

Q: 58 – Title: I am anemic ...if i am fasting and reach a point where i feels that i cannot bare it anymore due to the weakness and headaches,

#### Question

I would just like to pose a question on Pregnancy and Fasting.

Alhamdulillah i am 4 month pregnant and will be around 6 during the month of ramadhaan. Inshallah i have the intention to Keep all my fasts during this holy month as i beleive that i am fasting for Allah thus Allah will secure my pregnancy and take care of the unborn child with all the required nutrients.

I am anemic and seem to get weak and loose all my energy during midday which results in sever headaches even tho i do use halaal suitable vitamins. my question is, if i am fasting and reach a point where i feels that i cannot bare it anymore due to the weakness and headaches, am i allowed to break this fast and keep qadhaa after ramadhaan?

Could you please advise me on the above mentioned matter to the best of your ability?

Answer

**In the name of Allah, Most Gracious, Most Merciful**

**Assalaamu 'alaykum waRahmatullahi Wabarakatuh**

In principle a pregnant woman and breastfeeding woman does not have to fast in Ramadan. She may make up her missed fasts after Ramadan. However, if such a woman does fast, she may break her fast and make up for it later. Our advise is you do not exert yourself if you cannot. To practice on the concession granted by Shariah is also encouraged. Furthermore pregnancy in itself is a great act of worship and yields great lofty rewards for the women.

[illegible]

**I am anemic ...if i am fasting and reach a point where i feels that i cannot bare it anymore due to the weak**

[illegible]

**463**    **3**    [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]]

□ □ □ □ □ □ □ □ □ □

1

**And Allah knows best**

# Wassalam

**Mufti Ebrahim Desai (M2)**

**Darul Iftaa, Madrassah In'aamiyyah**