# **Fasting In Ramadhan**

## What is fasting?

It is to abstain from food, drink and sexual intercourse from true dawn (*sub 'h sadiq*) till sunset with the intention of fasting.

### What exempts one from fasting?

Factors	Explanation	Ruling
Immaturity	a child who is not <i>baligh</i> yet	The children and the insane are exempted from fasting per se.
Insanity		3707
Travelling [in Shari`ah]	on the condition that the <i>shar'i</i> journey is undertaken <u>at</u> the time of dawn only and not during the day  It is preferable for a traveller to fast if he	In general, a person who may not fast for any of these reasons must keep
	feels that he will not experience difficulty by doing so.	count and make up for those missed or broken fasts after Ramadhan.
Menses or lochia	It is prohibited for a woman to fast in these states	A person who cannot fast at all due to
Pregnancy	If a pregnant or breastfeeding woman fears for her child's life or her own by fasting	very old age or chronic illness (i.e. such that he has no hope of getting better
Breastfeeding		and making up for the missed fast) does not need to make up for them but must
Excessive hun- ger or thirst	It is such that it is unbearable for the fasting person	give <i>fidyah</i> . (Contact a local scholar for the-then <i>fidyah</i> rate)
Illness	It is such that it would worsen or recovery would delay by fasting	
Old age	due to which one is unable to complete a fast	

## Disliked whilst fasting

Applying toothpaste, mouthwash or flavoured *miswak*, Lighting incense sticks or benzoin, Gargling or emphasising in drawing the water up the nose, Kissing and cuddling [if fear of sexual intercourse], Tasting or chewing unnecessarily, Collecting saliva in the mouth and swallowing it, Excessive physical activity, Swimming.

The above [on their own] do not nullify the fast but are disliked due to the great likelihood of something entering into the throat or nose, or engaging into sexual intercourse, or becoming excessively tired and thus breaking the fast. Also, it is severely detested to sin and backbite whilst fasting.

### Desirable acts

To delay in *suhur* (but before true dawn) and to hasten in *iftar* (after having certainty that the sun has set). To begin and end the fast with dates or [if not,] water.

For other desirable acts, please see our article on Ramadhan

## What does NOT break a fast?

#### Principle:

The fast will not break in ANY of the following cases:

The substance consumed does not have a discernible (visibly present) body

It does not have an independent stay in the digestive system (but attached to something outside)

It is swallowed or inhaled forgetfully

An unavoidable substance (e.g. dust, smog) is not deliberately swallowed or inhaled

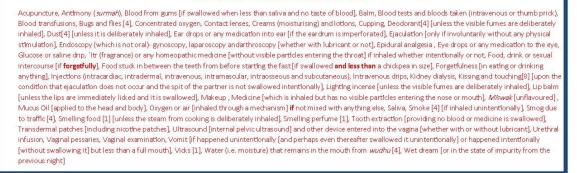
The substance consumed does not reach the throat, stomach or intestines [I.e. the digestive system]

The substance consumed enters the body from other than the mouth, nose, anus or a deep abdominal injury [i.e. from the ears (unless there is a hole in the eardrum), eyes, vagina, urinal passage, a deep head injury (unless the basal scull is fractured), or pores of the body.]

Ejaculation occurs without physical stimulation

There is intimacy that does not entail intercourse or swallowing something.

## Examples of what does not break the fast:



### What breaks a fast?

#### Principle

The fast will only break if ALL the following conditions are met:

The substance is discernible

It has an independent stay in the digestive system

It is not swallowed or inhaled forgetfully

It is deliberately swallowed or inhaled [if it is an unavoidable substance]

It reaches the throat, stomach or intestines [I.e. the digestive system]

It enters the body from the mouth, nose, anus or a deep abdominal injury [i.e. an entry point connected to the digestive system]

The fast will also break in the following cases:

Ejaculation occurs with physical stimulation, There is intimacy that entails intercourse or swallowing something.

### Examples of what breaks the fast:

### Requiring a kaffarah too:

Food, drink or sexual intercourse (through either passage) [if deliberately] If one does them deliberately and in a state in which one knows/believes that he is fasting

### Without requiring a kaffarah:

Asthma pump, Any drink or food including toothpaste, mouthwash or water swallowed accidently or mistakenly (remember that to do anything forgetfully is overlooked). Blood swallowed [if equal to or more than saliva or taste of blood is found in mouth). Endoscopy [since solution is sprayed into the throat), Endotracheal includation, Gastrostomy, Inhaler (However, consult a multi in severe cases), Bujunostomy, Smoking [since fumes enter from the mouth), Smoke [if inhaled intentionally whether from digarettes or incense sticks etc.] Saliva from someone else e.g. of spouse [if swallowed], Ear drops or any medication in the ear [if the eardrum is perforated), Nasal medication, Nasal spray[if it passes through the throat]. Nebuliser, Masturbation [should be avoided]. Oral medication, Pilis and tablets. Rectal pessaries, Suppository [if entered from the anus], Vomit [if deliberate and mouthful or it is unintentional vomit which is a mouthful and is then swallowed intentionally]. Any device entered down the throat, or up the anus [if it has any lubricant on it], Isema, or any medication, or suppositories up the rear passage [and the substance must have reached a fingers length into the anus, and that happening is rare]. Menstruation or post-natal bleeding



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