

Miscellaneous provisions on fasting

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1. Students not fasting

Sheikh `Atiyyah Saqr, former head of Al-Azhar Fatwa Committee, states¹:

"Concerning the legal excuses that allow one not to observe the fast of Ramadan, Allah, Exalted be He, says: **"And whoever of you is sick or on a journey, (let him fast the same) number of other days; He desireth not hardship for you."** (Al-Baqarah: 185) Sickness (referred to in this verse) that is considered a legal excuse for not observing the fast of Ramadan is that which occurs, becomes urgent, or is aggravated, as a result of fasting.

"The same ruling applies to one whose work requires hard labour, so that he cannot observe fast during his work hours, and, at the same time, he has no other means to earn his living. For instance, a baker works in the daytime where it is so hot that fasting becomes unbearable.

"However, one must bear in mind that legal excuses - such as illness and hard labour - must be actually found, and not just imagined or expected.

"As for students, they are not obliged to study during the daytime; they can strike a balance between their assignments and the available time. So, when Ramadan is in summer, when days are long and hot, students may study their lessons at night and they are not allowed to break the fast-days of Ramadan for the sole reason that they prefer studying during the daytime. Anyway, not observing the fast of Ramadan is by no means permissible, unless fasting entails serious problems, whether physically or mentally. When there is no such excuse, one must not even consider refraining from fasting in Ramadan.

Students may be allowed to break the fast-days of Ramadan (that is not fast) if their examination is held during the daytime when it is very hot, i.e. between noon and sunset, in case hunger and thirst affect their concentration.

But, beware, all this applies only to a student who actually feels tiredness while taking his examination, but so long as he does not feel actual tiredness, he is never allowed to break the fast-days of Ramadan.

I therefore advise students who are sitting for/have exams during Ramadan to be pious and conscious of Allah, as the honourable verse goes, **"And whosoever keepeth his duty to Allah, He maketh his course easy for him."** (At-Talaq: 4)"

2. Eating in the presence of one who is fasting

Narrated Umm Umarah: The Prophet (PBUH) visited Umm Umarah and she put some food before him. He asked her to eat also. She said: I am fasting. Thereupon he observed: Angels call down blessings on a

person who is fasting when other people eat in his presence till they finish (or till they have eaten their fill). (Mishkat).

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Ask the Imam – Mufti Desai

¹ Can Studying be a Valid Excuse for Breaking the Fast? – Islamonline – 5 November 2003
Quote on back cover sourced from Islamonline.

It certainly can and did when I first started intermittent Fasting. I was also going low carb at the time and so I was not getting enough fiber. I started adding some fiber supplements and the constipation went away. Some other side effects that m... Answered 1 year ago

Author has 233 answers and 312.9K answer views. It certainly can and did when I first started intermittent Fasting. I was also going low carb at the time and so I was not getting enough fiber. I started adding some fiber supplements and the constipation went away. Some other side effects that may occur when first starting Intermittent Fasting include: light headedness or headache (replenish electrolytes). bloating. constipation. clothes will become too big due to you losing weight. Intermittent fasting has been associated with numerous health benefits (more on that below), but it is also linked to hormone disruption in women. Here's a close-up look at the cascade of hormone imbalances that can start with intermittent fasting. First, intermittent fasting can disrupt estrogen balance. Estrogen imbalance may show up as: Low energy. Poor glucose control. Weight gain. In truth, fasting the month of Ramadan is one of the greatest acts of worship a believer can perform. It is an act that cleanses one's mind, body, and soul from the spiritual and physical impurities of this world. It is an act that brings the hearts of Muslims together on a world-wide level as they endeavor to practice the virtue of self-discipline in unison. And it is an act that satiates the hungry soul for its eagerness to please the Lord of the Worlds. The act of fasting was also practiced by previous religious communities. Likewise, it has been ordained for the followers of the Prophet Muhammad. Intermittent fasting is an eating pattern that involves regular, short-term fasts, and you may wonder whether it aids weight loss. This article explains all you need to know about intermittent fasting and weight loss. Another study found that the 5:2 diet was just as effective as continuous calorie restriction for both weight loss and the prevention of metabolic diseases like heart disease and diabetes (Trusted Source). The 5:2 diet provides flexibility, as you get to pick which days you fast, and there are no rules regarding what or when to eat on full-calorie days. That said, it's worth mentioning that eating "normally" on full-calorie days does not give you a free pass to eat whatever you want. NEWS. 21 January 2021. Fast-spreading COVID variant can elude immune responses. Evidence that a variant of the coronavirus identified in South Africa might compromise immunity sparks concerns about vaccine effectiveness. Ewen Callaway. Search for this author in: Pub Med. Nature.com. Google Scholar. Share on Twitter. Share on Facebook. Share via E-Mail. PDF version. A mobile coronavirus testing unit in South Africa, where the 501Y.V2 variant was detected in late 2020. Credit: Guillem Sartorio/Bloomberg/Getty. Evidence is growing that some coronavirus variants could evade immune responses trigger