

## Fourteen Centuries of Precautions against COVID-19

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### Abstract:

Coronavirus disease-2019 (COVID-19) was detected in Wuhan, China and spreading all over the world within few months. From a religious point of view, Islam gave teachings to prevent infections and face pandemics 14 centuries ago. These teachings are applied now by the World Health Organization (WHO) to control COVID-19.

### Introduction

A small creature came to the world, imposing its authority, challenging countries with their power, and forcing everyone to stay at home and who think to go out will endanger themselves. It is Corona Virus disease-2019 (COVID-19). While the world was waiting for the New Year 2020, cases of severe acute pneumonia of unknown cause were detected in Wuhan and reported to World Health Organization (WHO) Country Office in China [1]. This new disease was discovered to be caused by a novel type of coronaviruses that is transmitted easily by droplet infection. COVID-19 started to spread worldwide and confirmed as a pandemic by the WHO on 11 March 2020 [2].

However, is it new for us to have a pandemic? The answer is no, since the first moment the human beings have been on the Earth, they compete with billions of organisms, including bacteria, viruses, fungi, and parasites. However, sometimes these organisms are strange and strong enough to overcome the defense mechanisms of us, causing multiple diseases ranging from mild subclinical symptoms to death. The rules to face such situations are not new. From a religious point of view,

Islam gave teachings to prevent infections and face pandemics 14 centuries ago. These teachings are applied now by the WHO to control COVID-19.

Islam has given the greatest priority to the life of the Muslim and keep him safe. Allah says in the holy Qur'an: "And spend in the way of Allah and do not throw [yourselves] with your [own] hands into destruction [by refraining]. And do good; indeed, Allah loves the doers of good". {Al\_Baqara: 195}.

In normal daily life, Muslims must pray five times daily. This pray is preceded by ablution, which means cleaning parts of the body; the hands, mouth, nostrils, face, arms, hair, auricles and feet. In addition to ablution, lave is also needed in certain situations. Lave is ablution in addition to washing the whole body. It is a must after menses in females and sexual intercourse in both sexes. Besides, it should be done every Friday.

Not only that but also Islam encouraged Muslims to be clean. Prophet Muhammad said: "Did you see that if a river in the door of one of you bathed every day five times, would anything of his tubers remain?" This is another clear reflection from the Islamic instructions that helps

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Muslims to wash their parts of the body that are exposed to organisms. At this time, Islamic practices that emphasize the purity of the body could help reiterate the importance of hygienic practices along with the use of soap or hand sanitizer to reduce one's vulnerability to the new virus. That is, in case the Muslim is healthy, what about in case of sickness? Prophet Muhammad told his companions that the sick must not be in contact with the healthy. Also, the Muslim must search for the treatment wherever it presents.

Nowadays, all governments imposed quarantine and prevented traveling to and from their countries. However, this is not a new idea for Muslims. Prophet Muhammad said: "If you hear about the plague in a land, do not enter it, and if happened in it while you are in, do not go out escaping from it." Religion scientists say that "Plague" in this Hadith means any disease that leads to the death of too many people.

For centuries, pandemics have continued to sweep the world. If people are unable to confront them, some of them tend to invent other means that they believe are miraculous. Unless human beings are guided by the light of true guidance and the right science, they will inevitably fall into the trap of superstition. It is no secret that they will drag them; here is an example of wrong strategies that were first condemned by the Islamic religion before epidemiological and disease research proved them serious, including the following:

The world was invaded in the middle of the 8<sup>th</sup> century by the black

plague. The historians of Egypt said about the measures taken by the people to prevent the disease:" No one in this epidemic needed drinks, medicines or doctors because of the speed of death, People gathered in the mosques to pray, carrying flags and Qurans, and the Egyptians went to the Prayer of Kholan in Qarafa. The need to pray to God to remove the affliction is not denied by anyone but not in such a way. Prophet Muhammad said: "the sick camel should not be taken to the healthy one." Today, after the development of epidemiology, we realize that this meeting was a major cause of the spread of the epidemic.

These steps mentioned above indicate the extent of the confusion and misguidance in which man falls when he depends on superstition and deviates away from the way, which is guided by the correct prophecy. At times, the doctors of the whole world have been unable to explain why the epidemic is spreading, even though it has been more and more deadly to more than one-third of the population of Europe and spread simultaneously in Asia and the Near East to show later that the optimal handling of it required the adoption of only two principles, (Quarantine and Personal hygiene).

## References

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**Citation:** Ahmed M. Abbas. et. al, (2020), "Fourteen Centuries of Precautions against COVID-19", *Arch Health Sci*; 4(1): 1-2.

**DOI:** 10.31829/2641-7456/ahs2020-4(1)-152

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