



MENSTRUATION MADE CLEAR

A Muslim Woman's Guide to
Menstruation & Worship

Menstrual Bleeding

(Ḥayḍ)

What is NOT Allowed



Ṣalāt



Fasting



Divorce



Vaginal Penetrative
Intercourse

Scholarly Disagreement

Quran Recitation

- Forbidden
(Majority)
- Can move lips without voice for the purpose of revision
(Ḥanbalīs)
- Can recite Quran *
(Mālikīs & Ibn Taymiyyah)



Touching the Muṣḥaf

- Cannot touch at all
(Shāfi'īs & Mālikīs)
- Can touch with a barrier *
(Ḥanafīs & Ḥanbalīs)
- Can touch
(Ibn Ḥazm & Ash-Shawkānī)



Ṭawāf

- Forbidden *
(Agreement of the Madhabs)
- Ibn Taymiyyah gives an exception if there is hardship and her group will be returning home and she is unable to wait until her period ends



Staying in the Masjid

- Forbidden
(Ḥanafīs, Shāfi'īs, Mālikīs)
- Can pass through but not stay
(Ḥanbalīs)
- Can stay if she makes wuḍū' before coming
(minor position among Ḥanbalīs)
- Can stay in the Masjid for specific needs [attending class, learning etc.] *
(Al-Muzanī, Ibn Ḥazm, Al-Albānī)



What is Allowed



Dhikr



Dua



Listening to Quran

Menstruation Ending & Time-Windows of Worship

Do you need to check at suhoor time or Fajr time?

Principle is assumption of continuity until you see the sign of menstruation ending. So if you wake up at Fajr time and see that it has stopped, you still do not fast that day as you assume menstruation until you see the signs.



Are we obligated to wake up before Fajr each day to check?



No, this is not required. A person is not meant to go out of their way to check before prayers end or fasting starts.

Irregular Bleeding

(Istiḥāḍa)

Understanding the Difference

Ḥayḍ

Menstrual Bleeding (shedding of uterine lining that was being prepared for a potential pregnancy)



Istiḥāḍa

Pathological bleeding – all other vaginal bleeding



How to Maintain Ṭahāra with Istiḥāḍa

Scholars differed on how wuḍū' should be maintained:



- A person must make wuḍū' at the beginning of each prayer time and that will be sufficient until the next prayer time * (Ḥanafīs and Ḥanbalīs)
- A person must make wuḍū' before each individual prayer (Shāfi'īs)
- It is to be completely ignored and does not nullify wuḍū'. Wuḍū' therefore becomes mustaḥabb (voluntary) (Mālikīs, Ibn Taymiyyah)

Types of Irregular Bleeding

Intermenstrual Bleeding

- Spotting in between menstrual cycles that is different to period bleeding in colour, frequency and regularity. This is treated as Istiḥāḍa.

Menorrhagia

- Anything beyond your previous baseline for the duration of menstruation is considered istiḥāḍa (ex. Baseline 7, and now bleeding 10 days. The 3 days are considered istiḥāḍa)
- If no clear baseline established, then anything beyond 10 days is considered pathological and istiḥāḍa

Withdrawal bleeding or breakthrough bleeding when on hormonal contraceptive pills or hormonal implants.

- This is all treated as Istiḥāḍa as it is not bleeding related to a menstrual cycle.



* Faith Circle position based on the chosen opinion of AMJA (Assembly of Muslim jurists of America)