

Islamic Academy of Coventry

# Women's Ḥajj Companion

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## Introduction



I begin by Praising Allāh ﷻ, Lord of the Worlds and sending Peace & Salutations to our beloved Prophet Muḥammad ﷺ.

Allāh ﷻ has blessed the Ummah of the Prophet Muḥammad ﷺ with an act of worship which is only obligatory once in lifetime. This act of worship requires the servant of Allāh ﷻ to use their physical abilities, as well as the wealth they have been blessed with along with abstaining from actions which would otherwise be permissible. This action, is our Ḥajj, our pilgrimage.

With the blessing of Allāh ﷻ, I prepared the Ḥajj checklist some time ago, however this did not cover many of the unique situations and scenarios our sisters could undergo whilst performing Ḥajj or ʿUmrah due to their menstrual cycles.

Allāh ﷻ has created men and women, both different, both unique. Allāh ﷻ has chosen the female gender to have the great responsibility of bearing children. When a female reaches puberty, she will start her menstrual cycle which is the regular discharge of blood and mucosal tissue from the uterus. This will continue until she reaches her menopause.

While a female is experiencing her menstrual cycle, Islamically, she will be not be considered to be in the state of ritual purity (Tahārat). This will mean she will not be able to perform certain prayer actions. One of these actions, which is integral to both the ʿUmrah & Ḥajj, is the Tawāf, the circumambulation of the Holy Kābah.

A woman may enter into Iḥrām while she is menstruating. She may start her cycle midway through Ḥajj or may even risk being on her cycle for the duration of her stay in Makkah including the days of Ḥajj.

In the past, journeys to the Ḥaramayn would last for weeks if not months, therefore a woman would be able to carry out all of the required rituals for Ḥajj before returning home. However, in modern times, due to work and family commitments, many pilgrimages are very short. Sometimes the pilgrim will spend only a few days in Makkah, and this results in its own challenges to be able complete all of the required rituals before returning home.

Allāh ﷻ has created each woman unique with a unique cycle, therefore each will have their own challenges which they will need to overcome in order to ensure that they perform their ʿUmrah and Ḥajj correctly.

We also have to remember, there are many factors which may cause a woman's menstrual cycle to change, like travelling, climate, stress levels, change in diet etc. All of which you may experience while you are on your pilgrimage. If your cycle does change then remember everything is from Allāh ﷻ and do not worry as there will be a solution.

We have to remember, that Allāh ﷻ has made religion easy for us. Allāh ﷻ only asks His servants to do actions which we are capable of doing. Every woman should take time and assess her own unique situation when it comes to planning on going for Ḥajj or ʿUmrah. Once this has been done, the relevant preparation can take place for her unique situation.

Inshā'Allāh, this booklet will explain the possible scenarios a woman may face when she goes for her pilgrimage in relation to her menstrual cycle and give solutions. This will help simplify the process and clear up any potential issues which may arise. I have used excerpts from the Female Hygiene booklet which was produced recently as well as articles from Nawadir.org which have explained certain scenarios in great detail.

I would like to thank my dear friend Dr Riyād Kallingal who has always been there to answer all my medical related queries. I pray that Allāh ﷻ gives him

Barakāh in his knowledge and continues to use him for the service of His religion. I also pray to Allāh ﷻ that he gives us all the ability to prepare adequately for the journey of our lifetime, that's he makes it easy for us and accepts our Ḥajj. Āmīn.

Ebrahim Noor 8<sup>th</sup> Dhil Qādah 1438 AH (1<sup>st</sup> August 2017)

## Obligatory Actions in ‘Umrah & Ḥajj

This section explains the Fardh and Wājib actions of pilgrimage and which actions are prohibited for women who are on their menstrual cycle.

Note: A woman may only perform ‘Umrah or Ḥajj if she is accompanied by a Maḥram.

### ‘Umrah

There are 2 Fardh - Compulsory actions in ‘Umrah as follows:

1. To enter into the state of Iḥrām
2. To complete at least 4 rounds of the Tawāf

There are 3 Wājib actions in ‘Umrah as follows:

1. To complete all 7 rounds of the Tawāf
2. To perform the Sa‘i between Ṣafa and Marwah
3. To perform Ḥalaq or Qasr (Shaving or trimming of the hair)

From the above, the only action which a female cannot perform if she is on her menstrual cycle, is the Tawāf. Furthermore, the Sa‘i cannot be performed without performing the Tawāf first.

### Ḥajj

There are 3 Fardh – Compulsory actions in Ḥajj as follows:

1. To enter into the State of Iḥrām
2. Wuqūf of Arafāt (To spend some time in Arafāt between Zawāl on the 9<sup>th</sup> of Dhil Ḥijjah, until ṣubaḥ ṣādiq on the 10<sup>th</sup> of Dhil Ḥijjah)
3. Tawāf Ziyārah (This can be done anytime starting from ṣubaḥ ṣādiq on the 10<sup>th</sup> of Dhil Ḥijjah until sunset on the 12<sup>th</sup> of Dhil Ḥijjah).

Important Note: If a woman is on her menstrual cycle during the days of Ḥajj, then she may delay her Tawāf Ziyārah. If she returns home without

completing it, then her Ḥajj will be incomplete and sexual relations will remain unlawful for her until she returns to Makkah and performs the Tawāf Ziyārah. Therefore do NOT leave Makkah until you have performed the Tawāf Ziyārah.

There are 6 Wājib actions in Ḥajj as follows:

1. To stay in Muzdalifah during the period of Wuqūf
2. To perform the Sa'ī between Ṣafa and Marwah
3. To perform Ramī (stoning of the Jamarāt)
4. For a person who is doing Ḥajj Tamattu or Qirān to perform the Qurbāni (Naḥr)
5. To perform Ḥalaq or Qasr (Shaving or trimming of the hair)

From the above, the only action which a female cannot perform during Ḥajj, if she is on her menstrual cycle, is the Tawāf Ziyārah. If she does not get clean until after the 12<sup>th</sup> of Dhil Ḥijjah and has to delay it, then there will be no Dam (sacrifice of goat or equivalent) upon her.

A woman who is on her menstrual cycle may perform all of the other actions in 'Umrah and Ḥajj as follows:

- She can enter into the state of Iḥrām
- She can visit Mina, Muzdalifah, Arafāt etc.
- She can perform the Ramī
- She can perform the Naḥr - Qurbani
- She can cut her hair to come out of Iḥrām

Note: She will NOT be allowed to enter any Masājid while on her menstrual cycle.

## Prayer Actions which are Prohibited during Menstruation

When a female is on her menstrual cycle (Ḥaydh) or experiencing postnatal bleeding (Nifās), she will not be considered to be in a state of ritual purity (Tahārat). Therefore, she will be excused from certain obligations & not allowed to perform certain actions as follows:

- 5 times Daily Salāt (these do NOT have to be made up)
- Sajdah Tilāwah & Sajdah Shukr (it is not permissible to perform both of these prostrations)
- Recitation of even a single verse of the Holy Qurān
- Fasting in Ramaḍān (these DO have to be made up - Qadha)
- Holding the Maṣḥaf (Qurān) without a cover or holding the Qurān which has a cover, which cannot be separated. If a cover is attached to the Quran like a sleeve, this will still not be permitted. If a cover is wrapped around the Maṣḥaf (Qurān) then she will be allowed to carry it. It is also not permissible to touch the Qurān with a portion of one's garment, such as the sleeve or the edge of a dress while one is wearing them.
- Performing the Tawāf (circumambulation) of the Kābah.
- Entering any area which is designated a Masjid (A man or woman who is in the state of ritual impurity (Janābat) is also not allowed). A woman on her period is allowed to enter a temporary place of prayer (Muṣalla) or a Prayer Room as they are not deemed to be a Shar'i Masjid.
- Intercourse will not be allowed with the husband.

- Sexual Enjoyment from the navel to below the knee of a menstruating woman

**Note:** Make up the fasts missed in Ramaḍān as soon as you can. The woman will calculate how many fasts she has missed during the month and make them up as soon as possible. There is a habit nowadays that females wait until the winter time when the days are short to make up their fasts as it is easier. One must remember that if they pass away before making up the fasts then they will not have fulfilled their religious obligations.

## An Overview of Menstruation

The Arabic term used for the menstrual cycle is Ḥaydh. This is taken from the root word Ḥāḍa which means to flow. Due to the blood flowing each month, it is called Ḥaydh. Discharge of any colour red, yellow, muddy, green, black, or earthy which a female sees in the days of menstrual bleeding will be considered menstrual discharge. Her menstruation will continue until her discharge becomes pure white or clear or there is no discharge

**Question:** In Islam, what is the minimum amount of days a female can experience a menstrual cycle?

**Answer:** Depending on the school of thought whom you follow, there is a difference of opinion as shown below.

|         |   |
|---------|---|
| Ḥanafī  | The minimum period is three days and three nights   |
| Shaf'ee | The minimum period will be one day and one night (if it is less than this, then it will be classified as Istiḥādha) |
| Māliki  | There is no minimum limit, even if a female bleeds just once, this will be classified as Haydh                      |
| Ḥanbali | The minimum period is three days and three nights.  |

**Question:** In Islam, what is the maximum amount of days a female can experience a menstrual cycle?

**Answer:** Again there is a difference of opinion among the schools of thought. Each opinion is given below.

|         |                    |
|---------|--------------------|
| Ḥanafī  | 10 days and nights |
| Shaf'ee | 15 days and nights |
| Māliki  | 17 days and nights |
| Ḥanbali | 15 days and nights |

Note: Ḡhush must be performed at the completion of the menstrual cycle.

After a woman completes her cycle (whether this is less than 10 days as per her normal habit or a maximum of 10 days & nights according to the Ḥanafī school of thought) she must perform Ḡhush before she can resume the restricted prayer actions which have been mentioned earlier.

For the Ḥanafī School of thought, any bleeding less than three days or more than ten days will be considered as Istihādha (bleeding due to illness).

Question: In Islam, what is the minimum duration a woman can be classed as pure between two cycles?

Answer: The minimum duration of purity (ṭuhr) or duration of cleanliness between two cycles is 15 days. If a woman, after completing her cycle begins to bleed again within 15 days, it will not be considered the start of a new cycle.

Question: In Islam, what is the maximum duration a woman can be classed as pure?

Answer: There is no maximum duration for purity. Hence, a woman will remain pure as long as she does not bleed, even if it extends to several months or years

## How to Plan for Ḥajj or ʿUmrah

Going to Ḥajj is a journey of a lifetime, therefore the preparation for it must be done accordingly. This preparation includes planning on how long you will go for, when will you depart and when you expect to return.

The reason why the planning is essential, is that a woman is not allowed to perform the Tawāf of the Kābah while she is on her monthly cycle. The days of Ḥajj are fixed and cannot be changed, however the pilgrim can decide when she wants to perform her ʿUmrah, and this should be done while she is not on her monthly cycle, so she can perform the Tawāf.

### Calculate arrival date

Let's look at the following example:

|  |   |
|--|---|
| Length of normal monthly period:                   | 7 days  |
| Length of normal clean days between periods:       | 20 days   |
| Date of the final day of the last cycle:           | 1 <sup>st</sup> August                              |
| Dates for Ḥajj:                                    | 30 <sup>th</sup> August – 4 <sup>th</sup> September |
| Projected start date of the cycle closest to Ḥajj. | 21 <sup>st</sup> August                             |

Now let's enter this data into the monthly chart on the following page:

- Green squares:            Ḥajj Dates
- Pink squares:            Projected dates of menstrual cycle
- Yellow squares :        Overlap of Ḥajj Dates and menstrual cycle
- Month:                      August/September 2017

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  |
| 8  | 9  | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 1  | 2  | 3  | 4  | 5  |
| 6  | 7  | 8  | 9  | 10 | 11 |    |

From the above information, we can see that her menstrual cycle will last for 7 days from 21<sup>st</sup> August until 28<sup>th</sup> August.

We can now calculate that she can enter Makkah between the 1<sup>st</sup> and 20<sup>th</sup> of August or after the 28<sup>th</sup> of August in order to perform her 'Umrah, including the Tawāf while in a pure state.

### Calculate departure date

Now let's look at another scenario

|  |   |
|--|---|
| Length of normal monthly period:                   | 7 days  |
| Length of normal clean days between periods:       | 20 days   |
| Date of the final day of the last cycle:           | 12 <sup>st</sup> August                             |
| Dates for Ḥajj:                                    | 30 <sup>th</sup> August – 4 <sup>th</sup> September |
| Projected start date of the cycle closest to Ḥajj. | 2 <sup>nd</sup> September                           |

Now let's enter this data into the monthly chart below:

- Green squares: Ḥajj Dates
- Pink squares: Projected dates of menstrual cycle
- Yellow squares: Overlap of Ḥajj Dates and menstrual cycle

Month: August/September 2017

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  |
| 8  | 9  | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 1  | 2  | 3  | 4  | 5  |
| 6  | 7  | 8  | 9  | 10 | 11 |    |

From the above we can see that the woman will not be able to perform her Tawāf Ziyārah until after the 9<sup>th</sup> of September when she completes her cycle. Therefore her departure date has to be after the 10<sup>th</sup> of September as a minimum.

### Allowing for Unexpected Situations

Some situations may suddenly arise which can cause a delay in when the Tawāf Ziyārah can be performed. Therefore allowances must be made if possible before planning the departure date.

Some of these situations can be as follows:

- A female suddenly starts her first period
- A female has no fixed habit and she starts her period
- Due to travelling, change in climate or other reason, a female has a change in habit and her period starts early

Consider the following points:

- The time for Tawāf Ziyārah starts on the 10th of Dhil Ḥijjah
- According to the Ḥanafī Madhab, the maximum time for a menstrual cycle is 10 days
- Tawāf cannot be performed by a woman who is on her menstrual cycle.

Now in the most extreme cases, let's say one of the above scenarios occurs just before a female is about to perform the Tawāf Ziyārah on the 10<sup>th</sup> of Dhil Ḥijjah. If she experiences a menstrual cycle which lasts for 10 days, the earliest she can perform her Tawāf Ziyārah will be after she becomes clean on the 20<sup>th</sup> of Dhil Ḥijjah. Therefore the departure date should be at the earliest, after the 20<sup>th</sup> of Dhil Ḥijjah.

Calculate the Gregorian date for the 20<sup>th</sup> of Dhil Ḥijjah and book the departure accordingly.

Note: For a female who is due to be on her period in the final days of Ḥajj, it is recommended that she performs her Tawāf Ziyārah at the earliest opportunity on the 10<sup>th</sup> of Dhil Ḥijjah. If she then starts her period, she will be able to leave Makkah without any issues.

### Calculate your arrival and departure dates

In order to calculate the dates on which you can go, fill in the following questions.

|  |  |
|--|--|
| Length of normal monthly period:                   |  |
| Length of normal clean days between periods:       |  |
| Date of the final day of the last cycle:           |  |
| Dates for Ḥajj:                                    |  |
| Projected start date of the cycle closest to Ḥajj. |  |

Now fill in the table below with a highlighter

- Green squares:            Ḥajj Dates
- Pink squares:            Projected dates of menstrual cycle
- Yellow squares :        Overlap of Ḥajj Dates and menstrual cycle
- Circle:                     Mark the 20<sup>th</sup> of Dhil Ḥijjah

Month 1: \_\_\_\_\_ (Gregorian Month)

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  |
| 8  | 9  | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 |    |    |    |    |

Month 2: \_\_\_\_\_ (Gregorian Month)

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  |
| 8  | 9  | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 |    |    |    |    |

Fill in your arrival dates in the box below so you can perform your ‘Umrah before Ḥajj.

Fill in your minimum departure date in the box below so you can perform Tawāf Ziyārah before you leave. If you want to take unexpected situations into account, then work out the Gregorian date for the 21<sup>st</sup> of Dhil Ḥijjah and write this date down.

## Calculate your Unique Scenario

If you never had a chance to select your dates for Ḥajj and have already booked your flights, then we need to plan ahead and see what scenario will affect you. This will then help you to prepare accordingly.

This exercise must be carried out by **all** females in your family who have reached puberty. There are a couple of exemptions, if a woman is pregnant or has reached her menopause then she will not be experiencing menstrual cycles, hence no need to complete this section.

Sometimes, younger members of the family can be shy and not inform us of their menstrual cycle. This can lead to very serious issues, for example they start their cycle a few days before you are due to depart from Makkah and no time is left for them to perform the Tawāf Ziyārah.

Now fill in the table below with your unique information:

|  |  |
|--|--|
| Date of entry into Makkah                          |  |
| Date of departure from Makkah:                     |  |
| Length of normal monthly period:                   |  |
| Length of normal clean days between periods:       |  |
| Date of the final day of the last cycle:           |  |
| Dates for Ḥajj:                                    |  |
| Projected start date of the cycle closest to Ḥajj. |  |

### Example Scenario

Once you have filled in the table on the previous page, you will need to fill in the information into the chart on the following page. But before that, let's look at the example below:

|  |  |
|--|--|
| Date of entry into Makkah                          | 27 <sup>th</sup> August                          |
| Date of departure from Makkah:                     | 7 <sup>th</sup> September                        |
| Length of normal monthly period:                   | 7 days   |
| Length of normal clean days between periods:       | 20 days  |
| Date of the final day of the last cycle:           | 1 <sup>st</sup> August                           |
| Dates for Hajj:                                    | 30 <sup>th</sup> Aug – 4 <sup>th</sup> September |
| Projected start date of the cycle closest to Hajj. | 21 <sup>st</sup> August                          |

We will now enter this data into the chart below (August & September)

- Green squares: Hajj Dates
- Pink squares: Projected dates of menstrual cycle
- Yellow squares : Overlap of Hajj Dates and menstrual cycle
- Circled Days: Entry & departure from Makkah

|    |    |     |    |    |    |    |
|----|----|-----|----|----|----|----|
| 1  | 2  | 3   | 4  | 5  | 6  | 7  |
| 8  | 9  | 10y | 11 | 12 | 13 | 14 |
| 15 | 16 | 17  | 18 | 19 | 20 | 21 |
| 22 | 23 | 24  | 25 | 26 | 27 | 28 |
| 29 | 30 | 1   | 2  | 3  | 4  | 5  |
| 6  | 7  | 8   | 9  | 10 | 11 |    |

From the example, we can see that the woman will enter Makkah while she is still on her menstrual cycle. She will become clean on the 28<sup>th</sup> of August and then be able to perform her 'Umrah before the days of Hajj. She will then be able to perform her Hajj without any issues regarding purity.

### Enter your Data

Now from the data you have entered into your table, use some highlighters and fill in the charts below: If your trip spans over 2 calendar months then enter your data accordingly. You can use any colour highlighters but an example is below:

- Enter the names of the Months
- Highlight the 5 Days of Hajj in green
- Highlight the days of your menstrual cycle in pink
- Highlight any overlap days between Hajj and your cycle in yellow
- Circle the days you enter and depart Makkah

Month 1: \_\_\_\_\_ (Gregorian Month)

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  |
| 8  | 9  | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 |    |    |    |    |

Month 2: \_\_\_\_\_ (Gregorian Month)

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  |
| 8  | 9  | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 |    |    |    |    |

Now you have filled in the chart, you will be faced with a number of potential scenarios, some of which are as follows:

- You could be spending the whole duration of your trip in a pure state so have no cause for concern
- You could be arriving in Makkah while on your period but then become clean before Ḥajj starts
- You could arrive in Makkah while clean but then experience your period during the days of Ḥajj
- In extreme cases, you could be spending the whole duration of your trip on your period.

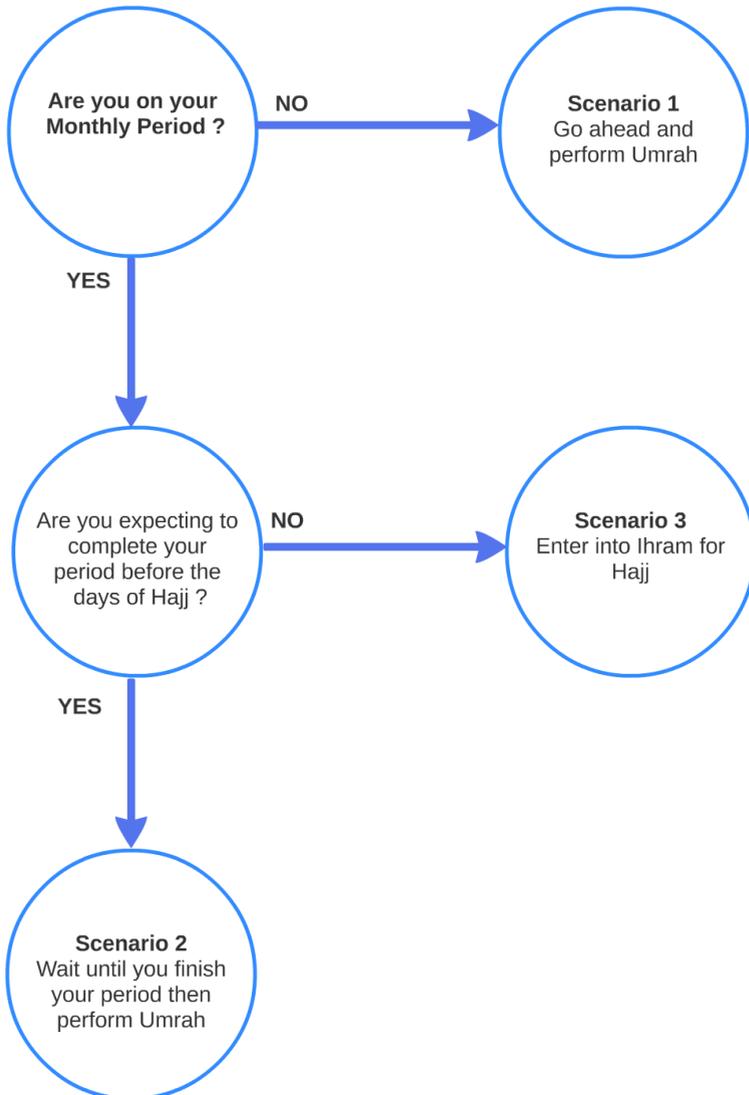
Now use the flowchart in the next section to see what your unique scenario is.

Note: The flowcharts assume that the woman has made an intention to perform Ḥajj Tamattu. So she was to perform ʿUmrah first upon entry to Makkah, then exit her Ihrām and enter into Ihrām again for Ḥajj.

If any women plans to perform Ḥajj Qirān or Ḥajj Ifrād, calculate your unique scenario and then consult a scholar to confirm what you will need to do.

## Flowchart to Predict Scenario for 'Umrah

When you first enter into Makkah for 'Umrah prior to Hajj, answer the questions below to find your Scenario, then go to the relevant Scenario Section in this article to see what you need to do.



## Scenario 1 – Go ahead and perform ‘Umrah

If a woman enters into Makkah and she is not on her monthly period then she will go ahead and complete her ‘Umrah as soon as she is ready.

If she is due to be on her period very soon, then it would be advisable that she performs her ‘Umrah as soon as possible to prevent any complications.

She will complete her Tawāf, Sa‘i and cut her hair, then come out of the state of Iḥrām. She will then wait for the days of Ḥajj and then enter into her Iḥrām for Ḥajj.

Now go to the flowchart for Ḥajj on Page 27.

## Scenario 2 – Wait until you complete your cycle then perform your ʿUmrah.

In this scenario a woman has entered into Iḥrām either in a pure state or on her monthly period. She comes to Makkah but is unable to perform her ʿUmrah as purity is a condition for the Tawāf. Furthermore she is expecting to complete her period before the days of Ḥajj start.

This question has been answered by Maulānā Yusuf Shabbir. The link to the answer is below:

<https://nawadir.org/2016/03/30/travelling-for-umrah-whilst-menstruating/>

To summarise, the woman will enter into her Iḥrām for ʿUmrah but not read her 2 Rakāh Ṣalāt for Iḥrām. She will enter Makkah and wait until she has completed her period. Then she will do Ghusl and perform her ʿUmrah. She will complete her Tawāf, Saʿī and cut her hair, then come out of the state of Iḥrām. She will then wait for the days of Ḥajj and then enter into her Iḥrām for Ḥajj.

If there are only a few days left for Ḥajj the likelihood of her experiencing another cycle during Ḥajj will be zero, therefore she will be able to complete all her rituals of Ḥajj including the Tawāf Ziyārah and return home.

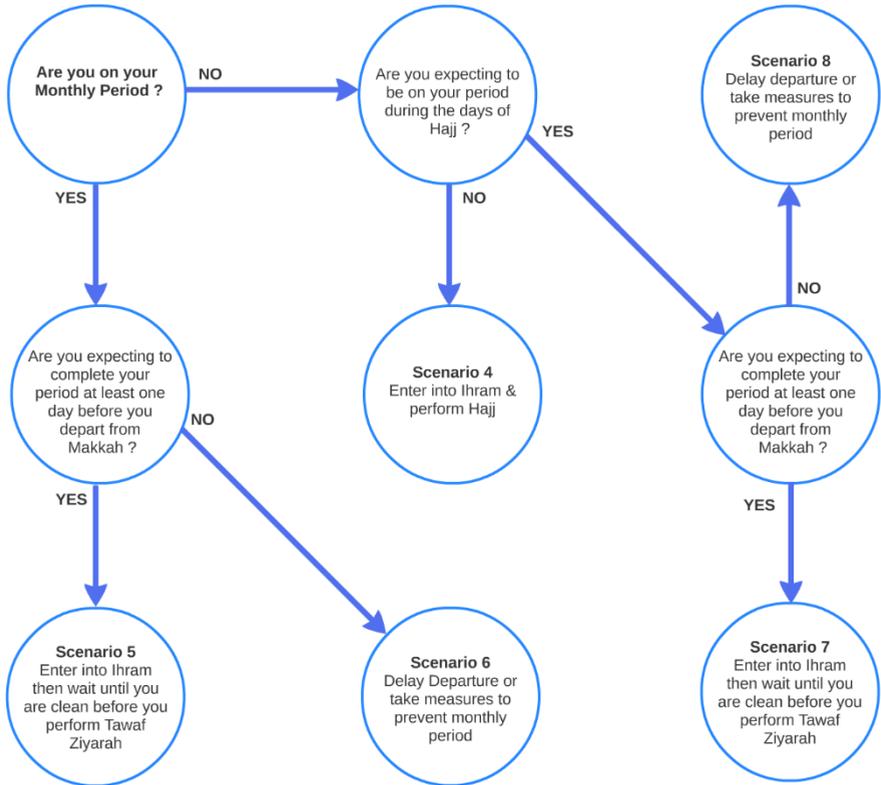
## Scenario 3 - Woman cannot perform 'Umrah due to being on period and the days of Ḥajj arrive

In this scenario, a woman has entered Makkah while she was on her monthly period. She had made the intention for Ḥajj Tamattu but was unable to perform her 'Umrah due to her cycle not completing. The days of Ḥajj have arrived, what should she do?

In order to answer this scenario, go to the flowchart on Page 27 to predict the scenario for Ḥajj.

## Flowchart to predict Scenario for Hajj

When you enter into Iḥrām prior to Hajj, answer the questions below to find your Scenario and then go to the relevant Scenario Section in this article to see what you need to do.



## Scenario 4 – Go ahead and perform Ḥajj

In this scenario the days of Ḥajj have arrived. The woman is not on her monthly cycle and she does not expect to be on her next period during the days of Ḥajj.

She will complete all of her rituals of Ḥajj including her Tawāf Ziyārah and then return home.

## Scenario 5 – Woman cannot perform ‘Umrah due to being on period and the days of Ḥajj arrive, but she expects to complete her period before departure

In this scenario, a woman has entered Makkah while she was on her monthly period. She had made the intention for Ḥajj Tamattu but was unable to perform her ‘Umrah due to her cycle not completing. The days of Ḥajj have now arrived. Furthermore, she expects to complete her period at least one day before she has planned to depart from Makkah, what should she do?

This question has been answered by Maulānā Yusuf Shabbir. The link to the answer is below.

<https://nawadir.org/2016/06/05/query-regarding-menstruating-woman-unable-to-perform-umrah-due-to-limited-stay-in-saudi-arabia/#more-1755>

To summarise, according to the Ḥanafī school of thought, the woman will exit her Ihrām for ‘Umrah and enter into Ihrām for Ḥajj.

As soon as she finishes her period and becomes clean, whether this is in the days of Ḥajj (after the 10<sup>th</sup> of Dhil Ḥijjah) or after, she will first perform Ghusl, then the Tawāf Ziyārah, then Sa‘ī.

On completion of Ḥajj, she will proceed to Tan‘īm and perform ‘Umrah in lieu of the missed ‘Umrah. She will also be liable to give a Dam (sacrifice of goat or equivalent).

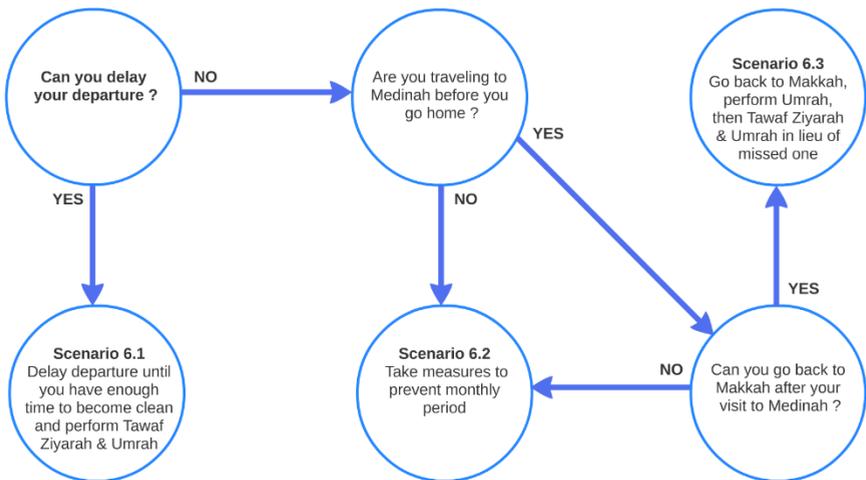
This is the reason why a woman should plan her trip to Makkah so she has at least one day spare after her period has finished to perform the Tawāf Ziyārah and ‘Umrāh. Performing the Tawāf Ziyārah and ‘Umrāh in one day will be physically exhausting so it is recommended to have a few more days spare before you depart. If she has more spare days, then she can take a break before she performs her ‘Umrāh.

## Scenario 6 – Woman cannot perform ‘Umrah due to being on period and does not expect to complete her period before her planned departure from Makkah after Hajj

In this scenario, a woman has entered Makkah while she was on her monthly period. She had made the intention for Hajj Tamattu but was unable to perform her ‘Umrah due to her cycle not completing. The days of Hajj have now arrived. Furthermore, she does not expect to complete her period before she has planned to depart from Makkah, what should she do?

First and foremost, the trip should be planned properly beforehand so this scenario does not occur. If there are unavoidable circumstances and the woman faces the above scenario, then it will not be possible for them to perform Tawāf in existing circumstances.

There are a few options now available, look at the flowchart below



## Scenario 6.1 – delay departure

Delay your departure so you leave after you become clean

To summarise, according to the Ḥanafī school of thought, the woman will exit her Iḥrām for ʿUmrah and enter into Iḥrām for Ḥajj.

As soon as she finishes her period and becomes clean, whether this is in the days of Ḥajj (after the 10<sup>th</sup> of Dhil Ḥijjah) or after, she will first perform Ghusl, then the Tawāf Ziyārah, then Saʿī.

On completion of Ḥajj, she will proceed to Tanʿīm and perform ʿUmrah in lieu of the missed ʿUmrah. She will also be liable to give a Dam (sacrifice of goat or equivalent).

## Scenario 6.2 – Take measures to prevent monthly period

If you have no way to delay your departure, or come back to Makkah then the only option available to you in this scenario is to take measures to try and stop the menstrual cycle during these days, so that you can perform all of the rituals.

These measures can be taken in the form of certain pills. These are not guaranteed to work and before they are taken, your local doctor must be consulted to determine which pills are best for you and how they must be administered. This should be done weeks before as some medication will take time to take effect.

Further information on this issue can be found on the following link from CBHUK.

<http://cbhuk.org/news/advice/menstrual-issues-getting-right-Hajj/>

### Scenario 6.3 – Come back to Makkah after Medinah and complete rituals

Go to Medinah, then come back after when you are clean.

If you decide to do the above, then again according to the Ḥanafī school of thought, the woman will exit her Iḥrām for ʿUmrah and enter into Iḥrām for Ḥajj.

You will complete your rites of Ḥajj and then go to Medinah.

When you come back to Makkah, you will have to enter into Iḥrām again for ʿUmrah. You will first perform the Tawāf and Saʿi for your ʿUmrah, cut your hair and then come out of Iḥrām.

You will then perform your Tawāf Ziyārah and Saʿi. Once you have completed this, relations will now be permissible again with the husband.

You will then also need to complete your ʿUmrah in lieu of the one missed on arrival. You will also be liable to give a Dam (sacrifice of goat or equivalent).

Once the above has been done, you can then depart for home.

**Note: Remember if you have not performed the Tawāf Ziyārah, then relations with your husband will not be allowed until you have completed it.**

## Scenario 7 – Woman has performed ‘Umrah but is due to be on her period during the days of Ḥajj but is expected to complete her period before departure

In this scenario, a woman has entered into her Ihram for Ḥajj in a pure state. She is due to start her period during the days of Ḥajj. Furthermore, she expects to complete her period at least one day before she has planned to depart from Makkah, what should she do?

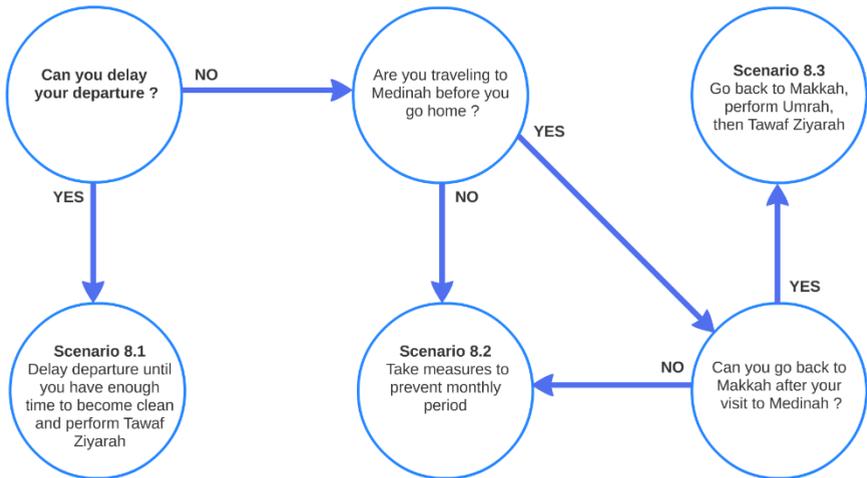
The scenario depends on which day her period is actually due to start. If it is after the 11<sup>th</sup> of Dhil Ḥijjah, then she can perform the Tawāf Ziyārah on the 10<sup>th</sup> and then have no issues. If she starts her period earlier than that, then she will have to wait until she becomes clean and then perform her Tawāf Ziyārah.

Note: If a woman knows that she is due to be on her period during the days of Ḥajj, she can perform the Sa‘i of her Tawāf Ziyārah before she leaves for Mina. She will perform one Nafl Tawāf and then the Sa‘i. This will save her some time and effort when she has to perform the Tawāf Ziyārah after she becomes clean.

## Scenario 8 - Woman has performed ‘Umrāh, is due to be on her period during the days of Ḥajj and does not expect to complete it before her planned departure from Makkah

In this scenario, a woman has entered into her Iḥrām for Ḥajj in a pure state. She is due to start her period during the days of Ḥajj. Furthermore, she does not expect to complete her period before she has planned to depart from Makkah, what should she do?

There are a few options now available, look at the flowchart below



### Scenario 8.1 – delay departure

Delay your departure so you leave after you become clean

As soon as she finishes her period and becomes clean, she will first perform Ghusl, then the Tawāf Ziyārah, then Sa‘i. She can then return home.

## Scenario 8.2 – Take measures to prevent monthly period

If you have no way to delay your departure, or come back to Makkah then the only option available to you in this scenario is to take measures to try and stop the menstrual cycle during these days, so that you can perform all of the rituals.

These measures can be taken in the form of certain pills. These are not guaranteed to work and before they are taken, your local doctor must be consulted to determine which pills are best for you and how they must be administered. This should be done weeks before as some medication will take time to take effect.

Further information on this issue can be found on the following link from CBHUK.

<http://cbhuk.org/news/advice/menstrual-issues-getting-right-Hajj/>

## Scenario 8.3 – Come back to Makkah after Medinah and complete rituals

Go to Medinah, then come back after when you are clean.

When you come back to Makkah, you will have to enter into Iḥrām again for ʿUmrah. You will first perform the Tawāf and Saʿi for your ʿUmrah, cut your hair and then come out of Iḥrām.

You will then perform your Tawāf Ziyārah and Saʿi. Once you have completed this, relations will now be permissible again with the husband.

Once the above has been done, you can then depart for home.

**Note: Remember if you have not performed the Tawāf Ziyārah, then relations with your husband will not be allowed until you have completed it.**

## Other Issues

### Female starts her first period while at Ḥajj

There may be a situation where a younger member of the family who is on pilgrimage with you starts her first period. In this case you will have to calculate if there are more than 10 days left from her starting date before you depart. If there are enough days, then let things take their natural course. She will finish her period then perform her Tawāf Ziyārah. If there are not enough days, then steps must be taken to enable the female to complete her rituals before returning home.

Firstly, try to delay your departure so she can complete her rituals in the normal way.

If there is no way to delay departure, then go to a local pharmacy in Makkah and explain the situation to them. They may be able to provide some medication which will stop the period. This may take a few days to work and again is not 100% guaranteed so the best course of action is to delay departure. If the whole group cannot stay behind, then one Maḥram can stay behind with her until she can complete her rituals.

### Unexpected change of cycle

There may also be a case where a woman's cycle changes due to a number of reasons. She now finds herself on her period when she didn't expect to do so. In this case she will perform the same calculations as in the above example. See if there are enough days left for her to complete her period before departure. If not try and delay departure, and if this is also not possible, then take steps to stop the period.

### Can you Give Salām in Medinah while on your monthly cycle?

The situation may also arise where you travel to Medinah and for part or the whole duration of the trip, you might be on your monthly cycle. How will you then give Salām?

Note: The time for Salām for women is at fixed times, so find out from your group leader when these times are and note them down.

Firstly, we have to remember that a person is not allowed inside any Masjid if they are on their monthly period or in a ritual state of impurity (Janābat). Wait until your period has finished, perform Ghusl, and then proceed for Salām at the earliest opportunity.

If you are there for the whole duration of your trip then you can also present your Salām to the Prophet ﷺ from outside of the Masjid.

Remember that you can read Durūd Sharīf while on your period so keep yourself busy with reciting that as much as you can.

## Summary

I pray that this article has helped you in predicting your cycle while you are on your pilgrimage and helped you plan accordingly.

So let's summarise some of the important points discussed.

- Plan your journey beforehand so you have enough time in Makkah to perform all of your rituals properly without having to take serious measures.
- Ensure that this exercise is done by all females who have reached puberty and are either not pregnant or reached their menopause.
- See which Scenario suits your unique position for both ʿUmrah and Ḥajj then prepare accordingly.
- If your time in Makkah is so short that you cannot complete your rituals before departure due to your monthly cycle, (and there is no way to delay departure) then see your physician/doctor and ask for advice with regards to medication which will stop/delay your cycle.
- If you are ever confused, ask your local male or female scholar for advice, never feel embarrassed or shy when it comes to asking questions about our religion.

May Allāh ﷻ give us the ability to do our Ḥajj properly, to understand its requirement and carry out all of the rituals in a correct manner. May Allāh ﷻ grant us all a Ḥajj Mabrūr and Ḥajj Maqbūl. Amīn.

Women's Ḥajj Companion