

## Pork

The prohibition of pork in Islam is derived from the following verse of the Glorious Qur'an: "Forbidden to you (for food) are: dead meat, blood, the flesh of swine, and that on which has been invoked the name of other than Allah." [Al-Qur'an 5:3]

See also Suratul Baqara Verse 173; Suratul Al Maida Verse 3; Suratul Al Anaam Verse 145, and Suratul An Nahl Verse 115.

The Bible prohibits the consumption of pork, in the book of Leviticus:

"And the swine, though he divide the hoof, and be cloven footed, yet he cheweth not the cud; he is unclean to you".

"Of their flesh shall you not eat, and their carcass shall you not touch, they are unclean to you." [Leviticus 11:7-8] See also Deuteronomy 14:8 and Isaiah, 65:2-5.

The main utility of pigs in the ecosystem is as scavengers. They live and thrive on muck, faeces and dirt.

### Link to disease

Research has shown a correlation between pork consumption and several diseases. Eating pork can expose the individual to various helminths (worms) like roundworm, pinworm and hookworm. One of the most dangerous of worms is Taenia Solium, which, in lay man's terminology is called the pork tapeworm. It can damage almost all the organs of the body.

Pork has very little muscle building material and contains excess of fat. This fat gets deposited in the vessels and can cause hypertension and heart attack.

The pig is lazy, indulgent in sex, dislikes the sun, lacks spirit and determination to fight, lacks self-discipline in eating and therefore eats even stool. It is the greatest carrier of germs. Eating pork encourages the revival of old ailments, fosters rheumatism and asthma. It also causes baldness and the weakening of the memory.

The abstention from eating pork is one of the steps Islam has taken to practise hygiene and to attain purity of human nature. Medical reasons are numerous and after reading them, one will realise the wisdom of the divine law of Islam.

**For more information on Islam, or to obtain more pamphlets like this one, please contact Hope & Help.**



# ALCOHOL AND PORK



**Why are alcohol and  
pork prohibited in  
Islam?**

For more information on  
Islam, or to obtain more  
pamphlets like this one,  
please contact:

**Hope & Help**  
01254 94 66 66  
info@hopeandhelp.uk  
07902 972179  
Springwell House  
2 Shear Bank Road  
Blackburn  
BB1 8AP

**Islam has prohibited the consumption of alcohol and pork. This pamphlet aims to explain the reasons for this prohibition.**

## Alcohol

The consumption of alcohol is not allowed in Islam irrespective of whether it is just a social drink or more. Firstly, let us look at the physical disadvantages of alcohol. It causes inflammation of the digestive system, ulcers, loss of appetite, energy loss, mental inefficiency, sexual impotency, convulsions, hallucinations, melancholy, suicide, loss of memory, slurred speech, delusions, blindness, throat and liver disease, dullness, dizziness, anxiety and hangovers. These are only the harms to the body and mind. As a result of these physical damages, there are many social evils created by the physical and verbal abuse, which necessarily follow alcoholism. This abuse is inflicted primarily upon the spouse and the children. Once the family unit is disrupted, all other evils are born. Many people use the excuse that there's nothing wrong with social drinking. Islam differs strongly with this view.

## Alternatives

Surely one can use many other types of soft drinks without having to resort to liquor, which carries the potential hazard of carrying man to the lowest form of degradation. The nature of this potential is also a matter for concern. Sellers

of such drinks will dig up any excuse to make money and therefore the potential for harm is downplayed. In an Islamic environment, the child is brought up with such a negative notion of alcohol that he or she detests it with a passion. One has to merely compare adults who consume alcohol with those who do not and the results are

## Report From Public Health England

Alcohol abuse is also often at the heart of contact crimes which include murder, attempted murder, sexual offences, assault resulting in grievous bodily harm, common assault, and robbery. Some families risk being totally destroyed because of the extent of alcohol abuse, it is estimated that there were an approximate of 80 deaths a day across the UK specific to alcohol.

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self-explanatory. But unfortunately this obvious fact has been blurred by those who are making millions in the sale of these drinks and stand much to lose if the people who support them realise the evils of alcohol. Islam aims to stop this evil at the very root and therefore prohibits not only the consumption of alcohol but also the

manufacturing, transporting, buying and selling of it.

## Harms

The livelihood of people, their private affairs and civil administration cannot be managed without intelligence and understanding. Alcoholism upsets all human efforts and understanding. It might give rise to war and personal bickering. Senses are also dulled by obscene desires so that minds are confused and all schemes are thrown into disarray. If such deeds are not checked, then people will be destroyed. It is for this purpose that alcohol is forbidden.

Alcoholism is disadvantageous in many ways and it displeases the Almighty. The consuming of alcohol stops one from being attentive to the Almighty. Every arrangement in civic affairs and household management is jeopardised. The Messenger of the Almighty, Muhammad (peace be upon him) therefore, labelled alcohol as impure. The prohibition of alcohol amply proves that the pure religion of Islam abhors sensuality. Islam advocates for its adherents to be decent and pure in their behaviour.

In 2020, during the lockdown period a report by Public Health England stated, there was a 20 percent increase in alcohol abuse. with regards to alcohol poisoning there was a rise of 12 percent. The mortality rate has also increased by a huge 11 percent with these being in conjunction with mental and behavioural disorders.