

Buloogh – البلوغ **Puberty**

Definition, Rules and
Regulations

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Definitions

- Bulough literally means to reach, attain
- In Shariah terminology, it means to attain adulthood / maturity / puberty – the time when one becomes responsible and accountable for his/her own actions, thus deserving reward or punishment.
- Baligh - بالغ refers to a male adult
- Balighah - بالغة refers to a female adult

Taklif

- Taklif literally means to burden, obligate, to make one responsible.
- In Shariah terminology it refers to the legislation of Islamic laws and making the Muslim or Muslimah responsible and accountable for his/her actions.
- Mukallaf (masc.) and mukallafah (fem.), similar to baligh and balighah, is the one who is legally responsible and accountable for his/her actions, thus worthy of reward or punishment.

Attainment of Buloogh for Boys

- A boy becomes baligh when he acquires the ability to be a father.
- Signs of this are:
 - Appearance of facial hair; mustache or beard
 - Growth of pubic or underarm hair
 - Experiencing seminal emission during the day or at night
- If any of the above do not occur, then the age of 15 lunar years is the age of buloogh for all.

What to Do?

- Do not panic, do not be traumatized, do not feel guilty.
- You have no control over wet dreams.
- You are not accountable while asleep.
- Semen is impure so it must be washed off.
- Seminal emission while awake or sleeping obligates bath.
- Put your clothes and bedsheet in the laundry.

Bath

- Take a bath right away. Don't delay it.
- Medical studies show that leaving semen on your body may cause skin diseases.
- Don't forget to rinse your mouth and nose.
- You must wash every part of your body.
- You cannot pray or read the Quran until you take a bath.

Attainment of Buloogh for Girls

- A girl becomes balighah when she acquires the ability to be a mother.
- Signs of this are:
 - Menstruation after the age of 9 lunar years
 - Growth of underarm and pubic hair
 - Experiencing female fluid discharge while awake or asleep.
- If any of the above do not occur, then the age of 15 lunar years is the age of buloogh for all.

Buloogh and Prayer

- The 5 time prayers become obligatory from the time a person attains buloogh and must make up for them if he/she misses them.
- If a boy attained buloogh and he had sufficient time to make bath/wudhu if necessary, and begin the prayer, that prayer will become due on him and must be made up if missed.
- If a girl attains buloogh through menstruation and it started during the time of Prayer and if that Prayer has not yet been performed, it is forgiven and make-up is not necessary.

Buloogh and Fasting

- If during Ramadhan, a boy attains buloogh before the time of Subh Sadiq (fajr), the fast of that day becomes obligatory on him.
- Women must make up for all the fasts they miss during Ramadhan due to menstruation.
- If a girl attains buloogh after Subh Sadiq, the fast of that day must be made up later on.
- If her menses end during the fast, she must make up for that fast and spend the rest of the fast without eating or drinking.

Rulings

- All adult males and females must remove their fingernails, toenails, armpit and pubic hair every 40 days, otherwise they will be sinful and will lose the full rewards of the prayers.
- The sunnah is once a week.
- The pubic area is estimated to be the width of 4 fingers beginning from the private part.
- It is preferable to remove the hair on the testicles and the anal area to avoid contamination at the time of answering the call of nature.

Rulings

- It is makruh for men to allow their mustaches to grow over and onto their lips.
- It is sunnah for men to trim their mustaches and keep them small.
- It is wajib/sunnah for men to allow their beards to grow.
- The adab (etiquette) for men is not to remove any other hair from the body.
 - However it is not prohibited to remove other hair on the body i.e. they will not be sinful.

Rulings for Hair

- The sunnah for men is that the hair on their heads should be;
 - Just above the earlobes
 - Up to the earlobes
 - Just below the earlobes
 - Up to the shoulders
- It is makruh to shave the sides and back, and leave the top.

Rulings

- Women are allowed to remove all hair from the body except for the hair on their heads and their eyebrows.
 - The hair connecting the eyebrows may be removed.
 - The eyebrows may be trimmed slightly, but not to the extent that only a thin line of hair remains.
- Women should allow the hair on their heads to grow long.
 - However it may be trimmed if it becomes excessively long.

Awrah - Nakedness

- Awrah literally means deficiency.
- In Shariah terminology, it refers to the parts of the body of an adult that must be covered in public and privacy, and is prohibited for others to look at unless there is a need.
- For men, it is the part from below the navel to and including/excluding the knees.
- For women, it is the whole body except for her hands and face.
 - There are two opinions regarding the feet.
- A woman must wear hijab from the time she attains buloogh.

Rulings

- Women may expose their hair, arms and feet and part of their shins in front of their maharim; relations of unmarriageable kin, other women and boys that have not yet attained buloogh.
- Boys and girls that are close to attaining buloogh must also cover their awrah just like grown ups.
- Boys and girls that are not close to buloogh, their awrah is the private parts.
- There is no awrah for babies under approximately the age of 4.

Glossary

- Buloogh: the attainment of puberty
- Baligh: a male pubescent/adult
- Balighah: a female pubescent/adult
- Takleef: responsibility/accountability
- Mukallaf: a responsible/adult male
- Mukallafah: a responsible/adult female
- Mahram (pl: Maharim): unmarriageable kin
- Awrah: nakedness in Islam