When the night approaches from this side, and the day retreats from that side, then it is time for the fasting person to break his fast

‘Umar ibn al-Khattāb (may Allah be pleased with him) reported: The Messenger of Allah (may Allah’s peace and blessings be upon him) said: "When the night approaches from this side, and the day retreats from that side, then it is time for the fasting person to break his fast."

[Authentic hadith] [Narrated by Bukhari & Muslim]

According to the Shariah, fasting time begins from dawn to sunset. In this Hadīth, the Prophet (may Allah's peace and blessings be upon him) informs that the time of breaking the fast is when the night comes from the east and the day retreats from the west; i.e. when the sun sets In another narration: "When the night approaches from this side and the day retreats from that side and the sun sets, then it is time for the fasting person to break his fast." When this time comes, the fasting person should break his fast without delay, otherwise he will be blamed for such a delay. So, he should hasten to break his fast in obedience to Allah, the Almighty, and in compliance with His command, and in order to make the time of worship distinct from other times, and to enable himself to enjoy the permissible pleasures of life. “Then it is time for the fasting person to break his fast” has two possible meanings: 1. He is legally considered to have broken his fast once the time of breaking the fast comes, even if he has taken nothing to break it. Thus, the encouragement in some Hadīths to hasten the break of the fast refers to actual breaking, so as to accord with the Shariah meaning. 2. The time of breaking the fast has come, so he is encouraged to promptly break his fast. This meaning is more appropriate and supported by a narration of Al-Bukhāri, which reads: “The time of breaking the fast has come.”

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