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**Menstrual
Fiqh
Masterclass**

 **Delivered by** Apa Mehmudah Mulla
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Fiqh of Menstruation

Presented by

Apa Mehmudah Mullah

Date: 26th February 2023

Time: 1pm - 3pm



Content

Types of Bleeding a Woman Experiences

- Haydh
- Istihadah
- Nifas

Haydh - Menstruation

- Categories of Women
- Vaginal discharge
- Categories of Blood
- Legal Rulings of Purity
- Beginning and End of Haydh

Adah - Habit

- What is a Habit in Menstruation and Purity?
- Fluctuations in Habit
- How to Record and calculate your Habit
- Change in Habit
- 10/15 Rule
- Early Blood Rule
- Legal Rulings on Early Blood

Prohibitions

- During Haydh and nifas
- During Istihadah

Haydh - Menstruation

Literal Definition:

- To Flow
- It is called Haydh due to the flowing of menstrual blood at specific times (during the month)

Legal Definitions:

- State of impurity, it is a legal restriction to worship that requires purity, such as prayer, recitation of the the *Qur'an*, fasting, entering the *Masjid*, sexual intercourse, etc.
- (Physical Impurity) Blood that flows from the womb and exits from the vagina even if it is legal blood, without birth.

Istihadah - Dysfunctional Uterine Bleeding

Literal Definition:

- Blood which exits from the vagina however, it does not originate from the womb, but from a ruptured vein.

Legal Definitions:

- Blood which is not classified as *Hayd* or *Nifas*
- It is invalid blood
- It is a legal purity
- It may be actual blood or legal blood

Nifas - Post Natal Bleeding

Literal Definition:

- To give birth

Legal Definitions:

- Blood that flows from the womb and exits from the vagina (farj dakhil) even if it is legal blood, after most of the child is born and she had not given birth six months prior to this.

Legal Duration:

Type of Bleeding	Min. Duration	Max. Duration
Haydh	3 days and nights (72 hrs)	10 days and nights (240 hours)
Nifas	No Minimum	40 days
Istihadah	No minimum	No maximum

When does Menstruation and Nifas begin?

Menstruation

- A female at least 9 lunar years old (8 solar years, 8 months and 3 weeks)
- When the blood exits from the vaginal opening (farj dakhil) towards the labia minora (farj kharij) OR it is parallel to its edges

Nifas

- When blood exits from the vaginal opening (farj dakhil) towards the labia minora (farj kharij) OR it is parallel to its (farj dakhil) edges

AND

- More than half of the child is delivered.

Case Study:

Samihah has started her menstruation. In January she bled for a total of 11 days:

Are all 11 days haydh?

JANUARY 2023						
MON	TUES	WEDS	THURS	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
9	10	11	12	13	14 ●	15 ●
16 ●	17 ●	18 ●	19 ●	20 ●	21 ●	22 ●
23	24 ●	25 ●	26	27	28	29
30	31					

Case study:

Identify which type of bleeding is being experienced:

Saimah had her period ten days ago and is now seeing some more bleeding.

Tahirah gave birth to a baby girl a week ago and is still bleeding.

Zahra is 8 years old and saw some pink discharge at school.



Legal Rulings on Menstruation

Categories of Women

Mubtadi'ah - Beginner in Menstruation

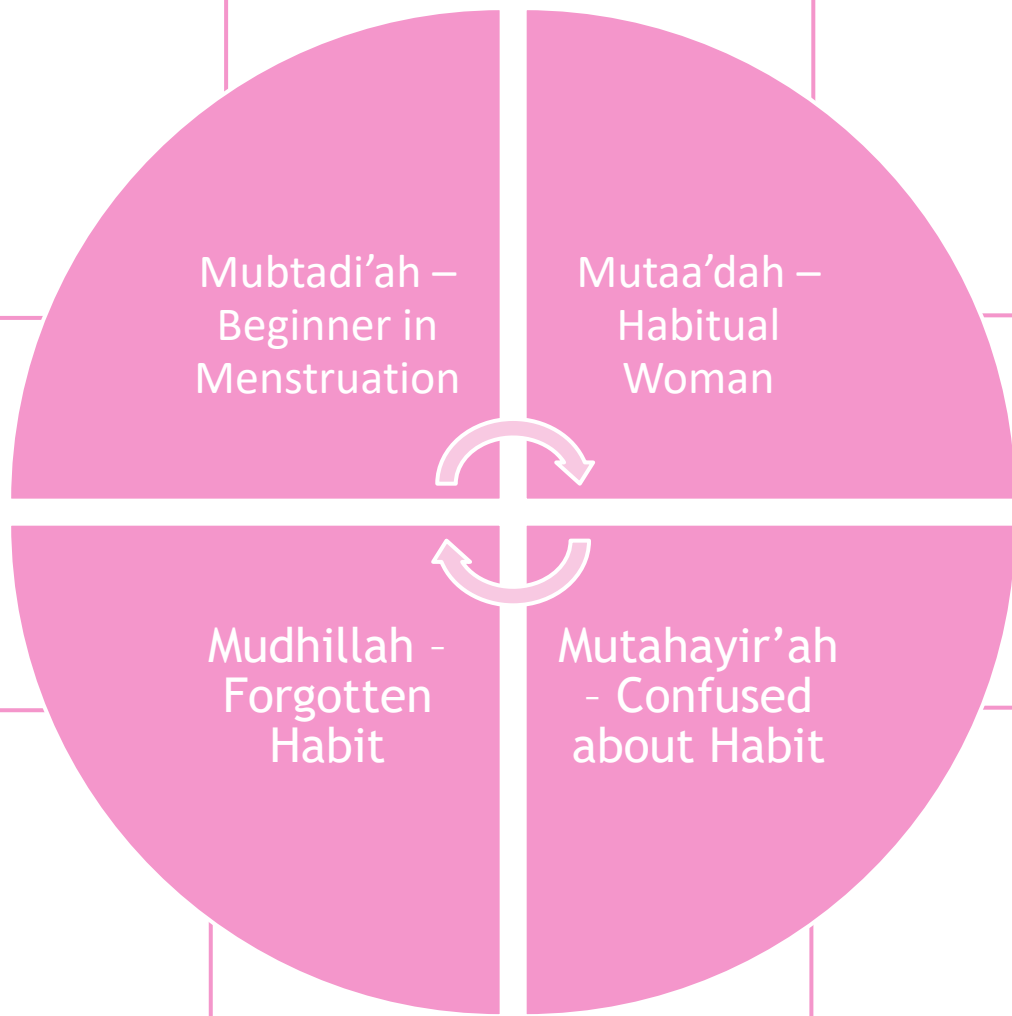
Mutaa'dah - Habitual Woman

Mudhillah - Forgotten Habit

Mutahayir'ah - Confused about Habit

Aayisah - Menopausal Woman

- A girl who is experiencing menstruation for the first time.
- A female at least 9 lunar years old (8 solar years and 8 months and 3 weeks).
- She has no established habit as yet.



- A woman who has experienced menstruation before and has a habit in menstruation and/or purity
- E.g. Tahirah has a menstruation Habit of 7 days and Purity Habit of 21 days
- E.g. Saima has a menstruation habit of 8 days but no valid habit for purity.

- A woman who has forgotten her habit in haydh and/or nifas in place and number.
- E.g. Saima forgot to record her menstruation and cannot remember when her menstruation started or how many days she bled.

- A woman who is in the state of confusion
- She can remember bits about her menstruation but is confused about when in the month she would menstruate, number or how many days of purity etc.

Aayisah - Menopausal Woman

Menopausal Woman

Age 55 lunar years - 53 years solar years and 4 months

Or early menopause due to surgery removal of ovaries (oophorectomy) or the uterus (hysterectomy).

Case Study: What Category of Women?

Tahirah's last menstruation in January was 8 days of menstruation followed by 21 days of purity then another 8 days of menstruation

Saeeda thinks maybe her menstruation was 4 days or maybe 8 days and cannot remember when in the month her menstruation used to occur.

Fareeda has just given birth to her third child and her nifas has gone over 40 days. She didn't record how many days her nifas was with her previous two children.

Categories of Blood

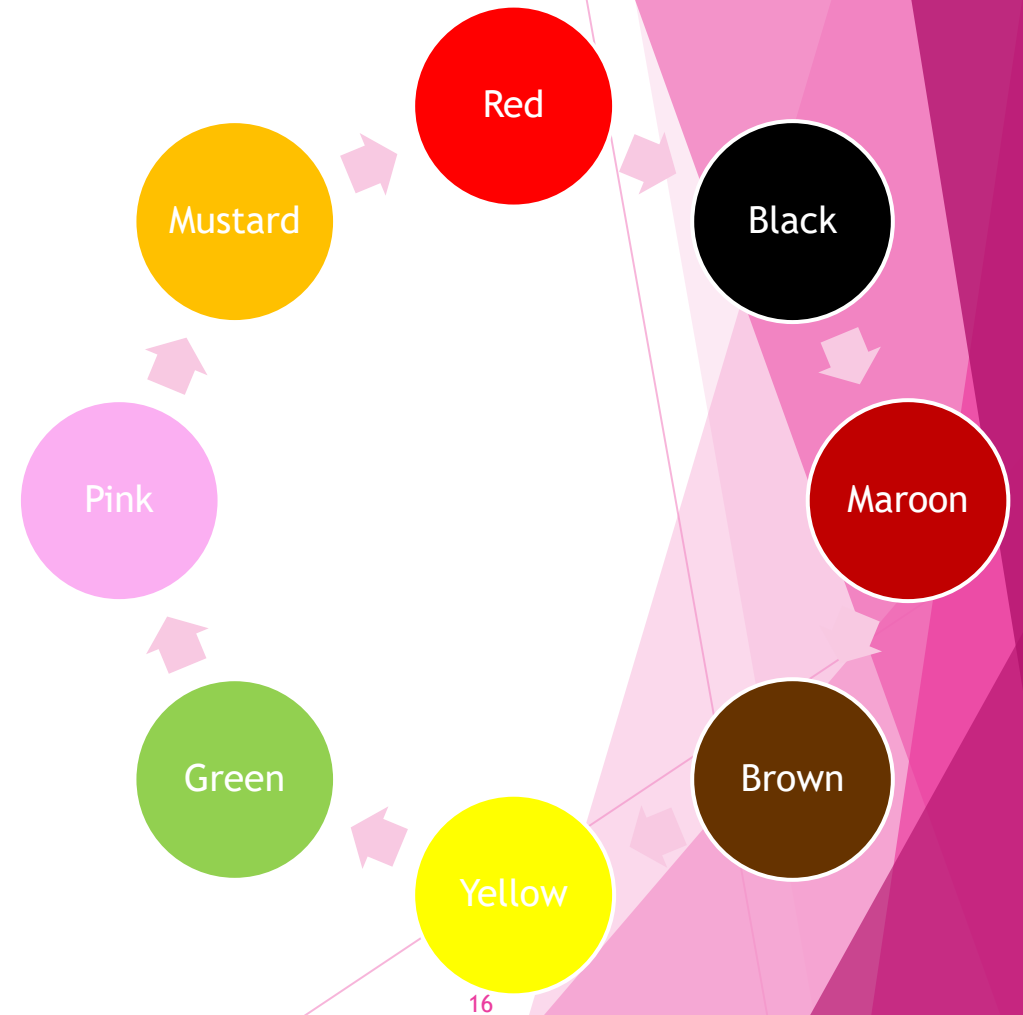
Dam Saheeh - Valid
Blood

Dam Faasid - Invalid
Blood

Dam Hukmi - Legal
Blood

Colours of Blood

All types of colours other than pure white are ruled as blood.



Case Study: Haydh or not?

Sumayya goes to the bathroom and after relieving herself when she wipes, she sees mustard coloured discharge. Her menstruation is due to start today is this haydh?

Tahirah has been on her period for the last six days and saw nothing in the evening so took ghusl and prayed her Esha Salah. The next morning after fajr salah she sees light brown discharge. Is this haydh? Does she need to take a ghusl again?

What is Vaginal Discharge?

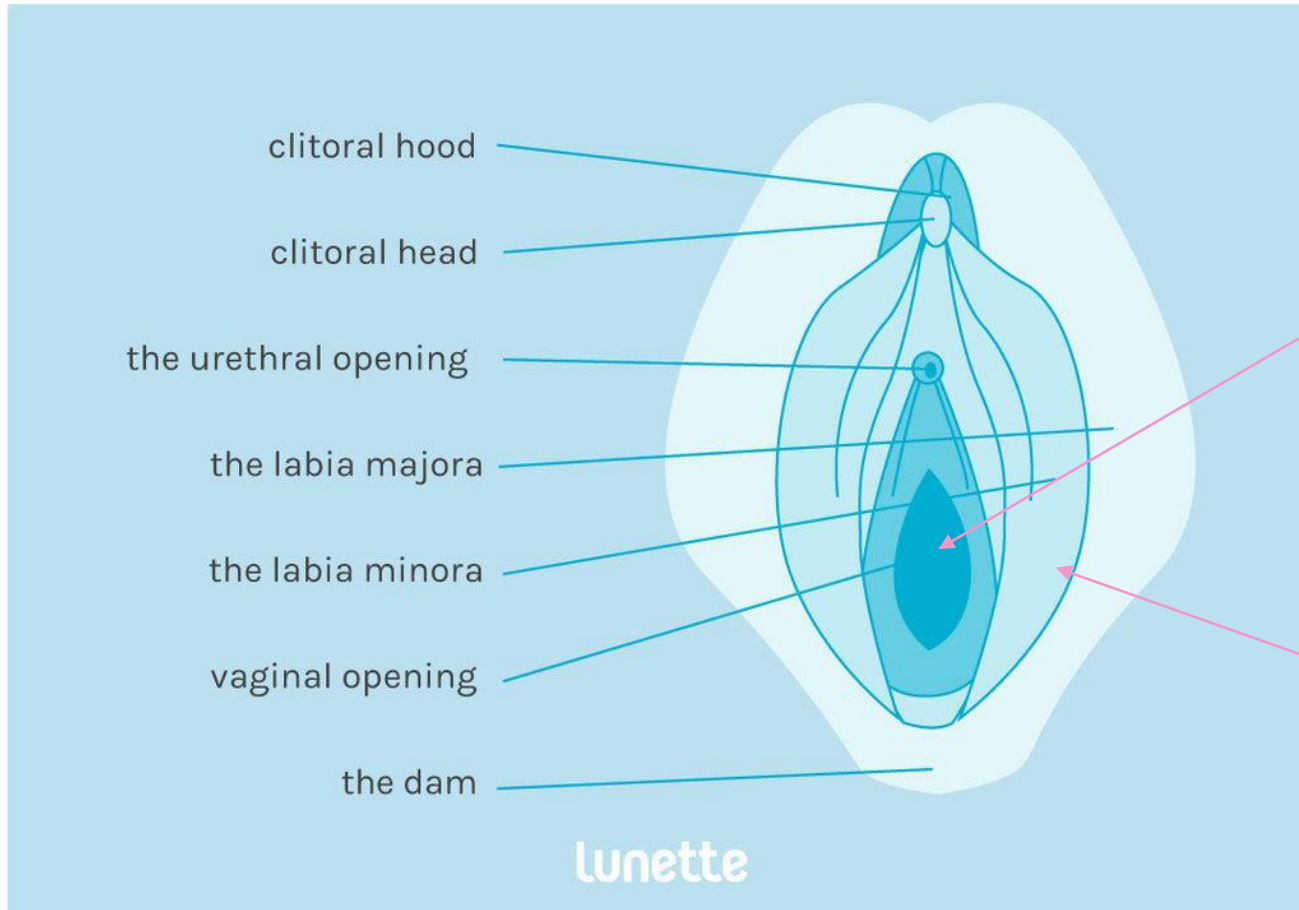
Vaginal discharge which is clear or milky whiteish is normal, most women and girls experience it.

It's a fluid or mucus that keeps the vagina clean, moist and protects it from infection.

The amount of discharge a woman experience's will vary depending on the time in her menstrual cycle.

Any discharge which is discoloured is scientifically considered abnormal too.

Understanding the Vulva



In Arabic known
as the farj dakhil

In Arabic known
as the farj kharij

The Shariah Perspective on Discharge

Discharge produced outside of the vagina in the vulva area

- This moisture is likened to sweat and there is a difference in opinion as to whether it is considered pure or not.

Regular discharge which is produced in the inner part of the vagina.

- Usually clear white and not discoloured. There is a difference in opinion as to whether this is considered pure or not. If discoloured, then all agree it will be impure and will nullify wudhu.

Discharge which exits beyond the vagina from the cervix when a woman ovulates.

- This is considered impure by all and will invalidate wudhu.

Does Vaginal Discharge Break the Wudhu?

The default ruling is anything which exits the private parts is considered impure and thereby nullifies wudhu.

As it is difficult to verify where the discharge is exiting from, the cautious approach would be to consider that discharge has nullified wudhu and one would need to repeat wudhu.

Case study:

Tahirah was praying salah and felt like discharge was coming out. After completing her salah she went to the bathroom to check and saw that thick yellow discharge had come out.

What is the ruling of her wudhu?

Categories of Blood

Blood	How to Identify
<i>Dam Saheeh – Valid Blood</i>	<p>3 days or more (72 hrs +)</p> <p>Less than or equal to 10 days (240 hrs -)</p> <p>Legal or actual blood</p> <p>*A valid blood may be used as a habit</p>
<i>Dam Faasid – Invalid Blood</i>	<p>It is that blood which is: Other than that, which is valid</p> <p>*An invalid blood cannot be used as a habit</p>
<i>Dam Hukmi – Legal Blood</i>	<p>Days which are considered menstruation even though there is no physical/actual, bleeding.</p> <p>Example: A Day of purity which falls within the days of menstruation (3 to 10 days), it is legally considered menstruation</p>

Case Study 1:

Below is Tahirah's log for her menstruation she saw in January 23.
What category of Blood is this?

JANUARY 2023						
MON	TUES	WEDS	THURS	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16 ●	17 ●	18 ●	19 ●	20 ●	21 ●	22 ●
23	24	25	26	27	28	29
30	31					

Case Study 2:

Below is Saima's log for her menstruation she saw in January 23:
Does she count the 16th and 17th as part of her bleeding?
What category of Blood is this?

JANUARY 2023						
MON	TUES	WEDS	THURS	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16 ●	17 ●	18	19	20 ●	21 ●	22 ●
23	24 ●	25 ●	26	27	28	29
30	31					

Case Study 3:

Tahirah usually has a menstruation habit of 7 days. In January she bled for a total of 11 days: Does she count the 23rd as part of her bleeding?

What category of Blood is this?

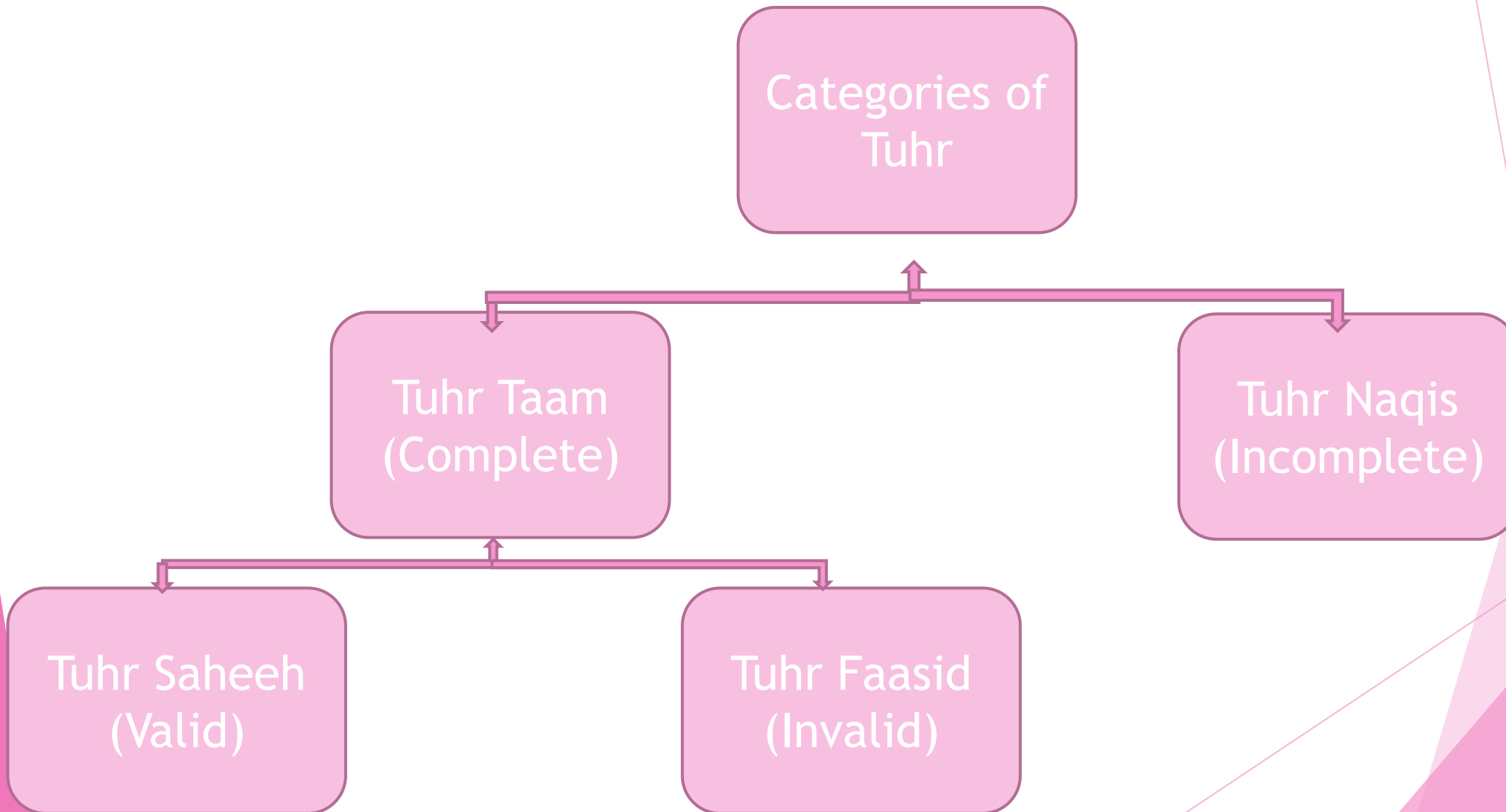
Can she use this as her new habit?

JANUARY 2023						
MON	TUES	WEDS	THURS	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
9	10	11	12	13	14 ●	15 ●
16 ●	17 ●	18 ●	19 ●	20 ●	21 ●	22 ●
23	24 ●	25 ●	26	27	28	29
30	31					



*Legal Rulings on
Purity*

Categories of Tuhr - Purity



Complete Purity vs Incomplete Purity












A purity of 15 days or more
It can be valid or invalid.

A complete purity of 15 or more days may separate the two bloods on either sides in which case each will have its own ruling.

A purity of less than 15 days.

An incomplete purity is always invalid.
Cannot be used to establish a haydh habit

Example of Complete Purity and Incomplete Purity

January 2023						
Mon	Tues	Weds	Thurs	Fri	Sat	Sun
						1 
2 	3 	4 	5 	6 	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27 	28 	29 
30 	31 					

Purity from the 6th - 27th is a complete purity

Purity from the 1st - 12th is a incomplete purity

February 2023						
Mon	Tues	Weds	Thurs	Fri	Sat	Sun
		1 	2	3	4	5
6	7	8 	9	10	11	12 
13 	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

Valid Purity vs Invalid Purity



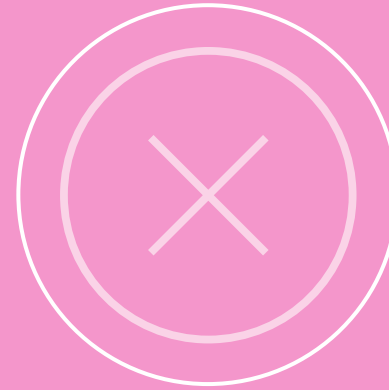
Tuhr Saheeh - Valid Purity

Is not less than 15 days

Is not mixed with Istihadah Blood at the beginning, middle or end.

Is between two valid bloods.

A valid purity can be used to establish a habit.



Tuhr Saheeh - Invalid Purity

Is less than 15 days.

Is mixed with Istihadah Blood at the beginning, middle or end.

Is between two invalid bloods or 1 valid and the other invalid.

An invalid purity cannot be used to establish a habit.



Case Study 4:

Tahirah only bled for 4 days in January and then saw bleeding again on the 20th January. What kind of purity has she experienced?

JANUARY 2023						
MON	TUES	WEDS	THURS	FRI	SAT	SUN
						1
2 ●	3 ●	4 ●	5 ●	6 ●	7	8
9	10	11	12	13	14	15
16	17	18	19	20 ●	21 ●	22
23	24	25	26	27	28	29
30	31					

Case Study 5:

Saimah has a habit of 6 days in menstruation and 18 days in purity.
What kind of purity has she experienced?
Can she use this as her habit?

JANUARY 2023						
MON	TUES	WEDS	THURS	FRI	SAT	SUN
						1
2 ●	3 ●	4 ●	5 ●	6 ●	7 ●	8 ●
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26 ●	27	28	29
30	31					



Adah - Habbit

What is a Habit in Menstruation and Purity?

A habit/cycle is the usual number of days:

- a. A woman may bleed in her menstruation
- b. A woman may bleed in her nifas
- c. The number of pure days between two menstruations

Menstruation and Purity Example:

A woman had bleeding for 7 days, followed by a valid purity of 18 days, then her habit for Haydh will be 7 days and her habit for purity will be 18 days.

Nifas Example:

A woman had bleeding for 30 days after childbirth and thereafter remained pure for 25 days. Her habit in Nifas is 30 days

Fluctuation in Cycle

Most women will have a regular fixed habit; however, some women will experience a slight fluctuation.

Fluctuating habits within the legal limits is normal

Example: A woman saw 7 days of bleeding in the month of January and then 8 days in the month of February.

The number of days of menstruation from the previous month (if Valid) will be considered the new habit.

Adah - Recording Habit



Checklist:

• You MUST record:

- Day
- Date
- Time

- When you start your menstruation or nifas.
- When you finish your menstruation or nifas.
- Any other time you see spotting other than clear discharge you must record it as above including the colour.

How to Calculate your Habit

A full 24 hours = one day of your habit.

Example: If Tahirah

Starts her period on Monday 23rd Jan 2023 at 12:00pm,

Day 1 will end at 12:00pm (11.59am) on Tuesday 24th January 2023.



How to record your bleeding and calculate habit.

Finished at
1:30pm

JANUARY 2023

MON	TUES	WEDS	THURS	FRI	SAT	SUN
						1 ●
2 ●	3 ●	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 ●	24 ●	25 ●	26 ●	27 ●	28 ●	29 ●
30	31					

Started at
12:00pm

Finished at
10:00pm

Case Study: Lets work out the habit!

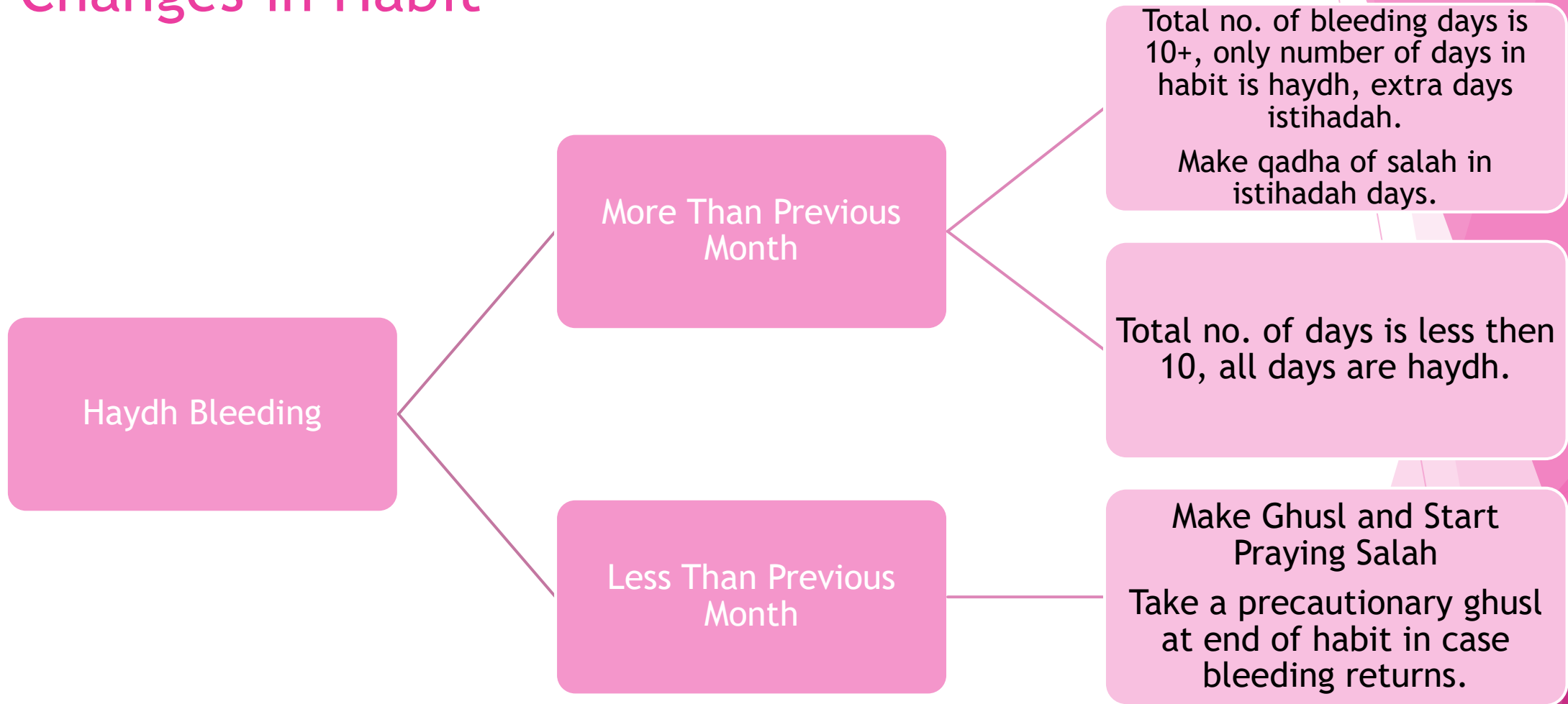
Tahirah's last menstruation ended on the 3rd January at 1:30pm after 7 full days. Her previous purity was 19 days and 24 hours.

Her next menstruation started on the 23rd January at 12:00pm and finished on 31st January at 10pm.

What is the purity between the two periods?

What is her habit in Menstruation?

Changes in Habit



Change in Habit when Bleeding is more than the Previous Month over 10 days

January 2023						
Mon	Tues	Weds	Thurs	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9 ●	10 ●	11 ●	12 ●	13 ●	14 ●	15 ●
16 ●	17 ●	18 ●	19 ●	20 ●	21 ●	22
23	24	25	26	27	28	29
30	31					

Bleeding is a total of 12 days.

Tahirah's usual habit is 7 days period every month. This month she has bled for 12 days. The first 7 days are going to be her period as per her habit and the rest istihadah.

Change in Habit when Bleeding is more than the Previous Month under 10 days

January 2023						
Mon	Tues	Weds	Thurs	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9 ●	10 ●	11 ●	12 ●	13 ●	14 ●	15 ●
16 ●	17 ●	18 ●	19	20	21	22
23	24	25	26	27	28	29
30	31					

Bleeding is a total of 9 days.

Tahirah's usual habit is 7 days period every month. This month she has bled for 9 days. All 9 days are going to be her period and habit has changed to 9 days.

Change in habit of nifaas

If the blood of a woman stops within 40 days then all of it will be her nifas, whether it was less or more than the previous habit. This will become her new habit.

If bleeding exceeds 40 days then she will revert back to her previous habit if she has one.
Salah will be made qadha of for those days considered as istihadah.

If its her first child then 40 days will become her habit and the rest istihadah.

Case Study

January 2023						
Mon	Tues	Weds	Thurs	Fri	Sat	Sun
						1
2	3	4	5 ●	6 ●	7 ●	8 ●
9 ●	10 ●	11 ●	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Saimas usual habit is 8 days in period. This month how many days has she bled? What should she do once her bleeding has stopped?

Case Study

January 2023						
Mon	Tues	Weds	Thurs	Fri	Sat	Sun
						1
2	3 ●	4 ●	5 ●	6 ●	7 ●	8 ●
9 ●	10 ●	11 ●	12 ●	13 ●	14 ●	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Tahirah is supposed to come on from the 3rd Jan – 11th January for 8 days. She bleeds until the 14th January.

How many days has she bled in total?

Are 10 days her period and her new habit now?

What is the 10/15 Rule?

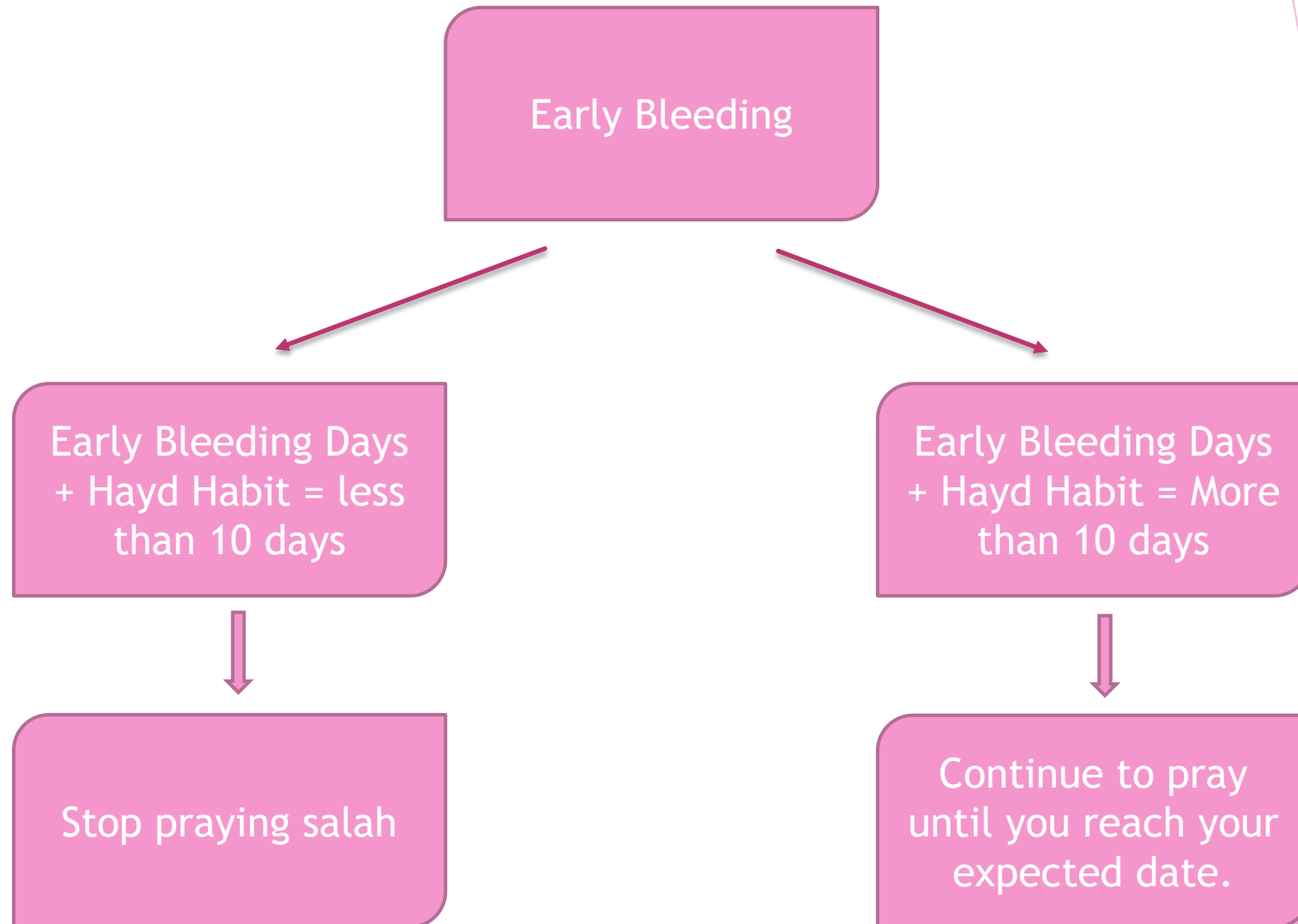
Usually when women bleed within the minimum 15-day purity, they continue Salaat knowing that it is Istihadhah.

However once 15 days are completed, Salaat and fasts of Ramadhan are stopped thinking that the blood of day 16 is menstruation applying the 10/15 rule.

This is incorrect UNLESS someone's habit in purity happens to be 15 days.

She needs to assess where her haydh is expected to start as per her habit. She may need to wait until her habit in purity is completed before regarding the bleeding as menstruation

Early Blood Rule



Legal Rulings During Early Blood

There is a possibility that early bleeding may be ruled as menstruation (hayd) or irregular bleeding (istihada).

In matters of worship, precaution is necessary (Manhalul Warideen) therefore she will continue to pray salah.

Similarly, out of precaution she will refrain from sexual intercourse. This is because the bleeding may retrospectively be ruled as hayd, and sexual intercourse is prohibited during this time

Case Study

January 2023						
Mon	Tues	Weds	Thurs	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19 ●	20 ●	21	22 ●
23	24	25 ●	26	27	28	29
30	31					

Saima's expected period date is the 25th January. She has a habit of bleeding for 6 days. This month she starts spotting on the 19th January.

Should she stop praying salah as her period has started early?

Expected start date

Bleeding started

Case Study

Expected start date

January 2023						
Mon	Tues	Weds	Thurs	Fri	Sat	Sun
						1
2	3	4 ●	5	6 ●	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Bleeding started

Tahirah's expected period date is the 6th January. She has a habit of bleeding for 7 days. This month she starts bleeding on the 4th January.

Should she stop praying salah as her period has started early?

How many days will her bleeding be?

Will her habit change?

Prohibitions during Haydh and Nifas

1.
Prayer



2.
Fasting



3.
Recitation
of the
Qur'an



4.
Touching
the Qur'an



5.
Entering a
Masjid



6.
Tawaf
around the
Kabah

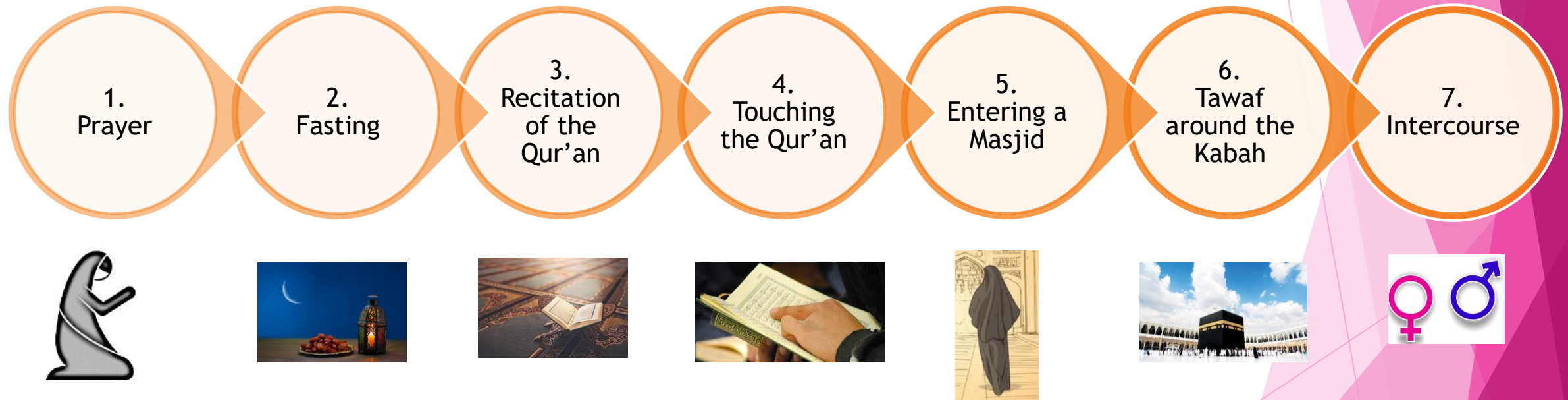


7.
Intercourse



Are there any prohibitions during Istihadah?

No a woman may continue to do all of the things mentioned below.



Ending of Haydh and Nifas

Haydh and nifas will be considered as ended when:

Bleeding Stops
No discharge is seen
Discharge is white or clear when wet

OR

Maximum number of days have been completed. 10 days for haydh and 40 for nifas. The ruling of purity will be applied even though she may still be bleeding.

Some Common Questions

Q- Ruling on blood seen after a smear test?

A- If the woman has a regular habit and the bleeding is seen after 15 days of purity but before her expected date of period, take into consideration the early blood ruling. Number of days before expected period equals to more than 10, she will continue to pray.

Q- Can I just take my ghusl at my habit date if I am sure I will go over 10 days and start praying salah?

A - Even if you are certain your bleeding will exceed the maximum of 240 hours (10 days and nights), you cannot take a ritual bath (ghusl) at the end of your habit days. This is because there is a possibility the bleeding will stop within 240 hours

Q- What is the ruling on bleeding due to birth control pills or coil implanted?

A- Ruling is based on whether the bleeding is occurring in the place of habit. If the bleeding falls in a woman's place of habit and meets the minimum threshold of 72 hours (three days and nights), it will be menstruation (hayd) and bleeding outside of her habitual place will be irregular bleeding (istihada).

Q- Underwear is dirty with discharge can I still pray my salah?

A- If the impurity is smaller than the concave of one's palm, the prayer will be valid, but disliked if it is not removed. If the amount of discharge is equal to or more than the concave of her palm, she must change her undergarments or place a fresh liner

Q&A

Jazakallah Khayr