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Takhrij and Syarah Hadith of Chemistry: Breathing on Hot Foods and Drinks

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Abstract

The purpose of this research is to discuss the hadith of the Prophet about the prohibition of blowing hot food or drinks. This research method is qualitative through the takhrij and syarah hadith approaches with chemical analysis. The results and discussion of this study is that blowing hot food or drinks can cause acidosis in the body and attaches bacteria to the food or drink. The conclusion from the discussants of this study is that blowing food or hot drinks can be risky to the body and reduce the feasibility of consumption.

Keywords: *Chemistry, Food, Hadith, Syarah, Takhrij*

Introduction

Humans often forget important things that are trivial, including the prohibitions and recommendations of the Prophet. With a critical way of thinking and asking a lot of questions, people in the world need proof of what they do to create a sense of trust and confidence. Knowledge in the world created from great research and a long time to achieve that belief and belief. In addition to science, Islamic law is also integrated with questions from many people. Of the many Islamic laws, there are those that need to be deepened and those who just have to surrender. Islamic law that needs to be deepened can be sought to increase knowledge and belief for its adherents.

Rasulullah SAW as a role model has taught mankind about etiquette and politeness in living life. The goal is that the human being has morals

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and ethics in every movement of his actions (Firdaus, 2017). People are led to learn and find out more in order to draw closer to Allah. What has been taught to humans certainly has wisdom, including hidden values that God has prepared for all people. With technology and science that has developed rapidly, people can prove what the Prophet had taught. One of them is that it is forbidden to blow hot food or drinks. Where today people often underestimate what was taught by the Prophet Muhammad.

There is a hadith of the Prophet SAW in the Hadith of Ahmad's History 2678:

حَدَّثَنَا عَبْدُ الرَّحْمَنِ بْنُ مَهْدِيٍّ عَنْ إِسْرَائِيلَ عَنْ عَبْدِ الْكَرِيمِ عَنْ عِكْرِمَةَ عَنِ ابْنِ عَبَّاسٍ قَالَ نَهَى رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ عَنْ النَّفْخِ فِي الطَّعَامِ وَالشَّرَابِ

Has told us Abdurrahman bin Mahdi from Israel from Abdul Karim from Ikrimah from Ibn Abbas, he said; "Rasulullah sallallaahu 'alaihi wasallam forbade blowing into food and drink." Although the Prophet did not directly say food, but drink and food have similarities, then this hadith can also apply to food.

Based on the explanation above, the research formula was prepared, namely the formulation of the problem, research questions, and research objectives (Darmalaksana W. , 2020b). The formulation of this problem is that there is a hadith of the Prophet SAW regarding the prohibition of blowing hot food and drinks. This question is how the hadith of the Prophet SAW regarding the prohibition of blowing hot food and drinks. The purpose of this study is to discuss the hadith of the Prophet SAW about the prohibition of blowing hot food and drinks.

Research Methods

This research method is qualitative in nature through library research and field studies (Darmalaksana W. , 2020b). While the approach applied is takhrij and syarah hadith (Soetari E. , 2015). The interpretation in this study used chemical analysis (Darsati, 2007).

In general, there are two stages of research on hadith, namely takhrij and syarah. Takhrij is the process of removing the hadith from the book of hadith to examine its validity, while the syarah is an explanation of the text of the hadith with a certain analysis (Soetari E. , 2015). The field of chemistry itself, as a means of interpretation in this research, is the science that accompanies the change of a material (Mulya Rosa, 2012).

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Results and Discussion

Initially, a search was carried out through a hadith application on the keyword "prohibition of blowing food and drink" until a hadith was found in the Musnad Bani Hasyim Number 2678, as stated earlier.

Table 1 List of Rawi Sanad

No.	Rawi Sanad	Born/Died		Country	Kunyah	Scholars Comments		Circle
		B	D			-	+	
1	Abdullah bin ‘Abbas bin ‘Abdul Muthalib bin Hasyim		68 H	Marur Rawdz	Abu Al ‘Abbas		Sahabat	Sahabat
2	Ikriman, maulana Ibnu ‘Abbas		104 H	Madinah	Abi ‘Abdullah		Tsiqah	Tabi'in the middle class
3	Abdul Karim bin Malik		127 H	Jazirah	Abu Sa’id		-Tsiqah tsabat -Tsiqah -Tsiqah ma’mun -Tsiqah mutqin -Hafidz	Tabi'in (not meeting friends)
4	Isra’il bin Yunus bin Abi Ishaq		160 H	Kufah	Abu Yusuf		- Mentioned in 'ats tsaqiaat -Tsiqah	Tabi'ut Tabi'in among the elderly
5	Abdur Rahman bin Mahdiy bin Hassan bin ‘Abdur Rahman		198 H	Bashrah	Abu Sa’id		- Mentioned in 'ats tsaqiaat -Hafidz -A’lamun naas -Tsiqah imam -Tsiqah tsabat hafizh -Hafizh	Tabi'ut Tabi'in ordinary people
6	Ahmad bin Hanbal	164 H	241 H	Bagdad	Ahl al-hadits		Imam al-Hadits	Mudawin

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Table 1 is a list of narrators and chain of hadiths being studied. Rawi are the narrators of hadith while the sanad is the chain of narrators from the companions to the mudawin, namely the scholars who record the hadith in the book of hadith (Soetari E. , 1994). According to the science of hadith, the requirement for a valid hadith is that the narrator must be positive according to the comments of scholars. If there is a comment by a scholar who gives a negative assessment to one of the narrators in the chain of sanad, then the hadith is included in the hadith dhaif (Darmalaksana, 2020d). Sahih Hadith is a strong Hadith while Daif Hadith is a weak Hadith (Soetari E. , 1994). The condition of the hadith is valid and the chain must be continued. If the chain of hadith is broken, then the hadith is included in the dhaif hadith. The proof of a continuous chain is the meeting between the teacher and the student. If there is no objective evidence, then the meeting between teacher and student can be seen from birth and death. If there is no birth and death data, it is predicted that the average age of scholars is around 70-90 years. The meeting of teachers and students can also be seen from the life journey of the narrator. If the teacher and student are in the same place, it is predicted that the teacher and student will meet (Darmalaksana, 2020d).

The quality of this hadith is authentic. Because, from the perspective of the narrators, there are no comments from scholars who give negative assessments. Also from the side of the sanad, it is connected from friends to mudawin. Basically the science of hadith has other parameters in providing reinforcement to the hadith. Among other things, the hadith is called mutawatir in the sense that it is very popular when the hadith being studied is spread in several hadith books (Soetari E. , 2015). The distribution of this hadith acts as a martyr and mutabi. The martyr is another similar hadith, while the mutabi is another sanad (Darmalaksana, 2020d). The rest, as far as hadith is a virtue of Islamic practice, it can be a proof even though its status is weak (Darmalaksana W. L., 2017).

The scholars have given syarah, namely an explanation of the content and purpose of the hadith (Darmalaksana W. , 2020c). In a hadith narrated by Bukhari, Rasulullah Muhammad SAW once said to Muslims: "When you are drinking, then do not breathe in a glass, and when you urinate, then do not touch the genitals with your right hand." The hadith gives an indication that humans should not blow or breathe in a glass. Nowadays, lots of people blow hot food and drinks (Saputra, 2015). Some scholars of the Maliki and Hambali madhhabs state that blowing food and drink is not makruh to cool the dish because eating hot food and drink can remove blessings. The majority suggest people choose the time to wait patiently for food and drinks to cool over time. Meanwhile, those who wish to consume hot food

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or drinks can speed up the cooling of the food by using a bamboo fan or other tools (Masail, 2018).

When humans carry out activities that involve expelling air, such as breathing, talking, blowing, coughing, and sneezing, these activities will cause very small water particles. According to several studies, it is stated that these particles have varying sizes, namely from <1µm until > 20 µm and once people breathe, they can produce up to 7000 particles. Meanwhile, judging from the average size of bacteria, which is about 0,2 – 2 µm, and viruses around 17-300 nanometers, it is very possible if these microbes contaminate food through the medium of water particles that we produce from blowing food. According to Madigan (2009) bacteria that are often found in normal breathing are *Staphylococcus spp., Streptococcus spp., Corynebacterium spp., Haemophilus spp.,* and *Neisseria spp* (Gizi, 2019).

This hadith can also be explained according to the field of chemistry. When humans breathe, they emit carbon dioxide gas or carbon dioxide CO_2, while the vapor from food or drink is a gas H_2O. The two gases when reacted will produce carbonic acid or carbonic acid H_2CO_3. In human blood, carbonic acid participates in the main buffer system, in equilibrium reactions with bicarbonate. Buffer solutions have the function of preventing pH variations in the bloodstream, because blood pH must always be neutral and any kind of change, whether acidic or alkaline, can have serious consequences for the body (gas exchange can be damaged and some proteins are denatured).

Carbonic acid has an important role in maintaining a stable pH in the body. The normal pH of body fluids is around 7.4 and must be kept close to this value for the body to function properly. If there is a change in pH, either up or down, enzymes can stop functioning, muscles and nerves can begin to weaken, and metabolic activity is disrupted. The bicarbonate ions released from the acid serve as a buffer that helps fight pH changes. This means it can act as an acid or base when needed (Tanti, 2020). If the body receives too much carboxylic acid will be harmful because these compounds are acidic and can cause acidosis.

Acidosis is a condition in which the blood contains too much acid (or too little base) often causing a decrease in blood pH. As blood pH decreases, breathing becomes deeper and faster as the body attempts to reduce excess acid in the blood by lowering the amount of carbon dioxide (Putri, 2014). pH range between 7.35-7.45 when blood is slightly alkaline, blood pH can change in metabolic imbalance. If the blood pH is > 7.45 this condition is called acidosis. The decrease and increase in the pH value is caused by disturbances in the bicarbonate ion concentration, H_2CO_3 under normal circumstances is 22-26 mEq liters. If a person has renal diffusion, the concentration H_2CO_3 will drop below the normal value to 22 mEq liters. This

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condition also occurs if a person suffers from severe diarrhea. Under metabolic conditions, the acidosis that occurs causes depression of the CNS, central nervous system (Mustika, 2018).

In the end, the kidneys also compensate for this situation by excreting more acid in the bladder. But this mechanism is useless if the body continuously produces too much acid, resulting in severe acidosis. As acidosis worsens, sufferers begin to feel extreme fatigue, drowsiness, nausea, and experience confusion. If the acidosis gets worse, blood pressure can drop, shock, coma, and even death (Putri, 2014).

Conclusion

At the time of the Prophet Muhammad was informed and recognized that blowing food and drink is harmful to the body. The quality of this hadith is valid based on the takhrij hadith because the chain of hadith is not interrupted from the friend until the mudawin. Based on the shari'ah of the hadith, blowing a drink can cause an unpleasant odor and more bacteria so that the drink becomes unfit for consumption. This is because the breath of the person who blows will mix with the drink, so the Messenger of Allah forbade breathing or blowing water in a glass. It is hoped that this research will be useful to make readers aware of not blowing food and drink because it can harm the body. This study has limited data, namely only from simple takhrij and syarah hadith, so that a qualified follow-up research is needed through the chemical and medical fields. This study recommends not blowing hot food or drinks.

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