

Surah An-Nas

الناس

Surah 114 · 6 verses · Mankind

1

قُلْ أَعُوذُ بِرَبِّ النَّاسِ

Qul a'ūdhu birabbīn-nās

Say, I seek refuge in the Lord of mankind,

2

مَلِكِ النَّاسِ

Malikin-nās

The Sovereign of mankind,

3

إِلَهِ النَّاسِ

Ilāhin-nās

The God of mankind,

4

مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ

Min sharri-l-waswāsil-khannās

From the evil of the retreating whisperer

5

الَّذِي يُوَسْوِسُ فِي صُدُورِ النَّاسِ

Alladhī yuwaswisu fī ṣudūrin-nās

Who whispers [evil] into the breasts of mankind

6

مِنَ الْجِنَّةِ وَالنَّاسِ

Minal-jinnati wan-nās

From among the jinn and mankind.

Surah An-Nas word by word

Verse	Arabic	Say	Meaning
1	قُلْ	<i>qul</i>	Say
	أَعُوذُ	<i>a'ūdhu</i>	I seek refuge
	بِرَبِّ	<i>birabbi</i>	in (the) Lord
	النَّاسِ	<i>an-nāsi</i>	(of) mankind
2	مَلِكِ	<i>maliki</i>	(The) King
	النَّاسِ	<i>an-nāsi</i>	(of) mankind
3	إِلَهِ	<i>ilāhi</i>	(The) God
	النَّاسِ	<i>an-nāsi</i>	(of) mankind
4	مِنْ	<i>min</i>	From
	شَرِّ	<i>sharri</i>	(the) evil
	الْوَسْوَاسِ	<i>al-waswāsi</i>	(of) the whisperer
	الْخَنَّاسِ	<i>al-khannāsi</i>	the one who withdraws
5	الَّذِي	<i>alladhī</i>	The one who
	يُوسِسُ	<i>yuwaswisu</i>	whispers
	فِي	<i>fī</i>	in
	صُدُورِ	<i>ṣudūri</i>	(the) breasts
	النَّاسِ	<i>an-nāsi</i>	(of) mankind
6	مِنْ	<i>mina</i>	From
	الْجِنَّةِ	<i>al-jinnati</i>	the jinn
	وَالنَّاسِ	<i>wan-nāsi</i>	and men

Sounds to listen for

- The doubled n of an-nās, al-khannās and al-jinnati, held through the nose.
- The l of "al" is not said before n: an-nās.
- The long ā at the end of every verse, held longer than usual.
- Min sharri: the n is hidden in the nose before sh.
- Light s in al-waswās and yuwaswisu; heavy ṣ in ṣudūr.
- Qul with a q from the back of the throat; a'ūdhu with 'ayn and dh as in "this".

When it is recited

- Morning and evening, three times, with Al-Ikhlās and Al-Falaq (Sunan Abi Dawud 5082).
- Before sleep: blow into cupped hands and wipe over the body, three times (Sahih al-Bukhari 5017).
- After every prayer (Sunan Abi Dawud 1523).
- When ill (Sahih al-Bukhari 5016).