

The Fast of Ramadan



A Guide to Physical, Ethical, and Spiritual Growth

Lato
Philosophy • Practice • Jurisprudence

The Month of Training & Sustenance

The Concepts

The Titles of Ramadan



1. Al-Marzuq (The Sustenance)

A title given by Prophet Muḥammad (s), meaning "Full of Sustenance" due to the abundance of spiritual blessings.



2. Midmar (The Training Ground)

Defined as a special training period for a great competition.

The Linguistic Insight

The Etymology

رَمَضَانَ - حَم - ضَوْ

Root: r-m-d

Literal Meaning: Intense heat; scorching; burning.

Significance: Ramadan acts as a catalyst for "burning away" (yarmiḍu) sins and bad habits.

The Four Pillars of Benefit



1. God-Consciousness (Taqwā)

Strengthens the soul by controlling primary desires like hunger and thirst.

Training to avoid permissible things makes it easier to avoid forbidden things.



2. Self-Building

Breaking bad habits by disrupting daily eating and sleeping routines.

A catalyst for positive lifestyle change.



3. Health

Prophetic Insight: “Fast, and you will be healthy.”

Supports physical detoxification and metabolic reset.



4. Sharing and Caring

Imām Ḥasan Al-‘Askarī (a):

“So that the rich person may feel the pain of hunger, and due to this, be compassionate to the poor.”

The Ascent: Four Levels of Fasting

Mystical Fasting

The Peak. Abstaining from everything other than the presence of Allah.

Ethical Fasting

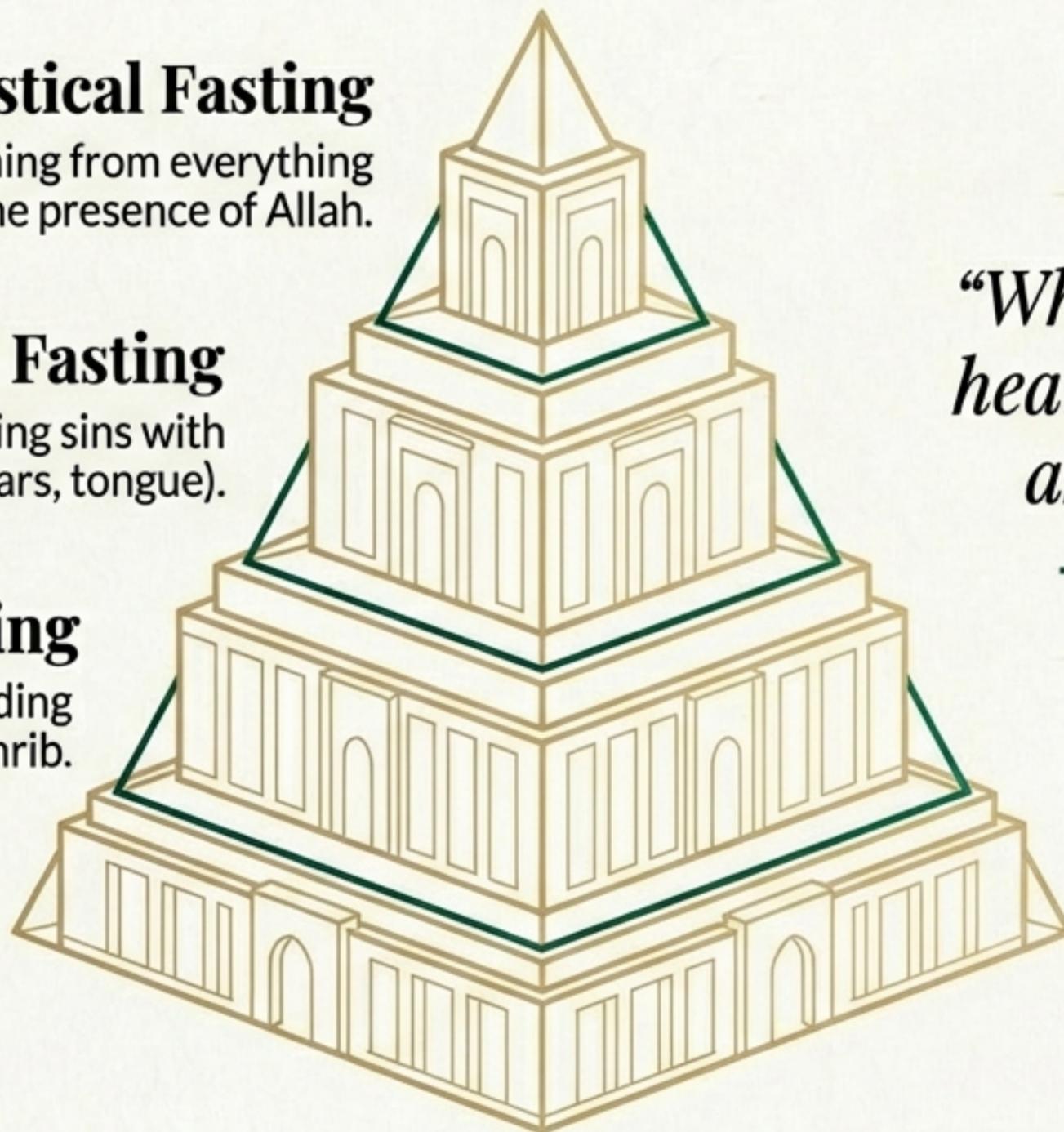
The Goal. Avoiding sins with every organ (eyes, ears, tongue).

Jurisprudential Fasting

The Legal Minimum. Avoiding food/drink from dawn to Maghrib.

Physical Fasting

Diet/Health focus only. No spiritual reward unless intended as a trust from Allah.

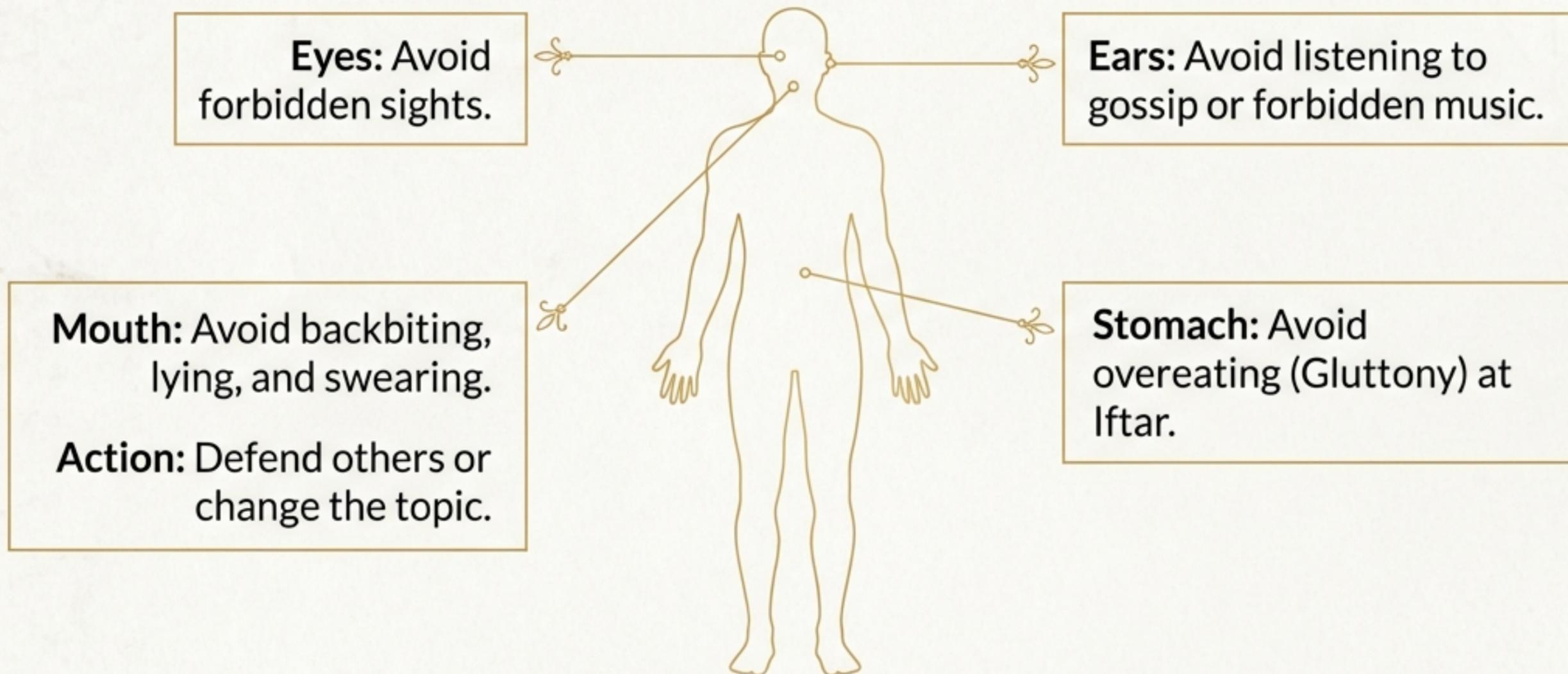


“When you fast, let your hearing and your vision abstain with you...”

— Imām Aṣ-Ṣādiq (a)

The Anatomy of an Ethical Fast

Moving from Level 2 to Level 3



Goal: Total abstinence from sin, not just food.



Accelerating Growth: Recommended Actions



Reciting Qur'ān

High Reward: Every verse recited in Ramadan carries the reward of completing the entire Qur'ān in other months.



Night Worship

Engage in mustahāb prayers and du'ās, especially during the nights.



Sanctuary (Masājid)

Spend time in mosques and Islamic centers in the company of the pious.



Time Management

Strictly refrain from wasting time; prioritize spiritual productivity.



Behavioral Discipline

Active avoidance of rudeness (e.g., to parents) and swearing.

The Framework: Time and Intention

The Fasting Window: Total Abstinence



Fajr
(Dawn)



Maghrib
(Sunset)

The Intention (Niyyah)

Must be *qurbatan ilallāh* (in obedience to Allah). Can be made daily before Fajr OR once for the whole month at the start.

Determining the Month

- ☾ **Start:** Sighting the crescent moon OR completion of 30 days of Sha'bān.
- ☾ **End (Eid):** Sighting the crescent of Shawwāl OR completion of 30 days of Ramadan.

Basic Invalidators: Intentional vs. Accidental

Action	Intentional (On Purpose)	Unintentional (Accidental)
Eating & Drinking	 INVALIDATES FAST.	 FAST REMAINS VALID. (e.g. Forgetting)
Vomiting	 INVALIDATES FAST. (Induced)	 FAST REMAINS VALID. (Involuntary)
Mouth Care / Rinsing	 Swallowing water voids fast.	 Accidental swallowing during Wudu is distinct.

🌙 **Note:** Swallowing food particles stuck between teeth intentionally voids the fast.

Advanced Invalidators & Precautions

Thick Smoke & Dust



Obligatory Precaution (*iḥtiyāt wājib*) to avoid inhaling thick smoke (cigarettes, exhaust) or thick dust (sweeping). Steam is allowed unless it condenses and is swallowed.

Lying about God & Prophets



Attributing a lie to Allah, the Prophet (s), or Imāms (a) invalidates the fast. Advice: Quote indirectly ("It has been narrated...") if unsure.

Medical Applications



Eye/Ear drops & Nose sprays: Invalidates fast **ONLY** if the substance reaches the throat.

Scholarly Differences (Maraji' Rulings)

Āyatullāh Sīstānī

Phlegm/Mucus

Valid if not in mouth cavity.
Recommended precaution
to **spit** if in cavity.

Phlegm/Mucus



Āyatullāh Khamenei

Phlegm/Mucus

Valid if not in mouth cavity.
Intentional swallowing if in
cavity **voids fast**.

Submerging Head

Highly disapproved (*Makrūh*),
but does not invalidate.

Submerging Head



Submerging Head

Invalidates the fast
(Obligatory Precaution).

Injections/IV

All injections/IVs are **valid**.

Injections/IV



Injections/IV

Medical/Anesthesia valid.
Nutritional IVs invalidate the fast.

Who is Exempt?



The Sick

If fasting causes reasonable fear of harm, illness, or delayed recovery.



The Elderly

If fasting is impossible or excessively difficult.



Mothers

Pregnant (if fear of harm) or Breastfeeding (if milk supply is affected).

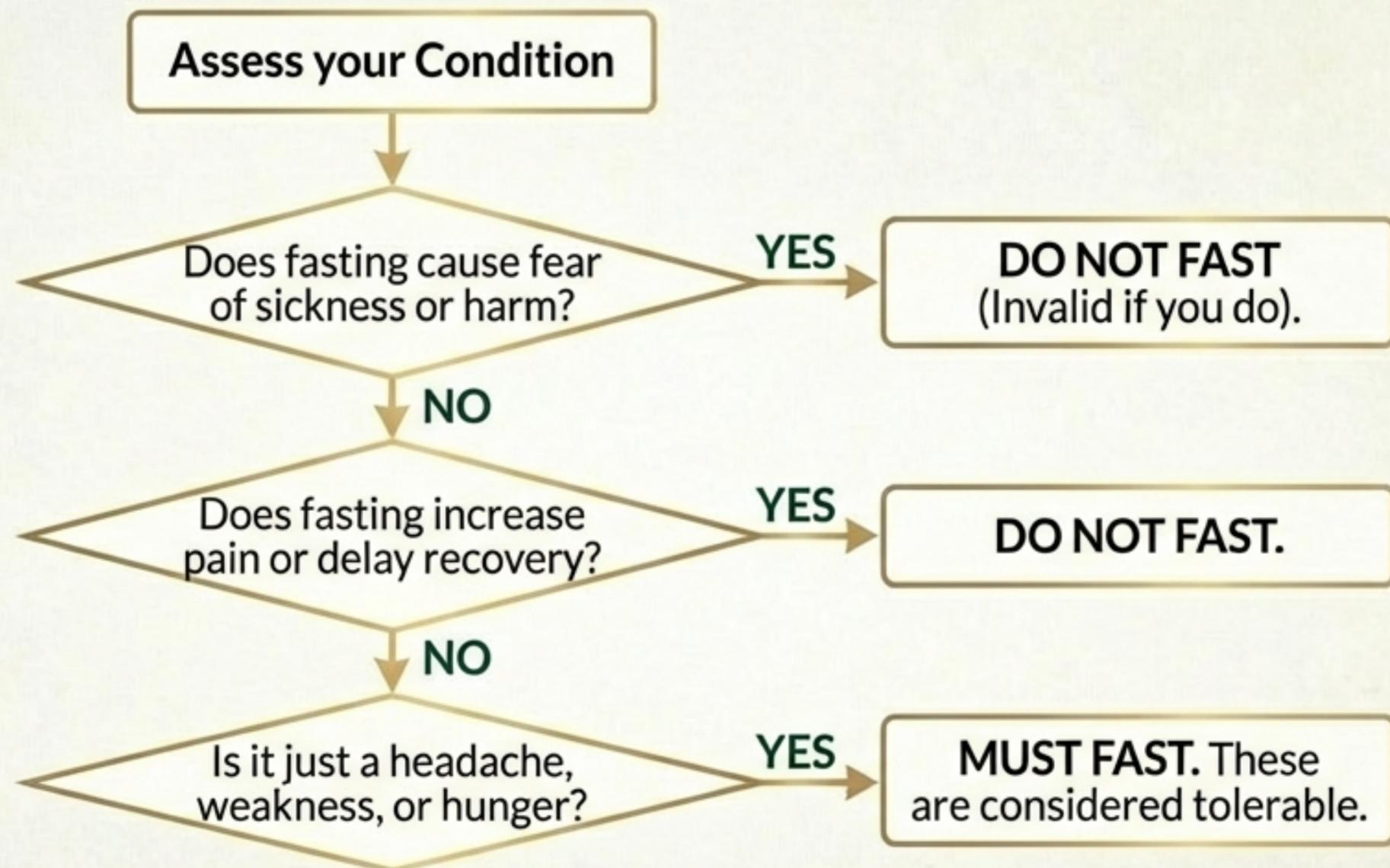


The Traveler

Traveling approx. 28 miles (44 km) roundtrip. Must meet specific travel conditions.



Decision Guide: Am I Too Sick to Fast?



Personal certainty of safety overrides a doctor's advice not to fast.

Making Up Missed Days

Qaḍā' (Make-up)



Definition: The obligatory make-up of a missed fast.

Context: Required for days missed due to valid reasons (travel, sickness). Must be completed before the next Ramadan.

Fidyah (Compensation)



Definition: A charitable payment for missed fasts.

Context: Required if one cannot perform *Qaḍā'* before the next Ramadan.

Amount: Feeding a poor believer 750g of staple food per day.

Kaffārah (Penalty)



Definition: A heavy penalty for violation.

Context: Required if a fast is broken intentionally without valid reason.

Penalty: Feeding 60 poor people or fasting 60 consecutive days.

Scenario Check

Test your knowledge

Scenario: Thick dust blows up.
You don't cover your mouth.

Ruling: Fast is INVALID
(Obligatory Precaution).

Scenario: A follower of Khamenei
submerges their head underwater.

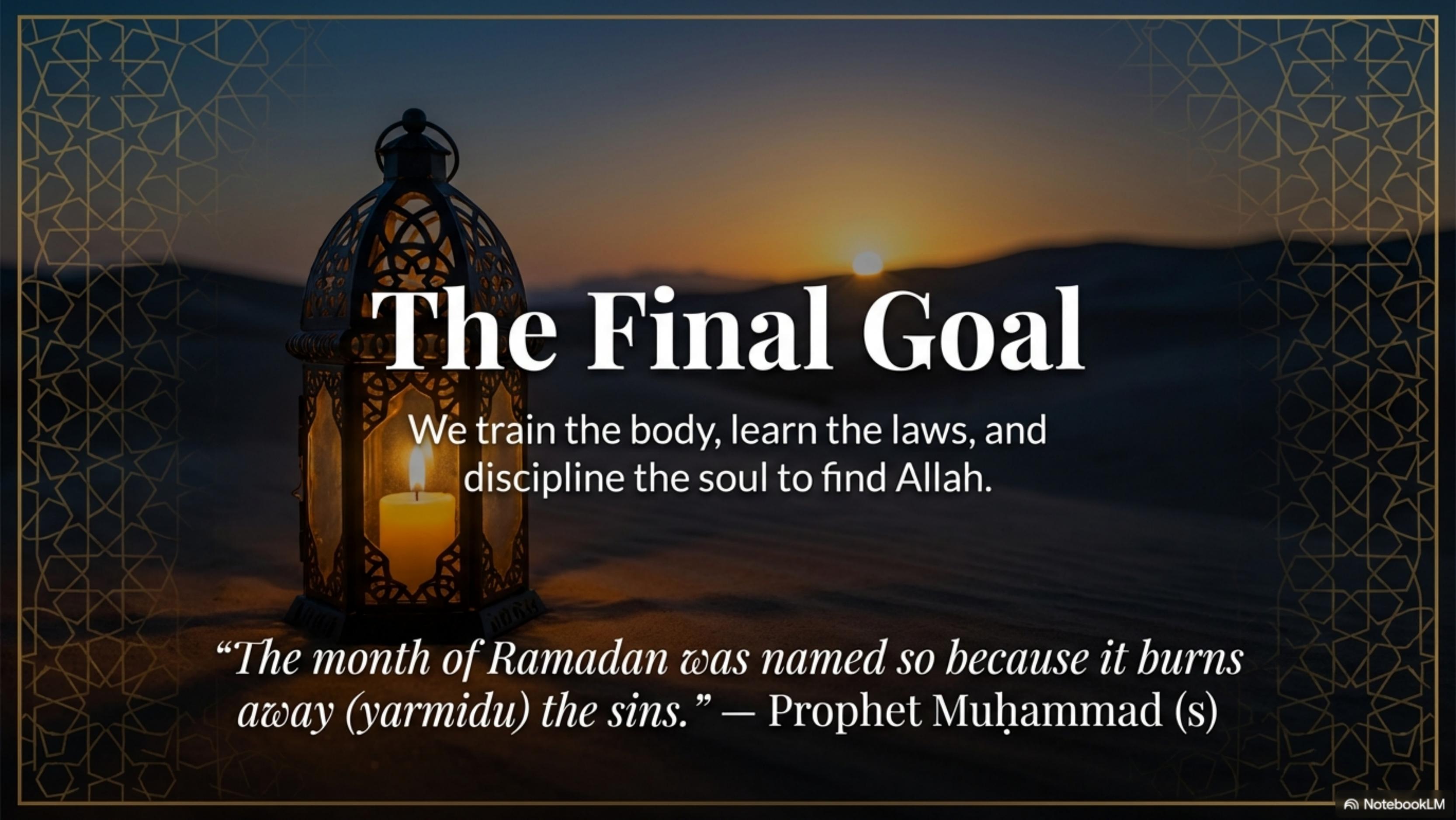
Ruling: Fast is INVALID.
(For Sistani followers: Makrūh).

Scenario: Traveling 30 miles
roundtrip from city limits.

Ruling: Fast is INVALID
(Exceeds 28 miles limit).

Scenario: Slight headache and
hunger near ifṭār.

Ruling: MUST continue fasting.



The Final Goal

We train the body, learn the laws, and discipline the soul to find Allah.

“The month of Ramadan was named so because it burns away (yarmidu) the sins.” — Prophet Muhammad (s)