

# Meat Eating In Islam And Hinduism: A Comprehensive Overview Of Theories

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## ABSTRACT

This research paper, an extensive review of the rules and ideas of meat eating in Islam and Hinduism is to be presented that Allah Almighty has made man in need of countless things. The human species is the best of all the animal species. That despite being the best and noblest, man is needier than all other species of animals. None of the other animals needs as many things as man. Most of the objects are artificial, natural objects are less. In contrast, other animals have fewer needs and are natural, physical and non-artificial. To be artificial means that a person makes an object by his own work and effort. Then he gives it a special shape, for example, take cloth, which is one of the necessities of man, it is an artificial thing, then the thread from which the cloth is made is also artificial. Man makes threads before his work and labor, and then threads. However, by working hard, he makes cloth from them. In the same way, man needs bread. Bread is an artificial thing, and the material from which bread is made, i.e. flour, it is also an artificial thing because man grinds the grains by his labor and action and turns them into flour. Of course, the shape of the grains is natural and non-artificial. Being natural means that the grains have been given this shape by Allah. Given. Since most of human needs are artificial objects, that is why the scope of human need and necessity is wider.

**Keywords:** Religions, Quranic, Hinduism, Teachings, Eating Meat, Ideologies, Scriptures.

## INTRODUCTION:

Among the physical needs, food is the most important because food or food is a basic human need without which survival of life is impossible.

Without food and water, human beings cannot survive. Effects. According to a study conducted at the University of Melbourne, Australia, to control the factors of depression, it is necessary

to change the environment and habits, and the most important of these habits is eating and drinking. According to the research. It is important to know what foods to avoid and what foods to include in your diet to reduce or protect against depression. According to research from the University of Melbourne, diet affects mental health. When your body gets the right kind of fuel (in the form of food), your body and brain function better. A report in the American Journal of Clinical Nutrition says that pulses, fish Eating more fruits and vegetables can help reduce the risk of depression. Feeling mentally alert and sleepy after lunch means your brain is not happy with your diet.

According to a study conducted in 2018, more consumption of fish and other seafood and less consumption of fast food reduces the proportion of depression. Similarly, research published in BMC Medicine says that people who eat vegetables, fruits, Consume more low-fat dairy products, unsalted fruits, fish, olive oil and eggs, while avoiding or minimizing sweets, fried foods, fast foods, sugary drinks, processed foods, etc. , their risk of suffering from depression can be reduced by 33%.

The only way to be safe from all these diseases is to follow the instructions regarding drinking and drinking that our Creator and Master has revealed through the Prophets and through His books. When our beloved Prophet Muhammad Mustafa ﷺ migrated from Makkah to Madinah, before his arrival, Madinah was called Yathrib, which means the house of diseases. However, when the Prophet ﷺ trained the people of Madinah in the light of Islamic teachings and taught them the halal and haram and the manners of eating and drinking, there was no sign of sickness in Madinah.

#### ❖ TYPES OF HUMAN NEEDS:

The basic types of human needs are:

- Physical Requirements:

It refers to the needs that are necessary for the survival and growth of the human body.

There are three types of physical needs:

- Food
- Clothing
- Shelter

Based on the same, the following is an overview of meat eating in Hinduism.

#### ❖ HINDUISM AND MEAT EATING:

A large number of Hindus avoid all kinds of meat. This is because the Hindu religious book Manu Smriti, Chapter 5, which deals with diet, says:

"One cannot obtain meat without harming living beings, so one should abstain from eating meat. One who catches an animal, who slaughters it, who buys or sells it, who cooks it, who He who offers to others and who eats, all are murderers. There is no greater sinner than the man who kills other living beings to increase his body, except the man who sacrifices to the gods."<sup>1</sup>

#### ❖ REASONS FOR PROHIBITION OF MEAT EATING:

An organization of India "Indian Vegetarian Congress", whose president is Shri Rashmi Bhai Zaveri, says that eating meat is harmful to human health and illegal and should be banned, Rashmi Bhai Zaveri and President of Islamic Research Foundation. A debate took place between Dr. Zakir Abdul Karim Naik on the topic of "Meat eating is permissible or illegitimate" in this debate, Rashmi Bhai Zaveri's arguments for avoiding meat consumption were presented before we summarize them in the form of points. Then the analysis of these arguments and the arguments against them for the justification of meat eating presented by Dr. Zakir Naik will be mentioned.

- We should love and sympathize with living beings. We should not kill living beings for our own pleasure.
- If we include animal meat in our diet, we will develop animalistic traits.
- The human body becomes strong by eating vegetables. Elephant and rhinoceros are the strongest animals and both of them are vegetarians. Horsepower is famous all over the world; it is also a vegetarian animal.
- Cholesterol and fats are found in foods containing meat, due to which blood pressure, diabetes and various heart diseases spread.
- We can get a complete balanced diet and essential proteins (amino acids) by using wheat, rice and pulses in our diet.
- The people living in the northern regions, called Eskimos, do not have vegetables available to them, so they have to eat meat. This is their compulsion and the average life of an Eskimo is only thirty years.
- Germs are found in the body of animals like humans, when we slaughter them and prepare our food, these germs are transferred to our body. 90% of the friends suffering from food poisoning are those. There are those who eat meat.
- Obtaining meat from animals requires 14 times more land than obtaining vegetables to grow their food, which can be directly used as human food.
- The amount of land required to grow fodder to feed one animal can support five families.
- The structure of the human body is more similar to herbivores than carnivores, for example, the tongue of herbivores is smooth, while the tongue of carnivores is rough, similarly, herbivores drink water by sipping from their lips while carnivores drink water with their

tongues. In addition, herbivores have relatively long intestines that are similar to human intestines. Hydrochloric acid is found in small amounts in the stomach of herbivores like humans, while carnivores have it in large amounts because they have to digest meat.

- The voice of herbivorous animals is low like humans, not scary, while the voice of carnivorous animals such as tigers and tigers is scary.

#### ❖ ARGUMENTS JUSTIFYING MEAT EATING-AN OVERVIEW OF ISLAM:

The arguments that have been presented in relation to the prohibition of meat-eating seem to show that meat-eating is very harmful for a human being in terms of medical, physical, spiritual, moral, social, economic and otherworldly aspects. However, if we examine them deeply, these arguments are worthless and contrary to reality. Below is the analysis of these arguments and the arguments of not only the justification of meat eating but also its usefulness for humanity are carried out:

- The saying of vegetarians that every life is sacred and no living being should be killed for its food is worthless in today's scientific age because we all know that plants (plants) also have life and living creatures. He further argues that we know that plants also have life but they do not feel pain and suffering so killing a plant is a lesser sin than killing an animal. Today, science has progressed further and discovered that plants also feel pain and suffering, they also cry, but their cries cannot be heard by the human ear because the hearing power of the human ear is limited to 20 cycles per second to 20000 cycles per second, any sound below or above this limit cannot be heard by humans. Vegetarians further say

that plants are alive and feel pain, but they have two senses less than animals are the answer is that suppose a person is mute and deaf. Another person kills him, then will we say to the judge that, Judge! Give the murderer less punishment because he has killed a man who has less than two senses. No, rather we would say give the murderer the harshest punishment because he has killed an innocent man.

Islam divides living beings into two groups. The first group is of humans while the second is of all other living beings. As far as human life is concerned, in this regard, there is a divine order in the Holy Quran:

"Whoever kills a human being for any reason other than for blood or causing mischief in the land, it is as if he has killed all humans, and whoever gives life to one as if he has given life to all humans."<sup>2</sup>

It is not correct from the Islamic point of view to harm other creatures other than humans for no reason just for their own entertainment, in a game or for target practice, unless they can be killed for their own protection or to save their lives. . Similarly, it is permissible to take their lives to fulfill their legitimate food needs.

- The second argument of the opponents of meat-eating is that meat-eating creates savage traits in humans. It is completely wrong from a scientific and logical point of view that food has any effect on the character and behavior of humans, but if it is supposed to If it is accepted as true, it is in favor of us Muslims because we only eat the meat of vegetarian animals like sheep and goats, which are peace-loving animals and we also want to remain peace-loving. We do not eat the meat of carnivorous animals such as lions, leopards, dogs, etc. The beloved

Prophet of Allah, Muhammad ﷺ, has clearly stated that these animals are forbidden. If this argument of vegetarians is reversed, it is proved that because they eat vegetables, they become weak like vegetables and are not able to move, but this is not scientifically and logically correct.

- Their third argument is that vegetarians are healthier. They say that an army wrestler, Yadav Nath Singh, who was a vegetarian, defeated two meat-eating wrestlers, thus proving that vegetarianism makes you healthy. These are just a few examples, but if the entire world is examined, it is known that almost all world titles in wrestling are held by carnivorous wrestlers.

There are 13 world titles, who became Mr. Olympia seven times, Mr. Universe five times and Mr. World once, he was a meat eater. Boxer Muhammad Ali Clay was also a meat eater. It is clear that non-vegetarian food is better for our health. Therefore, immediately after illness, non-vegetarian food is generally preferred, although it is not mandatory, eggs etc. are mandatory.

- One argument they give is that carnivorous animals have sharp eyesight and eyesight, and human beings have weak senses, so humans are vegetarians. However, there are also vegetarians whose senses are very sharp, such as honey. A bee whose strength is extraordinary. His vision is also good. However, the fact is that these are not scientific arguments. Through these arguments, illogical people can be influenced.
- Vegetarians also say that a plant-based diet makes you smarter. In this context, they present a list of great names. Albert

Einstein and Isaac Newton etc. However, if you look at the list of Nobel Prize winners, you will know. The vast majority of them were carnivores. Animal researchers now also say that carnivorous animals are always more intelligent because they have to hunt and eat, and for this it is necessary that the hunter the animal is more intelligent than the prey.

- An objection is raised that many types of diseases are spread by eating meat. The answer to this is that there is no authoritative medical book or doctor that prohibits eating meat. Moreover, Islam has a method. That when we want to eat an animal, we slaughter it regularly. We cut all the jugular veins but do not damage the spinal cord. Now what happens is that when the spinal cord is not damaged and all the veins including the airway are cut, the heart continues to beat for a while, and so the heart pumps all the blood out of the body. If the animal is slaughtered in this way, many diseases that are transmitted through the blood can be protected and the meat is preserved for a relatively long time. Some people say it is cruelty. The animal dies a painful death. However, when we slaughter the animal in the Islamic way, the feeling of pain disappears due to the cutting of all the veins, because the nerves feel pain and the flow of blood to them ends. It is not caused by pain, but due to the rapid flow of blood, its body jumps. The animal does not die due to the severity of the pain, but it dies a painless death. Firstly, Islam prohibits all diseases transmitted by blood through slaughter. In some other countries, some hormones are given to animals so that they become fatter and the people raising animals get more value for them. This hormone is

called DES (Diacecerol Beseserol). Islam has forbidden this work. It has been declared absolutely haram. Even if you slaughter the animal correctly after injecting this hormone into the animal's body, these animals will remain haram, not halal. Yes, if someone buys such an animal in La Ulmi, then it will be halal for him. Therefore, if the cattle are given these hormones or fed non-vegetarian food, then the consumption of such cattle is harmful to health. Moreover, if the hygienist if the rules of health are observed and the meat is cooked properly, the possibility of most diseases is eliminated.

Among the non-vegetarian foods, the most dangerous and commonly eaten food is pork. It can cause more than 70 different diseases. Because pork does not make muscle but fat in the human body. This fat accumulates on the walls of the arteries and causes arthersclerosis and hyper tension etc. This is the reason why the meat of pigs has been declared haram in four places in the Holy Quran:

"If there is any restriction on you from Allah, it is that you do not eat carrion, abstain from blood and pork, and do not eat anything on which the name of anyone other than Allah has been mentioned."<sup>3</sup>

"Forbidden to you are carrion, blood, pork, animals that have been slaughtered in the name of any other than God, those that die by strangulation, or by injury, by falling from a height, or by being struck." gone, or torn by a beast, except that which you found alive and slaughtered, and that which was slaughtered on a sanctuary, also it is not permissible for you to determine your fate by means of dice. "<sup>4</sup>

"O Muhammad, peace be upon him! Say to them that in the revelation that has come to me, I do not find anything that is forbidden for anyone to eat, except that it is a dead body, or shed blood, or the

flesh of a pig." It is impure, or transgressive, that it was slaughtered in the name of other than Allah. If he exceeds the limit, then surely your Lord is Oft-Forgiving and Most Merciful."<sup>5</sup>

"What Allah has forbidden you is carrion and blood and the flesh of swine and the animal that has been named after someone other than Allah."<sup>6</sup>

Since pork is forbidden, we stay away from it and are thus protected from diseases spread by its meat.

It is also a fact that most diseases are the result of overindulgence. If plant food is consumed in excess, it can also be harmful. If we follow the Islamic guidelines, slaughter the animal in the Islamic way, let the animal's blood come out completely, avoid giving hormones to cattle, Cook food cleanly and well according to hygiene rules, stay away from pork and avoid overeating, you will be safe from most diseases.

Vegetarians refer to Dr. William's statement that he said that vegetarianism increases human life by six years, meaning that if you eat vegetarian food instead of meat, you will live six years longer. These are just assumptions. The reality is quite the opposite. Some statistics were collected in this regard. They were about people who lived more than 100 years. These statistics were collected between 1932 and 1952 and the light of these statistics. A man named Osegares wrote a book called "Living to be Hundred". There were 1200 people who lived to be over a hundred years old and how was this possible? Everything is explained. In this book, their diet is also explained. How many vegetarians were among these 1200 people? Only four and the survey was not done regarding vegetarianism or meat-eating. The reasons for the survey were different. But there was information about diet and these are not just studies, but facts.

Alcohol is a plant food, because it is made from fruit juice, and the number of diseases caused by

alcohol alone is greater than the number of diseases caused by all plant foods combined. Just one plant food. So what about alcohol? Why should we demand that all plant foods be banned? Scientists today agree that the most important cause of death is alcohol. Therefore, we do not say that all plant foods should be banned, but we say what our Lord commanded us in the Holy Qur'an:

"O you who have believed, this wine and gambling and this gambling and dice, these are all dirty and evil deeds. Avoid them so that you may be successful."<sup>7</sup>

Similarly, smoking is on the second place. It is also a vegetable product and very harmful. This is the reason why these two things i.e. alcohol and smoking are forbidden in Islam. Similarly, many governments have banned alcohol. The government of Saudi Arabia and many other countries have banned it. Many states in India have also banned alcohol consumption. In Singapore, smoking is prohibited in public places, offices and during travel. It is a crime to do something. If there is no way to prevent the harm of something, then it is banned and there is no government that has banned all vegetarian foods without exception. It can, like the ban on pork in Saudi Arabia.

Water is a medium for spreading many diseases. Cholera, typhoid etc. It can contain many types of germs and bacteria. This does not mean that water should be banned can be saved.

- Vegetarians say that a plant-based diet is a complete balanced diet and contains the three essential amino acids that the human body needs. However, doctors agree that there are not three but eight amino acids that cannot be produced in the human body and must be obtained from outside. Protein is biologically complete, that is why it is called Higher Proteins. Because they contain all eight

essential amino acids. While plant proteins are always deficient in one or more of these amino acids. Plant proteins may be high in quantity, but they are not complete proteins. Lean proteins are high quality and is completed.

Similarly, there are two types of steel. One of them is called Hem Iron and the other is called Non Hem Iron, the body easily absorbs heme iron while non-heme iron is not easily absorbed into the body system. Vegetarian foods contain both of these irons while plant foods contain only non-heme iron which is not easily absorbed. Therefore. Apparently, iron is actually higher in plants, and protein may be higher, but it would be wrong to conclude that a plant-based diet is healthier. This is misleading. Vegetarian organizations are doing this fraud whereas fraud or cheating is forbidden in every religion.

- Vegetarians say that it takes 14 times more land to feed animals than it takes to feed humans. Here the "theoretical vegetarians"<sup>8</sup> completely ignore one thing. That animals generally graze in lands that are not useful for other crops. The plants that animals use as food cannot be used as human food. Animals, however, use crops used as human food. but as soon as they enter a field for this purpose, the farmer throws them out immediately because he does not want to harm himself. Similarly, the livelihood of many nomadic people is that they graze animals in uncultivated lands. According to a report of the United Nations, about 23 percent of the arable land is currently used as pastures. About the same area is cultivated with crops, ten percent of the land c while the rest of the land is uninhabited. Why not settle this uninhabited land? After all, what is the need to occupy the land of animals? Why do you want to end the diet of these

innocents? Let them live and eat and drink.

In addition, if, of course, carnivores stopped slaughtering animals, what would happen, the number of livestock would increase exponentially. We know that the human population in the world is constantly increasing. It is happening in spite of. Birth control methods and slogans like "Bache du hi chhe" are not reducing this increase. However, there is no family planning in animals. Similarly, animals have a shorter gestation period than humans. In addition, cattle have a naturally higher reproductive rate than humans do. Therefore, if we stop slaughtering animals, even if we don't raise them, Within a few decades, we will have serious population problems. Not human population problems, but cattle overpopulation problems.

- As far as physical structure is concerned, herbivorous animals like cow, sheep, goat etc. have flat teeth because they have to chew and chew food and these animals eat only vegetables. On the other hand, if we examine the teeth of carnivorous animals such as lions, leopards, etc., we will know that their teeth are pointed because they only eat meat. If we examine the human jaw, it has both types of teeth. There are pointed ones and flat ones. If Allah Almighty, our Creator wanted us to eat only vegetables, why would He have given us pointed teeth?

Similarly, if we examine the human digestive system, we find that it can digest both meat and plant foods. Why does digestion give? Vegetarians say that we cannot digest raw meat, this is absolutely true, but there are many plant foods that we cannot eat raw. For example, wheat, rice, pulses, etc. in the stomach of carnivores. Hydrochloric acid is high because they have to

eat raw meat. Therefore, we eat meat only after cooking so that it can be easily digested.

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In the digestive system of herbivorous animals, a special type of enzymes are produced, which are called cellulosic enzymes. Cellulose is found in every plant food, so these cellulosic enzymes help in digesting all plant foods. These enzymes are not present in the digestive system, so a part of plant foods remains undigested, which we call fibers. , Trapezes, Kinotrapezes etc. In addition, these enzymes are found in our body. If Allah Ta'ala did not want us to eat meat, why would He create all these enzymes in our digestive system?

To prove the similarity of humans with herbivores, they say that carnivores drink water with their tongues, while herbivores and humans sip. In their service, humans do both. When we drink water. If you have it, you sip it, but what do you do when you want to eat ice cream? We also lick with the tongue.

- Vegetarians say that the voice of carnivorous animals is harsh and bad, while the voice of herbivorous animals is soft and good. Here a question arises as to which animal has the most offensive and harsh voice among animals. What happens? Donkey's and a donkey is not a carnivore but an herbivore. Therefore, it cannot be said that vegetarianism makes the voice beautiful. If we were to make a list of good singers, there would be both types of people in it, vegetarians and non-

vegetarians. Carnivores too. Now to present the names of vegetarian singers among them and say that "Vegetarianism makes your voice beautiful" would be illogical.

- Vegetarians say that meat-based foods contain cholesterol and fat, which causes heart disease. The fact is that the cause of heart disease is excess fat and cholesterol in the diet. Regardless of whether it is Vegetable fats and cholesterol or meat. Vegetable foods can also contain high cholesterol, for example, various fruits, ghee and butter etc. Even a common housewife knows about this because the mass media has this kind of content. There are advertisements saying that using such and such oil does not cause heart disease. That is, other oils can cause heart disease. Doctors forbid patients with heart disease from using butter and various nut oils, etc. Eggs contain cholesterol and are high, but the main cause is not the egg. Modern. Research and doctors also give the same opinion that the cholesterol in eggs is not the main culprit, but the main culprit is the saturated fats in which the eggs are fried. Secondly, two-thirds of the human population is such that the body system can be compatible with cholesterol. Therefore, there is no problem for them. One-third of people have problems with cholesterol, they should avoid eggs. Otherwise, there is no problem in eating half an egg daily.
- Lacto-vegetarians" <sup>9</sup> say that a cow can feed 90,000 people in its lifetime, but when it is killed for meat, it feeds at most 1,000 people. They say that It is not wise to kill the hen that lays the golden egg. Their own view is that the animal should not be hurt, but milking

also causes it pain, especially milking by machines causes' severe pain to the animal. Lactating mothers realize that how painful it is if for some reason artificial milking is required. If they are not ready to accept that animals are the source of our food, how can they milk them? This is a matter of robbing cattle. If they do not consider animals as a source of food and still milk them, then they are abusing them. They are killing the right of their children, calves, etc. The question is, is the diet of 1000 people better or that of 90000 people? What is worth noting here is who slaughters the milch cow. No slaughterer would ever hand over a milch cow to a butcher. In addition, no butcher would ever buy a milch cow for meat because the milk the value of a yielding cow is many times higher. Therefore, what we carnivores do is to take care of the cattle as long as it gives milk, and get milk from it, but when the animal gets old. If it is, we slaughter it and eat this meat. Thus, we also get eggs and chickens. In other words, even the snakes die and the stick does not break. Two kills with one arrow. We show more intelligence.

#### ❖ MEAT EATING IS ALLOWED IN HINDU RELIGIOUS BOOKS:

Evidence of meat eating is also found in the religious books of Hindu Dharma. The present-

day Hindus who forbid meat eating are actually influenced by other religions like Jainism and Buddhism and have gone astray from their path. Religious books not only justify meat eating but also describe its virtues. Below are some references:

- "Whoever eats the flesh of animals whose flesh is eaten, does not do any evil, even if he does it daily, for God has created some creatures to eat and some to be eaten."<sup>10</sup>
- "It is right to eat sacrificial meat because it has been the traditional way of the gods."<sup>11</sup>
- In the Manu Smriti, it is mentioned that sacrifice of plants will keep them happy for one month, fish for two months, deer for three months, small meat for four months, and fowl for five months. Even the sacrifice of a rhinoceros will make them happy forever.<sup>12</sup>

From all these arguments, we can conclude that eating meat is not only permissible but also useful for humans and there is no important and major religion in the world and no government which has banned meat eating altogether. Therefore, we should consume plant foods as well as vegetarian foods to balance our diet and maintain our health. In addition, pork should be completely avoided as it is prohibited in all major religions and medically. Science also declares it extremely harmful for health.

#### REFERENCES:

- <sup>1</sup> Manusmriti, Chapter No. 5, Mantra No. 48-52
- <sup>2</sup> Al-Qur'an Al-Kareem, Al-Ma'idah, 32:5
- <sup>3</sup> Al-Qur'an al-Kareem, al-Baqarah, 173:2
- <sup>4</sup> Al-Qur'an Al-Kareem, Al-Ma'idah, 3:5
- <sup>5</sup> Al-Qur'an Al-Kareem, Al-An'am, 145:6

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<sup>6</sup> Al-Qur'an Al-Kareem, Al-Nahl, 115:16

<sup>7</sup> Al-Qur'an Al-Kareem, Al-Ma'idah, 90:5

<sup>8</sup> American Council on Science and Health Advisor Dr. William T. Jarvis writes in his book "The Health Robbers" Page:29

That an ideological vegetarian is one who chooses his diet based on his ideology. Such a vegetarian is less logical and more emotional. You can easily spot an emotional or ideological

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vegetarian, says Dr William, as he will always exaggerate the benefits of vegetarianism.

<sup>9</sup> According to the vegetarian society, lacto vegetarians are vegetarians who drink milk. Some are frutorians who eat only fruits and vegetables. Then there are vedantic who do not consume any food derived from animal

sources. There are also some Pesco Vegetarians who do not abstain from fish. There are some semivegetarians who eat chicken

<sup>10</sup> Manu Smriti, Chapter No. 5, Mantra No. 30

<sup>11</sup> Manu Smriti, Chapter No. 5, Mantra No. 31

<sup>12</sup> Manu Smriti, Chapter No. 3, Mantra No. 38