

## The ruling regarding masturbation

Shaykh Aboo `Abd-al-Mu`iz `Alee Farkous al-Qoobee

Article taken and slightly adapted from: ferkous.com

---

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allaah, the Most Merciful, the Bestower of Mercy

**Question:** What is the ruling regarding masturbation?

**Shaykh Aboo `Abd-al-Mu`iz `Alee Farkous al-Qoobee** (May Allaah the Most High preserve him): All praise is due to Allaah, the Lord of the Worlds. Peace and blessing be upon whom Allaah sent as a mercy to the Worlds, upon his Family, his Companions and his Brothers till the Day of Resurrection.

As a rule, practicing masturbation, as regards the damage that may attain the masturbator's body and health, is illicit, especially if it is frequent, because the Prophet (May the *peace and blessings of Allaah be upon him*) said, "**There should be neither harming nor reciprocating harm**"<sup>1</sup>.

However, if it is medically affirmed that keeping the sperm in the man's organ damages him, if he does not discharge it with masturbation, it is then allowed for him to resort to it to remove harm and preserve himself, but he should not do it out of pleasure. Whereas, "If there is ease, the restriction comes back".

Having said this, some of the Pious Predecessors authorise the person who fears to commit fornication to soothe himself by masturbation; this is after alleviating his desire by getting married, so that to be chaste. If it is not possible [for him to get married], he should then observe fasting, because the Prophet (May the *peace and blessings of Allaah be upon him*) said, "**O young men ! Whoever among you can afford to marry, should marry, because it helps him refrain his sight from looking at other women, and guard his private parts from committing adultery; and whoever cannot afford to marry, should fast, because fasting diminishes his sexual power**"<sup>2</sup>.

---

<sup>1</sup> Reported by Ibn Maajah, chapter of "Judgments" (hadeeth 2430), Ahmad (hadeeth 23462) and Al-Baihaquee (hadeeth 12224) from the hadeeth of `Ubaada Ibn As-Saamit (May Allaah be pleased with him). This hadeeth is judged authentic by Al-Albaanee in "Al-Irwaa'" (896), in "As-Silsilah As-Saheehah" (250) and "In Ghayat Al-Maraam" (254).

<sup>2</sup> Reported by Al-Bukhaaree, chapter of "Fasting" (hadeeth 1905), Muslim, chapter of "Marriage" (hadeeth 3464), Aboo Daawood, chapter of "Marriage" (hadeeth 2048), At-Tirmidhee, chapter of "Marriage" (hadeeth 1103) and An-Nasaa'ee, chapter of "Fasting" (hadeeth ) on the authority of `Abdullah Ibn Mas'ood (May Allaah be pleased with him).

## The ruling regarding masturbation

As for the meaning of the following verse:

﴿وَالَّذِينَ هُمْ لِأُزْوَاجِهِمْ أَوْ مَا مَلَكَتْ أَيْمَانُهُمْ غَيْرُ مُلْتَمِسِينَ. فَمَنِ ابْتَغَىٰ وَرَاءَ ذَلِكَ فَأُولَٰئِكَ هُمُ الْعَادُونَ﴾

The meaning of the verse:

﴿And those who guard their chastity (i.e. private parts, from illegal sexual acts), except from their wives or (the slaves) that their right hands possess, for then, they are free from blame, but whoever seeks beyond that, then those are the transgressors﴾

[Al-Mu'minoon (The Believers): 5-6-7]

apparently, it concerns sexes, .i.e. those who desire the sexes of the other women than the sex of their wives or slave girls. Then, these are the transgressors. This opinion is the choice of At-Tabaree, mentioned in his exegesis, of Ash-Shawkaanee and others.

The perfect knowledge belongs to Allaah (*Mighty and Majestic is He*). Our last prayer is all praise is due to Allaah, the Lord of the Worlds. Peace and blessing be upon our Prophet (May the *peace and blessings of Allaah be upon him*), his Family, his Companions and Brothers till the Day of Resurrection.

Algiers, Sha'baan 9th, 1426

Corresponding to: September 13th, 2005