

## Did the Quran Mention COVID-19 Pandemic? Medical and Sanitary Prophylaxis of this Disease

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DOI: [10.15520/jmbas.v8i4.222](https://doi.org/10.15520/jmbas.v8i4.222)

Accepted 11 April 2020; Received 1 April 2020; Publish Online 14 April 2020

Reviewed By: Dr.  
Daniel V.

### ABSTRACT

People around the world have been massively mobilised since the outbreak of a lethal virus called Novel Coronavirus –scientifically referred to as Covid-19-, that the WHO has declared pandemic. As a result, many leaders of countries have responded by announcing and applying protective measures, while mankind and medical workers in particular, on the one hand, are doing remarkably important efforts to save lives, and scientists and researchers, on the other hand, are racing against the time to find a healing cure.

The religious text, in turn, seems to be part of the solution and may be a way to find the medicine required to stop the spread of the virus. A Quranic verse reads: “And We have sent down to you the Book making everything clear, as a guidance, and mercy, and glad tidings to those who submit.” According to the Arab Quran interpreters [1] this verse tells that the Quran has an answer to every possible question.

Based on the aforementioned grounds, this paper tries to know if the Quran has mentioned an answer to the questions on Covid-19, referred to above.

**Key words:** Covid-19–Quran–Prophylaxis.

### 1 INTRODUCTION

A factual feature of the Quranic verses, whether regarded individually or collectively, is that they bear scientific information and facts that many non-Muslim researchers and experts have progressively recognised as true.

Like many Quranic verses, the verses of surah (chapter of the Quran) Al-Muddathir (The cloaked one) seem to bear valuable information on the ongoing pandemic, in that many commonalities between the interpretations of the verses of the mentioned surah and many facts about Covid-19 may be noticed and noted. In this vein, Bessam Djerrar [2], a contemporary Quran interpreter, regards surah Al-Muddathir as the foundation of a better understanding of matters related to today's world. Djerrar's argument seems to be strong enough to claim truthfulness of the idea that surah Al-Muddathir mentioned in detail the Covid-19.

The Quranic discourse style in this particular surah is different than it is in many other suras, since this surah does not start with telling good news and preparing the reader to lend their ears.

This research paper suggests that the Covid-19 pandemic is treated in detail in surah Al-Muddathir. It can be divided

into seven subsections; each representing a stage of understanding Covid-19:

1- Verses 1-7, warning from an imminent threat, provide the anti-pandemic protective measures (sanitary prophylaxis): chiefly, cleanliness of clothing and avoidance of the factors compromising the immune system such as depression. The seventh verse, in particular, urges patience and repentance in hard times.

2- Verses 8 & 9 mention the announcement of the pandemic news by mass media and the warning from a global threat.

3- Verses 11-25 present the aetiology of Covid-19: God Almighty vows to inflict hardship and fatigue on those who have denied His blessings (health, wealth and good life); this seems the case today.

4- In Verses 26-31, the Arabic word ” ” (Saqr) refers to the heat that hurts the brain. This has been interpreted by, Ibn Katheer, a well known interpreter of the meanings of the Quran, wrote that Saqr will swamp him from all sides by the order of God Almighty. We identify this to catching hyperthermia, which is among the symptom of a Covid-19 positive case. Regarding the section that reads:

“over it are nineteen,” it is worth noting that there is controversy between early and contemporary Quran meanings’ interpreters, in that early scholars (Al-Baghawi) referred the number “19” to angels while contemporary scholars (Bessam Djarrar) have referred it to the number of introductory Arabic sentence “ ” (In the Name of Allah, the Most Merciful, the Most Gracious).

With reference to verse 30, it is also worth mentioning that it counts 12 letters, and, to us, this could be referring to December, when the first case was reported to contract Covid-19 virus.

Then, importantly, the number nineteen (19) is explicitly mentioned between verses 29 and 30; reading “over it are nineteen [angels guarding].” Verse 31, on the other hand, describes Covid-19 as God’s soldier travelling freely across the world [3]; this particular piece of information may have a meaning, if we refer to the periodic table, where these two numbers represent respectively element copper (Cu) and element Zinc (Zn).

It is important to consider the role of Copper and Zinc elements in human metabolism: while Copper is required for the immune system to function properly, Zinc is required for the restoration and proper functioning of the immune and protective cells; immune system are scientifically proven to be targeted by Covid-19.

Zinc is required for the catalytic activity of more than 200 enzymes [4, 5] and it plays a role in immune function [4, 6], Zinc deficiency is characterized by loss of appetite, and impaired immune function [7–9], Researchers have hypothesized that zinc could reduce the severity and duration of cold symptoms by directly inhibiting rhinovirus binding and replication in the nasal mucosa and suppressing inflammation [10].

Protein synthesis, DNA synthesis and cell division [11]. Zinc is required for proper sense of taste and smell [12, 13].

Another study shows that copper deficiency in mice impairs immune system function [14].

Therefore, Copper and Zinc may be used as treatment for patients tested positive for Covid-19.

5- Verses 32-34 provide an approximate microscopic image of Covid-19 virus (it looks like a sun from which sparks are emitted and on which a dark moon-like shape is placed) [15].

6- In Verses 48-55, the section reading (Like zebras fleeing a lion) constitutes an analogy to today’s world imposed by Covid-19. Such analogy may bear a meaning in that the lion, representing the king of all animals –for humans-, may be a representation of the crown of the virus. Besides, this Quranic scene of zebras fleeing a lion in horror resembles today’s chaotic situation in many countries.

7- Verses 31-56 explain how to avoid this pandemic (medical prophylaxis). In this context, this paper suggests the following:

The Arabic word-root “ ” is repeated five times throughout surah Al-Muddathir. In Verse 31, the word (reminder) “ ” may be related to the memory cells, which are part of the immune system requiring boosters to function effectively against viruses. Therefore, it may be

argued that the genetic makeup of Covid-19 virus is not unfamiliar to the adults’ immune system, which requires boosters only to be fully operational again and able to effectively respond to the attacking virus. In this regard, it is worth noticing that, statistically, in contrast to the adult mortality rate because of Covid-19, the child mortality rate has been remarkably low, which may be thanks to the vaccines.

The above leads to conclude that this particular disease is familiar to the immune system. This latter requires a booster to be active and prepared in order to protect the body.

## 2 CONCLUSION

Based on the aforementioned grounds and considering the analogy provided above between lions and Covid-19, on the one hand, and considering distemper as the lions’ worse disease, on the other hand, this paper suggests that booster vaccines against measles are effective. (Distemper is equivalent to measles disease in human).

With reference to the information in Verses 49 and 50, we, on the one hand, assume that live measles with Covid-19 antigens (protein spike) constitute an effective vaccine and, on the other hand, assume that a serum can be prepared from zebras by inoculating them with Covid-19 virus (serotherapy) in order to save immuno-compromised people unable to produce these antibodies..

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