



ISLAMIC  
RESOURCE  
HUB

# FIQH OF FASTING

Mufti Muhammad Zakir  
Maulana Fayez Rahman



# CONTENTS

01  
DEFINITION



03  
MUSTAHAB



05  
INVALIDATORS



07  
FAQ



09  
DUAS



02  
INTENTION



04  
MAKRUH



06  
NON-INVALIDATORS



08  
THE EXEMPT



# 01 **DEFINITION**

What's the dictionary meaning of fasting?  
Who has to fast?

# WHAT IS FASTING?

Fasting literally means to **abstain**.  
In terms of shari'ah, it means to:



Dawn



Sunset

Abstain from food,  
drink, and intercourse



intention of gaining proximity to Allah (SWT)

# WHO HAS TO FAST?

Fasting in the month of Ramadhan is obligatory for every **adult**, male or female, who is **physically and mentally healthy**, and is **not a traveller**.



Fasting is not fardh on pre-pubescent children.



Fasting is not fardh on those who are mentally unstable.



Fasting is not fardh on those who have a debilitating illness (deemed by a doctor) that prevents fasting.

# 02 **INTENTION**

Intention and fasting  
When to make intention  
What is Dahwat al-kubra?



# INTENTION AND FASTING

## General Principle

Intention has to be made before each fast for it to count.

- It is necessary to make an intention **everyday**.
- If a person stays away from all those things that break one's fast without an intention, the **fast will not be valid**.

# WHEN TO MAKE INTENTION

The time for intention starts from maghrib of the night before and lasts till dahwatul al-kubrā (midday) of the following day.

**Example:**

Ahmad wants to fast on Tuesday, when can he make his intention?



## WHAT IS DAHWATUL AL-KUBRA?

The dahwat al-kubra (exactly midday) is the time midway between the beginning time of fajr salāh (dawn) and the beginning time of maghrib salāh (sunset).



Fajr start: 4am



Midday 12:00



Maghrib 9:00pm

17 hours from fajr start to maghrib

8.5 hours is **exactly** half day

Therefore, dahwat al-kubrā (midday) is  
12.30pm. (4 + 8.5)

# QUESTION

“Ahmad woke up to partake in suhur, however he forgot to make intention. Will his fast be valid?”

# QUESTION

“Ahmad woke up to partake in suhur, however he forgot to make intention. Will his fast be valid?”

# ANSWER

Yes it will suffice as an intention. Similarly performing the taraweeh salah will also serve as intention.

03

# MUSTAHAB



## RECOMMENDED ACTIONS

Sayyiduna Abu Darda (RA) reported that the Messenger of Allah ﷺ said,

"Three things are from the characteristics of the prophet hood. To hasten to open the fast, to delay Suhoor (predawn meal) and to place the right hand over the left hand in Salah (prayers)"

(Tabrani)



## THE BEST TIME TO HAVE SUHOOR

“Zaid Ibn Thabit relates that the Prophet ﷺ would stand up to offer salah after eating his food, and the timing between the start of Fajr and when the prophet ﷺ would stop eating was equivalent to the recitation of fifty verses.”

[Sahih Al-Bukhari]



## THE BEST ITEM TO BREAK THE FAST WITH

Sayyiduna Anas (RA) reported that The Messenger of Allah ﷺ would break the fast with fresh dates before performing Salah. If there were no fresh dates then (he would break the fast) with dried dates, and if there were no dried dates then he would take a few sips of water.

[Jami' At-Tirmidhi]

04

# MAKRUH



## DETESTABLE ACTIONS

- To chew gum, rubber, plastic items or other such things.
- To collect one's saliva in the mouth and then to swallow it, trying to quench thirst.
- To delay a bath that has become obligatory intentionally until after Fajr time.
- To use toothpaste or tooth powder to clean one's teeth. It is permitted to use a miswak of any permissible fresh branch or root (tooth stick).



## DETESTABLE ACTIONS

- To complain of hunger and thirst.
- To take the water too much up the nostrils when cleaning the nose.
- To gargle more than necessary
- To quarrel, argue, use filthy or indecent words.
- To backbite, tell a lie and swear are sinful acts even when one is not fasting.  
Therefore they become even worse when fasting.

# 05

# INVALIDATORS



## WHAT IS THE CRITERIA FOR AN INVALIDATOR?

For something to invalidate a fast, it has to meet **two conditions**:

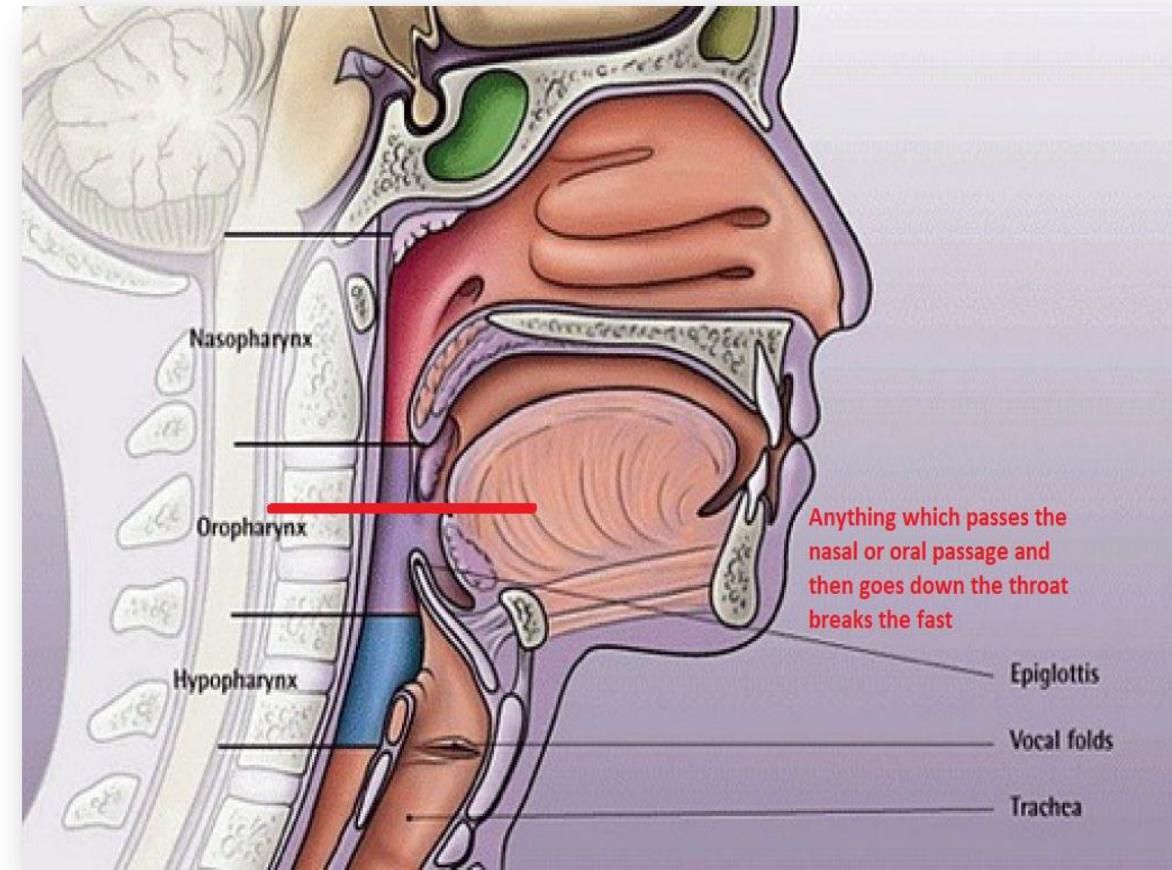
**1** It has a possibility of reaching the stomach or brain.

**2** It enters the body via mouth, nose or anus (normal channels)

### INVALIDATORS ARE OF TWO TYPES:

1. Invalidators that necessitate only a qadha.
2. Invalidators that necessitate a qadha and kaffārah.

# ORAL INVALIDATORS





## INVALIDATORS THAT NECESSITATE A QADHA ONLY

### General Principle

If a person eats or drinks accidentally (whilst conscious of fasting), his fast will break and will have to do qadha only.

- Eating or drinking because one thought Maghrib entered but it didn't.
- Eating or drinking because one doubted that Fajr entered but it did.
- Eating or drinking forgetfully and thereafter thinking that the fast is broken, to deliberately eat and drink again.



## INVALIDATORS THAT NECESSITATE A QADHA ONLY

### The Mouth & Throat:

- Swallowing a pebble or other items that people wouldn't typically eat.
- Swallowing water by accident when gargling for wudu or ghusl (with the exception of water that remains in the mouth).
- Swallowing blood that exits from the gums and is more than the saliva.
- Swallowing toothpaste or mouthwash
- Deliberately swallowing vomit that reaches a mouthful.
- Vomiting and thereafter thinking that the fast is broken, to deliberately vomit again.



## INVALIDATORS THAT NECESSITATE A QADHA ONLY

### The Nose:

- Water used to clean the nose for wudhu or ghusl reaches the throat or the brain.
- Inhaling medicine into the nostrils.
- Inhaling smoke by one's doing, on the condition one's body doesn't benefit from it.



## WHAT NECESSITATES A QADHĀ AND KAFFĀRAH?

In principle, if a person **purposely breaks** his fast in Ramadhan without a valid shar'i reason through **eating, drinking or engaging in intercourse** then he will have to make up the broken fast after the month of Ramadhān and also observe kaffārah.



## HOW TO FULFILL kaffārah

1. To fast sixty days consecutively. If the sixty days of fast are not kept consecutively, a person will have to start all over again.

*Note: if a woman experiences menstruation during these days due to which she was not able to fast, it will not be regarded as discontinuity.*

2. To feed sixty poor people two meals for a day or one person two meals for sixty days.

It should be noted that the above-mentioned is the order in which a person will have to give his *kaffārah*. Only if a person is incapable of observing sixty consecutive days of fast due to an illness (where there is no hope left for recovery) or old age, one may fulfill kaffara through the second method.



## QADHĀ FIRST THEN KAFFĀRAH

A person will do qadhā of the fast he broke and thereafter start the sixty day kaffārah.

Therefore, in total he will fast for sixty one days.

One day qadhā for the broken fast and sixty days consecutive fasts as kaffārah.

05

## NON- INVALIDATORS

## ACTIONS THAT DON'T INVALIDATE FAST

- Eating or drinking forgetfully  
Sayyiduna Abu Hurairah (RA) reported: The Messenger of Allah ﷺ said, "Whoever forgets he is fasting and eats or drinks, let him complete his fast for it is Allah who has fed him and given him to drink. (Sahih al-Bukhari)
- Swallowing one's own saliva and the wetness that remains after washing the mouth
- Sniffing up mucus even if its descends in the throat
- Inhaling smoke or dust unintentionally
- Starting the fast in the state of major ritual impurity
- Injection, blood transfusion, kidney dialysis, glucose or saline drip.



## ACTIONS THAT DON'T INVALIDATE FAST

- Blood test or cupping or any form of blood extraction
- Tooth extraction subject to not swallowing the blood or medicine
- Inhaling air through continuous positive airway pressure (CPAP) or inhaling oxygen as long as not combined with another substance
- Miswāk or toothbrush (toothpaste should be avoided for risk of being swallowed)
- Swimming or submerging body in water without swallowing water
- Tasting food (provided not swallowed)
- Nicotine patches.

# 07

# FAQS



## RULES PERTAINING TO VOMITING

Vomiting only breaks one's fast if:

- a) One returns and swallows the vomit down the throat.
- b) One vomits a mouthful **intentionally**.

If fast is broken by vomiting, then qadhā is only necessary, not kaffārah.

Note: Fast does not break by non-deliberate vomiting.

**Deliberately** vomiting less than a mouthful does not break fast.

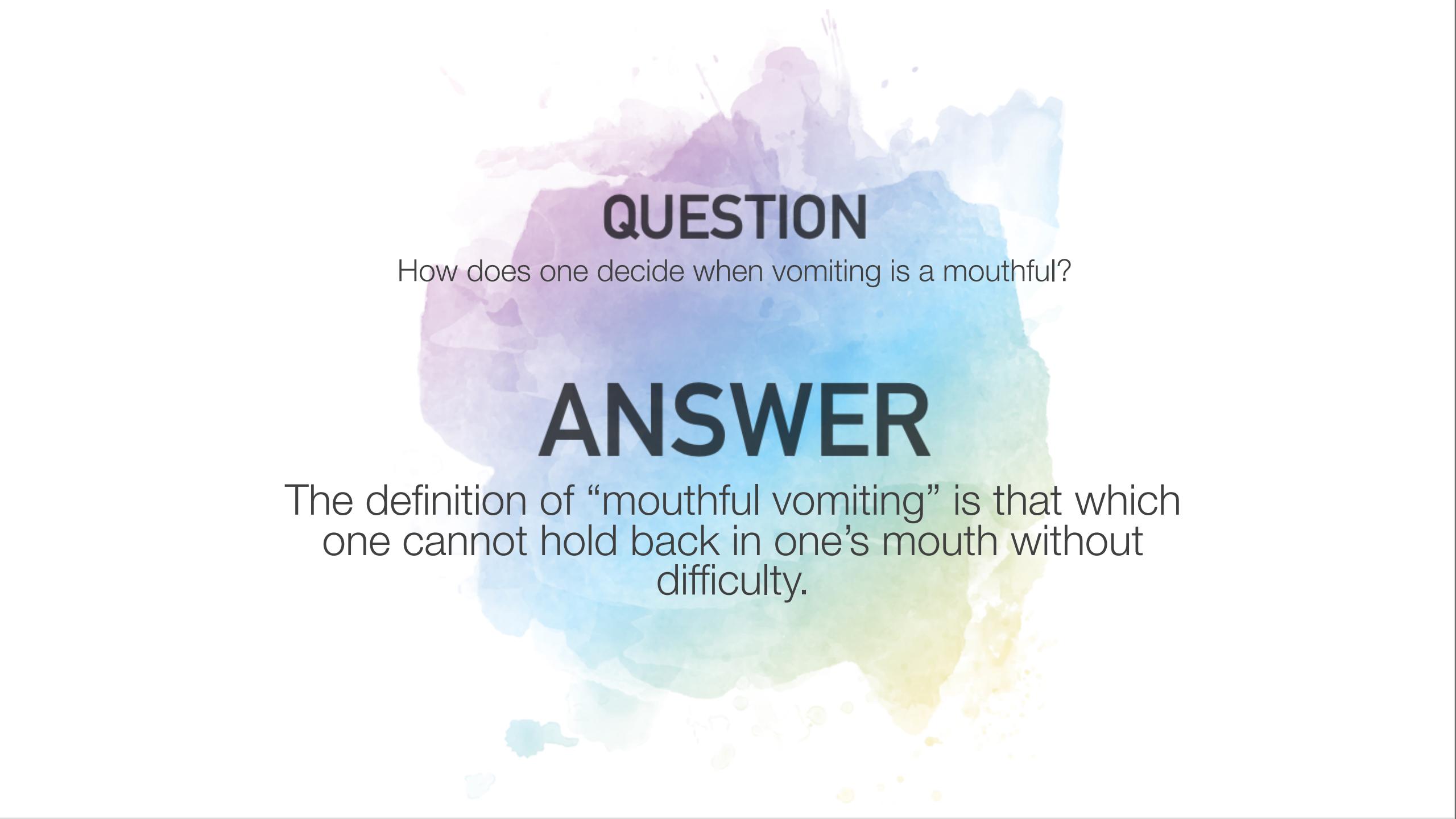


## RULES PERTAINING TO VOMITING

- Sayyiduna Abu Sa'eed Al-Khudri (RA) narrated that the Messenger of Allah ﷺ said, “Three things do not break the fast of the fasting person: Cupping, vomiting, and the wet dream. (Jami' At-Tirmidhi)

# QUESTION

How does one decide when vomiting is a mouthful?



# **QUESTION**

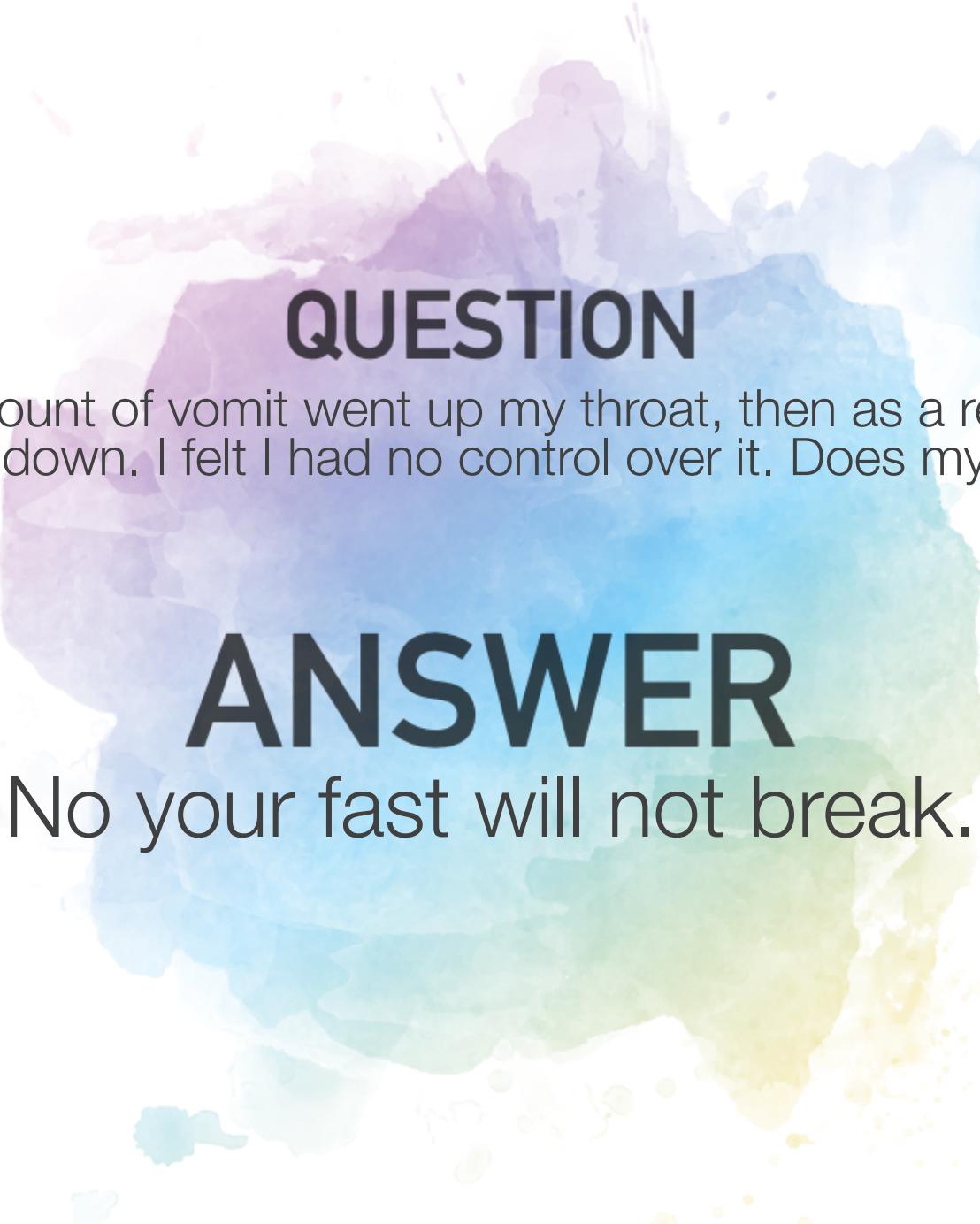
How does one decide when vomiting is a mouthful?

# **ANSWER**

The definition of “mouthful vomiting” is that which one cannot hold back in one’s mouth without difficulty.

# QUESTION

“A little amount of vomit went up my throat, then as a reflex action it went back down. I felt I had no control over it. Does my fast break?”



## **QUESTION**

“A little amount of vomit went up my throat, then as a reflex action it went back down. I felt I had no control over it. Does my fast break?”

## **ANSWER**

No your fast will not break.

# **QUESTION**

Can I swallow bits of food left between  
the teeth?

# QUESTION

Can I swallow bits of food left between the teeth?

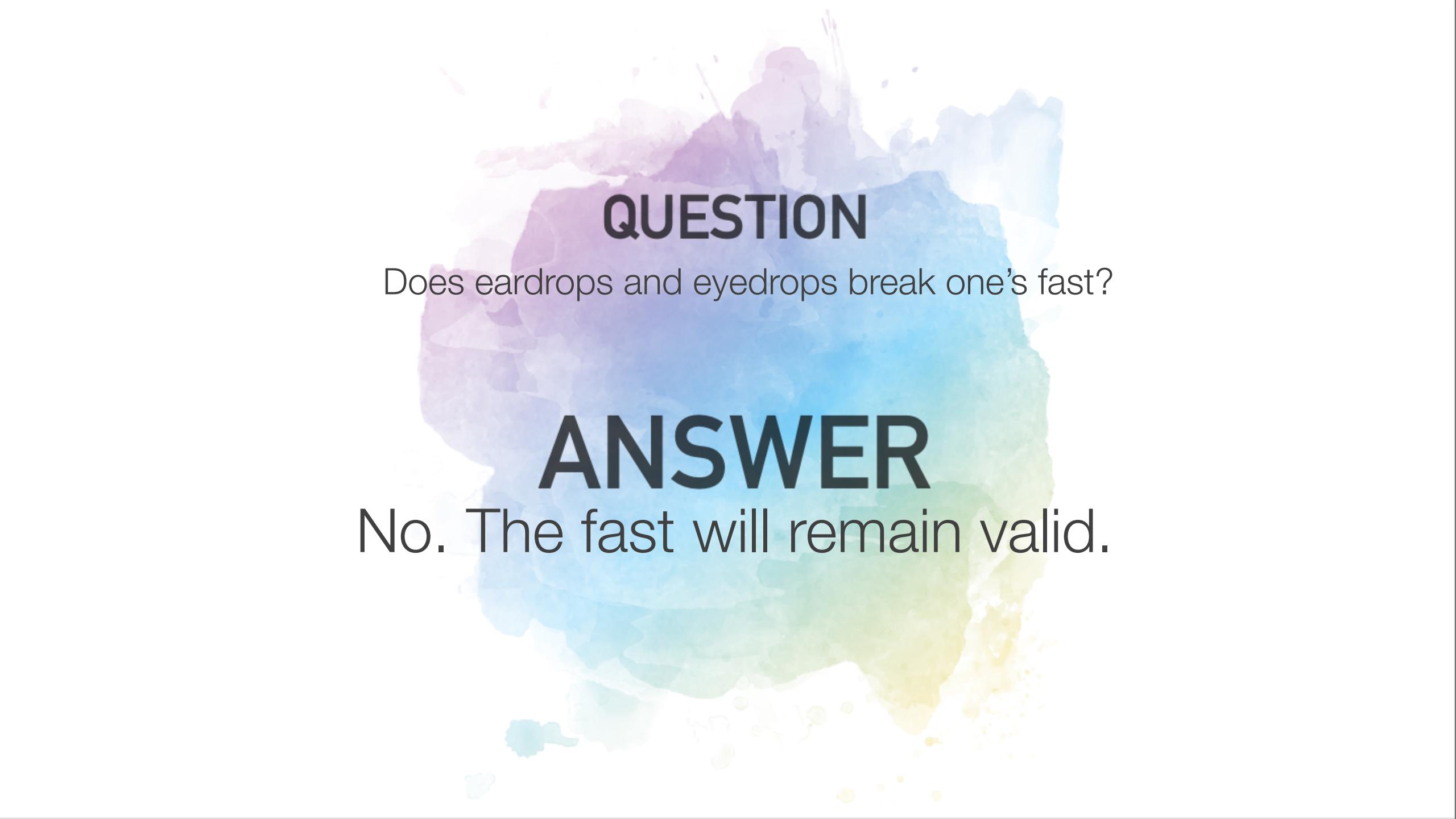
# ANSWER

If the particle is smaller than a chickpea in size, then fast will remain valid. However, if it is something equal to or bigger than a chickpea, fast will be invalid. Only qadhā is necessary, not kaffārah.

If food left between the teeth is taken out of the mouth and is thereafter swallowed, then it will break the fast.

# **QUESTION**

Does eardrops and eyedrops break  
one's fast?



## **QUESTION**

Does eardrops and eyedrops break one's fast?

## **ANSWER**

No. The fast will remain valid.



## Do Nasal spray break one's fast?

### General Principle

If a person uses a nasal spray, his fast will become nullified.

### Solution:

Consult a doctor, and ask whether the same medication can be applied by means of a cotton swab to the inner lining of the nose.

In this manner, the medication will not traverse beyond the nasal tissue.

This is an area that the medication can be applied without it breaking your fast.



## TOOTH EXTRACTS AND DENTAL TREATMENTS

Provided that the water/blood or any of the liquids do not go down the throat, the fast is **not invalidated**.

It is advised to be cautious and schedule the appointments outside of the fasting hours.



## DEODORANTS AND PERFUMES

- Aerosol sprays have a defined body due to the vapours contained therein. If one is not cautious while applying these sprays and it goes down the throat, it will break one's fast.
- If someone else is spraying and the vapours go down your throat, while you did not intend to inhale it, then your fast will not break.
- One should exercise caution in using any substance that may jeopardize one's fast



## SMOKING

### General Principle

Smoking cigarettes, shisha and other similar items will **break one's fast**. Qadha and Kaffarah are both necessary.



## RULES PERTAINING TO ASTHMA PUMP

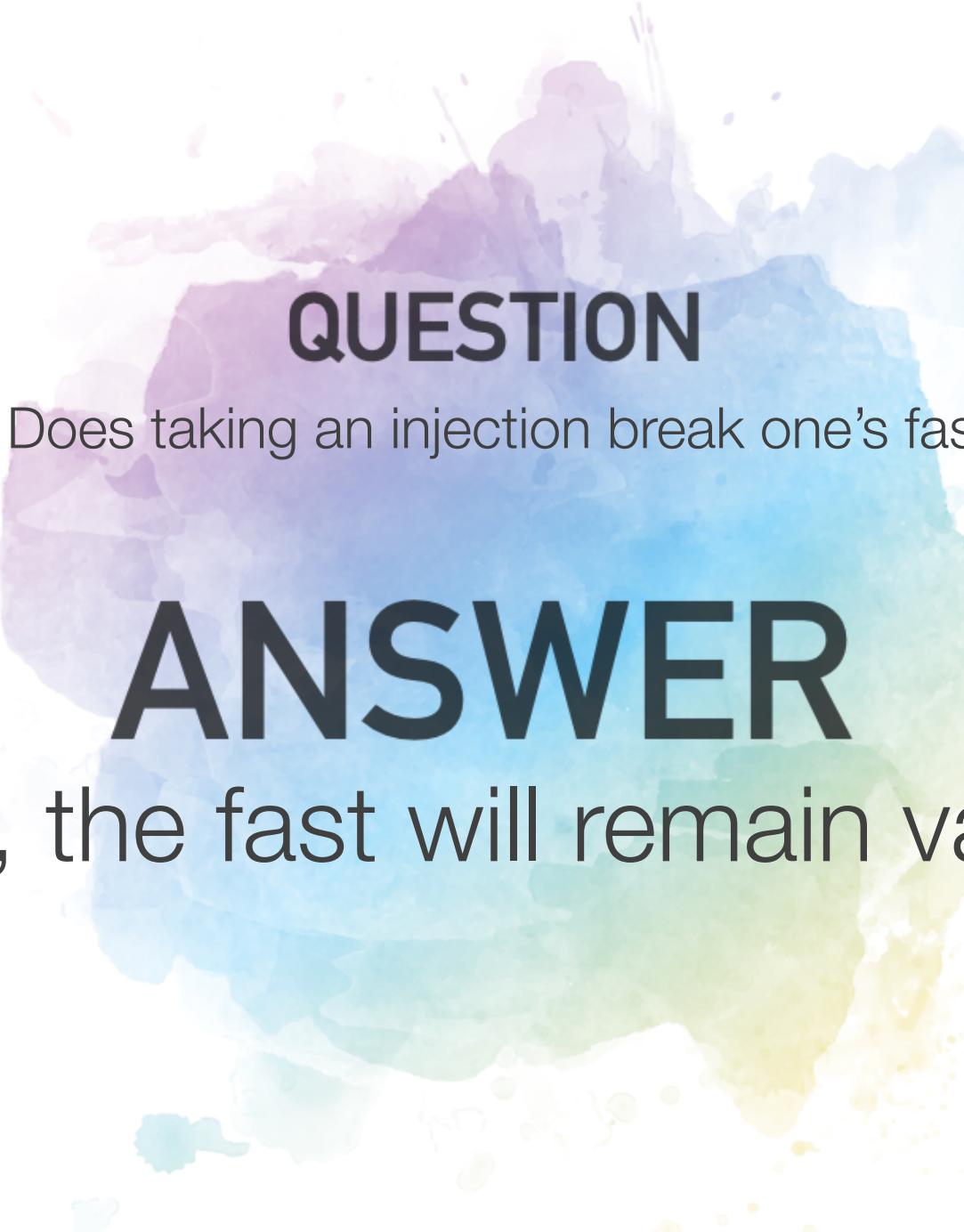
### General Principle

Using an asthma pump while fasting will invalidate the fast and qadhā will be necessary (not kaffārah)

- If a person cannot fast at all without using an asthma pump, he may use it and perform *qadhā* of those days when he can fast without having to use an asthma pump. *Qadhā* here is as a matter of caution (*ihtiyāt*).
- However, if a person is incapable of performing *qadhā* later then he should pay *fidya* (the amount that is paid for *sadaqatul fitr* for every missed fast).

# QUESTION

Does taking an injection break one's fast?



# **QUESTION**

Does taking an injection break one's fast?

# **ANSWER**

No, the fast will remain valid.



## MENSTRUATION DURING RAMADHAAN

Sayyida Aisha (RA) reported that “We passed through this (period of menstruation), and we were ordered to complete the fasts (later), but were not ordered to complete the prayers.”  
(Sahih Al-Bukhari)



## MENSTRUATION IN RAMADHAAN

A woman may experience the following three situations in the month of Ramadhān;

1

Ramadhaan has began in the state of menstruation

She may eat in a manner that no fasting person sees her eating.



## MENSTRUATION IN RAMADHAAN

A woman may experience the following three situations in the month of Ramadhān;

2

Menstruation starts during the day

She must eat in a manner that no fasting person sees her. It is incorrect to refrain from eating to create a likeness with those that are fasting.



## MENSTRUATION IN RAMADHAAN

A woman may experience the following three situations in the month of Ramadhan.

3

Menstruation stops during the day

She must conduct herself like a fasting person and abstain from eating, drinking and intimacy for the remainder of the day.

# **QUESTION**

Does a nursing woman need to fast?

# QUESTION

Does a nursing woman need to fast?

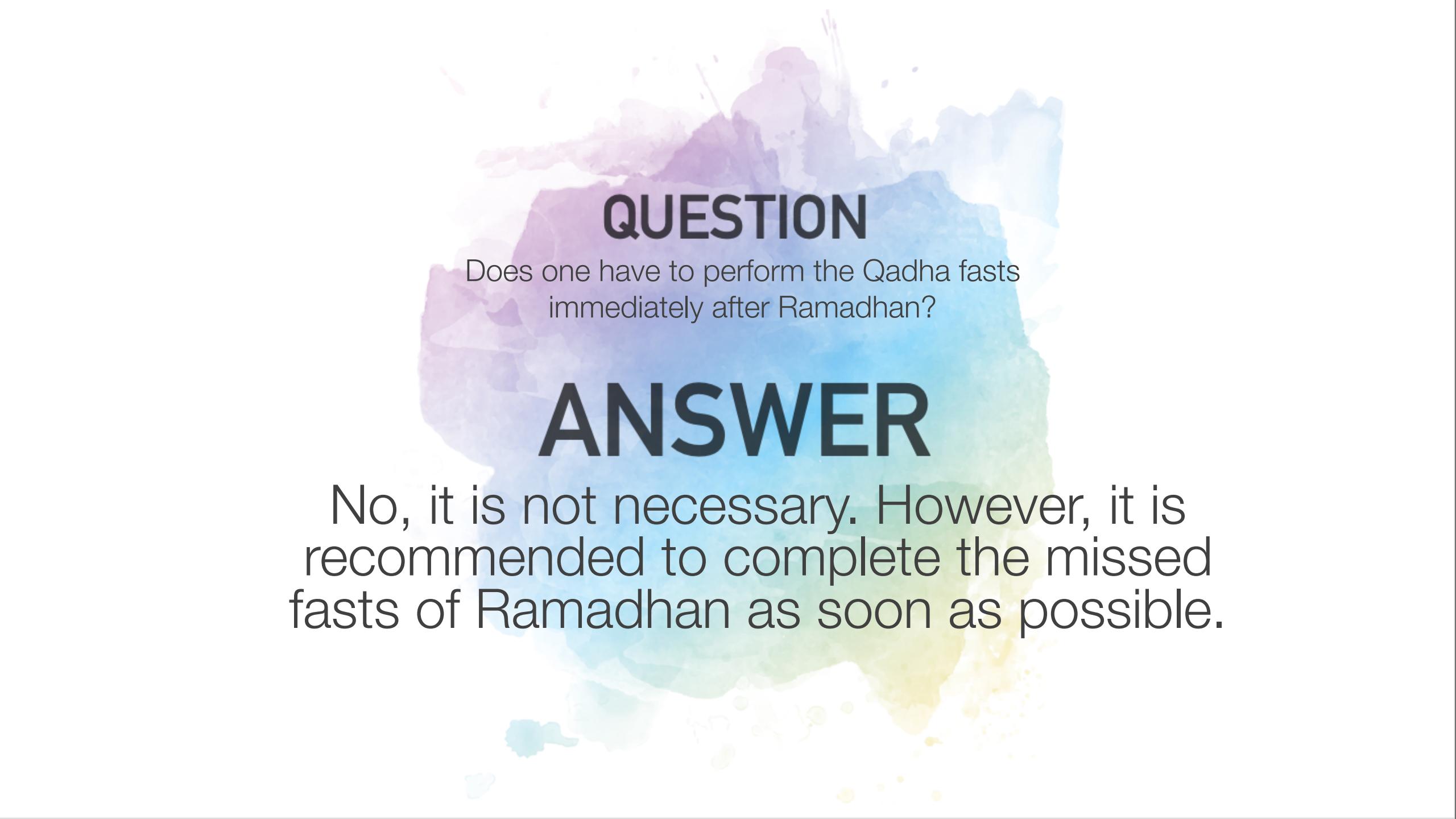
# ANSWER

If a nursing (breastfeeding) mother fears that she or her child's health will be endangered by her fasting, she will be excused from fasting that day and will have to do qadhā (after ramadhaan)

For the same reasons, a pregnant woman will be excused from fasting.

# **QUESTION**

Does one have to perform the Qadha  
fasts **immediately** after Ramadhan?



## **QUESTION**

Does one have to perform the Qadha fasts immediately after Ramadhan?

## **ANSWER**

No, it is not necessary. However, it is recommended to complete the missed fasts of Ramadhan as soon as possible.



## CAN ONE COMBINE QADHĀ FASTS WITH 6 DAYS OF SHAWWAL?

---

Yes it is permissible.

---

If doing so, one should principally make intention for doing qadha, but can also make a 'secondary' intention of fasting the six days of shawwal.

---

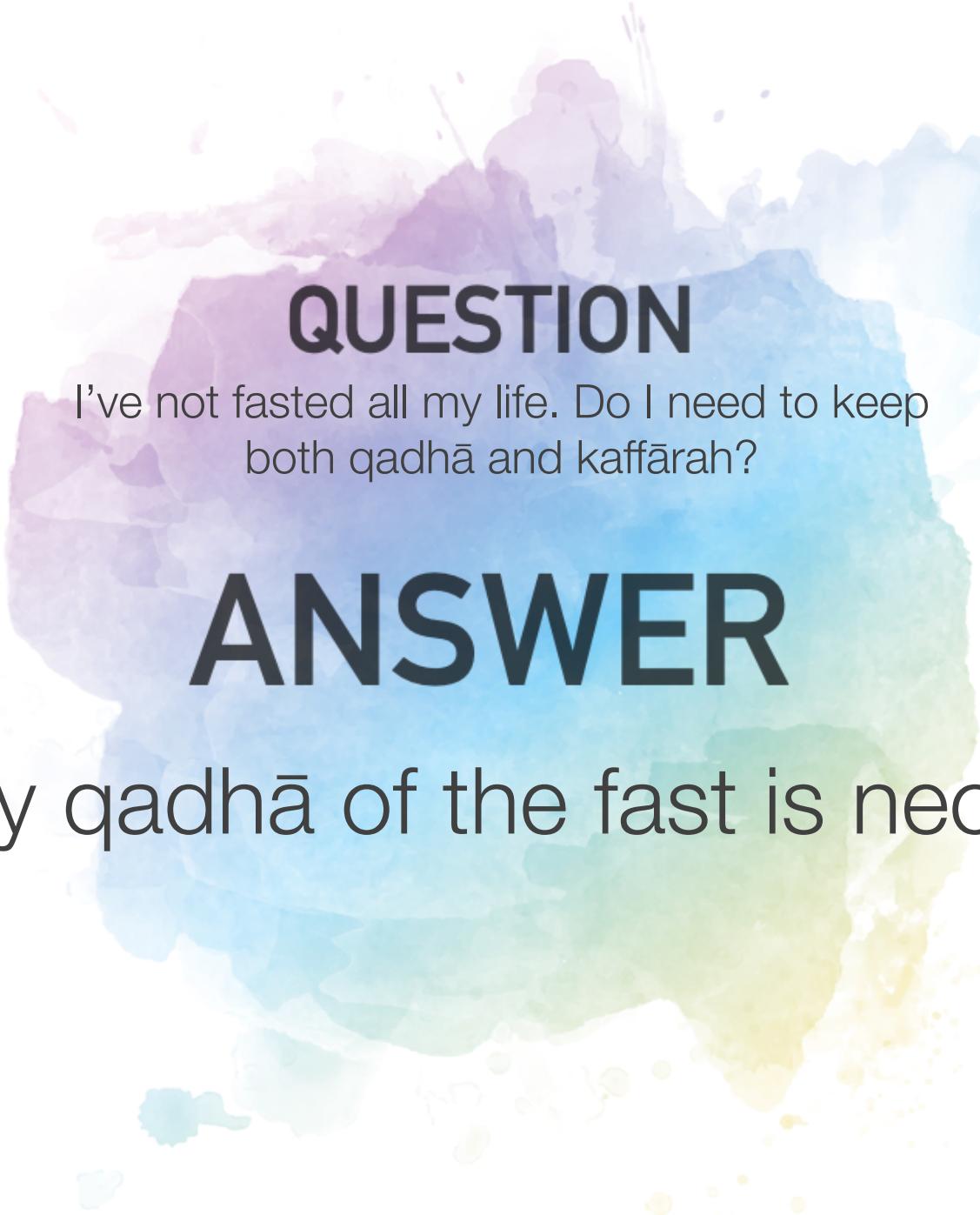
It is hoped from the mercy of Allah that along with the missed fasts being made-up, one will receive the reward of fasting in Shawwal.

---

However, it is better that one makes up for the missed fasts separately from fasting the six days of Shawwal, .

# QUESTION

I've not fasted all my life. Do I need to  
keep both qadhā and kaffārah?



## **QUESTION**

I've not fasted all my life. Do I need to keep both qadhā and kaffārah?

## **ANSWER**

No, only qadhā of the fast is necessary.



# FASTING ON AN AEROPLANE

## General Principle

One doesn't need to fast, but is given immense reward for doing so.

A person will base his fast on the time zone of the area the plane is currently flying through.

- Use the flight magazine which has time zones of different countries at the back of the magazine.
- Ask the stewards the timing of Subh Saadiq (Dawn) and ensure that you have had suhoor prior to the of dawn (as that is the beginning time for commencement of fajr)

08

# THE EXEMPT



## WHO IS EXEMPT FROM FASTING?

1. A traveller (will do qadhā after the month of Ramadhan ends)
2. An ill person (will do qadha, or if long term illness then will give fidya).

يَا أَيُّهَا الَّذِينَ آمَنُوا كُتِبَ عَلَيْكُمُ الصِّيَامُ كَمَا كُتِبَ عَلَى الَّذِينَ مِنْ قَبْلِكُمْ لَعَلَّكُمْ تَتَّقَوْنَ (183) أَيَّامًا مَعْدُودَاتٍ فَمَنْ كَانَ مِنْكُمْ مَرِيضًا أَوْ عَلَى سَفَرٍ فَعَدَّةٌ مِنْ أَيَّامٍ أُخْرَى وَعَلَى الَّذِينَ يُطِيقُونَهُ فِدِيَّةٌ طَعَامٌ مُسْكِنٌ فَمَنْ تَطَوَّعَ خَيْرًا فَهُوَ خَيْرٌ لَهُ وَأَنْ تَصُومُوا خَيْرٌ لَكُمْ إِنْ كُنْتُمْ تَعْلَمُونَ (184) . . .

...So whoever among you is ill or on a journey [during them] - then an equal number of days [are to be made up].



## WHAT IS FIDYA?

Fidya is an amount equivalent to sadaqatul fitr, and is given in exchange of keeping fasts.

## THE CONDITIONS FOR FIDYA

- For an ill person, as long as the condition remains chronic such that a person cannot fast either in Ramadhan or make it up later, they will continue to give fidya instead of fasting.
- However, if the condition improves in the future to the point where a person is able to fast, then they will have to make up all those fasts by fasting, even if their fidya was paid.

# 09

# DUAS



## DUAS TO RECITE

To be recited after Iftar:

Allāhumma laka sumtu wa ‘alā rizqika  
aftartu

O Allāh, I fasted for You, and with Your  
sustenance I completed my fast.

dhabhabaz-zama’u wabtallatil-‘urūqu wa  
thabatal-ajru in shā’ Allāh

The thirst has gone, the veins are  
moistened, and the reward is  
established, if Allāh wills.



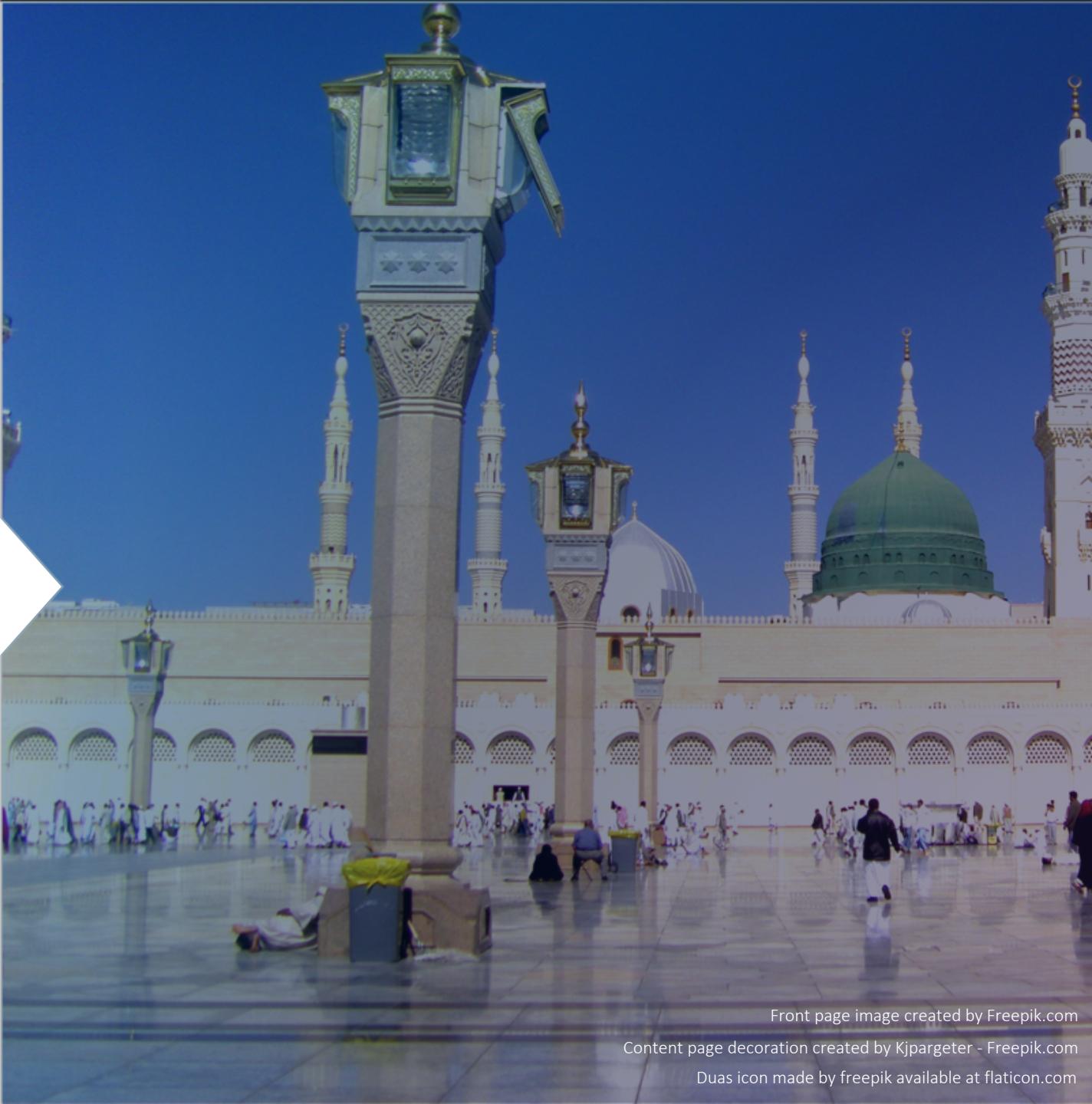
# ISLAMIC RESOURCE HUB.COM

A one-stop platform for sharing Islamic learning resource, tailored to all ages.

If you found this presentation beneficial, please consider donating towards making new resources.

Lloyds Bank

Account Name: Islamic Resource Hub  
Account Number: 69744660  
Sort Code: 309428



Front page image created by Freepik.com

Content page decoration created by Kjparegter - Freepik.com

Duas icon made by freepik available at flaticon.com