

Menstruation — the basic rulings

What Allah ordained for the daughters of Adam: what is lifted, what is repaid afterwards, and the ghusl that ends it.



★ Ordained, not a fault

‘A’ishah wept when it came upon her on hajj. He ﷺ said: this is a thing Allah has ordained for the daughters of Adam.

Sahih al-Bukhari 294 · 305

★ The verse

قُلْ هُوَ أَذًى فَاعْتَزِلُوا النِّسَاءَ فِي الْمَحِيضِ

“Say, it is harm, so keep away from wives during menstruation.”
Marital relations wait until the bleeding ends and she has bathed.

Qur’an 2:222

★ How long · haid

Shafi’i, the school Malaysia follows: a day and a night at the least, six or seven usually, fifteen days at the most.

- The Hanafis set it at three days to ten

an-Nawawi, al-Majmu’

★ How long · nifas

The bleeding after childbirth: about forty days in practice. Shafi’i and Maliki allow up to sixty; Hanafi and Hanbali stop at forty.

Sunan Abi Dawud, Kitab al-Taharah · hasan · an-Nawawi, al-Majmu’

★ Set down for now

Prayer, fasting, tawaf, i’tikaf and marital relations are lifted. Hajj goes on — she does all a pilgrim does except the tawaf.

Sahih al-Bukhari 294 · Qur’an 2:222

★ Repaid, and not repaid

“We were ordered to make up the fasts and were not ordered to make up the prayers.” The missed days of Ramadan are owed; the prayers are not.

Sahih al-Bukhari 321 · Sahih Muslim, Kitab al-Hayd

★ What is still yours

Dhikr, du‘a’, istighfar, charity, listening to the Qur’an, sitting in a circle of knowledge. He ﷺ would recite resting on her lap.

Sahih al-Bukhari 297

★ The ghusl that ends it

“When it has finished, wash the blood off you and pray.”
Intention, then water to every part of the skin and the roots of the hair.

Sahih al-Bukhari 331

★ Istihadah is different

Bleeding outside the known days is from a vessel, not haid. She bathes, then prays and fasts as normal, renewing wudu for each prayer.

Sahih al-Bukhari 228 · 327