



The Book of Fasting from Manhaj as-Salikeen

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LESSON TWO

[THOSE EXCUSED FROM FASTING]

- ٢٤٦ - وَالْمَرِيضُ الَّذِي يَنْضَرُّ بِالصَّوْمِ، وَالْمُسَافِرُ، هُمَا الْفِطْرُ وَالصِّيَامُ. Sick people harmed by fasting and travelers have the option of fasting or not fasting.
- ٢٤٧ - وَالْحَائِضُ وَالنَّفْسَاءُ، يَحْرُمُ عَلَيْهِمَا الصِّيَامُ، وَعَلَيْهِمَا الْقِضَاءُ. It is *haram* for women who are menstruating or experiencing postpartum bleeding to fast. They must make up the fast.
- ٢٤٨ - وَالْحَامِلُ وَالْمَرْعُ إِذَا خَافَتَا عَلَى وَلَدِيهِمَا، أَفْطَرْتَا، وَقَضَتَا، وَأَطْعَمَتَا عَنْ كُلِّ يَوْمٍ مَسْكِينًا. Pregnant and breastfeeding women who fear for their child should not fast. They must make up the days as well as feed a needy person for each day they did not fast.
- ٢٤٩ - وَالْعَاجِزُ عَنِ الصَّوْمِ، لِكِبَرٍ أَوْ مَرَضٍ لَا يَرْجَى بَرْؤُهُ، فَإِنَّهُ يَطْعَمُ عَنْ كُلِّ يَوْمٍ مَسْكِينًا. Those who cannot fast due to old age or an incurable disease must feed a poor person for each day missed.

[THINGS THAT NULLIFY THE FAST]

- ٢٥٠ - وَمَنْ أَفْطَرَ فَعَلِيهِ الْقِضَاءُ فَقَطْ، إِذَا كَانَ فِطْرُهُ بِأَكْلِ، أَوْ بِشَرْبٍ، أَوْ قِيءٍ عَمْدًا، أَوْ حِجَامَةٍ، أَوْ إِمْنَاءٍ بِمُبَاشَرَةٍ. Whoever breaks the fast by eating, drinking, intentional vomiting, *hijamah* (cupping), or frottage-induced emission of semen must make up the day only.
- ٢٥١ - إِلَّا مَنْ أَفْطَرَ بِجَمَاعٍ فَإِنَّهُ يَقْضِي وَيَعْتِقُ رَقَبَةً، فَإِنْ لَمْ يَجِدْ فَصِيَامُ شَهْرَيْنِ مُتَتَابِعَيْنِ، فَإِنْ لَمْ يَسْتَطِعْ فَأِطْعَامُ سِتِّينَ مَسْكِينًا. However, those who break the fast by sexual intercourse must make up the day and free a slave. If he cannot free a slave, he must fast two consecutive months. If he cannot do so, he must feed sixty poor people.