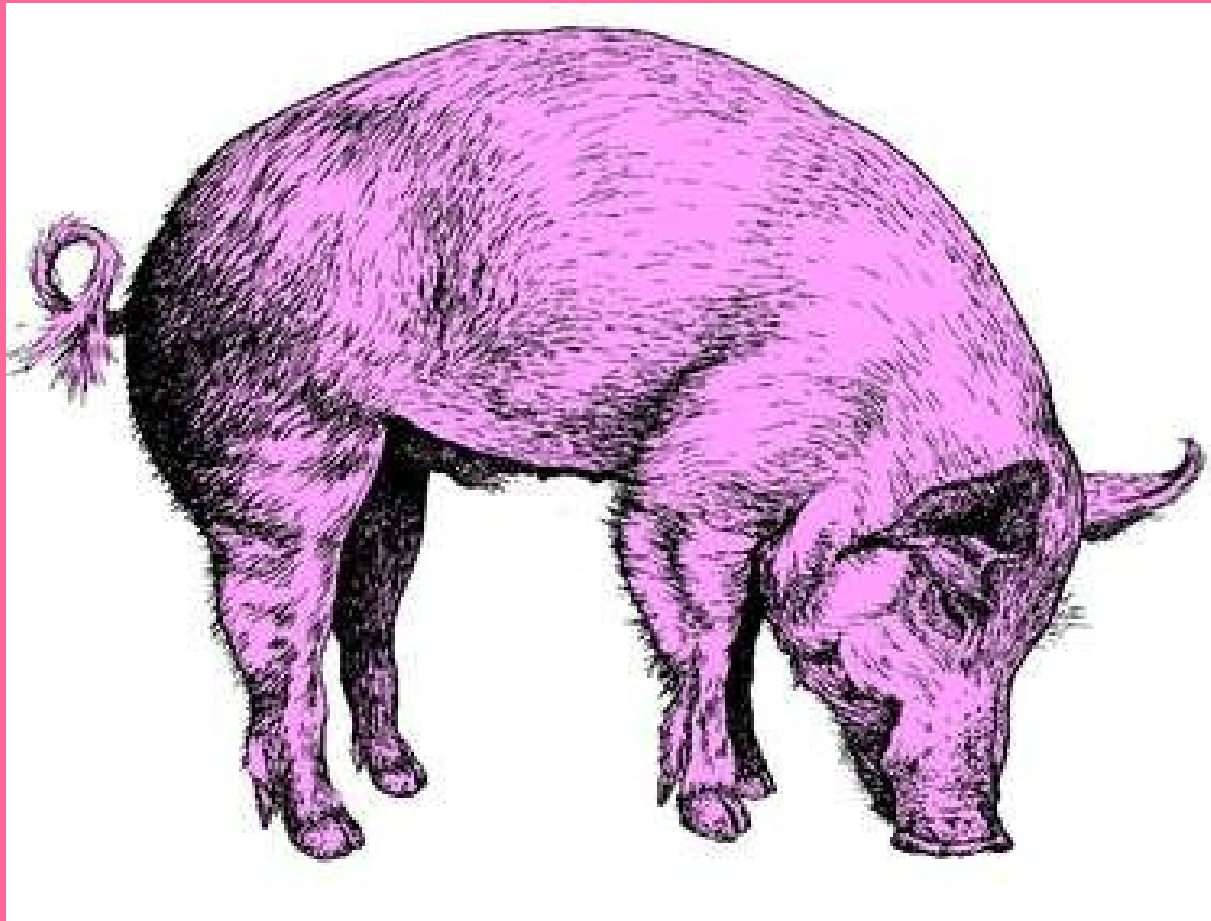


ISLAM AND CONSUMPTION OF PIG MEAT (Pork)



Religious Point of View

In Islam – Allah say

- ***"He has only forbidden your carrion blood and pork and what has been consecrated to other than Allah. But anyone who is forced to eat, without desiring it or going to excess in it commits no crime. Allah is ever forgiving, most merciful". Quran Surat (Chapter) Al Baqara, verse 173***

In the Bible God said

“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 ye not eat, and their carcass shall ye not touch, they are unclean to you.” [Leviticus 11:7-8]

Pork is also prohibited in the Bible in the book of Deuteronomy

“And the swine, because it divideth the hoof, yet cheweth not the cud, it is unclean unto you. Ye shall not eat of their flesh, nor touch their dead carcass.” [Deuteronomy 14:8]

A similar prohibition is repeated in the Bible in the book of Isaiah chapter 65 verse 2-5.

Pork and its harmful effects on health

Why is it harmful to eat pork?

Reason One

- Due to the first and second nature of the pig, large numbers of antigens are introduced to the body of the pig. (Antigens are foreign substances that when introduced into body, can induce an immune response). System normally makes protein called antibodies to protect the body. Eating a slice of pork containing antibodies of a certain microbe makes the body of the person who has eaten it weaker if substituted to this microbe, because his body has to build anti-antibodies. As a result this leads to a weak immune system

Reason Two

- **It is found that people exposed to pork meat – diet faced the following:**
 - * **Puts an excessive weight.**
 - * **Suffers physical deformation.**
- This was due to the third nature of pigs.**

Reason Three

- **Pork meat also contains high levels of cholesterol and lipids.**

Cholesterol is beneficial to the human body, as it builds cell membranes and plays a part in creation of hormones. When cholesterol level becomes elevated in the blood many health problem occur:

Cholesterol is a soft and waxy substance, since it cannot dissolve in the blood, it must be carried to the cells by transporters called lipoproteins. Two of these transporters are LDL (Low Density Lipoprotein) and HDL (High Density Lipoprotein). These lipoproteins are characterized by their effects on the body.

Example:

If too much LDL circulates in the blood, it starts to build up on the walls of the arteries feeding the heart and brain. Combining with other substances it will form plaque in the arteries, a condition known as atherosclerosis: plaque causes blockage of the artery, and in turn leads to heart attack or stroke.

This was the consequences of the fourth nature.

Reason Four

- The trichina worm is frequently found in pork.

Another harmful substance in pork is the trichina worm (fifth nature). This is found in pork and when it enters the human body it settles directly in the muscles of the heart and represents a possibly fatal threat. The trichinella spiralis, this parasites transmitted to human muscle tissue by eating undercooked meats especially pork.

The cysts hatch in the intestine and produce large numbers of larvae that migrate into the muscle tissue and cause:

5. muscle pain
6. swelling in the face and around the eyes
7. headache, fever, sweating and chills

The disease lasts from 10 to 30 days but muscular pains may persist in some cases for several months. Mortality is general 1% but in some outbreaks may be as high as 30 – 35 %

In the in the intestine the cysts grow into adult round worms which measure 2-4mm long, which produce offspring that migrate through the gut wall and into the blood. These parasites tend to invade muscle tissues including the heart and diaphragm, the breathing muscle under the lung. They can also affect the lung and the brain.

Treatment: There is no specific treatment for trichinosis once the larvae have invaded the muscles. Albendazole can work on the intestinal forms, but not on the muscle forms.

Analgesics can relieve the muscle pain.

Most people with trichinosis have no symptoms and their infection is self limited.

More severe infection may be more difficult to treat especially if the lungs, the heart, and the brain is involved.

Complications:

- Arrhythmias: disorder of heart rate or rhythm.
- Heart failure: disorder of heart loses its ability to pump blood efficiently.
- Pneumonia

Other disadvantages

- Carcinogenic nitrosamines are formed from the nitrites present in pork during curing for the preparation of ham, bacon, sausages.
- Allergy and liver cirrhosis are other diseases contributed to pork consumption
- Psychologically: through eating pork one gains the pig's physical or personality characters: this belief is wide spread and applies also to many other meats and foods.
- In addition of this there are some scholars who say that eating pork frequently diminishes the human being's sense of shame in relation to what is indecent.