

FIQH OF MENSTRUATION

WHY IS THIS IMPORTANT ?

50%

Around **HALF** of humans menstruate at some point in their lives. It is an **IMPORTANT** part of human **LIFE!**

EDUCATION IS A MUST PERIOD.

As Muslims, it is important for us to learn about menstruation. The *sahabiyaat* were very serious in learning about this aspect of their lives.

This is a topic mentioned in both the **Quran** and the **Sunnah!**

MENstruation – it's in the name! Brothers, fathers, husbands, and sons **MUST** learn about it too!



While menstruating, a Muslimah is prohibited from specific religious practices. Some cultures have instilled prohibitions that are **not** found in the Quran and Sunnah. It can be very confusing to know what a sister can and cannot do while on her period. The following is a list of prohibitions and allowances for menstruating women, taken from both the **QURAN** and the **SUNNAH**. These prohibitions are based on no particular school of fiqh and come from the strongest and majority opinions from the scholars.

PROHIBITED

- *Salah* (including its obligation)
- Fasting (excluding its obligation)
- Touching the *mushaf*
- Divorce
- Entering the *musalah*
- Making *Tawaf* around the *Ka'bah*
- Intercourse

PERMISSIBLE

- Listening to the *Quran*
- Reciting the *Quran* from memory
- Making *Dua*
- Doing *Dhikr*
- Attending *Eid Salah*

FIQH OR FIC

1

Some cultures say that a woman is impure and should be isolated from touching others. THIS IS REFUTED BY THE FOLLOWING HADITH.

Narrated Maimuna (the wife of the Prophet): During my menses, I never prayed, but used to sit on the mat beside the mosque of Allah's Messenger ﷺ. He used to offer the prayer on his sheet and in prostration some of his clothes used to touch me. [Sahih Bukhari, Vol. 1, Book 6, Hadith 329]

2

Some cultures say that a husband cannot touch his wife during her period. THIS IS REFUTED MANY TIMES IN THE HADITH.

Kuraib, the freed slave of Ibn Abbas, reported: I heard it from Maimuna, the wife of the Apostle of Allah ﷺ: The Messenger of Allah ﷺ used to lie with me when I menstruated, and there was a cloth between me and him. [Sahih Muslim, Book 3, Hadith 580]

Narrated 'Aisha: While in menses, I used to comb the hair of Allah's Apostle ﷺ. [Sahih Bukhari, Vol. 1, Book 6, Hadith 294]