

# **ISLAMIC STUDY CIRCLE**

## **HALAAL and HARAAM**

**8 June 1997**

<b>Leicester Central Mosque</b>	<b>Halaal and Haraam</b>	<b>Yusuf Aboobakar</b>	<b>8/6/98</b>	<b>Page 1</b>
---------------------------------	--------------------------	------------------------	---------------	---------------

## **HALAAL AND HARAAM DEFINITION**

**HALAAL and HARAAM are Arabic words having a very specific meaning in Islam**

**HALAAL - lawful, permitted, allowed, legal in Islam**

**HARAAM - unlawful, forbidden, not allowed, illegal in Islam**

<b>Leicester Central Mosque</b>	<b>Halaal and Haraam</b>	<b>Yusuf Aboobakar</b>	<b>8/6/98</b>	<b>Page 2</b>
---------------------------------	--------------------------	------------------------	---------------	---------------

**HALAAL AND HARAAM RELATE TO :**

**Food and Drink**

**Clothing and Adornment**

**Work and Earning Livelihood**

**Social Behaviour**

**Social Relationship**

**Recreation and Play**

**Business Transactions**

**Every walk in life ....**

<b>Leicester Central Mosque</b>	<b>Halaal and Haraam</b>	<b>Yusuf Aboobakar</b>	<b>8/6/98</b>	<b>Page 3</b>
---------------------------------	--------------------------	------------------------	---------------	---------------

## **PRINCIPLES OF HALAAL AND HARAAM**

- 1. Everything is Halaal unless prohibited in the Holy Quran or Hadith**
- 2. Halaal and Haraam applies to everyone alike whether men or women, rich or poor, young or old, irrespective of colour or race or status in society**
- 3. Anything leading to Haraam is itself Haraam**
- 4. Good intentions do not make the Haraam acceptable**
- 5. Representing falsely Halaal as Haraam and vice versa is a grave sin**
- 6. Anyone who engages in Haraam act is liable to severe punishment**

<b>Leicester Central Mosque</b>	<b>Halaal and Haraam</b>	<b>Yusuf Aboobakar</b>	<b>8/6/98</b>	<b>Page 4</b>
---------------------------------	--------------------------	------------------------	---------------	---------------

## HARAAM DIET

Diet has tremendous effect on our physical, physiological, mental, moral and spiritual life.

The way we feel, think, behave, our likes and dislikes, our spiritual attainment etc.. are all linked to our diet.

In fact ‘We are what we eat’

Haraam diet has number of very harmful effects:

- damages physical health
- lowers mental ability
- degrades moral behaviour
- weakens the faith
- ruins good deeds
- ruins the hereafter

.....

Leicester Central Mosque	Halaal and Haraam	Yusuf Aboobakar	8/6/98	Page 5
--------------------------	-------------------	-----------------	--------	--------

**In one Hadith our beloved Prophet has said:**

**“Those persons whose bodies are nourished with Haraam food will not enter paradise.”**  
**(Mishkat Sharif)**

**According to another Hadith prayers are not accepted for those whose diet is Haraam:**

**“A person after travelling a long distance, with dispersed hairs and covered with dust, raises his hands for prayer and says O Allah !, O Allah ! But his food is Haraam, his drink is Haraam and his dress is Haraam. So how can his prayer be accepted by Allah”**  
**(Mishkat Sharif)**

**Any charity given from Haraam is not accepted by Allah:**

**“Sadaqah (charity) from Haraam wealth is not accepted by Allah, and there is no Barakah (Blessings of Allah) in such things and the Haraam wealth will take one to Hell”**  
**(Imam Ahmed)**

Leicester Central Mosque	Halaal and Haraam	Yusuf Aboobakar	8/6/98	Page 6
--------------------------	-------------------	-----------------	--------	--------

**Note : The above Hadith includes wealth earned by selling Haraam food products. Also charity of Haraam sweets, chocolates etc.. is not accepted by Allah.**

**Mixing Haraam with Halaal results in Haraam.**

**“When Haraam is mixed with Halaal, it ruins the Halaal as well”  
(Mishkat Sharif)**

**Worship is not accepted for those whose diet is Haraam:**

**“One who drinks Sharab (Wine), Allah does not accept that persons Salah for forty days”  
(Tirmidhi)**

**Note: Muslim scholars say that whether a person takes Sharab directly or indirectly with other edible things in the form of an ingredient, his/her Salah is barred from acceptance for 40 days in the light of this Hadith**

Leicester Central Mosque	Halaal and Haraam	Yusuf Aboobakar	8/6/98	Page 7
--------------------------	-------------------	-----------------	--------	--------

## **HARAAM DIET**

**Things that are Haraam to consume are defined in the Holy Quran and Hadith. Some of the verses of the Holy Quran relating to Haraam diet are as follows:**

**“ He has forbidden you what dies of itself (carrion), and blood, and the flesh of swine and that over which any name other than (that of) Allah has been invoked”**

**(Al Baqra:173)**

**“ O believers ! Intoxicants, and game of chance, and idolatrous practices and divining (of the future through) arrows are abominations devised by the Satan. Shun it then !, so that you may prosper”**

**(Al Maida:90)**

<b>Leicester Central Mosque</b>	<b>Halaal and Haraam</b>	<b>Yusuf Aboobakar</b>	<b>8/6/98</b>	<b>Page 8</b>
---------------------------------	--------------------------	------------------------	---------------	---------------



## **SUMMARY OF HARAAM DIET**

**The following are Haraam:-**

- a) A pig**
- b) Blood**
- c) Carnivorous animals (except fish)**
- d) Reptiles and insects.**
- e) Any marine animals except fish**
- f) The bodies of dead animals.**
- g) The bodies of Halaal animals (i.e. Buffalo, Cow, Sheep, Lamb, Goat, Deer, Rabbit, Chicken etc.) which are not slaughtered according to the Islamic Law.**

**(Note: Most animals in the U.K. are not slaughtered according to the Islamic Law)**

- h) Wine, Ethyl Alcohol or Spirits, where these remain in their original chemical form.**

<b>Leicester Central Mosque</b>	<b>Halaal and Haraam</b>	<b>Yusuf Aboobakar</b>	<b>8/6/98</b>	<b>Page 9</b>
---------------------------------	--------------------------	------------------------	---------------	---------------

## **MASH-BOOH**

**Mash-booh is an Arabic word which means doubtful or suspected.**

**When one cannot decide if something is Halaal or Haraam it is Mash-booh.**

**Mash-booh (doubtful) may be due to:**

- **doubtful evidence**
- **doubt concerning the applicability of rules to a particular circumstance**

### **Examples:**

- 1. If Emulsifier E472 is listed in a product's ingredient list, this makes the product doubtful (Mash-booh), as E472 can be made from animal as well as vegetable. Unless one knows the origin of E472 used in that particular product, it is not possible to decide if the product is Halaal or Haraam.**

<b>Leicester Central Mosque</b>	<b>Halaal and Haraam</b>	<b>Yusuf Aboobakar</b>	<b>8/6/98</b>	<b>Page 10</b>
---------------------------------	--------------------------	------------------------	---------------	----------------

**2. If flavouring is listed in a product's ingredient list, it makes the product Mash-booh, as Alcohol is used in the production of most flavours. Unless one knows that no Alcohol is used in the flavouring of that product, it is not possible to decide if the product is Halaal or Haraam.**

**Muslims must avoid doubtful things according to the following Hadith.**

**“Halaal (Lawful) is clear and Haraam (unlawful) is clear; in between the two are doubtful things, which people may not know whether they are Halaal or Haraam. One who avoids them in order to safeguard his religion and his honour is safe. Anyone who gets involved in these doubtful things may fall into the Haraam (unlawful). This is similar to one who grazes his animals near a Hima\*; it is quite likely that his animals will stray into it. Indeed , every King has a Hima and Hima for Allah is what He has prohibited”**

**(Al-Bukhari, Muslim)**

**\*Hima - the grounds reserved for animals belonging to the King which are prohibited for others' animals**

Leicester Central Mosque	Halaal and Haraam	Yusuf Aboobakar	8/6/98	Page 11
--------------------------	-------------------	-----------------	--------	---------

## **FOOD LABELLING**

For a food product to be Halaal, its ingredients and sub-ingredients and any other product it comes in contact with should all be Halaal.

Due to the complexity of modern food processing methods and the current food labelling rules it is not easy to determine if a product is Halaal by reading its ingredient list only. Many ingredients which are small in quantity can be legally left out of the ingredient list. However according to Islam these have to be considered. Further many products like Emulsifiers can be made from animal as well as vegetable products. Normally the labels do not indicate the origin of Emulsifiers.

Therefore a detailed investigation is required before deciding the suitability of a product for Halaal consumption. The Muslim Food Board (UK) carries out this task on behalf of Muslims.

Leicester Central Mosque	Halaal and Haraam	Yusuf Aboobakar	8/6/98	Page 12
--------------------------	-------------------	-----------------	--------	---------

# THE MUSLIM FOOD BOARD (UK)



## INTRODUCTION

The Muslim Food Board (U.K.) was established in 1992. It is an independent, non-profit making organisation serving Halaal consumers throughout U.K.

## AIMS

The main aims of the board are as follows:

1. To promote consumption of Halaal food products:-
  - research into food products to determine their suitability for Halaal consumption
  - inform consumers about Halaal products through publications
  - answer queries from individuals regarding particular product or ingredient

Leicester Central Mosque	Halaal and Haraam	Yusuf Aboobakar	8/6/98	Page 13
--------------------------	-------------------	-----------------	--------	---------

## **2. To assist food manufacturers in producing Halaal food products:-**

- **provide detailed information about Halaal requirements**
- **authenticate food products and issue Halaal certification**
- **permit the use of a Halaal logo on food products certified by the board**
- **monitor Halaal certified products**
- **advice on promotion of Halaal certified products**

## **PUBLICATION**

**The board publishes a Halaal Food Directory on a regular basis. This directory is a result of detailed research into the ready made food products available in the food chain stores and supermarkets within the U.K.**

<b>Leicester Central Mosque</b>	<b>Halaal and Haraam</b>	<b>Yusuf Aboobakar</b>	<b>8/6/98</b>	<b>Page 14</b>
---------------------------------	--------------------------	------------------------	---------------	----------------