

SCIENTIFIC EVIDENCES THAT PIG MEAT (PORK) IS PROHIBITED FOR HUMAN HEALTH

Muhammad Fiaz QAMAR¹, Ifrah RAZA²

¹Department of Zoology, GC University, Lahore - Pakistan, Phone: +92 42 7594462,
E-mail: dr.fiazqamar@gcu.edu.pk

²University College of Veterinary & Animal Sciences, The Islamic University of Bahawalpur-
Pakistan

Corresponding author email: fiazqamar1@yahoo.com

Abstract

Among all animal meats pork is the filthiest diet to consume by human beings. Pig is the cradle of harmful germs. Scientific evidences prove that pig meat is least healthy having different harmful agents like Cholesterol and Fatty Acids, Bacteria and Toxins and a number of parasites. The pig meat is high in fat and cholesterol that causes the cardiovascular diseases, obesity, the incidence of large intestine cancer. Bacteria and Toxins associated with pigs spread many diseases like salmonellosis, which leads to the acute gastroenteritis and diarrhea. Many other diseases like, Tuberculosis, Yersiniosis, Listeriosis, Leptospirosis, Brucellosis, Small Pox, Influenza, Anthrax, Balantidial dysentery, Foot rot, Cholera and Erysipeloid are attributed to pork consumption. Parasitic Diseases Ascaris, Ancylostomiasis, Toxoplasmosis, Trichinellosis, Cysticercosis showing signs of mental disorders, pneumonia, bleeding of the lungs (haemoptysis), which may lead to death or madness. The patient may become blind and deaf. Nitrates used in pork and pork products as additives are converted into nitrosamines which cause hepatic cell tumors. Flesh of the pork is hard to digest and may lead to chronic digestive disturbances. Pimples, boils, cysts are common in pork eaters. The pig excretory system secretes 2 percent of its uric acid that is injurious for the human health. Pork consumption seriously affects human health and adversely injurious one's moral values. A person gets pig like characteristics by eating pork, Indecency, obscenity and vanished honour of women.

Key words: Pig meat (pork), Prohibition, Human Health

INTRODUCTION

The health and socioeconomic impacts of pig meat (Pork) are growing continuously and are increasingly felt by meat consumers. Pig production is an important part of the economy in many countries. Domestic and wild pigs (*Sus scrofa*) are susceptible to a wide range of infectious and parasitic diseases. Some of these diseases are specifically limited to pigs while some of the other diseases are shared with other species of wildlife and domestic livestock [1]. As the number and geographic distribution of wild and domestic swine continues to increase, it is certain that the number of contacts between these swine and domestic livestock will also increase, as will the probability of human exposure to the parasites of swine directly or indirectly [2]. In this review article we discuss diseases of medical importance that swine may transmit to humans.

Salmonella typhimurium (*S. Typhimurium*) is a common zoonotic pathogen in pigs and the

pork industry is considered to be an important food vehicle in its transmission to humans [3]. Once contamination with *S. typhimurium* takes place there is every possibility of contamination through the food chain to contaminate pork and pork products [4]. The importance of fat intake in the human diet has been emphasized by many researchers. The composition of pork has higher levels of essential and non-essential fatty acids, polyunsaturated fatty acids and mono-unsaturated fatty acids. When humans ingest undercooked contaminated pork meat, the adult worm develops in the small intestine. After two months of asymptomatic infection, this tapeworm starts producing thousands of eggs that, once released with the stools, can contaminate the environment, infecting pigs (rapidly differentiating into cysticerci mainly in the muscle) and humans (where most severe symptoms are observed due to the presence of cysticerci in the brain) [5]. God had prohibited all His PROPHETS to eat pork. They include Prophet Abraham, Prophet Moses, Prophet Jesus, Prophet MUHAMMAD and others

(peace upon them all). Scriptures clearly guide us on this subject. This prohibition applies naturally to the Followers of the PROPHETS as well.

THE QUR'AN REFERENCE:

In Qur'an Allah has been forbidden pork for muslims at four places (2: 173, 5: 3, 6: 145, 16:115), for the health and wellbeing of man as:

1. "He has only forbidden to you dead animals, blood, the flesh of swine, and that which has been dedicated to other than Allah. But whoever is forced [by necessity], neither desiring [it] nor transgressing [its limit], there is no sin upon him. Indeed, Allah is Forgiving and Merciful. (Verse 2:173) - sūrat l-baqarah}"

2. "Say (O Muhammad): I find not in that which has been revealed to me anything forbidden to be eaten by one who wishes to eat it, unless it be Maytah (a dead animal) or blood poured forth (by slaughtering or the like), or the flesh of swine (pork); for that surely, is impure or impious (unlawful) meat (of an animal) which is slaughtered as a sacrifice for others than Allaah (or has been slaughtered for idols, or on which Allaah's Name has not been mentioned while slaughtering)..." [Al-An'aam:145]

3. "Prohibited to you are dead animals, blood, the flesh of swine, and that which has been dedicated to other than Allah, and [those animals] killed by strangling or by a violent blow or by a head-long fall or by the goring of horns, and those from which a wild animal has eaten, except what you [are able to] slaughter [before its death], and those which are sacrificed on stone altars, and [prohibited is] that you seek decision through divining arrows. That is grave disobedience. This day those who disbelieve have despaired of [defeating] your religion; so fear them not, but fear Me. This day I have perfected for you your religion and completed My favor upon you and have approved for you Islam as religion. But whoever is forced by severe hunger with no inclination to sin - then indeed, Allah is Forgiving and Merciful. (Verse (5:3). - sūrat l-māidah)"

4. "He (God) has only forbidden you what dies of itself, and blood, and flesh of swine, and that over which any other (name) than (of)

God has been invoked ..."2: 173 "... Or (eating) flesh of swine-for that surely is unclean ..."6: 145

Prohibition of pork eating have been explained in definite terms by the ALLAH REHMAN ALLAH loves to his believers so He asked to get away from all the injurious food items:

ALLAH Almighty, for his lovely creature sent prophet (PBUH) with a complete code of life "religion Islam" and a complete eternal book "Quran". Quran gives detailed teaching of health not just spiritual but also gives sound scientific reasoning on each and every aspect. These facts are being accepted by science and scientists in every genera of life. There lies wisdom behind each word of Quran for the betterment of mankind. Subject of Quran is man and humanity. Allah had made something's exorbitant for the benefit of man. Man is subordinate of almighty ALLAH. When he tried to navigate certain norms, faith he always had defeat "what GOD will, no frost kill". Every tide has its ebb; ALLAH has prohibited for eating pig meat as numerous injurious aspects lies behind it. In the upcoming section we describe available scientific evidences related to human health associated with the consumption of pork and its products.

THE BIBLE REFERENCE:

As quoted in the Qur'an, the Bible too has declared the meat of pig as forbidden and impure:

1. "You may not eat their meat or even touch their dead bodies; they are forbidden foods for you." [6].

2. "And the swine ... it is unclean unto you: You shall not eat their flesh, nor touch their dead carcass." [6].

3. "And swine, because it has divided hoofs but it is not a ruminant (does not chew the cud), it is unclean to you. You shall not eat any of their flesh nor touch their carcasses." [6].

4. A people that provoketh Me to anger continually to My face; ... which eat swine's flesh, and broth of abominable thing is in their vessels. Isaiah. 65:3/4;

5. Condemning Pagan Mysteries: "who eat the flesh of pigs, reptiles, rats: Their deeds and their thoughts shall end all at once- it is

Yahweh who speaks.” Isaiah 66: 17 See also Deut. 19: 19/21

6. “The pig must be held unclean, though it has a cloven foot, it is not a ruminant. You must not eat the meat of such animals, nor touch their dead bodies; you must hold them unclean. Leviticus 11:8

7. “Now some distance away there was a large herd of pigs feeding, and the devils pleaded with Jesus, “If you cast us out, send us into the herds of pigs.” And he said to them, “Go then,” and they came out and made for the pigs; and at that, the whole herd charged down the cliff into the lake and perished in the water. The swine herds ran off and made for the town, where they told the whole story.” Mathew 8: 28-33

The Jews too did not consume the pork because there is clear commandment in the old Testament of the Bible.

THE HARMFUL NATURE OF PIG MEAT:

It is sufficient for a Muslim to abhor pig meat because ALLAH (swt) has simply ordered us to do so and the Prophet (peace and blessings of Allah be upon him) declared it as haram. But Muslims also believe that Allah (SWT) is aware of all the ingredients and effect of everything. The food and drinks which have been declared forbidden by Islam are ultimately harmful for humans, regardless of whether we are actually aware of this or not. As a doctor prevents his patient from a particular food, he does so to benefit the patient, though the patient may not realize this at the time. In the past, simply accepting knowledge of the unseen was sufficient, but today we can witness the grave harm of pig meat, its effect on those who consume it and its link to diseases, through the means of medical knowledge and research. One particular disease associated with pig meat is Trichinosis.

“Trichinosis or Trichiniasis: A disorder resulting from infestation with the small roundworm *Trichinella Spiralis*, commonly acquired by humans by the eating of undercooked pork containing encapsulated larvae of the parasite. Trichinosis is more common in pork consuming countries than in other parts of the world. In the United States the incidence of infection may be as high as

fifteen to twenty percent.” (The New Encyclopaedia Britannica, 15th Edition, 1995).

THE MORAL DAMAGE OF PIG:

Not only does the domestication of the pig cause illness in the human body, but also the consumption of its meat affects the person’s inner soul, and causes severe moral damage. This is because bad company and impure food greatly affect and influence a person’s physical and spiritual wellbeing. Consider this quote from the author of *The English Pig*:

Domestication alters the nature and behaviour of the controlled animal. (Similarly) Domestication also generates a familiarity with the animal that affects human consciousness. (*The English Pig*, London: The Hambledon Press, 1998, p. 129)

THE NATURE OF PIGS:

Pigs are extremely dirty, idle, disliked and indecent animals. Here are a few references to highlight this fact. The irony is that these quotes come from exactly those people who raise and consume pigs:

1. “The pig is a fat, sleepy, stupid, dirty animal, wallowing constantly in the mire.” (Ibid, p. 1)

2. “They will eat small quantities of many materials from a very early age, including feed, Earth and the faeces of the dam.” (Fream’s *Agriculture*, London: Butler & Tanner Ltd, 16th Edition, 1983, p. 684)

4. “A man from St Helens, Lancashire, born in 1893, recalled of the houses: ‘Not only was there the open lavatory in the back yard, many of the people when I was young, kept a pig in the yard’.” (The English Pig, p. 42)

5. “The pig is the Husbandman’s best Scavenger, and the Huswives most wholesome sink; for his food and living is by that which will else rot in yard ...; for from the Husbandman he taketh pulse, chaff, barn dust, man’s ordure, garbage, and the weeds of his yard: and from the huswife her draff, swillings, whey, washing of tubs, and such like, with which he will live and keep a good state of body, very sufficiently.” (Ibid, p. 34)

6. “The hog during life does not render the least service to mankind, except in removing

that filth which other animals reject.” (Ibid, p. 30)

7. “It would be accurate to say that the pig was generally acknowledged to have a character, but that this character was not considered in any way attractive or admirable.” (Ibid, p. 1)

THE WORD ‘PIG’ AS A FORM OF INSULT:
Muslims and Jews abhor pigs and consider the word as a grave insult. In fact, the word is used as an insult in the English language: Indeed the pig was usually thought to be brutish, insensitive and filthy – so much so, in fact, that it became a common place metaphor for human greed, grossness and intemperance. (Ibid, p. 1)
Pig, swine and hog all have a similar usage in English. When these words are used in reference to a human, then it means the person is greedy, dirty, ill mannered, selfish, unpleasant, obnoxious, foul smelling and disliked. (The Oxford Advanced Learner’s Dictionary, 4th Edition, 1989).

WHY IS PIG MEAT HARAM?

It is clear from this analysis that the pig – physically and literally – has no appeal, and nor its behaviour or food is worthy of any praise. Its meat opens the door to several illnesses. Such is the extent of its filth and gross impurity that if it was left in a clean place, it would excrete and then eat this to feed its sickening appetite. For Muslims, even to think about consuming its meat is extremely vile; even looking at it is nauseating.

PARASITIC AND MICROBIAL TRANSMISSION THROUGH THE PORK:

Trichinella spp:

T. spiralis a nematode affects humans and animals. The encysted larvae of this parasite cause the disease trichinellosis acquired by consuming muscle tissue of the infected animal. After eggs are hatched in the intestine of the host, trichinae becomes encysted in the muscle where no further development occurs until eaten by other animal, they become sexually mature when they are set free in the intestines. Worldwide consumption of the undercooked pig meat has been traditionally most common source of trichinellosis in humans. It is more

common in the United States and the Europe as compared to other parts of the world. Incidence of infection in United States is high as fifteen to twenty per cent, [7].

TAENIA SOLIUM:

Raw and undercooked meat contains the cysticerci of this pork tapeworm, [8]. This is subclinical infection and clinically it is observed by the signs nausea, abdominal pain and diarrhea. In humans it cause severe health burdens and is most prevalent in the South America. Their cysticercus not only persists in the muscle but it migrates towards the brain meninges, cerebral cortex, spinal cord and eye which is most of the time treated only by the surgical operation, [9].

STRONGYLOIDES RANSOMI:

The threadworm of pig has a life cycle comprises males and females free living generations, parthogenetic females in the intestine. It is highly prevalent source of diseases in the humans.

ENTAMOEBIA POLECKI:

Entamoeba polecki is a cosmopolitan intestinal parasite of pigs, wild boars and humans. This protozoan parasite occasionally affects humans but morphologically resemblance with a pathogenic spp. *Entamoeba histolytica* makes it difficult to distinguish, [10].

BLASTOCYSTIS SPP:

Blastocystis sp has worldwide variety of hosts. *B. hominis* like organisms have wide spread over birds, domestic pigs, wild boars and reptiles. Although its pathogenic potential is yet controversial but the association of this parasite is with symptomatic gastrointestinal diseases, [11].

SALMONELLA TYPHIMURIUM:

Salmonella typhimurium is most frequently involved in the human salmonellosis, which leads to the acute gastroenteritis and diarrhea. *S. typhimurium* present in the pigs and pig meat is the most common vehicle in its transmission. Pigs may also be involved in the diseases like, yersiniosis (*Y. enterocolitica*), Listeriosis (*L. monocytogenes*), leptospirosis (swineherds

disease), brucellosis (*Brucella suis*), anthrax, balantidial dysentery (*Balantidium coli*) and erysipeloid (*Erysipelothrix rhusiopathiae*), [12, 13].

SHAMELESS AND FILTHIEST ANIMAL

Its consumption not only affects the human health seriously but is also injurious for the inner, soul and moral values of human beings. A person is physically and spiritually greatly influenced by what he eats. It is very well explained by the English author in the following quote:

“Domestication alters the nature and behavior of the controlled animal. (Similarly) Domestication also generates a familiarity with the animal that affects human consciousness.” (The English Pig, London: The Hambleton Press, 1998, p. 129)

HIGH CHOLESTEROL AND FAT

The pig meat is high in fat and cholesterol and causes the cardiovascular diseases. Animal fat is rich source of energy and majorly causes obesity. However, obesity is also correlated with heredity and exercise. Coronary heart diseases is frequently prevalent by the combustion of the pork which is rich in fat and cholesterol; as it is well studied by the WHO that “CHD is mass characterized by the diets having high cholesterol level, high intake of saturated fat, low carbohydrates combustion. The experimental and epidemiological revealed that the incidence of large intestine cancer in humans is observed with the intake of diet high in fat, [14].

HARMFUL EFFECTS OF ADDITIVES USED IN PORK INDUSTRY

To increase the weight and feed efficiency various growth promoting substance and antibacterial are used in the intensive farming. These agents may cause the harmful effects to man as many of them may persist in the meat. Nitrates are used in pork and pork products as additives in the curing process frequently as mostly pork is consumed after curing in the form of different types of sausages. Nitrates are converted into nitrosamines which causes hepatic cell tumors.

From above commandments in the scriptures, it appears that God Almighty attaches such importance to the prohibition of human consumption of pork that He uses strong language to show His extreme displeasure on the violators.

The wording of the prohibition is clear, precise, powerful and coming from God himself. It also clearly tells us the consequences of breaking the Law. If it were to be abrogated, the language must be equally specific and emphatic and from God (in first person) and should categorically nullify the Law, remove the displeasure and wrath of the Lord, making pork pure and wholesome. Detailed insights of scriptures unravel the fact that pork is prohibited. The health hazards associated with eating pork and pork products are well documented. Besides pork being high in salt, fat, and cholesterol, it also carries parasitic disease like pork tapeworm, trichinosis, *Balantidium coli* organism. These cause disease in human beings. Cysts have been reported to lodge in brain and act as brain mass, giving rise to seizures, needing brain surgery. The diseases that may result from eating pork include; dysentery, trichinosis, tape worm, round worm, hookworm, jaundice, pneumonia, intestinal obstruction, high fever, and death, [15]. This hazard still exists in advanced countries, including America, but more so in developing countries both in western hemisphere and eastern hemisphere.

One of the triglyceride molecules in pig fat cannot be hydrolyzed, so it is deposited in humans as “pig fat.” In animals like cattle, sheep, goat, etc. the animal fat is completely hydrolyzed and reconstituted as human fat. Pig intestine makes the food move very fast, so that there is not enough time to fully digest all that it eats. Thus, many toxins are absorbed and deposited in its flesh, which is then consumed by some humans. He strongly dissuades his congregation of eating pork and pork products.

CONCLUSION

From what we have read from the Scriptures of the Christians, scientific findings, Last Testaments (The Holy Qur'an) and the saying of the Last Prophet Muhammad (SAW) about health and the flesh of the swine, we now come

now to the conclusion that eating of swine flesh or pork is sin and sickness. Therefore, we must protect ourselves for it is a fact that health is a trust and best blessing bestowed upon us by ALLAH.

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