

A thematic analysis of human nutrition as described in the Qur'an

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AIM

The Qur'an provides guidance on daily affairs including nutrition. This narrative study details the verses identified within the Qur'an that provide principles and advice regarding nutrition.

METHODS

The original Arabic and multiple English translations were reviewed to identify key phrases, terms and messages related to the promotion of health and guidance pertaining to food and nutrition.

Many verses were identified using cross references of relevant verses.

The English translations of all relevant verses were analysed qualitatively for thematic content and tabulated by topic and citation.

Verses were then categorised into four groups; principles of nutrition, permissible food, impermissible food, and breast feeding.

RESULTS

Total Verses in the Qur'an's 6,236 verse; a total of 74 relevant verses were identified providing guidance about the human nutrition.

Categorised by chapter name (Surah) and location and categorised by group

- **Group 1 (Principles of nutrition) = 30 verses.**
 - **Group 1a (Allah as the sustainer) = 17 verses**
 - **Group 1b (Permissibility and impermissibility) = 10 verses**
 - **Group 1c (Avoiding excess food) = 3 verses)**
- **Group 2 (Permissible food) = 31 verses**
 - **Group 2a (Vegetarian food) = 19 verses)**
 - **Group 2b (Non-vegetarian food) = 12 verses**
- **Group 3 (Impermissible food) = 11 verses**
- **Group 4 (Breastfeeding and lactation) = 5 verses.**
- Three verses (20:81, 6:141 and 6:118) have been included in more than one group as these verses cover multiple categories.

Surah No.	Name of Chapter (Surah)	Verse numbers	Total number of verses
2	Al-Baqarah(The Cow)	168,57,172,233,173,219,183, 184,187,	9
23	Al-Muminun (The Believers)	51, 18,19,20,21	5
5	Al-Maidah (The Table Spread)	88,87,96,4,3,90,91,	7
7	Al -Araf (The Height)	160,31,157	3
20	Taha (Taha)	81,53, 54	3
6	Al-Anam(The Cattle)	95,118,141, 99,142,145,119	7
36	Ya-sin (YASIN))	33,	1
16	Al-Nahl((The BEE)	114,5,10,11,14,66,67,69,115,	9
50	Qaf (The Letter "QAF")	11,10,	2
19	Maryam(Mary)	25	1
80	Abasa (He Frowned)	24,25,26,27,28,29,30,31,32,	9
35	Fatir (Originator)	12	1
13	Ar-Rad(The Thunder)	4,	1
55	Al-Rahman (The Benefcent)	11,12,	2
21	Al-Anbya (The Prophets)	30	1
56	Al-Waqi ah (The Inevitable)	68	1
24	Al-Nur (The Light)	45	1
25	Al-Fuqan (The Criterion)	54	1
31	Luqman (Luqman)	14	1
46	Al-Ahqaf (The Wind-curved sandhill)	15	1
28	Al-Qasas (The Stories)	7,12	2
18	Al-Kahf (The Cave)	45	1
22	Al-Haj	28,30,36,63	3

CONCLUSION

This review provides a basis for further research. The critical analysis of the on-going and up-to-date medical literature about the nutrition would provide further understanding of the guidance about the human nutrition provided in the Qur'an.