

“Can My Patient Fast?”

A Clinician’s Role



Aims of Session

1

Responsibilities
of a Doctor

2

Obligatory
Fasting

3

Exemptions
from
Fasting

4

Case
Studies

1.

Responsibilities of a Doctor



What Should Be My Approach?



My Patient
Should Fast

My
Patient
May Fast

وَاللَّهُمَّ سَلِّمْ
صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ

The Prophet said:

مَنْ دَلَّ عَلَىٰ خَيْرٍ فَلَهُ مِثْلُ أَجْرِ فَاعْلَمْ

Whoever guides someone to
goodness will have a similar reward.

Sahih Muslim (no. 1893)

Threat For Missing Obligatory Fast

• عَنْ أَبِي هُرَيْرَةَ، قَالَ قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ "مَنْ أَفْطَرَ يَوْمًا مِنْ رَمَضَانَ مِنْ غَيْرِ رُخْصَةٍ رَخْصَةً اللَّهُ لَهُ لَمْ يَقْضِ عَنْهُ صِيَامُ الدَّهْرِ".

- **Narrated AbuHurayrah:**
- The Prophet (ﷺ) said: If anyone breaks/misses his fast one day in Ramadan without a concession granted to him by Allah, a perpetual fast will not atone for it. (Sunan Abi Dawud 2396)

Threat For Breaking Obligatory Fast

- A saheeh report which warns against not fasting was narrated by Ibn Khuzaymah (1986) and Ibn Hibbaan (7491) from Abu Umaamah al-Baahili who said:
- I heard the Messenger of Allaah (peace and blessings of Allaah be upon him) say:
- *"Whilst I was sleeping two men came to me and took my by the arm and brought me to a cragged mountain. They said, 'Climb up.' I said, 'I cannot.' They said, 'We will make it easy for you.' So I climbed up until I was at the top of the mountain. Then I heard loud voices. I said, 'What are these voices?' They said, 'This is the howling of the people of Hell.' Then I was taken until I saw people hanging by their hamstrings, with the sides of their mouths torn and blood pouring from their mouths.' I said, 'Who are these?' He said:*

هُؤُلَاءِ الَّذِينَ يَصُومُونَ وَيُفْطِرُونَ قَبْلَ تَحْلِيَةِ صَوْمَاهُمْ

*'These are people who broke
their fast before it was time.'"*

Doctors are like Muftis!!

- وَنَحْنُ نَقُولُ إِنَّ زِيَادَةَ الْمَرَضِ وَامْتِدَادُهُ قَدْ يُفْضِي إِلَى الْهَلَكَ فَيَجِبُ الْاِحْتِرَازُ عَنْهُ وَطَرِيقُ مَعْرِفَتِهِ الاجْتِهَادُ فَإِذَا غَلَبَ عَلَى ظَنِّهِ أَفْطَرَ وَكَذَا إِذَا أَخْبَرَهُ طَبِيبٌ مُسْلِمٌ حَادِقٌ عَدْلٌ (تبين الحقائق)
- ثُمَّ مَعْرِفَةُ ذَلِكَ بِالْاجْتِهَادِ الْمَرِيضِ وَالاجْتِهَادُ غَيْرُ مُجَرَّدِ الْوَهْمِ بَلْ هُوَ غَلَبَةُ ظَنٍّ عَنْ أَمَارَةٍ أَوْ تَجْرِبَةٍ أَوْ بِإِخْبَارِ طَبِيبٍ مُسْلِمٍ غَيْرِ ظَاهِرِ الْفَسْقِ (الفتاوى الهندية)

Islamic Medical Learners Association



A Doctor Should Know:

Religious

- The conditions of fasting
- The exemptions from this obligation
- The procedures and treatments which invalidate the fast.(Latest fatwas)
- The consequences and compensation of missing/breaking of a fast. (Fidya & qada)

Medical

- The research based medical principles of safe fasting
- Adjustment of drug dosage/ frequency

Psychological

- The satisfaction level of his patients
- Motivational boosters/ stuff for fasting.



2. Conditions of Fasting

Obligation of Fasting

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
يَا أَيُّهَا الَّذِينَ آتَيْنَاكُمْ كِتَابًا مُّبَارَّكًا كُتِبَ عَلَى الَّذِينَ مِنْ
قَبْلِكُمْ لَعَلَّكُمْ تَتَّقُونَ ﴿٦﴾

سورة البقرة

اے لوگو! جو ایمان لائے ہو، تم پر روزے فرض کر دیے گئے جس طرح تم سے پہلے انبیاء کے ہر دوں پر فرض کیے گئے تھے۔ اس سے توقع ہے کہ تم میں تقویٰ کی صفت پیدا ہوگی۔

O Believers, the Fast has been made obligatory on you just as it was prescribed for the followers of the Prophets before you. It is expected that this will produce piety in you.

Conditions for Fasting



Conditions 1- Spiritual and Mental Qualifications

Muslim
Have Capacity (Aaqil)
To be Mature (Baaligh)



Conditions 2- Physical Qualifications

Healthy
Resident



Conditions 3- Qualifications of Purity

Free from
Menstruation (Haydh) and Post-natal Bleeding (Nifaas)

3. Those not Obligated to Fast

Exemptions From Fasting

- 1 – Sickness
- 2 – Travelling
- 3 – Pregnancy and breastfeeding
- 4 – Senility and old age



1. Sickness

شَهْرُ رَمَضَانَ الَّذِي أُنْزِلَ فِيهِ الْقُرْآنُ هُدًى لِلنَّاسِ وَبَيِّنَاتٍ مِّنَ الْهُدَىٰ
وَالْفُرْقَانِ ۝ فَمَنْ شَهِدَ مِنْكُمُ الشَّهْرَ فَلْيَصُمِّمْ ۝ وَمَنْ كَانَ مَرِيضًا أَوْ
عَلَىٰ سَفَرٍ فَعِدَّةٌ مِّنْ أَيَّامٍ أُخْرَىٰ ۝ يُرِيدُ اللَّهُ بِكُمُ الْيُسْرَ وَلَا يُرِيدُ بِكُمُ
الْعُسْرَ وَلِتُكْمِلُوا الْعِدَّةَ وَلَا تُكَبِّرُوا اللَّهَ عَلَىٰ مَا هَدَاهُمْ وَلَا عَلَىٰكُمْ
تَسْكُرُونَ

“The month of Ramadan in which was revealed the Quran, a guidance for mankind and clear proofs for the guidance and the criterion. So whoever of you sights (the crescent on the first night of) the month (of Ramadan), he must observe fasts that month, and whoever is ill or on a journey, the same number [of days which one did not observe fasts must be made up] from other days. Allah intends for you ease, and He does not want to make things difficult for you. (He wants that you) must complete the same number (of days), and that you must magnify Allah [i.e. to say Takbir (Allahu-Akbar; Allah is the Most Great) on seeing the crescent of the months of Ramadan and Shawwal] for having guided you so that you may be grateful to Him.” [Al-Baqarah 2: 185]

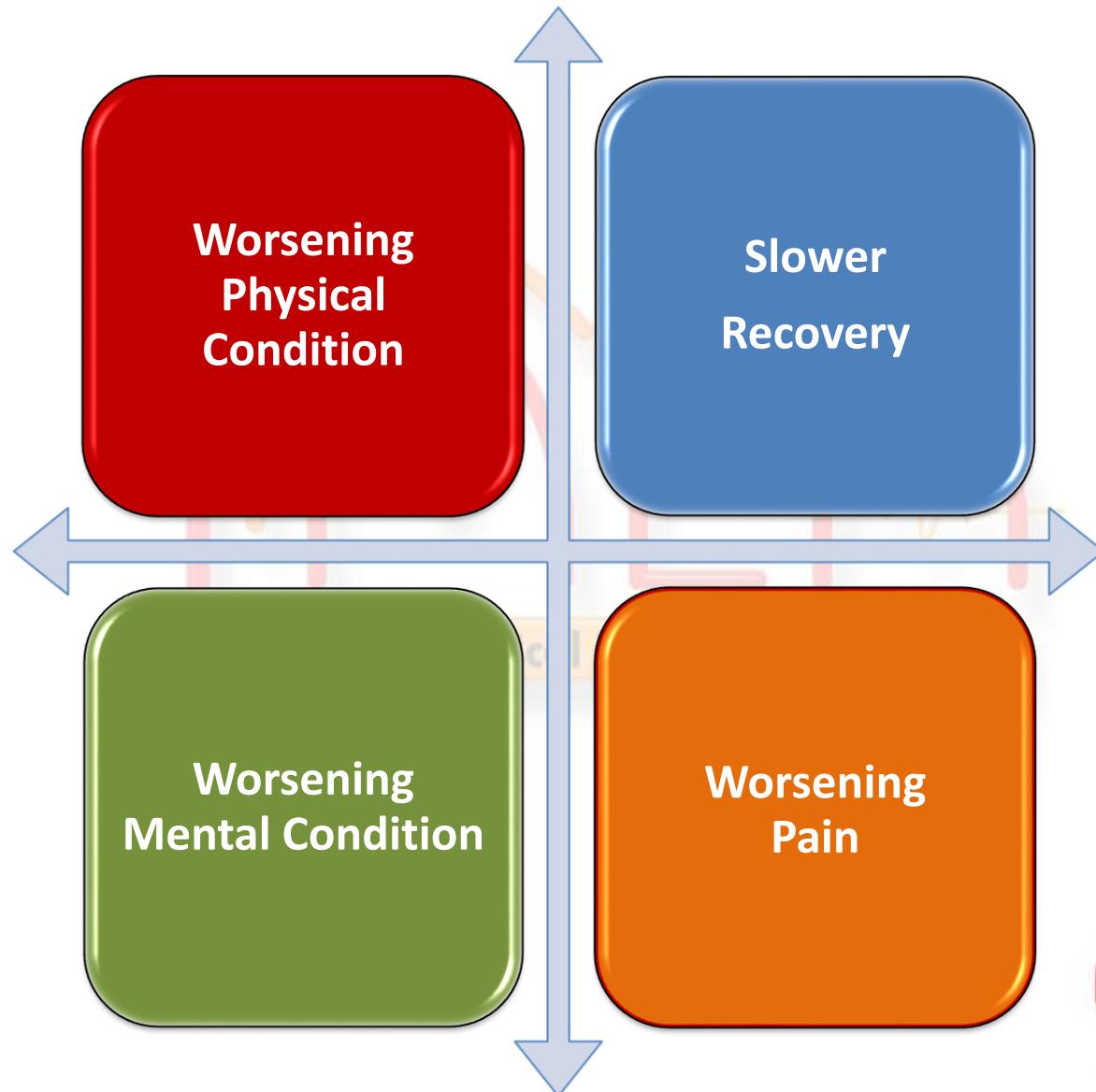
1. Sickness

Fasting :

- ✓ Would aggravate the sickness.
- ✓ Make symptoms worse.
- ✓ Recovery would be delayed.
- ✓ Would make patient again unwell after being recovered from sickness.

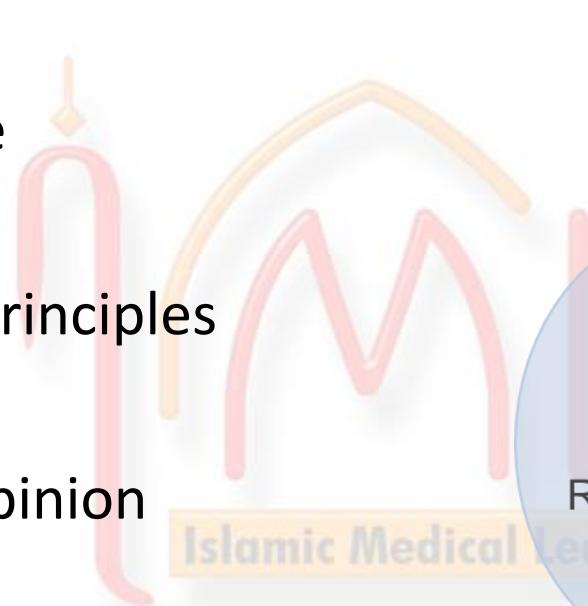
(قَوْلُهُ : لِمَنْ خَافَ زِيَادَةَ الْمَرَضِ الْفِطْرُ) لِقَوْلِهِ تَعَالَى { فَمَنْ كَانَ مِنْكُمْ مَرِيضاً أَوْ عَلَى سَفَرٍ فَعِدَّهُ مِنْ أَيَّامٍ أُخَرَ } فَإِنَّهُ أَبَاحَ الْفِطْرَ لِكُلِّ مَرِيضٍ لِكِنَّ الْقَطْعُ بِأَنَّ شَرْعِيَّةَ الْفِطْرِ فِيهِ إِنَّمَا هُوَ لِدَفْعِ الْحَرَجِ وَتَحْقِيقِ الْحَرَجِ مَنْوَطٌ بِزِيَادَةِ الْمَرَضِ أَوْ إِبْطَاءِ الْبُرْءِ أَوْ إِفْسَادِ عُضُوٍّ (الْبَحْرُ الرَّائِقُ)

Four principles

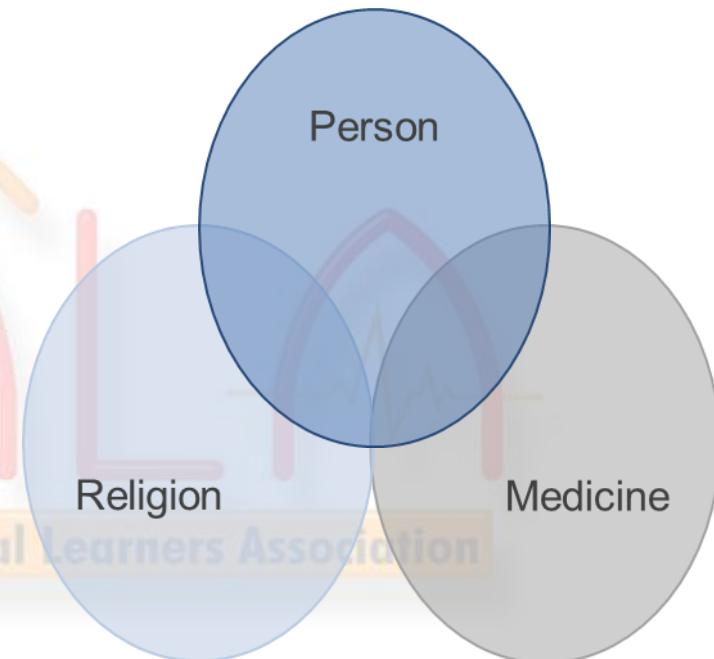


To fast or not to fast?

1. Individual Experience



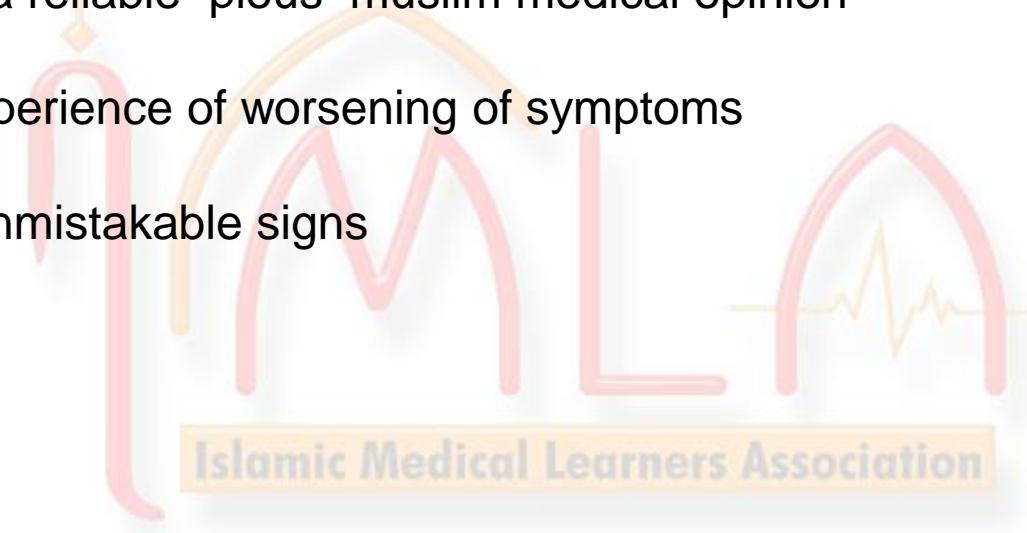
2. Religious Principles
3. Medical Opinion



Patients perspective

The patient may leave fasting if

1. Advised by a reliable pious muslim medical opinion
2. Previous experience of worsening of symptoms
3. Clear and unmistakable signs



ثُمَّ مَعْرِفَةُ ذَلِكَ بِاجْتِهَادِ الْمَرِيضِ وَالاجْتِهَادُ غَيْرُ مُجَرَّدِ الْوَهْمِ بَلْ هُوَ غَلَبَةٌ ظَنٌّ عَنْ أَمَارَةٍ أَوْ تَجْرِيَةٍ أَوْ
بِإِخْبَارِ طَبِيبٍ مُسْلِمٍ غَيْرِ ظَاهِرِ الْفِسْقِ (الفتاوى الهندية)



Patient Will Get The Same Reward

"إذا مرض العبد أو سافر
كتب له مثل ما كان يعمل مقيماً صحيحاً".

"When a slave of Allah suffers from illness or sets on a journey, he is credited with the equal of whatever good works he used to do when he was healthy or at home".

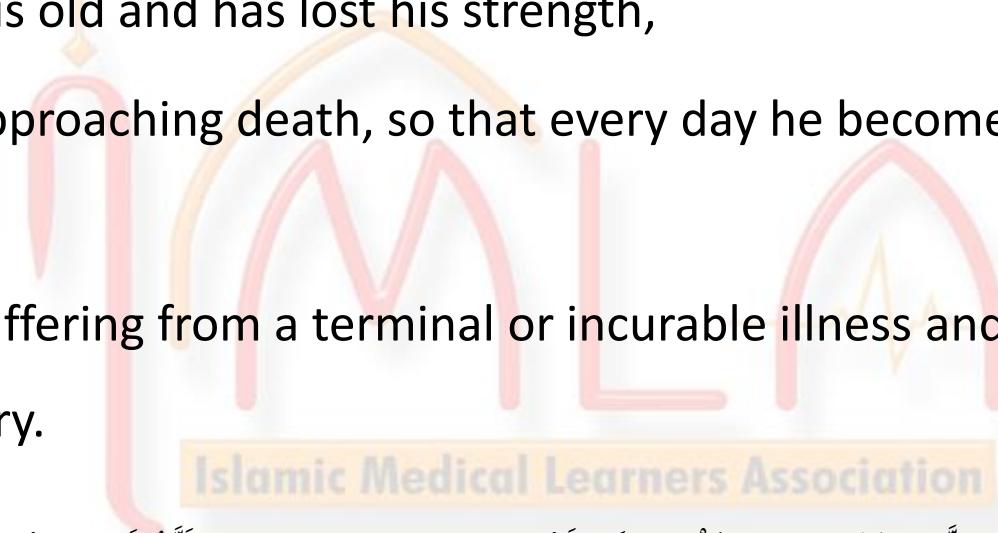
-Prophet Muhammad (Peace be upon him)
(Al-Bukhari) Riyad as-Salihin: Book 1, Hadith 133

Senility and old age

- *“And as for those who can fast with difficulty, they have (a choice either to fast or) to feed a poor person) (for every day)”[al-Baqarah 2:184]*
- *Ibn ‘Abbaas (may Allaah be pleased with him) said that this aayah has not been abrogated, and it applies to old men and old women who cannot fast, so for each day they should feed one poor person. (Sahih al Bukhari)*

Senility and old age

- **Refers to**
 - one who is old and has lost his strength,
 - who is approaching death, so that every day he becomes weaker, until he dies,
 - who is suffering from a terminal or incurable illness and has no hope of recovery.



الشَّيْخُ الْفَانِي وَهُوَ الَّذِي كُلَّ يَوْمٍ فِي نَفْسِهِ إِلَى أَنْ يَمُوتَ وَيُمْتَهِنَ بِهِ إِمَّا ؛ لِأَنَّهُ قَرْبٌ مِّنَ الْفَنَاءِ أَوْ ؛ لِأَنَّهُ فَنِيَتْ قُوَّتُهُ وَإِنَّمَا لَزِمَتْهُ بِاعْتِبَارِ شَهُودِهِ لِلشَّهَرِ حَتَّى لَوْ تَحْمَلُ الْمَشْقَةُ وَصَنَامُ كَانَ مُوَدِّيَا وَإِنَّمَا أَبْيَحَ لَهُ الْفِطْرُ لِأَجْلِ الْحَرَجِ وَعُذْرُهُ لَيْسَ بِعَرَضِ الزَّوَالِ حَتَّى يُصَارُ إِلَى الْقَضَاءِ فَوَجَبَ الْفَدِيَةُ لِكُلِّ يَوْمٍ نِصْفَ صَاعٍ مِّنْ بَرِّ أَوْ زَبَبِ أَوْ صَاعًا مِّنْ تَمِّرٍ أَوْ شَعِيرٍ كَصَدَقَةُ الْفِطْرِ (الْبَحْرُ الرَّائِقُ)



Pregnancy and breastfeeding

- عن أنس بن مالك، قال رَحْمَنَ رَسُولُ اللَّهِ - صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ - لِلْحُبْلِيِّ الَّتِي تَخَافُ عَلَى نَفْسِهَا أَنْ تُفْطِرَ وَلِلْمُرْضِعِ الَّتِي تَخَافُ عَلَى وَلَدِهَا .
- It was narrated that Anas bin Malik said:
- “The Messenger of Allah (ﷺ) granted a concession to pregnant women who fear for themselves, allowing them not to fast, and to nursing mothers who fear for their infants.”([Sunan Ibn Majah](#))
- One only leaves fasting due to pregnancy or nursing if there is good reason to fear harm for the mother or baby—based on experience; or reliable Muslim medical opinion (Ibn Abidin, Radd al-Muhtar)

4. Travelling

- Permitted to miss the fast.
- He must make qada of the missed fast
- it will be preferable to fast in comfortable journey
- “Travelling” in this context is the same as that of salat.

أَيَّامًا مَعْدُودَاتٍ ۝ فَمَنْ كَانَ مِنْكُمْ مَرِيضًا أَوْ عَلَى سَفَرٍ فَعِدَّهُ مِنْ أَيَّامٍ
أُخْرَ ۝ وَعَلَى الَّذِينَ يُطِيقُونَهُ فِدْيَةٌ طَعَامٌ مِسْكِينٌ ۝ فَمَنْ تَطَوَّعَ خَيْرًا
فَهُوَ خَيْرٌ لَهُ ۝ وَمَنْ تَصُومُوا خَيْرٌ لَكُمْ ۝ إِنْ كُنْتُمْ تَعْلَمُونَ

“[Observing fasts] for a fixed number of days, but if any of you is ill or on a journey, the same number (should be made up) from other days. And as for those who can fast with difficulty, (e.g. an old man, etc.), they have (a choice either to fast or) to feed a Miskeen [poor person] (for every day). But whoever does good of his own accord, it is better for him. And that you fast, it is better for you if only you know.” [Al-Baqarah 2: 184]

Atonement and expiation?



What is Qadha

Making up for a missed fast of Ramadan on another day other than ramadan



What is Fidyah? (atonement)

When someone cannot fast in Ramadan and can't make up the lost days afterwards (for example, due to chronic severe ill health or frailty) they should then pay for a meal or cash equal to sadqa fitir to a poor



What is Kaffarah? (expiation)

the compensation paid if deliberately break a fast in the month of Ramadan without a valid reason. – fast for 60 consecutive fasts , if not possible, then feed poor 2 meals for 60 days.

Kaffarah for Breaking The Fast

Narrated Abu Huraira: A man came to the Prophet and said, I had sexual intercourse with my wife on Ramadan (while fasting).

The Prophet asked him, Can you afford to manumit a slave? He replied in the negative.

The Prophet asked him, Can you fast for two successive months? He replied in the negative.

He asked him, Can you afford to feed sixty poor persons? He replied in the negative.

Then a basket full of dates was brought to the Prophet and he said (to that man), Feed (poor people) with this by way of atonement. He said, (Should I feed it) to poorer people than we? There is no poorer house than ours between its (Medina's) mountains.

The Prophet said, Then feed your family with it.

@our_ummaah

Sahih Bukhari 1937



Qada only

- Missing a fast
- Breaking an optional (nafil) fast
- Breaking the Ramadan fast for a valid Shariah reason

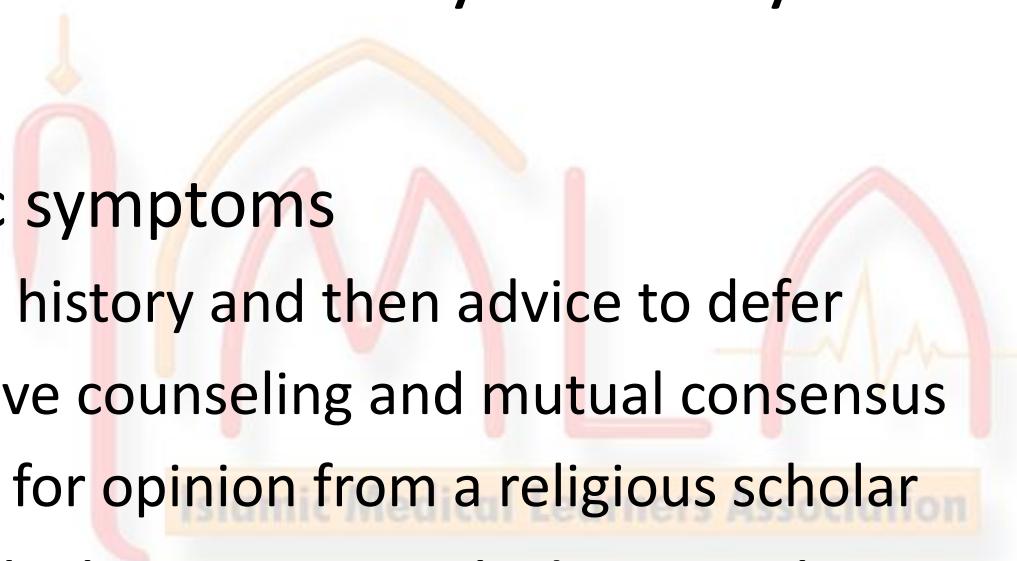
Kaffarah

- Breaking the obligatory Ramadan fast without a valid reason

4. Case Studies

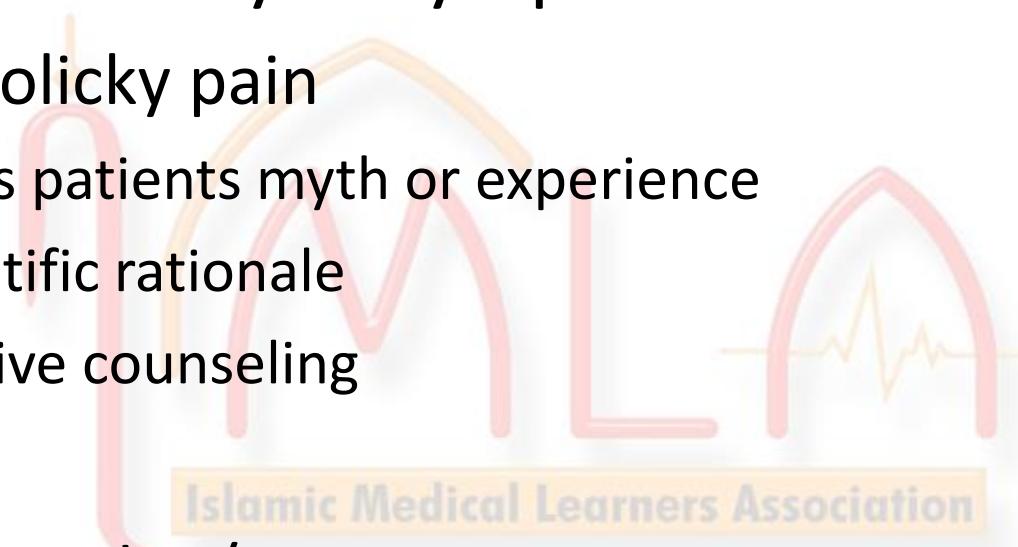
Case 1

- Gall stones for Cholecystectomy
 - Chronic symptoms
 - Good history and then advice to defer
 - Positive counseling and mutual consensus
 - Refer for opinion from a religious scholar
 - Acute cholecystitis settled on antibiotics
 - Severe pain and cholecystitis



Case 2

- Increase severity of symptoms due to fasting
 - Renal colicky pain
 - Is this patients myth or experience
 - Scientific rationale
 - Positive counseling
 - Gastric acidity/ pain
 - Lethargy with chronic illness like diabetes

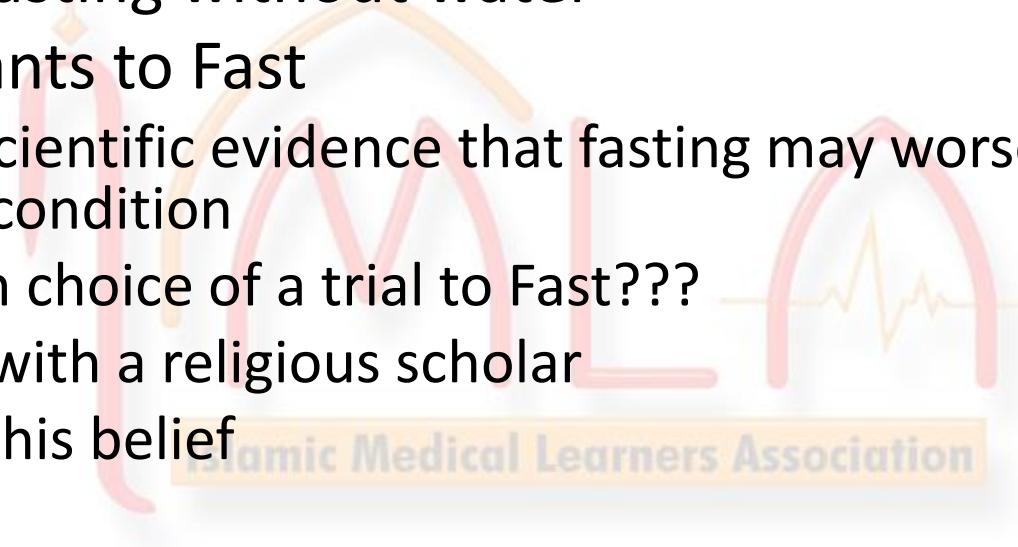


PR during fasting



With renal failure

- Cr 6; BUN 110
- 15 hours fasting without water
- Patient wants to Fast
 - Strong scientific evidence that fasting may worsen the current condition
 - Give him choice of a trial to Fast???
 - Discuss with a religious scholar
 - Respect his belief
- On dialysis



IMLA

- Aims and objectives
- Why required
- Our working strategy
- What is done so far
- Why are we here



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Acknowledgment

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