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Umrah ka Mukammal Tarika (Qur'an aur Hadees ke Daleelon ke Sath)

Umrah Islam ka aik ahem ibadat hai jo har musalman apni zindagi mein ada karna chahta hai. Ye chhota hajj kehlata hai aur is ka mukammal tarika Quran aur Hadees se sabit hai. Neeche Umrah ka tarika, us ke ahkam, duaen aur Quran aur Hadees ke daleelon ke sath diye gaye hain



1. Niyyat aur Ihram

Umrah shuru karne se pehle niyyat aur ihram zaroori hai. Ihram ka matlab hai khas kapde pehnna aur Umrah ki niyyat karna.

Tarika:

- **Ghusl karain:** Sab se pehle ghusl kar ke paak ho jain.
- **Ihram ke kapde pehnain:** Mard do chadaron ka ihram pehnein (rida aur izaar), aur aurtein apne mamooli (yani apna Hijab/Burkha) kapde jo satar ko poora karein.
- **Niyyat karain:** Dil mein Umrah ki niyyat karain aur zuban se kaha jaye:

"Labbaik Allahumma Umratan" لَبَّيْكَ اللَّهُمَّ عُمْرَةً

(Aey Allah! Mein Umrah ke liye hazir hoon)

- **Talbiyah parhain:** Ihram bandhne ke baad talbiyah parhain:

لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ، لَبَّيْكَ لَا شَرِيكَ لَكَ لَبَّيْكَ، إِنَّ الْحَمْدَ وَالنُّعْمَةَ لَكَ وَالْمُلْكَ، لَا شَرِيكَ لَكَ



**"Labbaik Allahumma Labbaik, Labbaik La Sharika Laka
Labbaik, Innal Hamda Wan Ni'mata Laka Wal Mulk, La
Sharika Lak"**

(Mein hazir hoon, aey Allah! Mein hazir hoon,
Tera koi shareek nahi, Mein hazir hoon, Sab taarif
aur ne'mat Teri hi hai aur mulk bhi Tera hai, Tera
koi shareek nahi)

Daleel:

- **Quran:** "Aur Allah ke liye hajj aur umrah ko poora karo" (Surah Al-Baqarah, 2:196)
- **Hadees:** "Niyyat ke baghair koi a'mal nahi" (Sahih Bukhari, Hadith #1). Talbiyah ke bare mein Hadees mein hai ke Rasoolullah (SAW) ne talbiyah parhi (Sahih Muslim, Hadith #1184).

2. Tawaf-e-Ka'aba

Tawaf ka matlab hai Ka'aba ke gird (aiteraf) saat chakkar lagana.

Tarika:



Tawaf shuru karne se pehle TALBIYAH kehna bandh kar dena hai

Tawaf shuru karne se pehle ihram ki chadar ko izteba ki kaifiyat me lana hai (mardon ke liye)

Hajr e Aswad ke istelam se Tawaf ki shuruwat karna hai

Hajr e Aswad ka istelam karna hai tawaf ke har chakkar me

- **Hajar-e-Aswad se shuru:** Tawaf Hajar-e-Aswad se shuru karain. Agar mumkin ho to Hajar-e-Aswad ko hath laga kar (Right hand) choom lein ya ishara karein aur kaha jaye (kisi bhi qism ki ladai, dhakka, logo ko takleef nahi pohchana hai iska khayal rakhen)
- بِسْمِ اللَّهِ وَاللَّهُ أَكْبَرُ

"Bismillahi Wallahu Akbar"ye kehte huwe Hajr e Aswad se shuru karna hai aur har chakkar me jab aap hajr e aswad tak ayenge to phir yehi dua padhna hai yani 7 martaba 7 chakkar mein



- **Saat chakkar:** Saat chakkar lagain, har chakkar mein Rukn-e-Yamani aur Hajar-e-Aswad ke darmiyan dua parhain. Har chakkar ke baad Hajar-e-Aswad ka (Istelaam) ishara karein (right hand se)
- **Dua:** Tawaf ke darmiyan koi bhi dua parh sakte hain, khas tor par:

- رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

"Rabbana aatina fid-dunya hasanatan wa fil-akhirati hasanatan wa qina azaban-nar"
(Surah Al-Baqarah, 2:201)

Daleel:

- **Quran:** "Aur log Ka'aba ke gird tawaf karein"
(Surah Al-Hajj, 22:29)
- **Hadees:** "Tawaf Ka'aba ka hai aur saat chakkar hain" (Sahih Bukhari, Hadith #1613).

Mardon ko Tawaf ke pehle ke 3 chakkar mein Ramal karna hai (yani tez tez chaal chalna hai aur apne kandho ko utha utha kar chalna hai) aur baki ke 4 chakkar me Aam chaal chalenge lekin Auratein pure 7 chakkar mein apni Aam yani Normal chaal chalengi



3. Namaz-e-Tawaf

Tawaf ke baad do rakat namaz parhna sunnat hai.
Tawaf ke 7 chakkar pure karne ke baad

وَاتَّخِذُوا مِنْ مَّقَامِ إِبْرَاهِيمَ مُصَلًّى

“ watta khizu mim maqami ibrahima musalla “

padhte huwe maqam e Ibrahim ki taraf aana aur waha
(jaha jageh mile) 2 rakat nafil namaz adaa karna hai

Tarika:

- **Maqam-e-Ibrahim ke paas:** Maqam-e-Ibrahim ke paas ya jaha kahi bhi jagah Haram shareef ke andar asaani se mil jaye waha do rakat Nafil namaz parhain.
- **Pehli rakat:** Surah Al-Fatiha ke baad Surah Al-Kafirun parhain.
- **Doosri rakat:** Surah Al-Fatiha ke baad Surah Al-Ikhlash parhain.
- **Dua:** Namaz ke baad dua maangein.

Daleel:



- **Quran:** "Aur jab tum tawaf kar chuko to Maqam-e-Ibrahim ke paas namaz parho" (Surah Al-Baqarah, 2:125)
- **Hadees:** "Rasool Allah (SAW) ne tawaf ke baad do rakat namaz parhi" (Sahih Muslim, Hadith #1218).

Zam zam peena – Maqam e Ibraheem ke paas 2 rakat Nafil Namaz parhne ke baad ZAM ZAM peena hai aur thoda Zam Zam ka pani ka katra apne sar par bhi chidak lena chahiye...uske baad Sa'i karne ke liye Safa pahadi ki taraf jana chahiye

4. Sa'i (Safa aur Marwah ke Darmiyan)

Sa'i ka matlab hai Safa aur Marwah ke darmiyan saat dafa chalna.

Tarika:

- **Safa se shuru:** Safa pahadi par chadhte huwe ye DUA padhein

- إِنَّ الصَّافَا وَالْمَرْوَةَ مِنْ شَعَائِرِ اللَّهِ فَمَنْ حَجَّ الْبَيْتَ أَوْ اعْتَمَرَ فَلَا جُنَاحَ عَلَيْهِ أَنْ يَطَّوَّفَ بِهِمَا وَمَنْ تَطَوَّعَ خَيْرًا فَإِنَّ



اللَّهُ شَاكِرٌ عَلِيمٌ

(Surah Al-Baqarah, Ayat 158)

- **Tarjuma:** "Beshak Safa aur Marwah Allah ke nishaniyon mein se hain. Jo shakhs Baitullah ka Hajj ya Umrah kare, uske liye koi gunnah nahi ke woh in dono pahadiyon ke darmiyan sahi kare. Aur jo khushi se koi bhalaai kare, Allah uska ilm rakhta hai aur uski kadar karne wala hai."
- safa se shuru karein aur Marwah tak jain, yeh aik chakkar hai. Phir Marwah se Safa wapas aayein, yeh doosra chakkar hai. Is tarah saat chakkar poore karein.
- **Dua:** Safa pahadi ke upar Qibla rukh khade ho kar 3 martaba ye kalimaat kehna :

"Allahu Akbar - La ilaha illallah wahdahu la sharika lah, lahul mulk wa lahul hamd, wa huwa ala kulli shayin qadeer, la ilaaha ill Allaahu wahdahu ,Anjaza wadahu , wa nasara abdahu, wa hazam al ahzaaba wahdah"



**Iske ilawa aur bhi duaon ka ehtemaam karein jo
sabit duaain hai aur apni zuban aur apni alfaaz
me bhi khob se khoob duaain karen**

Daleel:

- **Quran:** "Beshak Safa aur Marwah Allah ki nishaniyon mein se hain" (Surah Al-Baqarah, 2:158)
- **Hadees:** "Rasool Allah (SAW) ne Safa aur Marwah ke darmiyan sa'i ki" (Sahih Bukhari, Hadith #1643).

Safa se shuru karke marwa pahadi tak jana aur wahi upar wali khas dua hai usko padhna hai same tarike se.

Sabz Sutoon (Green column/lights) ke darmiyan (sirf mardon) ko tez chalna hai lekin Auratein apni aam chaal chalengi



5. Halq ya Taqseer

Umrah ke akhri amal mein sar ke baal mundaye ya chhote karain.

Tarika:

- **Halq:** Mard apna pura sar mundwa lein (sunnat).
- **Taqseer:** Agar mundwana na chahein to baal chhote karain (kuch hissa kaat lein). Aurtein apne baalon ke sirf aik ungali ke barabar hissa kaat lein.

Daleel:

- **Quran:** "Aur apne sar munda lo aur na daro" (Surah Al-Baqarah, 2:196)
- **Hadees:** "Rasool Allah (SAW) ne Umrah ke baad halq kiya" (Sahih Muslim, Hadith #1301).

Ahem Maloomat

- **Ihram ki pabandiyan:** Ihram ki halat mein khushboo, naakhun kaatna, baal kaatna, shikar karna, aur shadi ke muamlat mana hain.
- **Dua ki qabooliyat:** Umrah ke waqt duaen bohat qabool hoti hain, is liye zyada se zyada dua maangein.



- **Sabar aur ikhlaq:** Haram mein sabar aur achha ikhlaq rakhna zaroori hai.

Daleel:

- **Hadees:** "Hajj aur Umrah karne walon ke liye Allah ki zaat qasam hai ke unki dua qabool hoti hai" (Sunan Ibn Majah, Hadith #2893).

Mardon ka Libas (Ihram)

- **Kapde:** Mardon ka ihram do safed chadaron ka hota hai:
 1. **Izaar:** Yeh chadar neeche bandhi jati hai jo pair dhakti hai.
 2. **Rida:** Yeh chadar kandhon par daali jati hai jo jism ke ooperi hisse ko dhakti hai.
- **Jooton ka hukm:** Mardon ko aise jootay
- ya chappal pehnay chahiyein jo paon ke ooperi hisse ko khula rakhein (yani Takhna khula huwa rehna chahiye) Paon ka ooperi hissa dhakna mana hai.
- **Pabandi:** Ihram ke kapde be-sila (unstitched) hone chahiyein. Koi sila hua kapda (jaise kurta, pant, ya shirt) nahi pehnna chahiye.
- **Saaf suthra:** Kapde saaf aur paak hone chahiyein.



Auraton ka Libas (Ihram)

Kapde: Auraton ke liye koi khas ihram ka kapda nahi hai. Woh apne Hijab ya naqab ya burkha ke kapde pehen sakti hain jo shari'at ke mutabiq poora satar dhakein. Yeh kapde aam aur be-takalluf hone chahiyein.

Chehra aur haath: Auraton ka chehra aur haath khule reh sakte hain, lekin naqab ya burqa pehnna mana hai jab tak ke ghair mard ke samne na ho. Agar ghair mard hon to chehra dhakna wajib hai.

Jooton ka hukm: Aurtein koi bhi chappal ya joota pehen sakti hain jo satar ke mutabiq ho.

Daleel

- **Quran:**

"Aur Allah ke liye hajj aur umrah ko poora karo"
(Surah Al-Baqarah, 2:196)

Yeh ayat ibadat ke liye tayyari aur paaki par zor deti hai, jismein libas bhi shamil hai.



Hadees:

- "Rasool Allah (SAW) ne mardon ko ihram ke liye do chadaron ka hukm diya" (Sahih Bukhari, Hadith #580).
- "Auraton ke liye ihram mein woh kapde hain jo woh mamooli tor par pehenti hain, lekin chehra khula rakhein jab naqab ki zarurat na ho" (Sunan Abu Dawood, Hadith #1829).
- Hadees mein hai ke Rasool Allah (SAW) ne farmaya: "Mard apne paon ke ooperi hisse ko khula rakhein aur sila hua kapda na pehnein" (Sahih Muslim, Hadith #1177).

Halat-e-Ihram Mein Mamnu Cheezain aur Kaam

Ihram ki halat mein kuch cheezain aur kaam karna mana hai, kyunki yeh ibadat ke adab aur shart ka hissa hain. Agar koi yeh kaam kare, to kaffara ya dam ada karna pad sakta hai, jo shar' ai ahkam ke mutabiq hota hai.



Mardon aur Auraton ke liye Mamnu Kaam (Mushkil)

Yeh pabandiyan mardon aur auraton dono par laazim hain:

Khushboo (Perfume) ka Iste'maal:

- Khushboo lagana, khushboodar sabun, shampoo, ya koi aur cheez jo khushboo de, istemaal karna mana hai.
- **Daleel:** Hadees mein hai, "Ihram mein khushboo ka istemaal na karo" (Sahih Bukhari, Hadith #1542).

Baal ya Naakhun Kaatna:

- Sar, daari, ya jism ke kisi hisse ke baal kaatna ya naakhun tarashna mana hai.
- **Daleel:** "Ihram mein baal ya naakhun na kaato" (Sahih Muslim, Hadith #1180).

Shikar Karna ya Janwar ko Nuqsan Pohanchana:

- Koi bhi zameeni janwar ka shikar karna ya usse nuqsan pohanchan (jaise maarna ya bhagana) mana hai.
- **Daleel:** Quran mein hai, "Tum par



- shikar haram kiya gaya jab tum ihram mein ho" (Surah Al-Ma'idah, 5:1).

Shaadi ya Nikah ka Muamla:

- Ihram ki halat mein nikah karna, mangni karna, ya shadi ka rishta ta'ayun karna mana hai.
- **Daleel:** Hadees mein hai, "Muhram (ihram wala) na nikah kare aur na kisi ke liye nikah ka bandobast kare" (Sahih Muslim, Hadith #1409)

Jinsi Talluqat:

- Biwi ke sath jinsi talluq ya is ke qareeb ka koi a'mal (jaise chhuna ya baat karna shahwat ke sath) mana hai.
- **Daleel:** Quran mein hai, "Hajj ke dino mein apni biwiyon ke paas na jao" (Surah Al-Baqarah, 2:197).

Ganda Kalam, Jhagda, ya Behais:

- Gali galoch, jhagda, ladai, ya kisi se behis karna mana hai. Ihram mein sabar aur ikhlaq zaroori hai.

Jhooth, Gheebat, ya Burai:

- Jhooth bolna, kisi ki gheebat karna, ya kisi ke khilaaf bura kehna mana hai.



Mardon ke liye Khaas Mamnu Cheezain

Mardon par kuch mamnu cheezain alag se laazim hain:

1. Sila Hua Kapda Pehnna:

- Mardon ke liye sila hua kapda (jaise shirt, pant, kurta, ya underwear) pehnna mana hai. Sirf do be-sila chadarein (izaar aur rida) pehni ja sakti hain.
- **Daleel:** Hadees mein hai, "Mard ihram mein sila hua kapda na pehne" (Sahih Bukhari, Hadith #580).

Sar ya Chehra Dhakna:

- Sar ko topi, pagdi, ya kisi kapde se dhakna mana hai. Chehra bhi khula rehna chahiye.
- **Daleel:** Hadees mein hai, "Muhram apna sar na dhake" (Sahih Muslim, Hadith #1177).

Paon ka Ooperi Hissa Dhakna:

- Aise jootay ya chappal jo paon ke ooperi hisse (instep) ko dhakein, pehnna mana hai. Khuli chappal pehna ja sakta hai.
- **Daleel:** Hadees mein hai, "Ihram mein paon ke ooperi hisse ko khula rakho" (Sahih Bukhari, Hadith #1542).



Auraton ke liye Khaas Mamnu Cheezain

Auraton par kuch mamnu cheezain alag hain:

1. Naqab ya Burqa jo Chehra Dhake:

- Ihram ki halat mein auraton ka chehra khula rehna chahiye. Naqab ya burqa jo chehra poora dhake, istemaal karna mana hai. Haan, agar ghair mard ke samne ho to chehra kapde se dhak sakti hain, lekin naqab ka istemaal nahi.

2. Daleel: Hadees mein hai, "Muhram aurat apna chehra na dhake, lekin ghair mard ke samne pardah kare" (Sahih Bukhari, Hadith #1838).

Hathon par Dastane (Gloves):

- Ihram mein auraton ke liye dastane pehna mana hai, kyunki haath khule rehne chahiyein.
- **Daleel:** Hadees mein hai, "Aurat ihram mein dastane na pehne" (Sahih Muslim, Hadith #1179).

Umrah ke arkaan aur wajibaat



‘Umrah ke arkaan teen hain:

Ihram:

Is se muraad ‘Umrah mein daakhil honay ki niyat karna hai kyunkay Hadees mein aaya hai:

إنما الأعمال بالنيات

“A’amaal ka ai’tbaar niyat se hai.” 1

[Sahih Bukhari, Hadees: 1, Sahih Muslim, Hadees: 1907]

***Tawaaf aur Sa’i:**

Nabi kareem (ﷺ) ne tawaaf aur sa’i ke baaray mein irshaad farmaaya:



“Tum mein se jis shakhs ke paas qurbaani ka jaanwar nahi woh Baytullah ka tawaaf aur Safa wa Marwah ki sa’i kare.” 2

Aur sa’i ke baaray mein Aap (ﷺ) ka farmaan hai:

“Sa’i karo, Allah Ta’ala ne tum par sa’i farz ki hai.” 3

❁ ‘Umrah ke wajibaat do hain:

Hal (hudood-e-Haram ke baahar) se ihram baandhna:

Kyunkay Aap ne Hazrat ‘Aisha (رضى الله عنها) ko maqaam-e-Tan’eem se ‘Umrah ka ihram baandhnay ka hukum diya tha. 4 Mawaaqeat ke baaray mein Hazrat Ibn ‘Abbas (رضى الله عنه) ki Hadees bhi is ki daleel hai. 5



1. Sahih Bukhari, Hadees: 1691, Sahih Muslim, Hadees: 1227.

2. Musnad Ahmad: 422/6, Mustadrak Hakim: 70/4.

3. Sahih Bukhari, Hadees: 1783, Sahih Muslim, Hadees: 1211.

4. Sahih Bukhari, Hadees: 1524, Sahih Muslim, Hadees: 1181

❁ Baal mundwaana ya katwaana:

Nabi kareem (ﷺ) ka farmaan hai:

“(Hajj ya ‘Umrah karne waalay ko) chaahiye keh baal katwaaye aur ihram khol day.” 1

Jo shakhs ‘Umrah ka koi rukan chhod day, us ka ‘Umrah is rukan ki adaaigi ke baghair durust na hoga. Albatta jo shakhs koi waajib chhod day, usay kami



poori karne ke liye jaanwar zibah karna ho ga. Aur jo shakhs hajaamat se pehlay दौरان-e-‘Umrah jamaa’ kar baithy usay fidya mein aik Ountani ya aik Gaaye ya aik Bakri zibah karna hogi jabkay afzal Ountani zibah karna hi hai. Aur us ka

[Sahih Bukhari, Hadees: 1691, Sahih Muslim, Hadees: 1227]

‘Umrah durust hoga. Kyunkay Hazrat Ibn ‘Abbas (رحمہ اللہ) ka fatwa is mafhum mein mojud hai. **1**

Aur jo shakhs ‘Umrah ke tawaaf se pehlay jamaa’ kare us ka ‘Umrah mutafiq tor par faasid ho jaaye ga. Aur agar tawaaf ke ba’ad Safa wa Marwah ki sa’i se qabal jamaa’ kar le to is soorat mein bhi ‘Omrah faasid ho jaaye ga. Jamhoor ka yehi muaqqaf hai. Lekin in donon haalaton mein woh shakhs apne faasid ‘Umre ko jaari rakhay ga, jaanwar zibah kare ga aur qaza bhi day ga. **2**

1. Sunan Kubra, Bayhaqi: 172/5.



2. Izwaa Al Bayaan: 389/5, Al Astazkaar, Ibn ‘Abdul Barr: 290/12.

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