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Lesson 46: Ghushl of haidh and nifas

(1) Haidh

"*Haidh*" means "menstruation" generally known as monthly course' or 'period'. Every adult and healthy woman has her periods regularly. Shari'ah has laid down some rules for this period, a summary of which is given here:

1. Any blood seen before completion of 9 years or after 50 years of age is not "*haidh*", It is called '*istihadha*', rules of which will be explained later on.
 2. Duration of "*haidh*" is not less than 3 and not more than 10 days. Blood which comes for less than 3 days, or which comes after 10 days, is called '*istihadha*'.
 3. There are detailed rules concerning woman which are based on whether in condition of *haidh* she has regular date and/or number of days or not; and whether she is having her period for the first time, or whether she has forgotten her date and number of days.
- But it is not possible to give all the details in this small booklet.

(2) Nifas

The bleeding after child birth is called *nifas*. If blood appears before the delivery is not *nifas*; it is *istihadha*.

The bleeding after 10 days from delivery is not *nifas*; it is *istihadha*. But there is no minimum time for *nifas*. Even if it stops 5 minutes or less after delivery, it is *nifas*.

(3) Things which are haram in haidh and nifas

1. All the things which are haram in the condition of *janabat*, are haram in the condition of *haidh* and *nifas*, before doing the *ghushl*. Likewise, all the things which are *makruh* in *janabat* are *makruh* in *haidh*

and *nifas* also.

2. In addition, it is *haraam* to give divorce to a woman in the period of *haidh* or *nifas*. Some other things are also *haraam* in these periods, but it is not the place to go into details.

4. The woman during *haidh* or *nifas* is exempted from prayers, and every such '*ibadat*' which requires *ghusl*, *wudhu* or *tayammum*. But she may recite *du'a* etc, (without touching the writings of the Qur'an or the names of Allah, the Prophets or the Imams, which is *haram* for her as mentioned earlier). She is not required to pray *qadha* of the prayers left during the period of *haidh* and *nifas*.

5. A woman in *haidh* or *nifas* cannot fast; but she must fast its *qadha* after that period.

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