

# A WOMEN'S GUIDE TO SPIRITUALITY IN RAMADHAN DURING MENSTRUATION AND POSTNATAL BLEEDING



While others will be busy in acts of worship such as fasting, praying, reading Qur'an, etc., most women will spend a portion of Ramadan in the state of menstruation (or postnatal bleeding), leaving them unable to participate in the aforementioned activities.

It is not easy to stay positive at times like these, especially when we see those around us rushing to *masajid* for *taraweeh* prayers, spending time in *'itikaaf* and reciting the Qur'an. This can lead us to feeling deprived of the reward of this blessed month, and often this feeling ends up decreasing our spirituality rather than increasing it.

Our menstrual cycles (or postnatal bleeding) are a part of Allah *subhaana wa ta'ala*'s creation and something that is ordained by Him. Allah *subhaana wa ta'ala* tells us in the Qur'an that "*He has created us in the best of molds*" [At-Teen:4]. We are also told that Allah has "*appointed a due proportion*" [At-Talaq:2-3] for everything and that "*for every matter there is an appointed time given*" [Ar-Rad:38]. [1] Thus, to complain about it would be to question the Wisdom of Allah *subhaana wa ta'ala*. This is not anything to feel sad or inconvenienced about, but rather it should be accepted as part of the Divine Wisdom.

This same message was conveyed to us by H.Aa'ishah R.A via the Hadith of our Nabi (saw)

H.Aa'ishah R.A narrates that, "*We set out with the sole intention of performing Hajj and when we reached Sarif, my menses began. The Messenger of Allah (saw) came to me while I was crying and asked, 'What is the matter with you? Has your menses started?' I replied, 'Yes.'* He said, '***This is something which Allah has destined for the daughter of Adam.***'" (Al-Hakim)

Islam is the straight path that leads to the pleasure of Allah *subhanaa wa ta'ala* and ultimate success in the *aakhirah*. However, praise be to Allah, the path of Islam is broad, there is a huge variety of good deeds one can do to come closer to Allah *subhaana wa ta'ala*. Likewise, there are many other ways of achieving spirituality while we are on our

menses (or going through postnatal bleeding) besides *salaah*, *siyaam* and *'itikaaf*. This was exemplified for us through the practice of the wife of Rasulullah (saw).

Narrated H.Maimunah R.A the wife of the Prophet *sal Allahu alayhi wa sallam*, “During my menses, I never prayed, but used to sit on the mat beside the mosque of Allah's Apostle...” (Bukhari)

Here are a few practical suggestions of good deeds that a Muslimah can do while she is menstruating or has postnatal bleeding.

#### At the time of the *adhaan*:

- Repeat after the *adhaan*
- Read the dua after the *adhaan*  
*Allaahumma Rabba haadhihid-da 'watit-taammati wassalaatil-qaa'imati, 'aati Muhammadanil-waseelata walfadheelata, wab 'ath-hu maqaamam-mahmoodanil-lathee wa'adtahu, 'innaka laa tukhliful-mee'aad*

Translation: O Allah, Lord of this perfect call and established prayer. Grant Muhammad (saw) the intercession and favour, and raise him to the honored station You have promised him, verily You do not neglect promises

- Make *du'a* between the *adhaan* and *iqaama*. Invocation during this time is not rejected.

#### When you wake up:

- “*Alhamdu lillaahil-ladhee 'ahyaanaa ba'da maa 'amaatanaa wa'ilayhin-nushoor.*”  
(Praise is to Allah Who gives us life after He has caused us to die and to Him is the return.)
- “*Laa 'illaha 'illallahu wahdahu la shareeka lahu, lahul-mulku wa lahul-hamdu, wa Huwa 'alaa kulli shay'in Qadeer Subhaanallahi, walhamdu lillaahi, wa laa 'ilaha 'illallahu, wallaahu 'akbar, wa laa hawla wa laa Quwwata 'illaa billaahil-'Aliyyil-'Adheem, Rabbighfir lee.*”

(There is none worth of worship but Allah alone, Who has no partner, His is the dominion and to Him belongs all praise, and He is able to do all things. Glory is to Allah. Praise is to Allah. There is none worth of worship but Allah. Allah is the Most Great. There is no might and no power except from Allah the Exalted, the Mighty. My Lord, forgive me.) Bukhari

أَصْبَحْنَا وَأَصْبَحَ الْمَلِكُ لِلَّهِ وَالْحَمْدُ لِلَّهِ، لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ، رَبِّ أَسْأَلُكَ خَيْرَ مَا فِي هَذَا الْيَوْمِ وَخَيْرَ مَا بَعْدَهُ، وَأَعُوذُ بِكَ مِنْ شَرِّ مَا فِي هَذَا الْيَوْمِ وَشَرِّ مَا بَعْدَهُ، رَبِّ أَعُوذُ بِكَ مِنَ الْكَسَلِ، وَسُوءِ الْكِبَرِ، رَبِّ أَعُوذُ بِكَ مِنْ عَذَابِ فِي النَّارِ وَعَذَابِ فِي الْقَبْرِ

#### In the Morning (after *fajr*) / Evening (before *maghrib*):

- morning and evening *adhkaar*
- Suggested Task: Read an English translation of half a *juz* of the Qur'an after *fajr* and before *maghrib* to complete 1 *juz* a day *insha'Allah*

#### During afternoon time:

- Listen to an Islamic lecture or read an Islamic book

#### At *maghrib* time:

- Help people break their fast by offering them dates and water
- Host an *iftaar* for family and guests

**At *isha* time:**

- Have family circle time at home and have a member of the house recite the Qur'an to the rest of the family followed by translation of those *ayaat*

**Before sleeping:**

- Read the sunnat duas for sleeping
- Read tasbih faatimi
- Take reckoning of one's day
- Forgive all of Allah's creation who may have wronged you

**Other acts that you can do:**

- Give sadaqah (clothes, food, toys, money etc.)
- Make *tawbah* (repentance) and *shukr* (gratitude)
- Memorize Allah's names and their meanings Use them in making personal *du'a*.
- Visit the sick in your area or at the hospital
- Always keep your tongue moist with the *dhikr* of Allah *subhaana wa ta'aala*. Say *SubhanAllah, Alhamdulillah, La ilaaha illallah, Allahu Akbar* and send *salaams* and *salawaat* on the Prophet *sal Allahu alayhi wa sallam* while cooking, cleaning, driving, etc.

I sincerely make dua that this Ramadan all of us witness an increase in our spirituality and a betterment in the relationship we have with Allah *subhaana wa ta'aala*. May Allah allow us to witness the blessed month of Ramadan and give us the opportunity to perform acts of *ibaadah* that weigh heavy on the scales on the Day of Judgment, *Aameen*.