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### Early history of fertility control

The history of fertility control can be traced back to 4000 years with the discovery of a prescription for contraception written on an ancient Egyptian papyrus. One of the methods suggested in the Papyrus was the local use of a paste containing ground acacia ( Havemann et. al 1967 ).<sup>1</sup>

From ancient times, people have been using all sorts of barrier methods to prevent pregnancy. Over the countries, women used vaginal pessaries made of crocodile and elephant dung, Pomegranate seeds, bee's wax and numerous other plants and animals materials. Later they used half a lemon to cover up the cervical so. Similarly men used to wear condoms made of intestines of animals. Crocodile dung and a mixture of honey and gum was one of the earliest forms of contraception used in Egypt (Outlook 6th Dec 2004).

Contraception was a topic of discussion among ancient Greek philosophers and poets like Aristotle, Plato, Hesiod and others more than 2400 years ago. They favoured a stationary population in Greek cities and recommended abortion and infanticide for this purpose. In his writing, Aristotle mentioned the local use of oil of cedar, ointment of lead etc was methods of contraception. The first reference to contraception in China is found 1300 years ago. Contraceptives prescriptions are including in a book entitled "Thousand of Gold prescriptions" by Sun Ssu Mo in the 7th century A. D. In ancient Japan, " Misugami " a thin transparent paper disc made of bamboo tissue was placed in front of the cervix to prevent conception. In ancient India, Kama Sastra or the science of the sex dealt with the sex life of men and women. The first documented methods of birth control in India were available about 2000 years ago.

The great physician "Charak" mentioned many contraceptive prescriptions in his writings, one hundred years before the birth of Christ. The first authoritative book on the subject was the " KamaSutro

"by Vastasyana, in the early 4th century A.D. Among later works of this nature may be mentioned the Ratirahasya or "KokaSastra", 'Jayamangala' and 'Panchasavaka'. The important contraceptive agents mentioned in these works were the Kadamba fruit, the seed of red lotus, the old molasses, the seed of carrot, the Palasa flower, the Salmoli flower, the palm leaf, the haldi (turmeric) and salt etc, all to be taken by mouth( Dutta 1977).<sup>2</sup>

## **THE DEVELOPMENT OF FERTILITY CONTROL IN MUSLIM COUNTRIES**

### **PAKISTAN**

The family planning association of Pakistan started its activities in 1953. After the promulgation of marital law in 1958, the population problem was taken up seriously. In 1960, the Ministry of Health inaugurated an interim programme in family planning, which was later merged with the second Five Years Plan of 1960–65. After that the Government drew up a family planning scheme of 284 million rupees for the period 1965–70. This raised the programme to a major national issue ( Aadil 1969 ).<sup>3</sup>

The population welfare planning plan, 1980–83 aimed to reduce the population growth rate from 2.9 percent to 2.7 percent per year in 1984. This plan was funded by the UNFPA and the World Bank. In 1980, the Govt. shifted the family planning programme from the Ministry of Health to the planning division and created National Council for population, Health and Social Welfare under the chairmanship of the president. The press noted that family planning is a health social and economic issue, not a religious issue ( Nortman 1982).<sup>5</sup>

Abortion is restricted but allowed only on mental health and physical illness. Condoms, diaphragm and jelly are supplied and IUDs are inserted free of cost through the family planning clinics for male and females sterilizations, monetary incentives are provided. However, population controls not in satisfactory position. In Pakistan, demographic methods have gained prime importance because of an unprecedented large increase in their population. Pakistan is the ninth most populous country in the world. According to an estimate, its population was 163 million in 2003. The population of Pakistan is growing at a rate of 3.0%, which is among the highest in the world. Every year, more than 3.37 million new individuals are added. Due to this population explosion, Pakistan is least able to provide large additions of youngsters with food, clothing and education and of young adults with jobs housing and other consumer essentials while trying to break out of the vicious circle of poverty. Pakistan is among those countries that first of all started government sponsored population control programmes. But in the last 30 years, after spending nearly five billion rupees on population control campaigns. They have failed to restrain the rate of population growth.<sup>4</sup>

### **IRAN**

In Iran, the Family Planning Programme was initiated in the early 1960, of this Muslim country when the government recognized the population problem. In the country's fourth plan, the objective of the family planning was described as promotion of the physical, mental, social and economic welfare of the families and also that of society. Accordingly, the Ministry of Health provides training to medical personnel and established family planning services through clinics all over the country. In 1973 sterilization for social medical reasons were legalized. After the recent political change in Iran, however, there has been a great setback in the family planning programme. In the Islamic Republic of Iran, after the over throw of the Shah in 1979, the new fundamentals leaders dismantled the country's earlier Family Planning Programme and introduced Pro-natalist policies. They soon realized their mistake, as the population rate soared, increasing by almost 40 percent in a decade. In the late 1980s, they made an abrupt about turn, promoting modern methods of contraception, including the pill, IUDs and condoms. Later, even implants and sterilization were permitted. Today, Iran has one of the most successful family planning programmes in the world. Sterilization operations for social and medical reasons are legalized.

## **INDONESIA**

Even the male sterilization (vasectomy) female tubectomy, along with implants (Norplants) and injectable (Depo Provera) are currently used in Indonesia's family planning programme. Indonesia is a Muslim religion country. Indonesian religious leaders promote the virtues of birth control. In the 1960s Indonesia had a standard of living longer than ours.

Today, the annual population growth rate is a manageable 1.4 percent a year (India's is close to 2%) and the Indonesian per capita income above than ours. Indonesia, with the largest Muslim population of any country in the world (190 million), has had one of the most successful population stabilization programmes, far more successful than ours. A major reason for the success has been the government's ability to convince the Indonesian religious leaders that family planning and population control was in the national interest. So much so that a Fatwa was issued approving the IUDs as a birth control measure. In October 1983, almost 22 years ago, a national conferences of the Ulamas (religious leaders) passed a resolution stating, Islamic teachings justify family planning for the betterment of health conditions of mother and child, to make the child healthy intelligent and devout.

## **TUNISIA**

Tunisia has successful family planning programme. It is the only Islamic nation where polygamy (having more than one wife) is banned by law. In the matters of family planning methods, there is not opposition from the religious leaders. As result, Tunisian women have been empowered as perhaps in no other developing country in the world.

All forms of family planning programme such as condoms, oral contraceptive pills jellies, injection of Depo- Provera, male and female sterilization and other modern and traditional methods are accepted.

## **MOROCCO**

The legal age of marriage is raised to 18, for men and women; a woman was given the right to ask for divorce, and polygamy, though still allowed. In family planning centers, run by the government and NGOs, the reproductive health needs of women are addressed and youngsters given advice on modern contraceptive methods. In the last 10 years, Morocco's annual population growth rate has come down from 1.9% to 1.6%.

## **MALAYSIA**

The Malaysian federation of Family Planning Association was founded in 1958. In 1962, the Social Welfare Lotteries Board provided funds for Family Planning. In 1965, the Federation set up headquarters and intensified Family Planning activities.

## **BANGLADESH**

Bangladesh, after its independence in 1971, gave highest priority to a population control programme in its first five-year plan. (1973-78). The government adopted a comprehensive policy in June 1976 giving high priority to population control programmes. These include construction of family welfare centers promotion of delayed marriages and small family norms, and the provision of voluntary sterilization services and community incentive programmes. (Nortman 1982).<sup>5</sup>

In addition, the original Family Planning Programme has been expanded to include voluntary and private agencies and paramedical trained field workers. Oral contraceptives, diaphragms, jellies and condoms are supplied and sterilization are performed, and IUDs are inserted free of cost. Injectable contraceptives are also available. Free legalized abortions are carried out to save the mother's life.

## **INDIA**

In the pre-independence era in India, the British Government undertook no elaborate Family Welfare Programme. After Independence in 1947, the Govt. of India was seized of the problem of the country's vast population and its potential for further growth.

India became the first country in the world to formulate a demographic goal and take up a government sponsored Family Planning Programme as early as 1951, in conjunction with the first five

year development plan (1951-56). In 1962-63, during the third five year plan period there was a major change of strategy in the Family Planning Programme. In place of the "clinic approach" an "extension approach" was taken up. Necessary education for the FPP was now brought to every eligible couple by vast army of motivated workers, and contraceptive services were made available to willing couples as near to their doorstep as possible

In India has traditionally sought to promote responsible and planned parenthood through voluntary and free choice of family planning methods best suited to individual accepters. In April 1996, the programme was renamed the Reproductive and Child Health programme and given a new orientation to meet the health needs of women and children more completely. The programme now aims to cover all aspects of women's reproductive health throughout their lives, with regard to family planning the new approach emphasizes the target -free promotion of contraceptive use among eligible couples, the provision to couples of a choice of contraceptive methods including condoms, oral pills, IUD's, male and female sterilization and the assurance of high quality care. An important component of the programme is the encouragement of adequate spacing of births with at least three years between births. (Ministry of Health and Family Welfare).

#### **IS FAMILY PLANNING PERMISSIBLE IN ISLAM ?**

In the middle ages, Islam approved of the idea that a woman should not have children except of her own free will. Birth control was mentioned in early Arabic medical literature and its practice was approved by Arabic society. Abu Bakar- Al- Razi, a great Persian physician of the middle ages, thought contraception worthy of discussion and a legitimate part of medical practice. He suggested coitus interruptus and vaginal douching. Ali- Ibne- Abbas, Ismail -al- Jurijani and others also wrote on contraception. No Quranic text forbids prevention of conception. These are however, some Quranic verses which prohibit infanticide and these are used by some Muslims to discourage birth control, but contraception does not amount to killing a human being. These verses in fact were revealed to forbid the pre- Islamic Arab practice of killing or burying alive a newborn child (particularly a girl) on account of the parent's poverty or to refrain from having a female child. **Perhaps in those days, people did not know safe methods of contraception and early abortion.**<sup>6</sup>

Hadish(sayings by Mohammad Sahib), the principal of preventing conception was accepted in those sayings of the Prophet which allowed some of his followers to practice Azl or coitus interruptus. This Hadish embodied the earliest legal reasoning of Muslims on contraception and were essential instruments of argument in later Islamic thought on contraception. There is a sufficient number of Hadish on contraception. The most commonly quoted ones are the following. According to Jabir "We used to practice Azl in the Prophet's lifetime while the Qura'an was being revealed. Umar- Ibny -Khattab said "The prophet forbid the practice of Azl with a free woman except with her permission."

According to Judamah- bin- Wahab, there when the Prophet was with a group saying "I was about to prohibit the Ghilla (intercourse with a woman in lactation) but I observed the Byzantines and the Persians, and saw them to it, and their children were not harmed. They asked him about coitus

interrupts, and the Prophet replied that it is a hidden infanticide. This Hadish reflect two points first that the Prophet knew about the practice and did not prohibit it, and second that the Prophet himself permitted the practice.

## REVIEW OF LITERATURE

Muslim jurists do not speak with one voice on the question of birth prevention on it's lawfulness. on conditions for practice and on methods that may be used

Some scholars of the Prophet's tradition like Ibn-y-Majah and Ahmad agreed that coitus interrupts was permitted by the Prophet. There is no doubt that earliest follower of the Prophet practiced Azl, this practice was within his knowledge. The Grand Mufati of Jordan, Shaykh Abdu Allah al - Qalqili, issued a fatwa in 1964 in which he said, there is agreement among the exponents of jurisprudence that coitus interrupts as one of the methods for the prevention of child bearing is allowed. We confidently rule in this Fatwa that it is permitted to take measure to limit childbearing. Muslim leader Dr. Ismail Balgun of Nigeria's University of Ibadan, wrote about the lawfulness of modern contraceptive methods.

In Islam A Holy book Qura'an suggested that " Kill not your children for fear of want, we provide sustenance for them and for you" the killing of them is a great sin (Qura'an Shareef Al-Ishra, Sura 17: 31).<sup>7</sup> Muslims must know that these verses were Allah's admonition to Muslims to desist from infanticide, particularly of the girl child. It is true that through the centuries some Muslims have equated family planning with infanticide and thus concluded it was forbidden in Islam. Another tradition reported by Jabir bin Abdullah says: We used to practice Al-Azl(coitus interrupts)during the time of Prophet Mohammad. The Mohammad came to know about it.Prof. Abul Rahim Omran, former chief population advisor to the world renowned Al Azhar, Islamic University, Cairo, points out, that Islam not only permits but actively encourages, non-reversible forms of birth control practices.From the Qura'an and the traditions of the prophet, Prof Omran proceeds to show that between the seventh and the 19th century, the majority opinion among all the major schools (Islamic institutions) of Islamic jurisprudence such as Hanifi, Maliki, Shafai, Hanbali (all Sunni), Zaidi, Imami and Ismaili (all Shiya) was that Al- Azl was permissible in Islam. For the large majority of Islamic jurists (Jumhour al -ulama) health, economics, emotional well being and cultural responsibilities were all valid grounds for preventing pregnancy. The minor Zahiri and Ibbadi were the only opposing for population control.

1n modern methods of contraception, Islamic scholars have consistently argued that current day methods of birth control such as contraception Pills, IUD's etc are as acceptable so long as the purpose is to prevent pregnancy. Infact many are of the opinion that modern methods are preferable. Abortion is considered impermissible in Islam except for health reasons, in which case the same is mandatory. And on the question of abortion, there is difference of opinion: while for one school, abortion is not permitted 40 days after conception, for the other the time limit stretches to until 120 days after conception. On the Indian sub continent there have been important voices for planned families.

Shah Abdul Aziz says in his famous book "Tafsir of Quraan" in 19th century. **The use of medicines before or after coitus for preventing contraception is as lawful as Al- Azl**

The 500 religious scholars who codified Islamic law during the time of Mughal Emperor Aurangzeb were agreed that contraception was permissible with the consent of one's partner. It decided that Monogamy is the best way to avoid too many children. In recent decades, international conferences on Islam and family planning Rabat, Morocco 1971, Banjul Gambia 1979, Dakar Senegal 1982, Acche Indonesia, 1990; Mogadishu; Somalia 1990, attended by Islamic scholars from the middle East, the far East, Asia and Africa arrived at the conclusion that not only did Islam permit certain forms of family planning, but also encouraged Muslims to practice it. For years now, family planning has been officially promoted in many proclaimed Islamic states, including Shiya majority Iran and Sunni majority Indonesia, Pakistan and Bangladesh are held up as population control success stories.

Indonesia, Iran, Tunisia and Morocco are only four of several Islamic countries, Bangladesh, Pakistan, Malaysia, Turkey, and Egypt are other where family planning is widely practiced, using modern methods of contraception including sterilization. Abortion admittedly, remains a controversial area, but some of these countries permit it if the health of woman is in danger. (Rahul Singh 9th April 2005, The times of India ).<sup>8</sup>

**But question is that if other Muslim countries are accepting contraception and FPM then why Indian Muslim is opposing to Family Planning Methods?**

What are the reasons? Are these religious, social, economical or others causes? **It should take a lead in enlightening Muslims in India with what is happening in the Islamic world.** Many Muslims including religious scholars have misperceptions about family planning within the context.

**This article is an effort to clear these misconceptions that many Muslims have about the lawfulness and religious of birth control in Islam.**

## **SUGGESTIONS**

**When Muslims are avoiding the use of any family planning methods due to the religious causes then what they should do?**

In those conditions, there are so many traditional methods are available which can use by the couples of every community, religion and regions. Natural family planning methods are available which do not use any appliance of medicine, some of these methods have been practiced throughout the world from pre -historic times. Even today natural methods are much more likely practiced by couples

then have been statistically, medically, socially, and off course religiously proved. NFPs are used even today by educated, well motivated couples and Muslims.

The traditional terms "Safe Period" and "Rhythm Method," the two designated methods of family planning based on periodic abstinence. NFP methods are also commonly known as periodic abstinence or fertility awareness based method.

### **Rhythm Method:-**

The rhythm method also called the calendar method is based on the Ogino-Knaus theory that ovulation takes place about  $14 \pm 2$  days before the next period. However, variations in the menstrual cycle are not rare in adolescents and premenopausal women, and at the times of stress, travel, medication and illness. Because at least 20% of women have abnormal cycles, a record of the first day of menstruation called day one should be kept by marking on a calendar for 6 months. The longest and shortest cycles should be noted. In a woman having a regular 28 day cycle, the unsafe period is from day 7 to 21. The chance of pregnancy is at its minimum (10 per 100 women) when coitus is avoided between day 7 and day 21. The chance of pregnancy is at its minimum (10 per 100 women) when coitus is avoided between day 7 and day 21. If couples avoid coitus during unsafe period and woman having regular menstrual cycles the chance of pregnancy can be reduced by using the rhythm method.

### **Basal Body Temperature Method:-**

This method is based on the fact that after ovulation, the progesterone level in the blood rises, increasing the basal metabolic rate and causing a rise of temperature by  $0.5-0.8^{\circ}\text{F}$  or  $0.2-0.4^{\circ}\text{C}$  in the luteal phase. Ovulation occurring 2-3 days after the rise of basal temperature may be due to early luteinization of an unruptured follicle and late discharge of ovum. The majority view is that basal temperature rise mostly occurs soon after ovulation.

The woman should record her temperature everyday before getting up in the morning and before washing or taking any food. A thermometer of the ordinary or the special type should be kept under the tongue for few minutes.

Couples are advised to meet 3 days after the temperature rise in post ovulatory phase. They should abstain from coitus, intercourse in the pre-ovulatory and ovulatory phases.

Other Natural Family Planning Methods are cervical mucus method, Dorai Raj's modified mucus method and Symptothermal method, which can be accepted by Muslims and others.

### **Withdrawal Method:-**

Withdrawal method or coitus interruptus (Al-Azl) means discharge of semen outside the female genitalia at the end of intercourse.

This is one of the oldest methods of birth control and was practiced even by primitive tribes such as Tonga of Africa and Saudi Arabia. In the 18th & 19th centuries, the withdrawal method played an important role in reducing birth rates in Europe and England.

The withdrawal method has been mentioned without condemnation in the Hadith and Quranic writings of the Holy prophet Mohammad Sahib.

This method of contraception is not barred by the Roman Catholic and is widely practiced by Catholics throughout the world. Coitus interruptus is a perfect method of contraception but premature ejaculation is the only contraindications.

### **Vaginal douching:-**

In olden days, vaginal douching was quite popular. A variety of appliances including wall-cans, bulb syringes and whirling spray were used for the purpose. The douching solutions were plain water mixed with vinegar, alum, salt, soap or even coca-cola. Pregnancy rates varied from 20-41 per 100 woman years (Tantun 1978) The high failure rate is due to the ineffectiveness of the douche is flushing out all sperms and rapid entry of sperms into the upper genital tracts. It has been found that sperms enter the cervical mucus within 90 seconds of ejaculation.

Apart from its relative ineffectiveness it interrupts the relaxation which normally follows intercourse and increases anxiety and tension. The apparatus used is also an embarrassment in most households.

### **Abstinence (Natural Family Planning):-**

Its place in fertility control is debatable among couples of reproductive age. Even though consideration regarding the health of one of the partners often leads to abstinence i.e. stoppage of intercourse. Occasional biological necessity in weak moments leads to pregnancy only to the embarrassment of the couple. Hence even if a couple desires to observe abstinence, they should be advised about contraception in case they meet. There are no possible side effects as from drugs, devices, chemical and surgery. There is no financial cost .NFP may improve the marital relation and it involves the man's co -operation .NFP is morally, culturally, socially and religiously acceptable in any society, where other methods of contraception are not allowed. Once learned properly, NFP does not need any follow up or supply of contraception. NFP can be used both for avoiding pregnancy or achieves it when desired. Recent studies by WHO (1993) have proved that NFP methods are suitable for uneducated & villagers peoples.

## **Lactational Amenorrhea Method (breast feeding)**

This method is based on the fact that a woman is not fertile and unlikely to become pregnant during full lactational amenorrhea until her baby is six months old. Full lactation involves breast-feeding both during the day and at night with no regular supplement feedings of any type. Chance of pregnancy increases if there is no full lactation or when menses return or at six months postpartum, whichever comes first. Use of this knowledge for contraception is called LAM. The contraceptive effect of prolonged and full lactation is a physiological phenomenon.

The anti-fertility effect of lactation largely depends upon the frequency and distribution of nursing episodes throughout the day and night and the time the baby spends sucking the breast. Amenorrhea lasts longer and ovulation is delayed in the women who breast feed more frequently at night as well as during the day, and for longer time (Qura'an Shareef)

LAM effectively prevents pregnancy for at least 6 months and perhaps longer time if woman keeps breast feeding often day and night. It can be used immediately after delivery. There is no interference at the time of sexual intercourse. No extra cost is needed for Family Planning. Every religion of world gives the permission. There are no any hormonal side effects. It is useful for other health benefits for Mother and Child.

## **Conclusion**

This is in brief the review of religions and jurists opinions about contraception in Islam that, there is no doubt that the earliest followers of the prophet practiced "Azl" this practice was with in his knowledge and he did not forbid it.

The early Muslim religion followers were few and financially, socially weak in the midst of a vast majority of aggressive and oppressive people. The good of the Muslims the required that there should be a call for the multiplication of their members, in order that they might be able at the time to fulfill their responsibilities in defending the mission of Islam and protecting the true religion of Allah against the power and multitudinous adversaries threatening it. But now we find that condition have changed. Islam as the religion of restive nature, has never been opposed to what is good to man. Indeed it has always been ahead in the effort towards the achievement of this good so long as it is not in conflict with the purposes of Allah's law.

Family planning understood by Islam is not opposed to marriage or to the begetting of children, nor does it's concept imply disbelief in the doctrine of fate and divine dispensation for Allah, Almightily has

bestowed reason upon man to enable him to distinguish between the useful and the harmful, and to help him follow the path that would assure him happiness in this world as well as in world to come. The Azl (withdrawal method, or coitus interrupts) and periodical abstinence particularly in mid-cycle and breast feeding are best natural methods of contraception. Although these methods have a good place in Indian and can be used by Muslim couples. These methods need have no special training, involve no religious bar and suit shy villagers and Muslim couples, who are reluctant to use modern contraceptive methods such as oral contraceptive pills, IUD's ,condoms or even sterilization.

**It should be remembered that something is better than nothing.**

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