



A Quick Guide To Fasting

By Themufti.com



Part 1

Q) Do minor children have to fast?



No, But they should be encouraged to fast.

Q) Do sick people have to fast?



Yes, But they are exempted from fasting if advised by a Muslim doctor or if detrimental to their health.

Q) Do travellers have to fast?



No, But it is better for them to keep the fast whilst travelling.

Q) Do pregnant and breastfeeding women have to fast?



Yes, But they are exempted from fasting if advised by a muslim doctor or if detrimental to their or their child's health.

Q) Do women in menstruation or post-natal bleeding have to fast?



No, They cannot fast until they are clean and pure.



Part 2

Q) Does touching, holding and hugging between a couple break the fast?



No, But it is disliked to do so if it will incite desire.

Q) Does kissing between a couple break the fast?



No, But the fast will break if they swallow each other's saliva. It is best to avoid it.

Q) Does masturbation break the fast?



Yes, It is not permissible to do so in any case.

Q) Does vomiting break the fast?



If the vomit was induced and is a mouthful, then only will the fast break.

Q) Does eating, drinking or engaging in conjugal relations forgetfully break the fast?




If one was unaware of being in the state of fasting and did so, the fast will not break. However, if one was aware of being in the state of fasting and accidentally did so, the fast will break.












Part 3

WHAT BREAKS AND DOESN'T BREAK THE FAST?

These Will Not Break Your Fast

 Eye Drops 	 Pap Smear/ Vaginal Examination 
 Blood Test/Cupping 	 Nose Bleed 
 Perfume 	 Mouthwash/ Toothpaste without swallowing 
 Oil/Henna/Creams 	 Patches 
 Intravenous Drips 	 Injections 
 Ear Drops 	 Wet Dream 

These Will Break Your Fast

 Smoking 	 Inhaling steam of food 
 Suppository 	 Inhaling Incense fumes 
 Asthma Pump/ Inhaler 	 Nasal Spray 



Part 4

WHO MUST MAKEUP (QADHA) FASTS AFTER RAMADAAN?



A Traveler – For Any Fasts Not Kept Whilst Travelling



A Sick Person Once They Recover – For Any Fast Not Kept Whilst Sick



A Menstruating/Post-Natal Woman – For Any Fast That Could Not Be Kept



A Pregnant/Breastfeeding Woman – For Any Fasts Not Kept Whilst Pregnant/Breastfeeding



Any Person Who Was Aware Of Being In The State Of Fasting And Accidentally Broke The Fast



WHO MUST MAKEUP (QADHA) AND EXPIATE OF FASTS (KAFFARAH) AFTER RAMADAAN?



One Who Breaks The Fast Intentionally Without A Valid Reason By Eating, Drinking, Or Engaging In Conjugal Relations.

A qadha refers to keeping the missed or broken fast only. Kaffarah refers to keeping 60 fasts consecutively.



Part 5

COMMON CASES WHERE THE FAST BREAKS AND MUST BE MADE UP (QADHA) AFTER RAMADAAN



Eating Or Drinking Thinking That Fajr Time Did Not Enter But Really It Did Enter.



Eating Or Drinking Thinking That Maghrib Time Had Entered But Really It Did Not Enter.



Eating Or Drinking Forgetfully Whilst Being Unaware Of Fasting. Thereafter, Thinking The Fast Is Broken, To Eat And Drink Deliberately Again.



Swallowing Water When Gargling The Mouth During Wudhu and Ghusl Accidentally, Whilst Being Aware Of Fasting.



Swallowing Any Food Particle Remaining in One's Teeth Or Mouth Accidentally, Whilst Being Aware Of Fasting.



Deliberate Steam Inhalation Of Vicks And Menthol.

