

In the Name of Allah, Most Gracious, Most Merciful

# Organ Transplantation - Organ Donation

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There is not a single clear verse in the Quraan which directly says that whether one should give or should not give, however in the Quraan it clearly says that “**Saving a Life is Like Save the Whole World**”, (Ref: Al\_Quraan\_005:032). In a broader sense we must take this verse to save humanity including organs/tissues donations.

There are many patients around the world who are still on waiting lists for several years. Just go and visit those families in which there is any patient and their lives are miserable, especially for those young mothers who are waiting for their organs/tissues transplants and who have little kids behind. Their children are severely mentally disturbed.

Thanks to Allah, nowadays various Ulemas around the world are accepting it and saying that it is permissible, BUT make sure that it is as freewill not for earning money by the donors.

Modern sciences is now capable to save organs/tissues of deceased persons immediately after their death, so it can spare living persons from donating their organs/tissues and help save many hardship on humanities.

Since saving a life is like save whole world, we Muslims must allow our body organs/tissues (e.g. liver, small bowel, kidney, pancreas, heart, lung, corneas, skin, bone, cardiovascular tissue the islet cells of the pancreas and connective tissue etc.) to be donated after our natural/accidental death for the good cause to help/save humanity, without any discrimination and for FREE. **It will be Great Sadaqah Jariah, INSHAA ALLAH.**

**I strongly urge all countries around the world to pass a law that will allow our bodies organs/tissues (e.g. liver, small bowel, kidney, pancreas, heart, lung, corneas, skin, bone, cardiovascular tissue the islet cells of the pancreas and connective tissue etc.) to be donated after our natural/accidental death for the good cause to help/save humanity, without any discrimination and for FREE. It will help reduce shortage of organs/tissues, and hence human sufferings around the world. Those who do not want to donate their organs / tissues, must have to declare it, while rests will be automatic donors.**

**Prevention is always better than Cure: Below are just few points as a guideline to prevent from diseases:**

- 1> Anxiety / Tensions may kill loved ones.
- 2> Junk Foods / Process Foods are one of the main reasons for igniting many diseases.
- 3> Obesity is another factor which might be due to consuming Junk Foods / Process Foods, or over eating. Children need fats but not adults. Nowadays because of video games etc., children are being more obese than before, so they also need less fat than those who are doing moderate exercises regularly.
- 4> Replace fats that contain saturated fat with olive oil, corn oil or canola oil etc., in very limited amount.
- 5> Broil, roast, bake, steam, or grill foods instead of frying them, or stir-fry with just a little added oil or broth.
- 6> Trim all visible fats from meat before cooking. Remove the skin from chicken or turkey etc.
- 7> Scrub vegetables rather than peel them, as many nutrients are found close to the skin. Also wash them properly to reduce chemical sprays around it.
- 8> Substitute low fat yogurt, sour cream, or cottage cheese for sour cream and mayonnaise in dips and dressings.
- 9> Add herbs to all types of meals. They are also rich in health-protective phytoestrogens.
- 10> Herbs such as coriander, ginger, garlic, green chili, Turmeric and lemongrass are specially complimentary in vegetable-based stir-fry recipes.
- 11> For meat products you may add Ajwain, Cardamom, Cinnamon, Clove, Coriander seed, Cumin, Black Cumin, Garlic, Ginger, Black Pepper, Turmeric.
- 12> Always prefer to cook in low to medium heat. Always avoid over cook or under cook.
- 13> Avoid chemically coated non-stick pan, since it may cause cancers.
- 14> Use less of all fats and oils, especially butter, cream, sour cream, and cream cheese, which have a lot of saturated fats.
- 15> Try nonfat salad dressings.
- 16> Gradually replace whole milk with 2% fat milk and then 1% fat milk for adults.
- 17> Eat fish at least once a week.
- 18> Exercise in Moderate to keep yourself fit and healthy as well.

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**Read Al-Quraan, the Miracle of Miracles and free from contradictions and errors**

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