

What Tehillim/Psalms to Say for Specific Ailments

1 -- for one who miscarries (or tends to miscarry a pregnancy)	119:129-137 (<i>pei</i>) -- for the left nostril
3 -- for shoulder pain and head pain	119:145-152 (<i>kuf</i>) -- for the left leg/foot
6 -- for eye illness	119:153-160 (<i>reish</i>) -- for the right ear
9 -- for a sick child	119:161-168 (<i>shin</i>) -- for the head
12 -- to prevent weakness	119:169-176 (<i>taf</i>) -- for the left ear
14 -- for fear (paranoia?)	127 -- for a newborn baby
31 -- for <i>ayin hara</i>	128 -- for a pregnant lady
37 -- for a drunk person	135 -- for one who has thoughts of <i>avodah zara</i> (occult, idolatry, etc.)
47 -- to do <i>teshuvah</i> (repentance)	137 -- to rid oneself of hate
49 -- for <i>kedachat</i> (a type of fever)	138 -- to rid oneself of arrogance/pride
51 -- for one defiled with <i>znut</i>	141 -- for heart pain
59 -- for <i>yetzer hara</i> (the evil inclination)	142 -- for the thighs
61 -- if you are afraid to sit at home	143 -- for the arm
67 -- for chronic <i>kedachat</i>	144 -- for a broken hand
73 -- to be saved from fear	145 -- for fear
75 -- to humble one's arrogance/pride	146 -- for being struck with a sword (or with any sharp instrument, I'd guess)
84 -- for one whose body has grown thin from illness	147 -- for a snake bite
86 -- to be saved from a <i>ruach ra</i> /bad spirit (depression?)	
89 -- for a person who is losing their limbs (frostbite or gangrene or amputation?)	
96 & 97 -- to infuse one's family members with <i>simcha</i> (happiness)	
101 -- for a <i>ruach ra</i> /bad spirit (depression?)	
102 & 103 -- for a barren woman	
105 -- for "fourth <i>kedachat</i> "	
106 -- for "third <i>kedachat</i> "	
107 -- for chronic <i>kedachat</i>	
117 -- to prevent one from dying an unusual death	
119:9-16 (<i>bet</i>) -- for forgetfulness	
119:17-24 (<i>gimmel</i>) -- for the right eye	
119:25-32 (<i>dalet</i>) -- for the left eye	
119:49-56 (<i>zayin</i>) -- for the spleen	
119:57-64 (<i>chet</i>) -- for the upper stomach	
119:65-72 (<i>tet</i>) -- for the right and left kidneys	
119:81-88 (<i>kaf</i>) -- for the right nostril	
119:97-104 (<i>mem</i>) -- for the right hand	
119:121-128 (<i>ayin</i>) -- for the left hand	