

INTERDISCIPLINARY STUDY OF ISLAMIC EDUCATION BASED ON THE QURAN AND HADITH

“The Dangers of Eating Pork from a Health Perspective”

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Abstract— Food is a fundamental human need essential for sustaining life, supporting growth, and maintaining physiological functions. Adequate and nutritious food intake plays a critical role in tissue repair, energy provision for daily activities, and metabolic regulation, including the balance of water, minerals, and bodily fluids. Moreover, proper nutrition functions as a defense mechanism against various diseases. Insufficient quantity and quality of food may lead to decreased productivity and impaired bodily functions. Among essential nutrients, proteins—particularly those derived from animal sources—are vital for maintaining the optimal performance of internal organs. However, pork consumption has been widely reported to pose health risks. Despite its appealing taste, pork contains high levels of fats that are difficult to digest and may contribute to various degenerative diseases, including arteriosclerosis, hypertension, angina, and arthritis. Numerous studies have identified pathogenic bacteria commonly present in pigs, further elevating the potential health hazards associated with pork consumption. This paper examines the dangers of pork consumption from multiple perspectives to provide a comprehensive understanding of its implications for human health.

Keyword : Pork ; Dangers; health ; Islam ; Pshychology

INTRODUCTION

Meat is a source of animal protein. Foods containing protein help the body maintain organ function. Without protein, liver and heart function will be impaired. However, protein consumption should be in appropriate amounts. This ensures that protein intake is not excessive and that meat consumption can benefit. Excessive protein in the body, especially meat, can cause constipation or difficulty defecating. This condition can lead to symptoms of heart disease (Maiyena and Mawarnis, 2022). The organ most susceptible to damage from foods high in fat is the heart, as its primary function is to pump blood throughout the body (Sudatri et al., 2016). Pork has been shown to contain many substances that can be harmful to the human body. Although pork looks delicious and tasty, it is actually high in fat, which is very difficult to digest (Kholestyana and Salsabila, 2023). Furthermore, pork also causes many diseases, including arteriosclerosis, hypertension, angina, and arthritis. Many countries have conducted research on diseases in pigs, as pigs contain many bacteria. One country that has conducted this research is Norway. Bakke (1983) conducted a study by isolating *Mycoplasma* (M) *hyopneumoniae*, *M. hyorhinis*, and *Pasteurella* (P) *multocida* from the lungs of pigs showing pneumonia lesions. Islam is a religion that regulates all aspects of human life. One of these concerns fulfilling the need for food. In addition to factors such as taste, nutrition, cleanliness, and safety of a food, there is another equally important aspect, namely the halal and haram status of food. General guidelines in Islam require the concept of halal. Apart from a religious perspective, halal also aims to

preserve life, protect future generations, and maintain self-esteem and integrity (Muhammad et al, 2007). Islam places great emphasis on whether food is halal, haram, or syubhat (doubtful). It pays attention to food sources, cleanliness, processing methods, presentation, and even how to dispose of food waste (Zulaekah & Kusumawati, 2005). Because these provisions contain spiritual values and reflect a person's noble morals (Ali, 2016).

The command to consume halal and good food is explained in two primary sources of reference for Muslims: the Quran and the Hadith. One of these is found in Surah Al-Maidah, verse 88, which reads:

وَكُلُوا مِمَّا رَزَقَكُمُ اللَّهُ حَلَالًا طَيِّبًا وَاتَّقُوا اللَّهَ الَّذِي أَنْتُمْ بِهِ مُؤْمِنُونَ ﴿٨٨﴾

"And eat what is lawful and good from what Allah has provided for you."

Essentially, all food and drink on earth is halal unless there is evidence to prohibit it. The scope of what is forbidden is very narrow compared to what is permissible. Therefore, when there is no evidence to prohibit or permit something, it reverts to the original law, which is permissibility (Ali, 2016). In the past, when verses of the Quran were revealed, containing commands prohibiting the consumption of forbidden foods and obliging the consumption of halal ones, Muslims obeyed them out of faith and obedience. As stated in Surah An-Nur, verse 51:

إِنَّمَا كَانَ قَوْلَ الْمُؤْمِنِينَ إِذَا دُعُوا إِلَى اللَّهِ وَرَسُولِهِ لِيَحْكُمَ بَيْنَهُمْ أَنْ يَقُولُوا سَمِعْنَا وَأَطَعْنَا وَأُولَئِكَ هُمُ الْمُفْلِحُونَ ﴿٥١﴾

"Only the words of the believers, who when they are invited to Allah and His Messenger for the Messenger to decide (matters) between them, they say, 'We hear, and we obey' And they are the lucky ones."

The advancement of technology and science has led to an increasing amount of research in the fields of medicine, pharmacy, and science, including on the negative impacts of non-halal and non-good food. Behind the prohibitions stated in the Quran, there are certainly benefits and benefits for those who obey them. The Quran revolutionized established concepts that had become societal habits, replacing them with new, enlightening and liberating concepts (Riyani, 2016).

Haram foods and drinks, such as pork, carrion, blood, and alcoholic beverages, are prohibited for Muslims because they affect bodily functions. Besides being a test of faith, consuming haram foods and drinks also causes numerous harms to the human body (Zulaekah and Kusumawati 2005). This article discusses the negative impacts or dangers of haram foods prohibited for Muslims. The halal status of a food (animal) is also determined by the method of slaughter. Furthermore, this article also discusses the benefits of slaughtering animals in accordance with Islamic law.

DISCUSSION

A. The Dangers of Eating Pork from a Health Perspective

Pork, like other types of meat, contains essential nutrients. However, there are several health risks to consider before deciding to consume it:

1. Parasitic Infections:

a. Taeniasis/Cysticercosis

Undercooked pork can contain the larvae of the tapeworm *Taenia solium*. If ingested, these larvae can develop into adult tapeworms in the intestines (taeniasis) or form cysts in various body tissues, including the brain and muscles (cysticercosis). Cysticercosis can cause various neurological problems, including seizures.

b. Trichinellosis

Pork can also contain the larvae of the worm *Trichinella spiralis*. Trichinellosis infection can cause symptoms such as nausea, vomiting, diarrhea, fever, muscle pain, and facial swelling.

2. High Saturated Fat and Cholesterol Content

Pork, especially fatty cuts, is high in saturated fat and cholesterol. Excessive consumption can increase levels of bad cholesterol (LDL) in the blood, which is a risk factor for heart disease and stroke.

3. Salt and Additive Content

Processed pork products, such as sausage and ham, often contain high levels of salt and food additives. Excessive consumption can increase the risk of high blood pressure and other health problems.

4. Antibiotic Resistance

The overuse of antibiotics in pig farming can lead to the development of antibiotic-resistant bacteria. Consuming pork containing antibiotic-resistant bacteria can complicate the treatment of bacterial infections in humans.

5. Cancer Risk

Several studies have shown that consuming processed red meat, including processed pork, may increase the risk of colon cancer.

6. Colon Cancer

Although the risk factors for colon cancer are complex, some studies have shown that reducing the consumption of processed red meat, including processed pork, may help reduce the risk of developing this disease.

In addition to the above diseases, avoiding pork can also reduce the risk of certain bacterial infections that may be present in meat that is not properly processed or cooked.

B. The Dangers of Eating Pork from an Islamic Health Perspective.

From an Islamic perspective, consuming pork is haram (forbidden). This prohibition is based on verses of the Koran and hadith (the words and actions of the Prophet Muhammad SAW). The following are some of the reasons and dangers underlying this prohibition from an Islamic perspective:

Allah SWT's command in the Al-Quran:

1. Pork is explicitly mentioned as haram in several verses of the Koran, including:

Surah Al-Baqarah (2:173)

إِنَّمَا حَرَّمَ عَلَيْكُمُ الْمَيْتَةَ وَالدَّمَ وَلَحْمَ الْخَيْزِرِ وَمَا أَهْلَ بِهِ
لَعَنَ اللَّهُ فَمَنْ اضْطُرَّ غَيْرَ بَاغٍ وَلَا عَادٍ فَلَا إِثْمَ عَلَيْهِ إِنَّ
اللَّهَ غَفُورٌ رَحِيمٌ (١٧٣)

"...Indeed, Allah has only forbidden you carrion, blood, pork and animals which (when slaughtered) are called (names) other than Allah..."

Surah Al-Maidah (5:3)

حُرِّمَتْ عَلَيْكُمُ الْمَيْتَةُ وَالدَّمُ وَلَحْمُ الْخَيْزِرِ وَمَا أَهْلَ لِلَّهِ بِهِ
وَالْمُنْخَنِقَةُ وَالْمَوْفُوذَةُ وَالْمُتَرَدِّيَةُ وَالنَّطِيحَةُ وَمَا أَكَلَ السَّبُعُ إِلَّا مَا
ذَكَّيْتُمْ وَمَا ذُبِحَ عَلَى النُّصُبِ وَأَنْ تَسْتَقْسِمُوا بِالْأَزْلَامِ ذَٰلِكُمْ
فِسْقٌ الْيَوْمَ يَئِسَ الَّذِينَ كَفَرُوا مِنْ دِينِكُمْ فَلَا تَحْشَوْهُمْ وَاخْشَوْنِ
الْيَوْمَ أَكْمَلْتُ لَكُمْ دِينَكُمْ وَأَتِمَمْتُ عَلَيْكُمْ نِعْمَتِي وَرَضِيْتُ لَكُمْ
الْإِسْلَامَ دِينًا فَمَنْ اضْطُرَّ فِي مَخْمَصَةٍ غَيْرَ مُتَجَانِفٍ لِإِثْمٍ فَإِنَّ اللَّهَ
غَفُورٌ رَحِيمٌ (٣)

"...Forbidden to you (are) carrion, blood, pork, (the flesh of animals) slaughtered in the name of other than Allah..."

Muslims believe that Allah SWT has wisdom behind every command and prohibition, even though the rational reasons may not always be fully understood by humans.

Cleanliness and Health:

1. In Islam, pigs are considered dirty and disgusting animals. Pigs often eat unclean food and live in unclean environments.
2. From a health perspective, as previously explained, pork can potentially contain various parasites and bacteria that are harmful to humans.

Lessons That May Contain:

While the rationale may not always be clear, Muslims believe that the prohibition against consuming pork certainly contains great wisdom. Some scholars argue that this prohibition aims to preserve the physical and spiritual health of Muslims, as well as to keep them away from evil and harmful things. It is important to understand that the prohibition against consuming pork in Islam is not simply a religious rule, but also part of a comprehensive system of values and worldview. For Muslims, obeying the commands of Allah SWT is a form of worship and deep devotion. The primary reason behind the prohibition against eating pork in Islam is a direct command from Allah SWT as stated in the Quran. This is the fundamental basis for the prohibition. While there may be other wisdom and reasons behind it, as I mentioned earlier (cleanliness, health, spiritual impact), the primary reason is that Allah SWT has forbidden it in the Quran. Muslims believe that Allah is All-Knowing and All-Wise, and that His commands are the best for humanity, whether rationally understood or not. Obeying these commands is considered a form of worship and submission to the Creator.

C. The Dangers of Eating Pork from a Psychological Perspective.

1. Consuming forbidden foods is believed to negatively impact a Muslim's heart and soul. This can influence their behavior and tendencies.
2. Avoiding forbidden foods is a form of obedience to Allah SWT and His Messenger, which can increase faith and piety.
3. Consuming pork in any form, whether pork chops, bacon, or ham, has harmful effects on the body. Therefore, pork is considered forbidden for Muslims. Pork is a host for many types of parasites and dangerous diseases, including worms. Pork only excretes 2% of its uric acid content, and 98% remains in the body.

CONCLUSION

Hygiene has been emphasized extensively in halal, encompassing various aspects of the body, clothing, equipment, and workplace for processing or manufacturing food, beverages, and products. The goal is to ensure that the food (of any kind) produced is safe, hygienic, and harmless to human health. Considering the scientific facts regarding the contents of pork, it is clearly forbidden for us, especially Muslims, to avoid its consumption. Based on the analysis above, it can be concluded that consuming pork can cause various diseases, including colorectal cancer, liver disease, hepatitis E, worms, and multiple sclerosis, while consuming beef does not cause these diseases. However, it is important to emphasize that the health risks associated with pork

consumption can be reduced with proper precautions. Choosing lean pork, cooking it thoroughly, limiting the consumption of processed products, and consuming pork in moderation as part of a balanced diet are steps that can be taken to minimize these risks.

SUGGESTION

Ultimately, the decision to consume pork is a personal one. However, by understanding the potential health risks involved and taking appropriate precautions, individuals can make more informed and responsible decisions about their health.

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