



**Eximia Journal**  
**(ISSN 2784-0735)**

**Vol. 9**

**2023**

## **Research title: Creating a break between births (family planning) from the perspective of Islam and medicine**

Researchers: Associate Professor Oniba Saiqal , Member of the Department of Islamic Religion, Associate Professor Fahima Aram, Member of the Department of Obstetrics and Gynecology

### **Summary**

Prevention of pregnancy, which is one of the basic components of family planning, which is generally called intentional prevention of pregnancy during sexual intercourse, is done by various methods *such as*: creating barriers, spices or surgery. The main purpose of these methods is to prevent sperm from reaching the seed through the use of condoms and diaphragms, to prevent spawning and to prevent the induction and implantation of the zygote. Preventing pregnancy in Islam is permissible considering the consent of the couple and the interests of the family. Although their number has increased, the purpose of family planning is to create a gap between births to maintain the mother's physical ability and to have enough time to raise the previous child, which is legally acceptable and desirable, because according to According to the verse of the Holy Qur'an When the Holy Quran was revealed, they prevented pregnancy and the Messenger of God, peace and blessings of God be upon him, did not forbid them from doing so.

**Objective:** To know the rules of family planning from the perspective of Islamic law and its value in **medicine**.

**Research question:** What is the value and importance of spacing births in Islam and medicine?

**Research method:** It is a library that is taken from reliable sources such as the Holy Quran, hadiths, authoritative jurisprudential books and authoritative medical journals. Final result: Family planning is to create a gap between births to maintain the physical ability of the mother and have enough time to raise the previous child; That this practice is not prohibited from the religious point of view, the authentic books of hadiths, including Sahih al-Bukhari, have made two chapters of it expulsion, and Sahih Muslim, one chapter has been made special to prevent having children under the title of chapters of the decree of expulsion.

**Keywords:** dismissal, arrangement, family, pregnancy, Islam.

**Background:** Introduction in the name of God Praise be to God, prayer, and peace be upon the Messenger of God, and upon his family, and the companions of all The purpose of organizing the family is to create a distance between the births in order to maintain the physical and mental ability of the mother and to obtain a certain period of time, which is legally acceptable and desirable (14), because according to Sahih al-Bukhari and Sahih Muslim from Jabir ( It is narrated that the companions of the Holy Prophet (peace and blessings of Allaah be upon him) used to dismiss (prevent pregnancy) when the Holy Qur'aan was revealed, and the Messenger of Allaah (peace and blessings of Allaah be upon him) did not forbid them from doing so. (5). Dismissal means prevention by the man by shedding semen (14). In the twentieth century, when the world made tireless efforts to organize the family, Muslims, with their research, examined the issue in all its dimensions and the divine commandments, the basic rules and principles for permitting and not permitting such issues in relation to family planning. They have expressed it from the point of view of Islamic law. The issue of family planning with a long history is still a current issue and debated in contemporary scientific and social circles. On the other hand, the important issue in preventing childbearing is not only the decrease of children, but also planning and selection. It's a way for families to take the plunge; Abilities that are moral, educational, biological and educational in terms of caring for and managing children. Hence, the family-defined group defines the avoidance of unwanted pregnancies, dividing scientists into two groups, the pros and cons. This issue can be discussed from different aspects and in different dimensions (16). Some nations have struggled with a sharp increase in population due to a lack of adequate capacity. On the other hand, countries with severe population control are now in a situation where the population is aging and it is not clear what will happen to them in the future (19). Background: Birth control has existed since ancient times, such as 4,000 BC in Egypt and 1,600 BC in India. Decoction of plant roots, gunpowder and mercury tablets, honey containing dead bees and even washing the genitals with lemon juice and vinegar are proof of this claim. Numerous studies have been conducted on family planning in various forms; At the national level, a behavioral study of family planning on the use or non-use of family planning method (contraceptive pill only) was conducted in Afghanistan in 2015. This study was conducted in 9 provinces: Kabul, Herat, Kandahar, Bamyan, Khost, Jawzjan, Badghis, Badakhshan and Samangan. Figures were collected from 118 women who used the contraceptive method for family planning (contraceptive pill only) (27). (UNFPA, 2017). A study conducted in Pakistan as a secondary analysis of the 2012-2013 Health and Demographic Survey to obtain social demographic factors affecting unmet demand received a regression test that revealed the most important .

A study conducted in Pakistan as a secondary analysis of the 2012-2013 Health and Demographic Survey to obtain social demographic factors affecting unmet demand byk regression test found that age is the most important characteristic for total unmet demand. Most use of natural methods Received in good economic condition. Significant relationship was obtained for the number of children using contraception methods. (Sarvistani & Khoo, 2017) ((26). Ruling on family planning according to Islam Sheikh Abdul Majid Salim as Grand Mufti on the non-prohibition of contraception in Islamic countries in 1937 Stated that not only methods of contraception are allowed in the pre-sperm clotting stage (20). Generation planning is legally acceptable and desirable; Because the abundance of offspring and the

increase of children is conditioned by the ability and financial and educational ability of the family (14). In Sahih al-Bukhari and Sahih Muslim, it is narrated from Jabir (RA) that we were dismissed in the time of the Prophet (peace and blessings of Allaah be upon him) and the Prophet (peace and blessings of Allaah be upon him) was aware of it but did not forbid us. It is also narrated from him in Sahih Muslim that a man asked the Prophet (peace and blessings of Allaah be upon him): I have a maid and I dismiss her when I have intercourse with her. The Prophet (peace and blessings of Allaah be upon him) said: If God has the will of something, such a thing will not prevent it. A few days later, the same man came and said: O Prophet, the slave girl I talked to you about has become pregnant. The Prophet (peace and blessings of Allaah be upon him) said: I am the servant and the Prophet of Allaah. Ibn 'Abd al-Barr says about the permission and non-permission of the husband: The scholars agree that such a thing is not permissible without the permission of the wife, because in the act of marriage and having children, the wife has the right to comment and make decisions (2). Classification of contraceptive methods Methods of contraception in general are divided into two categories (23) 1. Natural methods of preventing pregnancy It is a method that uses the natural physiological changes of the body and its symptoms to distinguish between the carrying and non-carrying stages of the menstrual cycle. Changes in progesterone and estrogen levels during menstruation cause a series of changes and symptoms. In this method, these changes and symptoms are used for awareness and abstinence from intercourse. There are three types (Rhythm, Basal body temperature and cervical mucus method) (Breastfeeding) lactation amenorrhea met Breastfeeding: It causes the hormones (FSH) and LH (lactation) not to be secreted and as a result of monthly ovulation and bleeding does not occur, unless the milk hormone or prolactin decreases, the woman's menstrual cycle returns. In this case, if unprotected intercourse takes place, the woman may To carry. (25) Interrupted intercourse Coitus interruptus method) In this method, the man prevents semen from pouring into the vagina during sexual intercourse. 2. Unnatural (new) methods of contraception

a. Abnormal (new) methods of temporary contraception that this method to prevent pregnancy Oral tablets, which contain estrogen and progesterone, are used to change the balance of hormones in the body and prevent pregnancy (24). Also, using different methods of contraception whenever it is due to poverty or fear of children's livelihood is not in accordance with Islamic beliefs, because being satisfied is one of the attributes of God Almighty. Jurisprudence scholars have inferred that contraception is permissible in special cases where the high risk of pregnancy has been established by Muslim and skilled physicians (22). Kabul Medical University established a joint assembly with the professors of the Faculty of Sharia at Kabul University regarding the mentioned drugs. After receiving the opinions of the faculty of the faculty and after several studies, considering the mechanism of action, risks, contraindications and long-term side effects of the mentioned drugs for the purpose of their reasonable use, recommendations were submitted by Kabul Medical University. It is presented below. Hormonal medicine to prevent pregnancy or loop only (in case of more benefits and less harm) for adapted health facilities can be available in that specialist and the field of various examinations to provide the opposite of the opposite of the said medicine and loop is available. Otherwise, in the presence of contraindications, its application will be more harmful and dangerous than carrying a sick woman, because the prevalence of diseases in which the application of the drug is contraindicated compared to the prevalence of diseases that may cause pregnancy to worsen. It seems more (13). - Hormonal medicine to prevent pregnancy or loop only (in case of more benefits and less harm) can be applied in a place where specialized and laboratory facilities are available for periodic monitoring of patients. Periodic examinations of women who take the drug or have a loop applied to find out about serious side

effects of the drug and the loop, which in case of its occurrence requires immediate discontinuation. These women should be observed at regular intervals and undergo laboratory examinations (such as blood pressure, liver, kidney, fat strain, and glucose strain). (13).

### **Inflect**

The effects of family planning on fertility are as follows:

- 1- Avoiding unwanted pregnancies and the occurrence of desired births.
- 2- Making a change in the total number of births by the mother.
- 3- Distancing or making a difference in the distances between pregnancies.

4- Scheduling or making changes at the time of birth, especially the first and last birth in relation to the age of the parents, especially the age of the mother, success in family planning requires knowledge of effective and safe methods to prevent pregnancy; Therefore, the long-term success of the family planning program requires the observance of the principle of conscious and free choice, and having the knowledge and access to the best safe, effective, low-cost and acceptable methods of contraception that are not against the law is a right of men and women. The purpose of family planning is to delay pregnancy for a period of time in order for the woman to rest and regain her strength and vitality, after which the barriers to pregnancy to obtain offspring, although their number has increased. The physical ability of the mother and having enough time to raise the previous child is an act that is legally acceptable and desirable, because according to the verse of the Holy Qur'an ( It is narrated from Jabir (may Allah be pleased with him) that the companions of the Holy Prophet (peace and blessings of Allaah be upon him) used to prevent pregnancy when the Holy Quran was revealed, and the Messenger of Allaah (peace and blessings of Allaah be upon him) He did not forbid them to do so. It is also medically effective for the health of the mother. In the eighth meeting of the Board of Ulema, which took place in the first half of Rabi 'al-Akhr in 1396

AH. was held in Saudi Arabia. Members of parliament discussed the issue of family planning or contraception and announced their final decision as follows: Since Islamic law encourages the increase of children and population growth and makes the child the greatest blessing of God Almighty And Manti knows his servants and all the religious texts (Quran and Sunnah) prepared by the Standing Committee on Scientific Research and Fatwa for this purpose, and considering that population control and contraception are compatible with human nature and Islamic law. They are also unaware of the evil intentions of a group that calls for population control and prevention and seeks to deceive Muslims and dominate their material and human resources. And in order to increase manpower in the Islamic society, this assembly decided to declare: population control is absolutely not permissible, and prevention is not permissible if it is out of fear of hunger and lack of sustenance, because he is the only provider of God Almighty and he is the sustenance of all beings. Gives. The veil of shame and modesty and moral pollution and mixing of lineages and the weakening of family ties, etc., all of which cause the collapse of society and create chaos in it, and finally the descent of heavenly calamities from God Almighty. The decline of the powerful hands of the youth and the increase of the population of old men and women due to the aimless control of the population, which results in a general decline in the level of production and public welfare and the emergence of political and military crises. However, if prevention is due to reasons such as the need for a woman to have surgery at birth or to observe the

interval between the birth of children in order to preserve the family interest, there is no legal impediment because the correct (many) hadiths of the Prophet and some fatwas of his companions indicate permission. They are dismissed. According to the opinion of a group of jurisprudential scholars who consider it permissible to take medicine for abortion up to forty days after fertilization (22). As a result, we dispute the views of the two groups. Proponents of population growth see it as the source of power and the main driver of economic progress and development. Opponents of population growth ultimately see the destruction of humanity and always encourage and advise to be light in life and reduce family. The arguments in favor of population growth confirm the preference for reproduction and reproduction, not its necessity or sanctity, practical desirability is not absolute in all conditions of times and places. The theory that they absolutely believe in population control is also unacceptable, because it is possible to compensate for the losses caused by patients, natural disasters and wars in the shadow of population growth. If we combine the two views, we find that the first principle of favor is to have a large number of generations.

### References

1. The Holy Quran.
2. Ibn Abd al-Barr, Yusuf ibn Abdullah ibn Muhammad (1400 AH) Al-Kafi in the jurisprudence of the people of Madinah, marriage. Library of Riyadh Hadith, Riyadh, Kingdom of Saudi Arabia p.56 2.
3. Ahmad Ibn Hanbal, Abu Abdullah Ibn Muhammad (April 22, 2011) Al-Musnad- Marriage, electronic version, Cairo: Arab Republic of Egypt, Ministry of Endowments of the Supreme Assembly of Islamic Affairs. Retrieved from: <http://islamic-council.net>.
4. Al-Bani, Mohammad Nasser Al-Din / 10/1426) Discussion in Hadith, Albanian Library, Discussion, electronic version, taken from: <http://www.saaaid.net/book/open.php?cat=95&book=2119> .
5. Al-Bukhari, Muhammad ibn Ismail. (April 22, 2011) Sahih al-Bukhari, Al-Nikah, Cairo electronic version: Arab Republic of Egypt, Ministry of Endowments, Supreme Council of Islamic Affairs. Retrieved from <http://islamic-council.net>.
6. Al-Bayhaqi, Ahmad Ibn Al-Hussein Ibn Ali Ibn Musa Al-Khorasani (April 22, 2011) Sunan Al-Bayhaqi, taken from <https://itunes.apple.com/sa/app/ayat-al-quran-ayalqran/id634325420?mt=8>.
7. Al-Baghwi, Abu Muhammad, Al-Hussein Ibn Mas'ud (1409 AH) Tafsir Surah Al-Isra ', verse 62. Taken <https://itunes.apple.com/sa/app/ayat-al-quran-ayat-alqran/id634325420?mt>.
8. Al-Bayhaqi, Ahmad Ibn Al-Hussein Ibn Ali Ibn Musa Al-Khorasani (April 22, 2011) Sunan Al-Bayhaqi, taken from. <https://itunes.apple.com/sa/app/ayat-al-quran-ayat-alqran/id634325420?mt>
9. Bassam, Abdullah bin Abdul Rahman (1409) Arrangement of generation and Tahdidah, Tehran, fourth edition.

10. Bouti, Mohammad Saeed Ramadan (-1402.) The issue of limiting the generation of prevention and treatment, fourth edition of Cairo: Dar al-Fikr.
11. Tirmidhi, Abu Isa Muhammad bin Isa bin Sabura. (April 22, 2011) Sunan al-Tirmidhi, electronic version of Cairo: Arab Republic of Egypt, Ministry of Endowments, Supreme Assembly of Islamic Affairs. Retrieved from <http://islamic-council.net>.
- 12- Al-Jorjani, Mir Sayyid Sharif Ali Ibn Muhammad (B, T) Definitions, Al-Azl. 13- Danesh, Ahmad Farid (2016) Sari Pharmacology and Drug Treatment, Kabul, Nashrahmad, pp. 191-193.
- 14- Dehkhoda, Ali Akbar, (1379 AH) Dehkhoda Dictionary, C-D13-. Tehran: Tehran University Publishing and Printing Institute.
- 15- Al-Zuhaili, Dr. Wahba (2003) Family jurisprudence in the contemporary world, translated by Salimi, Abdul Aziz, Tehran, published by Ehsan P. Standing Commission on Scientific and Fatwa Studies (B, T).
- 16- Al-Shatibi, Ibrahim Ibn Musa (-) Agreements on the principles of jurisprudence. Long research, Abdullah, Beirut, Dar al-Ma'rifah.
- 17-. Al-Ghazali Muhammad ibn Muhammad (1413 AH) Mustafa in the science of principles. Research Abdul Shafi, Mohammad Abdul Salam, Beirut, Dar al-Kitab al-Alamiya. Volume 1, page 43.
- 18-Al-Qazwini, Abu Abdullah Muhammad bin Yazid Ibn April 2011/22) Majah, Sunan Ibn Majah, Marriage, electronic version Cairo: Arab Republic of Egypt, Ministry of Endowments, Supreme Council of Islamic Affairs. Retrieved from: <http://islamic-council.net>
- 19-Book of Ahmad (1374) Demographic Theories. Tehran, third edition, page 24. 20. Islamic Jurisprudence Association (2007) Journal of the Islamic Jurisprudence Association. Cairo: Arabic for convincing information, version 5,2.
21. Nishapuri, Abu al-Hussein Muslim ibn Hajjaj Qashiri (April 22, 2011) Sahih Muslim, Cairo electronic version: Arab Republic of Egypt, Ministry of Endowments of the Supreme Islamic Assembly. Retrieved from: <http://islamic-council.net>
22. - The Board of Ulema of Saudi Arabia (8/1394 AH) Control of Jait, Fatwa, pp. 32-36 Babylon-Dictionary. Retrieved from: <http://webcache.googleusercontent.com>
- 23.Sahasrabuddhe, A., Kori, S., & Bute, J. (2018). A Study To Assess Unmet Need For Family Planning And Contraceptive Choices Among Married Women Of Reproductive Age In Rural Madhya Pradesh. International Journal Of Community Medicine And Public Health, 1-6.
- 24.Afriyie, Precious, & Enowbeyang, E. (2019). Fctors Influencing Use Of Modern Contraception Among Married Women In Ho West District, Ghana. Pan African Vedical Journal, 1-11.
25. Ministry Of Public Health, Central Statistics Organization. (2015).  
Afghanistan Demographic And Health Survey 2015. Kabul: Central Statistics Organization.

26. Sabawoon, A., Idris, A., & Behzad, A. (2018). Factors Affecting Contraceptive Use And Unmet Need Among Currently Married Women In Afghanistan. *Journal Of Global Health Report*, 1-13. Tehran. *Family Practice- An International Journal*, 204-208.

27. UNFPA. (2017). *National Family Planning Behavioral Study On Use And Non-use Of Contraception In Afghanistan*. Kabul, Afghanistan: Ministry Of Public Health.

28. UNFPA / Afghanistan. (2019). *Contraception In Afghanistan*. Kabul: UNFPA. FAMILY PLANNING. GENEVA: WORLD HEALTH ORGANIZATION