

Surah 2. Al-Baqara

Asad: AND THEY will ask thee about [woman's] monthly courses. Say: "It is a vulnerable condition. Keep, therefore, aloof from women during their monthly courses, and do not draw near unto them until they are cleansed; and when they are cleansed, go in unto them as God has bidden you to do."²⁰⁹ Verily, God loves those who turn unto Him in repentance,²¹⁰ and He loves those who keep themselves pure.

Malik: They ask you about menstruation. "Tell them: This is a discomfort; therefore, keep away from women (do not have sexual intercourse) during their menstrual periods and do not approach them until they are clean again. When they have cleansed themselves then you may approach them in the manner Allah has enjoined for you. Surely Allah loves those who turn to Him in repentance and keep themselves clean.

Mustafa Khattab:

They ask you ?O Prophet? about menstruation. Say, "Beware of its harm! So keep away, and do not have intercourse with your wives during their monthly cycles until they are purified.¹ When they purify themselves, then you may approach them in the manner specified by Allah. Surely Allah loves those who always turn to Him in repentance and those who purify themselves."

Pickthall: They question thee (O Muhammad) concerning menstruation. Say: It is an illness, so let women alone at such time and go not in unto them till they are cleansed. And when they have purified themselves, then go in unto them as Allah hath enjoined upon you. Truly Allah loveth those who turn unto Him, and loveth those who have a care for cleanness.

Yusuf Ali: They ask thee concerning women's courses. Say: They are a hurt and a pollution; so keep away from women in their courses and do not approach them until they are clean. But when they have purified themselves ye may approach them in any manner time or place ordained for you by Allah. For Allah loves those who turn to Him constantly and He loves those who keep themselves pure and clean.^{247 248}

Transliteration: Wayasaloonaka AAani almaheed_i qul huwa athan faiAAataziloo alnnisaa fee almaheed_i wala taqraboohunna hatta yathurna faitha tatahharna fatoohunna min haythu amarakumu Allahu inna Allaha yuhibbu alttawwabeena wayuhibbu almutaahhireena

Author Comments

209 - This is one of the many references in the Qur'an to the positive, God-ordained nature of sexuality.

210 - I.e., if they have transgressed against the above restriction.

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Do not have intercourse with them until their menstruation is over and they have taken a full bath.

247 - Azan: hurt, pollution. Both aspects must be remembered. Physical cleanliness and purity make for health, bodily and spiritual. But the matter should be looked at from the woman's point of view as well as the man's. To her there is danger of hurt, and she should have every consideration. In the animal world, instinct is a guide which is obeyed. Man should in this respect be better: he is often worse.

248 - Haithu: A comprehensive word referring to manner, time, or place. The most delicate matters are here referred to in the most discreet and yet helpful terms. In sex morality, manner, time, and place are all important: and the highest standards are set by social laws, by our own refined instinct of mutual consideration, and above all, by the light shed by the highest Teachers from the wisdom which they receive from our Maker, Who loves purity and cleanliness in all things.

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