

# Envy (hasad) Meaning in Urdu & The Spiritual Cure

(حسد کا مطلب اور اس کا روحانی علاج)

## 1. Introduction: What is Envy?

In English, we use the word **Envy** to describe the feeling of wanting what others have. But in our beautiful language, Urdu, and our faith, Islam, this concept is divided into two distinct parts: one that destroys us, and one that inspires us.

- Envy Meaning in Urdu:** حسد (Hasad) or رشک (Rashk)
- Simple Translation:**
  - دوسروں کی نعمت دیکھ کر جلنا یا ویسی ہی نعمت کی تمنا کرنا۔

## 2. The Crucial Difference: Hasad vs. Rashk

Most dictionary sites fail to explain this. For an Islamic reader, understanding this difference is the key to a clean heart.

Term (اصطلاح)	Meaning in Urdu (مطلب)	Islamic Status (شرعی حیثیت)
Hasad (حسد)	کسی کی نعمت چھن جانے کی تمنا کرنا۔	<b>Haram (حرام)</b> - It eats your good deeds.
Rashk (رشک)	نعمت دیکھ کر خوش ہونا اور اپنے لیے بھی ویسی دعا کرنا۔	<b>Halal (حلال)</b> - It is a positive motivation.

## 3. Quranic Guidance (قرآنی رہنمائی)

The Quran teaches us that envy is a spiritual disease. We must seek Allah's protection from it daily.

**Surah Al-Falaq (113:5):**

**Transliteration:** Wa min sharri haasidin idhaa hasad.

**Urdu Translation:**

اور حسد کرنے والے کی برائی سے (پناہ مانگتا ہوں) جب وہ حسد کرے۔

**English Translation:** "And from the evil of the envier when he envies."

#### 4. Signs You Might Have 'Hasad' in Your Heart

- **Sign 1:** You feel a "burning" (Jalan) inside when someone shares good news.
- **Sign 2:** You feel happy when that person faces a loss or a problem.
- **Sign 3:** You find yourself criticizing that person behind their back to lower their value.

#### 5. The "Unique Strategy" Cure: The Inverse Dua

If you want to kill the "Hasad" in your heart, do what the classical scholars (Salaf) suggested. This is a strategy rarely used today:

**The Remedy:** Whenever you feel envy for someone, immediately raise your hands and make a **secret Dua** for them. Say: *"O Allah, bless them even more in this gift, and grant me something similar from Your mercy."* **Why it works:** Shaitan hates it when your envy turns into a source of rewards (Sawab). If you pray for them, the envy will die instantly.

#### 6. People Also Ask (سوال و جواب)

سوال: کیا حسد اور جلن ایک ہی چیز ہے؟

جواب: جی ہاں، اردو میں عام طور پر حسد کو 'جلن' کہا جاتا ہے، لیکن حسد کا لفظ زیادہ گہرا ہے کیونکہ اس میں دوسرے کا نقصان چاہنے کی نیت شامل ہوتی ہے۔

Question: How to protect my family from the envy (Hasad) of others?

Answer: Recite "Masha'Allah TabarakAllah" and keep your private blessings private. The Prophet (ﷺ) said: "Be secretive in the fulfillment of your needs, for every possessor of a blessing is envied." (Tabarani).

#### 7. Reflection (ذاتی فکر)

Dear Reader, this world is temporary. Allah distributes His blessings based on His wisdom. When we envy someone, we are actually questioning Allah's decision. Let us clean our hearts today. Contentment (Qana'at) is a treasure that never ends.

## 🛡️ The Sunnah Shield: Your Daily Protection Checklist

Keep this checklist on your phone or print it to safeguard your heart and your home from the "Hasad" of others.

- [ ] **Morning & Evening Adhkar:** Did I recite the "Three Quls" (Ikhlas, Falaq, Nas) 3 times today?
- [ ] **The Eye-Shield:** Did I say "Masha'Allah TabarakAllah" when looking at something I admire?
- [ ] **Privacy Protocol:** Did I avoid "over-sharing" my personal blessings on social media today?
- [ ] **The Heart-Check:** If I felt a pinch of envy, did I immediately make Dua for that person?

## 💎 Powerful Duas for Protection

Add these to your PDF to give your readers practical tools they can use immediately.

### 1. The Prophet's (ﷺ) Prayer for Protection

The Prophet (ﷺ) used to seek protection for Al-Hasan and Al-Husayn with these words:

**أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّةِ مِنْ كُلِّ شَيْطَانٍ وَهَامَّةٍ، وَمِنْ كُلِّ عَيْنٍ لَامَةٍ**

- **Transliteration:** A'udhu bi kalimaat-illahil-taammah, min kulli shaytaanin wa haammah, wa min kulli 'aynin laammah.
- **English:** I seek refuge in the perfect words of Allah from every devil and poisonous creature and from every envious eye.
- **Urdu:**
  - میں اللہ کے پورے کلمات کی پناہ مانگتا ہوں، ہر شیطان اور زہریلے جانور سے، اور ہر لگ جانے والی (حاسد) آنکھ سے۔

### 2. Dua for Increasing Your Own Contentment

To stop feeling envy toward others, recite this to feel peace with what Allah has given you:

**رَضِيْتُ بِاللَّهِ رَبًّا وَبِالْإِسْلَامِ دِينًا وَبِمُحَمَّدٍ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ نَبِيًّا**

- **Transliteration:** Radeetu billahi Rabban, wa bil-Islami deenan, wa bi Muhammadin (ﷺ) Nabiyyan.
- **English:** I am pleased with Allah as my Lord, Islam as my religion, and Muhammad (ﷺ) as my Prophet.
- **Urdu:**

- میں اللہ کے رب ہونے پر، اسلام کے دین ہونے پر اور محمد ﷺ کے نبی ہونے پر راضی ہوں۔

