

WOMENS HEALTH AND MIDWIFERY

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Suitable lifestyle effects on women's sexual health: focus on Islamic lifestyle

Mohammad Rabbani Khorasgani

University of Isfahan, Iran

Despite ongoing attempts to manage and prevent STDs, many people still experience their human and financial costs. It appears that women are more likely to experience the physical and psychological effects of STDs. STD development and dissemination are influenced by human lifestyle, particularly sexual relationship lifestyle. The survival of infectious agents in the body and environment, as well as the rate at which infections spread, are all impacted by lifestyle. Additionally, human lifestyle is related to the amount and quality of sexual interactions, as well as the onset age, various sorts, freedom or restrictions of sex connections. It is crucial to pay attention to the relationships between religion, lifestyle, and sexual relations because religion can be seen as a significant component influencing human living. Islam, a religion with a thorough plan for human life, expresses key ideas for many human relationships, such as sex relationships that have a good impact on sex health and STD prevention and control.

There are Islamic general recommendations, guidelines, or regulations that have positive effects on sex health, such as the necessity of paying attention to one's health, avoiding activities that are harmful to one's health, paying attention to others' rights, the positive effects of Islamic ethics and jurisprudence "Feghh" on maintaining and promoting one's health, the requirement to wash one's body before participating in certain Islamic rituals (cleanliness is the start of praying: ablution), and the The insistence that prevention is preferable to treatment, the significance of medicine, and preventing non-scientific interventions on human health.

Additionally, there are certain guidelines and rules in the Islamic lifestyle that may have an impact on the prevalence of STDs, particularly in women. These guidelines include: 1. Promoting marriage at the earliest possible age and emphasizing the importance of the family as a fundamental social unit, 2. Moderation in life: Neither reckless behavior nor asceticism, 3. Human body cleanliness and hygiene against dirty substances including blood, urine, excrement, and semen, 4. A discussion of societal customs and how they affect the prevention of virus spread, 5. The prohibition of jobs that could lead to undesirable outcomes including the emergence and spread of infections, 6. Particular guidelines for treating sex as a necessary aspect of life: Enhancing chastity (It is prohibited to have sex in public or in front of children and it is also important not to reveal specific details about one's self-intimate relationship to others), prohibiting sex during a woman's period, prohibiting alcohol consumption, and thus preventing uncontrolled consumption of alcohol are all legal sexual activities that are restricted to marriage. More interdisciplinary research is deemed necessary to explain the strong influences of a healthy lifestyle on the prevention and control of STDs, particularly in women.

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Biography

Mohammad Rabbani Khorasgani is a professor of microbiology at the University of Isfahan, Iran. He has DVM and PhD in microbiology. He has published more than 70 articles about infectious diseases, evaluation of natural materials effects for prevention and control of diseases especially infectious diseases. Many of his researches focused on probiotics. He has some interdisciplinary articles especially about, bioethics, Islamic lifestyle and health relationship.

m.rabbani@biol.ui.ac.ir