

The Importance of Health in Islam

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The Importance of Health in Islam

This piece of work aims to establish the Islamic perspective on Alcohol, Wine, Drugs, Shisha and Intoxicants, referring to various evidences from the Noble Quran, Ahadith, Ijmah and Qiyaas.

Ayaat of Quran Regarding Alcohol, Wine, Drugs and Intoxicants

Allah سبحانه وتعالى states in the *Noble Quran*: -

سُورَةُ النَّسَاءِ

يَا أَيُّهَا الَّذِينَ آمَنُوا لَا تَأْكُلُوا أَمْوَالَكُمْ بَيْنَكُمْ بِالْبَاطِلِ إِلَّا أَنْ تَكُونَ تِجَارَةً عَنْ تَرَاضٍ مِّنْكُمْ وَلَا تَقْتُلُوا أَنْفُسَكُمْ إِنَّ اللَّهَ كَانَ بِكُمْ رَحِيمًا (٢٩) وَمَنْ يَفْعَلْ ذَلِكَ عَدُوًّا وظَلْمًا فَسَوْفَ نُصَلِّيهِ نَارًا وَكَانَ ذَلِكَ عَلَى اللَّهِ يَسِيرًا (٣٠)

Oh you who believe! Do not waste your wealth amongst yourselves in vanity, except it be a trade by mutual consent, and do not kill yourselves. Indeed! Allah سبحانه وتعالى is ever Merciful unto you. And whosoever does that through aggression and injustice, we shall cast him into Fire, and that is ever easy for Allah. (4: 29-30)

سُورَةُ الْمَائِدَةِ

يَا أَيُّهَا الَّذِينَ آمَنُوا إِنَّمَا الْخَمْرُ وَالْمَيْسِرُ وَالْأَنْصَابُ وَالْأَزْلَامُ رِجْسٌ مِّنْ عَمَلِ الشَّيْطَانِ فَاجْتَنِبُوهُ لَعَلَّكُمْ تُفْلِحُونَ (٩٠) إِنَّمَا يُرِيدُ الشَّيْطَانُ أَنْ يُوقِعَ بَيْنَكُمْ الْعَدَاوَةَ وَالْبَغْضَاءَ فِي الْخَمْرِ وَالْمَيْسِرِ وَيَصُدَّكُمْ عَنْ ذِكْرِ اللَّهِ وَعَنِ الصَّلَاةِ فَهَلْ أَنْتُمْ مُنْتَهُونَ (٩١)

Oh you who believe! Intoxicants and gambling, (dedication of) stones and (prediction by) arrows are an abomination of Shaitaan's handiwork. Avoid (such abominations) that you may prosper. Shaitaan's plan is to spread hatred and enmity amongst you with intoxicants and gambling, and to hamper you from the remembrance of Allah سبحانه وتعالى and from prayer. Will you not give up? (5: 90-91)

سُورَةُ الْبَقَرَةِ

وَأَنْفَقُوا فِي سَبِيلِ اللَّهِ وَلَا تُلْقُوا بِأَيْدِيكُمْ إِلَى التَّهْلُكَةِ ۗ وَأَحْسِنُوا

إِنَّ اللَّهَ يُحِبُّ الْمُحْسِنِينَ (١٩٥)

Spend your wealth for the cause of Allah سبحانه وتعالى, and be not cast by your own hands to ruin; and do good. Indeed! Allah سبحانه وتعالى loves the righteous. (195)

سُورَةُ الْبَقَرَةِ

يَسْأَلُونَكَ عَنِ الْخَمْرِ وَالْمَيْسِرِ قُلْ فِيهِمَا إِثْمٌ كَبِيرٌ وَمَنَافِعُ لِلنَّاسِ وَإِثْمُهُمَا أَكْبَرُ مِنْ نَفْعِهِمَا وَيَسْأَلُونَكَ مَاذَا يُنْفِقُونَ قُلِ الْأَعْيُورُ كَذَلِكَ يُبَيِّنُ اللَّهُ لَكُمْ الْآيَاتِ لَعَلَّكُمْ تَتَفَكَّرُونَ (٢١٩)

They question you about strong drink and games of chance. Say: In both is great sin, and (some) utility for men; but the sin of them is greater than their usefulness. And they ask you what they ought to spend. Say: that which is unnecessary. Thus Allah سبحانه وتعالى makes plain to you (His) revelations that happily you may reflect. (219)

سُورَةُ الْمَائِدَةِ

يَا أَيُّهَا الَّذِينَ آمَنُوا لَا تَقْرَبُوا الصَّلَاةَ وَأَنْتُمْ سُكَارَى حَتَّى تَعْلَمُوا مَا تَقُولُونَ وَلَا جُنُبًا إِلَّا عَابِرِي سَبِيلٍ حَتَّى تَغْتَسِلُوا وَإِنْ كُنْتُمْ مَرْضَى أَوْ عَلَى سَفَرٍ أَوْ جَاءَ أَحَدٌ مِّنْكُمْ مِنَ الْغَائِبِ أَوْ لَمْ تَجِدُوا مَاءً فَتَيَمَّمُوا صَعِيدًا طَيِّبًا فَامْسَحُوا بِوُجُوْهِكُمْ وَأَيْدِيكُمْ إِنَّ اللَّهَ كَانَ عَفُوًّا غَفُورًا (٤٣)

O you who believe! Draw not near unto prayer when you are drunk, till you know that which you utter, nor when you are polluted, except when travelling upon the road, till you have bathed. And if you be ill, or on a journey, or one of you come from the closet (toilet), or you have touched women, and you find not water, then go to high clean soil and rub your faces and your hands (therewith). Indeed Allah سبحانه وتعالى is Compassionate, Forgiving. (43)

Ahadith Regarding Alcohol, Wine, Drugs and Intoxicants

- 1) Hadhrat Jabir رضي الله عنه reported that Rasoolullaah صلى الله عليه وسلم said, "Whosoever drinks wine, whip him. If he repeats it for the fourth time, kill him." He (Jabir رضي الله عنه) says, a man was later brought to Rasoolullaah صلى الله عليه وسلم who had drunk wine for the fourth time. He beat him, but did not kill him.

(Tirmidhi, Abu Dawood)

The following Hadith clearly states that Rasoolullaah صلى الله عليه وسلم prohibited intoxicants.

- 2) Hadhrat Ibn Umar رضي الله عنه reported that Rasoolullaah صلى الله عليه وسلم said, "Every intoxicant is khamr (wine) and every intoxicant is Haram (unlawful). Whosoever drinks wine in this world and dies whilst consumed in it and does not repent will not drink it in the next world."

(Muslim)

- 3) Hadhrat Jabir رضي الله عنه narrates that a man came from Yemen and asked Rasoolullaah صلى الله عليه وسلم about a wine made from corn called 'Mizr', which they drank in their land. Rasoolullaah صلى الله عليه وسلم asked, "Is it intoxicating?" He replied, "Yes." Rasoolullaah صلى الله عليه وسلم said, "Every intoxicant is unlawful. Indeed there is covenant upon Allah سبحانه

وتعالى for one who drinks intoxicating drinks that he will make him drink from *Teenatul Khabaal*." They asked, "Oh Rasoolullaah ﷺ, what is *Teenatul Khabaal*?" He said, "The sweat of the inmates of hell or the pus (impurities) of the inmates of hell."

(Muslim)

- 4) Hadhrat Abdullah Ibn Umar رضي الله عنه reports that Rasoolullaah ﷺ said, "Whosoever drinks wine, Allah سبحانه وتعالى will not accept his prayer for 40 days. If he seeks repentance, Allah سبحانه وتعالى will forgive him. And if he repeats it, Allah سبحانه وتعالى will not accept his prayer for 40 days. If he seeks repentance, Allah سبحانه وتعالى will forgive him. And if he repeats it again, Allah سبحانه وتعالى will not accept his prayer for 40 days. If he seeks repentance, Allah سبحانه وتعالى will forgive him. If he repeats it for the fourth time, Allah سبحانه وتعالى will not accept his prayer for 40 days. If he seeks repentance, Allah سبحانه وتعالى will not accept it and he will be made to drink from the river of impurities (of the inmates of hell)."

(Tirmidhi, Nasai, Ibn Majah and Daarami)

- 5) Hadhrat Jabir رضي الله عنه narrated that Rasoolullaah ﷺ said; "Whatever intoxicates in a greater quantity is also unlawful in its smaller quantity."

(Tirmidhi, Abu Dawood and Ibn Majah)

- 6) Hadhrat Umme Salmah رضي الله عنها narrates that Rasoolullaah ﷺ prohibited every intoxicant and *Mufattir* (anything which excites and irritates the mind, body and heart.)

(Abu Dawood)

- 7) Hadhrat Abdullah Ibn Amr رضي الله عنه reports from Rasoolullaah ﷺ, "One who is disobedient to parents, gambles, harsh after charity and is a habitual drunkard shall not enter paradise."

(Daarami)

- 8) Hadhrat Abu Umaamah رضي الله عنه reported that Rasoolullaah ﷺ said, "Indeed! Almighty Allah سبحانه وتعالى sent me as a mercy for all the worlds; and my Almighty and Glorious Lord ordered me to abolish drums, musical instruments, idols, the cross and the affairs of the days of ignorance. My Almighty and Glorious Lord has sworn, "By My honour, no servant among My servants shall drink a mouthful of wine but I will make him drink like it from the scorching water (of hell); and none abstains from it out of fear of Me but I will give him drink from the Holy fountain."

(Ahmad)

9) Hadhrat Ibn Umar رضى الله عنه narrates that Rasoolullaah صلى الله عليه وسلم said, "There are three for whom Allah سبحانه وتعالى has forbidden paradise; a habitual drunkard, one who is disobedient to parents and a careless husband who establishes impurity in his family."

(Ahmad and Nasai)

10) Hadhrat Abu Musa Al-Asharee رضى الله عنه narrates that Rasoolullaah صلى الله عليه وسلم said, "There are three who will not enter paradise; a habitual drunkard, one who cuts of blood ties and one who believes in sorcery."

(Ahmad)

11) Hadhrat Ibn Abbas رضى الله عنه reported that Rasoolullaah صلى الله عليه وسلم said, "If a habitual drunkard dies, he will meet Allah سبحانه وتعالى like the one who worships idols."

(Ahmad, Ibn majah)

12) Hadhrat Abu Musa رضى الله عنه reported that he used to say, "I do not differentiate whether I drink wine or worship these idols besides Allah سبحانه وتعالى."

(Nasai)

Why Are Intoxicants HARAM?

From the above Ayaat of the Noble Quran and Ahaadith, we can very easily understand the Islamic command regarding intoxicants. Drugs are also prohibited in the light of the above mentioned Ayaat of the Noble Quran and Ahadith, because drugs lead to all evils and major sins like intoxicants

The Evil Effects of Drugs

Imam Ibn Taimiyyah رحمه الله describes its faults: -

- 1) Islamically, drugs are an intoxicant like wine. Physically and spiritually, it destroys the mind, causes forgetfulness, causes the person to reveal secrets, destroys hayaa (modesty), nurtures destruction, suppresses self respect, obliterates intelligence, prevents one from performing Salaah and instigates towards Haram.
- 2) Physically, it deteriorates the mind, cuts off the means for offspring, causes leprosy, sickness, feverish shivers, bad breath, lowering of eyebrows and teeth, warming of blood, tuberculosis, damages intestines, destroys body organs, punctures the liver, burns the stomach and weakens eyesight, amongst other things.

Imam Ibn Taimiyyah رحمه الله says the fact is **drugs are an intoxicant like wine.**

Shariah and rational philosophy and judgement both specify and indicate towards the prohibition of drugs.

All verses of the Noble Quran and Ahaadith which testify that intoxicants are Haram also include all kinds of drugs).

Another verse, previously mentioned above, which proves drugs to be prohibited is in Surah Baqara, Ayat No 219. Allah سبحانه وتعالى says:

قُلْ فِيهِمَا إِثْمٌ كَبِيرٌ وَمَنَافِعُ لِلنَّاسِ وَإِثْمُهُمَا أَكْبَرُ مِنْ نَّفْعِهِمَا

In them there is great sin and some benefit for mankind, but sin is greater than the gain.

Why is Drugs HARAAM

From the above Ahaadith, we can clearly see the Islamic view regarding intoxicants. In another Hadith the Rasoolullaah صلى الله عليه وسلم has described intoxicants as: -

1. The key to all evils.
2. The head of all errors and lapses.
3. The most terrible of major sins.
4. The mother of all atrocities.
5. The mother of all evils.

Why are drugs, intoxicants so foul and evil in Islam? Let us look at what the scholars have said regarding the effects of drugs from a worldly and religious point:

Ibn Hajar Al-Makki رحمه الله narrates from some scholars that they are 120 worldly and religious detriments in consuming hashish (Cannabis).

Not 10, not 20, but 120 harmful things occur by the consumption of drugs.

The great Ibn-e-Seena رحمه الله says that large amounts of it dries up semen (The fluid that carries sperm thus rendering him incapable of passion in sexual intercourse).

Ibn-ul-Bitaar رحمه الله says: A group of people used it (drugs) and they became mentally deranged (insane).

Imaam Zarakhshee رحمه الله narrates in his book upon the prohibition of Hashish (Cocaine) from Zakariyah Razee, a famous doctor, that consuming hashish causes headaches, desiccates semen, brings about confusion, Neurosis, dries up all body fluids which could cause sudden death. Also it defects the mind, induces hectic fever, tuberculosis and oedema (dropsy).

Imaam Ibn-e-Taymiyyah (رحمه الله) says: All the faults, blemishes, bad things in khamr (wine) are present in hashish and more. Because the majority of faults in khamr effect religion, but hashish effects to a great extent both religion and body.

A Principle of Fiqh:

Everything in which the evil and harm outweighs the gain and benefit is not at all allowed. They turn aside the sensory perceptions as well as causing hallucinations and illusions. They also cause body fatigue, neurosis, decline in health, moral insensitivity and much more. **There are no benefits whatsoever of taking drugs for recreational purposes.** The whisper from Shaitaan that Class B drugs such as cannabis is alright is absolutely wrong. This verse clearly states that although it seems like they may contain a few benefits, overall its evil is far greater.

It is narrated in Sahih Muslim: “Every intoxicant is khamr (wine) and all Khamr is Haram.”

In short, everything, which obstructs a person from Zikrullah and Salaah is Haram like wine.

Allah (تعالى) states in the Noble Quran in Surah Araf Ayat 157:

وَيُحَرِّمُ عَلَيْهِمُ الْخَبِيثَ

And Allah (تعالى) has forbidden on to you the ‘khabaith’ i.e. repulsive, wicked and evil things.

Hadhrat Dailamah Al-Humairee (رضي الله عنه) states: I asked Rasoolullaah (صلي الله عليه وسلم), “Oh Rasoolullaah (صلي الله عليه وسلم), indeed we are in a cold land and we have to work hard therein and we prepare wine from this wheat which gives us strength in our works and in the chill of our cities.” Rasoolullaah (صلي الله عليه وسلم) asked, “Does it intoxicate?” “Yes,” I replied. He said, “Give it up.” I said, “Indeed, the people cannot give it up.” He said, “If they do not give it up, fight with them.”

(Abu Dawood)

This Hadith explains to us the principle of Haram, that, if it intoxicates, it is Haram. The same reason and cause is found in drugs.

Ijma (Consensus of the Ummah) Regarding Alcohol, Wine, Drugs and Intoxicants

The unanimous decision of the Ummah on the prohibition of drugs is also narrated from many scholars. Imaam Sarakhsee (رحمه الله) states:

“The consensus of the Ummah is narrated from several scholars in the prohibition of hashish; scholars include Imam Qiraafi (رحمه الله) and Imam ibn Taimiyyah (رحمه الله)”

Imam Ibn Taimiyyah (رحمه الله) has further said, “Whosoever regards it lawful has become kafir.”

The Four Madhaahib

All four Imams unanimously agree that consuming anything intoxicating is Haram. Certain plants have also been included as Imam Rafee' رحمه الله clearly says that, "The scholars have included intoxicating plants, within the prohibition."

Qiyaas (Analogical Deduction) Regarding Alcohol, Wine, Drugs and Intoxicant

The prohibition of drugs has been proven by The Noble Quran, Ahadith and Ijmah (consensus of the Ummah). It can further be proven by 'Qiyaas' (Analogical Deduction). When a person is intoxicated he has no control over himself, he can commit suicide, murder or adultery etc. Similarly, he will almost certainly have to steal. This is Haram without any doubt.

A General Rule of Fiqh (Jurisprudence)

Whatever leads to Haram, destruction and ruin is Haram itself. For instance committing suicide is Haram because it leads to destruction. So, drugs have been proven Haram by all four sources of jurisprudence (Noble Quran, Ahadith, Ijmah and Qiyaas).

What is the Punishment for Consuming Alcohol, Wine, Drugs and Intoxicants?

Imam Malik, Imam Shafi and Imam Ahmad bin Hambal رحمه الله عليهم say consuming anything intoxicating, regardless the amount, will bring the **Shar'i punishment of 80 lashes**.

In the Hanafi madhab, in Fatawa 'Al-Khulasa lil-Hanafiyyah,' it is stated:

"If an intoxicating amount has been taken then, there are two rulings.

1. Imam Muhammad رحمه الله say's Hadd (Shar'i fixed penalty) will be applicable.
2. Imamul Aimmah Imam Azam Abu Hanifah رحمه الله and Imam Abu Yusuf رحمه الله say he will be given Tazir (reprimanded severely), but the Hadd will not be obligatory.

Tazir (reprimand) is a punishment that has no specific amount and it is for the judge to decide.

Please note that according to some scholars, in certain circumstances, Tazir could be more severe than the Hadd, when the person constantly commits the crime.

The Ruling of Smoking Cigarettes and Shisha (Hookkah)

وَأَنْفِقُوا فِي سَبِيلِ اللَّهِ وَلَا تُلْقُوا بِأَيْدِيكُمْ إِلَى التَّهْلُكَةِ ۗ وَأَحْسِنُوا

إِنَّ اللَّهَ يُحِبُّ الْمُحْسِنِينَ (١٩٥)

Spend your wealth for the cause of Allah, and be not cast by your own hands to ruin; and do good. Indeed! Allah loves the righteous. (Surah Baqarah: 195)

وَلَا تَقْتُلُوا أَنْفُسَكُمْ

And do not kill yourselves. (Surah Nisa: 29)

إِنَّمَا يُرِيدُ الشَّيْطَانُ أَنْ يُوقِعَ بَيْنَكُمُ الْعَدَاوَةَ وَالْبَغْضَاءَ فِي الْخَمْرِ وَالْمَيْسِرِ وَيَصُدَّكُمْ عَن ذِكْرِ اللَّهِ وَعَنِ الصَّلَاةِ ۚ فَهَلْ أَنْتُمْ مُنْتَهُونَ (٩١)

Shaitaan's plan is to spread hatred and enmity amongst you with intoxicants and gambling, and to hamper you from the remembrance of Allah and from prayer. Will you not give up? (Surah Maidah: 91)

Below are extracts from the stop smoking programme, www.cancer.gov, Luton & Dunstable hospital, www.bbc.co.uk and The Guardian newspaper, detailing the harmful effects of smoking cigarettes, followed by the harms of smoking Shisha (Hookkah).

The Harmful Effects of Smoking Cigarettes

Key Points

Tobacco smoke is harmful to smokers and non smokers.

Cigarette smoking causes many types of cancer, including cancers of the lung, oesophagus, larynx (voice box), mouth, throat, kidney, bladder, pancreas, stomach, and cervix, as well as acute myeloid leukaemia.

- Every year hundreds of thousands of people around the world die from diseases caused by smoking cigarettes - Smoking KILLS.
- One in two lifetime smokers will die from their habit. Half of these deaths will occur in middle age.
- Tobacco smoke also contributes to a number of cancers.
- The mixture of nicotine and carbon monoxide in each cigarette you smoke temporarily increases your heart rate and blood pressure, straining your heart and blood vessels.
- This can cause heart attacks and stroke. It slows your blood flow, cutting off oxygen to your feet and hands. Some smokers end up having their limbs amputated.
- Tar coats your lungs like soot in a chimney and causes cancer. A 20-a-day smoker breathes in up to a full cup (210 g) of tar in a year.
- Changing to low-tar cigarettes does not help because smokers usually take deeper puffs and hold the smoke in for longer, dragging the tar deeper into their lungs.
- Carbon monoxide robs your muscles, brain and body tissue of oxygen, making your whole body and especially your heart work harder. Over time, your airways swell up and let less air into your lungs.
- Smoking causes disease and is a slow way to die. The strain of smoking effects on the body often causes years of suffering.

- Emphysema for example is an illness that slowly rots your lungs. People with emphysema often get bronchitis again and again, and suffer lung and heart failure.
- Lung cancer from smoking is caused by the tar in tobacco smoke.
- Men who smoke are ten times more likely to die from lung cancer than non-smokers.
- Heart disease and strokes are also more common among smokers than non-smokers.
- Smoking causes fat deposits to narrow and block blood vessels which lead to heart attack.
- Smoking causes around one in five deaths from heart disease.
- In younger people, three out of four deaths from heart disease are due to smoking
- Cigarette smoking during pregnancy increases the risk of low birth weight, prematurity, spontaneous abortion, and prenatal mortality in humans, which has been referred to as the foetal tobacco syndrome.

This list can only **begin** to convey some of the long and short term effects of smoking cigarettes. We know that smoking kills and that quitting makes sense but what about the effect on others? We consider reasons why smoking is bad for those around you, in the effects of second hand smoke.

The Harmful Effects of Second Hand Smoking

Passive smoking (also known as environmental tobacco smoke (ETS), involuntary smoking or second hand smoke) occurs when the exhaled and ambient smoke from one person's cigarette is inhaled by other people. Non-smokers exposed to second hand smoke are at greater risk for many of the health problems associated with direct smoking.

In 1992, the Journal of the American Medical Association published a review of the evidence available from epidemiological and other studies regarding the relationship between second hand smoke and heart disease and estimated that passive smoking was responsible for 35,000 to 40,000 deaths per year in the United States in the early 1980s.

Non-smokers living with smokers have about a 25% increase in risk of death from heart attack and are also more likely to suffer a stroke, and some research suggests that risks to non-smokers may be even greater than this estimate. One recent study in the British Medical Journal found that exposure to second hand smoke increases the risk of heart disease among non-smokers by as much as 60%.

Passive smoking is especially risky for children and babies and can cause low birth weight babies, sudden infant death syndrome (SIDS), bronchitis, pneumonia, and middle ear infections.

The US Environmental Protection Agency (EPA) in 1993 issued a report estimating that 3,000 lung cancers related deaths in the US were caused by passive smoking every year.

In 2002, a group of 29 experts from 12 countries convened by the Monographs Programme of the International Agency for Research on Cancer (IARC) of the World Health Organization (WHO) reviewed all significant published evidence related to tobacco smoking and cancer. It concluded its evaluation of the carcinogenic (**any substance, radionuclide, or radiation that is an agent directly involved in causing cancer**) risks associated with involuntary smoking, with second-hand smoke also being classified as carcinogenic to humans.

Many experts believe that moderate, occasional exposure to second hand smoke presents a low cancer risk to non-smokers, but the risk is more likely to be significant if non-smokers work

in an environment where cigarette smoke is prevalent. For this reason, many countries (such as Ireland) and jurisdictions (like New York State) now prohibit smoking in public buildings. Many office buildings contain specially ventilated smoking areas; some are required by law to provide them.

Tobacco smoke contains harmful chemicals

Tobacco smoke contains chemicals that are harmful to both smokers and non smokers. Breathing even a little tobacco smoke can be harmful.

Of the more than 7,000 chemicals in tobacco smoke, at least 250 are known to be harmful, including hydrogen cyanide, carbon monoxide, and ammonia

Among the 250 known harmful chemicals in tobacco smoke, at least 69 can cause cancer. These cancer-causing chemicals include the following.

- Arsenic
- Benzene
- **Beryllium (a toxic metal)**
- **Butadiene (a hazardous gas)**
- Cadmium (a toxic metal)
- **Chromium (a metallic element)**
- Ethylene oxide
- **Nickel (a metallic element)**
- **Polonium-210 (a radioactive chemical element)**
- Vinyl chloride

Other toxic chemicals in tobacco smoke are suspected to cause cancer, including the following

- Formaldehyde
- Benzo[α]pyrene
- Toluene

Smoking is addictive

Nicotine is a drug that is naturally present in the tobacco plant and is primarily responsible for a person's addiction to tobacco products, including cigarettes. During smoking, nicotine enters the lungs and is absorbed quickly into the bloodstream and travels to the brain in a matter of seconds. Nicotine causes addiction to cigarettes and other tobacco products that is similar to the addiction produced by using drugs such as heroin and cocaine.

Other tobacco products', such as pipe tobacco, harms and addictions

All forms of tobacco are harmful and addictive. There is no safe tobacco product.

In addition to regular cigarettes and cigars, other forms of tobacco include smokeless tobacco (also called chewing tobacco, snuff, and snus), pipes, hookahs (waterpipes), bidis, and kreteks. Although most research has focused on the harms of cigarette smoking, all forms of tobacco are harmful.

All tobacco products contain nicotine and cancer-causing substances. Both smokeless tobacco and smoking tobacco are known to cause cancer in humans. These products may also cause heart attacks, mouth problems and other diseases.

- **Pipes:** Pipe smoking causes lung cancer and increases the risk of cancers of the mouth, throat, larynx, and esophagus
- **Hookkabs or waterpipes** (other names include argileh, ghelyoon, hubble bubble, Shisha, boory, goza, and narghile): A hookkah is a device used to smoke tobacco. The smoke passes through a partially filled water bowl before being inhaled by the smoker. Some people think hookkah smoking is less harmful and addictive than smoking regular cigarettes but all forms of tobacco smoking are harmful and addictive. Tobacco smoke, including the smoke produced by a hookkah, contains harmful chemicals such as carbon monoxide and cancer-causing substances
- **Biris:** A biri is a flavored cigarette made by rolling tobacco in a dried leaf from the tendu tree, which is native to India. Biri use is associated with heart attacks and cancers of the mouth, throat, larynx, esophagus, and lung
- **Kreteks:** A kretek is a cigarette made with a mixture of tobacco and cloves. Smoking kreteks is associated with lung cancer and other lung diseases

Is there a tobacco product that is less hazardous than cigarettes?

All tobacco products are harmful and cause cancer, and the use of these products is strongly discouraged. There is no safe level of tobacco use. People who use any type of tobacco product should be urged to quit.

<http://www.stop-smoking-programs.org>
<http://www.cancer.gov>

It is evident from the above information, when studied with the teachings of the Noble Quran, that smoking and its harms are clearly Haram. Not only are they detrimental to one's health, they also contribute to one's death. It is also time consuming – time which could be spent in the remembrance of Allah سبحانه وتعالى, and consumes one's wealth – wealth that could be spent in the way of Allah سبحانه وتعالى.

The same can be said about smoking Shisha (Hookkah) as the evidence below shall shortly indicate.

The Harmful Effects of Smoking Shisha (Hookkah)

Did you know that an hour-long Shisha session is the equivalent to inhaling up to 200 cigarettes?

Shisha smoking has become popular in Luton, especially with young people, because it seems like a harmless activity. Many people are fooled by the cooled, flavoured smoke and are even unaware that Shisha contains addictive tobacco.

Shisha, also known as waterpipe, hookah, narghile or hubble-bubble, are used in the Middle East and Asia, and now widely across Europe and North America. Shisha is a glass-bottomed water vase in which fruit-flavoured tobacco is covered with foil and roasted with charcoal. The tobacco smoke passes through a water chamber and is inhaled deeply and slowly through a

hose-like instrument (often referred to as a pipe); the fruit-flavoured tobacco tastes smooth and smells/tastes sweet.

Shisha bars, which are typically decked out with low stools and soft cushions to create an inviting atmosphere, have become popular in cities across the UK, particularly in London, Manchester, Leicester and Birmingham.

An activity largely associated with Middle Eastern customers and a young crowd, there is a growing trend of themed Shisha parties. Many people who go to "Shisha evenings" think it is a safer alternative to smoking cigarettes.

The myth that the water in the vase filters out poisons isn't true. Directly smoking Shisha or being around people who are smoking it means harmful substances like carbon monoxide, tar, heavy metals and other cancer-causing chemicals are getting into your lungs.

An hour-long Shisha session is the equivalent of inhaling up to 200 cigarettes. One session of smoking Shisha resulted in carbon monoxide levels at least four to five times higher than the amount produced by one cigarette. High levels of carbon monoxide can lead to brain damage and unconsciousness.

Smoking Shisha can cause gum disease, bad breath, bleeding gums and tooth loss and the risk of diseases like tuberculosis, herpes (cold sores) and hepatitis as some germs can live inside the vase/pipe.

The Department of Health, when measuring carbon monoxide in exhaled breath, showed a normal non-smoker's level to be three parts CO per million parts of air (ppm) (less than 1% of blood not working properly), a light smoker to have 10-20 ppm (2-4% of blood not working properly), and a heavy smoker 30-40 ppm (5-7%). The study found Shisha smokers had 40-70 ppm of CO in their breath - affecting 8-12% of their blood.

"We found one session of smoking Shisha - that's 10 milligrams (of fruit tobacco) for 30 minutes - gave carbon monoxide levels that were at the lowest four and five times higher than having a cigarette," said Dr Hilary Wareing, director of the Tobacco Control Collaborating Centre. "But at the worst, Shisha was 400 to 450 times more dangerous than having a cigarette," she added.

According to research carried out by the WHO, on average, a smoker will inhale half a litre of smoke per cigarette, while a Shisha smoker can take in anything from just under a sixth of a litre to a litre of smoke per inhale.

Sharing a Shisha pipe heightens the risk of getting TB, herpes and other infections. So a regular Shisha smoker can expect to be at risk to the similar health problems that cigarette smokers face, whether that's respiratory, heart disease or cancer.

[https://www.ldh.nhs.uk/NewsList\(3\).htm](https://www.ldh.nhs.uk/NewsList(3).htm)

<http://news.bbc.co.uk/1/hi/8214097.stm>

<http://www.guardian.co.uk/society/2011/aug/22/Shisha-smoking-how-bad-is-it>

The Doctors' Valuable Advice

Conclusion

It is evident from the above information, when studied with the teachings of the Quran, that smoking Shisha (Hookkah) serves the same, and in some cases even more, damage to one's health than smoking cigarettes.

Like smoking cigarettes, it is time consuming – time which could be spent in the remembrance of Allah سبحانه وتعالى, and consumes one's wealth – wealth that could be spent in the way of Allah سبحانه وتعالى.

Mas'ala 1

The selling and buying of these kind of intoxicating products is **Haram**.

Mas'ala 2

Talaq given in the state of intoxication is **applicable**.

Mas'ala 3

The money earned from these products is **unlawful**.

Mas'ala 4

The buyer and seller both are regarded same in sin as far as the transgression is concerned regardless of consumption.

Question: All drugs do not intoxicate; drugs like heroin and hashish are only depressants which slacken and weaken the mind. Are they permissible to consume?

Answer: It has been narrated by Umme Salmah رضي الله عنها ; she states Rasoolullaah صلى الله عليه وسلم prohibited every intoxicant and muftir (every substance which slackens the mind).

What could be more evil and harmful than the thing, which destroys the faculties of thought and sensitivity in the mind?

Imam Ibn Taimiyyah رحمه الله states: "It should be enough harm for a person just to know that it prevents you from the Remembrance of Allah and Salaah."

Final Verdict: Every kind of Intoxicants, including Alcohol, Wine and Drugs are without a minute amount of doubt **Haram**. Similarly, Smoking all kinds of cigarettes and Shisha, which is more dangerous than Smoking are also in the Light of The Noble Quran, Ahadith, Ijmah (consensus of the Ummah) and Qiyaas (Analogical Deduction) Haram.

Allah سبحانه وتعالى. Knows best

May Allah give us all the ability to refrain from all forms of intoxicating and detrimental substances and grant us steadfastness on the righteous path. Ameen.