



Smokers Beware!

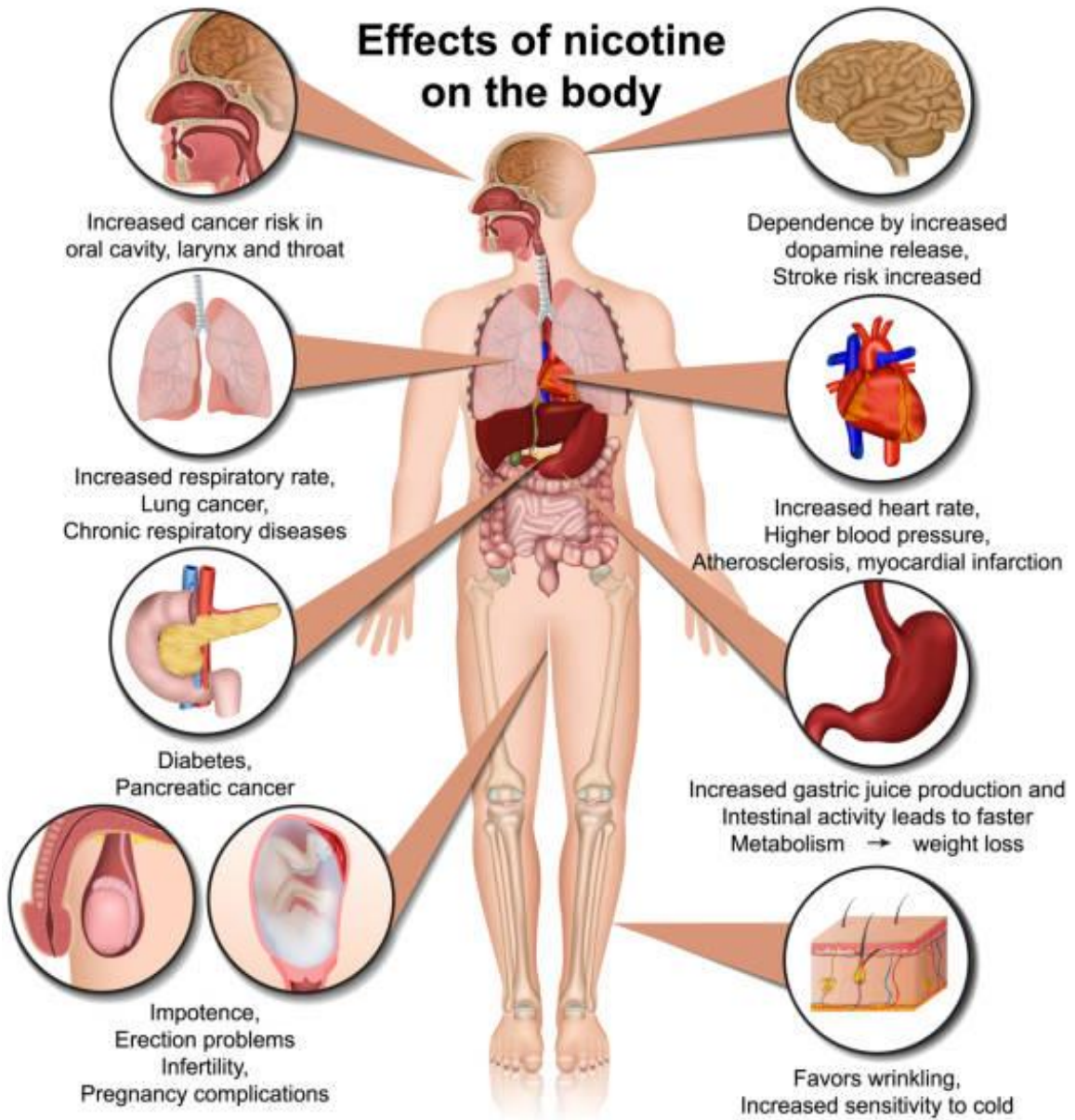


**TOBACCO SMOKING IS VERY DANGEROUS
TO HEALTH AND IS THE SINGLE LARGEST
PREVENTABLE CAUSE OF DISEASES AND
PREMATURE DEATHS. SMOKERS MUST
BE WARE, SO AS TO SAVE THEMSELVES
AND OTHERS FROM THESE DANGERS**

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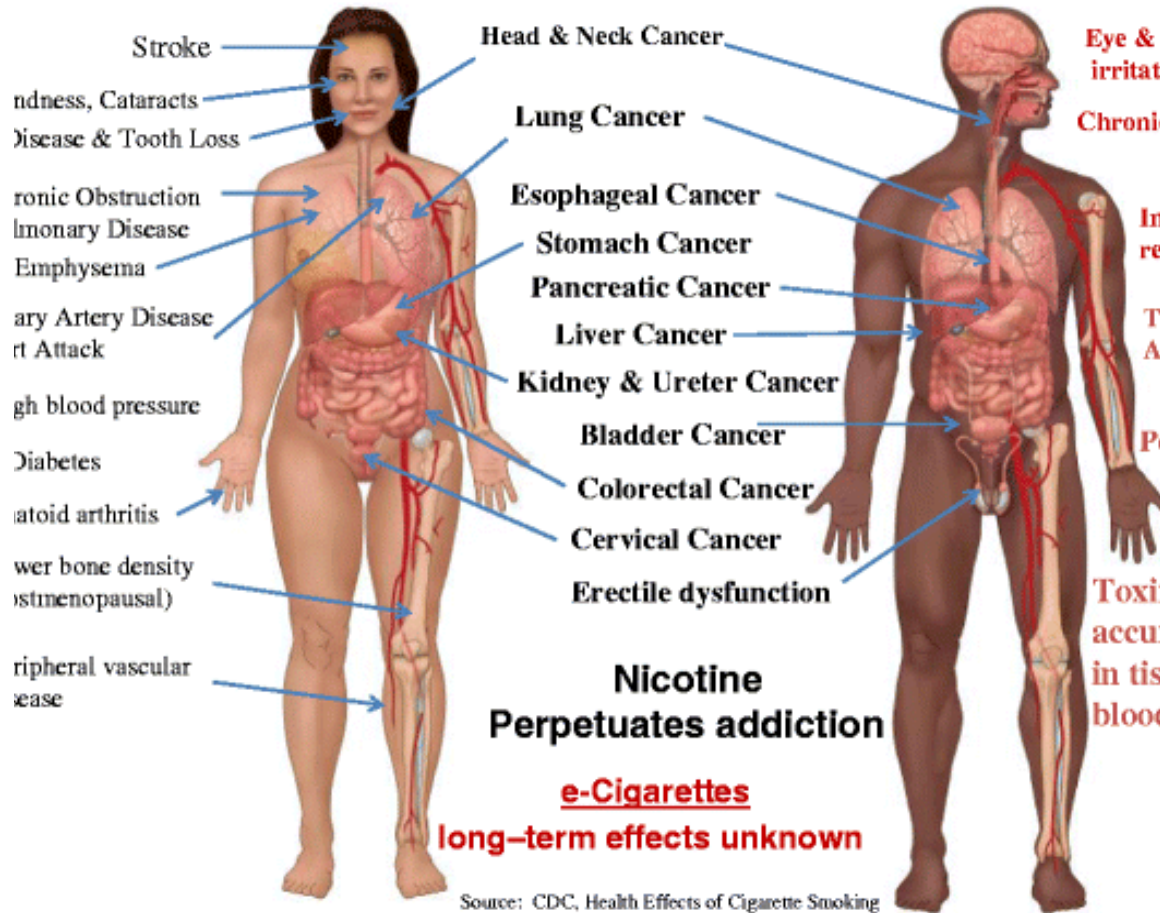
This Book amply establishes that tobacco smoking is very dangerous to health and is the single largest preventable cause of diseases and premature deaths. It causes cancer of the lungs, larynx, oesophagus, mouth, bladder, cervix, pancreas, and kidneys. At least 25% of all deaths from heart diseases and strokes, and about 75% of the World's chronic bronchitis are related to smoking. In these regards, smokers are urged to stop smoking for the sake of their own health and the health of others who are exposed to secondary smoke. All packets of cigarettes and tobacco related products carry labels stating that: TOBACCO IS DANGEROUS TO YOUR HEALTH. This is not enough; therefore, if smokers will not willingly abandon the smoking habit, the Government must ban the growing of tobacco crops and the manufacture of cigarettes and cigars. Tobacco crops are grown on the same type of land with rice and wheat; and tobacco processing machines can easily be converted into livestock feed mills. These are the excellent alternatives! In the meantime, the Nigerian Federal Government should enforce the existing Tobacco Smoking Control Law of 1990 in order to save people's health and lives. The attention of Muslims are drawn to the sections of this Book that amply demonstrate the illegality of smoking tobacco products based on the provisions in the Qur'an and the Sunnah.



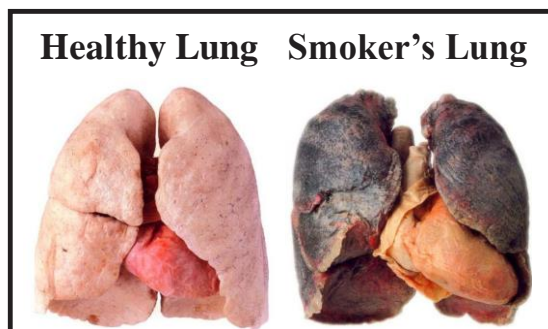
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Primary Health Effects From Smoking



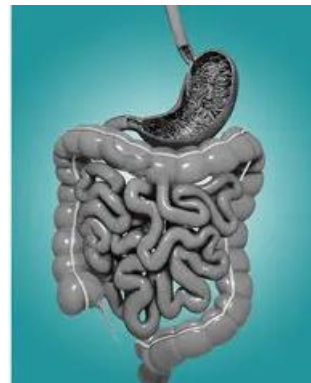
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EFFECTS OF NICOTINE ON HUMAN ORGANS

Source: American Lung Association

<https://www.lung.org>



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INTRODUCTION

In the name of Allah, the most Gracious, the most Merciful. Peace and blessings of Allah be upon the noble Prophet Muhammad, his household, his companions and all those who follow their path.

I am directing this message to my Muslim brethren in particular and all those who care about their health, the health of others and the security of lives and properties that are daily affected by the acts of smoking cigarettes and cigars and the chewing of tobacco products.

The United Nations Organisation declared 31st May every year as the World Tobacco Day. Governments and organizations mark this day to boost awareness on the dangers of smoking cigarettes and tobacco consumption. Since the discovery of tobacco in the American continent around the year 1492 After Christ, the epidemic of smoking has spread continually around the world. Even today, smoking is the largest addictive practice in the world. There are an estimated 1.2 billion smokers. About 15 billion cigarettes are sold daily or 10 million every minute!

“There cannot be smoke without fire”, is a popular adage that cuts across all continents and all races of the world. Even the Oxford Advanced Learners’ Dictionary quoted this adage on page 1120 where the word “smoke” was defined as *“the white, grey or black gas produced by something that*

is burning”. “**Smoke**” or “**smoking**” are two phenomena that do not portray good omens. When a billowing smoke is sighted it is either as a result of industrial activity (considered as pollution) or a fire razing down something valuable. When **smoke** comes from a **smoker’s cigarette**, people around frown their faces, cover their noses and leave the vicinity of the smoker. Allah (SWT) mentioned “smoke” in many verses of the Glorious Qur’an, and none of the references is palatable. An example is in Chapter 56 (Al-Waqi’ah) Verses 42-44, where Allah says, “***And those on the Left Hand -how (unfortunate) will be those on the Left Hand. (They will be cast) in fierce hot wind and boiling water. And shadow of thick black smoke, (That shadow is) neither cool nor pleasant***”.

My dear brethren, supposing we stop only at these ugly divine and human references to the word “**smoke**”, is it not enough to run away from “**smoking**?”

ISLAMIC VIEWS ON SMOKING

The issue of the permissibility or otherwise of smoking cigarettes and chewing of tobacco products in Islam has been a subject of discussions by the *Ulama* (Muslim Scholars) over centuries. The *Ulama* had mixed views on the subject because cigarettes are a relatively recent invention and did not exist at the time of the revelation of the Qur'an in the 7th century After Christ. Therefore, one cannot find a verse of the Glorious Qur'an or words of the

Prophet Muhammad (SAW) stating clearly that "Cigarette smoking is forbidden." Neither could one find any that states that "Cigarette smoking is permitted".

However, there are many instances where the Qur'an gives us general guidelines, and calls upon us to use our reason and intelligence, and seek guidance from Allah about what is right and what is wrong. In the Qur'an, Allah says *"..he (Muhammad) commands them for Al-Ma`ruf (i.e. Islamic Monotheism and all that Islam has ordained); and forbids them from Al-Munkar (i.e. disbelief, polytheism of all kinds, and all that Islam has forbidden); he allows them as lawful At-Tayyibat (i.e. all that is good and lawful as regards things, deeds, beliefs, persons, foods and drinks), and prohibits them as unlawful Al-Khaba'ith (i.e. all that is evil and unlawful as regards things, deeds, beliefs, persons, foods and drinks). (Surat al-A'raf - i.e. Chapter 7, verse 157).*

This verse of the Glorious Qur'an clearly shows that if there are **evils** attached to things, deeds, beliefs, persons, foods, drinks, etc, then they are prohibited for being "**Al-Khaba'ith**". What then are the **evils** of cigarettes and tobacco use on human health and on the religion of Islam?

1. Evil to One's Health

Allah says in the Qur'an, *"...make not your own hands contribute to your destruction..."* (Surah al-Baqarah i.e. Chapter 2, verse 195); Allah also says, *"...nor kill*

yourselves..." (Surah al-Nisaa i.e. Chapter 4, verse 29). It is universally agreed that cigarette smoking causes a number of health problems that often ultimately result in death. Men who smoke contract lung cancer at 22 times the rate of non-smokers. Smokers are also highly at risk for heart disease, emphysema, oral cancer, stroke, etc. There are hundreds of poisonous and toxic ingredients in the cigarette itself that the smoker inhales straight into the lungs. In an authentic Hadith, the Prophet Muhammad (SAW) said that, ***"Whosoever drinks poison, thereby killing himself, will sip this poison forever and ever in the fire of Hell."*** It is established by medical experts that over 3 million people worldwide die from smoking-related causes each year. What an evil way of endangering one's health!

2. Evil to the Family's and Neighbour's Health

In the Qur'an, Allah says: ***"Those who annoy believing men and women undeservedly bear on themselves a glaring sin"*** (Surat al-Ahzaab i.e. Chapter 33, verse 58). And the Prophet (SAW) said that, ***"Anyone who believes in Allah and the Last Day should not hurt his neighbour."*** Those around the smoker (family members, friends, work-mates and neighbours) inhale what is known as **"second-hand smoke"** which is the unfiltered, poisonous waste that goes in the air around the smoker. There are over 4,000 chemicals in cigarette smoke, over 40 of which are known to cause cancer. Second-hand smoke causes or aggravates

asthma, bronchitis, and other respiratory problems, especially in children. What an evil way of endangering the health of others!

3. Evil to the Community's Security

Smoking is a fire hazard as billions of Naira worth of properties are destroyed annually the world over due to fires ignited by careless smoking. Likewise, thousands of lives are lost annually to such fires. What an evil way of endangering the community's security!

4. Evil in Addiction

The addiction to tobacco is a physical response that often interferes with one's life and worship. For example, most Muslims are aware that it is forbidden to smoke during the fasting days of Ramadan. Many of these addicted smokers spend their fasting days sleeping, cranky, and short-tempered, just counting the hours until they can have their "smoke! There have been times when the most severely addicted will stay outside the Mosque door waiting for the call to the *Magrib* prayer, in order to break their fast by lighting up, before taking even food or water. What an evil manner of addiction!

5. Evil in Noxious Smell

Muslims are advised to refrain from eating raw onions and garlic, simply as a courtesy to those around them. Nobody likes the smell. The same goes even more for the reek of

cigarettes, which permeates everything around the smoker, i.e. his hair, clothing, home, car, etc. The Prophet (SAW) said: “*whoever has eaten from such greens as garlic, onions or leek should keep away from our mosque*”. Many smokers try to hide the smell by using breath mints or perfume. This does not get rid of the smell, it only masks it. Often the combination of smells is even more nauseating. What an evil way of spreading noxious (dangerous and harmful) smell to others!

6. Evil in Waste of Money

Allah says, “*...But spend not wastefully (your wealth) in the manner of a spendthrift. Verily spendthrifts are brothers of the devils...*” (Surah al-Israa, i.e. Chapter 17, verses 26-27). And in an authentic Hadith the Prophet (SAW) said that, “*Allah hates for you three things: gossiping, begging (while being able to work and earn), and wasting money.*” A single smoker annually spends hundreds of thousands of Naira in purchasing cigarettes. That literally means setting up the precious currency on fire! What an evil way of wasting money.

7. Evil in Way of Financing the Opponents of Islam.

The following factual information is culled from the United States of America CIA Book of Records:-

- (1) Total world population is about 6.5 billion.
- (2) Total population of Muslims is about 2 billion

(2,023,829,080) i.e. almost one out of every 4 humans on this earth is a Muslim.

(3) Total cigarette smokers in the world is 1.15 billion (1,158,536,585) i.e. 18% of the population approximately.

(4) Total Muslim cigarette smokers in the world (according to the world percentage) is approximately 400 million.

Now, do you know the following?

(1) Phillip Morris is the largest tobacco & cigarette manufacturing company in the world.

(2) Phillip Morris donates 12% of its profits to Israel.

(3) If the 400 million Muslim smokers averagely smoke a packet of cigarettes each per day (average cost per packet being \$2.00), they contribute \$ 800 million to the Phillip Morris company sales.

(4) Phillip Morris makes an average of 10% net profit on this amount, which sums up to \$ 80 million.

(5) 12 % of the profits go to Israel, that is 12% of \$80 million = \$ 9.6 million.

(6) \$ 9.6 million (about ₦ 1.1 billion) per day is the amount that the Muslim smokers are contributing to the Israelis every day thereby helping them to kill innocent Palestinians!

What an evil way of financing the opponents of Islam through Muslim smokers!

HARMS OF SMOKING ON THE HUMAN BODY

The Surgeon General is appointed by the President of the United States of America to help promote and protect the health of USA citizens. As the nation's highest-ranking public health officer, the Surgeon General can direct studies on health risks, such as on smoking.

Healthcare.net Web site explained that the **2004 Surgeon General's Report on the Health Consequences of Smoking** was prepared by 19 of the country's top scientists, doctors, and public health experts. The full report is nearly 1,000 pages and took more than 3 years to compile. Healthcare.net Website gives an extract from the report that deals with the **harms of smoking on the human body as follows:-**

Eyes: Chemicals in tobacco cause damage to the macula (the most sensitive part of the retina, the back of the eye). Tiny blood vessels can burst through the macula, leading to irreversible damage. According to the recent research, there is a strong association between smoking and a number of common eye diseases, including Graves' ophthalmopathy, age- related macular degeneration, glaucoma and cataract. Smoking causes morphological and functional changes to the lens and retina due to its atherosclerotic and thrombotic effects on the ocular capillaries. Also, it enhances the generation of free radicals and decreases the levels of antioxidants in the blood circulation, aqueous humour and

ocular tissue. Eventually, continuous smoking may perpetuate further damage and lead to permanent blindness.

Mouth, Throat and Oesophagus: Smoking is a risk factor for all cancers associated with the larynx, oral cavity and oesophagus. Over 90% of the patients with oral cancer (including cancers of the lip, tongue, mouth and throat) are smokers and the risk for these cancers increases with the number of cigarettes smoked. Heavy smokers have laryngeal cancer mortality risks 20 to 30 times greater than non-smokers. The combined effect of tobacco and alcoholic drinks imposes a much higher risk of oral and pharyngeal cancers by 35-fold.

Heart and Circulation: Two immediate effects of smoking on heart and circulation are (1) an increase in the heartbeat rate and (2) a sharp rise in blood pressure. These responses are caused by nicotine which acts on the nervous system, causing the heart rate to rise and blood vessels to constrict. This narrowing of the blood vessels causes the blood pressure to rise thereby straining the heart. The carbon monoxide in cigarettes depletes the oxygen carrying capacity of a smoker's blood. This means that the heart has to pump harder to get enough oxygen to the rest of the body. Smoking can also affect the blood in the long term like in the increase in the blood cholesterol and fibrinogen levels. Both factors mean blood will clot more easily and this will increase the risk of having a heart attack. The heart and

circulation attacks caused by smoking include:-Coronary heart disease (CHD), Aneurysm, Peripheral vascular disease (PVD), stroke etc.

Lungs: The tar content of cigarette smoke damages the cells in the airways of the lungs, making the cilia unable to sweep away the harmful substances. Eventually this damage can produce cells that grow in an uncontrolled way leading to cancer of the lung or larynx. Moreover, harmful substances from the smoke are detected by the protective cells of the body and these cells move to the lungs and try to defend it, but are destroyed by the cigarette smoke. The dead cells release substances that damage the structure of the lungs, which leads to chronic bronchitis and emphysema. Tobacco accounts for more than 80% of the lung cancer cases. The observed relationship between tobacco smoking and the incidence of lung cancers appears to depend on factors such as, (i) the daily dose of tobacco; (ii) the duration of regular smoking and (iii) the form in which tobacco is smoked (cigarettes, cigars or pipes).

Brain: Cigarette smoking has been linked to the build-up of fatty substances in the carotid artery, the main neck artery supplying blood to the brain. Blockage of this artery may cut off the blood supply to the brain cells, which results in stroke (cerebral thrombosis). Also, nicotine raises blood pressure; carbon monoxide reduces the amount of oxygen your blood can carry to the brain; and cigarette smoke

makes the blood thicker and more likely to clot. Smokers are more likely to develop stroke than non-smokers, with the overall relative risk of stroke in smokers being about 1.5 times that of non-smokers.

Digestive System: Smoking has been shown to have harmful effects on all parts of the digestive system, contributing to such common disorders as heartburn and peptic ulcers. It also increases the risk of Crohn's disease and possibly gallstones. Risk of stomach cancer caused by smoking increases with duration of smoking and the number of cigarettes smoked.

Liver and Pancreas: Nearly 50% of the bladder and kidney cancer in men are caused by smoking, with lower contribution for women. Cigarette smoke can interact with chemicals (especially aromatic amines) in the work place to produce bladder and kidney cancer. Also, approximately 30% of all deaths from pancreatic cancer are attributable to cigarette smoking.

Skin and Hair: Just 10 minutes of cigarette smoking decreases the body's and skin's oxygen supply for almost an hour. Smoking robs the skin of collagen which keeps the skin elastic. Smokers get more and deeper wrinkles all over their faces because nicotine constricts the tiny capillaries that nourish the skin. Smokers in their 40s often have as many facial wrinkles as non-smokers in their 60s. Smoking interferes with the healing process, it takes longer to heal

and there is more scarring. Smokers are also prone to premature thinning and greying of the hair. Men who smoke are twice as likely to become bald as are men who do not smoke, and premature greying is 3 to 6 times more common in smokers.

Bone and Muscle: Smoking delays the healing of fractures, and in some smokers bone healing is indefinitely delayed. Nicotine restricts blood flow to all tissues, especially in the newly forming tissues that are involved in the bone repair. Moreover, tobacco smoke chemicals are poisons that also inhibit the development of new tissue cells. The tissues of smokers do not get an adequate blood supply to promote healing, thus smokers are at a much higher risk of developing osteoporosis. Male smokers are also affected because smoking negatively affects the production of bone cells. Women with a smoking history have significantly lower bone density and are much more likely to suffer fractures. Studies show that women who use tobacco have a 50% higher risk of osteoporosis than non-smokers. Smokers also have poorer muscle strength, agility and balance.

CONCLUSION

Health Facts

Muhammadullah Khalili Qasmi on the Web asserts that smoking is the single biggest preventable cause of deaths. Half of long-term smokers will die from tobacco related

diseases. Every cigarette smoked cuts at least five minutes of life on the average, which is about the time taken to smoke it. Every seven seconds, someone dies from a tobacco related disease. Tobacco claims 4.9 million lives a year, and if the present consumption patterns continue, the number of deaths will increase by 2020 to 10 million, 70% of which will occur in developing countries. There are an estimated 1.3 billion smokers and half of them (some 650 million) are expected to die prematurely of a tobacco related disease.

Tobacco kills more than 3,000 people each day in the Western Pacific Region. Smoking is among the leading causes of death and disease in the area. About a quarter of youths alive in the region will die from smoking. About 12 times more British people have died from smoking than from World War II. Cigarettes cause more than one in five American deaths.

Tobacco is an addictive plant containing nicotine, many carcinogens and other toxins. When transformed into products designed to deliver nicotine efficiently, its toxic effects, responsible for causing many diseases, are often magnified because the process of increasing exposure to nicotine often results in increases in exposure to many poisons in the products. Cigarettes comprise of many poisonous ingredients of which nicotine is not the only poisonous ingredient, but includes other ingredients which

are more dangerous than nicotine. From amongst its poisonous ingredients are:-

- **Carbon monoxide:** its bad effect is well-known.
- **Poisonous lead** which accumulates and the body fails to break it up.
- **Nicotine:** This is so poisonous that a mere 50 mg of it can kill a person if injected into the arteries.
- **Radio-active polonium,** which settles in the lungs of the smoker and doesn't separate from it.
- **Tar:** a sticky yellowish substance which makes the teeth yellow, causes tooth decay and inflammation of the gums. This is one of the most harmful ingredients.
- **Arsenic:** This is used as an insecticide, 10% of which settles on the lung.
- **Spirits and flavourings:** which are added by manufacturers to keep the tobacco moist.
- **Benzene vapour:** This plays a great role in lung cancer.

Smoking is the single largest preventable cause of diseases and premature deaths. It is a prime factor in heart diseases, stroke and chronic lung diseases. It causes cancer of the lungs, larynx, oesophagus, mouth and bladder, and it contributes to cancer of the cervix, pancreas, and kidneys. At least a quarter of all deaths from heart diseases and about three-quarters of world's chronic bronchitis are related to smoking.

In addition to the high public health costs of treating tobacco-caused diseases, tobacco kills people at the height of their productivity, depriving families of breadwinners and nations of a healthy workforce. Tobacco users are also less productive due to increased sickness. A 1994 report estimated that the use of tobacco resulted in an annual global net loss of US\$ 200 billion (~~N~~24 trillion), a third of this loss being in developing countries.

Islamic Stand on Smoking

Addiction to whatever habit is undesirable and disliked. It is a kind of slavery that one imposes upon oneself. The smokers, when they do not have their daily dose, go crank. Smoking is no doubt prohibited and discouraged in Islam for many reasons. In view of the vivid hazards of health that tobacco has, it is tantamount to taking slow poison. Allah says in the Glorious Qur'an, "***...make not your own hands contribute to your destruction...***" (Surah al-Baqarah i.e. Chapter 2, verse 195); Allah also says, "***...nor kill yourselves...***" (Surah al-Nisaa i.e. Chapter 4, verse 29)." Smoking is generally regarded by medical experts as "committing suicide in a slow motion!" Suicide (whether in a slow motion or a quick motion) is a major sin in Islam. In a Hadith, the Prophet Muhammad (SAW) said: "***Whosoever drinks poison, thereby killing himself, will sip this poison forever and ever in the fire of Hell.***"

Tobacco has a lot of poisons in it; inhaling or chewing its products therefore is tantamount to “drinking” poison.

Apart from the health effects, smoking is a source of wasting one’s wealth, which is also resented by Islam. Allah says in the Glorious Qur’an, ***"But spend not wastefully (your wealth) in the manner of a spendthrift. Verily spendthrifts are brothers of the devils."*** ...” (Surah al-Israa, i.e. Chapter 17, verses 26-27). In a Hadith, the Prophet (SAW) said, ***"Allah hates for you three things: gossiping, begging (while being able to work and earn), and wasting money."***

HOW TO QUIT SMOKING

A lot has been said and written on how people could quit smoking. Some less toxic tobacco substitutes (e.g. chewing gums) have been produced in order to assist smokers to quit the smoking habit. However, the substitutes seem not to work effectively while some people who try them end up getting addicted to them! Therefore, quitting smoking is often difficult. However, with the help of Allah and the personal commitment of the smoker to quit for the sake of his own health and the health of others, it is possible. Let the smoker make a firm intention (from deep in his heart) to give up this evil habit and then place his trust in Allah. ***"...When you have taken a decision, put your trust in Allah. For Allah loves those who put their trust in Him"***. (Qur’an- Surah Al-'Imran i.e. Chapter 3 verse 159).

The illegality of tobacco consumption based on the Qur'an and the Sunnah has been amply established in this write-up. It has also been established that smoking is very dangerous to health and is the single largest preventable cause of diseases and premature deaths. Therefore, if smokers will not willingly abandon the habit, the Government must ban the growing of tobacco crops and the manufacture of cigarettes and cigars. People will then have no alternative but to stop smoking, as they cannot consume what is not produced!

The Nigerian Federal Government should amend the existing Tobacco Smoking Control Law of 1990 (that was never enforced for 18 years!) in order to ban the production, sales and consumption of tobacco products. Let the Leaders remember that they have the responsibility to do so, as they will account to Allah for all their deeds as leaders, including how they safeguarded the health of their citizens! Merely making manufacturers to place on tobacco packets that “**smoking is dangerous to your health**” and banning smoking in some selected public places (like offices and schools as contained in the 1990 Law), is not enough.

Some people argue that tobacco crop farmers would lose their sources of income and employees of tobacco companies would lose their jobs. Why not, if what they produce is killing others? By the way, the argument does

not make economic sense as all farmlands that are fit for the growing of tobacco crops can conveniently produce wheat and rice as the soil requirements for the three crops are virtually the same. Equally, tobacco factories need only minor modifications to convert them into livestock feed-mills. Why not venture into producing food for humans on the farms and livestock feeds in the factories instead of producing killer tobacco?

Leaders in “**Shari’ah States**” may, as a matter of urgency, consider enacting State Laws banning tobacco production, sales and consumption as the illegality of tobacco consumption based on the Qur’an and the Sunnah has been amply established in this booklet.

The responsibility of stopping cigarettes smoking squarely rests on those who smoke and the leaders who can ban tobacco production, sales and consumption.

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