



## 408677 - Can I Do Istikharah During My Menses?

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### the question

How should one who is menstruating pray Istikharah?

### Summary of answer

It is prescribed for a menstruating woman to offer the supplication of Istikharah without praying (Salah).

### Detailed answer

Praise be to Allah.

It is prescribed for one who is menstruating, if she wants [to pray Istikharah](#), to offer the supplication of Istikharah without praying (Salah).

An-Nawawi (may Allah have mercy on him) said in al-Adhkar (p. 120): If a person is not able to pray, he may still recite the [supplication of Istikharah](#). (End quote)

Shaykh Ibn Baz (may Allah have mercy on him) was asked: Is it permissible to pray Istikharah without praying two Rak`ahs beforehand, or without Wudu? And is it permissible for the menstruating woman or woman who is bleeding postpartum to pray Istikharah?

He replied:

Yes, [it is permissible to pray Istikharah](#), and it is recommended to say the Istikharah Du`a even without praying (Salah) beforehand, because the person is asking of his Lord, and seeking guidance from his Lord, whether the person is a woman or a man, and whether the woman is menstruating or not.

There is nothing wrong with any of that, but if it is done after praying (Salah), that is better,



because then [it is praying Istikharah in accordance with the Sunnah](#). So the individual should pray two Rak`ahs, then ask of his Lord, and ask his Lord for guidance, whether the person is a man or a woman.

But if the woman is menstruating, or the matter is urgent, [then one may pray Istikharah](#) without praying (Salah) beforehand. There is nothing wrong with that, and he may ask of his Lord, praise be to Allah. Allah says (interpretation of the meaning): {Call upon Me; I will respond to you.} [Ghafir 40:60].

Istikharah is a supplication in which one turns to Allah for guidance." (End quote from [Fatawa Nur 'ala Ad-Darb](#))

And Allah knows best.