

Volume 24 - No 9 Ramadan 1442 / 2021

# الكاوسر

1727 Lenasia 1820 📞 011 854 4543 📞 011 854 7886

Fasting Prayer Charity  
**NOURISH YOUR SOUL!**

رمضان كريم  
**RAMADAN KAREEM!**

رمضان كريم

# The annual Islamic VIP guest

BY MOULANA NASIK AHMED BROOD

We know very well that when we are expecting a VIP at our homes then we would go all out to ensure that everything is in place. If there are cracks in the window or walls then we would make certain that all these are covered so that no flaw can be visible when the VIP arrives. In the same way, we are now witnessing a month which is among the most anticipated month in the Islamic calendar and a month of which Muslims across the globe crave and yearn to see again. This month of Ramadaan is the VIP guest for us as Muslims and we need to ask ourselves if we as Muslims are ready to welcome this VIP? We need to ask if we as Muslims have our act in place to welcome and witness this blessed month.

People sometimes ask if there are perhaps any ideas in which we can welcome this blessed month. One person said that we as Muslims can try the following:

- Make special Dua to Allah Almighty that this month reaches us while we are in the best of health and wellbeing so that we can fast and do all our acts of devotion with ease and enthusiasm. That is why Nabi (Sallallahu Alayhi Wa Sallam) had advised that when the new moon is sighted then we should say "O Allah Almighty, bring it (the crescent) over us with blessing and faith, and security, and Islam, and good fortune to do what is beloved and pleasing to our Lord. My Lord and your Lord is Allah Almighty" (Tirmidhi - 3451)

- We should make a good plan for the whole month about how we are going to organize our days and evenings during Ramadaan. At the same time, we need to have sincere intention and determination to take full advantage of this time. That is why it is said that 'If you fail to plan then you are planning to fail'

- Be more generous and help the poor and needy. Plan to give your alms and at this time and help others as much as you can. This has been a teaching of the Holy Prophet (Sallallahu Alayhi Wa Sallam) whereby Hazrat Ibn Abbaas (Radiyallahu Anhu) narrates that the Holy Prophet (Sallallahu Alayhi Wa Sallam) was the most generous of all the people, and he used to become more generous in Ramadaan when Jibraeel (Alayhi Salaam) met him. Jibraeel (Alayhi Salaam) used to meet him every night during Ramadaan to revise the Holy Quran with him. The Holy Prophet (Sallallahu Alayhi Wa Sallam) then used to be more generous than the fast wind (Bukhari - 3554)

Every year the month of Ramadaan brings about a different joy where we become happy people because we know that we are now witnessing the

month of mercy, goodness, abstinence, generosity, and blessings. We know that when the month of Ramadaan comes we can feel its blessedness in our homes. A typical example is the taste of the food in our homes. The food that is served in the month of Ramadaan tastes much more delicious than when the very same meal is eaten before or after Ramadaan. The most interesting part is that no one can guarantee that they will see Ramadaan through to the end. If we as Muslims want to benefit from this blessed month, then we need to first understand what this month is. It is a month of:

- The Holy Quran
- Fasting
- Repentance
- Taqwa (Piety) and discipline
- Compassion and wherein the hearts are softened
- Developing a link with Allah Almighty
- Making resolutions so that we can lead the rest of the 11 months of the year leading up to the next Ramadaan in a way that will please Allah Almighty

Sometimes we find that many people will tell others that they have completed the recitation of the entire Holy Quran 5 times, others would say 7 times, and others would say 10 times. It is no nice to know that people are reciting the Holy Quran with such veneration that it truly reflects our love for this month as we know it is the month of the Holy Quran. However, we need to ask ourselves if quantity is more important or quality is more important? I am not saying that we should not recite the Holy Quran so many times. What I am saying is that just as how we have become diligent in reciting the Holy Quran so many numbers of times likewise we should also become diligent in learning what the Holy Quran is teaching us. If we look closely at this blessed month we can see that welcoming it is an opportunity for us in welcoming the medical health benefits that come with fasting.

There is so much more that can be said about the different ways in which a person can welcome the month of Ramadaan. We are all adults and we should know by now that Ramadaan is the time wherein we empty our stomachs to feed our souls. My advice for us all is that we should make this Ramadaan the turning point in our lives where we break free from the deceptions of this world and indulge in the sweetness of Imaan!

# Yaum-al-Furqaan

## The Day of Criterion Between Good And Evil

Battle of Badr changed the Arab and Arabs like forever. It marked the end of a visibly pagan Arab to what we now see a completely non-pagan society that in every aspect of life espouses oneness of God notwithstanding the myriads of aberrations that have later found their way into it.

When and between whom?

It happened at a place called Badr in the month of March 614 i.e. two years after another turning point in the history of Arabs, the migration (Hijrah) of Prophet Muhammad (Peace Be upon Him) and His companions from Makkah to Yathirb, both the famous cities located in Hijaz, the western part of today's Saudi Arabia. It was the 17th day of the lunar month "Ramazan/Ramadan" and the Muslims were fasting amidst a mayhem of war bells doing rounds in and across the city of the Prophet which was now named Madinah from Yathrib.

Conflict and War was the norm of the day in Arab:

Conflict and war were never new to Arab. They literally had four months in the year declared as sacred months for trade to happen as well as for peace to prevail in order to accomplish the annual ritual of Hajj in and around Makkat-ul-Mukarramah (the city of Makkah). Their economy was purely dependent on the Hajj. These four months used to be calm and peaceful while the remaining eight months saw the "ignorance" of Arabs spiraling up in ways more than one, each one uglier than the other.

War among tribes, slavery, robbery, killing of infant female kids, ill practices named after religion and other forms of evils had their refuge in the Arabs' psyche.

The nature of the then conflicts among Arabs needs a special mention. Years of animosity among the tribes over some petty reason and the fire of vengeance that used to last for decades and passed through generations after generations only to carry forward the bloody legacy of the tribe in upholding the tribe's/family's prestige. They used to flaunt about all this using the poetry. However, the Battle of Badr changed the course of action

On that day, the mountains of Badr witnessed what was unprecedented in the history of Arabs. When the father-son duo stood against each other, uncle-nephew locked horns against each other, and the close relatives and friends transcending the unthinkable boundaries of "tribe", found each other on the other side of the battleground.

The battles that preceded were named after the tribes that took part in them unlike the battle of Badr that saw a confluence of tribes and families standing together and against the other. Unprecedented much, surprising and painful enough, one looking at this point in history might wonder, "Why is this battle so unique and so special?"

From the aforementioned examples, it is quite clear that battle of Badr stands out from the usual battles Arabs fought during those times. It transcended the boundaries of tribes, family prestige, blood relations, and even the clutches of slavery for there was an unprecedented sight of slaves fighting hand in glove with and against their erstwhile "masters"!

A unique battle that does not cross over the battlefield:

Prophet Muhammad (Peace Be upon Him) leading the group of Muslims was reported to be "praying and seeking God's help" a night before the battle took place, unlike the Makkans who were busy in "dancing, partying and flaunting all their might". Strategic genius and as per Islamic traditions divine intervention meaning the army of Prophet Muhammad (Peace Be

upon Him) had the last laugh and the army of Makkans thrice-in number than Prophet Muhammad's (Peace Be upon Him) had conceded the defeat. Many a powerful tribal leaders from among Makkans were killed and some were made prisoners of the war.

The winning party had not sought vengeance with those murdered in the battlefield nor had it played all evil tricks possible to name, shame and put to task to the prisoners of the war. Rather, one of the criteria to release the prisoners was that they "teach" the inhabitants of Madinah "how to read and write". There were clear instructions from Prophet Muhammad (Peace Be upon Him) to not harm kids, women, elderly, and non-participants (non-combatants) in the war and as well as trees, and the cultivable land.

What made the two parties fight after-all?

The message of Prophet Muhammad (Peace Be upon Him) was the repetition of the early messages from God that were revealed upon the likes of Abraham, Moses & Jesus (Peace be Upon them all) in past. His message was to proclaim oneness of God aka Tawheed, him being God's messenger and that there will be a day of judgement after this life for every human being on the earth. It had its takers and those who vehemently rejected it.

Unsurprisingly, most of those who opposed His message were from among the affluent, leaders and rich of the Makkah. Were they to believe and follow Prophet Muhammad and His message, their social, economic, political and religious significance and relevance would end. While the relatively low in social status, poor and slaves were the ones who believed and followed Prophet Muhammad, come what may. It meant the slaves might find a way out of the shackles of slavery. It meant the religious clergy would no longer be able to enjoy the social and financial capital generated out of "House of God - Ka'ba" during the times of Hajj. It meant no Tribe, no family and no person can claim the stakes of prestige and honour but by virtue of their goodness and belief in God.

A battle between Good and Evil:

In a nutshell, the affluent and leaders of the day found in the message of Muhammad the danger of losing their status quo. On the contrary, the oppressed, and the disadvantaged saw it as an emancipatory force. Essentially the battle of Badr was a fight between these two forces; the forces of oppression locking horns with the might of the oppressed, or to put it in other words, the forces of evil fighting with the proponents of goodness and Godly. This thus makes it a distinctive event in the history of the world, which we now fondly remember as the "Yaum-Al-Furqaan The day of Criterion between good and evil".

Cell: 083 558 6519

**Midway**  
Motor Spares



Shop 5, Midway  
Shopping Centre Midway, Soweto  
Tel: 011 980 2286 / 011 980 2856  
Fax: 011 980 3401



## MEDICAL BENEFITS OF

# Fasting

by Shahid Athar, M.D.

Most Muslims do not fast because of medical benefits but because it has been ordained to them in the Quran. The medical benefits of fasting are as a result of fasting. Fasting in general has been used in medicine for medical reasons including weight management, for rest of the digestive tract and for lowering lipids. There are many adverse effects of total fasting as well as so-called crash diets. Islamic fasting is different from such diet plans because in Ramadan fasting, there is no malnutrition or inadequate calorie intake. The caloric intake of Muslims during Ramadan is at or slightly below the national requirement guidelines. In addition, the fasting in Ramadan is voluntarily taken and is not a prescribed imposition from the physician. Ramadan is a month of self-regulation and self-training, with the hope that this training will last beyond the end of Ramadan. If the lessons learned during Ramadan, whether in terms of dietary intake or righteousness, are carried on after Ramadan, it is beneficial for one's entire life. Moreover, the type of food taken during Ramadan does not have any selective criteria of crash diets such as those which are protein only or fruit only type diets. Everything that is permissible is taken in moderate quantities.

The only difference between Ramadan and total fasting is the timing of the food; during Ramadan, we basically miss lunch and take an early breakfast and do not eat until dusk. Abstinence from water during this period is not bad at all and in fact, it causes concentration of all fluids within the body, producing slight dehydration. The body has its own water conservation mechanism; in fact, it has been shown that slight dehydration and water conservation, at least in plant life, improve their longevity.

The physiological effect of fasting includes lower of blood sugar, lowering of cholesterol and lowering of the systolic blood pressure. In fact, Ramadan fasting would be an ideal recommendation for treatment of mild to moderate, stable, non-insulin diabetes, obesity and essential hypertension. In 1994 the first International Congress on "Health and Ramadan", held in Casablanca, entered 50 research

papers from all over the world, from Muslim and non-Muslim researchers who have done extensive studies on the medical ethics of fasting. While improvement in many medical conditions was noted; however, in no way did fasting worsen any patients' health or baseline medical condition. On the other hand, patients who are suffering from severe diseases, whether diabetes or coronary artery disease, kidney stones, etc., are exempt from fasting and should not try to fast.

There are psychological effects of fasting as well. There is a peace and tranquility for those who fast during the month of Ramadan. Personal hostility is at a minimum, and the crime rate decreases. This psychological

improvement could be related to better stabilization of blood glucose during fasting as hypoglycemia after eating, aggravates behavior changes.

Recitation of the Quran not only produces a tranquility of heart and mind, but improves the memory. Therefore, I encourage my Muslim patients to fast in the month of Ramadan, but they must do it under medical supervision. Healthy adult Muslims should not fear becoming weak by fasting, but instead it should improve their health and stamina.

### DIABETES MELLITUS AND RAMADAN FASTING

Diabetes mellitus affects people of all faiths. Muslims are no exception. Many diabetic Muslims have a desire to fast during the month of Ramadan, although if they cannot for health reasons, they have a valid exemption. The dilemma for physicians and Muslim scholars is whether or not Muslim diabetic patients (1) should be allowed to fast if they decide to; (2) can fast safely; (3) can be helped to fast if they decide to; (4) can have their disease monitored at home; and (5) are going to derive any benefit or harm to their health. Fasting during Ramadan by a Muslim diabetic patient is neither his right nor Islamic obligation, but only a privilege to be allowed by his physician, at the patient's request, knowing all the dangers and assuming full responsibility in dietary compliance and glucose monitoring, with good communication between the physician and the patient.

### PSYCHOLOGICAL STATE OF DIABETES DURING RAMADAN

Diabetes mellitus itself adversely affects patients' psychological states by changes in glucose metabolism, blood and CSF osmolality, needs for discipline and compliance, fear of long term complications and threat of hypoglycemic attacks and the possibility of dehydration and coma.

On the other hand, fasting during Ramadan has a tranquilizing effect on the mind, producing inner peace and decrease in anger and hostility. Fasting Muslims realize that manifestations of anger may take away the blessings of fasting or even nullify them.

Diabetics know that stress increases the blood glucose by increasing the catecholamine level and any tool to lower the stress ; ie., biofeedback or relaxation improves diabetic control. Thus, Islamic fasting during Ramadan should have a potentially beneficial effect with regard to diabetic control.

**SHAMA**  
SPICE WORLD & SUPERMARKET  
011 852 5568

50 Gembok Street  
Lenasia, Ext 2, 1827  
011 852 5568

12286 Nirvana Drive  
Lenasia, Ext 13, 1827  
011 852 2768

# HAZRAT ALI

## The Lion of Allah

Ali (RA) belonged to the tribe Quraish and the family of Bani Hashim in Makkah. He was born in the Holy Kabah in Mecca on Friday, 13th Rajab 23 BH. He (ﷺ) was the son of Hazrat Abu Talib (ﷺ) the uncle of Holy Prophet (ﷺ), who had nourished and brought up Hazrat Muhammad (ﷺ). His mother Fatima bint-e Asad was also a noble lady belonging to the tribe of Bani Hashim whom the Prophet (ﷺ) respected as his own mother. When he was born his name was suggested by Hazrat Muhammad (ﷺ) that's why his name became more significant. Hazrat Ali (ﷺ) had a great honor of being the first cousin of Hazrat Muhammad (ﷺ) and was also brought up under His kind and inspiring supervision for most of the time of his life.

### Youth to Accept Islam at the early age of 10

Hazrat Ali (ﷺ) was the first among youth who accepted Islam just at the age of 10. Hazrat Ali (ﷺ) was only 10 years old when the Messenger of Almighty Allah received the very first Revelation from the Almighty Lord. He (ﷺ) was directed to start preaching of Islam from His own family. That's why He (SAW) started preaching of Islam from His family and closest relatives. For this purpose, He (ﷺ) invited all to the meal and asked from all of them that "Who will join me in the cause of Almighty Allah?" The entire gathering remained silent, but the little Ali (ﷺ) stood up with great courage and made his firm belief in the Word of Righteousness known in front of all. He (ﷺ) said, "Though my eyes are sore, my legs are thin and I am the youngest of all those present here yet I will stand by you, O Messenger of Allah." Thus he became the first youth to enter the loop of Islam. This shows the great valor and insight of Hazrat Ali (ﷺ), who did not care about the travesty of the non-believers and had an excellent amount of understanding of right and wrong at a very early age.

### Risking his Life for the Holy Prophet (ﷺ)

When Holy Prophet (ﷺ) started preaching Islam everyone was against Him except some of the people in which Hazrat Ali (ﷺ) included. Hazrat Ali (ﷺ) never lost his courage in collaborating with his cousin and in admitting his love and loyalty towards him. On every occasion, he acted as a shield to the Prophet (ﷺ) against all odds. A crucial time came when enemies of Prophet (ﷺ) firmly decided to boycott him and the members of his household. The situation depressed so much that even their lives were in extreme danger. He (ﷺ) always protected Prophet Muhammad (ﷺ) since his childhood. Our beloved Prophet (ﷺ) also loved him very much. The night when the Holy Prophet was migrating to Medina, his house was surrounded by the bloodthirsty tribesmen, who had plotted to kill him. They were ready to kill any person who came out of the house. In such a situation, the Holy Prophet (ﷺ) asked Hazrat Ali (ﷺ) to sleep on his bed. He followed the command gladly and immediately jumped on the bed. Therefore, at night, the Apostle (ﷺ) asked Hazrat Ali (ﷺ) to hand over the entrusted possessions to their owners, as He (ﷺ) had prepared to leave Makkah along with Hazrat Abu Bakr (ﷺ) as directed by Allah ﷻ. Hazrat Ali (ﷺ) risked his life just for the sake of the Almighty and His Messenger (ﷺ) as he knew that the disbelievers might slay him while he was resting in the bed of Prophet (ﷺ) that night. This shows the remarkable and unmatched fearlessness of Hazrat Ali (ﷺ) who was not concerned about his own life, rather committed his existence to serving the Holy Prophet (ﷺ) as he successfully returned all trusts to those they belonged the very next day, and then migrated to Medina.

### Marrying to Hazrat Fatima (RA)

In the 2nd year of migration to Medina, the Holy Prophet (ﷺ) got many marital proposals for Hazrat Fatima (ﷺ) who was the most beloved daughter of Prophet Muhammad (ﷺ). But He (ﷺ) rejected all of them and finally

decided to marry her to Hazrat Ali (ﷺ) with mutual approval. He (ﷺ) got the honor of becoming the Son in Law of Prophet Muhammad (ﷺ) and transforming their ever closer relationship with a family bond. Both Hazrat Ali (ﷺ) and Hazrat Fatima (ﷺ) lived a well-satisfied life and had 5 children, namely: Hassan (RA), Hussain (ﷺ), Zainab (ﷺ), Umm Kalthum (ﷺ), and Mohsin (ﷺ), who died in his early childhood. His son, Hazrat Imam Hussain (ﷺ) had the credit of having the greatest service to the Religion of Islam by standing firm against the unjust ruler, Yazid and sacrificing his life in this cause.

### Title of "Asadullah" - The Lion of Allah

Hazrat Ali (ﷺ) was the brave man due to his bravery he was popularly known as "Asadullah" (The Lion of Allah). During the war of Khaibar against Jews Muslims tried to capture the strong Jewish Fort at Khaibar. The Messenger (ﷺ) announced that He would give the charge to that person who loves Allah and His Prophet (ﷺ) and they also love him. The next day, the authority was awarded to Hazrat Ali (ﷺ) upon which everybody was amazed as he looked pale and sick. But Hazrat Muhammad (ﷺ) believed in his unmatched combating ability and gave him the Muslim command. Jews not only rejected his invitation to Islam but also sent their well known and bravest combatant, Mahrab in front, who challenged Hazrat Ali (ﷺ) to fight him. The Arabs witnessed the unbelievable force and power of Hazrat Ali (ﷺ), who killed Mahrab through the vigorous blow of his sword. Then, the Holy Prophet (ﷺ) gave him the title of "Asadullah", which means "Lion of Allah".

### Being Fourth Caliph in Islamic History

After the martyrdom of 3rd caliph Hazrat Usman (ﷺ) in the year, 35 A.H Hazrat Ali took the charge and became the fourth caliph of Muslims. This was a great testing time for Hazrat Ali (ﷺ) as he had to work not only against the rebellions but also had to maintain peace in the territory. He (RA) also had to change the Muslim capital to Kufa, in Iraq, because of great support he has over there. He (ﷺ) faced many difficulties during his caliphate. During this short span, he restored afresh the imprints of the simple Islamic mode of life, of equality and of honest earning by hard labor. In spite of being the supreme authority of Islam, he did not mind sitting at shops and selling dates. He wore patched clothes, sat in the company of poor people on the ground and took part of eating food with them. He always endeavored to ensure that the income of Baitul Mal reached the rightful persons as quickly as possible. He was not in favor of growth of government revenue in the treasury. The overall reign of Hazrat Ali (ﷺ) lasts for almost 5 years.

### Hazrat Ali being a great Scholar of Islam

Hazrat Ali (ﷺ) was not only a great warrior but a great scholar as well. The Holy Prophet (ﷺ) said about him, "I am the city of knowledge and Ali is its gate." He (ﷺ) had an incredible amount of command over the teachings of Islam, especially in the Holy Quran. He (ﷺ) also had fantastic abilities in public speech and sermons, writing letters, and recording his sayings which are well preserved and followed by the Muslim world till date. Hazrat Ali (ﷺ) was a master of Arabic and his writings were as effective as his speech.

### Martyrdom of Hazrat Ali (ﷺ)

One of the rebels, known as Ibn-e-Muljim, martyr Hazrat Ali (ﷺ) using a poisoned sword while He (ﷺ) was performing Salah in the mosque on 19th of Ramadan, in 40 A.H. Hazrat Ali (ﷺ) spent two restless days on his sick bed in extreme pain and distress. Eventually, the poison spread all over the body and he died on 21st of Ramadan at the time of Morning Prayer. Hazrat Ali was buried at Najaf.

Hazrat Ali (ﷺ) was well known for his bravery during battles against the non-believers. He also possessed the necessary personality traits of the firm belief in Allah and His Messenger (ﷺ), humbleness, gratefulness, and true insight of the Quranic Instructions. He (ﷺ) spent his entire life in the services of Islam.



**Al Waaris Foods**

Strictly Halaal

Tel: 011 854 2601 / 854 6966/7

Shop 7, Protea Centre,  
Protea Avenue, Ext 8 Lenasia

**Waaris Chicken**

*Grilled or Fried,  
Something to be Tried*



# AFRICA SHOULD STOP OUTSOURCING ITS SECURITY AND CONCENTRATE ON CAPACITY BUILDING



By: Dr Mustafa Mheta

Africa should stop outsourcing its security to Western nations and should instead, immediately operationalize the "African Union Standby Brigade" to fight terrorism on the continent.

The belief that foreign armies will end these terror attacks is misplaced. From the Sahel, Nigeria, East Africa, and now Mozambique, terrorism is on the rise despite the presence of some of the most advanced and powerful armies in the world.

However, associating terrorism with Islam distorts the real meaning of the word "terrorism" itself. There is a tendency in the west to always make the word terrorism a synonym of the epithet "Islam". This should be completely dismissed by all scholars worth their salt. "Islam" is not terrorism and terrorism is not "Islam".

During the many liberation wars on the continent, Africans fought colonialism by themselves with very little support from China and Russia and yet, they scored huge military successes. These successes resulted in many African countries attaining independence.

Today, the 'terrorism' that we are seeing springing up in resource-rich regions on our continent, has since attracted superpower armies to set up on the continent with very little success.

Whenever, the so-called ISIS terrorists are killed, they are found carrying weapons made in the Western countries - by the very same people who are purportedly here to fight ISIS. Who is arming these terrorists? The Islamic State does not own munitions factories in the areas that they operate in.

Is Africa being duped by the War on Terror? One can only speculate but engaging in such is meant to dupe African people while the elites and their Western handlers loot the precious resources in daylight.

There are now US Marines training the Mozambican Army in Cabo Delgado, a region rich in oil and gas. There are US Marines fighting and training the Mozambican Army in Cabo Delgado a region that is rich in oil and gas. Russian and South African mercenaries are known to be operating in Mozambique. Their actions can be deemed to be terrorism as well.

One observes a similar situation in the Sahel region where US Marines, Russian mercenaries and the French Army are on the ground. However, in all these areas there is very little success scored against ISIS and al-Qaeda terrorists.

In Niger, attacks occurred in the Tillabery region on Monday, which is near the border with Mali and Burkina Faso, has seen increasingly deadly attacks by armed groups active across the region with links to ISIS and al-Qaeda.

Armed men in southwestern Niger have killed at least 58 people when they intercepted a convoy returning from a weekly market and attacked a nearby village, the government said on Tuesday.

The mass killings underscore the enormous security challenges facing Niger's new president, Mohamed Bazoum, who won the election in late February to succeed outgoing leader Mahamadou Issoufou.

The same can be said of what is going on in Cabo Delgado where the Mozambican Army is losing the war. President Nyusi recently fired his Army chief including other generals from the air force and intelligence. He fired the whole top command structure of the Mozambican defence forces because of what he called serious failures in the fight against ISIS terrorists in Cabo Delgado.

In Somalia, al-Shabaab continues to make their presence felt by attacking Mogadishu and the countryside. All this in spite of the presence of the world's most powerful army.

What our African leaders fail to understand is that the presence of Western armies counterterrorism offensives against 'terrorists' have helped give rise to ethnic militias, analysts say.

African people are beginning to read in between the lines and are now aware that there is massive looting of their resources happening under the shadows of the War on Terror and are now organizing themselves to fight.

The AU must endeavour to operationalize the AU brigade and immediately stop the outsourcing of Africa's security. This will assist in building confidence in the people to treat Seeing foreign soldiers and mercenaries on the ground in resource-rich areas, makes them suspicious of the agenda of foreign powers and local elites - a development that leads to terrorists benefiting by recruiting many impoverished locals into their ranks.

Further, the AU should ensure that member countries endeavour to develop those areas where the resources are found and employ the local youths from the regions in order to mitigate against them being easy target for those who recruit for terror organisations. This is an important narrative absent in the fight against terrorism around the world and Africa in particular explaining the appeal of terror groups to disenfranchised youth. The best the AU can do is to prevent intervention coming from the west in African countries.

The home of handcrafted food

# EVERYTHING Edible

Your All in one Quality Home industry Store

SHOP 7-LTA PLAZA - ROSE AVENUE - LENASIA EXT 2  
(OPP SAABERIE JUMMA MASJID - ROSE AVE)

082 302 9782 OR 082 301 0461

halal

**fourway**  
logistics solutions | machine corporation | truck solutions

**Riedwaan Hassiem**  
Business Partner  
+27 83 781 1364 / 086 503 1592  
riedwaan@fourway-logistics.com

**Rhiaz Hassiem**  
Business Partner  
+27 76 630 3485 / 086 503 1566  
rhiaz@fourway-logistics.com

www.fourway-logistics.com  
Office 1, No 2 Fairways Lane,  
Mount Edgecombe 4305 KZN, RSA  
Tel: 031 5022 557 Fax: 031 5024 383

**CALTEX**

# FOMISS SERVICE STATION

128, Gemsbok Street Tel: 011 854 5074



# Hazrat Fatima (R.A)

## LEADER OF THE WOMEN OF PARADISE

Hazrat Fatima (R.A) is the daughter of our beloved Prophet Muhammad (ﷺ). Bibi Fatima (R.A) was born just about five years before her Father (PBUH) was granted the first revelation from Allah SWT. Bibi Fatima (R.A) has four titles, which are 'Zahraa', "Batool", "Umm al-Hasan wal-Husayn" and the last is the nicest title "Ummu Abeeha". From the extent of her love and affection for the Prophet (ﷺ), and the fact that she was always with him and trying to defend him, just as a mother has these feeling towards her child, so she became known as "Umm Abeeha" by the Sahaba and scholars. Right from her early age, she acquired the best possible qualities from her parents. She was titled as Al-Zahra, which means "the fabulous one", greatly because of her remarkable resemblance to the Prophet (ﷺ) of Allah in her overall personality.

The Prophet (ﷺ) said that "Fatima is the sayyidat of the women of Paradise".

Our beloved Prophet (ﷺ) loved her so much because Bibi Fatima Zahra (R.A) was so kind and loved her Father too much. Also if the Prophet (SAW) would be seated and Bibi Fatima (R.A) would enter he would get up and kiss her between her eyes, all the time.

### Childhood

Bibi Fatima (R.A) was also known as Zahra (the Radiant). The childhood of Hazrat Fatima Zahra (R.A) was the most difficult years of the history of Islam because these were early days of preaching Islam in Mecca. For, the small community of Muslims in Mecca was under increasing pressure imposed by disbelievers. Bibi Fatima (R.A) was raised in the prophetic school of her father Muhammad (ﷺ) and the loving lap of her mother Khadijah (R.A). Since childhood, Fatima witnessed the sufferings of her father and was always at his side to help him.

Bibi Fatima Zahra (R.A) went through highly tensed times when all the tribes boycotted her Father and those who had accepted Islam, when the blockade of Shi'b Abi Talib, a small valley which the uncle of Muhammad (ﷺ) made for shielding Muslims from Makkian oppressions. For almost 3 years, the supporters of Islam had to face that blockade. Soon after it was over, Fatima Zahra (R.A) had to bear the tragic loss of Her Mother, Khadijah (R.A), and the dignified defender of His Father, Abu Taalib.

All such tragic happenings in her early life greatly affected her health, which is why Bibi Fatima (R.A) remained sick in most of her life, but she always acted as an embodiment of patience and determination throughout the process and supported her Father (ﷺ).

Prophet Muhammad (SAW) love for His Daughter

Among all children, Hazrat Fatima (R.A) was the youngest daughter of Prophet Muhammad (ﷺ). The holy prophet of Islam regarded his daughter as an angel in a human body; she was an inseparable part of him. He was overwhelmed with joy whenever he set eyes on her. Whenever he wanted to go on a trip, the last place he would leave would be his daughter's home and the first place to which he would return would be his daughter's home. The Holy Prophet (ﷺ) said:

Fatima is part of me. Whatever upsets her upsets me, and whatever harms her harms me. (Muslim)

It shows the uncountable love of Prophet (ﷺ) for Fatima Zahra (R.A).

HAZRAT FATIMA (R.A) Leader of the women of Paradise

Hazrat Fatima (R.A) got married to Hazrat Ali (R.A). Ali (R.A) was not among rice people, but she never complained about the shortage of anything in her life, which conveys a great message to women of this day and age to adopt modesty and patience. They had children who later sacrificed a lot in the way of Islam: Hassan (R.A), Hussain (R.A), Zainab (R.A) and Umm Kalthum (R.A).

Fatima (R.A) as a Role Model

Bibi Fatima Zahra (R.A) is a role model for all times. The Almighty Allah made her the exemplar of a perfect woman so that women of all ages could follow her. The Almighty Allah made the flawless household of the Holy Prophet (ﷺ) survive through Fatima's very existence. Fatima's home was the place where the banner of Islam would be transferred from the Holy Prophet (ﷺ) to Imam Ali (R.A) her husband and his children. The residents of Fatima's home were all among the divinely selected people who surpassed people at all times in terms of science, logic, piety, justice, and righteousness. She is the role model for the women of all ages in term of kindness, patience, and righteousness. We should try to follow her lifestyle in all matters of our life.



Southern African Freight & Transport Co-ordination System

Baboo Moideen  
Group CEO

Tel: 031 409 3319  
Fax: 031 409 1751  
Cell: 082 576 6955  
e-mail: s.m.r@absamail.co.za  
mmoideen@smrlogistics.co.za

P.O. Box 561451  
Chatsworth, 4030

EST. 1995

# Copper Chimney

AUTHENTIC INDIAN CUISINE

PROMOTIONAL OFFERS ARE AVAILABLE @ THESE BRANCHES ONLY!

LENASIA SIGNET: (011) 079 7479 / 011 852 0043  
LENASIA TRADE ROUTE: (011) 854 2508  
LENASIA SOUTH: (011) 044 9044

MIDRAND: (011) 029 4822 / 071 3817  
BUCCLEUCH: (011) 047 0052/3

# Health Benefits Of Reciting

# Quran

## For Muslims And Non-Muslims

Health Benefits of reciting the Quran is not a mystery anymore. There are many research and studies regarding health benefits and healing methods through a reading of the Holy Quran. In fact, The Holy Quran also has many spiritual, mental, and other benefits too.

### Health Benefits Of Reciting Quran

Quran is the Holy book of Islam. It's a book in which there is no doubt. Above all, contain the message of Allah for humanity. Allah preached Islam through this Holy book. Most importantly the Holy Quran guides us about every role of Life.

Muslims believe in the afterlife. The Holy Quran also guides us in every step of Life. Above all, it also guides us towards the righteous path.

As Muslims, it's certainly the most sacred book. Besides, the Holy Quran has many social, spiritual, and other benefits too. Let's find out what are the health benefits of reading the Quran regularly. Find out how you can learn the Quran fast very easily with tajweed.

### Health Benefits Of Reciting Quran Regularly

The Holy Quran has multiple miracles for believers. It's regularly read by Muslims for safety, blessings, and also for forgiveness. There are also multiple health benefits and rewards for reading the Quran regularly.

"Abdullah Ibn Mas'ud said that he heard the Messenger of Allah (peace and blessings of Allah be upon him) as saying: "There are two cures for you all: Honey and the Qur'an." [Hakim, Ibn Abi Shaybah, Tabarani, Bayhaqi]"

### Mental Illness

Reading of the Holy Quran has highly positive effects on the human mind. Quran is originally in Arabic. In fact, reading the Arabic language has multiple mental benefits too. Regular Quran reading is also a great mental exercise. It is one of the major health benefits Of reciting the Holy Quran regularly.

Above all, Our mind needs continuous exercise. Reading is a great exercise especially Arabic which is an unfamiliar language. Understanding Arabic can open our mental capacity. Generally, the human mind has a lot of capacity. In fact, we can only utilize more capacity by expending mental ability.

Mental illness creates a lot of problems in fact. Quran's regular reading can save you from mental illness. It's certainly a great blessing as the brain is the fundamental part of our body. It controls our emotions, fear, and above all our memory too.

### Hypertension Diseases

One of the major diseases that cause many deaths is known as Hypertension. This disease is because of extra tension and high blood pressure issues. Research shows that the regular reading of the Quran assists against hypertension diseases.

This regular hypertension can cause multiple vascular issues. It can further cause multiple other body damages. Regular reading of the Holy Quran saves you from tension. In fact, it assists you in controlling the blood circulation of your body. Above all, it's create balance and stability in your body.

Most importantly it assists you in controlling emotions. You will feel more relax and calm in fact. These diseases are one of the top-rated diseases. They cause a lot of deaths all over the world. Now we can get better control of ourselves through regular Quran reading.

### Better Memory

Memory is very important in our day-to-day life. Every day we used to deal with multiple things based upon our memory. The brain part which controls memory also needs regular exercise and relaxation. Today, there

are millions of people all around the world who memorize the complete Holy Quran.

Reading and memorizing the Holy Quran keep our minds relax and fit. Above all, it sharpens our memory and makes our brain more strong. Most importantly, Quran reading provides us inner satisfaction.

"Ali ibn Abi Talib, may Allah be pleased with him, said: "Five things remove forgetfulness and increase the memory and remove phlegm: (1) the tooth stick (miswak), (2) fasting, (3) the recitation of the Qur'an, (4) honey and (5) frankincense." [Bayhaqi, Daylami, and others]"

### Spiritual Health Benefits

"And We are sending down in the Qur'an what is healing and mercy for those who believe [...] (al-Isra 17:82)"

The Holy Quran is itself a healer. It's widely used for different spiritual and health problems too. Above all, consider The Holy Quran as the most spiritual healer against all major diseases. Most importantly, the Holy Quran has a solution regarding all spiritual and health problems.

"O mankind! Surely, there has come to you a (heart penetrating) counsel from your Master and a cure for all those (diseases) which are (hidden) in the chests. And it is guidance and mercy for those who believe.

(Yunus, 10:57)"

### Anxiety and Depression

Anxiety and depression are some of the biggest diseases of today's times. Today we are in 21st, century. There are a lot of problems around us. The world is quick now and people are always running out of time. Above all, people also need some relief and relaxation too.

Recitation of the Holy Quran is a form of mystical music that contributes to the release of endorphins by stimulating alpha brain waves. Therefore, it enhances the stress threshold, removes negative emotions, and creates a sense of relaxation.

### Conclusion

Islam is a perfect religion. It guides us about all the roles of life. Above all, the Holy Quran is the book of Allah. Most importantly, it guides us about everything in this life and afterlife. As Muslims, we must learn the Quran and seek a solution to our problems in the Quran.

Daily Quran reading has multiple spiritual, mental, and health benefits. It's very much effective against depression and anxiety. These are some of the biggest problems or diseases. Above all, both are the primary cause of major problems such as hypertension and vascular diseases.

Many studies and experiments result that reading of the Holy Quran has many benefits for our brain. It keeps the memory sharp. Reading Arabic regularly is a very effective exercise for our brain.

We also use the Holy Quran verses for treatment. Every word of the Quran is powerful.



**ACTONVILLE**  
791 Patel Street  
Tel: 011 845 2420

**MAYFAIR**  
Cnr. Church & 6th Avenue  
Tel: 011 837 2579

**LENASIA SOUTH**  
NTN Centre  
Tel: 011 855 2758

**LENASIA**  
12286 Nirvana Drive  
Tel: 011 852 3750



**by : Moulana M Aslam ( Sultan Bahu Musjid )**

In this article, I would like to share some important information on Zakaat as in the month of Ramadaan majority of the Muslims discharge this Fard to gain maximum benefits.

Zakaat is a pillar of Islam. It is not a tax nor any form of fine or penalty but an Ibaadat (act of worship). Ibaadat in Islam is of two types ie Bodily Ibadat and Financial Ibadat. In the Quraan, we see the authority of Salaah (Bodily Worship) appears with the hukm (law) of Zakaat (Financial Worship).

The literal meaning of Zakaatis:- to grow or to increase. According to Shariah, it means to discharge a portion of one's wealth (ie 2.5%) to a poor or needy person with the NIYYAT (intention) of gaining the pleasure of Allah. Zakaat is WAAJIB on every Free, Muslim, Sane and Mature person who has reached the threshold (NISAAB) amount for that year. An important Law here for our readers is that the NISAAB must exclude HAAJAT E ASLIYA (ie necessities eg. House, clothes, utensils, fridge, stove, bed etc. when calculating ones' Zakaat.

Allah says in the Holy Quraan:- Surah 3 Verse: 93- " You can never attain goodness until you spend in the path of Allah from that which you love the most. And whatever you spend ie in the path of Allah, surely Allah has full knowledge of it."

Islam has emphasized the importance of exercising a "merciful heart" towards the creations of Allah. In Mishkaat Shareef, ahadith teaches us that there was a sinful lady that passed by a well when she seen a thirsty dog in dire need of water. This lady used her shoe and scarf and gave that dog water. As a result of this act, she was forgiven of her SINS. It was asked that in the services of animals too, are there rewards and blessings? It was told that in the service and mercy of every living thing, there is reward and blessings.

Rasulullah (Sallallahu Alayhi Wasallam) has said, "Protect your wealth with Zakaat and treat your sick ones with charity and counter the waves of calamity with Du'aa and humility."

Some important Questions relating to Zakaat:-

Q:-How does one take out Zakaat on an Investment Fund registered on the Stock Exchange?

A:- Firstly, one should ensure that the Investment Fund registered on the Stock Exchange is Shariah compliant ie an investment which is free from Liqour, gambling, clubs, haram restaurants or food outlets

that serve Pork etc. Secondly, in order to discharge the Zakaat, ascertain the market value of the shares or investment and take out the 2.5% for Zakaat.

Q:- What is the Law of Zakaat regarding Provident / Pension Fund ?

A:- There are two types:-ie Voluntary and Compulsory. If an employee voluntarily contributes towards such funds, he has to pay Zakaat every year on the total amount of premiums he had contributed eg R 200 a month x 12 months= R 2400 – then take out 2.5% of R 2400 ie R 60.00 . When the Funds expires and he receives lump sum excluding all fees etc into his account, he will still have to take out Zakaat again after 12 lunar months. If an employee is duty bound or it's a compulsory Pension or Provident Fund, there is NO Zakaat on an annual basis rather when he receives the Lump Sum Payout that is kept in his possession with him for a twelve month period, Zakaat will have to be discharged.

Q. Zaid owed Bakr R 5000.00 as a Loan which he took. Can Bakr at the time of discharging his Zakaat waive the loan repayment by telling Zaid its ok no need to repay the Loan, take it as Zakaat? Can a deceased person's debt be paid with Zakaat Funds?

A. No, Bakr cannot do that as the intention was solely at time of passing the wealth over for a Loan. One of the conditions of discharging Zakaat is Tamleek (ownership of the Zakat Funds). Loan is a different aspect compared to Zakaat. Bakr must give Zaid his Zakaat for that year (ie if Zaid is entitled to receive Zakaat). Upon receipt of the Zakaat, Zaid can then repay his Loan to Bakr. In this way Zaid's Zakaat would have been paid and Bakr's Loan would have been settled. No a deceased persons' debts cannot be payed with Zakaat as the concept of Tamleek is no more evident.

Q. What is the NISAAB on Gold and Silver? Do I have to take out Zakaat on Platinum or Tanzanite Jewelry my husband bought me?

A. The NISAAB for Gold is 87,48 grams and Silver is 612,36 grams. There is NO Zakaat for platinum or Tanzanite Jewelry products.

Q. Can Zakaat be given to ones' in-laws? Also what is the law concerning ones' brothers, sisters, uncles and aunts?

A. According to Shariah, it is permissible to give Zakaat to ones' father-in-law, mother-in-law, son-in-law, daughter in law and so on.

One can also give Zakaat to ones' brother, sister, uncles and aunts. However, one is not allowed to give Zakaat to ones' Parents, grandparents', ones' children, ones' grandchildren nor to ones' spouse.

Q. A person had R 10 000.00 in his savings last Ramadaan ie 1441 A H upon which he took out Zakaat @ 2.5% ie R 250.00. From Last Ramadan onwards he started saving a R 1000.00 a month. What will be the Zakaat payment this Ramadaan ie 1442 A H?

A. If the person has not incurred any liabilities on these amounts from last Ramadan to this Ramadaan, then his total savings in Cash according to the above is :- R 10 000 + R 12000.00 (R 1000 a month) totaling R 22 000.00. He will have to take his Zakaat at 2.5% of the R 22 000.00 ie R 550.00 payable.

**HEAD OFFICE / SHOWROOM**  
168 Main Reef Road, e/r Bonanza street,  
Selby Ext 19 - Johannesburg. Tel: (011) 833-5555  
Email: naz@nazfabrics.co.za  
Website: www.nazfabrics.co.za

# UNEASE TO UNEASE

BY FAIZEL KHAMKER

In June 2002 Israel started building what was and still is termed the separation wall or the apartheid wall. This wall was built despite it being against international law. The primary reason advanced was to create an environment of peace in what was known to be a period of unease because of reprisals against the illegal occupation of Palestinian land and resources.

Various media reports over the years has stated that since the completion of the wall the Israelis had lived a more serene life free of the previous anxieties to the level that the ongoing conflict played a minor role in the lives of the Israelis.

However, unease creates further unease, more so when the cause of the unease is self-created. Over the last twelve months' greater unease has risen within the ranks of the Israeli population. The root cause being the drivers of the politicians. The same breed of politicians that created the Palestinian conflict. Unlike before when the Palestinians were regarded as the inciters the inciting now arises from within the Israeli society. Three protest actions highlighted here speaks of the unease.

The first being a thirty-nine-week long strike which reached its peak four days prior to the Israeli elections in March this year. This protest was nationwide and outside the residence of Netanyahu alone thousands of people protested waving flags and carrying posters demanding for a "revolution".

The protests were carried out because of mistrust, the policies implemented around the covid pandemic and against Netanyahu himself because of the various criminal charges that he is facing. Taking into account that these protest were aimed against that person who was at one stage regarded as the saviour against unease and that the protesters were estimated at about fifty thousand people. Interestingly the Likud party led by Netanyahu won the most seats in the election, gaining about twenty-five percent of the votes in another stalemate election result. The results of this election clearly spells out that a recipe for greater unease is in the offing.

A second protest which was mutely reported despite it creating a great deal of unease both to the politicians as well as one of its United States backers, namely Birthright. Birthright is an organization partly funded by the Israeli government, annually takes Jewish children from the States on a sponsored trip to Israel with the intent of brain washing them against Palestinians and to become supporters of Israel.



However, a small group from amongst the group decided to break away from the main group in order to speak to Palestinians in order to get a more balanced view. In the words of one of the media outlets: "But no protests have generated more publicity and outrage than the walk-offs from a handful of Birthright trips." In order to divert from this action this breakaway group miraculously has been linked to an organization called " IFNOTNOW", a Jewish group that opposes the agenda of Birthright. The agenda of gaining ease of donations from the States may catapult into a position of unease.

Arab-Isrealis are also protesting for approximately ten weeks. Their protest is based on the various crimes committed against the Arabs including the crimes committed by the armed forces. Some Arab parliamentarians also protested.

The idea of creating a Bantustan like parliamentary system to create this false sense of ease now appears to have cracks opening up. Bearing in mind that between 1st November 2018 and 31st October about one thousand and fifty children were injured by the military, these are over and above those that have been indiscriminately been killed or imprisoned. The following two quotes brings to light some of the realities of these protests.

A leading Israeli human rights organization, over its policy of favouring Jews over the Palestinians. The report by B'Tselem said Israeli policies, laws, and practices have meant to promote Jewish supremacy. A former U.N. human rights rapporteur and international law expert at the U.S.-based Princeton University said a "peaceful future" in the Palestinian issue "will not arise until Israel dismantles apartheid and agrees to treat Palestinians under human rights standards, including respect for the Palestinian right of self-determination." Introduction of policies meant to create ease has created unease.

In order to obtain everlasting ease policies must be based on sound cornerstones amongst which includes justice, tolerance and humility. As long as this is absent then unease will be followed by more unease.

**Joburg Auto Tech**  
SPECIALISTS IN AUDI & VOLKSWAGEN

92 Lillian Ngoyi Street, Newtown Johannesburg  
web: [www.joburgauto.co.za](http://www.joburgauto.co.za)  
Email: [allyjhauto@telkomsa.net](mailto:allyjhauto@telkomsa.net)  
Tel: 011 839 2695 Cell: 082 815 6624 Fax: 086 627 6913

All major Credit Cards Accepted

**Motalib's**  
BUTCHERY and SUPERETTE

*Much More Meat For Your Money  
For Quality Meat And Mutton Products*

**Spit Braai Specialist  
All Products Are Firstly  
M.I.M. Approved**

40 Gemsbok Street Denush Centre Opp. Bus Depot  
or new D.B. Cash & Carry  
Lenasia 1827 - Tel: (011) 852-4203 / 854-6332



Sadaqatul Fitr is a special charity of the month of Ramadan. This charity should be given during the month of Ramadan anytime before the Eid-ul-Fitr prayer. Because it can be given until the Eid-ul-Fitr time it is called Sadaqatul Fitr. The Prophet peace be upon him urged Muslims to pay this charity in the month of Ramadan.

Why to give Sadaqatul Fitr?

Various reasons are given by scholars for this charity. Some say that this charity helps the poor and needy and takes care of their needs in the month of Ramadan and also makes it possible for them to celebrate the Id festival with other Muslims.

Another view is expressed that this charity is to atone (as a kaffara) for any mistakes or omissions a person might have done during this blessed month.

Ibn 'Abbas said: The Prophet peace be upon him enjoined Sadaqatul Fitr so that those who fast are purified of their errors and the poor and needy people are enabled to arrange for their basic needs of food, clothing etc. Therefore the Sadaqa of the person who gives before the Id prayer is the real Sadaqa, but if someone delays and gives it afterward his charity will be an ordinary charity (reported by Abu Dawud and Ibn Majah).

Sadaqatul Fitr is obligatory upon every Muslim, whether male or female, minor or major, who possesses property over and above his basic needs and requirements, amounting to the Nisab for Zakat, whether it is subject to Zakat or not. The amount of Nisab for Zakat is about 80 grams of gold or its equivalent in cash value. The head of the household must pay this amount on behalf of his/her own self and on behalf of their spouse, children and even servants.

Franchised Dealers for Mercedes-Benz

**Shiraz Auto**

Cnr. Nirvana Drive and Protea Avenue, Ext. 8 Lenasia 1827  
Tel: 011 213 1100, Fax: 011 213 1180 Email: info@shirazauto.co.za

How much to pay as Sadaqatul Fitr?

The amount of sadaqatul fitr was fixed by the Prophet peace be upon him. It is about 5 pounds of wheat, flour, barley, dates or raisins. Jurists also allow paying cash to the poor and needy. The head of the household must pay this amount on behalf of all the members or the dependant, males or females, adults or children.

This sadaqa should be given during Ramadan any time but before the Eid-ul-Fitr prayers. The sadaqa should be given to the poor and needy. Individuals can also make the payments to Islamic charitable organizations that collect this fund. These organizations then should distribute these funds as soon as possible so that they reach to the needy people in time.

The following points must be remembered concerning the payment of Sadaqat-ul-fitr.

1. Sadaqat-ul-fitr is obligatory on each adult male or female separately, and the relevant adult person himself is responsible to pay it. The husband is not required to pay Sadaqat-ul-fitr on behalf of his wife nor is the wife supposed to pay it on behalf of her husband. Similarly, a father is not bound to pay Sadaqat-ul-fitr on behalf of his adult children or vice-versa. However, if the head of the family, by his own free will, wishes to pay Sadaqat-ul-fitr for each one of the members of his family, he should seek their authorization for that purpose. In this case the Sadaqat-ul-fitr paid by him will be valid on their behalf. If he did not pay the Sadaqat-ul-fitr on behalf of any of the members of his family, he will not be responsible for it. Rather, it is the duty of every adult member of the family to discharge his own obligation or to request the head of the family to pay it on his or her behalf.

2. It is a Sunnah that the Sadaqat-ul-fitr is paid before performing the 'Eid prayer. It can also be paid before the 'Eid day, but it is not advisable to delay it up to the performance of 'Eid prayer. However, if a person has failed to pay on its proper time, he should pay it as soon as possible, whereby the obligation will stand discharged.

3. The Sadaqat-ul-fitr is not necessary on behalf of a child who was born after the break of dawn in the 'Eid day, nor is it necessary to pay Sadaqat-ul-fitr on behalf of a person who dies before the dawn of the Eid day.

4. Sadaqat-ul-fitr should be paid only to a person who is entitled to receive Zakat.

**A & A MOTORS**  
**SPARES & ACCESSORIES**

Tel: 011 852 1110/1 - 011 854 2606

170 Lenasia Drive, Lenasia P.O. Box 996 Lenasia, 1820

"Your Spares Paradise"

**RIAZ**  
**Super Meat**  
**CENTRE**

Alli's Shopping Centre  
Shop 4-6 Circle Road  
Eldorado Park  
Tel: 011 945 4786  
Fax: 011 945 6786  
P.O. Box 395 Eldorado Park 1813

**Quality at its Best**

# RAMADAN Health FAQ'S



Here are some frequently asked health questions about fasting during the holy month of Ramadan.

These answers have been put together by medical experts and Islamic scholars and researchers.

Should a person with diabetes fast?

People who have their diabetes under control, either by their diet or using tablets, may fast. However, their GP may require them to change their medication to help them take tablets outside fasting times. Those who need insulin to control their diabetes should not fast.

I get severe migraines when I don't eat and they get worse when I fast. Should I fast?

People with uncontrolled migraines should not fast. However, managing your migraines is possible with the right medicine and certain lifestyle changes. Ask your GP for further advice on controlling your migraines.

Should a person with high or low blood pressure fast?

People with well-controlled high blood pressure may fast. Their GP may require a change to their medicine to help them take tablets outside fasting times. Someone with low blood pressure who is otherwise well and healthy may fast. They must ensure they drink enough fluid and have enough salt.

Is fasting harmful when a woman is expecting a baby? Must pregnant women fast?

There's medical evidence to show that fasting in pregnancy is not a good idea. If a pregnant woman feels strong and healthy enough to fast, especially during the early part of the pregnancy, she may do so. If she doesn't feel well enough to fast, Islamic law gives her clear permission not to fast, and to make up the missed fasts later. If she is unable to do this, she must perform fidyah (a method of compensation for a missed act of worship).

Is Ramadan a good time to quit smoking?

Yes. Smoking is bad for your health. Ramadan is a great opportunity to change unhealthy habits, including smoking. Find out more about stopping smoking.

From what age can children fast safely?

Children are required to fast upon reaching puberty. It isn't harmful. Fasting before this age is tolerated differently depending on the attitude of the parents and the child's general health and nutrition.

Fasting under the age of seven or eight isn't advisable. It's a good idea to make children aware of what fasting involves and to practise fasting for a few hours at a time.

Can I use an asthma inhaler during Ramadan?

Muslim experts differ on this issue. Some say that using an asthma inhaler isn't the same as eating or drinking, and is therefore permitted during fasting. In their view, people with asthma can fast and use their inhalers whenever they need to.

But other scholars say that the inhaler provides small amounts of liquid medicine to the lungs, so it breaks the fast. They say that people with poor

control of their asthma must not fast until good control is achieved. Some people with asthma may opt for longer-acting inhalers so that they can fast. See your GP for further advice.

Can I swim during fasting?

Yes, but do not drink the water. A bath or shower or swimming has no effect on the fast. But no water should be swallowed during any of these activities as that would break the fast.

Can a person fast if they are getting a blood transfusion in hospital?

No. A person receiving a blood transfusion is advised not to fast on medical grounds. They may fast on the days when no transfusions are required.

I am on regular medication. Can I still fast?

If the medicine needs to be taken during fasting, do not fast. If this medication is required as treatment for a short illness, you can compensate for missed fasts by fasting on other days when you are well.

If you are on long-term medication then you could talk to your GP about whether you could change your medication, so that you can take it outside the time of the fast.

If your disease is unstable or poorly controlled, do not fast. Those who are unable to do the missed fasts later, due to the long-term use of medication, should do fidyah.

Does a breastfeeding woman have to fast?

No. Islamic law says a breastfeeding mother does not have to fast. Missed fasts must be compensated for by fasting or fidyah once breastfeeding has stopped.

Can a Muslim patient take tablets, have injections or use patches while fasting?

Taking tablets breaks the fast. However, injections, patches, eardrops and eyedrops do not break the fast as they are not considered to be food and drink (though there are differences of opinion among Muslim scholars on these issues). Islamic law says sick people should not fast.

Could dehydration become so bad that you have to break the fast?

Yes. You could become very dehydrated if you do not drink enough water before the fast. Poor hydration can be made worse by weather conditions, and even everyday activities such as walking to work or housework.

If you produce very little or no urine, feel disoriented and confused, or faint due to dehydration, you must stop fasting and have a drink of water or other fluid. Islam doesn't require you to harm yourself in fulfilling the fast. If a fast is broken, it will need to be compensated for by fasting at a later date.

Can I fast while I have dialysis?

People on peritoneal dialysis must not fast and should perform fidyah. Haemodialysis is performed about three times a week and causes significant shifts of fluids and salts within the body. Such patients must not fast and should perform fidyah.

Source: <http://www.nhs.uk/Livewell/Healthyramadan/fastinghealthrisks>

## NATIONAL INDEPENDENT HALAAL TRUST



*"O Mankind ! Eat of the lawful and good things from what is in the earth, and follow not the evil. Surely he is an open enemy to you (S2: V168)*



**FOR ALL YOUR HALAAL QUERIES CONTACT US ON:**

**GAUTENG:**  
TEL: (011) 854-4381 | FAX: (011) 852-4300  
EMAIL: niht@halaal.org.za

**DURBAN:**  
TEL: (031) 207-7864 | FAX: (031) 207-7865  
EMAIL: nihtkzn@mighty.co.za

**Visit our website at: [www.halaal.org.za](http://www.halaal.org.za)**