



## Islamic concept of food and its effects on Human beings

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### Abstract

*Nature has created all living beings with various instincts e.g., to live, to produce, survival etc. Survival is the utmost urge or necessity of all living organisms and for their survival, they need food, shelter, peace and civilization generated with the creation of human beings. Man gradually adopted himself with the environment of world, as the civilization evolved, man's living style, eating and drinking habits and spiritual traits became refined. Civilization made man cultured, refined and gentle being to accommodate himself with society. A big revolution was brought about in human eating habits as human being ate raw materials i.e., meat, vegetables, lentil etc, but gradually, they learnt to cook food with species. Islam lays one obligation or limitation on food-i.e, they must be Halal Pure and fresh. It demands people to eat and drink these things which are obtained through Halal ways because whatever we eat or drink, directly affects our body, mind, heart and soul. It has emphasized the fact that Haram forbidden food- make man animal, all parts of human beings i.e., Physical, intellectual, psycho moral, and spiritual are badly affected by Haram. Islam has provided a complete code of life to all individuals and masses for their living style, specially food, it's law and etiquettes which motivate them to implement the religious laws and commandments in their practical lives.*

**Keywords:** Food, Etiquette, law, Effects, human beings, Islamic concept.



Every living being needs food for its survival and evolution. Allah has bestowed the esthetic sense only to human beings which further developed in ethical values. This divine gift helped man to be civilized and cultured and helped in evolving in his civilization. Civilized people and society favor only pure and healthy food and they also follow some rules and regulations in dine and diet. Allah has given man five senses which support humans life in different ways. Islam has taught the laws and rules of eating for the training which is based upon purity, esthetic sense and coordination. These rules are as follow: Purity and *Halal* is the basic element of Islamic civilization which reveals the fact that food should be *Halal* and pure as Qur'an indicates that 'All pure and clean things are *Halal* allowed for the Muslims and the animals which are hunted are also *Halal* for them only with the condition that they must be slaughtered in the name of Allah because of Allah as they will be accountable in front of Allah'.<sup>1</sup> Imam Raghīb Isfihani says that *Tayyab* and pure things are those which satisfy the hunger of man and also effect the human nature with goodness. In Islamic law *Halal*, *Tayyab* and pure is the thing which has been earned through lawful and proper sources. Pure place and with set quantity for, this food will be proved pleasant and helpful both in this world and life after death, otherwise the delicious and lustful things will be proved only destruction in the day of judgement.<sup>2</sup> Allah says 'O you who believe ! eat of the good things we have provided for you and send thanks to Allah, If it is He whom you worship He has made unlawful to you only that which dies of itself and blood and the flesh of swine and that on which the name of any other than Allah has been invoked but he who is driven by necessity being neither disobedient nor exceeding the limit, it shall be no sin for him. Surely, Allah is most forgiving and merciful'.<sup>3</sup> This rule is not only for the Muslims rather, it is for all the human race that;s why Islam is called the only natural religion for human beings which is present in their instincts as Qur'an says: ' O you men! eat what is lawful in the earth and follow not the footsteps of devils, surely, he is to you an open enemy. <sup>4</sup> Many nations had restricted themselves from eating of many things regarding it a prestigious religious activity. 'Many baseless restrictions had been implemented upon people in food and it had been regarded most important duty but this activity captivated the minds of people and they could not make progress in any field of life. All these misunderstandings and superstitions were resolved about food'. Allah has given numberless things which are good and delicious and human beings should enjoy all these things without any objection. All illusions and restrictions are from devils. <sup>5</sup> As Allah says 'O you who believe ! invoke not unlawful the good things which Allah has made lawful for you and do not transgress. Surely, Allah loves not the transgressors and eat of that which Allah has provided for you of what is lawful and

good and fear Allah in whom you believe'.<sup>6</sup> Islam has set the criteria for victuals i.e, *Tayyab* things are lawful and good or *Haram* things are forbidden and prohibited due to their worse effects on human mind and psychology. *Tayyab* and pure things are lawful and beneficial for the physical, mental and psychological health of human beings. On the other hand, *Haram* and bad things are vulgar, smelly, obnoxious, unlawful and heart throbbing which are dangerous for human heart and soul. It is the credit of Islam that it has given a good criteria of food to human beings which never offered before. Qur'an has proved the fact by saying that 'Those who follow the messenger Prophet, the immaculate one whom they find mentioned in the 'Torah' and 'Gospel' which are with them. He enjoins on them good and forbids them evil and makes lawful for them the good things and forbids them the bad and removes from them the bad and removes from them their burden and the shackles that were upon them. 'Those who shall believe in them, honor, support him, help him and follow the guidance that has been sent down with him--those shall prosper'.<sup>7</sup>

It is the law that only pure and clean things are *Tayyab* or good, It is the demand of Islam to eat *Tayyab* things. As Qur'an says: 'O you who believe! spend of the good things that you have earned and of what We produce for you from the earth and seek not what is bad to spend out of it when you would not take it your selves expect that you convince at it and know, Allah is self sufficient and worthy of praise'.<sup>8</sup>

In short it is basic object of Islam that citizens should earn their livings lawfully and spend good things and eat good things or *Tayyab* things. Their civilization is pure and good in all respects and it rejects all bad and evils to be involved.

Islam has distinctly, established a prestigious system which delivers rules, laws and etiquettes for every aspect of human life. There are special etiquettes for dine and edible which have been exposed in Hadith. Oneness of Allah is the soul or backbone of Islam which is evident in everything. That's why everything is beautiful and starts with the name of Allah as Qur'an says: Say, "my prayer, my sacrifice and life and death are all for Allah, the lord of the worlds. It has no partner and so am I commanded and I am the first of those who submit".<sup>9</sup>

That's why oneness is also soul of etiquettes of dine and victuals as everyone must say '*Bismillah*' before starting food. The first and foremost etiquettes of eating is washing hands as Hazrat Muhammad (SAW) says, 'the blessing of food is enhanced due to *Ablution* before and after dine'.<sup>10</sup> According to scholar of Hadith *Ablution*, *Ablution* means washing hands.<sup>11</sup> Once, Hazrat Muhammad (SAW) said that the man who dined and slept without washing his hands and his hands were dirty with fats, he would be destroyed due to his negligence.<sup>12</sup> It is a distinction of Islam to say '*Bismillah*' devil declares this meal lawful for him.<sup>13</sup> Hazrat Jabir (RA) describes that Hazrat Muhammad (SAW) said, 'Whenever man entered his house, say slam and say bismillah before eating, on hearing it Devil asked his disciples to go away, there would be no food and shelter, on the contrary, the man who did not remember Allah while entering house or eating food, the devil would say his disciples to stay in the place which would have food and shelter.'<sup>14</sup> Hazrat Muhammad (SAW) was a teacher, leader and model of excellence of all human beings. He (SAW) always tried to train and educate everyone practically. As far as the eating habits and etiquettes are concerned Hazrat Hudaifa (RA) says 'whenever we dined with the prophet (SAW), we did not touch the food till Hazrat Muhammad (SAW) started eating, once we were together at a meal, one girl hungerly started meal but the prophet (SAW) stopped her, after that a villager came and did the same thing, he (SAW) also stopped him and then said 'start eating without bismillah, invited devil to eat and share the food and I swear Allah that devil hold set our hands, after that meal was eaten after saying bismillah'.<sup>15</sup> Hazrat Umer bin abi Salma (RA) says 'when I was a child and under the training of prophet (SAW), I stretched my hand towards meal, he (SAW) asked me to recite bismillah before eating, eat with the right hand and started meal from the part in front of him.<sup>16</sup> It is evident that eating with right hand is an Islamic tradition and ethics which has been proved scientifically healthy for the human beings. Hazrat Ayesha (RA) says: that Hazrat Muhammad asked to recite bismillah in the start and end of meal if someone forgot to recite bismillah.<sup>17</sup> Once a man dined but forgot to say bismillah in the beginning, he (SAW) said that the man snatched his whole meal from devil's stomach.<sup>18</sup> It is an Islamic civilized practice to dine with right hand as Hazrat Ibn e Umer (RA) referred that Hazrat Muhammad (SAW) said that man must eat with right hand and drink with the help of right hand.<sup>19</sup> In another Hadith Hazrat Ibn e Umer (RA) Said that devil dined and drank with left so the Muslims were forbidden to eat and drink with left hand.<sup>20</sup> Before the advent of Islam, the Arab dined in relaxing position with pillows beside their backs which was the symbol of pride and arrogance. Hazrat Muhammed (SAW) sternly negated this tradition as Hazrat abi Hudaifa (RA) said 'I did not dine along pillows with my back'<sup>21</sup> Hazrat

*Abdullah bin Umer (RA)* said that *Hazrat Muhammed (SAW)* never dined in relaxing mood and he (SAW) never enjoyed protocol while traveling<sup>22</sup> because these things are the symbol of pride and prejudice which are prohibited in Islam. Less diet or control diet is also a distinctive quality of Islamic civilization all other civilizations e.g, Greek, Persian, Roman, Chinese civilizations etc, emphasized upon large feasts in which people had been eating till long time and regarded it a civilization tradition but Islam dislikes and rejects overeating as it creates various kind of physical, ethical, emotional, intellectual and spiritual disorder. Islam emphasized upon control diet. *Hazrat Abu Huraira (RA)* said ‘we never saw the prophet (SAW) to dislike any food, he (SAW) ate if he was hungry or left the food. *Hazrat Jabir (RA)* said that *Hazrat Muhammed (SAW)* said’ Meal of one man would be sufficient for four men.<sup>24</sup> In another place, *Hazrat Abu Huraira (RA)* referred from prophet (SAW) that declared meal of two persons sufficient for three and meal of three men would be sufficient for four people.<sup>25</sup>

Dine with hand is another Islamic civilization characteristic as Holy prophet said that eating with hand is blessed. Esthetically, Man is a beautiful manifesto of nature. Beauty, delicacy and flexibility make human hand superior to spoon and fork made of any metal. That’s why, Islam prefers human hand than any metal tool of eating. Human body is the embodiment of senses and life producing energies which is better than any metal tool for victuals. The touch of living human hand is life energetic which is healthy. On the contrary, the touch of metal can give the feeling of death. *Hazrat Ka’ab (RA)* referred that Muhammad (SAW) dined with three fingers i.e, thumb, index and middle finger etc. He (SAW) also like them to wash before eating.<sup>26</sup> *Hazrat Jabir (RA)* referred that *Hazrat Muhammed (SAW)* ordered to lick fingers and plate because they were blessed.<sup>27</sup> *Hazrat Ibn e Abbas (RA)* referred that *Hazrat Muhammad (SAW)* asked to lick hand before washing or wiping after having food.<sup>28</sup> Thankfulness to Allah for his blessings and it is essential to be grateful and thankfulness towards Allah for the great blessing, are the soul of Islamic civilization. *Hazrat Abu Saeed Khudri (RA)* says that *Hazrat Muhammed* frequently recited pray after meal i.e, all tributes and greetings to Allah who fed us with great food and drink.<sup>29</sup> *Hazrat Abu Ayub (RA)* said that *Hazrat Muhammad (SAW)* always recite diet pray after finishing food.<sup>30</sup> *Hazrat Abu Huraira (RA)* referred from *Hazrat Muhammad (SAW)* thankful man is equal to man with fasting.<sup>31</sup> In short, Islam wants to accomplish beautifully every aspect of human life so that it’s civilization evolves according to divine message and human nature. Society should become the centre of human justice, benevolence, co-ordination, love, peace and safety.

Islam wants to establish a balanced and liberal society free of any fanaticism and prejudices. It does not allow his followers to practice such activities which can destroy and deteriorate the social integrity, coordination and harmony. That's why, Islam has banished to eat use expensive silver and gold cutlery and crockery for cuisine precautionary. *Hazrat Hudaifa* (RA) referred from *Hazrat Muhammad* (SAW) that not to wear clothes of silk and wool, not to dine in silver and gold crockery because these are the things for the pagans and day of judgement is for you. <sup>32</sup> Once *Hazrat Muhammad* (SAW) said, 'if a man uses silver and gold crockery for dine, his practice will enhance his punishment through the fire of hell.<sup>33</sup> The basic reason of the punishment of using expensive crockery is that their usage exposes the sense of superiority and pride which are the product of social and financial injustice, capitalism, class differences and non-Islamic traditions. Centralization, or collection of wealth is strictly forbidden in Islam and the punishment for it is that their collection of silver and gold would be melted and paste on their foreheads, thighs and sides of body according to Qur'an.' And those who hoard up gold and silver and spend it not in the way not in the way of Allah, give to them the tidings of a painful punishment. One day when it shall be made hot in the fire of hell and their backs shall be said to them: This is what you treasured up for yourself so now taste what you used to treasure up.<sup>34</sup> Due to the usage of silver and gold crockery man becomes spendthrift, proud cruel and snob which give birth another disease i.e. Self righteousness. This self righteousness makes man self disciple' in spite of man of Allah. He regards himself superior than other people. He considers himself Pharos of his time and lets down people. He forgets his duties as a humble creature of Allah and sentiments of kindness and sympathy vanish from his heart. That's why Islam has forbidden luxurious life style and lavish living standard. Islam has also given etiquettes of drinking as *Hazrat Muhammad* (SAW) says 'do not drink water within one sip rather it must be drank within three breaths. According to Muslim, *Hazrat Muhammad* (SAW) said to drink in that specific way, quenched the thirst sufficiently and it is digestible. <sup>35</sup> In fact, drinking water in the same way is source of comfort for heart and soul. If someone drink a glass of water just in one sip, he would face the danger of breathing. In fact man can face many pains and problems e.g., choking, sneezing, coughing etc due to drink within just one draught. That's why *Hazrat Muhammad* (SAW) said "Do not drink water like a camel at once, rather drink water in three draughts and recite 'bismillah' earlier. <sup>36</sup> *Hazrat Ibn e Abbas* says "The prophet (SAW) forbade to breath in drinking pot and blow air in it. <sup>37</sup> Before the advent of Islam, the sack of water was used to fill water in various countries. Now a days, in some countries, people use sack of water to get water from the wells, streams, rivers, ponds, and

drenches but through this process, It is possible that poisonous insects go with water in sack of water. That's why Islam abstains form drinking water by sack through hands or directly through mouth because poisonous insects reach in body and can cause dangerous diseases. *Hazrat Ibn e Abbas* says” that Hazrat Muhammad (SAW) forbade to drink water directly through sack.<sup>38</sup> In Islamic civilization it is the sunnah of prophet (SAW) to serve the drinks from the right side of guests.<sup>39</sup> Islam wants to develop a beautiful natural, and enviable civilization and it is in fact the desire of human nature itself. Qur'an declares that it is the law of nature that this dream would become true one day because it is the divine ideology and decision.

### **Effects of food on human beings:**

Allah has created with a perfect and compact system. There is no useless thing in this world rather everything has specific object to follow and achieve. In the same way the food which have been given by Allah ' process specific effects and man is deeply affected by the things he eats and his personality is the manifesto of what he dine and drink. Allah has created things having two aspects i.e. good or bad . Food has also both effects which influences human beings birth physically, Intellectually, emotionally and spiritually. Human body consist of flesh and spirit and food affects as follow:

- 1.Spiritual Effects
- 2.Physical Effects
- 3.Cognitive Effects
- 4.Psychological Effects

### **1. Spiritual effects of Food:**

Islam has provided guidance about food and eating along with all other aspects of life. Food impresses the human soul and ethical quality. Syed Maududi says,”Islamic *Sharia* brings those effects of food to light which influences the ethical values of human beings and which victuals are pure and modest. The sources of getting food have been analyzed whether they are lawful or unlawful. because human beings are not capable to do research about it flows and faults also occurred by human beings doing this research. That's why, Sharia guides only in the matter of purity or modesty or the matter of wrong dogmas”.<sup>40</sup> The effects of food on human soul appears in the innovation of good ethical values and provoking to vulgarity and false morality. Food influences on human morality. If he eats good, pure and lawful things he will turn towards piety and modesty. Food brings revolution in human soul which takes him to spiritual piety,lawful and pure victuals quality affect his appearance also as *Hazrat Shah Wali ullah* says “ Those things

which strongly affects human body and soul edibles are one of them which prominently interiorly and exteriorly influences human morality and body”.<sup>41</sup> Halal and *Tayyab* things enlighten the human heart and it brings forth the good manners, piety and hatred for sins and prayers are accepted as Qur’an says “O you who believe ! eat of the good things we have provided for you and sender thanks to Allah, if it is He whom you worship”.<sup>42</sup> Modesty and pure things compel human beings to adopt piety and get the inner self satisfaction and saves himself from loss. That’s why Allah says “O Prophets eat the pure things and do the good deeds <sup>43</sup> “Pure means which have been obtained from Halal resources. Islam has shown balanced and liberal way between *Halal* and *Haram* after materialistic”.<sup>44</sup> Allah has made everything comfortable and easy for man and provided guidance for man to develop his personality and character at his best food among those most important forces which influences man’s personality deeply. That’s why, there are vivid and clear examples in the Holy Qur’an i.e, if man eats Halal and purified things, he will tend to piety and goodness and follow the right path which will convert his personality into impressive one.



Food not only affects human body but also his ethical values. Everything has dual aspects i.e., bad or good etc. In the same way, food has also both aspects i.e., good or bad. The food is also *Haram*, ugly and impure as it is pure clean and Halal. Whatever man eat, It affects his physical and spiritual existence e.g., if he got and Halal victuals , he will become pious man but if he indulges in eating *Haram* and ugly things, he wil tend to evil ways and will destroy his moral values. Qur'an clearly declares to use pure and Halal things which are useful for physical, mental and spiritual health. Food directly influences the ethical values of man. Islamic Sharia has presented losses and benefits of both *Halal* and *Haram*. According to Mufti Muhammad Shafi,

‘ Allah is the creator of the universe, He knows about the qualities of every animal and the effects in the human body He made pure, modest and *Halal* for man which can give benefits to man physically and spiritually. He forbids man to eat ugly and bad animals which are dangerous for human health or ruin their morality.’<sup>45</sup>

Allah has created man on the basis of cultured and well mannered nature so he dislike ugly things and brutality. Allah has advised man to keep himself away from *Haram* things which are not profitable . Allah Says“ Of course : wine, idols and game are devil activities, reform from them.’<sup>46</sup>

Wine is the thing which had been frequently used before the advent of Islam. but Allah has declared it *Haram* which destroys the health of man. Man becomes senseless and becomes fanatic. His mental health is destroyed . Wine has been banned due its vulgarity and addiction. Imam Ibn e Qayam says:“All those things which have been declared *Haram* for this *Umma*, Just due to its vulgarities and absurdities so that people can be saved from its bad effects, they cannot cure any disease and they can create disturbance in the heart due to its high potency. Allah has banned wine because it is dangerous for the brain of human beings.”<sup>47</sup>

Wine snubs the reason or wisdom. When men becomes forgetful mentally, he will tend toward sins and can not differentiate between good and bad. Wine is called mother of sins which paralyzes man mentally and rationally. Hazrat Muhammad (SAW) says,

“ Wine or addiction is the thing which paralyzes human rationale or wisdom’<sup>48</sup>

According to modern medical research, Alcohol or wine is injurious to human health. All schools of pharmacology agree to the view that wine is not beneficial for human to any extent and the banned, has become annoyed due to wine’s destructions. <sup>49</sup> Abundant wine addiction makes man forgetful and becomes senseless and he falls a victim to many serious diseases. Salam -Ul-Haq Siddiqui says,

”The modern research of medical science, wine severely affects the liver for the first. When a man drinks, wine alcohol attacks human nervous system i.e, Central services system by passing through stomach and arteries. Gradually, it paralyzes the views of the brain due to which the drinkard feels himself relax from every tension, frustration and depression for the time being.<sup>50</sup> Allah has declared various things *Haram* so that human ethical values can not be destroyed as Qur’an says:

“Forbidden to you is the flesh of an animal which dies of itself and blood and flesh of swine”<sup>51</sup>

Man always avoids such food which destroys him medically and spiritually. Islamic sharia has declared blood of dead animals and flesh of swine *Haram* because dead animals are the center of germs and injurious health.

“Man is civilized and cultured by instincts and does not like ugly and smelly things. The flesh of swine is also very dirty and ugly because swine itself eats ugly things which affects its flesh and people who eat this flesh, also become vulgar and inhuman. There is only one strong reason of avoiding swine in daily life is that it is dirty and filthy and it has a large number of germs which lives in a sack in its body and these germs take form of a ring in the bodies of those people face the problems of cholesterol and fats in the blood after eating its flesh. If these harmful elements persist for a long time in the blood, they make blockage in the veins and make them hard”.<sup>52</sup>

*Allama Kamal ud Din al Dameri* says: “Swine is included among both species i.e., cattle and beast. It is called a cattle because it eats fodder and grass and it resembles with the beast it has teeth to tear up the flesh of other animals. It is not controlled by anyone rather it remain beast and fierce although it is kept as a pet.  
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These facts expose the situation that Islam has declared some things *Halal* and other things *Haram*. *Halal* things are pure and possess benefits for human health but some victuals are *Haram* because they deteriorate the human ethical values due to which man commits sins. Human nature is civilized and likes refined, *Tayyab*, *Halal*, and clean things.

## **2. Physical Effects of Food:**

The food which man eats affects his body. Man needs energy to perform his activities of daily life which he gets from food but food also plays an important role in the human body which reflect through its effects. That’s why, balanced diet keeps body healthy and strong and man performs his duties of daily life but body becomes weak due to lack of food. On the contrary, over eating is also a source bad health

and become diseased. There are two effects of victuals on Human body. i.e., Useful effects and Harmful effects.

Human life consists of various stages e.g., childhood, teenage, adult, youth and old age. Every stage and age's demands varies. Allah has given a perfect and compact syetem of guidance for man. During infant age the infant gets food through mother's feed.As he grows older the change occur in his behavior and habits. He begins to like variations in things.Now a days, man has made great progress in many departments due to scientific research, many experiments and observations have been promoted in the field of victuals and nutrition through research and informative programs. It is the utmost effort of man to investigate the fact that how much quality of victuals man actually needs and what are the main and basic elements of human diet.Man of today knows which food is good for his health and which food is dangerous because he is aware of the fact that diet or food's good effects on human health are inevitable.

Pure and good food is a true source of energy and power with which man can perform his daily household works and he remains healthy because all the cells of his body get energy and power through food. Human body is like a machine and machines can work with the help of fuel. In the same way, human body also needs fuel for leading a healthy and active life and this fuel is obtained through victuals.Food, which give him energy and affect all the body from head to toe. It means that every limb of body is affected by the food which man eats.Human body constantly walks its activities even during the sleep, human body performs its duties.That's why the muscles and limbs of human body needs those healthy elements and ingredients present in food which are full of nutrition and energy so that these parts perform their duties perfectly and constantly. Islam always likes and prefers a healthy and strong Muslim to a weak and fertile Muslim as *Hazrat Muhammad (SAW)* says,"Allah loves strong and healthy Muslim than weak and fragile one through everyone possesses blessing , wish for the beneficial thing and pray for Allah and do not dis heart'.<sup>54</sup> Food is safety of human health.Sufficient food makes man active, strong and healthy. He feels energy and power in himself and due to good food, man's body grown perfectly.Different elements like fibers, minerals, vitamins carbohydrates , protein and fats in food play an important role in human body e.g., Calcium present in milk , strengthens the bones of human body. In the same way, other elements play the same role in body which safeguard the human health and man remains happy.

*Samad Hammidi* says: "our body temperature is 98.4 and food keeps this temperature balanced because increase in temperature results in fever and decreases in body temperature exposes the weakness of body. The food which we dine, its 7.5

share is for growth and repairment of body and the rest share is used for keeping temperature of human body balanced” .55

Only food saves and grows human body and keeps man healthy. All the elements in the food play their vital role for every limbs of human body which give energy for living and life. Food creates high level resistance against diseases. Human diet which consists of grain, vegetables, fruit, drinks, meat, etc, which make man to resist against diseases. These food items consists of such elements which produce antibodies and substances which safeguard the human health and help human health to fight against various diseases along with different activities.

“Cardiac diseases can be controlled and can also be avoided through the usage of vegetables and fruit. Experts says that vitamin C is the source which helps in cardiac arrest specially which can be obtained from oranges, grape fruit and apples” .56

Not only vegetables and fruits but also meat and grain produce energy in human body with which he can resist against diseases. Human body constantly works and different elements in the food help man to perform his household works and daily routine, create power of resistance with which human body fights against diseases. That’s why, food affects human body as medical experts says:

“ Some fruit can fight against some specific tumor e.g., apple possess as the capacity to fight against the tumor of lungs as people who eat daily apple remained safe 50% from lungs ‘ tumor than other people”57

Bashir Mahmood says:

‘Pumpkin is the vegetable which is much effective in TB and this vegetables creates resistance against disease”58

It means that all fruit and vegetable are very effective and possess such elements which save human beings from different diseases and gave them energy.

Man needs food to survive and lead a life. Food also effects human body and morality. This effect is both positive and negative. If is consisted of balanced nutrition, it would be useful but it is more then need or over eating, It would destroy the human health and effect negatively, If diet is cut short and does not fulfill the requirements, it would also damage hearth. Bad effects are of three types i.e., Effects of over eating:, Effects of lack of food., Effects of forbidden things.,

Over eating or eat more than need is very dangerous and make injurious which makes man lethargic, lazy and slow. Over eating gives birth to obesity which are shapes human body. Food is a need of human body not a luxury as Allah says:

“ And eat and drink but do not spendthrift”. 59

It is the need of hour to dine with required quantity because over eating gives birth various e.g.,

Overeating makes man fatty and bulky. This disease is very hard to control. Control eating badly damages the stomach changing conditions revolution in eating habits. A large variety of new victuals have been introduced.

According to a report ,

“During last a few years heavy, spicy dishes and European victuals have become popular which have created different infected diseases along with obesity. People have left the idea of balanced diet. Young generation has left to eat vegetables and fruits and walk in the morning with some exercise. These habits have tend to obesity’. 60

Now a days mothers have become habitual to feed their child again and again whether they need or not this habit has made children fatty and bulky.

Unbalanced diet and over eating damage the human health and also make human beings bulky. Obesity is a disease which is the reason or course of different diseases. That’s why Islam advocates balanced and less diet than need so that man must be active healthy and alert. A healthy man is helpful in society.

If man exceeds in eating and does not control himself, he becomes lazy, lethargic and he neglects to work even a simple work which is very harmful for his health. Dr. *Muhammad Usman* says:

‘Extra diet which is much more than the need of man, becomes fat, due to which man becomes bulky . due to heavy body, he becomes chronic patient. This thing exposes the reality and compactness of Qur’anic advice about over eating and balanced diet’. 61

Hasty eating is the greatest cause of overeating. When someone can eat rapidly, the food is crowded in to stomach so fast that nature has no time to cry

“Enough by taking away that appetite before too much has been eaten. When an excess of food is taken, It is likely to ferment before it can be digested. One who eats too much usually feels dull after eating”. 62

When man eats more than his need or requirement, he falls a victim to different kinds of diseases. Over eating badly affects the health of man. According to one research,

‘Balanced is essential in the usage of calories. If you use calories more than need, they will store in the body in the form of fats. It will result in obesity due to which various inflected diseases as blood pressure, cardiac disease born. 63

Man become patient of diseases whenever he does overeating as he prefers taste and quantity to his health.

Ibn e Qayyam says:

‘Diseases which are born by excess of material in the body , affect the natural activities of body and dominate the human body. The causes of these diseases are failure of digestive system, overeating, undigestible food and different kinds of diet is eaten in one time . When men becomes habitual of overeating , he invites different and serious disease to attack him’ .64

It is food which can save him from diseases and can also create problems for his health. The people who eat without knowing whether this diet would help him or not, are surely ignorant of the problems faced by their health’.

Man needs food and food is the mixture of different elements which have been given different names by experts e.g., Protein, Carbohydrates, fats minerals, Vitamins and water.

These elements protect human body from many troubles and problems and keep him healthy if they are in proper quantity in the diet. Their deficiency creates trouble for man and their deficiency’s effects as follow

Man need all food element among which proteins are very important because our body is consisted of proteins. Proteins are obtained through two sources i.e., by plants & crops including grain and lentil, by animals meat, milk, curd, cheese etc. They are very essential for human health. If their quantity is less than requirement, the growth of human decreases.

Dr Mateen Fatima writes:

‘Deficiency of protein affects the growth of human body and this fault is due to deficiency of both complete and compact proteins’. Those areas where milk, curd, meat and eggs are less used, complete protein is absent from the diet. Complete proteins directly influence other elements of food so its deficiency affects severely the performance of other elements which can be observed in the children of age 4 years prominently’ .65

If body does not get proper quality of food, it faces the deficiency of blood which damages the human health severely. He feels weakness and tiredness and can not do any work. The food element iron is very helpful which helps oxygen to spread throughout all body and Hemoglobin is used in making blood in the body. That’s why, such food which does not have iron and hemoglobin, is not affective for body as it can not produce blood. The blood particles grow in the bone marrow of human body. If food lacks hemoglobin and iron, human cells are formed less than need and man faces the problem of deficiency of blood which is called Anemia.66

These diseases can be controlled only through these elements of food otherwise blood deficiency damages human health and he can not do any work due to the weakness and illness.

Vitamins possess a prominent place among other food elements. Their deficiency affects eyes and eyesight rather than falls a victim to different diseases. “Xerophthalmia and *Kartomalacia* are diseases of eyes and eyesight which are created due to the deficiency of Vitamin A which is most necessary for keeping man healthy. In this disease, eyes do not produce tears and eye ball becomes dry and gradually man becomes blind. Eye suffer from the disease bitot spot which white spots cover the eyes. Deficiency of vitamin A also causes Night Blindness.”.67

Islam is a complete code of life in which man has been given complete guidance. Allah has created man for a special aim and he has been fully guided for achieving this aim. On one hand, his spiritual requirements have been fulfilled, on the other hand, his materialistic requirements have not been ignored. He has given guidance about different departments of life in order to fulfill the demands of the material world, he has also given information about the purity of food. In this way, man always tries to achieve his goals of life.

Islam has completely forbidden to use *Haram* things because they badly affect the human body. Islam has declared wine, flesh of swine, blood and dead animal *Haram*. Wine leaves very bad impacts upon human body. In fact, wine destroys the digestive system because it decreases the feeling of hunger and man feels completely fed while does not eat. Excessive usage of Alcohol decreases the function of acidity in stomach and slayma in the mouth due to which food does not digest easily and in proper time. Alcohol absorbs directly in the blood through the layer of stomach due to which stomach slows down its performance. 68 Wine directly affects the liver as Dr. Noor Baqi says:

“The most pathetic victim of wine is liver which is actually a laboratory which adversely feels every sip of wine as a poison. Liver is affected by wine by two ways i.e, When man drinks alcohol the cells of liver remain busy to wipe out the alcohol and in this way, they ignore their other duties. also the chemical processes of liver are brutally disturbed due to alcohol”.69

Islam has declared swine *Haram* because it is an ugly, and impure animal which adversely affects the ethical values and morality of man along with his body which are the worst in result. This is an element Mucopolysaccharidoses abundance in the flesh of swine, It has also excessive amount of sulphur due to which joints of human body gradually become weak. Shape virus is another disease which is provided due to flesh of swine, this disease finish the lungs.70

### **Psychological Effects of Food:**

Food is not only the source of energy and power for the body but it also influences human psychology as well what we eat it relates with our mood and

temperament. Food also helps man to get relaxation from stress, tension, frustration and depression. When man eats, it feels comfort in his nervous system. Aroma of food pleases man with bad temperament. Man feels happiness and relaxed from mental stress and tiredness when he uses grain, fruit, vegetable, fish, meat and milk e.g.,

Banana are rich in potassium and carbohydrates. Crabs have quite relaxing effect on the body as they produce the neurotransmitter serotonin which gives out a sense of calmness. Potassium deficiencies are associated with breathlessness, fatigue, insomnia and low blood pressure which are often triggered by stress. Potassium is also essential for healthy heart muscles, expert speak ; to beat stress conscience two bananas a day.<sup>71</sup>

It is necessary that diet must be balanced and pure. Man must eat the thing which is beneficial for him and his health so that he can be saved and he can perform his duties. When man is healthy psychologically, he would be proved a good citizen.

Man is usually pleased when he eats his favorite dishes. Since his birth, man has been eating food which satisfies his family a lot.

Taste, Esthetic sense and mood are very important in man's life but only balanced and healthy diet can affect man's psychology and mood to a large extent. He remains happy, and contented. Consuming our favourite foods can make us feel better, relieves stress and allay anxiety. Starting with the first day of life, food and affection are intertwined. Infants experience both physical and psychological satisfaction when eating. As we grow old the experience is continually refined.<sup>72</sup>

If man does not eat his favorite food his satisfaction level decreases, he becomes irritated and frustrated in his life.

Sometimes man starts overeating in frustration and depression which badly results in obesity which is the mother of many dreadful diseases.

**Dr. Abdul Rehman Khuwaja says:**

There is a tide of frustration and depression in the society. Every second person seems to be victim of these psychological problems such people are bent upon eating exceedingly i.e., they eat by force, which we call essential eating. The main symptom of this disease is to eat every time constantly. People eat every thing e.g., chats, bakery items, tea, coffee, sweets etc. Shopping is also the manifesto of this disease. Our body works accordingly to a specific code of conduct and cannot afford to bear all these abnormalities and stress to become bulky.<sup>73</sup>



#### **4. Cognitive effects of Food:**

Food deeply affects the mental and cognitive growth of a person. It is an idea or tradition since the primitive time that some diets or food have deep impact upon human character and personality. It is known that vitamins and minerals are very necessary for human health. If we take them in suggestive quantity they have very good impact upon the mental condition and its growth. Good food positively affects human intelligence and reason. It has been proved that when poor conceived women were given proper diet including carbohydrates, vitamins and minerals they gave birth to the children with good intelligence and mental growth. Many wayward, rascal and gangsters have been given proper food including vitamins and minerals in re-habilitation centers, they have experienced a great change in their behavior and mental growth. Children studied in madaris, have been given food, proper amount of mineral and vitamins which have enhanced their mental capacity and cognitive power, Young criminals have been changed in their behavior due to good diet. It is the need of era that child can be intelligent, mentally superior only by giving good and balanced diet. 74

Good and balanced diet affect brain and its capacities, it has deep impact on intelligence, cognitive capacities and it relaxes man from mental stress. More than 160 studies about food's affect on brain. Omega 3 fatty acids found in salmon, walnuts and kiwi fruits, provide many benefits, including improving learning, memory and helping to fight against such mental disorder as depression and mood disorders Schizophrenia and dementia said *Gomez Pinilla*. 75

Different elements in balanced diet have impact on human intelligence. Fish enhances and increases mental capacities. Any how food affects human intelligence.

#### **Conclusion:**

Man needs food to be alive such as a machine needs fuel to work. Human health remains good whenever it gets proper diet otherwise it is destroyed by ugly, impure and *Haram* Food. Man needs energy and power and food can give it. Some etiquettes have been given by Islam for eating and dinning of food as it has become such a system in which we have effects of food on the components of human personality i.e., In his research the effects of food on physical, spiritual, psychological and mental have been explained of men.

### **Recommendations:**

- The food of human beings shall be Halal, Pure and Tayyab. It must be obtained through lawful sources.
- Halal, pure and balanced diet must be promoted among people so that they can remain healthy and hearty. Soft drinks, fast food, artificial flavors and spicy foods must be banned as all these elements badly affect human health.
- All of the generations must be provided Halal, lawful and balanced diet full of nutrients, i.e., carbohydrates, proteins, vitamins, fat etc because food directly affects the psychological, physical, mental and spiritual upbringing of man.

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