

Hilchos Niddah Session #6

Recap of Session #5

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

She must wait five days even for a Kesem

2.

What constitutes a ?

Preparation before the

When is the done?

What is the latest time to do a ?

If a was done in the morning

Advisable to a twice

The

The proper time for the

If a was missed

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The Seven Clean Days:

To leave her state of being a Niddah, a woman must count 7 consecutive days, in which she has demonstrated no bleeding or staining.

The way that she demonstrates this is by

- A. Bedikos each of the 7 days
- B. Wearing white undergarments
- C. Keeping white bed sheets on her bed

So, in our example, if a woman began bleeding on Shabbos, she must then wait five days (including the day she first saw (Shabbos), Wednesday towards late afternoon (which is her fifth day) she may perform her Hefsek Taharah. She then begins counting 7 days, with Thursday being the first of her 7 Clean Days, and then if she was successful she could go to the Mikvah the next Thursday night.

If she stains during the 7 days

If during the 7 days she stains, whether on a Bedikah cloth, or on her undergarments, she must begin counting the 7 days again. However she doesn't have to wait the 5 days. Rather, that day towards late afternoon she may do another Hefsek Tahara, and that night she may begin counting the 7 days again.

What constitutes a Bedikah?

The Bedikah during the 7 Clean Days have the same requirements as the Hefsek Tahara.

It consists 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 .

The Bedikah cloth must be examined

After the Bedikah, she must examine the cloth to determine that there is no blood on it. Any questionable appearances should be shown to a Rov.

Additionally, daily her undergarments and bed sheet should be examined.

Again, any questions should be shown to a Rov

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What is the time for the Bedikos?

The first Bedikah should be done immediately upon arising in the morning (assuming that is after Neitz HaChama – B'dieved, the first Bedikah can be done as early as Alos HaShachar).

The second Bedikah of the day should be done towards late afternoon (Anytime after Mincha Ketana is acceptable)

Until when may the Bedikah be done

The latest time for doing a Bedikah is Shkiah (sunset).

In a B'dieved situation Rav Moshe allows one to count up till 9 minutes after Sunset as still being before Shkiah.

If a Bedikah was done after this time, it does not count as a Bedikah for that day.

How many Bedikos must be done?

2 Bedikos must be done each day, one in the morning, and the second towards late afternoon.

If she is having trouble staining

If a woman is having trouble staining, a Rov may advise her to do only one Bedikah a day, or even only do a Bedikah on the 1st and the 7th day.

If she forgot to do a Bedikah the first day

If a woman forgot to do a Bedikah on the first day, her Hefsek Tahara still counts, however the first of her Seven Clean Days begins from the day that she actually did a good Bedikah.

So, if she did her Hefsek Tahara on Wednesday towards late afternoon, however she neglected to do any Bedikos the entire day Thursday, and she remembered to do one on Friday. Then, Friday becomes the first of her 7 clean days, and she may go to the Mikvah, the following Thursday night. (Normally she would count Thursday as the first of her 7 clean days, and be permitted to go to the Mikvah the following Wednesday night, but in this case she lost that first day.)

If she forgot to do a Bedikah the last day

If a woman forgot to do a Bedikah the last day, then she can do her Bedikahs on the 8th day, and that would count as the 7th day, and she may go to the Mikvah that night.

A Rov should be asked

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It is a good idea to ask a Rov in these cases because there are circumstances under which she may be allowed to count the first day or the last as one of her 7 clean days.

(For instance, there are Poskim who hold that the Moch Dachuk can count as the first day's Bedikah, even though it was done at night...As well, as there are extraordinary circumstances under which even less 1 Bedikah during the 7 days will suffice.)

If she forgot a Bedikah during one of the middle day

If a woman forgot to do a Bedikah during one of the middle days, or even if she forgot a number of the Bedikahs, her counting of the 7 clean days are still valid, provided she has done a valid Bedikah on day 1 and on day 7.

If she lost count

If a woman lost count she must be Machmir and consider the count of days as the least amount.

If after the mikvah she realized she counted incorrectly

If a woman went to the Mikvah, and then realized that she erred in her counting:

The five days

If she erred and only waited four days instead of five, b'dieved she is permitted to her husband, and doesn't need to go to the Mikvah again. If she waited less than four days a Rov must be consulted.)

The Seven days

If she erred in her counting of the 7 days:

If she wasn't together with her husband:

She may count the missing day of her 7 clean days, and go to the Mikvah again.

If she was already together with her husband:

Then she must count 4 days (because of the issue of _____), and then she may count the missing day of her 7 clean days, and go to the Mikvah again.

A Rov should be asked

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Wearing white undergarments

During the 7 clean days a woman must wear white undergarments. This is part of the Bedikah process to ascertain that in fact all bleeding has stopped. She must examine these undergarments daily to see that they are free from any Kesem.

If she doesn't have white undergarments

If she doesn't have white undergarments she may wear clean colored undergarments, but these as well should be checked for stains before wearing.

White bed sheets

The Shulchan Aruch paskens that a woman must put white, pre checked bed sheets on her bed during her 7 clean days. The reason for this is so that any blood that might come out at night will be on that sheet. The question arises that since women today wear tight fitting underwear, one might have the right to assume that since any blood will find itself on her underwear, therefore the need for white bed sheets has been eliminated. However the minhag is still for women to keep white sheets on during this time.

If she is away

If a woman is away and is unable to put white bed sheets on her bed, she can sleep on colored sheets.

Summary of Session

The Seven Clean Days:

The way that she demonstrates this is by

- A. Bedikos each of the 7 days
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If she stains during the 7 days

What is the time for the Bedikos?

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