

ASZ1
(21)

الستبراء

5. 'Estebra' is very highly recommended 'mustahab'.
'Estebra' literally means to free oneself. These are only for male.

A. There are five things which come out from one's penis. Three are clean and two najes. 1) Mazze - comes out as when one is sexually excited 2) Mazee - comes out after ejaculation. 3) Mazee - comes out after urination and these are pale. 4) Seman. 5) urine these are najes.

B. After one completes urination, cleans the place and then comes out and then after word any thing comes out of ones penis and normally one doesn't know what is the thing which ^{came out} ~~comes out~~, then in this case if one has already done 'estebra' then considers that thing pale and your wezu is also okay not word and if estebra is not done then one will consider that drops as urine drops and one will become najes and also his wezu will be void. This is the advantage of Estebra.

C. Method: The purpose is to extract any urine left in the vein of penis. ^{press and move} From the rectum to the root of testicles three time, better to do with left hand figure then hand; penis in hand press from the root to the front three times, again better to do with middle finger and thumb, then shake the penis such that the drops which by now are at the tip come out of penis, do this three time also. Then complete as Estebra.

D. If a long time has passed after urinating say from morning to afternoon

And one becomes sure that no urine is in the penis then this also ~~is~~ gives the same advantage as that of estebra.

- E. There is no estebra for female. If after circumciding and clearing any thing comes out and she doubts then she will consider herself pale and her wazu is valid also.
- F. One who doesn't do estebra then if any thing comes out he will consider himself najes and wazu is void too.
- G. If one doubts afterward whether he performed estebra or not then consider he did not do it.
- H. If the doubt is then whether he did it correctly or not then consider it correctly done.
- I. If one doubts whether any thing came out from the penis or not then consider it didn't come out.
- J. Faaj kibla or baada at the time of wudu is haraam, while washing clean; at the time of estebra, if one is sure that urine will come out then it is haraam, if doubt then it is okay.

K. If something comes out of the penis and the doubt is then whether it is urine or semen, then that thing is najes and one has to make it pale. Now the question is what should one assume? Summary if one has not done wazu between urination and this drop then consider it as urine drop and perform wazu when req'd, if wazu was done before the drop came out then assume that drop if one has done estebra then consider it both urine and semen i.e. wazu and both are req'd and if estebra was not done, just do wazu (kama), but the wazib both wazu and bath (keba)

Mustahabat:

1. In Islam it is makrooh to wait or hold when one has to urinate or go to toilet ① if holding is detrimental to health then it is haram to hold; ② if time is too short that if one goes to toilet his prayers will become kaza then it is wajib to hold/wait before going to toilet and first perform the prayers. ③ if time is running out to perform any mustahab thing ^{by going} if went to toilet first, then if it is not harmful to health then it is mustahab to hold and first perform that mustahab thing. So besides this three the situation to hold toilet is makrooh.
- 2.1 Do toilet in privacy, as no one is present or can see him.
- 2.2 Choose a high place ^{to sit} to urinate so that drops ^{don't} fall back at you; if can't then atleast find a place where the sand is wet; same reason.
- 3.4 Enter with left leg and exit with right leg. So that right leg stays in minimum of time. (Masjood first right then left)
4. Cover head or atleast face.
5. When sitting put most of the weight on the left leg.
6. When undressing say the name of Allah.
7. Do istibra.
8. After completing first wash the rectum and then the penis ^{Start from} ^{wash the spot}.
9. Recite those special duas at the time of loday, & urinating etc.
10. To clean with left hand.
11. After completing toilet, think for a moment that after so hard work he eats delicious food and then has to go through this trouble to relieve himself and if Allah had not given

this blessing and to be relieved himself of this waste what a big problem it would be for him if this outlet were not present.

12. If one finds a piece of bread or any eatable food in the toilet then it is mustahab to pick it up, clean it and then eat it.

Macroohab:

1. Urination

1. By standing
2. On the hard surface
3. Ants etc hole.
4. In the water, more makrooh if the water is ^{30, 40, 50} in one place, further makrooh if urinate at night in such a water
5. In the air or space.
6. Mustahab to urinate a) before sleeping b) before weza c) before intercourse d) after ejaculation e) before riding if it is ^{difficult} hard to board on such a ride. _{or this}

Toilet and both Urine and stool

1. Sit such a way that one faces Sun or moon, but if the private parts are covered then it is not makrooh.
2. In the direction of air/wind.
3. In On the road, bazaar etc.
4. In the doorway.
5. ^{under} Fruit bearing trees.
6. To eat or drink in toilet
7. To clean with the right hand, it becomes makrooh _{with}

on which Allah or prophete's name is written
left hand if a ring when it dishonors the name.

8. To sit longer than their normal — causes ~~to~~ weakness of intelligence, ~~mind~~, ~~stability~~ (forgetfulness)
9. To do toilet in woman's grave when no ~~distress~~ dishonor is being done. If dishonor then it is haram
10. To talk — except a) when ^{is} necessary b) reciting Ayatul Karsa.
c) to ^{you} blessing to one who's sneezing d) Answer to Salam.
e) to praise Allah.

END