Family Planning FATWA

Jordanian Ifta’a Department

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Family planning by using spacing between pregnancies is allowed (JA’EZ) in Islam if it is based on satisfaction of both spouses. Jaber (May Allah be pleased with him) said: “We used to practice Coitus interrupts (AZL) at the time of prophet Mohammad (peace be upon him) when the Qura’an was being revealed.” Ishaq added: “Sefian said: if it was prohibited, it would be prohibited in Qura’an (mentioned in Qura’an).

Narrated by Muslim and Termethel

" كنا ننزل على عهد رسول الله صلى الله عليه وسلم والقرآن ينزل، زاد إسحق قال سفيان: لو كان شيء ينهى عنه نهان عن
القرآن" رواه الترمذي

Coitus interruptus (AZL) means to ejaculate sperm outside the uterine. This method was one of the contraceptives known at that time. Based on this, each modern method discovered by science - like pills, injections, IUD or implants - is allowed in Islam if physicians recommend it and there is no evidence of ill effects or risks on users’ health.

This method was allowed in Islam (JAEZA) for family planning and spacing between pregnancies or even to protect the mother’s health and to have a healthy birth free of disease. Islamic SHARI’A encourages healthy births such that the mother and baby have bodies free of deformities, disability or diseases. SHARI’A does not simply encourage an increase in numbers, but a healthy population, even if that means less increase.

Thus, Islam asks Muslims to select healthy spouses when getting married so their sons and daughters will be healthy and good. Prophet Mohammad (May Allah be pleased with him) said: “The nations are about to flock against you (the Muslims) from every horizon, just as hungry people flock to kettle.” They said: “Will we be few on that day?” He said: “No, you will be many in number, but you will be scum, like the scum of flash- flood, without any weight, since fear will be removed from hearts of your enemies, and weakness (WAHN) will be placed in your heart.” They said: “What is (WAHN)?” He said: “Love of life and hate of death.”

" توشك الأمم أن تدعا عليكم كما تدعا الأكلة إلى قصعتها، قبل: أمن قلة نحن يومندن، قال بل أنت كثير ولكن كفء النسيل
ولنتن عن المهابة متمم ولبئذن الوهن في قلوبكم قلوا وما الوهن؟ قال حب الدنيا وكراهية الموت"

The hadith (prophetic teachings) indicates that Islam doesn’t want the weak multitude without weight and value between nations.

Also Islamic SHARI’A asked Muslims to use one of the family planning methods in confirmed cases, including risk to the mother’s life or harm to the baby through risky communicable disease, deformity or disability. This would protect the power of the Muslim nation and its affairs.

Scientists agreed that fertility control, meaning fertility disability, is prohibited in Islam (Haram), as well as anything that leads to it, such as female and male sterilization. Othman Bin Math’oun said: “Prophet Mohammad, I’m hardly affected because I’m not married. Could you allow me to do male sterilization (IKHTESA’A)?” He said: “No, but you have to fast.”
In Ifta’a and Islamic Studies and Research Council decision no.2010/17, the following was agreed:

The basic SHARI’A root is derived from the evidence in the Qura’an and SUNNA, stating that use of any permanent contraceptive method that could lead to loss of fertility is prohibited. It was mentioned in SAHEEHAIN that prophet Mohammad (May Allah be pleased with him) prohibits IKHTESA’A (male sterilization); based on that, anything leading to the loss of fertility at all, or removal of lust is also prohibited, even if the cause is poverty or wanting to avoid having more children.

However, certain cases are excepted if physicians decide that a pregnancy would threaten a woman’s life or affect her health. Only in this case is female sterilization surgery allowed.