

Dar-ul-Ifta

Jummah Masjid

39, Royal Street, Port Louis, Mauritius - Tel: 242-1129 / Fax: 242-7260
www.jummahmasjid.org / ✉ info@jummahmasjid.org

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

نحمده و نصلى على رسوله الكريم

HAIZ (MENSES)

Haiz (Menses)

The blood which usually comes every month from the private part of a woman is known as Haiz (menses).

Minimum duration:

The minimum duration of Haiz is three days (One day here means 24 hours); it means 3 days and 3 nights.

Maximum duration:

The maximum duration of Haiz is 10 days (10 days and 10 nights).

(a) If someone had menses for 6 days in the previous month, and in the next month she had eight days, so all the eight days will be counted as Haiz, because now the habit is changed to eight days.

(b) If someone habitually had her menses for 8 days, and in the next month she had 12 days, so here eight days will be counted as Haiz and the rest four days will be included in Istihaaza.

Duration between two Haiz (Period of Cleanliness)

There are minimum 15 days and 15 nights between two Haiz which is called Tuhur (period of cleanliness) and there is no limit for the most.

Istihaaza (Prolonged morbid menstruation)

(a) If someone has menses less than 3 days, so this is not Haiz, rather it is called Istihaaza, it has happened due to some sickness or infection.

(b) If someone has menses for more than 10 days and 10 nights, so the days other than 10 will be counted as Istihaaza.

For Example:

1. A woman had menses for 12 days, so 10 days will be counted as Haiz and the two days will be included in Istihaaza.
2. Or a woman had menses for one month (i.e. 30 days), so the first 10 days will be counted as Haiz, and 15 days as Istihaaza and after the 15 days again the blood will be counted as Haiz till the end...

Rule 01: During the period of Haiz, it is not allowed to perform any prayers, to observe fasting, to perform Tawaaf, to read and to hold the Holy Quran.

Rule 02: During the period of Haiz, it is allowed to read any Tasbeeh, Dua and Wazifa.

Rule 03: It is permissible to read Dua from Qur'an with the intention of Dua, Not with the intention of tilawat (recitation). I.e Rabbanaa Aatinaa Fid Dunyaa...

Rule 03: The prayers during the menses are excusable but fasting is not excusable, she will have to replace all the missed fasting.

Rule 04: During the period of Istihaaza, a woman will have to perform all her prayers, to keep the fasting, she can recite the Holy Quran and also she can hold it.

Nifaas (after birth discharge)

The maximum duration of Nifaas (the blood after child birth) is 40 days and there is no minimum duration. Same rules will be applied as monthly menses for a woman.

Note: If someone had non stop menses, after each prayer read **YAA QAABIDHU YAA ALLAH** (**يا قابض يا الله**). Insha Allah the problem will be solved very soon.

Jazaakallah

Mufti Muhammad Ishaq Qadri Rizvi

Director of Dar ul Ifta

Jummah Masjid