

Smoking from an Islamic perspective

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Received: 11/2022

Published: 12/2022

Abstract

Background: Certainly, it is difficult to understand the consumer behavior of smokers. Even though they know the consequences that put their health and others at risk, they continue to smoke. Islamic religion in turn, forbids smoking due to its many harms, and there is a wide wisdom in that.

Objective: To determine the prevalence of smokers and awareness of smoking in relation to Islamic perspective.

Methods: In our research, we used various reliable international articles and research. With reliance on the texts of the Qur'an and Sunnah .

Conclusions: We must spread awareness of the harms of smoking among people, and advise them to avoid it as it can reduce the risk of disease and help us stay healthy and wealthy. By avoiding it, God Almighty will be pleased with us.

KEY WORDS: smoking, Islamic, Qur'an, Sunnah, disease.

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Tob Regul Sci. TM 2022;8(1): 4040-4046

DOI: doi.org/10.18001/TRS.8.1.303

Introduction

the habit of smoking is burden for all parties with it's risks. Even though all people know that smoking is very dangerous, not only to the smoker but also to the whole of society, environment and the country, but it is still ignored. This is because there is no specific injunction in preventing this habit (1).

Islamic faith plays an important role in determining smoking practices among people (2).

In the Islamic point of view, smoking gives a bad effect to human health and according to the rule of syariah, smoking is categorized under makruh (discouraged) or haram (prohibited) (3).

History of Smoking

Historically, Indian tribes recorded as the first user of tobacco leaves as an ingredient of suction which in some time later known as cigarette. Indian tribes smoked cigarettes for ritual purposes and treatment practices(4) .

In the 16th century, when the Europeans discovered the American continent, some of the European explorers also smoked and then brought tobacco to Europe as encumbrances(4) .

When the traders from Spain came to Turkey in the 17th century, it was the moment for smoking as habit in Islamic countries. In that century, tobacco was sucked through the pipeline and chewed for the purpose of treatment(5) .

At the end of the 17th century, cigarettes had manufactured in the United Kingdom (UK) and increasingly popular in mainland of Europe. Eventually, smoking became a lifestyle(6) .

Pipe smoking gave way to the use of tobacco as snuff and, in turn, to cigars and cigarettes at different times in different countries until cigarette smoking became the dominant form in most of the developed world between the two world wars. Societies were formed to discourage smoking at the beginning of the century in several countries, but they had little success except in Germany where they were officially supported by the government after the Nazis seized power (7).

Cigarette smoking first became a mass phenomenon in the United Kingdom and other more affluent countries in the early 20th century after the introduction of cheap, mass produced, manufactured cigarettes. Typically, a “smoking epidemic” in a population develops in four stages: a rise and then decline in smoking prevalence, followed two to three decades later by a similar trend in smoking related diseases. Usually, the uptake and consequent adverse effects of smoking occur earlier and to a greater degree among men.

In the United Kingdom there are about 13 million smokers, and worldwide an estimated 1.2 billion. Half of these smokers will die prematurely of a disease caused by their smoking, losing an average of eight years of life; this currently represents four million smokers each year worldwide.

Deaths from smoking are projected to increase to more than 10 million a year by 2030, by which time 70% of deaths will be in developing countries (8).

Smoking

A cigarette is a small paper-wrapped cylinder of cured and shredded or cut tobacco leaves, rolled into a paper tube. Ingredients in the final cigarette generally include not only tobacco, but many other products such as, residual pesticides, herbicides, fertilizer, heavy metals, arsenic, cyanide and other toxins, Tobacco smoke contains more than 4000 chemicals, many of which are toxic and carcinogenic(9) .

Cigarette smoking is the single biggest avoidable cause of death and disability in developed countries. Smoking is now increasing rapidly throughout the developing world and is one of the biggest threats to current and future world health. For most smokers, quitting smoking is the single most important thing they can do to improve their health. Encouraging smoking cessation is one of the most effective and cost effective things that doctors and other health professionals can do to improve health and prolong their patients' lives.

Health Consequences of Smoking

The hazards of smoking to the health are hard to enumerate. Cancer, tuberculosis, heart attacks, asthma, coughing, premature birth, infertility, infections in the digestive system, high blood pressure, nervousness, mouth and teeth diseases, etc., are among the many health hazards that have been strongly linked to smoking. These diseases may not appear all at once, however a smoker is most likely to suffer from some of them, and his suffering increases as he grows older. Furthermore, statistics have established that smokers' age is, on the average, ten years less than other people's

Smoking is harmful to the human mind and reason. An obvious demonstration of this is that one who is addicted to it passes through periods of severe craving, making it hard for him to think, concentrate, solve a problem, or do any important thing, until he smokes. In addition, when one smokes, his muscles slacken, and he passes through a brief period of delirium that curtains the thought. His digestive system is also affected, causing him frequent nervousness and trembling of the hands. He passes through periods of excitability, in irritation, and insomnia (10).

Smoking in Islamic Perspective

in Islam, the law of smoking is not explicitly and expressly mentioned by the Qur'an and Sunnah/Hadith. Therefore, the jurists seek its solution through ijtihad. Decision of Ulama Ijtima' by The Fatwa Committee of the Council of Indonesian Ulama (MUI) III in 2009 agreed

to the difference of views on the law of smoking, which is between makruh and haraam. Ijtima' of ulama is also decided that smoking is haraam if it is done in a public place or committed by children or pregnant women.

Referring to the MUI's fatwa, the basis for establishing the law of smoking is based on the QS. Al-A'raf [7]: 157,

"Those who follow the Messenger, the unlettered prophet, whom they find written in what they have of the Torah and the Gospel, who enjoins upon them what is right and forbids them what is wrong and makes lawful for them the good things and prohibits for them the evil and relieves them of their burden and the shackles which were upon them. So they who have believed in him, honored him, supported him and followed the light which was sent down with him - it is those who will be the successful."

"And give the relative his right, and [also] the poor and the traveler, and do not spend wastefully. Indeed, the wasteful are brothers of the devils, and ever has Satan been to his Lord ungrateful."

Another verse in the Qur'an which became a basis that cigarettes bring damage is QS. Al Baqarah [2]: 195,

"And spend in the way of Allah and do not throw [yourselves] with your [own] hands into destruction [by refraining]. And do good; indeed, Allah loves the doers of good".

Referring to the Hadith, the Prophet Muhammad SAW said, "There should not start giving bad impact (harm) to others, as well as him." (HR. Ibn Majah, Ad Daruquthni, Al Baihaqi and Al Hakim). From Abu Hurairah ra, that the Prophet SAW said: "Among the good of Islam a person is he leaving things that are not useful." (HR. Imam At-Tirmidhi, he said 'hasan'). From Abu Shirmah ra, that the Prophet SAW said: "Whoever do damage (mudharat) to the other a Muslim, Allah will do damage for them. Whoever complicate others, God will make it difficult for that person." (HR. Abu Dawud and At-Tirmidhi, he said 'hasan').

In jurisprudence, there are rules that used the scholars mujtahid (expert ijtihad) to help conclude and decide a law, both for the decision haram or halal some object or action. In determining the prohibition of smoking laws, there are some rules that strengthen. Rule jurisprudence used in astral conjunction Ulama MUI Fatwa Commission are: First, something or the means that led to the prohibition, it is haraam. Second, the cause must be eliminated mudlarat. Third, the determination of the law depends on the presence or absence of 'illat. Next, ijtima' of 'ulama MUI is also strengthened by the delegation explanation cleric from Egypt, Jordan, Yemen, and Syria that the smoking law in these countries is forbidden (4).

There are many sufficient reasons Islamically, to rule smoking prohibited. Most significantly, it is harmful in numerous ways. It is harmful to the religion, health, environment, family, brotherhood and social relations, property, etc. Smoking spoils a person's acts of worship and

reduces their rewards. For instance, it harm the prayer, which is the pillar of Religion. Allah's Messenger said: "Whoever eats garlic or onion, let him avoid us and our mosque, and stay in his home. The angels are surely hurt by things that hurt the human beings" (Bukhari, Bk 1, Vol. 12, Had no. 814) Those with clean and undefiled nature have no doubt that the smell emanating from the mouth of a smoker is worse and more foul than that from the mouth of one who ate garlic or onion. Thus, a smoker is in between two options, either to harm the praying people and the angels with his foul smell, or miss the prayer in congregation. Smoking also spoils fasting. Fasting is very hard for the smoker. As soon as the day is over, he hastens to break his fast on an evil cigarette instead of sweet dates or pure water. Even if he fasts through the month Ramadan, a smoker is reluctant to fast on other days. Thus he loses the great reward of those who fast even one day in Allah's way

In addition, no one can deny the harm of smoking to the human body. The medical evidence for this is well established and overwhelming. Cigarette contains poisonous materials, such as nicotine, tar, carbon monoxide, arsenic, benzopyrene, etc., that the smoker swallows in small proportions. Their harm accumulates with time to result in a gradual killing of the human organs and tissues.

This is sufficient to prohibit smoking. Islam prohibits any action that causes harm to oneself or to other people. Allah says: "Do not kill yourselves; Allah is indeed merciful to you." (Q4:29) Another verse says: "Do not cast yourselves, with your own hands, into destruction." (Q2:195). And the Prophet (Muhammad SAW) said: "Whoever consumes poison, killing himself with it, then he will be consuming this poison in the hell-fire, and he will abide in it permanently and eternally (Bukhari, Bk 7, Vol. 71, Had. 670) (10).

How to stop Smoking Islamically

The following are some suggestions to help a person stop smoking:

1. Rely on Allah (SWT) sincerely, with full determination not to return to smoking, in compliance with Allah's command: "When you decide on a certain course of action, place your trust in Allah." (Q 3:59)
2. Stop immediately instead of claiming it is best to do it gradually. The gradual approach is the way of one who does not trust his determination and the will power that Allah (SWT) has granted him. Let the example be taken from companions of the Prophet (SAW) who, as soon as Allah's command reached them regarding alcohols: "Will you not then desist?" (Q5: 91) They immediately poured out all the alcohol that they had and said, "We desist our Lord, we desist!" They did this despite the fact that alcohol has a greater addictive power over those who drink it than smoking.
3. Avoid the bad company of smokers and smoking environments that are full with the smell of smoke.
4. Change the food diet by abstaining from foods and drinks that would entice the craving to smoke such as spices, meat, tea, and coffee; and eating a lot of vegetables and fruits.

5. Use medically tested and established procedures to help stop smoking, as directed by physicians, such as nicotine patches, nicotine gum, etc.
6. Expel the secret whispers of Satan who continuously dictates to man that he is weak and incapable of refraining from sinning, as Allah (SWT) says "It is but Satan who instills (into you) fear of his allies; so do not fear them, but fear Me if you are (truly) believers. Fight then against the allies of Satan; indeed, Satan's guile is weak. "(Q 4:76) (10).

Conclusions

smoking is a behavior that is considered to have a negative impact on the various viewpoints. In terms of health, smoking can be harmful to health (dlarar) because it increases the risks potency for serious diseases such as heart disease, lung cancer, and various other health problems.

In terms of the norms and ethics, smoking behavior is regarded as less ethical behavior, especially if done by certain social groups such as children and women.

Furthermore, from an economic standpoint, the expenditure used to buy cigarettes tend to be large so it is a form of wasteful spending (israf) and a tabdzir activity.

Furthermore, there are numerous cases of burnt carpets, furniture, and even complete houses and establishments that have resulted from this disastrous vice (smoking). A smoker despises himself, because he feels that a little cigarette is controlling him. Realizing his weakness before desires, this creates in him a feeling of defeat in the face of hardships.

As for the view of Islam, it is forbidden to drink, sell or buy smoke, according to the most correct opinion of the scholars .

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