ABSTRACT

Introduction: The Holy Quran is the greatest divine message to humanity which seeks to guide human towards the light. Considering explicit expression of Quran about forbidden of eating pork as well as numerous traditions of saints (AS) in this study with a glance on the studies carried out by researchers on pork we try to investigate discovered hazards in the last century as well as effects of the meat on the variety of diseases using clinical and laboratory trials results.

Methods: This study is done by reading the Quran, Hadith books and studying researches carried out about pork in the form of a review.

Discussion: With the advent of the divine religions including Islam and Judaism eating pork has been prohibited and its use has been forbidden. Today many researchers have studied harmful effects of this meat on human body and mind, while in Quran in verse 173 of Surah Baqarah Allah has pointed out it beautifully and says: (God has forbidden you only the Maytatah (dead animals) and blood, and the flesh of swine and that which is slaughtered as a sacrifice for others than Allah (or has been slaughtered for idols, etc., on which Allah’s Name has not been mentioned while slaughtering) But if one is forced by necessity without willful disobedience nor transgressing due limits, then there is no sin on him, Truly Allah is Oft-Forgiving, Most Merciful.) Several studies have examined the harmful effects of this meat for example a laboratory study has shown that a group of amines, carcinogenic agents and high amount of
growth hormone produce a product out of pork that is called sutoxin. Low durability and high corruptibility are other reasons for not to consume pork. **Conclusion:** The wisdom behind pork sanction can be preventing losses associated with pork. So God Harams (forbidden) and Halals (lawful) have interests and wisdoms behind which will be realized as the science progresses. Then still have to wait for new scientific discoveries about it.

**KEYWORD:** Baqarah, Maytatah, Halals (lawful), sutoxin.

**INTRODUCTION**
The Holy Quran is the greatest divine message to humanity which seeks to guide human towards the light. It is more than a hundred years since this great book has led everyone to wonder. Islam recommendations regarding nutrition not only lead to physical health but also guarantee mental health. One of the consumed human foods is meat and protein products that Islam and other religions are concerned about. In Islam while consumption of meat as much as the body needs is recommended, some types of animals for human consumption of meat have been declared illegal. One of the amazing miracles of Quran is in Surah Baqarah where verse 173 speaks about the sanctity of eating pork. The theme of this verse is repeated in four Surahs of Quran and the reason for this emphasis is importance of physical and psychological dangers of eating pork as well as human society contamination so that still in some countries of the world especially Europe and the US pork is an official food.[1] Considering explicit expression of Quran about forbidden of eating pork as well as numerous traditions of saints (AS) in this study with a glance on the studies carried out by researchers on pork we try to investigate discovered hazards in the last century as well as effects of the meat on the variety of diseases using clinical and laboratory trials results.

**OBJECTIVES AND METHODS**
According to the explicit expression of Quran and countless sayings of saints (AS) about forbidden of eating pork in this study with a glance on studies and researches done on pork by researchers we try to investigate discovered hazards in the last century as well as effects of the meat on the variety of diseases using clinical and laboratory trials results. Referring to the verses of Holy Quran, interpretations, traditions, narratives and reviewing studies carried out effects of eating pork were analyzed.
RESULTS
Pork is declared as banned in four verses of the Holy Quran. This repetition is a sign of importance of avoiding pork consumption. It is written in Tafsir Nemouneh that: thus three types of Haram meats plus blood which was the most common case for people at that time are noticed in Quran of which some have apparent filth which is not hidden from any one such as dead meat, blood and pork and some have spiritual filth like slaughtering for idols and at the end of the verse it is said that Allah is Oft-Forgiving and Most Merciful. The same God who has sanctioned this meat has allowed it in severe necessity cases with his mercy. Imam Reza (AS) about pork ban has said: Allah has banned eating pork because pig is a horrible and ugly face animal that is created for advice and learning to be afraid of lust and being unrestrained which lead God to take the human face and make them like pigs and on the other hand food made of this meat is the worst and dirtiest dirt.

The philosophy of pork ban in religions
It is said in Ghamous that pork ban was declared in Musa’s Shari’ah and also Islam has issued some warrants about it. Eating pork is forbidden and it is a sin. Drinking pig milk is banned. The pig living on land is an unclean animal that can’t be cleaned. If the pig drinks a liquid in a dish or licks the dish that dish should be washed seven times to be cleaned. Buying and selling pigs are both not permitted. As seen Quran refers repeatedly to abstain from pork consumption. Not only in Islam but also in other religions like Judaism and Christianity pork is banned. In the Torah in Leviticus it says: “Pig is a split hoof animal but does not cud. This animal is unclean for you. Do not eat its meat and avoid touching its dead body.” Also: “Those who eat pork and rat meat and other unclean meats will die together.” So according to the Torah pork and other unclean meats that are dirty foods lie at one level. It is the same in Christianity too. The Bible says: “The laws and ordinances of Torah should be done with no change. Do not think I have come to void the Torah or scrolls of prophets, but I have come to execute them all. So everyone who breaks the smallest among these rules and teaches people to do so will be considered the least in the world kingdom.”

DISCUSSION
Divine religions has paid great attention to the diet of their followers, and they have expressed diet instructions to the purpose of health of body and mind for them. In Islam and other religions, one of the Haram (religiously forbidden) foods is pork. Today, with the advancement of science, many physical and mental diseases associated with the consumption
of pork are identified, and doctors worldwide recommended people to avoid or reducing it. Although there are still numerous pork fans in some countries, in some parts of Russia due to the prevalence of diseases associated with pigs, its consumption is prohibited.\[11\] Quran emphasis on prohibition of pork is considered a confirmation to avoid using it. In Baqara Sura, a part of Moharramat, foods which are forbidden, is mentioned. Verse 173 of Baqarah Surah begins with the word (Ennama), which is so-called additional restriction in this verse, that is to say all is not unlawful, but to deny their innovations related to a part of Halal (permissible) meat. In other words, they banned a part of clean and Halal meat in accordance with their own superstitions and delusions. However, when there was a shortage of food, they used carrion contaminated meat, or pigs or blood! Quran declares that THIS is forbidden for you, not them (and this means additional restriction). Since necessity arises sometimes that enforce people to use forbidden foods to survive, Quran made exceptions for them following the verse and says: "But whoever is obliged (to save his/her life) they can eat it and there is no blame on them, on condition that not to being oppressor or aggressor." Thus, for the emergency not to be an excuse for surfeit on forbidden foods, by two words of (bagh) and (laaad), it reminds that these are allowed only for those who do not want to enjoy eating it, and they would not exceed in which is necessary to avoid death. Here, seeking pleasure is meant, and means violator, i.e. violating the necessary amount. At the end of the verse it says: God is forgiving and merciful. The same God that banned the meat, with his special mercy allowed to use it in cases of extreme necessity.\[2\] Besides Quran, in the sayings of infallible Imams there are refers to the need of avoiding the consumption of pork and one of the reasons to ban the pork is moral corruption and lack of zealotry for the consumer. People who eat meat eater animals, have wild character and lack human manners and they even may feel the desire to kill others without reason. The reproductive behavior of pigs is also unique and it lacks honor, because unlike other creatures, it shows no reaction to mating of its mate with other pigs. As a result, eating pork can convey this spirit and reduce human traits and attitudes and also triggers having unlawful sexual relations. Relationships before marriage and non-religious pregnancy increase and sexual assault in the West is very pervasive and uncontrollable.\[12\] With respect to common diseases of human and pig and identifying dangerous and incurable parasites in this meat, some people who tend to consume pork try to downplay its risks talking about pig husbandry by healthy methods. Although nature of pig is omnivorous and mascots eating, biochemical risks of pork consumption such as carcinogenic agents, histamines and harmful pork fat totally convert pork into a material which is called su toxin and so risks are not eliminated even after taking into account the health standards.
Another point of concern is high similarity of pork to human meat. As biochemist studies show sequence is very similar in human and pig. Because of the similarity of DNA structure of human and pig organs pigs are used in biological laboratories for dissection. Insulin-dependent diabetic patients inject pig insulin.\cite{13} In heart valves diseases pig valve is used for valve replacement.\cite{14} Similarity of human and pig meat is pointed in traditional medicine books too. Carnivorous animals use vegetarian animals’ meat. Due to the fact that human and pig are both omnivore creatures, human consumption of pork can be considered as a progress outside the nature norms. On the other hand the comparison between beef, sheep meat and pork shows that pork compared to two vegetarian Halal animals have less shelf life and more corruptibility which can be the reason pork is not suitable for human. Another significant issue is addiction of human to the pork. Researchers suggest that this group of consumers will gradually be addicted and perhaps Quran reference to avoid pleasure seeking and self indulgence in the emergency times points to this feature of pork so that God even in urgency times reminds human to care about its negative effects in the severe necessity.

**CONCLUSION**

Islam as the most perfect religion before human findings regarding the harms of eating pork has prohibited human consumption of it. This is showing Quran scientific miracle. Due to the effects of food on the health of body and soul God guides human towards health with contraindication of this substance in Quran. Hope that the perfect human ensures his body and mind health following religious orders and provisions of the creator.

**REFERENCES**


