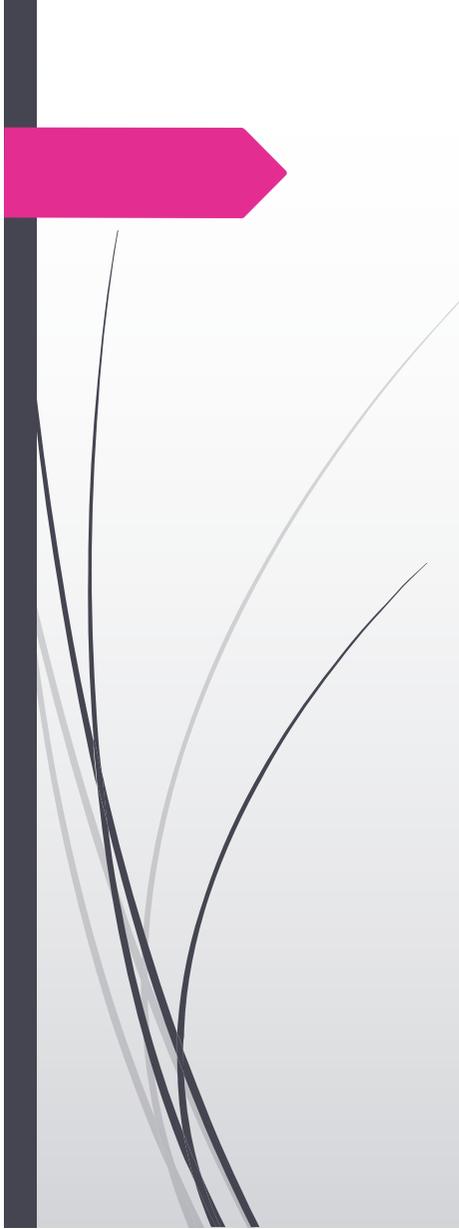


FEMALE HYGIENE IN ISLAM

PART 1





PART 1 (TODAY) COURSE OUTLINE

- ▶ Cleanliness in Islam
- ▶ Coming of Age in Islam
- ▶ Hayḍh, Istihāḍha & Nifās explained
- ▶ How to Perform Istinjā Correctly
- ▶ Ghusl



CLEANLINESS IN ISLAM

عَنْ أَبِي مَالِكٍ الْحَارِثِ بْنِ عَاصِمٍ الْأَشْعَرِيِّ رَضِيَ اللَّهُ عَنْهُ قَالَ :
قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ:

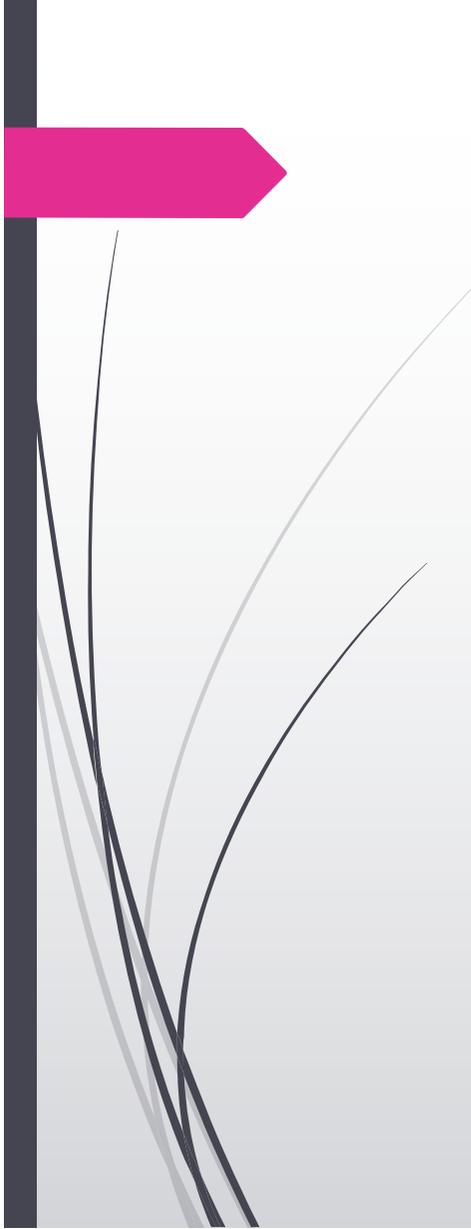
الطَّهْرُ شَطْرُ الْإِيمَانِ

“Cleanliness is half of Imān”

(Sahih Muslim)

ان الله يحب التوابين و يحب المتطهرين

“Most certainly, Allah tala loves those who repent and
He loves those who purify themselves”



Why is cleanliness so important in Islam?

- ▶ Because it is a pre-requisite for many types of ibadah (worship)
- ▶ Purity is a condition for prayer (salah)
Rasūlullāh ﷺ said “**ṣalāt will not be accepted without cleanliness**” (Tirmidhi)
- ▶ One cannot engage in many acts of worship before being in a state of purity, for example:
 - Salah
 - Tawaf
 - Reading the Qur'an
- ▶ Further, being in physical purity safeguards one against many illnesses and diseases



COMING OF AGE IN ISLAM

1. What is a person called who is now mature in Islām?
2. Advice for parents
3. The Advice of Rasūlullah ﷺ
4. Signs of a Female becoming Bāligh
5. How to work out your Bāligh Date?



1. What is a person called who is now mature in Islām?

- ▶ The terminology or the phrase which is used in Shariah is called Buloogh, so a person becomes 'Bāligh' when he/she reaches the age of Puberty.
- ▶ A Bāligh person must now fulfil all of the acts of Worship, which have been commanded to him/her by Allāh Ta'ala. They will now have to:
 - Read ṣalāt 5 times a day
 - Keep all the compulsory fasts in the month of Ramadan
 - They will have to discharge the Zakat if they have enough wealth
 - And also go for Hajj if they can afford to do so.
- ▶ They will now be answerable for all of their actions good and bad.



2. Advice for parents

- ▶ Teach your children how to fulfil their obligations before they become Bāligh
- ▶ For example, they must know how to pray Salah *before* they become Bāligh so that when the time comes, they are aware of the rules of Salah and are in a habit of praying
- ▶ Mothers need to talk to and educate their daughters about haidh
- ▶ Parents need to make their children more Allah conscious as they near the age of puberty
- ▶ Parents need to get their children into the habit of modest Islamic attire before they reach puberty

3. The Advice of Rasūlullah ﷺ

The Prophet ﷺ said:

مُرُوا أَوْلَادَكُمْ بِالصَّلَاةِ وَهُمْ أَبْنَاءُ سَبْعِ سِنِينَ

“command your children with ṣalāt when they are seven years old”

(Abu Dawud)

This is to ensure that children have adopted the habit of performing salaah and are mindful of this duty once they reach buloogh



4. Signs of a Female becoming Bāligh

- ▶ Wet dream – nocturnal emission
- ▶ Start of menstrual cycle – Period
- ▶ Gets pregnant without starting menstrual cycle
- ▶ Child reaches 15 years in Islamic ages (14 years and 6 months in Western Calendar) without experiencing any of the above.

- ▶ In Islam, a female who experiences any one of the above will be classed as being Bāligh and she will now have to fulfil all her obligations.
- ▶ In Islam, this female is now an adult



HAYḌ, ISTIḤĀḌA & NIFĀS EXPLAINED

1. Terminology
2. Hayḍ (Menstruation)
3. Istiḥāḍa
4. Nifās
5. Actions which are prohibited during the Menstrual Cycle & Postnatal bleeding



1. Terminology

- ▶ **Haidh** (menstruation), **nifas** (postnatal bleeding) and **istihadhah** are all terms in shariah given to the flowing of blood from the uterus.
- ▶ Each one of these have been given a different set of rules in order to help the Muslimah determine her periods of prayer, ability to fast and the permissibility of other acts of worship.
- ▶ Each of these terms will be explained in detail insha'Allah.

2. Hayd (Menstruation)

- ▶ Allah tala has revealed verses regarding menstruation in the Qur'an in Surah Baqarah

ويسألونك عن المحيض

“and they ask you regarding menstruation”

- ▶ This ayah was revealed when the Sahabah R.A asked Nabi ﷺ regarding the actions of the Jews towards their menstruating women, that they would not allow them to eat or sleep in the same room. So Allah tala revealed this verse.
- ▶ It has also been made mention of on numerous occasions in the hadith, and on one such occasion, Nabi ﷺ said:

إن هذا أمر كتبه الله على بنات آدم

“this is something which Allah tala has ordained on the daughters of Sayyidina Adam A.S”

(Bukhari)



2. Hayd (Menstruation)

- ▶ Allah tala has created in the female body a very unique organ called the womb or uterus which is the size of your fist and is shaped like an upside-down pear
- ▶ Each month, a lining builds up on the walls of the uterus which the body then sheds. This shedding is called **menstruation** which is then discharged from the body.
- ▶ This discharge can appear in various colours. It may be brown, red, green, brownish red, yellow or even beige.
- ▶ Sometimes this discharge may consist of dark red clots of blood which is quite normal although care should be taken if it happens for a prolonged period of time.
- ▶ We will now refer to the menstruation/period/menses with the Arabic term of "**haidh**"



2. Hayd (Menstruation)

Signs and Symptoms:

- ▶ You may experience your first haidh between the ages of 9 and 15
- ▶ Some changes may occur in your body before you actually experience haidh.
E.g :
 - You may notice a whitish discharge a few months before
 - You may get stomach cramps
 - Your tummy may look and feel bloated
 - You may feel irritable
 - Pimples may break out on your face
 - Your breasts start growing
 - You will notice hair growth under your arm pits and within the bikini line



2. Hayḍ (Menstruation)

- ▶ Minimum period for Hayḍ is three days and three nights
- ▶ Maximum amount of days for Hayḍ is ten days and ten nights
- ▶ Minimum duration of cleanliness between two haidh periods is 15 days
- ▶ Maximum duration of cleanliness between cycles is unlimited



2. Hayḍ (Menstruation)

What is the law of discharge?

- ▶ Discharge is something a girl experiences before or after haidh.
- ▶ Discharge may be white, slightly creamish or transparent in colour. This discharge will not affect one's taharah or break the wudhu.
- ▶ Discharge that is thick, darker coloured, and has an offensive odour will break the wudhu. And this is the body's way of telling you that something is wrong. Usually an infection which can easily be cured.
- ▶ It is mustahab for a girl to use a panty liner or some sort of covering when experiencing discharge.



2. Hayd (Menstruation)

Experiencing haidh for the first time

- ▶ You may feel scared and nervous at first. But it may be helpful to ask for assistance from your mum, older sister or an elder female family member on how to use a sanitary towel correctly during your first period.
- ▶ You have now attained buloogh. This means that from this moment on, all the laws of shariah will apply to you
- ▶ It is extremely important that you mark your days of haidh correctly on a calendar each month. This will help you to determine the correct haidh days or days of illness during which salaah will still have to be performed.
- ▶ You may experience considerable pain in your stomach. Taking pain killers specially formulated for this may bring ease.



2. Hayḍ (Menstruation)

Du'a for pain:

اعوذ بعزة الله و قدرته من شر ما اجد و احاذر

I seek protection in Allah ta'ala and His might against the evil of what I feel
and fear



2. Hayd (Menstruation)

The laws of Shari'ah

- ▶ As soon as a girl notices blood, she is now in a state of impurity. She is prohibited from performing salaah, fasting, reciting and touching the Qur'an shareef, performing umrah, entering the haram shareef or any other masjid, until her bleeding ceases and she does not take the ritual bath/ghusl
- ▶ The laws of hijab (i.e. to cover the body using loose fitting clothing e.g. a jubbah and covering the face with a niqaab) are compulsory in the presence of ghair mahram males.
- ▶ It is now faradh upon you to learn the method of taking a ritual bath after the termination of your period, and also to learn the different laws of Islam surrounding this issue.



2. Hayd (Menstruation)

Be prepared!

- ▶ To avoid embarrassing situations, always carry a pad with you to school/work etc
- ▶ If you experience any symptoms before hand indicating that your haidh may begin, then wear a sanitary pad before hand.
- ▶ If your haidh starts unexpectedly for the first time, or you forgot to carry a pad with you then DO NOT PANIC!
 - Take a few layers of tissue/toilet paper and use it as a pad.
- ▶ Tampons :
 - Some girls find carrying tampons easier and more discrete.
 - The use of tampons however is makrooh in shariah and an unhealthy option as they may cause toxic shock to the body



2. Hayd (Menstruation)

How to dispose of a sanitary pad

- ▶ Roll up the pad as small as possible and wrap it in a newspaper/tissue and throw it into the bin.
- ▶ NEVER flush it down the toilet as this may clog the outlet

Some FAQ:

- ▶ **Question:** How do I know when my haidh has stopped?

A: Your pad has to be absolutely white; even if you wipe yourself after 1 or 2 hours with a tissue, there should be no coloured discharge on it.

- ▶ **Question:** How soon should I make ghusl after my haidh has stopped?

A: It is faradh to have a ghusl after haidh. Ghusl has to be made as soon as possible. Difficulty in washing long hair, especially when it is cold, cannot be used as an excuse for delaying ghusl.



3. Istihāḍa

- What does **Istihāḍa** mean?

Istihāḍa can be classed as bleeding due to illness.

The Medical Term given to Istihāḍa is **Dysfunctional Uterine bleeding**

- Any bleeding less than 3 days will be classed as **Istihāḍa**
- Any bleeding beyond the normal maximum cycle (10 days) will be classed as **Istihāḍa**
- Bleeding in the time between 2 menstrual cycles (i.e. within 15 days) will be classed as **Istihāḍa**
- If a woman who has given birth bleeds for more than 40 days (according to the Hanafi school of thought), any bleeding after this will be classed as **Istihāḍa**



3. Istihāḍa

- ▶ If a woman who is suffering from **Istihāḍa** is also established as a **Ma'dhūr** (excused person) then she will perform Wuḍū for the time of each obligatory (Farḍ) prayer.
- ▶ For a **Mustahāḍa** to be classed as a **Ma'dhūr** (excused person), her bleeding must be excessive to the point that she cannot make Wuḍū and pray without bleeding again. So her problem remains for the complete duration of an obligatory prayer time in a way that she cannot perform Wuḍū or Prayer without its absence.
- ▶ It is always good practice that you seek advice from an Alim/Alimah and discuss your unique situation to confirm whether you can be classed as a **Ma'dhūr** or not.
- ▶ A female who is experiencing **Istihāḍa** will be considered like a normal woman who is Tāhir (ritually pure). It will be necessary for her to continue reading her 5 daily prayers, fast during the month of Ramadhan, and also is allowed to continue to have marital relations with her husband.



4. Nifās

- ▶ What does Nifās mean?

The blood which flows after a woman gives birth is known as **Nifās**.

This is also known as **Post Natal bleeding**.

- ▶ There is no minimum limit for **Nifās**
- ▶ The maximum limit for **Nifās** is 40 days
- ▶ Ghisl is necessary even if no **Nifās** is experienced
- ▶ Relations with ones husband is not allowed during **Nifās**



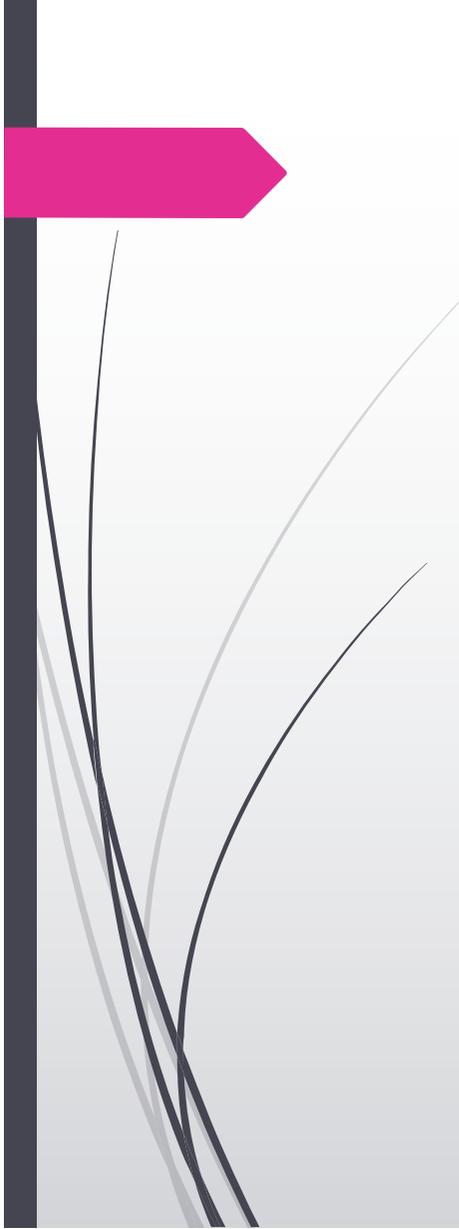
5. Actions which are prohibited during the Menstrual Cycle & Postnatal bleeding

- ▶ 5 times Daily ṣalāt (don't have to be made up)
- ▶ Sajdah Tilawah
- ▶ Recitation of the Holy Qurān
- ▶ Fasting in Ramadan (have to be made up at a later time)
- ▶ Holding the Mus'haf (Physical copy of the Qur'ān)
- ▶ Performing the Tawāf (circumambulation) of the Kābah.
- ▶ Entering any area which is designated a Masjid
- ▶ Marital relations with ones husband



HOW TO PERFORM ISTINJĀ CORRECTLY

1. What is Istinjā and what is its importance?
2. What does the Qur'ān say about Purity?
3. Sunnah to use water and Note of caution
4. Etiquettes and method of going to the toilet
5. What can you do Istinjā with?
6. Istinjā from Greater Impurity
7. How to put clothes back on after Istinjā
8. Using a Flat Pan/Squatting Toilet
9. General Questions related to Istinjā



1. What is Istinjā and what is it's importance?

- ▶ **Istinjā** is the term used to describe the process in which one removes uncleanness after they have been to the toilet
- ▶ If **Istinjā** is not done properly then it will leave a person in an impure state.
- ▶ If the person is in an impure state, then all the worship he does thinking he is clean will not be valid.

2. What does the Qur'ān say about Purity?

لَا تَقُمْ فِيهِ أَبَدًا ۚ لِمَسْجِدٍ أُسِّسَ عَلَى التَّقْوَىٰ مِنْ أَوَّلِ يَوْمٍ أَحَقُّ أَنْ تَقُومَ فِيهِ ۚ فِيهِ رِجَالٌ يُحِبُّونَ أَنْ يَتَطَهَّرُوا ۚ وَاللَّهُ يُحِبُّ الْمُطَهَّرِينَ

“Do not stand [for prayer] within it - ever. A mosque founded on righteousness from the first day is more worthy for you to stand in. Within it are men who love to purify themselves; and Allah loves those who purify themselves.”

(Surah Tawbah: Ayah 108)

3. Sunnah to use water and Note of caution

عَنْ أَنَسَ بْنِ مَالِكٍ
كَانَ النَّبِيُّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ إِذَا خَرَجَ لِحَاجَتِهِ أَجِيءُ أَنَا وَغُلَامٌ مَعَنَا إِدَاوَةٌ مِنْ مَاءٍ. يَعْجِي
يَسْتَنْجِي بِهِ

Sayyidina Anas radiallahu ‘anhu narrates

“Whenever the Prophet ﷺ used to go to answer the call of nature, I used to come and another boy with me, with a tumbler full of water so that he might wash his private parts”

(Sahih Bukhari)

3. Sunnah to use water and Note of caution

عَنِ ابْنِ عَبَّاسٍ، قَالَ مَرَّ النَّبِيُّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ بِقَبْرَيْنِ فَقَالَ
إِنَّهُمَا لَيُعَذَّبَانِ، وَمَا يُعَذَّبَانِ فِي كَبِيرٍ أَمَّا أَحَدُهُمَا فَكَانَ لَا يَسْتَتِرُ مِنَ الْبَوْلِ، وَأَمَّا الْآخَرُ فَكَانَ يَمْشِي
ثُمَّ أَخَذَ جَرِيدَةً رَطْبَةً، فَشَقَّهَا نِصْفَيْنِ، فَغَرَزَ فِي كُلِّ قَبْرٍ وَاحِدَةً. قَالُوا يَا رَسُولَ اللَّهِ، لِمَ بِالنَّمِيمَةِ
فَعَلْتَ هَذَا قَالَ " لَعَلَّهُ يُخَفَّفُ عَنْهُمَا مَا لَمْ يَبْسُ"

Sayyidina Ibn Abbas radiallahu ‘anhu narrates that the Prophet Muḥammad ﷺ passed by two graves and said:

“Indeed both of them are being punished and they are not being punished for a great thing. As for one of them, he didn’t save himself from being soiled with his own urine and as for the other, he used to walk around causing enmity between friends.”

(Sahih Bukhari)



4. Etiquettes and method of going to the toilet

Correct method of going to the toilet:

- ▶ Don't leave it till the last minute and go when one is completely desperate
- ▶ Clean the seat, if needed wet some tissue and clean it then dry it
- ▶ If needed line the seat with paper
- ▶ Put some paper in the toilet to stop splashes

4. Etiquettes and method of going to the toilet

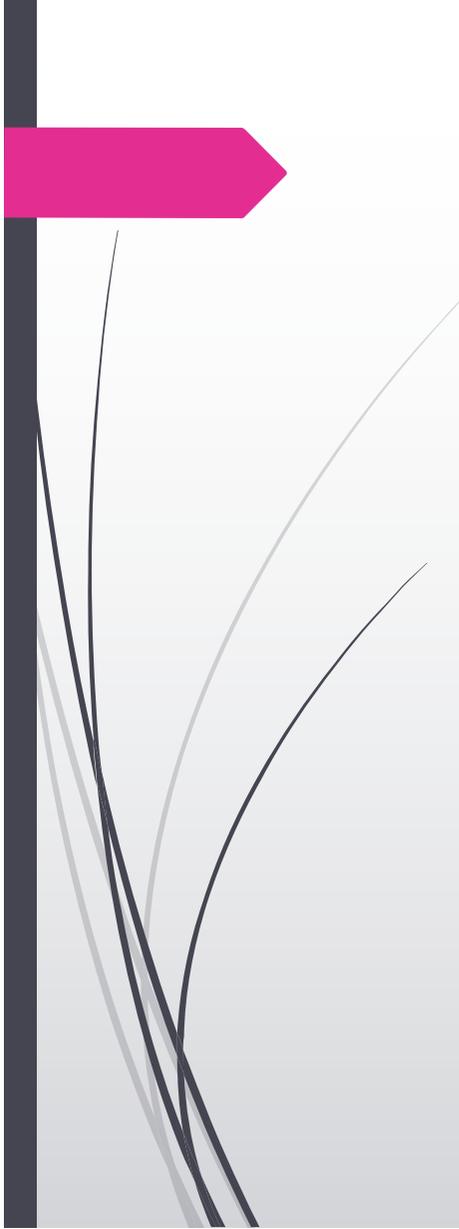
- ▶ We should cover our head before going to the toilet
- ▶ We must use sandals when going to the toilet
- ▶ We should remove any jewellery that may have the name of Allah or any ayah of the quran written on it.
- ▶ عَنْ عَبْدِ الْعَزِيزِ بْنِ صُهَيْبٍ، قَالَ سَمِعْتُ أَنَسًا، يَقُولُ كَانَ النَّبِيُّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ إِذَا دَخَلَ الْخَلَاءَ قَالَ

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبْثِ وَالْخَبَائِثِ

O Allāh, I seek Refuge with You from all offensive and wicked things (evil deeds and evil spirits)

(Sahih Bukhari)

- ▶ We must enter the toilet with the left foot



4. Etiquettes and method of going to the toilet

- ▶ Once we have entered, we should not talk to anyone while we are relieving ourselves.
- ▶ We should not read anything inside or use any devices including phones and hand held gaming devices.
- ▶ Try and spend as little time inside as possible.
- ▶ Remove your socks before wearing any sandals, especially in a Masjid.

4. Etiquettes and method of going to the toilet

Do not face or have your back towards Qiblah

عَنْ أَبِي أَيُّوبَ الْأَنْصَارِيِّ، قَالَ قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ
إِذَا أَتَى أَحَدُكُمْ الْغَائِطَ فَلَا يَسْتَقْبِلِ الْقِبْلَةَ وَلَا يُؤَلِّهَا ظَهْرَهُ، شَرِّقُوا أَوْ غَرِّبُوا

Sayyidina Abu Ayub Al-Ansari radiallahu ‘anhu narrates that Allāh’s Apostle ﷺ said:

“If anyone of you goes to an open space for answering the call of nature he should neither face nor turn his back towards the Qibla; he should either face the east or the west.”

(Sahih Bukhari)

4. Etiquettes and method of going to the toilet

Read the Du'a for leaving the toilet

عُفْرَانِكَ
الْحَمْدُ لِلَّهِ الَّذِي أَذْهَبَ عَنِّي الْأَذَى وَ عَافَانِي

“(Oh Lord) Your forgiveness

Praise be to Allāh who rid me of the filth and gave me health”



5. What can you do Istinjā with?

- ▶ Stones, and that which take their place
- ▶ i.e. tissue paper etc. One must wipe [the area] until it is clean.
- ▶ Washing it with water is better

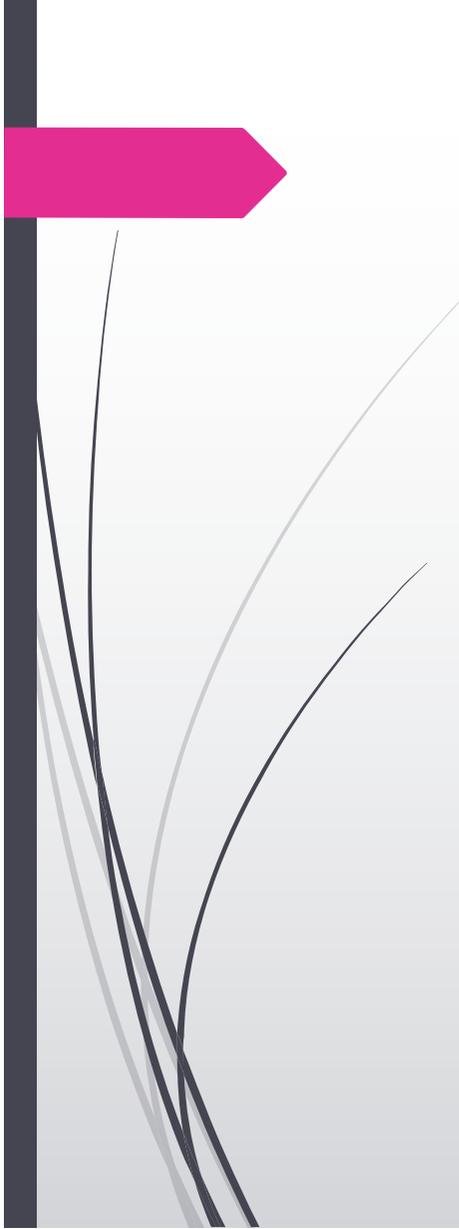
Take note:

- ▶ Perform Istinjā with the left hand.
- ▶ One should **not** perform Istinjā with a bone, nor with dung, nor with food, nor with the right hand.



6. Istinjā from Greater Impurity

- ▶ Wipe 3 times with tissue paper, the first time from front to back, then back to front, and front to back again.
- ▶ If necessary, use more tissue paper.
- ▶ Remember to use the left hand to wash off the dirt whilst using the right hand to hold the toilet jug.
- ▶ Wash the left hand and use the inner part of the middle finger to clean the soiled area. If needed use the middle parts of the ring finger, little finger and index finger in that order.
- ▶ We should continue cleaning ourselves until we are confident that the impurity and smell has been removed.
- ▶ Take care to carry out istibraa. In some cases this may even be wajib
- ▶ Wash the hands with soap after Istinjā.



7. How to put clothes back on after Istinjā

- ▶ By using only the middle part of our fingers for Istinjā, our finger tips of the left hand should be clean as well as our right hand.
- ▶ At the very least, our left thumb and little finger tip should be clean as well as our whole right hand.
- ▶ Make sure that we only use the clean portion of our hands to put our clothes on or else there is a risk of making our clothes unclean as we haven't had a chance to wash our hands properly yet.



8. Using a Flat Pan/Squatting Toilet

- ▶ Many of our children and even us nowadays have never used a **Flat Pan** toilet or the '**Hole in the Ground**' South Asian style toilet, so we find it difficult to squat in that position. If anybody ever comes across one of these and has not used them before then it is a testing experience
- ▶ The best advice would be as follows:
 - Completely remove the lower garments so they don't get soiled.
 - Try and make sure the garments don't touch the ground as there is a chance that some uncleanliness may be on the ground.
 - Hang up your trousers in a place where they don't touch the ground.
 - Sit in a squatting position with pressure on your stomach, this will ensure that the correct pressure is applied to the organs so that we can relieve ourselves quickly and completely.
 - Once we have relieved ourselves, perform Istinjā and wash hands.
 - Take care when putting clothes back on to make sure that they don't touch the floor and get dirty. This can get tricky but if we roll them up before we put them on, that can make it easier.
 - By using the flat pan toilets regularly, a person can get used to them and it is the cleanest method.



9. General Questions related to Istinjā

Frequently asked questions:

- ▶ At school or work we have no utensils for water when going to the toilet, how do we perform Istinjā?
A: carry a small water bottle with you
- ▶ Can I use wet tissue paper to clean myself?
A: First port is to try to use water. If not, use dry tissue first then wet tissue as the dry tissue will firstly absorb the urine.



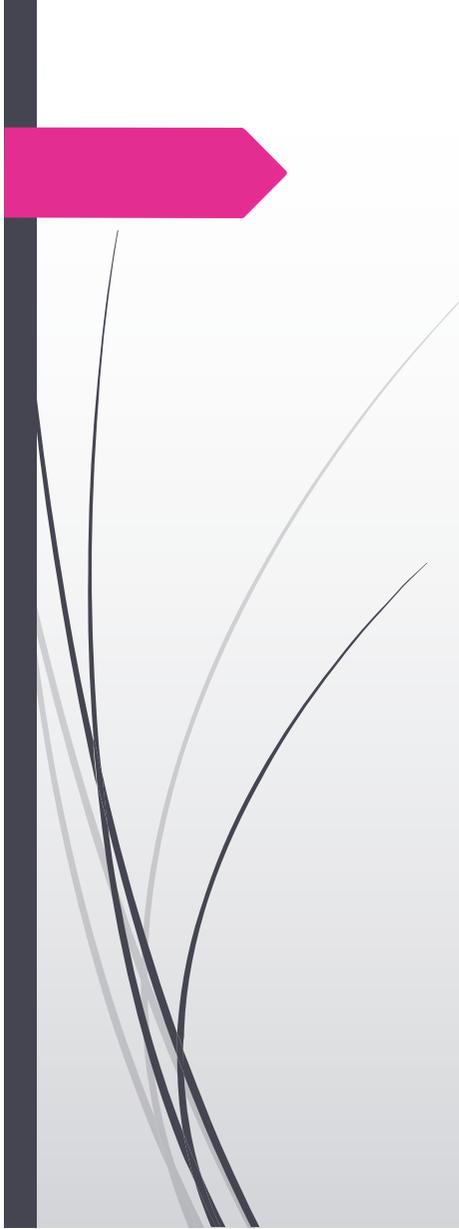
GHUSL

1. What is Ghusl?
2. When does a female need to have Ghusl?
3. Why may a person only perform the Farḍ Actions of Ghusl?
4. Desirable times for Ghusl
5. Compulsory acts in Ghusl - Farā'id
6. Sunnah Method of Ghusl and Advice if water collects
7. Practical Method of Ghusl



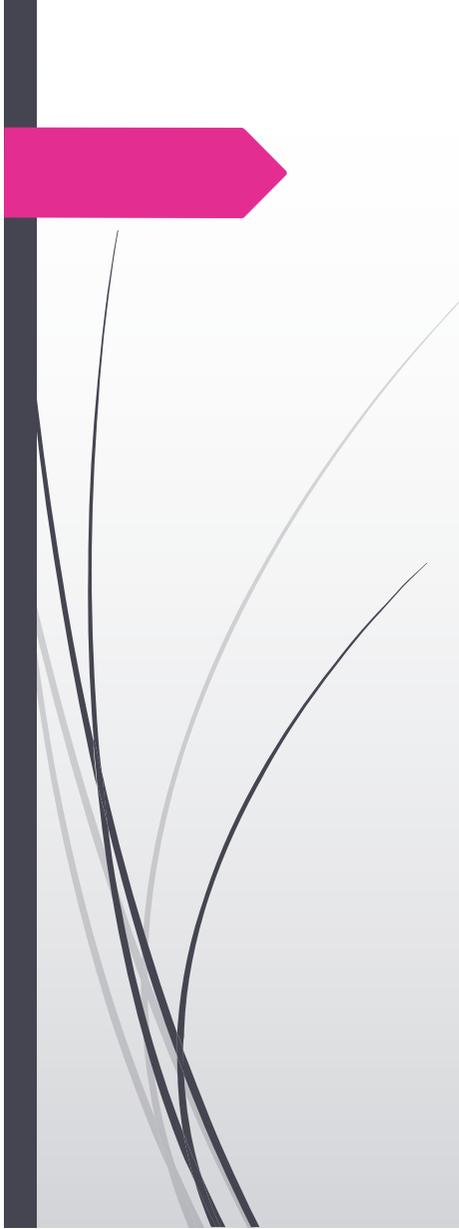
1. What is Ghusl?

- ▶ Ghusl is the procedure, which a person undertakes to clean their body from ritual impurity or 'janābat'.
- ▶ If a person does not do Ghusl properly, then he will not leave the state of janābat, and any acts of Worship, which require a condition of cleanliness, like ṣalāt & reading the Qur'ān will not be valid.



2. When does a female need to have Ghusl?

- ▶ For females, Ghusl becomes compulsory after any form of ejaculation, which could be in the following scenarios:
 - After a wet dream
 - After having intimate relations with her husband
- ▶ End of menstrual cycle (Hayḍ)
- ▶ End of post-natal bleeding (Nifās)



3. Why may a person only perform the Fard Actions of Ghusl ?

- ▶ Shortage of time
- ▶ Shortage of water



4. Desirable times for Ghusl

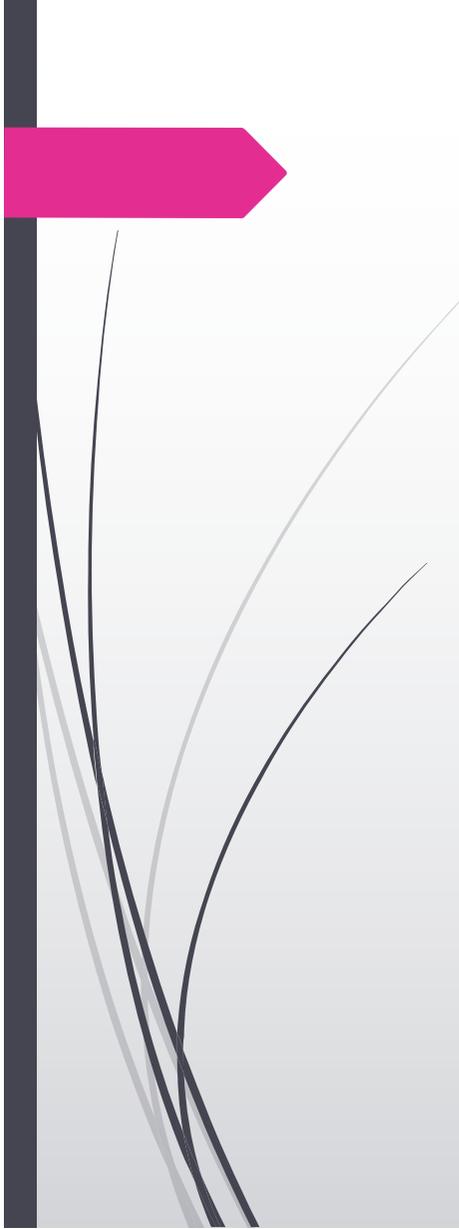
- ▶ Jummah
- ▶ Eid
- ▶ Before Ihram



5. Compulsory acts in Ghusl - Farā'id

For a person to become pure they must perform at a minimum the following actions:

- ▶ To gargle the mouth once (If fasting ensure water does not get swallowed).
- ▶ To clean inside the nose once (again if fasting ensure that the water does not pass through the nose into the head).
- ▶ To wash the whole body once, ensuring no space is left dry (even that which is equivalent to a hair).



6. Sunnah Method of Ghusl and Advice if water collects

Sunnah Method of Ghusl:

- ▶ Intention
- ▶ Wash both hands up to wrists
- ▶ Wash the private parts and any uncleanliness on the body
- ▶ Perform Wuḍhu making sure that the mouth and nose have been thoroughly cleaned.
- ▶ Wash the whole body three times

Advice if water collects:

- ▶ If water collects in the place of Ghusl, then one should leave washing of the feet to the end



7. Practical Method of Ghusl

- ▶ Wash your hand upto you wrists and then your private parts and any other uncleanliness.
- ▶ Make sure you have done your intention, then perform complete Wuḍu.
- ▶ Then wash your whole body once, starting with you head and then the right side, then the left.
- ▶ Then use shampoo and soap body once, then wash whole body, so now you have washed body twice.
- ▶ Then use conditioner and shower gel and again rinse body, now you have washed body 3 times.
- ▶ Wash feet at the end if necessary



PART 2
(TOMORROW)
COURSE
OUTLINE

1. Self Grooming (including different forms of hair removal/nails/advice/FAQ)
2. Masa'il for Young People
3. Masa'il for the Schools and the Workplace
4. General Masa'il for females (Including contouring and makeup/botox/hair/body odour/oral health/overall self-presentation)