



ADVICE AND AMALS RELATED TO MARRIAGE, PREGNANCY, LABOUR AND CHILDREN

A selection of pertinent advices and amals
applicable to pre and post marriage phases

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NB: IT IS PREFERABLE TO RECITE DUROOD SHAREEF BEFORE AND AFTER ALL AMALS

General Advices for Pregnant Women and Mothers

(Adapted from the notes of the late Hakeem Muhammad Yusuf [rahimahullah] of Hekpoort,

Behishti Zewar and other sources)

Advices for Expectant Mothers

When a woman has conceived, then she should practice on the following:

1. Abstain from all types of sins, especially watching television (whether it is movies or even video clips), eating haraam, listening to gheebah (backbiting) or making gheebah, etc. It is also important to abstain from all sins when breastfeeding.
2. Engage in reciting the Quraan Majeed and making zikr. Also listen to the recitation of the Quraan Majeed and zikr. It is recorded that Moulana Muhammad Yahya (rahimahullah), who is the father of Shaikhul Hadeeth, Moulana Muhammad Zakariyya (rahimahullah), had memorized approximately ½ a para of the Quraan Majeed while still breastfeeding. The reason for this was the excessive recitation of Quraan Shareef that he was exposed to.
3. Avoid excessive use of technology as this overstimulates the brain resulting in weak minded children.
4. Do not allow yourself to become extra emotional e.g. becoming angry, grieved, etc.
5. Refrain from smelling too much of perfumes – especially perfumes containing alcohol.
6. Avoid pictures of animate objects on the clothes and utensils. These cause us to be deprived of the company of the angels.
7. Keep the forehead open and free from hair. This helps with oxygen and the processing of the brain.
8. Do not allow yourself to be constipated.
9. Drink one teaspoon of almond oil (sweet almond oil) before bedtime (also beneficial for constipation). Massage some onto the temples, palms and soles of the feet for two minutes each.
10. Avoid taking laxatives.
11. Do not do strenuous work nor laze around (engaging in work strengthens the womb and makes the labour easy, however the work should not be so strenuous that it tires one out completely).
12. Do a fair amount of exercise daily (especially walking).
13. Do not jump from a high place.
14. Do not pick up heavy objects.
15. Try to avoid or reduce having relations for the first three months of pregnancy.

What to Eat in Pregnancy?

1. Eat healthy foods (especially green vegetables).
2. Eat one bright, red apple daily without cutting it.
3. Eat coconut and sugar candy to increase strength for labour.
4. Eat 12g of fresh coconut every morning and evening. Eat it with ghor (jaggery) or haakar (sugar candy). Chew it well before swallowing.
5. Increase calcium intake through almonds etc.
6. Make a paste with five almonds, five lumps of sugar and a little water. Divide into three equal portions. Take one portion in the morning, one in the afternoon and one in the evening.

7. Try to eat pears and guavas daily (also assists with regular bowel movements and preventing constipation). Take two teaspoons of pure virgin olive oil 10 minutes before every meal.
8. Pregnant mothers should make the following mix and snack on it throughout their pregnancy. It is especially beneficial for raising iron levels:
 - a. Almonds
 - b. Haakar (sugar candy)
 - c. Stalk raisins (raisins with seeds – available from Checkers under the ‘Padkos’ brand name)Take all of the above in equal quantities, mix together, store in a container and snack. If the teeth are weak, it is better to buy the smaller haakar (small sugar candy) as it is easier to chew.

Morning Sickness

1. For nausea (morning sickness), eat two or three dry cream crackers in bed and lie in bed for another 15-20 min before waking up.
2. When a woman is suffering from morning sickness and nausea, she may try to eat the following for breakfast:

Take plain boiled white rice, and mix with milk to make into a porridge. Sweeten with haakar (sugar candy) or honey.
3. In the case where the expectant mother struggles to keep any food down, she should try to drink the water of one fresh coconut twice a day, morning and evening (two coconuts a day). This will provide her with nutrition.

Advices Pertaining to Childbirth

1. When a woman is very close to her due date (one or two days before her due date), she should take the hair/strands from a cob of corn and boil in a cup of water until only half the water remains. She should drink the mixture daily, as it assists with an easy labour.
2. When labour starts, have a bath from the navel downwards with hot water. Insha-Allah, this will allow the baby to come out with ease.
3. Once the labour commences, she should take one or two strands of saffron and boil in a cup of water (or steep in boiling water) and drink the water. This also assists with labour.
4. During delivery, ensure that the mother is covered properly as far as possible. Avoid exposing parts of the body that are not necessary.
5. Avoid a caesarean birth as far as possible.
6. Taking rest properly after birth (“suwaawar/huwaawar” aka “confinement”) is important. The mother needs to heal mentally and emotionally.
7. When visiting a woman in confinement, keep the visit short and sweet.
8. There is no basis for baby showers. This is a sophisticated way of begging for gifts.

Advices Pertaining to the Child

1. When the baby is born, one may add a little bit of Himalayan salt or Epsom salts to the water for bathing the baby. Thereafter, bath the baby with plain water.
2. When changing, change half the body at a time. Try to avoid complete nudity.
3. Place a changing mat under the child so that the impurity does not mess other areas.
4. When changing a child, especially a girl, do not do so in front of boys, even younger and elder brothers.
5. Feed the baby in an upright position to avoid an ear infection.

6. Do not prop the bottle with a pillow and leave the child unattended.
7. If the baby is constipated, mix ½ tsp brown sugar and ½ tsp warm water. Administer once daily.
8. Do the khatnah (circumcision) for the baby boy as quick as possible. (The best is for it to be done within the first seven days of birth). The pain is less and it heals quicker.
9. After the child is circumcised, continue giving him honey to suck, as this aids with the healing.
10. Massaging the baby with natural oils (e.g. olive oil, almond oil, coconut oil, ghee) is very beneficial for the child and this should continue until the baby is five or six months old (it is also beneficial to exercise and stretch the baby at this time).
11. Keep the child away from light that is too bright and sunlight as this weakens their eyesight.
12. Keep changing the child's sides so that the child's gaze is not fixed on something for too long. This can cause the baby to become squint. (This can also cause the skull to become flat on one side as the baby's skull is soft.)
13. When the child is seven days or more, then to rock the child and play soothing natural sounds is also beneficial.
14. When the baby is teething, mix a little salt and honey and rub on the gums. This will aid in the process. (Giving the child a piece of lemon peel to chew on also assists the teeth to cut.)

Advices Pertaining to Breastfeeding

1. The mother's milk is the best for the child – provided the mother is healthy. Even if the mother has no milk, just the baby suckling on the mother's nipples is not devoid of benefit.
2. The mother should cover herself properly when breastfeeding.
3. Try to feed in the state of wudhu. This has a tremendous effect on the imaan of the child (see [here](#) and [here](#) for 2 incidents regarding this).
4. If one is lazy to make a full wudhoo, then one can make Tayammum.
5. The breastfeeding mother should avoid gassy foods and all those foods which affect the baby (e.g. potatoes, beans, peas, lentils, deep fried foods, etc.).
6. Put a drop of honey on the baby's palate before each breastfeeding. To give the baby one finger of honey to suck on before breastfeeding each time is also beneficial.
7. To increase the mother's breast milk, mix the following ingredients together and store in a jar:
 - 100g powdered sataawar (this can be obtained from a spice shop)
 - 100g powdered jeero
 - 100g haakar (sugar candy)
 Take 1 level tablespoon with a cup of warm milk 3 or 4 times daily.
8. Often, the breastfeeding child develops oral thrush, and this sometimes spreads to the mother's breast as well. In order to prevent and treat this, the breast and nipple area should be cleaned with a wet cloth after every feed. Similarly, the breast should be washed with warm water once or twice a day. The child's mouth, tongue and gums should also be wiped gently.
9. For increasing breast milk, feed the mother nutritious foods such as free-range eggs, chicken soup, milk, fish, almonds, gaajar halwa, etc.
10. If the child tends to be phlegmatic during breastfeeding, the mother should avoid consuming dairy products (and foods that are cold in temperament such as: rice, sour foods, citrus, watermelon, litchi, banana, brinjal, bhindi, raw tomato, lettuce, cucumber, fizzy drinks, ice, sweetened foods and foods that are cold i.e. eaten from the fridge).

11. If the baby is sick due to something inappropriate which the mother ate, it is better to treat the mother and not necessarily the child.

Weaning and Feeding the Child Solids

1. When weaning a child, then in order to decrease and dry up the milk in the breasts, the mother should keep a leaf of cabbage on each breast. The leaf should be replaced with a new leaf every three to four hours.
2. When the baby can eat solids, feed him wholesome foods prepared at home.
3. Feed the baby with the right hand and recite Bismillah before feeding him.
4. Goat's milk is much more beneficial for a child compared to cow's milk.
5. When introducing an infant to cow's milk for the first time, dilute the milk so that there are two parts of water to one part milk. Thereafter, as the child's digestive system becomes accustomed to the milk, the proportion of the milk may be gradually increased.
6. When commencing the child on solids, the following mixture may be fed as a porridge. It is especially beneficial in developing the brain:
Take 3-5 almonds, peel them and soak them in one cup or half a cup of water overnight. In the morning, blend the mixture until it is smooth. Sweeten with honey or crushed haakar (sugar candy). Half a teaspoon of arrowroot powder may also be added (beneficial for muscle development).
7. When it is time for the baby to start eating solids, do not give the child very hard things to eat as this can make it difficult for the teeth to come out.
8. Do not overfeed the child. The child's stomach can become weak for the rest of his life.
9. Do not feed the child any food before he is able to digest it e.g. feeding meat or eggs to a very young child.

Amals to be blessed with a good spouse

1. Write Surah Taha, wrap it in a green silken cloth and keep it by one. With the will of Allah one's proposal will be accepted.
2. Read Surah Taha and blow in water. Make the girl take a bath with it. Insha Allah she will find a spouse easily. Do this once a week.
3. Write the following verses and tie it on oneself. With the will of Allah one will find a spouse easily.

وَلَا تَمُدَّنَّ عَيْنَيْكَ إِلَىٰ مَا مَتَّعْنَا بِهِ أَزْوَاجًا مِنْهُمْ زَهْرَةَ الْحَيَاةِ الدُّنْيَا لِيَفْتَنَهُمْ فِيهِ وَرِزْقَ رَبِّكَ خَيْرٌ وَأَبْقَىٰ . وَأْمُرْ أَهْلَكَ بِالصَّلَاةِ وَاصْطَبِرْ
عَلَيْهَا لَا نَسْأَلُكَ رِزْقًا نَحْنُ نَرْزُقُكَ وَالْعَاقِبَةُ لِلتَّقْوَىٰ (طه: 132)

4. After Fajr place the left hand on the ground/musallah, then place the right hand over the left hand and recite يا فتاح 41 times. Even if there is a blockage, it will be removed
5. Do the following on 3 Saturdays consecutively:
Recite surah والفجر, blow in water, then mix the water with mehndi and apply on both sides of each hand.
6. Recite the following verse 136 times daily:

رَبِّ اِنِّي مَا اَنْزَلْتَ اِلَيَّ مِنْ خَيْرٍ فَقِيرٌ (القصص: 24)

7. Read يا جامع يا كريم 500 times daily, Insha'Allah one will receive a good proposal
8. Read يا عليّ يا عظيم 11 000 times daily with durood shareef 11 times in the beginning and the end. Continue this amal for 21 days.
9. One whose child is not finding a spouse should recite the following verse 313 times daily. He should continue with this amal for 21 days.

وَهُوَ الَّذِي خَلَقَ مِنَ الْمَاءِ بَشَرًا فَجَعَلَهُ نَسَبًا وَصِهْرًا وَكَانَ رَبُّكَ قَدِيرًا (الفرقان: 54)

10. The girl and her parents should do the following every morning and evening with consistency: Recite 300 times "Ya Allah Ya Rahmaan Ya Raheem", 313 times "Ya Baasitu Ya Lateefu" then make Dua. InshaAllah she will receive a good proposal.
11. The following is an Amal for a girl who is not receiving proposals due to some blockage: Write the following on a blank piece of paper and the girl should wear it as a taweez around her neck, InshaAllah the blockage will be removed.:

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

نَصْرٌ مِنَ اللَّهِ وَفَتْحٌ قَرِيبٌ وَبَشِيرٌ الْمُؤْمِنِينَ (الصف: 13)

إِنْ تَسْتَفْتِحُوا فَقَدْ جَاءَكُمْ الْفَتْحُ (الانفال: 19)

إِنَّا فَتَحْنَا لَكَ فَتْحًا مُّبِينًا لِيُغْفِرَ لَكَ اللَّهُ مَا تَقَدَّمَ مِنْ ذَنْبِكَ وَمَا تَأَخَّرَ وَيُثَبِّتْ نِعْمَتَهُ عَلَيْكَ وَيَهْدِيكَ صِرَاطًا مُسْتَقِيمًا وَيَنْصُرَكَ اللَّهُ

نَصْرًا عَزِيمًا (الفتح: 1-3)

فَأَنْزَلَ السَّكِينَةَ عَلَيْهِمْ وَأَنَابَهُمْ فَتَحْنَا قَرِيبًا (الفتح: 18)

وَعِنْدَهُ مَفَاتِحُ الْغَيْبِ لَا يَعْلَمُهَا إِلَّا هُوَ (الانعام: 59)

وَفُتِحَتِ السَّمَاءُ فَكَانَتْ أَبْوَابًا (النبأ: 19)

إِذَا جَاءَ نَصْرُ اللَّهِ وَالْفَتْحُ (النصر: 1)

و هو الفتاح برحمتك يا أرحم الراحمين

12. Recite Surah Yusuf every Wednesday after Zuhr salaah and Surah Ahzaab after Asr salaah. Continue with this until one receives a good proposal.

13. Recite the following verse 1000 times daily. The parent can recite this for his/ her child who is not married. InshaAllah, the child will find a suitable spouse shortly.

وَهُوَ الَّذِي خَلَقَ مِنَ الْمَاءِ بَشَرًا فَجَعَلَهُ نَسَبًا وَصِهْرًا وَكَانَ رَبُّكَ قَدِيرًا (الفرقان: 54)

14. Write the following verses on a blank piece of paper and hang around the neck. InshaAllah a suitable spouse will be found quickly.

طسم تِلْكَ آيَاتُ الْكِتَابِ الْمُبِينِ (الشعراء: 1-2)

طس تِلْكَ آيَاتُ الْقُرْآنِ وَكِتَابٍ مُبِينٍ (النمل: 1)

طسم تِلْكَ آيَاتُ الْكِتَابِ الْمُبِينِ (القصص: 1-2)

15. A man who wants a pious wife should do the following:

Fast on 3 consecutive days. Every night before sleeping he must read the following verse 21 times then make dua to Allah. InshaAllah he will find a good spouse quickly:

رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا وَذُرِّيَّاتِنَا قُرَّةَ أَعْيُنٍ وَاجْعَلْنَا لِلْمُتَّقِينَ إِمَامًا أُولَئِكَ يُجْزَوْنَ الْعُرْفَةَ بِمَا صَبَرُوا وَيُلَقَّوْنَ

فِيهَا نَحِيَّةً وَسَلَامًا خَالِدِينَ فِيهَا ۖ حَسَنَتْ مُسْتَقَرًّا وَمُقَامًا (الفرقان: 74 - 76)

Amals To Strengthen Manhood/Potency

1. Hasan Basri (Rahmatullahi Alaih) was told that a certain person is married but he is unable to satisfy his wife. Hasan Basri (Rahmatullahi Alaih) asked for two boiled eggs. After shelling the eggs, he wrote (الذاريات: 47) وَإِنَّا لَمُوسِعُونَ on one and instructed that the man should eat this. Then he wrote (الذاريات: 48) وَالْأَرْضَ فَرَشْنَاهَا فَنِعْمَ الْمَاهِدُونَ on the other and instructed that the woman should eat this. They did accordingly and the man was able thereafter.

NB: An easy way to write this would be with an edible ink marker.

2. Read يا قَوِيَّ الْمُتِينِ 300 times, blow in water and drink everyday.
3. Recite the following verses 11 times, blow in water and drink:

فَإِذَا جَاءَ وَعْدُ رَبِّي جَعَلَهُ دَكَّاءَ وَكَانَ وَعْدُ رَبِّي حَقًّا وَتَرَكْنَا بَعْضَهُمْ يَوْمَئِذٍ يَمُوجُ فِي بَعْضٍ وَنُفِخَ فِي الصُّورِ فَجَمَعْنَاهُمْ جَمْعًا
(الكهف: 99)

Natural Methods To Increase Libido

1. Boil a free range egg, separate the yolk from the white. Add a pinch of cinnamon to the yolk and eat it. Have this for breakfast every day until one finds results.
2. Take one free range egg and separate the yolk from the white. Take fresh onion juice and ginger juice, each equal to the weight of the yolk, and add to the yolk. Add two crushed peppercorns to the mixture. Mix and swallow. This should be taken half an hour before sleeping at night. This mixture may be taken daily for some time in order to build strength and heat.

Amals To Fall Pregnant/Conceive

1. One who has become despondent of getting a child should recite the below verse abundantly:
(اعمال قرآني)

رَبِّ هَبْ لِي مِنْ لَدُنْكَ ذُرِّيَّةً طَيِّبَةً إِنَّكَ سَمِيعُ الدُّعَاءِ (آل عمران: 38)

2. Recite the following verse thrice after every Salaah. With the will of Allah one will be blessed with a child. (اعمال قرآني)

رَبِّ لَا تَذَرْنِي فَرْدًا وَأَنْتَ خَيْرُ الْوَارِثِينَ (الأنبياء: 89)

3. Verse 1 - (الذاريات: 47) وَالسَّمَاءَ بَنَيْنَاهَا بِأَيْدٍ وَإِنَّا لَمُوسِعُونَ

Verse 2 - (الذاريات: 48) وَالْأَرْضَ فَرَشْنَاهَا فَنِعْمَ الْمَاهِدُونَ

Boil two free range eggs and remove the peel. Write verse 1 on one of the eggs and write verse 2 on the second egg. The man will eat the first egg (the one with verse 1) and the woman will eat the second egg (the one with verse 2)

Continue doing this for 40 days continuously. During this time continue having relations. With the will of Allah, the wife will conceive. (اعمال قرآني)

4. Write بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ 110 times on a blank page (without lines). The Wife must wear it as a ta'weez around her neck when she becomes paak from haiz. The Taweez should hang around the stomach.
5. A woman should fast for 7 days. She should break her fast with water then recite الباری المصوّر 21 times. With the will of Allah, she will conceive.
6. Peel an apple or shell a boiled free range egg. Then write on it 7 times with a pen the name of Allah يامبدئ. Thereafter eat the egg or apple. Do this for 3 days consecutively.
7. Take 40 cloves. Read the below ayat 7 times and blow on a clove, read the ayat 7 times again and blow on another clove. Do the same for every clove. The ayat is:

أَوْ كَظُلُمَاتٍ فِي بَحْرٍ لُّجِّيٍّ يَغْشَاهُ مَوْجٌ مِنْ فَوْقِهِ مَوْجٌ مِنْ فَوْقِهِ سَحَابٌ ظُلُمَاتٌ بَعْضُهَا فَوْقَ بَعْضٍ إِذَا أَخْرَجَ يَدَهُ لَمْ يَكِدْ يَرَاهَا وَمَنْ لَمْ يَجْعَلِ اللَّهُ لَهُ نُورًا فَمَا لَهُ مِنْ نُورٍ (النور: 40)

After her ghusl from haidh, the woman will eat one clove every night without drinking water over it. During this period the husband should continue having relations with her. Insha'Allah she will conceive

8. A woman should read يا مصوّر يا باری 41 times after every fardh salaah with 11 times durood shareef before and after. She should do this for 21 days starting from immediately after her Haid. She should do this amal for 4 months continuously only in the days of purity. inshaAllah, during this time, she will fall pregnant.

Amals To Protect The Foetus

1. Read the following Amal and blow on the palms thereafter rub the palms over the face, head and body (clothing). This should be done 6 times a day i.e. before sleeping and after every Salaah:

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ 3 x

فَاللَّهُ خَيْرٌ حَافِظًا وَهُوَ أَرْحَمُ الرَّاحِمِينَ 3 x

3 x Durood shareef

3 x Surah Fatiha

3 x Ayatul kursi

3 x 4 qulz

3 x Durood shareef

NB: This amal can also be written on a blank piece of paper (without lines), made into a ta'weez and tied below the navel with an elastic or pin.

NB: If the miscarriage is being caused by jinn/sihr or Nazr then it must be treated.

2. Write the following verse as a ta'weez and tie around the womb of the woman. If she is not conceiving, she will conceive insha Allah. If she has conceived, the foetus will be protected.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ اللَّهُ يَعْلَمُ مَا تَحْمِلُ كُلُّ أُنْثَىٰ وَمَا تَغِيضُ الْأَرْحَامُ وَمَا تَزْدَادُ ۖ وَكُلُّ شَيْءٍ عِنْدَهُ بِمِقْدَارٍ ۗ عَالِمُ الْغَيْبِ
وَالشَّهَادَةِ الْكَبِيرِ الْمُتَعَالِ (الرعد: 8-9)

3. Recite the following verse thrice after every salaah. This is a very effective amal for protecting the foetus.

One may also write the verse on a piece of paper, make into a T'aweez and tie around the baby's neck.

يَا أَيُّهَا النَّاسُ اتَّقُوا رَبَّكُمُ إِنَّ زَلْزَلَةَ السَّاعَةِ شَيْءٌ عَظِيمٌ (الحج: 1)

4. One should write the following with saffron water or edible ink on a piece of paper then soak in water and drink the water. This should be done 3 times a day morning, afternoon and evening.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ سَلَامٌ قَوْلًا مِنْ رَبِّ رَحِيمٍ (يس: 58)

5. Recite the following formula after Fajr salaah, blow in water and drink the water:

11 x durood shareef

يا بَارِئُ يا مُصَوِّرُ 549 x

11 x durood shareef

Continue this amal for at least 4 months. With the will of Allah, the child will be protected and born healthy.

6. Ensure to recite the dua before engaging in intercourse with one's spouse.¹

بِسْمِ اللَّهِ، اللَّهُمَّ جَنِّبْنَا الشَّيْطَانَ، وَجَنِّبِ الشَّيْطَانَ مَا رَزَقْتَنَا

¹ عن ابن عباس، قال: قال رسول الله صلى الله عليه وسلم: لو أن أحدهم إذا أراد أن يأتي أهله، قال: باسم الله، اللهم جنبنا الشيطان، وجنب الشيطان ما رزقتنا، فإنه إن يقدر بينهما ولد في ذلك، لم يضره شيطان أبدا (صحيح مسلم، الرقم: 1434)

Also remember to read the following dua: ²

اللَّهُمَّ لَا تَجْعَلْ لِلشَّيَاطِينِ فِيمَا رَزَقْتَنَا نَصِيْبًا

7. To protect the wife from a miscarriage or premature birth, one should place his hand on the stomach of the pregnant woman at the time of Sehri and recite the name of Allah يا مُبْدِيُّ 99 times.
8. Cut a pomegranate, take out all the arils into a bowl. Recite Surah Yaseen once and blow on one aril. Recite surah Yaseen again and blow on another aril. Continue reciting and blowing on each aril until all the arils have been blown on. Then the pregnant woman should consume all the seeds.
This can be done by one person or by many people, in one sitting or over a few sittings. Alternatively, if one cannot read a yaseen for each seed, then one may read 41 yaseens and blow on all the pomegranate seeds after each recitation.

Amals To Turn A Breech Baby

1. Write the following on a blank piece of paper and make into a taweez:
بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ أَفَمَنْ يَمْشِي مُكِبًّا عَلَى وَجْهِهِ أَهْدَىٰ أَمَّنْ يَمْشِي سَوِيًّا عَلَىٰ صِرَاطٍ مُسْتَقِيمٍ (الملك: 22)
Then write durood shareef at the end and tie on one's stomach. Insha'Allah the baby will turn.
2. Recite "Ya Qawiyyu" 100 times and blow on the stomach. Do this every morning and evening until the baby changes position.

NB: There are natural techniques like messaging which some experienced midwives/doulas know of to turn a breech baby. One may do research and find out more about this.

² في مرسل الحسن عن عبد الرزاق إذا أتى الرجل أهله فليقل بسم الله اللهم بارك لنا فيما رزقنا ولا تجعل للشيطان نصيبا فيما رزقنا (فتح الباري لابن حجر، الرقم: 5165)

Amals For An Easy Labour

1. Read **يا الله** 121 times, blow on water and drink. InshaAllah the labour will be made easy.
2. Write the following words on a piece of paper, wrap it in a cloth and tie it on the left thigh. Insha'Allah the child will come out quickly. (a'amaal e quraani)
وَأَلْقَتْ مَا فِيهَا وَتَخَلَّتْ وَأَذْنَتْ لِرَبِّهَا وَخَفَّتْ (الانشقاق: 4)
3. Read the following verse and blow on the stomach/ back of the one in labour pains. Alternatively write the above verse on a piece of paper and tie it on her stomach or back. Insha'Allah the labour will be made easy (a'amaal e quraani)
أُولَئِكَ الَّذِينَ كَفَرُوا أَنَّ السَّمَاوَاتِ وَالْأَرْضَ كَانَتَا رَتْقًا فَفَتَقْنَاهُمَا وَجَعَلْنَا مِنَ الْمَاءِ كُلَّ شَيْءٍ حَيٍّ أَفَلَا يُؤْمِنُونَ (الانبیاء: 30)
4. Read the following words and blow on something sweet/ sugar and give the woman to eat for a quick delivery. (a'amaal e quraani)
أُولَئِكَ الَّذِينَ كَفَرُوا أَنَّ السَّمَاوَاتِ وَالْأَرْضَ كَانَتَا رَتْقًا فَفَتَقْنَاهُمَا وَجَعَلْنَا مِنَ الْمَاءِ كُلَّ شَيْءٍ حَيٍّ أَفَلَا يُؤْمِنُونَ (الانبیاء: 30)
5. Recite the following formula and blow on dates.
Durood shareef
Surah Inshiqaaq x 3
Durood shareef
The woman should suck on these dates during labour.
6. Keep the famous Hadeeth compilation "Muatta Imaam Maalik" wrapped in a pillow case or towel in the room of the delivery. Sheikh Yunus Jonpuri and other scholars have mentioned that through the barakah of this accepted kitaab, the delivery will be made easy inshaAllah. Some Aamils also advise keeping the book "Mukhtasar Al-Qudoori" covered in the room.
7. Recite the below 2 Ayats abundantly. Experience has shown that through the barakah of these verses some deliveries were as short as 1 hour.

وَأَلْقَتْ مَا فِيهَا وَتَخَلَّتْ وَأَذْنَتْ لِرَبِّهَا وَخَفَّتْ (الانشقاق: 4)

وَأَخْرَجَتِ الْأَرْضُ أَثْقَالَهَا (الزلزال: 2)

Amals To Increase Breast Milk

1. Write **يا مَبِينُ** on a blank piece of paper, soak in water and drink.
Some Aamils recommend writing it 90 times on the paper.
2. Write the entire Surah Hujuraat on a page with an edible ink marker. Soak the page in water and give the woman to drink. (Remember to always bury the page after use)
Alternatively, one may recite the entire surah Hujuraat, blow in the water and give the woman to drink.
3. Write the following Aayaat on a blank piece of paper, make into a taweez and the woman should tie it around her right arm. She should also write the aayaat with edible ink on a page, soak it in water and drink the water for a few days.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ اللَّهُ يَعْلَمُ مَا تَحْمِلُ كُلُّ أُنْثَىٰ وَمَا تَغِيضُ الْأَرْحَامُ وَمَا تَزْدَادُ ۖ وَكُلُّ شَيْءٍ عِنْدَهُ بِمِقْدَارٍ ۗ عَالِمُ الْغَيْبِ
وَالشَّهَادَةُ الْكَبِيرُ الْمُتَعَالِ (الرعد: 8-9)

4. Collect a jug of fresh rain water and recite the following verses 101 times and blow on it. Give the woman to drink. InshaAllah her milk supply will increase:

وَهِيَ تَجْرِي بِهِمْ فِي مَوْجٍ كَالْجِبَالِ (الهود: 42)

فِيهِمَا عَيْنَانِ بَجْرِيَانِ (رحمن: 50)

5. Write Surah Yaseen on a blank piece of paper with saffron or edible ink. Soak it in a jug of water and give the woman to drink. InshaAllah her milk supply will increase. If one finds It difficult to write the entire surah Yaseen, one may recite it and blow on the water.

NB: There are natural ways to increase breast milk, some have been mentioned in the previous sections.

Amals To Wean A Baby Off Breast Milk

1. Write surah Burooj on a blank page, make into a taweez and tie it on the child. Insha Allah the weaning will be made easy.
2. Write the following with edible ink/ saffron and soak in water. Give the child to drink for a few days.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ الْمُنِينِ الَّذِي يَرْزُقُ مَنْ يَشَاءُ بِقُوَّةٍ الْمُنِينِ بِرَحْمَتِكَ يَا أَرْحَمَ الرَّاحِمِينَ

Amal For The Teething Phase To Be Made Easy

Write the entire Surah Qaaf on a blank piece of paper with edible ink. Soak it in water and rub the water everyday on the child's gums.

Alternatively, one may read the entire Surah Qaaf and blow in the water.

Tried And Tested Amals To Create Love Between Spouses

Amal 1

Whoever's husband is displeased with her should read the following verses 11 times, blow on some sweetmeat or sugar and give him to eat. With the will of Allah he will become happy.

وَمِنَ النَّاسِ مَنْ يَتَّخِذُ مِنْ دُونِ اللَّهِ أَنْدَادًا يُحِبُّوهُمْ كَحُبِّ اللَّهِ وَالَّذِينَ آمَنُوا أَشَدُّ حُبًّا لِلَّهِ وَلَوْ يَرَى الَّذِينَ ظَلَمُوا إِذْ يَرُونَ
الْعَذَابَ أَنَّ الْقُوَّةَ لِلَّهِ جَمِيعًا وَأَنَّ اللَّهَ شَدِيدُ الْعَذَابِ (البقرة: 165)

Amal 2

Recite the following verse 99 times and blow on something sweet. Both spouses should eat from it. This should be done for 3 days.

وَمِنْ آيَاتِهِ أَنْ خَلَقَ لَكُمْ مِنْ أَنْفُسِكُمْ أَزْوَاجًا لِتَسْكُنُوا إِلَيْهَا وَجَعَلَ بَيْنَكُمْ مَوَدَّةً وَرَحْمَةً ۗ إِنَّ فِي ذَلِكَ لَآيَاتٍ لِقَوْمٍ
يَتَفَكَّرُونَ (الروم: 21)

Amal 3

Read 786 times بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ and blow on water with the intention of strengthening the bond. Give this water to the husband to drink.

Amal 4

Read 7000 times يَا وَدُودُ يَا لَطِيفُ and blow on something sweet. Both husband and wife should eat from it. Insha Allah they will become united.

Amal 5

يَا مُعْنِي

keep the above name of Allah in one's mind at the time of intimacy with one's wife. Insha Allah, the wife will begin to love him much more.

Amal 6

Dua for uniting the hearts of spouses:

اللَّهُمَّ أَلِّفْ بَيْنَ قُلُوبِنَا وَاصْلِحْ ذَاتَ بَيْنِنَا وَاهْدِنَا سُبُلَ السَّلَامِ وَجَنِّبْنَا مِنَ الظُّلُمَاتِ إِلَى النُّورِ وَجَنِّبْنَا الْفَوَاحِشَ مَا ظَهَرَ
مِنْهَا وَ مَا بَطَّنَ وَ بَارِكْ لَنَا فِي أَسْمَاعِنَا وَ أَبْصَارِنَا وَقُلُوبِنَا وَ أَزْوَاجِنَا وَ ثَبِّ عَلَيْنَا إِنَّكَ أَنْتَ التَّوَّابُ الرَّحِيمُ. وَاجْعَلْنَا
شَاكِرِينَ لِنِعْمَتِكَ مُتَّحِينَ بِهَا قَابِلِينَهَا وَأُمَّهَاتٍ عَلَيْنَا

Translation: *O Allah, unite our hearts and put right for us our mutual affairs. Guide us to the path of peace, release us from darkness to Your light, save us from obscene practices whether hidden or open. Bless us in our ears, eyes, hearts, wives and children and accept our repentance. Verily You are Most Forgiving Most Merciful. Make us thankful to You for Your favours that we may welcome it and be pleased to fulfil Your bounty upon us.*

Hadhrat Moulana Aaaqil Saahib (damat barakaatuhum), a great Muhaddith of India and the son in law of Sheikhul Hadeeth, Hadhrat Moulana Muhammad Zariyya Kandelwi (Rahimahullah) mentioned that Allah Ta'ala has put great effect in this Dua.

People who are not getting along very well with friends and relatives, couples that are fighting and arguing regularly should read this dua in abundance.

He mentioned that one particular aalim had fallen into some family feuds and as a result was suffering much worry and grief. After reciting this dua several times, he was relieved of this grief.

Hadhrat Moulana also mentioned that once he was in Madinah Munawwarah and a woman met his family in the Haram Shareef at the time of Maghrib. She complained about her relationship with her husband saying that he has become very cold towards her on this journey and was not speaking to her at all. Hadhrat Moulana's respected family taught her this dua and encouraged her to recite it regularly. The next morning at the time of Fajr when she met her again, this woman could not stop thanking her saying that her husband's entire mood has changed and he has become very much warmer towards her.

By reciting this dua abundantly, Insha Allah the hearts of the Ummah will be united.

Amal 7

A person who has a very disobedient wife and he wants her to be obedient, then he should recite 1100 times the name of Allah **يا مانع** before retiring to bed. He should do this for 11 days. Insha'Allah his wife will become obedient. (Tibbee aur roohaani bhed pg76)

Remember 5 golden points for a happy home:

- 1) *Salaam – when you enter the house, first make salaam*
- 2) *Smile – when you enter the house, enter with a smiling face*
- 3) *Gift – once in a while, bring a gift home even if it be something small*
- 4) *Good opinion – have good opinions of each other and avoid unnecessary suspicions*
- 5) *Learn to compliment and not criticize.*

Amals For Pious Children

1. That person who Keeps the name of Allah النافع in his mind while having relations with his spouse, InshaAllah, he will be blessed with pious offspring
2. A person who wants pious offspring should recite the name of Allah يا مُتَكَبِّرُ 10 times before consummating his marriage.

Amals For A Male Child

1. One who desires male children should recite the name of Allah الأَوَّلُ 40 times daily for 40 days. InshaAllah, Allah will fulfil his wish.
2. A woman who is pregnant and wants a male child should draw a ring around her stomach with her finger 70 times. After each ring, she should recite the name of Allah يا مَبِيتُ 70 times.
3. A woman who is pregnant and wants a male child should recite the below verse 111 times daily. InshaAllah she will give birth to a male child.

وَيُمَدِّدُكُمْ بِأَمْوَالٍ وَيَبِينُ وَيَجْعَلُ لَكُمْ جَنَّاتٍ وَيَجْعَلُ لَكُمْ أَنْهَارًا (النوح: 12)

Amals For A Female Child

1. A woman who wants a female child should read the below verse 21 times daily and blow on herself. InshaAllah, she will give birth to a female child.

يَا أَيُّهَا النَّاسُ اتَّقُوا رَبَّكُمُ ۖ إِنَّ زَلْزَلَةَ السَّاعَةِ شَيْءٌ عَظِيمٌ (الحج: 1)

2. A woman who wants a female child should read the following verse 21 times daily for the first five months of pregnancy and blow on herself. InshaAllah, she will give birth to a female child.

اللَّهُ يَعْلَمُ مَا تَحْمِلُ كُلُّ أُنْثَىٰ وَمَا تَغِيضُ الْأَرْحَامُ وَمَا تَزْدَادُ وَكُلُّ شَيْءٍ عِنْدَهُ بِمِقْدَارٍ (الرعد: 10)

Amals For A Child Who Cries Alot

1. Write the following on a blank piece of paper, make into a Taweez and hang around the neck of the child.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ هَذَا يَوْمٌ لَا يَنْطِفُونَ (المرسلات: 35) بِسْمِ اللَّهِ الرَّحْمَنِ وَخَشَعَتِ الْأَصْوَاتُ لِلرَّحْمَنِ (طه: 108)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ الْيَوْمَ نَخْتِمُ عَلَىٰ أَفْوَاهِهِمْ (يس: 65)

2. Recite Surah Fatiha and the 4 Qulz 3 times each and blow on the child

3. Write the following Ayaat with edible ink on a blank page. Soak it in the mother's milk or in water and give the child to drink.

وَجُوهٌ يَوْمَئِذٍ مُّسْفِرَةٌ صَاحِكَةٌ مُّسْتَبْشِرَةٌ (العبس: 38-39) أَفَمِنْ هَذَا الْحَدِيثِ تَعْجَبُونَ وَتَضْحَكُونَ وَلَا تَبْكُونَ وَأَنْتُمْ سَامِدُونَ (النجم: 60-61)

4. Write Surah Fatiha, the 3 Qulz and the following Ayat on a blank piece of paper, make into a Taweez and hang around the child's neck.

وَاللَّهُ غَالِبٌ عَلَىٰ أَمْرِهِ وَلَكِنَّ أَكْثَرَ النَّاسِ لَا يَعْلَمُونَ (يوسف: 21)

Amals For Cholic/ Stomach Pain

1. Write the following on a blank piece of paper with an edible ink marker, soak in water and give the person to drink. Furthermore, write the same, make into a taweez and hang around the patient's neck.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ أَفْحَسِبْتُمْ أَنَّمَا خَلَقْنَاكُمْ عَبَثًا وَأَنَّكُمْ إِلَيْنَا لَا تُرْجَعُونَ (المؤمنون: 115)

2. Recite the entire Surah Munaafiqoon (Surah 63), blow in water and give the patient to drink.
3. Mix saffron in pure rose water. With this water write the entire Ayatul Kursi on a piece of blank paper. Soak the paper in some water and give the patient to drink.

A natural remedy is as follows:

30g celery seeds (Hua)

50g seedless raisins

12 fresh mint leaves

20g jeeru

3 green elachi (opened slightly)

Boil all the above ingredients in 360ml of water until 225ml remains. Strain, bottle and refrigerate when cool. Administer ½ teaspoon 3 times daily.

This is an excellent substitute for gripe water.

One may sweeten to taste with honey or brown sugar.

Amals For A Child Who Experiences Nightmares And Wakes Up Crying

1. Write the following Ayaat with Surah Falaq and Naas on a blank piece of paper, make into a taweez and hang around the child's neck

إِذْ أَوَى الْفِتْيَةُ إِلَى الْكَهْفِ فَقَالُوا رَبَّنَا آتِنَا مِن لَّدُنكَ رَحْمَةً وَهَيِّئْ لَنَا مِنْ أَمْرِنَا رَشَدًا فَضَرَبْنَا عَلَى آذَانِهِمْ فِي الْكَهْفِ سِنِينَ عَدَدًا (الكهف: 10) وَخَشَعَتِ الْأَصْوَاتُ لِلرَّحْمَنِ فَلَا تَسْمَعُ إِلَّا هَمْسًا (طه: 108)

2. Read the following Ayaat and blow on the child daily. Also read these Aayaat and blow on a bag of raisins. Give the child 5 raisins to eat daily.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ وَإِنَّكَ لَعَلَى خُلُقٍ عَظِيمٍ (القلم: 4) وَلَيْسَ الذَّكْرُ كَالْأُنثَى ۗ وَإِنِّي سَمِئْتُهَا مَرِيمَ وَإِنِّي أُعِيدُهَا بِنِكَ وَدُرِّيَّتَهَا مِنَ الشَّيْطَانِ الرَّجِيمِ (آل عمران: 36)

Amals For An Obedient Child

1. One who desires obedient children should Read the following verse 3 times daily

رَبِّ أَوْزَعْنِي أَنْ أَشْكُرَ نِعْمَتَكَ الَّتِي أَنْعَمْتَ عَلَيَّ وَعَلَى وَالِدَيَّ وَأَنْ أَعْمَلَ صَالِحًا تَرْضَاهُ وَأُدْخِلْنِي بِرَحْمَتِكَ فِي عِبَادِكَ الصَّالِحِينَ (النمل: 19)

2. One who desires obedient children should recite the following 631 times daily, blow in water and give the children to drink. This should be done for 40 days.

يَا شَهِيدُ يَا رَقِيبُ

3. A person whose child is disobedient should place his hand on the head of the child after Fajr and recite “YA SHAHEEDU” 319 times. This should be done for 7 days consecutively. (Tibbee aur roohaani bhed pg 129)

Amals For A Weak-Minded Child

1. If someone’s child is weak minded, read the name of Allah “YA BAAQI” 41 times, blow in water and give him to drink. Do this every morning and evening. InshaAllah, the child will become intelligent. (Tibbee aur roohaani bhed pg35)
2. If someone’s child is weak minded, then make fresh roti in the morning. Write the name “Allah” on the roti with an edible ink marker and give the child to eat it. Do this for 21 days consecutively. InshaAllah, the child’s mind will open up. (Tibbee aur roohaani bhed pg53)
3. If someone’s child is weak minded or he wishes to make his child an Aalim or Haafiz then he should recite the following verse 121 times, blow in water and give the child to drink. He should do this daily. The verse is:

وَعَلَّمَكَ مَا لَمْ تَكُن تَعْلَمُ وَكَانَ فَضْلُ اللَّهِ عَلَيْكَ عَظِيمًا (النساء: 113)

Amals For A Stubborn Child

1. A person who has a stubborn child who throws tantrums alot, should read YA MUQEETU 550 times, blow on water and give the child to drink. InshaAllah the child will become obedient. (Tibbee aur roohaani bhed pg84)
2. A person who has a stubborn child should recite the following formula, blow on water and give the child to drink. Also read the formula and blow on the child's head at night. Insha'Allah the child will begin to listen:
 - 3 x Durood shareef
 - 3 x Surah kausar
 - 3 x Surah Ikhlas
 - 3 x Surah Falaq
 - 3 x Surah Naas
 - 3 x Durood shareef
3. A person who has a stubborn child should recite the following, blow on water and give the child to drink, Insha'Allah the child will begin to listen:
 - 100 x Durood Shareef
 - 100 x Ya Rahemu

Various Other Amals For Children

Amal For A Person Whose Children Pass Away In Infancy

Read the following verse 11 times every morning and evening, InshaAllah one's child will remain alive.

وَجِئْنَاهُ وَأَهْلَهُ مِنَ الْكَرْبِ الْعَظِيمِ (الصفات: 76)

Amal Of The Syrians For Good Mannered Children

It is said that when parents would come to the scholars of Syria for advice regarding their small children, they would tell them, "Feed them food on which at least 100 Durood has been recited and make dua that through this Durood they will be nurtured with the mannerisms and character of Rasoolullah (Sallallahu Alaihi Wasallam).

Amal For A Child To Start Walking

If a child reaches the age of walking and still does not start walking, recite YA MATEENU 3500 times, blow in water and give him to drink. Do this for 11 days consecutively. inshaAllah, he will begin to walk. (Tibbee aur roohaani bhed pg44)

Amal For A Child To Start Talking

If a child reaches the age of talking and still does not talk, recite surah Bani Israeel, blow on water and give the child to drink.

Amal To Instil Good Character In A Child

To instil good character in a child, recite 1100 times YA QUDDOOSU, blow in water and give the child to drink. This must be done on a Friday and repeated every month. (Tibbee aur roohaani bhed pg51)

Amal For An Undernourished Child

Recite YA JABBAARU 1900 times, blow on mustard oil mixed with coconut oil and massage the child. Repeat this for seven consecutive days. (Tibbee aur roohaani bhed pg52)

Amal For A Child Not Interested In Studying

A person whose child is not interested in studying should read يَا وَاسِعُ 1100 times, blow in water and give the child to drink. InshaAllah the child will become interested in studying. (Tibbee aur roohaani bhed pg117)

Amal For A Beautiful Child

If a woman wants her child to be beautiful, then 3 months after conception she should start reading **يا مُصَوِّرُ** 332 times every night before retiring to bed. (Tibbee aur roohaani bhed pg90)

Amal For A Good Employee Or Child Who Gets Angry And Leaves The Business/Home

If a good employee gets angry and leaves you or a child gets angry and leaves the house, then one should recite **”يا جامع“** 1140 times for seven days consecutively. InshaAllah, he will come back.

(Tibbee aur roohaani bhed pg71)

And last but not least, don't forget to make dua.

The real remover of problems and difficulties is Allah Ta'alah. Hence a slave should first turn to Allah Ta'alah. Thereafter he should adopt the means.