

Is it MENSTRUATION?

At times it may be difficult for a woman to tell whether or not she started her period. This can happen for several reasons.

Breakthrough Bleeding

Some females may experience bleeding, though no egg and no uterine lining is emitted. In this case (breakthrough bleeding) NO *ibadah* is prohibited. This is not menstruation and *salah* is mandatory.

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Irregular Periods

Some females do not experience a predictable menstrual cycle. These women have a responsibility to decipher if the fluid emitted is menstrual discharge or not.

Women during the time of the Prophet ﷺ understood that missing *salah* or performing *salah* when prohibited was a serious issue. The ONLY time when performing *salah* is not mandatory is when menstruating. For this reason, women during the time of the Prophet ﷺ asked many questions about menstruation. They wanted a strong understanding of when they had a responsibility to complete specific acts of worship and when they were exempt.

Let's learn the terminology!

Istihaadah is irregular, non-menstrual, vaginal bleeding. A woman must carry out all acts of worship when she has *istihaadah*. However, she must perform *wudoo'* for each prayer if the flow of blood continues to the next prayer. If *istihaadah* blood flows out while she is performing *salah*, her *salah* is still valid.

KNOW THE DIFFERENCE

Menstrual Blood

dark red to black

thick & heavy

 offensive odor 

does not clot

Istihaadah Blood

bright red

thin & light

no smell

clots



'A'isha reported: Fatimah b. Abu Hubaish came to the Prophet ﷺ and said: I am a woman whose blood keeps flowing (even after the menstruation period). I am never purified; should I, therefore, abandon prayer? He (the Holy Prophet ﷺ) said: Not at all, for that is only a vein, and is not a menstruation, so when menstruation comes, abandon prayer, and when it ends wash the blood from yourself and then pray. [Sahih Muslim, Vol. 1, Book 3, Hadith 652]