

Nahar Torah – Niddas Series #1
An Introductory Overview of Hilchos Niddah

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Welcome to the *hilchos niddah* series! *Beezrat Hashem*, this series is going to help us understand the somewhat daunting *halachot* – *hilchos niddah*.

Our teacher – *Maran Ha'Mechaber* – *Rav Yosef Karo*, compiled all of practical *halacha* into 1 series of 4 separate books. The series – *Shulchan Aruch* – is broken into 4 topics:

1. *Orach Chayim* – daily law. This includes the *halachot* of *tefila*, benching, the *chagim*, *shabbes*, things we encounter every day.
2. *Choshen Mishpat* – this book explains the financial laws of Judaism.
3. *Even Ha'ezer* – this deals with family law like *yibum*.
4. *Yoreh Deah* – here lies, of many *halachot*, *hilchos niddah*.

Hilchos Niddah is divided into 2 categories:

1. *Tuma v'tahara* – what happens if a woman who has her period touches *Teruma*¹
2. *Issur v'heter* – when she is a *Niddah*, what is *muttar* for her to do with her husband.

We will only deal with the second issue.

There are many fascinating topics which we will encounter in the upcoming *shiurim* which include, but are not limited to: passing food, separating beds, what it means to be a *niddah* and much more!

A quick thought about *niddah*: There is a misconception about *hilchos niddah* which we will debunk as we move along in our *shiurim*. Often, there is a “scary” vibe associated with *niddah* due to the maturity it requires to learn it. We will see that the *halachot* are some of the most fascinating *halachot* in Judaism and when done properly bring only one thing: *shalom*.

Beezrat Hashem next time we will learn about the nature of *hilchos niddah* – are they biblical or rabbinic enactments.

Throughout this series it is extremely important to remember that nothing learnt here should be used for practical psak, and any question should be asked to your local orthodox rabbi! These shiurim are simply meant to spread the Torah which we so beautifully love.

¹ a small portion of one's produce that was given to the *kohen*, who is obligated to eat it in purity.

לעילוי נשמת החיילים ותושבי ישראל שמסרו נפשם על קדושת השם, החזרת הנעדרים לחיק משפחותיהם, והגנה הצלחה וניצחון במלחמת שמחת התורה