

GUIDE FOR FASTING

Fasting in the month of Ramadan is Fardh Allah SWT says "كتب عليكم الصيام..." (baqarah: 183)

The Concept of fasting involves abstinence from eating, drinking, and intercourse. Furthermore, the Islamic intention of fasting entails withholding oneself from the aforementioned actions until true dawn (fajr) until sunset (maghreb)

It is permissible to make intention of fasting either from the night, or when a person wakes up before midday.

Invalidating Entry points



1. The mouth
2. The nose
3. The anus
4. A deep abdominal injury

The fast would be invalidated if any substance passes through these and reaches the digestive system. Putting something in the mouth without swallowing it does not invalidate the fast as it does not go down the throat and reach the digestive system. However, if it does pass down the throat then the fast is invalidated.


Non-invalidating entry points

1. The ears, unless there is a hole in the eardrum.
2. The eyes.
3. The vagina.
4. The urinal passage.
5. A deep head injury, unless the basal skull is fractured.
6. Pores of the body.

Substances Entering through these entry points will not invalidate the fast regardless of whether or not benefit is being derived from them.

Actions that invalidate the fast and those that do not. Symbol  denotes fast is invalidated. Symbol  denotes fast is still intact.

Eating or drinking under various circumstances

 Eating, drinking, or having intercourse forgetfully. This is because forgetfulness in such matters is from Allah as it is mentioned in a hadith of Nabi SAW:

((للذي اكل وشرب ناسيا "تم على صومك فانما اطعمك الله

وسقاك))

Narrated in Bukhari and Muslim

✗ Being forced to eat, or if one mistakenly eats whilst knowing they are fasting. This is different from forgetfulness as this is from the side of Allah while mistakenly eating in cognizance of fasting is from the side of humans. This scenario only necessitates Qadaa (make up that one fast)

✗ If a person eats or drinks intentionally, then this requires qadaa and kaffarah (fasting consecutively for 60 days)

✓ Inhaling a fly while knowing he is fasting. This is because situations of this nature are unavoidable such as breathing in dust. Further examples of unavoidable substances are Water that remains in the mouth and nose from wudu, Possible damp when one is showering, Mucus, Snot, Saliva, Saliva that may end up on the lips from talking.

✗ If a person swallows pebbles or iron, then he or she must observe Qadha.

✓ If one begins fasting and finds food between their teeth and eats it, the fast remains intact so long as the food is less than the size of a chickpea.

✗ If one begins fasting and finds food larger than a chickpea between their teeth and eats it, the fast becomes invalid and Qadha is due.

✗ If one finds food in their teeth regardless of size, takes it out of the mouth, puts it back in, and eats it. Qadha is due.

Intimacy/Ejaculation

✓ A person who has a wet dream because as mentioned in Tirmidhi:

((ثلاث لا يفطرن الصيام القيء والحجامة والاحتلام))

Three things that do not break the fast are vomiting, cupping, and wet dreams. This also holds true in the case of ejaculation upon viewing or thinking of a woman.

✗ A person who masturbates with his hands or any means of self-pleasure. Qadha is due.

✗ Engaging in intercourse intentionally regardless of whether he ejaculates or not incurs Qadha and

Kaffaarat.

✅ Engaging in intimacy / kissing with one's spouse as long as there is no ejaculation does not invalidate the fast.

❌ Ejaculating while kissing one's wife or being intimate with her. Also, if a person French kisses his wife and their mixed saliva enters each other's throat. This incurs Qadaa and kaffaarat.

If one kisses their spouse and is sure it will not lead to intercourse or ejaculation, then it is fine. If saliva while French kissing does NOT enter the throat, then the French kissing is deemed makruh (disliked) but the fast will remain intact.

❌ If a person engages in intercourse apart from a woman's front private part and ejaculates, then Qadha is required

Vomiting

✅ If a person vomits, and he did not intend it but rather it overcomes him, regardless of whether it is mouth full or less, then his fast is still intact.

✅ If a person vomits a mouthful unintentionally and it goes back down their throat unintentionally then their fast is still valid

❌ If a person vomits a mouthful unintentionally and INTENTIONALLY swallows it back, then their fast is broken and Qadha is required.

✅ If a person vomits less than a mouthful unintentionally and it unintentionally went back down their throat their fast is valid

❌ If a person vomits less than a mouthful unintentionally and they intentionally swallow it then fast is broken qadaa is due

❌ If a person vomits INTENTIONALLY a mouthful then upon him is qadaa

✅ If a person vomits INTENTIONALLY less than a mouthful

❌ if a person inserts a suppository in the posterior private part and it reaches his stomach then upon him is qadaa.

Substances Entering through various orifices

✅ Injecting drops of oil, water, or medicine in the ears does not invalidate the fast since there is no direct passageway from the ear to the brain, throat, or stomach according to physicians.

If the tympanic membrane is punctured and there is a clear route to the throat, then qadaa will be

necessary. If the substance is injected in the ear without valid excuse and it reaches the throat then both kaffaarat and qadaa will be necessary.

✓ Medication through the eyes does not invalidate the fast nor does water going into the eyes even if the effects of the medicine are felt in the throat.

✗ Medication and water through the nose, to the point where it reaches the throat, invalidates the fast and qadaa is required. For this reason, gargling and excessive sniffing of water should be avoided.

✗ Generally, a smoker thinks smoking is benefitting them in some way so if they smoke while fasting and think that smoking is benefitting them then qadaa and kaffaarat are due upon them. Those who are around and inhale that smoke will have to due qadaa of their fast as it invalidates their fast.

✗ Asthma pump/inhaler. It enters the digestive system from the mouth or nose and they are both invalidating entry points. Using the asthma inhaler during fast without any need for it, will invalidate the fast and a Qadha along with a Kaffarah will have to be kept for the invalidated fast. However, if the inhaler is used in case of an asthma attack, then only a Qadha will be wajib without kaffarah.

✓ Using toothpaste is disliked by some ulama but will not invalidate the fast as long the paste does not go down the throat.

Tasting something without swallowing it does not invalidate the fast but is makruh.

It is makruh for a mother to chew something for her child if it can be avoided. If it cannot be avoided, then there is no problem.

✓ Using siwaak while fasting is encouraged by nabi SAW

✗ Bleeding gums. If a person's gums are bleeding and he swallows his saliva while it is admixed with blood then his fast will be invalidated

However, if the person has a medical condition where his gums bleed and it cannot be avoided then there can be some leeway

Drawing blood/Injection

✓ Drawing blood in itself does not invalidate the fast; however, if it leads to weakness and a person no longer can keep their fast, then drawing blood will be makrooh

✓ Subcutaneous and intramuscular injections do not invalidate the fast; however, if an injection is taken just for strength and not for illness then it is makruh. The reason it is permissible is because the substances do not go directly into the stomach or brain. If it does, then it will invalidate the fast. So long as it does not go directly into the brain or stomach then it will NOT invalidate.

Other

✔ putting on oil, cupping, applying Kohl/surma

✔ Applying lip balm does not invalidate the fast, unless one immediately licks the lips and swallows it. If the lips are licked after some time then it will not affect the fast at all.

✔ Applying deodorant/Cologne does not invalidate the fast, unless one inhales the visible fumes.

✔ A smell does not entail that a substance enters the body, unless one deliberately inhales the steam from cooking.

✔ Intravenous drips, otherwise known as IV therapy or IV drops, does not invalidate the fast because the substances flows through the veins and does not enter through any of the invalidating entry points.

My references are

Hidaya Vol 1

Fatawa Darul uloom zakariyya vol 3

Badaai As-sanaai volume 2

Fatawa Qadhi Khan Vol 1

Askimam.org

Principles on what invalidates the fast (Based on the article "Dabit al-mufattirat" by mufti Rafi Usmani.)