

Short Communication

Masturbation in the light of Islam and Christianity - allowed or not?

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Received: 27 March 2016

Revised: 07 May 2016

Accepted: 10 May 2016

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ABSTRACT

One of the interesting and intention seeking topic most commonly discussed all over the world regarding its allowance in Islam and Christianity. Masturbation has been thought as one of the means for releasing stress. However, wanking frequently because of lust obviously has some side an effect medically about which a lot of research works still needs to be done. Some medical experts believe that it may lead to infertility if performed frequently; with decreased sperm count, volume and density. Islam has forbidden the act of masturbating and considered it an act of sin. The reason it is called a sin is due to the overwhelming probability that the individual could get involved in adultery. Both religions endorse the fact that marriage helps to avoid adultery. However, masturbating temporarily decreases sperm count, that is why, if you visit fertility clinics for sperm analysis, they ask you not to masturbate or have sexual intercourse for more accurate assessment. The only time where reduction in sperm per ejaculate becomes an issue clinically is if a couple is having difficulty to conceive, in which case the first suggestion a physician would make is for the man to abstain from masturbation between sessions of sexual intercourse (if there is any concern that this is contributing to fertility issues). Frequent masturbation may also lead to auto-erotic asphyxia. Autoerotic or sexual asphyxia, a potentially lethal sexual practice, refers to sexual arousal that is produced while reducing the oxygen supply to the brain.

Keywords: Autoerotic or sexual asphyxia, Wanking, Sexual immorality

INTRODUCTION

One of the interesting and intention seeking topic most commonly discussed all over the world regarding its allowance in Islam and Christianity. Masturbation has been thought as one of the means for releasing stress. However, 'wanking' frequently because of lust obviously has some side effects medically about which a lot of research work still needs to be done. Some medical experts believe that it may lead to infertility if performed frequently; with decreased sperm count, volume and density. Islam has forbidden the act of masturbating and considered it an act of sin. The reason it is called a sin is due to the overwhelming probability that the individual could get involved in adultery. Both religions endorse the fact that marriage helps to avoid adultery. However,

masturbating temporarily decreases sperm count, that is why, if you visit fertility clinics for sperm analysis, they ask you not to masturbate or have sexual intercourse for more accurate assessment. The only time where reduction in sperm per ejaculate becomes an issue clinically is if a couple is having difficulty to conceive, in which case the first suggestion a physician would make is for the man to abstain from masturbation between sessions of sexual intercourse (if there is any concern that this is contributing to fertility issues). Frequent masturbation may also lead to auto-erotic asphyxia. Autoerotic or sexual asphyxia, a potentially lethal sexual practice, refers to sexual arousal that is produced while reducing the oxygen supply to the brain.¹ There are some of social and parental effects regarding masturbation as well. Upon establishment of understanding by parents regarding child

maturity, abnormal sexual behaviors of a child can be avoided. Evidence-based information is lacking and, therefore, safety management is advised when a clinician is confronted with childhood masturbation.^{2,3} We deduce that normal psychosexual development, as well as environmental and individual factors, should be considered in the assessment and management of childhood masturbation.

Verses from Quran and Ahadees

- Allah says in the Holy Quran, Chapter 17, Surah Israa verse 32: 'Do not even go near adultery for it is a very indecent thing and a very evil way.' Here, most scholars admit that masturbation is one of the events leading to adultery. So Allah forbids of all ways leading towards adultery.
- The Prophet (peace and blessings be upon him) is reported to have said, 'O youth, whoever of you can afford to marry, let him marry, for it spares one looking at what one should not, or lapsing in adultery. And if he cannot afford, let him fast, for it is a shield against evil.' (Reported by Ibn-iMesut).
- Those who guard their sexual organs except with their spouses or those whom their right hands possess, for (with regard to them) they are without blame. But those who crave something beyond that are transgressors. (Al-Mu'mun: 5-7). Commenting on these verses, some scholars of Shafi and Maliki hold the view that masturbation is forbidden.

Verses from Bible

- Matt 5:28-29 (NIV) (Jesus): But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart. If your right eye causes you to sin, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell.
- Eph 5:3 (NIV) But among you there must not be even a hint of sexual immorality, or of any kind of

impurity, or of greed, because these are improper for God's holy people.

- Th 4:2-8 (NIV) For you know what instructions we gave you by the authority of the Lord Jesus. It is God's will that you should be sanctified: that you should avoid sexual immorality; that each of you should learn to control his own body in a way that is holy and honorable, not in passionate lust like the heathen, who do not know God. For God did not call us to be impure, but to live a holy life. Therefore, he who rejects this instruction does not reject man but God, who gives you his Holy Spirit.

CONCLUSION

From above mentioned verses, it becomes clear that frequent use of masturbation is prohibited in both religions. However, in our society, we have to learn to control our desires in a way that is holy and honorable.

Funding: No funding sources

Conflict of interest: None declared

Ethical approval: Not required

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Cite this article as: Assad S, Mujtaba S, Yousaf A. Masturbation in the light of Islam and Christianity - allowed or not? *Int J Sci Rep* 2016;2(6):136-7.