

EXPLORING THE PROHIBITION OF SMOKING IN ISLAM: A LITERATURE REVIEW ON QUR'ANIC VERSES, SUNNAH, AND I'TIBAR PERSPECTIVES WITH EMPHASIS ON HEALTH IMPLICATIONS

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ABSTRACT

Smoking is prohibited based on the meanings indicated in the text of the Qur'an and Sunnah and the correct I'tibar (logic). The evidence from the Qur'an is His words Qs. Al-Baqarah 195. This research uses the literature review method in which researchers conduct a series of studies involving various kinds of information derived from literature such as books, journals, documents, and so on with the aim of finding various kinds of theories and ideas which can then be formulated results in accordance with the objectives of the research carried out in order to obtain conclusions about smoking in the perspective of Islam and health. The results of various sources of literature show that Islam has explained well in the Qur'an and hadith regarding smoking in the view of Islam and health. Because smoking can lead to destruction, which damages the entire body system and causes disease from this reason it is very clear that smoking is prohibited or haram. Therefore, avoid cigarettes and get used to healthy living.

Keywords: *smoking, Islam, health*

INTRODUCTION

According to Government Regulation No. 81/1999 in Article 1 paragraph 1 cigarettes are packaged processed tobacco products including cigars or other forms produced from the plants *Nicotiana tabacuni*, *Nicotiana rutsica* and other species or synthetics containing nicotine and tar with or without additives. Admittedly or not cigarettes are already an inseparable part of human civilization (1). Cigarettes are finely knitted tobacco leaves wrapped using thin paper and attached with adhesive. For some people, cigarettes have become a kind of primary need that must be fulfilled. There is even a statement that says rather than not smoking, it is better not to eat. This kind of phenomenon is certainly one form of a shift in cigarettes in human life, which was originally only a secondary need and has now turned into a primary need (2). In 2015, around 1.1 billion people smoked, with more men than women smoking. Although in percentage terms the number of people who smoke is decreasing, the number of people who smoke is decreasing (3).

Absolute numbers are increasing, especially in Africa. Many studies have proven that smoking can cause the risk of death. Smoking increases the chance of developing serious diseases that carry the risk of death (4). Along with the increasing number of smokers in Indonesia, the number of cases of lung disease caused by smoking has also increased (5). This is certainly not too surprising given the high consumption of cigarettes per capita in Indonesia. There is even a tendency that the majority of smokers come from families with middle to lower economic classes. Of course this is very detrimental.

Wardani et al stated that there is an increase in patients in the UK diagnosed with lung cancer and respiratory tract disorders due to smoking. This continues to increase along with the increase in cigarette consumers due to addiction (6). Research conducted by Thun et al (2000) stated that 90% of lung cancer deaths were initially caused by smoking. Male smokers are at risk of death from lung cancer 22.4 times greater than male non-smokers and 11.9 times greater in women (7).

Hepilita et al stated that death due to smoking is not tied to the age factor. Individual age is an internal factor causing death while smoking habits include external factors or factors from outside the individual. From the previous explanation, it is known that smoking is a habit that can damage health and has been proven by various studies regarding its relationship with various diseases that can result in morbidity and mortality (8).

Public health status is one of the benchmarks for achieving the success of a program in the context of implementing development policies in the health sector. In general, health status can be seen from decreasing morbidity and disability rates, mortality rates, and improving the nutritional status of the community (9). Tobacco use is a major risk factor for cancer, chronic respiratory disease, kidney failure, intestinal ischemia, heart disease, and hypertension. In addition, cigarette consumption has negative consequences to the social and economic environment (10).

METHOD

This research uses the literature review method where researchers conduct a series of studies involving various kinds of information derived from literature such as books, journals, documents, and so on with the aim of finding various kinds of theories and ideas which can then be formulated according to the research objectives. The sources used are from 2010-2020. The literature review in this study was conducted in order to obtain conclusions about smoking in the perspective of Islam and health. As for some of the literature reviewed by researchers and then reduced, it is listed in the table below:

Table 1. Literature Review

No.	Researchers Name	Title	Publication	Conclusion
1.	Indis Ferizal	Mekanisme Pengujian Hukum Oleh Ulama Dalam Menetapkan Fatwa Haram Terhadap Rokok Mechanism of Legal Examination by Ulama in Establishing Fatwa Haram Against Cigarettes	Jurnal Hukum Samudra Keadilan Volume 11, Number 1, January-June 2016	This research establishes that the fatwa on smoking under MUI uses a legal basis that emphasizes the aspects of mafsada and madarat caused by the content of harmful substances contained in cigarettes. However, if all people are aware of the dangers of smoking and are no longer dependent on cigarettes, including

No.	Researchers Name	Title	Publication	Conclusion
				financially, MUI will certainly issue a comprehensive fatwa on the prohibition of smoking. MUI's fatwa only refers to the value of following the rules of Islamic law (11).
2.	Muh. Mukri	Menyoal Hukum Merokok dalam Perspektif Hukum Islam Questioning the Law of Smoking in the Perspective of Islamic Law	Al-Manahij Jurnal Kajian Hukum Islam Vol. 4 No. 1 January-June 2010	First, most of the previous scholars were of the view that smoking is permissible or makruh. Secondly, in contrast to the views of most of the previous scholars, the views of some of the current scholars who tend to forbid smoking because they are dependent on the results of research. Third, the law of smoking may be relative and balanced with what it causes. Fourth, if it brings relatively small harm with makruh law, then behind the harm there is a greater benefit, then the makruh law becomes permissible (12).
3.	Teuku Tahlil, Richard J Woodman, John Coveney, and Paul Ward.	The impact of education programs on smoking prevention: a randomized controlled trial among 11 to 14 year olds in Aceh, Indonesia	BMC Public Health 2013, 13:367	This research has several implications for smoking prevention programs among young people in Indonesia and other Muslim countries. This study shows that smoking prevention programs implemented in schools increase students' knowledge about smoking and its adverse effects, as well as strengthen anti-smoking attitudes. This research also shows that Islamic or health- based programs are suitable for students in Aceh and possibly other Muslim communities. However, combining the two programs does not increase efficiency. Finally, we recommend further research to replicate this program's intervention approach with a more rigorous study design that ensures a better balance between the baseline, the general population of heavy smokers, and long-term

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				<p>programs. evaluations so that the results of this study can be adjusted for effectiveness (13) .</p>
4.	<p>Ahmed K. AlDelaimy and Waleed A.T. Al- Ani</p>	<p>Prevalence of hookah smoking and associated factors among male high school students in Iraq</p>	<p>BMC Public Health (2021) 21:1317</p>	<p>This research generates news about hookah tobacco use among Iraqi male high school students and it is a socio-culturally acceptable phenomenon among them. This requires effective action, including health education, school program interventions, and laws banning hookah bars. Further research is needed to compare young people of the same age in different areas and to understand the differences and agreements in these behaviors and the impact on public health (14).</p>
5.	<p>Sutanto Priyo Hastono, Fatimah, Triana Srisantyorini, Muhammad Farid Hamzens, Iswan</p>	<p>Islamic Perspectives on Adolescent Smoking Behaviour</p>	<p>Indonesian Journal of Islam and Public Health (JIPH) Vol. 2 No. 2 2022</p>	<p>Cigarettes are made by finely chopping tobacco and wrapping it in thin adhesive paper. Siti Faidah's research identifies three factors contributing to adolescent smoking: psychological satisfaction, parental attitudes, and peer influence. Nicotine, tar, benzopyrene, benzantracene, phenol, cadmium, cresol, and indole carbazole are particles found in cigarettes, causing detrimental health effects. Smoking is linked to environmental issues and various diseases. From an Islamic standpoint, there's no explicit mention of smoking in the Qur'an or Hadith, but scholars differ on its permissibility. To deter children from smoking, families are advised not to engage in the habit. Peers play a significant role in influencing adolescent smoking, making it crucial for parents to monitor their children's peer groups. Smoking behaviors are emotionally driven, emphasizing the need for</p>

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				cognitive approaches in prevention and intervention, such as providing information on the hazards and negative consequences of smoking (15).

RESULTS AND DISCUSSION

Results from various literature sources shows that Islam has explained well in the Qur'an and hadith about smoking in the view of Islam and health. Islam and Health walk Together in maintaining the dangers of smoking for health and views or prohibitions about smoking by Islam. Cigarettes in the view of Islam and health therefore this is considered important in the teachings of Islam and health. therefore also mentioned by some caused by the harmful substances in cigarettes. The views of previous scholars experts in regarding this cigarette in the field of health is not very good when inhaled by the human body (15).

The views on smoking range between mubah (permissible) or makruh (avoidable). However, the views of some scholars today tend to forbid smoking because it is based on the results of scientific research. The ruling on smoking can be relative and balanced with its consequences. If the negative impact caused by smoking is relatively small and there are greater benefits behind the loss, then the law of makruh (avoided) can change to mubah (allowed) (16).

The Indonesian government has taken steps to reduce the growth of cigarette consumption in the country. One such measure is through the Minister of Health Regulation No. 28/2013, which requires the inclusion of health warnings and health information on tobacco product packaging with images which is creepy. Nonetheless, it is increasing every year. According to The Tobacco Atlas 2015 research, approximately 66 percent of men over the age of 15 in Indonesia are smokers. Factors that influence cigarette consumption include internal factors such as culture and society, as well as internal factors such as psychology and personality. The results showed that 100% of respondents were aware of negative health perceptions for smokers, but 72% ignored them and 28% did not ignore them. In addition, the study also showed that images on cigarette packaging did not successfully influence the health perceptions of members of the IMEL (Ikatan Mahasiswa Empat Lawang) Palembang organization (17).

Indonesia is one of the countries with the highest number of smokers in the world, including the number of child smokers which continues to grow every year. Smoking among children has also been forbidden by MUI. Adolescence is the initiation period for smokers, and the sooner they quit, the lower the health risks. However, the notion that it is difficult to quit smoking is one of the challenges in creating a smoke-free generation Adolescence is full of curiosity and exploration, but is also vulnerable to psychosocial problems due to social changes. In addition, modern lifestyles that want to always be

on trend, like humor in relationships, spend time with peers, and use money to fulfill desires in front of their friends are also factors that influence smoking behavior. By the smokers' own admission, smoking is easy to start, but hard to stop. It is important to remember that cigarettes are actually a product intended for adults, and consuming them risks many negative impacts (4).

Cigarettes are a product produced by cutting the leaves of tobacco leaves perfectly which are rolled or filled into a cylinder called paper wrapped (generally less than 120 mm in length and 10 mm in centerline). Cigarettes are lit from start to finish and left smoldering and then smoked until the smoke comes out. In general, cigarettes use filter. Cigarette smoked directly through the mouth, but some are lit with a smoking pipe (2).

In the Islamic perspectives whoever studies well the kalam of scholars, will surely find that the law of smoking is haram, according to the opinion of the madzhab scholars. It is only the opinion of some clerics (-sorry- who may be fond of cigarettes) who do not dare to forbid, so they end up saying makruh or some say mubah. In fact, if we examine further, the madzhab scholars have never said so, including the role model madzhab scholars in our country, namely the Shafi'iyah scholars (18). Shafi'i scholars such as Ibn 'Alaan in the books Syarh Riyadhhis Sholihin and Al Adzkar and his other books explain the prohibition of smoking. Likewise, Shafi'i scholars who haraam cigarettes are Ash Shaykh 'Abdur Rahim Al Ghozi, Ibrahim bin Jam'an and other Shafi'i scholars who haraam cigarettes (19).

Cigarette contains more than 4000 types of chemicals harmful to health, ranging from nicotine and other substances that can cause cancer and other toxic substances for the body Smoking may be a common thing for some people because it can make their lives more enthusiastic, there are also because they want to look trendy in front of friends and people around them . While some think that if they don't smoke their life feels something is not good and the mouth feels as if it is tart and unpleasant. But they don't know what exactly the dangers of smoking are for their own health, and also those around them. Smoking activity can damage health and for those who smoke cigarette smoke (passive smokers) have the risk of getting the same disease. For this reason, on this occasion we would like to provide a few articles about the dangers of smoking for health. And hopefully it can help in order to campaign for the dangers of smoking and build awareness to stop smoking (20).

Smokers have a higher risk of coronary heart disease, heart attack, peripheral vascular disease and stroke. In addition, chemicals in cigarettes can also damage the inner lining of blood vessels, trigger the formation of arterial plaque, and disrupt healthy blood flow. The effects of smoking are not only limited to active smokers, but can also adversely affect passive smokers. Passive exposure to cigarette smoke can cause respiratory problems, eye and throat irritation, and increase the risk of respiratory diseases in those around them, especially in children (21).

In addition, in the Islamic perspective, through Ijtima` Ulama MUI Fatwa Commission III, January 24-26, 2009 in West Sumatra, it was determined that smoking is haram for children, pregnant women, and smoking in public places. As a form of exemplary, it is forbidden for MUI administrators

to smoke in any condition. According to 'Abdullah bin Abdurrahman Al-Sanad, in his book *Nashihah Al- Insan' ala Isti'mal Al-Dukhan*, cigarettes were known by Europeans around 915 H or 1518 AD, when a group of experts they found a "strange" plant in Tobacco (Mexico). They took the seeds home and from there it spread to other areas, including the Islamic countries. That is why there is no opinion of past scholars about the law of smoking. However, through an understanding of *maqashid al- shari'ah* (religious purpose) we can know the law of smoking and other "new" issues. The purpose of religious guidance is to maintain five basic things, namely the teachings of religion, soul, mind, property and offspring (22).

CONCLUSION AND SUGGESTIONS

The warning of the dangers of smoking is getting clearer by providing images of the side effects of smoking in cigarette packaging. We are familiar with the horrifying images attached to cigarette packs, ranging from pictures of small children with old smokers and many more. The picture aims to provide a harsher warning because the previous warnings were less effective in the community, especially among smokers.

The dangers of smoking for health are not only for smokers but for people around because of the effects of cigarette smoke or passive smoking, a lot of chemicals that are toxic are contained in a cigarette. Because smoking can lead to destruction, which damages the entire body system (causing cancer, respiratory disease, heart disease, digestive diseases, adverse effects on the fetus, and damages the reproductive system), from this reason it is very clear that smoking is prohibited or haram.

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