

Islamic Preventive Ways Against AIDS

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Abstract

Acquired Immunodeficiency Syndrome (AIDS) is a sexually transmitted disease, caused by human immunodeficiency virus type 1, affects CD4+ T cells. Illegal sex is the main cause of AIDS. This review demonstrates Islamic preventive ways against AIDS. Islam encourages safe sex in different methods, some of them clearly mentioned in Quran and Hadith, the remaining methods indirectly established by Islamic authorities from Sources of Islamic legislation. Islam has effective and confirmed preventive measures against AIDS.

Keywords: Acquired Immunodeficiency Syndrome • AIDS • Islam • Prevention • Islamic view

Introduction

First part

Some facts about Acquired Immunodeficiency Syndrome (AIDS)

Acquired Immunodeficiency Syndrome (AIDS) is a well-known disease caused by human immunodeficiency virus type 1, affects CD4+ T cells. AIDS is a sexually transmitted infection. Early symptoms of AIDS involved night sweats, unexplained weight loss, general lymphadenopathy, general malaise, and fatigue. AIDS principal finding is a severely defective immune system that is unable to guard the body against infection [1].

The first mentioned cases of Acquired Immunodeficiency Syndrome had recorded in June 5, 1981, at Morbidity and Mortality Weekly Report (MMWR). The story started as five men, all were active homosexual men, complained from *Pneumocystis carinii* pneumonia infection had nursed in Los Angeles hospitals. All of them had complicated infections with a severely defective immune system. Two of them died. Because all of them were homosexual men, scientists, and doctors proposed an association between homosexuality and disease gotten by sexual contact. Since then, AIDS grew into a major worldwide public health disaster and scientific challenge [2].

Second part

Some facts about Quran and Ḥadīth

Quran {أَنْزَلَ الْقُرْآنَ} is the principal religious book of Islam. Quran is the finest classical Arabic text. Quran is prearranged in 114 chapters (سُورَاتٍ) Surah are partitioned into verses or āyāt (آيَاتٍ). Quran organized the Muslim lifestyle as whole, clarified legal sexual rules, and banned illegal sex. Ḥadīth (حَدِيثٍ) literally means talk. Ḥadīth indicates a record of the Arabic prophet Muhammad (Peace be upon him) words or actions and his silent approval. Hadith is the backbone of Islamic civilization as a source for Islamic laws and guidance as a second source to that of the Quran. (The main support of hadith comes from the Quran which instructs Muslims to imitate Muhammad and follow his judgments) (An NUR 24:54, al-AHZAB 33:21) [3].

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Third part

Some facts about sources of Islamic legislation: (must be in order)

- Primary Sources: includes
 1. QURAN
 2. Hadith
 3. Islamic authorities Consensus
 4. Measurement in Islamic law
- Secondary Sources includes:
 1. Appreciation in Islamic law
 2. Custom in Islamic law
 3. Companionship in Islamic law
 4. Sent interests
 5. Prohibition of what may lead to committing sins
 6. Shar man qablana=laws of previous religions
 7. Alshabi saying=prophet Muhammad ((Peace be upon him) Companion
 8. Brain thinking

Who is responsible for decisions about new challenges in life topics?

Islamic authorities or the ulama (أئمة) are the Islamic scientists and interpreters of Islamic laws, knowledge, and details. They are responsible for fatwa. A fatwā (فتوى) is an Islamic opinion or Islamic law approved by a qualified Islamic authority to answer a new question asked by a judge, individual, or government. The fatwa based on the Sources of Islamic legislation: (must be in order). Fatwa had played a significant task over Islamic history to solve new challenges in life topics.

Fourth part

Some facts about Fahash (sins)

Fahash: it is an Arabic term from Quran words (فحشاء). Fahisha is a Quran general term indicates any evil deeds, words, actions (not necessarily sexual) that makes Allah Huffy or angry on the human who did it. Fahisha caused by shahwat (شهوة) that is another Quran term indicates desire [3].

Fahisha explained by Islamic authorities in two opinions:

- The first opinion is adultery fornication. {Do not draw near to fornication, for it is a Fahisha (indecent), and its way is evil} Sura Isra (17:32).
- The other opinion is every evil deed that justifies punishment such as killing, stoning, cutting a hand [4,5].

Fahisha may include all illegal Quran sex mentioned clearly or indirectly. Ḥadīth may explain not-legal sex directly or indirectly. **بدعة** innovations in Islam (Bidah) or Heresy is any new occurrence of word, action, theory, or belief that is inversely against established Islamic beliefs. **بدعة** or Heresy used in views opposed to accepted ideas. Islamic authorities analyze Heresy according to the Sources of Islamic legislation in order to reach a more acceptable and reasonable Islamic decision. Islamic authorities think AIDS directly mentioned in the Quran or indirectly mentioned under the quranic term Fahisha.

Fifth part

Some facts about Illegal Islamic sex: Illegal Islamic sex had mentioned in the Quran in different quranic terms.

Directly mentioned and banned:

1. Zina (زنا or زنى): It is a Quran term signifies illegal man-woman intercourse [6]. Zina can include adultery of married parties, sodomy, and fornication of unmarried parties, prostitution, incest, rape, and bestiality. The Quran disapproved of not authorized illegal intercourse, embracing one that recommends the punishment of one hundred lashes for Zina [7]. Quran recommends four witnesses to prove Zina. Zina fits the hadd crime that claimed to be Quran punishment. Lapidation or Stoning is a capital punishment where a group of Muslims publically clarified throws a series of stones at a (married only) Muslim person (male or female) Confessed Zina until this person dies. Accusing Zina without presenting the required eyewitnesses is called qadhf (فدق), which is itself a hadd crime [8,9].
2. Zina proceedings like eye sighting, watching, hearing, touching, kissing, hand Shaking between a man and a strange woman.
3. **مراحملا انز** or Incest is sexual intercourse among the same family members or in the Quran banned close relatives and mentioned clearly in the Quran. (Forbidden for you are your mothers, your daughters, your sisters, your paternal aunts, your maternal aunts, your brother's daughters, your sister's daughters, your foster-mothers who nursed you, your sisters through nursing, your wives' mothers, and your stepdaughters in your guardianship—born of wives you have gone into-but if you have not gone into them, there is no blame on you. And the wives of your genetic sons, and marrying two sisters simultaneously. Except what is past. Allah is Oft-Forgiving, Most Merciful) Sura an-Nisa' (4:23). Eye-sight between man and woman also banned, but only from man and woman in whom sexual intercourse is allowed or not banned. Banned eye-sight considered within Zinaproceedings [10,11].
4. Quran banned. **جُرْبَات** or a Muslim woman adorn herself on an Quranically banned man.

Indirectly mentioned and banned:

1. **طاووللا** or buggery, sodomy: is oral or anal sex between men. **طاووللا** was not clearly mentioned by name in the Quran. **طاووللا** is indirectly documented as a prophet Lot peoples' actions (Table 1).
2. **ةيم بهلا** or Bestiality is a sexual activity between a human and an animal.

Note: Al- in Arabic language means (the) and the Arabic References in the world like Encyclopædia Britannica, alphabetize the names starting by Al- under the principal part of the specified name.

Table 1. Shows the different quranic terms of Illegal Islamic sex.

Quranic term	Frequency of verses= Āyāt
Al-Fahisha	5
Fahisha	8
Abominations اشحفل	6
Immoralities شحاوفا	4
Al-Zani	2
Zani	1
Al-Zaniah	2
Zaniah	1
Zina ان زلا	1
For Males نونزي	1
For Females ني نزي	1
Indirectly Mentioned مراحملا انز	1
Zina Proceedings	2
Guys نارفلدا	1
Lot People-Lewdness	5

Sixth part

Some facts about Islamic permitted and banned sexual ways: Islam preventive measures against Fahisha including AIDS

1. Clear and direct ban of Fahisha as mentioned in Quran and Hadith
2. Indirect ban of Fahisha by Islamic authorities decided from primary or secondary sources of Islamic legislation
3. Islam encourages multiple marriages
4. Islam encourages the Quran permitted sex: a special type of marriage in certain cases.
5. Avoiding Zina proceedings as they are clearly and directly banned in the Quran and Hadith
6. Quran banned **جُرْبَات** or a Muslim woman adorn herself on a banned man
7. Hijab dressing for Muslim women as a formal dressing in presence of any strange (banned) man. Hijab usually covers her head and chest.
8. Hijab is a preventive measure to protect Muslim woman from strangers, as the woman in Islam is glorified
9. Islam prayer (Salah) is clearly mentioned in the Quran as a preventive way from Fahisha
10. Patience and training on patience also are clearly mentioned in the Quran as a preventive way from Fahisha
11. Avoidance of a mixture of strange men and women in public or private situations.
12. Avoidance of **ةروعلا** of men and women in front of each other even between same-sex
13. Body washing after each Islamic legal sex.
14. Strict handwashing, body clearance, nail trimming, pubic and axillary hair removal
15. Ablution or **ةوضول** which is Islamic specialised way of cleaning and must be in strict order (face, hand to elbow, hair, ear, foot to ankle) before each Islamic prayer (Salah)
16. Remembering Allah or Quran verses (āyāt) almost always before all Muslim actions to prevent him/her from Fahisha and AIDS
17. For Quran permitted sexual intercourse, it must be under Islamic rules that clearly mentioned in Quran and Hadith.

Conclusion

Islam encourage safe and legal sex in different methods, some of them are clearly mentioned in Quran and Hadith, the remaining methods indirectly established by Islamic authorities from Sources of Islamic legislation. Islam from his starting day has effective and confirmed preventive measures against AIDS and from any disease.

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