

**The Rules on the Female's
Three Natures of Blood**
Menstruation (*Al-haidh*)
False Menstruation (*Al-istehadha*)
Post-Partum Bleeding (*Al-nifas*)

Menstruation (*Al-haidh*)

Menstrual discharge (*Al-haidh*) is a kind of blood which is normally discharged every month from the womb of women for a few days. When menses is discharged the woman is called '*Haaedh*'.

Menstruation (*al-haidh*) blood is never active in a female's body before the age of puberty because the blood a girl sees before she turns nine years old cannot follow the rules of menstruation; however, the blood a woman sees after the age of sixty is not menstrual for certain. As per recommended precaution, a female who is not from the clan of *Quraish*, if she sees blood between the age of 50 and 60 lunar years, having the same signs as those of *Haydh*, she should combine the 'does' of *Mustahadha* and 'don'ts' of *Haaedh*.

Definition and Identification

Menstruation (*al-haidh*) is the blood gushing naturally from the female's uterus outward once every month as it is mostly known or according to the female's own private regularity. The blood is either red or extremely reddish to a degree almost black; such blood is thick, hot and forcefully leaves with it a burning; in that it differs from the blood of false menstruation (*al-istehadha*) which is often light red, thin, cool and leaves the uterus moderately warm. A female ought to recognize the difference between those two variations of blood as she must quit praying and fasting when a menstruation (*al-haidh*) is due.

Menstruation (*al-haidh*) is not supposed to be fewer than three days and it must not exceed ten days. When it exceeds ten days, the period is not wholly considered menstrual but rather partially menstrual and partially *Al-istehadha*.

The Rules of the Menstrual Female

The following are a set of prohibited matters for the menstrual female:

- ❖ A menstrual female cannot do anything conditioned by purity such as prayers or fasting, for instance, if she becomes menstrual before sunset, her fasting is considered invalid.
- ❖ A menstrual female cannot go for circle touring around *Al-Kaaba* (*tawaf*) or retiring in a Mosque (*itikaf*) as they both require walking into the Mosque, a doing which is prohibited to do.
- ❖ A menstrual female is prohibited from doing the same things that a major ritually impure person (a person in the state of *Janabat*), male or female, is prohibited from.
- ❖ Touching the script of the Holy Qur'an except the footnotes or the outer cover although she can carry it.
- ❖ Touching the Name of Allah; it is recommended not to touch the Names of the Prophets, the Imams, or the name of Fatima Al-Zahra
- ❖ Reading the four verses (*al-ayat*) which the reader must prostrate. (Verse 15 of *Surat Al-Sajdah*), (Verse 37 of *Surat Fussilat*), and (Verse 62 of *Surat An Najm*), and (Verse 19 of *Surat Al-Alaq*).
- ❖ Staying at either of the Holy places - the Holy Mosque in Makkah or the Prophet's Mosque (May Allah's prayers be upon him and his household) in Medina Al-Munawarah, either passing through or crossing them.
- ❖ Attending any mosque but walking through an entrance and walking out through another is allowed; she is prohibited from placing anything inside as a precaution whether passing or standing outside; she even cannot walk in to take anything from inside except in case of passing by.
- ❖ Entering the Holy Shrines of the Infallible Imams (a.s.) as a precaution, yet she may enter the surrounding front yard outside and the archways.
- ❖ Having intercourse is prohibited. A husband cannot have intercourse with his wife while she is still in menstruation.

Other Rules Related to the Menstrual Female

A menstrual female has to make up for the fasts missed after she becomes pure, (*tahira*), whether for the month of Ramadan or for a vow made for

Allah. For instance, if she vows that she will fast on Friday from the beginning of the following month and she gets menstruation then she has to break her fasting and make up for it. She does not have to make up for the five prayers she missed during menstruation.

False Menstruation (*Al-istehadha*)

Al-istehadha

One type of blood which is seen by women is called *Istihadha* and a woman in that state is called *Mustahadha*.

Definition and Features

False-menstruation (*al-istehadha*) is a blood other than menstrual blood that is discharged at various times, mostly seen after menstruation (*al-haidh*) or after post-partum bleeding (*al-nifas*), and possibly preceding the monthly period. As for its features, it differs from menstrual blood and it is rather the opposite, for it is mostly thin, cool and is discharged very lightly; also, it is light red and it may become almost yellowish; while at other times, it may carry the menstruation (*al-haidh*) blood features perfectly well.

Not only menstruation (*al-haidh*) blood but also false-menstruation (*al-istehadha*) are never active in a female's body before the age of puberty because the blood a girl sees before she turns nine years old cannot follow the rules of *al-istehadha*; however, the blood a woman sees after the age of sixty is not menstrual for certain, but as a necessary precaution she must go by the rules of false menstruation.

To sum up, any blood a female sees after the age of puberty, not at the time of giving birth and if it is not a menstruation (*al-haidh*), an injury, an ulcer or vaginal membrane¹ blood, then it must be a false-menstruation (*al-istehadha*) whether little or much.

The Phases of the False Menstrual (*Al-istihadha*) Female and Her Duties

There are three kinds of *Istihadha*:-

1. Little Blood (*Qalila*)

If the blood remains on the surface of the wool or pad etc., (placed by a woman on her private part) but does not penetrate into it, the *Istihadha* is called *Qalila*.

In the case of little *Istihadha* the a woman should perform separate *Wudhu* for every prayer. Immediately start the prayer after the ablution.

2. Medium Blood (*Mutawassita*)

If the blood penetrates into the cotton (or pad etc.), even partially, but does not soak the cloth tied on the outer side, the *Istihadha* is called *Mutawassita*.

In the case of *Mutawassita*, it is an obligatory precaution for a woman to make one *Ghusl* everyday for her daily prayers. Perform *Ghusl* for the dawn prayer once every day as a precaution - except in the first day, she has to perform *Ghusl* for the prayer before which the false menstruation (*al-istihadha*) had happened then she has to do the ablution for it.

3. Excessive Blood (*Kathira*)

If the blood penetrates through the cotton, soaking it and the cloth (etc.) around it, the *Istihadha* is called *Kathira*.

In the case of excessive bleeding the woman should do one *Ghusl* for *Fajr* prayers, one for *Zuhr* and *Asr* prayers and once again for *Maghrib* and *Isha* prayers. She should offer *Asr* prayers immediately after *Zuhr* prayers and if she allowed any lapse of time between them, she should do *Ghusl* again for *Asr* prayers. Similarly if she keeps any

time gap between *Maghrib* and *Isha* prayers, she should do *Ghusl* again for *Isha* prayers.

The General Rules of the False Menstrual Female (*Al-istehadha*)

A *Mustahadha* (after performing her obligatory *Ghusl* where required) and *Wudhu*.

- may enter the Mosques,
- read the Qur'an including the verses which contain obligatory *Sajdah*.
- She is also required to fast during the month of Ramadhan.
- She can touch the holy scripts of the Holy Qur'an.
- Praying of *Salat al-Ayat* is obligatory for a *Mustahadha* woman.

Post-Natal Bleeding (*Al-nifas*)

NIFAS

DEFINITION OF *NIFAS*

In the Islamic legal terminology, *Nifas* means "the blood which is discharged from a woman's womb during or after the childbirth."

In the present context the word *Nifas* is usually translated as "post-natal bleeding."

The woman who has *Nifas* is known as *Nafsa'*.

The blood which is discharged from a woman's womb after a miscarriage is also *Nifas*.

Conditions of Post-Natal Bleeding (*Al-nifas*)

- Post-partum bleeding (*al-nifas*) does not exceed ten days. Therefore, the common belief among the lay women that they should quit praying

and fasting for forty days after delivery is nothing but misconception.

- There is no minimum duration for *nifas*. Even if only a drop of blood is discharged during or after childbirth, it will be regarded as *nifas*.
- If blood exceeds ten days after delivery, then the rest of the days are considered false menstruation (*Istehadha*).
- The blood that is discharged just before the delivery of the baby, whether partial or complete delivery, is not considered post-natal bleeding (*al-nifas*).
- As far as the period of occurrence is concerned, any blood which is discharged within ten days of childbirth is *Nifas*. So if a woman who saw no blood during or after the childbirth sees blood nine days later, that blood will still be regarded as *Nifas*.

The Start of Calculating the Post-Natal Bleeding (*Al-nifas*)

- The maximum period for the bleeding to continue when it is post-natal (*al-nifas*) is ten days and the count starts right from the very first moment when blood is seen directly after delivery.

The Rules for the *NAFSA*

- A *Nafsa* woman shares with the menstrual woman (*Haedh*) all the obligations, the prohibited practices, the undesirable and the desirable acts. A *Nafsa* woman makes up for fasting but does not make up for prayers missed.

For details, the books given below will be ideal for reference.

Women's Issues Made Simple

By Batul S. Arastu

It is available On-Line:

[http://www/shiamultimedia.com/books/English/Women's Issues Made Simple/pdf](http://www/shiamultimedia.com/books/English/Women's_Issues_Made_Simple/pdf)

OR
The Ritual Ablutions for Women
Taharatu 'N-Nisa'

A Comprehensive book on the *shari'ah* laws pertaining to the ritual ablutions for women according to the Shi'ite (Jafa'ari) school of Jurisprudence (*fiqh*)

by

Sayyid Muhammad Rizvi

Published by:

Vancouver Islamic Educational Foundation
P.O Box 23095, Vancouver A.M.F
Vancouver, British Columbia, Canada V7B 1T9

It is also available On-Line

http://www.al-islam.org/taharah_women/