291935 - Permissibility of Not Fasting Due to Need of Ruqyah Water on an Empty Stomach

the question

I am suffering from a spiritual illness, and I need to drink a large amount of Ruqyah water on an empty stomach to heal. Is it permissible for me to break my fast in Ramadan, knowing that I have exams during Ramadan, and the illness hinders my results?

Detailed answer

Praise be to Allah.

Any ill person for whom fasting is difficult or causes a delay in recovery, or if the treatment requires daytime administration based on the prescription of a skilled physician, is permitted to break their fast during Ramadan and must make up the missed days later. Allah the Exalted says (interpretation of the meaning): {So whoever among you is ill or on a journey [during them] - then an equal number of days [are to be made up]} (Al-Baqarah: 184). Al-Qurtubi (may Allah have mercy on him) said in his commentary (2/276): "The majority of scholars have stated: If one is afflicted with an illness that causes pain and harm, or fears its prolongation or worsening, then it is valid for him to break the fast." End quote.

Perhaps you may find benefit in fasting for your treatment, as fasting narrows the pathways for the devils.

Ibn Kathir (may Allah have mercy on him) said in his commentary (1/364): "That you may become righteous; for indeed, fasting involves purification of the body and constriction of the pathways for the devil." End quote.

Drinking water over which Ruqyah has been recited on an empty stomach can be achieved by the fasting person if they drink it at Iftar, and it is not necessary to be in the morning; therefore, we do

not see that this excuse justifies breaking the fast during the daytime in Ramadan.

And Allah knows best.