

MAGAZINE ISSUE 9

FARAH



An Efficient Ramadan

**THE EFFECT OF
RAMADAN ON THE
BRAIN, HEART AND
LUNGS.**



*What Factors
Invalidates Our
Fasts?*

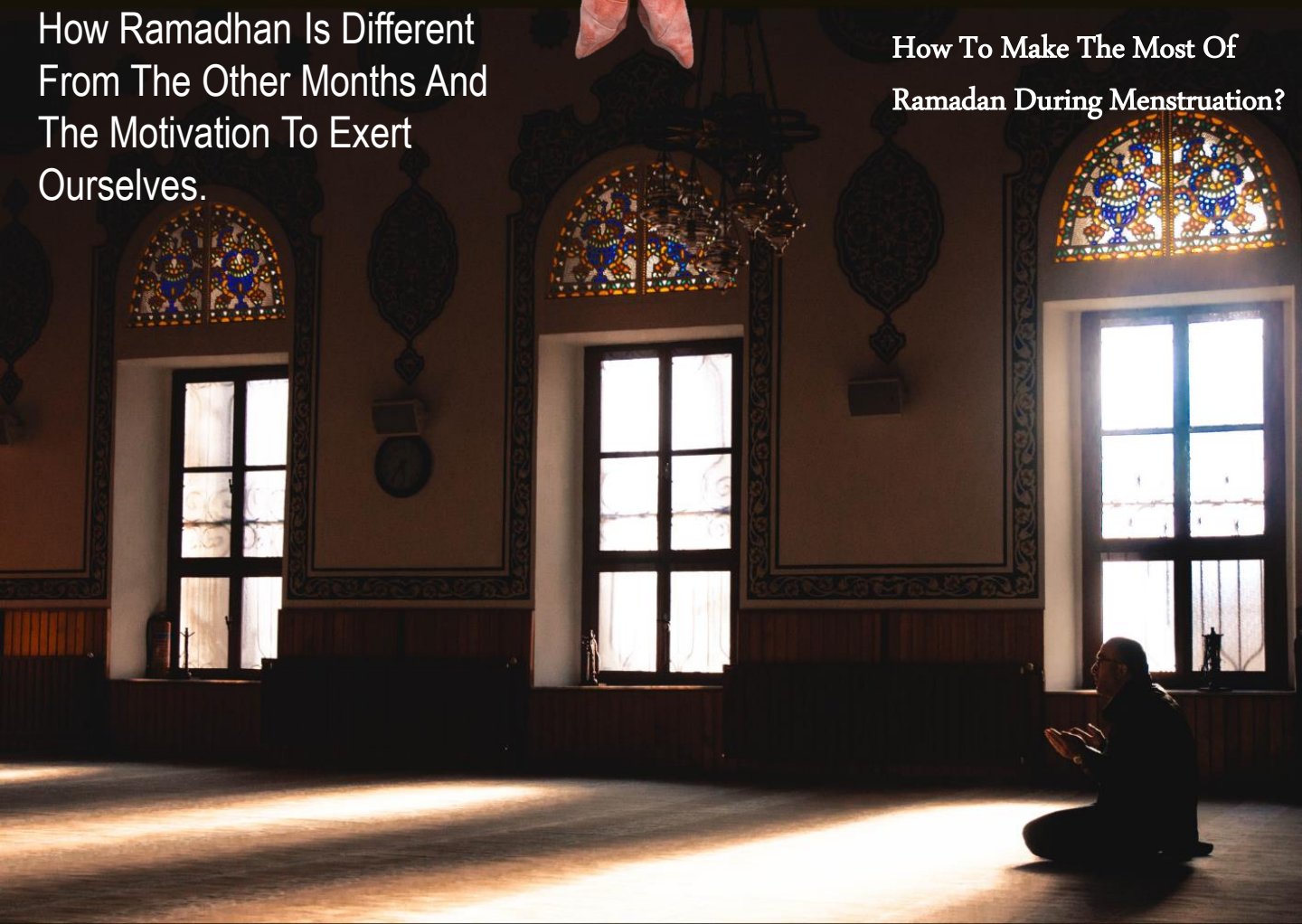
Virtues Of Taraweeh

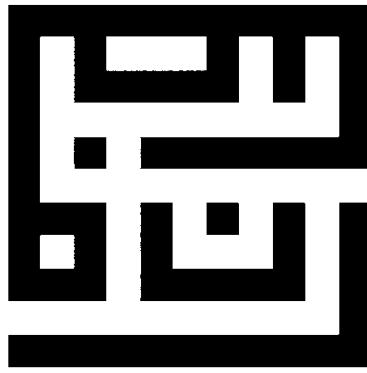
*A Collection Of
Ramadan Duas*

***Rewards For
Tahajjud***

How Ramadhan Is Different
From The Other Months And
The Motivation To Exert
Ourselves.

How To Make The Most Of
Ramadan During Menstruation?

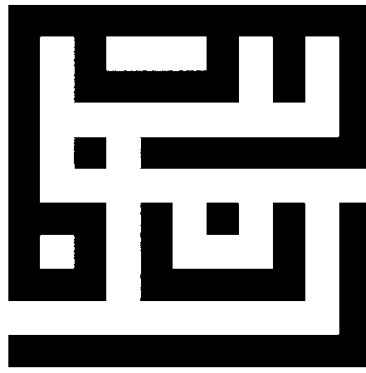




R A M A D A N

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R A M A D A N

Editorial

Asalamu alaykum my dear brothers and sisters,

Ramadan is here!

A time for contemplation, to perform good deeds and seek both forgiveness and repentance from the Almighty.

How many of us were here last year but not this year?

How many new beings were born into this temporary world this year but were not present last year?

How many did Allah guide to become Muslims this year?

This is the state of our presence in this world.

"Indeed we belong to Allah, and indeed to Him we will return."

[Quran, 2:156]

This is why we need to continue to work on ourselves and push each other to be the best version before we meet Him again. Our hearts, brains and lungs need direction or redirection to our sole purpose. We hope these articles from our committed writers help you and us with our journey throughout Ramadan and beyond.

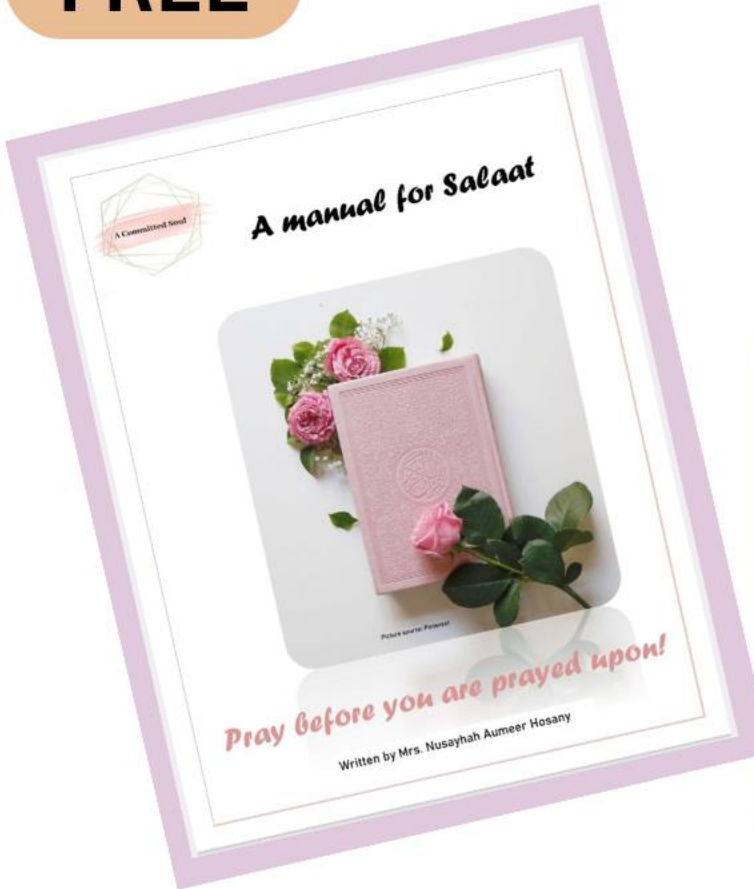
'Ya Muqallibal qulub, thabbit qalbi 'ala dinik.'

Translation: O Turner of hearts, keep my heart steadfast on your Din.

[Sunan Tirmidhi, 2140]

The Farah Saeed team

FREE



Prayer Manual

By Mrs Nusayhah Aumeer

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Pray before you get prayed upon



How Ramadhan Is Different From The Other Months And The Motivation To Exert Ourselves

By Nusayhah Aumeer

Since I was a young child, writing has always been my passion. In 2015, I successfully wrote and released "*Forever in my heart*," my first short story on Wattpad.

Since then, I've pursued writing through my Instagram Islamic page (A Committed Soul). Alhamdulillah (All Praise to Allah), I've been contributing to the Farah magazine since 2020. I also contribute to other blogs on social media. My primary goal in writing is to hopefully spread messages of goodness that the community will find useful. I write from personal experiences and place a strong emphasis on the greatness of Allah (The Most High) and the Islamic faith. I always try to breathe in positivity from life incidents so I become positive to the world through my words and actions.

Hope, kindness, respect, empathy and love are my go-to words.



A Committed Soul



@a_committed_soul



Ramadan is a gift and privilege bestowed by Allah (The Most High) to the Ummah. It falls on the ninth month of the Islamic calendar. When Ramadan approaches, the hearts turn soft and impatient because in it are so many virtues. These same benefits of Ramadan make it a unique month in its sense. We are encouraged to improve ourselves and perform quality actions this month, as the rewards are numerous.

How is Ramadan different from any other month?



It is the month of fasting.

“Fasting is prescribed for you as it was prescribed for those before you, that you may attain taqwa.”

[Surah Al Baqarah (The Cow), 2:183]

The month of Ramadan is an opportunity to gain more rewards through fasting, being in the remembrance of Allah (The Most High) through dhikr and duas (supplications), recitation of the Holy Quran and many other spiritual activities.

- The night of Qadr (Power) falls in Ramadan and we need to seek it from the 21st night to the 29th night of that month.

- In the month of Ramadan, the devils are chained per the following hadith: Abu Hurayrah (may Allah have mercy upon him) said the Prophet (peace be upon him) said:

"When Ramadan begins, the gates of Paradise open up, the doors of Hell are locked and the devils are chained."

[Sahih Bukhari, 1899]

Taraweeh prayer

We recommend praying Taraweeh in Ramadan like the Prophet (peace be upon him) used to.

Narrated by Abu Hurayrah (may Allah have mercy upon him):

I heard Allah's Messenger (peace be upon him) saying regarding Ramadan, "Whoever prayed at night in it (the month of Ramadan) out of sincere Faith and hoping for a reward from Allah, then all his previous sins will be forgiven."

[Sahih Bukhari, 2008]

I'tikaaf

I'tikaaf is a spiritual retreat that Muslims around the globe practice in the last ten days of Ramadan. The days and nights are spent in the remembrance of Allah (The Most High) and seeking the night of Qadr that is better than 1,000 months.

"The Prophet (peace be upon him) used to practice I'tikaf in the last ten days of Ramadan till he died and then his wives used to practice

I'tikaf after him." [Sahih Muslim 1172c.]



Therefore, Ramadan is a month to renew our relationship with Allah (The Most High) and cannot be compared to the other months. This fact encourages us to remain consistent in worship and please Allah (The Most High). We need to keep our hearts and minds sane and work on our behaviours which benefit us outside of Ramadan.

Let us keep the Ummah in our duas.

May Allah (The Most High) make this Ramadan memorable for all.

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Egyptian Food Made Easy: Second Edition

Shama is an **aspiring chef** who shares **delicious recipes from authentic Egyptian cuisine** with **clear step-by-step guidance**.

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Eat, love, peace and joy.

The Effect Of Ramadan On The Brain, Heart And Lungs

Ramadan is the ninth month of the lunar year and is among the five Pillars of Islam. It involves abstinence from food and drinks from dawn till dusk, conducting good actions and performing long night prayers. However, not all can fast, for example, if one is travelling, pregnant or unwell.

Ramadan is a time to cleanse our brains, hearts and lungs. It is a time to think, control ourselves, reflect and improve for the better. It is a time to explore and find ourselves in the misty air.

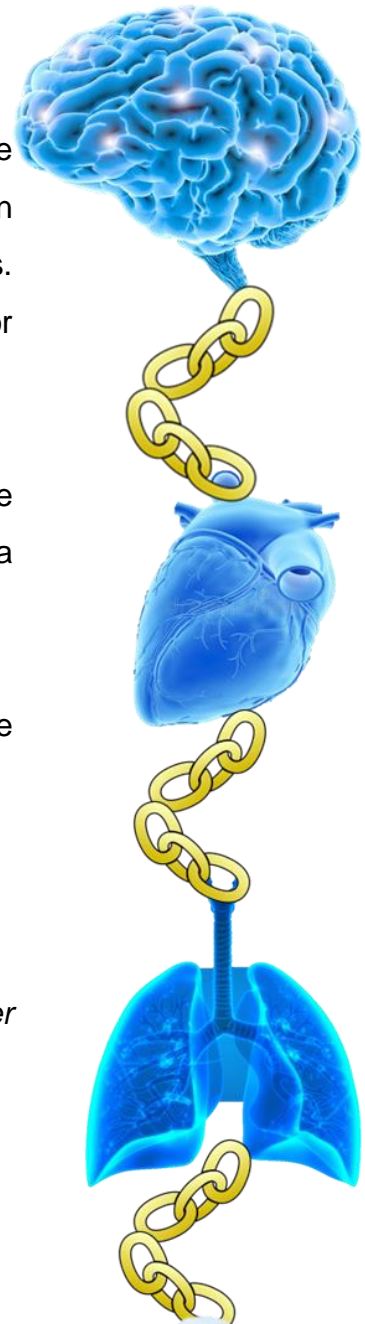
Please think about what feelings you express whilst fasting during the blessed month of Ramadan.

Is it **positive**?

For instance, *peaceful, gratitude, discipline, consciousness and other attributes?*

Is it **negative**?

For instance, *sadness, no passion, lack of hope or direction?*



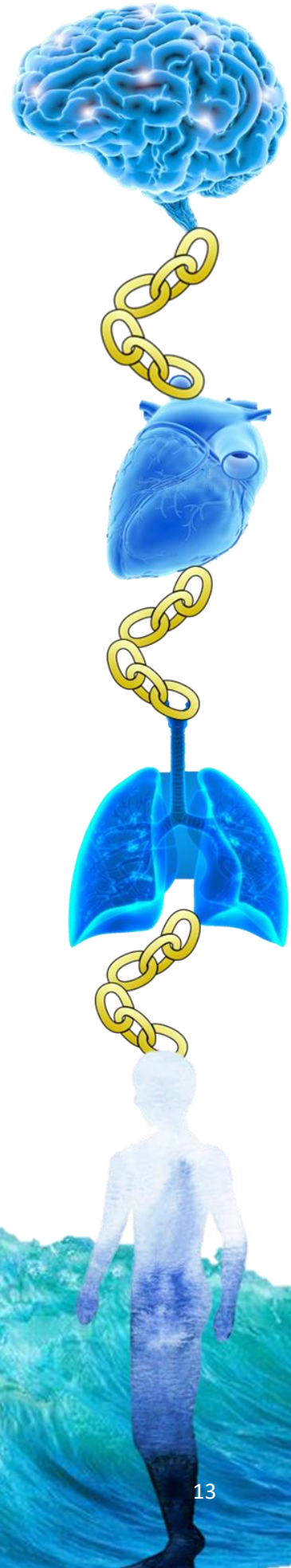
Peace

We are all at different levels in our relationship with Allah (The Most High) but Allah welcomes us to return to Him for mercy, repentance and guidance. The good-doer, the sinner, the one who feels low and the one who fell again after getting back up. The first step is necessary to make a move and requires a clear intention to make a change, to make an effort, to understand the purpose of why we fast and the positive impact it has on our brains, hearts and lungs each day.

Fasting Ramadan is not only for the physical body and what we consume in the Suhoor and Iftar but also for the soul (nafs). To achieve a healthy mind there needs to be a healthy soul and both the mind and soul need to be balanced. Traditionally, this is known as psychology and the Arabic term for psychology is "*Ilm ul Nafs*" (Yassin, 2002).

When there is an imbalance in the body, it is associated with pain in the body, whereas; when there is an imbalance in the soul, this causes anxiety, anger and depression. When there is an imbalance in both the body and soul, it requires healing.

We have all faced challenges in life, some admit it whilst others do not and we all can deal with it differently. Fasting and especially during the blessed month helps with emotional balance. There is an increase in chemicals called hormones, for example, endorphin and the neurotransmitter, dopamine which lower the levels of the stress hormone called cortisol (Fallows, 2021). Please see Figure 1 and 2.



Peace

Endorphin is a chemical that increases pleasure and happiness and is produced in a structure in the brain called the pituitary gland. Dopamine is a chemical that facilitates emotions in the limbic system of the brain and it can also increase the strength and contraction of the heart. This highlights the positive effects that fasting has on our mental health and well-being.

Figure 1: How hormones travel via the blood.

Hormones are chemical messengers that are secreted in structures called glands. They then enter the blood to reach their target cells to initiate a response. Some hormones can enter directly inside their target cells to begin whereas some hormones bind to their specific 'lock-shaped' proteins outside the cell called receptors to start a response.

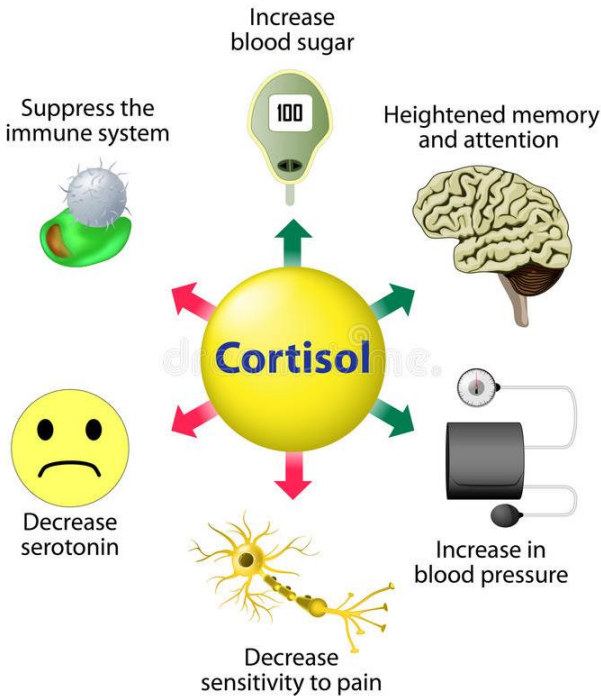
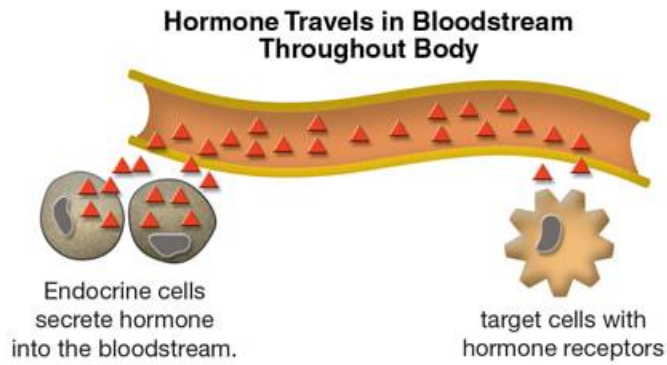
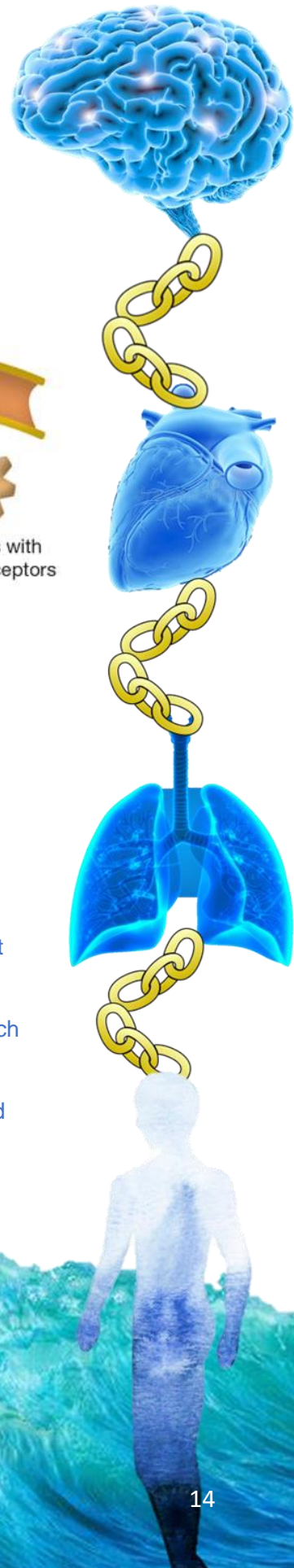


Figure 2: The effects of cortisol on the body.

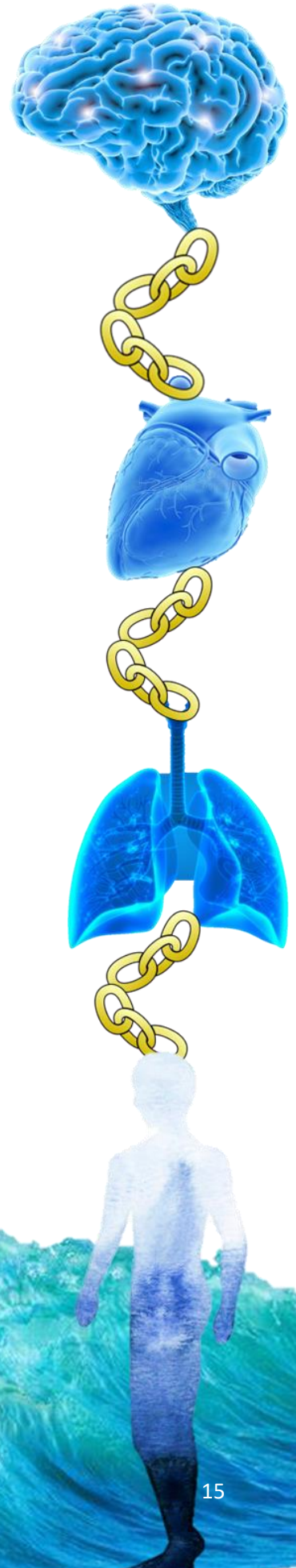
The hormone cortisol is produced in a gland called adrenal which are chestnut shaped structures found above the kidneys. It is released during stress which has effects on the heart, mood, ability to combat infections, sugar levels and memory.



Several research studies investigated the effect of fasting on the human body, particularly the brain where they utilised human subjects and rodent models. One of the research areas is to determine the effect of fasting on psychomotor and cognitive functions. The psychomotor function is associated with how speed is processed, whereas, cognitive function is associated with attention, learning and memory (Tian *et al.*, 2011; Bakan *et al.*, 2015).

What we eat in Suhoor and Iftar and the timing of the meals influence cognitive function that can either hinder attention and reaction time or increase the ability to learn and improve memory (Dye and Lluch 2000; Gibson and Green, 2002).

Another study discovered that having food with lots of protein can slow the rate of memory scanning and becoming distracted more easily. It is caused by its effect on the sympathetic nervous system that facilitates the flight and fight response and how chemicals called neurotransmitters are changed. The flight and fight responses occur during stress, anxiety and emergency. As a result, the functions of the following glands in the human body: hypothalamus, pituitary and adrenal glands are also affected (Bakan *et al.*, 2015; Gibson and Green, 2002).



Deena

Imaging studies used to determine the effect of fasting on the brain showed increased activity. For example, positron emission tomography (PET) is a non-invasive technique that help localise the metabolic activity. Please see Figure 3. It works by emitting an electrically charged particle called a positron. Please see Figure 4. It has a positive charge with a short lifetime and reacts quickly with an electron (a negatively charged particle) when they collide together to form a type of radiation called gamma rays. The two gamma rays formed would travel in opposite directions and be detected to present the activity. Please see Figure 5.



Figure 3: PET scan of the brain

A special dye called radioactive tracers are injected into the vein to help doctors examine how well the tissues and organs are working. The more activity taking place, the more the dye is accumulated to help evaluate. For example in the brain, it detect how well the blood is flowing, whether there is bleeding, the presence of cancer cells, or oxygen intake and which areas is using more sugar (glucose) (Independent imaging, 2023)

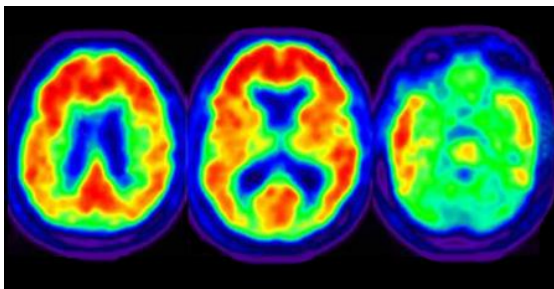
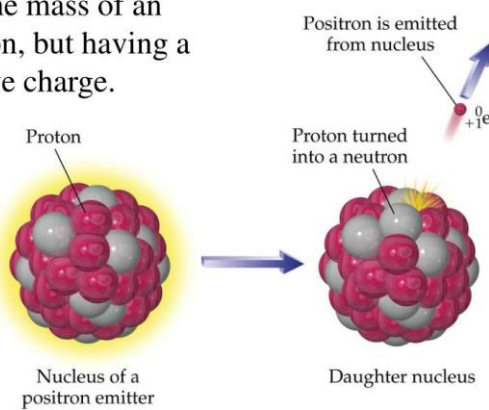


Figure 4: The structure of a positron.

An atom is the smallest part of an element and there are three types of particles: protons, electrons and neutrons. Protons (red circles) have a positive charge whereas electrons have a negative charge. Neutrons have zero charge. A positron is formed when an electron gains a positive charge. Key examples are fluorine-18 and nitrogen-13 and is emitted/given out leaving the protons becoming neutrons (grey circles) with no charge.

A positron is a particle with the mass of an electron, but having a positive charge.



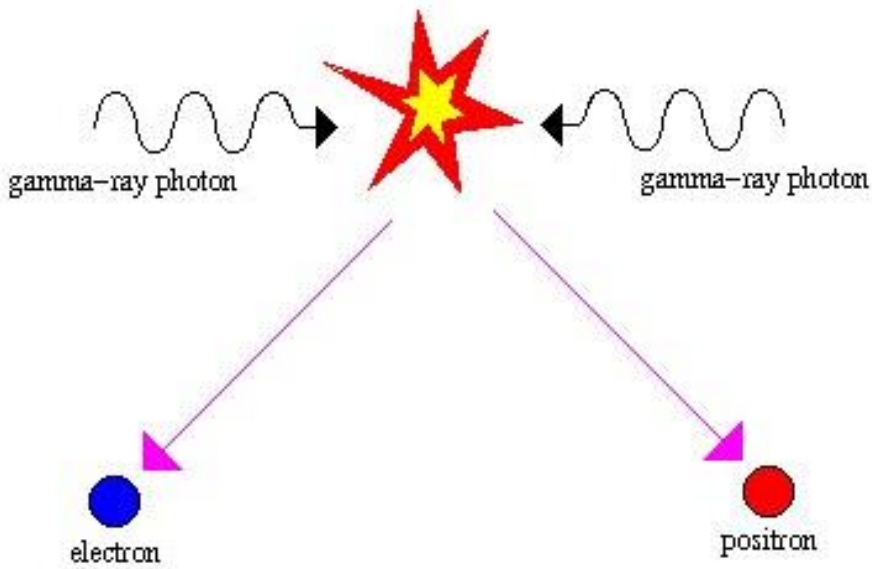
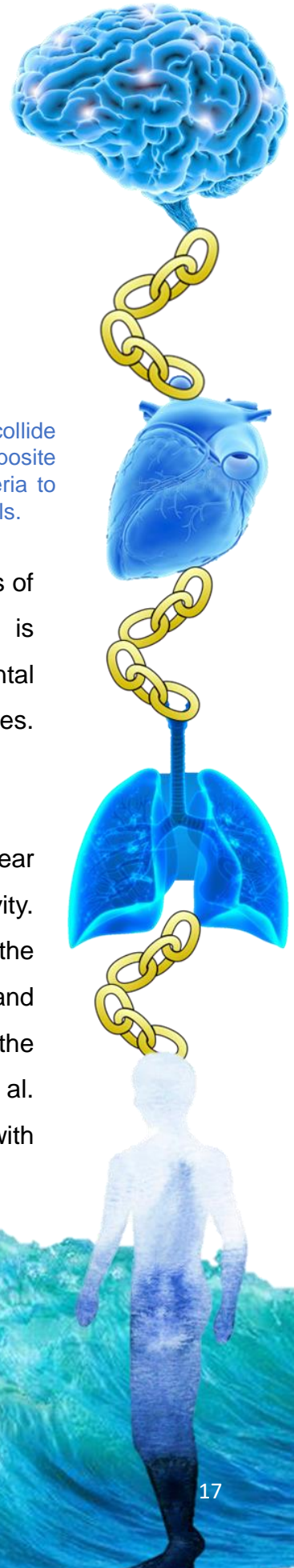


Figure 5: The effect of positron in forming gamma rays

A gamma ray is formed when electron (blue circle) and positron (red circle) collide together. In the diagram above, there is two gamma ray photons in opposite directions. They have higher energy than x-rays and can be used to kill bacteria to preserve food, cleanse surgical tools and higher doses are used to kill cancer cells.

A PET study discovered that fasting increased activity in different areas of the brain, particularly the cerebrum and cerebellum. The cerebrum is involved in conscious actions for memory, perception, intellect and mental ability. However, the cerebellum is for the balance and tone of muscles. Please see Figure 6.

In the front of the brain, there is a structure called a hypothalamus near the thalamus and pituitary gland and all three showed increased activity. Please see Figure 6. Normally, the hypothalamus controls the temperature, thirst, hunger and changes to water levels, emotions and sleep. The role of the thalamus is to relay messages before it enters the brain. The basal ganglia regulate voluntary movements (Tataranni et al. 1999; Del Parigi *et al.* 2002). This suggests how fasting helps with cognition (De Cabo and Mattson, 2019).



Devoe

Furthermore, other researchers discovered that fasting helps produce new brain cells efficiently in the hippocampus (Baik *et al.* 2019). Please see Figure 7. It is stimulated further by a hormone called ghrelin to encourage us to eat. When there are low levels of ghrelin, it increases the number of new brain cells and this connects how fasting aids with the growth and repair of cells (Inverse, 2023).

Figure 6: The structure of the brain.

The brain is a large nervous tissue that connects with the spinal cord to form the central nervous system (CNS). It is divided into three sections: hindbrain, midbrain and the forebrain. The forebrain is divided into the cerebrum and the diencephalon which include hypothalamus and thalamus. The hindbrain comprises of the pons, medulla oblongata and cerebellum. The medulla oblongata provides a pathway for nerve communication to and from the brain and helps regulate the heart, monitor how cells gain energy by a process called respiration, swallowing and producing saliva.

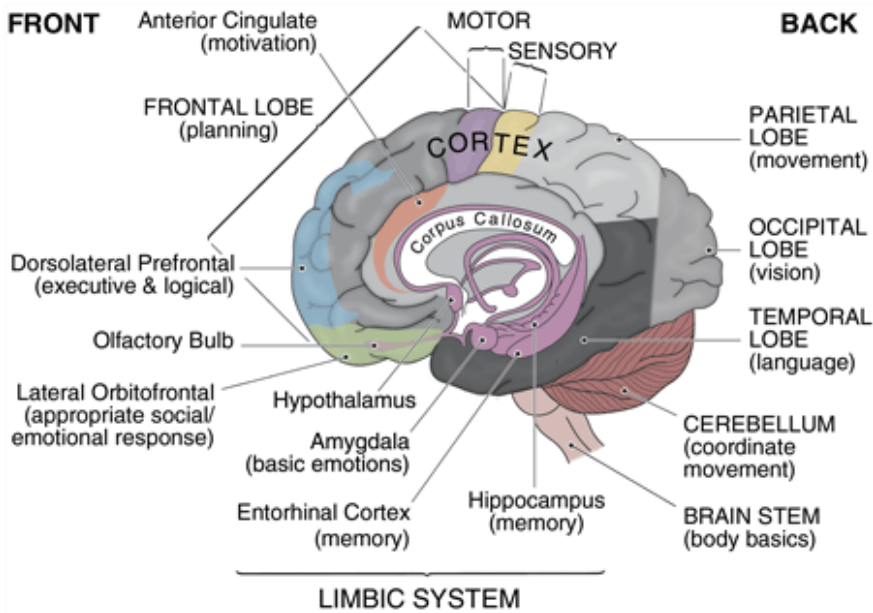
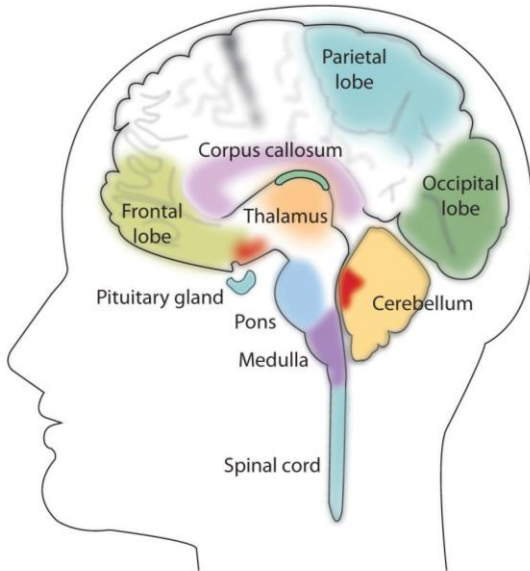
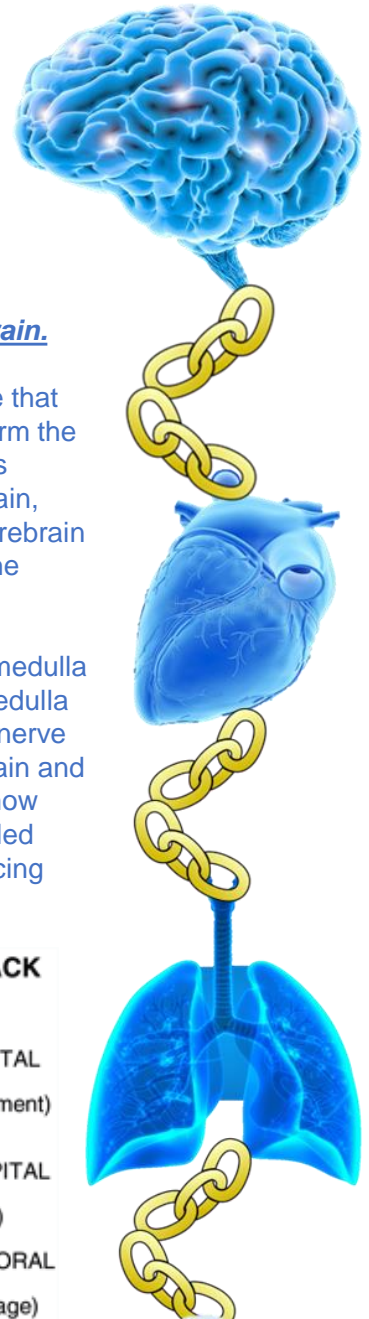
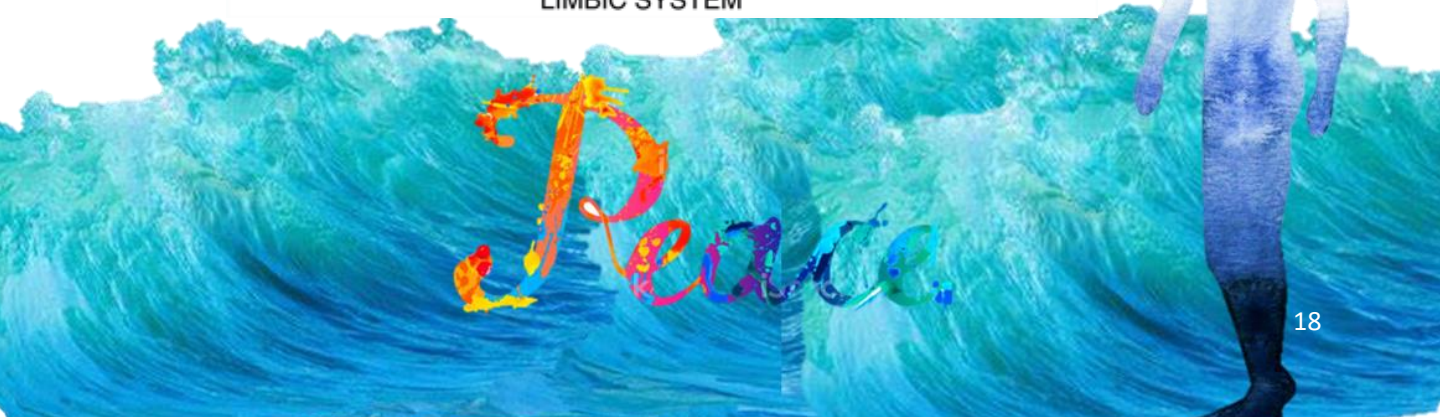


Figure 7: A closer view on the structure of the brain

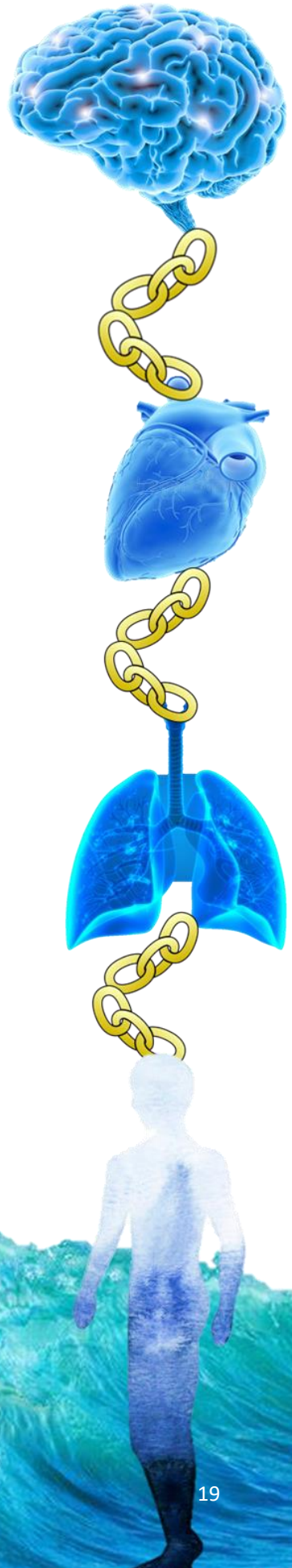


Moreover, fasting facilitates patients with neurological diseases: epilepsy, multiple sclerosis, Alzheimer's disease and Parkinson's disease (Gudden, Vasquez and Bloemendaal, 2021). Please see Figure 8 – 11. Mindikoglu *et al.* discovered changes in the following genes associated with these neurological disorders after 30 days of fasting: homer scaffold protein 1 (HOMER1), amyloid beta precursor protein (APP), cAMP-regulated phosphoprotein 21 (ARPP-21) and spectrin repeat containing nuclear envelope protein 1 (SYNE1). The HOMER1 gene is normally expressed in the brain and regulates how calcium ions facilitate how the central nervous system (CNS) responds.

The CNS consists of the brain and the spinal cord and; when there are changes to the levels of the HOMER1 gene or when knocked out, especially in the regions of the hippocampus and cingulate gyrus, it increases the risk of neurological disorders (Chen *et al.* 2013). The hippocampus and cingulate gyrus form part of the limbic system that is involved in processing emotions, behaviour and memory.

Following 30 days of fasting, Mindikoglu *et al.* discovered that the levels of the HOMER1 gene increased and creates a protective mechanism from such diseases.

However, with APP and ARPP-21, Mindikoglu *et al.* discovered there was a decrease in their levels which prevented Alzheimer's disease. APP causes a clot in an artery blood vessel called an atherothrombosis which occurs when small proteins accumulate in the cerebrum. The proteins are called amyloid Beta. Low expression of the SYNE1 gene helps prevents the risk of depression and further indicates how fasting helps with cognitive function.



Devine

EPILEPSY

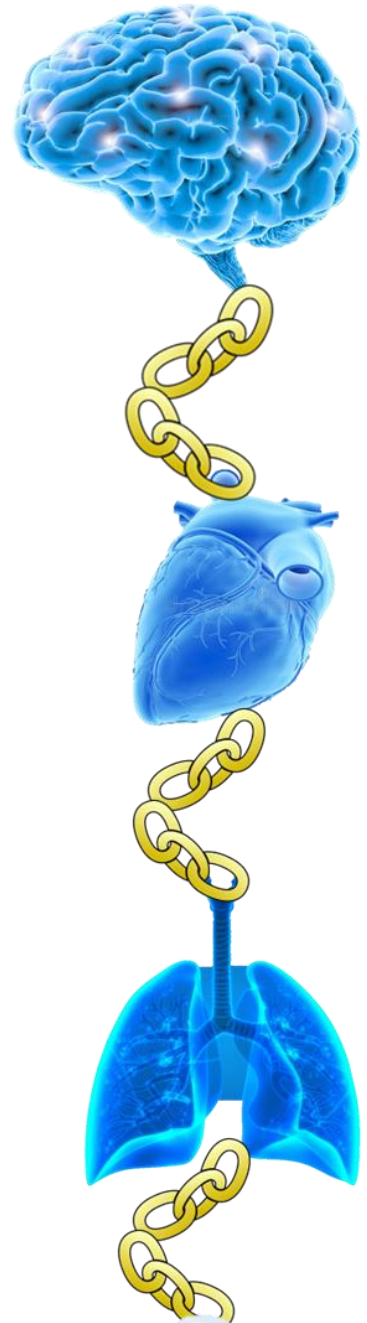
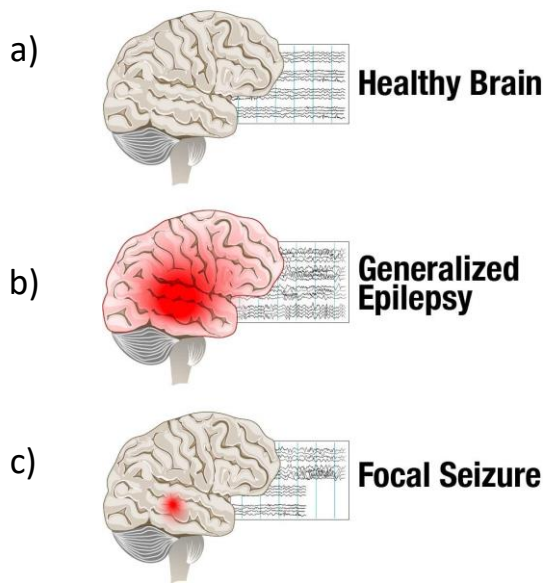


Figure 8: Epilepsy

(a) It represents a healthy brain. Epilepsy is where the brain undergoes sudden, repeated seizures that affect behaviour, movement and consciousness. There are different types of epilepsy, it depends on the type of seizure. Idiopathic epilepsy is when there is no damage to the structure of the brain. (b) Generalised epilepsy is subdivided into two forms: Tonic-clonic and absence seizures. Tonic-clonic is a major type of seizure where the patient falls to the ground unconsciously and; the muscles are in spasms where they continue to move uncontrollably. There is also a change to the colour of lips from red/pink to blue due to less breathing. The patient then cannot control their urine output and bite their tongue. The movement of the muscles stops, and the patient feels confused, experiences headaches or even falls asleep. The absence of seizure occurs in children when they experience a lack of consciousness for a few seconds, the eyes stare blankly, and twitching movements to the fingers and mouth. (c) Focal seizures are partial seizures that occur when there is specific damage to the brain. If there is damage to the temporal or parietal lobe, it is complex and affects psychomotor function. If the damage is simple, it can affect the movements of the thumb, arm and face.

Peace

MULTIPLE SCLEROSIS

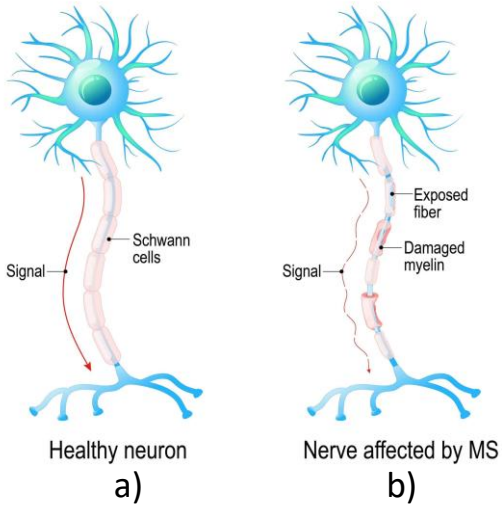
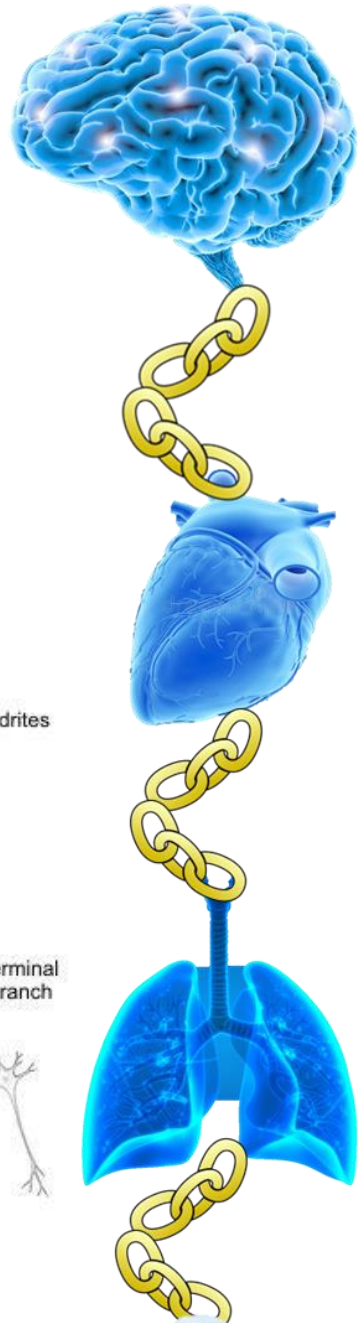
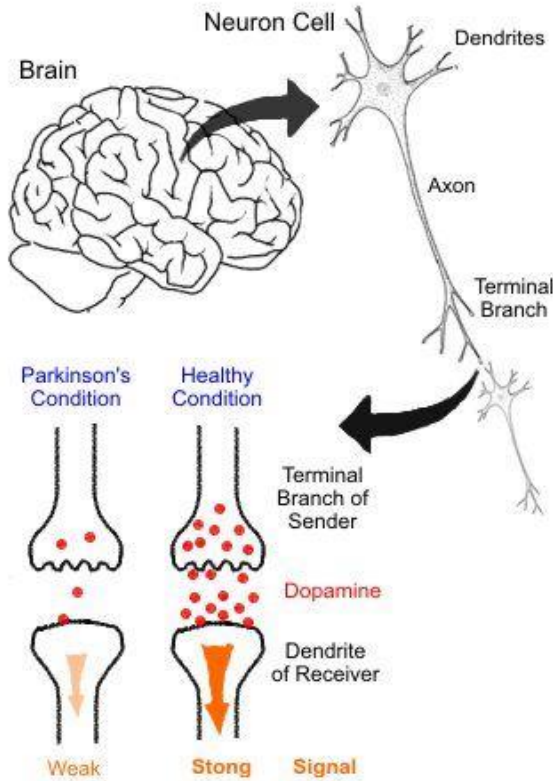


Figure 9: Multiple sclerosis

a) Neurones or nerve cells are how information is transmitted to be processed by the brain and conduct the necessary response. The information is electrical that needs an insulating material called myelin sheath along the long fibre tube called an axon to protect it from shock and allow the signal to pass through. The myelin sheath is a fatty material found in the Schwann cells and when damaged, it exposes the axon fibre as presented in b). This can affect the brain and spinal cord to cause shaky movement of the limbs, abnormal eye movements, weakness and speech problems.

Figure 10: Parkinson's disease

This disorder is associated with age and is caused by low levels of the neurotransmitter dopamine. This affects the basal ganglia, limbic system and heart movement. Common symptoms are tremors affecting one hand, arm and leg of one side of the body before progressing to the other side. It can affect walking, facial expression and voice.



Dance

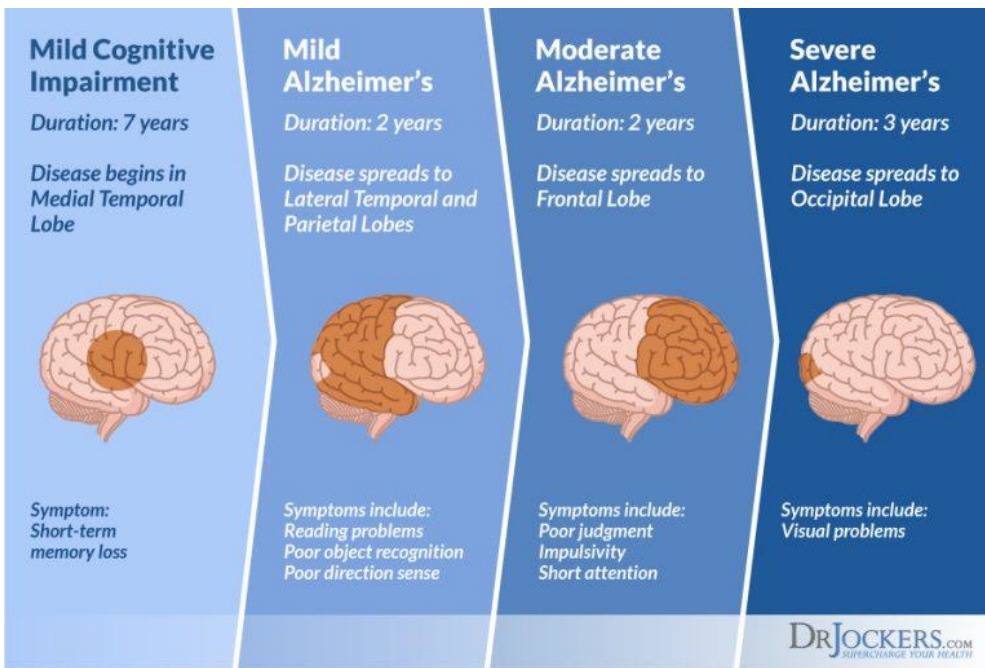
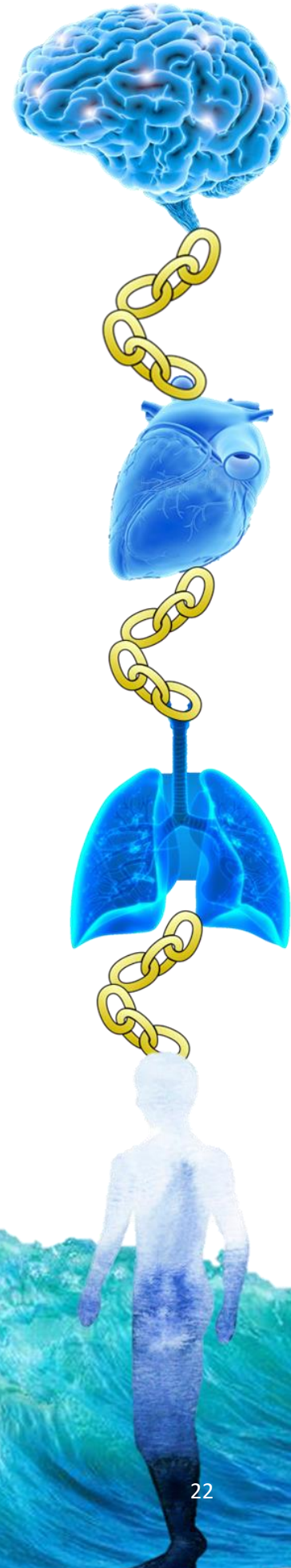


Figure 11: Alzheimer's disease

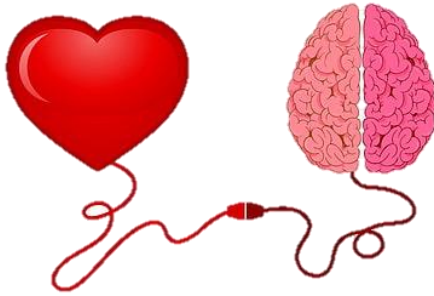
This disorder occurs in middle age and the severity affects different areas of the brain. It commonly causes short-term memory, less behaviour, slow thoughts and less performance. Mild Cognitive impairment affects the temporal lobe causing short-term memory loss lasting for seven years. Mild Alzheimer's disease is when more of the temporal lobe and the parietal lobe is damaged. This impacts the direction and the ability to read and recognize and lasts for two years. Moderate Alzheimer's disease also lasts for the same time and affects the frontal lobe causing impaired judgement and attention. Severe Alzheimer's disease affects the vision controlled by the occipital lobe and lasts for three years.

Furthermore, Mindikoglu *et al.* discovered there were low levels of SPARC-related modular calcium binding 1 (SMOC) protein and high levels of the enzyme large tumour suppressor kinase 1 (LATS1) in fasting subjects. The SMOC1 protein is overexpressed in brain tumours, for instance, glioblastoma, astrocytoma and oligodendroglioma. In other cancers, LATS1 protects the body from cancer by suppressing the growth and invasion of liver, lung and cervical cancer. This suggests how fasting prevents the progression of cancer and increases survival rates.



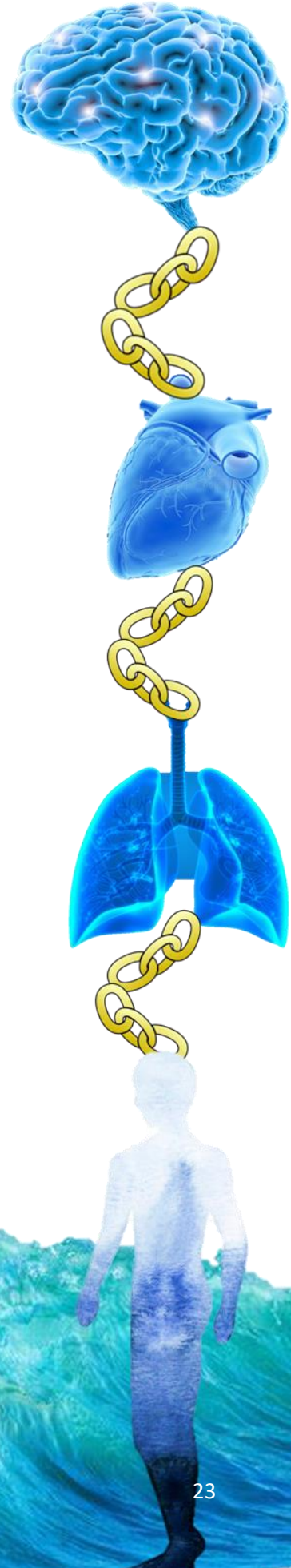
So, when our minds are positively affected by fasting, what does this suggest about the heart?

The role of the heart is to pump oxygenated blood around the body and provides muscles and organs with energy to maintain their movement and function. Metaphorically, when oxygen is provided to the different parts of the body, it creates a sense of positivity and a motive to excel. Therefore, we need to take care of our hearts because the heart works with our brains and corresponds to what we say and do.



So where is the oxygen from?

Oxygen is gained from the air in the atmosphere. We breathe through our noses which then enter our windpipes and into our lungs made of branches. Please see Figure 12. At the end of the smallest branches called bronchioles are air sacs called alveoli where gas exchange takes place. So, the oxygen is diffused and enters into the blood from the air and the toxic carbon dioxide is diffused and exits the blood to breathe out into the air. Please see Figure 13a. The oxygen is carried by red blood cells. Please see Figure 13b. This is the same with every situation, we take the good and erase the bad.



Peace

Figure 12: The structure of the respiratory system.

The role of the respiratory system is to breathe in oxygen from the air and remove carbon dioxide. The lungs are found on either side of the heart that expands and compresses by the bony ribcage and the muscular diaphragm. The trachea is the windpipe where air passes through the nasal cavity, pharynx and larynx then the trachea. The trachea is divided into two bronchi which enter the lungs and branch into smaller branches called bronchioles and terminate in air sacs.

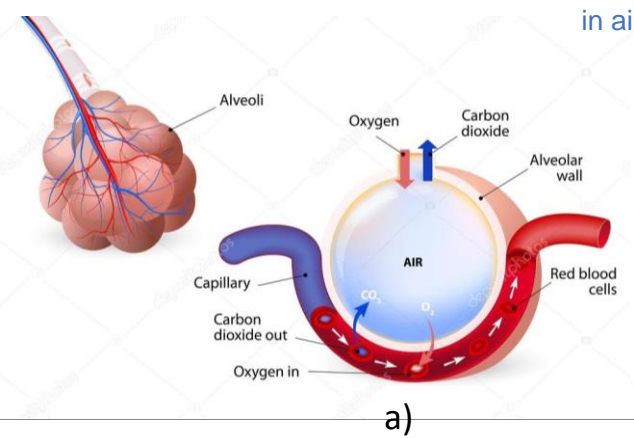
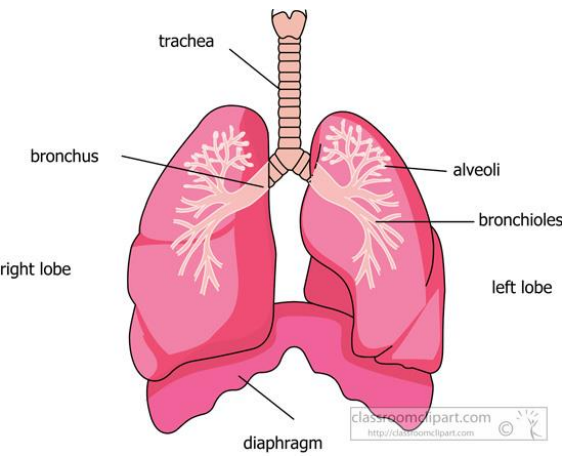
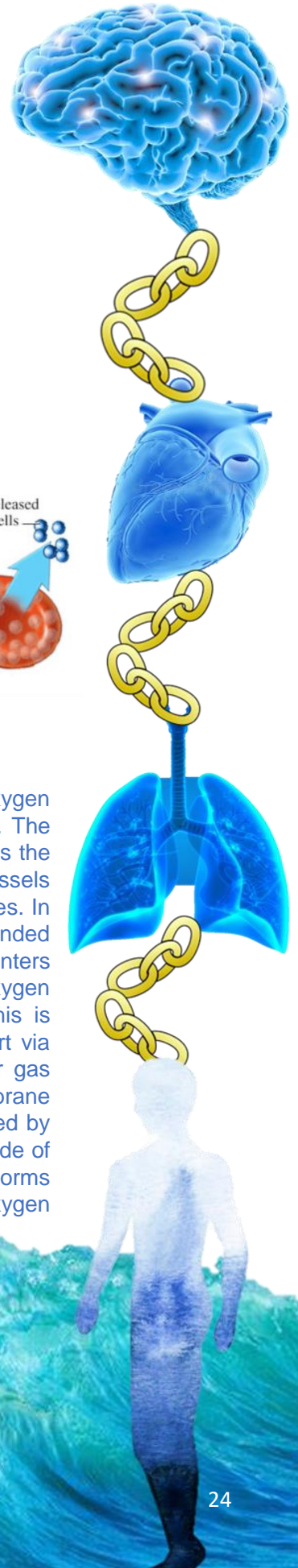


Figure 13: The gas exchange in the alveoli

a) The blood returning to the heart from the body has low levels of oxygen (deoxygenated) and there are tubes called blood vessels that carry the blood. The specific blood vessel that carries deoxygenated blood and travels to the lungs is the pulmonary artery to get oxygen. The pulmonary artery divides into smaller vessels called arterioles and even smaller vessels that are one-cell thick called capillaries. In the diagram, the blue represents the deoxygenated blood and; the alveoli surrounded by the blood capillary allow efficient exchange of gases where carbon dioxide enters the alveoli to go up the respiratory system to be exhaled whereas; the oxygen entering the blood capillary increases the levels of oxygen in the blood. This is represented in the diagram as red. The oxygenated blood returns to the heart via another blood vessel called the pulmonary vein. The alveoli are adapted for gas exchange because they are moist with a large surface area and a thin membrane wall to allow faster gas exchange. b) The oxygen and carbon dioxide are carried by red blood cells. The red blood cells have a red pigment called haemoglobin made of iron (haem) and protein (globin). The haemoglobin bound to oxygen forms oxyhaemoglobin and travels via the blood to the tissues and organs that need oxygen for energy to move and work.



Peace

Furthermore, diseases of the heart are not only linked to emotion but also to what we eat. One of the main risk factors of heart disease is high levels of cholesterol in dietary take. A build-up of cholesterol in the blood vessels restricts blood flow and increases blood pressure. If left untreated, it can block the blood vessel causing heart attacks (de Cuba and Mattson, 2019). Please see Figure 14.

CORONARY ARTERY DISEASE

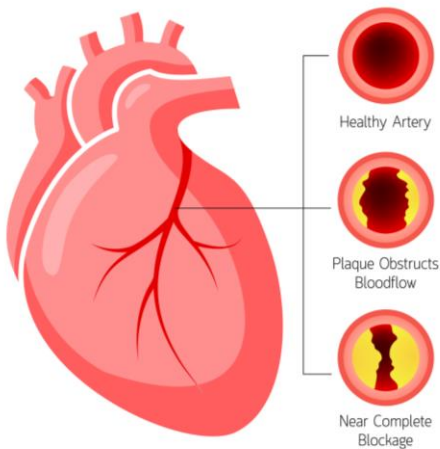
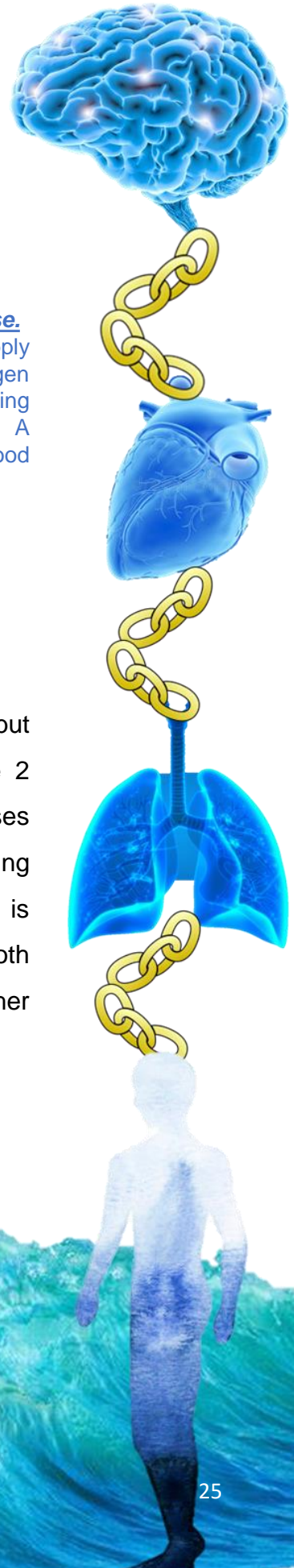


Figure 14: Coronary Artery disease.

The arteries have their blood supply via coronary arteries to provide oxygen and nutrients and ensure it is pumping blood efficiently around the body. A build-up of cholesterol can affect blood flow.

High levels of cholesterol not only increase the risk of heart disease but increases the risk of being overweight, obese and diabetes type 2 (Salim *et al.* 2013). Research studies have shown that fasting reverses insulin resistance in patients with Diabetes type 2 by lowering inflammation and decreasing levels of the hormone insulin that is involved in controlling the levels of sugar (glucose) in the blood. Both glucose and fatty acids provide an energy supply for the brain and other organs maintaining cognitive function (Tian *et al.* 2011).



Peace

Diabetes is a condition where the beta cells that secrete insulin do not produce enough (type 1) or the target cells do not respond to insulin (type 2). Both types of diabetes increase glucose in the blood and cause inflammation and; this is fatal if not treated. Please refer to Figure 15.

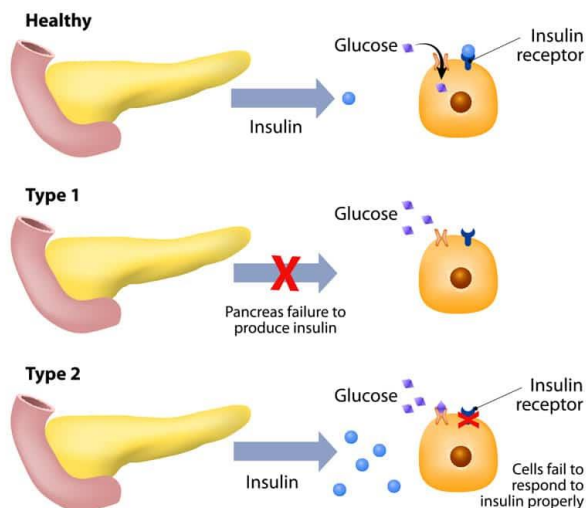
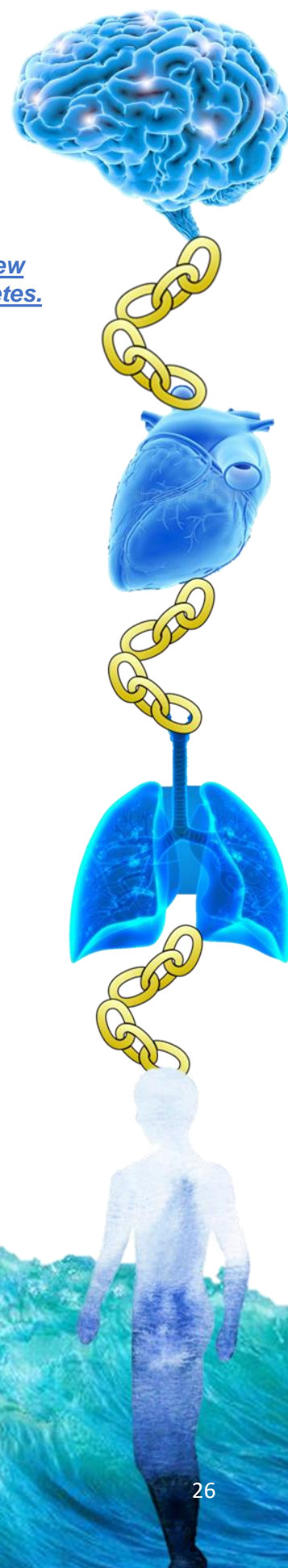
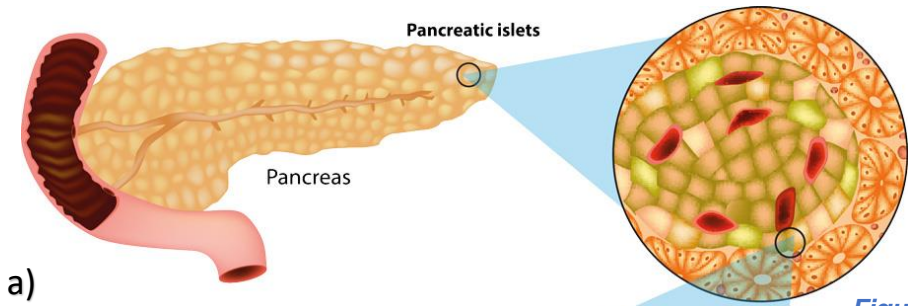


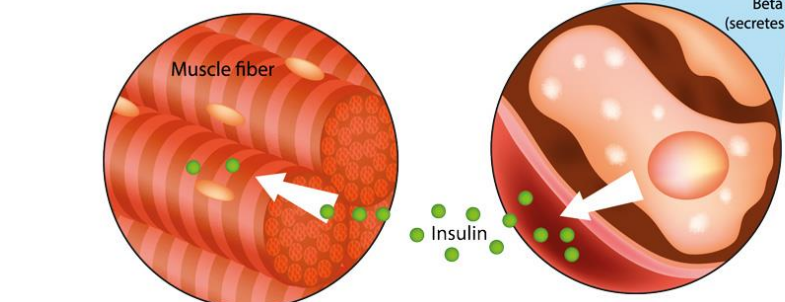
Figure 15: An overview of type 1 and 2 Diabetes.

Normally, when there are high glucose levels in the blood, especially after eating, the hormone insulin is secreted in the beta cells of the Islets of Langerhans of the pancreas and is released into the blood. Please see Figure 16a. The insulin travels to the liver and muscle tissues and signals glucose to enter the target cells. The glucose is stored as glycogen and lowers the levels of glucose in the blood back to normal to maintain the internal environment. Low glucose levels detected in the blood cause the alpha cells of Islets of Langerhans of the pancreas to produce the hormone glucagon. Glucagon is released into the blood and travels to the liver and muscles to signal glycogen to break down into glucose. This increases the glucose levels back to normal and an overview of how glucose levels are regulated presented in Figure 16b.





a)



b)

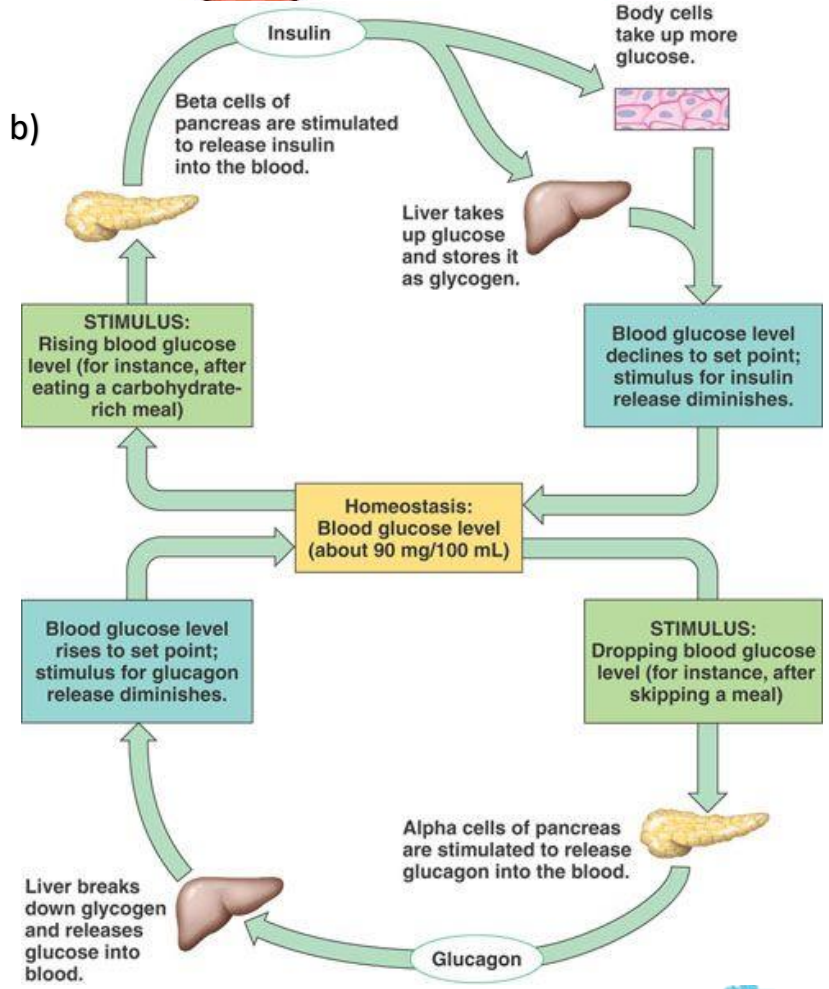
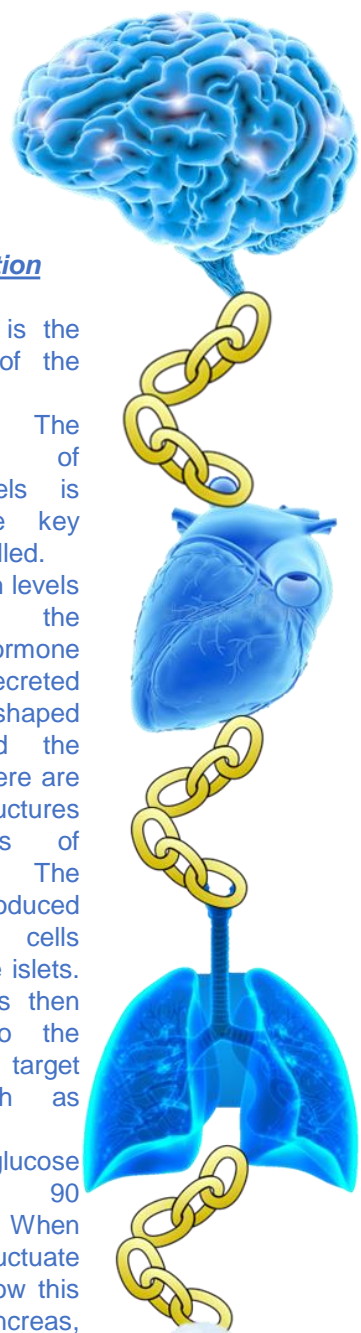


Figure 16:
Glucoregulation

Homeostasis is the maintenance of the internal environment. The regulation of glucose levels is one of the key factors controlled.

a) During high levels of glucose, the protein hormone insulin is secreted by a pear-shaped organ called the pancreas. There are small structures called islets of Langerhans. The insulin is produced in the beta cells present in the islets. The insulin is then released into the blood to the target organs such as muscles.

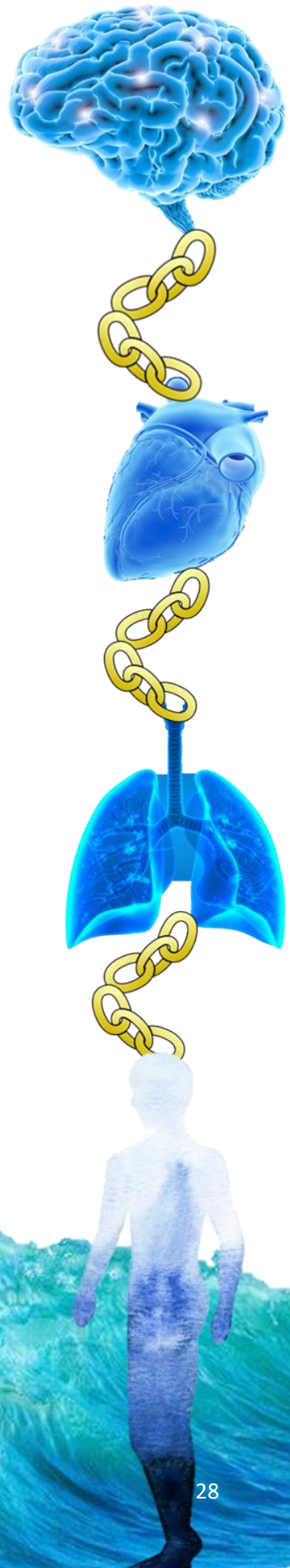
b) Normal glucose levels are 90 mg/100 mL. When levels fluctuate above or below this level, the pancreas, muscle, liver and fat tissue respond accordingly as presented in the flow diagram.



Science

However, when one is fasting, the glycogen stores become depleted and use the fat stored under the skin for energy which helps increase weight loss. When fats break down it produces three fatty acids and a glycerol molecule. The fatty acids make a type of acid called ketone in the liver and high levels were found during fasting (Inverse, 2023). However, ketones undergo 'metabolic switching' that converts back to glucose (Inverse, 2023; de Cuba and Mattson, 2019). This highlights the systematic processes in place during fasting. Another function of ketone is to regulate brain-derived neurotrophic factors needed for patients with neurological disorders and to prevent cancer.

Blood studies revealed that people who fast have high levels of the protein called tropomyosin (TPM) and its subtypes 1, 2, 3 and 4 that regulate the heart and muscle movement and repair the cells that secrete and respond to insulin (Mindikoglu *et al.* 2020). Tropomyosin also facilitates how another protein called actin stabilises, regulates, proliferates and supports how cells communicate with one another. When actin is not functioning appropriately, it affects how well glucose transporter (GLUT) proteins work to help increase glucose uptake into cells and; this causes insulin resistance. One example is GLUT4 that is translocated by insulin to increase the entry of glucose in the target cells and is facilitated by CFL1 (cofilin 1). Mindikoglu *et al.* discovered a 21-fold increase in CFL1 after 30 consecutive days of fasting.

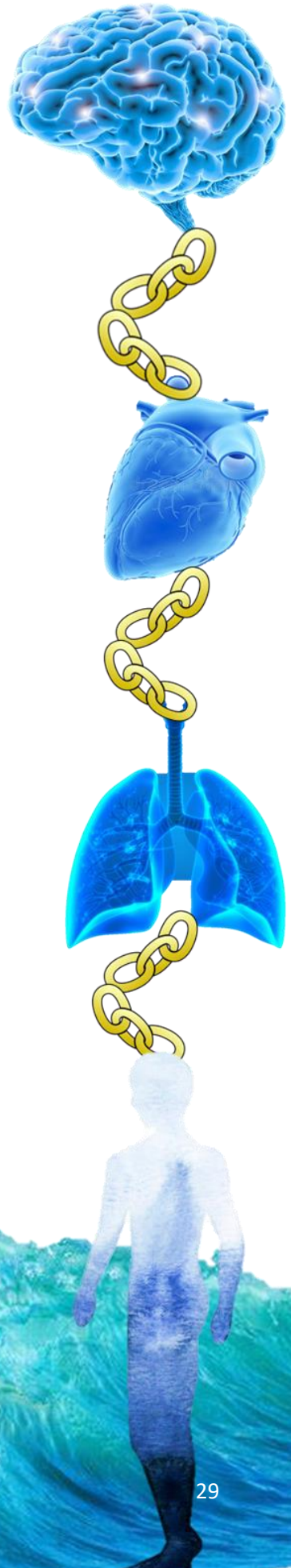


DeVance

TPM3 increases insulin sensitivity, protecting the body from high levels of fats and regulating blood pressure by stabilising and remodelling actin. TPM4 play a key role in how insulin responds and after 30 days of fasting, Mindikoglu *et al.* discovered a 127-fold increase in TPM3 and a 15-fold increase in TPM4. This highlights how fasting influences how the body responds to changes in glucose in the blood.

There was also an 95-fold increase in the profilin 1 (PFN1) gene that encodes for proteins involved in the movement of actin and regulates migration, invasion and morphogenesis. In addition, there was an 32-fold increase in perilipin 4 (PLIN4) which improves insulin resistance and protects against fat tissue dysfunction. A 13-fold increase in pyruvate kinase M1/2 (PKM) was discovered and this prevents diabetic nephropathy where the kidneys do not function properly as a result of high glucose levels and; can also help prevent the mitochondria from not working properly whose normal function is to produce energy in cells from glucose and oxygen. This further highlights the positive effects of fasting in lowering glucose levels by reversing insulin resistance by upregulating these genes.

Furthermore, Mindikoglu *et al.* discovered there was an increase in key regulatory proteins that played a role in the immune system, repair DNA (genetic information), the structure of cells, and reactions involving how glucose (sugar) and lipids (fats) was used by the body for energy and maintaining function. This highlights how fasting facilitates the treatment of diabetes and heart disease.



Deuce

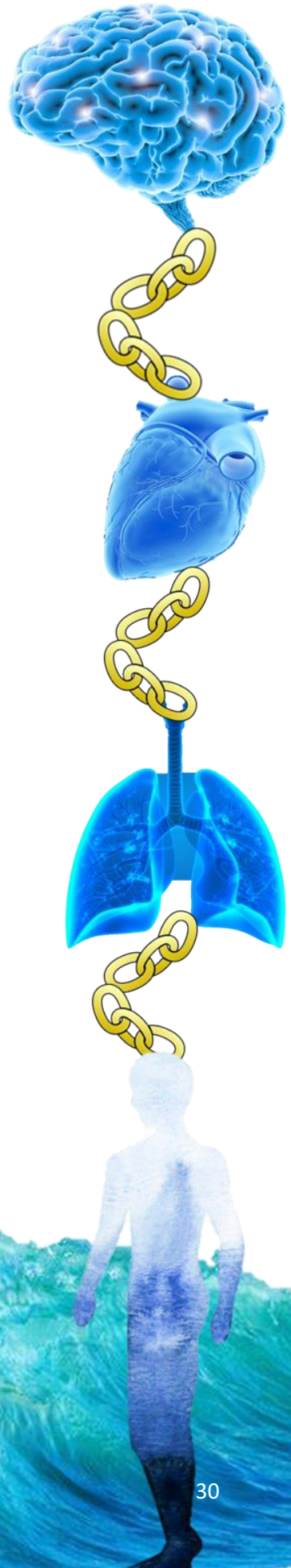
Research studies have shown how fasting positively affects the lungs when we fast, and encourages deep breathing and the exchange of oxygen. Moosavi *et al.* compared the forced expiratory volume in one second (FEV1%) during and after Ramadan. FEV1 is how much air is breathed out during a forced breath. They discovered that the mean forced vital capacity is the total volume of air exhaled increases during Ramadan. This implies that fasting helps us to breathe in and out easily and is associated with weight changes. For example, when there is an increase in mass, it decreases the forced vital capacity and was observed after Ramadan in comparison to during Ramadan. Lowering weight decreases the obstruction of the lungs and boosts the immune system to protect the body from stress, infection and disease.

Therefore, fasting has a lot of positive effects spiritually, and emotionally and was scientifically proven to provide a positive outcome on the activity of the heart, brain, lungs and digestive system.

However, we as Muslims know that there is wisdom behind every command from Allah (The Most High). However, it is always important to seek advice from your general practitioner to check your overall health and well-being.

"Which of the favours of your Lord will you twain – you men and jinn – then deny? In the midst of these will be maidens, good and comely."

[Surah Al Rahman (The Most Gracious), 55:69-70]



Peace

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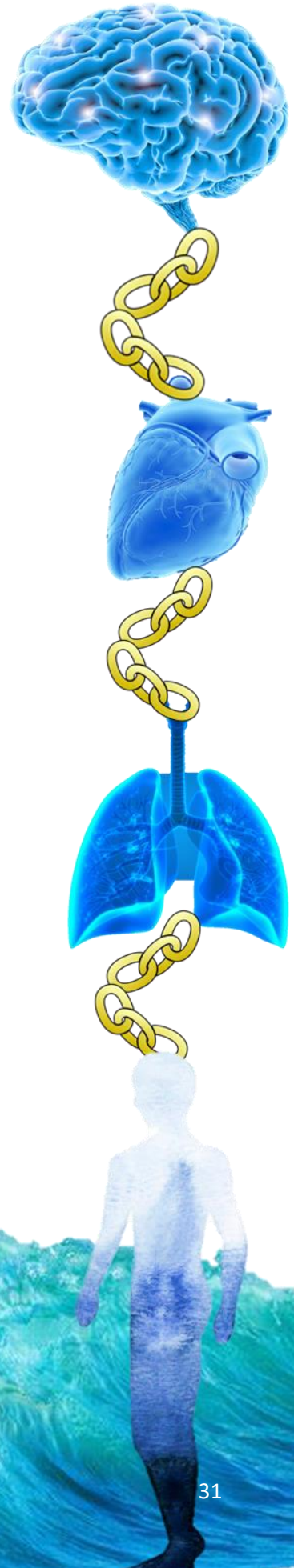
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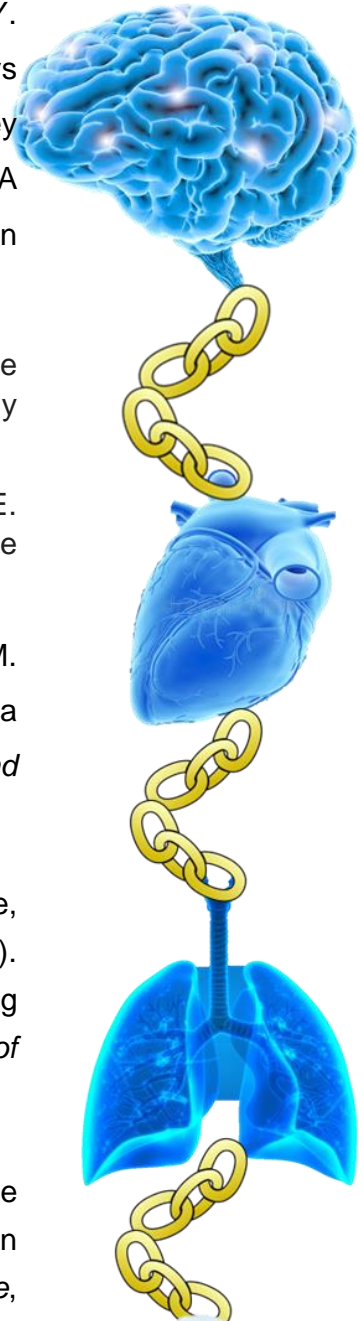
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Peace

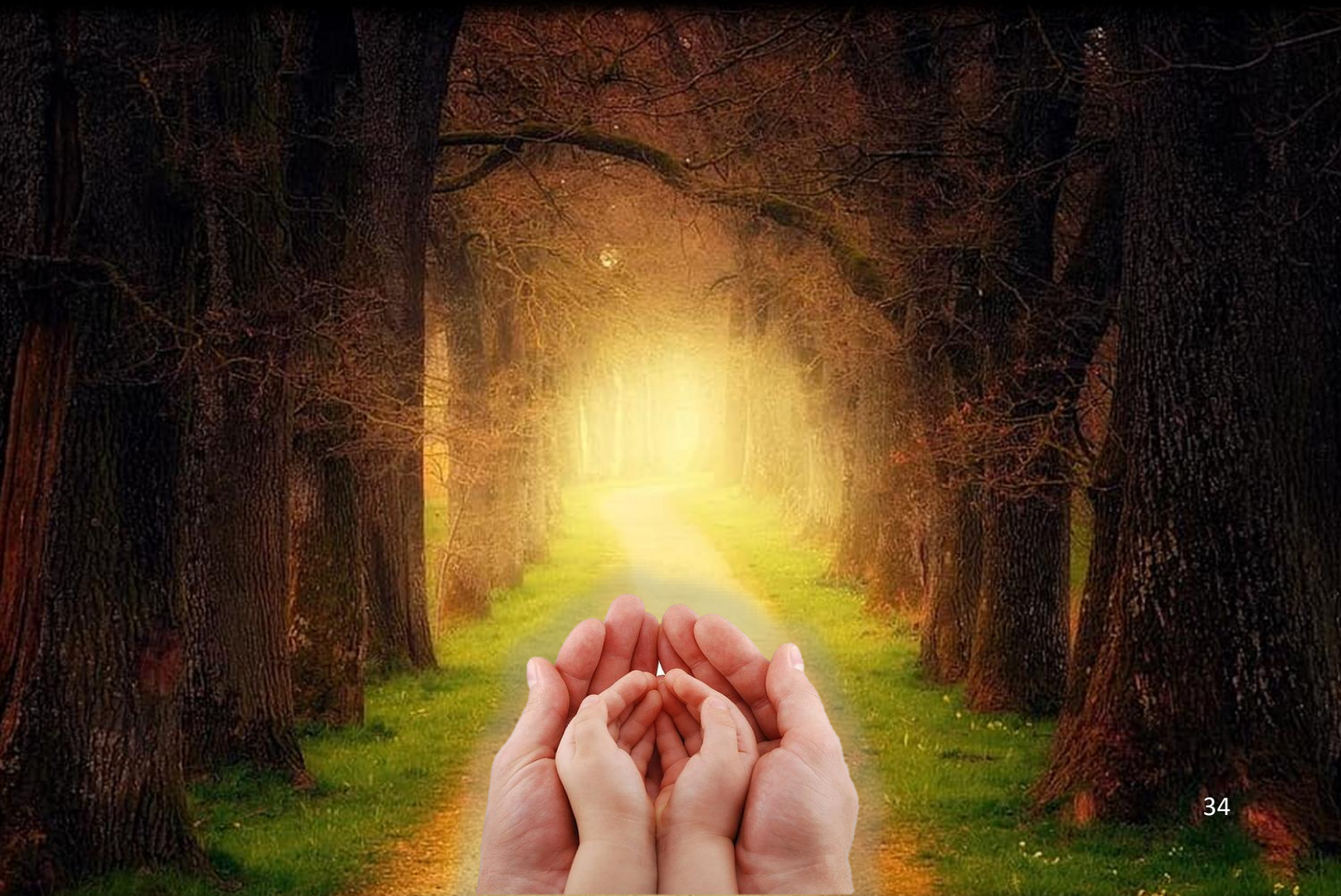


FASTING



CAN CHANGE YOUR LIFE

A Collection of Ramadan Duas



When Visualizing The Crescent Moon

اللَّهُمَّ أَهْلَهُ عَلَيْنَا بِالْأَمْنِ وَالْإِيمَانِ وَالسَّلَامَةِ وَالْإِسْلَامِ رَبِّي وَرَبُّكَ اللَّهُ

[Hadith, Al-Tirmidhi]



Transliteration:

*Allahumma ahillahu alayna bil-amni wal-iman
was-salamati wal-islam. Rabbi wa rabbuka Allah.*

Translation:

*Oh Allah, make it a start full of peace and faith,
safety and Islam. My Lord and your Lord is Allah.*



Dua To Start Fast

وَبِصَوْمِ غَدٍ نَّوَيْتُ مِنْ شَهْرِ رَمَضَانَ

[Hadith, Abu Dawud]

Transliteration:

*Wa bisawmi ghadinn nawaiytu min shahri
Ramadan.*

Translation:

*I intend to keep the fast for tomorrow in the
month of Ramadan.*

Dua To Open Our Fast

اللَّهُمَّ إِنِّي لَكَ صُومْتُ وَبِكَ آمَنْتُ [وَعَلَيْكَ تَوَكَّلْتُ] وَعَلَى رِزْقِكَ أَفْطَرْتُ
[Hadith, Abu Dawud]

*Allahumma Inni laka sumtu wa bika amantu [wa alayka tawakkaltu] wa
'ala rizqika aftartu.*

*O Allah! I fasted for You and I believe in You [and I put my trust in You]
and I break my fast with Your sustenance.*

*“wa ‘alayka tawakkaltu” is quoted in some books of knowledge – but not
all, hence it is in brackets []*

ذهب الظمأ وابتلت العروق وثبت الأجر إن شاء الله

[Hadith, Abu Dawud]

*Dhahaba adh-Dhama' wabtallatil-urooq wa thabatal-ajr in shaa 'Allah.
Thirst is gone, the veins are wet, and the reward is confirmed by the will
of God.*

Opening the fast in a large group of people.

أفطر عندكم الصائمون ، وأكل طعامكم الأبرار ، وصلت عليكم الملائكة

[Hadith, Ibn Majah]

*“aftara indakum as-saa'imoon, wa akala ta'aamakum al-abrar, wa sallat
alaikum al-mala'ikah.”*

*“May the fasting people break fast at your place, and may the pious eat
from your food, and may the angels pray for you.”*

Dua When Upset Whilst Fasting.

إني صائمٌ ، إني صائمٌ

[Hadith, Muslim]

Ini saa'im, ini saa'im

I'm fasting, I'm fasting.

[Al-Bukhari, Al-Asqalani, Fathul-Bari
4/103, Muslim 2/806]



anger

kindness

Dua For The First Ten (Ashra) Days Of Mercy

There are 30 days in the blessed month, here is a range of duas during the first ten days (the first Ashra) also known as the ten days of Mercy. The second set of ten days (the second Ashra) are the ten days of Forgiveness. The last ten days are the third ashra and can seek refuge from the Almighty from the Hell fire.

يَا حَيُّ يَا قَيُّوْمُ بِرَحْمَتِكَ أَسْتَغِيْثُ

Transliteration: *Ya Hayyu Ya Qayyum! Bi rahmatika astagheeth*

Translation: *O Living and Eternal Maintainer! By Your mercy, I seek help!*

[Hadith, Al-Tirmidhi]

اللَّهُمَّ ارْحَمْنِي يَا أَرْحَمَ الرَّاحِمِيْنَ

Transliteration: *Allahumma arhamni Ya Arham-mar-Rahimeen*

Translation: *Oh Allah have mercy upon me, O Most Merciful!*

رَبِّ اغْفِرْ وَارْحَمْ وَأَنْتَ خَيْرُ الرَّاحِمِيْنَ

Transliteration: *rabbighfir Warham wa anta khairur-rahimeen*

Translation: *O my Lord! forgive and have mercy and thou art the best of the merciful one*
[Surah of Al-Muminoon (The Believers) 23:118]



Dua for the second ten days (Ashra) of Forgiveness

FORGIVE

أَسْتَغْفِرُ اللَّهَ رَبِّي مِنْ كُلِّ ذَنْبٍ وَأَتُوبُ إِلَيْهِ

Transliteration: *Astaghfirullah rabbi min kulli zambiyon wa atoobu ilaiyh*

Translation: *I ask forgiveness of my sins from Allah who is my Lord and I turn towards Him.*

اللَّهُمَّ اغْفِرْ لِي ذُنُوبِي يَا رَبَّ الْعَالَمِينَ

Transliteration: *Allahummaghfirli zunubi ya rabbal alameen*

Translation: *O Allah forgive my sins, O Lord of the worlds.*

رَبَّنَا فَاعْفُرْ لَنَا ذُنُوبَنَا وَكَفِّرْ عَنَّا سَيِّئَاتِنَا وَتَوَفَّنَا مَعَ الْأَبْرَارِ

Transliteration: *Rabbana faghfirlana zunobana wa kaffir anna sayyi aatina wa tawaffana ma alabrar.*

Translation: *Our Lord! Forgive us our sins and remit from us our evil deeds and make us die with the righteous.*

[Al-Quran, Surah Al Imran (Family of Imran) 3:193]

Dua for the third ten days (Ashra) for Protection from the Hell-fire and Night of Power

اللَّهُمَّ أَجْرِنِي مِنَ النَّارِ

Transliteration: *Allahuma Ajirni minan aar*

Translation: *O Allah, save me from the fire (Jahannam)*

اللَّهُمَّ إِنَّكَ عَفُوٌّ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي .

Transliteration: *Allahumma innaka `Afuwwun TuHibbul `Afwa
Fa`fu `Annii.*

Translation: *O Allah, you are the Forgiver, You love to forgive, so
forgive me.*

General duas to read during the month of Ramadan.

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

“Rabbana atina fi'l-dunya hasanah wa fi'l-akhirah hasanah wa qina ‘adhab al-nar”

“Our Lord, give us that which is good in this world and that which is good in the Hereafter, and protect us from the torment of the Fire.”

[Quran, Surah al-Baqarah (The Cow) 2:201]



عن عائشة -رضي الله عنها- أن رسول الله -صلى الله عليه وسلم- علمها هذا الدعاء: اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنَ الْخَيْرِ كُلِّهِ عَاجِلِهِ وَآجِلِهِ، مَا عَلِمْتُ مِنْهُ وَمَا لَمْ أَعْلَمْ، وَأَعُوذُ بِكَ مِنَ الشَّرِّ كُلِّهِ عَاجِلِهِ وَآجِلِهِ، مَا عَلِمْتُ مِنْهُ وَمَا لَمْ أَعْلَمْ، اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ خَيْرِ مَا سَأَلَكَ عَبْدُكَ وَنَبِيُّكَ، وَأَعُوذُ بِكَ مِنْ شَرِّ مَا عَادَ مِنْهُ عَبْدُكَ وَنَبِيُّكَ اللَّهُمَّ إِنِّي أَسْأَلُكَ الْجَنَّةَ، وَمَا قَرَّبَ إِلَيْهَا مِنْ قَوْلٍ أَوْ عَمَلٍ، وَأَعُوذُ بِكَ مِنَ النَّارِ، وَمَا قَرَّبَ إِلَيْهَا مِنْ قَوْلٍ أَوْ عَمَلٍ، وَأَسْأَلُكَ أَنْ تَجْعَلَ كُلَّ قَضَاءٍ قَضَيْتَهُ لِي خَيْرًا

[صحيح.] - [رواه ابن ماجه وأحمد.]

Transliteration:

"Allahumma inni as'aluka min al-khayri kulihi 'ajilihi wa ajilihi, ma 'alimtu minhu wa ma lam a'lam, wa a'odhu bika min ash-sharri kullihi 'aajilihi wa ajilihi, ma 'alimtu minhu wa ma lam a'lam.

Allahumma inni as'aluka min khayri ma sa'alaka 'abduka wa nabiyyuka, wa a'oodhu bika min sharri ma 'aadha minhu 'abduka wa nabiyyuka.

Allahumma inni as'aluka al-jannata wa ma qarraba ilayha min qawlin aw 'amal, wa a'oodhu bika min an-naari wa ma qarraba ilayha min qawlin aw 'amal, wa as'aluka an taj'ala kulla qada'in qadaytahu li khayran

Translation:

'Ā'ishah (may Allah be pleased with her) reported that the Messenger of Allah (may Allah's peace and blessings be upon him) taught her this supplication:

"O Allah, I ask You for all that is good, now or in the future, what I know and what I do not know.

O Allah, I seek refuge with You from all evil, now or in the future, what I know and what I do not know.

O Allah, I ask You for the good that Your slave and Prophet has asked You for, and I seek refuge with You from the evil from which Your slave and Prophet sought refuge.

O Allah, I ask You for Paradise and for that which brings one closer to it, in word and deed, and I seek refuge in You from Hell and from that which brings one closer to it, in word and deed. And I ask You to make every decree that You decreed concerning me good."

[Hadith, Ibn Majah and Ahmad]

وَالَّذِينَ يَقُولُونَ رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا
وَدُرِّيَّتِنَا قُرَّةَ أَعْيُنٍ وَاجْعَلْنَا لِلْمُتَّقِينَ إِمَامًا

*“Rabbana hab lana min
azwajina wa dhuriyyatina
qurrata a’yunin waj’alna lil-
mutaqeena imama.”*

*“Our Lord! Bestow on us
from our wives and our
offspring who will be the
comfort of our eyes, and
make us leaders for the
Muttaqoon (the pious)”*

[Quran, Surah al-Furqan
(The Criterion) 25:74]



MR Microscopy of Human Development



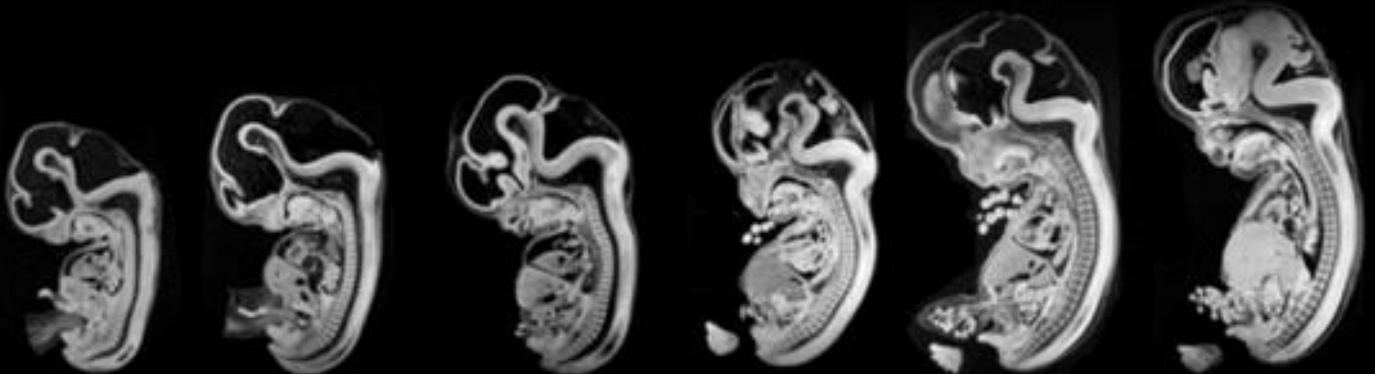
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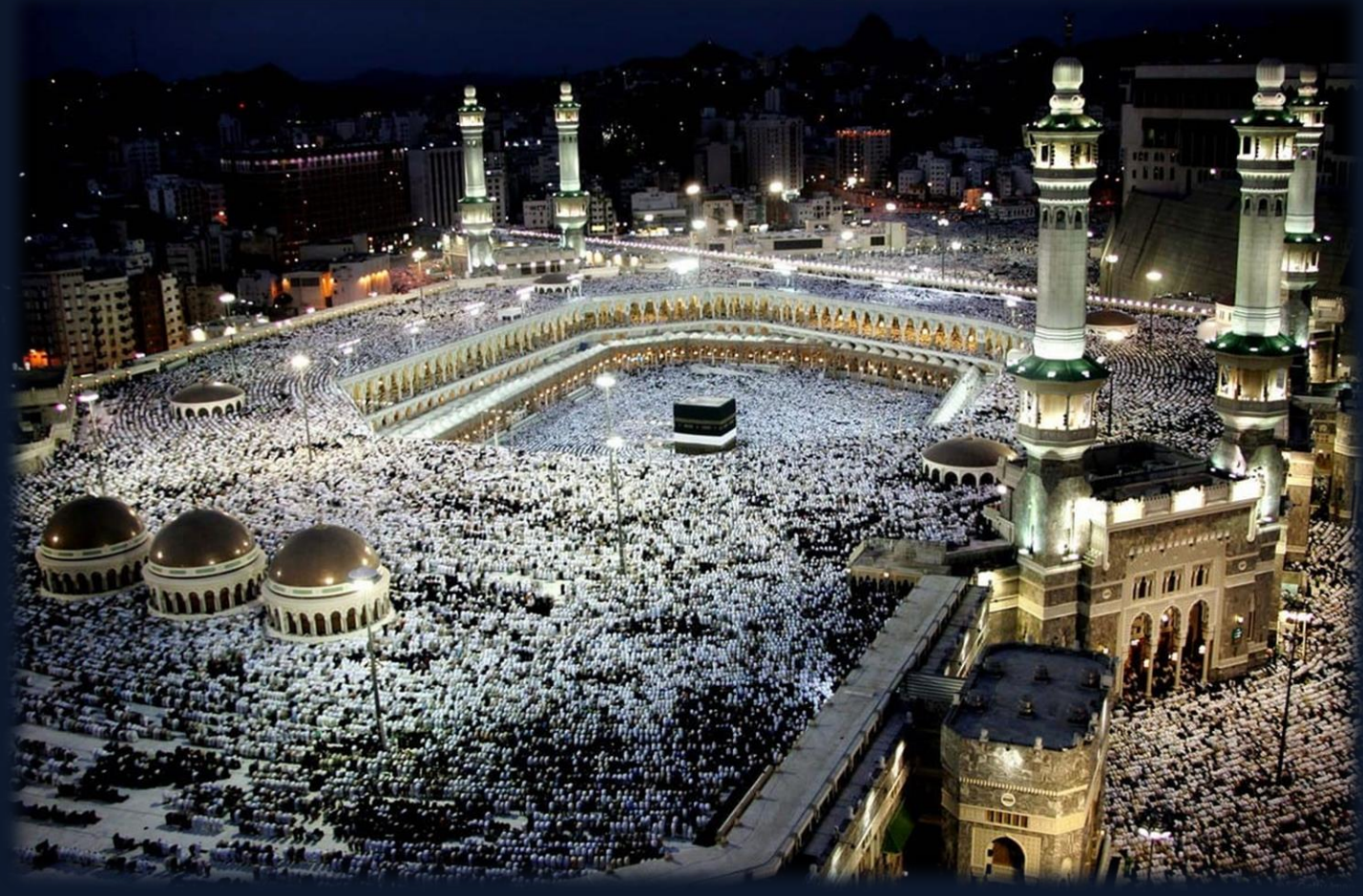
رَبِّ اجْعَلْنِي مُقِيمَ الصَّلَاةِ وَمِنْ ذُرِّيَّتِي ۖ رَبَّنَا وَتَقَبَّلْ دُعَاءِ ٤٠ رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ وَلِلْمُؤْمِنِينَ

يَوْمَ يَقُومُ الْحِسَابُ ٤١

“Rabb ij'alni muqima as-salati wa min dhuriyati Rabbana wa taqabbal du'a. Rabbana ighfir li wa li waalidayya wa Lil-mu'mineena yawma yaqoom ul-hisab”

“O, my Lord! Make me one who performs As-Salat (Iqamat-as-Salat), and (also) from my offspring, our Lord! And accept my invocation. Our Lord! Forgive me and my parents, and (all) the believers on the Day when the reckoning will be established”

[Quran Surah Ibrahim 14:40-41].



What Factors Invalidates Our Fasts?



To invalidate is to put an end to by action and; several factors invalidate the fast during the blessed month of Ramadan. This can be sub-divided into two areas:

- 1) Secretions, blood or another substance coming out of the body.
- 2) Inserting food or drink.

Allah (The Most High) stated in the Glorious Quran:

“So now have sexual relations with them and seek that which Allah has ordained for you (offspring), and eat and drink until the white thread (light) of dawn appears to you distinct from the black thread (darkness of night), then complete your Sawm (fast) till the nightfall.”

[Surah al-Baqarah (The Cow) 2:187]

Sexual Intercourse And Masturbation.

Sexual intercourse is when there is physical contact between both parties (married couples). If it was done intentionally and of free will during the day, the respected scholars have said it invalidates the fast.

To resolve this matter, the scholars advise to repent and complete the day without eating or drinking. Later on, the fast needs to be redone and offer a lot of expiation.

There is a hadith narrated by Abu Hurayrah (may Allah be pleased with him) who said:



Is it worth it?

While we were sitting with the Prophet (peace be upon him) a man came and said, *"O Allah's Messenger (peace be upon him)! I have been ruined."* Allah's Messenger (peace be upon him) asked what was the matter with him.

He replied, *"I had sexual intercourse with my wife while I was fasting."* Allah's Messenger (peace be upon him) asked him:

"Can you afford to manumit a slave?"

He replied in the negative.

Allah's Messenger (peace be upon him) asked him,

"Can you fast for two successive months?"

He replied in the negative.

The Prophet (peace be upon him) asked him,

"Can you afford to feed sixty poor persons?"

He replied in the negative.

The Prophet (peace be upon him) kept silent and while we were in that state, a big basket full of dates was brought to the Prophet (peace be upon him).

He asked, *"Where is the questioner?"*

He replied, *"I (am here)."*

The Prophet (peace be upon him) said (to him):

"Take this (basket of dates) and give it to charity."

The man said

"Should I give it to a person poorer than I? By Allah; there is no family between its (i.e. Medina's) two mountains who are poorer than I."

The Prophet (peace be upon him) smiled till his premolar teeth became visible and then said, *'Feed your family with it.'*

[Al-Bukhari, 1936]



Is it worth it?

However, after breaking their fast at sunset, it is permissible for married couples to have sexual intercourse.

Period/menstruation and postpartum bleeding (nifas)

Both forms of bleeding invalidate the fast even if it happens a minute or second before sunset. The Prophet Muhammad (peace be upon him) said:

“Is it not the case that when she gets her period, she does not pray or fast?”

[al-Bukhari, 304]

This suggests that when a woman is on her period, she should accept Allah's Decree and make use of the time to do alternative good actions during the blessed month of Ramadan and to make up the fast later.

However, scholars have said that if a woman feels the symptoms that her period may begin but there was no output of the blood until after sunset, her fast is still valid.

Another case in which validates a woman's fast is if at night, blood has stopped and she intends to fast, then dawn comes before she does ghusl (wash), she can still fast.

[Al-Fath, 4/148]

Furthermore, if one has medications to stop the period, it is not advised because it can cause side effects. For instance, there is a possibility that the periods become imbalanced or irregular. However, if it does stop completely, you can continue to fast.



Is it worth it?

Vomiting Deliberately

Many respected scholars such as Ibn Al-Mundhir and Ibn Uthaymeen (May Allah have mercy upon them) agree that vomiting deliberately invalidates the fast especially if they use their finger in their throat, press their stomach, smell or look at something inappropriately. The method in how general vomiting occurs is presented in Figure 17 and the general causes is summarized in Figure 18.



The Prophet (peace be upon him) said:

“Whoever vomits involuntarily does not have to make up the fast, but whoever vomits deliberately lets him make up the fast.”

[al-Tirmidhi, 720, classed as sahih by al-Albani in Sahih al-Tirmidhi, 577]

Brain.

Vomiting centre in the Medulla oblongata area of the brain initiates vomiting after receiving information from the below areas:

Chemoreceptor trigger zone.

There are receptor proteins outside the blood-brain barrier that can detect toxic chemicals.

Digestive system.

There are receptor proteins along the digestive tract that can detect any toxic chemicals which can irritate or cause infection. There are also receptors that detect mechanical obstruction such as paresis. The information is passed along the vagus nerve to the brain.

Senses.

Hearing sense: Toxic chemicals can be detected in the inner ear and the information is sent to the brain via the Vestibulocochlear nerve.

Sight, smell and emotions can affect the higher centres of the brain by increasing pressure and infections.

Figure 17: How vomiting occurs.



Is it worth it?

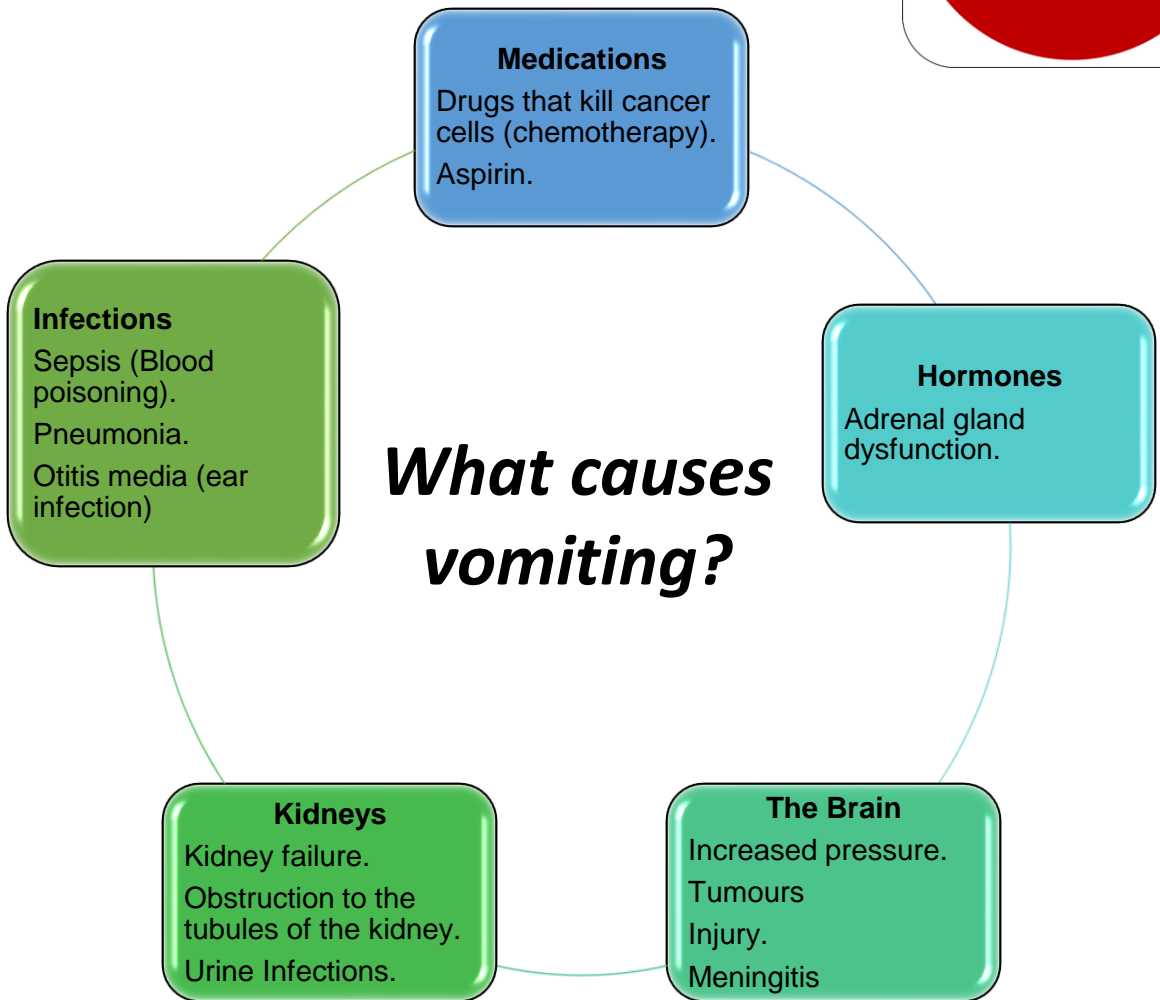


Figure 18: The general causes of vomiting.



Is it worth it?

Blood Leaving During Cupping.

Cupping is a form of alternative medicine used to alleviate pain, and inflammation, facilitate blood flow and other roles. This is achieved by placing cups onto the surface of the skin and performing suction. It can invalidate the fast according to respected scholars. Please see Figure 19.



Donating blood can also invalidate the fast unless it is for a very important reason that cannot be delayed further.

The Prophet (peace be upon him) said:

“The cupper and the one for whom cupping is done have both invalidated their fast.”

[Abu Dawud, 2367; classed as sahih by al-Albani in Sahih Abi Dawud, 2047]

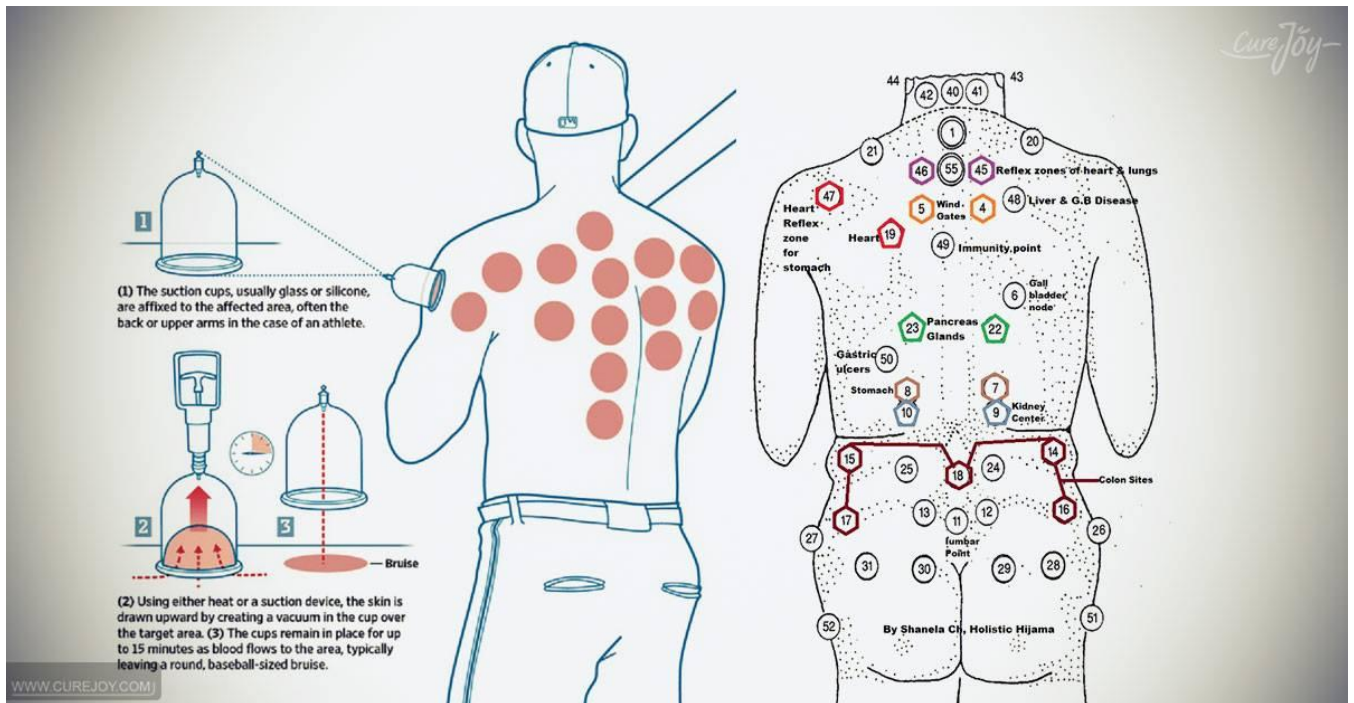


Figure 19: An example of cupping procedure

Substances that enter the body.

Eating and drinking strongly invalidate the fast. Similar actions, for instance:



1 *Anything reaching the stomach via the nose.*

The Prophet (peace be upon him) said:

“Snuff up water deeply into the nose (when doing wudu), except when you are fasting.”

[al-Tirmidhi, 788]

However, if a person has a nosebleed, the person can continue to fast because it happened involuntarily.

2 *Transfusion*

Transfusion of blood is given when a patient is bleeding a lot, especially during operations and major incidents.

This is because blood is composed of food (nutrients) and water transport around the body to provide organ tissues to function with energy.

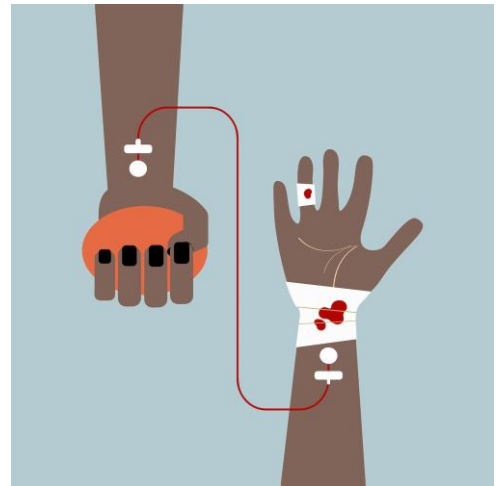


Figure 20: Blood transfusion can save life of another within same blood group.

3 *The use of drips.*

The drips are accompanied by a needle where nourished supplements and saline (salt solution) can access the body in replace of food and water.

4 *Kidney Dialysis*

It is where the blood of the patient is cleansed and returned to the body.

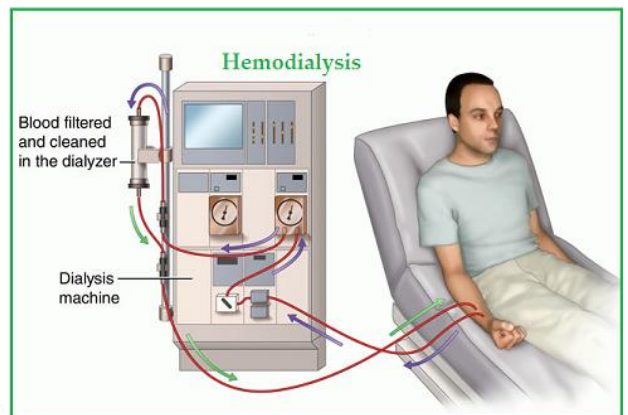


Figure 21: Haemodialysis

Is it worth it?

Substances that enter the body that do not invalidate the fast. For example:

1 Injections administrated via the vein or muscle.

- Vaccination
- Insulin for Diabetics
- Blood tests



2 Medical Procedures

Dentistry	Radiological imaging	Renal
<ul style="list-style-type: none"> • Extracting teeth. • Rinsing the mouth. • Cleaning teeth as long contents are not swallowed. 	<ul style="list-style-type: none"> • Opaque dyes for x-rays • Enemas – an amount of fluid entered through the back passage to remove stools (evacuant) or add drugs (therapy), • Inserting a fine tube via veins for imaging • Examine intestines • Endoscopy – it is a procedure involving a tube with light and video camera at the end. Please see Figure 22. • Taking samples of the liver. 	<ul style="list-style-type: none"> • A catheter tube added to urinate. Please see Figure 23. • Washing the bladder. The bladder is a muscular organ that stores urine. Please see Figure 24.



Upper GI Endoscopy
Esophagogastroduodenoscopy (EGD)

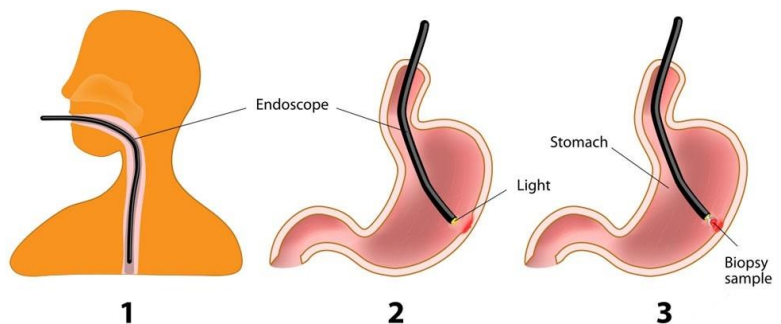


Figure 22: Endoscopy of the stomach

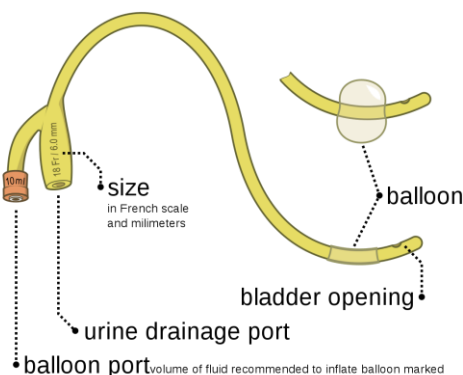


Figure 23: Catheter
They are passed into the bladder via urethra to drain urine or empty bladder before operation

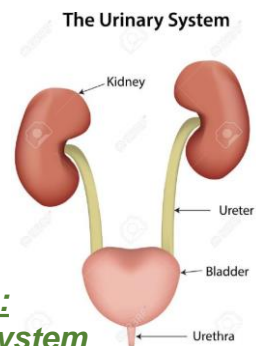


Figure 24: Urinary system

Gynaecology and Obstetrics	Ophthalmology	Surgical operations	Emergency medicine	General practice
<ul style="list-style-type: none"> Emission of madhiy (prostate fluid). Examining the vagina using a speculum (Figure 25), doctor's finger or inserting pessaries (Figure 26). Inserting contraception methods (e.g. IUD) 	<ul style="list-style-type: none"> Eye drops (Figure 27) 	<ul style="list-style-type: none"> Treatment of injuries. Oxygen or anesthetic gases. (Figure 28). 	<ul style="list-style-type: none"> Dealing with asthma or heart attack cases 	<ul style="list-style-type: none"> Inserting medical instruments. Skin creams



Figure 25 Speculum

A metal instrument used to open and hold a internal structure to be examined e.g. vagina or rectum.



Figure 26 Pessary

It is a plastic ring-shaped device that fits into vagina and keeps uterus (womb) in position.



Figure 27 Eye Drops

It is commonly given for Dry eyes, infections and other means.



Figure 28 Anaesthetic Gas

This is one of the ways other than injections in how to keep a patient unconscious before doing operations. This is known as General Anaesthesia. However, the type of anaesthesia is based on type of operation. If it is a small operation such as dentistry then it is considered local anaesthesia that requires injections commonly lidocaine close to the nerve to dead the tissues. A regional anaesthesia is usually a limb operation that requires several deactivation of one or more nerves.



Success!

Overall, many factors can invalidate the fast. With exception of the period, the other factors occur by choice of doing it. In all cases, we need to ensure that the fasts are redone later before the subsequent Ramadan appears.

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Majalis Ramadan by Shaykh Ibn 'Uthaymin

Sab'una Masalah fi'l-Siyam



Success!

How To Make The Most Of Ramadan During Menstruation?

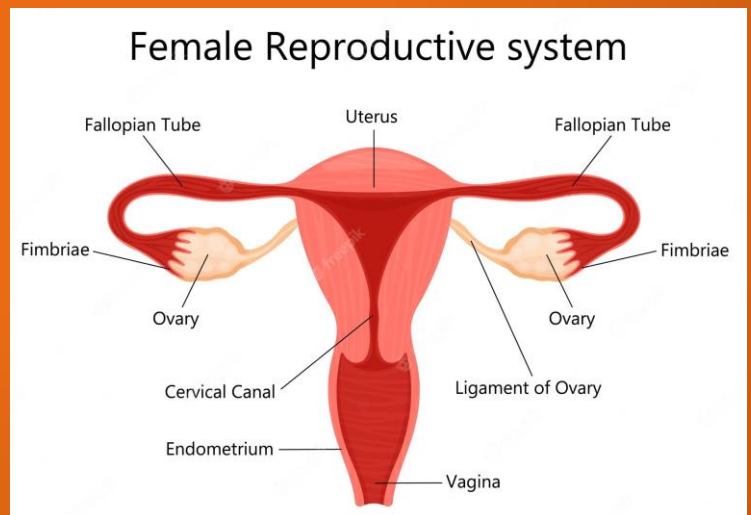
A period otherwise known as menstruation is when a woman bleeds from her vagina. This is because there is a breakdown of the lining of the womb (uterus). Please see Figure 30. The vagina is a muscular canal surrounded by nerves and mucous membranes. It connects the uterus and cervix and plays a major role during sexual intercourse and menstruation. Please see Figure 29.

It commonly lasts for five days but can vary between two to seven days whereas the first two days normally have heavy bleeding and appear red. However, later on, it turns to a light pink or brown colour (National Health Service, 2022)

When we refer to heavy bleeding, this is approximately 20 - 90 ml (1 - 5 tablespoons) of blood. However, some women can produce more than this volume.

The menstrual period usually happens every 28 days (4 weeks) but can vary between 23 to 35 days.

Figure 29 The female reproductive system

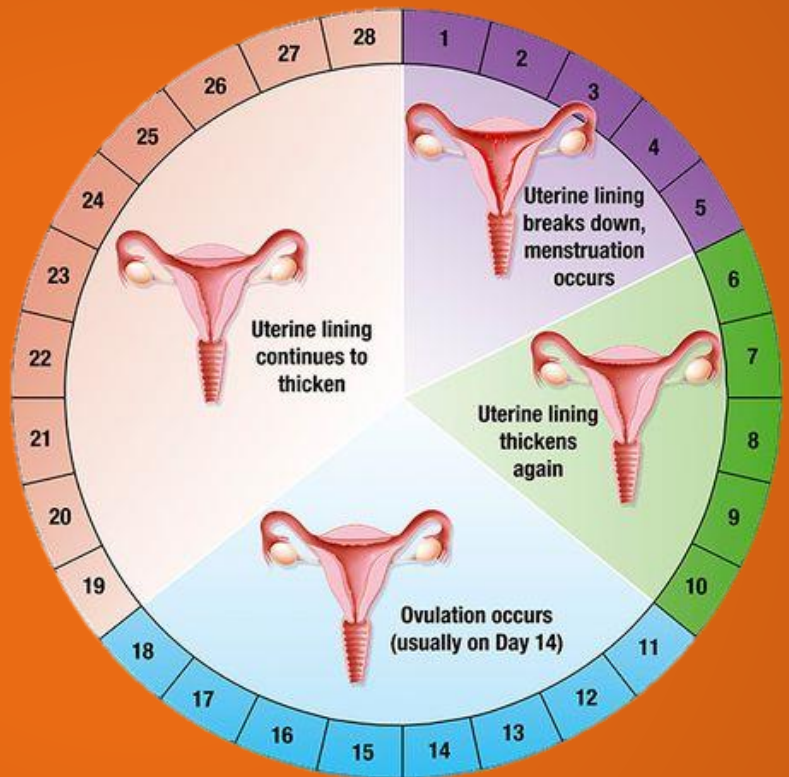


The common age at which the menstrual period occurs is 12 years old. However, some girls do begin slightly earlier and others later. There are several symptoms experienced during the process:

- Abdominal pain (stomach pain)
- Lethargy (muscle weakness and tiredness)
- Fatigue
- Bloating of the stomach
- Mood swings.

Figure 30 The menstrual cycle

The menstrual cycle is a series of events where an egg cell once matured is released from the ovary and travels via the fallopian tube to the uterus. This is known as ovulation. A hormone secreted by the ovary called progesterone causes the lining of the uterus to thicken and supply the rich blood with nutrients in preparation for pregnancy. If the egg cell does not become fertilised with the male sperm cell, the lining of the uterus breakdown causing menstruation. However, if fertilisation takes place, it attaches to the lining of the uterus and continues to produce progesterone as pregnancy begins.



Many women and girls will experience a period during Ramadan. A week of not fasting nor praying during the blessed month of Ramadan may sound disheartening.

However, what can be done to reap the rewards from Allah (The Most High) during the blessed month of Ramadan whether you begin at the start, middle or during the last ten nights of Ramadan?

Try to create a plan that is smart, and achievable with a realistic end goal to seek the reward of Allah (The Most High).

The most important aspect is the intention when doing good actions:

The Prophet (peace be upon him) said:

“Indeed, actions are by their intentions; indeed, every person will have only what they intended.”

[Sahih Bukhari]

1) Be an alarm clock where you remind others of Suhoor (meal before starting to fast), Iftar and the times of prayer (Salah).

"And remind, for indeed, the reminder benefits the believers."

[Surah Al Sharh (The Expansion) 51:55]



2) Prepare iftar for those who are fasting.

There is a reward for both the fasting person and you.

The Prophet Muhammad (peace be upon him) said:

"Whoever helps break the fast of a fasting person, will have the same reward as him without decreasing anything from the reward of the fasting person."

[Al-Tirmidhi]

3) Self-care.

It is a time to nourish our health with goodness.

Some sources have revealed that consuming dark chocolate that has at least 70% of cocoa replaces nutrients lost during bleeding. Avoid removing body hair with waxing in the vaginal area as it increases pain.

Avoid having food that contains caffeine as it raises the levels of the hormone oestrogen which causes symptoms following the period to become worse.

Oestrogen is a chemical messenger produced in the female reproductive system and places a role in menstruation, and physical changes during the teenage years and pregnancy.

Instead, please consume fruits, drink lots of water and hot soup and drink green tea to provide the energy and nutrients to maintain bodily functions.



4) Listen to Quran

Allah (The Most High) says that only those who are clean can touch the Quran.

"Indeed, it is a noble Qur'an. In a Register well-protected. None touch it except the purified."

[Quran, Surah Al-Waqiah (The Inevitable) 56:77-79]

However, you can listen to the words of Allah via Youtube, CD or tape to help revive, contemplate and read a Tafseer to understand Allah's words (The Most High). This will build or rebuild a connection with Allah (The Most High) and is known as Tadabbur where one spends the time reflecting on the Quran, the Parables of the Prophet (peace be upon him) and lessons learnt.

The Prophet (peace be upon him) said:

"The best among you (Muslims) are those who learn the Qur'an and teach it."

[Hadith, Al-Bukhari, 5027]



5) Seeking knowledge

Alhamdulillah, this is key to listening to scholars and sharing reminders.

Abu Hurayrah (may Allah have mercy upon him) reported, The Prophet, (peace be upon him) said:

"Whoever travels a path in search of knowledge, Allah will make easy for him a path to Paradise. People do not gather in the houses of Allah, reciting the book of Allah and studying it together, but that tranquility will descend upon them, mercy will cover them, angels will surround them, and Allah will mention them to those near him."

[Hadith, Muslim 2699]

6) Increase in the Remembrance of Allah through dhikr, istighfar (forgiveness) and making dua.

The month of Ramadan consists of three sets of 10 days: mercy, repentance and protection from the Hell-fire.

Making supplication (dua) for you, your loved ones and humanity in general for continuous guidance and protection from sin and returning to sin.

To be able to make dua to Allah is a form of communication and a gift itself to be able to communicate with Allah, the Most Gracious and Most Merciful.



Another way of communicating with Allah (The Most High) is to increase His Remembrance (Dhikr). Is He not deserving to be remembered for all the blessings He has provided and the blessings in disguise?

“O You who believe! Remember Allah with much remembrance”

[Quran, Surah Al-Ahzab (The Confederates) 33:41].

Dhikr is done whilst doing practical tasks and among the examples of dhikr are:

Qais bin Sa`d bin `Ubadah narrated that his father offered him to the Prophet (peace be upon him) to serve him.

He said: **“So the Prophet (peace be upon him) passed by me, and I had just performed Salat, so he poked me with his foot and said: ‘Should I not direct you to a gate from the gates of Paradise?’**

I said: **‘Of course.’** He (peace be upon him) said: **‘There is no might or power except with Allah (Lā ḥawla wa lā quwwata illā billāh).’”**

[Jami` at-Tirmidhi]

Abu Malik Al-Ash`ari (may Allah be pleased with him) reported: The Messenger of Allah (peace be upon him) said:

“Purity is half of iman (faith). ‘Al-hamdu lillah (all praise and gratitude belong to Allah)’ fills the scales, and ‘Subhan-Allah (how far is Allah from every imperfection) and ‘Alhamdulillah (all praise and gratitude belong to Allah)’ fill that which is between heaven and earth.”

[Muslim]



7) To give charity to help those with basic needs such as water, shelter and food.

Ibn 'Abbas (may Allah be pleased with him) said:

“The Prophet Muhammad (peace be upon him) was the most generous of people, but he would be his most generous during Ramadan.”

[Sahih Al-Bukhari, Volume 1, Hadith 5]

So, please do not be disheartened as Allah (The Most High) has provided many ways how to make our time efficient to seek forgiveness from Allah (The Most High) and seek His reward.

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The Virtues Of Taraweeh

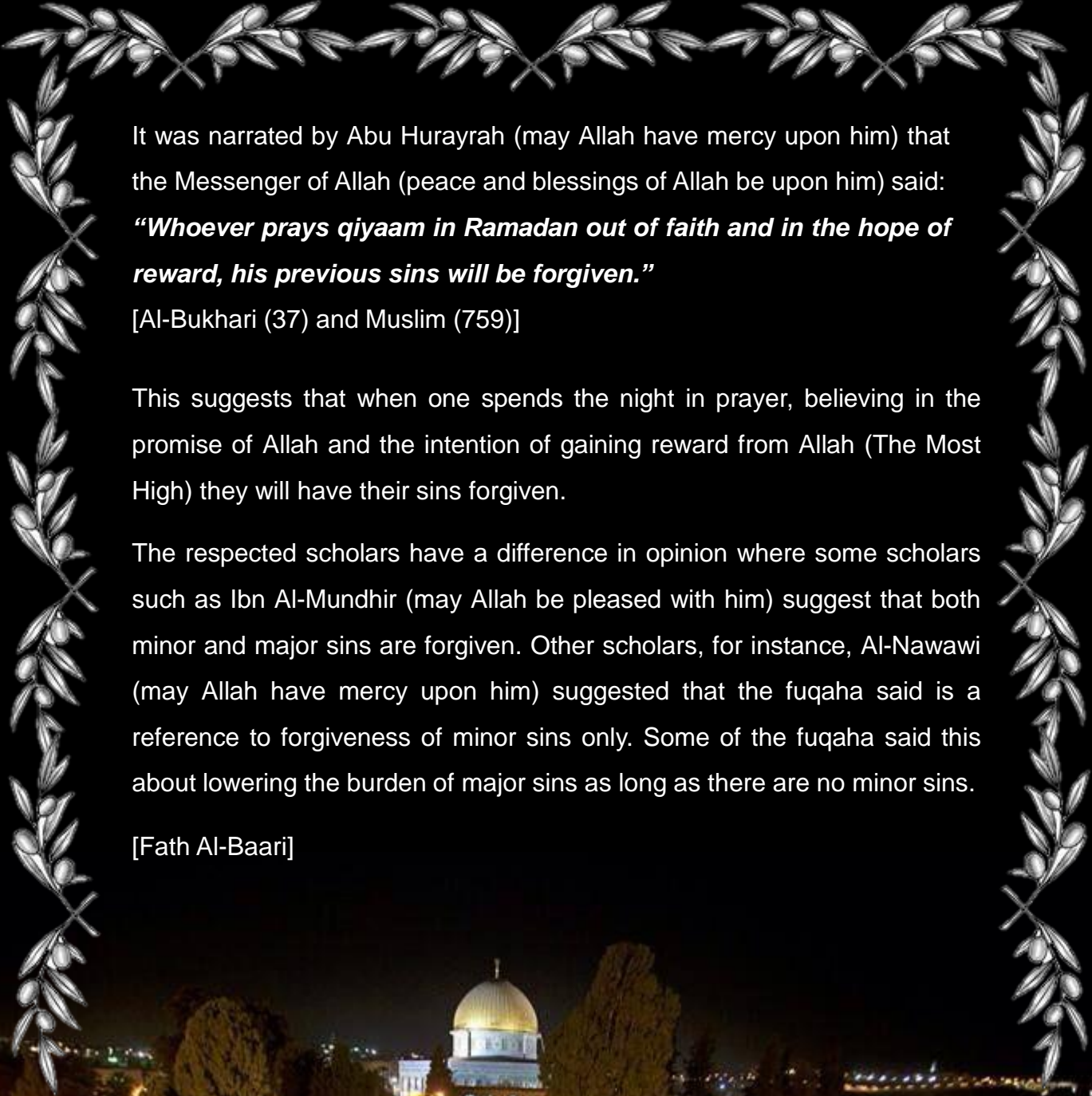
Taraweeh is one of the voluntary prayers which takes place during the night in Ramadan. It is considered part of the Qiyam al Layl (night prayers) and a sunnah mustahabbah (Recommended sunnah). It is normally done as a congregation which is recommended.

Why would one want to pray at night?

Would you stay up to communicate with someone you love?

Worship is a way of communicating with Allah (The Most High). Ramadan itself is an opportunity to excel, seek forgiveness and improve oneself for the better.





It was narrated by Abu Hurayrah (may Allah have mercy upon him) that the Messenger of Allah (peace and blessings of Allah be upon him) said: ***“Whoever prays qiyaam in Ramadan out of faith and in the hope of reward, his previous sins will be forgiven.”***

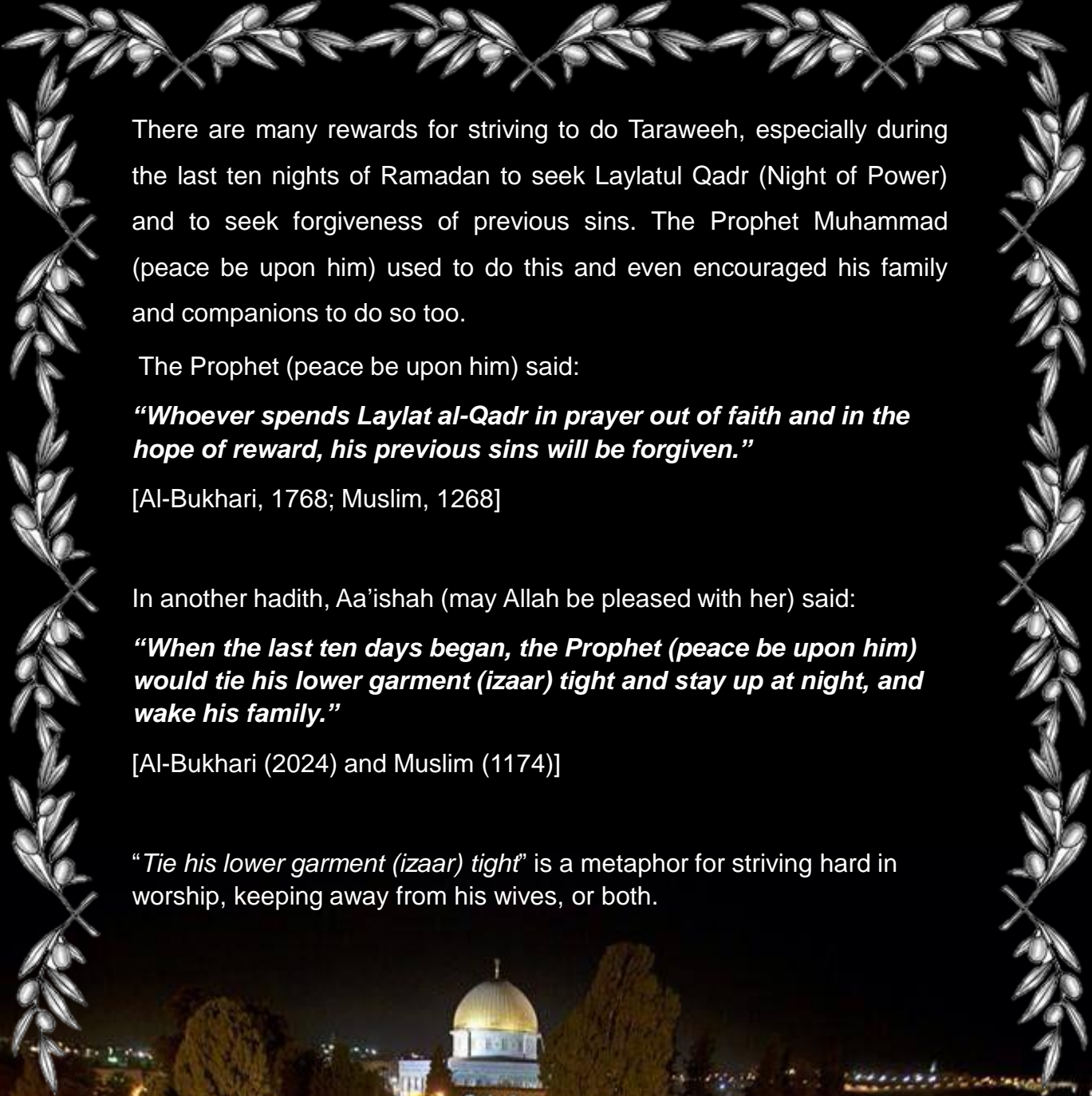
[Al-Bukhari (37) and Muslim (759)]

This suggests that when one spends the night in prayer, believing in the promise of Allah and the intention of gaining reward from Allah (The Most High) they will have their sins forgiven.

The respected scholars have a difference in opinion where some scholars such as Ibn Al-Mundhir (may Allah be pleased with him) suggest that both minor and major sins are forgiven. Other scholars, for instance, Al-Nawawi (may Allah have mercy upon him) suggested that the fuqaha said is a reference to forgiveness of minor sins only. Some of the fuqaha said this about lowering the burden of major sins as long as there are no minor sins.

[Fath Al-Baari]





There are many rewards for striving to do Taraweeh, especially during the last ten nights of Ramadan to seek Laylatul Qadr (Night of Power) and to seek forgiveness of previous sins. The Prophet Muhammad (peace be upon him) used to do this and even encouraged his family and companions to do so too.

The Prophet (peace be upon him) said:

“Whoever spends Laylat al-Qadr in prayer out of faith and in the hope of reward, his previous sins will be forgiven.”

[Al-Bukhari, 1768; Muslim, 1268]

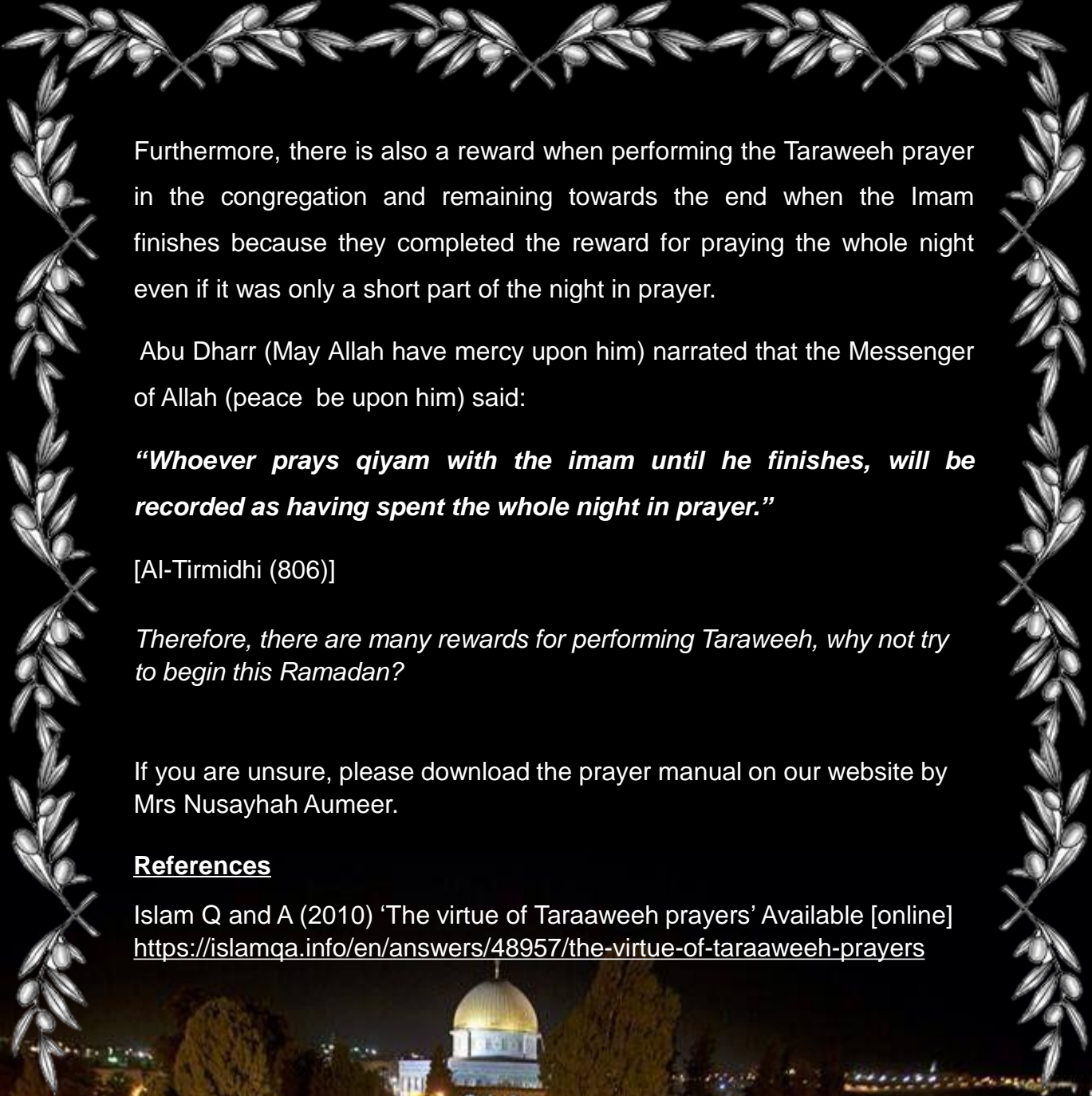
In another hadith, Aa’ishah (may Allah be pleased with her) said:

“When the last ten days began, the Prophet (peace be upon him) would tie his lower garment (izaar) tight and stay up at night, and wake his family.”

[Al-Bukhari (2024) and Muslim (1174)]

“Tie his lower garment (izaar) tight” is a metaphor for striving hard in worship, keeping away from his wives, or both.





Furthermore, there is also a reward when performing the Taraweeh prayer in the congregation and remaining towards the end when the Imam finishes because they completed the reward for praying the whole night even if it was only a short part of the night in prayer.

Abu Dharr (May Allah have mercy upon him) narrated that the Messenger of Allah (peace be upon him) said:

“Whoever prays qiyam with the imam until he finishes, will be recorded as having spent the whole night in prayer.”

[Al-Tirmidhi (806)]

Therefore, there are many rewards for performing Taraweeh, why not try to begin this Ramadan?

If you are unsure, please download the prayer manual on our website by Mrs Nusayhah Aumeer.

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Rewards For Tahajjud

By Nusayhah Aumeer

Since I was a young child, writing has always been my passion. In 2015, I successfully wrote and released "Forever in my heart," my first short story on Wattpad.

Since then, I've pursued writing through my Instagram Islamic page (A Committed Soul). Alhamdulillah (All Praise to Allah), I've been contributing to the Farah magazine since 2020. I also contribute to other blogs on social media.

My primary goal in writing is to hopefully spread messages of goodness that the community will find useful. I write from personal experiences and place a strong emphasis on the greatness of Allah (The Most High) and the Islamic faith.

I always try to breathe in positivity from life incidents so I become positive to the world through my words and actions.

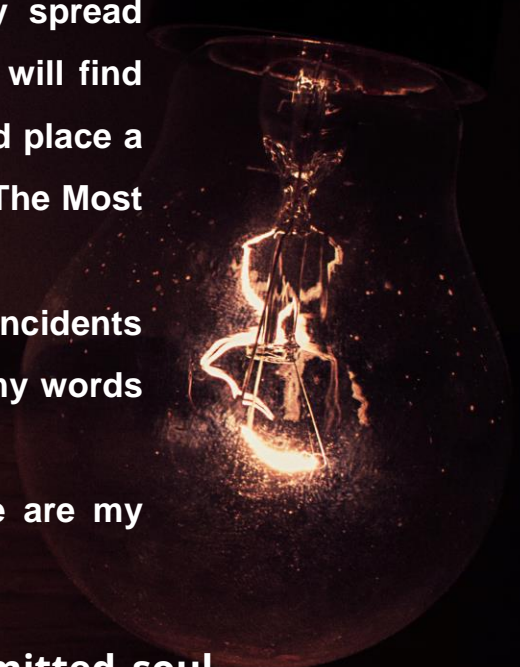
Hope, kindness, respect, empathy and love are my go-to words.



A Committed Soul



@a_committed_soul





Allah (The Most High) is extremely pleased with the believing servants who sacrifice part of his sleep to worship Him. Tahajjud also referred to as ‘the night prayer’ is an optional/supererogatory prayer performed in the middle of the night, especially in its third part. Tahajjud is viewed to be powerful because of its strength and mental peace.

Further to a hadith narrated by Bukhari;

‘Every night, when one-third of the night remains, the Lord descends to the lowest heaven and says, ‘Who will call upon Me, that I may answer Him?’ Who will ask Me for something, and I will give it to him? Who will come to Me and ask for forgiveness, so that I may forgive him?’

[Bukhari, Muslim]

We are encouraged to pray Tahajjud especially if something we desperately want in this life or the Hereafter. Imam Ash-Shafi (may Allah have mercy upon him) said:

“The dua made at Tahajjud is like an arrow which does not miss its target.”

The rewards for Tahajjud are already immense, now what if we inculcate this habit in **Ramadan** that too in the last ten blessed nights?





Allah (The Most High) says in the Holy Quran:

“The Night of Decree is better than a thousand months,”

[Surah Al-Qadr (Night of Power (97:3)).

Hence, this means that any good deed done on the Night of Decree is rewarded as if it has been done consistently for 1,000 months.

SubhanAllah (All Praise to Allah).

When and how do we pray Tahajjud?

Two rakats (units of prayer) for Tahajjud are considered sufficient but the Holy Prophet Muhammad (peace be upon him) used to pray more than two. Authentic sources mentioned that it was 13 rakats. However, there is no limit to how many rakats.

To begin the prayer, we must first make the intention, as we do with other prayers. Then we begin to recite verses from the Holy Quran. The rikat can be done in sets of two. Our prayers must be sincere and show the utmost humility and devotion to Allah (The Most High). We can also make numerous duas during prostration (sujood) and after the prayer.





Ibn 'Umar narrated that a man asked the Messenger of Allah (blessings and peace of Allah be upon him) about the prayers offered at night. The Messenger of Allah (blessings and peace of Allah be upon him) said:

“The night prayers are two by two, then if one of you fears that dawn may come, he should pray one rak‘ah, which will make what he has prayed odd-numbered.”

[Al-Bukhari (946) and Muslim (749)]

The one rakah is in reference to the Witr pray performed after Tahajjud.

An-Nawawi (may Allah have mercy on him) said:

“The words of the Prophet (blessings and peace of Allah be upon him),” then if one of you fears that dawn may come, he should pray one rak‘ah, which will make what he has prayed odd-numbered” – and according to another hadith, he said, “Pray Witr before dawn” – indicates that the Sunnah is to make Witr the last of the prayers offered at night, and that the time for it ends with the break of dawn. This is the well-known view in our madhhab, and it is the view of the majority of scholars. It was also said that the time lasts after dawn has broken, until the obligatory prayer is offered.”

[Sharh Sahih Muslim, 6/30-32]





Benefits of Tahajjud

Tahajjud is unique, and the benefits are numerous. Some of them are;

It is a means of attaining the closeness of Allah (The Most High).

The Prophet Muhammad (peace be upon him) said:

“Be vigilant in standing up [in prayer] at night, for it was the practice of the pious before you. It is a means of gaining proximity to Allah Ta’ala, expiation for transgressions and a barrier from sins.”

[Al-Tirmidhi]

In a hadith, the Holy Prophet (peace be upon him) said:

“The closest that the Lord is to His slave is in the latter part of the night, so if you can be one of those who remember Allah at that time, then do so.”

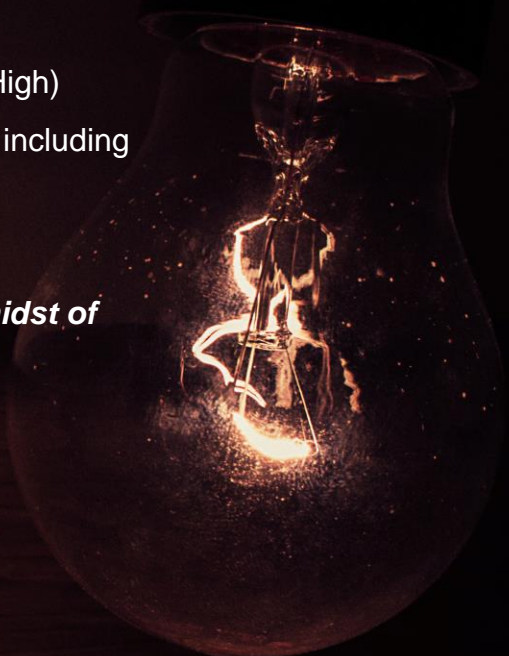
[Al-Tirmidhi and An-Nasaa’i]

Rejoicing the good things in Jannah, as mentioned in Surah Adh-Dhariyat ayah 15 where Allah (The Most High) described the pious as having several characteristics including praying Qiyaam-ul-Layl (Tahajjud).

“Verily, the Muttaqoon (the pious) will be in the midst of Gardens and Springs (in the Paradise).”

[Surah Adh-Dhariyat (The Wind that Scatter), 51:15]

A beautiful opportunity is to reap great rewards.





“And the servants of the Most Merciful [Allah] are those who walk upon the earth easily, and when the ignorant address them [harshly], they say [words of] peace, and devote [part of] the night to their Lord prostrating and standing [in prayer].”

[Surah Al-Furqan (The Criterion) 25:63-64]

In this blessed month of Ramadan, let Tahajjud become a daily habit that we can practice even after Ramadan. Let us ask Allah (The Most High) for what we need from the depth of our hearts. Let us make duas to meet Him and His Prophet (peace be upon him) in the gardens of Paradise.

We are indeed the chosen ones to be alive in this holy month, reading this article, by the Permission of Allah.

Written by Nusayhah Aumeer

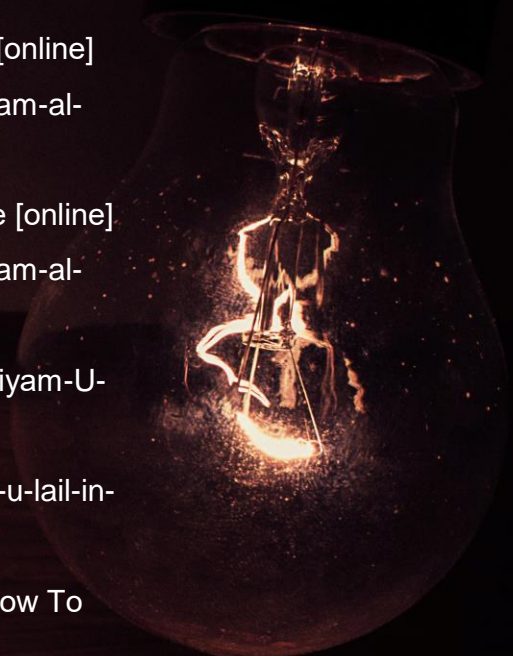
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1. What is the name of the prayer performed after Iftar?
 - Duha
 - Itikaaf
 - Taraweeh
2. Which of the following invalidates fast?
 - Rinsing the mouth
 - Cupping
 - Adding a catheter.
3. Is it permissible to touch the Quran whilst on menstruation?
 - True
 - False
4. What is the name of the night which all Muslims seek during the last ten nights of Ramadan?
 - Israa and Miraaj.
 - Laylatul Qadr
 - Shaban
5. Ramadan begins during which month of the Islamic calendar?
 - Third
 - Fifth
 - Ninth
6. The Islamic calendar is based upon which of the following?
 - Moon
 - Stars
 - Planets
7. How do we know when Eidul Fitr takes place?
 - Your friend
 - Moon-sighting approved from the scholars during 29th Shaban
 - Pets
8. Ramadan is divided into three sets of 10 days, what are they called?
 - The 10 days of Mercy, Forgiveness and Protection from the Hell-fire.
 - The 10 days of Wisdom, Love and Sustenance
 - The 10 Days of Taraweeh, Itikaaf and Suhoor.

Ramadan Wordsearch

F D E V C T R T T M R A V M S
A A I K R D A Y A X U E V Y S
N J M V P R T H H H S I Z U E
G Y P I A E F T A F Q V Y Z N
E X R W L H I I J S E T A D E
L J E O E Y R D J D U A X F V
H E Y T O E X A U H Y G A V I
H G J W Y H D H D K A I Q U G
C D F A S T U H F N T L O Y R
P V R A Y C K S I H A T L C O
G P J C I D D A A K M R D A F
B X R E U Q S O M H R M U E Z
R E P E N T A N C E D K V Q L
M Z K H T P Y A A G F O W S W
N A D A M A R J B J L H W M U

Allah

Angel

Dates

Dhikr

Dua

Faith

Family

Fast

Forgiveness

Hadith

Iftar

Love

Mercy

Mosque

Prayer

Quran

Ramadan

Repentance

Suhoor

Tahajjud

Taraweeh

MAGAZINE ISSUE 9

FARAH



An Efficient Ramadan

