


מצוות
עשה
#99

 This mitzvah includes all of the halachos of Tumas Niddah, and does not have a specific posuk we learn it from.

Today's *mitzvah* is about the *Tumah* of *Niddah*. Even though we are not careful about most kinds of *tumah* without the *Beis Hamikdash*, this is one of the kinds of *tumah* that we're still careful about today. These *halachos* are also called *Taharas Hamishpacha*, and only married people need to keep them.

Rambam: Hilchos Metamei Mishkav U'Moshav

PEREK ALEF

The Rambam teaches us what can make a person *tomei* enough to make other things *Tomei* by sitting down or lying down on them. (Those things will become an *Av HaTumah* — that's the strongest kind of *tumah*, which can make other things *Tomei* more easily.)

PEREK BEIS

Now we explain the *halachos* about things that come from a person with these kinds of *Tumah* — like their blood or the spit in their mouth. This can be also counted as an *Av HaTumah*.

PEREK GIMMEL

This *perek* teaches us when another person can get this kind of *Tumah* too, from them. We also learn about when a woman finds out that she was *Tomei* — sometimes we say that she was probably *Tomei* the day before too, and just didn't find out until now. So everything she touched since yesterday is *Tomei* too!