

# Drugs and alcohol in Islam



السلام عليكم



Are drugs prohibited in Islam?

# We know about alcohol

- o Allah (SWT) says in Quran : O you who believe! Intoxicants ( all kinds of alcoholic drinks), and gambling, and Al Ansab, and Al Azlam ( arrows for seeking luck or decision) are an abomination of Shaitan's handiwork. So avoid (strictly all) that (abomination) in order that you may be successful.

(Surah Al-Maidah v90.)

# Alcohol in Ahadeeth

- Abdullah bin Umar (RA) narrates that Rasulullah (SAW) said, “Every intoxicant is ‘khamr’ and every intoxicant is Haraam (prohibited). Whosoever drinks ‘khamr’ is this world and dies in the state that one was habituated to it and did not repent from such a sin, this person will not drink it in the Hereafter.”

(Muslim)

# Alcohol in Ahadeeth

- Jabir (RA) narrates that a man came from Yemen and asked Nabi (SAW) about a drink which they drank where they drank in Yemen, which was called 'miraz'. Nabi (SAW) replied, "Does it intoxicate?" He replied, "Yes." Rasulullah (SAW) then replied "Every intoxicant is Haraam (prohibited). Allah ta'aala has made a promise that whosoever drinks an intoxicant, Allah ta'aala will make him drink from 'Teenatul-Khabaal'." They (the Sahabah – RA) said, "Oh Rasulullah! What is 'Teenatul-Khabaal'?" He replied, "The sweat or pus of the people of Jahannan (Hell)."

(Muslim)

So where does drugs, cigarettes  
and shisha fits in

# The Qur'an says

o "And make not your own hands contribute to your destruction."

Surah, Al-Baqara, 2: 195

o Umme Salmah narrates that the Messenger of Allah prohibited every intoxicant and Mufattir (anything which excites and irritates the mind, body and heart).

(Abu Dawood)

# Muslims in Prisons

Muslim prisoners have doubled in the last decade to reach a total of between 4000-4500—amounting to 9% of the total prison population

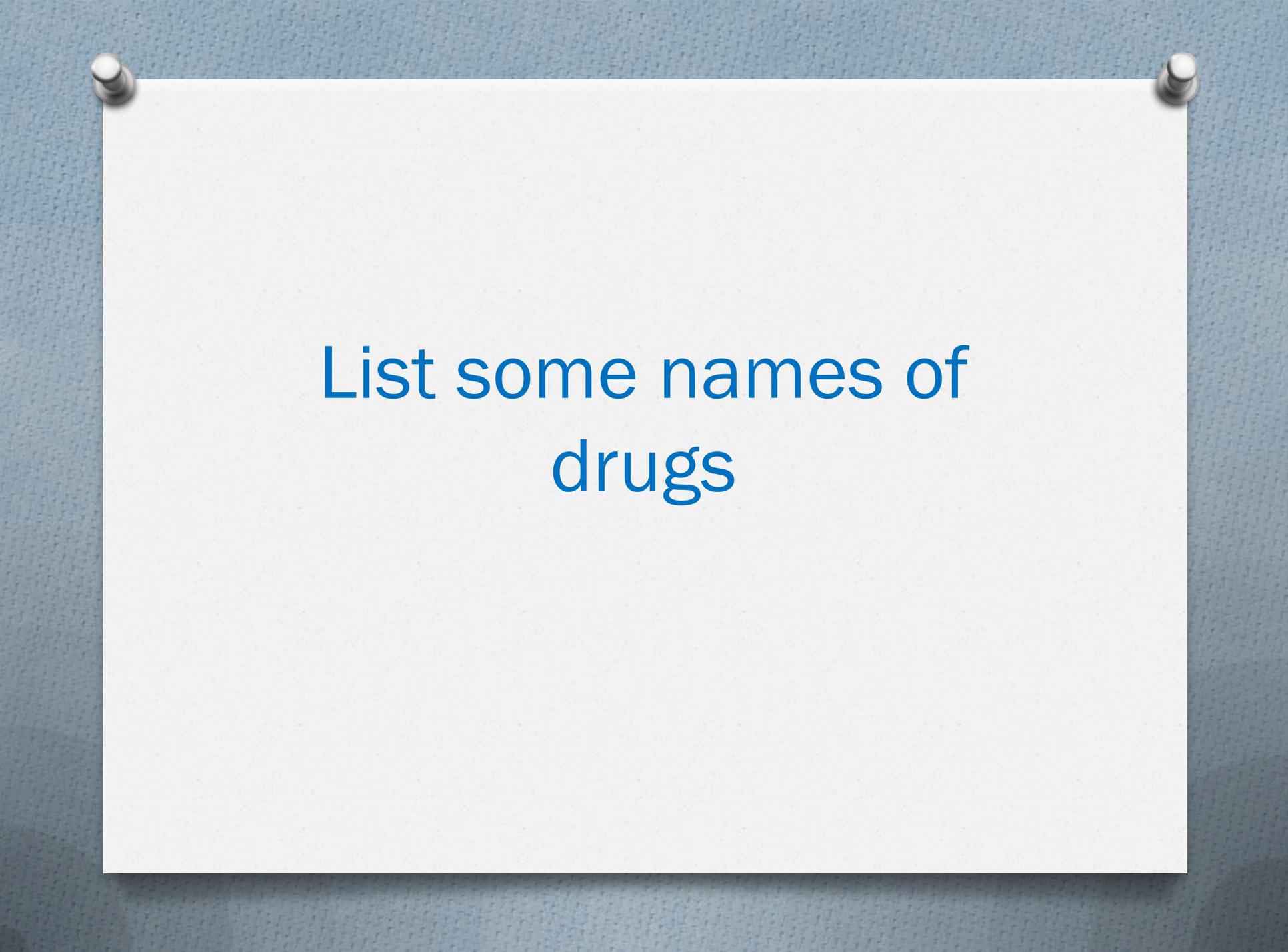
One in eleven prisoners is Muslim

Over 65% of these prisoners are young men between the ages of eighteen and thirty



**A drug is any chemical which when administered, changes the way the body works and / or how the mind reacts**





List some names of  
drugs

**Some common examples  
of drugs and their  
categories**

**Stimulants**

amphetamine  
cocaine / crack  
caffeine  
tobacco  
poppers  
khat  
methamphetamine

**Depressants**

heroin  
methadone  
tranquillisers  
alcohol  
GHB  
morphine  
codeine  
laughing gas (nitrous oxide)

ecstasy

**Hallucinogens**

LSD  
magic mushrooms  
(psilocybin)

**Performance and  
Image enhancing drugs**

anabolic steroids  
human growth  
hormone  
tanning drugs  
(melanotan)

# Risk of taking drugs

- Paranoid and anxious, depending on their mood
- Death from over dose
- Lungs and cause chest pains
- Tolerance can develop
- HIV transmission
- Liver, kidneys and heart problems

# Drugs could:

- Slower reaction times
- Poor concentration
- Sleepiness/fatigue
- Confused thinking
- Distorted perception
- Over confidence, so you take unnecessary risks
- Impaired co-ordination
- Erratic behaviour



healthy lung tissue



diseased lung tissue

Photo courtesy of the American Lung Association

Photo courtesy of the American Lung Association

# Why young people resort to taking drugs

**Peer Pressure**

**Curiosity**

**Cheap to buy**

**Escape from problems at home, school and madrassah**

**Illegal and exciting**

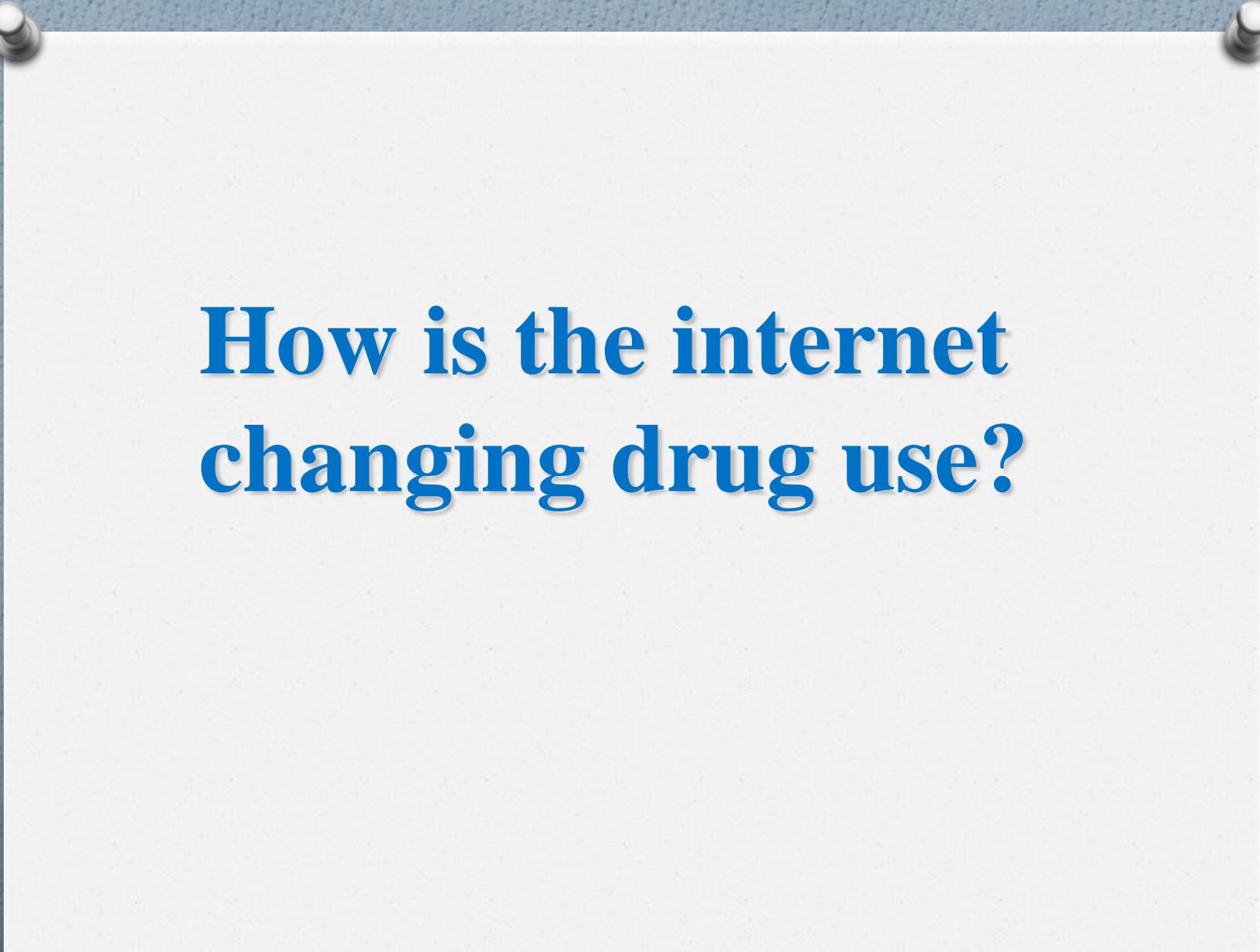
**Easy to get hold of**

**Boredom**

**Buzz**

**Self-esteem and confidence**

**Parental disapproval**



**How is the internet  
changing drug use?**



GO



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# BESTSELLERS



Black Mamba (3g)

★★★★★ 18 Review(s)

£30.94



Buds (3g)

★★★★★ 7 Review(s)

£17.68



Spellweaver (1g)

★★★★★ 9 Review(s)

£19.89



White Widow (3g)



Sparkle E (1 Capsule)



Pink Panthers (1 Capsule)

## PURCHASE OF 'LEGAL HIGHS'

An online search for 'legal highs' on Google currently produces approximately **500,000** results including thousands of websites where the substances can be purchased directly by the customer via debit/credit cards or online payment systems such as PayPal.

# Where are they sourced?

- Majority of legal highs are bought over the internet.
- “Head Shops”; often shops selling bongos, pipes and other drug paraphernalia including legal highs.
- Young people often sell them to their peers.
- Drug dealers

# Drug Use within the Muslim Communities

**“Muslim people don't use drugs services ”**

**“The few that do will never inject”**

**“It is a white western disease”**

**“Religion prohibits drug taking - therefore it is not a problem”**

**“If there are any Asian drug users they don't use these services - anyway they look after themselves”**

**“Our strong religious and cultural values stop us from this behaviour”**

**Deprived  
area**



**Crime**



**Local drug problem**



**Domestic  
violence**



**Local Business**

**NHS**



# Hookah vs. Cigarettes



# Water-pipe/Hookah/Shisha

Originated in ancient Persia & India ~ 400 years ago

Used to smoke specially made tobacco

Also called Narghile, Hubble-Bubble, Goza

# Health Effects: Hookah & Cancer

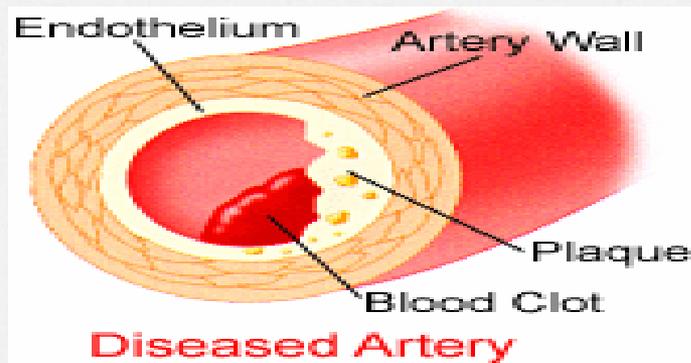
The charcoal used to heat tobacco in the hookah increases the health risks by producing high levels of carbon monoxide, metals, and cancer-causing chemicals.

Hookah tobacco and smoke contain numerous toxic substances known to cause lung, bladder, and oral cancers.

Irritation from exposure to tobacco juices increases the risk of developing oral cancers.

# Health Effects: Other

- Hookah tobacco and smoke contain numerous toxic substances known to cause clogged arteries and heart disease.
- Sharing a hookah may increase the risk of transmitting tuberculosis, viruses such as herpes or hepatitis, and other illnesses.



# Health Effects: Other

- Babies born to women who smoked one or more water pipes a day during pregnancy have lower birth weights than babies born to non-smokers and are at an increased risk for respiratory diseases.
- Second-hand smoke from hookahs poses a serious risk for non-smokers, particularly because it contains smoke from the tobacco and smoke from the heat source (e.g., charcoal) used in the hookah.

# Myths

- Hookah smoke is filtered through water so it filters out any harmful ingredients.
- Hookah smoke is just as dangerous as cigarette smoke.
- Smoking a hookah is not as addictive as smoking a cigarette because there is no nicotine.
- Inhaling hookah smoke does not burn the lungs, so it is not unhealthy.
- Herbal shisha is healthier than regular shisha.

# Facts

- Smoking tobacco through water does not filter out cancer-causing chemicals. Water-filtered smoke can damage the lungs and heart as much as cigarette smoke.
- Smoking hookahs are healthier than smoking cigarettes.
- Just like regular tobacco, shisha contains nicotine.
- In fact, in a 60-minute hookah session, smokers are exposed to 100 to 200 times the volume of smoke inhaled from a single cigarette.

# Blackburn the shisha capital of the north

The borough has risen from four to 14  
in the past five years, topping  
Manchester, Bradford and Leeds per  
head of population

# Sign and Symptoms

There often aren't any clear signs to tell if a young person is using drugs.

Changes in appearance and behaviour can be mistaken for everyday teenage development.

Signs and Symptoms are usually more significant if the drug use becomes problematic or the person is under the influence of the drug.

Searching for tell-tale signs can lead into suspicion. This can breed resentment and paranoia.

## Some warning signs may include:

Loss of appetite, drowsiness, poor hygiene or appearance  
mood swings

Uncharacteristic loss of interest in school, hobbies and friends

Money going missing or being spent regularly for no apparent  
reason

Unusual equipment found around the house, such as burnt foil,  
torn cigarette packets, empty aerosols, home-made pipes or  
syringes

AND.....

## Top tips for talking

- Find out the facts
- Think about how will you react
- Don't make assumptions
- Stay calm and don't panic
- Don't accuse them
- Pick a good time to talk
- Listen with respect
- Let them know you're there for them
- Set boundaries

Will power

*Community*

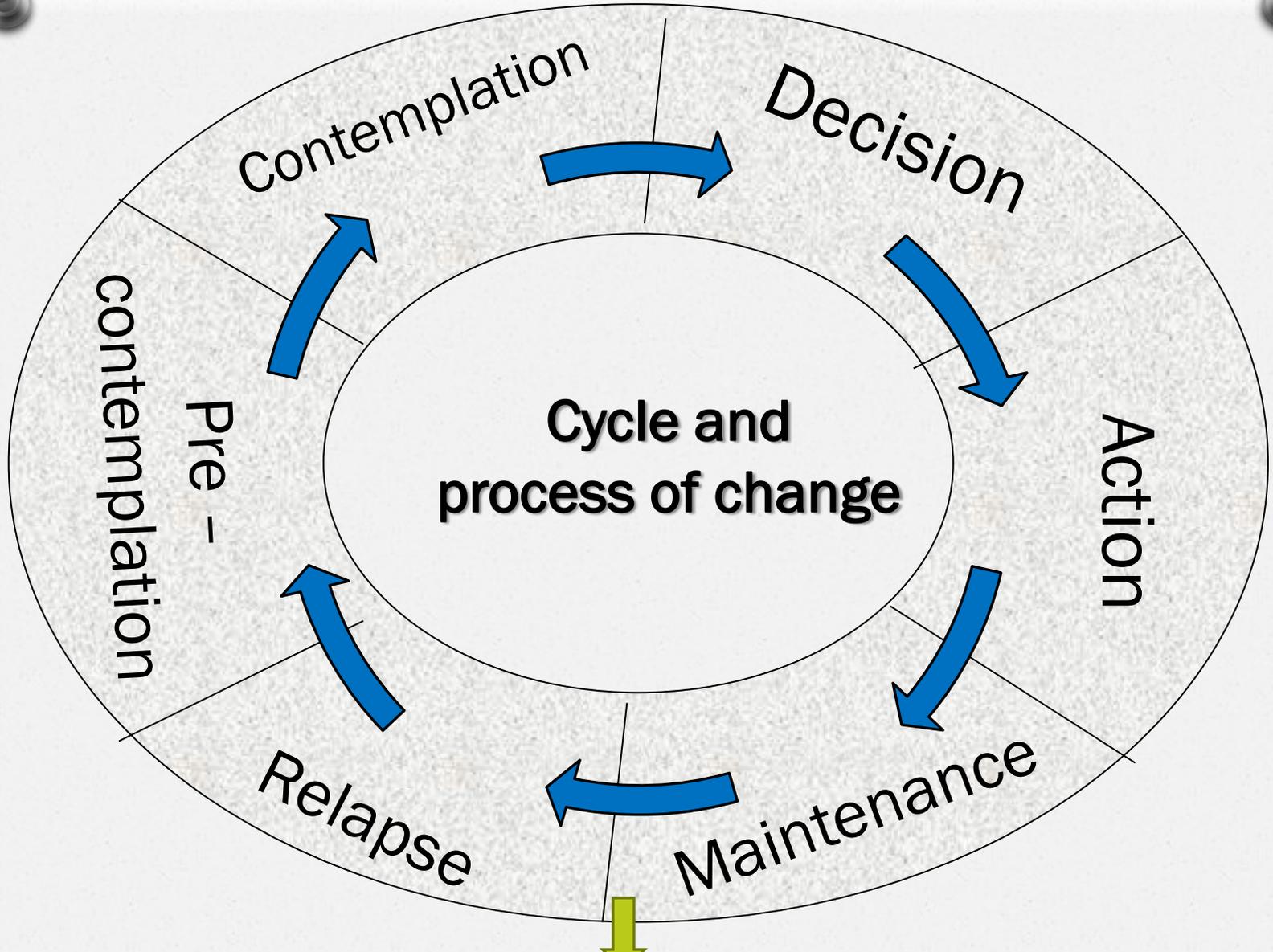
*Confess*

*Imams*

*Family*

*GP*





**Cycle and  
process of change**

Pre -  
contemplation

Contemplation

Decision

Action

Maintenance

Relapse

EXIT

# What to do if your child is using drugs

- Keep calm
- Get someone to help you (GP)
- Avoid asking 'Why'
- Don't get hung up on blaming someone
- Assumptions can be dangerous
- Reassure

# Treatment

Rehabilitation

Subsidise

Will power

Duaa

# *the way forward*

- **Treatment can be provided safely**
- **There is evidence that drug users can be treated effectively in primary care**
- **Treatment saves lives**
- **Treatment improves quality of life**

جزاكم الله خير الجزاء

Q & A