



The Young Muslims UK



Ghusl

For women

Based on Fiqh-us-Sunnah



- Why does Islam require us to be in a state of ghusl?
- What is ghusl?
- What things do we need ghusl for?
- What kinds of impurity will require us to make ghusl?
- How do you do it?
- Are there any areas of debate?
- Scenario around wudu

Why?

What is it?

What for?

When?

How?

Really?

What if...



“I thought
Islam makes
it easy to
connect to
God...
Then why
does it insist
on ghusl?”

- Islam is a religion of **dignity**
- To approach Allah, we should be in a **clean and pure state**.
It is **disrespectful** to the Almighty otherwise
- Although Allah is **Merciful** and can answer any prayer, if we haven't made an effort, then ask: can we really **expect** Allah to respond positively?
- See hadith on the next slide...

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“I thought Islam makes it easy to connect to God... Then why does it insist on ghusl?”

- The Messenger of Allah (ﷺ) said, “Allah the Almighty is Good and accepts only that which is good. And verily Allah has commanded the believers to do that which He has commanded the Messengers.”
- So the Almighty has said: “O (you) Messengers! Eat of the tayyibat [all kinds of halal (legal) foods], and perform righteous deeds.” [23:51] and the Almighty has said: “O you who believe! Eat of the lawful things that We have provided you.” [2:172]
- Then he (ﷺ) mentioned [the case] of a man who, having journeyed far, is disheveled and dusty, and who spreads out his hands to the sky saying “O Lord! O Lord!” while his food is haram (unlawful), his drink is haram, his clothing is haram, and he has been nourished with haram, so how can [his supplication] be answered? [Muslim]

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What is ghusl?

- Ghusl means to wash the entire body with water.
- Says Allah in the Qur'an, "If you are sexually impure, **purify yourselves.**"
- And, "They question you concerning menstruation. Say: It is an illness, so let women alone at such times and do not have sex with them **until they are cleansed.**" (al-Baqarah 222)

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What if...

What things do we need to be 'ghusl-pure' for?

- Salah
- Touching or carrying the Qur'an
- Reciting the Qur'an
- Circumambulating the Ka'bah
- **What about staying in a mosque during periods?**
 - Many scholars said it's not allowed but there are **no authentic hadith or clear evidences to justify this position.**
 - E.g. women on their periods are still encouraged to attend Eid prayer to listen to the khutbah
 - And attend courses at the mosque
 - And non-Muslim women are allowed to enter without being asked impolite questions!

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It is good (Sunnah) to do ghusl, but not obligatory when...

- Before the Friday prayer
- For the 'Id prayers
- After washing a corpse
- For Hajj
- On entering Mecca
- At Mount 'Arafah

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What if...

We definitely must do ghusl (Fardh) when...

- After menstruation
- Sexual intercourse
- Discharge with orgasm
- Death
- A non-Muslim upon embracing Islam

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When you need wudu', or ghusl

Different types of vaginal discharge...

- Wadi - thick white secretion after urination
- Al-Madhi - white sticky fluid released when aroused
→ Wash off the body, sprinkle water on clothes and do wudu'

Versus:

- Al-Mani - thin, yellow secretion on orgasm
- Menstrual Blood - when it ends.
→ These require ghusl

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Menstruation - Why?

Are females impure?

- Certainly not! It is from the Mercy of Allah.
- “They ask you about menstruation. Say it is an illness...” (2:222)
The word ‘illness’ means discomfort and emotional upset.
- If you make wudu’ and sit to remember Allah at a prayer time, intending to draw near to Him, you get the reward of your **best ever salah.**

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Menstruation and Allah's wisdom

Allah mentions in the Qur'an: the orbit of the planets, the cycles of day and night, the life cycle, the water cycle that brings life to dry earth and so on....

Menstrual cycles are part of this same Divine decree and wisdom.

- Menstrual cycles are an expression of Allah's majesty; like so many other cycles in creation.
- Menstrual cycles are not to be ashamed of nor are they by any means a curse
- In fact, menstruating women require compassion that reflects their difficulty.
- Though menstruation means a female is in ritual impurity, a Muslim is never impure. Rather: it is only what comes out, the blood, that is an impurity.
- The Prophet (ﷺ) said **"The believer never becomes impure."** (Muslim)

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Menstruation - Limits...



Acts not allowed during menstruation...

- **Praying Salah** - don't need to make up missed ones
- **Fasting** - make up missed ones
- **Tawaaf** of the Ka'ba
- **Sajdah** (prostration as done in prayer)
- **Sexual relations**

Differing opinions if it is allowed

- Touching the mus-haf, and tilaawah (reading/reciting the Qur'an)

For recitation from memory (not touching Qur'an), there are differing opinions.

Ibn Taymiyyah, Malik and others: it is fine for a woman to recite during her period as there is no *sahih* or *mutwatir* evidence of the Prophet (saw) preventing women in menses from reciting Qur'an.

Also, reading on your phone or touching a Qur'an that is not a stand-alone mushaf - i.e it has more non-Quranic text than Quranic text - like translations or tafsir, is fine too.

- Staying in a masjid – see the next slide...

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Room for debate: entering the mosque on your period

If you are physically unclean, can you not **enter** the mosque or can you just not **sit in it**?

- Umm Salamah related that the Prophet, upon whom be peace, came to the mosque's courtyard and said at the top of his voice, "The mosque is off limits to menstruating women and the sexually impure persons." (Ibn Majah and at-Tabarani)

Versus:

- Said 'Aishah, "The Prophet said to me, 'Hand me my cloth from the mosque.' I said, 'I am menstruating.' He said, '**Your menstruation is not in your hand.**' " (Related by the group, except for al-Bukhari)
- Many scholars said it's not allowed but there are **no authentic hadith or clear evidences to justify this position.**

E.g. women on their periods are still encouraged to attend Eid prayer to listen to the khutbah
And attend courses at the mosque
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Menstruation

You can still...

- Make du'as and do dhikr, including ayaat intended as du'as
- Look at the Qur'an and touch it with a cloth, or use a screen
- **Learn and teach Qur'an** and use other texts e.g. books of tafsir
- Attend Eid prayer
- Visit graveyards
- All other acts of Hajj
- Sleep in your usual bed and be intimate with your husband
- Wear and pray in clothes that have been washed but have a remaining stain from the colour of old blood.

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Menstruation

YOU MUST...

Wait until your discharge is clear, white or you have no discharge to do ghusl.

Start keeping a record of your menstrual cycles as the 'habit' determines what to do in any situation.

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Ghusl How to?

The intention.

- Start with bismillah (Hanafis)
- The intention is only made in the heart, and should not be stated, “as this would be tantamount to innovation”

According to the practice of the Prophet, upon whom be peace, the correct manner of performing ghusl is:

1. Wash both hands three times.
2. Wash the genitals.
3. Make a complete ablution (like the one made for prayer) - the Prophet used to delay washing his feet until the end of his ghusl if he was using a tub.
4. Rub water through your hair three times, letting the water reach down to the roots of the hair.
5. Pour water over the entire body, beginning with the right side, then the left, washing under the armpits, inside the ears, inside the navel, inside the toes and whatever part of the body can be easily rubbed.



Ghusl How to?

- Question:
- “If I’ve been for a swim, would that count as ghusl?”
- If not, then why not??

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Ghusl How to?

The bare minimum (fara'id)

- (Hanafi Madhab, Sheikh Faraz Rabbani)
 - <https://seekersguidance.org/answers/hanafi-fiqh/the-ritual-bath-ghusl-obligatory-recommended-and-disliked-acts/>
1. Rinse mouth
 2. Rinse the nose
 3. Wash the entire body
 4. (Including undoing braids if a man, not necessary if woman)

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Also don't forget:

1. Cut nails
2. Trim/shave armpit hairs
3. Trim/shave pubic hairs
4. Cannot bathe publicly in the nude or where others are naked

The Prophet (PBUH) said:

"The fitrah is five things – or five things are part of the fitrah – circumcision, shaving the pubes, cutting the nails, plucking the armpit hairs, and trimming the moustache." (Al-Bukhari and Muslim)

Imam Ahmad: "If you know that everyone inside the bathroom is wearing a loincloth, you may enter. If not, then don't enter."

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Ghusl How to?

Room for debate...

Is ghusl obligatory if you have washed a corpse?

- Abu Hurariah reported that the Prophet, upon whom be peace, said, "Whoever has washed a corpse must perform ghusl, and whoever carried him must perform ablution." (Related by Ahmad, Abu Dawud, at-Tirmizhi, an-Nasa'i, Ibn Majah and others.)
- However, there is some criticism of this hadith. 'Ali ibn al-Madani, Ahmad, Ibn al-Munzhir, ar-Rafi' and others say, "The hadith scholars did not classify anything on this topic as authentic." But Ibn Hajr quotes at-Tirmizhi and Ibn Hibban: "At-Tirmidhi called it hassan and Ibn Hibban called it sahih. And, due to its numerous chains, it is most likely hassan."
- The order in the hadith implies preference, based on what has been related by 'Umar, who said, "We used to wash the dead. Some of us would perform ghusl and some would not." (Related by al-Khateeb with a sahih chain.)

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Scenario

- You are on the committee for your school Islamic society. The teachers are concerned about two things and have asked you to find solutions:
 1. Children are getting back to class late after jumah – you have realised that **there are only two sinks by the prayer room and everyone is taking rather long to do immaculate wudus**, and jumu'ah prayer starts late waiting for enough people to come and sit down
 2. There is a **terrible, muddy 'flood'** on the floor around the sinks afterwards
- The committee decide the best way to solve the problem is if **each person takes ownership**.
- You want to make an announcement – **what should you suggest?**

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Scenario

What does the shari'ah actually expect of people in these complex situations?

- Is it fair for one person to get the perfect wudu and force everyone else to miss their prayer or cause jumu'ah to be delayed? Or maybe even be cancelled by the school?
 - Will they really get as much reward as they're imagining in this situation?
 - Compare with cars parked on roundabouts to catch jumu'ah prayer!
- **Wiping three times is *sunnah***, and should be done when you **have time** and are not inconveniencing anyone else.
- **Otherwise, the minimum (*Fara'id*) for an accepted Wudu (Hanafi):**
 1. To wash the face
 2. To wash the two arms [the hands are included in the arms]
 3. To apply *masah* (wiping) on at least one-fourth of the head
 4. To wash the two feet
 5. ONCE

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Scenario

Masah

- Means wiping
- Allowed to wipe over socks, instead of washing feet

Says Ibn Hajr in Fath al-Bari,

"All of the preservers (of hadith) are of the opinion that: wiping over the socks has come through a continuous transmission.

Some have collected all of its narrations (from among the companions), and its number exceeds eighty.

This includes hadith from the ten people who were promised Paradise."

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Scenario

Masah

- Top of socks only
- Only if socks or shoes were put on **whilst in wudu**
 - And then NOT taken off again – otherwise the wudu breaks
- Makes life a lot more practical
- Especially when people don't understand our wudu
- And in cold climates where waters takes ages to dry

Any type of socks

- Except Hanafis - traditionally only leather socks
- But contemporary Hanafi scholars e.g. Sh. Akram Nadwi, say cotton socks as well

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