

Permissible acts during the fast

The following acts are permissible for the fasting person:

1. **Pouring water over one's self and submersing one's self in water.** Abu Bakar ibn Abdurrahman reported from a number of companions that they had seen Allah's Messenger pour water over his head while he was fasting due to thirst or extreme heat. This is related by Ahmad, Malik and Abu Dawud. In the two sahih of al-Bukhari and Muslim, it is related from Aishah that the Prophet would rise in the morning on a fasting day and then would perform *ghusl* (a complete bath). If during the bath some water is swallowed unintentionally, the fast is still valid.
2. **Applying kohl or eye drops or anything else to the eyes.** These acts are all permissible, even if some taste from it finds its way to the throat, as the eyes are not a passageway to the stomach. Anas reported that he would apply kohl while he was fasting.
3. **Kissing for one who has the ability to control himself.** It is confirmed that Aishah said: "*The Prophet would kiss (me) and embrace (me) while he was fasting, for he had the most control of all of you over his desires.*" Umar said: "*I was excited one time and I kissed (my wife) while I was fasting. I went to the Prophet and said: 'Today I committed a horrendous act: I kissed while I was fasting.' The Prophet asked: 'What do you think of rinsing with water while fasting?' I said: 'There is nothing wrong with that.' The Prophet said:*

'Then what is the question about?'"

4. **Cupping to drain blood.** The Prophet (SAW) was cupped while he was fasting. However, if this weakens the fasting person, it is disliked. Thabit al-Bunani asked Anas: "*Did you dislike cupping for a fasting person during the time of the Prophet?*" He answered: "*No (we did not), unless it made someone weak.*" (Bukhari and others)
5. **Rinsing the mouth and nose.** These acts are allowed in general, but it is disliked to exaggerate. Laqit ibn Sabra reported that the Prophet (SAW) said: "*Exaggerate when rinsing your nose unless you are fasting.*" (Na'sai)
6. **Those things which one could not protect one's self from,** such as swallowing one's saliva, the dust of the road, and so on, which are all overlooked.
7. **The fasting person can eat, drink, and perform sexual intercourse after sunset until fajr.** If someone has food in his mouth when *fajr* is beginning, he should spit it out. If he is having intercourse with his wife at that time, he should immediately stop. If he does so, his fast will still be valid. If he continues in these actions at that time, he will have broken his fast. Wallahu A'lam

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