**Who is exempt from fasting in Ramadan?**

**Learn about the types of people who are exempt from fasting in Islam.**

*Knowledge*

*Amna Anwaar*

*Wednesday June 06, 2018*

Fasting for the sake of Allah (SWT) is indeed a pious and beloved act in the eyes of the Creator. Allah (SWT), the Benevolent, never burdens a soul more than it can bear and He eases every task for His believers. Even though [fasting in Ramadan is mandatory](https://www.islamicfinder.org/knowledge/5-pillars-of-islam/sawm/) upon every functional and able Muslim, Allah (SWT) has pardoned and excused certain people from the act of fasting if they are unable to fast due to certain legitimate reasons.

[Ramadan](https://www.islamicfinder.org/ramadan/), being one of the holiest of months in the Islamic Calendar, is one of the most revered and anticipated month in the lives of Muslims across the globe. It is a month of immense blessings and rewards like no other. It is a month of heightened spirituality and serves as an opportunity to get close to our Creator. Hence, it is the aim of each and every believer to make the most of Ramadan [through fasting, exercising patience and control](https://www.islamicfinder.org/iqra/10-things-you-shouldnt-complain-about-in-ramadan/). However, there are people who cannot, physically or otherwise, keep a fast and Allah (SWT) has excused them for it and provided alternate ways for them to compensate for it.

People exempted from fasting are as follows:

**• Physical illness**

Individuals who are suffering from any form of physical sickness (temporary or permanent) and they feel that fasting would worsen their health, are exempt from fasting. Moreover, if an ill individual feels that fasting may hamper the recovery process or cause greater damage to the body is also exempt from fasting. However, common fatigue or difficulty during a fast does not fall under the category of acute sickness and does not excuse that individual from breaking his/her fast.

**• Mental illness**

Individuals who are mentally challenged or they are victims of any sort of mental illness which affects their cognition as a whole, are not required to fast in Ramadan, or on any other occasion. They are automatically exempt.

**• Travelers**

People who are travelling are excused from fasting in the eyes of Allah (SWT) if they meet the following conditions:

1. Their duration and distance of the journey should be such that it falls under the category where prayers are shortened.

2. The intention of travel should not be to settle at the destination.

3. The purpose of travel should not be sinful – in any way.

**• Women during menstruation**

Women who are going through their monthly period cycles are exempt from fasting. They may continue fasting once their cycle has ended completely and they perform the proper ghusl.

**• Women who are pregnant or breastfeeding**

Women who are expecting or they are in the phase of breastfeeding, they are allowed to break their fast if they think that their child’s health is at risk.

**• Old age**

Individuals facing senility and old age are essentially exempt from fasting. With old age comes weakness, terminal illnesses, loss of mental faculties and extreme fragility, hence, it is believed that people in their old-age are not required to fast at the cost of their health.

**• Children who have not reached puberty**

Fasting is not obligatory on children that have not yet undergone puberty. Once they do, then it becomes mandatory.

Even if life’s circumstances do not allow one to fast, Allah (SWT) is kind enough to provide alternate ways of compensation where one can make up for the missed fasts and reap equal benefits and blessings in the [blessed month of Ramadan](https://www.islamicfinder.org/iqra/ramadan-kareem-the-month-of-blessings-and-its-three-ashra/).

**Missed a fast? Here's what you should do!**

**Whether you break your fast out of necessity or you do it through a deliberate mistake, there is a remedy for it.**

*Knowledge*

*Omam Khalid*

*Wednesday March 21, 2018*

*Believers! Fasting is enjoined upon you, as it was enjoined upon those before you, that you become God-fearing (2:183).*

[Fasting is one of the five pillars of Islam](https://www.islamicfinder.org/iqra/is-ramadan-all-about-fasting/) and hence it is obligatory for every Muslim all over the world. Naturally, there are certain repercussions for those who –for one reason or another – are unable to [fast during Ramadan](https://www.islamicfinder.org/ramadan-2017/). Our religion has always taken care of the different conditions a Muslim can be involved in, which might lead him to miss out on his obligations and rights towards the Almighty Allah. Hence, it has also paved the way to make up for those times. In the case of the Saum i.e. Fast, there are two kinds of compensations that a Muslim can make; fidyah and kaffarah.

A Muslim has to pay ***fidyah*** for the number of fasts that he misses out of sheer necessity for instance when a woman is pregnant or if someone is sick. A ***kaffarah***, on the other hand, is to be paid when a Muslim misses out on his fasting due to something trivial or unnecessary: a Muslim has to pay kaffarah when he deliberately breaks or misses his saum.

According to the [Quran](https://www.islamicfinder.org/quran/):

*Fasting is for a fixed number of days, and if one of you be sick, or if one of you be on a journey, you will fast the same number of other days later on. For those who are capable of fasting (but still do not fast) there is a redemption: feeding a needy man for each day missed. Whoever voluntarily does more good than is required, will find it better for him; and that you should fast is better for you, if you only know (2:184).*

For different situations, there is a certain kaffarah or fidyah that needs to be paid.

**Kaffarah for Qadha fast**

Qadha fast is the saum you missed in the last Ramadan. To make up for this, a Muslims has to feed a poor person for each missed fast and he is also obliged to keep the Qadha fast.

**Kaffarah for intentionally breaking a fast**

Upon breaking the fast intentionally, one has to fast for sixty consecutive days or feed sixty, distinct needy individuals. This applies to all days where a fast was broken intentionally. The food must consist of at least 75o grams of wheat, rice or dates.

Kaffarah can also be paid in the form of money. The only condition, however, is that the amount of money should only be used to buy food for the needy and deserving.

**Kaffarah for engaging in a sexual act while fasting**

Yahya related to me from Malik from Ata ibn Abdullah al-Khurasani that Said ibn al-Musayyab said:

*“A bedouin came to the Messenger of Allah (PBUH), beating his breast and tearing out his hair and saying, “I am destroyed.” The Messenger of Allah (PBUH), said, “Why is that?”, and he said, “I had intercourse with my wife while fasting in Ramadan.” The Messenger of Allah (PBUH), asked him, “Are you able to free a slave?”, and the man said, “No.” Then he asked him, “Are you able to give away a camel?”, and the man replied, “No.” He said, “Sit down,” and someone brought a large basket of dates to the Messenger of Allah (PBUH), and he said to the man, “Take this and give it away as sadaqa.” The man said, “There is no one more needy than me,” and (the Messenger of Allah, (PBUH)), said, “Eat them, and fast one day for the day when you had intercourse.” (Imam Malik's Muwatta 18:29)*

**Fidyah for being unable to fast**

For each missed fast, a Muslim is supposed to feed one poor person. The fidyah can be given to the same person each day.

Whether you break your fast out of necessity or you do it through a deliberate mistake, there is a remedy for it. Just be aware of the wrong you have done and pay the appropriate Kaffarah so that Allah Almighty may be able to forgive you for your sins.

Stein Kyouma • 2 days ago

I didn't understand the kaffarah for intentionally breaking the fast part. So if someone breaks their fast intentionally, 2 times or more than that, do they have to do those as many times as the fast was broken ? For ex: fast broken intentionally 2 times. Now do they have to consecutively fast for 60 days or is it increased to 120 days ?

Shiroyasha KaTsuGin Stein Kyouma • 2 days ago

No, if you break your fast intentionnally for example 1 day you fast for it or give a kaffarah, for everyday you don't fast you fast another one out of ramadan or if you can't, you do a kaffarah.

Ahmed Badawy Albayoumy • 2 days ago

This article is not very clearly written. If you are sick a day or two or more during Ramadan for a temporary legit sickness, you should make it up after Ramadan when you feel better, and no fidya is needed in that case

Abdul Jawwad Rehmani • 2 days ago

Salaam. Could some brother or sister be kind enough to give me their advice. I had to break my fast two days back because of an unbearable pain caused due to kidney stones and then missed the fast the next day too. In this case what should i do. I hope ALLAH (S.W.T) forgives me and my sins

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Phill81975 • a year ago

During the Ramadan fast, up until what time can you eat before fajr. Is it as soon as the call to fajr prayer or can you eat up until just before the sunrise?

Taimoor Malik Phill81975 • 2 days ago

When you hear the call for fajr prayer, you should stop eating.

Angie • a year ago

I was pregnant and nursed for 2 years so I missed around 70 days from Ramadans passed! I managed to fast 11 days already. I also paid money for days missed every year before ramadan. My question is do I pay for all the remaining 69 days this year or only the number of days from 2016?

Jameelah • a year ago

This is my first Ramadan that I am pregnant during. I have asked my husband about fasting during Ramadan if I should make it up at a later time or do like you advised with paying fidyah each day during Ramadan. He advised me that I will have to make it up. I'm just confused as to when since after I give birth I will be a nursing mother. Insha'Allah. What is best?

Usman123 Jameelah • a year ago

Wait until you have completely stopped nursing, it is better for your health if you fast only after you have completely recovered from pregnancy, including everything associated with it.