96925 - Does a Shower Count as a Ghusl?

the question

I have sent this question before but I still am confused as I did not get a detailed answer. I know very well that my questions may seem silly to you and do not deserve to be answered. I am suffering from whispers, and so many other people are suffering from Obsessive-compulsive disorder (OCD). Please do not do not tell me to browse similar questions, as I will not convinced but by your answer to my specific problem. For example, making Ghusl after the impurity of an intercourse, I want to know if it is adequate to stand under the shower and pass water all over my body? Do I have to wash between thighs or only on what appears of my skin? As for wudu' (ablution) I wash my organs once only so that it does not take long time.

Summary of answer

-A shower will count as a Ghusl if water reaches all parts of the body, including between the thighs, and if the mouth and nose are rinsed.
-Washing each body part once is sufficient in Wudu, but three times is more perfect.

Detailed answer

Praise be to Allah.

Does a Shower Count as a Ghusl?

We ask Allah to grant you healing and well being always in your religious and worldly affairs.

What must be done when doing Ghusl following Janabah is to make the water reach all areas of the body, including the area between the thighs. If you stand beneath the shower and the water reaches all parts of your body, and you rinse your mouth and nose, then you have done Ghusl.

Do You Have to Wash Each Body Part Thrice in Wudu?

It is permissible to do Wudu washing each part of the body only once , but it is more perfect to wash each part three times, as is well known.

If you only wash each part once until you overcome this Waswas , there is nothing wrong with that in sha Allah, and you should seek the help of Allah by praying to Him (Du`a) and asking for healing.

We ask Allah to protect you and make you well.

And Allah knows best.