

# Hilchos Niddah Session #9

Recap

## 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.**

# Hilchos Niddah Session #9

## 4. Preparation for Mikvah

### - Immersion

For a woman to leave her status of Niddus she must be \_\_\_\_\_ in a kosher Mikveh

Entire body must immersed at one time

If any part of her body, or even a single hair is left outside of the water the \_\_\_\_\_ is not valid.

### - Interruption

There can be no interruption between her body and the water.

What constitutes a \_\_\_\_\_ ?

Any foreign object would constitute an interruption. The exception would be something that is considered as if it is part of her body

#### – Most of her body

Something that covers most of her body is automatically a \_\_\_\_\_

Or something that covers even a minute part of her body if she is even occasionally \_\_\_\_\_ about it

If most women are \_\_\_\_\_ about this type of item (even occasionally) then even if she isn't \_\_\_\_\_, it constitutes a Chazizah.

If only some women are \_\_\_\_\_ about this type of item even occasionally, then it depends upon her.

### Determining Makpid or not

Generally, the question to ask when determining whether a woman is \_\_\_\_\_ about this type of item (even occasionally) is, “Would she remove it before going to a wedding”.

# Hilchos Niddah Session #9

## - Preparing for the Mikveh

While the word \_\_\_\_\_ literally means cleaning or shampooing, it is used in Halacha to refer to the entire preparation process.

3 components to a \_\_\_\_\_ ?

1. Visual inspection

2. Wash and comb her hair

3. Bathing in warm water

If any part is left out, in most cases a woman will have to be Tovel again.

### 1. Visual Inspection

Before immersing a woman must do a through visual inspection of her entire body to make sure that there are no substances that would constitute a Chazizah on her body or hair.

### 2. Wash and comb hair

Ezra HaSofer instituted that all women before being tovel, must thoroughly wash and shampoo both the hair on their head as well as other body hair, making certain that

- a. there are no foreign substances present
- b. there are no knots in the hair

### 3. Bathing in warm water

To assure that there are no foreign substances on any part of her body, a woman must bath in warm water while carefully washing her body

How long should the \_\_\_\_\_ process take?

The Chafifah should be a thorough cleaning and inspection and should take no less than a half hour.

# Hilchos Niddah Session #9

## When should the                      be done?

There are two opinions as to when the ideal time to do the Chafifah. On the one hand it should be done at night so that there is no interruption between the Chafifah and the Tivilah.

On the other hand, we don't want a woman to feel rushed to get home, so it is preferable to do the Chafifah by day.

The ideal situation is to begin it by day and complete it at night.

## Where should the                      be done?

But because both opinions have validity in Halacha the Chafifah can be done either by day at home, or at night either in the mikvah or at home.

If the Chafifah is done at home, the minhag is that a woman brings a comb to the Mikvah and combs out her hair a second time at the mikvah.

## Eating after the Chafifah

A woman is not allowed to eat after the Chafifah before she is Tovel.  
She is allowed to drink

## Practical list: components of Chafifah

- ❖ Brush teeth and floss
- ❖ Remove all nail polish
- ❖ Cutting finger nails and toenails completely to skin level
- ❖ Removing all makeup and lipstick
- ❖ Removing contact lenses
- ❖ Inspecting
- ❖ Earring holes cleaned
- ❖ Cleaning nose and ears
- ❖ Cleaning all body orifices – anal, naval

## Potential Chaizah problems

- ❖ Stitches
- ❖ Splinter
- ❖ Dried blood – wound
- ❖ Temporary filling
- ❖ Cast

# Hilchos Niddah Session #9

## Friday night

## during the day

A woman must be Tovel at night after counting the full 7 clean days.

Under extreme circumstances there are occasions where a woman will be allowed to be Tovel during the 7<sup>th</sup> day, provided that measures are put into place to insure that she doesn't have relations until that evening.

## The Day of

The day of going to the mikvah, a woman should be careful not to touch substances that might stick to her body and become difficult to remove. I.e. Dough...

If she is kneading Challah, or baking that day, it is recommended that she wear gloves.

The minhag is for women not to eat meat that day.

## Shower after the mikvah

A woman is not allowed to take a shower the night after using the Mikveh. The reason for this is a Rabbinic decree that people should say the mikvah isn't the water that purifies, rather it is this water...

## Immersion in the mikvah

### ❖ **Not touching anything during Tivilah**

- ❖ Not holding on to anything Tivilah
- ❖ Limbs loose
- ❖ Lips lightly touching
- ❖ Eyes lightly closed
- ❖ First immersion then the Brocha
- ❖ Rubbing against something dirty afterwards

## How was the water?

Since a woman was forbidden to her husband, he must have proof that she is now permitted to him. The Torah accepts a woman's testimony that she is permitted. However, she must tell him such. The preferred method is for her to say the words, "I was Tovel". However, the Aruch Ha Schuchan permits any type of expression or gesture that implies as much. For instance a husband may ask his wife, "Was the water warm?" if she answers yes, that is considered as if she said the words, I was Tovel.

## Summary of Session: