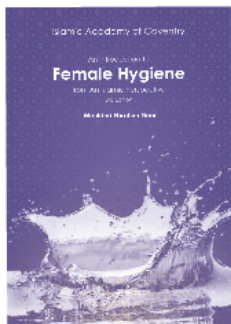
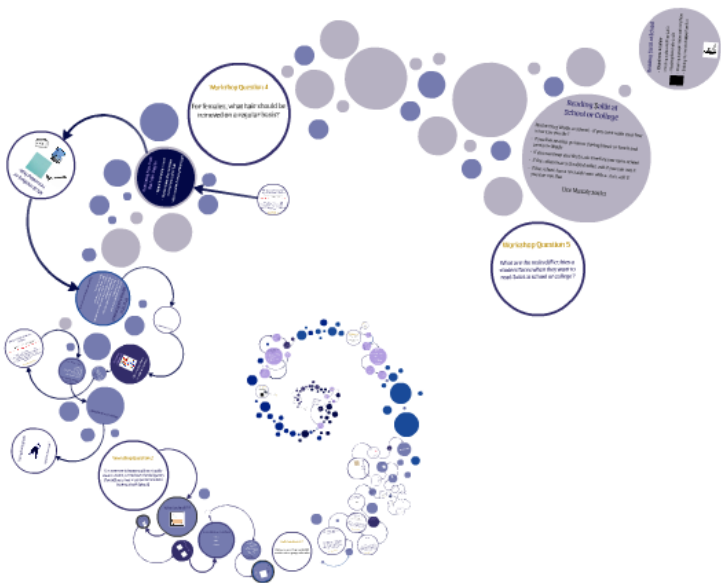


Islamic Academy of Coventry

مسجد اسلام كوفنتري



السلام عليكم

Islamic Academy of Coventry

Maulānā Ebrahim Noor

Islamic Academy of Coventry

An Introduction to

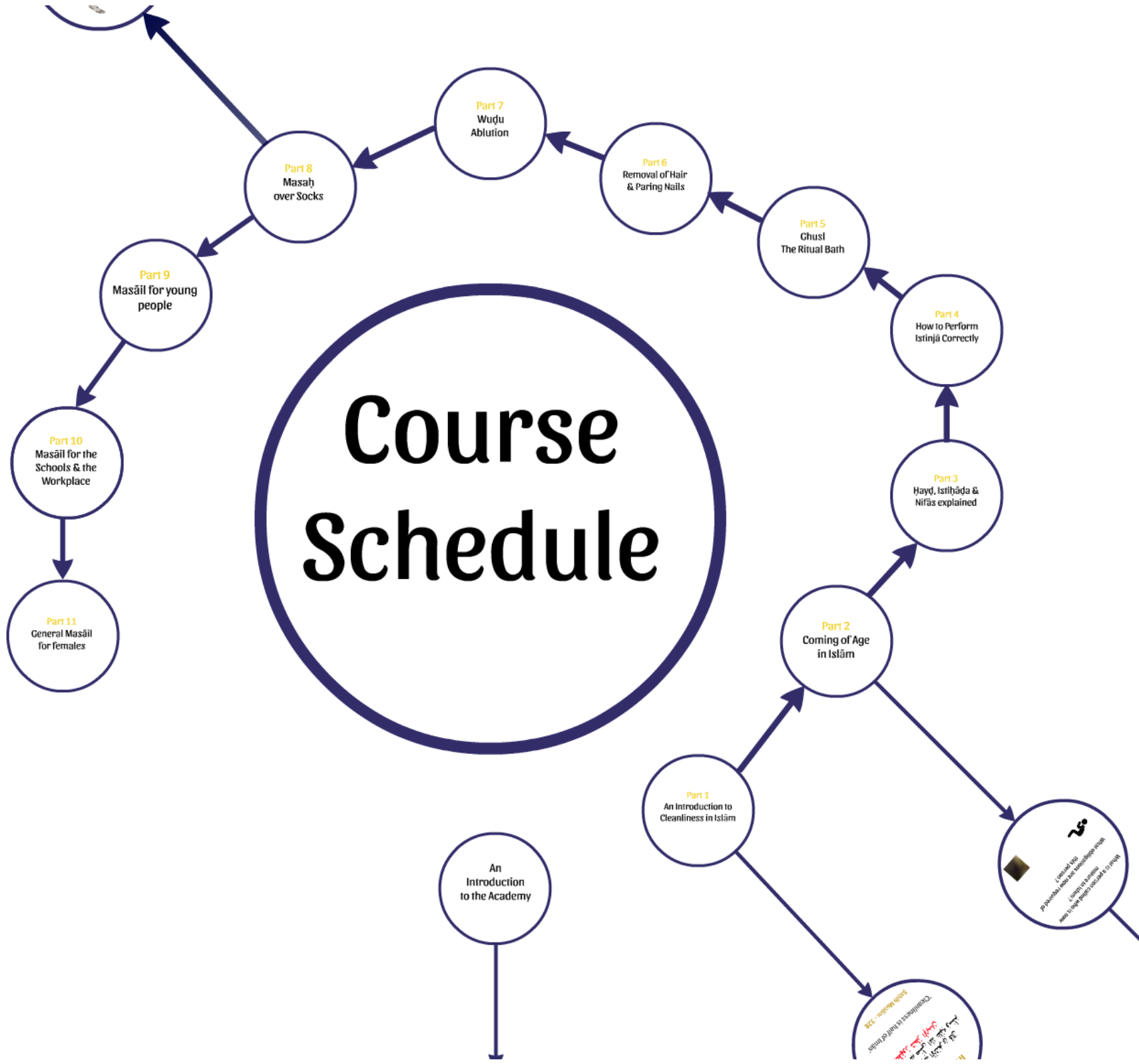
Female Hygiene

from An Islamic Perspective

(3rd Edition)

Maulānā Ebrahim Noor





Course Schedule

An Introduction to the Academy

Part 1
An Introduction to Cleanliness in Islām

Part 2
Coming of Age in Islām

Part 3
Hayd, Istihāda & Nifās explained

Part 4
How to Perform Istinjā Correctly

Part 5
Ghusl
The Ritual Bath

Part 6
Removal of Hair
& Paring Nails

Part 7
Wuḍu
Ablution

Part 8
Masah
over Socks

Part 9
Masāil for young
people

Part 10
Masāil for the
Schools & the
Workplace

Part 11
General Masāil
for females





Part 1

An Introduction to Cleanliness in Islām



Part 2

Coming of Age in Islām

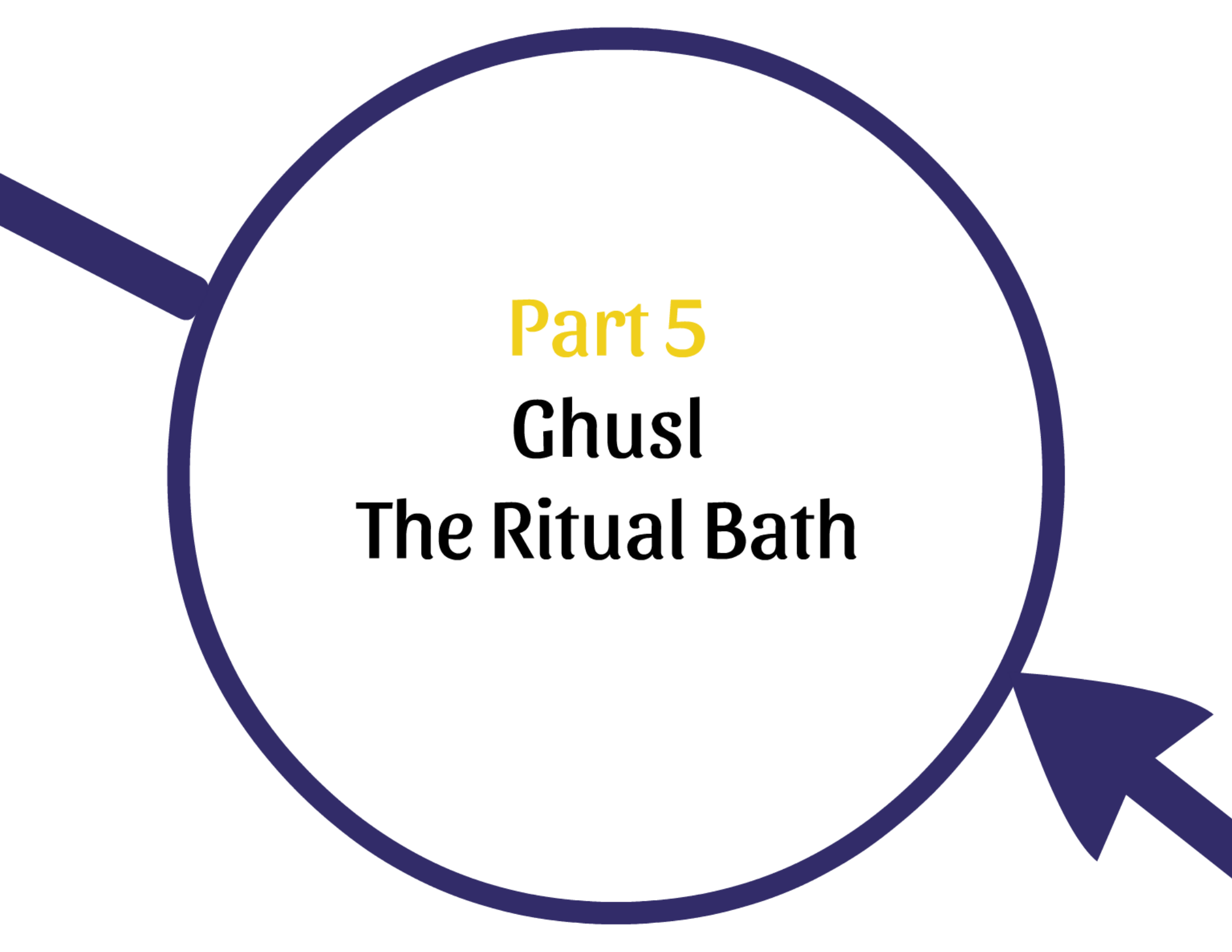
Part 3

**Ḥayḍ, Istihāḍa &
Nifās explained**



Part 4

**How to Perform
Istinjā Correctly**

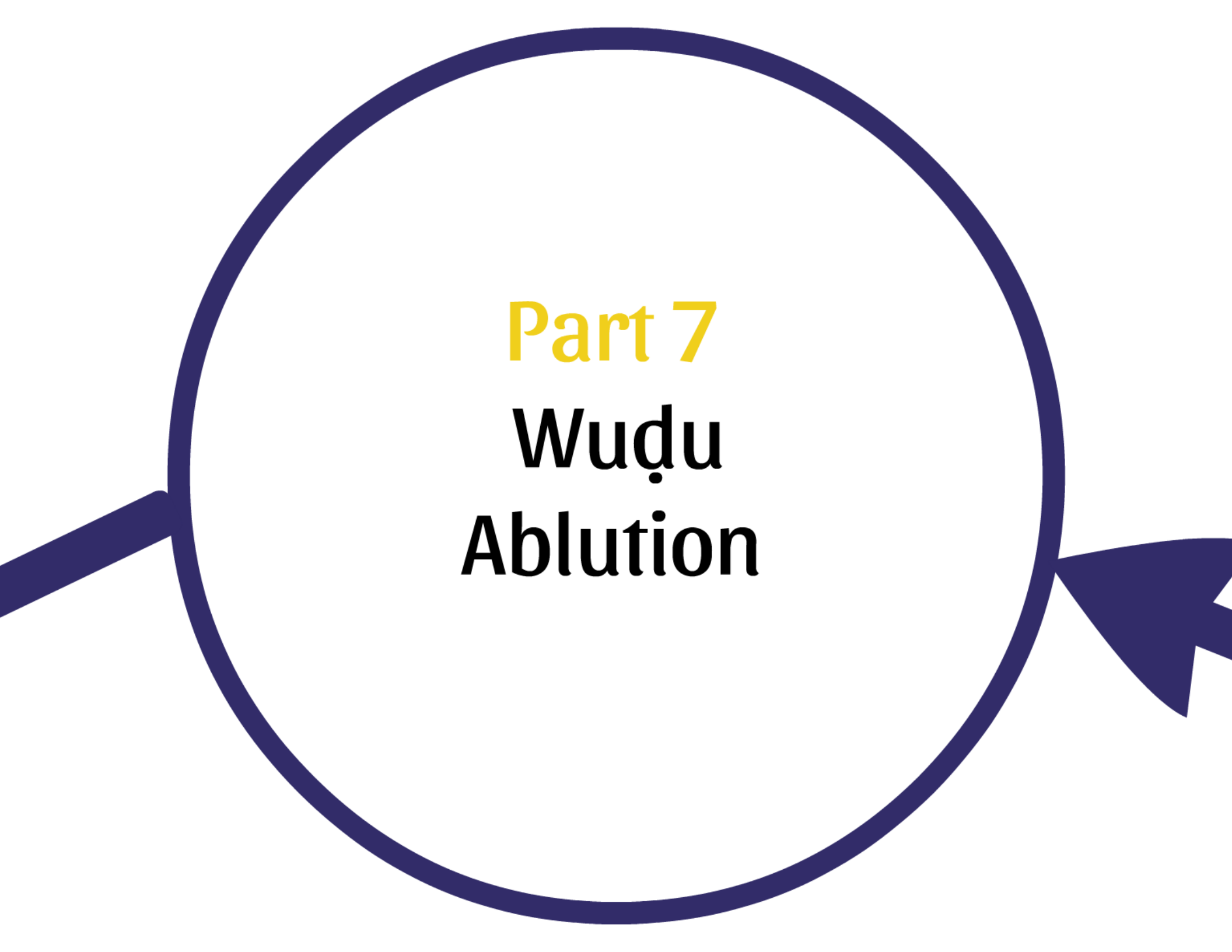


Part 5
Ghusl
The Ritual Bath



Part 6

Removal of Hair & Paring Nails



Part 7
Wuḍu
Ablution



Part 8
Masaḥ
over Socks



Part 9

Masāil for young people



Part 10

Masāil for the Schools & the Workplace



Part 11

General Masāil for females



**An
Introduction
to the Academy**

**An
Introduction
to the Academy**



**Islamic
Academy of Coventry**

- 'Ālimiyyah Classes
- Classes for Teenagers
- Workshops
- Sanatayn
- Publications

Personal Introduction



**Part 1
An Introduction to
Cleanliness in Islām**



Islamic Academy of Coventry

- 'Ālimiyyah Classes
- Classes for Teenagers
- Workshops
- Sanatayn
- Publications

Personal Introduction





Part 1

An Introduction to Cleanliness in Islām

Part 1
An Introduction to
Cleanliness in Islām

What is a person called who is now
mature in Islam?
What obligations are now required of
this person?

Introduction

عن أبي بصير عن النبي صلى الله عليه وسلم
قال رسول الله صلى الله عليه وسلم
الطهور بغير الإحسان

'Cleanliness is half of Imān'
Sahih Muslim - 328

Introduction

عَنْ أَبِي مَالِكٍ الْأَشْعَرِيِّ قَالَ
قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ
الطُّهُورُ شَطْرُ الْإِيمَانِ

'Cleanliness is half of Imān'

Ṣaḥīḥ Muslim - 328

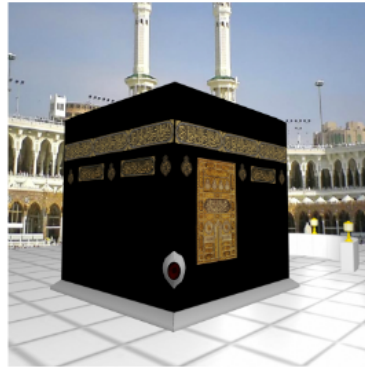
Why is Cleanliness so Important in Islām ???

Open
Discussion



Purity is a Condition for Prayer

لَا تُقْبَلُ صَلَاةٌ بِغَيْرِ طَهْوَرٍ



Purity is a Condition for Prayer

لَا تُقْبَلُ صَلَاةٌ بِغَيْرِ طَهُورٍ



- Why did we develop
this Workshop ?**
- Lack of easily available resources on this important topic
 - Explain Rulings regarding Cleanliness
 - Focus on Children at School
 - Focus on Children nearing puberty
 - Beneficial for both Parents & Children
 - Questions throughout

Why did we develop this Workshop ?

- Lack of easily available resources on this important topic
 - Explain Rulings regarding Cleanliness
- Focus on Children at School
 - Focus on Children nearing puberty
- Beneficial for both Parents & Children
 - Questions throughout

Workshop Question 1

**When does a female become
mature in Islām ?**

**What are the signs or what age does
she have to reach ?**



Part 2

Coming of Age in Islām

Part 1
Introduction to
Islam in Islām

Part 2
Coming of Age
in Islām

What is a person called who is now
mature in Islam ?
What obligations are now required of
this person ?

What is a person called who is now
mature in Islam ?

What obligations are now required of
this person ?



Advice for Parents

Teach your children how to fulfill their obligations before they become mature (bāligh)

The Advice of Rasūlullāh

صَلَّى اللّٰهُ عَلَيْهِ وَسَلَّمَ

قَالَ رَسُولُ اللّٰهِ صَلَّى اللّٰهُ عَلَيْهِ وَسَلَّمَ

مُرُوا أَوْلَادَكُمْ بِالصَّلَاةِ وَهُمْ أَبْنَاءُ سَبْعِ سِنِينَ

Command your children with Ṣalāt
when they are seven years old

Sunan Abu Dawūd 418

Signs of a Female becoming Bāligh

- Wet dream - Nocturnal Emission
- Start of Menstrual Cycle – Period
- Gets Pregnant without starting menstrual cycle
- Child reaches 15 years in Islamic Ages (14 years and 6 months)

Summary

How to work out your Bāligh Date

Islamic Calendar

Lunar Year = 354.367 Days

Western (Gregorian) Calendar

Solar Year = 365.25 Days

15 Lunar Years

=

354.367 Days x 15

= 5315.505 Days

5315.505 / 365.25 Days (Solar Years)

=

14.55 Years = 14 years & 6 months

6 months after
14th Birthday

Wes
Lunar
15

Work out your Bāligh Date

Write down birth date

If born between January & June
Write down Birth Year plus 14

If born between July & December
Write down Birth Year plus 15

Write down 6 months after birth month

Write down birth day

Example

Birth date = 1st January 2000

Bāligh date = 1st July 2014

Part 3

**Ḥayḍ, Istihāḍa &
Nifās explained**

Ḥayḍ

What does Ḥayḍ mean ?

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

Ḥanafī	The minimum period is three days and three nights.
Shafīʿī	The minimum period will be one day and one night (if it is less than this, then it will be classified as Istihāḍa)
Mālikī	There is no minimum limit, even if a female bleeds just once, this will be classified as Ḥayḍ.
Ḥanballī	The minimum period is three days and three nights.

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Ḥayḍ

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

Ḥanafī	10 days and nights
Shafīʿī	15 days and nights
Mālikī	17 days and nights
Ḥanbalī	15 days and nights

Minimum duration of Cleanliness between cycles
15 days for Aḥnāf

Maximum duration of Cleanliness between
cycles – unlimited

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Minimum duration of Cleanliness between cycles
15 days for Aḥnāf

Maximum duration of Cleanliness between
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Istiḥāḍa

What does Istiḥāḍa mean ?

Bleeding less than 3 days

Bleeding beyond the normal maximum cycle – 10 days

Bleeding in the time between 2 menstrual cycles – within 15 days

If classed as Ma'dhūr,
new Wuḍū for each Ṣalāt

Allowed to continue to have
relations with husband

Nifās

What does Nifās mean ?

Minimum limit for Nifās - None

Maximum limit for Nifās - 40 days

Ghusl necessary if no
Nifās experienced

Relations not allowed with
husband during Nifās

Actions which are prohibited during the Menstrual Cycle & Postnatal Bleeding

- 5 times Daily Ṣalāt (don't have to be made up)
- Sajdah Tilāwat and Sajdah Shukr
- Recitation of even a single verse of the Qur'ān
- Fasting in Ramaḍān (have to be made up)
- Holding the Maṣḥaf (Physical copy of the Qur'ān)
- Performing Ṭawāf
- Entering an area designated as a Masjid
- Intercourse with husband and enjoyment from between navel & knees



Part 4

**How to Perform
Istinjā Correctly**

Workshop Question 2

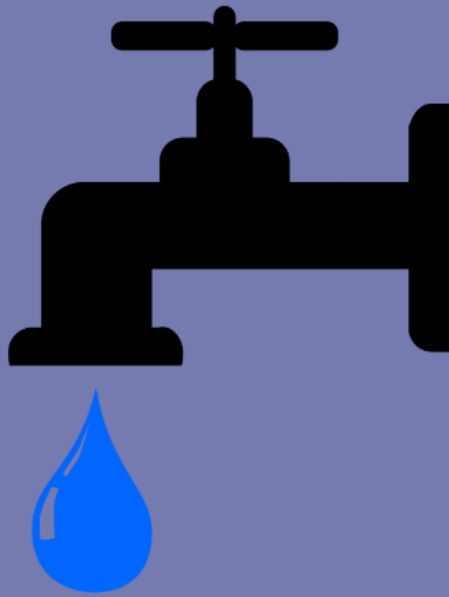
Think of a few things you should consider when going to the toilet



What is Istinjā ?



The Importance of Istinjā



What does the Qurān say about Purity ?

لَمَسْجِدٍ أُسِّسَ عَلَى التَّقْوَىٰ مِنْ أَوَّلِ يَوْمٍ أَحَقُّ أَنْ
تَقُومَ فِيهِ فِيهِ رِجَالٌ يُحِبُّونَ أَنْ يَتَطَهَّرُوا وَاللَّهُ يُحِبُّ الْمُطَهَّرِينَ

A Masjid founded on righteousness from the first day, is more worthy that you stand in it. In it are men who love to purify themselves and Allāh loves those who purify themselves

Surah At-Taubah 108

The Importance of Istinjā



Sunnah to use water

عَنْ أَنَسِ بْنِ مَالِكٍ يَقُولُ
كَانَ النَّبِيُّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ إِذَا خَرَجَ لِحَاجَتِهِ
أَجِيءُ أَنَا وَعُغْلَامٌ مَعَنَا إِدَاوَةٌ مِنْ مَاءٍ يَعْغِي يَسْتَنْجِي بِهِ

Sayyidina Anas رَضِيَ اللَّهُ عَنْهُ narrates that whenever the Prophet صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ used to go to answer the call of nature, I used to come and another boy with me, with a tumbler full of water so that he may wash his private parts

Ṣaḥīḥ Bukhārī 146

We have
proper

Caution

عَنْ ابْنِ عَبَّاسٍ قَالَ مَرَّ النَّبِيُّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ بِقَبْرَيْنِ فَقَالَ
إِحْمَا لِيُعَذَّبَانِ وَمَا يُعَذَّبَانِ فِي كَبِيرٍ أَمَّا أَحَدُهُمَا فَكَانَ لَا يَسْتَتِرُ مِنَ الْبَوْلِ وَأَمَّا الْآخَرُ فَكَانَ يَمْشِي
بِالنَّمِيمَةِ ثُمَّ أَخَذَ جَرِيدَةً رَطْبَةً فَشَقَّهَا بِصَنْفِينِ فَعَرَزَ فِي كُلِّ قَبْرٍ وَاحِدَةً قَالُوا يَا رَسُولَ اللَّهِ لِمَ فَعَلْتَ هَذَا
قَالَ لَعَلَّهُ يُخَفِّفُ عَنْهُمَا مَا لَمْ يَبْسَبَا

Sayyidina Ibn 'Abbās رَضِيَ اللَّهُ عَنْهُ narrates that the Prophet صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ passed by 2 graves and said “Indeed both of them are being punished and they are not being punished for a great thing. As for one of them, he didn't save himself from being soiled with his own urine and as for the other, he used to walk around causing enmity between friends”.

Ṣaḥīḥ Bukhārī 211

We have to learn the
proper way of going to
the toilet



Correct method of going to the toilet



General Etiquette's when going to the toilet



عَنْ عَبْدِ الْعَزِيزِ بْنِ صُهَيْبٍ قَالَ سَمِعْتُ أَنَسًا يَقُولُ
كَانَ النَّبِيُّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ إِذَا دَخَلَ الْخُلَاءَ قَالَ
اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبْثِ وَالْخُبَائِثِ ۝

Oh Allāh, I seek refuge with you from all offensive and wicked things (evil deeds and spirits)

Ṣaḥīḥ Bukhāri 139

General Etiquette's when going to the Toilet



Do not face or have your back towards Qiblah

عَنْ أَبِي أَيُّوبَ الْأَنْصَارِيِّ قَالَ
قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ

إِذَا أَتَى أَحَدُكُمْ الْغَائِطَ فَلَا يَسْتَقْبِلِ الْقِبْلَةَ وَلَا يُؤْهِئُ ظَهْرَهُ شَرْقًا أَوْ غَرْبًا

Sayyidina Abu Ayyub Al-Ansāri رَضِيَ اللَّهُ عَنْهُ
narrates that Allāh's Apostle صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ
said:

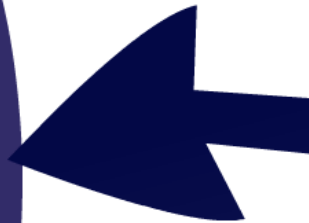
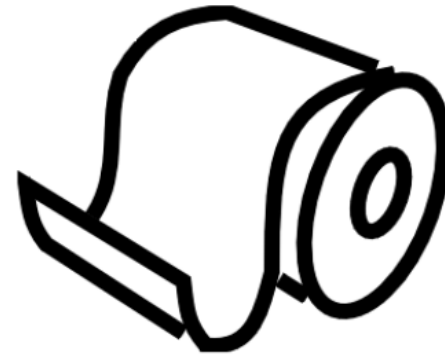
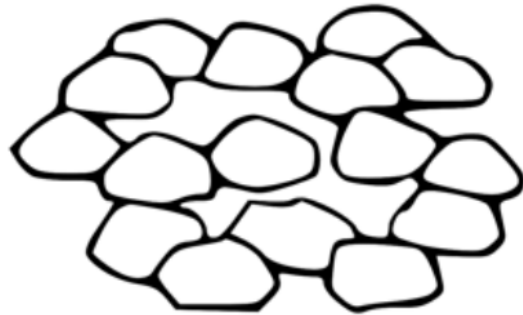
“If anyone of you goes to an open space for answering the call of nature
he should neither face nor turn his back towards the Qiblah,
he should either face the east or the west”.

Read the Du'a for
leaving the toilet

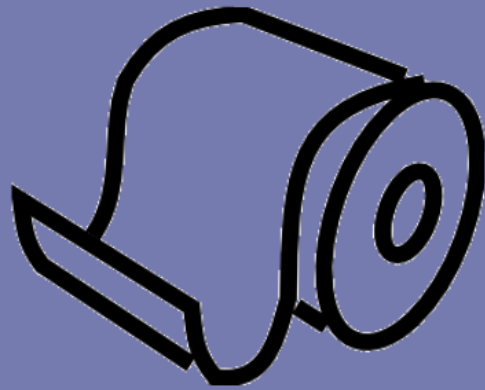
عُفْرَانِكَ أَحْمَدُ لِلَّهِ الَّذِي أَذْهَبَ عَنِّي الْأَدَى وَعَافَانِي

“[Oh Lord] Your forgiveness.
Praise be to Allāh who rid me of
the filth and gave me health.”

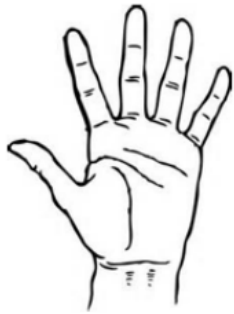
What can you do Istinjā With ?



Istinjā from Greater Impurity



How to put clothes back on after Istinjā



Using a Flat Pan/Squatting Toilet



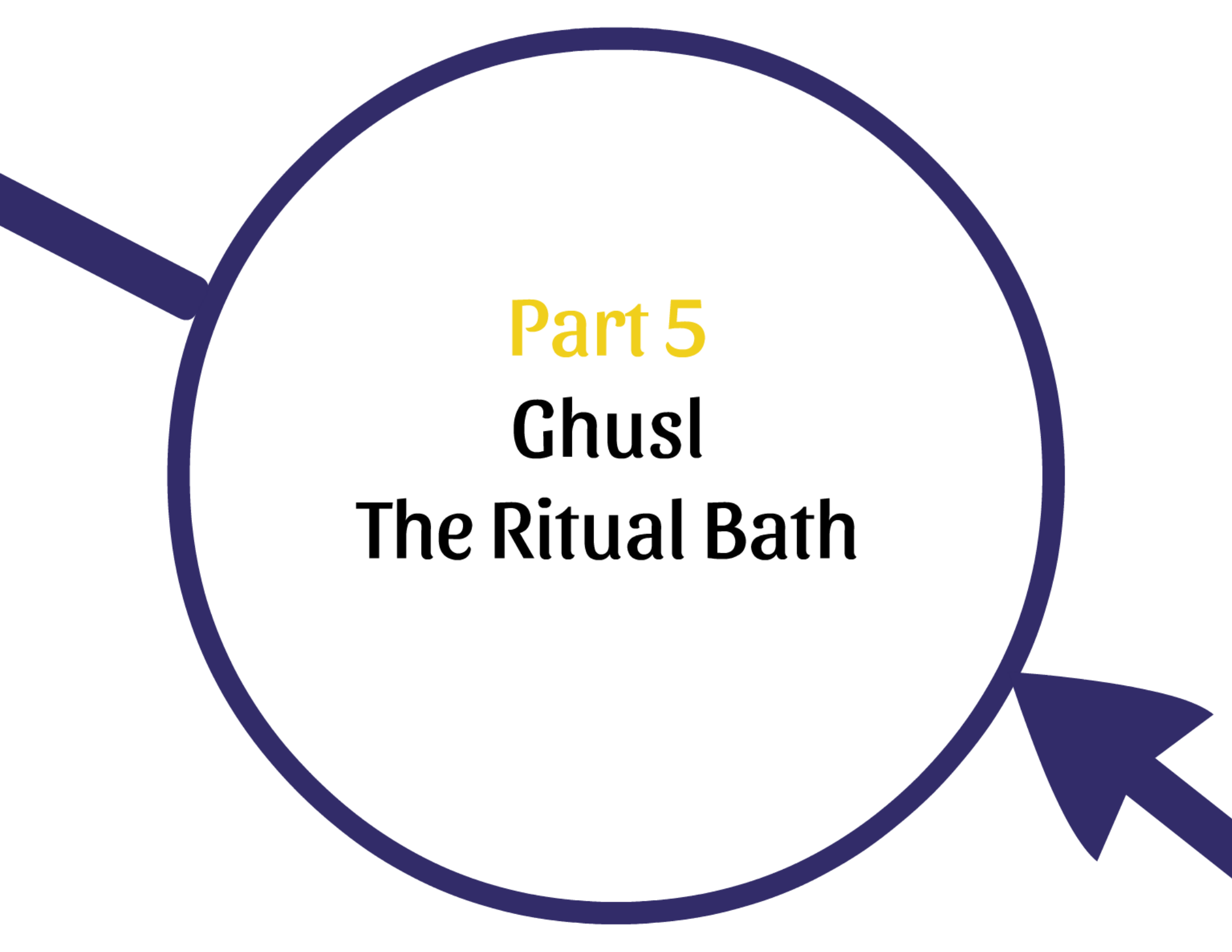
General Questions related to Istinjā



Summary

Note for Parents

- Teach your children to perform Istinjā properly from a young age
- Don't let your children urinate standing, even when they are young
- Only take our children to Madāris and Masājid if we know they are clean and can stay clean



Part 5
Ghusl
The Ritual Bath

Workshop Question 3

For a person to become pāk or ritually clean in Islām, write down the obligatory (farāid) acts they must perform whilst having a bath (ghusl)

What is Ghusl ???



Do

When does a female need to have Ghusl ?

- End of menstrual cycle (Ḥayḍ)
- End of post-natal bleeding (Nifās)



Why may a person only perform
the Farḍ Acts of Ghusl ?



Desirable times for Ghusl

- Jum'a
- 'Idd
- Iḥrām

Compulsory Acts in Ghusl

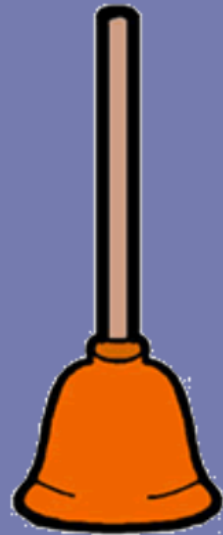


All Once !

Sunnah method of Ghusl

- Intention
- Wash both hands
- Wash the private parts and any uncleanliness on body
 - Perform Wuḍu
 - Wash the whole body
3 times

Advice if water collects
on the floor



Practical method of
Ghusl



Part 6

Removal of Hair & Paring Nails

Workshop Question 4

For females, what hair should be removed on a regular basis?

Why does hair from certain regions need to be removed ?

عَنْ أَبِي هُرَيْرَةَ قَالَ قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ
خَمْسٌ مِنَ الْفِطْرَةِ الْإِسْتِحْدَادُ وَالْخِتَانُ وَقَصُّ الشَّارِبِ وَنَتْفُ الْإِبْطِ وَتَقْلِيمُ الْأَظْفَارِ

The Messenger of Allah ﷺ said
"Five are from the Fitrah: Cutting the pubic hair,
circumcision, paring the moustache,
plucking the under arm hair and trimming the
fingernails"

Sunan Tirmidhī 2608

Removing Hair from the Pubic Region

- Upper boundary = navel
- Distinct boundary between normal and pubic hair
- Also remove hair on private part

Ideal method of removing hair

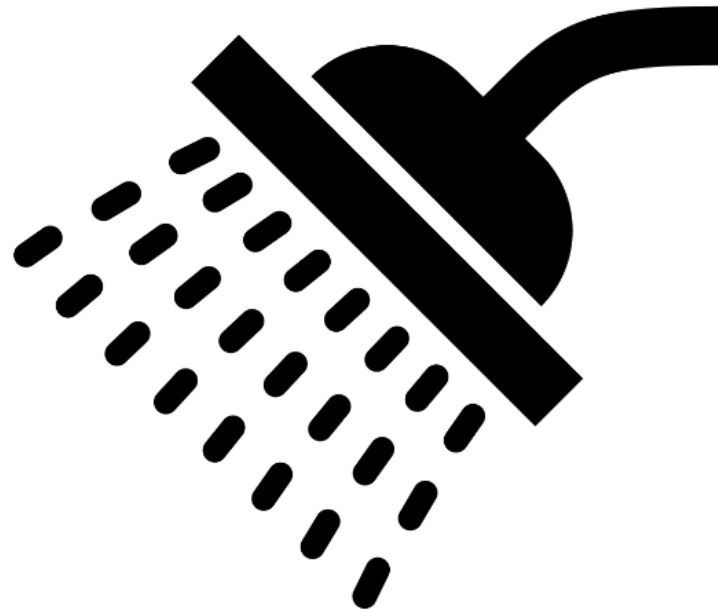


Practical Method of Removal

- Use soap or shaving foam on hair
- Use a clean blade
- Start from the top right side and shave in a downward motion
- Remove all hair from above private part and sides
- Remove hair from private part
- Wash area so hair is removed
- Repeat if necessary

Clean blade before putting it back

Clean the Ghustl Area !



Frequency of Removal



Advice for first timers
A couple of questions

Advice for Parents

- Advise your children on how to remove hair
- Equip them with what they will need: epilators, razors, shaving foam etc.
- Make them feel comfortable enough so they can talk to you



Removing Hair under the armpits

عَنْ أَبِي هُرَيْرَةَ قَالَ قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ
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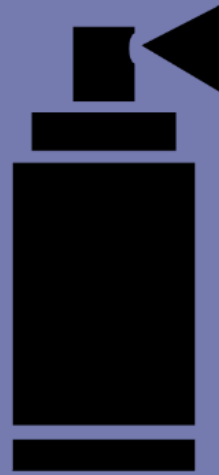
Sunan Tirmidhī 2608

Practical Method of Removal

- Use soap or shaving foam on hair
- Use a clean blade
- Shave the right armpit first, from top down
- Then shave the left armpit from top down
- Wash both armpits
- Repeat if necessary
- Clean Ghusl Area

Clean blade before putting it back

Always use deodorant !

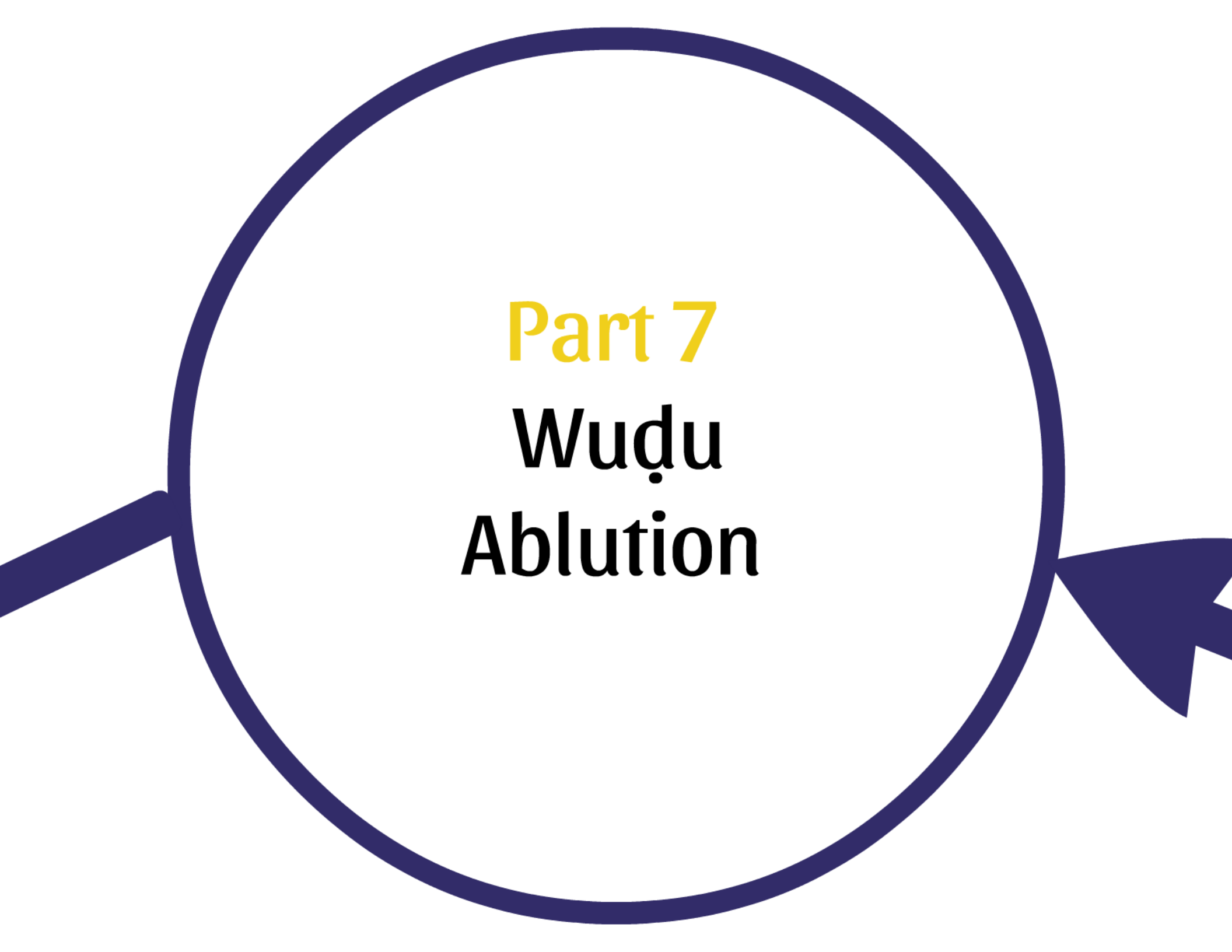


- Use
- Use
- Sha

Paring/Cutting Nails



Dont bite your nails !



Part 7
Wuḍu
Ablution

Why do we need to do Wuḍu ?

Wuḍu is a condition for touching the Qur'ān

إِنَّهُ لَقُرْآنٌ كَرِيمٌ
فِي كِتَابٍ مَّكْنُونٍ
لَّا يَمَسُّهُ إِلَّا الْمُطَهَّرُونَ

"Indeed it is a noble Qur'ān, in a Register Well protected,
None should touch it except the purified"

Sūrah Wāq'iah

Why do we need to do Wuḍu ?

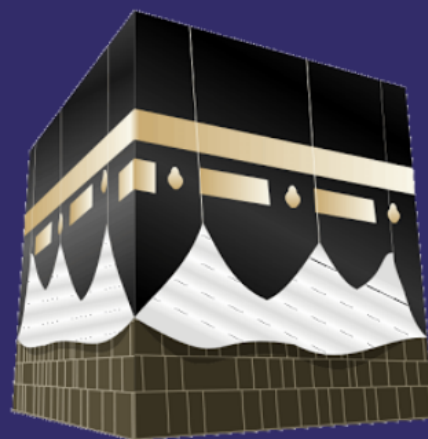
Wuḍu is a condition for Ṣalāt

يٰۤاَيُّهَا الَّذِيْنَ ءَامَنُوْا اِذَا قُمْتُمْ اِلَى الصَّلٰوةِ فَاغْسِلُوْا
وُجُوْهَكُمْ وَاَيْدِيَكُمْ اِلَى الْمَرَافِقِ وَاَمْسَحُوْا بِرُءُوْسِكُمْ
وَارْجُلَكُمْ اِلَى الْكَعْبَيْنِ

"Oh you who believe,
when you rise to [perform] prayer, wash your faces
and your forearms to the elbows and wipe over your
heads and wash your feet to the ankles"

Sūrah Al-Mā'idah

Why do we need to do Wudu ?



Farāiḍ of Wuḍu ?

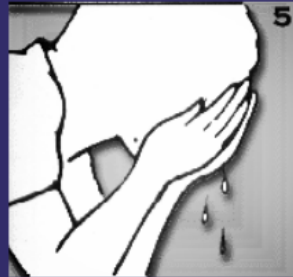
Why may a person only perform
the Farḍ Acts of Wuḍu ?



Farāid of Wudu ?



Masaḥ of quarter
of the head



All Once !

Sunan of Wuḍu

- Intention
- Saying Bismillāh
- Wash Hands upto Wrist 3 times
- Brush teeth with Miswāk
- Gargle mouth 3 times
- Clean nose 3 times
- Khilāl of the beard
- Khilāl of the finger and toes
- Washing each part 3 times
- Masaḥ of whole head
- Masaḥ of ears
- Performing Wuḍu in order
- Washing each part one after another without pause so no part dries up before the next step

Nawāqid of Wuḍu

- Passing of Urine or Stool, or anything from the private parts
- Flowing of blood or puss
- Going mad or insane
- Fainting
- Falling asleep by resting against something or lying down
- Vomiting a mouthful
- Laughing in Ṣalāt
- Passing Wind

Makrūhāt of Wuḍu

- Doing Wuḍu in a dirty place
- Talking of worldly affairs whilst performing Wuḍu
- Cleaning the nose with the right hand
- Performing Wuḍu against the Sunnah method

Mustahabāt of Wuḍu

- Facing Qiblah
- Sitting in a high and clean place
- Starting with the right
- Masaḥ of the nape (back of the neck)
- Performing Wuḍu without any assistance



Part 8
Masaḥ
over Socks

Masaḡ over Socks

Why do Masaḡ over socks ?



What type of Socks can we do Masah on ?

- Khuffayn - Leather Socks
- Socks which satisfy the conditions the Fuqahā have stated



How will the Masah be done on the socks ?

- Make complete Wuḍu, including washing the feet before putting on the socks
- When Wuḍu needs to be renewed, wipe the top part of each sock from the toes working back to the foreleg
- Use the right hand to wipe the right sock and the left hand to wipe the left sock

How Long will the Masaḥ be valid for?

- Time period starts after initial Wuḍu breaks
- For a Muqīm (resident) - 24 hours
- For a Musāfir (traveller) - 72 hours

Scenario

8:00 am - person does Wuḍu and puts on Masaḥ Socks

10:00 am - person's Wuḍu breaks

Masaḥ valid until 10:00 am for the following day for a muqīm (resident)

For a traveller (Musāfir), Masaḥ will be valid for 72 hours

What breaks the Masaḥ ?

- If 24 hours pass for a muqīm (resident)
- if 72 hours pass for a musāfir (traveller)
- If socks are removed or accidentally come off

If Wuḍu breaks within the validity period of the Masaḥ then only Masaḥ needs to be done on the socks

Can a person perform Masaḥ over cotton socks ?

- There is no authentic Ḥadith which says that Masaḥ can be done over normal socks
- According to all 4 schools of thought, Masaḥ is not permissible on them
- If Masaḥ is performed on them, then it will not be valid and the Ṣalāt performed with Masaḥ will also be invalid.

Tafseer Raheemi
Al Balagh



Part 9

Masāil for young people

What do you do the first time you experience a period ?

- Dont Panic !
- Inform elder sister or mother if at home
- If at school, inform nurse or friend who is already mature
- Put on a sanitary pad
- When you get home remove any unclean clothes

Important things you now need to do & remember

- Make a note of the time and day you started & ended to calculate cycle
- Do not read any Ṣalāt or Qur'ān (don't touch the Qur'ān uncovered)
- Do not fast if its Ramaḍān
- Keep a supply of sanitary pads & panty liners if needed
- Minimum age for girl to have a period is 9 Islamic years
- Period pains - go see a doctor if you need to

How to Calculate your monthly cycle

- Period 1 started 1st January and lasted for 7 days
- Period 2 started 29th January and lasted for 7 days
- Menstrual Cycle is 28 days
- Clean Period is 21 days
- Menstrual Period – 7 days

Other things to consider

- Irregular Cycles
- Why is it important to know when you are next going to be on your period ?
- Tampons

Advice for Parents

- Inform your children of the changes their bodies will go through & periods before they reach puberty
- Provide your children with enough supply of all things they need for personal hygiene
- Ensure our children are aware of their personal physical boundaries
- Advise your children on what to do with impure clothes and bed sheets

Answers
on
thinking they have
to they need to
to perform
signs of the wet

Common Questions & Answers

Question: Person wakes up thinking they have had a wet dream, do they need to perform ghusl ?

Answer: If there are no visible signs of the wet dream, then no need to perform ghusl

Advice for young people

- Have enough spares, underwear, towels, bed sheets pyjamas, etc.
- If you know how to use your washing machine, then wash clothes yourself
- If you need anything, don't be afraid to ask your parents
- Ask them how best to dispose of unclean clothes/bedding

**Stay in a pure state
at all times !**

Workshop Question 5

What are the main difficulties a student faces when they want to read Ṣalāt at school or college?



Part 10

Masāil for the Schools & the Workplace

Reading Ṣalāt at School or College

Performing Wuḍu at school - if you cant wash your feet what can you do ?

- If you live nearby, go home during break or lunch and perform Wuḍu
- If you can keep you Wuḍu, do it before you go to school
- If the school has a disabled toilet, ask if you can use it
- If the school has a first aid room with a sink, ask if you can use that

Use Masaḥ socks

Reading Ṣalāt at School

- Cleanliness & Safety
- Finding a place to Pray Ṣalāt
- Reading the whole Ṣalāt
- Sharing a prayer room with brothers
- Making the most of opportunities



Common Questions

Question: Can we still read Ṣalat if we can see small specs on underwear and not sure what they are ?

Question: Do I need to change my underwear or remove them before I pray?

Question: Will it be sufficient if I wash the specs with wet tissue a few times ?

Question: After Istinjā, I keep on leaking, especially in Ṣalāt I feel drops of urine coming out, what can I do ?

Question: I only had tissues to clean myself, Can I still read Ṣalāt ?

Question: Can I read Ṣalāt in uniform ?



Part 11

General Masāil for females

General Masā'il for females

Question: I started my period 10 minutes after Ṣuhr time had started but I did not read it, do I have to make it up?

Question: My normal cycle is 5 days but this month I finished after 4, can I now read my Ṣalāt?

Question: My normal habit is 7 days, but after ghusl I sometimes bleed again, what do I do?

Question: While breastfeeding, my baby vomited on me, are my clothes clean?

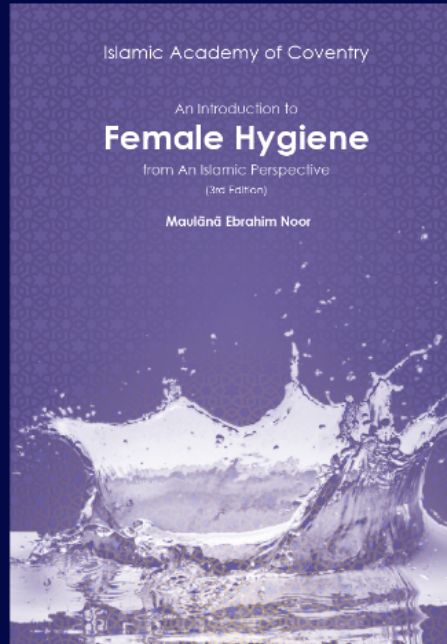
Question: Is my Ṣalāt valid if I wear nail varnish

Question: If I wore clothes during my period which were not unclean, do I need to wash them before I can wear them when I am clean?

Summary

- Learnt why hygiene is important in Islām - condition for prayer
- Age or time when a person become bāligh - mature
- What are Ḥayḍ, Istihāḍa & Nifās
- How to perform Istinjā properly
- What hair to remove and how to remove it
- Farāidh & Sunnah of Ghusl (including practical method)
- Farāidh & Sunnah of Wuḍu
- How to perform Masaḥ over socks
- Explained Masāil for young people, schools & the workplace

All information in booklets



Donations welcome for
booklet production

Jazākumullāhu
Khayrā