



Adherence of Islamic values and human immunodeficiency virus prevention

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Letter to Editor

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Dear Chief in Editor

The human immunodeficiency virus (HIV) is lentivirus (subgroup of retrovirus) which causes HIV infection and it acquired immunodeficiency syndrome (AIDS). HIV infection leads to low levels of CD4+T cells through number of mechanisms [1]. Our purpose is to review educative HIV prevention and control as Millennium Development Goal (MDG) and WHO's operational goal. In 2000, when the United Nations Millennium Declaration was made, it was estimated that 36 million adults and 1.4 million children live with HIV with regard to HIV/AIDS among other infectious diseases. Target 6 of MGD suggests: "Combat HIV/AIDS, malaria, and other diseases". Target 6 of MDG had two principal commitments: firstly, to have halted and begun to reverse the spread of HIV/AIDS by 2015; and, secondly, to achieve universal access to treatment for HIV/AIDS among all those in need by 2010. According to our goal we'll check first part. First part of HIV subject indicates:

- 1) HIV prevalence among population aged 15–24 years
- 2) Condom use at last high-risk sex
- 3) Proportion of population aged 15–24 years with comprehensive correct knowledge of HIV/AIDS [1]

Also as the world moves towards target date for the Millennium Development Goals WHO is working with countries to use

the Global Health Sector Strategy on HIV/AIDS for 2011-2015. WHO has identified six operational goals for 2014–2015 to support countries most efficiently in moving towards global HIV targets? Five of them are related to our goal:

- Eliminating of HIV in children and expanding access to pediatric treatment;
- Improved health sector response to HIV among key populations;
- Further innovation in HIV prevention, diagnosis, treatment and care;
- Strategic information for effective scale up.
- Stronger links between HIV and related health outcomes [2].

According to above goals, we know that educative prevention and control of HIV is key

subject because in goals of WHO and MDG has been explained as tangible and intangible but what principles have high efficiency for HIV prevention? Humans would have healthy life style if the adhere principles.

The efficacy of adherence to Islamic values on spread of sexually transmitted infections (STIs) was showed by several studies. According to data of the United Nations and the WHO about HIV infection rampancy in different countries, the outbreak of HIV in Islamic countries is significantly low in comparison of other countries [3]. Data about STIs in Islamic countries are very limited [4]. A checking of articles including data on HIV rampancy and religious affiliation showed that six of seven studies indicated negative

relationship between HIV prevalence and being Muslim [5].

Islamic instructions and opinions about reconstruction of environment, preservation of natural resources, observing personal health, priority of health to treatment, abstinence from risky sexual behaviors and forth have practical implications for AIDS control and prevention so that AIDS as emerging disease might never have developed if there had been commitment to Islam. Noticing availability of resources and instructions in Islam on health and medicine for prevention and fight against diseases such ideas can be utilized for preventing emergence and development of other new diseases. Hence, Islamic instructions can be presented to the world as practical strategies for achieving millennium development goals. Finally, we conclude adherence to Islamic values and conformance of Islamic principles are essential and fundamental for HIV control and prevention.

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