

What *breaks* a fast?

Roza rulings at a glance, for Ramadan and every other fast

FORGOT AND ATE?

Your fast is still valid

إِذَا نَسِيَ فَأَكَلَ وَشَرِبَ فَلَيْتَمَّ صَوْمَهُ، فَإِنَّمَا أَطْعَمَهُ
اللَّهُ وَسَقَاهُ

*Idha nasiya fa akala wa shariba fal-yutimma sawmah, fa innama
at'amahullahu wa saqah*

If he forgets and eats or drinks, let him complete his fast, for
it is Allah who fed him and gave him drink.

SAHIH AL-BUKHARI 1933

THREE KINDS OF MISTAKE · HANAFI

- Does not break the fast: carry on fasting.
- Breaks the fast, qaza only: make up one day later.
- Breaks the fast with kaffarah: make up one day, and also fast 60 days in a row.

Even when a fast is broken, stop eating and behave like
a fasting person until Maghrib.

DOES NOT BREAK THE FAST

Carry on

- Eating or drinking having **forgotten** you were fasting
- Vomiting without meaning to
- A wet dream; delaying ghustl until after Fajr
- Swallowing your own saliva
- Eye drops, kohl (surma), applying oil or cream
- An injection that is not food or a drip, or a blood test
- Dust or smoke entering the throat without meaning to
- Miswak, a bath or a shower
- Smelling perfume (but not breathing in incense smoke on purpose)

SAHIH AL-BUKHARI 1933

BREAKS THE FAST · QAZA ONLY

Make up one day

- Water going down the throat during wudu or gargling, while you remembered the fast
- Vomiting a mouthful **on purpose**
- Eating after Fajr thinking it was still night, or before Maghrib thinking the sun had set
- Swallowing something that is not food, such as a stone or paper
- Drops in the ear or nose, or an inhaler
- Being forced to break the fast
- A woman's period or bleeding after childbirth starting during the day

HANAFI

BREAKS THE FAST · QAZA + KAFFARAH

The serious ones

- Eating, drinking or taking medicine by mouth **on purpose**, knowing you are fasting, with no valid reason
- Smoking a cigarette, beedi, hookah or vape on purpose
- Marital relations during the fasting hours (for both husband and wife)

Kaffarah applies only to a **Ramadan** fast whose intention was made before Fajr. Breaking a qaza or nafl fast needs only qaza.

HANAFI

MAKRUH: THE FAST STAYS VALID BUT LOSES REWARD

Tasting or chewing food without need, chewing gum, using toothpaste or tooth powder, too much gargling, and arguing, lying or backbiting. Toothpaste or gum that reaches the throat breaks the fast.



Qaza, kaffarah & fidya

Making up missed fasts, and who is excused from fasting

ALLAH WANTS EASE FOR YOU

Excused now, make it up later

فَمَنْ كَانَ مِنْكُمْ مَّرِيضًا أَوْ عَلَى سَفَرٍ فَعِدَّةٌ مِنْ أَيَّامٍ أُخَرَ

Fa man kana minkum maridan aw 'ala safarin fa 'iddatun min ayyamin ukhar

Whoever of you is ill or on a journey, then an equal number of other days.

SURAH AL-BAQARAH 2:184

WHO MAY LEAVE THE FAST

- **The traveller** (about 78 km or more). Fasting is better if it is easy.
- **The ill**, if fasting would harm them or slow their recovery.
- **Pregnant and breastfeeding** women who fear harm to themselves or the baby.
- **Women in their period or after childbirth** must not fast. They make the days up later.

All of these make up the fasts later (qaza). There is no kaffarah.

QAZA

One for one

Each missed or broken fast is made up with one fast, at any time before next Ramadan if you can. The days do not have to be in a row. Make the intention **before Fajr** for a qaza fast.

KAFFARAH

60 days in a row

Fast 60 days without a break, plus the qaza. If one day is missed, start again, except for a woman's period. Only if you truly cannot fast, through illness or old age: feed 60 poor people two full meals each.

FIDYA

When fasting is not possible

For someone too old or ill to ever fast, with no hope of getting better: for each fast, give a poor person the amount of Sadaqat al-Fitr (about 1.6 kg of wheat, or its price). If they recover later, they must fast instead.

INTENTION (NIYYAH) · HANAFI

- For a **Ramadan** fast or a nafl fast, the intention can be made at night, or the next day until halfway between Fajr and sunset, as long as you have not eaten since Fajr.
- For a **qaza** or **kaffarah** fast, it must be made before Fajr.
- The intention is in the heart. Eating sehri with the thought of fasting is itself an intention.

SEHRI AND IFTAR

- Eat sehri even if it is only a sip of water; there is blessing in it. Stop eating when Fajr time begins, not at the adhan of a late masjid.
- Open the fast as soon as the sun has set. Dates, or water if there are no dates, is the sunnah.

ALLAH'S PROMISE

Fasting is meant to be possible

يُرِيدُ اللَّهُ بِكُمْ الْيُسْرَ وَلَا يُرِيدُ بِكُمْ الْعُسْرَ

Yuridullahu bikumul-yusra wa la yuridu bikumul-usr

Allah wants ease for you, and does not want hardship for you.

SURAH AL-BAQARAH 2:185

