

# SMOKING

What happens to my body  
when I smoke?

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## WHAT HAPPENS TO MY BODY WHEN I SMOKE?

When you smoke, you can become addicted to, or not able to function without nicotine. By definition: nicotine is a colorless, poisonous alkaloid, derived from the tobacco plant and used as an insecticide. It is the substance in tobacco in which smokers can become addicted. Nicotine is as habit-forming as the drugs heroin and cocaine. Over time, you may have problems with your teeth and gums; staining on your teeth, fingers, and fingernails; bad breath; and wrinkling skin. There are also other, more serious health problems caused by smoking, such as:

- Lung cancer and other lung diseases, such as emphysema and chronic bronchitis
- Other kinds of cancer, such as cancer of the throat, mouth, esophagus (food pipe), pancreas, kidney, bladder, and cervix (opening to the uterus or womb)
- Atherosclerosis - clogged and narrowed arteries
- Heart disease
- Heart attack
- Stroke
- Early menopause - the stopping of menstrual periods
- Osteoporosis - the thinning and weakening of bones
- Infertility - problems getting pregnant
- Problems during pregnancy like miscarriage, early or premature birth, having an infant born with low birth weight, stillbirth, and even infant death

## SMOKING:

is a habit. Is it good or bad, allowed (halaal) or prohibited (haraam)? Let us see the ruling of Allaah Almighty and what medicine said about it, this “evil weed, cancer stick, coffin nails.”

Allaah said in the Qur'an:

﴿يَأْتِيهَا الَّذِينَ ءَامَنُوا لَا تَأْكُلُوا أَمْوَالَكُمْ بَيْنَكُمْ بِالْبَاطِلِ إِلَّا أَنْ تَكُونَ تِجَارَةً عَنْ تَرَاضٍ مِّنْكُمْ وَلَا تَقْتُلُوا أَنْفُسَكُمْ إِنَّ اللَّهَ كَانَ بِكُمْ رَحِيمًا﴾

“O you who believe! Eat not up your property among yourselves unjustly except it be a trade amongst you, by mutual consent. And do not kill yourselves (nor kill one another). Surely, Allâh is Most Merciful to you.” (An-Nisa 4:29)

﴿يَأْتِيهَا النَّاسُ كُلُّوا مِمَّا فِي الْأَرْضِ حَلَالًا طَيِّبًا وَلَا تَتَّبِعُوا خُطَوَاتِ الشَّيْطَانِ إِنَّهُ لَكُمْ عَدُوٌّ مُّبِينٌ﴾

“O mankind! Eat of that which is lawful and good on the earth, and follow not the footsteps of Shaitân (Satan). Verily, he is to you an open enemy.” (Qur'an 2:168)

## SMOKING KILLS:

Every year, more than 400,000 American deaths are attributed to smoking. It's banned in restaurants, workplaces and other public areas. It's illegal for cigarettes to be sold to anyone under 18. Yet even with all the loss of customers by death, tobacco companies still manage to make a profit.

How do they do it? There are numerous laws against smoking. In 1998, a law passed that made it illegal to smoke in bars. An internal Philip Morris document states, "[The] financial impact of smoking bans will be tremendous. Three to five fewer cigarettes per day per smoker will reduce annual manufacturer profits a billion dollars plus per year." In an effort to keep their customers smoking, the companies trick the public with lies and loopholes. Their goal is to slow the anti-smoking movement and keep people smoking to get more profits.

We as Muslims are advised to cherish our health before our wealth. Allaah has given us our bodies to house the soul and worship him without partners. Cigarette addiction is a device to shorten life. Nicotine consumption is habit forming to say the least. It is an anti-depressant and mild sedative, As old folks say: "It calms my nerves." But actually the opposite. Smoking is a waste of time and money.

The Islamic Scholars have said that Cigarette Smoking is prohibited (Haraam). We are instructed in Qur'an & Hadith not to imbibe anything harmful to the body. In the same manner that we abhor Drugs and Alcohol, We should view cigarette smoking in the same light. Allaah said in the Qur'an:

﴿ الَّذِينَ يَتَّبِعُونَ الرَّسُولَ النَّبِيَّ الْأُمِّيَّ الَّذِي يَجِدُونَهُ مَكْتُوبًا  
عِنْدَهُمْ فِي التَّوْرَةِ وَالْإِنْجِيلِ يَأْمُرُهُمْ بِالْمَعْرُوفِ وَيَنْهَاهُمْ عَنِ  
الْمُنْكَرِ وَيُحِلُّ لَهُمُ الطَّيِّبَاتِ وَيُحَرِّمُ عَلَيْهِمُ الْخَبَائِثَ ﴾

"Those who follow the Messenger, the prophet who can neither read nor write [i.e. Muhammad (peace be upon him)] whom they find written with them in the Taurât (Torah) (Deut, xviii, 15) and the Injeel (Gospel) (John xiv, 16), - he commands them for Al-Ma'rûf (i.e. Islâmic Monotheism and all that Islâm has ordained); and forbids them from Al-Munkar (i.e. disbelief, polytheism of all kinds, and all that Islâm has forbidden); he allows them as lawful At-Taiyibât [(i.e. all good and lawful) as regards things, deeds, beliefs, persons, foods, etc.], and prohibits them as unlawful Al-Khabâ'ith (i.e. all evil and unlawful as regards things, deeds, beliefs, persons, foods, etc.)..." (Qur'an 7:157)

## BELIEVE IT OR NOT:

The number of Muslims in the world is more than 1.3 Billion. There are 200 million Muslim smokers in the world. Let us calculate how much Muslims spend yearly for smoking, if every Muslim spends one dollar a day for cigarettes, we would waste two million dollars a day, this big money would build houses, masaajid, schools, hospitals, factories, etc., and you will not see any poor Muslim in the world; but unfortunately we do not follow the real teachings of Islam.

## CIGARETTE SMOKING:

It is a nuisance to others; the second hand smoke is foul smelling. We should not stand in prayer lines smelling bad. It offends our Muslim brothers and sisters along with the angels; in short, it's a bad habit. How many friends/relatives do we know that have expired due to smoking? Think about it the next time you light up: is it really worth the harm it brings?

If you wouldn't drink poison or shoot yourself to commit fast suicide, then why smoke cigarettes and commit slow suicide? Smoking causes high blood pressure, impotency, heart disease, and birth defects in fetuses. The cigarette companies added stronger chemicals to make the "smoke" stronger. It also makes the cigarettes better tasting and more addictive.

You must know that smoking makes people very nervous and decreases one's ability to worship, remember Allaah, and work productively.

Overall smoking is prohibited by law in all indoor facilities such as hospitals, airplanes, factories, and offices.

Please, do not kill yourself and your children. Replace the cigarette with the siwak; keep your teeth and gums clean and fresh. Islam saves lives and prohibits all types of evil or slow suicide. Allaah said in the Qur'an:

﴿... وَلَا تَقْتُلُوا أَنْفُسَكُمْ إِنَّ اللَّهَ كَانَ بِكُمْ رَحِيمًا﴾

“... And do not kill yourselves (nor kill one another). Surely, Allâh is Most Merciful to you.” (Qur'an 4:29)

Abandon smoking for the sake of Allaah Almighty

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