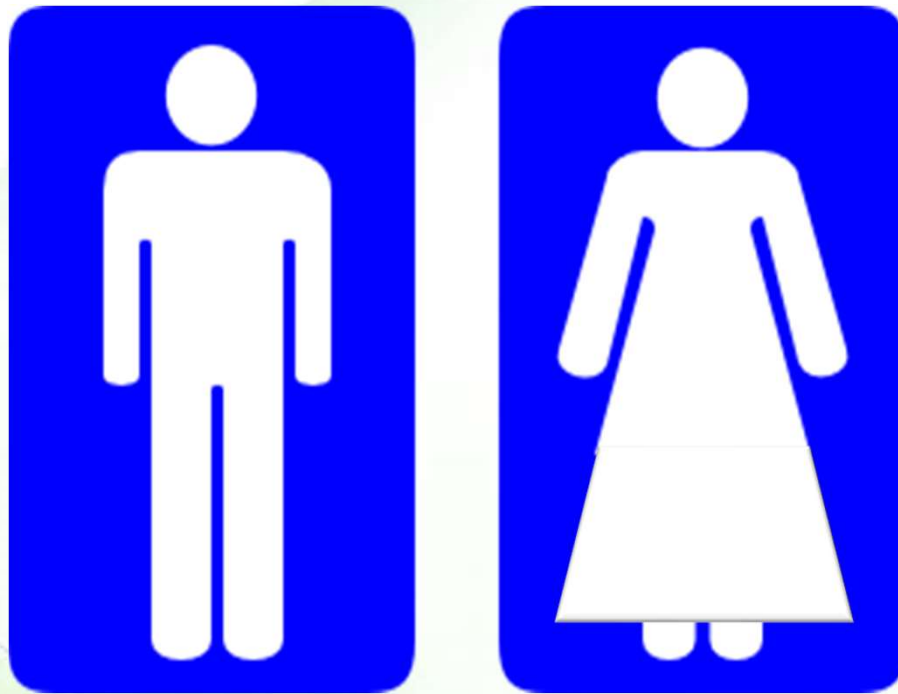


Istinjā & Istibrā – Essential parts of Attaining Purification



Prepared by Light of Hira
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Importance of Ṭahārah - Purity

عَنْ أَبِي مَالِكٍ الْأَشْعَرِيِّ قَالَ قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ الطُّهُورُ شَطْرُ الْإِيمَانِ.

- Abū Mālik al-Ash‘arī reported: The Messenger of Allāh ﷺ, peace and blessings be upon him, said, “**Purity is half of the faith...**”.

Ṣaḥīḥ Muslim 223

Importance of Ṭahārah - Purity

عَنْ عَائِشَةَ قَالَتْ قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ عَشْرٌ مِنَ
الْفِطْرَةِ قَصُّ الشَّارِبِ وَإِعْفَاءُ اللَّحْيَةِ وَالسِّوَاكُ وَاسْتِنشَاقُ الْمَاءِ
وَقَصُّ الْأَظْفَارِ وَغَسْلُ الْبَرَاجِمِ وَنَتْفُ الْأَيْدِي وَحَلْقُ الْعَانَةِ
وَإِنْتِقَاصُ الْمَاءِ.

- ‘Ā’isha رضي الله عنها reported: The Messenger of Allāh ﷺ, peace and blessings be upon him, said, “Ten acts are part of natural instinct: trimming the moustache, letting the beard grow, using the tooth stick, sniffing water into the nose, clipping the nails, washing the knuckles, removing hair from the underarms, shaving the pubic hair, and **cleaning the private parts with water.**” Mus’ab رضي الله عنه said, “I forgot the tenth, except that it might be rinsing the mouth.”

What is Istinjā?

A method of purification after relieving oneself i.e. passing out urine or stool.



What does Istinjā involve?



- Removing filth with use of toilet paper
- Cleansing our private parts using water



What to do

- Wipe oneself with tissue to remove filth as usual (using the left hand).
- Pour water over the private parts (using the right hand).
- Rinse and clean private areas with the pouring water (using the left hand).
- Dry oneself with tissue

Remember not to do the following:

- To uncover one's private parts in front of others when relieving oneself.
- For males to urinate in a standing position.
- To face or show the back towards the Qiblah (direction of Makkah) whilst relieving oneself [Ḥanafī Fiqh].
- Wear any rings or badges which have the name of ALLĀH or Prophet Muḥammad ﷺ (ṣallallāhu 'alayhi wa sallam) on it. It is permissible to conceal them.
- Not to relieve oneself in areas of public use (e.g. parks, pathways, ponds, etc) and open areas.
- Talk in the toilet unless it's necessary.
- Stare at one's private parts, urine a/o stool which results in forgetfulness

When fasting remember

If water enters via the soft part that protrudes during excretion, then it will be absorbed into the stomach.

This will break the fast of someone fasting.

To prevent the breaking of the fast, s/he should sit in a manner which prevents the water's absorption from the back passage by washing lightly and drying upon completion.

WARNING for MEN!!!

If any urine droplets are released after one stepped out of the toilet.

The Wuḍū' (ablution) would become void (if it was already performed).

This would lead to the ṣalāh becoming invalid – it would need to be repeated.

The Solution is to perform Istibrā.

Istibrā – For Men only



- After urinating - to ensure the male organ is free from any urine droplets

Method of Istibrā

- After having relieved oneself, either wait for a while / squeeze the male organ - to free it from urine droplets, to the extent one's heart is certain the urine passage is clear.
- OR wrap a long piece of tissue around the male organ, then:
 - Dress oneself and step out of toilet
 - Wait couple of minutes
 - After being confident all urine drops have come out go inside toilet
 - Dispose tissue, once more wash male organ with water, dry, dress and step out
- Only Now one can proceed to perform Wudū' (ablution).

Did you know...

- Istinjā is an invaluable method that promotes personal hygiene.
- Incomplete cleansing after bowel movement causes 80% of intestinal and feminine hygiene related diseases.
- Istinjā is a relief for Haemorrhoids/piles.
- Istinjā is a relief for ailments such as constipation, urinary tract infections, and diarrhoea.

Du'ā (prayer) to be recited before entering the toilet

بِسْمِ اللَّهِ. اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبُثِ وَالْخَبَائِثِ.

- ***BISMILLĀH. ALLAHUMMA INNI A'ŪDHU BIKA MINAL KHUBUTHI WAL KHABĀ'ITH.***
- O Allāh! I seek protection in You from the male and female jinns (devils/evil spirits). (First part: Ibn Mājah by 'Alī رضي الله عنه. Second Part by Al-Bukhārī by Anas ibn Mālik رضي الله عنه)
- Remember to **enter** the toilet with the **left foot**.

Du'ā (prayer) to be recited after leaving the toilet

غُفْرَانَكَ. الْحَمْدُ لِلَّهِ الَّذِي أَذْهَبَ عَنِّي الْأَذَى وَ عَافَانِي.

***GHUFRĀNAK. ALḤAMDU LILLĀHIL-LADHI
ADH-HABA 'ANNIL ADHĀ WA 'ĀFĀNĪ.***

O Allāh! I seek pardon (*for not remembering Him in our past condition). All praises are due to Allāh who has taken from me discomfort and granted me relief. (First part: Ibn Mājah by 'Ā'ishah رضي الله عنها. Second part: Ibn Mājah by Anas رضي الله عنه.)

Remember to **step out** of the toilet with the **right foot**.



The End

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