



WHY PORK AND BLOOD ARE FORBIDDEN IN ISLAM?

WHY PORK AND BLOOD ARE FORBIDDEN IN ISLAM? (A Scientific Explanation)

Islam is the religion of safety, it saves people from what ever hurts or makes them ill, Allah is the Creator of all things and He is the All-knowing of every thing, He has created things for reasons, we may know some of them and we may not, but we believe that Allah is the merciful and guardian, He created things and to test us with and distinguish the people who obey His orders or not. The prohibition of the pork was mentioned in the Holy Qur'an's verses in four points. ALLAH Almighty says:

﴿ إِنَّمَا حَرَّمَ عَلَيْكُمُ الْمَيْتَةَ وَالدَّمَ وَلَحْمَ الْخِنزِيرِ وَمَا أُهِلَّ بِهِ لِغَيْرِ اللَّهِ فَمَنْ أَضْطُرَّ غَيْرَ بَاغٍ وَلَا عَادٍ فَلَا إِثْمَ عَلَيْهِ إِنَّ اللَّهَ غَفُورٌ رَحِيمٌ ﴾ سورة البقرة

He has only forbidden you dead meat, and blood, and the flesh of swine, and that on which any other name has been invoked besides that of Allah. But if one is forced by necessity, without willful disobedience, nor transgressing due limits - then is he guiltless. For Allah is Oft-Forgiving Most Merciful (Qur'an 2:173)

﴿ حُرِّمَتْ عَلَيْكُمُ الْمَيْتَةُ وَالدَّمُ وَلَحْمُ الْخِنزِيرِ وَمَا أُهِلَّ لِغَيْرِ اللَّهِ بِهِ وَالْمُنْخَنِقَةُ وَالْمَوْقُوذَةُ وَالْمُتَرَدِّيَةُ وَالنَّطِيحَةُ وَمَا أَكَلَ السَّبُعُ إِلَّا مَا ذَكَّيْتُمْ وَمَا ذُبِحَ عَلَى النُّصُبِ وَأَنْ تَسْتَقْسِمُوا بِالْأَزْلَمِ ۚ ذَٰلِكُمْ فِسْقٌ ۗ الْيَوْمَ يَيسَ الَّذِينَ كَفَرُوا مِنَ دِينِكُمْ فَلَا تَخْشَوْهُمْ وَاخْشَوْنِ ۗ الْيَوْمَ أَكْمَلْتُ لَكُمْ دِينَكُمْ وَأَتَمَّمْتُ عَلَيْكُمْ نِعْمَتِي وَرَضِيْتُ لَكُمْ الْإِسْلَامَ دِينًا ۚ فَمَنِ اضْطُرَّ فِي مَخْمَصَةٍ غَيْرٍ مُتَجَانِفٍ لِإِثْمٍ ۚ فَإِنَّ اللَّهَ غَفُورٌ رَحِيمٌ ﴾ سورة المائدة

Forbidden to you (your food) are: dead meat, blood, the flesh of swine, and that on which has been invoked the name of other than Allah; that which has been killed by strangling, or by a violent blow, or by a headlong fall, or by being gored to death; that which has been (partly) eaten by a wild animal; unless you are able to slaughter it (in due form); that which is sacrificed on stone (altars); (forbidden) also is the division (of meat) by raffling with arrows: that is impiety. This day have those who reject Faith given up all hope of your religion: yet fear them not but fear Me. This day have I perfected your religion for you,

completed my favour upon you, and have chosen for you Islam as your religion. But if any is forced by hunger, with no inclination to transgression, Allah is indeed Oft-Forgiving, Most Merciful. (Qur'an 5:3)

﴿ إِنَّمَا حَرَّمَ عَلَيْكُمُ الْمَيْتَةَ وَالدَّمَ وَلَحْمَ الْخِنزِيرِ وَمَا أُهْلِيَ لغيرِ اللَّهِ بِهِ ۗ فَمَنْ اضْطُرَّ غَيْرَ بَاغٍ وَلَا عَادٍ فَإِنَّ اللَّهَ غَفُورٌ رَحِيمٌ ﴾ سورة النحل

He has only forbidden you dead meat, and blood, and the flesh of swine, and any (food) over which the name of other than Allah has been invoked. But if one is forced by necessity, without willful disobedience, nor transgressing due limits, then Allah is Oft-Forgiving, Most Merciful. (Qur'an 16:115)

The health risks which are related to eating pork
The difference between pork & other Cattle's meat:

Pork includes a big quantity of sebum inside the muscular cells in the meat. It also exists outside the cell in the connective tissues in high turbidity. Sebum is an oily substance secreted by the skin of mammals to keep it from drying and cracking. It contains fat and the debris from fat producing cells.

While the sebum of cattle's meat is isolated from the muscular tissue and it isn't pasteurized inside its cells, it is pasteurized outside the cells and in the connective tissues.

The scientific studies proved that the herbivore's fats are emulsified and absorbed in the human's intestines when he eats it, then it is converted in his body in spite of the fact that the emulsification is difficult in his intestines and the pork's fats are absorbed without any conversion or deposition in human tissues as porky fats.

And the cholesterol, which results from pork's analysis in the body appears in the blood in the form of semi-cholesterol which leads to a large rise in the blood pressure and arteriosclerosis. These are dangerous factors that introduce filling of the heart muscle, and scientists found that cholesterol that is found in the cancer rover cell is like the cholesterol, which is found when eating pork.

Pork is rich with compounds that contain a high rate of sulfur and which affects the tissues absorption ability. This leads to the deposit of the mucous substance in sinews, ligaments, cartilages between vertebrae and to degeneration in the bones.

The tissues that contain sulfur are damaged, and by rotting, they produce a bad odor and cause hydrogen sulphate gas. It was noticed that the containers that contain pork, although perfectly closed, expel odor from the room after few days as a result of its unsustainable odor.

In contrast, other types of meat were passed through the same experiment and it was found that the rotting of beef is slower than pork, and its rotten odor doesn't spread from it. Pork also contains a high ratio of growth hormone, which has a negative effect on infections. It also has an effect on the stomach growth (potbelly) and increases the growth rates for cancer.

According to scientists studies of fatty meals that contain pork consider pork essential in a cell turning cancerous as it contains growth hormones and it has a great effect in raising blood cholesterol.

Diseases transported by pork:

Islam forbids pork and Muslims obey the order of Allah without hesitation, but even modern scientists have reached this astonishing result.

It's amazing that pigs are rich pasture for more than 450 epidemic diseases and play the role of intermediary to transfer 57 diseases to man. In addition to these diseases that are caused from eating pork are: dyspepsia, atherosclerosis and many others.

The pig itself is responsible for transferring 27 epidemic diseases to humans and some other animals carry other diseases, but pork is the main source of diseases as: The liar hydrophobia, Wile disease, Japanese fever, Malta fever, Scrofula, Meningitis, krip epidemics, The pig's flu & others.

Blood eating is banned in Islam

﴿ قُلْ لَا أَجِدُ فِي مَا أُوحِيَ إِلَيَّ مُحَرَّمًا عَلَى طَاعِمٍ يَطْعَمُهُ إِلَّا أَنْ يَكُونَ مَيْتَةً أَوْ دَمًا مَسْفُوحًا أَوْ لَحْمَ خِنْزِيرٍ فَإِنَّهُ رِجْسٌ أَوْ فِسْقًا أُهِلَّ لِغَيْرِ اللَّهِ بِهِ ۚ فَمَنْ اضْطُرَّ غَيْرَ بَاغٍ وَلَا عَادٍ فَإِنَّ رَبَّكَ غَفُورٌ رَحِيمٌ ﴾ سورة الأنعام

Allah says: **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, unless it be dead meat, or blood poured forth, or the flesh of swine, - for it is an abomination - or, what is impious, (meat) on which a name has been invoked, other than Allah's". But (even so), if a person is forced by necessity, without wilful disobedience, nor transgressing due limits, - thy Lord is Off-forgiving, Most Merciful.** (Qur'an 6:145)

Al Qortubi said: “Scholars agreed on blood being Haram (Islamically prohibited), impure, non-edible and not beneficial.”

Health risks of consuming blood:

Blood carries different poisons, harmful wastes and compounds, as one of its important roles is the transport of food metabolism wastes from the cells to be excreted; the most important ones being : Urea, Ureic acid, Keratin and carbon dioxide. Blood also carries some poisons from the intestines to the liver to be modified.

Once a big amount of blood is consumed, those carrying harmful compounds and those resulting from the digestion of blood itself get absorbed and their levels increase in the body. This leads to an increase in Urea’s levels, which may result in brain dysfunction leading to coma.

This is similar to the diseased state in which bleeding of the upper digestion tract occurs and, normally, the accumulated blood is removed to prevent its harm to the body and the brain (eventually coma).

Thus, blood contains harmful compounds even if taken from a healthy animal in addition to its content of parasites and germs if taken from an originally ill animal.

Blood is a suitable environment for microbial growth:

It is medically known that blood is one of the best environments for the growth of different types of microbes and as it contains the best nutrition, it is used in laboratories to prepare microbial cultures.

Is blood suitable as a human food?

Blood content of digestible proteins such as albumins, globulins and fibrinogens is little (8g/100ml) and the same is true with fats, whereas it contains a big amount of haemoglobin, which is a complex protein and so very hard to be digested, and in most cases the stomach can not stand it.

Moreover, if blood is coagulated its digestion becomes harder as fibrinogen in this case is transformed into fibrin, forming a net that contains red blood cells and fibrin is known to be one of the worst and hardest proteins to be digested.

Consequently, health experts did not consider blood in any way suitable for human consumption.

Is any blood consumption acceptable?

According to the Hadeeth of Prophet Muhammad there are two forms of meat, which contain blood but are permissible: the spleen and liver of the permitted animals.

Conclusion:

This is why Muslims are required to eat meat that is Halal, which means meat that has been drained of its blood during slaughter. This is a requirement from Allah, and a scientific health benefit. Therefore, any meat that is uncooked and contains blood is harmful to health.

Islam protects people from any harms that can be transmitted from unhealthy food.

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**جمعية الدعوة والإرشاد
وتوعية الجاليات بحى السلامة
JEDDAH DAWAH CENTER**



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