

THE VIEW OF ISLAM ON SMOKING OF CIGARRETE



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INTRDUCTION: Islam and Muslims



- Islam is a complete way of life; it is a religion that properly guides its followers from rights and wrong.
- This invariably inform you that a Muslim is expected to follow the fundamentals of Islam.
- Islam is the acceptance of and obedience to the teachings of the sole creator, Allah (SWT) which He revealed to His last Messenger, Muhammad (SAW).



Cigarette and its Effects



- There are approximately 600 ingredients in cigarettes. When burned, they create more than 4,000 chemicals. At least 50 of these chemicals are known to cause cancer, and many are poisonous.
- Many of these chemicals are also found in consumer products, but these products have warning labels.
- While the public is warned about the danger of the poisons in these products, there is no such warning for the toxins in tobacco smoke.
- Cigarette smoke contains over 4,000 chemicals, including 43 known cancer-causing (carcinogenic) compounds and 400 other toxins. These cigarette ingredients include nicotine, tar, and carbon monoxide, as well as formaldehyde, ammonia, hydrogen cyanide, arsenic, and DDT.
- A cigarette may look harmless enough - tobacco leaves covered in classic white paper. But when it burns, it releases a dangerous cocktail of about 4,000 chemicals including:
 1. more than 70 cancer-causing chemicals
 2. hundreds of other poisons.

Source: (Grazian 2007; Cancer research UK 2012; American Lung Association 2013; Ginzel 2013).

Figure 1



Figure 2



Chemical compounds in Cigarettes



- Here are a few of the chemicals in tobacco smoke, and other places they are found:
- Acetone – found in nail polish remover
- Acetic Acid – an ingredient in hair dye
- Ammonia – a common household cleaner
- Arsenic – used in rat poison
- Benzene – found in rubber cement
- Butane – used in lighter fluid
- Cadmium – active component in battery acid
- Carbon Monoxide – released in car exhaust fumes
- Formaldehyde – embalming fluid

Chemical compounds in Cigarettes



- Hexamine – found in barbecue lighter fluid
 - Lead – used in batteries
 - Napthalene – an ingredient in moth balls
 - Methanol – a main component in rocket fuel
 - Nicotine – used as insecticide
 - Tar – material for paving roads
 - Toluene - used to manufacture paint.
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- Carbon monoxide is found in cigarettes and it prevents the oxygen being carried around the body.

Source: (Grazian 2007 ; Cancer research UK 2012 ;American Lung Association 2013).

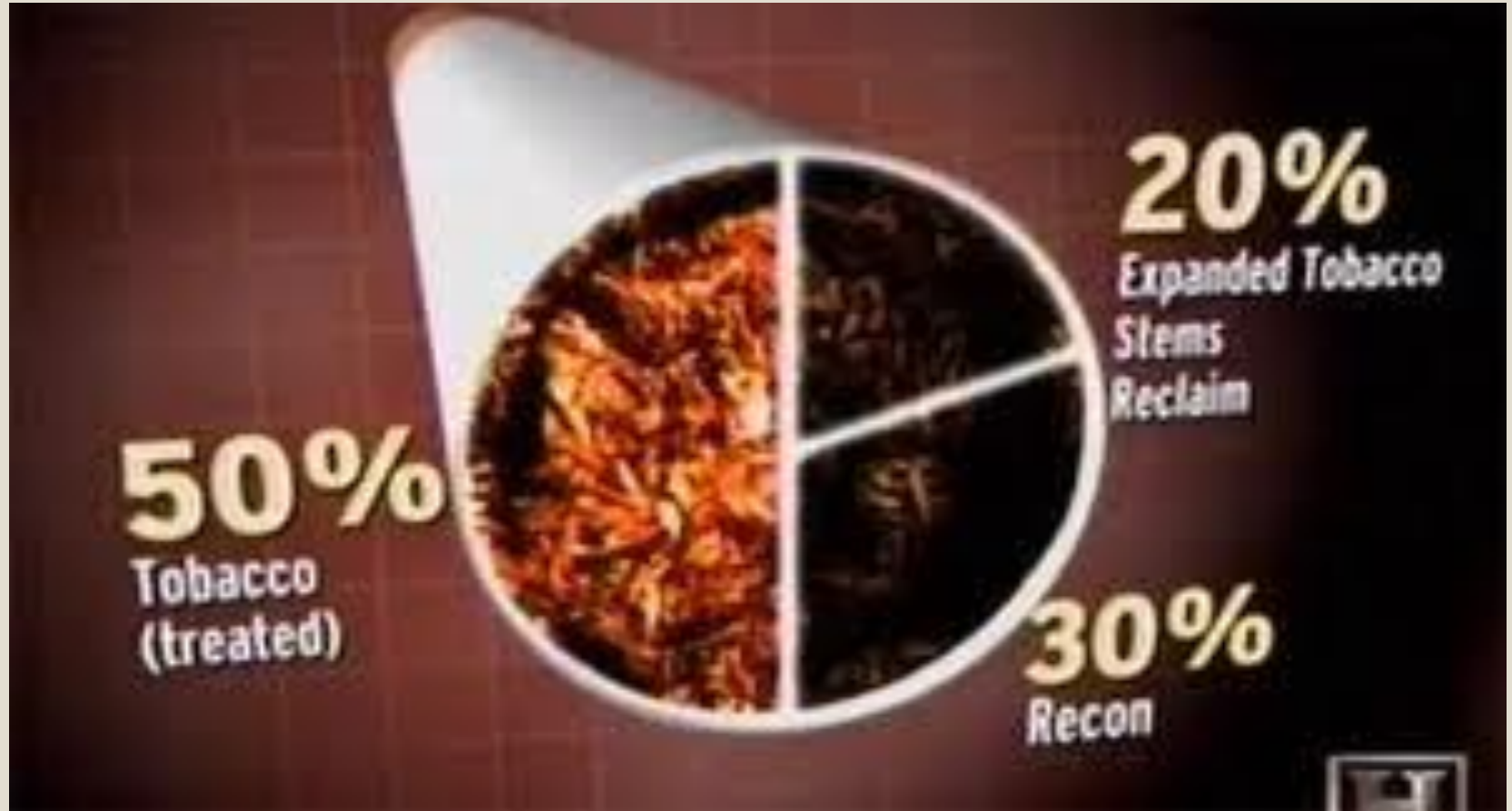
Figure 4



Figure 5



Figure 6



Risks associated with Smoking of Cigarette



- In Russia:
- 62% (Men smokers) and 30% (Women Smokers)
- 40% of Russians smokes
- Over 400,000 Russians died yearly from smoking-related diseases.
- Because of the above:
- Smoking cigarette was banned in public places within 15 metres.
- 90 USD fine will be imposed on offenders.
- More bans will be extended to train stations, markets, bus and ship stations.
- Smokers are advised to adjust their smoking habits or kick it out altogether.

- Source: Al-Jazeera News from Moscow via you-tube (accessed May 31, 2013).

Electronic Cigarette (1)



- An **electronic cigarette**, also known as an **e-cigarette**, **personal vaporiser** or **PV**, is an electronic inhaler that vaporises a liquid solution into an aerosol mist, simulating the act of tobacco smoking.

Electronic cigarettes are no longer marketed as smoking cessation aids or tobacco replacement in most countries.

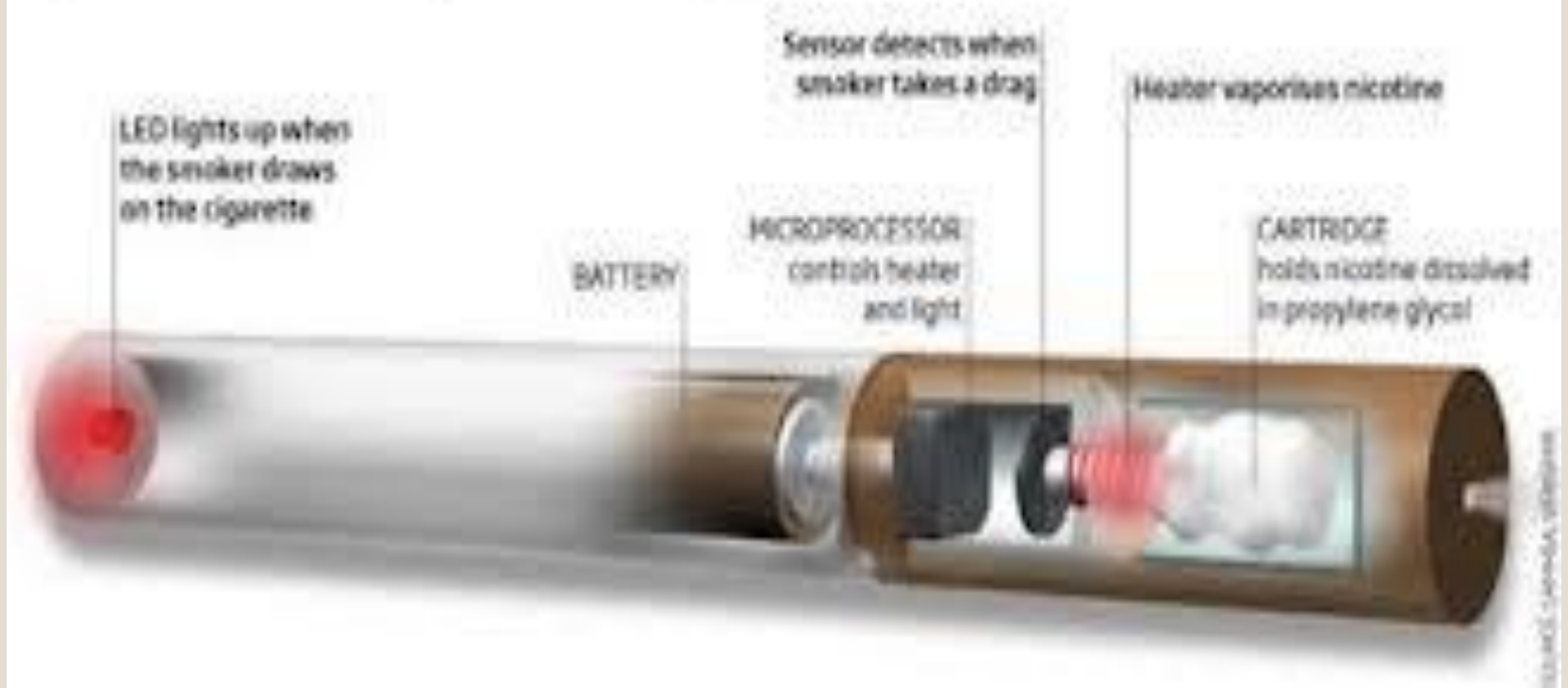
There may be similarities between conventional and some electronic cigarettes in the physical design and the nicotine release, which may approximate the same amount of nicotine as a conventional cigarette.

Figure 7



Smoke without fire

Suck on an e-cigarette and it produces a cloud of nicotine-carrying vapour with none of the toxic by-products of burning tobacco



Electronic Cigarette (2)



- The [World Health Organization](#) stated in September 2008 that no rigorous, peer-reviewed studies have been conducted showing that the electronic cigarette is a safe and effective [nicotine replacement therapy](#).
- In draft guidance on [tobacco harm reduction](#) the UK body responsible for drafting healthcare guidelines, [NICE](#) argues that there is limited evidence on the [efficacy](#), safety and [quality](#) of other nicotine containing products such as electronic cigarettes.^[25]
- They recommend the usage of licensed [nicotine replacement therapies](#) as part of any quit attempt or [tobacco harm reduction](#) approach.
- In May 2009, the US [Food and Drug Administration](#) (USFDA) Division of Pharmaceutical Analysis tested 19 varieties of electronic cigarette cartridges produced by two vendors NJOY and Smoking Everywhere.¹ [Diethylene glycol](#), a poisonous and [hygroscopic](#) liquid, was detected in one of the cartridges manufactured by Smoking Everywhere . [Tobacco-specific nitrosamines](#) (TSNAs), known cancer-causing agents, were detected in all of the cartridges from one brand and two of the cartridges from the other brand.

Electronic Cigarette (3)



- As of April 2010, The [American Association of Public Health Physicians](#) (AAPHP) supports electronic cigarettes sales to adults "because the possibility exists to save the lives of four million of the **eight million current adult American smokers who will otherwise die of a tobacco-related illness over the next twenty years.**"
- A study by researchers at the [Boston University School of Public Health](#) in 2010 concluded that electronic cigarettes were safer than real cigarettes and may aid in breaking the habit of smoking. Researchers said that while further studies on electronic cigarettes were needed, "**few, if any, chemicals at levels detected in electronic cigarettes raise serious health concerns.**" Electronic cigarettes were found to be "much safer" than traditional tobacco ones, and **had a level of toxicity similar to existing nicotine replacements.**
- **According to this report, the level of carcinogens in electronic cigarettes is up to 1,000 times lower than regular cigarettes,** and early evidence shows that electronic cigarettes may help people to stop smoking by simulating a tobacco cigarette.

Electronic Cigarette (4)



- On 27 March 2009, Health Canada issued an advisory against electronic cigarettes. The advisory stated, "Although these electronic smoking products may be marketed as a safer alternative to conventional tobacco products and, in some cases, as an aid to quitting smoking, electronic smoking products may pose risks such as nicotine poisoning and addiction."
- Dr. Konstantinos Farsalinos of the Onassis Cardiac Surgery Center in Athens reported to the annual meeting of the European Society of Cardiology that a small short-term trial had shown significantly better cardiac performance of e-cigarette users in comparison to tobacco smokers.

Electronic Cigarettes (5)



- In 2008, Dr. Murray Laugesen of Health New Zealand Ltd. published a report on the safety of Ruyan electronic cigarette cartridges. His study was funded by e-cigarette manufacturer Ruyan, but Laugesen claims that his research is independent.
- The presence of trace amounts of **TSNAs** (Tobacco-specific Nitrosamines) in the cartridge solution was documented in the analysis. The results also indicated that the level of nicotine in the electronic cigarette cartridges was not different from the concentration of nicotine found in nicotine patches.
- John Britton, a lung specialist at the University of Nottingham, UK and chair of the Royal College of Physicians Tobacco Advisory Group, commented, "If the levels are as low as in nicotine replacement therapy, I don't think there will be much of a problem."

Electronic Cigarettes (6)



- Trace amounts of '[volatile organic compounds](#)', namely [formaldehyde](#), as well as traces of [ketones](#), [mercury](#) and tetramethylpyrazine, have been found in electronic cigarette vapour, but the quantities are significantly smaller than the quantities found in tobacco smoke and do not pose a significant health risk.
- On 22 September 2009, under the authorization of the [Family Smoking Prevention and Tobacco Control Act](#), the FDA banned flavored tobacco (with the notable exception of menthol cigarettes) due to its potential appeal to children.^[57] Wagner says that the use of flavorings, such as chocolate, could encourage childhood use and serve as a [gateway](#) to cigarette smoking.
- The [Food and Drug Administration](#) (FDA) classified electronic cigarettes as drug delivery devices and subject to regulation under the [Food, Drug, and Cosmetic Act](#) (FDCA) prior to importation to and sale in the United States. The classification was challenged in court, and overruled in January 2010 by Federal District Court Judge [Richard J. Leon](#), citing that "the devices should be regulated as tobacco products rather than drug or medical products.
- In March 2010, a US Court of Appeal [stayed](#) the injunction pending an appeal, during which the FDA argued the right to regulate electronic cigarettes based on their previous ability to regulate [nicotine](#) replacement therapies such as [nicotine gum](#) or patches.

Electronic Cigarettes (7)



- On 7 December 2010, the appeals court ruled against the FDA in a 3–0 unanimous decision, ruling the FDA can only regulate electronic cigarettes as tobacco products, and thus cannot block their import. The judges ruled that such devices would only be subject to drug legislation if they are marketed for therapeutic use – E-cigarette manufacturers had successfully proven that their products were targeted at smokers and not at those seeking to quit.
- Concerns about public safety have been raised. However, some former smokers say they have been helped by e-cigarettes, and scientists at the University of California, Berkeley said that e-cigarettes had great potential for reducing the morbidity and mortality related to smoking.
- California Governor Arnold Schwarzenegger vetoed a bill that would regulate the sale of electronic cigarettes within the state on grounds that "if adults want to purchase and consume these products with an understanding of the associated health risks, they should be able to do so."

Islamic View on Smoking Cigarette (1)



- Islamic scholars have historically had mixed views about tobacco, and until recently, there has not been a clear, unanimous *fatwa* (legal opinion) to allow or forbid cigarette smoking.
- The mixed views on the subject came about because cigarettes are a more recent invention and did not exist at the time of the revelation of the Qur'an in the 7th century A.D. Therefore, one cannot find a verse of Qur'an, or words of the Prophet Muhammad, saying clearly that "cigarette smoking is forbidden.
- In Islam cleanliness and hygiene are emphasized to the extent that it has been considered a part of Iman (faith). It is very well known that a smoker's mouth is unclean and foul smelling “.

Allah (SWT) says:

- "And forbids them what is bad." (Q 7: 157)

Islamic View on Smoking Cigarette (2)



- "O ye who believe! Intoxicants and gambling are an abomination of Satan's handiwork. Eschew such abominations that ye may prosper." (Q5: 93).
- The word intoxicant has three meanings:
 - (1) To induce, especially the effect of ingested alcohol.
 - (2) To stimulate or excite.
 - (3) To poison.
- Except the first meaning the latter two are very well valid and both applicable to nicotine and caffeine.
- Smoking is nothing but a form of slow suicide. The Qur'an says:
- "And slay not the life which Allah hath forbidden..." (Q 17: 33).

Islamic View on Smoking Cigarette (3)



- 'And make not your own hands contribute to your destruction.'"(Q2: 195).
- Nor kill or destroy yourselves for verily Allah hath been to you most Merciful." (Q 4: 29).
- **Smoking inflicts harm on non-smokers**
- It is scientifically proven that the exhaled smoke of the smoker is hazardous to non-smokers around him.
- The Prophet, peace be upon him, is reported to have said, 'Do not harm yourselves or others.'
- Furthermore, tobacco is unwholesome, and God says in the Qur'an that the Prophet, peace be upon him,
- 'Enjoins upon them that which is good and pure, and forbids them that which is unwholesome'
- In view of the harm caused by tobacco, growing, trading in and smoking of tobacco are judged to be haram (forbidden).

(Permanent Committee of Academic Research and Fatwa, Saudi Arabia)

Islamic View on Smoking Cigarette (4)



Smoking burns wealth

- The amount of money a smoker spends on cigarette smoking in a period of 30 years is calculated to be Two Hundred Thousand Dollars or more.
- All this money is simply wasted (not including the money spent on smoker's health care).

Allah (SWT) says:

- "But squander not your wealth in the manner of a spend thrift, verily spendthrifts are brothers of evils." (Q17: 26,-27).

- **Smoking causes the spread of evil**

Muslims who smoke should remember that they set a bad example on others and invite to sin and disobedience to Allah, when they smoke openly and therefore encourage others.

Islamic View on Smoking Cigarette (5)



- **Smoking effects worship**

- Many smokers dislike fasting and sitting in Islamic study circles, because they constantly crave cigarettes. The smoker is an addict, both physically and psychologically.

- **Smoking makes the smoker smell bad**

Everything that a smoker comes in contact with smell of cigarettes; His car, clothes, home, etc. Therefore, when a smoker prays in congregation he hurts his fellow humans with his smell as well as the angels, as the Messenger of Allah said:

“Whoever has eaten from such greens as garlic, onions or leek should keep away from our mosque. Truly, the angels are harmed by what harms the offspring of Adam.”
“(Reported by Bukhari).

- Above listed are all foods permitted to be eaten by Allah, but if eaten by the Muslims’ they are not allowed to mingle with the other Muslims in places of worship. What about a cigarette that makes one smell badly and it is never permitted in Islam. If he/she offends no body; he/she will offend his/her wife/husband with the stinking body smell or breath.

Conclusion



- The above points constitute clear evidence that smoking is evil, and is therefore Haraam (unlawful).
- If a Muslim is under any kind of stress, then he must turn to Allah for help.
- Even medical science has rejected outright, the myth that smoking calms the nerves.
- What we know for sure, is that the remembrance of Allah is healing, as Allah says: **'Verily in the remembrance of Allah do hearts find tranquility.'** (Q13:28).
- So when the urge for smoking arises, resort to the Qur'an and strive to comply with Allah's commandments. **'Those who strive hard in Our Cause, We will surely guide them to Our Paths.'** (Q29:69)

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THANK YOU FOR LISTENING/READING



PLEASE, LIVE A SMOKE-FREE LIFE STYLE TO
IMPROVE YOUR HEALTH AND ENHANCE YOUR
CLOSENESS TO YOUR LORD AND CREATOR,
ALLAH.

SEE YOU IN NEXT ANOTHER EPISODE.

MAASALAM