139126 - Ruling on taking the “Ramadan tablet”, which reduces the effect of hunger, at sahoor during the month of fasting

the question

There is a lot of talk among the people about some medicine that controls and reduces the feelings of hunger and thirst in the body.
Some people use this medicine during the month of Ramadan. What is the ruling on taking this medicine?
For more information on this medicine please see the following site:
http://fasting.ramadantablet.com.

Detailed answer

Praise be to Allah.

The scholars have defined fasting as worshipping Allah by refraining from things that break the fast such as food, drink and intercourse, from the break of dawn until the sun sets. As Allah says (interpretation of the meaning): “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” [al-Baqarah 2:187]. And according to the hadeeth of Abu Hurayrah (may Allah be pleased with him) the Messenger of Allah (blessings and peace of Allah be upon him) said: “Fasting is a shield, so there should be no obscene or ignorant talk, and if someone tries to fight him or insult him, let him say, I am fasting, twice. By the One in Whose hand is my soul, the smell of the mouth of the fasting person is better with Allah, may He be exalted, then the fragrance of musk. ‘He gives up his food and drink and desire for My sake. Fasting is for Me and I shall reward for it, a tenfold reward for each good deed.’” Narrated by al-Bukhaari, 1795.

Shaykh Ibn ‘Uthaymeen (may Allah have mercy on him) said:

The things that spoil the fast are called by the scholars al-muftiraat (things that break the fast).

The basic principles concerning that are three, which were mentioned by Allah, may He be glorified and exalted, in the verse (interpretation of the meaning):

“So now have sexual relations with them and seek that which Allaah 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”

[al-Baqarah 2:187].

The scholars are unanimously agreed that these three things spoil the fast.

Al-Sharh al-Mumti’, 6/235

With regard to the medicine referred to in the question, according to the website mentioned, it is a tablet that contains herbs and substances that it is permissible to use and consume, and it is called the “Ramadan tablet.” it contains different types of vitamins (B1, B2, B6, B12) and other substances that are beneficial to the body and which provide energy to the body during the day and reduce feelings of hunger, because these substances are able to help the brain to issue orders to the body to seek nutrition from excess fat in the body instead of from the empty stomach.

There is no doubt that taking these tablets and medicine during the day in Ramadan breaks the fast and no one would dispute that, because it is the kind of food which reaches the stomach directly.

It seems that the question is about the ruling on taking this tablet at night, before dawn, because this medicine has the ability to give the body ongoing energy and it has the ability to prevent feelings of hunger. So some may think that it is not permissible to take it at night, because it has a lasting effect during the day. But this is mistaken thinking. Rather it is permissible to use it, so long as it is taken at a time when it is permissible to consume food and drink.

With regard to its ongoing effect during the day, that does not mean that it cannot be taken. There is no difference between it and the food eaten at sahoor. One of the important reasons for delaying eating sahoor is that it gives the body more strength to be able to fast during the day.

It was narrated that Anas ibn Maalik (may Allah be pleased with him) said: The Prophet (blessings and peace of Allah be upon him) said: “Eat sahoor, for in sahoor there is blessing.” Narrated by al-Bukhaari (1823) and Muslim (1095).

Al-Haafiz Ibn Hajar said:

In the hadeeth of Anas, “Eat sahoor, for in sahoor there is blessing”, what is meant by blessing is reward, or it is blessed because it gives one strength and energy to fast, and makes it less difficult.

And it was said that the blessing coming from waking up and offering du’aa’ at the end of the night, before dawn.

It is most likely that the blessing of sahoor comes from a number of things: it is following the Sunnah, differing from the People of the Book, it gives one strength for worship, increases energy, wards off the bad attitude that may result from being hungry, makes one give charity to the one who asks at that time or joins him to eat, it reminds one to remember Allah and call upon Him at times when a response is most likely, and reminds one to form the intention of fasting for the one who forgot to do so before he went to bed.

Fath al-Baari, 4/140

Shaykh Muhammad ibn Saalih al-‘Uthaymeen (may Allah have mercy on him) said, discussing the blessings of sahoor:

One of its blessings is that it supplies nourishment to the body throughout the day and helps one to be patient in refraining from food and drink, even during the long, hot days of summer, whereas when a person is not fasting you will find him drinking five or six times a day, and eating twice. But Allah has instilled blessing in sahoor, so it makes the body able to cope with fasting. End quote.

Liqa’ al-Baab al-Maftooh (Introduction to no. 223).

To sum up: there is nothing wrong with taking these tablets.

For more information on the permissibility of taking hormones for sports at sahoor, please see the answer to question number 49686.

And Allah knows best.