THINGS THAT ARE FORBIDDEN IN FASTING  
(MUFTIRĀTU 'S- SAWM)

(A) Related to Head & Mouth:  
1. Eating.  
2. Drinking.  
3. Intentionally letting the thick dust or smoke enter the throat.  
4. Vomiting intentionally (even if it is for a medical purpose).  
5. Submerging the head completely into the water.

(B) Related to Private Parts:  
7. Intentionally remaining in state of janābat* till the time of fajr.

A person becomes junub* & goes to sleep:  
(a) with intention of not doing ghusl before dawn  
= fast is bātil.  
(b) with intention of doing ghusl before dawn:  
i. but did not wake up before dawn = fast is o.k.  
ii. woke up once & went back to sleep till fajr  
= fast + do qaza.  
iii. woke up twice & went back to sleep till fajr  
= fast + do qaza + it is recommended to pay kaffārah.

Similarly, intentionally remaining in state of hayz (period) for a woman whose bleeding has stopped and has enough time to do ghusl or, at least, tayammum before fajr.

8. Doing anything that would cause discharge of semen.  

(C) Moral/Ethical  
10. Kīzb (lying) of the highest type — falsely attributing a statement to Allāh, the Prophets, and the Imams — makes the fast bātil.

Note: If a person does any of the muftirāt intentionally, then the fast will become bātil (null/void). However, doing any of these unintentionally does not harm the validity of fasting.

*Janābat is a state of ritual impurity (najāsat) caused by sexual intercourse or discharge of semen. “Junub” means the person on whom ghul-e janābat is wājib.  
Qaza means to make up the fast during other days after Ramadhān.  
Kaffārah means penalty.

For more information/question, please call Sayyid Muhammad Rizvi at (905) 737-9577
THOSE EXEMPTED FROM FASTING

An elderly person who cannot fast at all or it causes great difficulty for him/her. There is no qaza for them at all. However, they have to pay fidya. (Fidya is different from kaffarah. Fidya is compensation whereas kaffarah is a fine.) Fidya for each day of fasting: 750 grams of wheat or rice; although giving 1.5 kg of wheat or rice is better.

A person whose medical condition does not allow him/her to stay thirsty (e.g., diabetic). If this person recovers from the medical problem, then it is wajib for him to do qaza. Such a person also has to pay fidya for each day of fasting.

A pregnant or a nursing woman if fasting would harm her or the child. Such a woman has to do qaza; and also pay fidya.

If a traveler stays for ten days continuously in one city, then he can fast; but if he is going to stay in one city for less then ten days, then he cannot fast—he will have to make up (do qaza) the days he missed after the month of Ramadhân.

THE SPECIAL NAWÂFIL OF RAMADHÂN

The special nawâfil (recommended or supererogatory prayers) for the month of Ramadhân are to be recited as follows:

1st to 20th day: 20 raka‘ât (2 rak‘at x 10) each night.
19th, 21st & 23rd: 100 raka‘ât (2 rak‘at x 50) each of the three eves.
21st to 30th: 30 raka‘ât (2 rak‘at x 15) each of the ten nights.

The total numbers of the special nawâfil of Ramadhân comes to 1000 rak‘ât. However, it is important to note that these nawâfil prayers, from the Shi‘a Islamic perspective, cannot be said in congregational form (jamâ‘at); it can only be said in individual form (furâda).

The Prophet (s.a.w.) said, “…I recommend you to say prayers in your homes because the best of a person’s prayers is in his home except for the obligatory (prayers).”

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MAS'ALA OF THE DAY

FASTING & USE OF MEDICINE

What enters your body:

- through the **mouth**
  (e.g. food & drink) = the fast is **bātil** (invalid).
  *(The puffer used for asthma would not make the fast bātil if the spray enters the respiratory tract and not the passage of food and drink.)*

- food & drink
  (e.g., through i.v.) = the fast is **bātil**.

- through any other route:

- **medicine** (e.g., nasal-drops, eye-drops, injection*) = the fast is **okay**.

Note: When the fast becomes bātil because of medical reason,
then one has only to do the qaza; there is no kaffārah in that case.
* except liquid enema which makes the fasting bātil.

If you have any question, please do not hesitate to contact me at mosque (905) 707-8594 or home (905) 737-9577.

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