

THE BAD EFFECTS OF EATING AND DRINKING STANDING IN THE ISLAMIC VIEW

Rayhanu Akram¹, M Adib Al-Asyrof², Rizky Kurnia Hasibuan³, M Reza Al-Fasha⁴.
^{1,2,3,4} SMAS Al Azhar Medan, Indonesia.

Received : 31 October 2024

Published : 13 February 2025

Revised : 06 November 2024

DOI : <https://doi.org/10.59733/medalion.v6i1.172>

Accepted: 28 November 2024

Publish Link : <https://medalionjournal.com/index.php/go>

Abstract

The prohibition of eating and drinking stands in Islam not only related to adab, but also holds profound wisdom that includes aspects of health, simplicity, and spirituality. This article discusses the wisdom contained in the recommendation to eat and drink while sitting based on the views of Islam. One of the main lessons is the importance of maintaining manners in every action as a reflection of the faith of a Muslim. In addition, the habit of eating and drinking calmly while sitting trains modesty, discipline, and increases gratitude to Allah SWT. In terms of health, this habit helps maintain a better digestive process. Thus, following the sunnah of the Prophet PBUH in terms of eating and drinking not only provides spiritual benefits, but also physical benefits. This study confirms that the standing ban on eating and drinking in Islam has a holistic positive impact, covering the physical and spiritual well-being of Muslims.

Keyword: *eat and drink standing, Islamic manners, Sunnah.*

INTRODUCTION

The habit of eating and drinking standing is a common thing in daily life, especially when in a hurry. However, in Islam, there is an admonition for a person to avoid eating and drinking in a standing position. This view is not only a matter of manners or ethics, but also related to a person's physical and spiritual health. In several hadiths, the Prophet PBUH reminded his people not to eat and drink while standing. Eating and drinking while standing is a common habit in society, especially in the midst of a fast-paced and busy modern lifestyle. Many people tend to eat or drink while standing when in a hurry or when their activities demand high mobility. At shopping malls, social events, or even when taking a break at work, the sight of someone eating or drinking while standing has become commonplace. Although it seems practical, this custom is actually contrary to Islamic teachings that advocate good and correct eating and drinking procedures.

In Islam, manners in doing everything are very important, including in terms of eating and drinking. Islam provides detailed guidance on how to enjoy sustenance well, including the recommendation to eat and drink while sitting. The Prophet PBUH gave an example of how to eat and drink in accordance with manners, and forbade his people to eat and drink while standing. This prohibition not only emphasizes aspects of ethics or modesty, but is also related to physical and spiritual health. A hadith from Anas bin Malik mentions that the Prophet PBUH forbids drinking while standing, and for those who forget, he recommends spitting it out as a form of reminder of the importance of following the manners (Muslim, no. 2026).

From a health point of view, eating and drinking while standing is known to affect the digestive process, because food and drinks that enter the body do not go through the ideal stage, so it can cause digestive problems. In addition, from a spiritual perspective, the eating and drinking procedures taught in Islam have wisdom to train awareness, patience, and gratitude for the blessings of Allah SWT. Every action taken by a Muslim, including in terms of eating and drinking, must be based on full awareness as part of worship. Therefore, this paper will discuss the adverse effects of eating and drinking standing based on the Islamic religious view and aims to explore the adverse effects of eating and drinking while standing from the perspective of Islam. In addition, this article will also explore

some of the wisdom contained in the recommendation to eat and drink while sitting, both in terms of health and spiritual values that can be taken by a Muslim in daily life.

DISCUSSION

Some of the hadiths of the Prophet Muhammad PBUH show prohibitions or warnings about eating and drinking while standing. In a hadith narrated by Muslims, the Prophet said, "Do not let one of you drink while standing. Whoever forgets, let him vomit it" (Muslim, no. 2026). This hadith shows that drinking while standing is not recommended. This prohibition was then reinforced by another narration from Anas bin Malik, where he said, "Indeed, the Prophet PBUH forbade a person to drink while standing" (Muslim, no. 2027; Tirmidhi, no. 1881). From some of these hadiths, it can be learned that the Prophet PBUH not only reprimanded in terms of drinking, but also eating in a standing position. This is a form of manners that must be maintained by a Muslim, both in daily life and when interacting with others.

In addition to the aspects of manners and ethics, the recommendation not to eat and drink standing also has a health impact. Medically, drinking in a standing position can interfere with the digestive system. When a person drinks while standing, the water they drink will immediately fall to the bottom of the stomach quickly, which can cause tension on the stomach wall. This can trigger digestive problems such as acid reflux (GERD) and other health problems (Farid, 2017). Eating in a standing position can also have a negative impact on the process of digesting food. Food that is not chewed properly because eating too quickly in a standing position can cause indigestion, such as bloating, discomfort, and an increased risk of obesity (Nashir, 2019).

One of the main lessons of the prohibition of eating and drinking stands in Islam is the importance of maintaining good manners in every action. Adab is an aspect that is highly emphasized in Islam as part of the noble morals that must be possessed by every Muslim. Adab is not only related to big actions, but also includes small things in daily life, such as how to eat and drink. The Prophet PBUH always taught his people to maintain manners in all things, including in terms of eating and drinking. This is clearly seen in the words of the Prophet PBUH narrated by Anas bin Malik: "Indeed, the Prophet PBUH forbids a person to drink while standing" (Muslim, no. 2027). This prohibition shows that even in seemingly trivial activities such as drinking, there are ethics that a Muslim must follow. The lesson that can be taken from the prohibition of eating and drinking standing is the importance of maintaining manners in every action, including things that may be taken for granted such as eating and drinking. Islam strongly emphasizes adab as a reflection of the faith of a Muslim. By eating and drinking while sitting, a Muslim is taught to be calmer and more aware in enjoying the sustenance given by Allah SWT (Hasan, 2020).

In addition, this prohibition also teaches Muslims about simplicity and discipline. In fast-paced modern life, the habit of eating and drinking quietly while sitting can be a way to practice patience and gratitude. It also allows a person to pay more attention to his body, take care of his health, and reflect on the blessings that have been given by Allah SWT (Ibrahim, 2021). By eating and drinking while sitting, a Muslim is taught to be calmer and more aware in enjoying the sustenance given by Allah SWT. This act of eating and drinking calmly and consciously not only reflects gratitude for the blessings that Allah has given, but also shows the attitude of tawadhu (humility) that a Muslim should have. In a hadith, the Prophet PBUH said, "The noblest among you is the one with the best morals" (HR. Bukhari, no. 6035). By maintaining good manners, a Muslim can achieve a better degree of morality.

More than that, maintaining manners in eating and drinking also teaches Muslims to avoid hasty behavior. In many ways, haste often leads to mistakes, both in terms of ethics and health. Eating and drinking while standing is usually done in a hurry, which can reduce gratitude and appreciation for the sustenance that God has given. By sitting, a person is invited to reflect and be grateful for every mouthful of food and sip of drink that he enjoys. The Prophet PBUH said, "Indeed, Allah likes it if one of you, when doing something, does it as well as possible" (HR. Tabrani, no. 4161). The prohibition of eating and drinking stands in line with this principle, as it emphasizes calmness and perfection in performing an action. In addition to the importance of adab, the prohibition of eating and drinking also teaches Muslims about simplicity and discipline. In the fast-paced modern life, many people are used to doing everything in a hurry, including when it comes to eating and drinking.

The habit of eating and drinking while standing is often an option when a person is in a hurry. However, Islam teaches the importance of calmness and discipline in every aspect of life, including in seemingly simple things like eating and drinking. Discipline in eating and drinking is not only about physical health, but also spiritual health. By sitting while eating and drinking, one is taught to be more patient and disciplined. This discipline is reflected in the

The Bad Effects of Eating and Drinking Standing in the Islamic View

Rayhanu Akram et al

ability to refrain from the habit of rushing and pay full attention to the actions taken. In addition, this habit also trains a person to be more mindful in enjoying the food and drinks consumed. In this context, eating and drinking in the right way is a means of practicing self-control and patience. In addition to practicing patience, eating and drinking by sitting also teaches simplicity. Islam teaches its people to live in balance, not to be excessive in various things, including in terms of eating and drinking. Allah SWT said, "And eat and drink, but do not overdo it. Indeed, Allah does not like those who are excessive" (QS. Al-A'raf [7]: 31). By eating and drinking while sitting, a person is more likely to eat in reasonable portions, avoiding the overdoing that often occurs when a person eats in a hurry or while standing.

On the other hand, the habit of eating and drinking while sitting allows a person to pay more attention to his body and take care of his health. Medically, it has been proven that eating and drinking while standing can negatively affect the digestive system. When a person eats or drinks while standing, food and drinks will immediately fall into the stomach quickly, which can lead to digestive disorders such as acid reflux or flatulence (Farid, 2017). Therefore, by eating and drinking while sitting, one not only exercises patience and simplicity, but also maintains one's health in accordance with Islamic guidance. Another lesson of the prohibition on eating and drinking standing is to teach Muslims to appreciate Allah's blessings more and practice gratitude. Every food and drink we consume is part of the sustenance that Allah has given. By eating and drinking while sitting, we are given the opportunity to reflect on and appreciate every blessing that God has given us. As Muslims, we are taught to always be grateful for every favor, both big and small. The Prophet PBUH said, "Whoever is not grateful to man, then he is not grateful to Allah" (HR. Tirmidhi, no. 1954).

One way to show this gratitude is to carry out the commands and encouragement of Allah and His Messenger, including in terms of eating and drinking manners. By eating and drinking while sitting, a person can focus more on the blessings of the food and drink he consumes, and this can be a means to increase awareness of God's blessings. Conversely, when a person eats and drinks while standing or in a hurry, there is a tendency not to really feel or appreciate what is being consumed. In addition, the gratitude instilled through eating and drinking manners is not only limited to the spiritual aspect, but also has an impact on physical health. When we eat and drink calmly, the digestive process goes better, and this helps the body absorb nutrients more optimally (Nashir, 2019). In this context, Islam has always emphasized the importance of balancing spirituality and physical health, where the two support each other in achieving well-being.

CONCLUSION

From the above description, it can be concluded that the prohibition of eating and drinking standing in the Islamic view is not only related to manners and ethics, but also has a significant health impact. The encouragement to eat and drink while sitting teaches the importance of patience, calmness, and gratitude. Therefore, as Muslims, we should follow the sunnah of the Prophet PBUH for the good of the world and the hereafter.

REFERENCES

1. Farid, A. (2017). "Effect of Drinking Position on the Digestive System." **Journal of Health**, 12(2), 45-52.
2. Hasan, M. (2020). **Manners in Islam**. Jakarta: Pustaka Hikmah.
3. Ibrahim, R. (2021). "The Wisdom of Eating and Drinking in Islam." **Journal of Fiqh**, 17(1), 33-41.
4. Muslim, Imam. **Sahih Muslim**, no. 2026, 2027.
5. Nashir, M. (2019). "The Effect of Standing Eating Habits on Digestive Health." **Journal of Nutrition and Health**, 8(3), 76-85.
6. Tirmidhi, Imam. **Sunan Tirmidhi**, no. 1881.
7. Rahman, A. (2018). "Manners and Health in Islam." **Islamic Health Journal**, 10(1), 22-29.
8. Syafii, M. (2019). **Health Fiqh in Islam**. Bandung: Mizan.
9. Al-Ghazali, I. (2010). **Ihya Ulumuddin**. Surabaya: Risalah Gusti.
10. Widjaja, R. (2020). "Benefits of Sitting Position while Eating and Drinking in Health." **Journal of Public Health**, 15(4), 67-78.