Question 1646) - What is 'Iddah? Why is it called that?

A: If a man divorces his wife a Raj?i/Bain/Mughallazh divorce; or the'y are separated without divorce; or he dies; then she is not allowed to marry another man until she has spent a specified time. The time differs according to the woman on months or menstrual periods. This warting period is called 'Iddah [counting] because the woman counts her months or menstruations.

~ al-Quduri ~