

Islam Question & Answer

General Supervisor:
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2554 - Du'aa to relieve worry and distress

the question

Salam,

One of my best friend is having lots of problems in life and due to this she lost her happiness, satisfaction, peace of mind. I am very worried about her. Would you please recommend me any duah so can she be happy again in her life. One more thing I heard of 'Aiyat karema', a kind of vasifa, in this if someone read a specific duah for 100,000 times then Allah will fulfill someone's problem. I don't know if this is the authentic way to pray to God. Can you please tell me any duah so I can pray for my friend. I am very worried about her so please reply at your earliest convenience. Please give some advice. Thanks

Detailed answer

Praise be to Allah.

Praise be to Allaah.

There is no evidence to suggest that the Prophet (peace and blessings of Allaah be upon him) taught us to repeat any ayah or dua or dhikr 100,000 times. To learn more about duas that will relieve worries and distress, please refer to the book [.Alhomoom - Dealing with Worries and Stress...](#)