

Prophet salla Allaahu alayhi wa salam in the morning and evening. What harms a person most in these affairs is heedlessness of the remembrance of Allah and of the remembrances of the Shariah". [Noor 'ala Darb no. 695]

The Permanent Committee For Scholarly Research and Verdicts said in regards to the cure for psychological depression:

"...Put your trust in Allah and expect good from Him. Entrust your affairs to Him and do not despair of His Mercy and Benevolence. There is no disease for which Allah has not also sent down the cure. You should make use of means and continue to consult specialized doctors. Recite Surahs Al-Ikhlās, Al-Falaq and Al-Nas three times, blowing into your hands after each recitation and wiping your face and whatever parts of your body you can. Repeat this procedure day and night and before going to sleep. Recite Surah Al-Fatihah anytime of day or night, and Ayat-ul-Kursy (the Qur'anic Verse of the Throne in Surah Al-Baqarah, 2:255) before going to sleep. This is the best Ruqyah (Qur'an and supplications recited over the sick seeking healing) to protect oneself from evil.

You should also appeal to Allah with the Supplication for Dispelling Distress:

La ilaha illa Allah al-`azim al-halim, la ilaha illa Allah rabbul-`arshi al-`azim, la ilaha illa Allah, rabbul-samawaati wa rabbul-ardi wa rabbul-`arshi al-karim (There is no god but Allah, the Most Great and the All-Forbearing. There is no god but Allah, the Lord of the Great Throne. There is no god but Allah, the Lord of the heavens and the earth and the Lord of the Noble Throne). You may also heal and protect yourself through the Ruqyah of the Messenger of Allah (peace be upon him): Remove the affliction, O Lord of mankind, and bring about healing as You are the Healer. There is no healing but Your Healing; a healing that leaves behind no ailment. There are also many other Adhkar (invocations and remembrances said at certain times on a regular basis), Ruqyahs, and supplications stated in the Books of Hadith and Al-Nawawy mentioned them in his book Riyad Al-Salihin and Al-Adhkar..." [Fatawa no. 3828]

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DEALING WITH DEPRESSION: AN ISLAMIC PERSPECTIVE

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Bismillah ar-Rahman ar-Raheem

All Praise is due to Allah and may Peace and Blessings be upon the Prophet, his Companions, and his followers until the Last Day.

As for what proceeds:

Depression is growing at an alarming rate in modern times. It is estimated that 350 million people across the world suffer from depression

[<http://www.who.int/mediacentre/factsheets/fs369/en/>]. This pamphlet will help address this issue inshallah and provide Islamic cures/solutions for depression. I ask Allah, our Lord, to cure all those who are afflicted with this illness and to protect us all from it. Verily, He is capable of all things.

The Cause for The Increase In Depression in the Modern Era

Shaikh Salih al-Fawzaan (may Allah preserve him) was asked :

What is the cause for the increase of psychological illnesses and depression in our current time?

Answer: "Its cause is, and Allah knows best, a punishment due to sin and disobedience. It also has [other] causes known by the doctors. Ask the psychiatrists about the causes of these illnesses". [<http://www.alfawzan.af.org.sa/node/13735>]

Cure For Depression

Shaikh Ibn ul-'Uthaymeen (1421 H.), may Allah have mercy upon him, was asked: I sometimes experience distress and depression. So what is the cause of that? And what is the cure. May Allah reward you.

Answer: "I am not able to know the cause because depression and distress have various causes. However, there is one thing that a person can benefit by and it is to say what came in the Sunnah: None has the right to be worshipped but You (O Allah), Glorified (and Exalted) are You [above all that (evil) they associate with You]. Truly, I have been of the

wrong-doers.

[Reported Tirmidhi. Graded **Saheeh** by Al-Albani in Saheeh Tirmidhi no. 3505]

This is one thing. Second, he reads the hadith of Ibn Mas'ud (may Allah be pleased with him):

"O Allah, I am Your slave and the son of Your male slave and the son of your female slave . My forehead is in Your Hand (i.e. you have control over me) . Your Judgment upon me is assured and Your Decree concerning me is just. I ask You by every Name that You have named Yourself with , revealed in Your Book , taught any one of Your creation or kept unto Yourself in the Knowledge of the Unseen that is with You , to make the Qur'an the spring of my heart, and the light of my chest, the banisher of my sadness and the reliever of my distress". [Graded **Saheeh** by Al-Albani in Saheeh at-Targhib no. 1822]

For verily these are from the effective, beneficial medicines. Every time a person increases in the remembrance of Allah, the worries and anxieties will be removed from him due to Allah's statement: "Verily, in the remembrance of Allah do hearts find rest". [13:28]. It is a must for a person to increase in reciting the remembrances established from the