



In association with Yorkshire Muslim Academy

A CONTEMPORARY DOCUMENT ON THE RULES OF FASTING IN RAMADHAN

PEOPLE EXEMPT FROM FASTING IN RAMADHAN

1. Sick people, when their health is likely to become affected by fasting.
2. People on such necessary medications that can only be taken during the daytime.
3. A Musaafir (traveller) who is undertaking a journey of 48 miles or more and is not intending to stay at the destination for fifteen days or more. However, if the journey is not a tiresome one, then it is recommended that one should fast.
4. If expectant mothers are fearful of affecting their own health or their pregnancy because of fasting.
5. If a breast-feeding mother feels that fasting will deprive her child of necessary nutrition.
6. Women on their menstrual period or on their after-birth period must not fast.

All the above should make up for the missed fasts as soon as possible on "a day for a day" basis, anytime after Ramadhan.

CHILDREN & FASTING

1. Fasting is not compulsory for children until they reach the age of puberty.
2. Mature and able children are encouraged to fast so that they may become well trained to fast by the time it is necessary for them to do so. However, they should not be forced to complete their fast if they struggle to do so.

FIDYA (MATERIAL OR MONETARY COMPENSATION)

In some rare cases, a monetary or material compensation known as "FIDYA" is acceptable in place of a physical fast.

Only the following people qualify for this alternative: -

1. An elderly and frail person who has no strength to fast and neither has a hope of ever regaining such strength.
2. Those who are terminally ill and have lost hope of ever recovering.

All such people should pay Fidyah to the poor. Fidyah can be paid either in the form of food items or cash. If paid in cash, then an amount equal to Sadaqatul Fitr should be paid for each fast missed.

Fidyah is not an option for those who are temporarily ill. They should make up for the missed fasts by practically fasting once they have recovered.



SUHOOR

1. To eat suhoor is Sunnah and it is helpful in facilitating fasting throughout the day.
2. It is highly recommended to delay the suhoor as much as possible. However, one should ensure he completes it safely before its final time.
3. If one misses suhoor for any reason, for example he overslept, then he should make the intention in the morning and keep the fast. The fast must not be missed because one has failed to eat suhoor.

NIYYAH (INTENTION)

1. In order to make the fast valid, "Niyyah", i.e., intention of fasting is necessary.
2. As niyyah means intention, it is sufficient to simply have an intention in your mind of keeping the fast. However, it is better still to express this intention verbally by saying "I am fasting today".
3. Niyyah can be made in any language.
4. Although the best time of making niyyah for a fast is before the expiry time of suhoor. Nonetheless, for the fast of Ramadhan, it is still acceptable to make niyyah up to about an hour before Dhuhr beginning time on the actual day of the fast provided one has refrained from everything that breaks a fast since Fajr beginning time.

VALID REASONS FOR BREAKING A FAST

1. If one falls ill whilst fasting and has no strength to continue and complete the fast.
2. If one falls ill and requires urgent medications to avoid further deterioration in his health.
3. If whilst fasting, it is feared that hunger or thirst will lead to serious health issues.
4. If an expectant mother has to break her fast for the safety of her own health, or her child's health.

In all the above cases, Qadha must be kept for the fasts broken on "a day for a day" basis, anytime after Ramadhan.

THINGS WHICH DO NOT BREAK A FAST

1. If by mistake i.e., without being conscious of one's fast, one ate, drank, or committed any other action that breaks a fast.
2. If one has a bath, shower or goes swimming, provided water is not swallowed.
3. If water enters into the ears.
4. If one instils oil or any other medication into the ears.
5. If one swallows his own saliva.
6. If something was tasted but was not swallowed.
7. If one brushes teeth with a toothbrush (without the use of toothpaste) or uses a miswaak
8. If one smells or applies itr, perfume, body sprays or soap and shampoo.
9. If one applies make-up e.g., eyeliner, surma, lip gloss, lipstick, henna or wears contact lenses.
10. If one removes wanted or unwanted hair from the body.



11. If one removes ear wax.
12. If one has extraction of teeth.
13. If one rubs oil on the body or uses it for the hair.
14. If one applies medicine into the eyes. However, it is better if this is avoided if possible, as some scholars do not permit it
15. If one vomits unintentionally whether less or more.
16. If unintentionally, part of the vomit slips down the throat.
17. If one swallows tiny bits of food stuck between his teeth. However, if these bits are taken out of the mouth and then swallowed, then fast will break, no matter how small the bits of food may be.
18. If one has an injection, vaccination, insulin, Covid test or a blood test.
19. If one has a glucose injection for nutritional support due to a valid reason.
20. If one has Hijamah (cupping) provided there is no fear of this leading to weakness.
21. If one has a smear test provided no lubricant jelly is used.
22. If one has to attend dental, medical, or optical appointments, as long as no part of the medicine or blood etc. is swallowed.
23. If one has an ultrasound scan, MRI or an X-ray.
24. If one applies Nicotine patches.
25. If one applies a plaster or any medicine on external wounds.
26. If one donates blood or to have a blood transfusion
27. If one has a wet dream.
28. If one begins the fast without having a fardh bath.
29. If one has non menstrual vaginal bleeding
30. If one kisses, hugs, or sleeps with one's partner without lust.
31. If one has emission of involuntary seminal discharge

THINGS THAT ARE MAKROOH (UNDESIRABLE) AND DISCOURAGED WHILE FASTING BUT DO NOT BREAK THE FAST

1. If one chews things like rubber, pen or plastic items without swallowing them.
2. If one uses toothpaste, tooth powder, miswaaks with added flavour, or uses a mouthwash for cleaning the teeth without swallowing their solutions
3. If unnecessarily something was tasted without swallowing.
4. If one over gargles his mouth without swallowing the water.
5. If one allows the water to go too far up the nostrils when cleaning the nose.
6. If one quarrels, argues, swears, tells lies, backbites, misses a Fardh salaah or commits anything unlawful.
7. If one makes lustful advances towards one's partner
8. If one complains of thirst and hunger.

A FEW THINGS THAT BREAK ONE'S FAST

1. If when gargling the mouth, water accidentally slips down the throat, whilst conscious of the fast.
2. If one swallows blood even if it is his own.
3. If one swallows blood along with saliva, provided that the quantity of the blood is more than the saliva. This can be determined by its taste.
4. If one intentionally vomits a mouthful.
5. If one after vomiting, swallows it deliberately whether some or all.
6. If one intentionally swallows a pebble, a piece of paper or any other item that is not used as food or medicine



7. If tears are swallowed
8. If one instils oil or any other medicine into the nostrils, or into the anal passage.
9. If a heart patient places tablets under his tongue.
10. If one carries on eating even after the time of suhoor is over due to any reason e.g., a faulty watch.
11. If one makes iftar before sunset due to any reason, e.g., a faulty watch.
12. If one smokes cigarettes, hashish or hookkah etc.
13. If one chews chewing gum.
14. If one deliberately inhales smoke of any kind e.g., lobaan, agar-batti or cigarettes.
15. If one purposely inhales steam or any other medical vapours.
16. If one uses inhalers or nasal sprays.
17. If one inserts a wet finger in the anal passage.
18. If one Masturbates.
19. If there is emission of seminal discharge out of lust.

In all the above cases, Qadha must be kept for the fasts broken on “a day for a day” basis, any time after Ramadhan.

KAFFARAH (COMPENSATION OF SIXTY FASTS)

In certain extremely rare cases, a compensation of two months of consecutive fasts are required as a penalty for severely violating the respect and sanctity of Ramadhan. Such a punitive measure is known as Kaffarah.

- This only applies if someone, in the month of Ramadhan, after starting the fast for the day, deliberately breaks it without a valid reason with something edible or drinkable or by having intercourse.

Such a person should make up for the fast broken on “a day for a day” basis and then further at some point must also serve a penalty of continuous fasting for 2 months for breaking the sanctity of Ramadhan.

Kaffarah is not necessary.

- If a fast is deliberately broken outside of Ramadhan
- If a fast in the month of Ramadhan is completely missed
- If a Ramadhan fast was broken due to a valid reason.
- If a Ramadhan fast was only broken with eating something non edible.

In all such cases, only Qadha of a single fast for each fast broken, is sufficient and Kaffarah is not necessary.

NB. If in the month of Ramadhan, a fast breaks for any reason, then one should still abstain from eating or drinking until sunset. However, if a fast was not kept in the first place due to a valid reason, then eating or drinking throughout the day is allowed but only secretly and not publicly.

Prepared on 04/04/2021 by Masjid Umar Sheffield UK.

