

Hilchos Niddah Session #5

Recap of Session #4

Severity of Niddah relations

Basic Biology

Womb / Uterus

Vaginal tract/birth canal

What makes a woman a Niddah?

Three requirements from the Torah

1. Blood
2. From the Uterus
3. With (sensation)

This refers to any amount of blood no matter how minute.

What constitutes a - sensation?

1. Body shaking
2. – Opening of the Uterus
3. – Internal flow of liquid

The sensation that is being referred to here is inside her body (Anywhere within the vaginal tract).

most common

Rabonon – even without **(sensation)**

- Stain

The Rabonon decreed that any blood that came from the Uteruses makes her a Niddah rabbinically.

However there are 4 conditions:

1. – size of US Penny
2. On white
3. On something that is
4. Nothing to attribute the stain to

3 cases of

1. - Any internal examination
2. - **immediately** after using the bathroom
3. - immediately after relations

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5 requirements to leave a Niddah state

1. **Waiting five days**
2. **(Hefsek Taharah)**
3. **Seven clean days**
4. **Preparation for Mikvah**
5. **Immersion in the mikvah**

If any of these stages are missed a woman will not leave her Niddah state.

1. Waiting five days

From the time a woman becomes a Niddah until she can begin counting the seven clean days she must wait a minimum of five days.

The counting of the five days includes the first day that she saw blood.

So, if she first saw blood on Shabbos, she counts that day as the first of her five days, and by Wednesday night she can begin her .

Typically women bleed for between 3-7 days, so in many cases this is mute point (meaning she anyway couldn't do a clean until more than five days).

But in any case she must wait a minimum of five days before she begins her Seven Clean Days.

Reason for the five days -

If a woman emits semen during any one of her Seven Clean Days, that day can not be counted.

Chazal determined that after three days (72 hours) semen disintegrates to the point that it loses its original status.

The women added a day on their own

Therefore, a woman should only have to wait four days. However the women were afraid that someone might err and think that she saw blood after night fall, when in reality it was before nightfall, therefore

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they added a day on their own. This has become the Halacha. (Under extreme circumstances a Rov may allow the keeping of four days)

So, if a woman first got her period on Shabbos, Shabbos is the first of the five days, Sunday is the second, Monday the third, Tuesday the fourth, Wednesday the fifth. So by Wednesday night she may begin her Seven Clean Days.

She must wait five days even for a Kesem

Even if a woman didn't actually have a flow, but became a Niddah because of a Stain, she must never the less wait the five days before doing a

2.

What is a _____ ?

A _____ is a _____ (a through internal examination) to ascertain that a woman's bleeding has in fact stopped.

Reason for the _____

The _____ changes the status of a woman from _____.

When a woman has her period she is in the status of being _____ (her uterus is open), the _____ serves the function of changing that status. Before she can begin her Seven Clean Days, we must ascertain that in fact he bleeding has stopped.

The _____ establishes that fact.

What constitutes a _____ ?

A _____ is a _____ (through internal examination) to ascertain that a woman's bleeding has in fact stopped.

It consist of taking a _____ cloth, inserting it as deeply as she is able and moving the cloth in a slow circular motion. The cloth must then be examined to determine if there is any blood on it.

Any minute amount of blood will invalidate a _____.

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Any questions should be shown to a Rov

Within the woman's body there are many secretions and other substances. Because it requires a high level of expertise to determine what in fact is blood, any questionable colors, i.e. yellows, beige, or light brown discolorations should be shown to a Rov, to determine if in fact it is a valid .

Preparation before the

It is a proper minhag for a woman to thoroughly clean herself before she attempts a .

The reason for this is that any blood found on a will invalidate it. Since she might still have drops of blood on her body, she is advised to clean herself to remove these, so that she could perform a successful .

When is the done?

The should be done late in the afternoon towards (sunset).

Shabbos Candle lighting is a good frame of reference.

What is the latest time to do a

The latest time to do a is .

For these purpose Rav Moshe allows one to consider up to 9 minutes as still before (sunset).

If a woman performs a after this time, that day does not count as her first day of the Seven Clean Days.

So for instance if on Wednesday night a woman performs a 20 minutes after (sunset), she may not count Thursday as the first of her Seven Clean Days.

For this reason it is advisable for a husband to remind his wife close to sunset to do a .

If a was done in the morning

If a was performed in the morning in many situations it is still valid- A Rov should be consulted.

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Advisable to a

twice

For this reason it is advisable for a woman to perform a second one towards late afternoon.

twice-- Once in the morning, and a

That way if she inadvertently forgot the second ,
Seven Clean Days the next day.

she most likely will still be able to begin her

The

An additional part of the _____ is the _____ .

A _____ literally means a tight fitting piece of cotton.

Chazal instituted this as part of the _____ process to fully assure that all bleeding has stopped.

A _____ consists of taking a pre checked Bedikah cloth, inserting it in the vagina and leaving it there to ascertain that all bleeding has stopped.

A tampon may be used as a _____

The proper time for the

The proper time to keep a _____ in is from sunset till the time a woman normally makes Havdalah on Motzei Shabbos.

If a _____ was missed

Under many circumstances if the _____ was missed a woman can still begin her Seven Clean Days. A Rov should be consulted.

Additionally, if a woman is having problems with staining, a Rov may advise her to deliberately skip the _____

Under no circumstance if woman missed her _____ may she begin her Seven Clean Days.

Summary of Session: