

Honey

SECOND EDITION
الطبعة الثانية

What's the buzz about honey?

Aisha, (may Allah be pleased with her), the wife of Prophet Muhammad (peace be upon him) said:

“ The Prophet used to like sweet edible things and honey. ”

[Bukhari]

Honey, rich in its aroma, sweet in its taste, is used throughout the world for various purposes. Many people are unaware of the properties of honey, using it very much on a superficial level as a sweetener or an accompaniment to a meal.



But Allah tells us in the Qur'an that He created the bee for a purpose, and created from its belly a healing drink, a medicine. This knowledge has been understood for centuries and been passed down through the generations. Prophet Muhammad (peace be upon him) said:

"Honey is a remedy for every illness and the Qur'an is a remedy for all illness of the mind, therefore I recommend to you both remedies, the Qur'an and honey." [Bukhari]

Honey has a unique place in society: No matter one's origin or faith, all use it and are accustomed to it. Honey is used for health purposes in all walks of life and that's the buzz about honey!

Buzzed about honey?

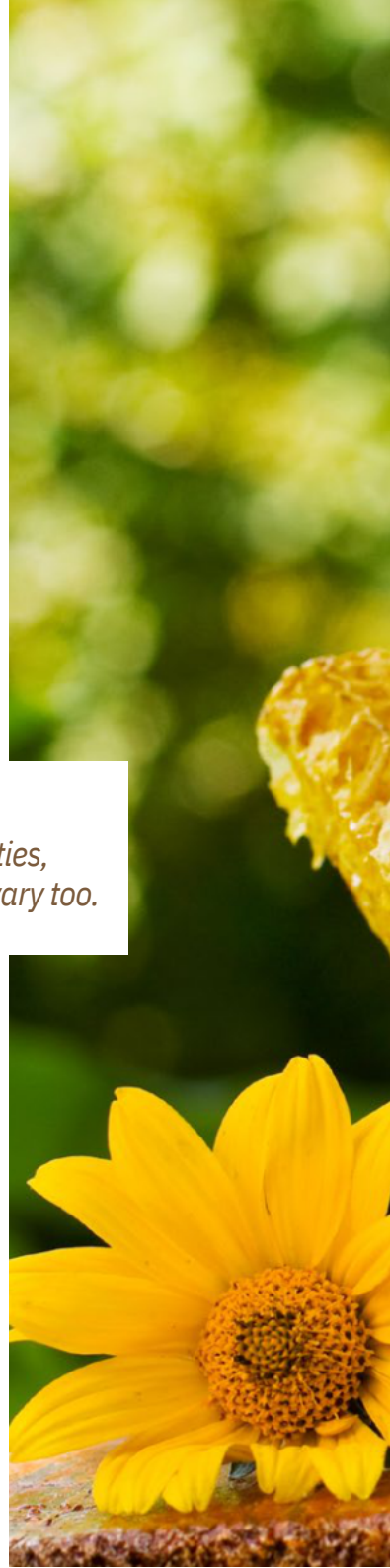
Recent research on honey has shown that what might appear as a sometimes sickly-sweet, calorie-filled condiment has now been proven to be a much healthier alternative to conventional sweeteners.



With over 300 different varieties, the taste can vary too.

Honey has been found to house several micronutrients including niacin, riboflavin, vitamin B5, calcium, copper, iron, magnesium, manganese, phosphorus, potassium and zinc as well as antioxidants thought to fight (amongst other things) cancer and heart disease. All bees are from a tiny insect most people are frightened of and don't go near! The humble bee!

Busy pollinating different flower blossoms, the bees can create various shades of honey, from the very pale to the very dark in colour. With over 300 different varieties, the taste can vary too. With all of this in mind, what makes it especially important in the eyes of a Muslim?





Honey in Islam

In the Qur'an there is a whole chapter named after the bee called *Surah An-Nahl*.

"And your Lord inspired to the bee, "Take for yourself among the mountains, houses [i.e., hives], and among the trees and [in] that which they construct. Then eat from all the fruits and follow the ways of your Lord laid down [for you]." There emerges from their bellies a drink, varying in colours, in which there is healing for people. Indeed in that is a sign for a people who give thought."

[Qur'an 16:68-69]

There are various sayings of Prophet Muhammad (peace be upon him) about honey and the goodness it brings. It is reported by al-Bukhari, that a man came to Prophet Muhammad (peace be upon him) because his brother had a stomach disorder. The Prophet (peace be upon him) said, "Let him drink honey." The man returned a second time complaining that no improvement happened in his brother's case, and again the Prophet responded, "Let him drink honey." The man returned again and said, "I have done that but to no avail." Thereupon the Prophet responded, "Allah has said the truth, but your brother's stomach has told a lie. Let him drink honey." He drank it and was cured.

Ibn 'Abbas (may Allah be pleased with them both), said that the Prophet (peace be upon him) said:

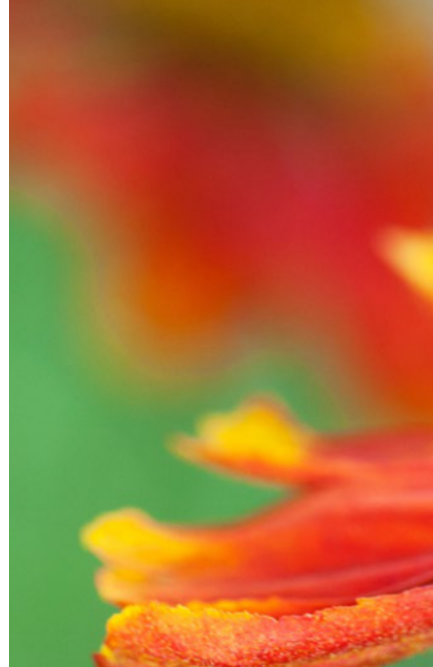
"Healing is in three things: A gulp of honey, cupping, and branding with fire (cauterising). But I forbid my followers to use (cauterisation) branding with fire."

[Bukhari]

Honey is also mentioned as having a special place in Paradise:

"...the description of Paradise, which the righteous are promised, wherein are rivers of water unaltered, rivers of milk the taste of which never changes, rivers of wine delicious to those who drink, and rivers of purified honey, in which they will have from all [kinds of] fruits and forgiveness from their Lord..."

[Qur'an 47:15]





Food for thought

Through the Qur'an and the teachings of Prophet Muhammad (peace be upon him), we have a great deal of information clarifying many of the benefits of honey. This information is only now agreed upon by modern scientists but has been understood by the masses for a long time: consider the last time you had a common cold without someone telling you to take honey in a warm drink!

“And He has subjected to you whatever is in the heavens and whatever is on the earth – all from Him. Indeed in that are signs for a people who give thought.” [Qur'an 45:13]

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