

Investigate the effect of alcohol on the human body from the perspective of verses of the Holy Quran, Hadith and Traditional medicine

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Abstract

Background and Objectives: Humans for thousands of years have used the alcoholic drinks. Jabir ibn Hayyan, has done purification of ethanol, for the first time. Studies show that 20% of men and 10% of women in many Western societies are involved with alcohol-related diseases. Ethanol consumption leads to various physical and mental damages in nervous system, cardiovascular system, reproductive system, digestive system, endocrine system, respiratory system, immune system and blood, embryos and many. Quran in Verse 219 of Baqare, verse 90 and 91 of Al Maydh, verse 43 of Nisa and traditions of the Imams warn the Muslims from drinking the wines, frankly. Traditional medicine has similar approach to alcohol consumption. Review of the updated medical studies on compliance with this order based on Islamic-Iranian culture in terms of physical and mental health are the objectives of this study.

Materials & Methods: The study is descriptive-library research that alcohol consumption and its impact on physical and mental health have been investigated from the perspective of verses, hadith and traditional medicine and also its compliance with the results of medical studies have been considered. In this study, all relevant ethical issues were considered.

Results: The study shows that alcohol has negative effects on the human body and spirit, and the results of medical studies are along with the instructions of Islam.

Conclusion: They have been proved that Islam not only belongs to its time, but also it has comprehensive program of spiritual and worldly happiness for all time.

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Summary

Background and Objectives: Ancient studies show that humans have produced wine since thousands of years ago.

According to the verses and hadiths in Islam, it can be found that prohibiting alcohol for Muslims have been proposed to avoid from physical and psychological harms. Due to the situation in Saudi Arabia at the time of the revelation of such forbidding verses, this divine command has gradually been considered as definitely prohibited.

There are several points of view at the time of expressing the prohibition of alcohol all of which agree on its prohibition.

The Holy Quran has asked humans to avoid alcohol consumption in Surah al-Ma'idah verse 90 and 91 (1), Surah Nisa verses 43 (2), Surah Araf verses 43 and 33. The prohibition of drinking wine is stated without interpretation in Surah Araf, certainly in Surah Baqarah (3), absolutely and in all circumstances in Surah Nisa. There are different views in Islam to benefit from alcohol consumption for treatment.

Drinking alcohol constantly leads to a significant

reduction in the absorption of protein, fat, and many other materials your body needs. It also causes many psychological disorders such as depression. In the the Hadiths by Prophet Muhammad (PBUH), depression is considered as the cause of despair of God's mercy. Prophet Muhammad (PBUH) says: when the drunken comes out of his grave, it is written "he is disappointed with God's mercy" on his two eyes.(4) A suicidal feeling or the intent to harm themselves is more common among the drunken in comparison to others.(5) Personality disorder, bipolar disorder and other impulse control disorders (6), dementia diseases such as Alzheimer's disease are associated with a high dependence on alcohol. (7-8) Scientists of traditional medicine consider drinking alcohol as the cause of forgetfulness. (9-10)

Neuropathic changes can be noted as the effect of alcohol on the central and peripheral nervous system. (11) Traditional physicians have considered meningitis as the cause of drinking alcohol. (12) The chronic effects of alcohol consumption include Korsakoff psychosis, Wernicke encephalopathy, alcoholic neuropathy, and dementia. (13) In Teb al-Reza, it is stated that drinking alcohol disrupts the thinking system and make the drunken insane. (14)

Furthermore, alcohol consumption increases the risk of stroke (15-17), subarachnoid hemorrhage, and epilepsy. (18) It has also harmful effects on learning and spatial memory. (19)

The impact of alcohol on the heart and arteries include alcoholic cardiomyopathy, cardiac fibrosis, and ventricular hypertrophy. (20-21) Moreover, alcohol consumption increases the risk of atrial fibrillation (22-23), myocardial ischemic, hemorrhagic stroke (24), and high blood pressure. (25)

Imam Reza (AS) considers cardiac diseases as the cause of drinking alcohol. (26) Traditional physicians attributed Amir Ilyas Khaje's stroke to drinking much alcohol in the abstract book of Al-tajarob. (27)

Alcohol has a negative effect on the reproductive system such as erectile dysfunction, ejaculation delay (5), the imbalance of sex hormones in both genders, reducing the production of healthy sperm, decreased libido, sexual cycle disorders and delaying women's orgasm. (28-29) Ethanol consumption causes fatty liver, cirrhosis (30-34) and pancreatitis in the digestive system. (35-38) The scientists of traditional medicine believe that quitting alcohol consumption makes the treatment of mouth bleeding possible. (39)

Ethanol consumption can cause diabetes type I and type II in the endocrine system, a significant decrease in the process of bone remodeling, a reduction in the levels of magnesium and calcium, an increase in the level of parathyroid hormone and thyroid disease in alcoholics. (40)

The negative effect of alcohol on the immune system is shown by an increase in morbidity and mortality from infectious diseases. (41)

Alcohol abuse is likely to cause microcytic anemia, macrocytic, and sideroblastic in the hematopoietic system. (42-43)

Ethanol has a harmful effect on the lungs in the respiratory system.

The owner of healing Alasqam, a traditional physician considers drinking alcohol as the cause of various diphtherias. (12)

Alcohol abuse can impair intrauterine growth and cause a range of behavioral and neuro-cognitive disorders called fetal alcohol spectrum disorders (FASD). (44-54) Common disorders in FASD patients include premature birth (11%), intrauterine growth retardation (70%), finger disorders (55%), visual disturbances (51%), dental problems (43%), nail hypoplasia (38%), strabismus (38%), urogenital anomalies (22%) congenital heart defects (18%). (55-56)

Negative effects of alcohol abuse include Growth disorders, craniofacial disorders (47,49,53,57), musculoskeletal disorders (58), reproductive disorders, genital-urinary disorders, cardiovascular disorders (47,49,50,57), mental and nervous system disorders, behavioral disorders (55), and teratogenicity effects. (59-65)

Alcohol consumption increases the risk of mouth, pharynx, larynx, esophagus, liver, breast and endometrial cancers. (35, 66 - 70)

Reviewing the scientific literature shows that alcohol consumption causes a pervasive damage to the body as it is mentioned in the Quran, prophetic Hadiths and narrations by Imams. In addition, reviewing the literature of traditional medicine shows an approach to avoid alcohol.

The results of this study indicate that modern scientific achievements are in line with the commands of Islam and the religion does not only belong to the period of its revelation and it includes a comprehensive plan for the spiritual and worldly welfare of humans in all eras.

Materials and Methods: This study is a descriptive and library study in which alcohol consumption has been investigated based on Quranic Verses and Traditional Medicine narratives and its effect on physical and mental health and its conformity with the results of medical studies has been investigated, too.

Results: The study of modern scientific literature

indicates that alcohol consumption has a pervasive and adverse effect on the human body and mind. The results of the present study show that medical science is in line with the commands of Islam.

Conclusion: Islam does not only belong to the time of its revelation, it includes a comprehensive plan for the spiritual and worldly welfare of the humans in all eras.

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