

Importance of Ramadan Fasting

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March 29, 2025

سورة الفاتحة

بسم الله الرحمن الرحيم
الحمد لله رب العالمين
صلى الله على سيدنا محمد
وآله الطيبين الطاهرين
السلامة
الشيخ محمد باقر
المرعشي نجفي
القدس سره
المرحوم

Agenda

Introduction

Ramadan Fasting

Benefits of Fasting (Spiritual and Health)

Diabetes and Ramadan

Fasting in other religions

Charity (Zakaat)

Conclusions- EID MUBARAK

“Ramadan is a month
whose beginning is mercy,
whose middle is
forgiveness and whose
end is freedom from fire”
the prophet
mohammad(s.a.w.w)

RAMADAN

The Blessed Month of Fasting

Time to purify and train body and soul

A quick and easy summary on the meaning, purpose and benefits of fasting in Islam.



Fasting means abstinence



To stop eating, drinking

from dawn until dusk



Food



Drink

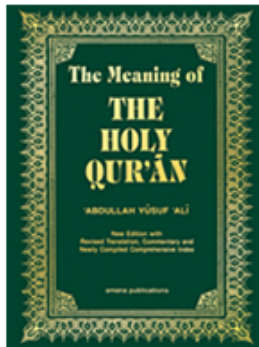
Muslims were commanded to fast during Ramadan more than 1,400 years ago.



Smoking is also prohibited during fasting !

Why fasting?

The goal of fasting is to develop **self-restraint**.



Holy Quran states: “O you who believe! Fasting is prescribed to you as it was prescribed to those before you, so that you may develop **Taqwa** (self-restraint)” [2:183]

Example: God says about Mary in the Qur'an that she said: “Verily!, I have vowed a fast to the Most Beneficent...[Maryam 19:26].

What is Taqwa?

Taqwa is an Arabic word. It is the state of heart that motivates virtuous conduct and prevents evil action.

Love of God

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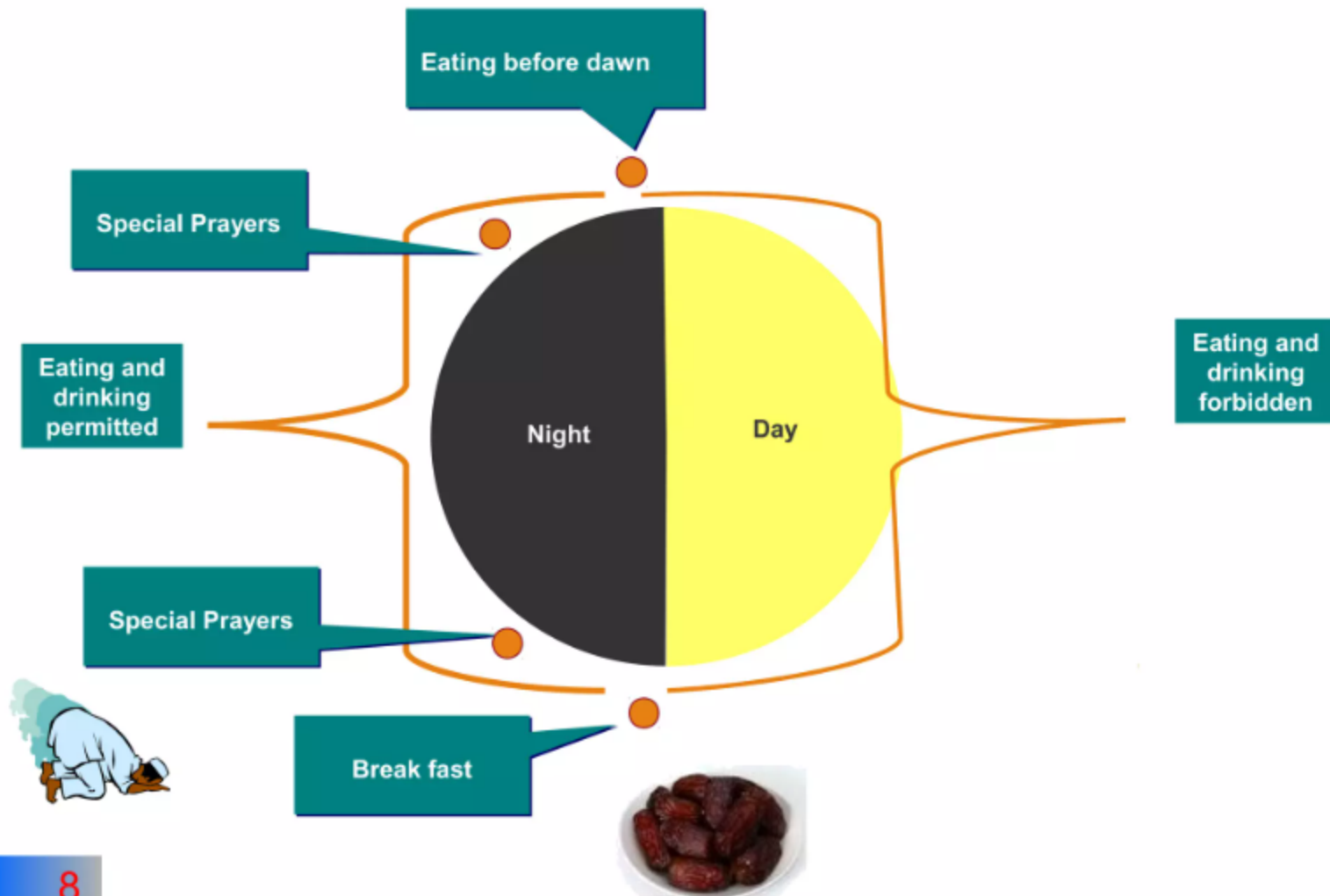
Fear of God



Taqwa (Self-restraint)

Taqwa is the ability to safe-guard.

Ramadan Time-table: What does fasting involve?



- **Ancient Greeks** recommended fasting to heal the body, and today some scientists are advocating a modified fast for its mental and physical benefits.

intermittent fasting, this modified fast comes in a number of forms that require not eating for 12, 16, or 24 hours at a time.

-Eat Stop Eat, a book by Brad Pilon published in 2007, recommended abstaining from eating for 24 hours once or twice a week, giving individuals the freedom to decide when to start and end their fast.

People who are exempted from fasting

Very natural,
very
considerate
religion



“... but whoever is sick or upon a journey, then (he shall fast) a (like) number of other days; Allah desires ease for you, and He does not desire for you difficulty, and (He desires) that you should complete the number and that you should exalt the greatness of Allah for His having guided you and that you may give thanks.” -Quran- 2:185

When not to fast

➤ Individuals with compromised health or those who are being followed by a physician for any health conditions should consult a doctor before trying it in order to be monitored for some of the side-effects.

“Fasting can lead to **low blood glucose levels (BGL)**, which causes reduced concentration and increased fatigue,” explained registered nutritionist Nazmin Islam.

➤ N. Islam added that sustainable weight loss is only possible with regular fasting and that any weight loss during Ramadan could easily be reversed once an individual returns to their daily eating patterns.

“However, the benefits outweigh the cons.

In the long run, fasting, if done correctly, can improve one’s digestive system and overall metabolism.”

together" Allah has no

Fasting and sins don't go together

telling lies and acting...

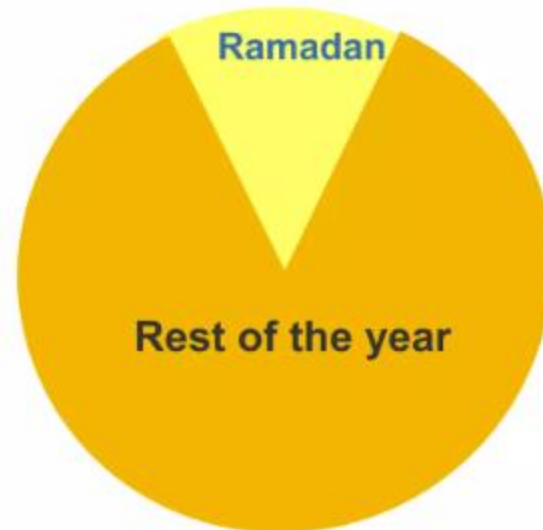


Prophet Muhammad's (peace and blessings of Allah be upon him) said:

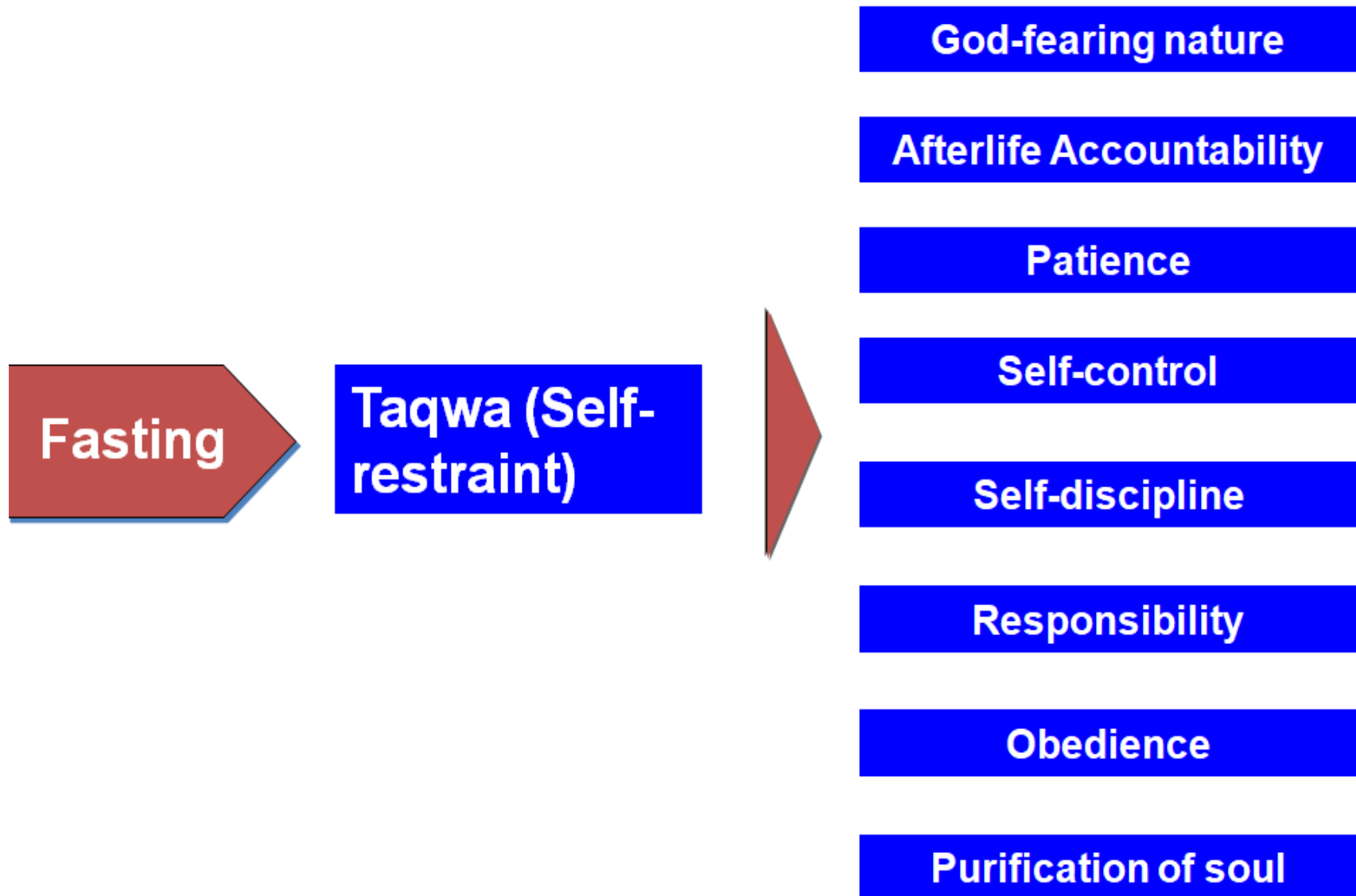
- " Allah has **no need** for the hunger and the thirst of the person who does not restrain from telling lies and acting on them even while observing fast."
- " When one of you is fasting, He should abstain from indecent acts and unnecessary talk, and if someone begins an obscene conversation or tries to pick an argument, he should simply tell him, 'I am fasting.'"

Annual training for character-building

Ramadan provides an annual training opportunity that is meant to fulfill the character building needs for the rest of the year.



Benefits of Fasting in Islam : How character-building is achieved...



Benefits of fasting

Experts have also found that restricting food intake during the day can help prevent **health problems** such as **high cholesterol, heart disease and obesity, as well as improve mental health and wellbeing.**

By not consuming any food, our body is able to concentrate on removing toxins, as we give the digestive system a rest.

Nutritionist Claire Mahy told Al Jazeera: “Fasting allows the gut to cleanse and strengthens its lining. It can also stimulate a process called autophagy, which is where cells self-cleanse and remove damaged and dangerous particles.”

Scientists have also been studying the link between diet, gut health and mental wellbeing and, as Mosley explained, fasting can lead to the release of BDNF (brain-derived neurotrophic factor) in the brain.

“This has been shown to protect brain cells and could reduce depression and anxiety, as well as the risk of developing dementia,” Mosley added.

Many people who have embraced fasting have also found that, done properly, it has helped them **lose fat and gain lean muscle mass.**

Developing ethics through fasting: Social responsibility and Individual morality



Social responsibility

Benefits are two-fold. One has to abstain from food and drink in order to feel in one's body what the poor and hungry feel. Thus, social responsibility is being hammered into religious consciousness as a religious postulate.

Self-discipline

The other purpose of fasting during Ramadan is self-discipline, an aspect of individual morality strongly accentuated in all Islamic teachings (as for instance in the total prohibition of all intoxicants which Islam regards as too easy avenue of escape from consciousness and responsibility).

Islamic Ethics

In these two elements- brotherhood of man and individual self-discipline-began to discern the outlines of Islam's ethical outlook.

Cultivating feelings for poor and hungry



Photo courtesy: Reliefonline.org and refugeecamp.org


These are familiar images from Africa. But poor and hungry people may be present in your neighbourhood. **Do you feel how the hungry and thirsty feel?**

The condition of hunger gets highlighted on each fasting person leading to:

- Care and concern for the poor and hungry
- Helping attitude towards have-nots
- Charity and donations
- Refrain from wasting food and drinks.
- Social responsibility

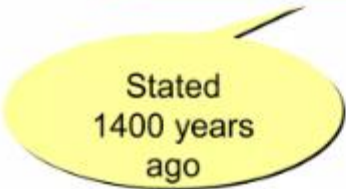
Fasting for Good Health

Recent Perspectives by others



"Fast and you
shall
become healthy"

-Prophet Muhammad
(peace and
blessings
of Allah be upon him)



Stated
1400 years
ago

"Fasting gives the body the environment to heal itself--physiologic rest"

"Abstinence from food for a short time can in no way operate to the disadvantage of a normal person."

"In fact, individuals affected with certain types of gastrointestinal disorders are benefited by fasting."

"Fasting has also been used in cases of diabetes and obesity."

"It is a cleansing process and a physiologic or functional rest which prepares the body for future correct living."

The role of fasting according to Dr Jack Goldstein

It gives vital organs a complete rest

It promotes elimination of metabolic wastes



It allows the body to adjust and normalize its biochemistry and also its secretions

It lets the body break down and absorb swellings, deposits, diseased tissues, and abnormal growths;

Fasting is good for the human body

It restores a youthful condition to the cells and tissues

It increases the powers of digestion and assimilation (absorption and utilization of food into the system)

It permits the conservation and re-routing of energy; It clears and strengthens the mind;

Fasting in other Religions:

Fasting in one form or the other does exist in almost all the religions.

In the Hindu religion, fasting is not an obligation, but a moral and spiritual act where the aim is to purify the body and mind and acquire divine grace.

➤ **Navaratra Fasting-** for nine days among Hindus.

Widows practiced it to avoid a repetition of their misfortune in future births.

Unmarried maidens practiced it to obtain virtuous husbands.

Married women practiced it to obtain children, protect their families or safeguard their marriage.

Fasting is still an integral part of Hindu spiritual practices. It is used by spiritual people to cleanse their minds and bodies and remove grossness from them.

The **Christians** (Catholics) do have 40 days fast but it is not mandatory, but fasting on '**Ash-Wednesday** (beginning of Eastern Season of fasting and abstinence) and '**Good Friday**' are mandatory except sick and pregnant women.



Hindu women also fast for a day – “**Karwa Chouth**” for the well being of their husbands.

CHARITY (Zakaat):

One of the most important obligations carried out by many Muslims in Ramadan is the practice of Zakaat, which is the act of giving to the poor and needy.

➤ Give food to the poor & needy people & help those in need.

- A Muslim is also expected to take stock of his personal wealth both cash and kind and calculate 'Zakat' @ about 2.5%, which is to be earmarked for distribution among the poor and needy.
- In return, God is expected to safeguard his wealth and property. What a wonderful scheme to bring about social justice? If all the rich and well to do Muslim families practice this with full sincerity, there will be few dying of hunger in the colonies inhabited by desperately poor people. Since the Muslims try to practice good things to receive forgiveness from God, there cannot be better motivation than this to achieve the same.

The **most successful human being** will be the one who can successfully establish just balance Between material and spiritual aspects of life.

The pressure of our habits is so strong and sometimes so tremendous that we become Slaves to our habits of overeating, smoking etc.

That disturb the balance and as a result we suffer sometimes obesity of body which results in sickness of mind and spirit both.

Fasting restores that balance annually, and successfully, because it is done collectively.

- **My Dear Fellow Members/ Brothers/friends**

Fasting Ramadan isn't just a kind of worship.

Fasting Ramadan is a cure for a lot of diseases it's a renewal for the whole body and a renewal for your complete life.

Benefits of Fasting for Diabetes

- Increase weight loss while preserving muscle mass
- Decrease low-grade systematic inflammation
- Improve insulin sensitivity
- Improve cholesterol
- Improve cardiometabolic health

Allah (SWT) gave us many gift, among them the best one is Al-Quran, the guidance for all human beings, not only for Muslims.


Message:

There is no any guaranty that this blessed Month of Ramadan will came back in our life next year. Please remember that everyday all of your family members including your beloved parents, relatives, friends & well wishers, teachers and neighbors among them who have already been departed from us, and make dua for their magferah prior to break fast and also in sujud during Tahajjud prayer.

Personally I wish all of you Happy & Blessed Ramadan and ask Allah (SWT) to forgive all brothers and sisters past sins (Aameen).

<https://www.youtube.com/watch?v=HyH2dUJV3KA>

Eid -Fitr

The end of Ramadan is a big celebration called 'Eid-Fitr':
Festival of the Breaking of the Fast.

Muslims celebrate the end of fasting and thank Allah (God) for the strength they believe He has given them throughout Ramadan.

There are special services, processions and a special celebratory meal eaten during daytime.

Muslims dress in their finest clothes, give gifts to children and spend time with their friends and family.

During Eid, it is obligatory to give money to charity to help poor people buy new clothes and food so that they too can celebrate.

EID MUBARAK- HAPPY EID

A green-tinted background featuring a night sky with stars and a crescent moon. In the foreground, the domes and minarets of a mosque are visible. The text 'Eid Mubarak' is written in a large, elegant, cursive script with a yellow outline and a drop shadow effect.

*Eid
Mubarak*

Thirty days of fasting culminates in the
celebration of Eid- ul-Fithr.
End of FASTING and time for FEASTING.

EID PRAYER

Special prayers are conducted on the day of Eid in all the Mosques. After the prayers people exchange greetings among themselves.





**Jazakallahu Khairan
Kaseera!**

Ramadan Mubarak

Thank You!!!!