

Coronavirus: Islamic Way of Preventing the Spread of The Virus

Allāh has blessed us with a religion that is complete and perfect for all times and places. Allāh tells us in the Qur'ān:

“This day I have perfected for you your religion and completed My favour upon you and have approved for you Islam as your religion”

Whatever problem or issue a Muslim is facing, he returns to Allāh and his Messenger for guidance; there is nothing that happens in the life of a Muslim except that his religion has a solution to it.

We recently heard about the coronavirus, which is spreading to several countries, affecting the lives of many people, causing death to others.

There are several thoughts that should cross the mind of a Muslim when they hear something like this. Below are some points that a person must remember and internalise when they see or hear of such incidents:

Islam has a unique way of dealing with the outbreak of diseases in two stages. i.e. before and after the outbreak of the disease.

There are two main precautions which the Muslim can protect himself and his loved ones against the outbreak of the Coronavirus and all similar viruses. They are:

Spiritual Precaution.

Hygienic and Medical Precautions.

One of the objectives of the Shariah is the preservation of the soul. Therefore, everyone must take all necessary measures to protect themselves against any harm.

As for your spiritual preventive measures, we learn that what Islam has taught us to read and do in order to be divinely protected by the Creator against the evil of all His creations. And his creations include sicknesses, viruses and whatsoever cause them.

Therefore, the following are what a Muslim can do to be spiritually protected. Against Coronavirus as well as other deadly viruses or anything harmful.

The First Thing to Read:

Read the following du'ā', three times in the morning and three times in the evening.

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ

“In the Name of Allah with Whose Name there is protection against every kind of harm in the earth or in the heaven, and He is the All-Hearing and All-Knowing.”

It is mentioned in Hadith. “A person who says, “In the Name of Allah with whose Name nothing in the earth or the heaven can cause harm, and He is the All-Hearing, the All-Knowing,” three times in the morning and three times in the evening, will not be harmed by anything.”

The Second Thing to Read:

Read the following du‘ā’, three times in the morning and three times in the evening:

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

The Third Thing to Read:

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْبَرَصِ، وَالْجُنُونِ، وَالْجُدَامِ، وَمِنْ سَيِّئِ الْأَسْقَامِ

Meaning: “O Allah! Indeed, I seek refuge in You from leucoderma, and madness, and leprosy, and all bad diseases.”

Hygienic and Medical Precautions

Islam emphasizes the importance of cleanliness. Prophet Muhammad (peace be upon him) said:

“Purification is half of faith.” (Muslim)

Islam made ablution a pre-requisite for the validity of prayer. Prophet Muhammad said:

“If there were a river at the door of one of you in which he takes a bath five times a day, would any soiling remain on him?” They replied, “No soiling would left on him.” The Prophet said, “That is the five obligatory prayer. Allah obliterates all sins as a result of performing them.” (Al-Bukhari and Muslim)

Wudhu and Full Body Wash A Prevention in Islam

The practice of ablution in Islam is a pre-condition for every Muslim man and woman before each of five daily prayers in the day and night. Wudhu in Islam refers to washing the face, arms, head and feet with clean water. In Wudhu, mouth and nostrils are also cleansed with water and head is wiped. It is called ablution and it is obligatory before prayer or similar worship acts.

According to experts, the source of coronavirus is originally rat and snake etc, and both in Islam are forbidden to eat. Islam permits to consume only pure and good food and drink. 4- Islam made lawful for Muslims all the good foods and drinks and made unlawful to them all what causes harm to them and their bodies. We read in the Quran what means:

Taking necessary precautions.

A Muslim should not overreact; at the same time, he should not be oblivious about a situation and do nothing!

Taking the necessary means and then relying upon Allāh is something which is emphasised in Islam.

“One day Prophet Muhammad (sall Allāhu ‘alayhi wa sallam), noticed a Bedouin leaving his camel without tying it. He asked the Bedouin, ‘Why don’t you tie down your camel?’ The Bedouin answered, ‘I put my trust in Allāh’ The Prophet then said, ‘Tie your camel first, then put your trust in Allāh’

Islam orders Muslims to seek medication. Prophet Muhammad said:

“Make use of medical treatment, for Allah has not made a disease without appointing a remedy for it, with the exception of one disease, namely old age.” (Abu Dawud)

Wash Your Hands Frequently

Washing hand is the most important measure for protection. Use soap when washing your hands. If you cannot wash your hands (for example when travelling in car etc.), keep a hand sanitizer in your purse.

Maintain Social Distancing

If someone is coughing or sneezing, maintain distance from them or you can also wear mask around them.

Avoid Touching Eyes, Nose and Mouth

Avoid excessive or unnecessary touching of hands, nose and mouth. Prefer to touch with washed hands only. If you have touches contaminated surface, the virus will be on your hand. If you touch your face etc., it can enter your body.

Being positive and having an optimistic outlook

Always have a positive outlook regardless of the situation you're in, this is what our Prophet Muhammad (sall Allāhu 'alayhi wa sallam) taught us, when he told us, Amazing is the affair of the believer, verily all of his affairs are good and this is not for no one except the believer. If something of good/happiness befalls him, he is grateful and that is good for him. If something of harm befalls him, he is patient and that is good for him.”

When we look through the seerah we find many examples of the Prophet (sall Allāhu 'alayhi wa sallam) being optimistic event though he was in a dire situation.

conclusion

Such contagious diseases have repeatedly occurred in the human history. The causes might be different as per the medical experts, but the spiritual guides narrate that they come as a result of escalating oppression, religious persecutions and waywardness from the path of Allah Almighty. Therefore, they guide the people to seek repentance, forgiveness, faith and spiritual reformation and ask for mercy of Allah Almighty.

Facing the contagious coronavirus, we the human slaves of Allah Almighty must adopt both ways; the spiritual guidance as well as the medically suggested precautions supported by the afore-mentioned Ahadith. Let's start it at once, before it is too late!

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