

Ahle Baith Foundation, Inc.

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RULES of ROZA OR SAWM OR FASTING

The following is a short summary of rules that must be observed during the state of Fasting. They were compiled by H.I. Maulana Syed Tilmiz Husnain Rizvi.

Fasting, means that a person must, in obedience to the commands of Almighty ALLAH (SWT), from the time of Adhan for Namaz-e-Fajr up to Namaz-e-Maghrib avoid certain Haraam and Makrooh things which are mentioned below:

HARAAM: The following Nine (9) acts are Haraam during Fasting which makes the Fast void:

1. Eating and drinking
2. Sexual intercourse
3. Masturbation (Istimna) which means self abuse resulting in ejaculation
4. Ascribing false things to Almighty ALLAH (SWT) or His Prophet (PBUH) or to the Imams (AS)
5. Swallowing thick dust
6. Immersing one's complete head in water
7. Remaining in Janabath or Haidh or Nifaas till the Adhan's time for Namaz -e-Fajr
8. Enema with liquids, and
9. Vomiting.

MAKROOH: The following Ten (10) acts are Makrooh during Fasting:

1. Using eye drops and applying Surma if its taste or smell reaches the throat
2. Performing an act which causes weakness or going for hot bath
3. Inhaling snuff if one is not aware that it might reach the throat
4. Smelling fragrant herbs
5. For women, to sit in the water
6. Using suppositories i.e. using stimulant in rectum for bowels
7. Wetting the dress which one is wearing
8. Getting a tooth extracted or doing something which can be a cause for bleeding in the mouth
9. Cleaning the teeth with wet toothbrush, and
10. Putting water or any liquid in the mouth

Thank you and may Allah (SWT) reward you a million-fold for all your good deeds. Please direct all inquiries to the following:

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