174361 - Does Burping Break Wudu?

the question

I have an important issue that I would like to ask you about; it has to do with keeping my wudu when praying. I have looked at your website a number of times to find a solution to this matter, but I need a specific fatwa to dispel doubt and bring certainty, so that I may feel peace of mind.

The problem is that whilst I am praying, whether it is two or four rak‘ahs, I cannot keep my wudu except by burping constantly due to excess gas in my stomach. Yet despite this I sometimes lose my wudu and even if I do not lose it, I lose focus (khushu‘).

Sometimes the problem is less than that and sometimes it is more, but usually – approximately 80% of the time – if I do not burp to let the gas out I will lose my wudu.

Hence I need a specific answer urgently, because this problem is affecting my worship to a great extent. I also suffer from waswas (whispers from the Shaytan). In addition to that I need advice on what I should do when I am travelling and when shortening prayers and putting them together.

Summary of answer

Burping does not invalidate wudu and there is nothing wrong with you burping to release gas and keep your wudu. For more, see the detailed answer.

Detailed answer

Praise be to Allah.

Does Burping Break Wudu?

Burping does not invalidate wudu and there is nothing wrong with you burping to release gas and keep your wudu. But you should consult doctors to help you get rid of the gas, because Allah has

not sent down any disease but He has sent down a cure for it. And do not despair because of what you say about losing focus, for you are being tested and you will be rewarded for your patience, in sha Allah.

If you are praying in congregation, then the fuqaha regard it as mustahabb for a person to lift his head when burping, so that he does not bother those who are beside him.

Al-Mardawi (may Allah have mercy on him) said: The general ruling is that lifting one's gaze to the sky (when praying) is makruh. This is our view and that of our companions. And it was said that by merely lifting one's gaze to the sky, one's prayer is invalidated. This was mentioned by al-Hawi and others.

Note: an exception is made to that in the case of burping, when one may raise the head. Imam Ahmad, according to one report from him, and others stated: If (a person) burps when he is praying, he should raise his face and look up, so that the smell does not bother those who are around him. Abu Talib said: If he burps when he is praying, he should lift his head up so that the smell will dissipate; if he does not lift his head, he will annoy the people around him with his smell. " (Al-Insaaf, 2/91)

Continuous wind and breaking wudu

If wind comes out of you constantly and without stopping, and it does not stop at a time when there is sufficient time left for you to do wudu and pray, then this is "incontinence of wind ", and the one who is affected by it should do what is done by the woman who is suffering from istihadah (ongoing, non-menstrual vaginal bleeding) and the one who is suffering from urinary incontinence. He should do wudu when the time for prayer begins, and offer the obligatory prayer and whatever nawafil prayers he wants, and it will not matter if he passes wind whilst praying.

If this is the case, do not try too hard to burp; pray as you are and do not worry about wind coming out of you, especially if that will help you against what you are faced with of waswas and losing focus, as burping is not stopping the wind altogether.

Uncertainty as to whether wind has been passed

You should beware of waswas and not pay any attention to it. If you are not sure whether wind has come out of you or not , then think of the basic principle, which is that no wind came out, and do not pay any attention to it. This is the best remedy to dispel waswas.

Shortening and combining prayer during travel

The ruling on shortening prayers and putting them together when travelling may be seen in the answers to questions no. 105109 and 44555 .

We ask Allah to heal you and grant you wellbeing.

And Allah knows best.