That is Satan who is known as Khinzab. If you perceive his effect, seek refuge with Allah from him and spit three times to your left

‘Uthmān ibn Abi al-‘Ās (may Allah be pleased with him) reported: I came to the Prophet (may Allah's peace and blessings be upon him) and said: "O Messenger of Allah, Satan intervenes between me and my prayer and my recitation of the Qur'an, confounding me." So, the Messenger of Allah (may Allah's peace and blessings be upon him) said: "That is Satan who is known as Khinzab. If you perceive his effect, seek refuge with Allah from him and spit three times to your left." He said: I did that, and Allah caused him to depart from me.

[Authentic] [Narrated by Muslim]

‘Uthmān ibn Abi al-‘Ās (may Allah be pleased with him) came to the Prophet (may Allah's peace and blessings be upon him) and said: O Messenger of Allah, Satan intervenes between me and my prayer and prevents me from offering it with Khushū‘ (humility and focus) and makes me confused and doubtful about my recitation in it. Thereupon, the Messenger of Allah (may Allah's peace and blessings be upon him) said to him: That is Satan, who is known as Khinzab. If you perceive that and feel it, seek refuge with Allah from him and blow three times to your left with a bit of saliva. 'Uthmān said: I did what the Prophet (may Allah's peace and blessings be upon him) commanded me to do, and Allah caused him to depart from me.

http://www.sunnah.global/hadeeth/en/show/65105