

Vitamins and Minerals on the Health of Human Body According to Perspective of the Quran

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Abstract

Vitamins are organic compounds of carbon, hydrogen, oxygen, and sometimes nitrogen that is required in small amounts for normal metabolism, growth, and development. Vitamins and minerals have a very big influence on the human body so that humans can live properly and know the health of their bodies. Fat-soluble vitamins consist of vitamins A, D, E and K. Water-soluble vitamins consist of B complex vitamins and vitamin C. Humans really need different minerals like organic minerals, inorganic minerals, macrominerals, and microminerals. The purpose of this journal article is to find out that vitamins and minerals are related to the Qur'an. This study uses a qualitative approach through a review of vitamin and mineral literature from the perspective of the Koran. Sources of research information come from books, Al-Quran, documents and magazines. The purpose of this article is to make it easier for readers to relate the two as found in QS Yunus verse 24, QS Al-Mu'minun verse 19, and QS Al-Waqiah verse 68 regarding the content of vitamins and minerals.

Keywords: Al-Qur'an, Human Body, Minerals, Vitamins

INTRODUCTION

Every human being really needs vitamins and minerals in the body for health for them, health is a state of well-being body, soul, and society that allows everyone to live productively socially, and economically. Not only avoiding physical, mental, and social disturbances but health is seen as a tool or means for a productive life, thus, the health efforts undertaken are directed at efforts that can lead people to achieve adequate health in order to live a healthy life (Andriyani, 2019).

Public health conditions like this will get worse if the community itself cannot maintain harmony between their physical and spiritual health. One way to maintain a healthy body is to adopt a healthy lifestyle (SATRIO, 2021). One of them is eating healthy foods containing vitamins and minerals for the body.

Vitamins and minerals are very influential in the human body humans can live in an orderly manner and know about the health of their bodies. There are lots of scientific signs revealed by the Qur'an, including issues of human reproduction, astronomy (falak), geology, geography, biology, medicine, science genetics, as well as nutrition and food science (nutrition), and others (Manan, 2013).

From the point of view of nutrition, vegetables are a source of minerals and vitamins (Andriyani, 2019). The Qur'an clearly recommends that humans eat vegetables, as stated in QS Yunus verse 24:

إِنَّمَا مَثَلُ الْحَيَاةِ الدُّنْيَا كَمَاءٍ أَنْزَلْنَاهُ مِنَ السَّمَاءِ فَاخْتَلَطَ بِهِ نَبَاتُ الْأَرْضِ بِمَا يَأْكُلُ النَّاسُ وَالْأَنْعَامُ حَتَّىٰ إِذَا أَخَذَتِ
الْأَرْضُ زُخْرُفَهَا وَازَّيَّنَتْ وَظَنَّ أَهْلُهَا أَنَّهُمْ قَادِرُونَ عَلَيْهَا أَتَاهَا أَمْرًا لَّيْلًا أَوْ نَهَارًا فَجَعَلْنَاهَا حَصِيدًا كَأَن لَّمْ تَغْنَبِ بِالْأَمْسِ
كَذَلِكَ نَفْصَلُ الْآيَاتِ لِقَوْمٍ يُتَفَكَّرُونَ ٢٤

Meaning: Indeed, the parable of worldly life is just like water (rain) that We send down from the sky, then the plants of the earth grow fertile (because of that water), some of which are eaten by humans and livestock. Until then the earth is perfect in beauty and decoration, and its owners think that they must master it (pluck the fruit), Our punishment comes to him at night or day, then We make (plants) it like a plant that has been sickled as if it had not been growing yesterday. Thus We explain the signs (Our power) to people who think.

In the Al-Qur'an there are several verses that clearly suggest to mankind that they consume fruits which are a source of vitamins, one of which is QS Al-Mu'minun verse 19:

فَأَنْشَأْنَا لَكُمْ بِهِ جَنَّاتٍ مِّنْ نَّخِيلٍ وَأَ

Meaning: Then with (water), We grow for you gardens of dates and grapes; there you get a lot of fruit, and some of it you eat.

Fruits are food sources of vitamins (MUSTOFA, 2013), the Qur'an explains subtly and indirectly, so that we pay attention and think about the water we drink (Ahmad & Bin Ahmad Syamil, 2013). Water is the most important nutrient in human life so that humans can carry out and survive. Water in the human body functions as a solvent for nutrients through a series of digestive processes. In addition, water is also a means of transporting nutrients that have gone through the digestive process into the blood and lymphatic channels to be distributed to all cells - cells of the body's tissues (Andriyani, 2019).

How important water is for human life is reflected in the verse which recommends that humans pay attention to their drinking water as stated in QS Al-Waqiah verse 68:

أَفَرَأَيْتُمُ الْمَاءَ الَّذِي تَشْرَبُونَ

Meaning: Have you ever noticed the water you drink?

Sentences in the form of questions are a subtle and indirect warning for us to pay attention and think about the water we drink. Everything that Allah SWT creates must have a good purpose and benefits. Even viruses, bacteria, and microorganisms that are identical in nature can harm the human body, it turns out that Allah SWT created them to be able to have a positive effect on humans (Huda dkk., 2022).

This article helps us to understand how important vitamins and minerals are for the health of the body according to the perspective of the Qur'an from various references that can be used as a reference in making journal articles so that readers can more easily understand vitamins and minerals. therefore this article can make it easier for the reader so that the two are related, as contained in QS Yunus verse 24, QS Al-Mu'minun verse 19, QS Al - Waqiah verse 68 which discusses the content of vitamins and minerals.

METHODS

This research uses a qualitative approach through literature studies on vitamins and minerals based on the perspective of the Qur'an. As a source of data researchers from books, Al-Qur'an, documents, and journals. In addition to these data sources, researchers are also looking for additional references as other data sources, namely a number of thesis/thesis literature, books, and internet sources that are in accordance with the research. The data obtained in the form of books, Al-Qur'an, documents, thesis/thesis journals, and others will be collected and recorded in accordance with the discussion and purpose of this study.

FINDING AND DISCUSSIONS

A. Definition of Vitamins

Vitamins are organic compounds composed of carbon, hydrogen, oxygen, and sometimes nitrogen or other elements needed in small amounts for normal metabolism, growth, and development. These types of nutrients are organic substances that are found in small amounts in various kinds of food. Vitamins cannot be used to produce energy.

Vitamins are basically needed by the body in small amounts, but they are important for maintaining human life and health. The human body will be disrupted if it is deficient in vitamins, but it should not be excessive in vitamins either. So, both deficiency and excess intake of vitamins will interfere with the health of the body. From the point of view of nutrition, vegetables are a source of minerals and vitamins. Allah says in the Qur'an surah Abasa Verse 24:

لِيَنْظُرَ الْإِنْسَانُ إِلَى طَعَامِهِ ۚ

Meaning: So, let man pay attention to his food.

In consuming food, everyone must be selective so that the food ingredients consumed are not harmful to the body, hygienic, and with balanced nutrition and according to needs according to age, gender, and activity levels (SATRIO, 2021). Allah says in the Qur'an Surah Al-Baqarah Verse 233:

وَالْوَالِدَاتُ يُرْضِعْنَ أَوْلَادَهُنَّ حَوْلَيْنِ كَامِلَيْنِ ۖ لِمَنْ أَرَادَ أَنْ يُنِمَّ الرِّضَاعَةَ ۚ وَعَلَى الْمَوْلُودِ لَهُ رِزْقُهُنَّ وَكِسْوَتُهُنَّ بِالْمَعْرُوفِ ۚ لَا تُكَلِّفُ نَفْسٌ إِلَّا وُسْعَهَا ۚ لَا تُضَارُّ وِلْدَةٌ بِوَالِدِهَا وَلَا مَوْلُودٌ لَهُ بِوَالِدَةٍ ۚ وَعَلَى الْوَارِثِ مِثْلُ ذَلِكَ ۚ فَإِنْ أَرَادَا فِصَالًا عَنْ تَرَاضٍ مِنْهُمَا وَتَشَاوُرٍ فَلَا جُنَاحَ عَلَيْهِمَا ۚ وَإِنْ أَرَدْتُمْ أَنْ تَسْرِعُوا بِأَوْلَادِكُمْ فَلَا جُنَاحَ عَلَيْكُمْ إِذَا سَلَّمْتُمْ مَا ءَاتَيْتُم بِالْمَعْرُوفِ ۚ وَاتَّقُوا اللَّهَ وَاعْلَمُوا أَنَّ اللَّهَ بِمَا تَعْمَلُونَ بَصِيرٌ

Meaning: Mothers should breastfeed their children for two full years, that is, for those who want to perfect breastfeeding. And the father's obligation to feed and clothe the mothers in a ma'ruf way. Someone not burdened but according to ability levels. Let not a mother suffer misery because of her child and a father because of his child, and the heir is also obliged to do so. If both of them want to wean (before two years) with the consent of both of them and deliberation, then there is no sin on either of them. And if you want your child

to be breastfed by someone else, then there is no sin on you if you pay according to what is appropriate. Fear Allah and know that Allah is Seeing what you do.

Mother's milk contains balanced nutrition that is right for babies, for example, breast milk contains vitamin C in sufficient quantity which is needed by babies for growth and to increase their immune system. Breast milk contains six times more vitamin C than cow's milk. Of course, the balanced nutritional content in breast milk is more suitable for babies, compared to the content of cow's milk which is more suitable for baby cows (SATRIO, 2021). In addition to protein, children of infant age also need nutritional sources, namely fats, carbohydrates, vitamins, and minerals. Fat as an important source of calories functions as a solvent for vitamins A, D, E, and K (Anissa & Dewi, 2021). Thus the importance of a healthy diet with balanced nutrition, so it needs to be implemented since the baby is still in the womb (Tabina Kalila Raf, 2021)

B. Various Vitamins

Vitamins can be divided into 2 groups, namely fat-soluble and water-soluble groups. Fat-soluble vitamins consist of vitamins A, D, E, and K. While water-soluble vitamins consist of B-complex vitamins and vitamin C. Fat-soluble vitamins in large doses will be harmful to the body because these types of vitamins cannot be excreted out and stored in the body. Meanwhile, water-soluble vitamins can be excreted into the urine so that large doses are not harmful to health.

C. Mineral

Minerals are inorganic components found in the human body. The best source of minerals is animal food, except for magnesium, which is more abundant in natural plant foods. Every living thing really needs water for its life, water as a source of life on earth. Water is an important part of life. Plants use it as a raw material to make food during photosynthesis. Life in water is also possible because the oxygen gas that all living things need to breathe is dissolved in water. Carbon dioxide gas that dissolves in water allows aquatic plants to make food. Allah says in Al-Qur'an Surah Al-Baqarah verse 22:

الَّذِي جَعَلَ لَكُمُ الْأَرْضَ فِرَاشًا وَالسَّمَاءَ بِنَاءً وَأَنْزَلَ مِنَ السَّمَاءِ مَاءً فَأَخْرَجَ بِهِ مِنَ الثَّمَرَاتِ رِزْقًا لَكُمْ ۗ فَلَا تَجْعَلُوا لِلَّهِ أَنْدَادًا وَأَنْتُمْ تَعْلَمُونَ

Meaning: He is the one who made the earth a stretch for you and the sky as a roof, and He sends down water (rain) from the sky, then He produces with it all the fruits as sustenance for you; therefore, do not set up partners for Allah, while you know.

Fruits are foods that contain lots of vitamins and minerals that our body needs. In addition, fruit is also rich in fiber and enzymes that are beneficial for the digestive system, and contains sugar needed as a source of energy. This mineral can be obtained by consuming green vegetables, nuts, red meat, and fortified foods. Sources of milk and other dairy products, green leafy vegetables, and broccoli (Nurlinda, 2015). Various research results show the benefits of fruit to maintaining a healthy body by preventing and treating various diseases. Generally, the disease occurs due to a lack of nutrition in the long term or excess consumption of certain nutrients (MUSTOFA, 2013).

Minerals are naturally occurring solids consisting of various elements or chemical compounds (Ransum et al., 2021). Humans really need various kinds of minerals, such as organic minerals, namely minerals that are needed and useful for our bodies, which we can get through the foods we eat every day, such as rice, chicken, fish, eggs, vegetables and fruits, or vitamins. Inorganic minerals are minerals that are not needed and are not useful for our body. For example: Black Lead (Pb), Iron Oxide (Oxidized Iron), Mercury, Arsenic, Magnesium, Aluminum or other chemicals resulting from soil absorption and others. Macro minerals are minerals that the body needs in amounts of more than 100 mg a day. Micro minerals, namely the need for less than 100 mg a day (Informatics et al., 2017).

Several years ago, only two kinds of minerals were discovered, namely iodine and iron. Now many kinds of minerals have been found, such as calcium or lime, phosphorus, magnesium, and so forth. Minerals needed by the body consist of various kinds, namely individually or in groups or elements between elements. In general, these minerals are used by the body to build bone and tooth tissue, provide electrolytes for muscles and nerves, and help make various enzymes (SATRIO, 2021). Allah says in the Qur'an surah Fathir verse 12 which reads:

وَمَا يَسْتَوِي الْبَحْرَانِ هَذَا عَذْبٌ فُرَاتٌ سَائِغٌ شْرَابُهُ وَهَذَا مِلْحٌ أُجَاجٌ ۗ وَمِن كُلِّ تَاكُلُونَ لَحْمًا طَرِيًّا وَتَسْتَخْرُجُونَ جَلِيَّةً تَلْبَسُونَهَا
وَتَرَى الْفُلْكَ فِيهِ مَوَاجِرَ لَتَبْتَغُوا مِنْ فَضْلِهِ ۗ لَعَلَّكُمْ تَشْكُرُونَ

Meaning: And there is no equal (between) the two seas; this one is fresh and delicious to drink and the other is salty and bitter. And from each of these seas, you can eat fresh meat and you can take out ornaments that you can wear, and in each of them, you see ships sailing across the sea so that you may seek His bounty and that you may be grateful.

In this verse, Allah explains that He created two springs of water, namely fresh and salt water. Freshwater is found in rivers, springs, and wells, that is fresh water. The saltwater is seawater. And the water consumed by humans is fresh water. The water recommended by experts for humans to drink is mineral water. This water is recommended because the mineral content possessed by water can help meet human mineral needs (Salim & Taslim, 2021). Allah spreads that water among His creatures through rivers and springs because they really need it (Haddade, 2016).

Water is an important part of life, most of our bodies are made up of water, without water humans will become dehydrated and die faster than without food. Water functions to transport minerals, vitamins, proteins and other nutrients throughout the body. The balance of body temperature will be very dependent on water, because water is a lubricant for body tissues as well as bearing joints, bones and muscles. The need for water for humans in a day is at least 8 glasses, which is needed for smooth metabolic processes in the body (Nikmawati, 2007).

Allah created various types of creatures in river water, one of which is various types of fish, therefore humans as Allah's creation are grateful for the blessings He has bestowed. Fish plays an important role in the human body because it contains vitamins and minerals.

Vitamin D is very good for the development of mental health, boosting immunity and bone health (Andhikawati et al., 2021).

CONCLUSION

Vitamins and minerals are very influential for human health, The Qur'an also clearly recommends that humans eat vegetables, as stated in QS Yunus verse 24, and several verses clearly encourage humans to consume fruits which are a source of vitamins QS Al-Mu' minun verse 19. From the point of view of nutrition, vegetables and fruits are sources of minerals and vitamins. How important vitamins and minerals are for human life is reflected in the verse which recommends that people pay attention to their drinking water as stated in QS Al-Waqiah verse 68.

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