfooz jaga rakh dein.Jab tak aqaayed durust na hon us waqt tak yeh amal kiya jaye.Sirf andhera shart hey.

## **AURTON KE AMRAAZ**

### **HAMAL ZAAYA HONA AUR BACHOON KA PEIDA HOTEY HI MAR JANA.**

Maa ke pate mein bachey ki saheeh nashonuma hona ya bacchey ka peida hotey hi mar jana.In halaat ki waja maa ke dimaagh mein in khalyoon ki kamzori hoti hey jo bachey ki takhleek mein kam kartey hain.Maa ke dimaagh mein kamzauri ki waja ziyadah ter zehni pecheedhgee lekoriya ghar ka na khushgawar maahol hota hey.Dauran hamal taze,ghalat aur ziyadah dawaaon ke eistemaal se bhi yeh soorat peida ho jati hey.

In sab eisbab ke tadarukh ke sath sath UM AS SUBIYAAN **أُمُّ الصُّبْيَانِ**(eis ka bayan kitaab ke shiroo mein aa chuka hey) wala taaweez zard rang ke chikney kaghaz per likh ker bilkol ibtadaai daur mein maa ko apney galey mein pehnlana chahiye aur her jomairaat ko sham ke waqt kaprey ke khol se nikaley baghair taaweez ko luban ki dhooni deni chahiye.Wilaadat ke baad yeh taaweez maa apney galey se utaar ker bachey ke galey mein daal pehna dey.

## AULAAD NA HONA (Bhanjpan)

Aulaad na honey ke beshumaar asbaab hotey hain. Maslaan yeh ke aurat ke androoni nizam mein marz waqey ho jaye ya mard ke ander aulaad ke jersoomey na hon. Ager mard aur aurat donon ki sehet theek hey aur eistakraar hamal nahi hota to quran pak ki in ayatoon ki barkat se INSHA ALLAH maa ki gaud bhar jati hey.

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ  
اِقْرَأْ بِسْمِ رَبِّكَ الَّذِیْ خَلَقَ ۝ خَلَقَ الْاِنْسَانَ مِنْ عَلَقٍ ۝  
حَمْدَ الرَّحْمٰنِ تِلْكَ آیٰتُ الْكِتٰبِ الْمُبِیْنِ ۝

Aurat eisha ki namaz ke baad parhey aur pani per dam ker ke 90nawey din tak khod piyeh aur shohur ko bhi pilaey. Nagey ke din shumar ker ke baad mein poorey ker liye jaein.

## AYYAM KI BE TARBIYATI.

Ayyam ki be tarbiyati se aurton mein bohat se amraaz peida ho jatey hain. Nalon mein dhukan ho jati hey, pate barda ho jata hey aur mukararah ayyam se pehley shadeed dard ki khehfiyat se do chaar hona parta hey. Yeh bhi dekha gaya hey ke ager ayyam saheeh waqt aur poori muddat tak na ho to aurton ke chehrey per baal nikal aatey hain. Be tarbiyati ki shikayat ager pooranni ho jaye aur mareez ki hesiyat ikhtiyaar ker ley to reham mein wararm aa jata hey jeis ki

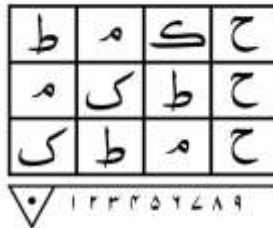
waja se aurtein tauleed ke kabil nahi rehtein. Eis ka aser rang o roop per bhi parta hey aur jeism phoolna shiroo ho jata hey. Khoon galeez aur garaha ho sakhta hey aur dard aur aaza shikni ka arzoo bhi la haq ho sakti hey. Ager “nizaam-e-ayyam” aheista aheista kam ho ker umer se pehley bilkol band ho jaye to aurton ke ander mardana khososiyaat peida hotey hoyey bhi dekhee gayee.

Jeis tarhan khana khanay aur pani peeney ke baad fitry toaur per bol o baraz ka hona zaroorat hey eisi tarhan “mahwaari” bhi aurton ki sehet ke liye lazmi hey. Eis ke liye eik taaweez likha ja raha hey. Eis taaweez mein beismillah shareef likhna mana hey.

Ayyam ki be tarbiyaatti mein ager kamar mein dard ho to yeh taaweez pusht per eis tarhan bandhein ke taaweez reerh ki hadi ke aakhri jaur se choota hey. Nalon mein dukhan ho to yeh taaweez naaf ke ooper bandhein.

(note: taaweez ko dhagey mein bandha jaye jeis ka rang beganni ya jamni ho. Kaprda ya keisi keism ki patti eistemaal na ki jaye)

Nahaney ki zaraoot ya rafa e hajat ke waqt bhi yeh taaweez jeism se alag na karein. Taaweez ko mom jama ker liya jaye takey pani parhney se taaweez ke ooper likhey howey naksh kharab na hoon. Taaweez yeh hai.



## AYYAM KI ZIYADATI.

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ  
يَا عَجَائِبَ الْحَقِّ يَا وَرَاءَ الْخَلْقِ



Zard roshniyon se taaweez likh ker galey mein daal dein. Zaur ho tu sirf teen roz tak eik eik taaweez yomiya dho ker subha nihaar monh piyein.

## LIKOURIYA (REHM JUMLA AMRAAZ)

هُوَ الْأَمْرُ بِئِيَّ عَمَّا نَوِيلُ  
بِحَقِّ يَا سِحِّي يَا قَسِيَوْمُ

Rehm ke amraaz (jin mein rasooli bhi shamil hey) ke liye munderja bala taaweez galey mein pehnayein. Shiddat ki soorat mein eik taaweez rozana subha nihaar monh 40chalees roz tak pani mein dho ker pilayein.

## WAZAEY HAMAL KE BAAD PATE KA BARDHNA.

Akser dekha gaya hey ke ager bachey ki peidayesh ke baad pate ki saheeh dekh baal na ki jaye to pate bardh jata hey. Eis ke liye

”TATEERIN SHAYEEUN AL HIRS” تَطِيرُ شَيْءَ الْجُرْصَنِ zard rang se plate per likh ker subha, dopehar aur shaam eik eik plate pani se dho ker pilayein yahan tak ke pate apni asli halat

mein ajaye.

### CHALEY KI TAKALEEF



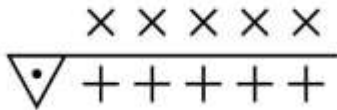
Wazaa e hamal ke baad chilley ke dauraan khwaateen mukhtalif takaalif se do chaar ho jati hain ya ho sakti hey.

In se qatayee taur per mehfooz rehney ke liye munderja bala naksh zard rang se keisi momi kaghaz per likh ker gandey mein bandh lein gandey bananey ka tareeqa yeh hey. Kuch neeley dhagey ke 11giyarah taar lein aur aurat ke kad se naap lein. Eis ko dohra ya tehra ker ke itna ker lein ke 11giyarah 11girhaan lagney ke baad galey mein asaani se pehnaya ja sakey. Phir teen martabah

يَا رَحِيمُ يَا اللَّهُ يَا مُرِيدُ

Parhey aur phonk maar key eik girhaa laga dein. Eis tarhan andazey se bar bar fasley per 11giyarah girhey laga dein. Chiley ka ghusl karney ke baad yeh ganda galey se utaar ker keisi garhey mein dafan kar dein.

### BACHEY KI PEIDAEISH MEIN ASANI



Munder ja bala naksh momi kaghaz per likh ker peidayeeshi

ke waqt hamalah ki seedhi raan mein bandhein Insha Allah wiladat aasani se hogi.

EHTIYAAT:-Yeh taaweez eis waqt tak raan mein na bandha jaye jab tak wiladat ke aasaar shiroo na hon kyon ke tajerbey mein yeh baat aaye hey ke ager asaar shiroo na hon aur taaweez bandh diya jaye to wiladat kabal az waqat ho jati hey.Kabal az waqt peidaish se bachey per bura aser parta hey.

### **DODDH KI KAMI**

Woh khowaateen jo bachey ki perwarish apney doddh se karna chahti hain lekin doddh na kafi hota hey.

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

مِنْ شَمْرَةِ رَزْقًا

|    |    |    |
|----|----|----|
| ۹۹ | ۹۹ | ۹۹ |
| ۹۹ | ۹۹ | ۹۹ |
| ۹۹ | ۹۹ | ۹۹ |

Cheeni ki platoon per zard rangon se likh ker eik eik plate subha,dopehar aur shaam ko pani se dho ker piyein.Hasb e zaroorat jab doddh uterney lagey to yeh amal tark kardein.

### **TEHNEELEY**

Tehneela eik aisa marz hey jeis ka ager saheeh elaj na ho to



66 cancer ka marz la haq ho sakta hey.Eis se nijaat hasil karney ke liye teen martabah

MAA FI QALBI GHAIR ALLAH مَا فِي قَلْبِي غَيْرَ اللَّهِ

Parh ker eik barey piyaley mein neem garam pani pee lein aur baki pani se mutasirah pistaan ko dahaar dein.Ziyadah se ziyadah teen bar.

### **SEENEY KA SIPAAT HONA**

Seeney ka saheeh ubhaar,khowaateen ke husn ka eik lazmi heisa hey.Giza aur bachoon ki nashonoma ka fitri amal bhi eisi per qayem hey.Seeney ka gaudaaz aur khoobsoorat ho jata hey.Amal ke saath saath 3teen maah tak rozana eik chitaank paneer bhi eistimaal kiya jaye.

WA TEENEY WA وَالْتَيْنِ وَالرَّيْتُونَ  
ZEYTOONEY

Raat ko soney se pehley so100 martabah parhein.Seeney per dam karein aur baat kiye baghair so jayein.90Nawey din ke eis amal se seena gudaz aur khoobsoorat ho jata hey.Amal ke sath sath 3teen maah tak rozana eik chitaank paneer bhi eistimal kiya jaye.

### **CHEHREY AUR JEISM PER ZAAAYED BAAL**

Allah Tallah ne quran-e-pak mein irshaad kiya hey ke hum ne her cheez ko moayan miqdaron ke sath takhleek kiya hey.Aurat aur mardon mein yeh moayan miqdarein hi infaradiyat qayem rakhti hain.

Insaan ke ander khoon daur karta rehta hey,hawa,roshni aur cosmic rays ke zariyey zeher ki eik kaseer miqdaar (Jeis per insaan ki zindagi ke qayaam ka inhesaar hey.)Insaan ke ander dakhil hoti rehti hain.Yeh zeher musaamat ke zariye paseeney aur baloon ki shakal mein kharij hota rehta hey.Yeh hi waja hey ke baal in heison per ziyadah hotey hain.Jeis jaga khoon ka dabao nisbatan ziyadah hota hey.Mardon ke chehrey per darhi hoti hey lekin aurton ke chehrey per ball nahin hotey .Eis ki waja yeh hey ke aurton mein khoon ka zehereela aser eik makhsoos nizaam ke tehet her mah kharij hota rehta hey.Ager eis mahana nizam e safai mein khalal ya kami waqey ho jaye to khalal ya kami ki munasibat se aurton ke chehrey per baal nikal aatey hain.Eis ke liye zaroori hey ke mahaana nizam ko bahaal rakha jaye.

Eik pao kalonji pani se dho ker dhoop mein sukha lein aur khuley monh ki saaf shifaf neeley rang ki sheishi mein bher lein.Eisha ki namaz ke baad 100 martabah

FI SITA TEY AYAAM  
SUMAS TAWA ALAL  
ARSHE

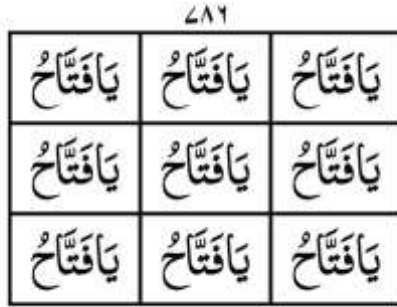
فِي سِتَّةِ أَيَّامٍ تَتَوَضَّأُ عَلَى الْعَرْشِ

Parh ker kalonji per dam ker dein aur sheishi ka dakhna band ker dein.Eis tarhan 21ikees roz tak karein.20<sup>th</sup>Baeiswein roz se subha nihar monh 1/4chothai chai ka chamcha kalonji monh mein daal ker 2do 3teen ghoont pani ke sath nigal lein.Kalonji khaney ke 1/2aadhey ghantey baad tak koi cheez khana peena mana hey.Eik pao kolanji khatam honey tak yeh amal jari rakha jaye.

### HEISETERRIYA

Shiddat-e-marz mein munderja zail taaweez zard roshnayee se likh ker bati ko rooyee mein lapeit ker faleeta bana ker

ghee ya zaitoon ke teil mein esi jaga jalayein jahan mareez ko dhooaan puhunchey.



Fry pan mein thauri si cheeni dal ker aag per rakh diya jaye. Dhayaan rahey ke cheeni jalney na paye. Jab brown rang ho jaye to nichey utar ker aadhi piyali pani eis mein dal ker taaweez ko dhho liya jaye. Eik eik ker ke 11giyarah taaweez mutwatir giyarah roz pilayein. Aur dholey hooyey taaweez ko jaladein. Khanon mein aam taur se jitna namak khaya jata hey eis mein 3/4teen chothai kami ker dia jaye aur bazar ka pisa hooa namak hergiz eistemal na kiya jaye. Lahori sabot namak ghar mein pees ker eistemal karein.

### **GHUSEY KI ZIYADATI**

Aam taur per dekhney mein aaya hey ke kamzor asaab logon ko ghusa ziyadah aata hey aur baaz log mahol ki sakht geeri, Ehsas-e-mehroomi ya ehsaas bertari ki bina per bhi maghloob al gazab ho jatey hain. Yeh bhi dekha gaya hey ke ghar se bahir yaa dostoon mein nihayat Motahamil mizaj aur haleem al tabaa hazraat ghar mein biwi bachoon ke saamney ghaseel ban jatey hain esey logoon mein keisi na keisi tarhan jazba e iqtidaar kaar farma hota hey. Bahar kaif soorat e haal

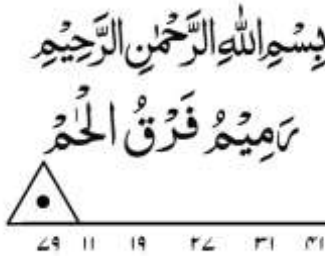
koi bhi ho ager mareez khod eis ghusey se nijaat pana chahey to ghusey ke waqt pani per eik martabah dam ker ke “YA WODOODO يَا وَدُودُ” parh ker dam karein aur teen saans mein yeh pani pee lein.Ghar ke doosrey afrad,keisi eik ya kayee afraad ke ghusey se nijaat pana chahey to in ko yeh karna chahiye ke subha suraj nikalney se pehley eik ghoont pani ka eik martabah YA WODOODO يَا وَدُودُ ”dam ker ke nihaar moonh piladein.Ager yeh mumkin na ho to yeh dam kiya hoa pani eis suraahi ya matkey mein daal dein jeis mein se sab ghar waley pani peetey hon.Amal ki muddat ziyadah se ziyadah 40chalees roz hey.

## **FALIJ AUR LAKWAA**

Kitaab “RANG AUR ROSHNI SE ELAAJ” mein hum ne falij,poliyo aur lakwey ke asbaab per tafseeli roshni dali hey.Mukhtasiran yeh samhajh lijiye ke dimaagh ke ander roshniyoon ki eis takseem per hi dimaaghi,asaabi aur jeismani sehet ka daar o madaar hey.Roshni ki row jab umm al dimaagh se guzerti hey aur koi aisi waja ho jati hey ke us row ke dermiyaan cosmic rays aa jaye aur apni jaga se kam az kam chaar inch dhahein jaanib hati hoyee ho to barki nizaam tabaah ho jata hey.Eis ka aser kandhey se peir tak hota hey.Eisi ko falij ya poliyo ka naam diya jata hey.

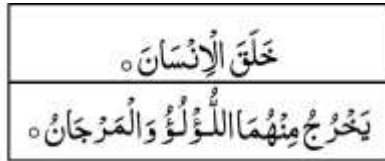
Lakwa ka talook asaab se hey.yeh tanhaa umm al dimaagh ki waja se nahi hota dimaagh ke khalyoon ki dermiyaan row jab eik taraf zaur dalti hey aur eis ka tassaruf chehrey ki keisi simt mein ho jata hey to chehrey ke uzlaat ko terha ker deta hey eis ka aser barah-e-rast kanon,aankhoon,naak aur jabrey per parta hey.Baaz auqaat

beenai bhi eis se mutaasir ho jati hey.Naak ki hadiyaan bhi terhi ho jati hain aur jabrey ka jo heissa dantoon ko sambhaley hooy hey woh bhi mutaasir ho jata hey.Eis ka elaaaj yeh hey.



Khaney ke zard rang ko pani mein ghol ker roshnayee bana lein.Eis roshnai se yeh taaweez teen adad cheeni ki platoon per likh ker subha,shaam aur raat ko pani se dho ker pilayein aur yehi taaweez eisi rang ki roshnayee se chikney aur motey eik balisht kaghaz per likh ker sir,guddi aur peshानी mein teen martabah malein.Elaaj mein falij aur lakwey se mutallik perhaze jo sab jantey hain zaroory hey.

**FEISTULA(FISTULA) YA BHANGDAR**



Keisi momi kaghaz per 40chalees taaweez likhein.Roshnayee khaney ke zard rang se banaein.Eik taaweez rozana subha nihar moonh 40chalees roz pani se dho ker piyeyin.Eis marz mein surkh mirch aur her keism ke ghosht se (ghosht mein andaa bhi shamil hey) dauraan elaaaj perhaze karein.

## KARZ KI WASOOLI KE LIYE

يَا تَنَكَّفِينَ يَا حُنُوتَيْلُ يَا حَمْنَائِيلُ  
يَا فَتَّاحُ يَا فَتَّاحُ يَا فَتَّاحُ

Eik kaghaz per (keisi bhi roshnayee se) likh ker eis ka kaghaz ki chaar thehein ker ke taaweez bana lein aur eis ko 2 patheron ke dermiyaan aisee jaga rakh dein jahan in patheroon ko koi hilaaye jalaaye nahin. Her pather ka wazan kam az kam do seir hona chahiye. Donon pather maastah hon takey taaweez per ooper ke pather ka wazan poori tarhan parta rahey.

NOTE:-Taaweez ko zood aser aur taaqatwar bananey ke liye eis shaks ka naam maa eis ki walidaah ka naam aur jeis se karz wasool karna hey taaweez maurney se pehley likh dia jiye.

----- (٢) -----

آیت الکرسی ۱۰۴ بار اکتالیس بار اے ایٹ الکرسی عظیم اے ایٹ الکرسی عظیم tak parh ker haton per dam karein aur hath 3teen bar chehrey per pher lein eis ke baad karz wasooli honey ki dua karein. Amal ki muddat 90nawey din hey. Khowaateen naghey ke din shumaar ker ke baad mein poora kerlein.

## KARZ UTARNEY KE LIYE

Awal o aakhir eik eik martabah darood shareef, eik baar beismillah shareef aur eik hazar dafa yaa fataah يَا فَتَّاحُ soney se

pehley 90 nawey din tak parh ker dua karein aur baat kiye baghair so jayein.

### QAIDI KI RIHAI KE LIYE

Taskheer hukhaam e wala taaweez qaidi galey mein pehney aur her jomeiraat ko shaam ke waqt mom jama aur kaprdey ke khol ke baghair lobaan ki dhooni di jaye.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

ل ا ح + ی - ص + ل  
ح - ه + ق + د - ن + ا - ل

### KAD(HIEGHT) MEIN IZAAFY KE LIYE

Ager kad kam reh jaye aur eis mein izaafa maksood ho to.Zardey ke rang aur arq-e-gulab se 3teen platon per likh ker eik plate subha nihaar moonh,eik aser ke baad aur eik raat ko sotey waqt pani se dho ker 6 maah tak piyein.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

الرَّتْلِكَ آيَاتُ الْكِتَابِ الْمُبِينِ ۝ الرَّحِيمُ

الرَّحِيمُ يَا اللَّهُ يَا مُرِيدُ

Eis ke alawah 24chobees ghantey mein kam se kam 12barah ghantey letney ke prograam per amal karein.Letetey waqt eis baat ka khayaal rakha jaye ke taangein kaman ki tarhan na hon balkey seedhi rahein.Sirhaney nisbatan ooncha rakhein,taakey dauraan e khoon peiron ki taraf ziyadah rahey.

## KABOOLİYAT-E-DUA

Dua kabool honey ke liye “ziyarat” wala amal tahajjud ki naflein addaa ker ke awal O aakhir 11giyarah 11giyarah martbah daurod-e-ibrahimi ( jo darood namaz mien parha jata hey) ke sath 300teen so martbah “ziyarat wala amal” parh ker dua karein.Inshallah dua kabool hogi.

صَلَّى اللهُ تَعَالَى عَلَى حَبِيْبِهِ مُحَمَّدٍ وَسَلَّمَ  
بِسْمِ اللهِ الرَّحْمَنِ الرَّحِيْمِ  
يَا دُوْدُ يَا بَدِيْعُ الْعَجَائِبِ يَا خَيْرَ يَا بَدِيْعُ  
بِسْمِ اللهِ الْوَاسِعُ جَلَّ جَلَالُهُ يَا حَفِيْظُ

## CANCER YA SARTAAN.

Cancer khoon ko nuksaan puhunchaney wala eik marz hey.Eis ki wajoohaat mein chand wajhoo yeh hain.

Koi insaan jab eik,do ya chand khayalaat mein khod ko giraftaar ker leta hey.To who barki ro jo khayalaat ke zariye banti hey,zehreeli ho jati hey.Yeh zehreeli row choonkey khoon ke ander bhi zeher peida ker deti hey eis liye eis row ke adum tawazon ki bina per khoon mein khord been se bhi nazr na aney waley virus ban jatay hain.Yeh keerey keisi eik jaga ghar bana letey hain.Woh barki row jo zindagi ke masruf mein ani chahiye in keeroon ki khuraak ban jati hey.Nateeje mein khuraak ka choutey se chotta zarah jo barki row ke sath khoon mein dur karta hey bajaye faaidey ke nuksaan puhunchata hey.In keeroon ki khuraak khoon ke woh zaraat hotay hain jo surkh zaraat ya RBC keihlatey hain.Rafta rafta mareez ke ander surkh zarraat khatam ho ker safiade zarraat ki kasrat ho jati hey aur yeh jeism ke liye kabil-e-kabool



nahin rehtey.Chunachey yeh safaid zarraat luaab ya balgham ban ker khaarij honey lagtey hain aur itnee miqdaar mein khaarij hotey hain ke aadmi bilaakhir hadiyoon ka dhanchaa ban ker maut ke moonh mein chala jata hey.

Cancer ki doosri keism yeh bhi hey ke zehreely zarraat eik jaga jama ho jatey hain.In ke jama honey se woh ragein gal jati hain jo eis zakheerey ke kareeb hoti hain.Nateejey mein khoon nizaam mein eik bohat khlaa waqey ho jata hey aur eis se maut waqey ho jati hey.

Yeh to hooley cancer ke mazharaat ya zahiri alamaat.Ab suneeye ke ilm e roohani ke roo se cancer eik aisa marz hey jo shareef alnafs aur ba ikhtiaar hey,sunta hey aur hawaas rakhta hey.Ager eis se dosti ker li jaye aur kabhi kabhi tanhayee mein ba shartey ke mareez gehri neend so raha ho,us ki khoshamad ki jaye aur yeh kaha jaye “miyaa cancer! Tum achey ho,bohat meherbaan ho.Yeh aadmi bohat pareshaan hey.eisey maaf kerdo,Allah Tallah eis ki jaza dey ga”.To cancer mareez ko chaurh deta hey aur dost daary ka saboot deta hey.

Alawah azeen surkh rang mein jo barki row daurti hey wohi cancer ki khuraak hoti hain.Eis liye khoon ke surk zaraat ke ander daurd karney waley barki row cancer ki khaurak ban jati hey aur cancer ka mareez zindagi ko qaim rakhney wali barki row se mehroom ho ker khatam ho jata hey.Jo ke khoon mein daur karney wali surk barki row hi cancer ki khaurak banti hey eis liye eis baat ka ehtimaam kiya jaye ke mareez ke mahool ko poori tarhan surkh ker diya

jaaye. Maslaan jis kamrey mein mareez ka kayaam hey eis kamrey ki diwaarein, derwazey aur khirkiyoon ke pardey, palang ki chaaderein, takiyeh ke ghilaaf hata ke mareez ke pehenney waley kaprdey sab surkh ker diye jaein. Eis ke saath saath khaney ka surkh rang pani mein ghoul ker roshniyaan banalein. Eis roshniyoon se

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| ٤  | ٦  | ٥  | ٣  | ٣  | ٢  | ١  |
| ١٢ | ١٣ | ١٢ | ١١ | ١٠ | ٩  | ٨  |
| ٢١ | ٢٠ | ١٩ | ١٨ | ١٧ | ١٦ | ١٥ |

أَبْرَارُ الْحَاحِ

ص وَالْقَم ص وَالْقَم ص وَالْقَم

41 Ikhtalees taaweez likhey jayein. Eik taaweez mareez ke galey mein mustaqill parda rehney dein aur baaki 40 echalees taaweez rozana eik ke heisaab se chalees roz pani se dho ker pilayein.

### KOOB YA KOBARD.

Haram maghaz mein sehat mand reishey qanoon e qudrat ke tehet kamzor reishon ko takwiyat pohchantey rehtey hain. In ko takwiyat pohnchaney ka zarriya who barki row hey jo dimaagh mein jama ho ker dimaagh ke tamam khalliyon mein daur kerti hey. Ager barki row ki takseem taaqatwtar reishon mein yaksaan hey to admi ka seena mazboot hota hey lekin ager keisi waja se barki row ki takseem yaksaan aur aitadaal mein nahin hain to seeney ki pasliyaan kamzaur aur naram reh jati hain. Yehi waja hey ke koi shaks kobdra ho jata

hey.Eis marz mein Quran Shareef ki ayat

إِلَى الْإِبِلِ كَيْفَ خُلِقَتْ ۝

Ka baar baar wurd kiya jaye aur jab bhi pani piyein pani per yehi ayat dam ker ke piyein.

### KHETHI BAARI MEIN BARKAT.

Eik barey kaghaz per

allah o noor us samawati wal ardi      اللَّهُ نُورُ السَّمَوَاتِ وَالْأَرْضِ

Likh ker panch ya das seir pani mein dho lein aur eis pani ko kheit mein chirakh dein.Sirf eik bar yeh amal ker leney se zameen ki peidaawer mein izaafa ho jata hey.

### KAM MEIN DIL NA LAGNA.

Ghair mustaqil mizaaji aur moaashi kamon mein adum dilchaspki khatam kerney ke liye her namaz ke baad BEISMILLAH SHAREEF ke sath 100 martabah

بِحَوْلٍ وَقُوَّةٍ لَا إِلَهَ إِلَّا اللَّهُ  
أَمْهَيْمِنُ الْعَزِيزُ الْجَبَّارُ الْمُتَكَبِّرُ

Parh ker dua karein.Ager sahib e muamala bohat hi kaahil ho to biwi ya koi kareebi azeez ya wazeefa parh ker sahib e muamala shaks ke liye dua karey.Amal ki muddat 21ikees roz aur ziyadah se ziyadah 40chalees roz hey.

**KUTTEY KA KATNA**

2 Parah surah al maidah ki ayat

yas           aloonak  
maaza       ohilla  
lahom qool ohilla  
limakom  
utayabaato wama  
alamtoom min al  
jawareh  
mukalibeena  
toalimoona  
hoona       bima  
alamakoom ollah  
fokoloo     bima  
amsakna alaikum  
wa  
zkorosmallahey  
alleih wa taqollah  
innallah saree ol  
hisaab



11 Martabah parh ker,pani per dam ker ke 3teen din,rozana teen waqt pilayein.

**KADOO DAANEY AUR KENCHOOEY.**

Pate mein kadoo daaney aur kenchowey hone se sehat buri tarhan motaasir ho jati hey.Ghizaa jozvey badan honey ke bijaaye in keeroon ki khuraak ban jaati hey.Pate phoola rehta hey aur eis ko thap thapaney se dhool ki tarhan aawaz hoti hey.Pate mein jab keerey ya kenchooey hotey hain to sotey mein moonh se raal behti hey aur mareez daant peista hey.Quran pak ki ayat

يُذِبحُونَ أَبْنَاءَكُمْ وَيَسْتَحْيُونَ نِسَاءَكُمْ  
 وَفِي ذَالِكُمْ بَلَاءٌ مِّن رَّبِّكُمْ عَظِيمٌ ٥

Siyah roshnayee se kaghaz per likh ker taaweez galey mein daal dein. Aur yehi aayat cheeni ki platon per khaney ke zard rang se likh ker subha shaam aur raat ko soney se pehley pani se dho ker pilayein. 3 Teen roz aur ziyadah se ziyadah 11 rooz tak.

**GURDEY KE JUMLEY AMRAAZ.**

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
 ك م ن ق  
 الْمَلِكُ الْقُدُّوسُ الرَّحْمَنُ الرَّحِيمُ  
 ٤٩٥                      ٤٩٥                      ٤٩٥

Gurdey mein dard yahi ho ya pathery ka ho, donon haltoon mein moomi kaghaz per munderja bila naksh likh ker galey mein ya dard ki jaga bandhein. Eis taaweez ko dho ker pilana bhi be intehayee mufeed hey. Dard khatam ho jata hey aur ager gurdey mein pathery hey to woh reite ban ker peishaab ke raastey khaarij ho jati hey.

**GANJ.**

Saaf shifaaf asmani rang ki sheeshi ya bottle mein khaaleis tiIlon ka tale bhar ker rakh lein aur eik tasbeeh

أَلَمْ تَرَ أَنَّكَ الْكَيِّبَابُ الْمُبِينُ  
 ﴿١٠﴾ ﴿١١﴾ ﴿١٢﴾ ﴿١٣﴾ ﴿١٤﴾ ﴿١٥﴾ ﴿١٦﴾ ﴿١٧﴾ ﴿١٨﴾ ﴿١٩﴾ ﴿٢٠﴾ ﴿٢١﴾ ﴿٢٢﴾ ﴿٢٣﴾ ﴿٢٤﴾ ﴿٢٥﴾ ﴿٢٦﴾ ﴿٢٧﴾ ﴿٢٨﴾ ﴿٢٩﴾ ﴿٣٠﴾

Parh ker 40chalees roz dam karein,41iktaleeswein raat se rozana sotey waqt tale achi tarhan sir mein jazb karein.

**GATHYAA AUR GHOTNON KA DARD.**

Dekhiye falij ka elaaaj

**ANJANAHAAREE.**

la tadariko hool absaaro wa ho wa لا تُدِيرُكَ إِلَّا بَصَارٌ وَهُوَ يُدِيرُكَ  
yood riko hol absaara أَبْصَارٌ

Parh ker unguisht e shahaadat ke pehley poorey per dam karein lab laga ker aankh per anjanahaari ki jaga phair lein.Chand roz ke eis amal se marz rafa ho jaye ga.

**LOO LAGANA.**



هُوَ اللَّهُ الْخَالِقُ الْبَارِئُ الْمُصَوِّرُ لَهُ الْأَسْمَاءُ الْحُسْنَىٰ ط

Eik safaide kaghaz per likh ker baghair moom jama ke safaid kaprey ki dhajee mein bandh ker galey mein daal dein.Loo ke asraat khatam honey per taaweez aur kapra donon jalaa dein.Kachi khaand ke sharbat per yehi ayaat dam ker ke pee lein.Eis se aadmi loo ke asraat se mehfooz rehta hey.

**MOONH SE BADBOO ANA.**

Maidey mein peivast aur taafoon ki waja se gas jab ooper ki

taraf rajoo karti hey to moonh se boo aney lagti hey. Ager masooron ke ander ya danton ke khalaa mein ghiza ke zaraat jama ho ker sard jaein tab bhi moonh se boo aati hey lekin woh boo jo gas ki shakal mein moonh se khaarij hoti hey doosrey logon ke liye intehayee zehni takleef ka sabab banti hey. Mareez ko eis ka itna ehसाas nahi hota lekin mukhaatib ke ooper eis bad boo se woh hi taasur kaayam hota hey jo keisi sakht badboo dar cheez se ho sakta hey. Eis ke dafayaa ke liye khaaney ke nizaam al amal mein aitidaal bohat zaroory hey. Eis mareez ko chahiye ke who waqt be waqt koi cheez na khaaye. Jo bhi khana ho sirf in auqaat mein khaye jo eis ne apney khaaney ke liye muqader kiye hein. Baasi aur khamir wali ghizayein hergiz eistemaal na ki jayein. Khaaney halkey pholkey aur zood hazam honey chahiyein. Jab bhi paani piyein 3teen martabah

### MARKOONA ROKOONI      مَرْكُونُ رُكُونِي

Parh ker ke piyein aur zuhr ki namaz ke baad

eik tasbeeh parh ker eik pound khaaleis shehad per dam karein. Yeh shehad din mein 3teen waqt subha naashtey se pehley, dopehar aur raat ko khaaney se pehley eik eik chamchi eistemaal karein. Daant her waqt bilkol saaf rehney chahiye khwaa manjan se kiye jayein ya meiswaak se.

### MAKAAN YA KEISI DOOSRY JAGA KO KHALI KARNA.

Zaati zaroorat ke liye ya kirayeidaar ki tabiyat se bezaar honey ke baad makaan ya keisi jaga ko khaali karana maksood ho to eisha ki namaz ke baad 300teen so martabah

### WALQAT MAA FIHAA WA      وَالْقَاتُ مَا فِيهَا وَتَحَلَّتْ TAKHALAT



Parh ker aankhey band ker lein aur kiraye daar ka tasawoor ker ke phoonk maar dein. Amal ki muddat kam se kam 40chalees rooz aur ziyadah se ziyadah 90nawey din hey.

## **MIRGHI KA DOURAH.**

Kabhi kabhi khayalaat mein itnaa hajoom ho jata hey ke dimaagh ki who salahiyat jo khayaalaat ko taqseem karti hey mutaasir ho jati hey. Ager aisee haalat mein paani samney aa jaye to dimaagh kam karna chaur deta hey aur mirghi ka दौरه parh jata hey. Jab tak khayaalat ka hajoom maamool se ziyadah rehta hey mareez be hosh rehta hey aur jab yeh hajoom muntashir ho jata hey to mareez ko hosh aa jata hey. Daureh se choonkey tamaam asaab maflooj ho jaatey hain eis liye harkat deir mein hoti hey. Eis ka waqti aur fauri elaj yeh hey.

Mareez ke sir ko zameen se hath per sirf eik inch ooper uthaa liya jaye. Eis se ziyadah nahi 2do 3teen martabah sir ko halki junbish se hilaaya jaye. Daurah khatam ho jaye ga taahum ankhon ki putliyon ki nigraani kuch deir tak karein taakey woh khaliyey jo hafizey se mutaaliq hain dekhney waaley ki nigahon se takraayein aur shaoor bahaal ho jaye. Mirghi ke marz ki eik shanaakht yeh bhi hey ke potliyaan apni jaga se kuch na kuch ooper ki taraf hat jati hain.

Mirghi ke mareez ka roohaniyat mein elaj yeh hey ke 40chalees roz tak subha nihaar moonh eik plate per

الطُّرُقُ النَّاسُ وَالْأَجِنَّةُ وَالرُّوحُ الْعَبَادِ الصَّالِحِينَ فِي الْكَوْنِ

Likh ker paani se dho ker pilayein aur saath hi eik barey kaghaz per likh ker sir se pair tak kaaghaz ko pooray jeism per malein. Kaghaz path jaye to dobaraah likh liya jaye. Doaraan e elaaj eis baat ka khayaal rakha jaye ke mareez ko kabz ki shikaayat na ho.

## **MARDOON MEIN NISWANIYAT.**

Chromosome mein baaraah chaley hotay hein aur her chaley ka alag alag rang hota hey. Shikam maadir mein ager in chaaloon ke rang mein yaksaaniyat rehti hey to bachaa poori mardanaa khasoosiyat ka haamil hota hey aur ager eik chaley ka rang bhi puri tarhan doosrey 11giyarah chaaloon ke hum miqdaar naa rahey to bachey mein eisi munasibat se mardaana ausaaf kam ho jaatey hain. Barah chaaloon mein se keisi eik chaley ke rang ki miqdaar bohat ziyadah ya bohat kam ho jaye to larki peidaa hoti hey.

Baaz mardoon mein mardana wajaahat kam aur niswaaniyat ziyadah hoti hey, baat karney ke andaaz, chaal, dhaal aur shakl o surat mein sanf e naazuk ka aks jhalakta hey kuch mardoon ki awaaz bhi aurton ki awaaz ki tarhan hoti hey eis ke tadaarukh ke liye subha bedaar honey ke baad aur raat ko sontey waqt eik arsey tak

الرِّجَالُ قَوَّامُونَ عَلَى النِّسَاءِ (Al rijaal o qawa moona allal nisaa e)

ka wird kiya jaye.

## **NEEND KUM ANAA YA BILKOL NA ANA.**

Neend kam aaney ki wojoohaat mein bari waja dimaagh mein kushki asaabi kashaakash, dimaaghi kashmakash ya belfaaz e deeger dimaaghi khalafshaar. Zehni dabao fikr o alam aur khoof o ranj hotey hain. Pehley in baton se jahan tak mumkin dimaagh ko khali karna zaroori hey. Aisa karna irtikaaz e tawajho ke amal se bohat asaan ho jata hey.

Sab kamoon se faarigh honey ke baad araam de bister per late jayein. Jeism ko dheela chaur dein. Aankhey band ker lein aur yeh tasawoor karein ke gardan se naaf tak jeism per sheeshey ka aik bara jar rakha hooa ho aur eis mein halki thandi aur farhat ameiz roshniyaan bhari hooyee hain. Jab yeh tasawoor kaayem ho jaye to surh al bakra ki pehli ayat

الم ذَلِكَ الْكِتَابُ لَا رَيْبَ فِيهِ هُدًى لِّلْمُتَّقِينَ سَعَى يُؤْتُونَكَ

tak parhna shiroo ker dein. Chand baar parhney se neend ki meethi aaghosh naseeb ho jaye gi.

## **NAKSEER PHOOTNA.**

Safaid kaghaz per 3teen martabah kaali roshnayee se “YA BADEEO يَا بَدِيعُ” likhain. Kaghaz ko jala dein. Jala hooa kaghaz ungliyoon se masal ker nakseer ke mareez ko sunghayein. Chand bar yeh amal kerney se nakseer ka marz khatam ho jata hey.

## **NAZLA MUZMIN YA PAURANA NAZLA.**

Aisa poorana nazla jeis ki bina per dimaagh mein se boo aati hey, naak band aur aankhein bhari rehti hon. Kanoon

mein aawazein aati hon.Mehsoos hota hey ke dimaagh mein koi cheez bhari hoyee hey.Wgera Wagera se nijaat hasil karney ke liye.



يَا مَرْيَمُ كَاتِبُتِلْ يَا إِسْرَافِيلُ يَا سَمَوَاتِيْلُ يَا فَرْزَاتِيْلُ

kaghaz ya cheeni ki plaitoon per likh ker teen waqt paani se dho ker piyein.khaney mein aisi ghizaoon se perhaiz karein jo maidey ko kharab karti hain.

**NAAK BAND HONEY KI WAJA SE KHUSHBOO AUR BADBOO MEHSOOS NA HONA.**

Yeh eik marz hey jeis mein aadmi soonghney ki salaahiyat se mehroom ho jata hey eisey khoshboo aati hey na badboo.Woh sarhey hooye khanoon mein bhi tameez nahi ker sakhta.Eis marz ka talook dimaagh ke in khaliyoon se hey jo qooat e shaama ko control kertey hain.Wajoohat eis ki bohat hain jeis ki tafseel eis mukhtasir kitaab mein bayaan karna mumkin nahin.Elaaj pesh khidmat hey.Jab bhi pani piyein pani per eik martabah

وَاللّٰهُ يَخْتَصُّ بِرَحْمَتِهِ ۙ WALLAH HO YAKHTAS O BE REHMATI HI

parh ker dam ker ke piyein.Paani peeney ke allawaa eik khooley moonh ka qalayee shudda ya staineless steel ke piyali mein namak mila pani bhar kar eis per dam kar lein aur eis pani ko subha nihaar moonh aur raat ko soney se pehley 5panch panch martabah naak mein charhaayein aur nikalkein.Naak ka pani piyaali mein na girey balke kachi zameen per girna chahiye.Elaaj deir talab hey baghaire kisi ghabaraahat ke arsey tak jaari rakhein.INSHALLAH marz se nijaat mill jaye gi.

### NAAF TALNA.

Do taaley eis tarhaan banayein ke eik taaley mein doosrey taaley ka kondaa aajaye.



Aur eik shakal kaghaz per bana ker aisey maurh ker taaweez bana lein. Mom jama ker ke dori ke saath peit per eis tarhaan bandhey ke taaweez naaf ke ooper rahey. Nahaney dhoney ki soorat mein taaweez bandhaa rehney dein. Araam honey per peeraney peer dastagheer hazrat mohyeeuddin abdulqadir jilani ki rooh ko esaal e sawaab kiya jaaye.

### NASHEY KI AADAT CHAURNEY KE LIYE.

Nasha kerney walaa shaks jab raat ko gehri neend mein so jaye eis ke kareeb sirhaney ki taraf khardey ho ker surah al maaida ki ayat 90

يَا أَيُّهَا الَّذِينَ آمَنُوا  
إِنَّمَا الْحَمْرُ وَالْمَيْسِرُ وَالْأَنْصَابُ وَالْأَزْلَامُ رِجْسٌ  
مِّنْ عَمَلِ الشَّيْطَانِ  
فَاجْتَنِبُوهُ لَعَلَّكُمْ تُفْلِحُونَ ۝

Eik martabah itni aawaz se parh ker sunayen ke soney waley ki neend kharab na ho.40Chalees roz ke eis amal se nashey ki aadat khatam ho jati hey.

**NAAK KE AMRAAZ.**

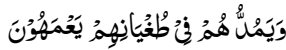
Naak mein hadi ka bardh jana,saans rukhna,naak ke ander jhili ka kharaab hona,khunaak,naak ke ander mazeed hadi ka peida hona,naak ke ander phoonsiyaan,naak ka taaffun aur naak ke ander phaurha hona.In sab amraaz ke liye keisi moomy kaghaz per



likh ker kaghaz ko maurh ker taaweez bana lein aur moom jama ker ke galey mein daal dein.Yeh taaweez aasmani rang ya siyaah chamakdaar roshnayee se likha jaye.

**HICHKIYAAN.**

Pani per eik baar



WA YA MUDDO HOOM FI TUGHYAANI HIM

dam ker ke aur ager aser taze kerna ho to plate per likh ker pani se dho ker pilayein.Ziyadah se ziyadah teen bar.Yeh dam shudah pani peetey hi hichkiyaan band hojati hain.



pani hasil karney ka tareeqa yeh hey.Choney ka eik dailaa kisi bertan mein daal ker pani bher dein.Choona pakney ke baad tandha honey dein.Ab paani per jo pepree nazer aaye eis ko aheista se hata ker ooper ka paani le lein pani niklatey waqt eis baat ka khayaal rakha jaye ke pani zaur se na hiley kyonke zaur se hilney se bertan mein bethey hooey choney ke zaraat ka pani mein shamil hona nuqsan dey ho sakta hai.

Ager eis amal mein waqt ho to sookhi laal mirchi ke chaar beejoon per munderja bala aayat parh ker dam karein aur mareez mirch key yeh beej nigal ley.Ooper se do teen ghoont pani pila dein.Pani kacha nahin hona chahiye.Paka ker thanda ker ke pilayein.Jab tak heiza rahey yeh elaaj jari rakhein.

### **HADIYOON KA MUKAMMAL NA HONA AUR HADIYOON MEIN DARD.**

Eis ke liye T.B ka elaaj parhiye .

### **HADI BARHDNA.**

Tamam kamoon se faarig ho ker raat ko soney se pehley.

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ  
اِنَّ الْاِنْسَانَ لَفِیْ خُسْرٍ

100So martbah parh ker pani per dam ker ke piyein.Eis amal ki muddat nawey(90) din hey.



## YARKAAN YA PILIYAA.

Yeh marz jiger ki kharabi se hota hey.Tajerbaat se yeh bat sabit hoyee hey ke eis marz ke elaaaj mein taaweez,ganda aur dam darood aur dawa se ziyadah moasir hain.

Munderja bala taaweez likh ker mareez ke galey mein dall dein

|   |   |   |   |
|---|---|---|---|
| س | ر | ش | ك |
| ق | ع | ل | ت |
| خ | م | ف | ت |
| ن | ص | د | ض |

2) Beiskahperaa eik khud ro ghaas hoti hey.Zameen khod ker eis ki jarein nikal li jayein.Pani se dho ker ungli ke eik pore ke barabar kat ker rakhlein.Ab mareez ke kad ke barabar kachey soot ke 21ikees ya 41ikatees naap le ker chaar teyhein kar lein.Beiskahperey ki eik jadh girah mein lapate ker eik baar

iyaak ka na boodo wa iyaak ka nasta een

إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ ۝

Parh ker phoonk maarein aur girah kas dein.Eisi tarhan 21ikeiss jaron mein 21ikeiss giraah laga ker mareez ke galey mein daal dein.Jeisey jeisey marz khatam hoga yeh ganda bara hota jaye ga.Yarkaan khatam honey ke baad yeh ganda pusht ki jaanib nikaal dein aur behtey hoey pani mein daal dein.

## AAWAZ KO KHOOBSOORAT BANANA.

Baaz mard jab baat kartey hain tu un ki aawaz mein zanana pan mehsoos hota hey.eisi tarhan baaz aurtoon ki aawaz phathi hoi ho aur un ki aawaz mein karakhtagi aur mardana pan zaahir hota hey.Sheerein sukhan logoon se sab mutasir hotey hain.Aawaz ko sheerein aur khoobsurat bananey ke liye



rozana siyaah rang roshnayee se likh ker eik gharrey ya suraahyee mein daal dein.Aur peeney mein sirf yehi pani eistemaal karein.Pani her roz naya badal dein.Jo pani buch rahey usey keisi pak jaga ya kiyari mein bahaa dein.Eis amal ki muddat 90nawey din hey.

## ALSAR YA MAIDEY MEIN ZAKHAM.

Ghizaon mein milaawat ki waja se yeh marz aam ho gaya hey.Surkh mirch garam masaaley talee hoi aur khatee cheezon se perhaze ke sath yeh naksh rozaana subha,shaam aur raat plate per likh ker pani se dho ker peeney se alsar aur maidey mein zakham ki shikayat khatam hojati hey.

۷۸۱

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| ۱۷ | ۳۲ | ۲۱ | ۱  | ۱۶ | ۱۴ | ۵  |
| ۲۳ | ۱۸ | ۲۳ | ۲۶ | ۲  | ۶  | ۸  |
| ۲۲ | ۲۳ | ۱۹ | ۲۹ | ۷  | ۳  | ۱۰ |
| ۳۵ | ۲۷ | ۳۰ | ۲۰ | ۹  | ۱۵ | ۴  |
| ۲۸ | ۳۱ | ۳۳ | ۳۵ | ۱۱ | ۱۶ | ۱۳ |

### APENDEY SITES.

Daanye taraf kanj-e-raan mein ungli ke pore ke baraaber aik rag hoti hey. Ziyadah ter yeh hota hey ke nizaam-e-hazam ki kharaabi aur maidey mein ghilaazat ki waja se eis rag mein hawa bhar jati hey ya ghiza ke zarraat sarh jatay hain. Reeh ka ikhraaj ho jaye aur pakhaana ajaye to takleef mein bari had tak kamee waqey ho jati hey. Eis ka roohani elaj yeh hey:-zardey ke rang ya siyah roshnayee (woh roshnayee jo takhti likhney mein eistemaal hoti hey) se safade cheeni ki bari plate per 21 martabah

بریا جین ماء

likhey aur pani se dhoh ker yeh pani do lotey thandey pani mein milaa dein aur dard ki jaga eis pani se dohraayein. Yeh amal 24 ghantey mein teen martabah.

### AANKHEIN DUKHNA YA ANKHOON MEIN SURKHI.

Lakri ki choki per kibla rokh beth ker wozoo karein. Aur wahaan bethey bethey so 100 martabah

قُلْ تَرَبُّؤًا فَإِنِّي مَعَكُمْ مِنَ الْمُتَرَبِّصِينَ

Qul tarabasoo fa ini maakum min al mutarabiseena

Parh ker arq-e-gulaab per dam karein. Aur eis ko diraaper se 3teen qatrey donon aankhoon mein daal dein. Aankh dukhney ke dauraan laal mirch se perhaze karna zaroori hey.

### AASEIB KA TAAWEEZ.

Kitaab ke shiroy mein dafa-e-aseib ke liye faleetey jalaney ke amal se elaj tajweez kiya gaya hey. Eis silsiley mein be shumaar khatoot mosool hooey hain jin mein yeh likha gaya hey ke faleetoon ke sath koyee naksh bhi hona chahiye. Naksh yeh hey.

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ  
يَا حَفِیْظُ يَا حَفِیْظُ يَا حَفِیْظُ  
يَا بَدِیْعُ يَا بَدِیْعُ يَا بَدِیْعُ  
يَا بَدِیْعُ الْعَجَائِبِ يَا الْخَبِیْرُ يَا بَدِیْعُ  
۹۹ ۹۹۹ ۹۹۹ ۹۹۹  
يَا حَفِیْظُ يَا حَفِیْظُ يَا حَفِیْظُ

Yeh taaweez keisi moomi kaghaz per likh ker moom jama ker ke mareez ke galey mein daal dein jumeraat ke rooz aser ke baad suraj ghuroob honey se pehley taaweez ko kaprey ke khol se nikaley baghair lobaan ki dhooni dein.

## **BACHON KE DIL MEIN SURAAKH.**

Awal aakhir 11giyarah giyarah martabah durood shareef ke sath hazar baar

فَأَوْسَىٰ إِلَىٰ عَيْدِهِ مَا أَوْسَىٰ مَا كَذَّبَ الْقَوْمَ إِذْ مَا هَرَأَىٰ

Fa o haa illa abdehee ma o ha ma kazabal fowado ma raa aa

eik nasheist mein parh ker adha seir khaleis shehad per dam karein.Aur shehad subha shaam aur raat ko khilayein.Khuraakh ka tayun umer ke lihaaz se karein.Chotey bachoon ko eik eik ungli chathayein aur das se ziyadah umer ke bachoon ko chayeh ki choti chamchi teen waqt khilayein.Elaaj ki muddat 6 mah hey.

## **BAGHAL AUR PEIRON MEIN SE BOO AANA.**

Baghal aur peiron mein se boo aana nihayat takleef deh marz hey.Aisey mareez jab keisi majleis mein bethtey hain ya apney jootey nikaltey hain to bad boo ka aisa bhapaka nikalta hey ke paas bethney waley loog pareshaan ho jatey hain.Eis marz se nijaat paney ke liye. 110 martabah

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

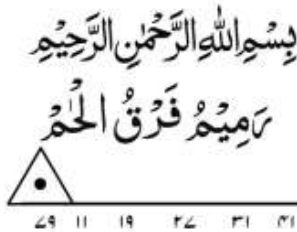
إِنَّمَا حَرَّمَ عَلَيْكُمُ الْمَيْتَةَ وَالْدَّمَ وَالْخَمْرَ وَالْخِنْزِيرَ وَمَا أُهْلَ بِهِ لِغَيْرِ اللَّهِ

Ina ma harama alaikum al mayitata wa dama wa lehma al khinzeer wa ma oohila be hi li ghair e llahey

Parh ker eik pound khaleis shehad per dam karein.Aur subha,shaam raat eik eik chamchi khayein dauraan elaaj khanon mein namak ki miqdaar kam ker dein.

## POLIYO.

Taiyfaiyd bukhari ager muddat poori honey se pehley utaar diya jaye to akser auqaat bachon ko poliyo ho jata hey. Ab yeh marz itna aam ho gaya hey ke eis ki tashreeh karna zaroori nahi hey. Eik chutki cheeni aur eik baareek se baareek sui (needle) lein. stainless steel ya chaandi ke katourey mein do teen ghoont pani bharlein. Eik martabah “ يَا وَدُودُ Ya woodoodo” parhein. Sui per phoonk marein aur sui ki nok cheeni se choo ker pani mein doba dein. Ab sui ko saaf shifaf safaid kaprey se achi tarhan saaf kerlein. Eis tarhan ke sui per pani ka koi aser baki na rahey. Eisi tarhan sui daboney ka yeh amal 101 bar karein. Eis pani mein zafraan shaamil ker ke roshnaye banalein aur eis roshnaye se



Teen platoon per likh ker subha, shaam aur raat ko pani se dho ker pilayein. Yehi taaweez eisi roshnaye se baalshit bar chikney aur motey kaghaz per likh ker mutaasirah Uzv per din mein teen baar ghari ki soiyoon ki gardeish ke mutabiq malein. Yeh kaghaz phat janey per doosrey kaghaz per taaweez likha jaye. Elaaj dair talab hey. Yakeen aur dil jamyee ke sath jari rakhein faidah yakeeni hey. Ghiza mein sard aur baadi cheezoon mein namak se perhaze zaroori hey.

NOTE:-Uzv per malney waley taaweez per bismillah na likha jaye

## **PARESHAAN DIMAGHI JEIS SE ASEEB KA SHUBA HO.**

Raat ko soney se pehley wozoo karein aur royee ke do phoyoon per eik dafa aayat al kursi parh ker dam ker ke donon kanon mein rakh lein. Subha beidaar honey ke baad donon phoye ko nikal ker keisi dabey mein rakh dein. Raat ko in phoyoon per phir wohi amal karein aur donoo kanoo mein rakh lein. Yeh amal chand haftey jari rakhein.

## **PAIT MEIN DARD.**

Pate mein dard ki wajooahat be shumaar hey asal elaaj to yeh hey ke dard ki waja talaash ker ke eis ka elaaj kiya jaye. Aarzi aur fauri taur per pate ke dard se nijaat hasil karney ke liye yeh amal kiya jaye.

Meidey ki tarhan baareek peesa hooa namak eik chaawal wazan ke baraber eik tea spoon pani mein daal dein aur eik martabah.

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ

Allah ho la illah a illah howal hayool qayoom

Parh ker pani per dam ker ke pilayein. Pani peetey waqt moonh shumaal ki taraf hona chahiye.

## **TASKHEER HUKAAM O AFSARAAN.**

Dekhney mein ayaa hey ke daftaron mein baaz zimeydaar hazraat aur Hakim apney maa tehton se acha sulook rawa nahin rakhtey aur un ko jaa o be ja pareshaan

kartey hain.Kuch log aisey bhi hotey hain jo apni zaati munafiyat ke liye apney mahtehton ko khilaaf-e-diyaanat kam karney per majboor kartey hain.Aisi haalat mein hiran ki jhili.Hud hud ke per ya keisi pak parindey maslaan fakihta ,kabooter ya mour waghiera ke per ke ooper naksh likh ker seedhey bazoo per bandhey.

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

لا ح + ی - ص + ل  
 لا - ن + و - ق + ح

فی (اللهم سخر) allah huma sakhar falan bin falan (naam hakim)  
 فی حق (fi haq falan bin falan (apna naam ma walida)

NOTE:-Ager hakim ya officer ki maan ka naam maloom na ho to us ke naam ke sath eis ka ohdaah likhey.

### JADOO AUR SEHER KA TAUR.

Jab yeh baat tehkeek ho jaye ke keisi mard ya aurat per jadoo ka aser hey.Aisi halaat mein mareez ya mareezaa ke sir se peir ke anghootey tak neeley dhagey ke 11giyarah taar naapey jayein.In 11giyarah taaron ki chaar teyh ker lein.Dhagey ke sirey per eik dheeli girah lagayein. Eik bar poori surah falaq pardh ker girah mein phoonk marein aur fauran kas dein.Yani phoonk ko girah mein band ker dein.Eisi tarhan 11giyara girah laganey ke baad dhagey ko dehakhtey hoye koyilon per daal dein.Dhaga jab jaley ga to eis mein se badboo ya chiraand aaye gi.Jab tak yeh boo ya charaind aye.Rozana es amal ko kartey rahein.



### CHECHAK.

Munderja zail taaweez galey mein daal dein aur shiddat ki haalat mein plate per likh ker pani se dhoyein aur yeh pani her chaar ghantey ke baad baron ko eik chamcha aur bachon ko eik chota chamcha pilayein. Pani her halat mein paka hoa hona chahiye. Kacha pani peeney ko na dein.

|   |   |   |   |
|---|---|---|---|
| ص | ع | ی | ح |
| ع | ع | ی | ح |
| ی | ی | ی | ح |
| ح | ح | ح | ح |

### KHOON MEIN KHARABI.

Khoon mein ghair sehet mand ratoobatein shamil ho janey se khoon kharaab ho jata hey aur eis se tarhan tarhan ki beemariyaan peida ho jati hein. Jin mein jildi amraaz bhi shaamil hein.

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

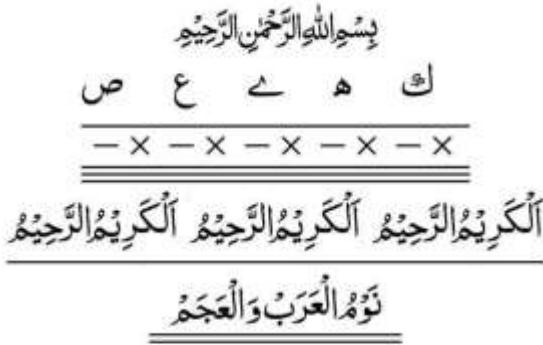
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| ۴۸۶ <sup>۵</sup>  | ۴۸۶ <sup>۶</sup>  | ۴۸۶ <sup>۷</sup>  | ۴۸۶ <sup>۸</sup>  |
| ۴۸۶ <sup>۹</sup>  | ۴۸۶ <sup>۱۰</sup> | ۴۸۶ <sup>۱۱</sup> | ۴۸۶ <sup>۱۲</sup> |
| ۴۸۶ <sup>۱۳</sup> | ۴۸۶ <sup>۱۴</sup> | ۴۸۶ <sup>۱۵</sup> | ۴۸۶ <sup>۱۶</sup> |

yeh naksh chaal ke mutabik zardey ke rang aur ark-e-gulab se likh ker subha, shaam aur raat eik eik plate pani se dho ker 90nawey din tak piyein.

NOTE:-konon mein diye hindsey naksh ki chal ko zahir kartey hain. Naksh mein yeh hind se nahi likhey jayeingey.

## RAAT KO SOTAY MEIN CHALNA.

Yeh marz kaaboos ki almat hey.Munderja zail taaweez das adad likhey jayein.Eik ko mom jama ker ke galey mein daal dein aur 9 taaweez eik eik ker ke subha nihaar moonh pani se dhoo ker mareez ko pilayein.Peeney waley taaweez kaghaz per zardey ke rang ki roshnayee se likhein ya plate per likhein.Donon soorton mein faidah hoga.



## ZAWAAL KE BAAD BE HOSHI KA DAURAH.

Insaan ke ander do dimaagh kam kartey hain.Lekin donon dimaagh baik waqt eik sath poori tarhan muteharik nahi rehtey.Eik dimaagh hamesha magloob rehta hey aur doosra ghalib.Ager keisi waja se ghalib aur magloob reheny ka mal mutaasir ho jaye to zawaal ke baad behoshi ke daurey parney legtey hein.Eis ka elaj yeh hey:-mareez ko chahiye ke daurah

parney ke waqt se adhey ghanthey pehley araan aur beister mein late jaye aur يَا حَفِیْظُ YA HAFEEZO ka wird karta rahey. Neend aye to so jaye. يَا حَفِیْظُ ka wird eis waqt tak kiya jaye jeis waqt daurah parta hey. Lekin daurah parney ke waqt ke baad bhi eik ghanthey tak beister per rahey. Eis amal ki muddat 40chalees roz hey.

### **KAROBAAAR MEIN BANDEISH.**

Kabhi aisa bhi hota hey ke acha khAasa chalta hoa karobaar thup hojata hey. Aur dukaan ya karobaar mein esi bandeish waqey ho jati hey ke tamaam saaman aur wasaail mohaiya honey ke bawajood bikri nahi hoti. Aur order wagherah nahi aatey. Kahein se order milta hey tu uski takmeel nahi hoti dukan mein kharidar atey hey. Maal pasand kartey hain lekin khareedey baghair chaley jatey hain aur yehi saaman doosri dukan se ziyaadah keemat per khareed letey hain. Eis ke tadarruk ke liye yeh amal karein.

Subha sawerey uth ker wozoo karein. Dukan ya dafter mein esey waqt puhunchey ke abhi suraj nikala ho. Eik martaba surah naas سورة الناس poori aayat parh ker dukan ya dafter ke darwazey per dam karein. Panch kadam peechey hat jayein aur donon jotey utaar lein aur jotoon ko hath mein लेकर teen dafa eis tarhan jharein ke jotoon ke talwey eik doosrey se takrayein. Aur jotey pehen ker dokaan ya dafter ke ander ja ker lobaan ki dhoni de dein. Yeh amal sirf eik dafa ker lena kaafi hey. Eis amal mein yeh baat zaroory hey ke jootey leather soul ke hoon.

## **KEISI SAWAL YA JAWAB DETEY WAQT ZABAAN KA RUK JANA.**

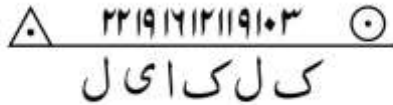
Nervousness ki wajah se aadmi ke ooper anjana khauf muslaat ho jata hey. Eis ke bawajood ke woh mukhaatib ke sawaal ka jawab deney ki poori salahiyat rakhta hey mager mukhaatib ki shaksiyat se marghoob ho ker eis ki baat ka jawab nahin dey pata. Aur baad mein dil hi dil mein kurta hey. Eis se nijaat paney ke liye subha suraj nikalney se pehley wozoo ker ke eik martabah “ يَا وَدُودُ ” aur 7saath martbah hath ke chiloo mein taaza pani le ker 7saath martabah naak mein chardhayein aur nikaal dein. Yeh amal poori tarhaan shifah hasil honey tak jari rakhna chahiye.

## **KAANCH NIKALNA.**

Jeis tarhan bardon ko bawaaseer mein takleef hoti hey aur pakhaana kertey waqt massey bahir aa jatye hain. Eisi tarhan bachoon ko bhi yeh bimaari hoti hey ke rafa e haajat ke waqt, kaanch bahir aa jatye hein bachey rotey chillatey hain aur eis ghosht ya kaanch ko ungly se nikaal ker ander karna parta hey. Eis ka elaaq yeh hey ke bachey ki tehaarat eis tarhan karaein ke ultey hath ki bardi ungli pakhaney ke muqam se raghard khati rahey. Teharaat kartey waqt zabaan se **فَعْلُنْ فَعْلُنْ** partey rahey. Do teen martabah ke amal se marz khatam ho jata hey.

**GHAR MEIN SAB LOGON KA BEMAAR REHNA.**

Sehet ke asoolon ke pesh e nazar yeh bohat zaroory hey ke ghar saaf suthra rahey aur ghar mein seel na ho.Eis ke sath ghar ki fiza ko saaf karney ke liye lobaan ya bakhoor ki dhoni detey rahna chahiye.Aur yeh talaash karna chahiye ke ghaar ke afraad kyon bimaar rehtey hain.Ager koi waja samhajh mein na aye to yeh elaaj karein.



likh ker aisi jaga latkayein ke taaweez hiltay rahey.

**MOONH MEIN KHOON BHAR JANA.**

Dimaagh,halaq,masooron aur phephron ke mutaasir ho janey se keisi na maaloom waja ki bina per din ya raat ko sotey waqt,moonh mein khoon bhar jata hey aur mareez ko bar bar khoon ki kuliyaan karni parti hain.Aur eis tarhan jeism ka sara khoon nikal jata hey.Yeh halaat nihayat tashwishnaak aur khaternaak hoti hey.Elaaj yeh hey.Umdah keism ki royee le ker do phoiyon per eik martaba



سَبِّحْ اسْمَ رَبِّكَ الْأَعْلَى الَّذِي خَلَقَ فَسْوَى

وَالَّذِي قَدَّرَ فَهَدَىٰ وَالَّذِي أَخْرَجَ الْمَرْعَىٰ

فَجَعَلَهُ نُجَاءً أَخْوَىٰ

Parh ker dam karein.Aur eik eik phoya donon kanoo mein raat ko sotey waqt rakh lein.Agli raat yeh phoye nikaal ker doosrey do pioein per dam karein ke kanon mein rakh lein.Amal ki muddat 7sath roz hey phoye jama ker ke behtye pani mein ya kooyein mein daal dein.

Allah ke kalaam ki barkat se bohat asaani ke sath marz khatam ho jata hey.Aisey kayee mareez merey paas laaye gaye jo maheenon se hospital mein dhakhil they,mualij heeran aur pareshaan they ke yeh khoon kahan se ata hey? Mareez ko bar bar khoon diya jata tha aur yeh khoon bhi moonh ke rasteey nikal jata tha.Eis fakeer ne Allah per yakeen ke sath yeh elaaj tajweez kiya aur sub mareez khuda ke fazal se sehet yaab ho gaye.Muaalij hazraat ke liye yeh baat muamma bani hoyee hey ke yeh khoon keis tarhan band ho gaya?

## **MULAZMAT YA KAROBAAR KA HASOOL.**

Aisey haalat mein jab kosheishon ka koi nateeja na nikley.Umeed bandhey aur toot jaye. Dinon,hafton,maheenon aur baaz auqaat saalon daftaron ke chakr laganey ke bawajood mulazmat na milley ya karobaar mein barkat na ho to karobaar ya mulaazmat mein barkat ke hasool ke liye yeh naksh bazoo per bandhey ya galey mein pehan lein aur her waqt wozoo baghair wozoo.Chalthey phirtey,uthtey bethtey,sotey chalthey يَا حَيُّ يَا قَيُّوْمُ ka wird karein.

اللَّهُ لَطِيفٌ

|                   |                  |                  |                  |
|-------------------|------------------|------------------|------------------|
| ۳۲۱ <sup>ا</sup>  | ۳۲۲ <sup>ب</sup> | ۳۲۸ <sup>ج</sup> | ۳۱۳ <sup>د</sup> |
| ۳۲۷ <sup>هـ</sup> | ۳۱۵ <sup>و</sup> | ۳۲۰ <sup>ز</sup> | ۳۲۵ <sup>ح</sup> |
| ۳۱۶ <sup>ط</sup>  | ۳۲۰ <sup>ي</sup> | ۳۲۲ <sup>ك</sup> | ۳۱۹ <sup>ل</sup> |
| ۳۲۳ <sup>م</sup>  | ۳۱۸ <sup>ن</sup> | ۳۱۷ <sup>ي</sup> | ۳۲۹ <sup>ر</sup> |

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

konon mein diye gaye hindsey naksh ki chall ko zahir kartey hain.Inhey asl taaweez mein na likha jaye.

### NAZER-E-BAD.

Nazer lagna eik eisa amal hey jeis se inkaar mumkin nahin hey.Nazer baron,choton aur jaanwaron ko bhi lag jati hey.Aur eis ke mukhtalif asraat muratib hotey hain.Masalan yeh ke keisi larki ko nazer lag jaye aur eis ki shadi na ho.Keisi mard ko nazer lag jaye aur us ka dimaagh mutaasir ho jaye aur sochney samhajney ki salahiyatein kam ho jayein.Aur eis ki aam zindagi ke muamalaat mein khalal waqey ho jaye.

Doodh deney waley jzanwer ager nazer e bad ka shikaar ho jayein to woh doodh dena chaur dey tey hain ya doodh ke bijaye thanoo mein se khoon anney lagta hey.Ya doodh mein makhan kam ho jata hey.

A. Aisey sooraat mein ke larkiyoon ke reishtey aatey hon aur nazer ki waja se tey na hotey hoon to larki ki waalidah ya khod larki alhumdo shareef الحمد شريف eis tarhan parhein ke jab يَاكَ ٓ نَسْتَعِينُ ٓ per puhunchney to eis ayat ko 11 bar parh ker surah pauri karein. Eisi tarhan surah parhey aur her baar pani per dam karey. Aur yeh pani ghoont mein lardki ko pilaa deiya jaye ya lardki khod amal ker ke pee lein. Amal ki muddat chalees roz hey.

B. Shaadi mein rukawat ke ilaawah nazer utaarney ka tareeqa yeh hey ke munderja zail taaweez likh ker chand mint, sir per rakhein phir jala dein. Eik taaweez se nazr bad ka aser poori tarhan khatam na

$$\frac{\triangle + 1 + 2 + 5 + 2}{\text{الْبَاسِطُ} \quad \text{الْيَاسِيسُ}}$$

ho to teen taaweez kafi hain. C. Janwer per se nazer bad khatam karney ke liye yehi naksh berry ki lakrdi ya keisi aisi lakrdi jis mein badboo na ho mutaasirah jaanwer ke galey mein daal dein.