

Nahar Torah Niddah Series #19

Veset Haguf

בזכות החיילים הקדושים ששומרים על ארצינו – הקב"ה יגן עליהם בכל מקום שהם

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Shalom! The last type of possible *veset kavua* is a *veset ha'guf*, which is broken into two categories:

| Type of Veset Ha'guf | Meaning | Example | Does The Period Need To Be Accompanied With A Kavua Time To Establish A Veset Kavua? | Assuming It Coincides With a Time, Does She Need To Be Chosheshet If She Did the Action Not At That Time? | Does She Need To Be Chosheshet For The Time Without The Action |
|------------------------|---|---------------------------|---|--|--|
| <i>Siba</i> (סיבה) | A voluntary, external, act which she is doing | Jumping, Swimming, Boxing | Yes, if she sees her period just from running, but not via a consistent time, then it isn't a <i>veset ha'guf kavua</i> | No | Yes |
| <i>Siman</i> (סימן) | A sign the period is coming | Cramps | No, if she always gets cramps and then has her period, she still has a <i>veset ha'guf kavua</i> | No, if she usually gets her cramps & period every 20 days, but then 20 days go by and she doesn't see, she doesn't have a <i>veset kavua</i> ! | NA |

It is important to keep in mind that in order for her to establish a *veset ha'guf kavua* she needs:



Therefore, if she gets her period twice with cramps, but the third time she doesn't have cramps, it isn't a *veset ha'guf kavua*; if she gets her period twice with cramps, but the third time she gets cramps without her period it isn't a *veset ha'guf kavua*.

Exception #1: If she gets cramps + period one time, then the next month, she must be *chosheshet* when she gets cramps, since the *veset ha'guf* is a quasi-*veset haflaga*.

Din #5: If a woman has a *veset ha'guf kavua* she still needs to worry about the *ona beinonis*.