

Istihadhah (الإستحاضة)

DEFINITION OF ISTIHADHAH (الإستحاضة):

In Islamic terminology, Istihadhah means any blood discharged from women, which is not from menstruation, loss of virginity, post-natal bleeding or internal injury.

The woman who has Istihadhah is known as Mustahadhah (مستحاضة).

TYPES OF ISTIHADHAH:

399. There are three kinds of Istihadhah:

- 1) Slight (Qalilah)
- 2) Medium (Mutawaassitah)
- 3) Excessive (Kathirah). Explanation is given below:

I. Little Blood (Qalilah) (قليلة)

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 istihadhah is called Qalilah.

II. Medium Blood (Mutawaassitah) (متوسطة)

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

III. Excessive Blood (Kathirah) (كثيرة)

If the blood penetrates through the cotton, soaking it and the cloth (etc.) around it, the Istihadhah is called Kathirah.

SIGNS OF ISTIHADHAH:

Istihadhah usually has four signs:

1. It is cool
2. Yellow in colour
3. Thin in substance
4. It is discharged without pressure or burning sensation.

NOTE:

Although these are the signs, which usually appear in Istihadhah, sometimes it is quite possible for it to appear without some or all of them.

DURATION OF ISTIHADHAH:

Unlike Haidh, **there is no** minimum or maximum limit for the discharge of Istihadhah. **Neither is there any specific time** in a woman's lifetime during which it appears. It can come before a girl

becomes nine years old, and after a woman has entered the age of menopause. **Nor is there a minimum** duration between the occurrences of two Istihadhah.

PRAYERS OF THE MUSTAHADHAH (مستحاضة):

NOTE:

It should be noted that since Istihadhah is considered a najaasat (impurity), which is different from Haidh, the woman is Istihadhah **is not** exempted from prayers. She has to pray, but the validity of her prayers depends on fulfilling the acts, which are required of her.

RULES:

THE QALILAH (القليلة):

A woman with Istihadhah Qalilah has to change the pad and perform wudhu for each and every salaah whether it is Wajib or Mustahab.

If the sanitary napkin has not become najis, then it is not necessary to change it.

THE MUTAWASSITAH (المتوسطة):

A woman with Istihadhah Mutawassitah has to change the sanitary napkin, perform wudhu for every salaah and perform in addition a Ghusl before the dawn prayer.

NOTE:

- - If the medium bleeding of Istihadhah starts after the dawn prayer, then on that day it is Wajib on the Mustahadhah to perform a Ghusl before the noon prayer.
- If it starts after the noon prayers, then it is Wajib on her to do the Ghusl before the evening prayer.
- If the woman sees Istihadhah Mutawassitah before the dawn prayer and does not perform Ghusl, then she has to do Ghusl before noon prayer and repeat her dawn prayer after the Ghusl.

THE KATHIRAH (الكثيرة):

The Kathirah has to perform **three Ghusl** in a day. One Ghusl before fajr prayer, one before Zohr and Asr prayer and one before evening and night prayers (Maghrib and Isha). She also has to change sanitary pads before every salaah.

NOTE: In any case, in Istihadhah Kathirah, Ghusl suffices Wudhu. That means it is not Wajib for Mustahadhah Kathirah to do wudhu after Ghusl.

FASTING OF THE MUSTAHADHAH (مستحاضة):

The Mustahadhah has to fast like every other woman. The only difference is that their acts of worship will not be valid unless they observe the rules.

In case of the women with Istihadhah Qalilah, the validity of their fasts is dependent upon the Ghusl, which they are required to perform before the fajr -dawn prayer. (This rule is based on Ihtiyat-e-mustahab, precautionary recommendation).

SEX DURING ISTIHADHAH:

There is no restriction, whatsoever, on sexual intercourse for a Mustahadhah with Slight Bleeding.

For Mustahadhah Mutawassitah and Kathirah, sexual intercourse is lawful only if she has performed the Ghusl/Ghusls, which are required of her. (This is based on precautionary recommendation).

GHUSL ISTIHADHAH:

Istihadhah Ghusl is done in the same manner as any other Ghusl with the intention of Ghusl-e-Istihadhah (or whichever kind may be).