

وَاتَّقُوا اللَّهَ وَأَعْلَمُوا أَنَّكُمْ مُلْقَوُهُ وَبَشِّرِ الْمُؤْمِنِينَ ﴿٢٢٣﴾ (سورة البقرة: ٢٢٢-)

(٢٢٣)

- 2:222. They ask you about menstruation. Say: It is an impurity, so keep away from women during menstruation and do not approach them until they have become pure. Then when they have purified themselves, you may approach them as Allah has ordained. Truly, Allah loves those who turn unto Him in repentance and He loves those who purify themselves.
- 2:223. Your wives are your tilth, so approach your tilth however you will; and send [good deeds] before you for your souls. Fear Allah and know that you will meet Him, and give glad tidings to the believers.

Here, Allah (ﷻ) speaks of their questions about menstruation, and whether a woman is the same after she gets her period as she was before, or she should be avoided completely, as is the practice among the Jews.

Allah tells us that menstruation is an impurity, and because it is an impurity, by His wisdom Allah told His slaves to avoid the place of impurity only. Hence He said: ﴿so keep away from women during menstruation﴾. The phrase translated here as ﴿during menstruation﴾ may refer to the place from which the menstrual bleeding comes (the vagina), hence what is forbidden is intercourse in the vagina in particular (at the time of menstruation). This is haram according to scholarly consensus. The command to keep away from the place of menstruation indicates that intimate activity with the menstruating woman is permissible, so long as intercourse in the vagina is avoided.

But the words ﴿and do not approach them until they become pure﴾ indicate that intimate activity involving the area near the vagina, which is the area between the naval and the knee, should be avoided too, as the Prophet (ﷺ) did this when he wanted to be intimate with his