

Rules of Fasting

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Translated from the world famous 'Nur ul Eedaah' of Imam Hassan bin Ammaar Shirinbilaali (born 994 hijri in Egypt). He studied and taught at the famous Al Azhar and was a student of Shaykh Mahmud Hamwi; Shaykh Abdur Rehman Museeri; Imam Abdullah Naheeri. He spent his later life in Al Quds at the Sacred Masjid ul Aqsa.

Nur ul Eedaah is taught to students of Aalim courses in Hanafee seminaries in the Middle East, e.g Mahad ul Fath ul Islaami in Damascus and the Subcontinent, e.g Daar ul Uloom Deoband in India and Jamia Nizaamia Rizvia in Lahore. Student Aalims are encouraged to memorise it's text by heart. It is the first or second year text and thus does not offer any proofs for the rulings, those come in later years in books such as the Hidaaya.

The translation will be updated and added to during the month so make sure to check the 'updated' date at the top of the document

Matters that do not break the fast

- Eating, drinking or intercourse through forgetfulness (that one is fasting). If the forgetful person has the strength to keep the fast then the onlooker must remind him that he is fasting. If the forgetful person does not have the strength to keep the fast he should not be reminded.
- Ejaculation through seeing or thinking, even if one thought or looked for a long time.
- Applying oil or applying kuhl, even if one can taste the kuhl in his throat
- Imitating someone or backbiting
- Making the intention to break the fast but not actually doing so
- If smoke or dust enters his throat without his own action.
- To remain the whole day in a state of Janaabah (greater impurity)
- If one dives into a river and water enters his ear.
- Cleaning the ears with a stick.
- Mucus comes out of the nose and one snorts it back into the nose
- A person vomits and without his own action it returns back down his throat
- Vomited on purpose but only a quantity less than that which would fill the mouth.

- Swallowing whatever is stuck between the teeth if in total is less than a chick pea
- Entering into the mouth something the size of a sesame seed and chewing it until it disappears – only if no taste reaches the throat.

Matters that do break the fast and necessitate a penalty along with making up the fast

Whenever anyone does one of the following intentionally and with free will:

- Intercourse for both involved
- Eating or drinking an item that is normally eaten or used as medicine. This would include eating raw meat, fat, dried meat, wheat, swallowing a seed of barley or sesame.
- Eating salt
- Swallowing the saliva of the husband/wife or lover. Swallowing the saliva of someone else does not break the fast.
- Eating purposefully after believing incorrectly that the fast had been broken.
- Swallowing rain water that has entered the mouth

Matters that do break the fast and do not necessitate a penalty along with making up the fast

- Eating or drinking an item that is normally not eaten e.g dry rice, knead dough, dry flour, a great amount of salt, wool, date stone and paper.
- Swallowing stones, metal, soil or snorting medicine up the nose.
- Putting anything down the throat.
- Putting drops of oil or water into the ear.
- Putting medicine into a wound on the stomach or head and the medicine reaches the gut or mind.
- Being forced by another to break the fast, even when a woman is forced into intercourse

- Eating on purpose after eating by accident (i.e he ate by accident and thought that this had broken the fast and then carried on eating). Similarly committing intercourse intentionally after committing it having forgotten he was fasting.
- Breaking a fast for which the intention to fast was made that day and not the night before.
- If the person was travelling in the morning (and fasted and did not do anything to break the fast) and then after reaching his destination and settling he broke the fast.
- He is at home during the first part of the day and then begins a journey and breaks the fast.
- Breaking the fast early after mistakenly believing the sun had set
- Ejaculation after touching or kissing someone.
- Breaking a fast other than that of Ramadhān
- Forcing vomit back down the throat (the amount of vomit must have been at least a mouthful)
- Eating something stuck between the teeth which when collected amounts to a chick pea.
- Fainting

(to be continued – please keep checking the website for updates)