

What is the ruling of women using medication to stop periods in order to perform acts of worship?



أُسْتَاذُ أَبُو أَنَسٍ مُحَمَّدٌ حَسَنٌ حَفْظُهُ اللَّهُ

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With regard to the question of women using medication to stop periods in order to perform acts of worship.

1. Know that, Allāh who made the seasons of worship fashioned women to have their monthly periods while knowing well that they will engage in worship such as Prayers, Fasting, Hajj, and Umrah. Meaning, when He legislated fasting in the month of Ramadān and other worship, He also did legislate women with their periods. That is Allāh's will and this too is Allāh's will.

2- Getting their periods will certainly have benefits for women. Even if we have the knowledge of it or not, there certainly would be benefits to the body of women from the blood that gets expelled every month.

When she takes medicine, the cycle gets disrupted and has to bear burdens and difficulties that she need not

bear, and the duration of periods gets completely changed or the days get unpredictable. A lot of harm such as these happen and these are things that every one of us know about.

3- In addition, the number of fasts that a woman loses in Ramadān due to periods is just a few. Let's say she loses 10 fasts. After Ramadān she gets more than 300 days to make up (Fast them as Qadaa), and that would be really easy, wouldn't it? So, when such hardship is not required what is the need to give the body such a burden?

4- Some people question about the rewards of the last 10 nights of Ramadān. To this I say, the rewards of the last 10 nights are not achieved only by fasting. But it is achieved by engaging in worship during the nights. Reciting the Qur'an (without touching it), saying the Adhkar (Dhikr), Supplicating, are all acts of worship that can be done during the nights. And when asked from Messenger ﷺ about what should the one seeking that night (Night of Decree) read, he informed of something that the woman even while in periods can do.

Aaisha رضي الله عنها said:

(قلتُ: يا رسولَ الله أرأيتَ إن علمتُ أيَّ ليلةِ القدرِ ما أقولُ فيها؟ قال: قولِي: اللهمَّ إنك عفوٌّ تُحبُّ العفوَّ فاعفُ عني)

I asked Allāh's Messenger ﷺ, O Messenger of Allāh if I am to meet the night of Lailathul Qadr what should I say that night? And the Prophet ﷺ said, invoke Allāh with this supplication:

(اللهمَّ إنك عفوٌّ تُحبُّ العفوَّ فاعفُ عني)

"O Allāh, You are the most forgiving and You love to forgive, so forgive me".

5- When we look at all the points mentioned above we know that actually there is no need for a woman to take medication to prevent her periods which Allāh endowed upon her. However, when we look at the words of scholars, they did not say that it is forbidden(haram). It has been allowed with conditions. From the conditions is, talking to a doctor and making sure that taking medication will not harm her, and that her husband agrees to this.

Al-Allāmah ibn Baaz (rahimahullaah) said:

"In order for the woman to fast and pray with others, there is no problem in her taking medication to stop her periods. But with conditions. That is, it should not harm her. For this, she should consult with a medical

doctor and she should get the approval of her husband. That is so that her body is not harmed. And not to disobey her husband. After the consultation, if she finds that it will not harm her, then there is no problem in it.”

Before ending this, I would like to mention a Fatwa from one of the most knowledgeable scholars of Fiqh in recent times, al-Allāmah ibn al-Uthaymeen رحمه الله regarding this matter:

"Question: What is the ruling for the woman to take medication to stop periods in order to fast the month of Ramadān?

Answer: In this matter, my opinion is that she should abstain from it (not take medication). Furthermore, remain in the state Allah has decreed for her and to remain as to how Allāh willed for the womenfolk from mankind. For indeed there will be wisdom, for Allāh to make women get her periods. And this wisdom agrees with her character. Indeed when one stops the periods, as a reaction, negative effects - things that will harm, will develop in her body.

The Prophet ﷺ said: (لا ضرر ولا ضرار) "None among you should harm yourself or harm anyone else". This is something we know even if we don't look at what the doctors have said regarding the harmful effects to the uterus due to taking medication for this. My opinion on this matter is that women should not take such medication. Praise be to the Wisdom and the pre-decree of Allāh Ta'aalaa. When the period starts, abstain from praying and fasting. And when she gets purified, continue with praying and fasting. And when the month of Ramadān ends, make up the lost days of fasting".

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