

THE RULES AND MEANING OF IHRAM

A guide to being in Ihram.

Meaning of Ihram

The literal meaning of *Ihram* is to declare something *Haram*. This is because even some *halal* (lawful) acts become *haram* (unlawful) for a person in the state of Ihram. A man in Ihram is called a *Muhrim*, and a woman is called a *Muhrimah*.

Method of Putting on Ihram

Follow these steps to properly enter the state of Ihram:

1. Trim nails
2. Remove body hair (armpits and below the navel)
3. Use Miswak
4. Make Wudu
5. Perform Ghusl thoroughly
6. Apply perfume to the body and Ihram garments (Sunnah)
7. Men: Wear two pieces of unsewn white cloth (upper shawl and lower garment/Tahband)
8. A belt with a pocket may be worn for passport/money

Ihram for Women

Women wear their regular modest sewn clothes and may wear socks and gloves. The head must be covered, but women should not wear a veil that touches the face. A book or fan may be used to conceal the face from non-Mahram men when necessary.

Haram Acts in Ihram

The following acts are prohibited while in the state of Ihram:

1. Men wearing sewn clothes
2. Men covering the head

3. Men wearing gloves
4. Men wearing socks/shoes that hide the instep
5. Applying perfume
6. Eating pure aromatic items (cardamom, clove, saffron)
7. Intimate relations with spouse
8. All sins (more severely prohibited in Ihram)
9. Worldly conflicts and quarrels
10. Hunting or assisting in hunting
11. Trimming nails
12. Cutting or removing any hair from the body
13. Dyeing hair with henna
14. Applying oils to hair or body
15. Killing or removing lice
16. Women covering the face with cloth that touches it

Makruh Acts in Ihram

These acts are disliked but not forbidden:

- Removing dirt from body
- Washing with soap
- Combing hair
- Scratching that may cause hair to fall
- Smelling perfume deliberately
- Wearing makeup
- Tying knots in Ihram garments

Permissible Acts in Ihram

The following acts are permitted while in the state of Ihram:

- Using Miswak
- Wearing a ring (silver for men with specific rules)
- Applying unfragrant kohl
- Bathing
- Scratching without removing hair
- Using an umbrella or shade
- Killing harmful creatures
- Wearing appropriate footwear (flip-flops showing the instep)
- Eating cooked aromatic foods

Important Cautions

- Check Ihram fit before departure
- Practice wearing Ihram at home
- Use thick cotton cloth for lower garment and towelling for upper shawl
- Ensure proper coverage of Satr (body parts that must be concealed)
- Be careful with perfume bottles after making intention
- Penalties apply even if prohibited acts occur by mistake or forgetfulness

Summary

This document has provided a comprehensive overview of the rules, meanings, and important considerations for entering and maintaining the state of Ihram. Adhering to these guidelines is essential for a proper and fulfilling pilgrimage.