

# 6 Sunnonin Fidira

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10. Wanke bayan gaɓoɓin 'yan yatsu

## Sunnonin Fidira

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Su ne : Dabi'u da abubuwan da Allah ya halicci mutane a kansu, waɗanda da su ne mutum yake cika, ya zama mai kyan siffofi da kyakkyawar kama.

An karɓo daga Aisha – Allah ya yarda da ita – ta ce, Manzon Allah (ﷺ) ya ce, «Abubuwa goma suna cikin sunnonin Fidira : Rage gashin baki, cika gemu, yin aswaki, shaƙa ruwa, yanke farce, wanke bayan gaɓɓan 'yan yatsu, cire gashin hammata, aske gashin mara, tsarkin ruwa, kurkurar baki» (Muslim ne ya rawaito shi).

## 1-Asuwaki

### Asuwaki

Dan ƙaramin ice ne na itaciyar bishiyar Arak, da ake amafani da shi wajen goge haƙora, don kawar da abin da ya maƙale musu na abinci ko wari.

Asuwaki sunna ne a kowane lokaci, saboda faɗinsa (ﷺ) «Aswaki tsarki ne ga baki, kuma samun yarda ne daga Ubangiji» (Ahmad ne ya rawaito shi) Amm yin aswaki yana ƙarfafa a wurare masu zuwa :

### 1. Yayin Alwala

Saboda faɗinsa (ﷺ) «Ba don kada in matsantawa al'ummata ba, da na umarce su da yin aswaki a yayin yin kowace alwala» (Ahmad ne ya rawaito shi)

### 2. Yayin Yin Sallah

Saboda faɗinsa (ﷺ) «Ba don kada in matsantawa al'ummata ba, da na umarce su da yin aswaki a wajen kowace sallah» (Bukhari da Muslim ne suka rawaito shi).

### 3. Yayin Shiga Gida

An karɓo daga Miƙdamu daga babansa – Allah ya yarda da su – ya ce, «na ce wa Aisha – Allah ya yarda da ita – me Manzon Allah (ﷺ) yake farawa da shi idan ya shigo gidansa?" Sai ta ce, "Aswaki» (Muslim ne ya rawaito shi)



#### 4. Yayin Da Aka Tashi Daga Barci

An karbo daga Huzaiifa – Allah ya yarda da shi – ya ce, «Manzon Allah (ﷺ) ya kasance idan ya tashi da daddare yana goge yana goge bakinsa ana nufin yana cuccuɗa shi da aswaki bakinsa da asuwaki» (Bukhari ne ya rawaito shi)

#### 5. Yayin Karatun Alkur'ani

An karbo daga Aliyyu – Allah ya yarda da shi – ya yi umarni da yin asuwaki ya ce, Annabi (ﷺ) ya ce, «Haƙiƙa idan bawa ya yi aswaki, sannan ya tashi yana sallah, sai mal'iku su tsaya bayansa suna jin karatunsa, sai mala'ikan ya matso kusa da shi, har ya sanya bakinsa akan bakinsa, babu wani abu da zai fito daga bakinsa na Alkur'ani face sai ya zama a cikin cikin mala'ikan, don haka ku tsarkake bakunanku saboda Alkur'ani» (Bazzar ne ya rawaito shi) .



### Fa'idojin Aswaki

Daga cikin fa'idojin aswaki : tsarkake baki ne a duniya, samun yardar Ubangiji ne a lahira, kuma yana karfafa dasashi Dasashi shi ne naman da haƙori yake fitowa daga jikinsa, yana gyara murya, ya sanya bawa nishadi.



## 2. Kuskure Baki Da Shaƙa Ruwa



Kurkurar baki



Shaƙa ruwa

### Kurkurar baki

Shi ne shigar da ruwa cikin baki tare da jujjuya shi

### Shaƙa ruwa

Shi ne, shaƙar ruwa zuwa hanci

## 3. Tsarki da ruwa

### Tsarki da ruwa

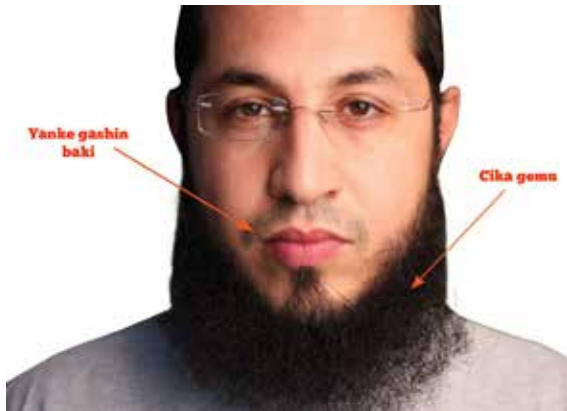
Gusar da abin da ya fito daga gaba ko dubura da ruwa mai tsarkie

### a. Rege gashin baki

Abin da ake nufi a rage shi sosai, saboda ado da tsafta da sabawa kafirai da yake cikin yin hakan.

## b. Cika Gemu

Shi ne barin gemu da rashin taɓa shi



## Fa'idar aske gashin mara

Ya tabbata a ilimin kimiyya cewa aske gashin mara yana kiyaye lafiyar jiki da karfinsa da amincinsa, saboda yawan gashi a irin wannan waje yana kawo kurajen fata waɗanda suke cutar da jiki



## 5. Kaciyar Maza Da Kaciyar Mata



### Aske gemu

Aske gemu ya haramta, saboda umarnin da ya zo na a bar shi kada a taɓa shi. Manzon Allah (ﷻ) ya ce, «Ku cire gashin baki, ku kyale Kyale gemu shi ne rashin rage shi, da barinsa yadda yake gemu, ku saɓa wa majusawa» (Muslim ne ya rawaito shi).



### Kaciyar maza

Shi ne gusar da fatar da ta lulluɓe kan azzakar in namiji

### Kaciyar mace

Ita ce rage ɗan naman dake gaban mafitsarar mace

Ana yi wa maza kaciyar, su kuma mata ana ɗan rage wa ne, saboda faɗin Manzon Allah (ﷻ) ga Ummu Adīyya – Allah ya yarda da ita – «Ki rage ɗan kaɗan kada ki cire gaba ɗaya (wajen yi wa mata kaciyar) saboda ya fi sa kyawon fusha, kuma ya fi daɗi ga miji» (Hakim ne ya rawaito shi)

Kaciyar wajibi ce ga maza, sunna ce ga mata.

Hikimar yi wa ɗa namiji kaciyar shi ne, tsarkake gaban namiji daga najasar dake cikin wannan fatar da ta rufe gaban nasa. Ita kuwa mace hikimar yi mata kaciyar shi ne samun kyawon fuskarta.

## 4. Aske gashin mara

### Aske gashin mara

Shi ne aske gashin gaba

## 6. Yanke Farce

Shi ne yanke shi, kada a bar shi ya yi tsawo.



Yanke farce

## 7. Tsige gashin hammata

Shi ne gusar da gashin da ya fito a hammata, saboda tsaftace hamata da gusar da warinta.



Tsige gashin hammata

## 8. Wanke bayan gaɓɓan 'yan yatsu

### Bayan gaɓɓan 'yan yatsu

Su ne, bayan gaɓɓan 'yan yatsu waɗanda suke bayan tafin hannu



Bayan gaɓɓan 'yan yatsu

Wasu malamai sun kara duk wani wuri da kazanta ke taruwa, cikin kunne, wuya, da sauran sassan jiki



### Kwana arba'in

Makaruihi ne barin farce, ko gashin hammata, ko mara, ko gashin baki sama da kwana arba'in. An karbo daga Anas dan Malik – Allah ya yarda da shi – ya ce, «Manzon Allah (ﷺ) ya sanya mana lokacin aske gashin baki, da yanke farce, da aske gashin mara, da cire gashin hammata, kada mu bar su sama da kwana arba'in» (Tirmidzi ne ya rawaito shi)

