

## ISLAMIC PREVENTION OF HIV/AIDS

The International HIV Fund (IHIVF) is a Muslim-led organisation based in London which came into operation in 2010 to address the issue of HIV/AIDS in the world among Muslims and non-Muslims. The aim of the organisation is to remote values from a faith-based perspective as a means by which to address and eradicate HIV within communities, in the UK and overseas. Anyone interested to know about this good helpful needed Muslim organisation can go to their website: [www.internationalhivfund.org](http://www.internationalhivfund.org).

Recently IHIVF has organised a Seminar in Abrar House in London on 26th April.

The title of the Seminar was: The Elephant in the Room. I was requested by IHIVF to be one of the Speakers and to talk on this subject, which is my speciality and my interest and very close to my heart:



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There were another 2 non-Muslim speakers who are dealing with HIV positive patients, Africans and others here in London.

I would like to give you now A BRIEF of my talk which I did present in this Seminar:

BISMILLAHI AL RAHMAN AL RAHIM

It was mentioned in the holy BOOK AL QUR'AN:

"WE SENT DOWN IN THE QUR'AN THAT WHICH IS A HEALING AND A MERCY TO THE BELIEVERS...." (Qur'an: Surah/chapter 17-Ayah/verse 82)

It is an amazing discovery by Muslim doctors in the world that everything ALLAH has asked us to do/Halal, it was found for our own health, and everything ALLAH has asked us not to do it/Haram, it was found to cause us suffering and diseases if we do it.

If one looks to the risk factors/causes of HIV/AIDS, he/she will find that these known risk factors/causes are all prohibited in Islam.!

This is what I call PRIMARY PREVENTION, which is the best type of prevention, as hardly Primary Prevention is implemented by doctors and hospitals in Britain and in the west today.

Prevention is BETTER than cure and is very ECONOMIC..!

No doubt, any campaign for prevention will be more successful if it was in harmony with the Muslim culture and beliefs of the Muslims themselves.

If we look to all textbooks on HIV/AIDS in the world, we will find these risk factors/causes for HIV/AIDS:

-HOMOSEXUALITY/sexual attraction and practice among 2 men of same gender:

All is commonly based on Anal intercourse;

It was noticed before that HIV/AIDS was discovered first among the homosexuals in San Francisco in the US in the early 80th.

Generally, about 80-90 % of HIV/AIDS cases are among the homosexuals.

However lately, more heterosexuals are becoming affected by HIV/AIDS.

Homosexuality is sinful and is not allowed in Islam.

We have clear verses in the Qur'an and some Ahadith (Sayings) of the Prophet Muhammad (pbuh) which prohibit clearly homosexuality.

Even Anal intercourse between husband and wife is prohibited (Haram) too. We all know medically today that the lining membrane of the rectum/last part of the colon and in the Anus, is very THIN which can bruise easily and quickly by anal intercourse ,thus allowing the HIV virus to go quickly in the blood stream inside the body when one is infected with the HIV virus.

**-ZINA/ADULTERY/adultery/fornication/sleeping around/ promiscuity /prostitutes etc..**

All are related to sexual immorality and unhealthy sexual life styles and all are prohibited in Islam. Islam recognises only one type of Halal safe productive blessed sex: Sex between the husband and wife(a man and a woman) and in and during marriage only.

Obviously we have many verses in the Qur'an and some Ahadith(Saying of the final Prophet Muhammad: peace be upon him) which do clarify this divine order of prohibition.

**-DRUG ABUSE:**

Infection can occur when drug addicts sit together and use one needle for injection and share it together. If anyone is infected by the virus of HIV/AIDS ,the virus can infect all others, when a tiny little drop of blood/unseen, is injected with the drug ,in the bodies of other addicts.

This is why it is safer always to use always disposable syringes. No used syringe should be used by another person.

In Islam, it is prohibited, to use/take any soft or hard drug like:

Heroin, Morphine, Cocaine, LSD, Marijuana (Hashih) etc.... in any shape or form. As the drugs :cloud the consciousness, affect the awareness and the judgment/ proper decisions regarding right and wrong, and take away the awareness of GOD/ALLAH.

Besides, drugs cause many physical damage and diseases in the body and cause Addiction and waste money. In the Qur'an the word mentioned to cover: alcohol, drugs... is ALKHAMR ,which is applied to any substance taken and and which "cover the mind" as illustrated well in the drinking of alcohol.

On top of all these fascinating Prohibitions in Islam in order to prevent most cases of HIV/AIDS (and preventing too

about 25 Sexually transmitted diseases),Islam has prescribed a Sunnah, recommended by the Prophet Muhammad(pbuh) more than 1400 years ago:

The World Health Organisation(WHO) has called for it lately ,after doing many comparative medical studies in Africa, regarding HIV/AIDS and circumcision , They came to one clear conclusion and announced this strong recommendation to the whole world:

CIRCUMCISE YOUR BOYS/MEN TO AVOID 60% OF HIV/AIDS..!!!

It is unbelievable to discover again, another great health gift in Islam: Circumcision for boys. This adds to the Primary Prevention of HIV/AIDS in Islam.. Circumcision is a well-known Sunnah/order by the Prophet Muhammad (pbuh). Before Islam, Prophets Abraham, Moses and Jesus were all circumcised...! Lately, in a new medical study, Circumcision was found to prevent also 50% of all sexually transmitted diseases..!

One can see clearly at the end the great contribution of Islam to our HEALTH generally and in PREVENTING almost all HIV/AIDS in the world by adopting this Healthy life style(sexual health) or by avoiding all the above mentioned prohibitions.

There is a need I believe to have new campaign for CIRCUMCISION among boys/men in order to avoid 60% of HIV/AIDS in the world. Can one imagine the huge saving in finance/ECONOMICALLY if we can avoid people HIV/AIDS infection, especially when every single case of AIDS infection will cost us about 500 000 pounds in order to look after one infected person for life?

Already we have about 34 million people who are living with HIV... Can one calculate the huge financial saving, if we worked on primary prevention especially by adopting the Islamic teachings/Healthy lifestyle in order to avoid almost all HIV/AIDS infections in the world.

Surely, Islam is a great DIVINE FREE PRESCRIPTION TO ALL MANKIND!

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