

## Conceptual Explanation of the Food Production Cycle Based on Tayyib Food Indices in the Holy Quran

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### Abstract

**Background and Objective:** Developing civilization processes and systems based on the Qur'anic principles is one of the major issues in the field of epistemics and management in the Islamic community. Nutrition is one of the most vital processes in life and, based on Islamic principles, it plays a key role in securing the religion and world for human. From the perspective of Islamic ideology, nutrition affects the body, thought and faith of humans, although foods do not have the same appearance. God has set the highest standard of quality for human food.

**Methods:** This is an qualitative content analysis study based on Quranic verses relying on the interpretations as an ignored aspect of nutrition. To analyze the word Tayyib, first, its meaning was investigated in lexicographers' studies, and from the sum of their opinions, we came to a comprehensive and obstructive meaning. In order to achieve the standard of Tayyib food, the word Tayyib was analyzed in the Holy Qur'an and semantically examined. Using semantic network design, its semantic core was extracted and, based on it, the indicators of Tayyib food were determined. The authors declared no conflict of interest.

**Results:** Tayyib food is a pure and developmental food that is perfectly in harmony with the body. Also, it is pleasing, clean, tasty and in good condition, and has a beneficial effect. Furthermore, it is non-harmful to the soul and body. Halal food, on the other hand, is anything that is not forbidden and Tayyib is used to mean something which is in harmony with human spirit as against Khabith, which human spirit hates. Conceptually, Tayyib food refers to good, useful, healthy, non-harmful, halal, clean food that is in harmony with human spirit and without any contamination within or in appearance. It refers to a food with complete nutritional values.

**Conclusion:** Tayyib food indices are used as the main elements of a comprehensive and process standard for the entire food cycle from production to consumption. It is considered as a quality standard for optimizing food processes.

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## Summary

### Background and Objective

Food is one of the most important issues in human life and have always been scientists' focus of attention. In the heavenly religions, the need for an appropriate nutritional plan for man has always been mentioned (1). The Qur'an is the most comprehensive resource, from which modern management sciences can be extracted to base this nutritional plan on Quranic concepts. One of these systems is the health system, which, given its role in creating and maintaining the physical and mental health of individuals in the community, requires management based on Islamic and Qur'anic principles to achieve this transcendent goal (2). Health, as addressed in the Qur'an and the hadith, is all-encompassing, meaning that it has taken into account all aspects of health, including mental, physical, social, and spiritual health (3).

Implementation of the Islamic law in food production and processing was the impetus for the Halal food brand (4). The Halal brand is the result of converting the minimum religious standards into products and food standards such that halal food makes up a significant portion of the global food trade today (5). At higher degrees of quality, there is the concept of Tayyib food, which the Holy Qur'an has addressed in various verses. This study seeks to present a correct and reliable concept of Tayyib food, with a Qur'anic approach, without addressing the practical and operational aspects. This is a qualitative study that attempted to provide a scientific analysis of the Qur'anic view of the importance of food hygiene and food safety by examining scientific literature and Islamic sources.

### Methods

This is an analytical study based on the verses of the Holy Quran and interpretations that address the neglected aspects of nutrition. In the beginning, the word 'Tayyib' was searched in the Holy Quran and analyzed by reference to the verses. For analyzing the word 'Tayyeb', first its lexical meaning was examined the lexocologists' works and a comprehensive meaning was obtained based on their views. Then, by examining and analyzing its use in the Quran, the meanings intended by the Quran were also focused upon to pave the way for achieving a comprehensive meaning of the word. The most important component in the analysis of the meaning of the word is the selection of the

paradigm of lexical analysis; in the present study, the theory of rhetorics for the spirit of meaning was used. An attempt was made to identify the generic meaning of the word Tayyib as the main infrastructure of the Tayyib food brand to derive adaptable indicators for it in the field of food, nutrition and food technology.

### Results

An investigation of the uses of the words Tayyib and Khabith for various subjects showed that they can be a trait of speech, deeds, thoughts, attitudes, rituals, marriage, friends, objects, places, etc. (6). Depending on what subject the adjective Tayyeb is used in, a particular meaning can be obtained; being free from filth, being halal, pleasure, gentleness, bliss, health, completeness, integrity, usefulness, being on the right path, being the best and having a moderate life are some of the meanings that this trait can be applied for in a variety of subjects. By using Tayyib for food, a set of characteristics emerge that are considered as the attributes of Tayyib food; these traits can be classified based on their relevance to human soul, other objects, other foods, its effect on the body and the soul.

- In relation to the human soul: delectable and hearty, delicious and without physical and mental harms.
- In relation to other objects: clean in appearance, with clean intrinsic attributes.
- In relation to other foods: Halal, Healthy, Perfect, Superior and Good.
- Effect: Full nutritional value, expanding the spirit, the cause of cleanness of the body and soul.

It can be generally stated that Tayyib food is a pure and developmental food, which is perfectly tuned the body's structure; therefore, according to its taste, nature, being enjoyment, having beneficial and productive effects on the body and soul and no harmful and destructive effect are among the characteristics of Tayyib food.

### Conclusion

According to the indicators of "Tayyib" extracted from the Quran, it is mandatory to observe the halal and Tayyib standards as a rule and guide in all areas related to the food production cycle, including production, processing, distribution, supply and consumption. It is a new and high standard that covers the whole process of a food production cycle. Although the words 'halal' and 'Tayyib' are often mentioned together, they are different; halal is something that is not forbidden,

and Tayyib refers to pure things that are in harmony with the healthy human nature, as against Khabith (7). Tayyib food is in a higher level of quality in comparison with halal food and it is derived from religious principles in addition to meeting the standards related to halal food.

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#### Conflict of interest

The authors declared no conflict of interest.

#### Author's contributions

Project executor: first author; Implementation of Intervention: third and fourth author; Data Collection and writing the article draft: second and fifth authors.

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