

Swallowing One's Spit While Fasting

As far as Islamic Shari`ah is concerned, there is nothing wrong in swallowing one's own saliva or spit; it does not break one's fast. There is nothing in the sources of Shari`ah to tell that such a thing invalidates one's fasting.

Sheikh Mohamed El-Moctar El-Shinqiti, Director of the Islamic Center of South Plains, Lubbock, Texas , states: "Saliva and remaining food, usually referred to by jurists as duramah, does not invalidate one's fast." Elaborating more on this issue, **Sheikh Ahmad Kutty**, a senior lecturer and Islamic scholar at the Islamic Institute of Toronto, Ontario, Canada, states: "There is absolutely nothing wrong in swallowing your own saliva; if such a thing had been considered as invalidating fast, then we would have learned about it from the Prophet (peace and blessings be upon him) himself, for it is such an essential matter. We believe the Prophet (peace and blessings be upon him) has communicated to the Ummah in no uncertain terms everything that we must know that is of an essential nature in our religion, especially in matters of worship.

Moreover, Allah says in the Qur'an, (**Eat and drink until the white thread of dawn becomes distinct from the black thread of dawn (until the appearance of true dawn).**) ([Al-Baqarah 2: 187](#)) So we are told to abstain from food and drink while fasting. As Imam Ibn Hazm has rightly pointed out, humankind does not consider things such as swallowing one's saliva, rinsing the mouth or answering the call of nature as akin to eating and drinking.

In conclusion: it is absolutely fine to swallow one's own saliva; it does not break one's fast.