# 98283 - Does Water Reaching Throat While Rinsing Nose Break The Fast?

**the question**

Does my fast break if water runs down the back of my throat when I rinse my nose in Wudu?

**Summary of answer**

If you rinse your mouth or nose while fasting and some of the water goes down into your throat without you intending it, that does not break the fast.

**Detailed answer**

Praise be to Allah.

## Going to extremes in rinsing nose while fasting

The fasting person is forbidden from exaggerating while rinsing his nose . The Prophet (peace and blessings of Allah be upon him) said to Laqit ibn Sabirah (may Allah be pleased with him): “Do Wudu well, make the water run in between your fingers and toes, and exaggerate in rinsing the nose, unless you are fasting.” Narrated by Abu Dawud (142) and At-Tirmidhi (788); classed as authen tic by Al-Albani in Sahih At-Tirmidhi.

This Hadith indicates that one should avoid exaggerating in rinsing the nose when fasting, so that the water will not inadvertently enter the fasting person’s body.

## Does water that reaches the throat break the fast?

If the fasting person rinses his mouth or nose and some of the water goes down into his throat without him intending it , that does not break the fast. Allah says (interpretation of the meaning):

“And there is no sin on you concerning that in which you made a mistake, except in regard to what

your hearts deliberately intend.” [Al-Ahzab 33:5]

This person did not deliberately intend to do that which invalidates the fast, so his fast is still valid. (See Ash-Sharh Al-Mumti’, 6/240, 246)

And Allah knows best.