

1.1 Foreword

The Quran and Hadees provide guidance in all affairs of life. It is imperative for a Muslim to study the Quran and Hadees, understand them, and make these principles a part of his daily life.

Allah has also provided us with guidance in the social field, as well as the moral and political areas. However the most important job of Muslims is to ensure governments which are honest and just.

The most important human relationship is that of marriage. It is through this institution that the procreation and training of the human race comes about. So its no wonder that the Quran and Hadees give us important guidance on this matter. But it is unfortunate that our authors, teachers and imams avoid this topic in their discourses due to a false sense of embarrassment. Moreover most of them are not well versed in the field of medicine and psychology. Therefore it's only people who have knowledge of both religion as well as medicine who should come forward to speak and write on the subject.

In my daily practice I come across many who suffer severe anxiety and depression about their supposed physical and sexual incapacities due to lack of knowledge about the body and its functioning. There are many who are racked by guilt because either, they have no religious knowledge on sexual



matters or are affected by the misunderstandings that are generally present in the society and which are actively encouraged by sex quacks and so called hakeems. Not only unmarried youngsters, but also married people, sometimes with many children, suffer from these guilt complexes. The cause of this is obvious. We do not get any sexual knowledge in the home, the school or college as both parents and teachers are too embarrassed to talk about the facts of life. The knowledge on the subject contained in the Quran and Hadees is also not available to us as the reading of the Quran and Hadees is usually limited to the Arabic only. There is also a dearth of reliable books on the subject. The few that are published do not get read as widely as needed due to the embarrassment that even the possession of such a book causes.

The Quran and Hadees have adequate information on sexual matters, only if we would turn to them for education and especially read the translation along with the original Arabic.

We have included in this book all passages referring to sexual matters from the Quran, Hadees and Fiq. These passages provide guidance to married as well as unmarried youngsters. If one reads this matter it would be easier to maintain proper physical and sexual health, along with an enjoyable marital life. The reading of this matter as well as using it in one's life will be considered equal to worship.

I have utilized information given in the book entitled Sexual Health by Dr. Abdul Hai, besides Quran, Hadees and Fiq. The following psychologists have been especially helpful to me in compiling the book: Mrs. Nasreen Qasim, Mrs. Sameena Baber and Mr. Mohd. Siddiq. I am also indebted to other people who have help in this endeavor. This book includes matter from my two previous books. One was in Urdu and entitled "The special problems of youngsters – before and



after marriage”. The second was in English with the name “Psycho-sexual disorders in Pakistan”. We have combined both these books in this edition. Thus here is provided sexual education to the general public, as well as guidance to doctors, on how to treat psycho-sexual problems.

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