

## Family Planning from an Islamic Perspective

<sup>1</sup>Karim khan, <sup>1</sup>Dr. Salim Urahman, <sup>1</sup>Muhammad Khalid, <sup>2</sup>Muhammad Shah,  
Muhammad Naeem Jan<sup>2</sup>, <sup>3</sup>Zeeshan, <sup>4</sup>Sadarat Ullah

<sup>1</sup> Department of Theology Islamia Collage University Peshawar KPK Pakistan

<sup>2</sup> Department of Islamic & religious Studies Hazara University Mansehra KPK Pakistan

<sup>3</sup> Department of Islamic Studies University of Science and technology Bannu KPK Pakistan

<sup>4</sup> Department of Islamic & religious Studies University of Malakand Dir KPK Pakistan

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### ABSTRACT

Family planning means to adopt such methods that human race could not be increased. It means that by special planning, human breeding is stopped. Some of the plans are said to be the killing of children. Different forms of children killing existed in Arabs during the age of ignorance. In the modern age, people adopt unfair ways of family planning because of the fear of increasing in population and it is clearly against the teachings of the Quran and Sunnah. That is why the large number of children is appreciated in different verses of Quran and Sunnah but we can practice family planning in the light of Islamic teachings. Quran and Sunnah clearly tell us about the legitimate forms of family planning. The following article will throw light on the history of family planning, its prohibition according to Quran and Sunnah and its legitimacy cases.

**KEYWORDS:** Family Woman, planning, Human, Quran, Sunnah, Killing, population

### INTRODUCTION

Allah, almighty has created progeny as a source for the survival and evolution of human beings and made couples among the human beings to sustain this chain of existence of human race as well as the fellowship of the Prophet Hazrat Muhammad (SWA) may be increased, contrary to this, the family planning, if adopted wrongfully, kill the followers of the Holy prophet Muhammad (SWA) unjustifiably and it is a heinous crime, but the family planning can be utilize in the light of Islamic injunctions for achieving insight on this critical issue. The issue of family planning has been discussed below, in the light of Islamic teachings and in its historical perspective.

Historical perspective: The Arabs resorted to filicide in three different ways:-

- 1- As in a sacrifice in the name of deity or as charity to it.
- 2- In the name of false honor.
- 3- Due to impoverishment.

In the first instance as a

To appear their deities and owing to their superstitious idolatry, the pagan Arabs killed their children, ALLAH says, [1]

“وَكَذَلِكَ زَيْنَ لِكَثِيرٍ مِنَ الْمُشْرِكِينَ قَتَلُوا أَوْلَادَهُمْ شُرَكَائِهِمْ لِيُزِدُوهُمْ وَلِيَلْبِسُوا عَلَيْهِمْ دِينَهُمْ وَلَوْ شَاءَ اللَّهُ مَا فَعَلُوهُ فَذَرْهُمْ وَمَا يَفْتَرُونَ”

Translation:” Thus have their (so-called) partners (of Allah) made the killing of their children to seem fair unto many of the idolaters, that they may ruin them and make their faith obscure for them. Had Allah willed (it otherwise), they had not done so. So leave them alone with their devices.”

On another occasion, Allah says,[2]

“فَذَرْ حَسْبَ الَّذِينَ قَتَلُوا أَوْلَادَهُمْ سَفَهًا بِغَيْرِ عِلْمٍ وَحَرَمُوا مَا رَزَقَهُمُ اللَّهُ افْتِرَاءً عَلَى اللَّهِ فَذُضَلُّوا وَمَا كَانُوا مُهْتَدِينَ”

Translation:” They are losers who besotted have slain their children without knowledge, and have forbidden that which Allah bestowed upon them, inventing a lie against Allah. They indeed have gone astray and are not guided.”

#### 2- In the second instance, the Arabs killed their daughters only in the name of false honor:

It was barbaric rite that women were deemed ill-starred by the ignorant Arabs of that time, and some of the tribes among them buried their daughters alive in graves out of sheer shone and embarrassment. ALLAH would bring out that girl from her graves on doomsday and ask her on account of whom guilt, Was she killed? This query will be asked for the purpose of punishing those culprits who treated this child inhumanly and savagely, so ALLAH says in this regard, [3]

\*Corresponding Author: Karim khan, Department of Theology Islamia Collage University Peshawar KPK Pakistan.

“ وَإِذَا الْمَوْءُودَةُ سُئِلَتْ ، بِأَيِّ ذَنْبٍ قُتِلَتْ ”

Translation: “And when the girl-child that was buried alive is asked For what sin she was slain”

On another occasion ALLAH says,[4]

“وَإِذَا بُشِّرَ أَحَدُهُم بِالْأُنثَىٰ ظَلَّ وَجْهُهُ مُسْوَدًّا وَهُوَ كَظِيمٌ ، يَتَوَارَىٰ مِنَ الْقَوْمِ مِنْ سُوءِ مَا بُشِّرَ بِهِ أَيُمْسِكُهُ عَلَىٰ هُونٍ أَمْ يَدُسُّهُ فِي التُّرَابِ أَلَّا سَاءَ مَا يَحْكُمُونَ”

Translation:” When if one of them received tidings of the birth of a female, his face remained darkened, and he is wroth inwardly. He hideth himself from the folk because of the evil of that whereof he hath had tidings,(asking himself): Shall he keep it in contempt, or bury it beneath the dust. Verily evil is their Judgment.”

### 3-The third case of poverty & improvishment:

In the days of ignorance, the Arabs killed their children due to their improvishment conditions their biggest fear was how to feed, and fear their off springs? And how to manage their sustenance on this? ALLH, “the pious” says,[5]

“وَلَا تَقْتُلُوا أَوْلَادَكُمْ مِنْ إِمْلَاقٍ نَحْنُ نَرْزُقُكُمْ وَإِيَّاهُمْ”

Translation:” slay not your children because of penury – we provide for you and for them – and that ye.”

" وَلَا تَقْتُلُوا أَوْلَادَكُمْ خَشْيَةَ إِمْلَاقٍ نَحْنُ نَرْزُقُهُمْ وَإِيَّاكُمْ إِنْ قَتَلْتُمْ كَانَ خَطْئًا كَبِيرًا " [6]

Translation: “Slay not your children, fearing a fall to poverty, We shall provide for them and for you. Lo! the slaying of them is great sin.”

ALLAH, the gracious has promised in the above verse provide sustenance your children prior to you. They had not been inflected by the poverty yet but are engulfed by its fear.

ALLAH, has clearly identified their ignorance that who are you to provide food to your children. It is” He “ who will grant food to you and your children as it is Hand and HE has the power to do so, why you become the criminal by killing your children due to the fear of poverty ?

### Family planning and modern times owing to the increase in population:

All these above mentioned verses of the Holy Quran throws clear light on the issue of the biggest concerned of this age that the people look to the contraception methods of family planning based on the false philosophy of provision of food by a man himself. [7]

Whereas ALLAH , the most beneficent says, clearly.”[8]

” وَمَا مِنْ دَابَّةٍ فِي الْأَرْضِ إِلَّا عَلَى اللَّهِ رِزْقُهَا “

Translation: “And there is not a beast in the earth but the sustenance thereof depended on Allah. Heknoweth its habitation and its repository. All is in a clear Record.”

There are such gigantic creatures in various oceans, desert , on hills .among millions of creatures, whose food equaling thousands of men There are fish among the numerous fish, when a single fish eats of thousands of men alone. ALLAH, as stressed upon this fact that He is the sole provider of sustenance ,that is why ALLAH says,[9]

”وَمَنْ يَتَّقِ اللَّهَ يَجْعَلْ لَهُ مَخْرَجًا، وَيَرْزُقْهُ مِنْ حَيْثُ لَا يَحْتَسِبُ “

Translation: “And will provide for him from (a quarter) whence he hath no expectation. And whosoever

putteth his trust in Allah, He will suffice him. Lo! Allah bringeth His command to pass. Allah hath set a measure for all things.”

This verse needs to be explained that it does not mean that we should sit idle and shy away from hard work, but we are commanded to strive hard, to earn lawfully and to do business and even earning lawfully is deemed like a worship. The importance of pure earning and its search and the eyes of ALLAH, has been mentioned in surah Al-jumaa in these words,[10]

”إِذَا نُودِيَ لِلصَّلَاةِ مِنْ يَوْمِ الْجُمُعَةِ فَاسْعَوْا إِلَىٰ ذِكْرِ اللَّهِ وَذَرُوا الْبَيْعَ“

Translation: “O ye who believe! When the call is heard for the prayer of the day of congregation, haste unto remembrance of Allah and leave your trading. That is better for you if ye did but know.”

” فَإِذَا قُضِيَتِ الصَّلَاةُ فَانْتَشِرُوا فِي الْأَرْضِ وَابْتَغُوا مِنْ فَضْلِ اللَّهِ “

Translation: “And when the prayer is ended, then disperse in the land and seek of Allah's bounty.”[11]

The “FAZAL of ALLAH” means business, skill and work.[12]

ALLAH, has fixed substance for his creatures, thus Allah says,[13]

”وَجَعَلْنَا لَكُمْ فِيهَا مَعَاشًا وَمَنْ أَسْأَلْهُ لَهُ بَرَازِقِينَ ، وَإِنْ مِنْ شَيْءٍ إِلَّا عِنْدَنَا خَزَائِنُهُ وَمَا نُنزِلُ إِلَّا بِقَدَرٍ مَعْلُومٍ“

Translation: “And we have given unto you livelihoods therein, and unto those for whom ye provide not.

And there is not a thing but with Us are the stores thereof. And we send it not down save in appointed measure.”

ALLAH has devised his own system, by which he controls the population both humans and animals, when a thing is in demand, he spreads it and when a thing diminishes its demand, ALLAH reduces its production and we observe this phenomenon in our daily lives, even a drop of water falls on the earth from the sky with the consent of ALLAH almighty.[14]

#### **Birth control in the light of Hadith:**

Imam Abu Dawood has described a Hadith in his Sunan that the Holy Prophet (SWA) has said that,[15]

”تَزَوَّجُوا الْوُدُودَ الْوُلُودَ فَإِنِّي مُكَاتِرٌ بِكُمْ الْأُمَمَ“

It proves from the above quoted Hadith that the Holy Prophet (SWA) has encouraged the production of more and more children and would feel proud over the multitude of his followers (ummat) on the Day of Judgment.

Imam Bukhari has also quoted a hadith in his book Saheeh-ul-Bukhari,[16]

”عَنْ عَبْدِ اللَّهِ، قَالَ: قُلْتُ يَا رَسُولَ اللَّهِ، أَيُّ الذَّنْبِ أَعْظَمُ؟ قَالَ: أَنْ تَجْعَلَ لِلْوَالِدِ يَدًا وَهُوَ خَلَقَكَ قُلْتُ: ثُمَّ أَيُّ؟ قَالَ: أَنْ تَقْتُلَ وَلَدَكَ خَشْيَةً أَنْ يَأْكُلَ مَعَكَ“

Allama Badruddin Alai has defined in his book “Omdatul Qari” the point of “killing a child out of the fear of eating with meal with his parents” that a person who kills a child that he will be able to provide food to him, this type of person doubts the power of ALLAH almighty to provide sustenance to all his creatures.[17]

#### **Where Islam allows the contraception measures to stop Birth production:**

The Islamic Sharia grants the right of brought up to every child as he or she descends upon this word, ALLAH says in this regard.[18]

”وَالْوَالِدَاتُ يُرْضِعْنَ أَوْلَادَهُنَّ حَوْلَيْنِ كَامِلَيْنِ لِمَنْ أَرَادَ أَنْ يُنَمِّمَ الرِّضَاعَةَ“

It is commanded that the mother should feed her child for two years, this will enable the mother to look after in a better way in this two years gap is meant for both child and mother's benefit and good health. If a child is tender and , in the process of feeding in the mother gets pregnant during that time, then the feeding of his mother will prove harmful for him and his body in mind will be badly affected and will certainly affect his growth and mother will truly be weekend by this. Abu Dawood has quoted a Hadith in this regard that the Holy Prophet (SAW) has said,[19]

”لَا تَقْتُلُوا أَوْلَادَكُمْ سِرًّا، فَإِنَّ الْعَيْلَ يُدْرِكُ الْفَارِسَ فَيَدْعُوهُ عَنْ فَرْسِهِ“

Mulla Ali Qari has explained this Hadith in the following words:[20]

”وَتَوْضِيحُهُ أَنَّ الْمَرْأَةَ إِذَا جُمِعَتْ وَحَمَلَتْ فَسَدَ لِبَيْتِهَا وَإِذَا اغْتَدَى بِهِ الْوَالِدُ بَقِيَ سُوءُ أَثَرِهِ فِي بَنِيهِ وَأَسَدَ مَزَاجَهُ“

In the mentioned Hadith, that act has been considered ten times amount to a silent murder “ and in a proper gap is not given in birth, then the care affection of the mother is divided to minor children cannot be reared simultaneously in a proper way and the children will remain mentally and physically weak and this deficiency might stick to them till their old age. ”

In another instance, if the birth of a child harms the men, tall, physical health and poses a threat to her life, then birth control is allowed by Islam, provided all these factors are genuine as mentioned in the famous book of principles of fiqh. ”Al-Ishbah wannazair”[21]

”مَشَقَّةٌ عَظِيمَةٌ فَادِحَةٌ كَمَشَقَّةِ الْخَوْفِ عَلَى النَّفْسِ وَالْأَطْرَافِ وَمَنَافِعُ الْأَعْضَاءِ فَهِيَ مُوجِبَةٌ لِلتَّخْفِيفِ . . . مَشَقَّةٌ خَفِيفَةٌ كَأَدْنَى وَجَعٍ فِي أَصْبُعٍ أَوْ أَدْنَى صُدَاعٍ فِي الرَّأْسِ أَوْ سُوءِ مَزَاجٍ خَفِيفٍ فَهَذَا لَا أَثَرَ لَهُ وَلَا الْبِقَاتِ إِلَيْهِ“

### **CONCLUSION**

- 1-Birth control is not allowed due to financial constraints.
- 2-The concept and fashion in vogue in the name of a “small family” for control of birth is illegal and is not in harmony with Islamic teachings and environment.
- 3-birth control for the fear of producing a daughter is also unlawful.
- 4-Birth control is not allowed, if it is adopted fearing its agony and pain.
- 5-Birth control is not permissible in case of women's social and political obligations.
- 6-Birth control is permissible during the period of feeding a baby, so that the health of a child is not compromised.
7. Birth control is allowed if the life of a mother is endangered or may be handicapped and an expert doctor opines that she may be permanently impaired.

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