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Tahajjud Ki Namaz Ka Bayan

QUR'AN SE DALEEL

Surah As-Sajdah (32:16-17)

*"Unki pasliyan (peeth) bistaron se alag ho jati hain,
woh apne Rab ko dar aur ummeed ke saath pukarte
hain....."*



Surah Az-Zumar (39:9)

"Kya woh shakhs jo raat ke waqt sajda aur qiyam mein masroof rehta hai..."

Surah Al-Muzzammil (73:2-4)

"Raat ko utho, magar thodi si (raat ke ilawa), ya aadhi raat, ya is se thodi kam kar do..."

Surah Adh-Dhariyat (51:17-18)

"Woh raat ko thoda sa sote thay, aur sehar ke waqt woh astaghfar karte thay."

Hadees Se Daleel

Sahih bukhari, Hadees Number 1140

- Hazrat Aisha (RA) se riwayat hai:
"Rasool Allah (SAW) raat ko 11 rakaat parhte thay,
- *aur jab subah hoti to 2 rakaat (Sunnat-e-Fajr) parhte aur phir farz ada karte."*



- Yeh hadees batati hai ke Rasool Allah (SAW) Tahajjud ki namaz parhte thay, jo 11 rakaat mein shamil hoti thi, jin mein Witr bhi hota tha.

Sahih Bukhari, Hadees Number 1129

- Hazrat Abu Huraira (RA) se riwayat hai:
"Rasool Allah (SAW) ne farmaya: Allah har raat aasman-e-dunya par nazil hota hai jab raat ka aakhri tihahi hissa bacha ho aur farmata hai: Koi hai jo mujhe pukare to main usay jawab doon? Koi hai jo mujh se maange to main usay doon? Koi hai jo mujh se maafi maange to main usay maaf kar doon?"

Sahih Bukhari, Hadees Number 1157

- Hazrat Ibn Umar (RA) se riwayat hai:
"Rasoolullah (SAW) ne farmaya: Raat ki namaz 2-2 rakaat hai, aur jab subah hone ka dar ho to 1 rakat Witr parh lo, yeh tumhare liye Witr ho jaye gi."



- Yeh hadees Tahajjud ke tareeqe ko batati hai ke yeh do-do rakaat ke saath parhi jati hai aur Witr aakhir mein ada kiya jata hai.

Sahih Bukhari, Hadees Number 990

- Hazrat Abu Huraira (RA) se riwayat hai:
"Rasool Allah (SAW) ne farmaya: Jab koi banda raat ko uth kar namaz parhta hai aur apne Rab ka zikr karta hai, to Shaitan us ke gardan mein teen girahen bandh deta hai. Jab woh uth kar wuzu karta hai to ek girah khul jati hai, jab namaz parhta hai to doosri girah khul jati hai, aur jab dua karta hai to teesri girah bhi khul jati hai, aur woh subah ko taaza aur khush haal hota hai."

Sahih Bukhari, Hadees Number 1131

- Hazrat Aisha (RA) se riwayat hai:
"Rasool Allah (SAW) raat ko itna qiyam karte thay ke un ke paon sooj jate thay, main kehti: Ya Rasool Allah! Aap kyun itna takleef karte hain jab ke aap ke saare gunah



- *maaf kar diye gaye? Aap ne farmaya: Kya main Allah ka shukar guzar banda na banun?"*

Tahajjud ka Waqt

Tahajjud ki namaz Isha ki namaz ke baad se lekar Subah Sadiq (Fajr ka waqt shuru hone se pehle) tak parhi ja sakti hai. Lekin is ka behtar aur mustahab aur Afzal waqt raat ka aakhri tihahi hissa hai. Is waqt ki tafseel kuch yun hai:

Shuruwaat ka Waqt:

- Tahajjud ka waqt Isha ki namaz ada karne ke baad shuru hota hai. Agar koi shakhs Isha ke baad sone se pehle namaz parh le, to yeh bhi Tahajjud ke zumer mein aata hai

Hadith mein Hazrat Aisha (RA) se riwayat hai (Sahih Bukhari, Hadees 1140):
"Rasool Allah (SAW) raat ko 11 rakaat parhte thay."



Yeh ishara karta hai ke Isha ke baad raat ka koi bhi hissa Tahajjud ke liye munasib hai.

Raat ka Taqseem

- Raat ko teen hisson mein taqseem kiya jata hai:
 - **Pehla Hissa:** Isha ke baad se raat ke pehle tihahi hisse tak.
 - **Doosra Hissa:** Raat ka darmiyani hissa (yani beech ka tihaya).
 - **Teesra Hissa:** Raat ka aakhri tihahi hissa, jo Subah Sadiq se pehle tak hota hai.

In teeno hisson mein Tahajjud parhi ja sakti hai, lekin teesra hissa afzal hai (fazeelat aur ajar ke aitebar se)

Behtar Waqt - Aakhri Tihahi:

- Raat ka aakhri tihahi hissa Tahajjud ke liye sab se behtar waqt hai, kyun ke is waqt Allah Ta'ala aasman-e-dunya par nazil hota hai (jaise uske shaan ke layaq hai)



- **Sahih Bukhari (Hadees 1129) mein Hazrat Abu Huraira (RA) se riwayat hai:**
"Rasool Allah (SAW) ne farmaya: Allah har raat aasman-e-dunya par nazil hota hai jab raat ka aakhri tihahi hissa bacha ho aur farmata hai: Koi hai jo mujhe pukare to main usay jawab doon?"

Aakhir ka Waqt:

- Tahajjud ka waqt Subah Sadiq (Fajr ka waqt shuru hone) se khatam ho jata hai. Agar Fajr ka waqt shuru ho jaye, to Tahajjud ka waqt guzar jata hai aur phir us waqt Witr ya Tahajjud parhna jaiz nahi.
- Hadith mein Rasool Allah (SAW) ne Witr ko raat ke aakhir tak ke liye rakha (Sahih Bukhari, Hadees 1157).

Witr ka Talluq: Agar Tahajjud parhni ho, to Witr ko Tahajjud ke baad parhna behtar aur Afzal hai, taake raat ki ibadat Witr ke saath khatam ho.

- Hazrat Aisha (RA) ke mutabiq (Sahih Bukhari, Hadees 1131):



"Rasool Allah (SAW) raat ke aakhir mein Witr parhte thay."

Tahajjud ki Rakaat:

Tahajjud ki namaz nafil ibadat hai, aur is ki rakaat total 8 hai...is Namaz ko 2-2 Rakat karke parhni chahiye yani har 2 rakat ke baad salam pherna hai.

Kam se Kam Rakaat:

- Tahajjud ki sab se chhoti tadarad **2 rakaat** hai. Yeh do rakaat bhi parh sakte hain jo Tahajjud ke liye In shaa Allah
- Hadith mein Hazrat Ibn Umar (RA) se riwayat hai (Sahih Bukhari, Hadees 1157):
"Rasool Allah (SAW) ne farmaya: Raat ki namaz 2-2 rakaat hai."
- Yani agar waqt kam ho ya taqat na ho, to 2 rakaat bhi parhna jaiz hai.



Rasool Allah (SAW) ka A'mal:

- Hazrat Aisha (RA) se riwayat hai (Sahih Bukhari, Hadees 1140):
"Rasool Allah (SAW) raat ko 11 rakaat parhte thay, jin mein Witr bhi shamil tha."
- Yani aksar 8 rakaat Tahajjud aur 3 Witr ka a'mal tha, jo 11 bana.

Witr ke Saath Talluq:

- Tahajjud ke baad Witr parhna mustahab hai, taake raat ki namaz Witr ke saath khatam ho. Witr 1, 3, ya 5 rakaat ho sakta hai
- Hadith mein (Sahih Bukhari, Hadees 1131):
"Rasool Allah (SAW) Witr raat ke aakhir mein parhte thay."



- Maslan: 8 rakaat Tahajjud + 3 rakaat Witr = 11 rakaat.

Tahajjud ki Fazeelat:

Tahajjud Allah (s.w.t) ke kareeb hone ka sab se behtar zariya hai.

Sahih Bukhari mein Hazrat Aisha (RA) se riwayat (Hadees Number 1131):

"Rasool Allah (SAW) raat ko itna qiyam karte thay ke un ke paon sooj jate thay, main kehti: Ya Rasoolullah! Aap kyun itna takleef karte hain jab ke aap ke saare gunah maaf kar diye gaye? Aap ne farmaya: Kya main Allah ka shukar guzar banda na banun?"

- Yeh hadees batati hai ke Tahajjud Allah ki shukar guzari aur qurbat ka sabab hai.



Duaon ki Qabooliyat:

- Tahajjud ka waqt duaon ke qabool hone ka khas waqt hai, jab Allah aasman-e-dunya par nazil hota hai.
- Sahih Bukhari (Hadees Number 1129), Hazrat Abu Huraira (RA) se riwayat:
"Nabi (SAW) ne farmaya: Allah har raat aasman-e-dunya par nazil hota hai jab raat ka aakhri tihahi hissa bacha ho aur farmata hai: Koi hai jo mujhe pukare to main usay jawab doon? Koi hai jo mujh se maange to main usay doon? Koi hai jo mujh se maafi maange to main usay maaf kar doon?"
- Is hadees se maloom hota hai ke Tahajjud mein dua maangna mustahab hai aur Allah (s.w.t) ki rehmat ka khas waqt hai.

Gunahon ki Maafi:

- Tahajjud gunahon ki maafi ka zariya hai. Jab banda raat ko uth kar Allah se maafi maangta hai, to Allah ta'ala usay bakhsh dete hai.



- Upar wali hadees (1129) mein bhi yeh zikr hai: *"Koi hai jo mujh se maafi maange to main usay maaf kar doon?"*
- Yeh fazeelat Tahajjud ko gunahon se pak hone ka sabab banati hai.

Allah (s.w.t) ke Nek bando ki Alamat hai Ajar aur Darjaat ki Bulandi

- Tahajjud ke zariye Allah apne bandon ko darjaat buland karta hai. Quran mein Surah As-Sajdah (32:16-17) mein farmaya:
"Unki pasliyan bistaron se alag ho jati hain... koi shakhs nahi janta ke un ke liye aankhon ki thandak ke taur par kya chhupa rakha gaya hai."

Mukhtasar Fazeelat:

- **Roohani Qurbat:** Allah se dil ka raafta barhta hai.
- **Dua ki Qabooliyat:** Raat ka aakhri hissa duaon ke liye afzal hai.
- **Gunahon se Pakizaagi:** Maafi ka behtareen waqt.
- **Shaitan se Hifazat:** Shaitan ke asar se nijaat.



- **Ajar o Sawab:** Darjaat ki bulandi aur jannat ka waseela.
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