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HAIZ (Period/Menses) KE GHUSL KA SAHI TARIKA

QUR'AN SE DALEEL

Allah Ta'ala farmate hain: "Aur tumse haiz ke mutaliq pochte hain, kaho ye gandagi hai, is liye haiz mein aurton se alag raho..." (Surah Al-Baqarah, Ayat 222)



Allah Ta'ala farmaate hain : ki jo haiz ya janabat ki halat mein ho, wo namaz na padhe jab tak wo taharat hasil na kar le.
(**Surah An-Nisa, Ayat 43**)

HADEES SE DALEEL

RasoolAllah (SAW) ne farmaya, "Haiz aur nifaas ke douran auratein roza nahi rakhti aur na namaz padhti hain, magar un par rozo ka qaza lazim hota hai."(**Sunan Tirmidhi, Hadees 138**)

Hazrat Ayesha (RA) farmati hain, "Jab hum haiz mein hoti thi, to humein roza chhodne ka hukm diya jata tha, aur roza qaza karna hota tha, lekin namazon ki qaza nahi hoti thi."(**Sahih Bukhari, Hadees 1951**)

GHUSL KA TARIKA

1. Sabse pehle Niyat (Niyat dil ke irade ka naam hai, zubaan se kehna nahi hai)



2. Bismillah kehna

NOTE - Har kaam se pehle Bismillah kehna chahiye aur is baat ka khayal rakhein ke washroom/bathroom agar attach hai yani toilet bhi sath attach hai to bahar se hi Bismillah keh kar andar dakhil hona hai lekin washroom ke sath toilet attach nahi hai to andar dakhil hone ke baad bhi Bismillah padha ja sakta hai

3. Hatho ke panjo tak dholein (1,2 ya 3 martaba)
4. Sharmgaah aur bagal (baazu) ke baalon ko saaf karein
5. Sharmgaah (private parts) ko khub acche se saaf karlein (soap ya koi bhi khushbudaar chiz ke zariye)
6. Wudhu/wuzu karein (mukammal wuzu jaisa namaz ke liye karte hain)
7. Sar par 3 martaba paani daalein (yaad rakhein sar ke jadon tak paani pohchana zaruri hai yani sar ka skin/scalp bhigna zaruri hai)....(shampoo optional hai)
8. Jism ke seedhe (right) taraf pehle paani bahaye phir ulte (left) taraf
9. Poore jism me paani pohchana zaruri hai



10. Yaad rakhein agar sharmgaah me Ghusl ke waqt aap ka hath laga to phir se Wuzu karna hoga lekin Dubara Ghusl karne ki zarurat nahi

11. Bahar nikal kar wuzu ke baad ki Dua padhlein aur isi wuzu se aap Namaz bhi adaa kar sakte hai alag se wuzu karne ki zarurat nahi

NOTE - Washroom/Bathroom/Toilet jane se pehle ye DUA padhein

لَلّٰهُمَّ اِنِّیْ اَعُوْذُ بِكَ مِنَ الْخُبۡثِیِّوَالۡخَبَآئِثِ

“Allahumma inni Aaoozu bika minal khubusi wal khabais”

Aey Allah! Main aapki panah maangta (maangti) hoon har qism ke sharr aur napaak cheezon se (khabees jinn aur khabees jinniwo se)

Aur bahar ane ke baad ye DUA padhein

غُفْرَانَكَ

“Gufraanaka”

Aey Allah! Main aapki maghfirat (maafi) maangta (maangti) hoon