



The Status and Significance of Pre-Marital Medical Screening in Islamic Perspective

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Abstract: The contemporary advanced technological and medical developments have great role in the diagnosis of many diseases like Hepatitis B & C, Thalassemia, Anemia, and Malaria. The wellbeing of an individual depends on using all possible resources in order to keep himself/ herself safe from such diseases. This prevention is possible through medical checkup before marriage. That is why the World Health Organization (WHO) has prescribed Pre-Marital Genetic Screening Tests, which are aimed to maintain protection against genetic and venereal diseases. The WHO also stressed on raising public awareness about it before marriage. The world has made rapid progress in health technology and medical investigations about infant mortality, life expectancy and access to health care. Significant genetic diseases or birth defects may affect pregnancies and cause childhood deaths. The gulf countries have encouraged their citizens to go for pre-marital screening tests (PMS). Some have made this compulsory requirement for marriage. The article in hands deals with the Islamic applications of Pre-Marital Medical Screening.

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Introduction:

Pre-Marital Screening (PMS) is a group of diagnostic tests and procedures that are carried out before marriage of both the partners. Its aim is to avoid the risk of transmission of diseases and problems related to children in the marital life. In other words, Pre-Marital Screening is defined as a panel of tests for the couples that are going to get married, are tested for genetic, infectious and blood transmitted diseases to prevent any risk of transmitting any disease to their children¹. Nowadays, PMS is considered as an important issue, owing to increase in number of children affected with genetic or blood transmitted diseases.

Marriage is a fundamental human right. If both the partners are physically sound and medically fit, they can produce healthy offspring and will contribute to make a better society. Some parental diseases also infect their children and can make them disable. All these diseases could be identified by the Pre-Marital Medical Screening and then healthy measures can be taken and the disabilities can be eradicated either using medicines or taking some other preventive measures.

This concept is of considerable importance but unfortunately this practice is not in Pakistan. By carrying out these tests, we can identify the diseases, genetic disorders and various other problems that may create complications in future to both the partners. After the determination of a problem/issue/disorder/disease the decision of marriage either

¹. Rahman, M., Naznin, L., Giti, S., Islam, M. and Khatun, N. Premarital health screening – a review and update. *Journal of Armed Forces Medical College, Bangladesh*, 10(1), 103-109.

could be cancelled or the problem may be solved before the marriage². If any one of the partner is having some infectious disease, there may be a chance of transmittance to other partner. If a female is diagnosed with problems related to fertility, her plan of marriage can be re-considered, so that her marital life will not be affected in future.

It is current medical based study with Islamic perceptive to focus on Pakistani society. The literature which was gotten by web sources is presenting here in two articles: first is "Premarital Screening Tests: An Islamic View"³. It is an Editor letter to the journal with very brief introduction of this test not for significances and application of this trend in Muslim society. Second article is "Premarital Screening and Genetic Counseling program: Knowledge, attitude, and satisfaction of attendees of governmental outpatient clinics in Jeddah"⁴ investigated the new trends toward PMS in Muslim youngsters of Jeddah. The said both articles do not discuss the above mentioned topic especially

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2. Island Medical Consultants, *What Are Screening Tests & Why They Are Important?* - Island Medical Consultants. [online] Available at: <https://www.islandmedicalconsultants.com/blog/what-are-screening-tests-why-they-are-important/> [Accessed on January 19, 2020].
 3. Hasan Shammout, Moawiah Khatatbeh, Omar Al Omari, *Premarital Screening Tests: An Islamic View* in EUROMEDITERRANEAN BIOMEDICAL JOURNAL 2017,12 (23) 113-114, on Accessed January 23, 2020 at https://www.researchgate.net/publication/320058215_Premarital_screening_tests_An_Islamic_view
 4. Nahla Khamis Ibrahim etc., *Premarital Screening and Genetic Counseling program: Knowledge, attitude, and satisfaction of attendees of governmental outpatient clinics in Jeddah* (Accessed January 23, 2020) at: https://applications.emro.who.int/imemrf/J_Infection_Public_Health/J_Infection_Public_Health_2013_6_1_41_54.pdf0

in the scenario of Pakistani society because of this research gap, this study intends to know what the view of PMS and its current trend in Pakistani society with its brief Islamic introduction.

For exploring the topic, analytical and critical methodology was adopted in this study. The PMS is studied with three steps in this article: 1st with introduction, secondly with analysis of Islamic literature and lastly its critical investigation towards contemporary Pakistani trends.

If any man diagnosed with any kind of infertility through screening tests, he may withdraw the decision of marriage which will eventually not affect the life of anyone. If a person is diagnosed with a serious/incurable medical problem, genetic disorder or any other health issue through PMS that will probably affect his or her upcoming marital life. According to the situation carrying out these medical investigations are definitely in accordance to Islamic teachings.

Introduction of PMS

Pre-Marital Medical Screening tests are of significant importance as mentioned below:

1. Through Premarital Medical Checkup we get information about the inheritable characteristics
2. By performing Pre-Marital Medical Checkup we can prevent the transmission of many diseases
3. It helps in identification of those diseases which attack due to close relations. Sometimes a hidden disease is identified through medical checkup, which becomes active after a certain period, therefore before reaching to an alarming phase, the cure becomes possible

4. Pre-Marital Medical Screening is also useful in controlling genetic disorders
5. Pre-Marital Medical Tests may assist in prevention of congenital anomalies or abnormalities
6. The syphilis is a disorder that cause infertility can be diagnosed with Pre-Marital Medical Screening and thus proper medication may be carried out on time⁵
7. Pre-Marital Health Screening is important in the diagnosis of fertility issues (if any) in both the partners before marriage
8. By performing Pre-Marital Medical Checkup we can identify the physical and mental disorders that occur at pre-birth stage due to the diseases of the parents
9. By doing these screening tests we can avoid the financial burden on the family who cannot afford the burden of treating a disease (in future life)
10. By these diagnostic tests the social and psychological problems related to children may be prevented
11. A healthy marital life or life-long matrimonial relationships would be expected by doing these tests

Required tests/ procedures in Pre-Marital Medical Screening:

1. Assessment of General Health
2. Complete Blood Count (CBC)
3. Blood Group Determination
4. Hemoglobin (HB) Test
5. G6PD Quantitative Test

⁵. Wallin, J., Gnarpe, H. and Forsgren, A. Sexually-transmitted diseases in women. *Sexually Transmitted Infections*, 50(3), 217-221.

6. HIV/ AIDS & Hepatitis Screening
7. VDRL Test
8. Gonorrhoea Test
9. Chlamydia
10. Male Infertility Test
11. Female Infertility Test

The detail of each test is explored before going to the significance and analysis of PMS.

Importance of each test/procedure in Pre-Marital Medical Screening:

1. Assessment of General Health

It is shortly known as Health Assessment. It is the evaluation of the general health status by performing a physical examination (cranial nerve assessment, motor function assessment, sensory function assessment, and assessment of reflexes). This can be brief or detailed depending on concerns and findings. These assessments are undertaken to explore medical, physical, psychological and social needs of a person or patient.

2. Complete Blood Count (CBC)

It is shortly known as CBC. It is a set of diagnostic tests used to evaluate the overall health and detect a wide range of disorders, including anemia, infection and leukemia and other abnormalities in an individual.

3. Blood Group Determination (ABO)

It is also known as ABO Typing. The determination of blood group is an important test in pre-marital screening. Erythroblastosis fetal is a condition in which if both the

partners have positive and negative blood group and then if the child have same blood group as father then immune response is initiated that causes Stillbirth⁶ (the delivery, after the 20th week of pregnancy, of a baby who has died). Further pregnancies may not be possible to occur. So, the relatively same blood group partner should be married.

4. Hemoglobin (HB) Test:

Hemoglobin is tested for many medical diseases, it helps to diagnose certain diseases earlier, if exist. So, it could be better for one's safety that if any disease is diagnosed on time. It may be treated before it gets worse⁷.

5. G6PD Quantitative Test:

Glucose 6 phosphate is an important enzyme which is involved in rate limiting steps of certain various important process like glycolysis and help some organ to work, it is also sensitive to some medicines, food and infection. In severe cases, G6PD deficiency can even lead to kidney failure or death. Therefore, it is important to diagnose it before marriage to avoid complications and risks in life ahead.⁸

6. HIV/AIDS and Hepatitis Screening:

^{6.} F., Diamond, L. and Jones, A. Erythroblastosis Fetalis. *New England Journal of Medicine*, 251(12), 453-459. Accessed on January 20, 2020 at www.eaning&aqs=chrome.69i57j33.30942j0j8&sourceid=chrome&ie=UTF-8

^{7.} Stein, J., Berg, C., Jones, J. and Detter, J. A screening protocol for a prenatal population at risk for inherited hemoglobin disorders: Results of its application to a group of Southeast Asians and blacks. *American Journal of Obstetrics and Gynecology*, 150(4), 333-341.

^{8.} Altay, C., Yilg ör, E., Beksac, S. and Gürgey, A. Premarital Screening of Hemoglobinopathies: A Pilot Study in Turkey. *Human Heredity*, 46(2), 112-114.

This screening is very important because HIV/AIDS can be transmitted through sexual contact and before reaching clinical symptoms it may lie dormant in body and could be transmitted⁹. So, in order to reduce transmission of diseases it should be checked before marriage.

7. VDRL Test:

VDRL stands for Venereal Disease Research Laboratory Test. VDRL is a test for detecting the syphilis infection¹⁰. Syphilis is a bacterial infection usually spread through sexual contact. Tertiary syphilis can also cause infertility, it should be eradicated before marriage.

8. Gonorrhoea Test:

Gonorrhoea, colloquially known as clap, is a sexually transmitted infection (STI). Therefore, its screening before marriage is very important. If detected on time, it can be treated with antibiotics and the patient will get rid of infection and there will be no risk of transmission through sexual contact in marital life¹¹.

9. Chlamydia:

Chlamydia is a common sexually transmitted disease (STD) that can infect both men and women. It might be present in the body without any symptoms. If not treated on time, it may

⁹. Van de Laar, T., Matthews, G., Prins, M. and Danta, M. Acute hepatitis C in HIV-infected men who have sex with men: an emerging sexually transmitted infection. *AIDS*, 24(12), 1799-1812.

¹⁰. Jaffe, H., Larsen, S., Jones, O. and Dans, P. Hemagglutination Tests for Syphilis Antibody. *American Journal of Clinical Pathology*, 70(2), 230-233.

¹¹. Robinson, J. Penicillin therapy in gonorrhoea. A report of 1000 cases of sulphonamide-resistant gonorrhoea and 100 cases of acute gonorrhoea previously untreated. *British Journal of Surgery*, 32(125), 211-214.

be complicated and the female partner may develop pelvic inflammatory disease which can then lead to infertility, tubal pregnancy and the spread of disease¹².

10. Male infertility test:

Male infertility tests like Semen Analysis, Hormones Testing and Antiserum Antibodies Screening are some tests in which the male is checked whether he is fertile or not. These tests are important in premarital screening¹³.

11. Female infertility test:

Documentation of normal oval function, tubal blockage, proper history and examination are some factors that lead to proper diagnosis of female infertility¹⁴.

Pre-Marital Health Screening in Islam

Before marriage, whether a medical Screening is fair from religious point of view or not, different scholars have different opinions about this issue. Some are in favor while others are against it. Those who favor it, have evidences from Qur'ān, *Hadīth* and *Fiqh* that will be analyzed in following lines.

(I). Qur'ānic Perception about Pre-Marital Medical Screening:

The following verses of the Holy Qur'ān determines the real status of wife and the purpose of marital life in Islam:

¹². Davies, B., Turner, K., Frølund, M., Ward, H., May, M., Rasmussen, S., Benfield, T. and Westh, H. Risk of reproductive complications following chlamydia testing: a population-based retrospective cohort study in Denmark. *The Lancet Infectious Diseases*, 16(9), 1057-1064.

¹³. Feinberg, E. Tests used in the diagnostic evaluation of infertility: from ubiquitous to obsolete. *Fertility and Sterility*, 107(5), 1147.

¹⁴. Akhter, N. and Jebunnaher, S. Evaluation of Female Infertility. *Journal of Medicine*, 13(2), 200-209.

﴿وَمِنْ آيَاتِهِ أَنْ خَلَقَ لَكُمْ مِنْ أَنْفُسِكُمْ أَزْوَاجًا لِتَسْكُنُوا إِلَيْهَا وَجَعَلَ بَيْنَكُمْ مَوَدَّةً وَرَحْمَةً إِنَّ فِي ذَلِكَ لَآيَاتٍ لِقَوْمٍ يُتَفَكَّرُونَ﴾¹⁵

(And it is among His signs that He has created for you wives from among yourselves, so that you may find tranquility in them, and He has created love and kindness between you. Surely, in this there are signs for a people who reflect)

The purpose of marriage is to get solace and comfort created by Allah Almighty between the male and female partners but this will sustain only when both are medically investigated before marriage. This investigation will prevent themselves from fatal diseases in marital life.

The Holy Qur'an forbids from self-destruction as mentioned below:

﴿وَلَا تُلْقُوا بِأَيْدِيكُمْ إِلَى التَّهْلُكَةِ﴾¹⁶.

(And do not throw yourselves into destruction with your own hands)

This verse shows that one should not ruin oneself with one's own hands. Refusing a medical Screening before marriage can cause different infectious diseases in spouse and their children.

Another verse in this regard is as under:

﴿وَلَا تَقْتُلُوا أَنْفُسَكُمْ إِنَّ اللَّهَ كَانَ بِكُمْ رَحِيمًا﴾¹⁷.

(And don't kill (or destroy) yourselves, verily, Allah is merciful to you)

15. Al-Qur'an, 30:21

16. Al-Qur'an, 02:195.

17. Al-Quran, 04:29.

This verse shows that Allah Almighty has strictly forbidden to kill oneself. For instance, if no medical investigations are carried out before marriage and unfortunately one of the partners is suffering from HIV/AIDS etc., it can prove to be a severe threat to both the partners.

The Holy Qur'ān has also taught the humanity with the following effective du'ās (Invocations or Supplications) to ask for good spouse as well as pious and healthy offspring from Allah Almighty:

﴿وَالَّذِينَ يَقُولُونَ رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا ذُرِّيَّتًا قُرَّةَ أَعْيُنٍ وَاجْعَلْنَا لِلْمُتَّقِينَ

إِمَامًا﴾¹⁸.

(And those who pray: Our Lord! Grant unto us wives and offspring who will be the comfort of our eyes, and give us (the grace) to lead the righteous (against evil)

The following verses are known as Prophet Zakariyyā's (A.S) supplications (du'ās) for an upright offspring:

﴿هُنَالِكَ دَعَا زَكَرِيَّا رَبَّهُ قَالَ رَبِّ هَبْ لِي مِنْ لَدُنْكَ ذُرِّيَّةً طَيِّبَةً إِنَّكَ سَمِيعُ

الدُّعَاءِ﴾¹⁹.

(There did Zakariyyā pray to his Lord; he said: My Lord, bestow upon me out of Your grace a good, upright offspring. Truly, You are the All-Hearer of prayer)

﴿وَزَكَرِيَّا إِذْ نَادَى رَبَّهُ رَبِّ لَا تَذَرْنِي فَرْدًا وَأَنْتَ خَيْرُ الْوَارِثِينَ﴾²⁰.

18. Al-Qur'an, 25:75.

19. Al-Qur'an, 03:38.

20. Al-Qur'an, 21:89.

(And (remember) Zakariyyā, when he cried to his Lord: "O my Sustainer! Leave me not without offspring (childless), though, You are the Best of the inheritors)

Beside Prophet Zakariyya's (A.S) supplications, the following du'ā (Invocation) of Prophet Ibrahim (A.S) for righteous offspring is also mentioned in the Qur'an:

﴿رَبِّ هَبْ لِي مِنَ الصَّالِحِينَ﴾²¹.

(O my Lord! Grant me a righteous son)

The above-mentioned verses are majorly concerned with asking Allah Almighty for granting the upright and pious offspring and keeping them safe from being infertile or childless. If healthy and physically sound children are born to a family then they may be expected for showing outstanding performance in obligatory religious rituals too. It is concluded here that premarital health screening of both the partners may reduce the issue of Infertility in them and they will be relatively safe from its adverse effects on family life and relationships. Secondly, in case of the birth of healthy children to a couple, it can be expected that they would serve as their source of happiness, joy, satisfaction and peace of mind.

The following verse of the Qur'an can be cited as evidence of taking the precautionary or safeguard measures:

﴿يَا أَيُّهَا الَّذِينَ آمَنُوا خُذُوا حِذْرَكُمْ فَانفِرُوا تُنْبَاتٍ أَوْ انْفِرُوا جَمِيعًا﴾²².

²¹. Al-Qur'an, 37: 100.

²². Al-Qur'an, 04:71.

(O you who believe! Take your precaution (defense),
then set out separately or collectively)

Though, this verse means that while fighting a battle in the path of Allah Almighty, one must take essential precautionary measures but it also tells to take such measures to safeguard oneself in the same way before a marriage take place. The prospective husband and wife should investigate themselves medically for their safety in life ahead.

(II). *Ḥadīth* Perception on doing Pre-Marital Medical Screening:

The following sayings of the Holy Prophet (PBUH) may be quoted as evidences on carrying out Pre-Marital Medical Screening:

Hadith No. 1

"تَزَوَّجُوا الْوَدُودَ الْوَالِدَ ، فَإِنِّي مُكَاثِرٌ بِكُمْ الْأَنْبِيَاءَ يَوْمَ الْقِيَامَةِ"²³.

(Marry a woman who loves you the most and can give birth to more children, as I will be very proud of my people on the Doom's Day)

It is evident from this *Ḥadīth* that those women should be married who can give birth to more children as to make the prophet proud on us on the day of judgment and it is only possible when there is a medical Screening of husband and wife before a marriage in order to avoid the issues of infertility (if any).

***Ḥadīth* No. 2**

²³. Imam Ahmad, Ahmad Bin Hanbal, *al Musnad* (Beirut: Dār ul Kutub al 'Ilmiyah, 1421 H), 20: 63, Hadith: 12613.

"عَنْ أَبِي هُرَيْرَةَ قَالَ كُنْتُ عِنْدَ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ، فَأَتَاهُ رَجُلٌ فَأَخْبَرَهُ أَنَّهُ تَرَوَّحَ

امْرَأَةً مِنَ الْأَنْصَارِ، فَقَالَ لَهُ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ: أَنْظَرْتَ إِلَيْهَا؟ قَالَ: لَا،

قَالَ: فَادْهَبْ فَانظُرْ إِلَيْهَا، فَإِنَّ فِي أَعْيُنِ الْأَنْصَارِ شَيْئًا"²⁴

(Abū Hurairah (R.A) Says that I was with the Holy Prophet PBUH, a man came, he wanted to marry a woman from *Ansār*, the Prophet PBUH asked him: have you meet her? He replied: No, the Prophet PBUH told him: See her, because the eyes of *Ansārīs* are usually small)

This *Hadīth* tells that before marriage man and women should see each other so that they may lead a pleasant life afterwards, so, premarital medical Screening measures are very necessary in this regard.

***Hadīth* No. 3**

"تَخَيَّرُوا لِنُطْفِكُمْ"²⁵

(Choose good and polite women for your own semen)

This *Hadīth* shows that marriages should be arranged in the families on the basis of equality and status compatibility in order to avoid any unpleasant situation later on. If the families are not same or of equal status, then pre-marital medical Screening will be necessary for a happy and pleasant life of the unmarried couple.

²⁴. Muslim Bin Al-Hajjaj Al-Qushairi, *al Jami' al-Ṣaḥīḥ* (Beirut: *Dār Ihyā al-Turāth al-'Arabī*, 1418 H), 2: 1040, *Hadīth*: 74.

²⁵. Abu Abdullah Muhammad Bin Yazid Ibn-i-Maja Qazwini, *al-Sunan* (Beirut: *Dār Ihyā Al-kutub Al-Arabiya*), 1: 133, *Hadīth*: 1968.

Hadīth No. 4

"وَفِرَّ مِنَ الْمَجْدُومِ كَمَا تَفِرُّ مِنَ الْأَسَدِ"²⁶

(And run away from leprosy as you run from lion).

This *Hadīth* elucidates that a man must avoid a victim of leprosy or an epidemic as he avoids a lion. So, it is an evidence for the avoidance from the diseases. It is very necessary for a husband and wife to investigate themselves medically so that a healthy race may grow.

Hadīth No. 5

"إِذَا سَمِعْتُمْ بِهِ [يعني: الطاعون] بِأَرْضٍ فَلَا تَقْدَمُوا عَلَيْهِ، وَإِذَا وَقَعَ بِأَرْضٍ وَأَنْتُمْ بِهَا

فَلَا تَخْرُجُوا فِرَارًا مِنْهُ"²⁷

("When you listen about a place where the Ta'ūn (pest) has spread, do not go there, and do not leave the place where it spreads and you are already there)

This *Hadīth* illuminates that when you hear of an epidemic in certain area, don't enter that area but if an epidemic breaks out in your living area, then you must not leave that place, so that the disease may not spread anymore. The *Hadīth* forbids spreading of the disease. If there is no medical Screening of husband and wife before marriage it can lead to spreading of certain diseases.

26. Muhammad Bin Ismaeel Al-Bukhari, *al Jami'al-Ṣaḥīḥ* (Beirut: Dār Tauq Al-Nijāt, 1422 H), 7:126, Hadith: 5707.

27. Ibid 7: 130, Hadith 5729; Muslim, *al-Jami'al-Ṣaḥīḥ*, 4: 1737, Hadith: 92.

(III) General Jurisprudent Perception on Pre-Marital Medical Screening:

The below-mentioned Rules of Islamic Jurisprudence can also be analyzed in favor of carrying out the Pre-Martial Medical Screening:

Rule No.1

"الضَّرُّ يُزَالُ"²⁸

(The affliction may be removed)

It means that according to religion it is an obligation to remove an affliction or calamity, through any possible mean. In case of no premarital medical Screening, being childless after marriage is a great pain which is obligatory to remove and it is only possible when a premarital health Screening is declared as obligatory.

Rule No. 2

"درء المفسد أولى من جلب المصالح"²⁹

(It is better to remove the loss that to get profit)

In case of medical Screening, different losses are compensated. Thus it is an evidence for the premarital medical Screening of husband and wife.

²⁸. Jalal-ud-Dīn Al-Suyūṭī, *al-Ashbāh wa al-Nazā'ir* (Beirut: Dār Al-kutub Al-Arābiya, 1411 H), 1: 7.

²⁹. Taj-ud-Dīn Abd-ul-Wahāb al-Subukī, *al-Ashbāh wa al-Nazā'ir*, (Beirut: Dār Al-kutub Al-Arābiya,, 1411 H), 1: 105.

Rule No. 3

"الْأُمُورُ بِمَقَاصِدِهَا"³⁰

(Matters depend on their objectives)

It depends upon men's intention whether certain thing is fair or unfair. So, the medical Screening is a safety measure from the infectious diseases which is noble in itself. Therefore, it justifies the medical Screening before marriage.

Rule No. 4

"تَصَرَّفَ الْإِمَامُ عَلَى الرَّعِيَّةِ مَنْوُطٌ بِالمَصْلِحَةِ"³¹

(Occupancy of leader is bound with the welfare of the subjects)³²

A leader has the authority over his subjects' and this authority is strategically fair and just. In the same way premarital medical Screening is also a strategic plan which is an evidence of its justification.

Rule No. 5

"الضَّرَرُ يُدْفَعُ بِقَدْرِ الإِمْكَانِ"³³

(As far as possible, pain will be relieved)

If a person comes to know that a certain suffering is about to fall on him/her, he/she may use every possible source to get rid of it. The premarital medical Screening means the use of every

³⁰. Ibid, 1: 121.

³¹. Ibid.

³². Ibid.

³³. Muhammad Amim Ihsan, *Qawā'id Ul-Fiqah* (Karachi: al-Sadaf Publishers), 1: 88.

possible source to escape from certain threats which is its justification.

Critical Analysis about Pre-Marital Medical Screening in Pakistan:

Pre-Marital Screening is not done in Pakistan due to following social and other reasons:

1. Lack of Education and Awareness

Education plays a pivotal role to uplift the society with the promotion of the mental and physical status of human body. With the lack of education, people are unaware and they don't identify their problems before marriage.

2. No Implementation by the Government

In developed countries Pre-Marital Medical Screening is often carried out by the government but in Pakistan there is no concept of such medial investigation and screening.

3. Social Attitude

Some people don't want to bring their girls to a male doctor because of cultural and social norms. Similarly, some individuals don't like to disclose their medical or other disorders. Due to this social attitude no Pre-Marital Medical Screening is carried out, they remain undiagnosed and face complications after marriage.

4. Religious Hurdles

Some religious scholars are strict in belief, so they do not allow the people to bring their girls to a male doctor for minor things, so it is also a problem.

5. Poverty

Pakistan is a developing country where most of the people are poor. These screening tests are too costly, a poor person can't afford it.

6. Psychological Issues

It is also a main problem that one partner want to do the premarital screening but the other is not willing and show hesitation towards premarital medical screening.

Conclusions and Recommendations

It is concluded here that these tests play an important role in the minimizing of abnormality in the children. So, it must be carried out before marriage of both the partners. After medical checkup, if both male and female are medically fit and free from infectious diseases, then they should go for marriage. This is necessary because it safeguards a person against the fatal diseases which is a religious requirement. Majority of these tests are very costly and a poor family cannot afford it so is should be done by the government free of cost or on minimized cost. It should also be stated by the government that before marriage both partners should do these tests in order to avoid infertility, STDs and abnormality because these things create problems both for the society and the government. The government of Pakistan or the health department must initiate programs for public awareness in this regard. The religious scholars should also play their positive role and make the people aware that Premarital Medical Screening is allowed in Islam. Considering the facts, the KP government has recently made the premarital screening mandatory. All couples should go through the screening process

before getting married. The couples are required to provide the certificate stamped by Health Department, but this policy should be implemented by the government throughout the country in letter and spirit.

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