

Nidah Stringencies Taken on by Jewish Women

Ref: *Sefer Kedushah, Hilchot Issurei Biah, Chapter 11*

Stringencies Nowadays	Explanation
Discovery of <i>any</i> uterine bleeding. She counts 7 clean days after bleeding stops and immerses on night of 8th day.	According to Scripture she would have counted 1 day if <i>nidah</i> , 1 day if <i>zivah ketanah</i> , and 7 days if <i>zivah gedolah</i> etc.
Every woman who gives birth, counts 7 clean days after bleeding	According to Scripture she <i>may</i> immerse (if not a <i>zavah</i>) after 7 or 14 days even if she was still bleeding.
After birth women are not granted any pure days	Bleeding of childbirth and pure blood all regarded as <i>impure</i> .
Hymenal bleeding is also regarded as impure. She counts 7 clean days when bleeding stops	According to Scripture she is pure.
After marriage proposal, waits 7 clean days	Because the proposal may have caused a drop of uterine bleeding.
No stringencies regarding <i>ketamim</i> (stains)	Same as previous times
No stringencies regarding miscarriage	Same as previous times
No stringencies regarding secretions other than blood	Same as previous times
No stringencies regarding blood from <i>wounds</i>	Only uterine bleeding is important.