

## Contraception

A baby is formed in the womb of a woman by the union of an egg of the mother and a sperm of the father. The sperms are produced in the testicles of males and travel in a tube (vas deferens) to a couple of sacs inside the abdomen (seminal vesicles). The seminal vesicles contract during intercourse (as well as nocturnal ejaculation and masturbation) and deposit the sperms (contained in the semen) into the urethra of the penis, which is then spurted out into the vagina of the mate. Even a cubic centimeter of semen normally contains millions of sperms. These sperms swim through the mucus on the walls of the vagina and enter the cervix and into the uterus. The female releases monthly one mature egg from each of the two ovaries.

These eggs are pushed by the movement of the muscles and hair of the fallopian tubes down into the uterus, where they encounter the sperms. As soon as one sperm enters an egg, the rest degenerate. This combination of egg and sperm gradually grows into a full child in nine months.

Any technique which interferes with the production of the egg and/or sperm, or prevents their union after production is known as contraception. If a fetus (unborn child in uterus) is expelled from the uterus, naturally or by some artificial method then that is called abortion, or miscarriage. The following are the methods of contraception.



### **26.1 Withdrawal Method**

This means that the husband withdraws his penis before the discharge of the semen. This can be effective if done at the proper time. However, this is difficult to do at such an emotional moment and often some semen discharges inside this vagina inspite of the best efforts of the couple.

### **26.2 Natural Rhythm**

The eggs in women are produced only once a month, about 7-10 days after the end of menstruation. Thus the chances of pregnancy are maximal at that time i.e. the second week after menstruation. Therefore the first week after, and the two weeks before menstruation are best for intercourse if the couple wants to avoid pregnancy. This method works most of the time but not every time, as there may be at times irregularity in the production of the eggs.

### **26.3 Condom**

A thin rubber sac is used to cover the penis before intromission. This is almost a foolproof method, however at times the condom may rupture during strong movements. Moreover, the pleasure is somewhat reduced. Nowadays, this is used to prevents AIDS and other venereal diseases

A rubber cap can also be fixed on the cervix of the uterus which prevents conception.

### **26.4 Contraceptive Pills & Injections**

The wife has to take a pill daily for 21 days, but none for one week during menstruation. Taking pills every day without forgetting is difficult. Moreover the pills have side effects, some of which are very serious, and so they should not be taken without a doctor's continuous consultation and advice. Nowadays injections have been developed that work for three months, which makes the procedure easier.



A new class of pills have also been developed which can be taken soon after the intercourse. They protect by causing an abortion of the fetus, if one has formed.

### **26.5 Intra Uterine Device (I.U.D)**

A coil or some similar device is inserted into the uterus. It stays put for long periods and doesn't have to be replaced.

Usually pregnancy does not take place although occasionally it does happen, however the device doesn't harm the fetus in any way.

Sometimes adverse reactions occur due to these devices i.e. pain, inflammation and bleeding, leading at times to permanent infertility.

### **26.6 Tubal ligation**

The tubes that carry the eggs from the ovaries to the uterus (fallopian tubes) are cut and ligated. This simple operation can be done through the vagina, as well as the abdomen.

This is a sure method but reversal operation is usually unsuccessful.

### **26.7 Vasectomy**

In this procedure, done on the male, the tube carrying the sperms from the testicles to the seminal vesicles (Vas deferens) is cut on both sides and sutured. This operation takes less than half an hour, is done under local anaesthesia and no rest or special care is required afterwards. The chances of pregnancy occurring after a reversal of this operation are very few. However, it is not true that the sexual drive or potency is reduced after vasectomy.

### **26.8 Islamic View of Contraception**

Islam allows it if the life of the wife is endangered by pregnancy. The prophet<sup>(1)</sup> of Allah has exhorted the Muslims to produce a large number of children so that Muslims are more in number and a greater force for the good of humanity.



On one occasion when he learned that his companions<sup>(2)</sup> practiced the withdrawal method he didn't forbid them from doing so, but he certainly disapproved by saying "Every soul that is destined to come into this world will surely come (and your attempts at contraception will not stop that)."

Most Islamic scholars are against contraception as a general rule; however the Islamic govt. of Iran thinks to the contrary and has implemented a vigorous program of contraception (so-called family planning) in their country.

---

*(1) May Allah bless with eternal peace*

*(2) May Allah be Pleased*

