

*Nahar Torah Niddah Series # 20*  
*Harchakos #1 – Introduction*

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

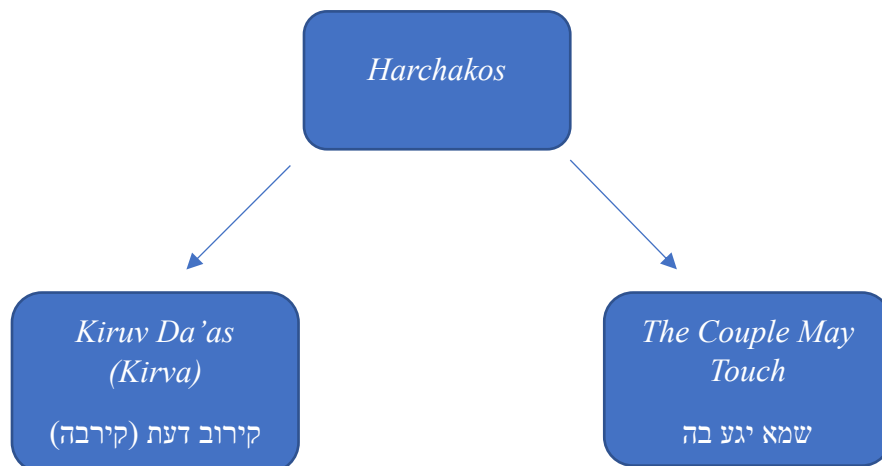
Hersh Greszes  
 29/11/23

*Shalom u'vracha* everyone! We are excitingly starting our 3<sup>rd</sup> topic within *hilchos niddah* – *harchakos*! This topic is going to be much longer than *vestos* and *kesamim*, and it will also be much more practical and easier to understand – its going to be a great *limud*!

“*Harchakos*” means distancing; namely, since one can be *mityached* – be alone – with their wife who is *niddah*, *Chazal* added extra restrictions – *harchakos* – to ensure that the couple doesn’t become intimate. Perhaps later in this series we can deal with *hilchos yichud*, as it is also a fascinating topic.

It is important to note some “GJK” – general Jewish knowledge” – about *hachakos*: First, *harchakos* are *issurei d’rabanan*, although we learn from the words “לא תקרב” that one cannot hug, kiss or even converse in idle chatter with their *niddah* wife. The *Rambam* holds that hugging, kissing and even touching a *niddah* with your pinky is *assur d’orysa* from the *pasuk*: ‘לא תקרבו לגלות ערוה’. Nonetheless, *M’d’orysa*, the only *issur* is sleeping together. Furthermore: all the *harchakos* apply whether the woman is in her *niddah* days or *zayin nekiyim* – ז' נקיים – this point is extremely crucial to understand!

The *harchakos* can be broken up into two types of categories:



These two reasons form a *basis* – meaning, something can be *assur* because of one of the reasons, or both.