Bridging Medical (FIGO 2018) and Islamic Perspectives in Defining Menstruation: A Comparative Study at Tertiary Hospital

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01 INTRODUCTION

- Menstruation holds both spiritual and physiological significance in Islam, where distinguishing *ḥayḍ* (normal menses) from *istiḥāḍah* (abnormal bleeding) determines a woman's purity and religious duties.
- This IIUM collaborative study between Department of Obstetrics and Gynaecology and Islamic Revealed Knowledge bridges FIGO 2018 and Islamic jurisprudence frameworks to clarify menstrual definitions.

02 METHODOLOGY

- A comparative cross-sectional study
- 220 reproductive-aged women attending the O&G Clinic
- June–December 2024
- Participants recorded menstrual patterns and used standardised 32cm sanitary pads for uniform blood-volume estimation
- Menstrual data analysed and classified using FIGO (2018) and Islamic criteria to assess alignment

03 RESULTS

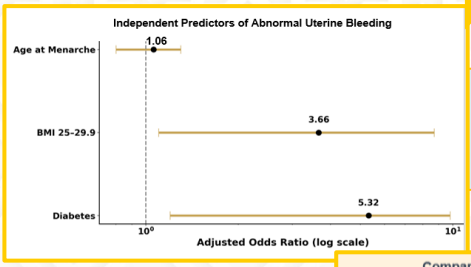


Figure 1 Independent Predictors of AUB

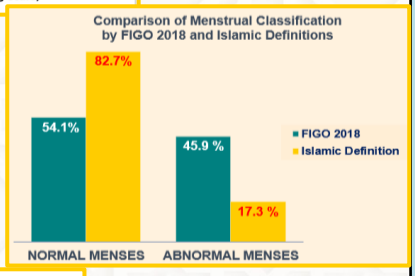


Figure 2 FIGO vs Islamic Classification of Menstrual Status among Participants

Comparison of Menstrual Characteristics by FIGO vs Islamic Definitions

	FIGO (2018)	Islamic Perspective	Findings from the Study
Duration	≤ 8 days = Normal	1–15 days = Normal	85.7% ≤ 8 days (normal)
Colour	Bright to dark red	Dark red, blackish	87.4% Dark red (normal)
Consistency	Watery thin	Thick	60.5% Thick consistency (normal)
Clotting	Non-clotting	Clotting	63.2% blood clot (AUB)

Figure 3 Comparison of Menstrual Characteristics by FIGO vs Islamic Definitions

Cross-Tabulation of Menstrual Classification by FIGO 2018 and Islamic Definition

	Islamic Normal (*Ḥayḍ*) (≤ 15 days)	Islamic AUB (*Istiḥāḍah*) (> 15 days)
FIGO Normal (≤ 8 days)	54.1% (119)	0%
FIGO AUB (> 8 days)	28.6% (63)	17.3% (38)

Figure 4 Cross-Tabulation of Menstrual Classifications by FIGO (2018) and Islamic Definitions

04 DISCUSSIONS

- Later age of menarche, obesity BMI 25–29.9 kg/m², and diabetes mellitus were significant predictors of AUB *(Verma et al.)*
- Islamic framework recognises a broader range of normal menstruation based on its longer duration allowance (*Majmu' al-Fatawa)*
- Most participants had cycles up to 15 days with dark, thick blood consistent with Islamic definitions of normal menses, while AUB cases often showed heavier flow with clot *(Book of Sunan an-Nasa'ī)*
- The fair agreement ($\kappa = 0.386$, $p < 0.001$) between FIGO and Islamic definitions reflects their differing areas of concern

05 CONCLUSION

While FIGO and Islamic frameworks share duration as a key criterion, their differing focus on physiological normalcy vs pathological concern leads to partial alignment in defining menstruation, thus highlighting the need to integrate both views for a holistic understanding of menstruation

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