

## UMRAH (PART 2 OF 2)

**Rating:** 4.9

**Description:** An easy to follow guide outlining the essentials every new Muslim must know about the state of *Ihram*, a pillar for both *Umrah* and *Hajj*.

**Category:** [Lessons](#) › [Acts of Worship](#) › [Hajj](#)

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Objectives:

- To learn the important factors that relate to the state of *Ihram*.
- To avoid popular beliefs that are not substantiated with proof in Islam.
- To perfect one's *Umrah* through a keen sense of knowledge.

Arabic Terms

- Umrah* – A pilgrimage to the Holy House of Allah in the city of Mecca, Saudi Arabia. Often referred to as the lesser pilgrimage. It can be performed at any time of the year.
- Miqat* - A station wherein one would put on the garments of *Ihram* and enter the state of *Ihram*.
- Talbiyah* – The proclamation Muslims chant during the pilgrimage.
- Mahdthoorat* – These are actions that are impermissible for the one who is in the state of *Ihram*.
- Mubasharah* – This is physical contact (skin to skin) with a woman.
- Ihram* – A state in which one is prohibited to practice certain deeds that are lawful at other times. It is necessary when performing the rites of *Umrah* and *Hajj*.
- Kabah* – The cube-shaped structure located in the city of Mecca. It serves as a focal point towards which all Muslims face when praying.
- Sa'ee* – It is the walking and running between the hills of *Safa* and *Marwa*.
- Tawaf* – Circumambulation around the *Kabah*. It is done in seven circuits.
- Rakah* - unit of prayer.

In the previous lesson, we mentioned the conditions of *Umrah* and the procedure of how to perform it. As covered in part one, entering the state of *Ihram* is a pillar of this great ritual. Since it is a very essential part of the *Umrah* and *Hajj* experience, it is necessary to shed further light on the 'dos' and 'don'ts' of this state.

## Praiseworthy Practices

1. It is preferable to take the ritual bath before entering the state of *Ihram*.
2. Cutting the fingernails, shortening the mustache, and plucking/shaving armpit and pubic hair before entering the state of *Ihram*.
3. Entering the state of *Ihram* after performing an obligatory prayer. [\[1\]](#)
4. Saying the *Talbiyah*: '**Labbaik Allaahumma labbaik...**' after entering the state of *Ihram*. Men should raise their voices while saying it and women can say it quietly to themselves.

## Practices that should be avoided

Practices that should be avoided are referred to as '*Mahdthoorat*' of *Ihram*. These actions are not lawful for one who is in the state of *Ihram*. They are divided into three categories; one specific to men, one specific to women and one that is relevant to both.

### Prohibited for Men and Women during the state of *Ihram*:

1. Cutting hair or shaving it from any part of the body.
2. Clipping fingernails or toenails.
3. Wearing perfume, regardless how subtle the scent.
4. Hunting game animals.
5. Consummating Marriage.
6. *Mubasharah* (i.e. contacting a woman skin to skin) or doing a thing which may lead to it such as kissing or fondling.
7. Sexual intercourse.

### Specifically Prohibited for Men:

1. Covering the head directly with a hat or a turban. Umbrellas or sitting in the shade of a vehicle or in a tent are allowed.

2. Wearing sewn garments that are usually worn, such as under-pants, t-shirts and other similar articles of clothing.

### **Specifically Prohibited for Women:**

A woman should not cover her face unless men pass by her. She can wear whatever she wants as long as it conforms to the Islamic dress code, and she should cover her hair and she should not wear gloves.

### **Doing the *Mahdthoorat* ignorantly**

If someone does one of these ignorantly he is excused. Whoever does one of the above *Mahdthoorat* after entering the state of *Ihram* **intentionally** would have committed a sin, and would be required to fast three days or feed six poor/needly individuals.

### **Practices that are Lawful**

1. Taking a shower.
2. Wearing a ring.
3. Wearing a belt.
4. Wearing sandals.
5. Using an umbrella.
6. Using a bandage.
7. Riding a bus.
8. Wearing a watch.
9. Wearing sunglasses.

### **Unauthentic Practices**

Due to the sheer number of people who come from all walks of life for the *Umrah* throughout the course of the year, it is important that one not give in to popular beliefs that may be carried by some. Islam is a religion of ease, not difficulty! Allah, the Exalted, says:

***“And thus we have made you a just/moderate nation.” (Quran 2:143)***

In light of this verse, we will mention here some odd beliefs carried by some. One should be watchful for them and not subscribe to them:

1. Believing that you need a special pair of sandals for *Umrah*.
2. Entering the state of *Ihram* before the *Miqat* station.
3. Chanting *Talbiyah* in a unison voice with a group.
4. Raising the hands, as done in prayer, when facing the Black Stone.
5. Putting the right hand on the left hand during the *Tawaf* (circumambulation around the *Kabah*)
6. Making a specific supplication at each of the corners of the *Kabah*.
7. Kissing the Yemeni corner<sup>[2]</sup>.
8. Seeking blessings from the *Kabah* by wiping its walls with a cloth or with the garment of *Ihram*.
9. Kissing and touching *Maqam* of Ibrahim (Station of Ibrahim).
10. Praying two *rakahs* after completing the *Sa'ee*.

It is important for a Muslim to always follow the example of our beloved Prophet, may the mercy and blessings of Allah be upon him, for success lies in that.

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#### Footnotes:

[1] There is no specific prayer for the *Ihram*. The obligatory prayers are the five daily prayers a Muslim performs.

[2] While doing *Tawaf* the corner that comes before the Black Stone.

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