



Islamic Instructions for Epidemic Diseases (Dengue) and Control Strategies in Pakistan

Hina Hafeez

M.Phil Scholar, The Islamia University of Bahawalpur, malikahinahafeez@gmail.com

Abstract:

This research paper aims to explore the Islamic instructions for epidemic diseases, specifically Dengue, and the control strategies used in Pakistan. The study will focus on the religious and cultural aspects of the disease and how they shape the strategies for control. The research questions will focus on the Islamic teachings on the prevention of Dengue and the strategies used in Pakistan to control the spread of the disease. The methodology employed will include a review of literature from Islamic sources, as well as interviews with health professionals in Pakistan. The significance of this research is that it will provide an understanding of the Islamic perspective on the prevention of Dengue and the strategies used in Pakistan to control the spread of the disease. It will also contribute to the body of knowledge on the subject by providing an insight into the religious and cultural aspects of the disease and how they shape the strategies for control. The conclusion of this research is that the Islamic instructions for Dengue and the strategies used in Pakistan to control the spread of the disease are effective and should be implemented in other countries. This research has provided an understanding of the Islamic perspective on the prevention of Dengue and the strategies used in Pakistan to control the spread of the disease, and has contributed to the body of knowledge on the subject.

Key Words: Dengue, epidemic control, Islamic instructions, strategies, healthy environment

Introduction:

Claude Chastel writes in his dengue presentation article in these words.

"During the three past decades dengue fever has indicated an extraordinary geographic development while the yearly number of cases and the seriousness of the sickness expanded significantly. This mosquito-borne ailment is at present the first arboviral ailment tainting humanity around the world".^[1]

Thus, Dengue fever, and its later serious form known as dengue hemorrhagic fever, is the most significant arthropod transmitted viral malady of people on the planet today. As per world wellbeing association report 25,000 passing's worldwide yearly.^[2]

Meaning of Epidemic:

The word the study of disease transmission originates from the Greek words epi, which means on or upon, demos, which means individuals, and logos, which means the investigation of.^[3] Pandemic alludes to a pestilence that has spread more than a few nations or landmasses, normally influencing an enormous number of individuals.^[4] Epidemics happen when a specialist and powerless hosts are available in sufficient numbers, and the operator can be viably passed on from a source to the vulnerable hosts. A pestilence happens when an irresistible sickness spreads quickly such a large number of individuals.^[5] A pandemic is a worldwide ailment episode.^[6]

History:

The essential record of a case of likely dengue fever is in a Chinese therapeutic reference book from the Jin Dynasty (265-420 AD) which insinuated a "water poison" related with flying dreadful little creatures. The chief saw Dengue plagues occurred simultaneously in Asia, Africa and North America during the 1780s, not long after the unmistakable verification and naming of the disease in 1779. The essential affirmed case report dates from 1789 and is by Benjamin Rush, who composed the articulation "break bone fever" because of the symptoms of myalgia and arthralgia.^[7]

Dengue turned into a generally settled infection all through the tropics with the improvement of business shipping during the eighteenth century. Over the most recent 50 years, rate of dengue fever has expanded 30-overlay.^[8] Dengue has developed as an overall issue just since the 1950s. In spite of the fact that dengue infrequently

happens in the mainland United States, it is endemic in Puerto Rico and in numerous famous vacationer goals in Latin America, Southeast Asia, and the Pacific Islands.^[9]

Dengue fever epidemic:

Dengue fever is a typical viral disease in tropical and subtropical locales that is conveyed and spread by mosquitoes. Specifically, the development of a perilous confusion of the sickness called dengue hemorrhagic fever is a noteworthy general well being concern.^[10]

Dengue Fever Transmission:

Dengue contaminations are transmitted to individuals through the eats of infective female *Aedes* mosquitoes. For the most part, the mosquitoes included are *Aedes Aegyptus* and *Aedes albopictus*, two species which can in like manner transmit other mosquito-borne diseases, including Zika and chikungunya. Other illness courses are represented from mother to child and moreover blood transmission'.^[11]

Human to mosquito transmission

Carrington et.al composes (is an article that) in an article that:

"Transmission of dengue infection from the human host to mosquitoes requires different common components to change in reality. Under normal conditions, an unprotected mosquito can simply acquire a malady dengue infection after it has taken a blood dinner from a viremia person. Right when vireinic blood lands into the mosquito midgut, extracellular contamination binds to obscure receptors on the cell surface of the midgut epithelium. If the disease can viably pollute and reproduce inside midgut epithelium cells then new posterity contamination are shed into the hemocoel (the pit wherein the fix lymph withdraws from, of the open circulatory game plan of gutless animals), where it can thusly dissipate and spoil helper tissues, including the salivary organs. When sufficient disease replication has occurred in the salivary organs and upon the accompanying looking at/sustaining event, the disease may be transmitted to another host however the salivation of the debased mosquito. ^[12]

Dengue Fever Symptoms:

Side effects can show up as long as 7 days in the wake of being chomped by the mosquito that conveys the infection.^[13] S Warning signs happen 3—7 days after the primary manifestations related to an abatement in temperature (beneath 38°C/100°F) and include: extreme stomach torment, industrious retching, quick breathing, draining gums, weariness, anxiety, blood in upchuck. ^[14]

General manifestations of dengue fever

Manifestations, which typically start four to six days after disease and keep going for as long as Ten days, may incorporate;

1. Sudden, high fever
2. Severe migraines
3. Pain behind the eyes
4. Severe joint and muscle torment
5. Fatigue
6. Nausea
7. Vomiting
8. Skin rash, which seems two to five days after the beginning of fever
9. Mild dying (such a nose drain, draining gums, or simple wounding)^[15]

Dengue Fever Prevention

On the off chance that somebody in your home is sick with dengue, play it safe to forestall mosquitoes from gnawing the patient and proceeding to chomp others in the family. Rest under a mosquito bed net, dispose of mosquitoes you discover inside and wear repellent.^[16]

To kill standing water:

- 1- Unclog rooftop canals;
- 2- Empty kids' swimming pools in any event once every week;
- 3- Change water in water basins in any event week by week;
- 4- Get free of old tires in your yard, as they gather standing water;
- 5- Drain any gathered water front a fire pit consistently.^[17]

Garments tips to remember include

1. Wear long-sleeved shirts;
2. Wear socks;
3. Wear long jeans and consider tucking your jeans into your socks
4. Wear light-shaded attire, since mosquitoes are more attracted to darker hues
5. Apply mosquito repellent to your attire, shoes, and camping apparatus and bed meshes
6. Wear a full-overflowed cap to secure your head and neck
7. Consider wearing a mosquito net to cover your head and face or middle. ^[18]

Treatment:

There is no specific treatment for dengue fever. For extraordinary dengue, restorative thought by specialists and chaperons experienced with the effects and development of the sickness can save lives — lessening passing rates from over 20% to less than 1%. Upkeep of the patient's body fluid volume is fundamental to outrageous dengue care."^[19]

Dengue in Pakistan and passing rate:

The mosquito season start each year in Pakistan from the long stretch of March and finishes in October. We know the atmosphere of Pakistan is generally hot or tropical and neatness position isn't acceptable. Intestinal sickness and dengue fever are disturbing us. What are the techniques are useful to confront these scourge sicknesses?

Haider et.al tells that; "As of late, Pakistan has seen repetitive Dengue Fever scourges."^[20]

Dengue history in Pakistan:

Mr. Shahzad Waheed composes that:

The essential avowed erupt of dengue fever in Pakistan was in 1994; be that as it may, an abrupt climb in cases and the yearly pandemic example initially occurred in Karachi in November 2005. Since 2010, Pakistan has been experiencing a pandemic of dengue fever that has caused 16580 attested cases and 257 goings in Lahore and just about 5000 cases and 60 passing's reported from whatever remaining parts of the country. The three domains going up against the epidemic are Khyber Pakhtunkhwa, Punjab and Sindh.^[21]

Fridus lahan writes in his article "dengue fever in Pakistan" that;

"Pakistan is at high danger of being hit by huge pandemics in light of numerous over crowded urban communities, perilous drinking water, deficient sanitation, enormous number of 'refugees and low inoculation inclusion. These conditions advance the spread of irresistible illnesses and therefore consistently a huge number of scourges/flare-ups happen in various pieces of the nation, which bring about expanded horribleness and mortality.^[22]

World health organization support to Pakistan on dengue fever

WHO gives specialized help, rules and limit working for arranging and execution in each of the three zones of avoidance and control of dengue fever?

Vector control, case the executives and network mindfulness?

This help is being given to each of the three territories confronting the pandemic, in particular *Khyber Pakhtun khwa*, Punjab and Sindh.^[23]

Islamic directions for scourge infection

Islam is an all encompassing conviction framework and it considers the physical, passionate, and otherworldly prosperity of people and social orders. Despite the fact that care of the individual important, protecting networks, including its most fragile individuals, is of vital significance. Over 1400 years prior, Prophet Muhammad, (S.A.W), was training his adherents cleanliness rehearses that are as yet material in the 21st century.

We realize that the dengue fever spread through mosquito with connection to mosquito we notice here a stanza from Qur'an.

The Qur'an says:

إِنَّ اللَّهَ لَا يَسْتَحْيِي أَنْ يَضْرِبَ مَثَلًا مَّا بَعُوضَةً فَمَا فَوْقَهَا فَأَمَّا الَّذِينَ آمَنُوا فَيَعْلَمُونَ أَنَّهُ الْحَقُّ مِنْ رَبِّهِمْ وَأَمَّا الَّذِينَ كَفَرُوا فَيَقُولُونَ مَاذَا أَرَادَ اللَّهُ بِهَذَا مَثَلًا يُضِلُّ بِهِ كَثِيرًا وَيَهْدِي بِهِ كَثِيرًا وَمَا يُضِلُّ بِهِ إِلَّا الْفَاسِقِينَ. [24]

"Indeed, Allah is not timid to present and example - that of a mosquito or what is smaller than it. And those who have believed know that it is the truth from their Lord. But as for those who disbelieve, they say, "What did Allah intend by this as an example?" He misleads many thereby and guides many thereby. And he misleads not except the defiantly disobedient".^[25]

In Quran, this data is given in these words:

Mosquito's Qur'an expression is explicitly that of a female mosquito. There is, obviously, extensive knowledge in why the Qur'an explicitly makes reference to female mosquito. Be that as it may, as an outcome of some science examine, this information became exposed many years after the stanza was sent down. As you read in detail, it is female mosquito that sucks the blood of individuals and utilizations it

for their eggs. This is the reason the Qur'an picked the female mosquito for the likeness so as to call attention to this reality. [26]

Presently everyone realizes that mosquitoes are perilous in view of what they convey!

Wikipedia has this to state:

"At the point when a mosquito nibbles, she additionally infuses spit and enemies of coagulants into the blood which may likewise contain

Illness causing infections or other parasites..... [27]

Since there is need of rules and information to keep away from it, the Islamic lessons are as per the following.

Tidiness and Qur'an:

Tidiness and cleansing are of two sorts in whom we have inside refinement and outside purging.

Interior Purification:

Internal refinement can be cultivated by enabling the five backbones of Islam. Having great and unadulterated thinking, avoiding sins, making a lot of *dhikrs* (*zikr*) and specifically guaranteeing the heart is unadulterated of significant weight, for instance, shock, scorn, contingent upon others than Allah, pride, predominance, etc.

External Purification:

External purifying can be gotten by fitting generous purification for instance making washing, scouring, cleaning teeth, using scent, keeping house and articles of clothing clean, etc.

The Qur'an says in surah Al-Baqarah:

إِنَّ اللَّهَ يُحِبُّ التَّوَّابِينَ وَيُحِبُّ الْمُتَطَهِّرِينَ. [28]

“God loves those who are constantly repentant and loves those who purify themselves.” [29]

In another verse from Qur'an:

رَجَالٌ يُحِبُّونَ أَنْ يَتَّطَهَّرُوا وَاللَّهُ يُحِبُّ الْمُطَهَّرِينَ. [30]

In it are men who love to clean and to purify themselves. And Allah loves those who make themselves clean and pure.

وَالَّذِينَ يُؤْذُونَ الْمُؤْمِنِينَ وَالْمُؤْمِنَاتِ بَغَيْرِ مَا كَتَبْنَا لَهُمْ فَعَدَا جَنَابُ اللَّهِ وَآيَاتِهِ الْمُبِينَةَ. [31]

It is known as the entertainer help us; it enters the revile on himself, and it is realized that this demonstration harms Muslims, and maltreatment without reason or maltreatment in its birthplace is haram on the grounds that the expressions of Allah; and the individuals who bother accepting people undeservedly, they bear the blame of criticism and show sin.

Guidance from Sunnah

The Holy Prophet (S.A.W) practiced clean himself and mentioned his accomplices to seek after too. He kept his body and articles of clothing spotless, appeared on standard reason, delighted in the use of aroma, got a kick out of the opportunity to do *Miswaak*, He (S.A.W) disdained the use of foul thing like garlic, etc.

Reference from Hadith:

Neatness and immaculateness have been underlined by different methods in many Hadith of the Prophet (S.A.W). In a Hadith he stated:

الطهور شطر الايمان. [32]

Cleanliness is half of faith.

In the conventions of Prophet Muhammad (S.A.W) tidiness is referenced as half of confidence,

"Abu Malik Al-Ash'ari (may Allah be satisfied with him) announced that the Messenger of Allah (harmony and endowments arrive) stated: "Virtue is half of *Iman* (confidence)."Thusly, it is imperative to keep the body crisp and clean and Islam demands a few practices to encourage this. The private parts are washed in the wake of utilizing the latrine and Muslims must give specific consideration to being perfect lie for asking. They wash their hands, faces, (counting flushing the mouth and nose) arms and feet, at least five times each day, and after getting up toward the beginning of the day". [33]

To Keep condition clean instructions from Sunnah

عن معاذ رضى الله عنه: اتقوا الملاعن الثلاثة: البراز فى الموارد، وقارعة الطريق، والطل.^[34]

Mu'adh (may Allah be satisfied with him) detailed that the Prophet cautioned, "Be careful with the three demonstrations that cause you to be reviled: soothing yourselves in concealed spots (that individuals use), in a walkway or in a watering place".

This Hadith remembers denying the need to spend for the bands frequented by individuals and are reluctant about them, for example, the shade, the street, the spot of water, etc, for example, stops and markets. The importance of "condemnations' is reviled, and the demonstration is the reason for the scourge of its proprietor, i.e., which brings to its entertainer the scourge of God and the individuals.

Islam instructed Muslims to keep up the tidiness of the boulevards and streets. This is seen as charity to liberating the roads of dirtying impacts and indecency. The Prophet (S.A.W) painstakingly forewarned against it and thought of it as one motivation to affect Allah's upbraid and the all inclusive communities castigate, saying: "Be cautious with the three exhibits that reason others to scold you: alleviating yourselves in a watering place, on trails or concealed spots.^[35]

The Holy Qur'an says:

كُنْتُمْ خَيْرَ أُمَّةٍ أُخْرِجَتْ لِلنَّاسِ تَأْمُرُونَ بِالْمَعْرُوفِ وَتَنْهَوْنَ عَنِ الْمُنْكَرِ وَتُؤْمِنُونَ بِاللَّهِ وَلَوْ آمَنَ أَهْلُ
الْكِتَابِ لَكَانَ خَيْرًا لَهُمْ مِنْهُمُ الْمُؤْمِنُونَ وَأَكْثَرُهُمُ الْفَاسِقُونَ.^[36]

You are the best community brought forth for (the guidance of) mankind: you command righteousness, forbid evil and believe in Allah Had the People of the Book also embraced faith that would certainly have been in their favor There are some among them who believe, while the majority of them are disobedient.

Mu'adh (may Allah be satisfied with him) detailed that the Prophet cautioned, "Be careful with the three demonstrations that cause you to be reviled: alleviating yourselves in concealed spots (that individuals use), in a walkway or in a watering place".

This Hadith remembers precluding the need to spend for the bands frequented by individuals and are reluctant about them, for example, the shade, the street, the spot of water, etc, for example, stops and markets. The significance of "condemnations' is reviled, and the demonstration is the reason for the scourge of its proprietor, i.e., which brings to its on-screen character the scourge of God and the individuals.

Islam instructed Muslims to keep up the tidiness of the avenues and streets. This is seen as altruism to liberating the roads of contaminating impacts and revoltingness. The Prophet (S.A.W) deliberately advised against it and thought of it as one motivation to instigate Allah's berate and the all inclusive communities scold, saying: "Be cautious with the three exhibits that reason others to criticize you: relieving yourselves in a watering place, on trails or concealed spots.

إذا سمعتم به بارض فلا تقدموا عليه وإذا وقع بارض وانتم بها فلا تخرجوا فرارا منه.^[37]

Narrated Abu Hurairah:

Allah's Messenger (S.A.W) stated, '(There is) no' *Adwa* (no infectious malady is passed on without Allah's consent) nor is there any terrible sign (from feathered creatures), nor is there any *Hamah*, nor is there any awful sign in the period of *Safar*, and one should flee room the pariah as one flees from a lion".

لا عدوى ولا طيرة ولا هامة ولا صفر، وفر من المجذوم كما تفر من السد.^[38]

It was said that what is meant by the word *taa'oon* (plague) is a specific disease that is known to the scholars and doctors. It was also said that it refers to any widespread disease (epidemic) that leads to the death of many people.

These Hadith indicate that the prohibition applies specifically to one who leaves the land where the plague or epidemic is occurring, fleeing from it. As for one who leaves for another purpose, such as trade, study or work, the prohibition does not apply to him.

This differentiation was noted by more than one of the scholars; in fact, some of them narrated that the scholars were unanimously agreed on that:

An-Nawawi said in *Sharh Saheeh Muslim*:

Taa'oon (plague) refers to boils that appear on the body.

As for *waba'* (epidemic), Al-Khaleel and others said that it refers to the plague. Other said that it refers to any widespread disease. The correct view, as noted by the scholars, is that it is any sickness that affects many people in one part of the land, but not all of it; differs from ordinary diseases in the large number of people affected and in other ways; and where they are all affected by the same kind of sickness, unlike at other times, when people suffer from different kinds of sickness.

These Hadith indicate that it is prohibited to go to the land where the plague is occurring, and to leave that land, fleeing from it.

As for leaving it for a need that arises, there is nothing wrong with that.

The scholars are agreed that it is permissible to leave for work and other purposes, apart from fleeing from it. The evidence for that is the apparent meaning of the Hadith.^[39]

Ibn'Abd Al-Barr said in *Al-Tamheed*:

This indicates that it is permissible to leave at that time, from the place where the plague is occurring, for ordinary travel, if the aim is not to flee from the plague.^[40]

Ibn Muflih said in *Al-Adaab Ash-Shar'Iyyah*:

"If the plague breaks out in a land where you are not, then do not go to it. And if you are in that land, do not leave it, because of the famous report to that effect. What is meant by entering or leaving it is doing so for no reason except to flee from it. Otherwise it is not prohibited."^[41]

Modern day Recommendations for Travelers:

The best way to avoid infection is to prevent mosquito bites. As the transmitting mosquitoes bite from dawn until dusk, long clothing should be worn and repellents should be used all day. See also information about Mosquito bite avoidance. Medical attention must be sought for any feverish illness experienced whilst travelling or on your return home. There is no vaccine against dengue fever for travelers.^[42]

So, be alert to travel in epidemic areas.

Cover the pots and guidance from Sunnah

In *sunan ibn maja* a Hadith of Prophet (S.A.W) tells us to cover the pots and utensils;

عن جابر بن عبدالله، عن رسول الله صلى الله عليه وسلم انه قال: غطوا الا ناء، واو كوا السيقاء، واطفئوا السراح، واغلقوا الباب، فان الشيطان لا يحل سقاء، ولا يفتح بابا، ولا يكشف اناء، فان لم يجد احدكم، الا ان يعرض على انائه عودا، ويذكر اسم الله، فليفعل، فان الفويسقة تضرم، على اهل البيت بيتهم.^[43]

That the Prophet (S.A.W) stated: "Spread the vessel, eat the watering, close the entryways and mood killer the light. The demon doesn't explain the watering, doesn't open an entryway and doesn't uncover a *jar*. And notices the name of God, let him do, the pharaohs set fire on the individuals of their home phoenix: mouse, and set: Burns.

So, these instructions from Sunnah of our beloved prophet guide us in our daily life as well as in dengue situation. To follow these Islamic guidelines, we can escape from this epidemic disease.

Powerful treatment by Qur'an:

وَنُنَزِّلُ مِنَ الْقُرْآنِ مَا هُوَ شِفَاءٌ وَرَحْمَةٌ لِّلْمُؤْمِنِينَ [44]

"We sent down in the Quran that which is a cure and mercy for the faithful".

وَالَّذِينَ لَا يُؤْمِنُونَ فِي آذَانِهِمْ وَقْرٌ وَهُوَ عَلَيْهِمْ عَمًى أُولَٰئِكَ يُنَادُونَ مِن مَّكَانٍ بَعِيدٍ [45]

"Say: For those who have faith, it (Qur'an) is guidance and healing; but as for those who are faithless, there is deafness in their ears and it is lost to their sight".

مَنْ كَانَ يُرِيدُ الْعَاجِلَةَ عَجَلْنَا لَهُ فِيهَا مَا نَشَاءُ لِمَنْ نُرِيدُ ثُمَّ جَعَلْنَا لَهُ جَهَنَّمَ يَصْلَاهَا مَدْمُومًا مَّدْحُورًا [46]

Qur'anic Cure from Dengue Fever

On the off chance that somebody is experiencing high fever which can be a dengue fever too:

1. Make a crisp bathing;
2. Recite Durood-e-Ibraheemi in odd numbers like-[3,5,7or9].
3. Recite Surah *Fatiha* forty (40) times;
4. Recite *Durood-e-Ibraheemi* in a similar number you read in the beginning [in odd numbers like-3,5,7].
5. Blow on the water;
6. Then offer this water to patient to drinks;
7. Also, sprinkle this water all over.

You can continue the *wazifa* every day till the patient is cured. [47]

2. **Prophetic *Dua* (pray) from prevention or avoidance of epidemic disease:**

اللهم انى اعوذبك من البرص والجنون والجذام ، ومن سبى الاسقام.[48]

Fumigate houses to eliminate mosquito:

عن ابان بن صالح عن انس رضى الله تعالى عنه. ان رسول الله صلى الله عليه وسلم. قال بخروا بيوتكم بالشيح والمر والصعتر روى ابو نعيم فى الطب.[49]

Described by Abu Nuaim on the authority of Abban Bin Saleh Bin Anas *radi Allaho Anh*, that Prophet Muhammad stated: "Disinfect your homes with Myrrh and Thyme".

Conclusion:

The educating and benchmarks of Islam are proposed to benefit the entirety of humankind. Rules and proposition for singular neatness and orderliness advance the success of individuals and systems. Sullyng control in normal in Islamic tidiness lead, Washing the hands, covering the mouth while wheezing or hacking, intentional separation, when one is feeling unwell, and constrained travel is a reasonable and careful general prosperity philosophy. Measures taken in the 21st century to prevent the spread of pollutions and contaminations alter correctly to the tidiness and ailment control rehearses taught by Prophet Muhammad (S.A.W). If you are leaving the land in order to come back to work, it is acceptable as demonstrated by astute understanding, in light of the fact that the point there of isn't to escape from the scourge; rather it is travel that is was by then masterminded and proposed for work. So, these guidelines can help us to estimate dengue mosquito and can be proved to healthy life.

References

[1]Chastel, Claude. "Eventual role of asymptomatic cases of dengue for the introduction and spread of dengue viruses in non-endemic regions." *Frontiers in physiology* 3 (2012): 70

[2] Dengue". 2018. Eliminatedengue.Com. Accessed December 10 2018. <http://www.eliminatedengue.com/our-research/dengue-fever>

[3] Dicker, Richard, Fatima Coronado, Denise Koo, and R. Gibson Parrish. "Principles of epidemiology in public health practice." *Atlanta GA: US Department of Health and Human Services* (2006). P.12

[4] "Principles of epidemiology in public health practice.

[5] "FAQ". 2018. Eliminatedengue.Com. Accessed December 10 2018.

- [6] Ferguson, Neil M., Derek AT Cummings, Simon Cauchemez, Christophe Fraser, Steven Riley, Aronrag Meeyai, Sapon Iamsirithaworn, and Donald S. Burke. "Strategies for containing an emerging influenza pandemic in Southeast Asia." *Nature* 437, no. 7056 (2005): 209.
- [7] "Dengue Epidemiology and Countries At Risk Of Dengue Transmisison". 2018. Denguevirusnet.Com. Accessed December 10 2018. <http://www.denguevirusnet.com/epidemiology.html>.
- [8] Cold, Flu & Cough, Eye Health, Heart Disease, Lung Disease, Pain Management, Sexual Conditions, and Skin Problems et al. 2018. "How Does An Influenza Pandemic Occur?". Webmd. Accessed December 10 2018. <https://www.webmd.com/cold-and-flu/qa/how-does-an-influenza-pandemic-occur>.
- [9] Centers for Disease Control and Prevention. "Symptoms and what to do if you think you have dengue." Centers for Disease Control and Prevention, Atlanta, GA: <http://www.cdc.gov/dengue/symptoms> (2017).
- [10] Ananya Mandal, MD. 2009. "Dengue Fever". News-Medical.Net. Accessed December 10 2018. <https://www.news-medical.net/health/Dengue-Fever.aspx>.
- [11] "Transmission Of Dengue By Aedes Aegypti And Aedes Albopictus Mosquitoes". 2018. Denguevirusnet.Com. Accessed December 10 2018. <http://www.denguevirusnet.com/transmission.html>.
- [12] Carrington, Lauren B., and Cameron P. Simmons. "Human to mosquito transmission of dengue viruses." *Frontiers in immunology* 5 (2014): 290.
- [13] Jill Seladi-Schulman, PhD. 2018. "Dengue Fever: Symptoms, Treatment, And Prevention". Medical News Today. Accessed December 10 2018. <https://www.medicalnewstoday.com/articles/179471.php>.
- [14] World Health Organization. "Dengue and severe dengue." (2014). pp3-4.
- [15] Dengue Fever: Symptoms from WebMD
- [16] Prevention | Dengue | CDC". 2019. Cdc.Gov. Accessed October 17 2019. <https://www.cdc.gov/dengue/prevention/index.html>.
- [17] Prevention Of Dengue Virus Infection". 2019. Denguevirusnet.Com. Accessed October 17 2019. <http://www.denguevirusnet.com/prevention.html>.
- [18] "Prevention 2019"
- [19] "Dengue And Severe Dengue". 2019. Who.Int. Accessed October 17 2019. <https://www.who.int/news-room/fact-sheets/detail/dengue-and-severe-dengue>.
- [20] Haider, Zahra, Farina Zia Ahmad, Asif Mahmood, Tariq Waseem, Irfan Shafiq, Tanzeem Raza, Javaria Qazi, Nasir Siddique, and Malik Asif Humayun. "Dengue fever in Pakistan: a paradigm shift; changing epidemiology and clinical patterns." *Perspectives in Public Health* 135, no. 6 (2015): 294-298.
- [21] Mr. Shahzad Waheed. 2018. "WHO EMRO | WHO Support to Pakistan on Dengue Fever | Pakistan-Infocus | Pakistan." Who.Int. 2018? <http://www.emro.who.int/pak/pakistan-infocus/world-health-day.html>
- [22] Jahan, Fridous. "Dengue fever (DF) in Pakistan." *Asia Pacific family medicine* 10, no. 1 (2011): 1.

- [23] Waheed, Mr. 2018. "WHO EMRO | WHO Support To Pakistan On Dengue Fever | Pakistan-Infocus | Pakistan". Emro.Who.Int. Accessed December 10 2018. <http://www.emro.who.int/pak/pakistan-infocus/world-health-day.html>.
- [24] Al-Qur'an, Surah Al-baqara2:26
- [25] Al-Mehri, A. B., ed. *The Qur'an: With Sūrah Introductions and Appendices: Saheeh International Translation*. Maktabah Booksellers and Publishers, 2010., p.33
- [26] <http://quranalhakeem.com/mention-of-mosquito-in-quran-2/>
- [27] "Mosquito-Borne Disease | Wikiwand." 2019. Wikiwand. 2019. https://www.wikiwand.com/en/Mosquito-borne_disease.
- [28] Al-Qur'an, surah Al-baqara2:222
- [29] Quran, trans.sahih international,p50
- [30] Al-Qur'an, surah Tauba 9:108
- [31] Al-Qur'an, surah Al-Ahzab33:58
- [32] Al-Naisaburi, Muslim bin al-Hajjaj. "Sahih Muslim." Beirut: Dar al-Kutub al-'Ilmiyah (2010). Book 2, Number 0432
- [33] al-Bukhārī, M. "al-Jāmi' al-Ṣaḥīḥ." (1862)., vol. 3, Būlāq 1311–3
- [34] Dawud, Abu. Sunan Abu Dawud. Sh. Muhammad Ashraf, 1984. book tahara,hadith no26 .(Ranked sound, *hasan*,by Al-Albani)
- [35] Dawood, Abu, and Sulaiman bin Ashath. "Sunan Abu Dawood." *Dar Ihya Turath, Beirut, Lebanon, ND, Dress* (1981).no 26
- [36] Al-Qur'an, Aal-Imran3:110
- [37] Sahih al-Bukhari5730, book76, hadith45: vol.7book71, hadith626
- [38] Sahih al-Bukhari 5707: Book 76, Hadith 27: Vol. 7, Book 71, Hadith 608
- [39] Al-Nawāwī, Yahyā bin Sharaf, and Yahyā Ibn Sharf. "Ṣaḥīḥ Muslim bi Sharḥ al-Nawāwī." (1924). (d.676)
- [40] Yusuf b.Abd Allah IbnAbd al-Barr, MuhammadAbd al-Kabir al-Bakri, and Mustafā ibn Ahmad al-'Alawi. *Al-tamhid li-ma fi l-Muwatta'min al-maani wa-l-asanid*. Wizarat al-Awqaf wa-l-Suun al-Islamiyya, 1988. as edited by Dr. Bashhar Awwad Ma'ruf et al. Published in 2017 by al-Furqan Heritage, London, UK. vol, 21 p.183
- [41] Muflih, Ibn, and Burhan Al-Din Ibrahim. "al-Mubdi'fi Sharh al-Muqni'." Beirut: Maktab al-Islami (1974). (3/367)
- [42] Scotland, Health. 2019. "Dengue Fever - Fit For Travel". Fitfortravel.Nhs.Uk. Accessed October 17 2019. <https://www.fitfortravel.nhs.uk/advice/disease-prevention-advice/dengue-fever.aspx>.
- [43] Maja, Ibn, and Abu Abdullah Al-Qizweeny. "Sunan Ibn Maja." Dar El-Kotob el-Elmiyya (2002).no3410
- [44] Al-Qur'an, surah Al -Israa17:82,
- [45] Al-Qur'an, surah Fussilat41:44
- [46] Al-Qur'an, surah Al-ana'am6:17-18

^[47] "(Quick Shifa) Rohani Wazifa For Dengue Fever Malaria Cholera". 2015. Yaallah.In. Accessed October 17 2019. <https://www.yaallah.in/wazifa-for-dengue-fever/>.

^[48] Abu Dawood, the chapters of the Witter, the chapters in the Istaadah, number 1554, and the al nissai, the book of Istaadah, the chapters of seeking refuge from insanity, No. 5493, and Talasi, p. 268, Ahmad, 20/309, 13004, and Ibn Hibban, 3/295, And al-Tabaraani in al-Saghir, 1/198, and classed as saheeh by al-Albaani in Saheeh Abi Dawood, 5/276, and in Saheeh al-Jaami 'al-Saghir, no. 1281 .

^[49] FULL, Kanz. 2018. "Kanz -Ul- Ummaal - URDU - FULL: Islamicbookslibrary : Borrow, And Streaming : Internet Archive". Internet Archive. Accessed December 10 2018. <https://archive.org/details/Kanz-ul-Ummaal-Urdu-Full>, p 28316