

Original Article

Wonders of Halal and Balanced, Diet' Instructions

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Abstract

Food defined as material that can be brought into the body of a human, animal or plant sources for upholding the balance of life and it includes rice, vegetables, bread and others. However, in Islam, its emphasized more on clean, harmless food and also with a code known as Halal diet. Halal is a term from the Quran which means permissible or lawful. In Islam, known special regulations in the slaughter of animals to be Halal diet include with saying the name of Allah the Almighty and make an incision to cut the lifeblood of the animal's neck, letting the action veins and organs intact. In contrast, Haram means 'not allowed' or 'forbidden' in Islam. Among the Haram foods as mentioned in the Qur'an and the Sunnah, it includes carrion, blood, dogs, pigs, and alcohol.

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Introduction

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According to the definition from a scientific perspective, food can be defined as anything, whether solid, liquid, or between both, which has a distinctive chemical composition, and when eaten, it will carry out several tasks such as preparing materials for growth, maintaining, developed tissues and the others (1).

Food is also a material that can be brought into the body of a human, animal or plant sources for upholding the balance of life thoroughly (2). Miscellaneous foods that are available for human consumption include fruits, vegetables, herbs, rice, bread, vegetables, meat and much more.

Halal Foods

Islam has urged its adherents to eat clean and harmless food, then continuing to comply with a code called a halal diet. Halal is a term from the Quran, which means permissible or lawful (3). This shows that Islam is very concerned about a diet that is good, clean and Halal because the food is one of the primary human needs daily to be survived (4). Muslims should care about halal diet so as not to fall into that, which is unlawful, as the word of God:

"O' mankind! Eat of what is on earth, lawful and good, and do not follow the footsteps of Satan, surely he is your open enemy for you." (Surah Al-Baqarah: 168)

"O' ye messengers! Eat of the good things they are, and do deeds of righteousness, I am aware of what you do." (Surah Al-Jihad: 51)

From the scientific point of view, good food is essential to get a healthy heart. As is known, the heart is one of the important organs in our body as it has several main functions in the human body, such as can increase the blood supply in the body, secrete toxic substances out of the body, build and destroy red blood cells (1). In the other hand, the heart is also used to convert glycogen into glucose to be used by the body as energy and as other important special functions in the human body (1). Therefore, it is clear that all the teachings and instructions of Islam have its advantages and importance of avoiding forbidden foods for human welfare and syubhah as physically and spiritually (4).

Importance of Halal

Concerning of science, a good nutrition is necessary for keeping the heart so that it can carry out its functions in the human body. Meanwhile, regarding nutrition illegal, it will make hearts damaged and dark; lead a person away from God's guidance and blessing (3). This could be seen when a person does not like the criticism, easily bored by science and so on. In contrast, the hearts of those who eat halal food will be filled with light and guidance from God (5).

Decentralization means Prophet had said:

"Anyone who eats halal food for 40 days, Allah will illuminate his heart and the hearts of wisdom flowing through the tongue."

(Narrated by Abu Nu'aim)

This is because eating halal food is a dietary prerequisite to the acceptance of prayer. Means that God will not accept the prayers of those that contain forbidden food in the body, including clothing (6).

The Prophet had said,

"Among the legal requirements is the importance of halal food for those who believe in conjunction with worship and prayers as its execution is not only required to do good deeds but also to the dietary needs of food and clothing that used every day."

(Narrated by Abu Muslim and Abu Huraira)

Healthy and Balanced Diet Follows Prophet Muhammad S.A.W

Practiced of eating kosher food, healthy, nutritious and balanced diet is vital as it keeps the body from any harmful diseases. However, food intake should be by following the requirements of the body so as not to have health problems such as obesity, diabetes and heart disease (7).

Prophet Muhammad S.A.W had said: *'Belly is the starting point of various diseases in a human.'*

In their enthusiasm to fill the stomach, Islam prohibits the consumption of food and drink excessively for fear that it will cause indigestion and will eventually lead to laziness and be physically inactive (3). Peoples should learn about moderately eating habits of the Prophet who always is an example.

If studied, his diet is consistent with the instruction of Allah with meaning:

"Eat and drink, but do not exaggerate. Allah does not love those who are excessive."

(Surah Al-A'raf: 31)

Besides, one of the characteristics of healthy food is through calorie control. Controlled by calorie can be achieved through eating simple and not overdone (7).

Prophet's Mosque said means:

"No man shall be filled by a sack, which is more evil than his stomach. Sufficient for the son of Adam a few mouthfuls are enforcing sulbinya to worship. Otherwise, his/her done so, then one-third of food and drinks as well as one-third of the air." (Sir-al-Salikin, vol 2, p 3)

"Food for one is enough for two people, a meal for two to four people and enough food for four people to eight people." (Sahih Muslim. Vol 3, p 1136)

The Prophet also suggest us, to eat when only we are hungry and stop eating before we are feeling full. Rasulullah S.A.W said hungrily can teach us to be more patient and thankful to Allah. Rasulullah S.A.W does not take food that is still in hot conditions or food stored overnight or marinated foods like pickles because all of that can be harmful to health (8).

We should also avoid taking fast food and carbonated drinks, though tasty, as it is harmful to mention contain artificial flavors and synthetic. Conversely, by eating a healthy and balanced concerning quality and quantity not only can create a society that is only excellent in health but also excellent in moral character, personalized precious and practice the teachings of Islam completely and thoroughly (9).

As the Prophet of Rasulullah S.A.W means;
"Surely, you have the right body that you must meet the requirements."

Haram Foods

Haram means 'not allowed' or 'forbidden' in Islam. Among the banned foods as mentioned in the Qur'an, it includes carrion, blood, dogs, pigs, and alcohol (6). The words of God stated:

"Say! I did not find out about anything that has revealed to me about what to eat, but carrion or blood poured forth, or the flesh of swine; because he was dirty (najis) or animals slaughtered not because of God. But whoever is forced by mistake and was not over the limit, and then surely your Lord is Forgiving, the Most Compassionate, thanks. "
 (Surah Al-An'am: 145)

Alcohol

Alcohol is a drink that contains alcohol and intoxicating. In Arabic it is called al-khamr, means intends to close. Closing in al-khamr means removes any sense of sanity during drink wine (drunk), makes the drunkard asleep and unconscious (10).

In a hadith narrated by Muslim, from Ibn 'Umar, the Prophet said, meaning: *"All that alcohol is alcohol and alcohol is illegal"*.

The ban was made of four stages, namely (tadriji) before it was declared illegal and a big sin to drink alcohol. This proves that alcohol is very dangerous from the health aspect (11). It is not restricted to Muslims only for forbidden to consume alcohol, but other religions also forbid its followers away from alcohol because it is detrimental to their health and treatment. Ibn 'Abbas narrated that Islam forbids alcohol because it can make sense of human damaged and lost dignity (11).

Allah says in the Quran:

"And from the fruit and grapes, you make a clean and good fortune, indeed, in this there are signs for a people who ponder."

(Surah al-Nahl, verse 67)

The first verse is a warning to Muslims because the nature of the wine of ripe and sweet wine can be changed and cause the drinker intoxicated or unreasonable if been included other ingredients such as yeast and be fermented (12). When a person drinks alcohol daily, it will 'destroy' that generation in the long term.

Prophet said, meaning (10):

"Who is drinking wine sip, God does not accept the obligatory charity and circumcision for three days. Who is drinking a wine glass; Allah does not accept his prayer for 40 days. People are still drinking wine as God gave him another drink from Khabaal."

(Narrated by Ibn Maajah, 4250)

When asked:

"Ya Rasulullah, what is Khabaal?"

Prophet replied:

"Mixed of blood and pus from Hell."

(Hadith Atthabrani)

Blood

Blood is a red liquid that flows in the veins. It is regarded as unclean and harm. This is because it is clearly stated in the Al-Quran and As-Sunnah (13).

Allah S.W.T. said:

"There is nothing I can find in that which is revealed to me anything forbidden for people who want to eat it, unless the food is carrion, or blood poured forth, or the flesh of swine. This is because it is dirty or indeed all animals slaughtered in the name of other than Allah."

This is because there is presence of blood in the carcass that can bring harm, also with meat that been contaminated with disease (13). The impurities that present in the animal blood also a risk that can increase hormones if been consumed. It was banned because of the dirt and hurt that exists with the animal.

Flesh of pig/pork

Nevertheless, pet pigs or pork is also forbidden in Islam. Ban stated clearly in the Qur'an, the Sunnah and the consensus of the scholars (Al-Baqarah; 173, Al-Ma'idah; 3, Al-An'am; 145, Al-Nahl; 115) (14). This ban by some harm is both of the chemical, microbial and of attitude (psychology) (15).

Among the verses of the Qur'an confirms this ban is the words of Allah S.W.T:

"He has only forbidden you dead meat, blood, the pig flesh and animals (slaughtered) as (the name of) any other than Allah. But whoever is forced (to eat) and he does not want and does not (yet) aggressors. It is no sin for him. Verily, Allah is Oft-Forgiving, Most Merciful"

Chemical analysis of the blood of the pigs showed a high content of uric acid (gout), a mixture of chemicals that are harmful to human health, toxic content (16). In other words, a waste uric acid in the blood caused by the metabolism of the body is not perfect due to the purine content in foods. In the human body, it is excreted in feces, and 98% of uric acid in the body is removed from the blood by the kidneys.

In Islam, known special regulations in the slaughter of animals include with saying the name of Allah the Almighty and make an incision to cut the lifeblood of the animal's neck, letting the action veins and organs intact (3). This way leads to short death of animals due to loss of blood from the body, rather than as an injury to the organ. If organs such as the heart, liver, or brain are damaged, the animal dies instantly, and the blood will clot in the veins and eventually contaminate the meat with uric acid (16). Then, the result can be very poisonous at that time in which the food experts have been aware of this.

For Muslims, that if the pig is edible and fit for human consumption, the Creator will create animals with a neck. Medical science knows that the pigs as host of many parasites and diseases, pig's biochemistry excretes only 2% of the uric acids, while 98% remains in the body (17).

Dog meat

Besides, dog meat is also included 'khaba'ith' is haram to eat according to the consensus of the scholars (18).

Abu Idris Al-Khautani of Abi Al-Khusyani offenders:
"Indeed, the Prophet forbade the eating of every strong fanged beast."

There is no doubt that there are scientific studies that support the content of impurities such as bacteria, but the germs may also be found in pet food (18). Thus, the question now is not only about appropriate to be associated with dog but it is a religious obligation that is due compiled without questions.

Illegal resources

Also, any products contaminated with unlawful extraction of resources are also been banned (5) in Islam. Most importantly, the management and processing of the food must be protected from the stool and not mixed with materials forbidden in Islam, including terms of transportation are not mixed with food that is illegal. Other than that, ingredients in the food must be certainly holy, for instance, does not contain alcohol and oils of lard. The equipment used for cooking and food processing, such as pans, pots, knives, also must never be used to cook food forbidden by Islamic law (19).

In Surah al-Baqarah, verse 172, it is stated:

"O' you who believe! Eat of the good things wherewith We have provided you, and render thanks to Allah if ye worship Him."

Conclusion

Islam does not ignore the health of the people; it is Islam only justifies the good things, clean and forbidden things that are dirty, unclean and disgusting appearance. A Muslim should be concerned with maintaining their diet by eating nutritious, balanced, clean food and halal. They are forbidden to eat food that is prohibited to protect the physical and mental health. Separation of foods that can be consumed and forbidden was done because there are wisdom and the secret behind it. It is not forbidden for the fun of it but seeks to avoid such harm from various diseases, poisoning, foodborne illness and others. Therefore, eat halal food through dietary sources besides being always grateful to Allah S.W.T for the abundant good fortune that we get.

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