

Takhrij and Syarah Hadith of Chemistry: Benefits of Honey in Islamic and Scientific

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Abstract

The purpose of this research is to discuss the hadith of the Prophet Muhammad SAW. about the benefits of honey in Islamic and scientific. This research method is qualitative through takhrij and sharah hadith with chemical analysis. The results and discussion of this study is that honey contains chemical compounds that are beneficial for health. The conclusion of this research is the takhrij and syarah of the Prophet. about honey by chemical analysis has properties for prevention and treatment of disease.

Keywords: Chemistry, Hadith, Honey, Syarah, Takhrij

Introduction

Honey is a thick natural liquid produced by honey bees from the extract of plant flowers. Honey is a drink that contains various nutrients such as carbohydrates, protein, amino acids, vitamins, minerals, dextrans, plant pigments and aromatic components (Ihsan, 2011). In relation to medicine, the Prophet gave many examples, how to treat and cure diseases. One of them is honey, which in the Koran explains that in honey there is healing or medicine for humans. Therefore, the Prophet called on his friends and ummah to always consume honey (Amal, 2017).

As the hadith of the Prophet SAW in Musnad Ibn Majah Number 3443:

بِالشِّفَاءَيْنِ عَلَيْكُمْ وَسَلَّمَ عَلَيْهِ اللَّهُ صَلَّى اللَّهُ رَسُولُ قَالَ قَالَ اللَّهُ عَبْدٌ عَنْ الْأَخْوَصِ أَبِي عَنْ إِسْحَاقَ أَبِي عَنْ سُفْيَانَ حَدَّثَنَا الْخُبَابِ بْنُ زَيْدٍ حَدَّثَنَا سَلْمَةَ بِنْتُ عَلِيٍّ حَدَّثَنَا
وَالْقُرْآنَ الْعَسَلِ

Having told us Ali bin Salamah told us Zaid bin Al-Hubhab had told us Sufyan from Abu Ishaq from Abu Al-Ahwash from Abdullah he said, "Rasulullah sallallahu 'alaihi wasallam said:" Use two kinds of healing therapy; honey and the Koran" (Narrated by Ibn Majah).

Based on the explanation above, a research formula is prepared, namely the formulation of the problem, research questions, and research objectives (Darmalaksana, 2020a). The formulation of this problem is that there is a hadith from the Prophet about honey. The research question is how the hadith of the Prophet about honey. The purpose of this research is to discuss the hadith of the Prophet about honey.

Research Methods

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

In general, there are two stages of research on hadith, namely takhrij and sharah. Takhrij is the process of removing a hadith from a hadith book to examine its validity, while sharah is an explanation of the hadith text with a certain analysis (Soetari, 2015). Chemistry itself, as a means of interpretation in this research, is a field of study that studies the composition, structure, properties, energy, changes in matter, and reactions of compounds, especially atoms and molecular systems (Warlina, 2014).

Results and Discussion

At first, a search was carried out through the hadith application regarding the keyword "honey" until the hadith was found in the book Musnad Ibnu Majah Number 3443, as previously disclosed.

Table 1. List of Rawi Sanad

No.	Rawi Sanad	Birth / Death		Country	Kunyah	Ulama's Comments		Circles
		B	D			-	+	
1	Abdullah bin Mas'ud bin Ghafil bin Habib		32 H.	Kufa	Abu 'Abdur Rahman		Friends	Friends
2	Auf bin Malik bin Nadlolah			Kufa	Abu Al Ahwash		-Tsiqah -Mentioned in 'ats tsiqaat -Tsiqah -They said it	Middle Ages Tabi'in
3	Amru bin 'Abdullah bin Ubaid		128 H.	Kufa	Abu Ishaq		-Tsiqah -Tsiqah -Ahadul Ahlam	Middle Ages Tabi'in
4	Sufyan bin Sa'id bin Masruq		161 H.	Kufa	Abu 'Abdullah		-Tsiqah -Tsiqah -Including from huffad mutqin -Tsiqah Hafidz Faqih -Abid -Priest -Hujjah -Priest	Tabi'ut Tabi'in among the elderly
5	Zaid bin Al Hubbab bin Ar Rayyan		230 H.	Kufa	Abu Al Husain		-Tsiqah -Tsiqah -Shalih -Mentioned in 'ats tsiqaat	Tabi'ut Tabi'in the Ordinary
6	Ali bin Salamah bin 'Uqbah		252 H.	Nihawand	Abu Al Hasan		-Mentioned in 'ats tsiqaat -Tsiqah -Shaduq -Tsiqah	Tabi'ul Atba 'The Middle Ages
7	Ibn Majah	207 H.	273 H.	Iraq	Hadith expert		Imam of Hadith	Mudawin

Table 1 is a list of the hadith narrators and sanad under study. Rawi is the narrator of hadith, while sanad is the chain of narrators from friends to mudawin, namely scholars who record hadiths in the hadith book (Soetari, 1994a). According to the science of hadith, the requirement for a valid hadith is that the rawi must be positive according to the comments of the scholars. If there is a commentary from a scholar who gives a negative assessment to one of the narrators in the sanad lane, then the hadith is a dhaif hadith (Darmalaksana, 2020c). Sahih hadith are strong traditions while dhaif traditions are weak traditions (Soetari, 1994b). Requirements for authentic hadith must also be continued. If the hadith sanad is broken, then the hadith is a dhaif hadith. The proof of continuity is meeting between teacher and student. If there is no objective evidence, the meeting between teacher and student can be seen from birth and death. If there is no data on births and deaths, 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 narrator's life journey. 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 side of the narrator, there were no comments from scholars who gave negative assessments. It's just that from the side of the sanad it seems as if there is a disconnect between Auf bin Malik bin Nadlolah and Amru bin 'Abdullah bin Ubaid. If it is assumed that he is around 90 years old then it is possible for teachers and students to meet his contemporaries or to meet him. Thus, this hadith sanad can be continued. More than that, there are hadiths on this theme that are scattered in a number of hadith books. In fact, the Koran mentions honey. One of them is in the Qur'an surah an-Nahl verse 69. Basically the science of hadith has another parameter in providing reinforcement to hadith. Among other things, hadiths are called mut Worries in a very popular sense if the hadiths being researched are scattered in several hadith books (Soetari, 2015). The distribution

of this hadith acts as martyr and mutabi. Syahid is another similar hadith while mutabi is another sanad (Darmalaksana, 2020d). The rest, as far as hadith is the virtue of Islamic practice, it can be argued even though the statute is dhaif (Darmalaksana et al., 2017).

The scholars have given syarah, namely an explanation of the content and meaning of the hadith (Darmalaksana, 2020b). According to the views of scholars, Ibnul Qayyim Rahimahullah explained that honey has many properties. Honey can clean dirt found in the intestines, blood vessels, and others. Honey is also very nutritious. Honey will be the food when matched with food, be a suitable drug with drugs, and become beverages when mixed with water. There is no substance equal to honey created by Allah Ta'ala, nothing is better, nothing is the same or just quality. Honey is the only mainstay of the previous people. The Prophet used to drink honey with water. This habit holds an amazing secret for maintaining health. And that tip can only be understood by intelligent people (Hakim, 2017). This hadith can also be explained according to chemistry. Honey contains about 200 chemicals. In general, honey has a composition of 17.9% water, 28.3% glucose, 38.9% fructose, 4.4% maltose, 1.6% sucrose, 0.2% nitrogen and 8.7% contains other compounds (acid organic, phenolic acid, enzymes, and other phytochemical compounds) (Mitha Fransiska, Jaka Fadraersada, 2019). Honey also contains many minerals such as sodium, calcium, magnesium, aluminum, iron, phosphorus and potassium. The vitamins found in honey are thiamin (B1), riboflavin (B2), ascorbic acid (C), pyridoxine (B6), niacin, pantothenic acid, biotin, folic acid, and vitamin K. diastase, invertase, glucose oxidase, peroxidase, and lipase enzymes. In addition, other elements of honey are antibiotic or antibacterial substances (Wulandari, 2017).

Honey has many benefits and benefits. Among them can cure cancer, lower blood pressure and cholesterol and other properties.

Many studies have shown that honey can be used as a natural medicine to treat cancer, because honey has phenyl caffeic acid ester (CAPE) which inhibits cell growth in the sub G1 phase of the cancer cell cycle and induces cell apoptosis by activation of caspase-3 by CAPE protein. Even in the face of tumors, nutritious constituents such as polyphenols from honey will prevail. It is possible that the polyphenols in honey can kill tumor and cancer cells because honey contains a mixture of vitamins, minerals and amino acids, as well as large amounts of glucose. Honey has an extraordinary reactive oxygen species. This effect may be due to the phenolic content and the enhancing effect of honey lipid metabolism. This is the beneficial effect of honey, which has the ability to fight oxidative damage and protect liver and kidney tissue. Recent advances in research highlight that the substances contained in honey have the potential for biological activity with promising health benefits. The combination of substances contained in honey and plant extracts can open the door to develop natural medicines that are safe and very effective against infectious diseases such as tuberculosis, tetanus, influenza, hepatitis, human immune deficiency syndrome, especially cancer which is a dangerous disease (Firdianti, 2018).

The results showed a decrease in the values of systolic pressure, diastole, and heart rate after being given the intervention of honey. This is because one of the ingredients in honey contains flavonoids, alkaloids and saponins, where each of these compounds generally plays a role in lowering blood pressure. Flavonoids have the potential to prevent cell damage from oxidative stress with a way to donate hydrogen ions that can neutralize the toxic effects of free radicals inhibit the activity of angiotensin converting enzyme (ACE). ACE inhibitors cause relaxation of vascular endothelium so that the blood will be more flow to the heart and decrease blood pressure. In further condition age physiologically to increase the arteries, thus commonly affected are the elderly high blood pressure. The tannin compounds found in honey generally function as anti-oxidants and hypocholesterolemia. Tannin compounds react in the body by way of cooperating with the protein mucosal and epithelial cells in the intestine so that it can reduce the absorption of fat. The compound content in honey can maintain the elasticity of blood vessels, so that it can lower cholesterol in the blood (Mitha Fransiska, Jaka Fadraersada, 2019).

The latest research results released from the University of Moscow stated that honey also contains aluminum, boron, chromium, copper, lead, titanium, zinc, organic acids, acetylcholine, hormones, antibiotics, anti-toxic and anticancer substances. These substances are very important to accelerate the body's *biochemical* processes and the healing process of various diseases. Meanwhile, the *enzyme* content in honey is reported to be the highest when compared to other foods (Fauziyah, 2012).

Here we can see from the underlying hadith that the two things (Al-Qur'an and Honey) can be combined between human medicine and divine medicine, between physical therapy and spiritual therapy, between earth-based medicine and celestial medicine. So that is what the Prophet described with regard to honey, namely honey functions to get rid of dirt that has accumulated in the stomach and intestines. Because honey contains elements that repel all kinds of dirt. Sometimes, the stomach is seized with sticky substances that block food due to its adhesive content. If the adhesive substances stick to the stomach, it will damage the stomach as well as damage the food that comes in. Then the medicine needed is a drug that can get rid of these adhesive elements. Honey is a digestive drug, and honey is very suitable for treating such diseases (Al-Jauziyyah, 2004).

Conclusion

Honey is a bee liquid that contains chemical compounds good for health. Honey has been widely used by the community for disease prevention and herbal medicine. Honey also has properties as described in the hadith of the Prophet. that honey can be a natural medicine in the world of health. Based on the hadith takhrij, the quality of this hadith is valid even though from the sanad side of the hadith it seems disconnected. In modern times, the properties of honey have been widely studied by scientists, both Muslim and non-Muslim scientists. Among the benefits of honey for health are reducing blood levels and cholesterol in the body, cancer, gastric disease, and so on. This research is expected to have benefits for the development of honey in the world of health. This research has limitations in the implementation of takhrij and sharah hadith without adding shahid and mutabi so that further comprehensive research is needed. This study recommends developing the benefits of honey from a scientific perspective, especially in chemistry.

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