

# Siyam (Fasting) And Its Impact

## Lexicology:-

The Sawm literally means "to be at rest and "to abstain"

## Contextual Meaning:-

Fasting is a way to identify your ability to pray. Fasting helps you focus and hear from God more clearly.

## Defination:

According to prophet Muhammad (p.b.u.H) "the exercise of Abstaining from things otherwise lawful in the Ordinary Course of life at the behest of Allah."

→ Fasting is called Siyam in Arabic and is one of the five pillars of Islam. Fasting requires abstaining from food, drink, smoking and sexual activity and refraining from seeing, hearing or performing any bad act.

## FASTING IN SIGNIFICANCE OF QURAN :-

Fasting in the month of Ramadan is obligatory on the whole mankind. It has been so since the of prophet Adam (PBUH).

↳ In Quran where highlighting the verse which makes fasting obligatory.

'YOU who have believed, decreed upon you is fasting as it was decreed upon those before you may become righteous'  
(2:183)



Fasting is therefore seen not just as abstention from food and drink but as a comprehensive act of worship that purifies the heart, mind and body, while bringing the individual closer to God.

### → Significance of Siyam in Hadiths

A saying of prophet (p.b.v.M) signifies the Sawm in following words.

"Fasting is a shield for you as it saves you from sins in this world and would protect you hell in the Hereafter."

### In which Condition Siyam is obligatory:-

∴ Fasting is obligatory for a individual if he or she fulfils five conditions.

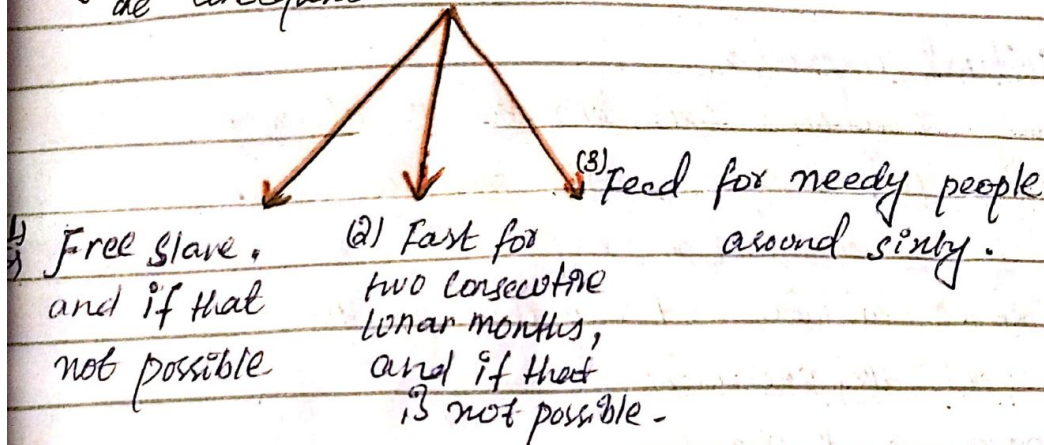
- ↳ He or she must be a muslim.
- ↳ they are capable to fast.
- ↳ she is settled (not travelling)
- ↳ Fasting is not impediment for sick and pregnant women.
- ↳ He or she is accountable.

### → Consequences of breaking Fasting:

During Ramadan, if one unintentionally breaks the fast by eating or drinking then they must continue for the rest of day and fast remains valid for those who intentionally break the fast by eating or drinking they have to make up for that by fasting another

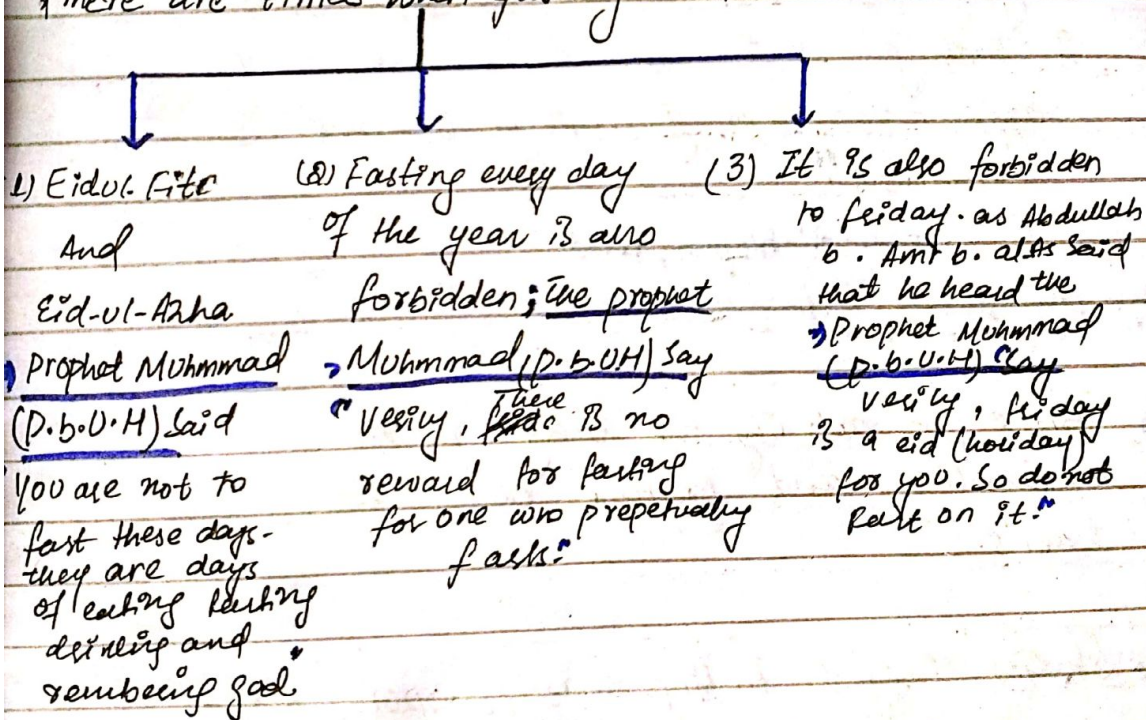


day. For breaking fast by having sexual intercourse, the consequences are:-



### Days when Fasting is Forbidden:

There are times when fasting is forbidden:-



### Impacts of Fasting in Human Life Society

Fasting has significant spiritual, physical, and psychological impacts on human life. In Islam, fasting is a core act of worship, particularly during the month of Ramadan, and is emphasized in the Quran as means to attain



piety and self control.

## 2. Spiritual Impact:

- Fasting strengthens one's connection to Allah, instills self-discipline, and purifies the soul by abstaining from worldly desires.
- It fosters gratitude and empathy for those less fortunate, enhancing a sense of compassion and charity.

### Quranic Verses:

"O you who have believed, decree upon yourselves fasting as it was decreed upon those before you that you may become righteous."

(Surah-Al-Baqrah, 2:183)

## (2) Physical Impact:

→ Fasting can detoxify the body, improve metabolism, and promote better eating habits.

→ Studies suggest fasting may support better health. It regulates blood pressure & it plays a vital role <sup>to proper function of</sup> the heart and brain.

## (3) Psychological Impact:

Fasting improves patience, self-restraint, and resilience.



It provide a mental peace.

### Quranic verse:

"But to fast is best for you, if you only knew."

(Surah Al-Baqarah, 2:184)

### 1. Social Impact:

Fasting unites communities during Ramadan through shared prayers, meals and charity, promoting harmony and solidarity.

"And they give food in spite of love for it to the needy, the orphan, and the captive, we feed you only for the Countenance of Allah. We wish not from you reward or gratitude."

(Surah Al-Inan, 76:8-9)

This verse emphasize the importance of Caring for the needy, a virtue reinforce of during fasting.

### (2.) Encouraging charity:

Fasting often inspires act of generosity, such as increased donations or feeding hungry.

### Conclusion:

Fasting nurtures self-discipline, <sup>ti</sup>gratitude, and empathy for the less fortunate while strengthening one's connection with Allah.

As prophet Muhammad (P.B.U.H):

"The smell from the mouth of a fasting person is more pleasant to Allah than the scent of musk."