38040 - Can I Break My Fast If I Have a Migraine?

the question

I have a friend who does not fast because she gets migraines. Is that alright? How can she make them up?

Summary of answer

If the migraine makes it too difficult for you to fast, then it is permissible for you not to fast and you should make up for the days that you missed.

Detailed answer

Praise be to Allah.

Can sick people skip fasting?

It is permissible for one who is sick not to fast in Ramadan , because Allah says (interpretation of the meaning):

“but if any of you is ill or on a journey, the same number (should be made up) from other days.” [al-Baqarah 2:185]

This has to do with severe illness where it is too difficult to fast.

With regard to mild illness where it is not too difficult to fast, this is not regarded as an excuse not to fast in Ramadan.

Can you break your fast if you have a migraine?

If the migraine makes it too difficult for her to fast, then it is permissible for her not to fast, and she should make up for the days that she missed after Ramadan.

If this migraine is continuous and she cannot make up the fasts, then she should feed one poor person for each day that she did not fast.

And Allah knows best.