

wild and sexual passions will be aroused. They should spend their time properly so that they do not get arousing and lustful ideas. They can keep themselves busy with physical exercise, pure recreation, sensible reading and religious lessons.

### Good company

It is important to select good and pious friends and companions. Such friends may guard us from erring and although they are rare, they are found everywhere. Search for such company and let yourself spend time with them. Remember that people imitate their friends. Therefore, to strengthen your Imaan, character and physique, keep away from evil companions and adopt the company of virtuous people.

### Act on medical advice

Doctors of medicine give the following suggestions on how to restrain lustful desires and sexual urges.

- Have cold baths in summer.
- Pour cold water on the penis in other seasons.
- Engage in physical exercises and sports. (Some doctors recommend special exercises to curb lustful desires).
- Abstain from spices and all types of food that excite sex.
- Cut down on tea, coffee and invigorating beverages.
- Reduce intake of meat and eggs to a minimum.
- Do not lie down flat on the back or on the stomach. Rather lie on the right side in compliance with the Sunnah.

### Fear Allah ta'aalaa

When Fear of Allaah ta'aalaa is rooted in a person, all sinful and evil acts will be shunned. One will then realise that Allah is always watching, and is aware of everything, whether apparent or hidden. One will take account of every act of disobedience and omission of duty and will know that Allah will punish the disobedient from His Creation.

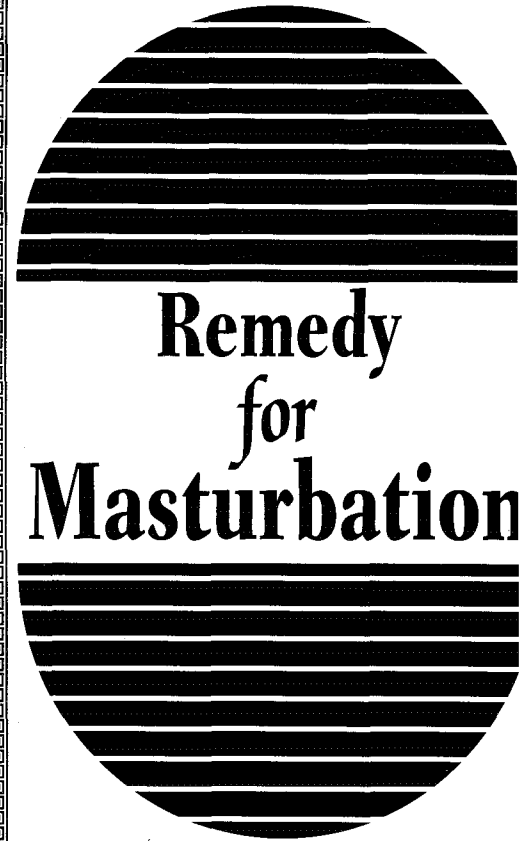
Young people must attend gatherings where Allah ta'aalaa is eulogized. One must offer one's fardh Salaah and make it a habit to offer nafl Salaah and recite the Qur'aan on a regular basis. One must cultivate the Fear of Allah, the habit of muraaqabah (meditation), and the realisation of Allah's Majestic Powers. This is possible when one accustoms oneself to rising in the latter portion of the night for the tahajjud Salaah, keeping optional fasts, listening to the chronicles of the Sahaabah *radhiyallahu anhum*, spending time with pious people, keeping contact with the righteous and remembering death and the Hereafter. Therefore, develop such habits so that you are not drawn into temptation and sensuality. Remember that the punishment for disobedience and sinning is the Fire of Jahannam.

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# Remedy for Masturbation

by Shaykh Habeebullab Mukhtaar

An article extracted from the  
monthly journal – Riyādul Jannah

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

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The anathema of masturbation is very common among young and adolescent boys. One reason for this habit is the unrestricted movement of women on the streets, in the market places and at recreation centres. Women go about in tight-fitting and revealing garments, unmindful of the presence of men.

Obscene scenes in plays and films promote sexual self-indulgence. Periodicals and magazines that contain romantic and sexual matter lead young boys and girls to shamelessness and immodesty.

Youngsters who are not inspired by the Fear of Allah ta'aalaa and of the consequences of their actions, are apt to gratify themselves by committing fornication and other unlawful acts, or by resorting to self-indulgence. These harm the body, the mind and affect one's psychological health.

### **Physical health**

A person who masturbates becomes weak and thin, palpitation increases and his memory becomes weak. The digestive system is impaired and inflammation of the lungs occurs. One may also become anaemic.

### **Sexual health**

Impotency is the natural outcome of masturbation. A boy who has indulged in

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the habit of masturbation is not capable of marriage when he grows up. If he does marry, his wife hates him and often husband and wife may divorce. If the woman is pious, she will become depressed and if she is not, she will resort to unlawful acts.

### **Psychological and mental health**

A person who masturbates will suffer psychological problems and is liable to mental illnesses like forgetfulness, loss of memory, weak determination, preference for solitude, extreme shyness and fear, being sorrowful and possibly contemplate some serious crime or even suicide.

### **Injunctions of Sharee'ah in this regard**

The act of masturbation is despicable. It is a grave sin and is unlawful. The noble Qur'aan commands the guarding of private organs. With the exception of sexual intercourse with one's wife, all forms of sexual satisfaction are unlawful and these include fornication, adultery, homosexuality and masturbation, or any other sexual perversion. On the day of Qiyaamah, the perpetrators of such acts will suffer a dreadful punishment and will be deprived of the Mercy of Allah ta'aalaa.

### **The remedy for this disease**

Early marriage is a perfect, beneficial and natural remedy for this dangerous addiction.

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### **Optional fasts**

If for some reason it is not possible to marry at an early age, voluntary fasts may be kept. By fasting, lustful thoughts are curbed and thus one's sexual urge is reduced. Further, fasting promotes Fear of Allah ta'aalaa and creates humility.

There are various kinds of voluntary fasts. One is the Sawme-Daawoodi (the fast of Daawood *alayhis salaam*) which means fasting every alternate day. Fasts can also be observed on Mondays and Thursdays, six days during the month of Shawwaal, the ninth and tenth of Muharram, or on any other day (besides the five prohibited days).

### **Shun whatever excites sexual thoughts**

Young people destroy themselves when they pursue things that incite emotions and become like animals in fulfilling their desires. It is essential for young people to keep away from gatherings and opportunities that may arouse their sexual passions, or where they may come across women in revealing or tight-fitting attire. They must abstain from listening to romantic tales or reading pornographic novels and magazines, hearing music and indecent songs or viewing such films.

### **Engage in fruitful pursuit**

Adolescents and teenagers should not sit alone when they have nothing to do. This will allow their imaginations to run

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