

## Book Review “Infectious Diseases from an Islamic Perspective and A Collection of Short Stories” (Malay Version)

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### Introduction

Health-related books written in Malay are relatively lacking in the market. Not to mention books that revolves around health and its connection with the Qur'an and the Sunnah of the Prophet Muhammad SAW. The strength of this book lies in its uniqueness that integrates the knowledge of Naqli (knowledge sourced from the hadith and the Quran) and Aqli (knowledge obtained from rational thought) from different angles. It starts with a short story, followed by easy-to-understand health facts and ends with an Islamic perspective. The way of presentation is simple and not too scientific but full of information can help readers, especially among the general public, to understand infectious diseases, how to treat and prevent them.

This book is the result of academic writing from the Faculty of Medicine and Health Sciences and the Faculty of Quran and Sunnah. Each writer shows good talent in explaining issues related to infectious diseases so that the reader can easily understand them. The idea of publishing this book is in line with USIM's desire to highlight Islamic Science in various aspects. Islam is a perfect religion. Every problem that occurs today has been covered in the Quran, about 1400 years ago. Western society proved that the isolation of patients with infectious diseases can reduce the risk of the spread of the epidemic. However, this matter has been practiced since the time of the Prophet SAW. There are many more things that have been proven by Western scientists that actually prove the truth of the Quran. This book uses a slightly different approach from existing books. To make it more understandable, each chapter is preceded by a short story that tells about a disease. After that, the reader will be served with a simple fact and also the comments of religious experts about the disease involved. Infectious diseases are diseases caused by microorganisms or germs such as viruses, bacteria, fungi, parasites and worms. Examples of bacteria such as *Mycobacterium tuberculosis* (whooping cough), *Leptospira interrogans* (rat urine) and *Salmonella typhi* (typhoid); viruses such as influenza, hepatitis and HIV; fungi such as *Candida albicans*, *Aspergillus fumigatus* and *Cryptococcus neoformans*; and parasites such as *Trichomonas vaginalis*, *Toxoplasma gondii* and *Giardia lamblia*. Various types of worms can also cause infectious diseases, especially among children. Germs infect humans by entering the human body either through broken skin, respiratory tract, alimentary tract or any body cavity. Some infectious diseases can spread from one individual to another, for example through contact, sex and from mother to baby in the womb. There are also diseases spread by insect bites or animals. Other ways of spreading the disease include consuming contaminated food or drink, dirty air, blood transfusions and sharing syringes. Once germs enter the body, the human immune system will try to act to kill the germs involved. For those who have a good immune system, antibodies will be produced to fight and kill those germs. Signs and symptoms vary according to the organism causing the infection, but fever and malaise are the most

common symptoms. Mild infections such as coughs and colds can be treated with rest and medicines from the clinic. While serious infections require intensive treatment in the hospital. Some infectious diseases such as measles, chicken pox and hepatitis B can be prevented with vaccines. In addition, personal hygiene, residence and environment should be taken care of. Washing your hands properly and regularly also helps protect yourself from infectious diseases.

There are two types of transmission that can cause disease in a person. The first is direct spread, which is individual to individual (by contact or mixing body fluids such as blood, saliva, semen and so on). The second is water droplets in the air when you cough or sneeze. Indirect spread occurs through contaminated objects, vectors (aedes mosquitoes, rats), contaminated food and drink and the environment, namely soil, water and air. Human Immunodeficiency Virus or HIV was discovered in 1981 among homosexual practitioners. It is a type of dangerous retrovirus that attacks the body's immune system in general and white blood cells T (CD4) and macrophages in particular. The body's immune system is important to fight any germs that enter the body. Patients infected with HIV are called HIV-positive, while Acquired Immune Deficiency Syndrome (AIDS) is a syndrome that occurs as a result of HIV infection. HIV invades and replicates in CD4 cells and macrophages. At the end of the HIV infection spectrum, the immune system declines until the body is no longer able to fight any infection, including harmless germs (opportunistic infections). The condition of HIV infection with opportunistic infection is called AIDS. It is estimated that more than 34 million people in the world have HIV, and 2.7 million new cases every year with 2 million deaths due to AIDS. As of December 2010, it was reported that there were 77,064 HIV patients in Malaysia. An average of 10 new HIV cases are reported every day with a ratio of two women for every eight men. Global AIDS Response data (2015) also shows that HIV is transmitted through sex (50%) and injection needles (50%). The government introduced various AIDS prevention programs to overcome the HIV problem. In conclusion, this book is the result of the combined ideas of religious and medical experts from Universiti Sains Islam Malaysia. A relaxing exercise but loaded with various useful messages in terms of medicine and Islam. Each topic begins with a short story to make it easier for readers to appreciate and understand infectious diseases such as tuberculosis, influenza and dengue.

## Reference

Hana Maizuliana Solehan & Nurul Azmawati Mohamed (Editors). *Penyakit Berjangkit Daripada Perspektif Islam & Koleksi Cerpen (Malay Version)*. Nilai: Penerbit USIM. 2020.