

## Concept of Halal and Pure Food in Islam and its Significance in Medical Science

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### Abstract:

Man needs food to live and since Allah Almighty has created the universe to facilitate the mankind, He has also blessed human being with a variety of wonderful substances to eat. Healthy life style can prevent many diseases thus Islam not only recommends lawful, clean and pure food but also has stressed upon good eating manners. As per Islamic instructions, one should follow the regulations of lawful and unlawful food substances being mentioned in Quran and hadith respectively. A Muslim must consume a balanced diet to live a healthy life not only to prevent diseases but also to follow all the obligations upon him in a better way. In the current manuscript, the subject of Halal food has been discussed in the light of Quran and Sunnah with its significance in medical science, with the aim to prove that the Islamic instructions are rational and logic based.

**Key Words:** Halal, Quran, Sunnah, eating manners, lawful

### Introduction:

Food is one of the basic necessities of life. Man need food to lead a healthy life. Without food man will not be able to survive for a longer time. The foods we eat provide us energy and all the essential nutrients for the body. Not only human beings but every other living organism of this universe needs food to live. Without even a single essential nutrient, body suffers from various diseases and therefore from the very beginning when Almighty Allah created the living organisms He arranged food for survival. Islam advises Muslims about healthy food and eating behavior not only for their physical wellbeing but also for their spiritual uplift. By doing so they will be able to perform all the obligations upon them in a better way. Thus this eating is not only to satisfy their needs but also to serve Allah in a responsible way. Just as Allah says:

قُلْ سِيرُوا فِي الْأَرْضِ ثُمَّ انظُرُوا كَيْفَ كَانَ عَاقِبَةُ الْمُكْذِبِينَ 1

“Say: ‘Go about journeying the earth, and behold the end of those who gave the lie (to the truth)’”

Food that has been declared lawful items in both Quran and Hadith has several benefits and assure a healthy life for an individual if consumed. These benefits have also been proved by modern medical science.

### Discussion:

All living organisms on Earth have been provided with food and since man is the ultimate center of creation he has also been provided with food to survive. Allah says:

إِنَّ اللَّهَ هُوَ الرَّزَّاقُ ذُو الْقُوَّةِ الْمَتِينُ 2

“Surely Allah is the Bestower of all provision (food), the Lord of all power, the Strong.”

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Man enjoys a valuable place among other creations of Allah and therefore Allah has blessed him in each and every way. He has been provided with different kind of foods such as Allah says:

ثُمَّ كَلَّمَكَ مِنْ كُلِّ الشَّجَرِ فَاسْلُكِي سُبُلَ رَبِّكِ ذُلًّا يَخْرُجُ مِنْ بُطُونِهَا شَرَابٌ مُخْتَلِفٌ أَلْوَانُهُ فِيهِ شِفَاءٌ لِلنَّاسِ إِنَّ فِي ذَٰلِكَ لَآيَةً لِّقَوْمٍ يَتَفَكَّرُونَ<sup>3</sup>

*“Then suck the juice of every kind of fruit and keep treading the ways of your Lord which have been made easy.” There comes forth from their bellies a drink varied in colors, wherein there is healing for men. Verily there is a sign in this for those who reflect”*

﴿وَهُوَ الَّذِي أَنشَأَ جَنَّاتٍ مَّعْرُوسَاتٍ وَعَجْرٍ مَّعْرُوسَةٍ وَالنَّخْلَ وَالزَّرْعَ مُخْتَلِفًا أَكْثُهُ وَالزَّيْتُونَ وَالرِّمَّانَ مُتَشَابِهًا وَغَيْرَ مُتَشَابِهٍ كُلُوا مِنْ ثَمَرِهِ إِذَا أَثْمَرَ وَآتُوا حَقَّهُ يَوْمَ حَصَادِهِ وَلَا تُسْرِفُوا إِنَّهُ لَا يُحِبُّ الْمُسْرِفِينَ﴾<sup>4</sup>

*“It is He Who has brought into being gardens- the trellised and un-trellised - and the palm trees, and crops, all varying in taste, and the olive and pomegranates, all resembling one another and yet so different. Eat of their fruits when they come to fruition and pay His due on the day of harvesting. And do not exceed the proper limits, for He does not love those who exceed the proper limits.”*

Olive oil, dates, vinegar, honey and different types of edible things have been mentioned in Quran.

بُنِيَتْ لَكُمْ بِهِ الزَّرْعَ وَالزَّيْتُونَ وَالنَّخِيلَ وَالْأَعْنَابَ وَمِنْ كُلِّ الثَّمَرَاتِ إِنَّ فِي ذَٰلِكَ لَآيَةً لِّقَوْمٍ يَتَفَكَّرُونَ<sup>5</sup>

*“And by virtue of which He causes crops and olives and date-palms and grapes and all kinds of fruit to grow for you. Surely in this there is a great Sign for those who reflect.”*

كُلُوا مِنْ طَيِّبَاتِ مَا رَزَقْنَاكُمْ وَلَا تَطْلُقُوا فِيهِ فَبِئْسَ لَكُمْ غَصْبٌ<sup>6</sup> وَمَنْ يَجْلُلْ عَلَيْهِ غَصْبِنَا فَنَنْقُذْهُ هَوًى

*"Eat from the good things We have provided to you, and do not exceed the limits in it, lest My wrath should descend on you. The one upon whom My wrath descends certainly falls into destruction.”*

Similarly Allah draws the attention to the diversity and beauty of various fruits He created for man. In Quran Allah says:

وَهُوَ الَّذِي أَنْزَلَ مِنَ السَّمَاءِ مَاءً فَأَخْرَجْنَا بِهِ نَبَاتَ كُلِّ شَيْءٍ فَأَخْرَجْنَا مِنْهُ خَضِرًا نُخْرَجُ مِنْهُ حَبًّا مِنْهَا تُحْيَا بِهِ النَّخْلُ وَالزَّيْتُونَ وَالرِّمَّانَ مُتَشَابِهًا وَغَيْرَ مُتَشَابِهٍ أَنْظَرُوا إِلَى ثَمَرِهِ إِذَا أَثْمَرَ وَيَنْعِهِ<sup>7</sup> إِنَّ فِي ذَٰلِكَ لَآيَاتٍ لِّقَوْمٍ يُؤْمِنُونَ

*“And it is He Who has sent down water from the heavens, and thereby We have brought vegetation of every kind, and out of this We have brought forth green foliage and then from it close-packed ears of corn, and out of the palm-tree from the sheath of it - thick clustered dates, hanging down with heaviness, and gardens of vines, and the olive tree, and the pomegranate - all resembling one another and yet so different. Behold their fruit when they bear fruit and ripen! Surely, in all this there are signs for those who believe.”*

Not only in Quran the importance and benefits of fruits and vegetables are mentioned and stressed upon but in Hadith there are many sayings of Prophet (PBUH) which is in agreement with Quran. For example in Sunnah we came across different occasions wherein the importance and benefits of using olive is stressed, Abu Usayd(RA) says: “Prophet (PBUH) said:

”كُلُوا الزَّيْتِ، وَادَّهِنُوا بِالزَّيْتِ، فَإِنَّهُ مِنْ شَجَرَةٍ مُبَارَكَةٍ“<sup>8</sup>

*“Use olive oil in eating and for rubbing (on the body), for it is from a*

blessed tree”

It was narrated from Umar (RA) that the Messenger of Allah (PBUH) said:

”اتذموا بالزيت وادهنوا به، فإنه يخرج من شجرة مباركة“<sup>9</sup>

“Season (your food) with olive oil and anoint yourselves with it, for it comes from a blessed tree”

Similarly the benefits of Black Cumin (كلونجی) are described in hadith as it was narrated that Khalid bin Sa’ad (RA) said:

”عن خالد بن سعد، قال: خرجنا ومعتنا غالب بن أنجر فمرض في الطريق، فقدمنا المدينة وهو مريض، فعاده ابن أبي عتيق، فقال لنا: عليكم بهذه الحبيبية السوداء، فخذوا منها حمسا أو سبعة فاصحوا بها، ثم افطروها في أنفه بقطرات زيت، في هذا الجانب وفي هذا الجانب، فإن غائشة، حدثني: أنها سمعت النبي صلى الله عليه وسلم يقول: «إن هذه الحبة السوداء شفاء من كل داء، إلا من السام» قلت: وما السام؟ قال: الموت“<sup>10</sup>

“We went out and with us was Ghalib bin Abjar. He fell sick along the way, and when we came to Al-Madinah he was sick. Ibn Abu ‘Atiq came to visit him and said to us: ‘You should use this black seed (Black Cumin). Take five or seven (seeds) and grind them to a powder, then drop them into his nose with drops of olive oil, on this side and on this side. For ‘Aishah narrated to them that she heard the Messenger of Allah (PBUH) say: ‘This black seed is a healing for every disease, except the Sam.’ I said: ‘What is the Sam?’ He said: ‘Death.’”

Prophet (PBUH) pronounced the beneficial use of olive at one occasion as:

”عليكم بزيت الزيتون وادهنوا به، فإنه ينفع من الباسور“<sup>11</sup>

Hazrat Uqbah Bin Amir (R.A) narrates that Prophet (PBUH) said:

“There is olive oil for you, eat it, massage over your body, since it is effective in Hemorrhoids (Piles).”

Today modern medical science has proved the following benefits of olive for a human body<sup>12</sup>

1. Reduce risk to heart disease
2. Protective agent regarding depression
3. Reduce risk to breast cancer
4. helps maintain healthy cholesterol levels, strengthen body muscles, slow down aging, cleans the blood, remove the measles spots, piles, tuberculosis, eczema, baldness, kidney pain, pancreas pain, common cold, stomach and respiratory diseases
5. Potential to reduce the risk of Alzheimer’s disease or related neurodegenerative dementias
6. Components of extra virgin olive oil can protect from acute pancreatitis
7. Extra virgin olive oil may protect the liver from oxidative stress
8. Help protect from ulcerative colitis

**Prophet Muhammad (PBUH) liked vinegar.**

”قال جابر: فما زلت أحب الخل منذ سمعته من نبي الله صلى الله عليه وسلم. وقال طلحة: ما زلت أحب الخل منذ سمعته من جابر“<sup>13</sup>

Regarding vinegar Jabir used to say: “I have loved vinegar since I heard it from Allah’s Prophet”. And Talhah bin Nafsa said, “I have loved vinegar since I heard it from Jabir.”

Modern medicine also acknowledge anti-cough, anti-inflammatory, digestive and various health benefits of vinegar<sup>14</sup>. Moreover modern medical science has proved the benefits of food substances the use of which has been encouraged by Islam already. Imam Bukhari reported the advantage of honey as:

” أَنْ رَجُلًا أَتَى النَّبِيَّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ فَقَالَ: أَخِي يَشْتَكِي بَطْنَهُ، فَقَالَ: «اشْقِهِ عَسَلًا» ثُمَّ أَتَى النَّبِيَّ، فَقَالَ: «اشْقِهِ عَسَلًا» ثُمَّ أَتَاهُ النَّبِيَّ فَقَالَ: «اشْقِهِ عَسَلًا» ثُمَّ أَتَاهُ فَقَالَ: قَدْ فَعَلْتُ؟ فَقَالَ: «صَدَقَ اللَّهُ، وَكَذَبَ بَطْنُ أَخِيكَ، اشْقِهِ عَسَلًا» فَسَقَاهُ فَبُرَأَ<sup>15</sup>

“A man came to the Prophet (PBUH) because his brother had a stomach disorder. The Prophet said: "Let him drink honey." The man returned the second time and again the Prophet (PBUH): "Let him drink honey." The man returned again and said: "I have done that." The Prophet (PBUH) then responded; "Allah has said the truth, but your brother's stomach has told a lie. Let him drink honey." He drank it and was cured.”

Tirmithi, IbnMajah and Baihaqi also reported that the Prophet (PBUH), said:

” عَلَيْكُمْ بِالسَّعْتَيْنِ: الْعَسَلُ وَالْقُرْآنُ<sup>16</sup> ”

”Make use of the two remedies: honey and the Quran.”

Traditional uses of honey have included honey mixed with lemon for sore throats. Honey coats the throat and reduces throat irritation. Research has already shown that honey blocks the growth of oral bacteria. Honey has also been used for stomach pains and problems. Modern research shows that honey is effective when used in the treatment of gastric or peptic ulcers. Research has also revealed that honey is effective in the treatment of various wounds and infections because of its antimicrobial (antibacterial, antiviral and antifungal) properties.<sup>17</sup> Nabi(PBUH) said regarding figs that:

”أهدي للنبي صلى الله عليه وسلم سل تين؛ فقال: "اكلوا" وأكل منه. ثم قال: "لو قلت إن فاكهة نزلت من الجنة لقلت هذه، لأن فاكهة الجنة بلا عجم، فكلوها فإنها تقطع البواسير<sup>18</sup>”

Hazrat Abu-Zar(RA) says that:

”a dish full of Figs (Anjeer) was presented to Nabi(PBUH)once &Nabi(PBUH)said to us, to eat it & further said if anyone ask me that any fruit has been sent from Jannat, so I will say this is the fruit (teen) & yes it is from Jannat&is amongst the dry fruit of Jannat& also said, eat it, & it is a cure for piles &arthritis.”

Fig is a healing fruit and the health benefits of eating figs are amazing. They are helpful for asthma, bronchitis, constipation, diabetes, piles, heart disease, lowering cholesterol, anemia, and high blood pressure. They are high in vitamins A, B, C, potassium, dietary fiber, magnesium, and high in calcium so they help develop strong bones, (making it an excellent source of calcium for those who are lactose intolerant). History records show that figs have been around since 5000 B.C.<sup>19</sup>

Similarly figs are good for the nursing mothers. They reduce acid levels, provide richness to the diet and increase the energy. During bouts of fever a small amount of a fig chewed by the patient can bring relief from dryness of the mouth. Fig syrup are good for shrinking tumors have anti-ulcer and antibacterial properties Useful for mental illness when taken daily Clears obstructions in the liver, gallbladder, and kidney.

Relieves inflammation in the kidneys and bladder Good for sore throats because they are high in mucilage which helps to protect a sore throat. A mixture of figs and honey is very good for coughs. A mixture of powdered fenugreek seeds, honey and figs are helpful for bronchial Asthma<sup>20</sup>.

وَأَنَّ لَكُمْ فِي الْأَنْعَامِ لَعِبْرَةً نُسِفَتْكُمْ مِمَّا فِي بُطُونِهِ مِنْ بَيْنِ فَرْثٍ وَدَمٍ لَبِئْسَ خَالِصًا سَائِغًا لِلشَّارِبِينَ<sup>21</sup>

“And verily in the cattle there is a lesson for you. We give you to drink of that which is in their bellies, from between excretion and blood, pure milk, palatable to the drinkers.”

Thus the use of milk has also been encouraged in Islam. The benefits of using milk have been proved by Medical science. As milk contains calcium, phosphorus, Niacin, riboflavin and other essential nutrients, its consumption is necessary for human body.

وَمَا يَسْتَوِي الْبَحْرَانِ هَذَا عَذْبٌ فُرَاتٌ سَائِغٌ شَرَابُهُ وَهَذَا مِلْحٌ أُجَاجٌ وَمَنْ كَلَّ تَأْكُلُونَ لَحْمًا طَرِيًّا وَتَسْتَخْرِجُونَ حَيْثُيَّةً تَلْبَسُونَهَا وَتَرَى الْفُلْكَ فِيهِ مَوَازِحَ لِيَتَّبِعُوا مِنْ فَضْلِهِ وَلَعَلَّكُمْ تَشْكُرُونَ<sup>22</sup>

“The two masses of water are not alike. The one is sweet, sates thirst, and is pleasant to drink from, while the other is salt, bitter on the tongue. Yet from both you eat fresh meat and extract from it ornaments that you wear; and you see ships cruising through it that you may seek of His Bounty and be thankful to him.”

Everything that can cause harm is forbidden as food, even if it comes from the sea. Crocodiles, frogs etc. are not allowed to be eaten. It is not permitted to eat them because the Prophet (peace and blessings of Allah be upon him) forbade killing them, as is reported in the hadith of ‘Abdal-Rahmaan-ibn-Uthmaan (RA) who said:

“قَتَبَنِي رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ عَنْ قَتْلِ الضَّفَدَعِ”<sup>23</sup>

“That the Messenger of Allah (PBUH) forbade the killing of frogs.

The rule is that everything which are forbidden to kill, we are not allowed to eat; if we are allowed to eat it we are allowed to kill it. Today medical science has proved eating such sea foods can cause serious health problems.

“عَنْ زَيْدِ بْنِ أَسْلَمَ، عَنْ سَعْدِ الْجَارِيِّ (1)، مَوْلَى مُهْرَبِ بْنِ الْخَطَّابِ، أَنَّهُ قَالَ: سَأَلْتُ عَبْدَ اللَّهِ بْنَ عَمْرٍو، عَنِ الْجِبْتَانِ، يُقْتَلُ بَعْضُهُمَا بَعْضًا، أَوْ تَمُوتُ صَرْدًا. فَقَالَ: لَيْسَ بِهِمَا نَاسٌ قَالَ سَعْدٌ: ثُمَّ سَأَلْتُ عَبْدَ اللَّهِ بْنَ عَمْرٍو بْنِ الْعَاصِ. فَقَالَ: مِثْلَ ذَلِكَ.”<sup>24</sup>

Yahya related to me from Malik from Zayd ibn Aslam (RA) that Sad al-Jari, the mawla of Umar ibn al-Khattab (RA) asked Abdullah ibn Umar (RA) about fish which had killed each other or which had died from severe cold. He said: “There is no harm in eating them.” Sad said, ‘I then asked Abdullah ibn Amr ibn-al-Aas (RA) and he said the same.”

Also it should be noted that first food given to those who enter Paradise would be fish

“أَمَّا أَوَّلُ أَشْرَاطِ السَّاعَةِ فَتَأْتِ تَحْشُرُ النَّاسَ مِنَ الْمَشْرِقِ إِلَى الْمَغْرِبِ، وَأَمَّا أَوَّلُ طَعَامٍ يَأْكُلُهُ أَهْلُ الْجَنَّةِ فَرِيَاذَةُ كَبِدِ حُوبٍ”<sup>25</sup>

. Allah's Apostle said:

“The first portent of the Hour will be a fire that will bring together the people from the east to the west; the first meal of the people of Paradise will be Extra-lobe (caudate lobe) of fish-liver.”

أُحِلَّ لَكُمْ صَيْدُ الْبَحْرِ وَطَعَامُهُ مَتَاعًا لَكُمْ وَلِلسَّيَّارَةِ وَحَرَّمَ عَلَيْكُمْ صَيْدُ الْبَرِّ مَا دُمَّتْ حُرُمَاتُ اللَّهِ الَّذِي إِلَيْهِ تُحْشَرُونَ<sup>26</sup>

“Lawful to you is the game of the sea and its food, a provision for you and for the travelers, and the game of the land is forbidden to you so long as you are on pilgrimage, and be careful of (your duty to) Allah,



them save those whom we will' - imposing interdictions of their own contriving. And they declare that it is forbidden to burden the backs of certain cattle, and these are the cattle over which they do not pronounce the name of Allah. All these are false fabrications against Allah and He will soon requite them for all that they fabricate.”

يَا أَيُّهَا النَّاسُ كُلُوا مِمَّا فِي الْأَرْضِ حَلَالًا طَيِّبًا وَلَا تَتَّبِعُوا خُطُوَاتِ الشَّيْطَانِ إِنَّهُ لَكُمْ عَدُوٌّ مُبِينٌ 36

“O people! Eat of the lawful and pure things in the earth and follow not in the footsteps of Satan. For surely he is your open enemy.”

يَسْأَلُونَكَ مَاذَا أُحِلَّ لَهُمْ ۖ قُلْ أُحِلَّ لَكُمُ الطَّيِّبَاتُ ۚ وَمَا عَلَّمْتُم مِّنَ الْجَوَارِحِ مُكَلِّبِينَ تُعَلِّمُونَهُنَّ مِمَّا عَلَّمَكُمُ اللَّهُ ۗ فَكُلُوا مِمَّا أَمْسَكْنَ عَلَيْكُمْ وَاذْكُرُوا اسْمَ اللَّهِ عَلَيْهِ ۗ وَاتَّقُوا اللَّهَ ۗ إِنَّ اللَّهَ سَرِيعُ الْحِسَابِ 37

“They ask you what has been made lawful to them. Say: 'All clean things have been made lawful to you, and such hunting animals as you teach, training them to hunt, teaching them the knowledge Allah has given you - you may eat what they catch for you - but invoke the name of Allah on it. Have fear of Allah (in violating His Law). Allah is swift in His reckoning.”

وَعَلَى الَّذِينَ هَادُوا حَزْمًا مِّمَّا كَلَّ ذِي ظُفُرٍ ۚ وَمِنَ الْبَقَرِ وَالنَّمْرِ حَزْمًا عَلَيْهِمْ شُحُومُهُمَا إِلَّا مَا حَمَلَتْ ظُهُورُهُمَا أَوِ الْحَوَايَا أَوْ مَا اخْتَلَطَ بِعَظْمٍ ۚ ذَلِكَ جَزَيْنَاهُم بِبَغْيِهِمْ ۗ وَإِنَّا لَصَادِقُونَ 38

“And to those who had Judaized We have forbidden all beasts with claws, and the fat of oxen and sheep except the fat which is either on their backs or their entrails, or that which sticks to the bones. Thus did we requite them for their rebellion? Surely we state the Truth.”

Allah took the responsibility to provide food to his creations himself and also man has been taught to eat these things provided to him in the universe and to take benefits from them. He has been told to consume all the clean and pure food which is necessary for maintaining good health just as Allah says:

يَا أَيُّهَا الَّذِينَ آمَنُوا كُلُوا مِن طَيِّبَاتِ مَا رَزَقْنَاكُمْ وَاشْكُرُوا لِلَّهِ إِن كُنتُمْ لِيَاءَهُ تَعْبُدُونَ 39

“Believers! Eat of the pure things wherewith we have provided you for sustenance and give thanks to Allah if it is Him that you serve. “

However the Prophet (PBUH) has taught us many things regarding good eating. He said about overeating that:

”طَعَامُ الْوَاحِدِ يَكْفِي لِلْاِثْنَيْنِ، وَطَعَامُ الْاِثْنَيْنِ يَكْفِي لِلرَّبْعَةِ“ 40

Narrated Jabir (RA): Allah's Apostle said: "The food for two persons is sufficient for three, and the food of Two persons is sufficient for four persons.”

Thus from Sariah point of view a man should always eat according to his body need and demand as overeating can lead to problems like obesity and obese people are at risk of other major health problems like hypertension, cardiac problems, fatty liver etc. Similar a person should not restrict his diet completely as starvation will also lead to many problems and it's like a punishment for the body itself to deprive it from its needs and hence our body is a gift from Allah and we will be punished for depriving it from its basic needs. Just as Allah says:

يَبْنَى آدَمَ خُذُوا زِينَتَكُمْ عِنْدَ كُلِّ مَسْجِدٍ وَكُلُوا وَاشْرَبُوا وَلَا تُسْرِفُوا إِنَّهُ لَا يُحِبُّ الْمُسْرِفِينَ 41

“Children of Adam! Take your adornment at every time of Prayer; and eat and drink without going to excesses. For Allah does not like those who go to excess.”

Islam prohibits over-eating and prescribes good dietary habits. There is substantial evidence to link over-eating to numerous diseases. Islam's prescription comes to us from a tradition.

Islam also recommends its followers and the whole of humankind to drink lots of water throughout the day and this has several electrical and chemical merits. The entire electrical function of every cellular process in our body depends on the electrical conductivity contained within every molecule. This conductivity increases and decreases depending on the hydration levels of our cellular structure.

In many verses clean and pure word has been used with halal and lawful food to describe the quality of halal food to be eaten. It should be clean and pure in all respects like in the way of handling it, cooking method used, its origin everything should be perfect in its own way.

According to a tradition from Imam Ja'far-e-Sadiq(RH), the persons, having the following habits, have been depreciated by Allah:

- a) Who sleep during the day when they have not been awake during the night?
- b) Who laugh meaninglessly?
- c) Who eat after the stomach is full.<sup>42</sup>

Narrated Umar bin Abi Salama (RA):

"كُنْتُ غَلامًا فِي حَجْرٍ رَسُولِ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ، وَكَانَتْ يَدِي تَطْبِشُ فِي الصَّحْفَةِ، فَقَالَ لِي رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ: «يَا غَلامُ، سَمِعَ اللَّهُ، وَكُلْ بِيَمِينِكَ، وَكُلْ مِمَّا بِيَمِينِكَ» فَمَا زَالَتْ تِلْكَ طَعْمَتِي بَعْدُ"<sup>43</sup>

*"I was a boy under the care of Allah's Apostle (PBUH) and my hand used to go around the dish while I was eating. So Allah's Apostle said to me, 'O boy! Mention the Name of Allah and eat with your right hand, and eat of the dish what is nearer to you.' Since then I have applied those instructions when eating".*

Allah has also blessed man with intellect he can distinguish between right and wrong e.g if he is given meat of an animal that is lawful and halal to eat but that meat has bad odour has changed its colour and has a bad taste then he is advised not to eat it as it is not good for his health then.<sup>44</sup> Narrated Wahshi Ibn Harb (RA): *blessed in it.* "

"قَالُوا يَا رَسُولَ اللَّهِ إِنَّا نَأْكُلُ، وَلَا نَشْبَعُ، قَالَ: «فَلَعَلَّكُمْ تَأْكُلُونَ مُتَفَرِّقِينَ؟» قَالُوا: نَعَمْ، قَالَ: فَاجْتَمِعُوا عَلَى طَعَامِكُمْ، وَادْكُرُوا اسْمَ اللَّهِ عَلَيْهِ، يَبَارِكْ لَكُمْ فِيهِ"<sup>45</sup>

The Companions of the Prophet (PBUH) said:

*"Apostle of Allah (PBUH) we eat but we are not satisfied. He said: Perhaps you eat separately. They replied: Yes. He said: If you gather together at your food and mention Allah's name, you will be satisfied".*

Narrated Abdullah Ibn Abbas (RA):

"وَقَدْ كَانَ أَهْلُ الْجَاهِلِيَّةِ يَتْرَكُونَ أَشْيَاءَ تَقْدُرُ فَأَنْزَلَ اللَّهُ عَزَّ وَجَلَّ فِي كِتَابِهِ وَبَيَّنَّ حَلَالَهُ وَحَرَامَهُ، فَمَا أَحَلَّ فَهُوَ حَلَالٌ، وَمَا حَرَّمَ فَهُوَ حَرَامٌ، وَمَا سَكَتَ عَنْهُ، فَهُوَ عَفْوٌ، ثُمَّ تَلَاهَذِهِ آيَةٌ (قُلْ لَا أَجِدُ فِيهَا أَوْحِيَ إِلَيَّ مُحَرَّمًا عَلَى طَاعِمٍ يَطْعَمُهُ إِلَّا أَنْ يَكُونَ مَيْتَةً أَوْ دَمًا مَسْفُوحًا) وَأَلْحَمَ خَيْرٌ"<sup>46</sup>

*"The people of pre-Islamic times used to eat some things and leave others alone, considering them unclean. Then Allah sent His Prophet (PBUH) and sent down His Book, marking some things lawful and others unlawful; so what He made lawful is lawful, what he made unlawful is unlawful, and what he said nothing about is allowable. And he recited: "Say: I find not in the message received by me by inspiration any (meat) forbidden to be eaten by one who wishes to eat it...." up to the end of the verse."*

The way oxygen is necessary for life man cannot live without food. Food such as rice, poultry, eggs, vegetables, beef and fish contains all the important nutrients necessary for life.

The deficiency of a single element in body can lead to various health problems thus a balanced diet is necessary for man. Even the minor nutrients present in food like some minerals such as zinc, folate, and iron and fluoridedefiance can lead to serious disorders. Vitamin deficiencies like night blindness, beriberi, sterility, and coagulopathies are also common. If a person consumes only one kind of food such as vegetables only even this can create problems for him like vitamin B12 deficiency. Thus it is advised to consume a healthy and balanced diet containing all the essential nutrients and to follow good eating manners that are encouraged by Islam.

***Conclusion:***

It's a great blessing of Allah Almighty that He provided man various kinds of food. Man has been told to consume things that have been created for him and in return thank Allah for all His blessings. Medical science has proved the benefits of balanced diet and to avoid various deficiency disorders man has been advised to consume a balanced diet. Islam has also stressed upon eating food that is not only lawful but also clean and pure so that his health is not affected. This will help man live a healthy life and he will also be able to perform all the obligations in a better way.

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