

# Wudu (ablution)

## 4 FARAIDH (NECESSARY THINGS) OF WUDU:

1. Washing the face
2. Washing both arms including elbows
3. Wiping a quarter of the head
4. Washing both of the feet including the ankles

## 13 SUNAN OF WUDU:

1. Making intention.
2. Reading Bismillah (بِسْمِ اللّٰهِ). If you read بِسْمِ اللّٰهِ وَالْحَمْدُ لِلّٰهِ, angels will write good deeds for you for as long as you are in the state of Wudu.
3. Washing both hands up to the wrists three times.
4. Cleaning teeth with a Miswaak.
5. Rinsing the mouth three times using three handfuls of the water.
6. Gargling if you're not fasting.
7. Sniffing water in to the nose three times using three half handfuls of the water..
8. Doing khilaal of your beard
9. Doing khilaal of the fingers and toes.
10. Washing every limb three times.
11. Wiping the whole head only once.
12. Wiping the ears.
13. Maintaining the order of Faraidh (washing the face first, then the arms, then wiping the head and then washing the feet) and washing each following limb before the previously washed limb dries.

## 26 DESIRABLE ACTS OF WUDU:

1. Sitting facing the Qibla on an elevated seat.
2. Starting from right hand side.
3. Rubbing the limbs with the hands whilst washing them.
4. Doing Wudu calmly.
5. Moistening the limbs first, especially in winter.
6. Avoiding taking assistance from anyone without necessity.
7. Rinsing the mouth using the right hand.
8. Inserting water into the nose using the right hand.
9. Using the left hand to clean the nose.
10. Inserting the small finger of the left hand into the nostrils.
11. Using the back of the hands to wipe the back of the neck.
12. Inserting the small of each hand into each ear whilst wiping the ears.
13. Loosening and moving any ring you have on your finger if you are sure the skin beneath it has been washed without loosening it. If it is stiff (and the skin beneath cannot be washed unless the ring is moved) then to move it will become fardh.
14. Doing wudhu before the time of Salah has begun if you are not a ma'zoor-e-Shari'.
15. For a person who takes care in his wudhu (i.e. does it properly) to take special care when washing the corners of his eyes, his ankles, heels, soles, the gaps between the fingers and toes is desirable. For someone who does not take care, taking special care with these areas will become fardh (necessary). It is often seen that these parts are left dry due to being careless. Such carelessness is Haraam and to be mindful of these things is fardh.
16. Keeping the lota (traditional vessel used for istinja/wudhu) towards your left hand side. If you use a tub for wudhu, it should be kept towards your right side.
17. Spreading the water across the forehead when washing the face allowing some hair above the forehead to be washed as well.
18. Extending the light of the face, hands and feet; this means washing more than the fardh areas, (washing the arms to halfway up the upper arm and washing the feet beyond the ankles up to halfway up the shins).
19. Using both hands when washing the face.
20. Starting from the fingers and toes when washing the hands and feet.
21. Do not shake your hands because this is the fan of Satan/Shaitan.
22. Flicking the water on to the front of ones shalwaar.
23. Praying to Rak'at nafl (if it is not makrooh at that time). These nawafil are called "Tahiyya-tul-Wudhu.

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## 15 MAKROOHAAT (UNDESIRABLE ACTS) OF WUDHU:

1. Sitting in an impure place for Wudhu.
2. Allowing the water to fall on an impure surface.
3. Allowing drops of water to fall back in the vessel being used for Wudhu (When washing the face, drops of water usually fall in to the hand. This should be avoided).
4. Spitting, blowing phlegm, or rinsing your mouth in the direction of Qibla.
5. Using too much water.
6. Using less water that you cannot wash yourself according to the Sunnah.
7. Smacking the water on your face.
8. Blowing when poring the water over your face.
9. Washing the face with only one hand as this is a practice of Hindus.
10. Wiping the front of the neck.
11. Rinsing the mouth or inserting water into the nose using the left hand.
12. Cleaning the nose with the right hand.
13. Using three sets of fresh water to wipe the head three times.
14. Using water that has been heated by the sun.
15. Closing the eyes and lips tightly. If this prevents these parts from being washed, the wudhu will actually become invalid. To leave out any Sunnah of wudhu is Makrooh and to leave any makrooh of wudhu is Sunnah.

## PERFORMING WUDHU

### STEP BY STEP

Wudu, or ablution, is both a traditional ritual and a practical means by which Muslims seek to maintain good physical and spiritual hygiene. Traditionally, Wudu refers to the mental preparation and physical cleanliness of Muslims for the Salat (prayer/Tholugai), one of the Five Pillars of Islam.

### STEPS



1. Make niyyah (Intention) to perform washing. Niyyah is the Islamic concept of performing an act for the sake of Allah. To truly perform Wudu, you should center yourself and quiet your thoughts, focusing seriously on what you are doing.

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- Niyyah doesn't necessarily involve saying anything out loud, but focusing on the phrase "Bismillah" (In the name of Allah) is a good way to accomplish the centering necessary. Say it out loud or silently to yourself, whichever makes you comfortable.

2. Read Duaa, "Bis-milla-hi wa al ham-du-lillah."



3. Wash your hands. Use your left hand to wash your right hand. Do this three times. After that, use your right hand to wash your left hand three times. Make sure to wash in between your fingers and all the way up to your wrists.



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4. Take water into your mouth. Use your right hand to cup water into your mouth three times. Swish it around in your cheeks and the back of your throat. Do this thoroughly to get all the remaining food in your mouth out.



5. Inhale water into your nose. Use your right hand to cup water and inhale it into your nose three times. You can use your left hand to close one nostril and blow out if you need to. Snort sharply and abruptly without taking too much water into your nose and choking yourself. If you cannot inhale water into your nose, you can wet your fingers and put water on the lower part of your nostril.



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6. Wash your face. Wash your face three times by spreading your hands from your right ear to the left, and from the edge of the hair to the chin.

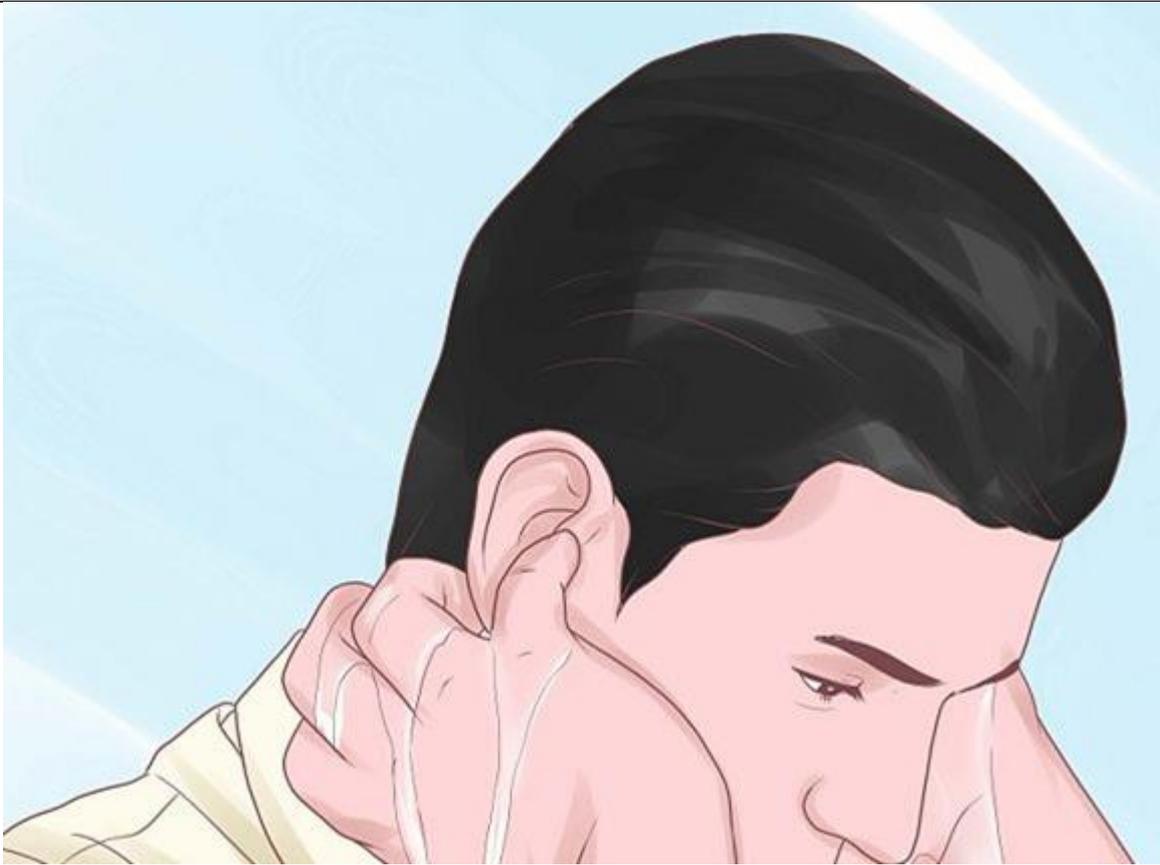


7. Wash your lower arms from wrists to elbows, leaving no part dry. From your wrist to your elbow, wash your right arm with your left hand three times and then wash your left arm with your right hand three times.



8. Clean your head. Using your wet hands, gently wipe your forehead from the eyebrow to the hairline. Also wipe down your hair, the back of your neck, and your temples. Do this one time.

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9. Wipe your ears inside and out. With the same water, use your finger to clean all the crevices of your ear. Use your thumb to clean behind your ears from the bottom upward. This is also done one time.



10. Wash each of your feet. Clean up to the ankles and be sure water goes between the toes. Use your pinky finger and go through each toe to eliminate anything between. Start with your right foot and scrub each foot three times.

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11. While pointing the right index finger to the sky, recite a brief prayer of witness. Generally, the prayer is as follows: "Ash-hadu allaa ilaaha illALLAHu wahdahuu laa shariikalahu, wa ash-hadu anna Muhammadan 'abduhuu wa rasuluhu."
- In English, this is translated as "I bear witness that there is no deity save Allah alone; He is One; He has no partner and I bear witness that (Hadrat) Muhammad (sallallahu ala Muhammadu sallallahu alaihu Wasallam) is His (chosen) servant and (true) Messenger."
- ❖ Repeat Wudu after it has been nullified. Actions that nullify Wudu include natural discharges, including urination, defecation, excessive bleeding, and gas. Deep sleep also nullifies Wudu.
- After intercourse, re-performing Wudu alone is not enough to be able to perform Salat. There is another form of purification that must be performed known as Ghusul.

### TIPS

- Clear your mind before Wudu, so that you concentrate on Allah.
- It is always better to clear your bowels and urinate before wudu. In this way, you will be able to resist the sudden urge to use the washroom after wudu.
- Also if you cannot stand up due to old age, you can perform the salaah sitting on a chair with the sali underneath your feet.
- You need water to do the steps above, but if you can't find any water or if you are sick, you can perform Tayammum. It is a form of purification made with clean dust, earth or sand.
- You must do the steps in the given order and also without long pauses in between steps.
- It was the practice of the Prophet to brush his teeth before performing wudu.
- Also you can wash your Wudu over an arm cast.
- Wipe your neck once with the back of your wet hands before you wash your feet.