

This Ramazan, go from smoking 20 to 4 cigarettes per day

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Anti-tobacco advocates aggressively push the line against smoking. PHOTO: AFP

Most Muslims who smoke refrain from smoking during the period of fasting, which may last up to 12-14 hours. Even after breaking their fast, most smokers smoke only a few cigarettes. Research has shown that somehow, during fasting, smokers do not have the urge to smoke.

What does Islam says about smoking?

Almighty Allah (SWT) [says](#) in Chapter four, Verse 29 of the Holy Quran that we are not allowed to kill ourselves.

Since smoking is a sort of slow suicide – it kills its users in instalments – this would fall under the category of killing one's own self. Research has shown that each cigarette takes away 11 minutes of a smoker's life.

Furthermore, Prophet Muhammad (PBUH) is reported to have [said](#) that a person who has eaten garlic or onions should keep away from the mosque. The idea behind this was to protect the fellow people praying from the awful smell of garlic and onions. The same holds true for smokers because their clothes and breath smell of tobacco, which is unpleasant for people nearby.

Another reason why tobacco is not acceptable in Islam is because it is a powerful addictive substance, and all addictive things are prohibited in our religion. Tobacco not only destroys our health, it is also a waste of money.

Allah (SWT) [says](#) in Chapter 17, Verse 27 that we should not spend our money wastefully.

This is the reason why several Muslim scholars all over the world have given a [fatwa](#) against the use of tobacco stating it is strictly forbidden (*haram*) in Islam.

However, keeping religion aside, this article also describes the serious health hazards associated with smoking and an effective way to quit smoking in the holy month of Ramazan.